



3rd Corps Support Command



Family Readiness Group Newsletter

May 2004



Welcome Home



FRG Information

Congratulations

The 221st BSB has recognized Maria Diaz and Jean Brink as Volunteers of the Quarter for the time that they have put into the community as well as the unit family readiness group.

Next FRG Meeting

The next FRG meeting will be held on May 10th at the STB Conference room located in building 1205 across from the shoppette on the Airfield. All soldiers and families are invited. This will be a coffee setting. The new Battalion and Company commands will be there to introduce themselves and meet the family members of the unit. If you have any questions or concerns, please contact SGT DuBois at 0611-705-6159 or by email at vern.dubois@3coscom.wiesbaden.army.mil.

Army Community Service News

ATTENTION: Volunteer Opportunities

The USO needs volunteers to bake for the troops and to help at the USO cottage and their Hainerberg, WAAF, Rhein-Main locations. For more information, contact USO cottage at CIV 0611-721010 or DSN 337-5591.

The Educational and Development Intervention Services (EDIS) needs volunteers to help with reception, filing, organizing, typing and cheerleading! For more information, contact Mr. Morris at CIV: 0611-705-6662.

The Community Activity Center needs a volunteer who is not afraid of public speaking and who has a great sense of humor to call Bingo every Sunday! The first Bingo will be held on Mother's Day, 09 May at 1500. POC is Sharon Parker at **CIV: 0611-705-5750 or DSN: 337-5750**

SUMMER HIRE 2004 PROGRAM

The Summer Hire 2004 Program begins 28 Jun 04 and concludes 06 Aug 04. It is open to all Family

Members (FM) between the ages of 14 to 23 years old. Must be a FM of an active military member or

DoD civilian. FM's must be 14 by 28 Jun 04 which is the official start of the Summer Hire Program and reach their 24th Birthday prior to 06 Aug 04, the end of Summer Hire Program.

Applications must be submitted **on-line** at www.chrma.hqusareur.army.mil and must be

electronically submitted before the close of business on **07 May 04**.

FRG Networking Session: The next **FRG Networking Session – 20 May 04** from 1000-1100, ACS. Homecoming stress got you down? Come take a relaxing break! We are offering a “**Stress Mini-Spa**”. Come and be pampered and learn how to take time for YOU! Light refreshments served. Call to sign-up now!

The next **FRG Basic Leader Training** will be held **06 May** from 1000-1200, ACS. Please RSVP.

Call CIV: **0611-705-5754/5034/5086**
or DSN: **337-5754** to sign up for training/workshops.



Financial Readiness Program

Financial Readiness Program services are available every month through the Wiesbaden ACS. The goal is to provide services to soldiers and families so they can become financially knowledgeable and self-sufficient.

Work one-on-one with a financial educator or attend one of our many classes. All classes can be conducted on site upon request. Classes available include:

First-Term Finance - offered second Wednesday of each month from 0900-1100. Topics include: Principles of Personal Finance, Planning & Budgeting, Bank Accounts, Using Credit Wisely; Insurance; Saving & Investing, Large Purchases and Consumer Scams.

Banks, Budgets & Checkbooks - Offered second Tuesday of each month from 0900-1100. This is THE class toward establishing healthy finances. Focus is on establishing and following a budget, checkbook management tips, balancing your checkbook, and setting and reaching your financial goals

Credit Management & Debt Liquidation - Offered first Wednesday of each month from 1300-1500.. What is credit? Learn exactly what it is and how it can work for you. Learn how to: Control your spending, Eliminate big bills, Deal with creditors, and Find debt reduction agencies.

Financing Your PCS - Offered first Tuesday of each month from 0900-1100. This class will teach you: How to financially plan your move, What the Army will (and won't) pay, Covering bills at home, and overall expectations.

Investing, Insurance & TSP - Offered third Tuesday of each month from 0900-1100. The purpose of TSP is to provide retirement income. TSP allows participants to save a portion of their base pay in a specific retirement account.

Consumer Rights Class – Offered third Monday of each month. You have rights as a consumer and active duty member. Learn what your rights are in this class.

For more information, to register for a class or to schedule a one-on-one appointment, please contact Patricia Wilson at CIV 0611-705-5034/5754, or DSN 337-5034/5754.



Employment Readiness Program

There will be a NAF On-The-Spot Hiring Job Fair on 20 May 04. The job fair will be held at the Community Activity Center from 1000-1400. For more information, contact Toi Winston at 0611-705-5034/5754 or DSN 337-5034/5754.

Army Family Team Building

“Secrets of a Happy Life in the Military”

Childcare expenses can be reimbursed for AFTB training



ONE STOP SHOP



“Home Front” Seminar	12 May 04	1000-1200
Monthly Cooking Class	13 May 04	1000-1200
Gardening Show	19 May 04	1000-1200
Family Readiness Expo	03 Jun 04	1300-1700

Have you been wanting to take AFTB classes? Now's your chance to knock out **Levels 1-3** in just one week!

17-21 May 0845-1400 ACS Room 22

AFTB also needs VOLUNTEERS for the following positions: Marketing Coordinator, Hospitality Coordinator, Office Manager, Instructor Coordinator, Instructors

For more information or to register for AFTB classes, call CIV: 0611-705-5034/5754 or DSN: 337-5034/5754



Army Family Team Building

YOUTH PROGRAM

05/13/04 **“Take Control of Your Time”**
Organizational Skills – Time and Meeting Management

05/19/04 **“Know What To Do When”**
Acronyms/Protocol/Chain of Command/Flag Etiquette

All classes are held at the ACS in Room 22. For more information, contact Anita Saab at 0611-705-5034/5754/5086.

ACS SUMMER ACTIVITIES

Your Wiesbaden ACS will be providing many activities throughout the summer. These activities will include many fun things like cookouts, dancing, cooking, sewing movies and more! The upcoming May activities are as follows:

All activities are at ACS unless otherwise specified. Please call 0611-705-5034/5754 or DSN 337-5034/5754 for more information or to sign up.

Child and Youth Services

Parents Night Out in Dexheim

Coming soon...**01 May 04!** Cost is \$4.00 per child for the evening. Dinner will be provided. To sign up, please contact DX CER at 334-5667 or 06133-69740, or contact WSB CER at 337-5383 or 0611-7055383.

Provider/Care-Giver Appreciation Day

Being held **07 May 04**. Please show your appreciation to FCC Providers and CYS Care-givers on this special day.

Mother’s Day Brunch

Brunch is being offered at the Community Activity Center on **09 May 04** from 1000-1400. CYS will have a photo booth in the fire side room. Come have a digital photo taken to send down range to your loved one, or home to your mom!

Parents Night Out in Wiesbaden

Being held on 22 May 04. Cost is \$4.00 per child for the evening. Dinner will be provided. To sign up, please contact WSB CER at 337-5383 or 0611-7055383, or contact DX CER at 334-5667 or 06133-69740.

For more information, contact CER at CIV: 0611-380-7610 or DSN: 338-7610.

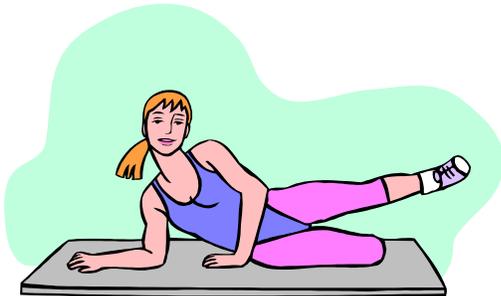
Community Recreation Division

Outdoor Recreation

Dexheim - AST
Paint Ball Field Grand Opening
1 MAY 2004

On the 1st of May 2004 there will be the Paint Ball Grand Opening in Dexheim with Music, Food, Drinks and Prizes 1000 to 1700. The sport of Paint Ball is extremely fast paced for adrenaline junkies and enjoyable for everyone from 14 on up.

The Summer Activities Schedule for May through September 2004 is now available!. There is a full range of family oriented trips for participants of all ages! For more information on dates, locations, durations and prices, please contact Outdoor Rec at Dexheim: DSN 334 - 5818 or Civ. 06133 - 69 - 818 and Wiesbaden: DSN 337 - 5760 or Civ. 0611 - 705 - 5760.



MWR Sports

AUKAMM AEROBICS: There will be no Aerobic classes at Aukamm for the summer. Please look for new fall schedule.

AEROBICS ROOM HAS RELOCATED

Due to the upcoming renovations to the locker room areas of the Tony Bass Fitness Center, the location of the aerobics room has changed to the ground floor cardiovascular room located near the back door of the fitness center. We are sorry for any inconvenience this may cause and know that this is temporary. Thank you for your understanding.

Next session dates for 221st BSB Fitness BootCamp

The next session dates for the BootCamp Program are as follows:

Session II: 28 Jun through 19 Aug

Session III: 30 Aug through 21 Oct

Cost is \$60/person. Class meets every Tuesday/Thursday from 1830-1930.

Private Pilates and Yoga Training

Challenge yourself in private training sessions with a certified trainer certified in pilates or yoga. If you want to receive one on one attention and learn more in a private setting please call 221st BSB Sports and Fitness office at 337-5379/5943. Cost is \$35/session or \$125/5-sessions.

Fitness Certifications

Now's your time to get certified in group fitness.

YogaFit Level II Certification: **1-2 May**, from 0800-1700. Cost is \$300. Register on-line at

www.yogafit.com. Exercise Science Alliance (ESA)

Group Fitness Certification: **15-16 May** from 0800-1700. Cost is \$315 for U.S. ID card holders.

Contact Susanne Dale at DSN 337-5943/5379 for more information.

Wing Tsun Martial Arts

Every Monday 1945 and Wednesday 2015. Cost is \$100/12 classes or \$10 class walk-ins. Ages 18 and over only.

Personal Trainers Available

It's not too late to get in shape for swimsuit season. Contact 221st BSB Sports & Fitness at 337-5943/5541 to get a Personal Trainer today.

Cost is \$35/session or \$125/5-sessions. Group discounts are available for up to four people.

221st BSB Massage Therapy

Find the perfect type of massage for you, including massage for pre/post-natal, lymphatic drainage massage and more. Contact Sarah Colby (Wiesbaden) 0160-640-5187, or Freiya Osterwald (Dexheim) 0179-903-6996. Gift Certificates available for all occasions.

More Community News

Mother's Day Brunch, 9 May

Enjoy a special meal on a special day at the Community Activity Center on WAAF. A lovely champagne brunch includes a buffet with made to order omelets, hash browns, fluffy pancakes, steamship round, Virginia Grilled Ham, tantalizing goulash cream soup, buttery mashed potatoes and a decadent dessert tray w/chocolate covered strawberries and more. When the little ones are full, they can make a card for mom at the Craft Corner. Brunch will be served from 10 a.m. – 2 p.m. and **reservations are required by 5 May**. Please call 0611-705-5750 or DSN 337-5750 for more information and reservations. Adults - \$11.95, children ages 5-12 - \$6.95 and children 4 and under are free.

Bingo at the Community Activity Center

The Wiesbaden Community Activity Center is offering Bingo following the Mother's Day Brunch, 09 May 04. This is a great way for you to socialize and have a chance to win something. Card sales begin at 14:00, 1st number called at 15:00. Cash prizes range from \$50 - \$700 with a chance to win up to \$5,000 in jackpot prizes. To participate in this bingo program, each player is required to purchase a minimum of one \$15.00 package deal.

All Occasions Balloon Center, Now Open!

Surprise mom with a special creation from the new balloon center at the Community Activity Center on WAAF. The shop will be open from 10 a.m. – 2 p.m. on Mother's Day, 09 May 04. Call 337-5750 for more information.

The U.S. Army Soldier Show, 23 May

Get ready for this year's exciting U.S. Army Soldier Show at the Taunus Theater in the Hainerberg Shopping Complex. This amazing show is Free Admission and begins at 7 p.m. These talented Soldiers will entertain you with songs and dances that will keep your feet tapping! Please call DSN 337-6111 or CIV 0611-705-6111 for more information.

Fun at the 4th of July

Calling all Family Readiness Groups and Private Organizations for the 4th of July Celebration this year! If your group would like to participate in the festivities with an activity booth or fundraising activity, please call the MWR Events Coordinator at

0611-705-6111 or DSN 337-6111 to get involved. Some possible opportunities for your group: Dunking Booth, Tattoos Booth, Cotton Candy Machine, Nachos Booth, Information Booths, Contests, Carnival Games or just about any creative idea you would like to bring to the event. Please call 0611-705-6111 or DSN 337-6111 for more information.

WIESBADEN COMMUNITY SPOUSES CLUB

Come out for the Wiesbaden Community Spouses Club luncheon on **19 May**; social hour starts at 1030 at the Community Activity Center

For reservations please call:
Marja Willemsen (A-L) 06122-586-550 or
Denra Riley (M-Z) 0611-710-7644

Community Support Council Information Exchange

The next "Exchange" will be held at the WAAF Community Activity Center (CAC) at 0930 on Tuesday, 25 May 04. To have information published in the

June 04 edition of the newsletter, submissions must be received no later than 14 May 04. E-mail your newsletter information to

pia.morales@104asg.mwr.army.mil

Unit Information

Command Contact Phone Numbers

3D COSCOM Commander

BG Boles DSN: 337-5632

CSM Wood DSN: 337-5634

Special Troops Battalion

LCT Brown DSN: 337-5328

CSM Brown DSN: 337-6157

Headquarters Company

CPT Wong DSN: 337-7252

1SG Benefield DSN: 337-7253

FRG Liaison

SGT DuBois DSN: 337-6159
0162-771-4349

FRG Leaders

Maria Diaz 0612-253-0998

Jean Brink 0611-205-5495