



U.S. Marine Corps Forces Europe & Africa



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IMPORTANT PHONE NUMBERS:

- FRO, Katherine Nelson, 07031-15-3593
- Command Center, 07031-15-2380
- American Red Cross, 877-272-7337
- MP Desk , 0711-680-5262
- Road Conditions Hotline, 07031-15-3744
- Army Community Services, 07031-15-3362
- Military OneSource, 001-800-342-9647
- Patch Medical Appts, 06371-9464-LRMC (5762)
- Nurse Advice Line, 00800-4759-2330
- ISOS, 0044 20 8762 8384

Unit, Personal and Family Readiness Program Newsletter

Fall/Winter 2013

Family Readiness Events

In August, Marines and spouses had the opportunity to welcome many new Marine Corps families to the Stuttgart area. On August 14, more than 30 Marine Corps spouses, were greeted by the existing Marine Corps spouse community and MARFOR-EUR/MARFORAF Deputy Commander, BGen James O'Meara and his wife Angela. The attendees spent time sharing their good experiences and entertaining lessons learned.



Joining the event were the USAG MWR School Liaison Officers, Brian Pappas and Joe Holder. Also in attendance was Outreach Coordinator, Genevieve Nystrom from Child and Youth Services. All three were impressed with the attendance of the event and grateful for the opportunity to answer questions for the new comers.

On August 23, the weather cooperated and provided plenty of sunshine for the Annual End of the Summer Marine & Family Day. Marines enjoyed having Husky Field to themselves to enjoy some football and softball while brats, burgers, and BBQ were being prepared.

Sgt Moye took home the prize for best ribs and pulled pork while Mr. Gustafson won for his amazing marinated chicken. Candice Hilleger won the prize for best dessert with her chocolate creation that looked as wonderful as it tasted.

Keep your eyes on the calendar, email and Facebook for more upcoming events. All Marine spouses in the Stuttgart area are invited to attend all Family Readiness events.

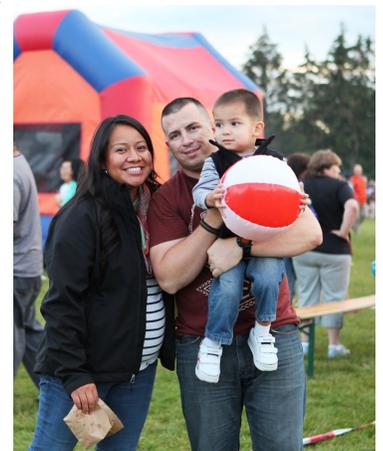
For more information, contact the Family Readiness Officer at 07031-15-3593.

SAVE THE DATE

October 11, New Join Spouses Coffee

November 21, SMP Turkey Feast

December 7, Winterfest



MFE/MFA NEWS

Marines, Sailors, Civilian Marines and families of U.S. Marine Corps Forces, Europe and U.S. Marine Corps Forces Africa,

First, I would like to thank our dedicated family members for supporting your Marines and Civilian Marines over the past several of months. Our staffs have been diligently working long hours in response to world events and your support and understanding is greatly appreciated.



We've had a very busy summer with some wonderful Family Readiness events that have given our Marines, Sailors, Civilians and family members an opportunity to welcome new joins into our community. We have experienced a large turnover and hope that your PCS experience was made easier by improvements that have recently been made to our Sponsorship Program. If you PCS'd into Stuttgart this summer, please be sure to fill out the Sponsor Program survey. We also have a Spouses Survey available online, <http://www.surveymonkey.com/s/P3XZDH6> Your feedback can make a difference for future new joins.

As we head into the fall season, there are a lot of events and activities to enjoy in Germany. The fest and markets are a great way to spend time on the weekends. I ask that you plan for responsible festing and always know how to contact a taxi or use the train system as a backup plan. Your safety is paramount to me.

Speaking of fall events, we are in the midst of celebrating the Marine Corps 238th Birthday on Nov 9th. If you have not purchased your tickets yet, I encourage you to do so soon. The Birthday Ball in 2012 was a great event and we look forward to another successful ball this year. Please get in touch with MGySgt Carter to purchase tickets and arrange for childcare and bus transportation, DSN: 431-2526 or Comm: 07031-15-2526 or darby.carter@mfe.usmc.mil. I hope to see everyone there.

Finally, we are facing challenging times in our country and in our military. Your support matters more than ever. Our Marines and Civilian Marines are working hard leading the way in crisis response fulfilling the responsibility we have to the America people. When crises occur, people look to the Marine Corps, and we, at MARFOREUR and MARFORAF are at the forefront. We must stick together to remain strong in times of adversity and change.

Again, Angela and I cannot thank you enough for all your continued support.

Semper Fidelis,

BGen J. Scott O'Meara, USMC



<https://www.facebook.com/MFEMFADCOMM>

MFE/MFA PROMOTIONS

CONGRATULATIONS!

GySgt Ross *Promoted to MSgt
 SSgt Cook *Promoted to GySgt
 Sgt Luna *Promoted SSgt
 Cpl Bell *Promoted Meritoriously to Sgt
 LCpl Bennington *Promoted to Cpl
 Capt Berthinet *Promoted to Maj
 Capt Hudson *Promoted to Maj
 CWO2 Colon *Promoted to CWO3
 CWO3 Bergeron *Promoted to CWO4
 2ndLt Shaw *Promoted to 1stLt
 2ndLt Daughtery *Promoted to 1stLt
 Maj Keller *Promoted to LtCol
 Sgt Deleeum *Promoted to SSgt
 SSgt Landry *Promoted to GySgt
 2ndLt Heg *Promoted to 1stLt
 LCpl Klingler *Promoted Meritoriously to Cpl

2ndLt Jefferson *Promoted to 1stLt
 LtCol Bunker *Promoted to Col
 2ndLt Towles *Promoted to 1stLt
 LtCol Bussel *Promoted to Col
 Maj Hansen *Promoted to LtCol
 LtCol Evans *Promoted to Col
 Maj Challgren *Promoted to LtCol
 LtCol Hensien *Promoted to Col
 LtCol Lindeman *Promoted to Col
 2ndLt Kim *Promoted to 1stLt
 LtCol Griffith *Promoted to Col
 Maj Brannon *Promoted to LtCol
 Maj Doctor *Promoted to LtCol
 1stLt Clay *Promoted to Capt
 Maj Sattely *Promoted to LtCol

PHOTOS FROM THE FIELD

AFRICOM OLYMPICS



GDPI



Georgian soldiers and U.S. Marines stand in formation during a departure ceremony held at the Vaziani Training Area Sept. 19, 2013. Having completed six months of training, the 31st and Batumi battalions will now deploy to the Helmand Province of Afghanistan where they have been

BSRF



Col. Doru Apafaian, Black Sea Rotational Force 13 exercise director for Romania (right), and Lt. Col. Steven Wolf, U.S. Marine Corps BSRF-13 Commanding Officer, salute Capt. Nicholas Vogel during the closing ceremony for BSRF-13 aboard Mihail Kogalniceanu Military Base, Romania, August 8, 2013. The closing ceremony included a joint tactical demonstration featuring Romanian soldiers and U.S. Marines that demonstrated interoperability in an operational context, a military parade, and a display of military gear and equipment. (photo by Lance Cpl. Michael Dye)

Special Purpose MAGTF Africa



Lance Cpl. Wade Patten (left) and Cpl. Allen Duncan (right) reconnaissance Marines with Special-Purpose Marine Air-Ground Task Force Africa 13, demonstrates to Senegalese Compagnie de Fusilier Marine Commandos on Bel Air Naval Air Station in Dakar, Senegal, Aug. 12, 2013. Special-Purpose MAGTF Africa strengthens U.S. Marine Corps Forces Africa and U.S. Africa Commands ability to assist partner nations in theater security cooperation and military-to-military engagements. Special-Purpose MAGTF Africa's current iteration is the fourth rotation working with the Senegalese Forces. (U.S. Marine Corps photo by Cpl. Ryan Joyner)

Special Purpose MAGTF Crisis Response



Lance Cpl. Ortiz, left, a warehouse clerk with SP-MAGTF Crisis Response, raises an American flag alongside airmen at Moron Air Base, Spain, Sept. 20. The flag raising was part of National POW/MIA Recognition Day. SP-MAGTF Crisis Response is temporarily postured in Spain to respond to crises throughout the AFRICOM region.



A U.S. Marine with Special Purpose Marine Air-Ground Task Force Crisis Response fires an M107 Barrett sniper rifle during advance marksmanship training July 30, 2013, as part of bilateral training with the Spanish army at the Principe Training Camp in Spain. The bilateral event took place from July 29 to Aug. 1 and served to sustain marksmanship proficiency and build enduring relationships between each military. The Marines and sailors of SP-MAGTF Crisis Response provide a limited-defense crisis response capability in support of U.S. and partner-nation security interests within their area of responsibility and also participate in training events with regional partners. The unit is temporarily postured in Spain. (Photo by Cpl. Michael Petersheim)



Get the Help You've Earned

Confidential support is available 24 hours a day, 7 days a week, 365 days a year through the Military Crisis Line (1-800-273-8255 and Press 1), online chat and text (838255). In Europe call 00800 1273 8255 or DSN 118*. You can also access resources and information anytime.

- Learn to recognize the signs of crisis.
- Use the resource locator to find VA and community resources in your area.
- Watch videos about finding support in tough times.
- Help your fellow Service members by spreading the word about the Military Crisis Line.

**Military
Crisis Line**



Network of Support

The Military Crisis Line staff can connect you with services to help get your life back on track. Calls can be referred to local VA Suicide Prevention Coordinators and other providers who offer support for issues such as:

- Post-traumatic stress (PTS/PTSD)
- Traumatic brain injury (TBI)
- Military sexual trauma (MST)
- Family and relationship issues
- Issues related to OEF/OIF/OND deployments

For more information about VA's mental health resources, visit www.mentalhealth.va.gov.

**In Europe call 00800 1273 8255
or DSN 118**

ACS EMPLOYMENT READINESS PROGRAM

The Employment Readiness Program (ERP) provides information and referral services on employment, education, training, transition and volunteer opportunities to give Family members the competitive edge needed to secure meaningful employment. ERP offers up-to-date information on available employment opportunities, market and job trends, education and volunteer resources to help individuals make informed decisions when seeking employment. Services offered by the ERP include classes and seminars related to employment:

- Career exploration
- Resume writing
- Interviewing techniques
- Dressing for success
- Networking
- Entrepreneurship

Individual career assessment and counseling
 Contact the Employment Readiness Program Manager at DSN (314) 431-3363/3362 or CIV +49 (0)7031-15-3363/3362 for more information



Virtual Career Library

Get help with your job search or explore different careers online from any computer. Just click on the Virtual Career Library logo to access over 6,000 digital pages of career guidance information.

Inside you will find hundreds of career advice videos, digital career books and directories, virtual job data cards, job bank resources, and occupational videos to help you achieve career and life success.

Note: First time users of the Virtual Career Library must click on the "First Time Registrant" link and complete and submit the access request form. Your account should then be accessible to you within one business day. From that point on, you can access the library with the username and password you created.



For more information about Spouse Education and Career Opportunities, visit www.MilitaryOneSource.com, or click on the logo to the left.

Federal Resume Workshop

Date: Oct. 09, 2013
 Time: 9:00 a.m. - 10:30 a.m.
 Location: Army Community Service (ACS) - Panzer Kaserne , Bldg. 2915
 Apply the best practices that you can use to create and/or edit your own federal resume.
 If you have one already written, bring it along to this class.
 If you don't have one written, by the end of this two hour session you will know exactly how to get one started.
 One on one follow-up appointments available with the Employment Readiness Program Manager after this class to help you perfect your federal resume.

DSN: (314)431-3362
 Commercial: +49 (0)7031-15-3362
janet.i.farley.civ@mail.mil

Orientation to the Stuttgart Job Market

Date: Oct. 16, 2013
 Time: 9:00 a.m. - 10:30 a.m.
 Location: Army Community Service (ACS) - Panzer Kaserne , Bldg. 2915
 New to Stuttgart and want to find a job or simply new to job-seeking in Stuttgart?
 Either way, the Orientation to the Stuttgart Job Market is the class you want.
 Sign up for this class and learn where the main sources of employment are located within your community and how to apply for available jobs.

Job Search Strategies

Date: Oct. 23, 2013
 Time: 9:00 a.m. - 10:30 a.m.
 Location: Army Community Service (ACS) - Panzer Kaserne , Bldg. 2915
 Make your job search efforts count!
 This workshop will show you how to effectively implement various job search strategies into your own job search campaign.

Job Search Support Group

Join us on Thursdays in October at Army Community Service, Bldg. 2915 on Panzer Kaserne, from 11 a.m. - 12 p.m. for a power hour of networking, motivational chat and other positive job search support activities.
 Open to all US ID card holders.
 No appointments are necessary and drop-ins are welcome.

Marine Forces Stuttgart Spouses Social Networking Groups

Marine Forces Stuttgart Spouses Social Networking Groups are coordinated by volunteer spouses. Although the groups are not part of the Family Readiness Program, they are meant to enhance the goals of the Family Readiness Program by fostering a network of support and communication for Marine Corps Spouses.

We all know it's a challenge to live overseas and in an Army Community. These groups bring together Marine Corps spouses from all commands in the Stuttgart area to socialize, network, share experiences and develop new friendships. If you would like to join these groups, please send your inquiry to marineforcesstuttgartspouses@gmail.com

Upcoming events:

Oct 3. Wine Enthusiasts meet at Da Alfredo Restaurant in Böblingen

Oct 7. "Lunch Bunch"

Oct 16. Gourmet Cooking Group meets @ 11am for "Taste of Germany"



Other groups that you may be interested in:

- Ladies Night Out
- Day Trippers
- Book Club
- Children's Playgroups

Please send all inquiries to marineforcesstuttgartspouses@gmail.com

UPCOMING STUTTGART EVENTS

Esslingen's Fall Fest: Oct 5, 0800 until 1300

The 45th Annual German American Pfennigbasar: November 7-8 at the Liederhalle, Stuttgart

Stuttgart Christmas Market: Nov 27-Dec 23, Mon-Sat 10am-9pm, Sun 11am-9pm

Ludwigsburg Christmas Market: Nov 26-Dec 22, 11am-9pm Daily, stage entertainment at 3pm & 7pm, additional shows at 5pm on weekends.

Tubingen Chocolate Festival: Dec 3 - 8

Tubingen Christmas Market: Dec 13—15



The Army Wellness Center offers the following services, free of charge to all ID card holders. Please call AWC for more information and to schedule your appointment:

- Weight Management
- Metabolic testing – a simple 15 minute test that measures what you burn and then calculates how you should eat. It is the key to knowing precisely what your body needs for effective weight management.
- Body fat analysis
- Nutrition Counseling
- Basic nutrition course, reading labels, healthy choice navigation, food substitutions, quick meals.

- Fitness Testing :The rate of oxygen consumption during exercise (VO2) is measured to assess degree of cardiovascular fitness. Includes patient interview and consists of a variety of tests to determine overall health and fitness.
- Stress Management
- Biofeedback technology
- Stress reduction class
- Massage chair available to all members of the community during hours of operation.

Patch Barracks, Bldg 2337
Mon - Fri, 0730 - 1630
DSN: 430-2997
CIV: 0711-680-2997

RELOCATING TO GERMANY—LESSONS LEARNED

The following lessons learned, were shared by spouses who recently moved to Stuttgart and from spouses who have been here a while. These are lessons that can be learned the hard way, but we've decided to share to make life in Germany more enjoyable for our families.

AGES AND STAGES: Every person is at a different stage in life...newly married, young kids, older kids, etc. Don't waste time comparing your experiences with others, instead focus on what you're able to do at your life stage.

COST OF LIVING: Everything will cost a little more than you expected and you may have to buy a duplicate of something that is in your shipment. Don't be overwhelmed and frustrated by the timing and cost.

SETTLING IN: Give yourself 6-12 months to acclimate and settle in. Often times we're too hard on ourselves about how and when things should be done. Take time to enjoy!

LANGUAGE CLASS: Try out the USO language classes. Don't be afraid to try new things and experiences.

EMBRACE THE CULTURE: Immerse yourself. You'll never have the opportunity again without spending thousands of dollars!

KEEP TRACK OF STORE TIMES: Use your phone to take a picture of the store's hours (e.g. commissary, library, post office). Each facility has different hours.

PARKING & BLUE TIMER: Remember your blue timer for the commissary parking and around base and ALWAYS for parking out on town.



BUYING A CAR: Get a mini if you're thinking of a second car...SUV's are great for long travel, but difficult to maneuver down narrow European roads and parking lots.

HOSPITAL: CALL the MPs 0711-680-5262 (if you need to go to the hospital. They'll tell you which hospital to go to. Take the hospital tour. Familiarize yourself with TRICARE Overseas.

MARKETS: Every town has different days for the markets.

Downtown Stuttgart: Saturday Rathaus market, Konigstr, Underground market
Vaihingen: Saturday downtown market

GROCERY STORE: "Real" (say Ree Al) German "Wal-Mart". This is a huge grocery store in Böblingen. Find wine for 2-3 Euros. (Take VAT) They also take Visa credit/debit cards

DISTRIBUTION LISTS: Get on every distribution list you can. Not all the information will pertain to you, but some of it you or a neighbor or friend will need.

ACS WELCOME TOUR: The ACS "Welcome Tour" is well worth the time.

PETS: The vet clinic on Panzer has a list of many kennels in the area.

GERMAN AND BILINGUAL SCHOOLS: Don't be afraid to look into sending your kids to German schools. There are many military children who attend these schools and it's a wonderful experience.

IKEA: NO CREDIT, ONLY CASH. Take VAT. Pay first at the check-out, and then take your receipt and VAT to Customer Service for refund of tax.

BUZZ OFF BASE: Events, entertainment and travel inspiration for military in Germany. The web-site includes night-life, restaurant listings, Farmers Market guides, Christmas Market Guides, Fest Guides and much more.

<http://www.buzzoffbase.com/>



RELOCATING TO GERMANY—LESSONS LEARNED

(continued)

SOCIAL MEDIA:

Marine Forces Europe and Africa Family Readiness (Facebook) Official Command Page

<https://www.facebook.com/FROinGermany>

International Women's Club of Stuttgart (Facebook)

<https://www.facebook.com/IWCStuttgart>

German American Women's Club

<http://www.gawc-stuttgart.org/>

Stuttgart Friends (Facebook) - private Facebook group

Been there.....Stuttgart's Essential Travel Club (Facebook)- private Facebook group

Stuttgart Marine Corps Spouses (Facebook)—private Facebook Group, Bunko and other fun events

Stuttgart Community Spouses Club—<http://stuttgartspousesclub.org/>

MOPS (Mothers of Preschoolers): meet on each of the bases, chance to socialize with other spouses WITHOUT your children



TRAVELING:

- Get out as much as you can. Spouses may have to work, but GO! Jump on the train and GO! Enjoy the warm weather. But travel off-season, too (it'll be less crowded).
- Thanksgiving weekend is the BEST time to travel. Europeans do not celebrate the same American holidays!
- Plan ahead for cheap train tickets (think 2 months ahead).
- Prioritize your travel list by year—you may be short toured and not able to visit places you really wanted to go.
- If you plan to travel with your pet, be sure to get a travel passport for your pet (it will include information like vaccinations). To take a large dog on the train, purchase a children's ticket.
- Belleau Wood: Marine Corps Memorial (very close to Paris and London)
- Ryan Air and German Wings are two low priced airlines (think Southwest or Jet Blue)
 - <http://www.ryanair.com/en>
 - <http://www.germanwings.com/en/index.shtml>

GERMAN HOLIDAYS: Keep German holidays in mind when planning travel. Most businesses are closed on German holidays. It is common for German's to close down their business between Christmas and not re-open until after the New Year.

- Reformation Day 10/31/2013
- All Saints' Day 11/1/2013
- Penance Day 11/20/2013
- Christmas 12/25/2013
- St. Stephen's Day 12/26/2013



238th Marine Corps Birthday Ball

November 9, 2013



Join Marine Corps Forces Europe and Africa as we celebrate our tradition of honor, courage and commitment.

Ticket Prices:

Marine Sergeants and below: 50 Euro

Marine Staff Sergeants and Gunnery Sergeants: 60 Euro

All Other Guests: 70 Euro

- + This event is open to all military and DoD personnel**
- + Ticket sales end October 25, 2013**
- + Childcare and transportation will be provided at an additional cost**

Please contact us for tickets or more information:

**E-mail: darby.carter@mfe.usmc.mil
DSN 314.431.2526 or
Commercial Telephone 0703.115.2526**