






September 2023 Monthly Glance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Family Day</i>	2
3	4 <i>Labor Day</i>	5 TAP: Pre-Separation Counseling (virtual) 0830-1130 Ditching the Dorms 0900-1130 Pre-Deployment Briefing (Email)	6 Newcomer Orientation @ Ramstein Community Center, Bldg 412 0800-1200 M&FRC Staff Training 1200-1630	7 First Duty Station Enlisted 0800-1430 EFMP Coffee & Chat & Sippin Tea 1100-1200 Pre Deployment Briefing (Email)	8 Key Leadership Immersion (Virtual) 0800-1200 German Culture Orientation 1000-1200 Deployment Reintegration (Video)	9 EFMP/ Hearts Apart Ice Cream Social 1130-1300 
10	11	12 Bundles for Babies 0815-1200 EFMP Coffee & Chat 0900-1000 Vesting in TSP 1330-1430 Pre-Deployment Briefing (Email) Ranking Up 1500-1600	13 Newcomer Orientation @ Ramstein Community Center, Bldg 412 0800-1200 Federal Employment 0900-1100 Civilian Resume 1130-1230 M&FRC Staff Training 1200-1630	14 Pre Deployment Briefing (Email)	15 Raising Financially Fit Children 1000-1130  Deployment Reintegration (Video)	16
TAP: 3-Day Workshop 0800-1630 (Virtual)				TAP: DOL Employment Track 0830-1630		
17	18 	19 TAP: Pre-Separation Counseling (virtual) 0830-1130 Ditching The Dorms 0900-1130 Key Spouse Continuing Ed 0900-1100 Pre-Deployment Briefing (Email)	20 Newcomer Orientation @ Ramstein Community Center, Bldg 412 0800-1200 M&FRC Staff Training 1200-1630	21 First Duty Station Enlisted 0800-1430 Pre Deployment Briefing (Email)	22 Deployment Reintegration (Video)	23
				TAP: DOL Vocational Track 0830-1630		
24	25 HOT TIP! Start TAP 18-24 months from your potential DOS 	26 TAP: Pre-Separation Counseling (Virtual) 0830-1130 TSP-Thrift Savings Plan 1300-1430 Pre-Deployment Briefing (Email)	27 Newcomer Orientation @ Ramstein Community Center, Bldg 412 0800-1200 TEAMS 0800-1500 * See Back M&FRC Staff Training 1200-1630	28 Pre Deployment Briefing (Email) VA Benefits 101 Lunch & Learn 1200-1300	29 Deployment Reintegration (Video)	30
Senior TAP 3-Day Workshop 0800-1630				Senior TAP: DOL Employment Track 0800-1630		
				TAP: Entrepreneurship Track 0830-1230 (Virtual)		



Military & Family Readiness Center
Bldg. 2120, Lawn Ave
Ramstein AB

DSN: 314-480-5100
COMM: 06371-47-5100
Email: 86FSS.FSH.MFRC@us.af.mil



Facebook:
Ramstein Military
& Family Readiness

Workshop	Description
Registration required by contacting the M&FRC	
Bundles for Babies	Workshop provides expectant parents with a variety of information including: how to care for infants, budgeting for the family, lactation, car seat safety, and infant safety, and more. A \$50 gift card from AFAS is provided.
Civilian Resume Writing	Learn how to identify transferable skills, create a career catalog, and create a draft resume.
Deployment Reintegration (Video)	Required for all service members returning from deployment. Please complete certificate and email to M&FRC org box and CC your UDM. Video may be accessed here: https://86fss.com/mfrc/training-videos/
Ditching the Dorms	Workshop to assess if Airmen are financially ready to move out of the dorms and onto the economy. **Contact your Dorm Manager to register**
EFMP Coffee & Chat	EFMP Families will meet for chat, coffee, and donuts every 2nd Tuesday of the month for an opportunity to connect/network.
EFMP Coffee, Chat & Sippin Tea	USAG Rheinland-Pfalz EFMP will host a joint community DODEA information exchange. Topics will be IEP's and 504 Plans. Workshop open to Air Force and Army Families. Please note location will be in Landstuhl at Bldg. 3820 FAP/ACS. REGISTRATION IS REQUIRED by emailing 86fss.fsh.mfrc@us.af.mil or call 480-5100. Army families can register either with Ramstein EFMP or call USAG Rheinland-Pfalz at 541-9030.
Federal Employment Workshop	Prepare for federal employment by understanding resume writing and hiring practices.
First Duty Station Enlisted	Goal Setting and budgeting, credit and debt management, car buying, banking and checkbook management, and basic investing. **Contact PDS to register**
German Culture Orientation	Class is beneficial for newcomers, recently arrived at Ramstein/Germany, to receive information on German culture, customs, courtesies, and laws. Other topics include travelling throughout Germany and Europe, as well as shopping on the economy, and off-base leisure activities.
Key Spouse Continuing Education	Key Spouses and Mentors are being educated by a base resource and given an opportunity to engage with base leadership.
Key Leadership Immersion	Newly appointed leaders will receive required briefings by agencies to include but not limited to Mental Health, IG, Wing Safety, EEO, SAPR, M&FRC.
Newcomer Orientation (Held @ Ramstein Community Center, Bldg. 412)	Newcomer Orientation sessions provide all newly assigned Members; Active Duty, DoD Civilians/ Contractors, GSU's and Spouses with information from various base agencies to assist in their assimilation to the KMC. **Register on Appointment Plus: https://booknow.appointment-plus.com/9rm3mcns/
Pre-Deployment Brief	Overview of deployment fundamentals and programs and services available to member and family members (Email).
Raising Financially Fit Children	Join the M&FRC as we discuss allowances, chores, saving and other topics for parents of children from preschool to high school.
Ranking Up	Promotion is a career milestone that brings both new opportunities and new challenges. This course targets service members and their spouses to make financial choices regarding anticipated or new income due to promotion.
TAP: DOL Employment Track	Conducted by the Department of Labor (DOL). Service members learn valuable employment seeking skills such as: resumes, cover letters, application processes, social media use, networking, salary negotiation, and much more.
TAP: DOL Vocational Track	Conducted by the Department of Labor (DOL). This workshop helps to identify skills, increase awareness of training and credentialing programs, and develop an action plan to achieve career goals.
TAP: Entrepreneurship Track	Conducted by the Small Business Administration (SBA). Service members pursuing self-employment in the private or non-profit sector will learn about the challenges faced by entrepreneurs, the benefits and realities of entrepreneurship, and the steps toward business ownership. *NOTE: Virtual classes are USAFE-wide—not through Ramstein AB
TAP: Pre-Separation Counseling *Virtual*	The second step in the TAP process. Should be completed NLT 365 days from DOS/DOR. Participants will receive information on resources and benefits they may be eligible for as transitioning service members. Prerequisite: mandatory Initial Counseling.
TAP: 3-Day Workshop *Virtual* & SENIOR TAP: 3-Day Workshop	The 3-day Transition Workshop includes: DoD day, VA Benefits and Services, and DOL Employment Fundamentals. This workshop is designed to prepare military members and their families as they transition to the civilian sector. Prerequisite: mandatory Initial Counseling and Pre-Separation Counseling. *NOTE: Senior TAP 3-Day Workshop is for E8/O5 and above.
TEAMS Employment Series	Conducted by the Department of Labor (DOL). Transition Employment Assistance for Military Spouses (TEAMS) which will address the following topics: Marketing Me, LinkedIn, and Salary Negotiations.
TSP -Thrift Savings Plan	Join the M&FRC as we discuss the ins and outs of the Thrift Savings Plan.
VA Benefits 101 Lunch & Learn	Bring your lunch and join us for a workshop that highlights VA Benefits and Services. Topics include: Education, Home Loan Guarantee, Healthcare, Insurance, and Memorial Benefits. This class is open to all!
Vesting in TSP	This class is designed for military and civilians who are approaching the time frame of being vested in the Thrift Savings Plan. We will discuss making decisions as you become vested in TSP. This class meets the Financial Readiness Touchpoint for military members who are approaching two years of Service.