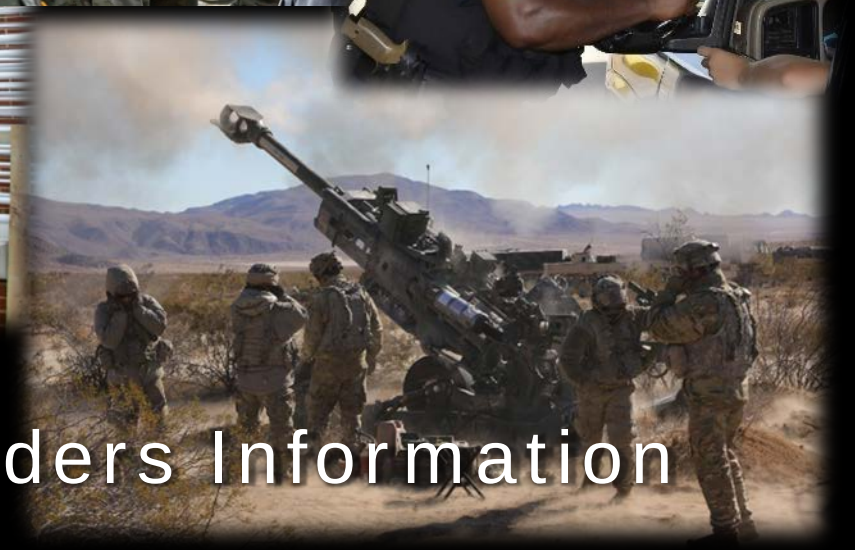
U.S. ARMY



Stuttgart Community Leaders Information Forum (CLIF) 9 July 2025

WE ARE THE ARMY'S HOME

Take Away Packet Table of Contents

As of 9 July 2025

USAG Stuttgart CLIF - July 2025

Take Away Packet Table of Contents

- USAG Stuttgart App
- Interactive Customer Evaluation (ICE)
- **PAO** - My Army Post App
- **DFMWR** - Events Flyers
- **Exchange** - **July** Stuttgart Food Truck Schedule / Sensory Friendly / 130 Years of Service Flyer, Vending Machines Info, Back to School-A 4-Korr, School Meal Program & School Meal Readiness 2025 Flyer
- **DHR** - ASAP Newsletter / ASAP Upcoming Events / EAP QR Code Flyer / Meet & Greet / CNO/CAO
- **Safety** - Motorcycle Safety Foundation Courses / POV Vehicle Safety Checks / First Aid Training (LN)
- **DPW** - Construction Update
- **AHC** - Boeblingen Tour, HASP & CYS Physicals 2025
- **LRC** - Transportation Information
- **DeCA** - Stuttgart Commissary Operating Hours
- **Special Topic**: All Things DoDEA / CYS
  (See read ahead)

Have questions? Use the CLIF email:

usarmy.stuttgart.id-europe.mbx.dptms-operation@army.mil

Need previous information? Use the CLIF website:

https://www.stuttgartcitizen.com/community-leaders-information-forum-clif/

USAG STUTTGART APP

Interactive Customer Evaluation (ICE)

- We want your feedback on Garrison services - use ICE!

  - *Happy with the service you received? We want to hear from you.*
  - Your feedback helps us to recognize those garrison and mission partner professionals who are giving their all to support the Stuttgart community and reinforces what we are doing well.

  - *Have an improvement suggestion? We want to hear from you.*
  - Your input helps us to improve, solve problems, and focus on areas that would have otherwise gone unnoticed.

ICE
INTERACTIVE CUSTOMER EVALUATION

- *You Have a Voice!*
- https:\\ice.disa.mil

CLIF Survey via ICE

- We would appreciate your feedback specifically on the CLIF via ICE

- Your input is important to the future of the CLIF events, and we have created a specific ICE survey on CLIFs.

- Just scan the below QR code to provide us your input to the CLIF.

U.S. ARMY

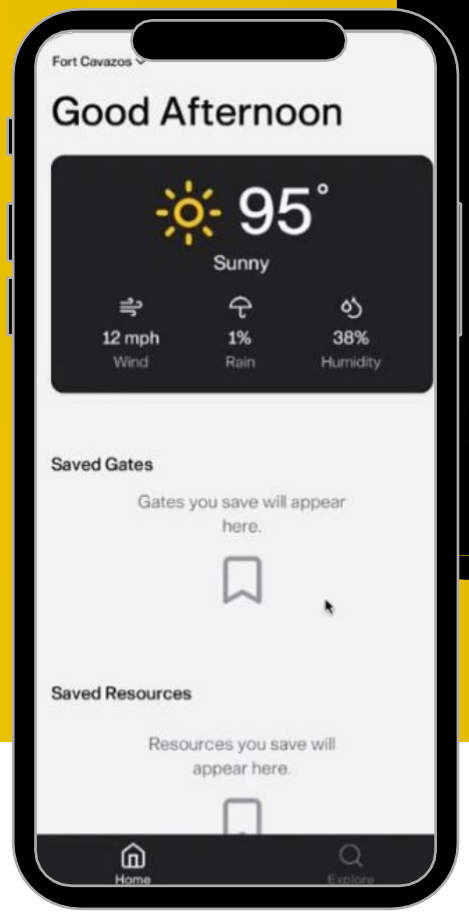
My Ar App

Coming soon!

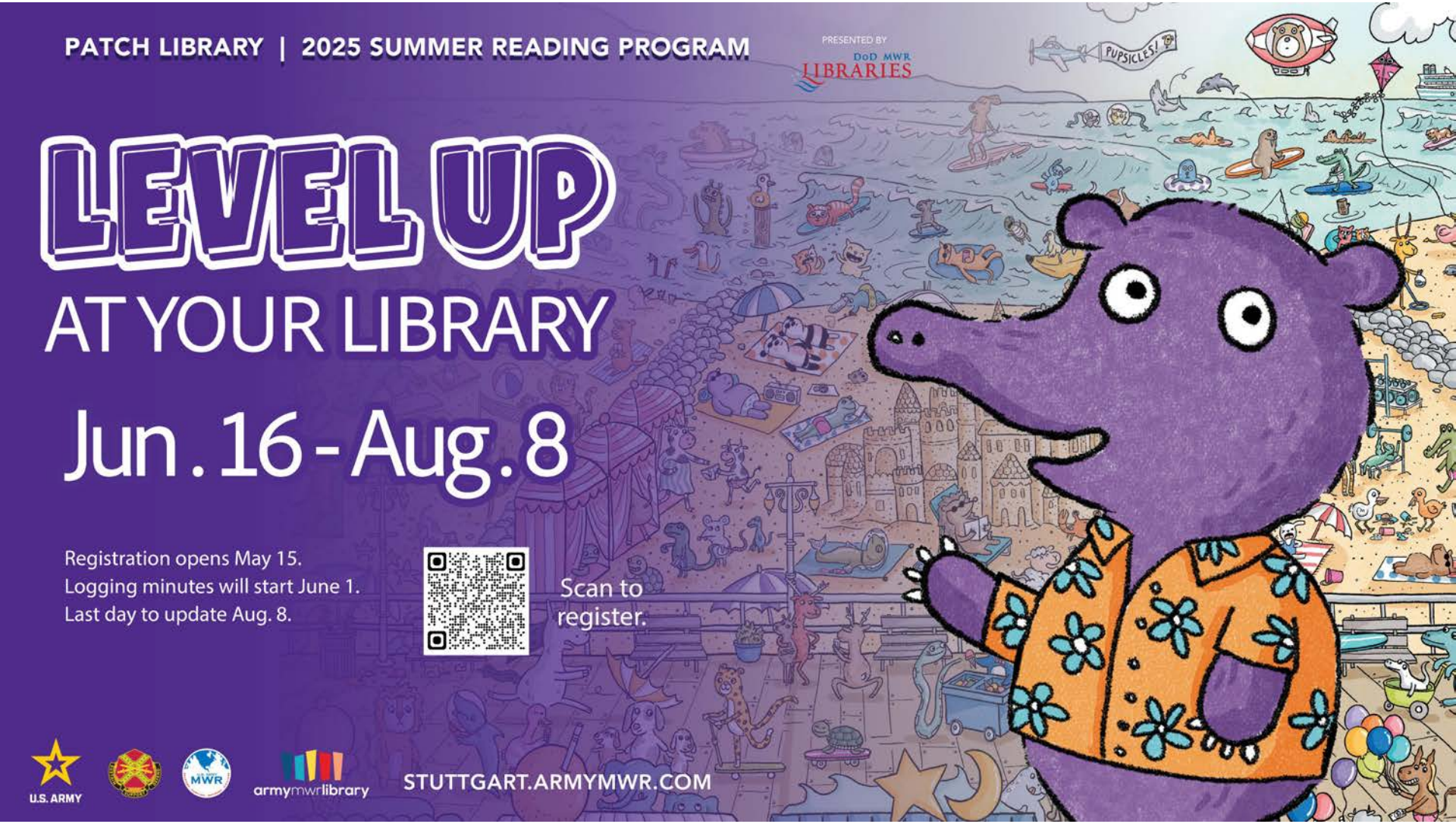
- Sta the know!
  - Services
  - Gate Hours
- Community Events
- Maintenance Requests
- Weather
- Resources
- AND MORE

Download on the App Store

GET IT ON Google Play



Andrea Ryan
Garrison Public Affairs
Andrea.k.Ryan.civ@army.mil
DSN (314) 596-3105


PATCH LIBRARY | 2025 SUMMER READING PROGRAM
PRESENTED BY
DoD MWR
LIBRARIES
LEVEL UP
AT YOUR LIBRARY
Jun. 16 - Aug. 8
Registration opens May 15.
Logging minutes will start June 1.
Last day to update Aug. 8.
Scan to register.
U.S. ARMY
MWR
armymwrlibrary
STUTTGART.ARMYMWR.COM

CYS Teen
Bowling
Program
FRIDAYS
3:15 P.M
5:00 P.M
This program offers a fantastic opportunity for participants to enhance their bowling skills, socialize, and engage in friendly competition.
No fee for participation.
Open to registered CYS youth with a current MST pass.
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CYS SPORTS
FALL SPORTS
Registration
May 28 - Jul. 11
U.S. ARMY
MWR
CHILD & YOUTH SERVICES
STUTTGART.ARMYMWR.COM

CYS SPORTS
SUMMER SPORTS
Registration
May 14 - Jul. 18
U.S. ARMY
MWR
UNITED STATES ARMY
CHILD & YOUTH SERVICES
STUTTGART.ARMYMWR.COM

KICKBOXING
COACHING
Personalized kickboxing coaching/training.
Schedule your appointment with
our Kickboxing coach today!
FOR MORE INFORMATION,
PLEASE CONTACT ANY FITNESS CENTER
U.S. ARMY
MWR
STUTTGART.ARMYMWR.COM

PERSONAL TRAINING

Our nationally accredited-certified personal trainers are motivated to help you meet all of your fitness and health goals. They will begin by assessing your current fitness levels and help set short- and long-term fitness goals. You will continue by learning proper technique in strength, cardiovascular and flexibility exercises, gain strength and endurance with scientifically based exercise programs and schedules, and ultimately improve body composition through proper nutrition and exercise. Personal training is available for individuals, pairs or small groups.

Register at all Fitness Centers.

Scan for more information and prices

U.S. ARMY

MWR

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GALAXY BOWLING & ENTERTAINMENT CENTER
Kids bowl Free
SUMMER PROGRAM
JUN. 1 - AUG. 31
TUESDAYS, WEDNESDAYS & FRIDAYS
11 A.M. - 6 P.M.
SUNDAYS
11 A.M. - 3 P.M.
GET 2 FREE GAMES PER DAY!
SHOE PRICE IS NOT INCLUDED.
SHOES $3.25 EACH.
PRE-REGISTRATION REQUIRED.
Sign Up Now
U.S. ARMY
MWR
STUTTGART.ARMYMWR.COM

ARMY OUTDOOR RECREATION
SCHOMBERG
STAUSEE
Aug. 2
Kelley Barracks - Pick-Up/Drop-Off
Price: $75 Kayak or Paddle Board Included
Nature's Playground Awaits!
Call Outdoor Recreation or stop by our office to register.
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PATCH ARTS AND CRAFTS CENTER
BACK to SCHOOL
SALE
All regular merchandise
at least
25% off
Extra discount on
clearance items.
AUG. 23
10a.m. - 5p.m.
Sale does not apply to balloons, ceramics, photo printing,
framing, engraving, classes or room rental.
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U.S. ARMY
MWR

U.S. ARMY

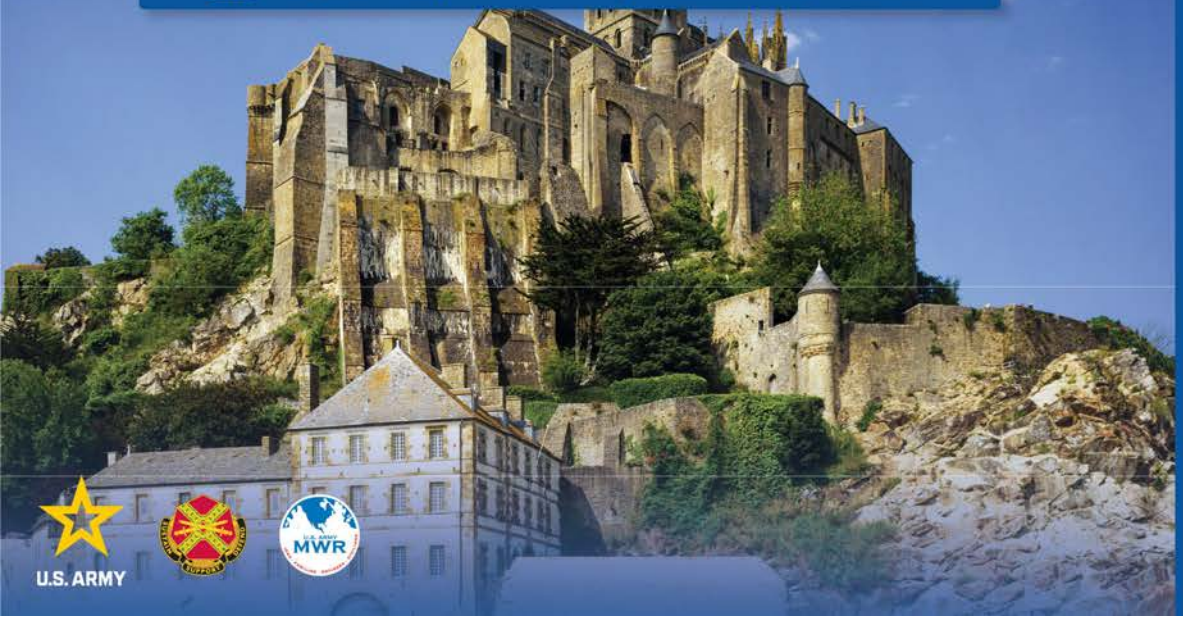
STUTTGART.ARMYMWR.COM

Stuttgart Golf Course
Aldingerstr. 975
Kornwestheim
CIV: 07141-879-150

LABOR DAY WEEKEND
NORMANDY

Aug. 28 - Sep. 1

NORMANDY, FRANCE



Double Occupancy:	$1205 per person
Single Occupancy:	$1450 per person
Child ages 3-11:	$1115 with 2 paying adult
Child ages <2	$180
Deposit:	$200 per person non-refundable

Trip includes

- R/T Bus
- 2 nights at a 3* Hotel
- 1 night at a 3* Hotel in Paris
- Daily breakfast
- Normandy Landing Beach Tour
- Paris Tour
- Visit of Mont-St-Michel

Trip must be paid for in full no later than Jun. 27
DEADLINE for refunds (not including the deposit): Jun. 27
Contact MWR Tours for more detailed information.

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U.S. ARMY

U.S. ARMY

STUTTGART.ARMYMWR.COM

SEPT.
20
WILHELMA
ZOO
PRICE:
$35 per person – includes bike, helmet, lock, and tour guide
FREE for participants with their own bikes (registration still required)
Zoo Entry Fee: €23 Adults | €9 Children
Train Ticket (Zacke U10): €4
MEET UP LOCATION- KELLEY BARRACKS
Call Outdoor Recreation or stop by our office to register
U.S. ARMY
MWR
STUTTGART.ARMYMWR.COM

WEDNESDAY NIGHT SCRAMBLE

Stuttgart Golf Course

Entry fee:

$20	$34
for Annual members	for all other US ID cardholders

6 P.M. Shotgun

May 14, 21, 28
Jun. 11, 18, 25
Jul. 9, 16, 23, 30
Aug. 13

4-person 9-hole scramble.
Join in the fun to compete for prizes and build camaraderie with our German co-use partners.
Field is limited to 15 teams.
First 60 paid players will participate.

Sign-up starts on the previous Sunday at noon.

U.S. ARMY

STUTTGART.ARMYMWR.COM

EXCHANGE

STUTTGART FOOD TRUCK SCHEDULE
JULY

PANZER PX

WK1		
WK2	7-13	African Flavor on Wheels Spudz
WK3	14-20	Ali Doner Thio's Inn Greek Gyros
WK4	21-27 24-27	Chief's American Tex Mex Hilly Billy
WK5	28 July - 3 Aug	Thio's Inn Greek Gyros Spudz

KELLEY BARRACKS -GYM-

WK1	30 June - 2 July	Spudz
WK2	7-11	Thio's Inn Greek Gyros
WK3	14-18	Chief's American Tex Mex
WK4	21-25	American Eats BBQ
WK5	28 July - 1 Aug	African Flavor on Wheels

J-MALL PATCH BARRACKS

WK1		
WK2	7-11	Ali Doner
WK3	14-17 14-18	Hilly Billy American Eats BBQ
WK4	21-25	Thio's Inn Greek Gyros African Flavor on Wheels
WK5	28 July - 1 Aug	American Eats BBQ

ROBINSON BARRACKS

WK1	30 June - 2 July	Ali Doner
WK2		
WK3		
WK4	21-25	Spudz
WK5		

PANZER EXPRESS

WK1	30 June - 6 July	Chief's American Tex Mex
WK2		
WK3		
WK4		
WK5		

KELLEY BARRACKS -THEATER-

WK1	30 June - 4 July	African Flavor on Wheels
WK2	7-9	Hilly Billy
WK3	14-18	Spudz
WK4	21-25	Ali Doner
WK5	28 July - 1 Aug	Chief's American Tex Mex

PATCH FITNESS CENTER

WK1	30 June - 4 July	Hann's Chicken Truck
WK2	7-11	Chief's American Tex Mex
WK3	14-18	African Flavor on Wheels
WK4		
WK5	28 July - 1 Aug	Ali Doner

Food Truck Rotation is subject to change based on special events, unit requests, & holidays.

SPECIAL EVENTS:

US Federal Holiday - July 4th

Food Trucks will not be scheduled at the Panzer PX 30 June - 6 July due to the Independence Day Event.

July 26th - Food Truck Mini Fest

Own a Food Truck & Want to Serve the Stuttgart Community?
Email: yyeueucomservices@aafes.com for more information.

Sensory-Friendly Shopping

We're providing a quieter, calmer shopping environment that is more inclusive & sensory-friendly.

Saturday

12 July

07:55 - 08:55 AM

DURING THIS TIME, OUR CUSTOMERS WILL EXPERIENCE:

- Dimmed Lighting
- No overhead music or announcements
- Low beeping sounds at registers
- Minimal associate interactions

EXCHANGE

For more information, please see an associate.

CELEBRATING
1895
130
2025
YEARS OF SERVICE
Nissan Vehicles Have Arrived!
Get an up close look 24-27 July 2025
Shop Inventory and
Buy Tariff-Free.
Nissan Pathfinder
Nissan Altima
Nissan Frontier
Stuttgart - Böblingen Main Exchange
MAS
MILITARY AUTOSOURCE
NISSAN

PANZER MAIN STORE
FOOD COURT
SERVICES

CELEBRATING 130 YEARS OF SERVICE 1895 2025

We want to thank you for being here with us every step along the way.

Let's celebrate together !

25 JULY 11:00-13:00
26 JULY 10:00-17:00

BALLOON DROP

CUPCAKES & CAKE

MANAGER SPECIALS

DRAWING PRIZES

TASTINGS

VARIOUS PROMOTIONS WITHIN THE SERVICES MALL

SERVING THE BEST CUSTOMERS IN THE WORLD !

Need Vending Machines in Your Area?

EXCHANGE
You save, we give back.

Contact your local Vending Specialist:

EUCOM Consolidated Exchange

Email: yyEUEUCOMServices@aafes.com

OCT2011 116319002119

Can be Expensive ☹

Why not let

MAS® MILITARY AUTOSOURCE

help!

Enter to win

3 x $100

Exchange Gift Cards

(Entries from 7 July through 7 August 2025)

SCHOOL MEAL PROGRAM

EXCHANGE

BASE PAY LESS THAN $100,000?

You may quailify for free or reduced price school meals!

APPLY NOW TO RECEIVE BENEFITS!*

1 Have the DoDEA Student ID Number of your Child(ren) ready.

2 Scan QR Code or apply using the link below.

linqconnect.com/public/meal-application/new

3 Enter “AAFES DoDEA” in the search field then click next.

4 Fill out the application (one per family) for Free and Reduced Meal benefits. Include all household members and all income as described in the Letter to Household.

- » **Families must meet eligibility requirements to qualify.**
- » **AAFES DoDEA uses Alaska income eligibility guidelines.**
- » **Remember to enter your email address as this is how you will receive eligibility notifications; notifications will be sent within 10 business days.**

This institution is an Equal Opportunity Provider.

MORE SCHOOL MEAL PROGRAM INFORMATION:
https://www.aafes.com/about-exchange/school-lunch-program/

IMPORTANT NOTICE: SCHOOL MEAL PROGRAM DEBT COLLECTION POLICY UPDATE

To maintain financial stability and follow industry standards, **unpaid balances will be managed by the Local Cafeteria for 60 days, with notification emails sent by howellsab@aafes.com**. After 60 days, outstanding debts will be transferred to a third-party collection agency.

Key Points:

For Enrolled Students *(Effective May 1, 2025)*

- Accounts with $30+ negative balance flagged.
- First notice sent after **30 days**; **final notice sent at 60 days.**
- **After 60 days, debts transferred to a collection agency, which sends notices at 90, 120, and 150 days.** At this point, all payments and communication must go through the collection agency
- **Additional steps** may follow **after 150 days** (e.g., wage garnishment).
- Students will **never be denied a meal** due to outstanding debt.

For Unenrolled Students

- Collection begins after key dates: **Sept. 1, 2025, & Jan. 15, 2026.**
- Accounts with $30+ negative balance follow the same process.

How to Check Student's Account Balances and make payments:

- LINQ Connect https://linqconnect.com (parents can set up low balances alerts online).
- Local **BX/PX Customer Service** and your **local cafeteria**

📞 Questions? Contact your local School Meal Program Specialist Sabine Howell at howellsab@aafes.com for more details.

SCHOOL MEAL PROGRAM

EXCHANGE

BASE PAY LESS THAN $100,000?

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- » AAFES DoDEA uses Alaska income eligibility guidelines.
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MORE SCHOOL MEAL PROGRAM INFORMATION:
https://www.aafes.com/about-exchange/school-lunch-program/

#199150

SCHOOL MEAL PROGRAM

EXCHANGE

2025 - 2026

THINGS to know about the School Meal Program:

REGISTER EACH STUDENT WITH DODEA (NEW STUDENTS)

» Obtain 10-digit DoDEA student ID# for all children from the school registrar.
» You may need it to complete some of the options below.

SUBMIT YOUR SCHOOL YEAR 2025/2026 ONLINE APPLICATION FOR FREE OR REDUCED MEALS (AFTER 1 JULY 2025)

» A new application is required for every school year.
» Only one application is needed per household.
  » Please include ALL family members (adults, students, non-students, infants & elderly) on one application.
  » Report income from all family members.
» Apply at linqconnect.com. See instructions below.

NOTE: UNIVERSAL PRE-K / SURE START

If you have a student enrolled in Universal Pre-K (UPK or PK), your student will be charged full meal price daily, unless you apply for and are eligible for free or reduced meals.
Sure Start students will not be charged for lunches but should be included on meal applications as family members.

INSTRUTIONS FOR COMPLETING ONLINE APPLICATION

1. Go to linqconnect.com and click on School Services, then Free and Reduced Meal Application.
   » A LINQ Connect account is not required in order to complete a Free and Reduced Meal application.
2. Search for and click on AAFES DODEA. This will take you to the Letter of Household. Please read and then click Next.
3. Enter the following information: Address, City, State, Zip Code, Phone Number and Email Address. An email address is required to be notified of eligibility status.
4. Click New Student. This will open a window to enter student information.
   » Enter as much of the following information as possible including First/Middle/Last Name, Student ID, School, and Date of Birth. Click Save.
   » If there are other students that attend this school district, please repeat the steps above to add them to the application, then click Next.
5. Enter the total number of people in your household, including students, non-students, adults, elderly & infants.
6. Click New Household Member. Enter First and Last Name and Income for this person then click Save. Repeat this step for each house member.
7. Please review the application to ensure all your information is correct before you submit. Once you have reviewed it, click Next.
8. When signing and submitting the application, you may select your ethnicity/race if you so choose. Enter your name in the Signed By section, then click I agree to the Terms of Use and enter the last 4 digits of your SSN.
9. Click Submit Application. You will receive an email confirming the application was submitted. Please save this email and the confirmation number as it may be necessary in locating your application in the event there is an issue with the submission.

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MORE SCHOOL MEAL PROGRAM INFORMATION:
https://www.aafes.com/about-exchange/school-lunch-program/

SCHOOL MEAL PROGRAM

EXCHANGE

EXPLORE LINQ CONNECT

What is Linq Connect? LINQ Connect is the family portal provided as a service to families, parents and caregivers of students in all OCONUS AAFES DoDEA Schools. While many of the features are free, a convenience fee will be applied when using e-check or a credit card to add money to student meal accounts.

FREE SERVICES AVAILABLE IN LINQ CONNECT

» Account registration
» Mobile app
» Real-time account balance updates
» School menus with nutrition and allergen information
» Recent student purchase details
» Transferring funds between your students' accounts
» Low balance alerts (email or in-app)

SET UP YOUR FAMILY ACCOUNT IN LINQ CONNECTT

» Register at *linqconnect.com*.
» Click on the verification link sent to the email address provided in the step above.
» Now you can log in at *linqconnect.com* using your email and password.
» The final step is to link your students to your account. Click on the + sign then Link Student

ADDING MONEY TO STUDENT ACCOUNTS

» You are able to make free deposits into your student meal accounts with cash, MilStar, check and debit or credit card payments at your local Exchange Customer Service Desk.
» You may also make payments on-line; however, when making an on-line payment, LINQ Connect charges a convenience fee based on the amount of your payment. You may add multiple students in your household to a single transaction to avoid paying multiple fees.
» Convenience fees are non-refundable and neither AAFES nor DoDEA receives any portion of the convenience fees.

LINQ CONNECT'S FEE SCHEDULE:

» Credit card payments: 3.95% of transaction total with a minimum fee of $2.85
» For ACH payments (also known as E-check) directly from your bank account, a fee of $0.99 will apply

ADDING ACCOUNT SPENDING AND PURCHASE LIMITS

NOTE: To set limits for your student, you must have an active Linq Connect account and have all students linked to your profile.
» Upon log in, you will see your dashboard.
» Navigate to the three lines (≡) in the top left corner.
» In the menu, choose the Meal Account button.
» You will see the list of accounts and other items.
» Scroll to the bottom and locate "Purchase Limits". Note that these limits only apply to EXTRA ITEMS PURCHASED.
» Click the "Add" button.
» You can choose to add a purchase limit by dollar amount or number of items.
» You can also add each limit by day or by meal.
» Purchase dollar limit per day is unlimited from $0.01 and up.
» Purchase item limit per day is unlimited.
» Purchase dollar and item limit per meal is unlimited and can be broken down by breakfast and lunch.
» If you have further questions or your screens are not responding properly, please visit the LINQ Connect site and click on the "Contact us!" button in the bottom right corner for assistance with further troubleshooting.

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MORE SCHOOL MEAL PROGRAM INFORMATION:
https://www.aafes.com/about-exchange/school-lunch-program/

SCHOOL MEAL PROGRAM

EXCHANGE

FREQUENTLY ASKED QUESTIONS

IF MY STUDENT ALREADY HAD A SCHOOL MEAL ACCOUNT SET UP AND PLANS TO CONSUME SCHOOL MEALS IN THE NEW SCHOOL YEAR, WHAT STEPS DO I NEED TO TAKE?

If your student's DODEA ID# has not changed, nothing more should be needed. Your student accounts, balances, and PIN numbers will carry over to the new school year. If you have set up an account at LinqConnect.com, you may wish to check your student's balance online, set up recurring payments, or view your student's account.

WHEN WILL I BE ABLE TO SEE MY STUDENT'S INFORMATION ON LINQ CONNECT?

LINQ Connect is available most of the year for Meal Applications and setting up family accounts. Please note that, over the summer, students will not show as "enrolled" in the DODEA system until right before the school year begins; therefore, you will not be able to link students that are new, changing schools or that have otherwise never been linked.

WHEN I LOG IN TO LINQ CONNECT, I DO NOT SEE MY CHILD'S ACCOUNT?

If you haven't already done so, you will need to add your children to your LINQ Connect account. Click on the + sign then Link Student and complete information to link your child. You will need to complete this process for each child you wish to add. Please note: Over the summer, students may not show as "enrolled" in the DODEA system until right before the school year begins; therefore, you will not be able to link students that are new, changing schools or that have otherwise never been linked.

WHAT IF I HAVE SEVERAL CHILDREN IN DIFFERENT SCHOOLS?

You can add as many children as you need, provided they attend a school utilizing AAFES LINQ School Solutions for their cafeteria account.

CAN I SET UP RECURRING OR "AUTO PAYMENTS"?

Yes. Choose "Meal Account" from the three lines (≡) in the top left corner. Choose your District (AAFES DoDEA). Choose the Auto Payment Type. Select to which student account you wish to allocate the Auto Payment. You will then enter the Payment Amount, Low Payment Amount, Start Date, End Date (or leave blank for continuous payments) and the Payment Method. Once you have reviewed your choices and confirmed they are correct, press "Save Auto Pay". You can cancel this Auto Payment at any time.

HOW CAN I CANCEL OR CHANGE MY AUTO PAYMENT?

You will access the Auto Payment as above, then can either change the information and Save or Delete the payment.

CAN I TRANSFER FUNDS FROM ONE CHILD'S ACCOUNT TO ANOTHER?

Yes. Choose "Meal Account" from the three lines icon in the top left corner. Scroll down and locate the "Transfer" dialog box. Here you will choose which students you would like to transfer balances between.

I AM PCSING SOON; HOW DO I REQUEST A REFUND FOR ANY REMAINING BALANCE IN MY STUDENTS ACCOUNT?

We recommend you visit your local Exchange Customer Service before you PCS. If you are unable to visit Customer Service prior to your move and your student is no longer attending an AAFES school district, you may contact the SMP Headquarters via email at SMPCustSvc@aafes.com to request a refund.

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MORE SCHOOL MEAL PROGRAM INFORMATION:
https://www.aafes.com/about-exchange/school-lunch-program/

July 2025

RESILIENCY NEWSLETTER

ASAP
ARMY SUBSTANCE ABUSE PROGRAM
USAG STUTTGART

CONTACT: DSN 314 596 2530
PANZER KASERNE BLDG. 2948, 2ND FLR

A Staycation Might Be Just What You Need

Can you really take a vacation in your own town that promises to be full of fun and memories? Often called a staycation, the budget-friendly idea may sound unappealing at first. But if you can manage the cost of a nearby vacation rental and make time to plan daily excursions—such as trying new restaurants, enjoying local festivals, exploring museums, or hiking trails you've long ignored—it may surprise you how refreshing and memorable a staycation can be. Being intentional is key to making a staycation work. Be sure to plan just like you would for an out-of-town vacation and establish boundaries that keep you from wandering home and breaking the rhythm. Once you slip back into checking emails, doing chores, or handling work tasks, you lose the "away on vacation" mindset that makes rest and renewal possible. Treat your staycation as sacred time—no different than if you had traveled miles away—and protect it with the same commitment.

Learn More: https://www.thegoodtrade.com/features/staycation-planning-tips/

Stress Tips from the Field:

Establish a Consistent Daily Routine

Many tips help remote workers stay productive, but one stands out as the most powerful: establishing a consistent routine. This single habit eventually engages your subconscious mind, signaling your brain that it is now time to be productive, automatically turns on your ability to focus, builds automatic behaviors, and creates the foundation that makes other productivity strategies effective. Whether it's setting boundaries, turning off distractions, creating a dedicated space, or selecting productivity tools, all are undermined without a consistent daily routine.

https://www.flexjobs.com/blog [search "structure day"

Stop Deadline-Driven Stress and Dread

Call it deadline-driven stress, the procrastination-stress cycle, or last-minute syndrome. Looming deadlines can derail your plans, steal your time, distract you from what you enjoy most, and build a sense of dread and anxiety as pressure mounts. So take steps to prevent this stress. When you are assigned a task, immediately take a first step: Divide the task into sections and give each a deadline between now and the final date. This immediately reduces significant stress of the project because it moves your frame of mind from feeling overwhelmed to having a structured view of the work, which gives you clarity and a feeling of more control. By breaking the task into smaller, anticipated, yet manageable parts, you avoid deadline anxiety and crisis-driven productivity.

Talk to Your Doctor about Vitamins and Supplements

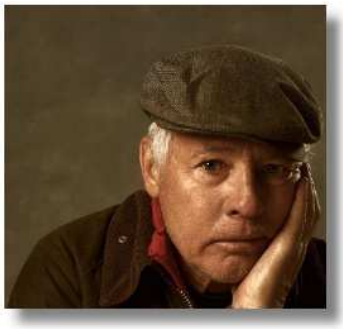
Do you find yourself buying vitamins, minerals, and supplements until you've accumulated a basket filled with bottles? While supplements can sometimes be helpful, taking too many can be risky. Too much of the wrong thing can be toxic, cause organ strain, or interfere with the absorption of other nutrients, causing disruption of your metabolism. Vitamins and supplements are a billion-dollar industry, and marketing can lead you to over-purchase these products based on emotion and numerous calls to action instead of medical need or real evidence. Stay safe and consult a healthcare professional before starting new supplements, and share what you are taking at each visit so they can better advise you on what supplements you do or don't need.

Resiliency Newsletter is for general informational purposes only and not intended to replace the counsel or advice of a qualified EAP, health, or legal professional. For further help, questions, or referral to community resources for specific problems or concerns, contact:: https://home.army.mil/stuttgart/index.php/my-garrison/all-services/army-substance-abuse-program - Link titles are always case sensitive. © 2025 DFA Publishing and Consulting, LLC .

Organizational Change: Adapt Faster, Thrive More . . .

Organizational change is often difficult because it disrupts your routine, imposes uncertainty and fear about the future, and upsets your sense of control over your life on and off the job. Since you can't stop organizational change, adapting to it faster is one key to reducing stress and taking advantage of it. Tip: Avoid panicking, or fighting change as the first reaction to the news; fully grasp what the change means. If you don't remain calm and formulate a deliberate approach, you can worsen your feelings of fear and miss examining opportunities that may suddenly exist. Find a way to engage with the new reality. Employers often notice and may favor employees who respond to change with maturity and flexibility. Venting is normal, and coworkers are still your best bet for processing feelings, but the EAP is more likely to have the empathy and resource knowledge you're looking for. Avoid the "way things used to be" syndrome, which can dampen your ability to engage with change and discover how organizational change can work for you.

Helping Older Men Face Mental Health Challenges



Years of conditioning have taught many men to deny distress, avoid vulnerability, and see the act of asking for help as a weakness. This mindset can make intervention by loved ones especially difficult when symptoms of mental illness are downplayed, family concern is dismissed, or the idea of treatment is off the table. It's common for older men especially to dismiss symptoms of depression or anxiety as "just stress" or "part of getting older." What a family labels as "stubbornness" is really reluctance undergirded by denial and a fear of being seen as weak. Talk to your EAP if you have a male family member with mental health symptoms accompanied by lack of motivation to get help. The best intervention path is usually an empathetic approach, not badgering confrontation. Statements like "Dad, you seem more withdrawn lately" are more likely to be accepted despite initial dismissals. Emphasize that seeking support takes courage; it's not weakness. A trusted friend or doctor (someone influential or valued) can reinforce this message, often with great impact. None of this is a one-time conversation with sudden insight and success. It takes patience and consistency, but when older men feel respected and safe, accepting help is more likely.

Learn more: https://www.nami.org/anxiety-disorders/ageism-mental-health-and-suicide-risk-in-older-men/

Coffee without Breakfast: A Risky Morning Habit

Grabbing coffee on the run and skipping breakfast may seem like a fast and easy way to start your day, but this habit can set the stage for future health issues like hormonal imbalances, metabolic stress, and increased risk of conditions like type 2 diabetes. Your body naturally produces cortisol, a stress hormone to help you wake up. Drinking coffee without eating causes your cortisol levels to spike higher. Without food to stabilize blood sugar, a midmorning energy crash soon arrives and can include fatigue, poor concentration, and irritability. This habit grows riskier as you get older because dizziness, dehydration, or fainting may ensue. It's worse for those with high blood pressure or heart rhythm concerns. Protect your health by eating something to buffer caffeine's effects. If you experience an irregular heartbeat, lightheadedness, or fainting, consult a healthcare provider and share your use of caffeine and nutrition habits so they can offer advice on your specific needs.

Learn more: rightasrain.uwmedicine.org/body/food/too-much-caffeine

Be Aware of Benzodiazepine Withdrawal Syndrome

Well over 200,000 emergency room visits each year involve benzodiazepines, and a significant number of the visits are related to withdrawal complications. The most potentially dangerous benzodiazepines to withdraw from include Xanax, Valium, Klonopin, Ativan, and Restoril, despite nearly 90 million prescriptions being filled last year for conditions like anxiety and insomnia. Addiction medicine physicians warn not to withdraw from these medications without medical supervision because, depending on dosage and time used, withdrawal can be riskier than a heroin addict quitting "cold turkey." If you or a loved one are using a benzodiazepine, follow the instructions of the prescriber regarding dosage, use, and cessation to protect your health and well-being. Learn more: www.benzoinfo.com

ASAP

ARMY SUBSTANCE ABUSE PROGRAM

UPCOMING ASAP EVENTS

EAP Training for Supervisors @ 12:00

August 27th

Unit Deterrence Leader Training

August 19th - 21st

Prime for Life (ADAPT)

August 5th & 6th

October 7th & 8th

ACE-SI Tier I Training or **Engage Suicide Prevention Training**

On Request

Grief Support Group @ 17:00 – 18:30 Patch – BLDG 2332 (*Next to Thrift Store*)

July 8th & 22nd

August 12th & 26th

September 9th & 23rd

Most Events located in Building 2948 on Panzer Kaserne.

Registration Required

For more information, please call DSN: 314-596 2530 or COMM: 09647 70 596 2530

**Dates and Locations are subject to change*

Employee Assistance Program

is available for

FREE &

CONFIDENTIAL

Non-Clinical Counseling

TO MAKE AN APPOINTMENT
WITH THE
EMPLOYEE ASSISTANCE PROGRAM

SCAN THE QR CODE

Krysti Orrell, MA, LPC, CEAP

DSN: 314 596 3234 COMM: +49 9641 70 596 3234

Eligibility for services will be discussed during the consultation and assessment screening.

June 2025

WEDNESDAYS
10–12

Family Readiness
MEET & GREET

Learn more about the Stuttgart area Family Readiness & Volunteer programs.

Representatives from MARFOREURAF, AFRICOM, and more will be at the Panzer hotel to answer your questions.

NO RSVP NEEDED

ALL SERVICES AND FAMILIES WELCOME TO JOIN

No Meet & Greet on June 11th, July 9th, August 13th due to USAG Stuttgart CLIF meeting

U.S. Army
Casualty Notification Officer
& Casualty Assistance Officer Certification

*As an **Army Casualty Notification Officer (CNO) / Casualty Assistance Officer (CAO),** you uphold our sacred duty of caring for the families of our fallen comrades. Loyalty to our fellow soldiers, duty to serve with unwavering commitment, and respect for the sacrifice they have made—these are the values that guide you.*

*As a CNO & CAO you serve with honor and integrity, **representing the Secretary of the Army**, ensuring that loved ones receive the dignity, respect, and support they deserve. You exemplify selfless service, standing beside families in their time of greatest need, offering strength and guidance when the weight of loss feels unbearable.*

*If you are an **E7-E9, CWO2-CWO5 or O3 and higher**, this is your call to action. Personal courage is required to deliver the hardest news—to stand tall and lead in moments of uncertainty.*

This is not just an duty—it is an honor.

CNO & CAO CERTIFICATION COURSE INFORMATION & ENROLLMENT

August 19 to 21 (0800 to 1630) (T/W/TH)

Panzer Kaserne; building 2913, Room 117

To register email: Enroll through ATRRS - CMAOD CNO CAO Course Europe

-or- usarmy.stuttgart.id-europe.mbx.usag-stuttgart-casualty@army.mil

Training provided by IMCOM-E Casualty Assistance Center

Safety Office

MOTORCYCLE SAFETY FOUNDATION (MSF) COURSES

https://airs.safety.army.mil/

- **MSF Basic Rider Courses**:
  - 16-17 July 2025 (Full)
  - 21-22 August 2025 (Full)
  - 9-10 October 2025 (6/6 available)
- **MSF Advanced Rider Courses:**
  - 18 July 2025 (Full)
  - 14 August 2025 (Full)
  - 11 September 2025 (4/6 available)

- Active Duty personnel must present a current MSF training (Basic Rider Course <1 year; Advanced/Experienced Rider Course <5 years) in order to obtain their USAREUR license.
- Active Duty and DoD Civilian personnel can attend trainings under Army contract (Note: Civilians only space-available/stand-by). *Dependents and Contractors are not authorized to attend.*
- Garrison Safety Office provides admin support (scheduling and registration) to contract training.
- For all questions related to **licensing**, please contact **Driver Testing at DSN 596-2007**.

POC: Rachael Long, Garrison Safety Manager, DSN 596-3832, rachael.l.long.civ@army.mil

POV Vehicle Safety Checks

The USAG Stuttgart Safety Office, in cooperation with the German Automobile Club ADAC, offers **FREE vehicle safety checks** to the Stuttgart Community.

Items to be checked (subject to technical limitations on individual vehicles):

- **Brakes & Brake Fluid**
- **Shock Absorbers**
- **Battery**

ADAC's mobile test station will be present :

28 & 29 July (Mon/Tue) - **Patch Barracks**; AAFES Gas Station/Shoppette

30 & 31 July (Wed/Thu) - **Panzer Kaserne**; Main Exchange parking lot

09:00-13:00 and 14:00-17:00 on all days

Questions? Contact the USAG Stuttgart Safety Office at DSN 596-3832, -3132 or -3133,
e-mail: usarmy.stuttgart.id-europe.list.usag-stuttgart-safety-center@army.mil

NOTE: *These checks are provided as a courtesy. They are **not** a substitute for the mandatory POV inspection.*

Safety Office

First Aid Training for Local Nationals (LNs)

- **Workplace First Aid Responders required by HN Safety regs for organizations with LN personnel.**
- **One-day initial training; refresher training every other year thereafter.**
- **Safety Office arranges training for all organizations in the Garrison footprint; centrally funded, delivered through HN provider.**
- **Training dates 2025 (all at Panzer):**
  - **17 July *(full – stand-by list only)***
  - **9 October**
  - **5 November**

- **For questions and registration, please contact the LN Safety Specialists:**
  Christoph Holderried, DSN 596-3132, christoph.t.holderried.LN@army.mil
  Andreas Böhmer, DSN 596-3133, andreas.e.boehmer.LN@army.mil

POC: Rachael Long, Garrison Safety Manager, DSN 596-3832, rachael.l.long.civ@army.mil

Was muss ich tun, damit ich an einem Erste-Hilfe-Kurs teilnehmen kann?

Sprechen Sie Ihr Safety Office oder den Ansprechpartner auf der Rückseite an, um sich für einen Kurs anzumelden. Sie werden den Kurs für Sie koordinieren.

Wo findet der Kurs statt, und wie lange dauert er?

Die Kurse werden in den Räumen der Dienststelle durchgeführt.

Der Ersthelfer-Kurs dauert einen Tag (9 Unterrichtseinheiten). Alle zwei Jahre ist eine Auffrischung fällig, die 9 Unterrichts-einheiten dauert.

Ist der Kurs wirklich kostenlos für mich?

Sie brauchen nichts für den Erste-Hilfe-Kurs zu bezahlen und erwerben das Wissen und die Fähigkeiten, im Notfall einem Familienmitglied, Freund oder Kollegen kompetent zu helfen.

Sie bekommen Lehrgangsgebühren nicht erstattet, wenn Sie sich den Kurs selbst organisiert haben.

Wer darf an dem Kurs teilnehmen?

Sie sollten fließend Deutsch sprechen, da der Kurs auf Deutsch stattfindet. Sie müssen auf der Lohnliste der ortsan-sässigen Beschäften der US Streitkräfte in Deutschland sein (TV AL II), weil die Mittel für die Kurse von der Bundesregierung über die Unfallversicherung UVB kommen.

Erste Hilfe – geht mich das etwas an?

Erste Hilfe im Notfall geht jeden etwas an.

Die meisten Unfälle ereignen sich im privaten Bereich, in der eigenen Wohnung, der Nachbarschaft, am Arbeitsplatz oder in der Freizeit. Betroffen sind zumeist Menschen, die einem nahestehen: Familienmitglieder, Freunde, Kollegen. In Notfallsituationen richtig und kompetent helfen zu können, ist gar nicht schwer. Oder können Sie sich eine schlimmere Situation vorstellen, als einem Menschen in Not hilflos gegenüberzustehen?

Richtig und kompetent Hilfe zu leisten, kann jeder erlernen.

Die großen Hilfsorganisationen vermitteln das notwendige Wissen und die erforder-lichen Kenntnisse in Erste-Hilfe-Kursen:

ASB Arbeiter-Samariter-Bund
Deutsches Rotes Kreuz
Malteser
JOHANNITER

Ihr Arbeitgeber bietet Ihnen die Möglichkeit, sich diese Fähigkeiten in einem Kurs für Ersthelfer anzueignen. Der Kurs dauert 9 Unterrichtseinheiten an einem Tag. Besonders wichtig: Der Lehrgang ist kostenlos für Sie.

US ARMY GARRISON STUTTGART

Bei Fragen hierzu wenden Sie sich bitte an Ihre Fachkraft für Arbeitssicherheit oder den Ansprechpartner, der die Ersthelfer-schulungen organisiert:

Christoph Holderried/Andreas Böhmer
Fachkräfte für Arbeitssicherheit
USAG Stuttgart

DSN (314) 596-3132 / -3133
Civ. 09641-70-596-3132 /-3133
christoph.t.holderried.LN@army.mil
andreas.e.boehmer.LN@army.mil

oder:

Dr.-Ing. Isrun Bohlinger
Referentin für Unfallverhütung
HQ USAREUR-AF, AECS-S

Tel. (0611) 143-537-0390
DSN (314) 537-0390
isrun.bohlinger.LN@army.mil

Was erwartet man denn nun von mir, wenn ich Erste Hilfe leisten muss?

Der Ersthelfer soll...

- erkennen, was geschehen ist
- überlegen, welche Gefahr droht
- zielstrebig handeln
- den Verletzten vor zusätzlichen Schäden bewahren
- lebensrettende Maßnahmen durchführen
- den Notruf veranlassen
- Schmerzen durch sachgerechte Lagerung oder andere Maßnahmen lindern
- den Verletzten betreuen, trösten und Zuversicht ausstrahlen

OSH Safety & Health

Ihre Fachkraft für Arbeitssicherheit informiert:

Erste-Hilfe-Kurse

(Betriebliche Ersthelfer)

Informationen zur Ersten Hilfe

für
ortsansässige Beschäftigte
der US Streitkräfte in Deutschland

Wenn ich nun im Notfall Erste Hilfe leiste, habe ich Angst, einen Fehler zu machen und dafür bestraft zu werden.

Wenn Sie in Deutschland nach bestem Wissen und Gewissen Erste Hilfe geleistet haben, so brauchen Sie nicht mit nachteiligen Konsequenzen für sich selbst rechnen. Selbst wenn Ihnen bei der Hilfeleistung ein Fehler unterlaufen sollte, kann man Sie nicht dafür bestrafen. Das gleiche gilt, falls Sie bei der Hilfeleistung fremde Sachen beschädigen, z.B. die Kleidung eines Verletzten zerschneiden müssen. Sie haften nicht dafür.

Im Gegenteil: Man macht sich wegen unterlassener Hilfeleistung strafbar, wenn man nicht hilft.

Also: Der Gesetzgeber ist auf Ihrer Seite, wenn Sie Erste Hilfe leisten – er erwartet es sogar von Ihnen.

Ihr Arbeiteber ist auch sehr daran interessiert, dass genügend ausgebildete Ersthelfer an den Arbeitsplätzen erreichbar sind.

Im Falle eines Unfalls kann das Leben eines Ihrer Kollegen davon abhägen, dass Sie kompetent und schnell helfen.

What do I have to do in order to take part in a First Aid course?

Contact your Safety Office or POC given on the back to enrol in a First Aid course. They will coordinate the course for you.

Where will the course take place and how much time will it take?

The courses will be held on Installation premises.

The First Aid course takes one day (9 lessons). A refresher course of 9 lessons is due every two years.

Is this course really free of charge for me?

You don't need to pay anything for this First Aid course, and you will attain the knowledge and skills needed to help a family member, friend or colleague in the case of an emergency competently.

You will not receive reimbursement for course fees if you arranged for the course on your own.

Who may attend the course?

You should be fluent in German because the course will be held in the German language. You must be on the LN payroll for the US Forces in Germany (CTA II) because funding comes from the German Government through the Statutory Accident Insurance Provider UVB.

First Aid – does this concern me?

First Aid in an emergency situation does concern everybody.

Most accidents happen in a private area: at home, in your neighborhood, at your workplace, and in your spare time. Mostly, it is the people who are close to you: family members, friends, colleagues, that are affected. It is not that difficult to help correctly and competently in the case of an emergency. Think about it: Can you imagine a worse situation than having to face a person in need, and not being able to help?

Everybody can learn how to render First Aid correctly and competently.

The large aid organizations equip you with the necessary knowledge and skills in their First Aid courses:

ASB Arbeiter-Samariter-Bund
Malteser
Deutsches Rotes Kreuz
JOHANNITER

Your employer offers you the possibility to acquire these skills in a course for First Aid responders. This course takes 9 lessons, which will be held on a single day. Most importantly: To you, this course is free of charge.

US ARMY GARRISON STUTTGART

Should you have questions concerning this program, please contact your HN Safety & Occupational Health Specialist or POC for the organization of the training at:

Christoph Holderried/Andreas Böhmer
LN Safety Specialists
USAG Stuttgart

DSN (314) 596-3132 / -3133
Civ. 09641-70-596-3132 /-3133
christoph.t.holderried.LN@army.mil
andreas.e.boehmer.LN@army.mil

or:

Dr.-Ing. Isrun Bohlinger
HN Safety & Occupational Health Specialist
HQ USAREUR-AF, AECS-S

Phone (0611) 143-537-0390
DSN (314) 537-0390
isrun.bohlinger.LN@army.mil

What do people expect me to do in an emergency situation?

The First Aid responder should...

- Realize what happened
- Consider the imminent danger
- Act quickly and correctly
- Protect the injured from additional hurt
- Carry out life saving measures
- Initiate the emergency call
- Ease pains by proper positioning of the injured and other measures
- Care for the injured, comfort them and demonstrate confidence

Safety & Health

Your HN Occupational Safety & Health Specialist informs:

First Aid Courses

(Workplace First Aid Responders)

Information on First Aid

for
Local National Employees
of the US Forces in Germany

If I render First Aid in a case of emergency, I am afraid to make a mistake and be punished for it.

In Germany, if you have rendered First Aid to the best of your knowledge and belief, you do not need to reckon with adverse consequences for yourself. Even if a mistake occurred while you were rendering First Aid, you cannot be punished for it. The same holds true if you damage another person's property while rendering First Aid, e.g. if you have to cut an injured person's clothes. You cannot be held liable for that.

On the contrary, you may be subject to prosecution if you fail to render assistance in an emergency (Good Samaritan Law in Germany).

So: Legislation is on your side when you render First Aid – moreover, it is expected of you.

Also, your employer is dedicating itself to having a sufficient number of First Aid responders available at all workplaces.

In the case of an accident or other medical emergency, your colleague's life can depend on you helping competently and quickly.

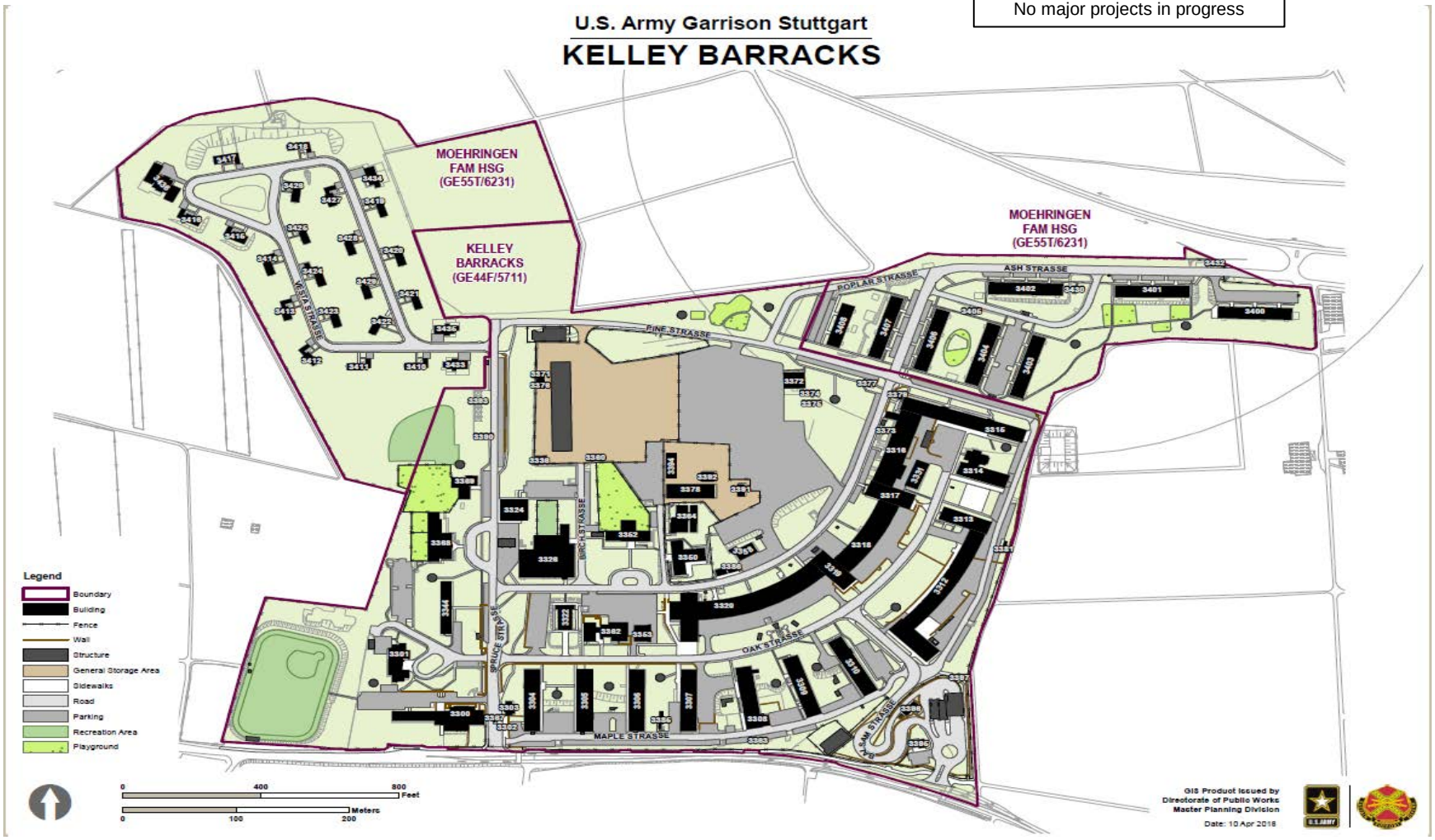
Construction Update- July 2025

POC: Terry Walker, DPW ENG Div, DSN 314-596-6102

Construction Update : DPW

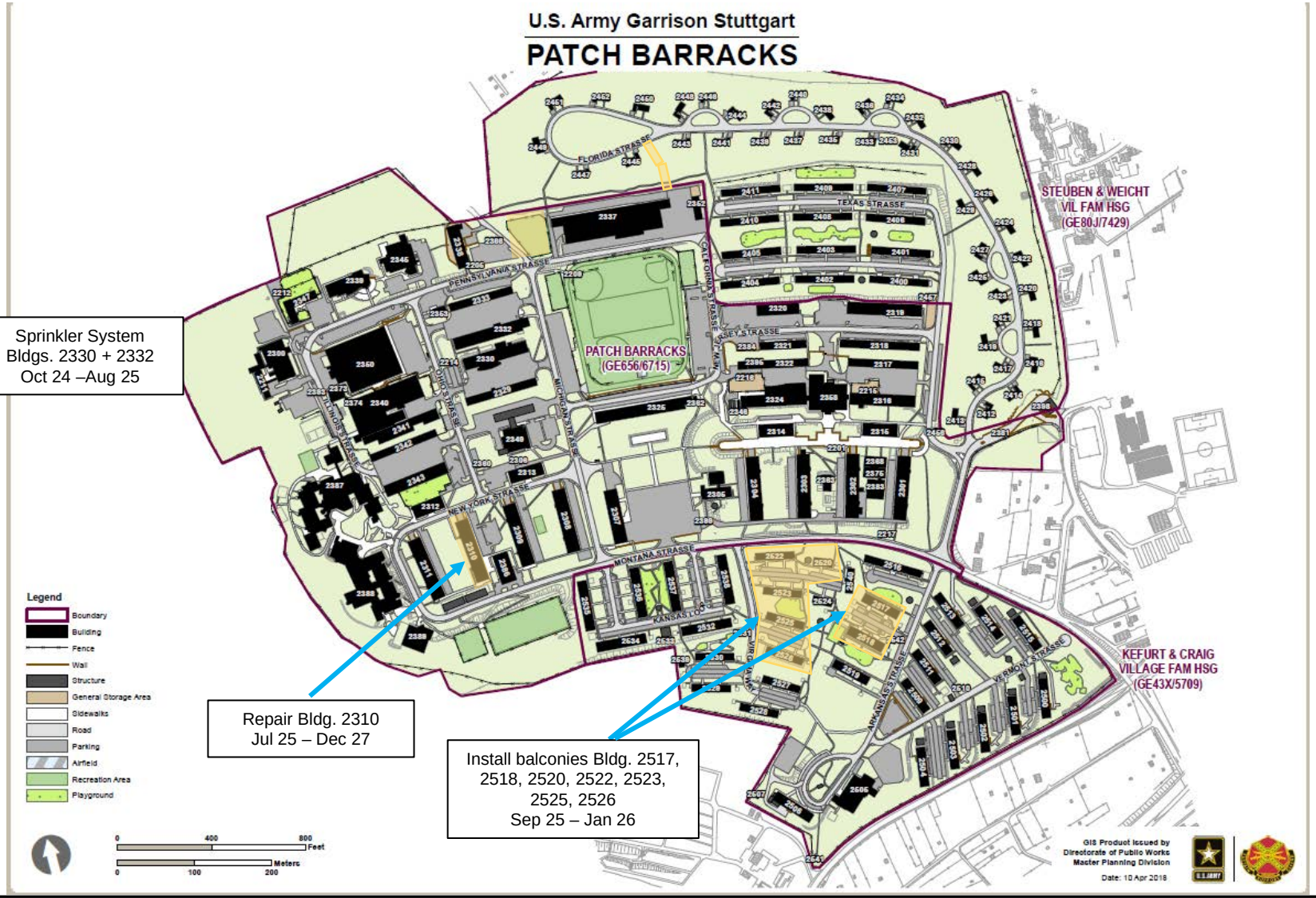
Kelley Barracks Construction & Parking Impacts – July 2025

No major projects in progress



Construction Update : DPW

Patch Barracks Construction & Parking Impacts – July 2025



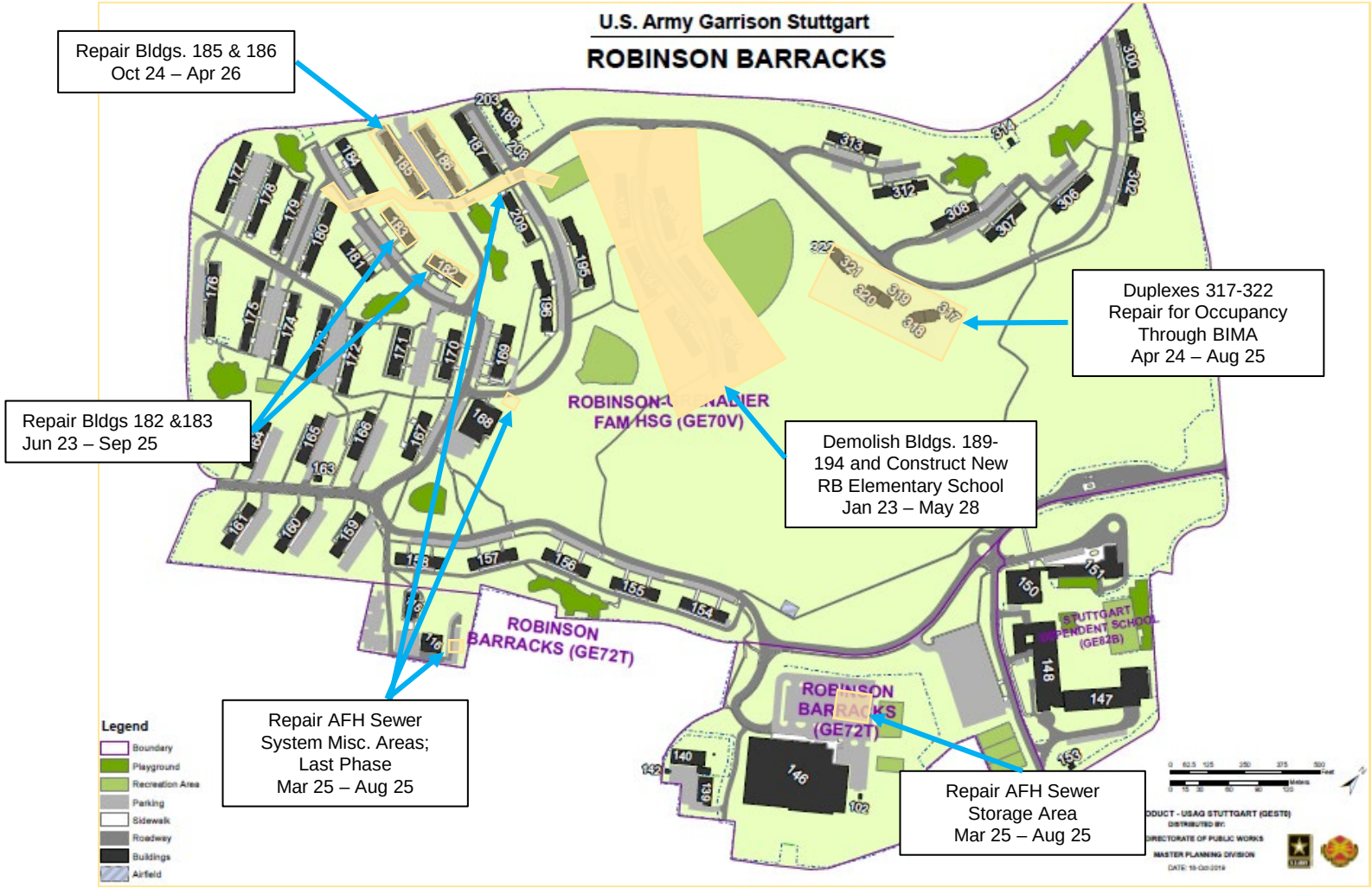
Sprinkler System
Bldgs. 2330 + 2332
Oct 24 –Aug 25

Repair Bldg. 2310
Jul 25 – Dec 27

Install balconies Bldg. 2517, 2518, 2520, 2522, 2523, 2525, 2526
Sep 25 – Jan 26

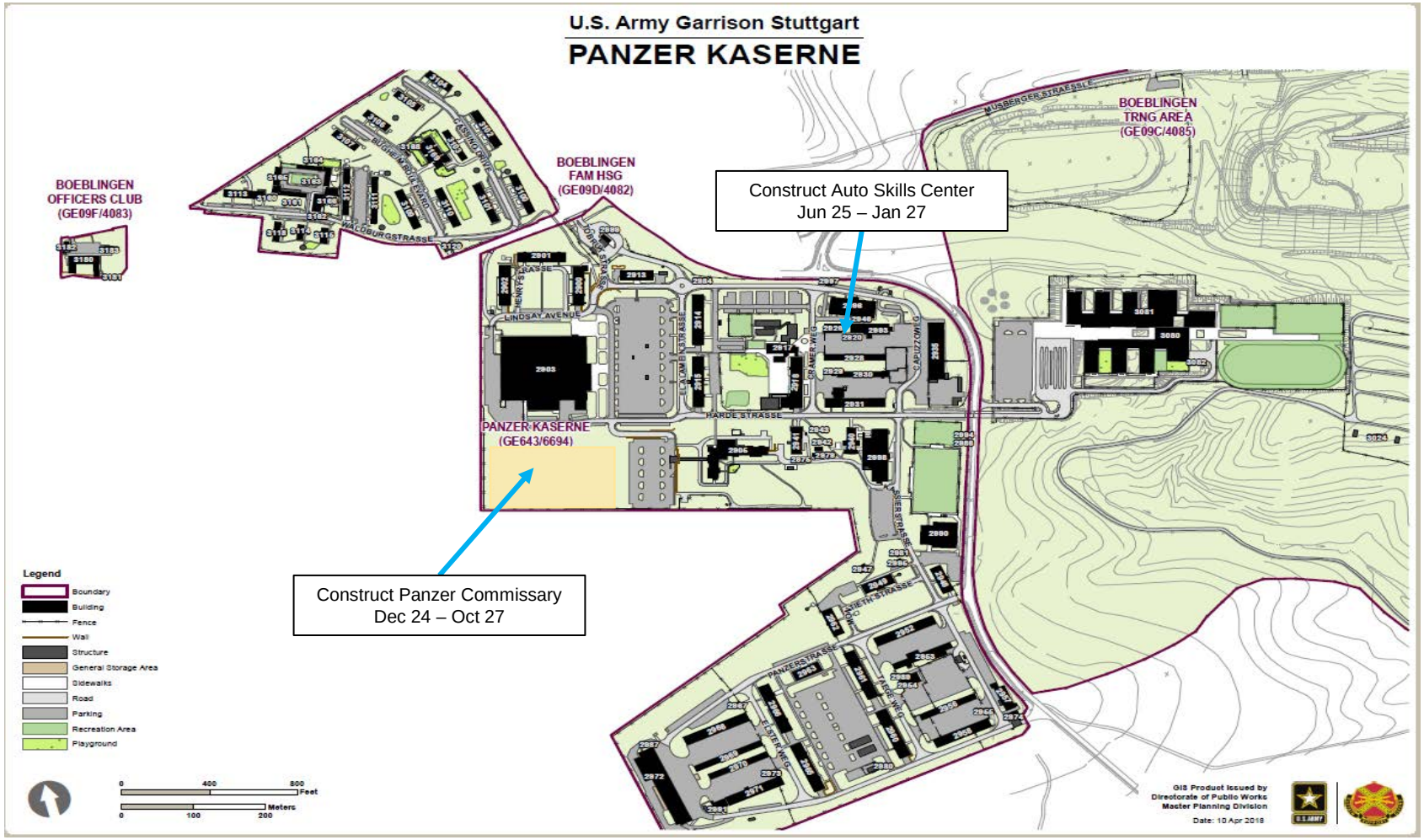
Construction Update : DPW

Robinson Barracks Construction & Parking Impacts – July 2025



Construction Update : DPW

Panzer Kaserne Construction & Parking Impacts – July 2025



USAHC Stuttgart presents a tour of

Kliniken Boeblingen

- Exclusive tour to help navigate visits
- Open to SOFA status individuals
- Meet up location & details provided after RSVP

RSVP NOW

JULY 16, 2025

9:00 AM – 11:00 AM

dha.bavaria.Stuttgart-AHC.mbx.patient-liaison@health.mil

Don't miss this invaluable opportunity to enhance your healthcare experience!

HEALTH ASSESSMENT/SPORTS PHYSICAL STATEMENT (HASPS)
for CYS SERVICES
ENROLLMENT, Renewal & SPORTS PHYSICAL Requirements

Revised 08Jan 09

DATA REQUIRED BY THE PRIVACY ACT OF 1994

PRINCIPAL PURPOSE: Information is used by DA personnel to: (1) verify child health status of immunization per admission requirements; (2) note special program considerations or restriction on child participation; (3) execute emergency medical procedure for chronic illnesses/conditions; (4) refer child for enrollment in Exceptional Family Member Program; (5) certify physically fit to participate in sports. **ROUTINE USES:** No information is disclosed outside DOD. **DISCLOSURE:** Information is voluntary; however, if information is not provided, individuals may not be able to participate in community activities.

INSTRUCTIONS: All sections A, B, C. must be completed

PART: A Medical History (Filled out by parent / guardian)

Name of Sponsor	Home Telephone Cell Telephone	Duty/Work Telephone
Sponsor Unit / Work Address		Spouse's Work Telephone

CHILD HEALTH INFORMATION

Name of Child	Birth Date	Sex ☐ Male ☐ Female

Does your child have ongoing medical concerns?
(If Yes, explain circumstances and current status)

☐ Yes ☐ No

Is your child enrolled in Exceptional Family Member Program?
(If Yes, explain)

☐ Yes ☐ No

MEDICAL HISTORY

	YES	NO		YES	NO
1. Any hospitalization or operations			14. Heat stroke or exhaustion		
2. Allergies to medicine, insect bites or food			15. Broken bones or sprains		
3. Speech or development delays			16. Joint injuries (Ankle/Knee/Wrist)		
4. Vision Problems (Glasses / Contacts)			17. Required restricted physical activity		
5. Ear or hearing problems			18. Diabetes		
6. Seizures or Convulsions			19. Cancer		
7. Dizziness or fainting with exercise			20. Dental or orthodontic braces		
8. Headaches			21. Learning problems		
9. Head injury or loss of consciousness			22. Sleep problems		
10. Neck or back injury			23. Behavioral problems		
11. Asthma or difficulty breathing			24. ADD / ADHD		
12. Heart or blood pressure problems			25. Autism Spectrum Disorder		
13. Chest pain with exercise			26. Other (please list below)		

If you answer yes to any of the above, please explain:

Ongoing Medications

Name	Dosage	Frequency

Allergies – All Types (Foods, Medicines and Insect Bites)

Type	Reaction

PART B: Physical Exam

Medical Staff Assessment (Completed by licensed independent practitioner: Doctor-Dr., Nurse Practitioner-NP, Physician's Assistant-PA)

Age YRS MOS	**Height** _____ cm. (_____ %ile)	**Weight** _____ kgs. (_____ %ile)
BP: / **P:**	**Visual Acuity** Right / Left / Tested with / without glasses	

	NORMAL	ABNORMAL	N / A	COMMENTS
1. Eyes				
2. Ears, Nose & Throat				
3. Hearing				
4. Mouth & Teeth				
5. Neck (Soft tissues)				
6. Cardiovascular				
7. Chest & Lungs				
8. Abdomen				
9. Genitalia – Hernia				
10. Skin & Lymphatics				
11. Spine – Scoliosis				
12. Extremities				
13. Neurological				
14. Wears braces / plates				

Based on this HX and PX exam, the following abnormalities were found and may need treatment:

Immunizations are current and up to date: ☐ Yes ☐ No

PARTICIPATION RECOMMENDATIONS

☐ All sports _____Yes _____ No ☐ Normal physical activity to including PE

☐ Additional comments: ☐ Restrictions:

Sports Physical is valid for 1 year from date indicated below

PART C

Special Medical Considerations: Describe any special program needs, considerations or restrictions which the child requires in order to participate in CYS programs (to include Sports).

Child / Youth is able to participate in normal CYS programs? ☐ Yes ☐ No

Date	**Licensed Health Care Professional Stamp**	**Licensed Health Care Professional; Dr., NP or PA Signature**

Initial Date	**Type or print name of Parent or Guardian**	**Signature of Parent or Guardian**

HASPS Renewal (Not Part of the Sports Physical)

Year 2 Date	**Health Status Changed**	**Signature of Parent or Guardian**
	☐ Yes ☐ No	
Year 3 Date	**Health Status Changed**	**Signature of Parent or Guardian**
	☐ Yes ☐ No	

Child and Youth Services (CYS) Physicals for CY2025

For school and SKIES age (4-18 y/o)

- All **TRICARE Prime** school-aged beneficiaries assigned to U.S. Army Health Clinic Stuttgart make an appointment with your **Primary Care Manager** to complete your physical
- All other ID Card Holders and Dependents can make an **appointment** on the following dates/times

- **July 11**
- **July 25**

Time: 1300-1600

Where: Army Health Clinic Stuttgart - Patch Barracks

In order to attend a CYS event, all patients need to be registered within the Health Clinic system. Civilians and Contractors can do this by walking into the Patient Administration/Medical Records section at the health clinic. The Sponsor will need to be registered and provide DoD ID numbers and Insurance Information for every member they are registering.

****KEY NOTES FOR BEFORE YOU COME****

- ✓ **Bring glasses if worn for vision screening**
- ✓ **Bring up-to-date vaccination records (including host nation/German Yellow Card) not already in the DoD Electronic Health Record**
- ✓ **Fill out page 1 AND bring both pages of Health Assessment/Sports Physical Statement (HASPS) form**

***********OTHER NOTES FOR NON-TRICARE PRIME PATIENTS************

- ✓ **No immunizations will be provided**
- ✓ **If a CYS Services SNAP Allergy Medical Action Plan and Allergy Medical Action Plan Additional Considerations are required, then those will need to be completed by your respective Host Nation Primary Care Provider who prescribes rescue medications**

LRC Transportation – Household Goods

Personal Property Process Office - PPPO

- Location: Bldg. 2913, 3rd Floor, Panzer Kaserne
- DSN: 596-3338
- Comm. 09641-70-596-3338
- Email: usarmy.stuttgart.405-afsb-lrc.mbx.pppo@army.mil

PPPO Customer Service Hours

- Days: Monday - Friday
- Hours: 0730-1200 and 1300-1600
- Thursday open from 1200-1600
- Lunch: 1200-1300
- Closed: Every Thursday morning and on American Holidays

POC:
Ms. Marie Mather, DSN: 596-3291, marie.d.mather.civ@army.mil

LRC Transportation - TMP

Transportation Motor Pool - TMP

- Location: Bldg. 3241 Stuttgart Army Airfield (SAAF)
- DSN : 596-2454/2451/2389
- Comm: 09641-70-596-2454/2451/2389
- Email: usarmy.stuttgart.405-afsb-lrc.mesg.tmp@army.mil

TMP Customer Service Hours

- Open: Monday - Friday
- Hours: 0730-1200 and 1300-1600
- Lunch: 1200-1300
- Thursday open from 1200-1600
- Closed: Every Thursday morning and on American/German Holidays

ITO: Mr. Michael H. Hope, DSN 596-3410, michael.h.hope.civ@army.mil

LRC Transportation – Official Travel

Passenger Travel (SATO) Patch Barracks

- Location: Bldg. 2307, Room 104
- DSN : 596-2108
- Comm: 09641-70-596-2108
- Civ. Email: StuttgartCTO@cwtsato.com
- usarmy.stuttgart.405-afsb-lrc.mbx.id-europe-sato@army.mil

Passenger Travel (SATO) Kelly Barracks

- Location: Bldg. 3300, Room 202
- DSN : 421-5812
- Comm: 0711-550-4210
- Civ. Email: stuttgart-africomcto@cwtsato.com
- usarmy.stuttgart.405-afsb-lrc.mbx.id-europe-sato@army.mil

Customer Service Hours

- Days: Monday - Friday
- Hours: 0730-1200 and 1300-1600
- Lunch: 1200-1300
- Closed: On American Holidays

ITO: Mr. Michael H. Hope, DSN 596-3410, michael.h.hope.civ@army.mil

LRC Transportation - DTTS

Drivers Training and Testing Station

- Location: Bldg. 2913, 3rd Floor, Panzer Kaserne
- DSN : 596-2007
- Comm: 09641-70-596-2007
- Email: usarmy.stuttgart.id-europe.mbx.dtts@army.mil

Customer Service Hours

- Days: Monday - Friday
- Hours: 0730-1200 and 1300-1600
- Thursday open from 1300-1600
- Lunch: 1200-1300
- Closed: Every Thursday morning and on American Holidays
- Appointment only on German Holidays

POC: Ms. Athina Ardangelou, DSN 596-2007, athina.ardangelou.ln@army.mil

LRC Supply and Services - HAZMAT

Official HAZMAT

- Location: Bldg. 2958, Panzer Kaserne
- DSN: 596-2071
- Email: richardzinkeng.alabeh.ln@army.mil

Customer Service Hours

- Days: Monday - Friday
- Hours: 0730-1200 and 1230-1600
- Thursday open from 1230- 1600
- Lunch: 1200-1230
- Closed: Thursday mornings and American and German Holidays

POC: Mr. Joshua Giese, DSN 596-3413, joshua.c.giese.civ@army.mil

LRC Transportation - IPBO

Installation Property Book Office

- Location: Bldg. 2956, Panzer Kaserne
- DSN: 314-596-2598/2760
- Email: usarmy.stuttgart.405-afsb-lrc.list.ipbo@army.mil

Customer Service Hours

- Days: Monday - Friday
- Hours: 0730-1200 and 1230-1600
- Thursday open from 1230- 1600
- Lunch: 1200-1230
- Closed: Every Thursday mornings and on American Holidays
- Appointments only on Germany Holidays

POC: Mr. Edwidge Romain, DSN 596-2327, edwidge.romain.civ@army.mil

LRC Supply and Services - CIF

Central Issue Facility

- Location: Bldg. 2931, Panzer Kaserne
- DSN: 596-2154
- Primary Email: usarmy.stuttgart.405-afsb-lrc.list.cif@army.mil

Customer Service Hours

- Days: Monday - Friday
- Hours: 0730-1200 and 1230-1600
- Thursday open from 1230- 1600
- Lunch: 1200-1230
- Closed: Every Thursday mornings and on American Holidays
- Germany Holidays: Appointments only; walk-in services for clearing

POC: Mr. Adreaell T. Ray, DSN 596-3210, adreaell.t.ray.civ@army.mil

LRC Supply and Services – Food Service

The Originals Café - Warrior Restaurant

- Location: Panzer Kaserne, Bldg. 2963, 1-10th SFG(A)
- DSN: 569-2680
- Manager: SGT Brown, Jacob
- Available to all DoD card holders

***** FINAL MEAL BEFORE DFAC CLOSURE – 31 JULY 25*****

Customer Service Hours

- Monday-Friday
- Breakfast Serving Hours: 0730-0900
- **Lunch: Closed**
- **Dinner: Closed**
- **Weekends and on Training Holidays: Closed**
- Find us on A365 Teams for monthly menus/calendars and MAPA app for hours of operations changes

POC: Mr. Ezekiel Shepherd DSN 596-3412, ezekiel.shepherd@army.mil

U.S. ARMY

DeCA Stuttgart Commissaries

Thrill of the Grill Campaign

Stuttgart Commissaries

Grill + BBQ + Summer = Fun Fun Fun

Patch Store Operating Hours:	
Sunday	1000-1900
Monday	0800-2000
Tuesday	0800-2000
Wednesday	0800-2000
Thursday	0800-2000
Friday	0800-2000
Saturday	1000-1900

Panzer Store Operating Hours:	
Sunday	Closed
Monday	0930-1900
Tuesday	0930-1900
Wednesday	0930-1900
Thursday	0930-1900
Friday	0930-1900
Saturday	Closed

Kelley Store Operating Hours:	
Sunday	1000 - 1700
Monday	0830 - 1900
Tuesday	0830 - 1900
Wednesday	0830 - 1900
Thursday	0830 - 1900
Friday	0830 - 1900
Saturday	CLOSED

Robinson Store Operating Hours:	
Sunday	0900 - 1900
Monday	CLOSED
Tuesday	0900 - 1900
Wednesday	0900 - 1900
Thursday	1000 - 1800
Friday	0900 - 1900
Saturday	0900 - 1900

Scott Harmon, Store Director – DSN: 430-8532 scott.harmon@deca.mil