

# Baumholder Welcome Book



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

# Commander's Welcome

**It is an honor and privilege for Susanne and I to welcome you to the United States Army Garrison Baumholder (USAG-B). Let me say we are excited to have the good fortune of adding you to the historic list of members that have served in the United States Army Europe (USAREUR) Family.**

**We here in the USAG-Baumholder are dedicated to making your time with us an extremely positive and rewarding experience. We intend to create the conditions that you, your Family and all Soldiers will find highly rewarding. The only limits to your own success and goals are those imposed by you. We want you to be proud of your unit, your leaders, and yourself and we have developed opportunities for every Soldier and for every Family Member to become a great part of the team. So we encourage you to strive for and achieve your own personal and professional aspirations. Here in USAG Baumholder, we have laid the ground work for a very successful European tour.**

**Baumholder is a wonderful place to live, work, and play; USAG-B offers enormous opportunities to have fun, build meaningful relationships and serve your nation with distinction. Remember, your tour is what you make of it – so I challenge you to strive to make it the best experience possible.**

**On behalf of every Soldier, Civilian and Family Member in the Baumholder military community welcome to “*The ROCK!*”**

***LTC Sam R. McAdoo  
Commander, USAG Baumholder***

# Important Phone Numbers

## Army Community Service (ACS)

- Commercial Line (COMM): 067836-8188
- Defense Switch Network (DSN): 485-8188

## Central In-processing

- COMM: 067836-8376 DSN: 485-8376

## Child, Youth School Services (CYSS)

- COMM: 067836-7003 DSN: 485-7003

## Department of Public Works

- COMM: 067836-1560 DSN: 485-1560

## Housing Office

- COMM: 067836-6137/7585 DSN: 485-6137/7585

## Krankenhaus (Off Post German Hospital)

- COMM: 06783-180

## Lagerhof Inn (Temp Lodging)

- COMM: 06783-999300 DSN: 485-1700

## Medical Clinic, Central Appt

- COMM: 067836-8080 DSN: 485-8080

## Military Police

- EMERGENCY - COMM: 067836-114 DSN: 114
- NON-EMERGENCY - COMM: 067836-7546 DSN: 485-7546

## Fire & Ambulance

- ON POST - COMM: 067836-116 DSN: 116
- OFF POST - COMM: 112 DSN: 112

## On Call Victim Advocate:

- COMM: 0162-270-8390

## Baumholder Middle/High School

- COMM: 067836-7590 DSN: 485-7590

## Smith Elementary School

- COMM: 067836-7589 DSN: 485-7589

## Wetzel Elementary School

- COMM: 067836-7492 DSN: 485-7492

For a full listing of phone numbers please refer to the Baumholder homepage at [www.baumholder.us.army.mil](http://www.baumholder.us.army.mil) or [www.militaryhomefront.dod.mil](http://www.militaryhomefront.dod.mil)



# CULTURE COLLEGE 101

LET ACS SCHOOL YOU

Learn German culture 🇩🇪 Sample traditional German cuisine 🇩🇪 Travel to historical German cities 🇩🇪 Shop utilizing the German language 🇩🇪 Make new friends 🇩🇪 Introduction to OPSEC in Germany 🇩🇪 Childcare provided\*



for more info or to register contact ACS 06783-6-8188



\*Slots are limited. Pre-registration with CYSS is required.

# Learn to Speak German

## Free German Language Courses!

### Beginning & Intermediate Level German conversation Skills Courses

#### Beginning German Learn the basics

#### Intermediate Level

Pre-requisite: Beginner German Language class or demonstrate working knowledge and use of German.

For more information or to register call:  
Army Community Service  
Bldg. 8746, Health Clinic Complex  
DSN 485-8188 or 06783-6-8188



# ON THE ROCK HOME ROCK

A SPOUSES WELCOME

LEARN ABOUT POST RESOURCES  
MEET THE COMMUNITY  
MAKE NEW FRIENDS  
BREAKFAST & CHILDCARE PROVIDED



For More Information or to RSVP Contact ACS at 06783-6-8188



# PCS'ING IN? PCS'ING OUT? LENDING CLOSET



We provide basic household necessities\* to Soldiers and Families in a PCS status!

Borrow items until your Household Goods arrive!

No appointment necessary!

BLDG 8746  
06783-6-8188

\*While quantities last

# Bus Schedule

## Smith Weekday

(Effective 22 March 2011)

BUS STOPS	BLDG #	DEP:	EXCEPT ON U.S. HOLIDAYS								
PX	8401	-	8:00	8:59	10:28	11:28	12:28	13:28	14:28	15:59	17:13
Commissary	8575	-	8:02	9:01	10:30	11:30	12:30	13:30	14:30	16:01	17:15
170th BDE DFAC	8313	7:33	8:06	9:05	10:34	11:34	12:34	13:34	14:34	16:05	17:19
Chapel 2	8235	7:34	8:07	9:06	10:35	11:35	12:35	13:35	14:35	16:06	17:20
Gym	8220	7:35	8:08	9:07	10:36	11:36	12:36	13:36	14:36	16:07	17:21
Wagon Wheel Theater	8130	7:37	8:10	9:09	10:38	11:38	12:38	13:38	14:38	16:09	17:23
PX	8401	7:39	8:13	9:12	10:41	11:41	12:41	13:41	14:41	16:12	17:26
Commissary	8575	-	8:15	9:14	10:43	11:43	12:43	13:43	14:43	16:14	17:28
1-84 FA	8504	7:41	8:18	9:17	10:46	11:46	12:46	13:46	14:46	16:17	17:31
Community Mail Room	8661	7:43	8:20	9:19	10:48	11:48	12:48	13:48	14:48	16:19	17:33
Lagerhof	8076	7:45	8:22	9:21	10:50	11:50	12:50	13:50	14:50	16:21	17:35
CYS	8046	7:46	8:23	9:22	10:51	11:51	12:51	13:51	14:51	16:22	17:36
Smith Housing	8028	7:48	8:25	9:24	10:53	11:53	12:53	13:53	14:53	16:24	17:38
Wagon Wheel Theater	8130	7:51	8:28	9:27	10:56	11:56	12:56	13:56	14:56	16:27	17:41
PX	8401	7:53	8:30	9:29	10:58	11:58	12:58	13:58	14:58	16:29	17:43
Commissary	8575	-	8:32	9:31	11:00	12:00	13:00	14:00	15:00	16:31	17:45

Bus service is provided for on duty U.S. military and civilian personnel; off duty personnel and family members may use this service on a space-available basis.

POC: U S A G Baumholder: TMP Dispatch Office, DSN 485-1800/7273.

**NOTE:**

**No Bus on American Holidays.**

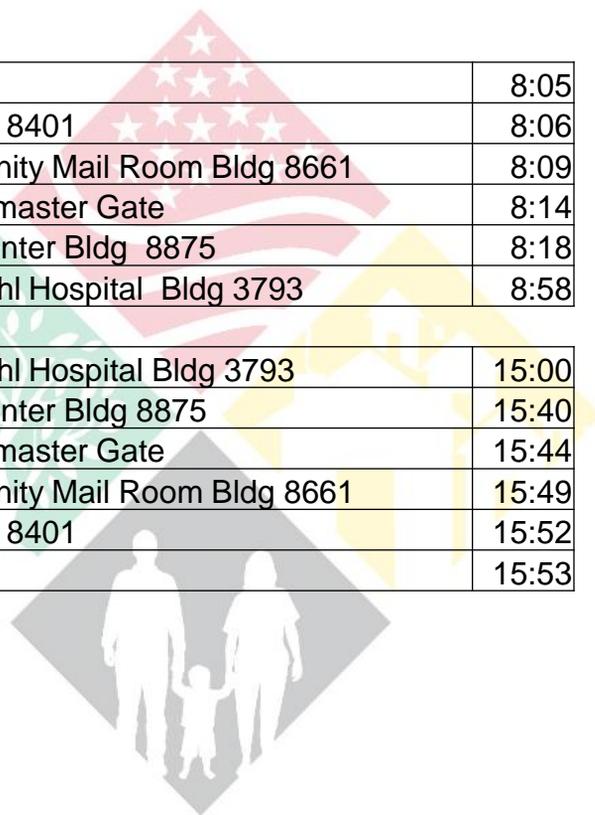
# Bus Schedule

## Landstuhl Regional Medical Center

(Effective 1 Jan 2011)

Depart	TMP	8:05
Depart	PX Bldg 8401	8:06
Depart	Community Mail Room Bldg 8661	8:09
Depart	Quartermaster Gate	8:14
Depart	Teen Center Bldg 8875	8:18
Arrive	Landstuhl Hospital Bldg 3793	8:58

Depart	Landstuhl Hospital Bldg 3793	15:00
Arrive	Teen Center Bldg 8875	15:40
Arrive	Quartermaster Gate	15:44
Arrive	Community Mail Room Bldg 8661	15:49
Arrive	PX Bldg 8401	15:52
Arrive	TMP	15:53



# IMCOM

Bus service is provided for on duty U.S. military and civilian personnel; off duty personnel and family members may use this service on a space-available basis.

POC: U S A G Baumholder: TMP Dispatch Office, DSN 485-1800/7273.

**NOTE:**

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# Bus Schedule

## Wetzel Weekday

(Effective 22 March 2011)

BUS STOPS	BLDG #	DEP:	EXCEPT ON U.S. HOLIDAYS									
PX	8401	-	8:01	9:31	11:00	12:00	13:00	14:00	15:00	16:31	17:45	
Commissary	8575	-	8:03	9:33	11:02	12:02	13:02	14:02	15:02	16:33	17:47	
1-84 FA	8504	-	8:06	9:36	11:05	12:05	13:05	14:05	15:05	16:36	17:50	
Community Mail Room	8661	-	8:08	9:38	11:07	12:07	13:07	14:07	15:07	16:38	17:52	
Prussuman Cross Walk	DPW	-	8:11	9:41	11:10	12:10	13:10	14:10	15:10	16:41	17:55	
Health Clinic	8749	-	8:15	9:45	11:14	12:14	13:14	14:14	15:14	16:45	17:59	
Quartermaster Gate	-	-	8:19	9:49	11:18	12:18	13:18	14:18	15:18	16:49	18:03	
Housing Office Area	8884	-	8:24	9:54	11:23	12:23	13:23	14:23	15:23	16:54	18:08	
Wetzel Pool	8886	-		9:57	11:26	12:26	13:26	14:26	15:26	16:57	18:11	
Upper Wetzel Housing	8807	7:40	8:27	10:03	11:32	12:32	13:32	14:32	15:32	17:03	18:17	
Upper Wetzel Housing	8816	7:42	8:29	10:05	11:34	12:34	13:34	14:34	15:34	17:05	18:19	
Quartermaster Gate	-	7:47	8:34	10:10	11:39	12:39	13:39	14:39	15:39	17:10	18:24	
Health Clinic	8749	7:51	8:38	10:14	11:43	12:43	13:43	14:43	15:43	17:14	18:28	
Prussuman Cross Walk	DPW	7:58	8:45	10:21	11:50	12:50	13:50	14:50	15:50	17:21	18:35	
Community Mail Room	8661	7:59	8:46	10:22	11:51	12:51	13:51	14:51	15:51	17:22	18:36	
PX	8401	8:01	8:48	10:24	11:53	12:53	13:53	14:53	15:53	17:24	18:38	
Commissary	8575	-	8:50	10:26	11:55	12:55	13:55	14:55	15:55	17:26	18:40	

Bus service is provided for on duty U.S. military and civilian personnel; off duty personnel and family members may use this service on a space-available basis.

POC: U S A G Baumholder: TMP Dispatch Office, DSN 485-1800/7273.

**NOTE:**

**No Bus on American Holidays.**

# Bus Schedule

## Wetzel & Smith Saturday

(Effective 1 Jan 11)

BUS STOPS	BLDG #	DEP:				
PX	8401	9:41	11:09	13:09	14:32	16:09
Housing Office Area	8884	-	11:17	13:17	14:40	16:17
Wetzel Pool	8895	-	11:20	13:20	14:43	16:20
Upper Wetzel Housing	8807	9:49	11:26	13:26	14:49	16:26
Upper Wetzel Housing	8816	9:51	11:28	13:28	14:51	16:28
PX	8401	10:01	11:38	13:38	15:01	16:38
Commissary	8575	10:03	11:40	13:40	15:03	16:40
170th BDE DFAC	8313	10:07	11:44	13:44	15:07	16:44
Chapel 2	8235	10:08	11:45	13:45	15:08	16:45
Gym	8220	10:09	11:46	13:46	15:09	16:46
Community Mail Room	8661	10:11	11:48	13:48	15:11	16:48
Lagerhof	8076	10:13	11:50	13:50	15:13	16:50
CYSS	8046	10:14	11:51	13:51	15:14	16:51
Smith Housing	8028	10:16	11:53	13:53	15:16	16:53
PX	8401	10:19	11:56	13:56	15:19	16:56
Commissary	8575	10:21	11:58	13:58	15:21	16:58
1-84 FA	8504	10:23	12:00	14:00	15:23	17:00
Housing Office Area	8884	10:31	12:08	14:08	15:31	17:08
Wetzel Pool	8895	10:34	12:11	14:11	15:34	17:11
Upper Wetzel Housing	8807	10:40	12:17	14:17	15:40	17:17
Upper Wetzel Housing	8816	10:42	12:19	14:19	15:42	17:19
PX	8401	10:52	12:29	14:29	15:52	17:29

Bus service is provided for on duty U.S. military and civilian personnel; off duty personnel and family members may use this service on a space-available basis.

POC: U S A G Baumholder: TMP Dispatch Office, DSN 485-1800/7273.

**NOTE:**

**No Bus on American Holidays.**

# Health Clinic

Hospital Kaserne

Bldg 8740

DSN: 485-8080

Comm: 067836-8080

Monday - Thursday 7am - 4pm

Friday & Clinic Holidays 7am - 11:30am

Closed Weekends & Federal Holidays

# Dental Clinic

Smith Barracks

Bldg 8647

DSN: 485-2203

Comm: 067836-2203

Monday - Friday 7:15am - 4:15pm

Closed Weekends & Federal Holidays

# Veterinary Clinic

Hospital Kaserne

Bldg 8758

DSN: 485-6636

Comm: 067836-6636

Monday - Tuesday 9am - 3:30pm

Wednesday 9am - 5:30pm

Thursday - Closed

Friday - 9am - 3:30 pm

Closed Weekends & Federal Holidays

# Say it right!



"He never listens to me."

"SHE NAGS!"

Sound familiar? If you and your spouse are not communicating WITH each other, come find out what some of the reasons might be and what you can do.

**Real solutions for real problems!**  
call ACS at

06783-6-8188

**For more information**

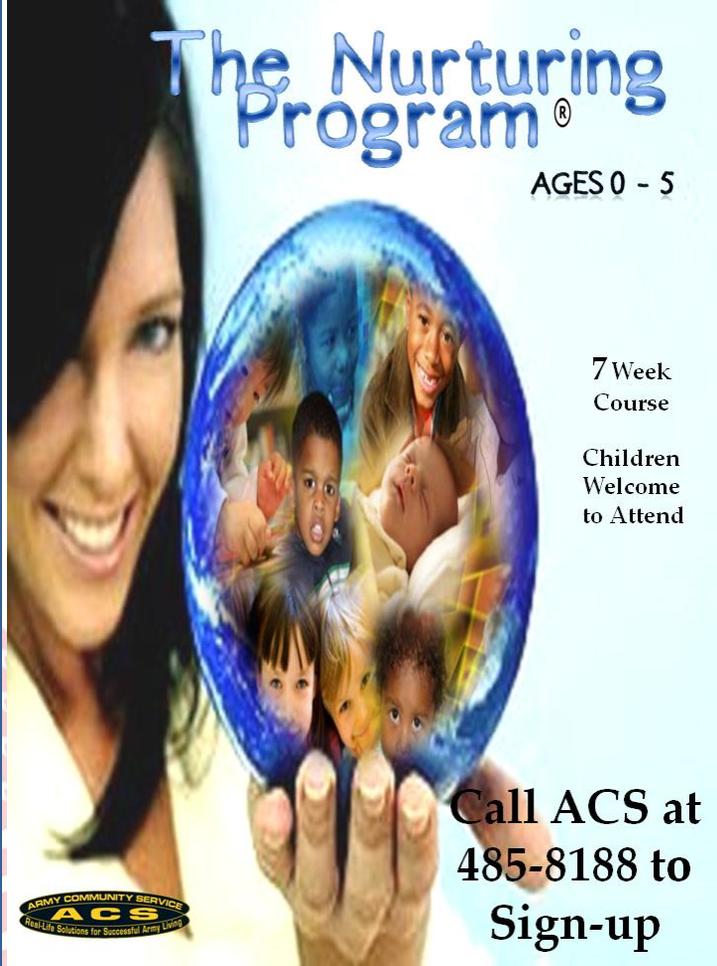


# The Nurturing Program®

AGES 0 - 5

7 Week Course

Children Welcome to Attend



Call ACS at 485-8188 to Sign-up



*Tantrums,*

**COMPLAINING,**

*WHINING,*

*Bad Attitudes,*

**& TEASING**

WITH

**1-2-3 MAGIC**

Call ACS for class dates & times

485-8188

or

06783-6-8188



## Someday Soon, They May Need You

Help Military Children In Need

Similar to Foster Care

Monetary Compensation Provided

Does Not Lead to Adoption

Earn Volunteer Hours

Short-term Care

Rewarding Experience



## Emergency Placement Care

To become a provider contact ACS, DSN 485-8188

or

Civ, 06783-6-8188

Make a Difference in the Life of a Child



# Hotels

Off Post

## Hotel Zum Stern

Ausweilerstrasse 2  
55774 Baumholder

Comm: 06783-5877

Fax: 06783-5055

email: kontakt@zum-stern-baumholder.de

website: www.zum-stern-baumholder.de

## Hotel Stadtkrug

Poststrasse 12  
55774 Baumholder

Comm: 06783-1010

Fax: 06783-2010

email: zumstadtkrug@t-online.de

## Hotel Westrich

Reichenbacher Strasse 1  
55774 Baumholder

Comm: 06783-5872

Fax: 06783-5689

email: HotelWestrich@t-online.de

website: www.hotel-westrich.de

## Hotel Berghof

Korngasse 12  
55774 Baumholder

Comm: 06783-1011

Fax: 06783-8787

## Landhotel Ullrich

Hauptstrasse 12-14  
55774 Baumholder

Comm: 06783-9020

Fax: 06783-90299

email: Landhotel-Ullrich@t-online.de

website: www.landhotel-ullrich.de



This is not an inclusive list of available restaurants. Further, this list is intended only as a reference and does not imply endorsement, sponsorship or approval by the United States Government, US Army, USAREUR, USAG

Baumholder or its directorates or employees. Persons choosing to use these resources do so at their own discretion and risk.

# Dining Facilities

(Smith Barracks)

## Heart of the Rock

Bldg 8544

DSN: 485-7045

Comm: 067836-7045

### Breakfast:

Monday - Friday 7am-9:30am

Weekends & Holidays 9:30am-1pm

### Lunch:

Monday - Friday, 11:30am-1pm

### Dinner

Monday - Friday, 5pm-6:30pm

Weekends & Holidays 5pm-6:30pm



## Bayonet Inn

Bldg 8311

DSN: 485-7045

Comm: 067836-7045

### Breakfast:

Monday - Friday 7am-9:30am

Weekends & Holidays 9:30am-1pm

### Lunch:

Monday - Friday, 11:30am-1pm

### Dinner:

Monday - Friday, 5:00pm-6:30pm

Weekends & Holidays 5:00pm-6:30pm

# Food and Drink

(on post)

## Rheinlander Community Club

(Across from Community Mail Room)

Bldg 8085

DSN: 485-7507/6533

Comm: 067836-7507/6533



**Lunch:**

Monday - Friday: 11am - 1:30pm

**Dinner:**

Tuesday - Friday: 5:00pm - 7pm

## Nick's Place

(Delivers On Post)

Bldg 8167

067836-7004

Daily 5pm - 2am

**Closed Wednesdays**



## Bowling Center

(Next to Wagon Wheel Theater)

Bldg 8105

DSN: 485-6569

Comm: 067836-6569

Monday & Thursday: 11:30am - 10pm,

Friday-Saturday: 11:30am - 11pm

Sunday: 1pm-9pm



## Burger King

(Next to Mountaineer Gym)

Bldg 8219

Monday - Friday: 6:30am - 7pm

Saturday - Sunday: 8am - 7pm

## Subway

(Next to PX)

Bldg 8401

Monday - Friday: 8am - 7pm

Saturday: 10am - 7pm

Sunday: 11am - 6pm

## Java Cafe

(In CMR)

Bldg 8061

Monday - Friday: 7am - 6pm

Saturday: 10am - 5pm

**Free WiFi**



## Food Court

(Anthony's Pizza, Popeye's Chicken & Taco Bell)

Bldg 8125

Monday - Saturday 11am - 7pm

Sunday- 11am-6pm

# Restaurants

(near post)

## **Berghof**

Restaurant, Pizza, no delivery Take-out

Korngasse 12

55774 Baumholder

Comm: 06783-1011

## **Bistro Pierrot**

Restaurant, no delivery

Take-out

Reichenbacher Strasse 1

55774 Baumholder

Comm: 06783-5872

## **Zum Stadtkrug**

Restaurant, Dinner, no delivery

Take-out

Poststrasse 12

55774 Baumholder

Comm: 06783-1010

## **Zum Stern**

Restaurant, Dinner, no delivery

Take-out

Ausweilerstrasse 2

55774 Baumholder

Comm: 06783-5877

## **China Town**

Restaurant, delivery

Ringstrasse 7

55774 Baumholder

Comm: 06783-999-3847

## **Portofino's**

Restaurant, delivery

Poststrasse 10

55774 Baumholder

Comm: 06783-1670

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# Restaurants

(near post)

## Chuckwagon

American & German Fastfood Delivery  
& Take-out

Hauptstrasse 7  
55774 Baumholder  
Comm: 06783-4181

## Afrin Kebab

Kurdish food, No delivery  
Take-out

Poststrasse 1  
55774 Baumholder

## Café Dolomiten

Italian Ice Creams & Coffees

Poststrasse 1a  
55774 Baumholder  
Closed December -February

## Cihan's Kebab Haus

Kurdish food, delivery  
Take-out

Kennedy Allee 16  
55774 Baumholder  
Comm: 06783-1851737

## Pizzeria Etna

Restaurant, Delivery

Pfennigstrasse 2  
55774 Baumholder  
Comm: 06783-7603

## Restorante Italia Pizza

Restaurant, No delivery

Pfennigstrasse 26  
55774 Baumholder

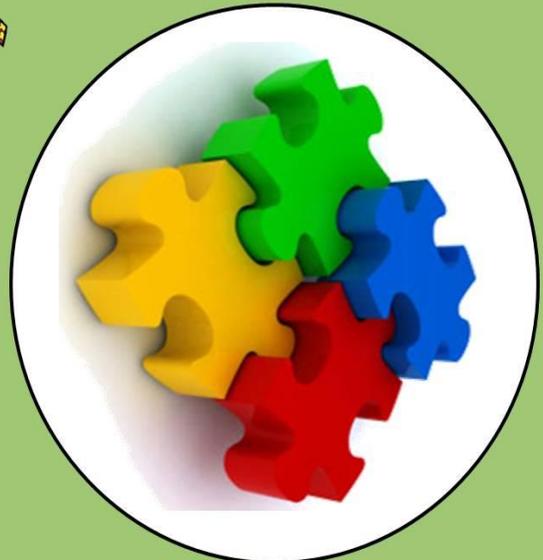
FAMILIES • CIVILIANS

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# Coping with Deployment

(various ages)



You are not alone! Spectrum Families is a support group for caregivers of individuals that have been diagnosed on the Autism spectrum. Spectrum Families allows participants to network, share stories, and enjoy camaraderie in a child friendly setting. A light lunch will be provided.

2nd Thursday  
Of Month at 12 p.m.  
Wiggles & Giggles  
Bldg 8884, Wetzel



- Skills to help children cope
- Learn about typical reactions
- Age specific information
- Children welcome to attend



Call ACS for class dates & times  
485-8188 or 06783-6-8188



The New Parent Support Program is geared towards parents and children, prenatal and up to three years of age.

## New Parent Support Program



We Offer:

- Convenient One-on-One Home or Office Visits by Licensed Professional Staff
- Assistance with Questions About Pregnancy, Newborns & Babies
- Support Groups
- Referrals to Available Community Resources
- Guidance on Parenting, Discipline, Potty Training & Other Issues
- Parent Lending Library (DVD's, CD's & Books)
- Information on Your Baby's Growth & Development
- Classes



# ZONA LATINA

Please join us and expand your knowledge speaking your language...

Discuss Army life, acronyms, finance, ACS classes, learning English language and much more while we meet new people in a positive environment.

Hablaremos sobre la vida militar, acrónimos, finanzas, clases de ACS, aprendizaje del idioma inglés y mucho más mientras conocemos gente nueva en un ambiente positivo... te esperamos

## HABLAMOS TU IDIOMA...

Call ACS at 06783-6-8188 for dates & times

Lunch will be provided  
Children welcome to attend




# Worship Schedules

(on post)

## Chapel 1

Bldg 8308

DSN: 485-1570

Comm: 067836-1570

**Collective Protestant**

Sunday: 11am

**Community Spanish Fellowship**

Friday: 9am

**PWOC**

Tuesday: 9am



## Chapel Annex

Bldg 8217

DSN: 485-1570

Comm: 067836-1570

**Jr. High Youth**

Tuesday: 4pm

**High School Youth**

Tuesday 6pm

## Chapel 2

Bldg 8249

DSN: 485-1570

Comm: 067836-1570

**Catholic Mass**

Sunday: 9am

**Daily Mass**

Monday - Friday: 11am

**No daily Mass on Federal & Training  
Holidays**

\* Additional Services are located in the Kaiserslautern Military Community. Consult your Chaplain's office or the Find-It Guide for additional information.\*

## HOW TO CONTACT A CHAPLAIN AFTER DUTY HOURS:

Call the U.S. Army Garrison, Baumholder, Staff Duty Office at DSN: 485-6150 or Comm: 067836-6150 and request that the On Call Duty Chaplain call you.

# Recreation

## Library & Ed Center (Free WiFi and Internet access)

Bldg 8332

DSN: 485-1740/6484

Comm: 067836-1740/6484

Monday - Thursday 10am - 7pm

Friday - Saturday 10am - 5pm

Closed Sunday

## FMWR Arts & Crafts

Bldg 8895

DSN: 485-6687



Comm: 067836-6687

Tuesday - Friday 11am - 6pm

Saturday: 12pm - 5pm

Sunday - Monday Closed

## FMWR

### Outdoor Recreation

Bldg 8167



DSN: 485-7182

Comm: 067836-7182

Daily 9:30am-6pm,

Closed Wednesdays

## FMWR Teen Center

Bldg 8875



DSN: 485-6810/6348

Comm: 067836-6810/6348

**School Year:**

Monday - Thursday 3pm - 8pm

Friday 3pm - 10pm

Saturday 12pm - 8pm

**Summer:**

Monday - Friday 12pm - 8pm

Saturday 12pm - 6pm

## Wagon Wheel Theater

Bldg 8125

DSN: 485-1790 / 2314

Comm: 067836-1790 / 2314

Show times vary





# Sports & Fitness

## FMWR Fitness Center Hall of Champions

Bldg 8105  
DSN: 485-6615  
Comm: 067836-6615  
Mon - Fri: 5:00am-9pm  
Sat-Sun, Holidays: 9am-5pm

## FMWR Golf Course

Bldg 8888 Morse Rd  
DSN: 485-7299  
Comm: 067836-7299  
**Summer:**  
Monday-Friday: 9am - 7pm  
Sat - Sun & Holidays: 8am - 7pm  
**Winter:**  
Monday - Sunday: 10am - 6pm  
Weekends & Holidays: 8am - 8pm

## FMWR Fitness Center Mountaineer Gym

Bldg 8220  
DSN: 485-7418  
Comm: 067836-7418  
Monday - Friday 5:30am-9pm  
Training & Federal Holidays  
Sat & Sun Closed

## FMWR Swimming Pool

Bldg 8897  
DSN: 485-6575  
Comm: 067836-6575  
Tuesday- Friday 11:30am-7pm  
Saturday 10am-5pm

## FMWR Skate Park (Adjacent to Bldg 8875)

Wetzel Housing Area  
**Normal Hours:**  
Monday - Friday: 3pm - 8pm  
Saturday: 12pm - 8pm  
**Summer and No School Days:**  
Monday - Friday 12pm - 8pm  
Saturday 12pm - 6pm

## FMWR Strikers Bowling Center

Bldg 8105  
DSN: 485-6569  
Comm: 067836-6569  
Monday - Thursday: 11:30am-9pm,  
Friday - Saturday: 11:30am-11pm  
Sunday: 1pm-8pm

# Additional Resources

## **FMWR Auto Skills Center**

**Bldg 8438**

**DSN: 485-6344**

**Comm: 067836-6344**

**Tuesday - Friday: 1pm - 9pm**

**Saturday - Sunday: 10am - 5pm**

**Training Holidays: 10am - 6pm**

## **Exchange**

**Bldg 8401**

**DSN: 485-6275**

**Comm: 067836-6275**

**Mon - Sat: 10am - 7pm**

**Sun: 11am - 6pm**

## **Commissary**

**Bldg 8575**

**DSN: 485-6113/6666**

**Comm: 067836-6113/6666**

**Mon-Wed: 10am-7pm**

**Thu: 10am-8pm; Fri-Sun: 10am-7pm**

**7 days a week early self check out  
shopping 8:30am-10am**

## **AAFES Power Zone & Toyland or Four Seasons**

**Bldg 8666**

**DSN: 485-2402**

**Comm: 067836-6275**

**Mon - Sat: 10am - 7pm**

**Sun: 11am - 6pm**

## **USO**

**Kaiserslautern Office**

**DSN: 493-4403**

**Comm: 0631-3406-4403**

**Email: kbrown@uso.org**

**For additional locations contact the K-  
town office or look in the resource CD  
of this guide book.**

## **U-FIX IT**

**Self Help Center**

**Bldg 8665**

**DSN: 485-7375**

**Comm: 067836-7375**

**Monday - Tuesday: 9am-3:30pm**

**Wednesday: 9am-12pm**

**Thursday: 10:30am-5pm**

**Friday: 9am-2pm**

**Saturday- 9am-12pm**

**Shoppette**

# Additional Resources

## AAFES Tailor Shop

Bldg 8243

Friday - Saturday: 10am - 5pm

## Taxi Service



DSN: 485-6100

Comm: 067836-6100

## USPS APO

(Free WiFi Internet)

Bldg 8661

DSN: 485-7551

Comm: 067836-7551

Monday, Wednesday & Friday: 10am-4pm

Tuesday & Thursday: 12pm-6pm

## CMR

Bldg 8661

DSN: 485-6505

Comm: 067836-6505

Monday - Friday: 10am-6pm

## Thrift Shop

Bldg 8667

Comm: 067836-6653

Monday, Tuesday & Friday: 10am-2pm

Thursday: 10am-5pm

Every 1<sup>st</sup> Saturday 10am-2pm

## AAFES Barber Shops

Near the Thrift store and Community Bank;

Near Burger King and Shopette

Bldg 8668 & 8243

DSN: 485-6093

Comm: 067836-6093

Monday - Friday: 8:30am - 6:30pm

Saturday: 10am - 5pm

## AAFES Laundry Facility

(Coin Operated)

Bldg 8256

Service Phone: Comm: 0631-91891

Thursday - Sunday: 10am - 7pm

## AAFES Dry Cleaning Facility

Bldg 8243

Comm: 06783-185-8247

Monday - Friday: 9am - 6pm

Saturday: 10am-5pm

This is not an inclusive list of available resources. Further, this list is intended only as a reference and does not imply endorsement, sponsorship or approval by the United States Government, US Army, USAREUR, USAG Baumholder or its directorates or employees. Persons choosing to use these resources do so at their own discretion and risk.

# CONVERSION CHARTS

## TEMPERATURES

OVEN	TEMPS
110°C	225°F
120°C	250°F
140°C	275°F
150°C	300°F
160°C	325°F
180°C	350°F
190°C	375°F
200°C	400°F

## THERMOMETER CONVERSION

C° TO F°	F° TO C°
-15 5	0 -17
-10 14	10 -12
0 32	30 -1
10 50	50 10
25 77	80 27
110 230	250 121

Centigrade to Fahrenheit:  $(1.8 \times C^\circ) + 32$   
 Fahrenheit to Centigrade:  $(F^\circ - 32) / 1.8$



## MEASUREMENTS

### Linear Measurements

1 cm	0.39 in
2.54 cm	1 in
30.05 cm	1 yard
1 meter	39.37 in
1 kilometer	0.62 miles
1.61 kilometers	1 mile

### Mass

1 gram	0.035 ounce
28.4 grams	1 ounce
454 grams	1 pound
1 kilogram	2.205 pounds
907 kilograms	1 ton (short)
1002 kilograms	1 ton long or gross

### Dry

30 grams	1 ounce
115 grams	4 ounces
170 grams	6 ounces
225 grams	8 ounces
450 grams	16 ounces

### Liquid

30 ml	1 fl oz
150 ml	5 fl oz
300 ml	10 fl oz
0.9 ml	32 fl oz
1 liter	34 fl oz

UNIT	EQUIVALENT TO	
1cm	0.39 inches	
1cup	16 tablespoons	240 ml
1cup	8 fl oz	240 ml
1gallon	4 quarts	3.785 ml
1gram	0.035 ounces	
1inch		2.54 cm
1kilo	2.208 pounds	
1liter	1.057 quarts	
1ounce		28.35 g
1 peck (dry)	8 quarts	
1 pint	2 cups or 16 fl oz	480 ml
1 pound AM	16 ounces	454 g
1 pound EU		500 g
1 quart	4 cups or 32 fl oz	946 ml
1 tablespoon	3 teaspoons	15 ml
1/2 cup	4 tablespoons	120 ml
1/3 cup		80 ml
1/4 cup		60 ml

## GROCERY EQUIVALENTS

IF YOU WANT	ASK FOR
1 oz	25 grams
1/4 lb	125 grams
1/3 lb	175 grams
1/2 lb	250 grams
3/4 lb	375 grams
1 lb	480 grams

### Transformer Information:

During your stay in Germany you may need to use a transformer for your electrical appliances. Before plugging in an appliance into a transformer, make sure you know its power rating. The power rating of electrical appliances is usually indicated in "watts" and is printed on the label on the bottom of the appliance. Each type or size of transformer is designed to carry a specific load or number of watts. DO NOT EXCEED THE WATTAGE CAPACITY OF A TRANSFORMER. If you are not sure of the size of transformer needed, please contact Housing Office for guidelines.



75 WATT: small radios, stereos, sewing machines...  
 300 WATT: large radios, stereos, medium fans, TVs...  
 750 WATT: small irons, coffee maker, vacuum cleaners...  
 1600-2000 WATT: toasters, fryers, irons, microwaves...



# Europe GPS Address List

<i>Facility</i>	<i>Street</i>	<i>Zip</i>	<i>City</i>	<i>Country</i>
<b>GERMANY</b>				
Ansbach Illisheim	Flugplatz	91471	Illisheim	Germany
Ansbach Katterbach	Bundesstrasse 14	91522	Ansbach - Katterbach	Germany
Bamberg	Zollnerstrasse	96052	Bamberg	Germany
Baumholder	Reichenbacher Strasse	55774	Baumholder, Birkenfeld	Germany
Bitburg	Spangdahlemer Strasse	54634	Bitburg / Eifel	Germany
Dexheim	An Der Bunderstrasse	55276	Dexheim	Germany
Breitnauerstrasse		82467	Garmisch-Partenkirchen	Germany
Geilenkirchen	Lillienthal	52511	Geilenkirchen	Germany
Germersheim	Bundesstrasse 09	76726	Germersheim	Germany
Grafenwoehr	Neu Amberger Strasse	92655	Grafenwoehr	Germany
Hainerberg	New York Strasse	65189	Wiesbaden	Germany
Heidelberg Campbell	Romerstrasse	69126	Heidelberg	Germany
Heidelberg Shopping Area	Czernyring	69115	Heidelberg	Germany
Heidelberg Patton	Kirchheimer Weg	69124	Heidelberg	Germany
Heidelberg Patrick Henry	South Lexington Avenue	69124	Heidelberg	Germany
Hohenfels	Kreuzbergstrasse	92287	Schmidmuehlen - Hohenfels	Germany
Kalkar	Romerstrebe	47546	Kalkar	Germany
Kaiserslautern Kleber	Daennerstrasse	67661	Kaiserslautern	Germany
Kaiserslautern Landstuhl	Langweidenerstrasse	66849	Landstuhl	Germany
Kaiserslautern Ramstein	Flugplatz	66877	Ramstein-Miesenbach	Germany
Kaiserslautern Sembach	Flugplatz	67681	Sembach	Germany
Kaiserslautern Vogelweh	Washington-Square Strasse	67661	Kaiserslautern	Germany
Mainz-Kastel	Ludwig-Wolker-Strasse	55252	Mainz-Kastel	Germany
Mannheim Coleman Barracks	Viernheimer Weg	68307	Mannheim (Blumenau)	Germany
Mannheim Shopping Area	Fuerther Strasse	68309	Mannheim	Germany
Moenchengladbach	Wolesley Road	41179	Moenchengladbach	Germany
Schweinfurt	Kasernenweg	97424	Schweinfurt	Germany
Schwetzingen	Hockenheimer Landstrasse	68723	Schwetzingen	Germany

# Europe GPS Address List

Facility	Street	Zip	City	Country
<b>GERMANY</b>				
Spangdahlem	Flugplatz	54529	Spangdahlem	Germany
Stuttgart Kelley	Plieninger Strasse	70567	Stuttgart	Germany
Stuttgart Panzer	Panzerstrasse	71032	Boeblingen	Germany
Stuttgart Patch	Kurmaeckerstrasse	70569	Stuttgart-Vaihingen	Germany
Stuttgart Robinson	Heidlochstrasse	70376	Stuttgart-Burgholzof	Germany
Vilseck	Gut	92249	Vilseck	Germany
Wiesbaden American Arms	Frankfurter strasse	65189	Wiesbaden	Germany
Wiesbaden Army Airfield	Erbenheim Flugplatz	65205	Wiesbaden	Germany
<b>BENELUX</b>				
Brussels	Chäusee de Louvain	1932	St. Stevens Woluwe	Belgium
Chievres	Chaussee de Mons	7940	Brugelette	Belgium
Rotterdam	Lylantseplein	2908	Capelle a/d IJssel	The Netherlands
Schinnen	Borgerweg	6365	CW	The Netherlands
Voelkel	Zeelandsedijk	5408	SM Volkel	The Netherlands
<b>ENGLAND</b>				
Alconbury	Ermine Street	PE284DA	Alconbury	United Kingdom
Blenheim Crescent	Blenheim Crescent	HA4 7HB	Ruislip	United Kingdom
Croughton	First Street	NN135NQ	Croughton	United Kingdom
Fairford	Horcott Road	GL74DL	Fairford	United Kingdom
Lakenheath	Brandon Road	IP279PN	Lakenheath	
Menwith Hill	Menwith Hill Road	HG3ZRF	Harrogate	United Kingdom
Mildenhall	Shippea Hill Road	IP288ND	Mildenhall	United Kingdom
Molesworth	Cockbrook Lane	PE28 0QB	Molsworth	United Kingdom
<b>ITALY</b>				
Aviano	Via Pionieri Dell'Aria	33080	Roveredo in Piano (Pordenone)	Italy
Carney Park	Via Campiglione	80078	Pozzouli	Italy
Livorno	Via Vecchia Livornese	56018	Tirrenia	Italy
Naples Capodichino	Viale Fulco Ruffo di Calabria	80144	Naples	Italy
Naples Gricignano	Contrada Boscariello	81030	Gricignano Di Aversa	Italy
Vicenza	Via Aldo Moro	36100	Vicenza	Italy

Special thanks to AAFES for your contributions.

# Installation Resource CD



**IMCOM**

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