



FRG E-NEWS

Front Line News

Community Spouses Club (CSC)
Membership Sign-up



Wednesday, Aug. 14th, 12PM – 2PM
Riverside (CG Quarters)

Open to spouses of all ranks. Local groups will be on site to provide information on services, opportunities and activities on and around Fort Benning.

<http://www.fortbenningcsc.org/>

FRG Fund Raising on Fort Benning

AR 600-29, Fund Raising Within the Department of the Army, requires that all fund raising for Family Readiness Groups (FRG) be approved by the Garrison Commander. On Fort Benning, FRG's obtain approval for fund raising activities by contacting the Support Management Division of the Directorate of Family and Morale, Welfare and Recreation. For additional information about obtaining approval, call 706-545-4060.

The specific reference requiring approval can be found at AR 600-29,1-7(c),3

Spotlight

Welcome Home 14th CSH!

Army Community Service staff support the 14th CSH's return with reintegration materials .



Calendar of Events

August

No CARE Meeting

September

10 CARE Meeting

Note: with budget cuts and the furlough of civilian employees, customers should expect changes to the ACS class offerings. Customers are encouraged to call to get current class information
706-545-4043.

POC for E-News
Perry Tripp
706-545-2449



ACS

Points of Contact

Information & Referral

706-545-4043 / 7517

Volunteer Coordinator

Starla De Saussure
706-545-3016 / 4043

Hearts Apart Program

Lisa Marie Jones
706-545-0403 / 8785

Mobilization/Deployment

706-545-0380 / 5485

Newcomers' Orientation

Linda White
706-545-4485 / 4365

Army Emergency Relief (AER)

706-545-4043

Army Family Team Bldg

Lorraine Campbell
706-545-4043



Military Spouse Employment ~ Informational Briefing ~



Staff members of the Fort Benning Civilian Personnel Advisory Center (CPAC) host employment informational briefings for military spouses on the third Wednesday of each month from 1000 to 1130. The briefings provide information on Executive Order 13473 which became effective September 11, 2009 and is intended to provide military spouses an opportunity to obtain employment with the Federal government. The briefings also address spouse preference, how to apply, and highlight which documents should be submitted along with the resume. There is a Q&A session as well. All spouses interested in attending, **please contact Deb Quick at 706-545-3517.** The next two briefings are listed below:

Aug 21, 1000-1130, McGinnis-Wickam Hall, Room W-108
Sep 18, 1000-1130, McGinnis-Wickam Hall, Room W-108

Fort Benning's own Employment Readiness Program (ERP) offers assistance with Federal resume' writing and a Job Strategy Workshop! They also have a listing of currently vacant jobs in the Columbus area.



Job Strategy Workshop: 08 AUG / 12 SEP - 0830-1200
Federal Resume/Resume: 22 AUG / 26 SEP - 0830-1115

Both classes require PRE-Registration, which takes 35 minutes+ at the ERP Office.

To Pre-register for a class or to obtain additional information about Employment Readiness, call **706-545-4043**

Relocation Readiness Program



Offers bus tours of Fort Benning for newcomers!!! The next bus tours are scheduled for Thursday, 8 August and Thursday 12 September. Reservations are required. For information and to make reservations for a tour and childcare, call ACS at 706-545-0403 / 4485.



FRG Volunteer Training

With the furlough of Dept. of the Army employees, watch for changes to the ACS training schedule.

For information call ACS at 706-545-4043



ARMY OneSource

FOR:

- *INFORMATION
- *PROGRAMS
- *SERVICES
- *CONNECTIVITY

www.myarmyonesource.com/

Taking A Chance to Talk About Difficult Issues - for Soldiers/Civilians and Family Members

When more intensive feelings emerge, the healing process can become more complex in even healthy relationships.

For Spouses / Civilians / Family Members

- Know it is easy to feel discouraged when the Soldier/Civilian does not seem to respond to the efforts of trying to be emotionally close – sharing deep feelings and concerns about themselves or the relations.
- Recognize that the assurance you need from the Soldier/Civilian may not be because you did something, but that in the emotional moment deep feelings can trigger the inability for the Soldier/Civilian to respond appropriately. The Soldier/Civilian may respond with sarcasm or other forms of anger, withdrawal, or inattentive behaviors. If the Soldier/Civilian is aware of this disappointment they may begin to feel more inadequate or more ashamed which in turn can create more pain or stress.
- Avoid harboring unresolved anger or resentment that can generate more distress.

For Soldiers / Civilians

- Act on this by getting help to deal with any difficulty in achieving emotional closeness.
- Work out even subtle mistrust, jealousy, or bitterness.



SOURCE: U.S. Army RESET Guide for Professionals, Operation Ready Materials

FLEA MARKET
SEPT 7 | 8AM-2PM
TO BE A VENDOR GO TO BENNINGMWR.COM

MOVIE
under the **STARS**

September 13, 20 and 27
8:30pm | Wetherby Field

Stay tuned to BenningMWR.com for updates!

WETHERBY FIELD COMMUNITY CONCERTS
7pm **09.14.13**

FEATURING THE BAND **T310**

GOLD STAR MOTHER'S DAY BRUNCH
AT THE BENNING CLUB

SUNDAY, SEPT 29
10AM-1:30PM

Reservations are recommended.
Call 706-682-0640 for seating times or reserve online at BenningMWR.com.





Military & Family Life Consultants (MFLC)

~ providing confidential assistance to Ft. Benning's Families ~
available on and off post

- **Fort Benning Garrison** 706-566-1033 and 706-505-7751
- **Children, Youth and School Services** 706-969-9886
- **Fort Benning Schools:**
 - White and Dexter Elementary Schools 706-969-9856
 - McBride Elementary School 706-969-9859
 - Wilson Elementary School 706-969-9862
 - Stowers Elementary School 706-302-9363
 - Loyd Elementary School 706-969-9882
 - Faith Middle School 706-969-9852
 - Chattahoochee High School 706-969-9876
- **3rd Brigade, 3rd IN Div** 706-987-9142
- **75th Ranger Regiment** 762-822-1450

For information about MFLC services, you may call an MFLC or Perry Tripp at Army Community Service – 706-545-2449.

ACS Points of Contact

Information & Referral 706-545-4043 / 7517

Army Emergency Relief (AER)
706-545-4043

Volunteer Coordinator
706-545-3016 / 4043

Hearts Apart Program
706-545-0404 / 4043

Newcomers Orientation
706-545-4043

Mobilization & Deployment
706-545-0380 / 5485

Army Family Team Building
706-545-4043





Preparing Army Communities Today for the Hazards of Tomorrow

GET A KIT ► MAKE A PLAN ► BE INFORMED

Hurricane Season Arrives

Learn terminology used with hurricanes, categories of hurricanes, how to protect your home, and evacuate all at http://www.acsim.army.mil/readyarmy/ra_newsroom.htm#face_of_defense

Ideas for Home Emergency Kits

- Water -- at least one gallon per person per day for at least three days
- Food -- nonperishable food for at least three days (select items that require no preparation, refrigeration or cooking such as high energy foods and ready-to-eat, canned meat, vegetables, fruit)
- Manual can opener (if the food is canned), preferably on a multi-tool
- Reusable plates, cups, utensils, saucepan (note, a metal bowl can double as a cup or plate)
- First aid kit
- Prescription medications and medical
- Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
- Hand-crank or battery operated flashlight
- Hand-crank radio or battery operated cell phone charger
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- Extra batteries at the size required
- Cord to charge cell phone from AC outlet in vehicle
- Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
- Weather appropriate clothing to keep your family warm and dry
- Cash in case Point of Sale devices and Automatic-Teller Machines are offline
- Any tools needed for turning off utilities
- Local maps and your family emergency plan
- Your command reporting information -- know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)
- Important documents, including will, medical and financial power of attorney, property documents, medical instructions
- Emergency preparedness handbook

Additional considerations

- Infant formula and diapers if you have young children
- Pets supplies,
- Disinfectant
- Matches or flint in a waterproof container
- Sleeping bag or other weather-appropriate bedding for each person
- Coats, jackets and rain gear
- Fire extinguisher
- Paper and pencil
- Books, games, puzzles, toys and other activities for children
- Any items necessary for a specific type of disaster



For information about Army emergency preparedness, go to <http://www.acsim.army.mil/readyarmy/index.htm>

National Institute of Mental Health

<http://www.nimh.nih.gov/index.shtml>

Coping with Traumatic Events

Several deadly natural disasters, accidents, and incidents of violence occurred in United States in the past year, all shocking and saddening. Partially because of this, the National Institutes of Health (NIH) has updated their Web page on coping with traumatic events.

People respond to crisis, strong images, and traumatic stress differently. Depending on a person's life events or background, images on the news may bring back pain or trauma from their past. Information on anxiety disorders, depression, and Post Traumatic Stress Disorder (PTSD) is included on the NIH site, along with details for finding more resources on dealing with these issues.

Children are especially susceptible to stress and traumatic images from violence or disasters. Emergency responders may unwittingly bring home stories or personal stress that can affect their children. Children may see images of hurricane destruction on TV and worry their home is next. NIH provides guides to parents, community members, and rescue workers for talking with children and adolescents about these topics.

Information specific to children and adolescents can be found at:

<http://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

Army Community Service – Community Resource Guide

Army Community Service (ACS) recently updated their Community Resource Guide! Nearly 90 pages of information about resources available to Fort Benning Families. The guide includes information about services on and off post such as: adoption, schools, counseling, adult education, etc. To view or download the resource guide go to the ACS homepage.

<http://www.benningmwr.com/acs.php>

Click on “ACS Resource Guide” (center page near the bottom)

(NOTE: this is a large file and will take a minute to open)



Not clear about the difference between a
Family Readiness Support Assistants (FRSA) and your unit **Family Readiness Liaison (FRL)**?
Let's see if I can help...

Before I try to clarify the FRSA and FRL positions, I think it will help to explain that FRSA's and FRL's are both important parts of the Army's Total Army Family Program (TAFP). Per AR 600-20, 5-10, Commanders have an obligation to provide assistance to establish and maintain personal and Family affairs readiness. The FRSA and the FRL both support their Commander's Total Army Family Program (i.e. Soldier and Family member Readiness). But, while FRL's and FRSA's work for a common goal, there are some differences in how they work and what they do.

➤ The FRSA is a full-time paid position that is filled with a Federal Civil Service employee. FRSA's all use the same position description and work under the supervision and direction of the unit Commander or, for deployed units, the Rear Detachment Commander. Duties assigned to an FRSA must be within the scope of their position description. If there are doubts as to whether or not an FRSA can perform a duty, the Civilian Personnel Advisory Center (CPAC) must be consulted for a decision. Due to reductions in budgets and hiring restrictions, some Army units are filling their FRSA positions with Army non-commissioned officers. Fort Benning now has three battalions that are using Soldiers for FRSA's. Soldiers are not required to comply with civilian position descriptions. Source: HQDA EXORD 183-09 ISO Family Readiness Assistants

FRSA duties include the provision of logistical and administrative support in the area of Family readiness. This includes administrative / clerical support, as it relates to Family member readiness, for the Commander and the Family Readiness Group (FRG); recruiting volunteers; working closely with Family service agencies to keep current on services available and to coordinate workshops; assist with the preparation of FRG newsletters, maintaining FRG membership rosters other FRG records.

➤ The FRL is a Soldier, usually a non-commissioned officer, who serves as a point of contact, representing command, for the FRG to work with. FRL responsibilities may be assigned as an additional duty. Commanders determine and assign duties to their FRL's. Generally, FRL's assist FRG's with obtaining supplies and logistical support. Those commanders that do not have an FRSA, may choose to assign duties normally performed by an FRSA to their FRL. Source: FRG Leaders Handbook, Operation Ready

❖ When working for Soldier and Family member readiness, it is also important to remember that:

“Soldiers bear primary responsibility for their Family and personal affairs readiness.” Ref. AR 600-20, 5-10(b)9

MARRIAGE AND FAMILY THERAPY

DO YOU NEED HELP ADJUSTING TO FAMILY LIFE AFTER A DEPLOYMENT?

ARE RELATIONSHIP ISSUES DESTROYING YOUR MARRIAGE?

MARRIAGE AND FAMILY THERAPY IS AVAILABLE TO ASSIST YOU!

SERVICES AVAILABLE: MARRIAGE, FAMILY, INDIVIDUAL,
AND CHILDREN COUNSELING

NO TRICARE OR PCM REFERRAL NECESSARY!



CALL TODAY AND SCHEDULE YOUR APPOINTMENT!

THERE IS NO EXTENSIVE WAITING PERIOD FOR SERVICES.

**MARRIAGE AND FAMILY THERAPY IS LOCATED AT
SOCIAL WORK SERVICES IN SOLDIER'S PLAZA BUILDING 2625.**

(706)545-1661

Children, Youth and School Services (CYSS)

Army Family Covenant Benefits (AFC)

CYSS supports the Families of deployed Soldiers with:

- Free CYS registration for all patrons
- 16 hours of free child care per child each month during deployment (30 days before and 90 days after deployment)
- \$2.00 per hourly care per child for any hourly care beyond the 16 hours free hourly care
- Free hourly care for FRG/deployment meetings
- 20 percent reduction of fees for regularly scheduled full and part-day child care
- \$300.00 credit towards any SKIES Unlimited instructional programs
- \$150 credit towards any Youth Sports activity



Saturday Getaways

CYSS offers occasional child care on Saturdays from 9:00 a.m. to 2 p.m. at Main Post CDC and the School Age Center (children are separated by age group). The cost is \$20 per child. Reservations are required, space is limited. For more information, call **706-545-2079** or visit Parent Central Services, Building 104, Merchant Ave.

Exceptional Family Member Program (EFMP)



Please join the ACS EFMP during the Oct 4, 2013 Disability Resource Fair. Coordinated in support of Disability Awareness Month, this event will feature various resource agencies that support Soldiers, Family Members and Civilians in the local area. Agency representatives will provide information on their programs and services offered locally and will include educational, physical, emotional, developmental & intellectual special needs. This event is **open to the public**.

Army Community Service auditorium, Bldg 7, 1000-1400.

For information call ACS at 706-545-4043

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH SYMBOLISM OF THE PURPLE RIBBON



Domestic Violence Awareness Month evolved from the first Day of Unity observed in October 1981 by the National Coalition against Domestic Violence. The intent of this day was to connect battered women's advocates across the nation who works to end violence against women and their children. The Day of Unity soon became a special week with a range of activities planned at the local, state, and national levels.

What began close to two decades ago in scattered communities as a visible gesture of support for survivors and victims of domestic abuse, today has become one of the most widely-recognized symbols of the battered women's movement - the purple ribbon.

The exact history of the purple ribbon is somewhat difficult to pinpoint. However it is known that it began among communities as a unifying symbol of courage, survival, honor and dedication to ending domestic violence.

Across the country, Families and friends of victims have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local battered women's programs use the purple ribbon to raise awareness about the crime of domestic abuse in their communities. State Legislatures also have recognized the purple ribbon in proclamations commemorating October as National Domestic Violence Awareness Month.

Purple ribbons are made into pins and passed out at local events...they're embroidered on the t-shirts, hats, and bags of those passionate about ending the violence...they're tied to the antennae of police cars...they're hung on doors, wrapped around trees, draped over fences at scenes.

In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there is no place for domestic abuse in the homes, neighborhoods, workplaces, or schools of its citizens.

If you, your business, organization, or group would like to join the many state and national organizations in a campaign to "get people to show their true colors", contact the Family Advocacy Program at 706-545-3202/7594 to pick up your purple ribbon or obtain further information on Domestic Violence Awareness Month.

Always Ready. Always Alert.
Because someone is depending on you.



August is Antiterrorism Awareness Month

What can you do to reduce your risk of becoming a victim of terrorism?

Personal safety begins with a proactive mind-set about the security environment where you live, work, go to school, and travel. Personal security habits which will help prevent you from becoming a victim include understanding the risks and taking proactive measures to ensure your own safety. Fundamentals of self-protection include:

Never travel alone; always travel in groups of two or more. Think ahead and choose safe travel modes and routes. When departing from home, advise your family members of your destination and anticipated arrival time.

Whenever possible carry a cellular phone and know the local emergency phone numbers (such as police and medical). Maintain situational awareness of your surroundings at all times. This means to pay attention (see and listen) for things happening around you and to identify anything unusual. If necessary, leave the area and report the suspicious activity to local authorities.

Take precautions with social media networks (such as Facebook, Twitter, and blogs) and avoid posting or providing personal information. Criminals and terrorists are known to use these forums for recruitment.

Everyone can make a difference by recognizing what to report and reporting it to your local law enforcement agency.

If you see something, say something; report suspicious activity to the Military Police at 545-5222.



**Preparing Army Communities Today
for the Hazards of Tomorrow**

GET A KIT ► MAKE A PLAN ► BE INFORMED

September is National Preparedness Month

READY ARMY provides information, products and tools to assist families in planning, preparing and responding to emergencies. Develop a family emergency action plan which includes supplies, evacuation plans, meeting locations, and emergency contact information. Ensure all family members know the plan.

TIPS on How to Prepare for a Tornado

Know the difference: **Tornado watch**—Weather conditions are favorable for the development of a tornado.

Tornado warning—A tornado has been spotted. Take shelter immediately.

Identify a place in your home to take shelter in case of a tornado:

- A storm shelter or basement provides the best protection.
- Otherwise, choose an interior room or hallway on the lowest floor possible.
- Have frequent tornado drills
- If planning a trip outdoors, listen to the latest forecasts & take necessary action if threatening weather is possible.
- Get an emergency supply kit, and make a family emergency plan.

For more details check out our site at <http://www.acsim.army.mil/readyarmy/index.htm> or call Tina Sandell at 706-545-0825.

CHAPLAIN FAMILY LIFE CENTER WORKSHOP SERIES

Marriage 101: Marriage Class

Upcoming Workshop Dates

<u>2013</u>	<u>2014</u>
July 12	January 6
August 2	February 7
September 6	March 7
October 4	April 4
November 1	May 2
December 6	June 6

Couples Communication

2013-2014 Workshop Dates

August 16
November 15
February 21
May 16

7 Habits of Highly Effective Army Families & Soldiers

2013-2014 Workshop Dates

September 20 - Families
December 20 - Soldiers
March 21 - Families
June 10 - Soldiers

1,2,3 Magic Parenting

2013-2014 Workshop Dates

August 30
October 18
January 17
April 25

Time: 9am-4pm

Place: MCoE Main Post Chapel, Room 107

TO REGISTER CALL 706-545-1760