



# ERG E-NEWS

## Front Line News



Army Community Service (ACS) is updating the 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. Look for the updated guide in January. To view or download the resource guide go to the ACS homepage.

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

Click on "ACS Resource Guide:"

## Unit Sponsorship

Army Community Service (ACS) now teaches sponsorship training every Wednesday as part of Soldier in-processing. Unit sponsors are Soldiers that help other Soldiers and Family members new to their unit by making them feel welcome, assisting them obtain needed services, and creating a positive first impression. Sponsorship begins before new Families arrive! Sponsors contact incoming Soldiers in advance of their arrival to learn what services and assistance they are interested. This prepares the Sponsor for the Soldier's arrival. Transitions are both common and difficult for Soldiers and Families. Sponsorship is intended to make the transition to a new unit and location easier.

- AR 600-8-8, The Total Army Sponsorship Program
- MCoE Policy Memorandum 600-8-8-2

For further information, contact Linda White at 706-545-4043

Spotlight

*Happy Birthday*

ERG E-NEWS

Celebrates its fifth year of publication!



**HAPPY NEW YEAR**

**2013**



## Calendar of Events



### December 2012

- 4 CARE Meeting
- 12 1SG / CDR Course

### January 2013

- 8 CARE Meeting

As of this newsletter's publication, the 2013 training schedule for Family Member resiliency had not yet been finalized.

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





**ACS  
Points of Contact**

- Information & Referral**  
706-545-4043 / 7517
- Family Resiliency Workshop**  
706-545-4043
- 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



**Save the Date !**

Army Family Team Building (AFTB) will be holding its 18<sup>th</sup> birthday party on Thursday, 13 December 2012, at noon. Interested in attending? Please RSVP via email to [lorraine.campbell.civ@mail.mil](mailto:lorraine.campbell.civ@mail.mil)



**Financial briefings on post**

AR 210-7, "Personal Commercial Solicitation on Army Installations", prohibits the use of off post organizations for financial education on post. DoDI 1344.07, "Personal Commercial Solicitation on DoD Installations", paragraph 6.7-Educational Programs, states the following, "The Military Departments shall ensure that all instructors are qualified as appropriate for the subject matter presented... Under no circumstances shall commercial agents, including representatives of loan, finance, insurance, or investment companies, be used for this purpose." If you would like a financial counselor to talk with your FRG, please call Army Community Service, **Financial Readiness Program, 706-545-4043.**

**Association of the United States Army (AUSA) 2012 Conference**

**Did you miss it?**

**It's not too late to find out the latest information!!!**

The conference forums **AND** the questions and answers from the 2012 AUSA Annual Meeting Military Family Forums have been posted on the AUSA Family Programs home page. You can view them by clicking: <http://www.ausa.org/resources/familyprograms/Pages/default.aspx>.

As questions continue to be received, the AUSA will post them every Monday.

The AUSA wants to thank you for your time, patience and making the live streaming and Virtual Delegate piece such a success.

**FRG Volunteer Training**

FRG volunteer training is available anytime - day or evening - for units & individuals .

Call ACS for information and to RSVP.  
**706-545-4043**



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- FOR:
- \*INFORMATION
  - \*PROGRAMS
  - \*SERVICES
  - \*CONNECTIVITY

[www.myarmyonesource.com/](http://www.myarmyonesource.com/)

## Commanders and FRG Leaders !!!

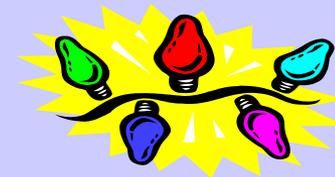
Does your FRG have a “continuity book”?

Are you wondering what an FRG “continuity book” is! Simply put, it is a copy of all records required for an FRG. Most commanders keep their FRG continuity books neatly organized in a three-ring binder and stored in their offices along with other records kept for continuity when new Commanders take command. FRG continuity books make it much easier for new Commanders (and new FRG Leaders too!) to take over a unit’s FRG because new Commanders and FRG Leaders can work with existing records. This is much, much easier than building an FRG from scratch. Continuity books are also a big help to first-time Commanders who will be able to use them to learn exactly what is required for FRG’s and what FRG records & documentation looks like. Uninterrupted FRG support is also best for the unit Families!

Soldiers and Families are always going through transitions and anything that can be done to make the many transitions go more smoothly is a “best practice”☺

Would you like more information or assistance putting together your FRG continuity book? Please call the Army Community Service, Mobilization and Deployment Readiness Program at 706-545-4043.

- AR 600-20, Army Command Policy, requires all Commanders to have an FRG.
- AR 608-1, Army Community Service, Appendix J, provides guidance for FRG’s.



**TREES FOR TROOPS**

December 4  
Wetherby Field  
10:30am-6pm

One FREE Christmas tree will be given to Active Duty Soldiers and family members with ID cards (limited availability, one tree per household).



**SANTA at RIVERSIDE**

December 6, 5-8pm

The evening activities include a visit with Santa, refreshments, face painting and games!

[benningmwr.com](http://benningmwr.com)

**HOLIDAY BRUNCH**

AT THE BENNING CONFERENCE CENTER

SUNDAY, DECEMBER 9  
10AM-1:30PM

Reservations are highly recommended.  
Call 706-682-0640 for seating times.



**ADVENTURE RACE**

MOUNTAIN BIKING, TREKKING, PADDLING, NAVIGATION AND MYSTERY EVENTS

February 23  
START TRAINING TODAY!

Register Dec 17-Feb 22, 2013 at [www.Active.com](http://www.Active.com) or in person at Smith Fitness Center.





# Communication at Redeployment for Soldiers and Family Members



Stress has a huge impact on communication. It is important to control levels of frustration and guard against being curt, sarcastic, impatient, or defensive. This will be especially true during the first few months the Soldier/Civilian is home and still “running on adrenaline” or PTSD is present. Arguments can reach levels that can frighten both spouses and children, and even escalate into violence. It is a good plan to work hard to keep everyone’s level of frustration as low as possible – avoid sarcasm and minimize name calling or reacting in ways that allow arguments to escalate into physical confrontation. The following suggestions can help to minimize confrontations:

- Remind each other that you really do want to hear about each others lives during the deployment.
- Set aside a good time to talk without distractions; you will need to be prepared to listen to whatever they want to talk about.
- Listen with compassion, even about what may seem to be minor to you.
- Respect each others experience; avoid the trap of saying “I had it harder that you did.”
- Know that “how” things are said is as important as “what” is said; focus on face-to-face versus texting and emails.
- Talk, do not shout.
- Own your feelings – use “I” statements such as, “I am afraid that you will leave me” rather than “You just want to be with someone else.”
- Refrain from telling members of your Family how you think they feel. Let them tell you what they think and feel.
- Make eye contact.
- Avoid intimidating gestures or body posture.
- Brainstorm a list of possible solutions to difficult challenges. Do not reject any ideas out of hand without looking at what might be good about them.
- Respect the opinion and position of each Family Member.
- Make a list of pros and cons for each possible option, and review each practical option.
- Review each possible solution and decide if each one seems fair, safe, and will work to make progress on the issue at hand. If consensus is not possible, think about the best compromise that gives each person the most of what they want, and does not ask anyone to give in too much.
- If these suggestions do not work, consider asking for professional help. Practical solutions can be found.
- Follow up regularly to prevent problems “down the road”.
- ❑ SOURCE: Operation Ready; U.S. Army RESET Guide for Professionals

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## Military Family Life Consultants (MFLC)



MFLC’s are licensed counselors who are available to assist military Families with short-term, situational problem-solving. MFLC’s are prepared to assist Families going through transitions, such as when a Soldier redeploy. MFLC’s are available to offer services on and off post and are accessible by cell-phone. Services are confidential and no records are kept.

**CALL: 706-566-1033 & 706-505-7751**



## Employment Readiness Program

Job Strategy Workshop:      Resume/Federal Resume:

December 6, 2012

December 13, 2012

January 10, 2013

January 24, 2013

To **RSVP** for a class or to obtain additional information about Employment Readiness, call **707-545-4043**



**Military OneSource** is pleased to offer the first edition of the Spouse Education and Career Opportunities (SECO) newsletter!

This quarterly newsletter brings you information and resources related to military spouse education and careers. Get updates about SECO program resources and tools; read about Military Spouse Employment Partnership (MSEP) events; learn what current MSEP partners are doing to hire and retain our talented military spouses; and find information about programs, initiatives, and other resources designed to help military spouses reach their goals of portable, long-term, meaningful employment.

The Winter 2012 SECO newsletter can be found at the link below:

[http://www.militaryonesource.mil/12038/Newsletters/SECO/SECO\\_News\\_Winter\\_2012.pdf](http://www.militaryonesource.mil/12038/Newsletters/SECO/SECO_News_Winter_2012.pdf)



## Children, Youth and School Services (CYSS)

### Sports Registration

Youth Sports (YS) programs are available year around! We are currently registering for basketball ages 6-13 through 04 January. Soccer and baseball are right around the corner, enrolling 28 January thru 1 March for ages 4 and up. Reminder: children participating in any YS program must have a current sports physical that is valid through the entire length of the season and it must be presented at the time of enrollment. For more information on any CYSS program or service call Parent Central at 706-545-2079 or visit [www.benningmwr.com/cyss.php](http://www.benningmwr.com/cyss.php)

## Exceptional Family Member Program (EFMP)

The EFMP holiday party will be on December 10<sup>th</sup> in the Army Community Service (ACS) auditorium, Bldg 7. The party will be from 1730 to 1900. Families must be enrolled in the EFMP program to participate and call 706-545-5521 to RSVP.

The monthly EFMP Coffee and Crafts will be held every 1<sup>st</sup> Monday at ACS between 1100-1200 (excluding Federal and training holidays).

**For further information about these EFMP events or the EFMP program, please call 706-545-4043.**





## HOLIDAY SERVICES AND HOURS

### Children, Youth and School Services (CYSS)

During the holiday season many CYSS programs and services operate with modified hours. Please contact the individual program to obtain information on holiday operating schedules. CYSS Parent Central and Outreach Services will be closed for Christmas and New Years training and Federal holidays but will maintain business hours of 0800-1700 all other days through the holiday season.

For more information on any CYSS program or service call **Parent Central at 706-545-2079** or visit [benningmwr.com/cyss.php](http://benningmwr.com/cyss.php).



### Family Advocacy, New Parent Support Program (NPSP)

The New Parent Support Program playgroups at bldg 9608 will be discontinued from 18 December through 3 January. They will resume during the week of 7 January 2013. For further information you may call **Laura Mills, 706-626-2614**

## Religious Christmas Programs and Services

### Catholic

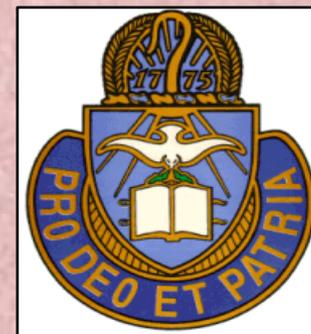
- 3 Dec – Advent Penance Service  
1830, Main Post Chapel
- 8 Dec – Immaculate Conception  
1200, Main Post Chapel
- 24 Dec – Christmas Vigil Mass  
1630, Main Post Chapel
- 25 Dec – Christmas Midnight Mass  
0000, Main Post Chapel
- 25 Dec – Christmas Day Mass  
0900, Main Post Chapel
- 25 Dec – Christmas Day Mass (Spanish)  
1230, TIC Chapel
- 31 Dec – New Year's Vigil Mass  
1630, Main Post Chapel
- 1 Jan - New Year's Day Mass  
0900, Main Post Chapel
- 1 Jan – New Year's Day Mass  
1230, TIC Chapel

### Protestant

- 9 Dec – “Carols by Candlelight” Service  
1900, TIC Chapel
- 24 Dec – “Christmas Eve Candlelight Service”  
1900, TIC Chapel
- 31 Dec – “Watch Night” Service  
2200, Sightseeing Chapel

### Other Programs and Services

- 4 Dec – Menorah and Christmas Tree Lighting  
1800, Field of Four Chaplains (next to TIC Chapel)
- 9 Dec – Jewish Hanukkah Party  
1700, Call CH Ruderman to register 762-207-0052
- 31 Dec – New Year's Eve Party  
2200, The Shack (near TIC Chapel)



**For more information, call the Garrison Chaplain's office at [706-545-2289](tel:706-545-2289).**





# Military & Family Life Consultants (MFLC)

~ providing confidential assistance to Ft. Benning's Families ~

- **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
- **3<sup>rd</sup> Brigade, 3<sup>rd</sup> IN Div**                      706-987-9142
- **75<sup>th</sup> 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**

**Family Member Resiliency Trng**  
**706-545-4043**

**Volunteer Coordinator**  
**Starla De Saussure**  
**706-545-3016 / 4043**

**Hearts Apart Program**  
**Lisa Marie Jones**  
**706-545-0404 / 4043**

**Newcomers Orientation**  
**706-545-4043**

**Mobilization & Deployment**  
**706-545-0380 / 5485**





# Soldier and Family Counseling Center

## Marriage 101

### Building Loving and Lasting Relationships

Held the **first Friday of every month** unless it falls on a Holiday. [In the case of a holiday, the class will meet on the second Friday of the month.]

**Building 2606** from 9:30 a.m.-4:00 p.m.



## Healing Your Inner Critic

This is a betterment class in self improvement and taming that inner critic.

Date: Thursday, **6 December 2012, 1:00 p.m. to 3:00 p.m. Bldg 2606**



The Soldier and Family Counseling Center will resume it's offerings of more classes in February 2013.

**Please call for information and  
reservations!**

**706-545-1760**



**Dress: Civilian Attire**

**Location: Soldiers Plaza,  
Bldg. 2606, 7204 Collins Loop  
Ft. Benning, GA 31905**



## Traveling over the holidays? Be sure your car is ready for winter travel.



To winterize your car, check the following items or have a mechanic check them for you.

- \*Antifreeze levels - ensure they are sufficient to avoid freezing.
- \*Battery and ignition system - should be in top condition and battery terminals should be clean.
- \*Brakes - check for wear and fluid levels.
- \*Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. Carbon monoxide is deadly and usually gives no warning.
- \*Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas. A full tank will keep the fuel line from freezing.
- \*Heater and defroster - ensure they work properly.
- \*Lights and flashing hazard lights - check for serviceability.
- \*Oil - check for level and weight - Heavier oils congeal more at low temperatures and do not lubricate as well.
- \*Thermostat - ensure it works properly.
- \*Windshield wiper equipment - repair any problems and maintain proper washer fluid level.
- \*Install good winter tires - Make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.

Update you car emergency kit with:

- \*a shovel
- \*windshield scraper and small broom
- \*flashlight
- \*battery powered radio
- \*extra batteries
- \*water
- \*snack food
- \*matches
- \*extra hats, socks and mittens
- \*first aid kit with pocket knife
- \*necessary medications
- \*blanket(s)
- \*tow chain or rope
- \*road salt and sand
- \*booster cables
- \*emergency flares
- \*fluorescent distress flag

You can get a FREE winterization inspection for your car at the Family and Morale, Welfare and Recreation (DFMWR) Auto Skills Center, Bldg 111, main post.

Call 706-545-2337 for further information.