



ERG E-NEWS

Front Line News

The Chaplain Family Life Center has completed its class schedule for 2013. They are offering eight different classes throughout the year. For the times and dates of the classes, see pages 6 and 7 of this E-News.

These classes are provided in addition to individual and Family counseling services offered by the Chaplain Family Life Center.

For more information about the classes or counseling services, see pages 6 and 7 or call **706-545-1760**.

Comprehensive Soldier & Family Fitness Program offers Spouse Training (Enhanced Performance)

This training is for military spouses. It teaches the skills to achieve the mental strength necessary to succeed throughout life. Topics include: building confidence; attention control; energy management; goal setting; and integrating imagery.

This two day class will be offered on January 15 & 16 and again on February 12 & 13. Classes are taught in building 328, main post.

For registration & additional information for this class or other classes offered by CSF2: email samuel.m.rhodes2.civ@mail.mil



Spotlight

Ft Benning Tax Center Opens

The Fort Benning tax center opens on February 1, 2013. It will be located on the third floor of bldg 2839. Clients will be served on a walk-in basis.

For additional information, you may call 706-545-4267.



Calendar of Events

February

- 5 CARE Meeting
- 6 1SG / CDR Course
- 20 Family Mbr. Resiliency
- 21 Family Mbr. Resiliency
- 22 Family Mbr. Resiliency

March

- 5 CARE Meeting
- 25 Family Mbr. Resiliency
- 26 Family Mbr. Resiliency
- 27 Family Mbr. Resiliency

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

Army Family Team Bldg
Lorraine Campbell
706-545-4043



Mobilization and Deployment Readiness offers a flexible training schedule and DA Operation Ready training materials for your Family Readiness Group volunteers, Commanders, and unit Family Readiness Liaisons (FRL). Call 706-545-4043.



Employment Readiness Program

February classes:

- 7 FEB - Job Strategy Workshop
- 21 FEB - Federal Resume

March Classes:

- 14 March - Job Strategy Workshop
- 28 March - Federal Resume

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

Military Spouse Informational Briefing for Employment

Staff members of the Fort Benning Civilian Personnel Advisory Center (CPAC) will conduct the monthly informational briefing for military spouses on Wednesday, **20 February**, from 1000 to 1130 in McGinnis-Wickham Hall in classroom E-106. CPAC will also conduct a briefing on **20 March**, from 1000 to 1130 in McGinnis-Wickham Hall in classroom W105. These briefings will 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. In addition, spouse preference, how to apply, which documents should be submitted along with the resume will also be addressed. Questions will be entertained as well.

All spouses interested in attending, please contact

➤ Deb Quick at 545-3517.



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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- *INFORMATION
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 - *SERVICES
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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.

OUTDOOR RECREATION'S
Upcoming events

Snowboarding/Ski Trip
February 15-17

Paintball
February 15

Cooking Camp Clinic
February 20

Overnight Backpacking Trip
March 2-3

Kings Pond Campout
March 16

Paintball
March 29

For more info, call 706-545-7978

ASA ARCHERY COMPETITION
at Uchee Creek

Soldier/Benning Shoot
March 7

Realtree Pro/AM
March 8-10

For more info, call
706-685-3060 ext 200, 201, 202

Why did the Easter egg hide?
As He was a little chicken



Spring Eggstravaganza

March 23 • 10am-1pm • Riverside

BenningMWR.com

BRUNCHES
at the Benning Conference Center

Seating times at
10am or noon

Valentine's Brunch
February 10

Easter Brunch
March 31

Reservations are recommended, please call
706-682-0640





Save the Date!

Living in the New Normal Institute

You are invited to attend the upcoming *Living in the New Normal™* Institute (LINN-I). The Military Child Education Coalition® (MCEC®), a nonprofit organization addressing the educational needs of children in military families, presents the training. The LINN-I is a two-day institute outlining specific community resources, deployment information, and practical strategies for encouraging resilience in all children.

Living in the New Normal Institute

Date and Time:

February 12-13, 2013
Registration & Breakfast: 8:00 to 8:30
Institute Training: 8:30 am—4:00 pm
including a working lunch

Place:

Gordon County UGA Cooperative Extension Office
1 McDaniel Station Road, SW
Calhoun, Georgia 30701

Learning Outcomes:

- Differentiate affective aspects of children dealing with change
- Recognize how a family member's military experience affects the child
- Formulate methods that build resilience and maximize the natural strengths of children
- Identify national, military and community resources currently in place to support children
- Create a unique home front plan to address needs of military children in your community

Cost:

Funded by Office of the Secretary of Defense/Department of the Army; No Cost to Participants

Attendance:

Upon institute completion (95% attendance, completion and a score of 80% or above on an end-of-course assessment), participants may apply for Continuing Education Unit credit (CEU) (12 hours = 1.2) for \$25.00 and/or 1 hour of graduate credit from Texas A&M-Central Texas for \$175.00, payable at the completion of the training.

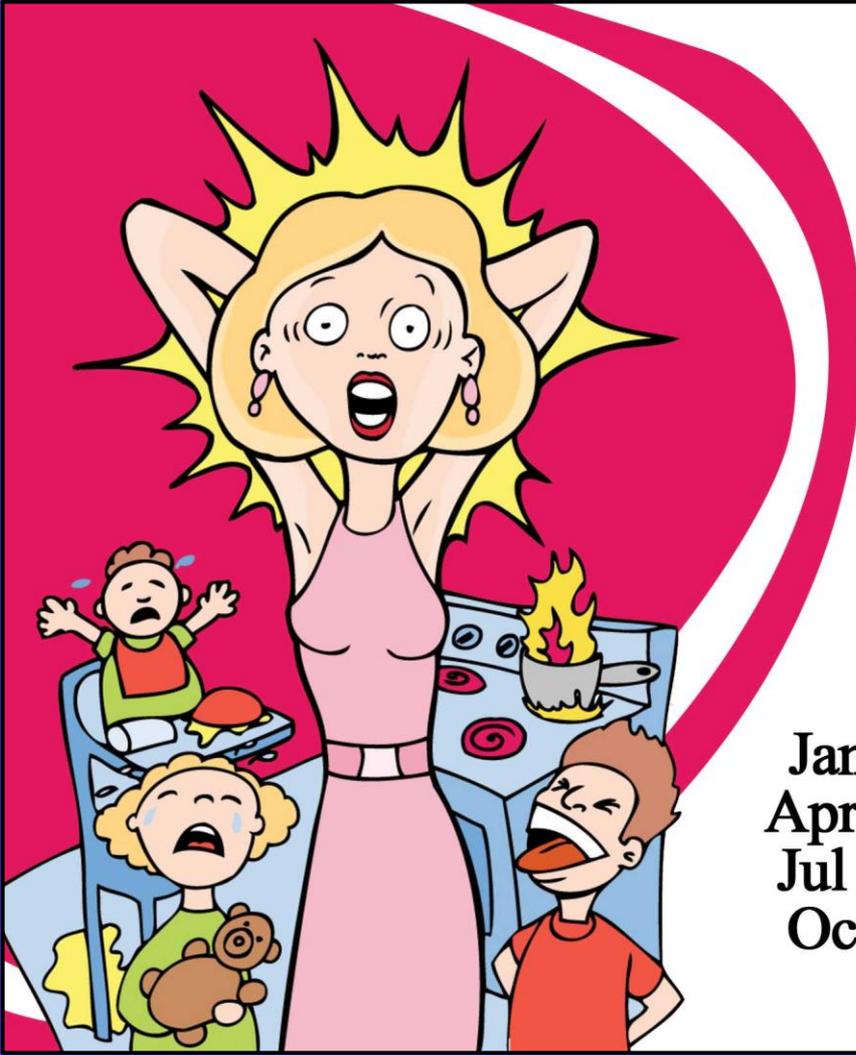
Contact Information:

For more information about this training, other professional development opportunities, or learner support, please contact Joe Clever at 254-953-1923 x 1110 or joe.clever@militarychild.org.

Log on to MilitaryChild.org to register!

APRIL is Child Abuse Prevention Month

Child Abuse is one of the greatest tragedies of our times. It does not have to be. We can prevent it by building a community that is committed to Families and to the support and services they need to raise strong, healthy, and successful children. All of this begins with awareness. During the Month of April, the Family Advocacy Program will be working with partner organizations and communities to raise awareness, to build effective services, and to strengthen Families. We encourage everyone to be a part of this effort. As part of our ongoing campaign, we are promoting the Blue Ribbon. The Blue Ribbon Child Abuse Prevention Campaign had its early beginnings following the death of a very young child. In the spring of 1989, Bonnie Finney, Virginia grandmother, received the devastating news that her beloved grandson had died of injuries inflicted by his parents. In an expression of her grief and outrage, this grandmother did something that has given us a symbol, around which we rally for the cause of child abuse prevention. She tied a blue ribbon to the antenna of her van as a way to remember “the bruised and battered body of her grandson” and to alert her community to the tragedy of child abuse. In Bonnie’s own words: “The Blue Ribbon serves as a constant reminder to fight for protection of our children. Please wear a Blue Ribbon. Put one on your car. Give one to your friend. Tell them what it means. You may save a child’s life.” Rebecca Welch, Family Advocacy Program Manager states, “The act of one grandmother thousands of miles away leads us to this day. Just think what could happen if each one of us helped spread the word to a few of the people we come in contact with everyday?” For a list of the calendar of events for April and your free Blue Ribbon, contact Family Advocacy at 706-626-2614 or stop by building 241, Baltzell Avenue.



Saturday getaways

CYSS offers occasional child care on Saturdays from 9am-2pm at Main Post CDC and 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 come to Bldg 104, Marchant Avenue.

Jan 12	Feb 9	Mar 16
Apr 20	May 18	Jun 22
Jul 20	Aug 24	Sep 21
Oct 19	Nov 9	Dec 14


U.S. Army Child, Youth
& School Services



CHAPLAIN FAMILY LIFE CENTER WEDNESDAY WORKSHOP SERIES

**PERSONAL DEVELOPMENT CLASSES
OFFERED EVERY WEDNESDAY FROM
1PM – 3PM AT THE SOLDIER AND
FAMILY COUNSELING CENTER.**

PTSD



This class helps Family Members understand what PTSD is and how to help their Soldier by effectively communicating and interacting with your Soldier who is experiencing PTSD. **To register call 706-545-1760.**

**Wednesday, 6 February 2013
1PM – 3PM**

Childcare Available. (Call for more information)

ANGER

**Is your anger
out of control?**



This class helps you learn what anger is and how to control it. **To register call 706-545-1760.**

**Wednesday, 13 February 2013
1PM – 3PM**

Childcare Available. (Call for more information)

BASIC PARENTING Wish kids came with a manual?



This class equips parents, or soon to be parents with basic parenting skills. **To register call 706-545-1760.**

**Wednesday, 20 February 2013
1PM – 3PM**

Childcare Available. (Call for more information)

Dealing with Difficult People



Someone in your life difficult to get along with? This class will teach you what to do! **To register call 706-545-1760.**

**Wednesday, 27 February 2013
1PM – 3PM**

Childcare Available. (Call for more information)

CHAPLAIN FAMILY LIFE CENTER FULL DAY WORKSHOP SERIES

Marriage 101: Marriage Class

2013 Workshop Dates

January 11	July 12
February 1	August 2
March 1	September 6
April 5	October 4
May 3	November 1
June 7	December 6

Couples Communication

2013 Workshop Dates

February 22
May 17
August 16
November 15

7 Habits of Highly Effective Army Families

2013 Workshop Dates

March 15
June 21
September 20
December 20

1,2,3 Magic Parenting

2013 Workshop Dates

April 19
July 19
October 18

All classes this page: 9am-4pm

Place: Soldier and Family
Counseling Center

TO REGISTER CALL 706-545-1760



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

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



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

Family Member Resiliency Trng
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

Preparing for Severe Weather Tornado Season is coming....

Tornado watch—Weather conditions are favorable for the development of a tornado.

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

READY ARMY provides information, products and tools to assist families in planning, preparing and responding to emergencies.

TIPS on How to Prepare for a Tornado.....

Develop a family emergency action plan which includes supplies, evacuation plans, meeting locations, and emergency contact information.

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.

Ensure all family members know the plan.

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



Personal and Family Security for Home Computing

Privacy tips for social networking

Social networking sites like Facebook, Google+, Twitter, Foursquare, LinkedIn, and others are a great way to keep family & friends updated on your life and to connect with colleagues, business associates, and communities that share your interests. Make sure you are comfortable with the information you share and use privacy settings to protect your information.

Protect personal information

STOP! THINK! THEN CONNECT. Think carefully about the kinds of information, comments, photos, and videos you share online.

Do not post job related information about: Personnel movements (itineraries, rosters, time tables, travel plans); current or future operations (movement of forces, capabilities & limitations, coalition & participating forces); intelligence, reconnaissance & surveillance (TTPs, capabilities and limitations, operational reporting); or communication in support of operations (work email addresses, logins and passwords, details of specific equipment, infrastructure and call signs).

KNOW YOUR AUDIENCE: Consider who may have access to your profile: family, friends, friends of friends, your school, college admissions officers, potential employers. Use available privacy settings to manage your audience.

Your privacy is only as protected as your least reliable friend allows it to be. When you choose to share information with friends, those friends can make their own decisions about forwarding your content. Think carefully before sharing.

Safe home computing

Home computers are typically not well secured and therefore are often easy to break into. Intruders want what you've stored (i.e., credit card numbers, bank account information, passwords) and anything else they find useful. Intruders also want your computer's resources, meaning your hard disk space, your fast processor, and your Internet connection. They use these resources to attack other computers on the Internet. The more computers an intruder uses, the harder it is for law enforcement to find the originating source. If intruders can't be located, they can't be stopped, and they can't be prosecuted.

What should I do to secure my home computer?

- Install and use anti-virus programs
- Keep your system patched
- Use care when reading email with attachments
- Install and use a firewall program
- Install, use, and enable strong security measures on a home wireless router
- Make backups of important files
- Use strong passwords and change them frequently
- Use care when downloading and installing programs
- Understand the risk of downloading files and programs
- Install and use a file encryption program and access controls

Military Community and Family Policy -- Office of the Secretary of Defense

Providing policy, tools, and resources to further enhance the quality of life of service members and their families.

Watch for the next edition of **Military OneSource eMagazine!** Due to be published in February!

Visit <http://apps.militaryonesource.mil/mcfp/emag> to read about the latest Military Community and Family Policy (MC&FP) program updates and information.

Army Community Service – Community Resource Guide

Army Community Service (ACS) updated 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. To view or download the resource guide go to the ACS homepage.

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

Click on “ACS Resource Guide”

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



Family Member Resiliency Program

Family member resiliency training provides specific mental and physical resilience techniques by increasing physical, emotional, social, spiritual and family strengths through a program of continuous self-development. This three day resiliency training is available from Army Community Service. The next offerings are **February 20-22** and **March 25-27**.

To register for either training session, go to www.benningmwr.com/csf.php

For more information, call Army Community Service at **706-545-4043**.

