



FRG E-NEWS

Front Line News SCHOOL AND SPORT PHYSICALS

WEEKDAYS: 08 JULY – 23 AUG 2013

WHO: TRICARE PRIME eligible beneficiaries

WHEN: Mon – Fri, 0900-1600, by appt. 706-544-2273

WHERE: Martin Army Community Hospital and Pediatric Medical Homes

- If your child has a chronic condition, i.e. asthma, heart issues, AD/HD, ADD, depression or seen by a Specialist, please book a weekday appointment. This will allow your Provider the time necessary to address these important issues.
- Please have a copy of your child's immunization records and any required forms from the school/sports programs they will be attending.

Exceptional Family Member Program (EFMP)

The EFMP program is offering two events this summer for Families with a special needs member.

A workshop will be offered on June 3, 2013 from 11:00 to 12:30 in building 7. This workshop will teach parents how to effectively plan for children with special needs. This workshop will be presented by attorney James M. McCarten. This workshop will also include information on guardianship and, special needs trust information.

EFMP will also host FUN AT STORYBOOK FARM – on 17 and 18 July. Camp activities, including horseback riding and animal care, offer physical, emotional and social benefits. To participate in the Storybook Farm experience, register your child at the Exceptional Family Member Program office at ACS, building 7. Families who meet the requirements will be invited to join us July 17 or 18 at the Storybook Farm. Be sure to provide proof you are enrolled in the EFMP program. Parents must accompany their children with all events and activities. We have space available for 10 children (accompanied by 1 parent) each day. **For more information call 545-5521.**

Spotlight



Army Community Service (ACS) welcomes Mr. Dennis Menard as the ACS Director. Mr. Menard was the ACS Director five years ago when he accepted a position in Germany. He returned from Germany last month and has resumed the position as ACS Director.



Calendar of Events

June

No CARE Meeting

July

No CARE Meeting

Note: with budget cuts and the pending furlough of civilian employees expected to start this summer, 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

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

Military Spouse Employment ~ Informational Briefing ~



The staff members of the Fort Benning Civilian Personnel Advisory Center (CPAC) will host the monthly informational briefing for military spouses on Wednesday, June 19th, from 1000 to 1130 in McGinnis-Wickham Hall, classroom W-108. There will also be a briefing on July 17th from 1000-1130 in McGinnis-Wickham Hall, classroom W-108.

The briefing 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, the briefing will address spouse preference, how to apply, and highlight which documents should be submitted along with the resume. There will be a Q&A session as well.

All spouses interested in attending, please contact Deb Quick at 545-3517.

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

To enroll in a class or to obtain additional information about Employment Readiness, call **706-545-4043**

<http://womenshealth.gov/nwhw/>

This website was featured in Women's Health Week and is a great resource for information about women's health. <http://womenshealth.gov/nwhw/>

This website is specifically for women and covers a wide range of self-care topics such as: preventive screenings; nutrition; benefits of physical activity; mental health; publications on women's health and a lot more.



FRG Volunteer Training

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

For information call ACS at 706-545-4043



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

www.myarmyonesource.com/

A new on-line video game teaches children about emergency preparedness

The American College of Emergency Physicians (ACEP) has created an online video game -- called "Disaster Hero" <http://www.disasterhero.com/> that aims to help children prepare for emergency situations and common disasters. ACEP used a \$1.5 million grant from the Federal Emergency Management Agency to develop the online game over three years.

The online game targets children in grades one through eight and includes three levels associated with children's reading ability.

The game aims to teach children: The basics of preparedness; Danger signs; The effects of common disasters; and How to deal with certain injuries.

"Disaster Hero" features a game show-style format where children can create online personas to compete with cartoon characters. It also includes arcade games, puzzles and quizzes to teach children about escape routes, how to avoid certain hazards and what to include in emergency kits.

To learn more, go to <http://www.ihealthbeat.org/articles/2013/1/30/new-online-video-game-teaches-children-about-emergency-reparedness.aspx#ixzz2Jf7dotX0>. Then enter "Disaster Hero" in the search window.

Source: Virginia Emergency Operations Center



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

FATHER'S DAY BRUNCH
AT THE BENNING CLUB

SUNDAY, JUNE 16
10AM-1:30PM

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



INDEPENDENCE CELEBRATION
JUNE 29 | 3-11PM
YORK FIELD

FREE ENTERTAINMENT, INFLATABLES AND FIREWORKS



benningmwr.com

OUTDOOR RECREATION'S
Upcoming Events

EXTREME Zipline
June 1 | July 13

Paintball
June 14

Family Fishing Night
June 18 | July 16

Whitewater Rafting
July 20

For more info 706-545-9636



BACK 2 SCHOOL BASH
JULY 26 | 8AM-NOON
YOUTH SERVICE CAMPUS

For complete details, visit BenningMWR.com





Planning Family Readiness Group (FRG) Meetings

~ Best Practices ~

Determine if there is a need to hold an FRG meeting!

- ✓ FRG's should not meet just to have a meeting. Your FRG membership will not see the point in attending FRG meetings if the meetings are of no value to them.
- ✓ If you do not have a purpose for meeting, or information can be dispersed sufficiently and appropriately via key callers or unit newsletter / media, it may not be necessary to meet.
- ✓ FRG's are a Commander's program. Commanders decide how often and when their FRG's will meet. This might mean monthly, quarterly, bi-annually, or based on other things such as the unit training schedule, stage in the deployment cycle, etc.

If you determine that an FRG meeting is needed:

- ✓ Prepare an agenda.
- ✓ Include the meeting start and end times.
- ✓ Stick to your agenda. Start when you are scheduled to start and end when the meeting is scheduled to end. This shows respect for your Families' time and helps them plan around their personal commitments.

Combine FRG meetings with other events such as Organizational Day, Unit Training, Social Activities, Sponsorship, etc.

- ✓ Combining FRG meetings with other events encourages attendance and requires less time for the FRG and unit leadership, and Family members.

FRG Reminders:

- FRG participation is voluntary. Don't take low participation personally.
- Encourage your Families to include membership to their extended Family members!
- When funds are available, offering childcare and food will help get Families to attend meetings.

Would you like to learn more? Send an email to me and I'll email the FRG Leaders Handbook to you!

perry.r.tripp.civ@mail.mil



Understanding Trauma

Having an understanding of how individuals react to traumatic events is vital to being able to prepare and respond effectively when traumatic events occur.

- Traumatic events may **create extreme stress, intense fear, helplessness or horror**. Individuals can feel isolated from others by the experience.
- Traumatic events are **different from normal stressful events**. Traumatic events are unanticipated and may create a prolonged sense of crisis and lack of control feelings
- Some traumas **create additional stressors** such as loss of routine, job loss, loss of financial income, relocations/displacement of family or children, and the need to navigate government and insurance systems
- Some traumatic events, as in the case of natural disasters for instance, **can cause disruption in community and social supports** making it difficult for individuals to get help
- Traumatic events **involve loss** whether it is a death, destruction of property or community, or a symbolic loss (e.g., loss of sense of security, loss of ability to trust other people, loss of predictable future). Mass traumas often involve personal, community and symbolic loss.
- With any trauma, **individuals of all ages may struggle to find meaning in the event**.

•SOURCE: Operation Ready, U.S. Army Leader's Handbook: Trauma in the Unit





Preparing Army Communities Today for the Hazards of Tomorrow

GET A **KIT** ► MAKE A **PLAN** ► BE **INFORMED**

Preparedness is essential for everyone's safety

Please take a moment to evaluate how prepared you are should an emergency arise.

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

For more information on emergency preparedness and how to build an emergency kit visit Tina Sandell at the Ready Army display on Thurs, 20 June from 1130-1300 in the basement area of the hospital next to the cafeteria.

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

The month of August has been designated 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.

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

Fort Benning 2013 Vacation Bible School

Register by July 10, 2013 at

<https://www.groupvbspro.com/vbs/ez/FortBenning/gpgs/Home.aspx>

**KINGDOM
ROCK**

Where Kids Stand Strong for God

July 22 - 26

9:00 am - 12:00 noon

5k through 5th grade

Main Post Chapel

706-545-7059

Preschool and nursery for VBS
volunteers only

...for more info or to volunteer, contact Lauren Dillard at benningvbs@gmail.com

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