



ERC E-NEWS

Front Line News

Association of the United States Army (AUSA) Conference

The Annual AUSA conference will be held from October 22nd thru the 24th this year. See page two for a schedule of the Family forums to be presented and how you can see them!

Community and Resource Exchange (CARE) Meeting

CARE meetings now meet on the 1st Tuesday of each month from **1015 -1115** in building 7 auditorium. The next CARE meeting will be on Tuesday, October 2nd. Questions about CARE meetings can be addressed to:

Linda White, ACS Relocation Readiness Program
(706)545-0403/4485



Spotlight

Feds Feed Families (FFF)

The FFF campaign ended August 30th with Fort Benning contributing more than 3000 pounds of food to local food banks!

GOOD JOB FORT BENNING!!!



Collecting donations for FFF

Calendar of Events

October

- 2 CARE Meeting
- 9 RTA Workshop
- 22 AUSA Conference
- 23 RTA Workshop
- 23 AUSA Conference
- 24 RTA Workshop
- 24 AUSA Conference
- 25 RTA Workshop
- 26 RTA Workshop

November

- 6 CARE Meeting
- 27 Family Resilience Workshop
- 28 Family Resilience Workshop
- 29 Family Resilience Workshop

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

Association of the United States Army (AUSA) Conference – October 22 – 24, 2012 (Cont. from page 1)

This is the schedule for the AUSA Family Forums.



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

Monday , Oct 22. 2:00 pm - 5:00 pm
Our Leaders Speak.

Tuesday, Oct 23. 8:30 am - 11:00 am
Behavioral Health Challenges and Triumphs

Tuesday, Oct 23. 1:30 pm - 4:00 pm
Transitions and New Beginnings

Wednesday, Oct 24. 9:30 am - 12:00 pm
Military Children – Our Nation’s Future



Closing Remarks

The entire AUSA conference will be video taped. The video tapes can be viewed following the conference from any computer with internet capabilities by logging on to: <http://www.ausa.org/Pages/default.aspx> After logging on, type “AUSA 2012” in the search window.

Additional information about AUSA can be found on their website.
<http://www.ausa.org/Pages/default.aspx>

ACS is currently working to arrange a facility on main post where the Fort Benning community can come and watch any or all of the family forums. Watch for more information about the location. Questions may be addressed to Perry Tripp or Marcus Wilson at **706-545-0380 / 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



Fort Gordon trains Family Readiness Liaisons (FRL)

Fort Gordon held a one day conference on August 22nd to train unit FRL's on Family Readiness Groups (FRG). More than 100 officers and non-commissioned officers attended and representatives from 21 agencies from on and off post were present to promote their services.

After an introduction by the Commanding General, attendees then selected two of five possible training sessions to attend. Their options included: 1) Staff Inspections; 2) FRG Fundraising; 3) FRG Scenarios; 4) Roles and Responsibilities; and 5) Volunteer Management. At the completion of the training sessions, all attendees reunited for a team building exercise conducted by Master Resilience Trainers.

Perry Tripp, Fort Benning's Mobilization and Deployment Program Manager, taught the Staff Inspection session.

Installation Management Command (IMCOM) conducts "mapping" sessions

Have you heard of organizational mapping? It is a means for determining proper staffing levels. IMCOM invites five subject matter experts (SME) from each of the Army Community Service (ACS) programs to IMCOM headquarters in San Antonio. First, the SME's identify clearly their program duties and the major elements of each duty. Next, the SME's determine the amount of time required to perform each duty. Staffing is then computed by multiplying the time required to perform each duty by the frequency by which they are performed. Total time required for all duties is then divided by man-years to determine the number of staff required. IMCOM is working to ensure ACS staffing levels are sufficient to accomplish the mission.

October 12 **GOLF APPRECIATION DAY**



Come by and enjoy free food and take advantage of green fees and cart rentals at no cost.

Registration required for the 9am and 2pm shotgun, 706-687-1940.



October 19-21
Uchee Creek Activity Center
benningmwr.com

DOUGHBOY BOWL

October 25
Doughboy Stadium, 7pm



vs Columbus State University

FORT BENNING DOUGHBOYS

Registration is Sept 19-Oct 19 for ages 11-17 at MS&T, 706-545-3070.

October 26 - 27
MIDDLE SCHOOL & TEEN 7:30pm to 9:30am

HAUNTED LOCK-IN



Are You Ready for a Natural Disaster?

Take this Self and Family Preparedness Quiz – see where you stand with preparedness

Citizen Preparedness Surveys demonstrate that personal and family preparedness for disasters continues to be at dangerously insufficient levels. By some measures, less than ten percent of Americans are considered prepared for disasters. Specifically, a recent poll showed that less than half of those surveyed have a three-day supply of non-perishable food, and more than half believe that local authorities will come to their rescue during disaster. Furthermore, the majority of those polled are unaware of any emergency warning systems in their area.

1. Does your local government have an emergency or disaster plan for your community?
2. Do you know how to find the emergency broadcasting channel on the radio?
3. In the past 30 days, have you seen or heard any messages that encourage people to take steps to be prepared for emergency situations in your community?
4. In the last year, have you prepared an Emergency Supply Kit with supplies like water, food, and medicine that is kept in a designated place?
5. In the last year, have you prepared a small kit with emergency supplies that you keep at home, in your car, or where you work to take with you if you had to leave quickly?
6. In the last year, have you made a specific plan for how you and your family would communicate in an emergency situation if you were separated?
7. In the last year, have you established a specific meeting place to reunite in the event you and your family cannot return home or are evacuated?
8. In the last year, have you practiced or drilled on what to do in an emergency at home?
9. In the last year, have you volunteered to help prepare for or respond to a major emergency?
10. In the past five years, have you taken first aid training, such as CPR?
11. Do you or a family member belong to a Community Emergency Response Team (CERT)?

How did you do?



Soldier and Family Counseling Center

New Classes!

Surviving an Affair

This is a class to help couples learn how to deal with an affair that has occurred in their marriage.

Date: Thursday, 15 November

Time: 3pm-5pm



Trust

This is a class to help couples learn how to strengthen their trust and/or get that trust back.

Date: Tuesday, 16 October

Time: 5:30pm-7:30pm

5 Love Languages

This class will assist couples in finding their love language and how it can enhance their relationship.

Date: Thursday, 18 October

Time: 5:30pm-7:30pm

Fighting Fair

This is a class geared towards married couples in how to resolve conflicts.

Date: Thursday, 25 October

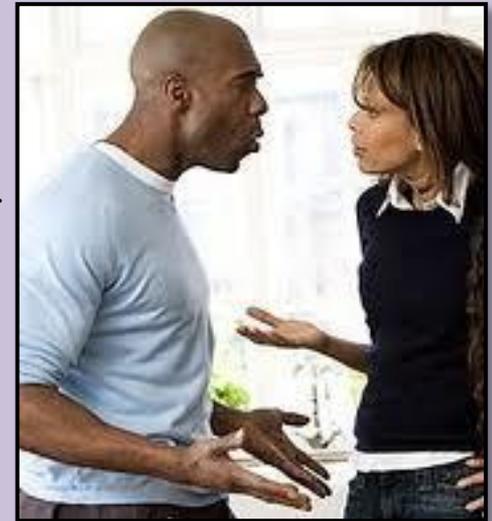
Time: 5:30pm-7:30pm

Coming Out of the Shadows (Sexual Addiction)

This class is geared towards those that have questions and/or concerns about sexual addiction in gaining a better understanding as to what it is and how it can occur. This class will also give the tools in dealing with sexual addiction

Date: Thursday, 08 November

Time: 5:30pm-7:30pm



Please call for reservations!
706-545-1760

Dress: Civilian Attire
Location: Soldiers Plaza,
Bldg. 2606, 7204 Collins Loop
Ft. Benning, GA 31905

Soldier and Family Counseling Center

New Classes!

Meyers Briggs – Personality Profile

This is a 2 part class that maps an individual's personality profile to assist them in many areas of life to include interacting with others.

Date: Tuesday & Wednesday, 27 & 28 November

Time: 1pm-3pm

Why Am I Like This

This class outlines an individual's family history and how it plays a role in their day to day lives.

Date: Tuesday, 11 October

Time: 1pm-3pm

Trust and Teambuilding

This class works on developing and building trust as well as team work to create a productive work environment (exercise with trust rails).

Date: Tuesday, 13 November

Time: 1pm-4pm

Communication Skills

This is a class geared towards enhancing your communication skills.

Date: Wednesday, 07 November

Time: 1pm-3pm

What Did You Say?

This is a class to enhance your listening skills.

Date: Tuesday, 30 October

Time: 1pm-3pm

Please call for reservations!
706-545-1760

Dress: Civilian Attire
Location: Soldiers Plaza,
Bldg. 2606, 7204 Collins Loop
Ft. Benning, GA 31905



Are you listening



Soldier and Family Counseling Center

New Classes!

Stress Management

This is a class that details how to manage stress.

If you are unable to leave your place of duty to attend the in-person Stress Management class, we will bring it to you! This online class details how to manage and deal with stress.

Just call the Soldier and Family Counseling Center for the link. 706-545-1760

Anger Management

This class details how to manage and deal with anger.

If you are unable to leave your place of duty to attend the in-person Anger Management class, we will bring it to you! This online class details how to manage and deal with stress.

Just call the Soldier and Family Counseling Center for the link. 706-545-1760

Post Traumatic Stress Disorder (PTSD)

The PTSD support group starts out by helping Family Members understand what PTSD is and how to help their Soldier. There are 5 different classes to help you: 1) understand PTSD; 2) dealing with someone who is suffering from PTSD; 3) how to communicate with someone who is suffering from PTSD; 4) Grief; and 5) simulation exercises to practice what you have learned.

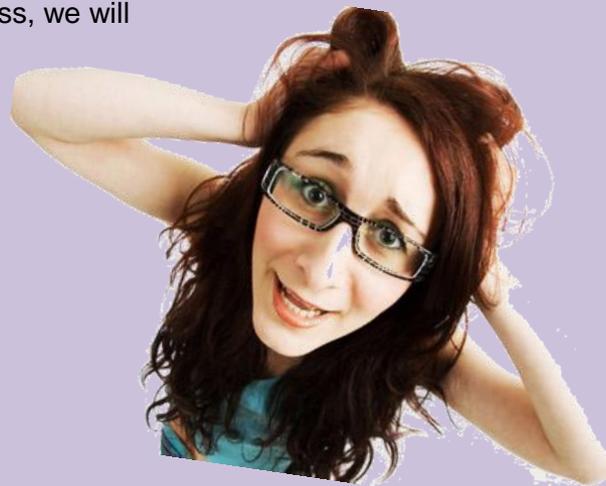
Sign up for one or all of the sessions!

Date: October 3rd, 31st, and November 14th.

Time: 1pm-3pm

Please call for reservations!
706-545-1760

Dress: Civilian Attire
Location: Soldiers Plaza,
Bldg. 2606, 7204 Collins Loop



Comprehensive Soldier Fitness offers more courses!

Comprehensive Soldier & Family Fitness (CSF) – Building Resilience and Enhancing Performance Program Leader Development Course (PREP-LDC)

How do you be at your best when it matters the most? We can teach ways to be at your best when it matters most. PREP-LDC is a 40hr course which equips Junior leaders (Officers and NCOs) with the underlying knowledge and mental skills in order to expand their ability to perform to the their upper range of potential early in their career and to expand future potential through inculcating a philosophy of excellence and life-long learning. The course is held monthly at BLDG 224, Vibbert Avenue and Anderson Street (next to NCOA DFAC), Fort Benning. Classes will cover Mental Skill Foundation; Goal Setting; Building Confidence; Attention Control; Integrating Imagery; Energy Management; and Team Building. The course focuses on using mental skills to improve individual performance to reach optimal performance or to be at your best when it matters the most. The course schedule for the 1st Quarter FY13 is

PREP-LDC 01-13	22-26 Oct
PREP-LDC 02-13	26-30 Nov
PREP-LDC 03-13	10-14 Dec

Resilience Trainer Assistants (RTAs) Course: In order to meet resilience training requirements, units may need to augment their ability to provide training by developing a cadre of RTAs. These RTAs will be selected from within the unit and serve as Master Resilience Trainer (MRT) force multipliers. RTAs can assist the unit MRT in conducting resilience training.

RTA candidates need to meet the same standards of selection as those used for MRTs. These include holding the rank of E-5 or above, and ideally, they must be in a leadership position. Selectees must be in good standing and demonstrate personal and emotional commitment to resilience training. Additionally, they should have an interest in, and ability to moderate and lead small group instruction. Combat experience is preferred. Some type of civilian/military college education is encouraged. Current or prior experience in trainer-type positions is also preferred. Furthermore, they should have at least one year remaining on station after completing RTA training. All Soldiers considered for RTA training must be approved by the unit Command. RTAs will be trained by the MCoE CSF2 Performance enhancement Specialist who are 8R certified MRTs. RTA training will consist of the 25 hour block of MRT core competencies along with an additional 8 hour block of deployment cycle and performance enhancement training. Soldiers who complete RTA training will receive a CSF approved Certificate of Completion. The course is held monthly at BLDG 224, Vibbert Avenue and Anderson Street (next to NCOA DFAC), Fort Benning. The course schedule for the 1st Quarter FY13 is

RTA-C 01-13	9-12 Oct
RTA-C 02-13	5-8 Nov
RTA-C 03-13	17-20 Dec

To register for either course, email: Michael.w.brown21.ctr@mail.mil





Rest & Recuperation (R&R)



Making the Best of a Visit Home

- **Expectations:**
 - Travel times & dates are subject to change – keep your plans flexible.
 - Reality rarely measures up to our hopes – plan for a good time together but don't expect it to be "perfect".
 - Soldiers may need some time to recover from jet-lag when they arrive – allow them a day or two to rest.
 - Soldiers may not want to talk about their experiences in theater – don't pressure them.
 - Soldiers may be startled or feel nervous by loud noises – reassure your Soldier that they are in a safe place.
- **Tips for Success**
 - Talk with each other regarding your plans for R&R prior to your Soldier's arrival.
 - Establish common plans / expectations for your time together.
 - Be understanding, considerate and patient when it comes to sex. It may take a little while to reestablish intimate relations.
 - Get to know each other again – the experiences of living independent and serving in a hostile environment will no doubt result in some personal changes.
 - Avoid sensitive issues – R&R is not a time to try to resolve marital or other Family problems. Enjoy the time together.
 - Don't "over schedule" your time together – plan for a leisurely schedule instead of trying to do it all.
 - Hold off on "honey do" lists. R&R is for Families to spend time together and not to catch up on chores.
- **Children will need parental support for reconnecting with the Soldier and saying Good-bye again**
- For more information, call ACS Mobilization and Deployment Readiness Program at 706-545-2449.

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 deploys and for rest and recuperation. 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

MAIN POST – FRG meeting facilities with Kids-on-Site

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TIC Chapel	Bldg 101A, 50+ people child capacity - 20	706-545-2050	No fee**
MCoE Main Post Chapel	Bldg 1680, 50+ people child capacity - 30	706-545-0938	No fee**
Sightseeing Road Chapel	Bldg 2820, 50+ people child capacity - 20	706-545-2169	No fee**
Benning Conference Center	Bldg 128, 50+ people child capacity - 25	706-682-0640	See MCoE Policy Memo 215-1-6*
Freedom Hall	Bldg 2411, 100+ people child capacity - 75	706-545-0692 ask for Pat Lewis Alt. # 545-7910	0800-1630 (M-F) No fee. After 1630 & Weekends fee for use
Family Entertainment Center	Bldg 2785, 50 people	706-545-4272 Call after 1:00 PM	See MCoE Policy Memo 215-1-6*
Army Community Service	Bldg 7, 50+ people child capacity - 20	706-545-4043	No fee



MAIN POST – FRG meeting facilities without Kids-on-Site

Sayers Memorial Library	Bldg 93, 20 people	706-545-4911	No fee (available AFTER 29 October 2012)
Huddle House Restaurant	7290 Ingersoll St. 50 people	706-683-0066	fee for use

FMWR PAVILIONS – FRG meeting facilities without Kids-on-Site

Kings Pond Pavilion	30 people	706-545-7978	No fee
Twilight Pavilion	Large facility, 100+ people (3200 sq. ft.)	706-545-7978	No fee
Russ Pond(large) Pavilion	50 people	706-545-7978	No fee
Russ Pond (small) Pavilion	30 people	706-545-7978	No fee
Blue Field Pavilion	40 people	706-545-1853	No fee

SAND HILL – FRG meeting facilities with Kids-on-Site

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Sand Hill Recreation Center	Bldg 3308, 50+ people child capacity - 15	706-544-9161	See MCoE Policy Memo 215-1-6*
Regimental Chapel	Bldg 3220, 35 people	706-544-9764	No fee**



SAND HILL – FRG meeting facilities without Kids-on-Site

Soldiers Chapel	Bldg 3420, 45 people	706-544-9601	No fee**
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KELLEY HILL – FRG meeting facilities with Kids-on-Site

Kelley Hill Chapel	Bldg 9023, 35 people child capacity – 10	706-544-3070	No fee**
Kelley Hill Recreation Center	Bldg 9079 child capacity - 10	706-544-3079	See MCoE Policy Memo 215-1-6*

HARMONY CHURCH – FRG meeting facilities with Kids-on-Site

Harmony Church Recreation Center	Bldg 4203, 50 people child capacity - TBD Closed Mon. & Tues.	706-626-1265	See MCoE Policy Memo 215-1-6*
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* MCoE Policy Memo, 215-1-6 (29 February 2012), Mission and Social Functions Conducted at Family and Morale, Welfare and Recreation Facilities or Using Family and Morale, Welfare and Recreation Unit Funds.

** AR165-1, Army Chaplain Corps Activities, (Dec 2009).

Questions regarding this list of meeting locations can be addressed to Perry Tripp, 706-545-2449.