



FRG E-NEWS

Front Line News



Mobilization and Deployment Readiness has updated the Operation Ready CD with the latest FRG Leader handbook, Care Team Member handbook, Rear Detachment Commander handbook, and Fort Benning's own FRG Informal Fund handbook. For a copy, stop by Army Community Service, Bldg 7. Please, one per FRG. For more information, please call ACS

706-545-4043



Feedback

WE NEED YOUR HELP!

Take the ACS Needs Assessment Survey and you can win prizes!
(Must be 18+ | One entry per person)

www.surveymonkey.com/s/ACSNeedsAssessment

Calendar of Events

October

- 1 CARE Meeting
- 4 1SG / CDR Course
- 21-23 AUSA Conference
www.ausa.org

November

- 5 CARE Meeting



The Family Advocacy Program Presents SELF DEFENSE TRAINING

Please join the Family Advocacy Program for a Self Defense Class!

When: 16 October at 10 am
24 October at 1 pm

Where: Building 9608
1st Calvary Division Road (Bouton Heights)



Please register by calling the Family Advocacy Program at 706-545-2614

For other Family Advocacy Program classes and information, please visit us at Bldg 241 – Baltzell Avenue



FRSA Training – September 2013

**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

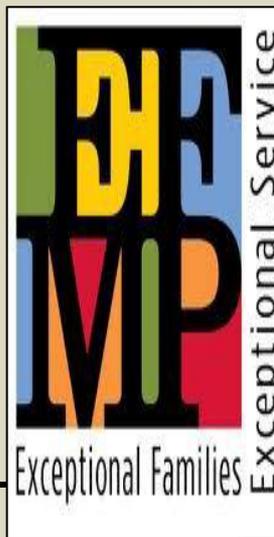
706-545-4043

The Exceptional Family Member Program

The first line of defense against bullying is to build activities and discussions into our family life that create awareness and enhance resiliency. The Exceptional Family Member Program has joined forces with the Parent-to-Parent Program to promote social skills, values, and behaviors that bully proof children with special needs.

Join them on 7 Nov from 9:30am to 10:30am in the auditorium at Army Community Service, Bldg 7, Baltzell Ave to discuss specific tools and strategies for navigating bullying in school and online.

For more information, call **706-545-5521/2679**



Do you have questions about a food handler's permit?

Call the Department of Preventive Medicine, building 2616 (2nd floor), Soldiers Plaza at 706-545-6307.

Employment Readiness Program classes

Job Strategy Workshop - 10 OCT and 7 NOV

Federal Resume/resume class - 24 OCT and 14 NOV

For information or to RSVP, call 706-545-4043



Staff members of the Fort Benning **Civilian Personnel Advisory Center** (CPAC) will host an informational briefing for military spouses on Wednesday, 20 November 2013, from 1000 to 1130, in McGinnis-Wickam Hall, Room E-106. There will also be a briefing on 15 January 2014, in McGinnis-Wickam Hall, Room E-106. 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 following will be addressed: spouse preference, how to apply, and highlight which documents should be submitted along with the resume. Questions will be entertained as well. All spouses interested in attending,

please contact Deb Quick at 545-3517.



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

www.myarmyonesource.com/

Family Readiness Support Assistants (FRSA) annual training in September



Fort Benning's Family Readiness Support Assistants (FRSA) had their annual training in September. Transition was a key topic at this year's training because the military lifestyle is full of transitions; because transitions can take on so many different forms; and because transitions can be very stressful. There are transitions relating to a person's initial adjustment to the military community; the deployment cycle; permanent changes of station (PCS'ing); regular life events such as marriage or the birth of a Family's first baby; and unexpected events such as death in the Family, a serious illness, or perhaps a natural disaster.

➤ Transition was broadly defined as the period between how people used to do things, prior to a transition, and how they must do things differently following a transition.

➤ The training went beyond just highlighting the significance and types of transitions. A presentation was made by the Directorate of Human Resources to promote a collaboration between FRG's and the installation sponsorship program to assist Soldiers and Families with resources and information.

✓ Did you know that about half of the FRSA's on Fort Benning are now Soldiers!



What's Right for your unit?

FRG Informal Fund OR a Private Organization

To help make this decision, ask yourself what you want to use these funds for. Units that only want funds to support FRG social activities can use either an FRG informal fund or a private organization. Some units, however, may want funds that they can use to support other activities.

An example of this might be a TRADOC unit that wants money for FRG activities but also to support social events for their students, such as in Officer Candidate School, or Infantry / Armor Officer Basic Courses. In this case, a private organization is the better choice. FRG informal funds can only be used for the FRG membership and as specified in the FRG informal fund standard operating procedure. Some units prefer a private organization because fund raising is less restrictive than for an FRG informal fund.

For more information about FRG Informal Funds, you can call Army Community Service at **706-545-4043**.

OUTDOOR RECREATION'S
Upcoming Events

Women's Hunting Clinic
October 1

Help the Hooch
October 3

Horsemanship Program
October 5

Kings Pond Campout
October 29 | November 16

Howl-O-Ween at the Dog Park
October 30

Disc Golf Clinic
November 7

Disc Golf Tournament
November 9

For more info 706-545-9636

FORT BENNING DOUGHBOYS
DOUGHBOY BOWL IV
Doughboys vs. Columbus State

Thursday, October 24, 2013 | 7:00pm
Location: A.J. McClung Memorial Stadium
BenningMWR.com

OCTOBERfest 2013

OCTOBER 25-27
AUTHENTIC GERMAN FOOD & FUN
BenningMWR.COM

EDWIN JACKSON MINI BASEBALL CLINIC

November 16 | 1pm - 5pm
CYSS Youth Baseball Fields

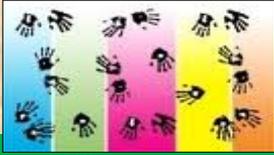
This is a FREE clinic with appearances by past and present baseball all-stars.

For more info, call 706-545-1853.



Family Advocacy Program New Parent Support Program

706.626.2599 / 706.545.9358



We expanded our groups and changed the times!

Play groups-

*Cutie Crawlers up to 12 months Weds
9:30am-11am

*Terrific Toddlers up to 3 years old
Tues 1pm-2:30pm & Thurs 9:30am-11am



FLU IMMUNIZATIONS

WHO: Military & TRICARE Beneficiaries
(Age 5 years and older)

WHEN/WHERE:

2 Oct	North Columbus Medical Home	1400 – 1900
8 Oct	Faith Middle School	1400 – 1900
15 Oct	Main Post Exchange	1400 – 1900
22 Oct	McBride Elementary School	1400 – 1900
29 Oct	Benning Conf Center	1100 – 1330

NOTE: FOR MORE INFORMATION CALL
545-8039/545-4041



Breast Cancer Awareness Month



Breast Cancer Festival (1 Oct)	
Main Post Exchange	1000-1300
Line Dancing for Breast Cancer (17 Oct)	
Smith Fitness Center	1630
Breast Cancer Run/Walk (19 Oct)	
Stuart-Watson Field	1000
Breast Health Class (22 Oct)	
Martin Army Hospital	0700



Family Medical Home and
Pediatrics will offer
immunizations to patients
during regular scheduled
appointments





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





Improve Personal & Professional Relationships

Identify your top Character Strengths

Build Strong Family Relations

Improve Communication Skills

RESILIENCE TRAINING for FAMILIES

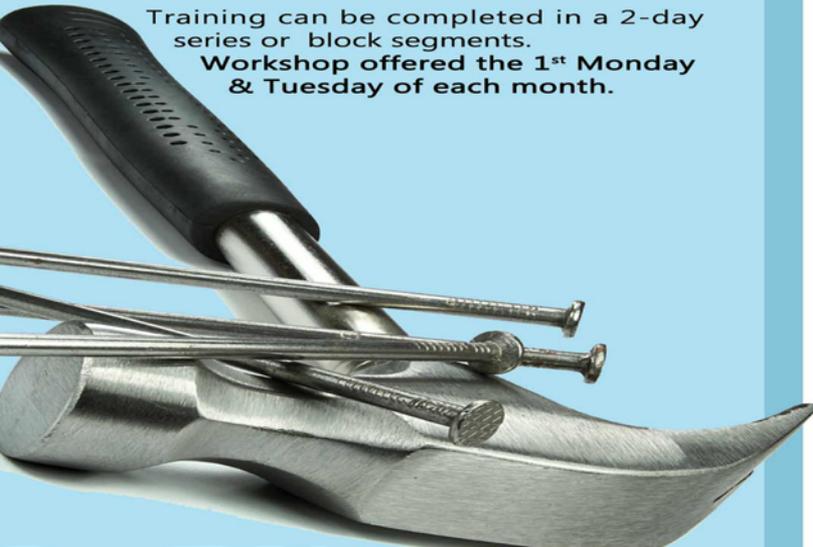
For more information or to register, call 706-626-8560/706-545-2989
or visit www.benningmwr.com/csf-family.php.



Army Community Service and Comprehensive Soldier & Family Fitness (CSF2) provides training for military families. This workshop provides mental & physical resilience techniques in areas to physical, emotional, social, spiritual and family strengths through a program of continuous self-development.

Training can be completed in a 2-day series or block segments.

Workshop offered the 1st Monday & Tuesday of each month.



TOPICS INCLUDE THE FOLLOWING:

"Are you Smarter than a 5th Grader" – Problem Solving
Accurately identify what caused the problem and identify solution strategies.

"Wipeout" – Avoid Thinking Traps
Identify and correct counterproductive patterns in thinking through the use of Critical Questions.

"P.I.I.P" – Put it in Perspective
Identify the Worst, Best, and Most Likely outcomes of a situation.

"The Challenge: Road Rules vs. Real World" – Use Strengths in Challenges
Identify strengths in yourself and in others to improve team work and overcome challenges.

"Fear Factor" – Energy Management
Regulate emotion and energy levels to enable critical thinking and optimal performance.

"Welcome to CSI" – Detect the Icebergs
Identify deep beliefs and core values that fuel out-of-proportion emotion and evaluate the accuracy and usefulness of these beliefs.

"Storage Wars" – Hunt the Good Stuff
Hunt the Good Stuff to counter the negativity bias, to create positive emotion, and to notice and analyze what is good.

"Friends" – Identify Strengths in Self and Others
Identify strengths in yourself and in others to build on the best of you and the best of others.

"Stars Earns Stripes" – Real-Time Resilience
Shut down counterproductive thinking to enable greater concentration and focus on the task at hand.

"The Big Bang Theory" – Assertive Communication
Communicate clearly and with respect, especially during a conflict or challenge.

"The First 48" – ATC
Identify your thoughts about an activating event and the consequences of those thoughts.



October is Domestic Violence Awareness Month Calendar of Events



- 1st** Family Advocacy Awareness brief at CARE Meeting, Bldg. 7
Phenix City Mayor Eddie Lowe will sign the Proclamation at the Phenix City Police Department, Commissioners Office at 0900
Columbus Mayor Teresa Tomlinson will sign the Proclamation on the Plaza Level of the Government Center at 1730
- 2nd** Installation Commander's Proclamation in Bayonet-Saber
- 3rd** Display at Faith Middle School – Educational Awareness on Bullying
from 1000-1300
- 4th** “Blow the Whistle on Domestic Violence” at Bldg. 241 Baltzell Ave
Marriage 101 Class – MCOE Chapel, room 107, 0900-1600, register at 706-545-1760 for class and free childcare
- 8th** *Candlelight Vigil and Walk in honor of victims of domestic violence, begins at Country's BBQ on Broad St. @ 1800*
- 9th** The 5 Love Languages (Military Edition) for couples, FAP bldg 241
from 0900-1200 (display)
Family Advocacy and McGruff the Crime dog at School Age Services –
1500-1600 Safety Education
- 11th** *Chick-fil-A @ Peachtree Mall - Domestic Violence information*
Display Table from 1200-1300
- 16th** Self-Defense Class for Women, Bldg. 9608 at 1000 - call to register 706-626-2614
- 17th** Resiliency Seminar for Couples, ACS, Bldg 7 Auditorium, 1000-1200,
register at 706-626-2614 for class and free childcare
- 18th** 1-2-3 Magic Parenting Workshop – October 18 from 0900-1600
register at 706-545-1760 for class and free childcare
“Nothing Short of Miraculous” 1400 – 1700 at the PX. Book signing by author Ava Davis, and domestic violence awareness display.
- 23rd** The “5 Love Languages of Teenagers” display at FAP, Bldg 241, Baltzell Ave from 1400-1630
- 24th** Self-Defense Class for Women, Bldg. 9608 at 1300 - call to reserve a spot at 706-626-2614
- 29th** The “5 Love Languages of Children” display at FAP, Bldg 241, Baltzell Ave from 1400-1630
- 30th** Safety and Awareness Tips – visit FAP, Bldg 241 to receive a safety tips Halloween bag
- 1-31st** Purple Ribbon Campaign to end Domestic Violence-Wear a purple ribbon-Ribbon locations, Family Advocacy, Social Work Service, Army Community Service, DFMWR, First Steps, etc.



Family Advocacy Program
Rebecca Welch, LMSW, LPC
Family Advocacy Program Manager
Bldg. 241, Baltzell Ave.
Fort Benning, GA 31905
706-626-2614