



FRG E-NEWS

Front Line News



February is Teen Dating Violence Awareness Month

During the week of 10-14 February, the Family Advocacy Program (FAP) office located at Building 241 Baltzell Avenue, will have "My teen Scene Safe Dating Journal" available for teens and "The Five Love Languages of Teenagers" for parents of teens (supplies limited).

The Family Advocacy Program (FAP) is a specialized program that focuses on providing information, education and referrals to support strong and self-reliant Soldiers and Families.

The FAP Victim Advocates work to provide immediate intervention and coordinated response to Family maltreatment. The advocate is also there to help clients by providing the emotional support necessary to get through a very difficult and trying time. Contact a victim advocate below:

- ♥ Patricia Cunningham, 706-626-2614
Patricia.a.cunningham22.civ@mail.mil
- ♥ Qundia Ragland, 706-545-3202
Qundia.t.ragland.civ@mail.mil
- ♥ Laura Mills, 706-545-7594
laura.a.mills12.civ@mail.mil



Rebecca Welch, LMSW, LPC, Family Advocacy Program Manager

Spotlight

Mount Olive School, in Phenix City now has a Military Family Life Consultant (MFLC) to assist children of military Families. The Mount Olive MFLC can be contacted at 706-325-0881.

If you would like more information about the MFLC program, you may call Army Community Service at 706-545-2449



Spouse Resiliency Training

February 27, 2014 (Thursday)

Building Strong Relationships

March 19, 2014 (Wednesday-evening)

Personal & Family Resilience

March 27, 2014 (Thursday)

Building Mental Toughness and Character

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

Calendar of Events

February

- 4 CARE Meeting
- 6 1SG / CDR Course
- 13 Care Team Trng.
- 19 FRG Informal Fund
- 20 FRG Leader Trng.
- 20 Key Caller Trng.
- 27 Spouse Resiliency

March

- 4 CARE Meeting
- 5 FRG Leader Trng.
- 5 Key Caller Trng.
- 6 FRG Informal Fund
- 18 FRG Leader (evening)
- 19 Spouse Resiliency
- 27 Spouse Resiliency

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



Employment Readiness Program classes

Job Strategy Workshop - 13 FEB / 13 MAR
Resume/Federal Resume - 27 FEB / 27 MAR



Civilian Personnel Advisory Center

Staff members of the Fort Benning Civilian Personnel Advisory Center (CPAC) will conduct an informational brief for military spouses on Wednesday, 19 March from 1000 to 1130, in the CPAC Conference Room, Building 6, Room 134. 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, 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.

Please visit <http://apps.militaryonesource.mil/mcftp/emag> to read about the latest Military Community & Family Policy program updates and information.

The eMagazine provides information on how Military OneSource can help you prepare for this upcoming tax season and also plan your next family vacation at some of the best kept Moral, Welfare and Recreation secrets worldwide. It also includes articles highlighting the importance of maintaining a healthy lifestyle and planning for the future. Finally, active-duty service members of the U.S. armed forces, including members of the U.S. Coast Guard, National Guard and reserves, are eligible for expedited screening benefits through the Transportation Security Administration's TSA Precheck Program, making it even easier to get through airport security.

Your Military Community & Family Policy Team!

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.



www.militaryonesource.com/

Happy
St. Patrick's
Day!



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



FREE Time

CYSS offers occasional childcare on Saturdays at Main Post CDC and School Age Center (children separated by age group). The cost is \$20 per child. Families may use their hours from Army Family Covenant (AFC) card.

SATURDAY GETAWAYS

9am to 2pm | Jan 18, Mar 15, May 17, Jul 19 & Sep 20

KIDS NIGHT OUT

5pm to 10pm | Feb 15, Apr 12, Jun 14 & Aug 16

Reservations are required one week prior. To make reservations, visit Parent Central, Bldg 104 Marchant Ave, or www.benningmwr.com.

For more information, call 706-545-2079.

Valentine's Day Brunch
February 9
10am and Noon seatings
Benning Club
Reservations recommended
706 682 0640

ADVENTURE RACE
UCHEE CREEK CAMPGROUND | 9AM | FEB 15
Event includes mountain biking, trekking, navigation and mystery events.
Register at Smith Fitness Center or active.com.

For more information, call 706-505-7759.

MWR TICKETS & TRAVEL
TRAVEL EXPO
MARCH 18
10AM - 2PM
IN THE COMMISSARY MALL
FOR MORE INFO, CALL 706-626-7644.


BENNING BUS TOUR
Third Thursday of each month
8:30am - 2pm | Benning Club
MWR offers a monthly Benning Bus Tour and complimentary lunch for all new spouses. It's a great opportunity to meet new friends! FREE childcare available with registration. Space is limited and registration required.

For more info and to register, call 706-545-3328
Sponsored by MWR (sponsorship does not imply endorsement)



The Military Child Education Coalition

The Military Child Education Coalition (MCEC) is pleased to announce that another **no-cost training opportunity** has been planned in Georgia; a **Supporting Military Children through School Transitions**: Foundations institute in Atlanta, GA on **27-28 February 2014**.

Foundations is an interactive professional development institute focusing on the military-connected child's experience with transitions. It creates an environment for education, installation, and community professionals to have access to professional networks, technologies, resources, and support systems. The MCEC understands the importance in helping these professionals stay up to date on the dynamic and diverse K-12 school experience that impacts the transitioning student. Military lifestyle and culture, school transition perspectives, and identifying local transition challenges are some of the modules addressed.

This training is open to area public, private, parochial, and home school and Department of Defense counselors and other educators, installation and community leaders, transition specialists, and military parents, as well as other caring adults interested in learning more about and improving the education of military-connected children.

MCEC is a 501(c)(3) non-profit, world-wide organization, focused on ensuring quality educational opportunities for all military children affected by mobility, family separation, and transition. We also perform research, develop resources, conduct professional institutes and conferences, and develop and publish resources for all constituencies.

The training will be at the Hilton Garden Inn, Atlanta Airport/Millennium Center, 2301 Sullivan Road, College Park, GA 30337.

Our 'Save the Date' flyer is attached and the event is open for registration on MCEC's website www.MilitaryChild.org/training <blockedhttp://www.MilitaryChild.org/training>).

MCEC is accredited by multiple organizations including, the International Association for Continuing Education and Training, the National Board of Certified Counselors, and the Texas State Board of Social Workers Examiners. Participants may apply for Continuing Education Units (CEU) upon completion of the training.

Please share the news of this opportunity with others in the area who might also benefit from this important and free training session.

Thank you and if I can help you further, please don't hesitate to call or email me if you have any questions or concerns.

Joe Clever
Project Specialist
Military Child Education Coalition®
909 Mountain Lion Circle • Harker Heights, Texas 76548
Main: 254.953.1923 Ext. 1110 • Fax: 254.953.1925
joe.clever@militarychild.org <blockedmailto:joe.clever@militarychild.org>
www.MilitaryChild.org <blockedhttp://www.MilitaryChild.org> • CFC # 10261



Support Group for Spouses and Caregivers

Cascade Hills is hosting a monthly support group for caregivers of Operation Enduring Freedom (OEF) and Operation Iraqi Freedom (OIF) Veterans. The support group will be focused on helping families who are dealing with PTSD or other combat related injuries affecting families. This group is specifically targeting spouses and caregivers of our OEF/OIF Veterans.

Nita McGee, a Licensed Clinical Social Worker employed with the Veterans Administration, will facilitate this group and will be at Cascade Hills the 4th Wednesday of every month from 11-1pm in Room 220. If you are a spouse or caregiver for someone in the military and need a support system, you are invited to attend. This resource is provided by the Department of Veteran's Affairs. RSVP for this group is not necessary. Cascade Hills is located at 727 54th Street, Columbus

For further information, please contact Ms Nita McGee at (334) 727-0550 ext. 3928

Did You know that the Army National Guard has established Family Assistance Centers (FAC) Nation Wide?

Each FAC is staffed with a Family Assistance Specialist to serve All Branches of Service, assisting service members/families according to where they reside not their Unit or Branch of Service. There are eight FAC's in Georgia and they are geographically dispersed to assist families throughout the state, providing National, State, and Local and Community Resources.

The FAC point of contact serving the Dahunega, GA area, where Camp Merrell and the 5th Ranger Training Battalion is located is:

Deborah E. Kelley

Family Assistance Center Specialist

GAARNG/J9-Joint and Family Services

Rome National Guard Armory

340 Wilshire Road NE

Rome, GA 30161-7800

706-969-2980

Deborah.e.kelley.nfg@mail.mil

www.Georgiaguardsfamilyprogram.org



Jump start teenager's first business with the American Red Cross Babysitting Training



Babysitting is often a teenager's first business. Babysitter's Training from the American Red Cross brings the best in child development and safety training. It builds confidence to hold, feed, and care for infants and toddlers, work with children safely, and deal with emergencies. Just as importantly, it teaches lifelong entrepreneurial and career development skills.

Topics:

- Leadership training
- The business of babysitting, including how to set your pricing
- Understanding and caring for kids from 0 to 10
- Safety skills: picking up, holding, feeding, and diapering infants and toddlers
- First Aid
- And more

Resources:

- Resumé and business card templates
- "How to Ace an Interview" guide
- Self-assessment tool
- Safety inspection checklist

Call 1800RED CROSS to register
for your FREE Training! Limited
quantity of coupons so book now!

Use Coupon Code
UWVWESTCENTRALGABST0614

Sponsored by your Local United Way!

**FREE! Call 706-545-5194
for more information.**

Choose a Saturday that meets your family's schedule:

Saturday, January 18, 2014
Saturday, February 22, 2014
Saturday, March 29, 2014

9 am – 3 pm

Your child must bring a sack lunch to the training!



Save the Date!

Supporting Military Children through School Transitions: Foundations

You are invited to attend the upcoming *Supporting Military Children through School Transitions™: Foundations (formerly known as TCI 1)*. The Military Child Education Coalition (MCEC), a nonprofit organization addressing the educational needs of children in military families, presents the training. The purpose of this course is to prepare education and installation professionals to recognize and address transition concerns that impact the mobile military child. This training is open to guidance professionals, school administration and other caring adults interested in learning more about the military child.

Supporting Military Children through School Transitions: Foundations

Date and Time:

February 27 & 28, 2014
Registration and Breakfast: 8:00 am - 8:30 am
Institute Training: 8:30 am - 4:00 pm
including a Working Lunch

Place:

Hilton Garden Inn
Atlanta Airport/Millennium Center
2301 Sullivan Road
College Park, GA 30337

Sponsor:

Funded by the Army Reserve; No Cost to Participants

Learning Outcomes:

- Explain how the elements of transition and separation impact the military family using print media, current research and participants' experience
- Interpret data from MCEC research and institute networking that addresses school transitions
- Analyze current transition practices/programs for entering and exiting mobile students by utilizing research and networking activities
- Formulate a viable transition action plan to be used on individual campuses or at school district levels using focus group discussion, institute materials and instructor feedback

Credit Options:

Upon completion of training, participants may apply for Continuing Education Unit (CEU) credit up to 1.2 CEU (12 hours = 1.2 CEU) for a fee of \$25.00. Participants may also receive one non-degree graduate credit from Texas A&M-Central Texas for a fee of \$50.00.

Completion requirements are:

- Attendance at 95% of the training
- A score of 80% or higher on an end-of-course assessment
- Completion of an end-of-course evaluation

CEU credit applications must be received with 12 months and graduate credit applications within 6 months from 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

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Log on to MILITARYCHILD.ORG/TRAINING to register!

What's best for your unit? An 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**.

AR 210-7 - Personal Commercial Solicitation on Army Installations

AR 210-7 - prohibits the use of off post organizations for financial education on post. Also, DoDI 1344.07 "Personal Commercial Solicitation on DoD Installations" 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 representative of loan, finance, insurance, or investment companies, be used for this purpose."

If you desire more information about this topic or would like to schedule an ACS Financial Readiness brief to, please contact:

Rosalie J. Grant-Nolt, AFC
Financial Readiness Program Manager
Patch Hall, Bldg. 7, 7117 Baltzell Ave.
Phone: 706-545-7517
Fax: 706-545-8309





FINANCIAL READINESS CLASSES 2014



Budgeting:

- Offers guidance in developing a personal spending plan, including saving for emergencies, periodic expenses & goals (wants) while meeting needs & paying debt obligations.
- Every Monday 0815-0930hrs (*except training and official holidays*)

Checking Account Maintenance:

- Focuses on the skills needed to responsibly manage checking accounts, including the importance of keeping an accurate transaction register and bank statement reconciliation.
- Every Monday 0915-1030hrs (*except training and official holidays*)

Home Buying Seminar:

- This workshop will cover the home buying process including information on when it is the right time to buy, qualifying for a mortgage, and the importance of home inspections. A speaker from VA will cover VA loan basics.
- Next Classes: 12 Jun 2014 (Thu), 1200-1400hrs

Smart Car Buying Strategies:

- Learn everything you need to know about how to buy a car! Topics include the 3 steps to smart car buying, new /vs/ used, financing, Gap insurance, etc.
- Next Classes: 13 Feb 2014 / 10 Jul 2014 (Thu), 1200-1400hrs

Identity Theft – What Do I Do Now?

- Learn how to protect yourself against ID theft and what to do if hit with ID theft.
- Next Classes: 06 Mar 2014 / 11 Sept 2014 (Thu), 1200-1400hrs



Understanding Credit Reporting:

- Everything you need to know about credit reporting! To include such topics as the role of credit, establishing good credit, what goes into a credit score, disputing errors and rebuilding credit.
- Next Classes: 10 Apr 2014 / 09 Oct 2014 (Thu), 1200-1400hrs

Budgeting for Baby:

- Learn the true costs of raising a child, ways to save money, how to budget for your new arrival and ways to manage your debts. Includes list of local available resources, such as WIC.
- Next Class: 08 May 2014 (Thu), 1200-1400hrs

Christmas in August:

- Includes information, tools & ideas necessary to develop a holiday spending plan. Also offers tips & techniques for lowering costs.
- Next Class: 14 Aug 2014 (Thu), 1200-1400hrs

Please call to register and ask for location of the class you are interested in. ACS Financial Readiness Program (706) 545-4043



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
 - Mount Olive School 706-325-0881 
- **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





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

