



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY  
US ARMY INSTALLATION MANAGEMENT COMMAND  
IMCOM DIRECTORATE - TRAINING  
1 KARKER STREET, MCGINNIS-WICKAM HALL  
FORT BENNING, GEORGIA 31905-5000**

DEC 15 2017

**IMBE-MWA (608)**

**MEMORANDUM FOR Directorate of Family and Morale, Welfare and Recreation,  
ATTN: IMBE-MWA, Fort Benning, Georgia 31905**

**SUBJECT: Minutes of the Community Activities Resource Exchange Meeting**

1. Reference enclosed memorandum, IMBE-MWA, 5 December 2017, subject: Minutes of the Community Activities Resource Exchange Meeting.
2. Subject minutes are approved/disapproved.

COX.CLINTON.W  
INN.1102748626

Digitally signed by  
COX.CLINTON.WINN 1102748626  
DN: cn=US, o=U.S. Government, ou=DoD,  
surPU, email=COX.CLINTON.WINN 1102748626  
Date: 2017.12.14 15:30:48 -0500

**CLINTON W. COX  
COL, IN  
Garrison Commander**

**CF:  
Each Member**



REPLY TO  
ATTENTION OF

**DEPARTMENT OF THE ARMY**  
**US ARMY INSTALLATION MANAGEMENT COMMAND**  
**IMCOM DIRECTORATE - TRAINING**  
**1 KARKER STREET, MCGINNIS-WICKAM HALL**  
**FORT BENNING, GEORGIA 31905-5000**

IMBE-MWA (608)

5 December 2017

**MEMORANDUM FOR Garrison Commander**

**SUBJECT: Community Activities Resource Exchange Meeting Minutes**

1. The Community Activities Resource Exchange (CARE) meeting convened at 1030 on 5 Dec, Army Community Service, Building 7.

2. Attendees:

COL Clinton Cox	Garrison Commander
COL Gloria Bonds	MACH
LTC Daron Settles	DES
Alvin Gelineau	DFMWR
Kathy Barry	The Villages of Benning
Samuel Sommerville	Defense Commissary Agency
Don Sydlik	AAFES
Senior spouses and various unit/agency representatives	

3. The CARE meeting's purpose is to inform spouses, Family Readiness Support Assistants, Family Readiness Group leaders, volunteers, and Civilians of events and items of interests at Fort Benning and the surrounding community. This month's meeting theme "community resources."

4. Community Forum: COL Cox welcomed everyone.

a. Columbus Convention and Visitors Bureau: Laura Ruffner invited Fort Benning Families to visit the Center for information on Columbus and the local area. Information includes attractions, hotels, events, maps, shopping, and museums. More information is available at <http://visitcolumbusga.com/>.

b. Columbus Museum: Abbie Edens offered information on several children's educational programs. Programs are typically 90 minutes long and curriculum based. Museum tours accommodate up to 90 students. All tours and programs are free. Bus fund reimbursement is available up to \$150. Programs are available via Skype for schools with Skype capability. Volunteers are welcome. Full information is at <http://www.columbusmuseum.com/>.

IMBE-MWA

SUBJECT: Community Activities Resource Exchange Meeting Minutes

c. Better Business Bureau: Tabitha Ingraham stated she educates military personnel and spouses on financial readiness, dispute resolution with local businesses, scam alerts, and provides information about local companies. The Bureau can help with dispute resolution mediation and arbitration. Additional information is at <https://www.bbb.org/columbus-ga>.

d. Uptown Columbus: Haley Greene said Uptown Columbus, a non-profit organization, plans year-round events for families, and Uptown area business improvements. Work, live, play, dine, learn, and shop are the principles that guide the planning. An events calendar is at <http://www.uptowncolumbusga.com/plaintext/home/home.aspx>.

e. Callaway Gardens: Pam Bauer shared information about seasonal and year round activities. Christmas events include Fantasy in Lights, Santa Clause, and the Christmas Shop all through 6 Jan 18. Year round activities include the Butterfly Conservatory, Birds of Prey show, Robin Lake and beach, and 10 miles of bike trails. Military Families receive discounts. You can find more events and information at <http://www.callawaygardens.com/>.

f. RiverCenter of Performing Arts: Norm Easterbrook announced Clair College Choir performs 19 Dec, Charlie Brown's Christmas on-stage performs 18 Dec, and the MCoE Band will perform 13 Dec. On 5 Mar 18, the Army's touring band from the Pentagon performs. Details and more shows can be found at [www.rivercenter.org/](http://www.rivercenter.org/).

## 5. Panel Report:

a. COL Cox stated Fort Benning's Facebook town hall is 6 Dec 1800 through 1930. All garrison directorates will be present to address questions. He requested support from the Fort Benning community to identify things that make life better on Fort Benning. All Interactive Comment Evaluations that include contact information receive a response. Key garrison concerns are life, health, and safety. There are no asbestos safety concerns at the Commissary.

b. DES: LTC Settles provided the holiday access control point operating hours, and emphasized safety while shopping and at home. Families leaving the area for Christmas may submit applications for quarters checks. Applications are at each housing office. During this time of year, driving under the influence, domestic violence, and larcenies increase.

c. MACH: COL Bonds introduced LTC Doreene Aguayo, Chief of Pharmacy. The pharmacy's peak hours are 1000 to 1500. Efforts to expedite filling prescriptions are in process. MACH will close at 1130 on 15 Dec, all day 25 - 26 Dec and 1 - 2 Jan 18. The emergency room will remain open 24 hours per day.

IMBE-MWA

SUBJECT: Community Activities Resource Exchange Meeting Minutes

d. The Villages of Benning: Ms. Barry echoed what LTC Settles stated that each housing office has quarters check applications. The Villages of Benning offices will close 25 and 26 Dec. The Winter Wonderland event is at Indianhead housing 8 Dec 1800 to 2000.

e. Commissary: Mr. Sommerville said Santa will be at the Commissary 16 Dec. He referred Families to <https://www.commissaries.com/shopping/store-locations/fort-benning> for the store's holiday hours, scholarship information, etc.

f. AAFES: Mr. Sydlik reported the main store renovation will be complete next week. The mini-mall renovation is nearing completion.

g. DFMWR: Mr. Gelineau said DFMWR has discount tickets for Callaway Gardens and 180 free tickets for the 17 Dec showing of Tuna Christmas at the Springer Opera House. Call Tickets and Travel at 706-626-7644 for discounts and tickets. Tickets are first-come first-served. DFMWR received 800 Christmas trees to give to military Families at Weatherby Field. Families must show their ID card to get a free tree. Childcare is available for CARE meetings, Community Spouses Club, and Saturday shopping. For information about childcare, call 706-545-2079. The New Year's Eve Gala at the Benning Club is canceled. For refunds call 706-682-0640.

6. COL Cox thanked everyone for attending and wished them a Merry Christmas.

7. The meeting adjourned at 1125. The next meeting is scheduled for 8 Jan 18.

//original signed//

PERRY R. TRIPP

Supervisor, Mobilization and Deployment



# COMMUNITY ACTIVITIES & RESOURCE EXCHANGE

Tuesday, 5 December 2017, 1030-1145  
Army Community Service Auditorium

## Agenda

1030 -1035 Welcome - COL Cox

1035-1110 Community Resources

- Columbus Convention and Visitors Bureau - Ms. Laura Ruffner
- Columbus Museum - Abbie Edens
- Better Business Bureau - Ms. Tabitha Ingraham
- Uptown Columbus – Ms Haley Greene
- Callaway Gardens - Ms Pam Bauer
- River Center of Performing Arts - Mr. Easterbrook

1110-1115 Community Forum - COL Cox

1115-1130 Panel Reports

- Garrison Commander – COL Clinton Cox  
[clinton.w.cox2.mil@mail.mil](mailto:clinton.w.cox2.mil@mail.mil)
- Directorate of Emergency Services - LTC Daron Settles  
[daron.l.settles.mil@mail.mil](mailto:daron.l.settles.mil@mail.mil)
- Martin Army Community Hospital - COL Larry McCord  
[larry.j.mccord.mil@mail.mil](mailto:larry.j.mccord.mil@mail.mil)
- The Villages of Benning – Kathy Barry  
[Kbarry@tmo.com](mailto:Kbarry@tmo.com)
- Commissary – Terry Ford  
[terry.ford@deca.mil](mailto:terry.ford@deca.mil)
- Army Air Force Exchange Service – Don Sydlik  
[sydlikd@aafes.com](mailto:sydlikd@aafes.com)
- Directorate of Family and Morale, Welfare and Recreation – Al Gelineau  
[alvin.d.gelineau.naf@mail.mil](mailto:alvin.d.gelineau.naf@mail.mil)

1130-1135 Closing Remarks

*The CARE Minutes & Significant Activities (SIGACTS) Calendar are at <https://benning.armymwr.com/us/benning>*

*The next CARE will be on Monday, 8 January 2018*



Fort Benning, Home of the MCoE

# DEC

•	2 Dec	Bi-City Christmas Parade
•	2 Dec	AR/IN Combined Reception
•	3 Dec	Gold Star Christmas Party
•	5 Dec	Trees for Troops
•	6 Dec	Facebook Town Hall Meeting
•	7 Dec	Christmas Tree Lighting Ceremony
•	7 Dec	Santa at Riverside
•	8 Dec	Tower Lighting Ceremony
•	9 Dec	Army/Navy game at BBP
•	13 Dec	MCoE Holiday Band Concert River Center
•	14 Dec	MCoE HQ Library Holiday Open House
•	14 Dec	MCoE Holiday Reception
•	17 Dec	A Tuna Christmas Performance
•	18 Dec	EXODUS
•	18 Dec	DODEA Winter Break
•	19 Dec	Monthly Retirement Ceremony
•	20 Dec	Local School Districts Winter Break
•	22-25 Dec	Christmas TNG/FED Holiday
•	29 Dec-1 Jan	New Year TNG/FED Holiday
•	31 Dec	New Year's Eve Centennial Gala



Fort Benning, Home of the MCoE

# JAN

	Post ½ Day Schedule Ends
• 2 Jan	HBL Troops Return
• 3 Jan	DODEA Schools Resume
• 3 Jan	Local School Districts Resume
• 9 Jan	Maneuver Warfighter Conference
• 9-11 Jan	Martin Luther King TNG/FED Holiday
• 12-14 Jan	ARTB CSM COR, VP/DA
• 17 Jan	Golf Scramble
• 25 Jan	Australia Day Celebration
• 26 Jan	



## **ACCESS CONTROL POINTS TIME ADJUSTMENTS** **FOR HOLIDAY BLOCK LEAVE 20 DEC - 3 JAN**

**ACP 2 (Benning BLVD)** will remain open with normal hours (0600 – 1800) except for Christmas Eve and Christmas, when the ACP will close at 1200 on 24 DEC 17 and will reopen at 0600 on 26 DEC 17.

**ACP 3 (1-185)** will remain open at all times.

**ACP 5A (Sand Hill)** will be close completely during the holidays starting at 1700 on 19 DEC 17 until 0500 on 2 Jan 18.

**ACP 7 (Harmony Church)** will close all normal inbound lanes except for the truck inspection lane at 1200 on 19 Dec 17. All vehicles will use the truck lane to enter the installation from 19 DEC 17 to 2 Jan 18. The ACP will close for Christmas Eve and Christmas, at 1800 on 24 DEC 17 and will reopen at 0600 on 26 DEC 17.

**ACP 8 (Eddy Bridge)** will remain open at all times.





## *Don't let a Grinch steal your Holiday!*

**LOCK** your cars and home!

**REMOVE** all shopping bags from your vehicle!

**HOLD** all mail at the Post Office!

**DON'T** send money through the mail!

**ALARM** your cars and home!

**SUBMIT** at Quarters check through the  
Military Police Station!



*As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.*

- ❖ Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights. Make sure the tree is not blocking an exit.
- ❖ Add water to the tree stand. Be sure to add water daily.
- ❖ Use lights that are listed by a qualified testing laboratory. Some lights are only for indoor or outdoor use.
- ❖ Replace any string of lights with worn or broken cords or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.
- ❖ Never use lit candles to decorate the tree.



PATROL AREA: \_\_\_\_\_

## FORT BENNING QUARTERS CHECK FORM

1. NAME: \_\_\_\_\_ 2. RANK: \_\_\_\_\_ 3. DATE \_\_\_\_\_

4. ADDRESS: \_\_\_\_\_ 5. DATES VACANT: FROM \_\_\_\_\_ TO \_\_\_\_\_

6. # VEHICLES LEFT AT QUARTERS \_\_\_\_\_ 7. LIGHTS LEFT ON (CIRCLE) Y / N

8. VEHICLE DESCRIPTION \_\_\_\_\_

9. OTHER PEOPLE AUTHORIZED TO ENTER MY QTRS: \_\_\_\_\_

10. POC (FOR EMERGENCY USE) NAME: \_\_\_\_\_

11. POC ADDRESS: \_\_\_\_\_ 12. POC PHONE: \_\_\_\_\_

13. ANIMALS LEFT AT QTRS: \_\_\_\_\_

14. SPECIAL INSTRUCTIONS: \_\_\_\_\_

15: I DO GIVE THE MILITARY POLICE PERMISSION TO SEARCH MY QUARTERS  
SHOULD MY QUARTERS AT ANY TIME BE FOUND UNSECURED

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

### MILITARY POLICE CHECKS

<u>DATE</u>	<u>TIME</u>	<u>MP</u> <u>INITIALS</u>	<u>STATUS</u>	<u>DATE</u>	<u>TIME</u>	<u>MP</u> <u>INITIALS</u>	<u>STATUS</u>

MP NOTES: (CONDITION OF QUARTERS, DAMAGE TO SCREENS, ETC :) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



# **Martin Army Community Hospital**

## **Holiday Closures**

**15<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> of December 2017**  
**1<sup>st</sup> and 2<sup>nd</sup> of January 2018**

Greetings from your Health Care Team at Martin Army Community Hospital!

The 15<sup>th</sup> of December is our annual hospital wide Holiday party. We will be closing at 1130 this day but will resume normal operational hours on Monday the 18<sup>th</sup> of December 2017.

December 25<sup>th</sup> 2017 and January 1<sup>st</sup> 2018 are Federal Holiday's in recognition of Christmas and New Years and the 26<sup>th</sup> of December 2017 and 2<sup>nd</sup> of January 2018 are both Training Holiday's for Fort Benning.

The Martin Army Community Hospital to include the North Columbus Medical Home, will be closed on these days but will reopen on the 27<sup>th</sup> of December 2017 and the 3<sup>rd</sup> of January 2018. The Emergency room will always be available 24 hours, 7 days a week.

In addition please remember you can always use Tricare Online to schedule or cancel an appointment at [www.tricareonline.com](http://www.tricareonline.com).





## Pharmacy Patient Enhancement Project

- Optimization of Q-flow Queuing Systems, multi-service collaboration
- SMS texting to patient when prescription is ready (mobile phone)
- Internet Wait Time display
- Anticipated Wait Time displayed on ticket
- New Ticket Categories to allow pharmacy to recognize the patient
- Examples below: Brooke Army Medical Center, Bayne-Jones ACH

### Pharmacy Wait Times

Below are the current wait times for Main Outpatient Pharmacy, Moreno Clinic Pharmacy, Community Pharmacy and Community Refill Pharmacy.

To refresh a wait time please click the button below the Pharmacy you are looking to visit.

Main
Camp Buils
Community
Community Refil
Moreno
Pediatrics
TMC
Schertz
Westover Halls

Dept of Pharmacy
Main
Pharmacy Refil Instructions
Pharmacy Wait Times
Medication Refill

Main Outpatient Pharmacy	Number of Patients Waiting	Wait Time from Ticket to Window hh:mm:ss	Time Spent at Window hh:mm:ss
A Ticket (Active Duty in Uniform-Main Pharmacy)	0	0:00:00	0:00:00
B Ticket (All Others-Main)	0	0:00:00	0:00:00
C Ticket (Acutely Ill-Main)	0	0:00:00	0:00:00
D Ticket (Phone in Refill Pickup ONLY-Main)	0	0:00:00	0:00:00

Last Refresh: September 29, 2017 9:13:44 PM





# TRICARE® Pharmacy Programs

## Tricare Mail Order Program (TMOP), Express Scripts®

- Register online or from mobile device, Express-Scripts.com
- Home Delivery – \$0 cost for many generics
- Not affiliated with the Military Treatment Facility (MTF)
- Patient initiates the transfer

### TRICARE Pharmacy Home Delivery

Prescription medications delivered right to you. TRICARE Pharmacy Home Delivery provides a convenient way to get your medication. In fact, getting your maintenance medication\* is as easy as picking up your mail. Maintenance medications are those you take on a regular, ongoing basis for chronic, long-term conditions such as insulin used to control blood pressure.

If you're an active duty service member, there's no cost to use Home Delivery. For all other beneficiaries, you can receive up to a 90-day supply of generic pharmaceuticals for FREE and there's FREE standard shipping. If you haven't tried Home Delivery, join the millions of TRICARE beneficiaries who have already chosen the convenience, safety and savings – it's easy to get started.

#### Getting started with Home Delivery

It's easy. Choose one of the options below that's most convenient for you. It is recommended that you have a 30-day supply of medication on hand while your first order is processed.



**Online:** If you've not yet registered with our site, click here to register. The one-time registration is quick and easy. Once you've registered, you can order refills, check order status, and much more.



**Mail:** Fill out the Mail Order Prescription Form (PDF file) and then mail the form and your 90-day prescription to the address listed on the form.



**ePrescribe:** Ask your doctor to submit your prescription electronically (ePrescribe) to us. The secure network sends your prescription safely and quickly to Home Delivery. Express Scripts will process your prescription and mail it to you. If a copayment applies, you'll receive an invoice in the mail.

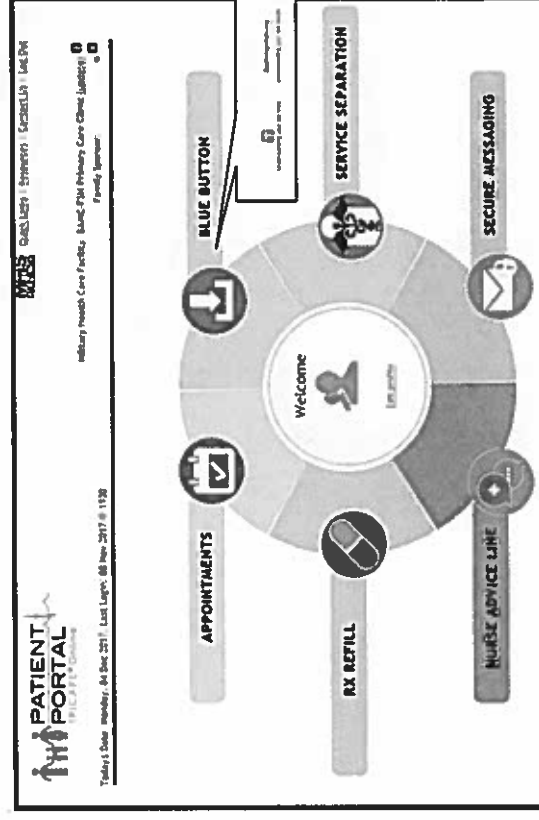
**Doctors:** Submit prescriptions directly to Express Scripts through your EMR. Look for Express Scripts Home Delivery Pharmacy, NCPDP ID: 8827136, St. Louis, MO 63134.



**Phone:** Call 877.343.1296 and have your prescription bottle ready. A patient care advocate will work with your doctor to transfer your maintenance medications to Home Delivery.

## Tricare® Online Patient Portal

- <https://tricareonline.com> (website and mobile app)
- View/cancel/make appointments
- Request refills – any MTF
- View data for self, family members



How do I get the TOL PP Mobile icon on my mobile device's home screen?

TOL PP Mobile does not require you to download an app.

You can access information on how to add the TOL PP Mobile on your home screen through the following steps.

1. Open your mobile device web browser

2. Go to [www.tricareonline.com](http://www.tricareonline.com)

3. Log in using DS Logon Premium or DFAS myPay account.

4. Tap the menu bar, then tap 'Add To Home Screen' for instructions for adding the TOL PP Mobile shortcut.



**ARMY MEDICINE**

*One Team... One Purpose!*

*Conserving the Fighting Strength Since 1775*

## Pharmacy Information

### Main Outpatient Hours of Operation

- Monday to Friday 1000-1500 are Peak hours
- Monday to Friday 0800-0930, staffing consists of 1 pharmacist + 2 technicians

~~XXXXXXXXXX~~  
~~XXXXXXXXXX~~  
~~XXXXXXXXXX~~

# Now Hiring

## Health Promotion Technicians and Health Educators

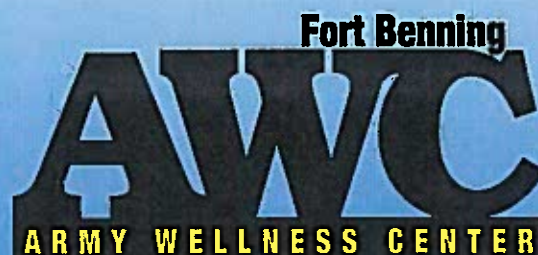
### Requirements:

- Bachelor's degree in an Allied Health field
- Degree obtained in past 5 years
- Desire to help Soldiers and their families

### To Apply:

**<http://www.oraу.org/maryland/>**

- Go to QUICKLINKS
- Click "Search Open Projects"
- Type "awc" in the keyword search
- Find the Health Educator and Health Promotion Technician positions at Ft Benning



## Traveling with TRICARE Prime 2017-2018

### During the holidays

**My Plan Is: TRICARE Prime, South-Humana Military, telephone: 1-800-444-5445**

If you're enrolled in TRICARE Prime, TRICARE Prime Remote or TRICARE Young Adult-Prime in the U.S., follow these guidelines when traveling:

#### If Traveling in the United States

1. Get all your routine care before traveling
2. If you need [emergency care](#), go to an [emergency room](#) or call 911
  - o Call your primary care manager (PCM) or regional contractor within 24 hours
3. If you need [urgent care](#), call your PCM, as you may need a referral.
  - o The [Urgent Care Pilot Program](#) began on May 23, 2016. This pilot allows you to get two urgent care referrals per [fiscal year](#) without a referral from your PCM.

#### If Traveling Overseas

1. Get all routine care before traveling.
2. If you need [emergency care](#), go to the nearest emergency facility. To find a provider:
  - o Search [online](#) or call [International SOS](#).
  - o Before you leave the facility, contact International SOS Medical Assistance:
    - Eurasia-Africa: +44-20-8762-8133
    - Latin America & Canada: 1-215-942-8320
    - Pacific (Sydney): +65-6338-9277
    - Pacific (Singapore): +61-2-9273-2760
  - o If you're admitted, International SOS will coordinate with the facility for payment, determine whether you should be transferred to another facility and coordinate emergency transport, if needed.
3. If you need [urgent care](#), call your PCM, as you may need a referral.
  - o The [Urgent Care Pilot Program](#) began on May 23, 2016. This pilot allows you to get two urgent care referrals per fiscal year without a referral from your PCM.
  - o To find a provider overseas:
    - Search [online](#) or call [International SOS](#)
    - Keep a copy of all your receipts, overseas claims require proof of payment.
    - You may need to pay up front and [file a claim](#) for reimbursement.

#### Need Prescriptions When Traveling?

We recommend that you get your prescriptions filled before you travel, but if you need a one filled while traveling you can:

- Fill the prescription at the [military pharmacy](#) if one is nearby.
  - o Call the pharmacy first to see if they have your prescription
- Find the closest [network pharmacy](#).
  - o Available in the U.S. and U.S. Territories
  - o If a network pharmacy isn't available, visit a [non-network pharmacy](#).
- Home delivery isn't recommended for a prescription you need right away. If you're taking a long vacation, you can arrange for any regular prescriptions to be filled via home delivery.

Learn more about your options for [filling prescriptions](#).

#### Traveling Overseas? Protect Yourself from Mosquito-Borne Illnesses

Mosquito bites are bothersome enough, but when you consider risks, like getting sick with Zika, dengue, chikungunya or other mosquito-borne illness, it's important to protect yourself and your family when traveling overseas.

Last Updated 5/10/2017





# NEWS RELEASE

## Defense Commissary Agency

Corporate Communications

1300 E Avenue, Fort Lee, VA 23801-1800

Tel: (804) 734-8000, Ext. 8-6105 DSN: 687-8000, Ext. 8-6105

FAX: (804) 734-8248 DSN: 687-8248

[www.commissaries.com](http://www.commissaries.com)

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**Release Number:** 76-17  
**Date:** November 30, 2017  
**Contact:** Kevin L. Robinson, public affairs specialist  
**Tel.:** (804) 734-8000, Ext. 4-8773  
**E-mail:** [kevin.robinson@deca.mil](mailto:kevin.robinson@deca.mil)

## Scholarships for Military Children opens Dec. 15

*By Mike Perron,  
DeCA public affairs specialist*



**Note:** For photos on DeCA's Flickr page related to Scholarships for Military Children, go to <https://www.flickr.com/photos/commissary/sets/72157689032951981>.

To see a video on the agency's YouTube page, go to <https://www.youtube.com/watch?v=YbJrphCfYBY>.

**FORT LEE, Va.** – The holiday season is a busy time of year, with enough deadlines, preparations and celebrations to tax even the most organized among us. That's why the Defense Commissary Agency is informing its patrons now that the Fisher House Foundation's Scholarships for Military Children program will begin accepting applications for the 2018-2019 school year on Dec. 15.

"It's such a busy time of year that it might be easy to miss," said Marye Dobson, DeCA's

Militaryscholar.org also hosts a new scholarship search tool called “Scholarships for Service,” designed specifically to help the military and their family members find scholarships that best match their educational goals.

The commissary’s industry partners, including vendors, suppliers and manufacturers, as well as the general public donate money to the program, and every dollar donated goes directly toward funding the scholarships.

### **-DeCA-**

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Commissaries provide a military benefit, saving authorized patrons thousands of dollars annually on their purchases compared to similar products at commercial retailers. The discounted prices include a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*

### **Stay Connected to Your Commissary Benefit**

COMMISSARIES.COM: Visit [www.commissaries.com](http://www.commissaries.com) to learn more about the Defense Commissary Agency: check out the latest news, find a store near you, see what's on sale, create a shopping list, learn of food and product recalls, scan employment opportunities, read frequently asked questions, submit a customer comment form online through DeCA's Your Action Line and more.

COMMISSARY CONNECTION E-NEWSLETTER: Stay connected with the latest news about your most valued benefit, Hot Links to additional savings, shopping spree, contests, commissary promotions, events and more, go to [www.commissaries.com/subscribe.cfm](http://www.commissaries.com/subscribe.cfm) and subscribe to the Commissary Connection newsletter.

COMMISSARY CONNECTION BLOG: To see regular posts about topics of interest to commissary customers, including commissary news, human interest stories, shopping tips, videos and notifications about programs or events, go to <http://commissaryconnection.dodlive.mil/>. You can also subscribe to this forum by going to [www.commissaries.com/subscribe.cfm](http://www.commissaries.com/subscribe.cfm).

FACEBOOK: Visit [www.facebook.com/YourCommissary](http://www.facebook.com/YourCommissary), DeCA’s Facebook page, where you can post comments and share news, photos and videos.

YOUTUBE: To see DeCA’s latest videos, visit [www.youtube.com/DefenseCommissary](http://www.youtube.com/DefenseCommissary).

TWITTER: To see DeCA’s latest “tweets,” visit [www.twitter.com/YourCommissary](http://www.twitter.com/YourCommissary).

PINTEREST: To see DeCA’s theme-based image collections, visit <http://www.pinterest.com/YourCommissary>.

FLICKR: To see DeCA’s latest photographs, visit <http://www.flickr.com/photos/commissary/>.

liaison for the scholarship program. While applications will be accepted until mid-February, Dobson said that applying will require some time and effort on the part of families and students. “There are some fundamental eligibility and paperwork requirements, plus a student-authored essay to be written.”

Now entering its 18<sup>th</sup> year, the program was created to recognize the “contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community,” according to the mission statement on the [militaryscholar.org](http://militaryscholar.org) website.

At least one scholarship worth \$2,000 will be awarded at every commissary location where qualified applications are received. Additional recipients will be selected on a prorated basis, so more scholarships will be awarded at those stores with larger numbers of applicants. A total of 700 scholarship grants will be awarded this year. Since its beginning, the program has awarded a total of 10,114 grants worth \$16.7 million to the sons and daughters of commissary patrons.

To qualify for consideration, applicants must be a dependent, unmarried child, younger than 21 — or 23, if enrolled as a full-time student at a college or university — of a service member on active duty, a Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree.

Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) database and have a military ID card. The applicant must attend or plan to attend an accredited college or university, full time, in the fall of 2018 or be enrolled in studies designed to transfer to a four-year program. Additional information, including the application itself as well as the question for the required essay, will be available when the program opens for the year at [www.militaryscholar.org](http://www.militaryscholar.org).

Applications must be hand-delivered or shipped via the U.S. Postal Service or other delivery methods to the commissary where the applicant's family normally shops. Applications cannot be emailed or faxed.

Fisher House Foundation, a nonprofit organization that helps service members and their families, administers the program. Scholarship Managers, a national, nonprofit, scholarship management services organization, manages and awards the scholarships.

“Interest in the scholarship program has increased in recent years, making the competition very keen,” said Jim Weiskopf, Fisher House Foundation vice president. “Further, the staff of Scholarship Managers have said that the quality of our applicants is always head and shoulders above those applying to regular civilian student scholarship programs.”





# Fort Benning Commissary EXPRESSLINE

DECEMBER 2017

VOLUME 9, ISSUE 4

**Looking to save more money?**

## Next wave of store brands is coming

The Defense Commissary Agency is continuing its rollout of commissary store brands to give shoppers a vibrant variety of low-cost, quality equivalents to national brand products.

Over the next three to four years, DeCA is gradually rolling out commissary store brands to

increase its private label inventory to about 3,000 to 4,000 items. Varieties of commissary brand products will differ from store to store depending on store size and location.

See our [news release](#) or visit the “[Frequently Asked Questions](#)” on our website at [www.commissaries.com](http://www.commissaries.com) for more information.



See [what's on sale](#) before you shop . . . Privilege confirmation required to see sale prices.

*Share a gift of groceries*

## Help holidays shine brighter with gift cards

During the holidays, we see an increase in the sale of commissary gift cards, which isn't surprising since providing a gift of groceries is one way to say “thank you” to military members and their families for their service.

It's easy to use! Anyone can go to [commissaries.com](http://commissaries.com) to buy a \$25 or



\$50 gift card for an authorized commissary patron. Read the [news release](#) on our website to find out more.

**Staying informed about food-safety-related recalls can be a full-time job.**

*Thanks to Commissaries.com, it's just a couple of clicks away. Click [Stay Informed](#) for alerts on products sold in commissaries or on [All Recalls from the FDA](#).*

PHONE  
Numbers

Store Director  
xxxx.xxxx@deca.mil  
706-544-3965 x3351

Dept.	Ext.	Dept.	Ext.
Customer Service	3325	Produce	3338
Asst. Store Dir.	3307	Meat	3341
Grocery	3320	Secretary	3305

STORE  
Hours

Sun: 1000-1900	Wed: 1000-2100
Mon: 1000-2100	Thu: 0900-2100
Tue: 1000-2100	Fri: 0900-2100
Sat: 0900-1900	
Early Bird Shopping:	Mon-Wed 0700-1000
	Thu-Sat 0700-0900





Here's a breakfast twist

## Sweet potatoes join with eggs for breakfast

Three sweet potatoes, four eggs, some hot sauce and cheese join together in this deliciously different "[Dietitian Approved](#)" recipe for [Troy's Sweet Potato Breakfast](#). And it only takes about 30 minutes to cook. Sweet potatoes are an excellent source of vitamin A and a good source of other vitamins and minerals as well as dietary fiber, so eat and enjoy!



## Store Director's Scoop

### HOLIDAY HOURS



**Christmas Eve**  
**Sunday, December 24th**  
**1000-1600**

**Christmas Day**  
**Monday, December 25th**  
**CLOSED**

**New Year's Eve**  
**Sunday, December 31st**  
**Normal Store Hours**

**New Year's Day**  
**Monday, January 1st**  
**CLOSED**

All other days are normal operating hours.



**SANTA VISIT**  
**Saturday, December 16<sup>th</sup>**  
**0900-1200**

*Stop by and visit Santa and get a stocking full of goodies. Also there will be special deals on selected items. Supplies will be limited so come early to get the great deals! Be sure to participate in the drawing on a basket full of Christmas Treats!*

### **"HOLIDAY BROWN BAG"** **FOR OPERATION** **HELPING HAND**

The Holiday Brown Bags may be purchased at the Commissary and dropped in a designated box by the store exit in support of our Military Community.

**YOUR COMMISSARY ...**  
*It's Worth the Trip!*

### **HAVING A PARTY OR SPECIAL EVENT?**

The Produce Department has all the goodness of fresh fruits and vegetable platters. A 48-hour notice is greatly appreciated.

Contact the Meat Department to place your order for special cuts, and special orders. A 24-hour notice is greatly appreciated.

Our Deli Bakery Department is here to help you with your party trays such as chicken tenders, wings, mini subs, meat and cheese, and cubed cheese. They also have decorated holiday cakes.

### **WE NEED YOU!!**

All current DeCA job openings are posted on USAJOBS. You can access them by going to the website at [www.usajobs.gov](http://www.usajobs.gov).

**FOLLOW US**



8150 Marne Road, Bldg. 9220  
Fort Benning, GA 31808

# Exceptional Family Member Program

SUN MON TUE WED THU FRI SAT

December 2017

## EFMP Support Group

"Wreath Making"  
December 4, 2017  
11:00-12:00  
ACS AUD  
706-545-6545/2679



1 Winter Holiday Extravaganza  
4:00-5:00  
Col's Library  
706-243-2669

2 Country's Reindeer Run  
9:00AM-12:00PM  
help: www.facebook.com/evms394943243603586

5 C.A.R.E Meeting ACS Aud. 10:30AM

6 8:30 Breakfast Nencome's Orientation 9:00-11:00 ACS Aud. Spouses Welcome

Santa @ Riverside December 7, 2017 5:30-8:30PM Lawn of Riverside

15 Safe Kids Holiday Helmet Event 4:00-6:00PM Col's Library 706-321-6720

16 Breakfast w/ Santa @ the Rock Ranch 9:30-11:00AM 706-545-2079

Getaway for Parents 9:00-2:00 Parent Central RSVP Required 706-545-2079



Exceptional Family Member Program  
Bldg. 7-Patch Hall  
7117 Baltzell Ave  
706-545-6545/2679/5521

The Nutcracker: Holiday Showcase  
December 9, 2017: 7:00PM  
December 10, 2017: 4:00PM  
@ Brookstone School  
For More Information:  
706-5634255

12 Job Strategy Workshop 9:00-12:00 ACS Training Room

13 8:30 Breakfast Nencome's Orientation 9:00-11:00 ACS Aud. Spouses Welcome

14 Installation Committee Meeting 10:00-11:00AM ACS Aud.

15 Safe Kids Holiday Helmet Event 4:00-6:00PM Col's Library 706-321-6720

16 Breakfast w/ Santa @ the Rock Ranch 9:30-11:00AM 706-545-2079

17 18 19 EFMP System Navigation Brief 9:00-10:00 Aleida Brown 706-545-6545

20 8:30 Breakfast Nencome's Orientation 9:00-11:00 ACS Aud. Spouses Welcome

28 EFMP Respite Care Brief 9:00-10:00 Renee Richardson 706-545-2679



26 Cars 3 Sensory Movie 2:00PM @NIM

27 8:30 Breakfast Nencome's Orientation 9:00-11:00 ACS Aud. Spouses Welcome

28 EFMP Respite Care Brief 9:00-10:00 Renee Richardson 706-545-2679

The Ludy's Christmas Light Spectacular  
November 23-December 31  
6:00-10:00PM  
<http://www.LudyChristmas.com>



2017 2018



The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, community support and personnel services to Families with special needs.







# JOBS OFFERED

**ARMY COMMUNITY SERVICE**  
Building 7  
7117 Baltzell Avenue,  
706-545-4043

## EMPLOYMENT READINESS PROGRAM (ERP)

ERP provides information and services through classes and individual appointments with resumes, career planning, networking, interviewing preparation, job searches, job fairs, education and scholarships.

**Appointment Required**  
(Monday-Thursday, 0800-1700  
Friday, 1000-1700)

### Classes provided:

- 10 Steps to a Federal Job
- Job Strategy Workshop
- Federal/Civilian Resume
- Interviewing Skills

**For class schedules and job listings, Go to:**

<https://benning.armymwr.com/programs/army-community-services4>



## EMPLOYMENT READINESS PROGRAM

Class Schedule Dec 2017 – Dec 2018

Bldg 7, Training Room - Call (706)545-4043/7517 to Register

DATE	CLASS/TRAINING	TIME
12 DEC 2017	Job Strategy Workshop	9:00 - 12:00
19 DEC 2017	Federal Resume/Resume	9:00 - 12:00
***HAPPY ****	*****HOLIDAYS*****	**FROM: THE ERP** TEAM!
16 JAN 2018	Job Strategy Workshop	9:00 - 12:00
23 JAN 2018	Resume/Federal Resume	9:00 - 12:00
25 JAN 2018	Interviewing Skills	9:00 - 11:00
30 JAN 2018	10 Steps to a Federal Job	9:00 - 12:00
13 FEB 2018	Job Strategy Workshop	9:00 - 12:00
20 FEB 2018	Resume/Federal Resume	9:00 - 12:00
22 FEB 2018	Interviewing Skills	9:00 - 11:00
27 FEB 2018	10 Steps to a Federal Job	9:00 - 12:00
13 MAR 2018	Job Strategy Workshop	9:00 - 12:00
20 MAR 2018	Resume/Federal Resume	9:00 - 12:00
22 MAR 2018	Interviewing Skills	9:00 - 11:00
27 MAR 2018	10 Steps to a Federal Job	9:00 - 11:00
10 APR 2018	Job Strategy Workshop	9:00 - 12:00
17 APR 2018	Resume/Federal Resume	9:00 - 12:00
24 APR 2018	10 Steps to a Federal Job	9:00 - 12:00
26 APR 2018	Interviewing Skills	9:00 - 11:00
08 MAY 2018	Job Strategy Workshop	9:00 - 12:00
15 MAY 2018	Resume/Federal Resume	9:00 - 12:00
22 MAY 2018	10 Steps to a Federal Job	9:00 - 12:00
24 MAY 2018	Interviewing Skills	9:00 - 11:00
12 JUN 2018	Job Strategy Workshop	9:00 - 12:00
19 JUN 2018	Resume/Federal Resume	9:00 - 12:00
26 JUN 2018	10 Steps to a Federal Job	9:00 - 12:00
28 JUN 2018	Interviewing Skills	9:00 - 11:00
10 JUL 2018	Job Strategy Workshop	9:00 - 12:00
17 JUL 2018	Resume/Federal Resume	9:00 - 12:00
24 JUL 2018	10 Steps to a Federal Job	9:00 - 12:00
26 JUL 2018	Interviewing Skills	9:00 - 11:00
07 AUG 2018	Job Strategy Workshop	9:00 - 12:00
14 AUG 2018	Resume/Federal Resume	9:00 - 12:00
21 AUG 2018	10 Steps to a Federal Job	9:00 - 12:00
23 AUG 2018	Interviewing Skills	9:00 - 11:00
13 SEP 2018	Job Strategy Workshop	9:00 - 12:00
18 SEP 2018	Resume/Federal Resume	9:00 - 12:00
25 SEP 2018	10 Steps to a Federal Job	9:00 - 12:00
27 SEP 2018	Interviewing Skills	9:00 - 11:00

Over for more Dates





<b>09 OCT 2018</b>	<b>Job Strategy Workshop</b>	<b>9:00 - 12:00</b>
<b>16 OCT 2018</b>	<b>Resume/Federal Resume</b>	<b>9:00 - 12:00</b>
<b>23 OCT 2018</b>	<b>10 Steps to a Federal Job</b>	<b>9:00 - 12:00</b>
<b>25 OCT 2018</b>	<b>Interviewing Skills</b>	<b>9:00 - 11:00</b>
<b>13 NOV 2018</b>	<b>Job Strategy Workshop</b>	<b>9:00 - 12:00</b>
<b>20 NOV 2018</b>	<b>Resume/Federal Resume</b>	<b>9:00 - 12:00</b>
<b>27 NOV 2018</b>	<b>10 Steps to a Federal Job</b>	<b>9:00 - 12:00</b>
<b>29 NOV 2018</b>	<b>Interviewing Skills</b>	<b>9:00 - 11:00</b>
<b>11 DEC 2018</b>	<b>Job Strategy Workshop</b>	<b>9:00 - 12:00</b>
<b>13 DEC 2018</b>	<b>Resume/Federal Resume</b>	<b>9:00 - 12:00</b>
<b>18 DEC 2018</b>	<b>10 Steps to a Federal Job</b>	<b>9:00 - 12:00</b>

Over for more Dates







# Santa at Riverside Christmas Lighting Ceremony

7  
DECEMBER  
5:30-8:30pm  
at Riverside  
Lawn of Riverside

Come and take your  
picture with Santa!

Enjoy the Centennial Tree planting, lighting of the  
Fort Benning Christmas Tree, singing, and Polar Express m  
For more info, visit [benning.armymwr.com](http://benning.armymwr.com)

Sponsored by:  
CBST  
USAA  
AFEN  
HOLING





Military Child Education Coalition®

# Parent Programs

Empowering Parents to be their Child's Strongest Advocate



MCEC Parent Programs provide informative and interactive parent workshops to groups and organizations in the local community. Through parent trainer teams, consisting of primarily military spouses, *Parent to Parent*® serves communities and installations that are most affected by transition. Their goal is to empower the best "guidance counselors" (the parents) to be informed, positive, and proactive transition specialists at home by understanding the academic, social, and emotional implications of school moves.

**"The team provides different perspectives and ideas to help better our children. Having an outside source, especially those that have experiences of their own, helps me to understand that I am not the only one dealing with certain problems/situations."**

Kelly N.



## Parent education is available in a variety of delivery models.

### One-Day Seminars for Parents of All Ages

Includes 3-5 individual workshops covering topics targeting local parent concerns. Military-connected spouses with professional training bring their knowledge and expertise to share ideas and resources designed to help all parents develop the skills and tools necessary to empower them in supporting their children throughout their academic career.

### Popular topics include (but are not limited to):

- Kindergarten Readiness
- Parent-Teacher Conferences
- Keys to Success in Middle School
- Resiliency and Bully-Proofing
- Grief, Trauma and Loss in Children
- College Application Process



Webinars are presented "live" and recordings are posted to our website at:

[www.MilitaryChild.org/parents-and-students/webinars](http://www.MilitaryChild.org/parents-and-students/webinars)

### Parents Education Webinars - Something for Everyone!

MCEC understands many military-connected parents are not located in communities with Parent to Parent® teams, nor do they have the opportunity to participate in Parent Education Seminars. In order to help meet their needs, MCEC has developed a wide-range of workshops on topics from our catalog.

Military Child Education Coalition

909 Mountain Lion Circle, Harker Heights, Texas 76548 • (254) 953-1923 • [www.MilitaryChild.org](http://www.MilitaryChild.org) • CFC #10261

## Current Parent to Parent Teams



**Abilene, TX (Dyess AFB)**

**PtoP.Abilene@MilitaryChild.org**

Sparkle Mitchell - *Team Lead*

Hollie Snowden

**Colorado Springs, CO**

**PtoP.CoSprings@MilitaryChild.org**

Louise Webb - *Team Lead*

Melanie Douglas

Amy Chaffin

**El Paso, TX (Fort Bliss)**

**PtoP.ElPaso@MilitaryChild.org**

Tara Swanson - *Team Lead*

Marie McGarry

Selina Bennett

**Enterprise, AL (Dale County)**

**PtoP.Enterprise@MilitaryChild.org**

Elizabeth Wilde - *Team Lead*

Angela Myers

Jennifer Nelson

**Fort Hood, TX**

**PtoP.Hood@MilitaryChild.org**

Alison Errington - *Team Lead*

Yasmina Aragon

Tori Noon

Tammy Brown

**Huntsville, AL**

**PtoP.Huntsville@MilitaryChild.org**

Michele Brashear - *Team Lead*

Patricia Keenan

Deborah Maddy

**Montgomery, AL**

**(Montgomery County)**

**PtoP.Montgomery@MilitaryChild.org**

Tracy Hendricks - *Team Lead*

Angela Edwards

**Panhandle, FL**

**(Escambia County)**

**PtoP.Panhandle@MilitaryChild.org**

Yolanda Clement - *Team Lead*

Lisa Hofmann

**Phenix City, AL (Russell County)**

**PtoP.PhenixCity@MilitaryChild.org**

Leslie Cook - *Team Lead*

Kari Chitty

Kim Armstrong

**San Antonio, TX**

**PtoP.JBSA@MilitaryChild.org**

Robin Meilinger - *Team Lead*

Christy Meyer

Deborah Parker

**Tampa, FL (MacDill AFB)**

**PtoP.Tampa@MilitaryChild.org**

Linda Power - *Team Lead*

Jennifer Southerland

Stacy Huisman

**Webinar Team**

**PtoP.Webinars@MilitaryChild.org**

Louise Webb - *Team Lead*

Tara Gleason

Happy Garner

Katja Pinkston

For a list of available workshops or to arrange for a Parent Education Seminar in your community contact Judy Glennon, Parent Programs Manager at [Judy.Glennon@MilitaryChild.org](mailto:Judy.Glennon@MilitaryChild.org).



The Military Child Education Coalition (MCEC) is a 501(c)(3) nonprofit, worldwide organization founded in 1998 to ensure quality educational opportunities for America's military-connected children. Mobility, family separation, and transition impact the children of our nation's service members and veterans. MCEC supports them by conducting research and developing resources to meet their needs.

## Family Literacy Events – MCEC Tell Me A Story Program

*Tell Me A Story*® brings parents and children together to listen to a featured book built around a theme. Each story is followed by engaging discussion, activities and supplemental materials, and peer-to-peer interaction encouraging literacy. Each event focuses on a book carefully selected for its content, literary value and illustrations. All selections concentrate on two main themes of Positive Psychology: resilience and optimism.



### Military Child Education Coalition

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