

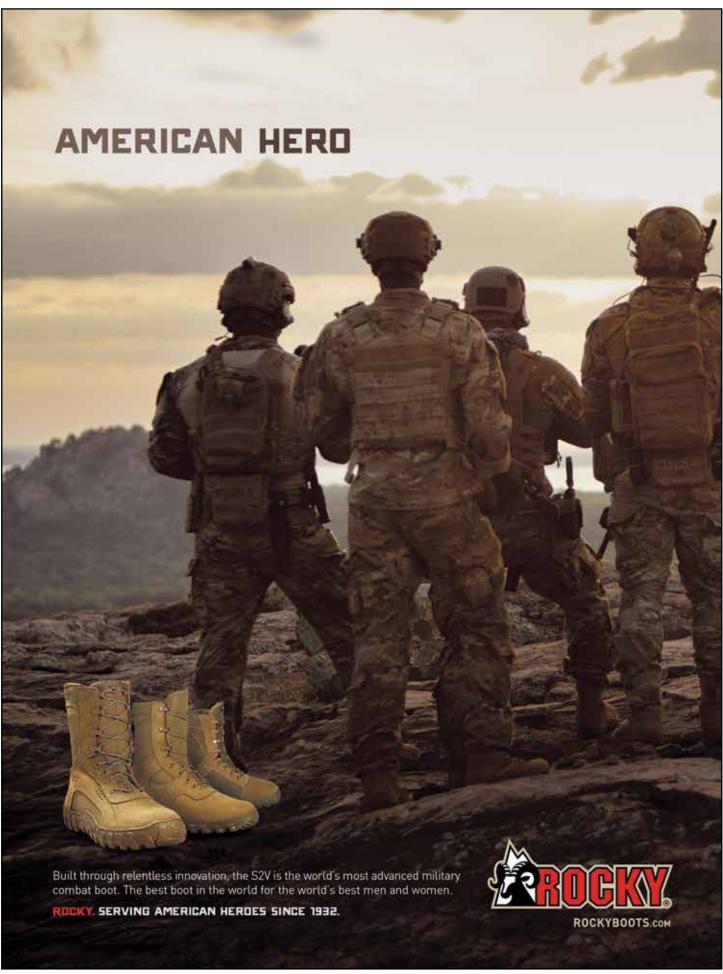






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# WELCHE OKTOBER FEST



# UCHEE CREEK CAMPGROUND & MARINA

It is actually a traditional dish in many countries, but those other countries won't be cooking up a dish of delish at Oktoberfest, so we'll focus on Germany. Schnitzel is a cutlet of veal, chicken, beef, turkey or pork, sometimes breaded, thinned and fried.

A dirndl is a traditional dress worn in southern Germany, especially Bavaria, and other countries, based on the traditional clothing of Alpine peasants. The dirndl consists of a bodice, blouse, full skirt and apron.

In the South German dialects, Dirndl originally referred to a young woman or a girl, and Dirndlgewand to the dress. Nowadays, Dirndl may equally refer to either a young woman or to the dress.

The dirndl originated as the uniform of Austrian servants in the 19th century. Simple forms were also worn commonly by working women in plain colors or a simple check. The Austrian upper classes adopted the dirndl as high fashion in the 1870s. Today, dirndls vary from simple styles to exquisitely crafted, very expensive models.

The dirndl is mostly worn in Austria and Bavaria. It is used as an everyday dress primarily by older women in rural areas. Other women may wear it at formal occasions (much like a Scotsman wearing a kilt) and during certain traditional events. It is hugely popular also among young women at the time of a Volksfest, such as the Oktoberfest in Munich.

It is sometimes reported that the placement of the knot on the apron is an indicator of the woman's marital status. A knot tied on the woman's left side indicates that she is single, a knot tied on the right means that she is married, engaged or otherwise "taken."

#### **LEDERHOSEN**

Lederhosen are breeches made of leather; they may be either short or knee-length. The longer ones are generally called Bundhosen or Kniebundhosen. Once common workwear across Central Europe, they are now considered a folk costume associated particularly with Bavaria in Germany.

Formerly, lederhosen were worn for hard physical work; they were more durable than a fabric garment. Today, they are mostly worn as leisurewear. Today, lederhosen and dirndl attire is common at Oktoberfest events around the world.

You'll see all of the above at our annual Oktoberfest Celebration, Fort Benning's favorite fall tradition, at Uchee Creek Campground October 19-21.

Put on your dancing shoes and enjoy traditional German music including Sonnenschein Express and Bavarian Yodelers, authentic German food and brews, games for all ages, stein hoisting, dauschund derby, keg tossing competition, pumpkin patch, hayrides, carnival rides (Ferris wheel, tea cups, merry-go-round), a cross country 10K, a Family Fun Run (5K) and a Volksmarch.



#### LETTER FROM DIRECTOR



I would like to introduce Patricia Lamson in her new role as the deputy director of Family and Morale, Welfare and Recreation.

Many of you have known Patricia for a couple of years now as the chief of Army Community Service here at Fort Benning. She recently moved across Main Post to accept a smaller office and a much larger workload, a move I think speaks to her courage and humility. Here she will serve as my right hand, offering active oversight and guidance in the execution of a very broad and diverse portfolio of MWR programs and services.

I'm completely confident in Patricia's competence, compassion and her passion for taking care of Soldiers and their families. The nature of serving a military community on a training installation requires a healthy balance of all three. Patricia is an MWR veteran, with nearly 27 years of service to Army families. Aside from ACS, her resume includes working in Personnel, Marketing, and Child and Youth Services.

Though she understands all aspects of the MWR mission, I've been impressed with Patricia's humble approach to growth and development as she's taken on this new challenge. She's eager to learn and master the complexities of MWR. It is my experience those who "grow from the bottom up" are inclined to view themselves as servant leaders. The world needs more servant leaders. Patricia will help shape our little corner of the world to better serve our community for many years to come.

Here are a few things I have noticed about Patricia right off. She's particularly fond of working with the youngest members of the Fort Benning family, the children of our service members, perhaps because she has two children of her own. Having worked all around the Army, she understands the challenges and exciting opportunities afforded our very mobile military families. She "came up" through MWR, so she also relates well to our team members at every level, and they will find in her an advocate and mentor, both professionally and personally.

We are fortunate to have Patricia on the leadership team of MWR here at Fort Benning and I'm excited about her new role.



Sunday Family Night! Join us every Sunday for Family Night! Kids can enjoy JR Kid's Meal all day on Sundays for only \$2.99 with the purchase of one adult entree. Children must be 12 years or younger. \*May exclude Holidays

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#### ON THE GO MAGAZINE SEPTEMBER/OCTOBER 2018

Printed by Marcoa Media, LLC. Published 6 times a year with combined issues in January/February, March/April, May/June, July/August, September/October, November/December by the Directorate of Family and Morale, Welfare and Recreation. On the Go magazine provides information about DFMWR programs, activities and services. Per issue circulation: 10,000. To advertise in publication, call 706-325-0758.

#### 10 COMMUNITY SERVICES

Army Community Service | BOSS CARE | Library

#### 15 DINING

Benning Club | Breezeway Bar & Lounge Destiny Dogs | El Zapata Jack's 19th Hole | Java Cafes Little Caesars | Smoothie King SUBWAY | Zaxby's | Fiddler's Green | I-Bar

#### 18 ENTERTAINMENT

Bowling | Benning Brew Pub Family Entertainment Center | Drop Zone

#### 21 KIDS ZONE (CYS)

Child Development Centers | Family Childcare Homeschoolers | Middle School & Teen School Age Care | Youth Sports Youth Sports Instructional Program Parent Central | School Liaison Officer

#### 23 STAY AND PLAY

Destin Army Recreation Area | McIver Suites Uchee Creek

#### 29 RECREATION

Golf | MWR Bingo Center Outdoor Recreation & Equipment Checkout Recreation Centers | Recreational Shooting Complex

#### 36 SERVICES

Auto Skills | Car Wash Laundromat | Tickets & Travel Recon | American Airborne | Soldier Photos

#### 40 SPORTS & FITNESS

Commander's Cup | Fitness Centers Intramural Sports | Post Level Sports | Aquatics/Pools

#### 42 DIRECTORY

#### **BENNING.ARMYMWR.COM**



JOHN LOPEZ Safety Program Manager

As the Safety Program Manager (SPM) for MWR at Fort Benning, John Paul Lopez provides guidance on work environmental safety, inspects MWR facilities and event sites to ensure safe practices and serves as the response expert when an incident arises as the result of unsafe practices.

It's a fairly new position for Lopez, who has worked for MWR for 18 years, mostly in the Community Recreation Division, which prepared him for the responsibilities of SPM.

Lopez said he likes the fact that he fills a role that serves to protect the Soldiers and families at Fort Benning.

When he's not working, the New York native enjoys travel and swimming. He hopes to continue to grow professionally in the field of safety and occupational health.

# EET THE TEAM Detachmen

Back row L to R

Rebecca Welch, Family Advocacy Program Manager • Joan Adams, FAP Support Assistant • Patricia Cunningham, FAP Victim Advocate Coordinator Darlene Richardson, FAP New Parent Support Coordinator • Oskar Schlomer, FAP Training Specialist

Front row, L to R

Theresa Sanchez, FAP Training Coordinator • Carolyn Harris, FAP First Steps Coordinator • Qundia Ragland, FAP Victim Advocate

Not pictured:

Flizabeth Clawson, FAP New Parent Support Nurse • Tabatha Jones, FAP New Parent Support Nurse Kimberly Foster, FAP New Parent Support Nurse • Karoushia Jordan, FAP Training Specialist

### ON THE GO

#### **FAMILY AND MWR**

Al Gelineau **Director** 

Patricia Lamson **Deputy Director** 

Connie Andrews **Chief, NAF Support Management** 

James Shoemaker

**Chief, Business Recreation** 

Amorio Parish

Chief, Child & Youth Services

Patricia Lamson

**Chief, Army Community Service** 

#### **MARKETING**

Shannon Beck **Marketing Director** 

Chris Wojciechowski **Graphic Designer** 

Jamie White Videographer

**Bridgett Siter Publicity Specialist** 

Martina Pressley Olivia Robinette **Marketing Associates** 

Terrill Alexander Sponsorship & Advertising

#### **PUBLISHING & ADVERTISING**

Marcoa Media, LLC 9955 Black Mountain Rd, San Diego, CA 92126 706-325-0758

**Publisher** 

#### For Advertising Opportunities Contact:

Heather Marshall Project Manager 706.325.0758 Heather.Marshall@marcoa.com

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#### MILTON E. LONG LIBRARY



# SO MUCH TO DO!

SUPERHEROES BOOK CLUB: 6:30pm the third Wednesday of each month, open to elementary age boys. We serve light refreshments.

**STORY TIME**: 10:30am Wednesdays, open to children up to 5 years old and their parents/ caregivers.

**CENTENNIAL MOVIE SERIES**: 1pm the first Saturday of each month, movies are for adults. We serve light refreshments. Stop by the library to see what is playing.

**BOARD GAME NIGHT:** 6pm the second and fourth Wednesday of each month, open to all. We serve light refreshments.

LUNCH AND LEARN: 11:30am the second Wednesday of each month, open to those interested in books about the WWI era. Bring your lunch, beverages provided.

**September:** Memoirs of an Infantry Officer by Siegfried Sassoon

October: To the Last Man by Jeff Shaara

**FAMILY MOVIE NIGHT:** 5:30pm the second Thursday of each month, open to everyone. Child friendly movies rated G and PG. We serve light refreshments. Stop by the library to see what's playing.

BOOK TO MOVIE CLUB: 1pm the third Saturday of each month. Many good books have been made into good movies, parental discretion is advised, as some of the titles may not be appropriate for children. We serve light refreshments.

September: Twilight: New Moon by Stephanie Meyer

October: City of Bones: Mortal Instruments by Cassandra Clare

AMERICAN GIRLS BOOK CLUB: The American Girls Book Club will continue to meet each 1st Wednesday during the summer months. Join them in celebrating reading and friendship at 6:30pm in the library.



#### **WHAT IS BOSS?**

Better Opportunities for Single Soldiers (BOSS) was founded in 1989 for the more than half of all US Soldiers who are single. The program welcomes all Soldiers, all ranks and ages, as well as authorized MWR patrons, including civilians.

Members participate in a number of exciting activities. They also enjoy various discounts and free passes to shows and sporting events. BOSS members are wellrespected in the community - on post and off - for the many hours they devote to volunteering.

#### WHAT DOES BOSS DO?

Every Army installation is authorized a BOSS program, with a president, representatives from each major subordinate command, a senior military advisor (usually the post or garrison Sergeant Major) and advisor from MWR, who assists with financial planning, marketing and guidance.

#### WHO CAN PARTICIPATE **IN BOSS?**

At Fort Benning, BOSS is open to all MWR patrons 18 and older.

#### WHAT'S THE SOLDIER'S **ROLE IN BOSS?**

Issues raised at company level are first handled at company level. If it cannot be resolved, it is brought to the BOSS installation meeting. If the military advisor sees merit in the issue, he or she will forward it to the Garrison Commander. who will determine if the issue should be elevated to the Commanding General or the Major Army Command.

# OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Domestic Violence Awareness Month evolved from the first Day of Unity observed in October 1981 by the National Coalition against Domestic Violence. The intent of this day was to connect battered women's advocates across the nation who work to end violence against women and their children. The Day of Unity soon became a special week with a range of activities planned at the local, state, and national levels.

What began close to two decades ago in scattered communities as a visible gesture of support for survivors and victims of domestic abuse, today has become one of the most widely-recognized symbols of the battered women's movement - the purple ribbon.

The exact history of the purple ribbon is somewhat difficult to pinpoint. However it is known that it began among communities as a unifying symbol of courage, survival, honor and dedication to ending domestic violence.

Across the country, families and friends of victims have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. Shelters and local battered women's programs use the purple ribbon to raise awareness about the crime of domestic abuse in their communities. State Legislatures also have recognized the purple ribbon in proclamations commemorating October as National Domestic Violence Awareness Month.

Purple ribbons are made into pins and passed out at local events...they're embroidered on the t-shirts, hats, and bags of those passionate about ending the violence...they're tied to the antennae of police cars...they're hung on doors, wrapped around trees, draped over fences at scenes.

In addition to the demonstration of support for victims and advocates, the display of purple ribbons throughout a community conveys a powerful message that there is no place for domestic abuse in the homes, neighborhoods, workplaces, or schools of its citizens.

If you, your business, organization, or group would like to join the many state and national organizations in a campaign to "get people to show their true colors," call the Family Advocacy Program at 706-545-3202/706-626-2614 to pick up your purple ribbon or obtain more information on Domestic Violence Awareness Month.



## EXCEPTIONAL FAMILY MEMBER PROGRAM

#### TRUNK OR TREAT AND FAP SAFETY FAIR

Join us for this fun event for families enrolled in the Exceptional Family Member Program. Join EFMP, FAP, ACS Team and The Autism Learning Center for a safe, funfilled evening of Trunk or Treat. Games, bounce house, face painting, food and much more! Thursday, October 25, 5:30-7:30pm at ACS, Building 7.

For information, call ACS/EFMP 706-545-6545.

#### **FINANCIAL READINESS PROGRAM**



Financial Readiness Program has their own Facebook group. Join today!

Have your financial questions answered by a professional personal financial counselor. Visit our Facebook group and join our community for more information. Open to Soldiers, family members, DoD civlians, and retirees. https://www.facebook.com/groups/209362189637235/ or search "Ft. Benning Financial Readiness" on Facebook.

#### **COMMUNITY SERVICES**



#### ACS RELOCATION PROGRAM

We are located in Building 7, 7117 Baltzell Avenue Our office hours are 8am - 4:30pm, and you can reach us at 706-545-0403/4485. Stop by our office and pick up a Welcome Packet. Our program provides the following services:

#### **NEWCOMERS ORIENTATION**

Welcome to Fort Benning! If you are new to the installation, join us for the weekly Newcomers Orientation from 9-11am Wednesdays at Army Community Service Auditorium in Building 7 on Baltzell Avenue. All military personnel, family members and civilians are invited. Here you will learn about resources, programs, activities and organizations on post and all across the Chattahoochee Valley. Spouses are encouraged to attend, and children are welcome. Breakfast refreshments are provided. For more information, call 706-545-0403/4485.

#### LENDING CLOSET

Are you waiting on your household goods to arrive? Have your household goods left you behind? Whether you're coming or going, we're here to help. The Lending Closet has items available for Soldiers and their families while their household goods are in transit. Items include basic kitchen equipment, tables and chairs, sleeping mats, microwaves, ironing boards, irons, high chairs, car seats, pack-n-plays and alarm clocks. You may borrow for up to 30 days when you present your orders to Fort Benning, an ID card and a unit POC. The Lending Closet is open 8am-4pm Monday – Thursday and 10am-4pm Friday.

#### **SPONSORSHIP TRAINING**

The Total Army Sponsorship Program helps Soldiers, civilian employees and family members during the relocation process. Guests learn the various elements of the sponsorship program, including how to be an effective sponsor and where to find information for incoming personnel.

#### **PCS BRIEF**

PCSing? How exciting! ACS Relocation offers a monthly PCS briefing to help you make this transition smooth and enjoyable. Our briefings are held on the fourth Thursday of each month from 8:30-11am in the ACS Auditorium in Building 7. Join us September 27 and October 25. To reserve your spot, call 706-545-4485/0403.

#### **RELOCATION COUNSELING**

If you cannot attend the monthly PCS Brief, visit Relocation Readiness in Building 7 for information on your next duty station.

#### **MULTI-CULTURAL**

For information about our Citizenship Study Group or English as a Second Language Classes, call the ACS Relocation office at 06-545-4485/0403.

#### **HEARTS APART**

Together, we're stronger! If your Soldier is deployed or on an unaccompanied tour, the Hearts Apart program gives you a strong group of peers you can turn to for advice and support. We will meet from **11:30am-1pm November 8**. For more information, call 706-545-4485/0403.

#### **EMPLOYMENT READINESS PROGRAM**

A Fall Hiring event will take place September 13 at Building 9230, 8150 Marne Road, next to the Commissary hosted by Army Community Service Employment Readiness Program, and Soldier For Life/Transition Assistance Program SFL/TAP.

Prepare your resume products and interviewing skills now to target over 60 employers who represent over 100 current positions. Employers seek to secure positions with veterans, spouses and transitioning service members.

Stay in touch to learn more about the Fall Hiring Event and other employment opportunities through our Facebook Group and through these links:

www.benning.army.mil/Garrison/DHR/SFL-TAP/

www.benning.armymwr.com/programs/ army-community-services4

For class registration, information and to schedule an appointment visit us Monday - Thursday 8am - 4:30pm, Friday 10am - 4:30 pm at Building 7, 7117 Baltzell Avenue or call us at 706-545-4043.

#### **UPCOMING CLASSES:**

Enhancing Employment with Social Media: 9am - noon, September 6 and October 4

Job Search Strategy: 9am - noon, September 13 and October 9

Civilian Resume: 9am - noon, September 18 and October 16

Interviewing Skills: 9 - 11am, September 27 and October 25

10 Steps to a Federal Job: 9am - 4pm, September 25 and October 23

#### **CARE**

#### September 6, new time 9:30am

Talking points: On-Post Resources, GA Drivers Services, WIC, Veterinary Services, Employment Readiness Program, NAF CPAC, School MFLCs, School Liaison Officer's role, Transition to high school options, and testing dates

#### October 2

Community Resources, Springer Opera House, River Center for Performing Arts and the National Infantry Museum.





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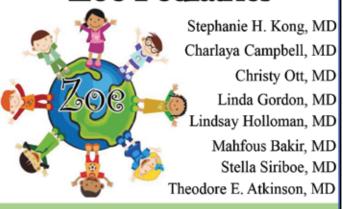
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# Gold Star Mother's Day September 30

Gold Star Mother's Day is observed in the United States on the last Sunday of September each year. It is a day for people to recognize and honor those who have lost a son or daughter while serving the United States Armed Forces.

A gold star symbolizes a family member who died in the line of duty while serving the United States Armed Forces. It may be seen on a service flag or in the form of a pin, which is worn by Gold Star mothers. The pin is not limited to mothers and it is awarded by the US Department of Defense.





#### **BENNING CLUB**



Join us on September 10 for National Hotdog Day. For \$5, you get a hotdog, chips and a drink.



The Lexington Room serves lunch weekdays between 11am-1:30pm. You can order from the menu or enjoy our extensive buffet. Choices include a variety of entrees and side dishes, soup and salad bars, plus an array of delicious desserts for less than \$10. Be sure to ask for a Lunch Punch card!

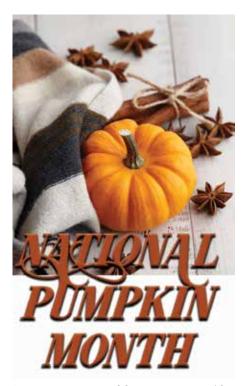
#### **FIDDLER'S GREEN**

The Fiddler's Green Pub is our salute to Cavalry Soldiers past and present. It is located next to the Lexington Room. The pub is open to the public from 4pm to closing Fridays and available by reservation for private events Mondays through Thursdays.

#### **JAVA CAFÉ**



During the week of September 3-7, buy one gyro off our healthy option menu and get one half off.



During the month of October, receive 10% off any pumpkin flavored items.



Building 128, 7010 Morrison Avenue 706-687-1861

Weekdays: 11am-1:30pm Weekends/Training/Federal Holidays: Closed



Building 2785, 6530 Eckel Avenue (inside the Family Entertainment Center) 706-685-4466 Sunday: Closed Monday - Tuesday: 11am-2pm Wednesday - Thursday: 11am-6pm Friday - Saturday: 11am-8pm



Building 2784, 7611 Sightseeing Road 706-689-9009 • Catering available Weekdays: 11am-2:30pm & 5-9:30pm Saturday: noon-9:30pm Sundays: Closed



Building 390, 390 Baltzell Avenue located at Fort Benning Golf Course 706-545-0397

Weekdays: 7:30am-5:45pm Weekends & Holidays: 7am-5:45pm



#### Main Post

Building 1685, 1685 Gaudette Street 706-626-0232 Weekdays: 7am-3pm Saturday: 9am-2pm Sunday: Closed Federal Holidays: Closed

#### **Harmony Church**

Building 4102, Jamestown Road 706-626-2971 Weekdays: 6am-2pm Weekends: Closed Federal & Training Holidays: Closed

#### Inside Building 35

Ridgway Hall, Building 35, 35 Ridgway Loop Weekdays: 7:30am-2pm Weekends/Training/Federal Holidays: Closed



Building 9232, 8140 Marne Road. 706-682-7781 Monday -Thursday: 10am-9pm Friday: 10am-10pm Saturday: 11am-10pm Sunday: 1pm-7pm Federal Holidays: 1pm-8pm



Building 2874, 6835 Dixie Road Located inside Smith Fitness Center 706-685-8200 Weekdays: 7am-8pm

Saturday: 10am-4pm Sunday: 11am-3pm



Building 2502, 7308 Anderson Street next to Drop Zone 706-687-8274 Weekdays: 7am-10pm Saturday: 8am-10pm Sunday: 9am-10pm

Located inside Sand Hill Rec Center Building 3308, 41st Infantry Regiment Street 706-687-4919 Weekdays: 8am-8pm Saturday: 8am-8pm Sunday: 9am-8pm



Buidling 1692, 7290 Ingersol Street Next to Wynnsong Theater 706-683-0066 Open 7 days a week Lobby, 10:30am-9pm Dive-thru, 10:30am-10pm

#### **ENTERTAINMENT**

#### **FAMILY ENTERTAINMENT CENTER**



On Saturday September 1 and October 6 every tenth customer in the door will receive a free game of bowling or a free play zone.

Pick your price Friday. Every Friday in September and October, when you come in, pull out a ticket for your bowling price.

#### **BENNING BREW PUB**



#### **READY FOR SOME COLLEGE FOOTBALL?**

Enjoy watching your favorite team out on the deck or on our huge projection screen. Thirsty? The bartender will take care of you with an ice cold beer on tap or one of our micro brews. NFL more your speed? We will be showing NFL Sunday Ticket! The Atlanta Falcons take on the NFL Champions, Philadelphia Eagles to start the 2018 season. This first game brings unparalleled excitement as fans will be treated to two high-powered offenses right out of the gate with Nick Foles, Matt Ryan and Julio Jones.

#### MALL BOWLING CENTER



The Mall Bowling Center offers a number of specials in September and October, including:

- Daily Lunch Special, 11am-1pm weekdays. Pay \$2 for shoes and bowl for \$2 per game.
- Sunday Specials, from open to close. Bowl all you like for \$12 per person, and that includes those awesome shoes.
- September 3, from open to close. Bowl all you like for \$12 per person, including shoes.
- October 8, from open to close. Bowl all you like for \$12 per person, including shoes.
- October is Breast Cancer Awareness Month. Wear pink all month long and get the shoes free when you pay to bowl.
- Halloween Special October 31. Pay \$2 per game and rent shoes for \$2 all day long. Kids 10 and younger can trick-or-treat at the Bowling Center from 5-8pm. We will distribute candy and host a costume contest.



Weekdays: 7am-10pm Saturday: 8am-10pm | Sunday: 9am-10pm

#### **ADVERTISING OPPORTUNITIES**



Digital Signs (USAA Advertisement)

Impact the lives of Soldiers and their Families by advertising with Fort Benning Family and Morale, Welfare and Recreation (MWR).



Social Media (Sprint Advertisement)

Advertise on a variety of platforms to reach over 100,000 Soldiers, Families, Retirees and Civilians living, working and visiting Fort Benning.





Digital Signs

Over 30 signs in high traffic MWR facilities on Fort Benning



Out-of-Home (Geico Advertisement)

#### **Out-of-Home Advertising**

Display your company banners in high traffic MWR facilities

#### **Enterprise Website**

Reach over 50,000 unique visitors per month.

#### Social Media

Advertise your company on the Family and MWR Facebook and Twitter pages

Contact the U.S. Army MWR Corporate Partnerships Office: Terrill Alexander, 706-545-4559 or terrill.n.alexander.naf@mail.mil



Enterprise Website (USAA Leaderboard Advertisement)



Army-Wide School Support Initiatives provide direction for educational support, assistance, and transitions

School Liaison Officers (SLOs) assist with transitions associated with military life and facilitate communication

among schools, parents and installation leaders

Facilitates understanding of the Interstate Compact on Education Opportunity for Military Children and liaisons between the parent and the school as needed to ensure compliance and develop solutions

Provides information about post-secondary opportunities from college and vocation school applications to scholarships and career choice

Provides parent and educator workshops on a variety of transition issues

Youth Sponsorship facilitates transition from installation to installation and school to school by providing information, a sense of belonging and the opportunity to make friends in both youth centers and schools

Delivers the Army Ready and Resilient program for teens is aligned, through experiential and outreach activities, with the training Soldiers and Army Spouses receive creating a common language around resilience between par-

ents, youth and educators

Facilitates the Adopt-A-School program fostering relationships between units and local schools and encouraging parent involvement

In/Out Processing Protocol provides Soldiers with children an overview of available CYS options and educational support

Army High School Senior Stabilization supports college and career readiness by allowing Soldiers to delay PCS so students can complete their senior year of high school

Tutor.com, through the military, provides no cost online 24/7 tutoring

Contact your Local School Liaison Officer at:

TAWANNA BROWN, OR ETHAN BRANCH, 706-545-3062





#### **KIDS ZONE (CYS)**

#### **YOUTH SPORTS**



All participants in CYS sports and classes must be registered at Parent Central and have a current sports physical.

We need volunteer coaches for CYS Sports – all sports, all ages. No experience needed. For information, call 706-545-1853 or 706-545-0522.

#### Wrestling

Registration: September 3-28 Season: October 18 - March 19 Parent meeting: October 9, 6pm Ages: 8-15 | Cost: \$45

#### Rugby

Registration: October 1-31 Season: November 6 – December 13 Parent meeting: November 3, 6pm Ages: 6-10 | Cost: \$45

#### Dodgeball

Registration: October 8-31 Season: November 6 - December 13

Ages: 9-15 | Cost: \$45

#### Volleyball

Registration: October 1-31 Season: November 6 – December 13 Ages: 9-15 | Cost: \$45

#### **Developmental Flag Football**

Registration: October 1-31 Season: November 6 – December 13 Ages: 9-15 | Cost: \$45

#### Skill Building Flag Football

Registration: October 29 – November 2 Session: November 5-22 (Tuesday and Thursday) Ages: 5-6 | Cost: \$25

#### CYS SPOTLIGHT: ETHAN BRANCH



As MWR's newest school liaison officer, Ethan Branch serves as an advocate for students of military families who often face unique challenges when they move from one school system to another. Branch is one of two liaisons at Fort Benning who work with Child & Youth Services to foster symbiotic relationships between the installation and schools off post that serve military families.

"I'm looking forward to building relationships with military families and doing everything I can to make sure their educational needs are met," said Branch, who taught high school history and coached for four years in Alabama. He graduated from Auburn University in 2014 with a bachelor's degree in social science secondary education.

"I want nothing more than to be able to provide a service that makes a difference in the lives of the families here," he said.

The Ashland, Alabama, native lives in Opelika with his wife and two dogs, and he enjoys most any outdoor activity, including hiking, kayaking, camping and landscaping. He also enjoys travel, concerts and reading.

Branch said he looks forward to becoming a member of the Fort Benning community "and serving those who serve our country."

#### **INSTRUCTIONAL PROGRAMS**

CYS Sports & Fitness Instructional Programs offer a variety of fun classes for all ages. Participants must be registered at Parent Central and have a current sports physical.

- Parents & Tots, 45 minutes once a week for \$40 per month for 11 months-3 years
- All levels of Tumbling, beginner to advanced, 45 minute classes, \$45 per month
- Cheerleading, 45 minutes, \$45 per month, ages 3 and older
- Tae Kwon Do for ages 6-18, 45 minute class, twice a week, \$45 per month
- Functional Fitness is free for ages 3 and 4
- Drama Kids for ages 4-18, 50 minutes, meet Thursdays for \$50 per month
- Tap/Ballet ages 3-5 years | Tap/Ballet/Jazz ages 6-18, 50 minute classes



#### **Welcome Military and Family Members**

Join Our 250,000 SAT/ACT Students!

The eKnowledge SAT/ACT Prep Project enters its 14th year assisting students and families. The Project waives the complete \$350 course price for the SAT or ACT Prep. Programs. The Program works on all devices and computers: iOS, Android, Google, Apple, and PC.

The \$350 program price is paid by the Project partnership and sponsors. There is a fee of \$19.99 paid by the student that covers the cost of streaming, student support, customer support, shipping, and materials. All student fees are reinvested to improve the program and reach more families. The Project doesn't create a profit.

#### **FREE \$350 SAT & ACT Prep Course** www.eKnowledge.com/IMCOMCentral

The SAT/ACT Prep Project has assisted over 250,000 students in every state and in over 40 countries. The Project has 300+ partners including professional athletes from the NFL and MLB: DANTES, DOD, and The American Red Cross.

About the PowerPrep: The SAT and ACT PowerPrep™ Programs are available online cloud, all iOS/Android OS Devices or DVD. Semester-length programs • all instructors are professional educators, authors, JD, PhD or Masters . Semester-length video instruction • 100+ hours of student participation time • 3000+ files of supplemental multi-media prep material • thousands of interactive diagnostic lessons & questions hundreds of sample questions & practice tests

#### **SAT & ACT Test Dates 2017 - 2018**

SAT	August 25, 2018	Oct 6, 2018	Nov 3, 2018
ACT	July 14, 2018	Sept 8, 2018	Oct 27, 2018

For further information, contact Cheryl Litras, 951-256-4076 Cheryl@eKnowledge.com



MilitaryChildCare.com (MCC) provides a single online gateway for families to access militaryoperated or military-subsidized child care options worldwide across all Services. The site enables families to create a household profile, conduct child care searches, submit requests for care, and manage their requests at any time and from any location.

This website offers a more streamlined approach to finding and requesting care, expedites placement through a standardized request process and waitlist management tools. and provides reports that help programs better plan for future placement needs.

Through MilitaryChildCare.com, eligible families can search and request care for full-day and partday options in facility-based and home-based programs for children from birth through age 12. Families may remain on a preferred program's waitlist even after being offered care or enrolling in another program.

For additional information, go to MilitaryChildCare.com or contact the Help Desk by calling the toll free number, +1(855) 696.2934 or at FamilySupport@MilitaryChildCare.com.



#### **STAY AND PLAY**

#### **DESTIN ARMY RECREATION AREA**



If you would like to take your family out to fish for fun or trophies, give us a call at 850-837-6423 and book your charter.

If you are staying on the property head over to the Destin Harbor and watch the weighins, fun for the whole family.





MARINA HOURS
September - October
Tuesday - Saturday: 8am - 4pm

#### Waverunner:

\$60, 1 hour | \$205, 4 hours

#### Kayak:

\$15, 1 hour | \$40, 4 hours \$60, 8 hours

#### Paddle Board:

\$15, 1 hour | \$40, 4 hours \$60, 8 hours

#### Pontoon Boat:

\$90, 2 hours | \$165, 4 hours \$235, 6 hours | \$45, each additional hour



Book your winter staycation, rates change October 1 - February 28

#### calendar

#### September 1

Bowling Special Family Entertainment Center pg 18



#### September 1

Super Bingo MWR Bingo, pg 30

#### September 3

FEDERAL HOLIDAY, Labor Day

#### September 3

Bowling Special Mall Bowing, pg 18

#### September 3

CYS Wrestling Registration Parent Central, pg 21

#### September 6

Enhancing Employment ACS, Building 7, pg 12

#### September 8

Wetherby Concert Wetherby Field, pg 34

#### September 10

National Hotdog Day Benning Club, pg 16

#### September 13

SFL Hiring Event Building 9230, pg 12

#### September 13

Job Search ACS, Building 7, pg 12

#### September 15

Fishing Tournament Uchee Creek, pg 26



#### September 15

Glamping Uchee Creek, pg 32

#### September 18

Civilian Resume ACS, Building 7, pg 12

#### September 18

Family Fishing Night Puss Pond, pg 32

#### September 25

10 Steps to Federal Job ACS, Building 7, pg 12

#### **September 27**

PCS Brief ACS, Building 7, pg 12

#### September 27

Interview Skills ACS, Building 7, pg 12

#### September 27

CG's Monthly Golf Scramble Fort Benning Golf Course, pg 29



#### September 29

Flea Market Stilwell Field, pg 32

#### **ONGOING ACTIVITIES**

#### Sundays

\$12 All-You-Can-Bowl Mall Bowling Center pg 18

#### Sundays

\$1.50 Games, \$1.50 Shoes Family Entertainment Center pg 18

#### Mondays/Wednesdays

Tae Kwon Do Parent Central, pg 21

#### Mondays/Wednesdays

Functional Fitness Parent Central, pg 21

#### **Tuesdays/Thursdays**

Cheer Parent Central, pg 21

#### **Tuesdays/Thursdays**

Tumbling Parent Central, pg 21

#### Wednesdays

Story Time Milton E. Long Library, pg 10

#### Wednesdays

Newcomer's Orientation benning.armymwr.com

#### Wednesdays

Dance Parent Central, pg 21

#### 1st Wednesday

American Girls Book Club Milton E. Long Library, pg 10

#### 2nd Wednesday

Lunch and Learn Milton E. Long Library, pg 10

#### **3rd Wednesdays**

Superhero Book Club Milton E. Long Library, pg 10



#### 2nd and 4th Wednesdays

Board Game Night Milton E. Long Library, pg 10

#### Wednesdays/Thursdays

Zumba Parent Central, pg 21

#### **Thursdays**

Free Pool Benning Brew Pub, pg 18

#### **Thursdays**

Drama Kids Parent Central, pg 21

#### **Thursdays**

1/2 Playzone Family Entertainment Center pg 19



#### 3<sup>rd</sup> Thursday

Benning Bus Tour benning.armymwr.com

#### 2nd Thursdays

Family Movie Milton E. Long Library, pg 10

#### **Fridays**

You-Pick Family Entertainment Center pg 19

#### **Saturdays**

Pool Tournament Harmony Church Rec Center pg 29

#### 1st Saturday

Cenntenial Book Club Milton E. Long Library, pg 10

#### 3<sup>rd</sup> Saturday

Book to Movie Club Milton E. Long Library, pg 10



#### calendar

#### October 1

CYS Rugby, Volleyball and Flag Football Registration Parent Central, pg 21

#### October 3

Deer Hunting 101 Outdoor Rectreation, pg 32



#### October 4

Enhancing Employment ACS, Building 7, pg 12

#### October 6

Bowling Special Family Entertainment Center pg 18

#### October 6

Super Bingo MWR Bingo, pg 30

#### October 8

Bowling Special Mall Bowing, pg 18

#### October 8

CYS Rugby Registration Parent Central, pg 21

#### October 9

Job Search ACS, Building 7, pg 12

#### October 11

Help the Hooch Outdoor Recreation, pg 32

#### October 13

Family Fun at Twilight Pond Twilight Pond, pg 32



#### October 16

Civilian Resume ACS, Building 7, pg 12

#### **October 19-21**

Oktoberfest Uchee Creek, pg 4

#### October 20

Fishing Tournament Uchee Creek, pg 26

#### October 20

Oktoberfest 10K Cross Country Run Uchee Creek, pg 40



#### October 23

10 Steps to Federal Job ACS, Building 7, pg 12

#### October 25

EFMP Trunk or Treat ACS, Building 7, pg 11



#### October 25

PCS Brief ACS, Building 7, pg 12

#### October 25

Interview Skills ACS, Building 7, pg 12

#### October 25

CG's Monthly Golf Scramble Fort Benning Golf Course, pg 29

#### October 29

CYS Skill Buidling Flag Football Registration Parent Central, pg 21

#### October 30

Zombie Paintball Paintball Field, pg 32

#### October 29

Bowling Special Mall Bowing, pg 18

#### **ONGOING ACTIVITIES**

#### **Sundays**

\$12 All-You-Can-Bowl Mall Bowling Center pg 18

#### Sundays

\$1.50 Games, \$1.50 Shoes Family Entertainment Center pg 18

#### Mondays/Wednesdays

Tae Kwon Do Parent Central, pg 21

#### Mondays/Wednesdays

Functional Fitness Parent Central, pg 21

#### **Tuesdays/Thursdays**

Cheer Parent Central, pg 21

#### **Tuesdays/Thursdays**

Tumbling Parent Central, pg 21

#### Wednesdays

Story Time Milton E. Long Library, pg 10

#### Wednesdays

Newcomer's Orientation benning.armymwr.com

#### Wednesdays

Dance Parent Central, pg 21

#### **1st Wednesday**

American Girls Book Club Milton E. Long Library, pg 10

#### **2nd Wednesday**

Lunch and Learn Milton E. Long Library, pg 10

#### **3rd Wednesdays**

Superhero Book Club Milton E. Long Library, pg 10

#### 2nd and 4th Wednesdays

Board Game Night Milton E. Long Library, pg 10

# S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

#### Wednesdays/Thursdays

Zumba Parent Central, pg 21

#### **Thursdays**

Free Pool Benning Brew Pub, pg 18

#### **Thursdays**

Drama Kids Parent Central, pg 21

#### **Thursdays**

1/2 Playzone Family Entertainment Center pg 19

#### 3<sup>rd</sup> Thursday

Benning Bus Tour benning.armymwr.com

#### **2nd Thursdays**

Family Movie Milton E. Long Library, pg 10

#### **Fridays**

You-Pick Family Entertainment Center pg 19

#### **Saturdays**

Pool Tournament Harmony Church Rec Center pg 29

#### 1st Saturday

Cenntenial Book Club Milton E. Long Library, pg 10

#### 3<sup>rd</sup> Saturday

Book to Movie Club Milton E. Long Library, pg 10





#### **UCHEE CREEK CAMPGROUND AND MARINA**

Still searching for a staycation with the entire family, pets included? Look no further because we've got you covered. Nestled on the banks of the Chattahoochee on the Alabama side of Fort Benning, our 385-acre park has RV and tent sites, cabins and chalets, recreation areas, rental facilities, a fishing and boating marina, a paintball park, trails, an archery park and more. We are a pet friendly campground so you can bring the four-legged kids with you on this staycation; pets must be on a leash. What are you waiting for? Book your stay today!

The facilities are open to military ID card holders and families visiting Fort Benning for a military graduation or family day. We offer full hook-up RV sites, tent camping & a variety of cabins/chalets. Inside the campground are four comfort stations, three laundry facilities and a full service marina for eligible patrons.



#### **UPCOMING EVENTS:**

#### **Monthly Fishing Tournament**

Every third Saturday of each month

- one or two person teams
- ten boat minimum
- \$45 per boat with 85% payout
- Big Fish with 100% payout
- Participants must possess Georgia or Alabama Fishing License

#### **UCHEE SPECIALS:**

Stay three nights, pay for only two, when you check in Sunday and check out Wednesday. For more information, call 706-545-4053.

#### **MCIVER SUITES**



McIver Suites offer accommodations perfect for your short or long term visit and great extended stay value for leisure travel, with the comforts of home and the convenience of the office. We offer 1-bedroom suites for \$90 and 2-bedroom suites for \$110, with kitchens, screened porches and sun rooms. The historic McIvers are a golfer's delight, located minutes from the Fort Benning Golf Course and Jack's 19th Hole Club House!

Your stay includes free unlimited golf at the Fort Benning Golf Course and discounts at the following locations:

- Buy one lunch buffet at the Benning Club and get one free (Mondays)
- 10% off drinks at Java Cafés
- · 10% off boat rental at Uchee Creek
- One free game of bowling at Mall Bowling Center or Family Entertainment Center

To reserve your suite, call 706-545-4053.





INSTALLATION MANAGEMENT COMMAND

Ft. Benning Family and MWR



Facilities & Programs



31 Calendar



CYS Services Travel & Lodging Community Events

■ More

Search

Q

#### Fort Benning and MWR Mission is to provide exceptional and diverse Family and MWR programs and services that enrich the quality of life for all who serve

## benning.armymwr.com











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# NOVEMBER 15-18

Krilling Range, Shelton Range, Parks Range

United States Army Marksmanship Unit ranges



Join us at Fort Benning, Georgia for a unique multi-gun shoot. Fort Benning's Directorate of Family and Morale, Welfare and Recreation (MWR) and the United States Army Marksmanship Unit (USAMU) partner up for this first class event! USAMU Soldiers from all shooting disciplines serve as our range officials. Where else can you interact with World Champions and Olympians as they oversee the competition? No where else! 100% of the proceeds from this event help to keep Fort Benning's Recreational Shooting Complex an affordable option for Soldiers, their families, and veterans. Come out and watch some great marksmanship.











For more information on the event, visit benning.armymwr.com/programs/fort-benning-multi-gun-challenge.

#### RECREATION

#### FORT BENNING GOLF COURSE



In the fall of 2018, the Fort Benning Golf Course will undergo a project to improve the playing conditions of our course. During this major project, significant changes will occur, the most noticeable is the closing of the Patton 9 hole course effective October 1, 2018.

The Patton 9 course currently requires a disproportionate amount of day-to-day maintenance and upkeep due to its terrain and several underground springs. For this reason, we will refocus our resources and capital from this course to our two other 9 hole courses, the Bradley and Marshall courses.

Refocusing our resources and capital to improve our 18 hole course will allow us to provide a more challenging and pleasurable golfing experience to our customers. These changes will not impact our ability to host tournaments. The Bradley and Marshall courses will remain open during these improvements which are expected to greatly enhance the golfing experience and keep the Fort Benning Golf Course a vibrant recreational area for years to come.

#### **CG'S GOLF SCRAMBLES**

Form your best team and test your golf game in the monthly CG's Golf Scramble, **September 27 and October 25.** Register your team of four by calling 706-545-0397. Entry fee is \$30 in advance or \$35 the day of the event. The scrambles are sponsored by KIA Autosport of Columbus.

#### **GOLF COURSE AMENITIES:**

- A pro shop stocked with the latest equipment and in-house special ordering
- Handicap services from the Georgia State Golf Association
- Private golf lessons and clinics from a Class A PGA Professional
- Tournament packages
- Jack's 19th Hole
- Lighted driving range and putting area
- · Practice green with bunkers
- · Rental party rooms and pavilion
- Catering services

#### **MEMBERSHIP SPECIALS**

#### Corporate:

Corporate membership includes brand recognition in our Pro Shop. A corporate membership offers employees, spouses and children younger than 18 a full year of unlimited golf for \$16 for 18 holes or \$10 for nine holes, including a cart.



#### **USGA GOLF RULE CHANGES**

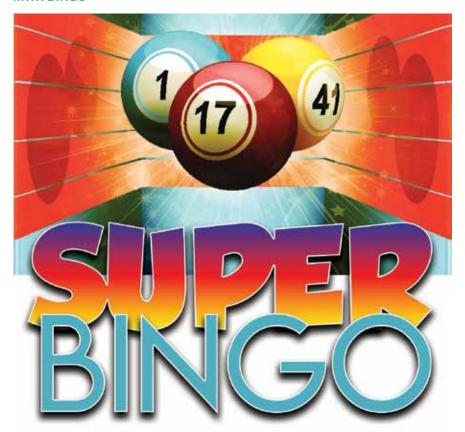
The USGA has updated some rules to increase the speed of play, improve player equity and ensure a fair game. Some of these changes include:

- (1) Players will no longer be penalized for accidently moving their ball while looking for it.
- (2) Players will no longer be penalized for accidentally moving a ball or marker on the putting surface. The ball or marker will be replaced in its original spot.
- (3) Players will no longer be penalized if their ball is accidently deflected a ball in motion by the player, a caddie or equipment.
- (4) The new procedure for dropping a ball for relief: Hold the ball in front of you at knee level and drop it without touching your body. It must be in the designated drop area.
- (5) Your club relief area will be determined by the longest club in your bag other than your putter. A ball dropped in relief must strike the designated area, come to rest and be played from that area.
- (6) Under the new guidelines, the amount of time permitted to search for a lost ball is reduced from five minutes to three.
- (7) On the local level (not higher levels or competitive play,) when a ball is lost or out of bounds, a player may drop a new ball in the vicinity of where the lost ball came to rest or went out of bounds. This includes a two shot penalty.

To read more about the new rules, go to www. usga.org and click on the link for the New Rules of Golf for 2019.

#### RECREATION

#### **MWR BINGO**



Join us the first Saturday every month for Super Bingo. Doors open at 12:30pm and Bingo starts at 2:30pm. Guests will enjoy free food, door prizes and there will be guaranteed payouts of \$800, \$1100 and \$5000! The minimum buy-in for the program is \$18 per person, which includes the initial game pack with eight games. Additional games are sold on the floor. You must be 18 to play. For more information, visit benning.armymwr.com or call 706-544-1964.

Every Tuesday we have buy 1 get 1 Free Game packs with 8 games per pack! Every Friday we have half off Bingo Tablets which is a great way for new bingo players to learn the game because the tablet will do most of the work! Additional games are sold on the floor. You must be 18 to play. For more information, visit benning. armymwr. com or call 706-544-1964.

#### RECREATIONAL SHOOTING COMPLEX (RSC)

The RSC includes two trap and skeet ranges, five stand ranges, a 50-yard handgun range, a 300-yard rifle range and a store that sells ammunition and supplies. Annual memberships and daily user passes are available. Members are permitted to store firearms at the facility because MCoE Policy Memo 190-11-1 does not allow for temporary storage of weapons in vehicles.

To save time, take a minute to review range rules and print this waiver before your visit, benning.armymwr.com. We look forward to seeing you!

Soldiers at Fort Benning without a vehicle, those here for training or school, can call 706-545-6158 to schedule a free ride to the Recreational Shooting Complex.

#### RECREATION CENTER



#### **Harmony Church Recreation Center**

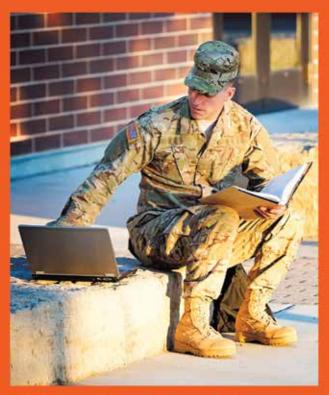
Pool Tournaments are held every Saturday at **2pm**. Registration for tournaments is required no later than 12:30pm. Open to all ID card holders and MWR patrons. For more information, call 706-626-1316.

The Harmony Church Recreation Center has a movie room and TV viewing areas, computers, books and magazines, pool tables, video games, and a snack bar. We are located off Old Cusseta Highway. From the Harmony Church gate, go straight through the traffic light and turn right into the Troop Medical Center parking lot. You will see the Recreation Center on the left.

#### **Sand Hill Recreation Center**



Join us at the Sand Hill Recreation Center. Bring the family! We have free WiFi, movie rooms, eight billiard tables, foosball, air hockey, table tennis, board and video games. We have a free computer lab with 29 computers. More than 400 movies to watch in our three movie rooms or on the big screen in our auditorium. Got a craft you would like to volunteer to teach? Give us a call and your suggestion. Look for us on MWR Facebook for upcoming craft classes. Use our large screen and projector for family day activities, classes, briefings or parties. Eat on site at SUBWAY for a healthier food selection. Soldiers Photos LLC is also located on site. RECON is on site from 11am-2pm Wednesdays and Thursdays.



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# Earn your degree ONLINE at the TA rate!

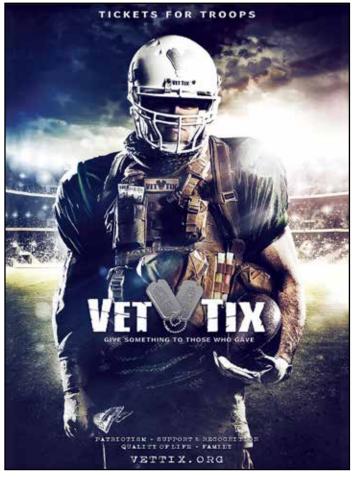
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- Bachelor's

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TA benefit covers 100% of tuition

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#### RECREATION

#### **OUTDOOR RECREATION (ODR)**



#### **GLAMPING**

Join Outdoor Recreation at 1pm September 15 - 11am September 16 for our mother/daughter campout at Uchee Creek. Activities include crafts, boating, a scavenger hunt, and more! Dinner and breakfast will be provided. Tents and camping gear can be rented at ODR for a discounted rate by calling 706-545-7978. Participants must pre-register at Outdoor Recreation. Price is \$30 per person, and daughters must be at least 5 years old.

#### **FAMILY FISHING NIGHT**

Join us from 6-8pm September 18 at Russ Park for Family Fishing Night. Fishing in Russ Pond is reserved for those 15 and younger, but parents are encouraged to come help reel 'em in! Poles and bait are provided while supplies last. Children must be accompanied by an adult. To register, call 706-545-7978.

#### FLEA MARKET

Join us 8am-2pm September 29 the post wide yard sale to coincide with the flea market. Located on Stilwell Field, you can choose from a 10x10 or a 10x20 space. Tables and chairs are also available for rent. \$8 per table, \$1 per chair. Please register online at benning.armymwr.com.



#### **DEER HUNTING 101**

Learn the basics of deer hunting on Fort Benning with Outdoor Recreation 6-7:30pm, October 3 at this free clinic. All ages are welcome; however, those under 18 years old must be accompanied by a parent or guardian. Register by calling 706-545-7978.

#### **HELP THE HOOCH**

Volunteers are needed 8am-noon, October 11 to help us clean the ponds, creeks, and rivers on Fort Benning. Open to persons aged 10 and over. All participants under the age of 18 must be accompanied by a parent or guardian. Participants must preregister to receive free lunch and a t-shirt. Active Duty Soldiers and DOD civilians are permitted to volunteer for this event without having to take leave.

#### FAMILY FUN AT TWILIGHT POND



Join Outdoor Recreation noon - 7pm, October 13 for a day of family fun! Outdoor Recreation will provide canoes, kayaks, games, and activities at no cost. To register or for more information, call 706-545-7978.



#### **ZOMBIE PAINTBALL**

Come dressed as a zombie for an evening of paintball action in the Woodlands on Dublinsky Street 3-7pm, October 30. Open to all ages, but youth under 18 must be accompanied by a parent or guardian. Form a team and challenge another unit or group! Rent the deluxe paintball package (gun, mask, hopper, air tank, 500 paintballs) on-site for \$15. Cash only. Refill packages available. Contact 706-545-7978 to register!



#### **HOWL-O-WEEN**

Come out to the dog park 4:30-6:30pm, **November 1** for a Halloween inspired party. We will have dog costume competitions and prizes. Dogs must be registered on post.

#### **EQUIPMENT RENTAL**



Looking for a quick fall getaway? Outdoor Recreation's Equipment Rental Center has new campers available now. The 2018 Heartland Trail Runner is perfect for a trip to Pine Mountain's F.D. Roosevelt State Park.

At 9,049 acres, Georgia's largest state park is a hiker's and backpacker's haven. More than 40 miles of trails wind through hardwood and pines, over creeks and past small waterfalls. The park has several amenities such as cottages and the Liberty Bell swimming pool fed by cool springs. A wooded campground sits near the edge of a small fishing lake, and privately operated stables offer guided horseback rides.

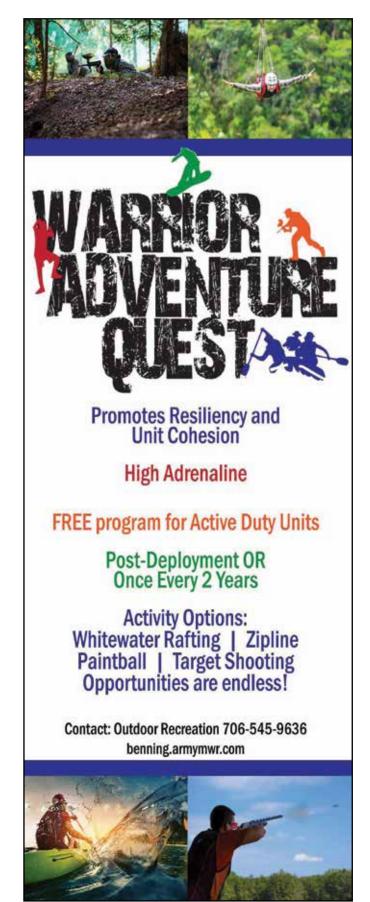
Let Outdoor Recreation's Equipment Rental be your guide and your one-stop-shop for all your needs.

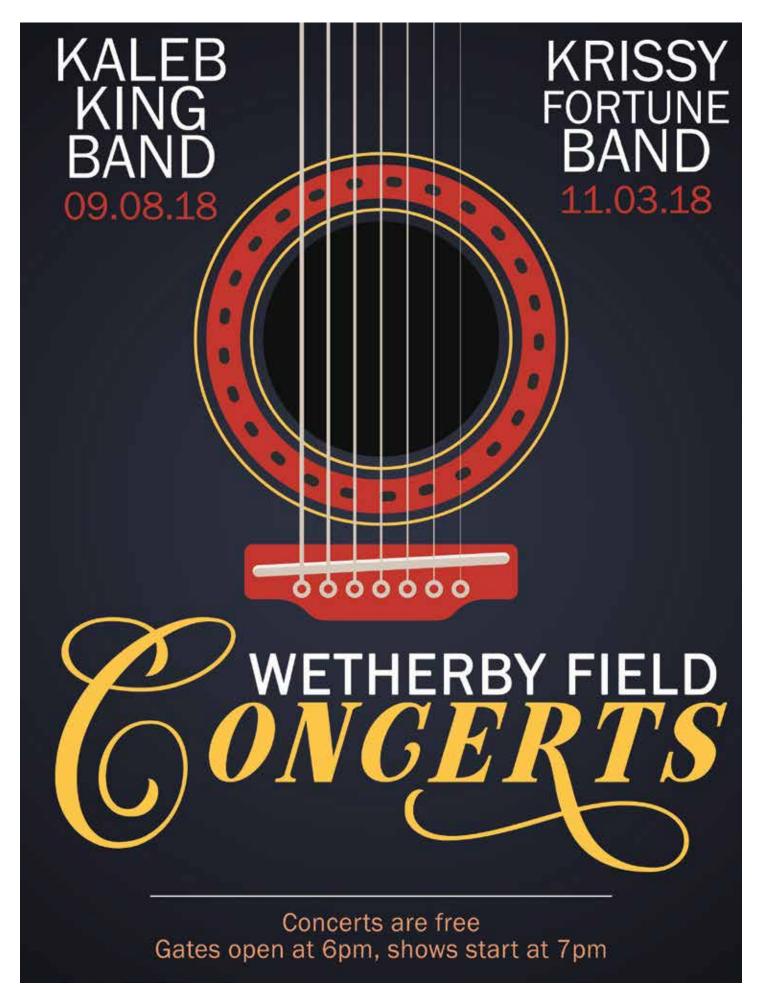


Fully fenced, keypad entry + 24-hour surveillance Moving trucks and equipment available at affordable rental rates

orage Spaces 20 x 10 - \$24
20 x 10 - \$24
20 x 12 - \$27
30 x 12 - \$32
40 x 10 - \$34
40 x 12 - \$37

For more information, call 706-545-7978.





# RENTAL VENUES the Benning Club







The legacy of the Benning Club is one of history and hospitality. It was originally the Fort Benning Officers' Club when it was founded in 1919. When the facility was built in June 1934, it was considered one of the most modern clubs in the Southeast, with an expansive gallery, separate lounges for men and women, a barber and a beauty shop, billiards room, gymnasium, kitchen and grill, guest quarters on the mezzanine level, servants' quarters onsite for round-the-clock service, a paging system and an in-house telephone system so guests could order from the grill anywhere in the Club. The Club's first pool and formal gardens were added in 1937, and the Supper Club was added in 1960. The Officers' Club was featured briefly in The Green Berets, a movie starring John Wayne filmed at Fort Benning in 1967.

The "Officers Club" is now the Benning Club, and membership is no longer exclusive. If you're a member of the Fort Benning community, you're a member of the Club! And today, with meeting space for events that are intimate or extravagant, with rooms suitable for groups of 40 to 400, the Club remains the center of social events on Fort Benning. You may choose to rent one of our rooms or galleries - or all of our rooms and galleries - for your next special event, or you may attend one of many events we host at the Club every year, including holiday brunches, mother-and-son and father-and-daughter formal balls, concerts and comedy night, receptions and so much more.

The Benning Club's gallery, the Regimental Room, is a popular venue for wedding receptions, military ceremonies, such as promotions and retirements, dances, meetings and more. The Regimental Room has a grand military atmosphere. The Supper Club, which is currently being renovated, is also perfect for large events, without the military décor, making it ideal for receptions, balls and formal dinners.

The Benning Club's Lexington Room serves lunch weekdays 11am-1:30pm. You can order from the menu or enjoy our extensive buffet, which includes a variety of entrees and side dishes, soup and salad bars, a wide choice of delicious fresh desserts, and drinks, all for less than \$10. Be sure to ask for a lunch punch card!

The Club also has smaller meeting spaces, including the Corregidor, Benning and Normandy rooms, with accommodations for an office luncheon, an FRG meeting or drinks with your friends. At the Infantry Bar, or Ibar, we pay homage to the Infantry in a setting that is rich in history and warm pub décor. It feels a lot like your neighborhood bar.

The Fiddler's Green Pub is our salute to Cavalry Soldiers everywhere, past and present. It is located inside the Club, next to the Lexington Room. The pub is open to the public 4-9pm Fridays and available by reservation for private events Mondays-Thursdays.

Allow our staff to help you plan a memorable event at the Benning Club. The Catering and Event Planning Office is open weekdays 8am-5pm. For more information, call 706-682-0640 or 706-687-1861.

#### **SERVICES**

#### **AUTO SKILLS CENTER**



Repair or rebuild your own vehicle, or let us do it for you! One of the Army's largest auto repair centers, with 42 bays, the Fort Benning Auto Skills Center employs certified mechanics and training instructors who stand ready to help you repair or customize your car.

#### DO IT

You-do-it customers have on-site access to a free computer program that provides easyto-read step-by-step instructions on every kind of repair imaginable. It will also tell you what parts you may need to purchase and what you should expect to pay for them. You'll likely find them in stock at the Auto Skills Center, priced less than you'll find off post, and tax free!

#### E DO IT

Let our certified professionals handle your car care or do it yourself!

- · We provide quality, affordable programs and first-class service to all MWR patrons.
- · We have 42 bays for auto repair and do-it-yourself services.
- Staff members are available to guide you through your self-service project.
- We do brake inspections and repairs, tire services, air conditioning checks and charges and more.
- · Supplies and parts are sold at the service center.
- Vehicle storage is available for lengthy auto repairs or rebuilds.
- · We have the Nitrogen Tire Inflation System. Replace the air in all four tires for less than \$28. "Top offs" are free for the life of your tire!

THE AUTO SKILLS CENTER STAFF OFFERS FREE PRE-PURCHASE INSPECTIONS AS WELL AS FREE SAFETY/PRE-TRIP INSPECTIONS. TO SCHEDULE AN **APPOINTMENT, CALL 706-545-2337.** 



#### LAUNDROMAT



You can clean just about anything, including your TA-50, at the Main Post Laundromat, with 29 heavy duty washers, up to 80 pounds capacity, 51 single load machines and 44 commercial dryers.

You won't ever have to carry a pocketful of quarters with our debit card system. Simply purchase a laundry card at the facility with cash or credit card. The more you use the post Laundromat, the more free credit you earn on your card! While you are waiting for your gear, have a snack from our vending machine, or walk next door to the Java Café.

Unit laundry parties can be facilitated between 10pm and 8am by appointment. More more information, call 706-545-3398.

### **SERVICES**

### **TICKETS & TRAVEL**



The Georgia National Fair, in Perry, Georgia, is a traditional, agriculture fair showcasing Georgia's youth, livestock, and heritage. The Fair features home and fine arts competitions, horse and livestock show, family entertainment, food, rides and games, concerts, vendors, and nightly fireworks.

Stop by Tickets and Travel in the Commissary Mall to purchase your Georgia National Fair military discounted tickets. For more information, call 706-626-7644.

MWR Tickets & Travel for exceptional deals and discounts on travel, flights, vacation plans and cruise packages. Tickets & Travel also offers discounts on local, regional and national attractions, up to 50 percent off regular prices. Prices are subject to change without notice.



### **CAR WASHES**



MWR car washes are located on Marchant Avenue on Main Post, next to the Auto Skills Center, "under" the water tower on Harmony Church and next to the Commissary Mall on Marne Road.

### **DOG WASH**



Attached to the Main Post car wash, our doit-yourself, climate controlled dog wash is the first of its kind on a U.S. military installation. You may use your credit card or the reloadable MWR Car Wash Card for washing, drying, flea and tick bathing options. Open 24/7.











As Army Civilians, we play a vital role in our Nation's defense and to the readiness of our Army. We are committed to upholding the Army Standards of Conduct\* and supporting a positive work climate, free from sexual assault, sexual harassment and retaliation.

TOGETHER, THIS WE'LL DEFEND.

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"Joint Ethics Regulation, D000 5500.7-R, Chapter 12, Sections 3.4,5.

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Available in khaki and coyote. Available at both locations.

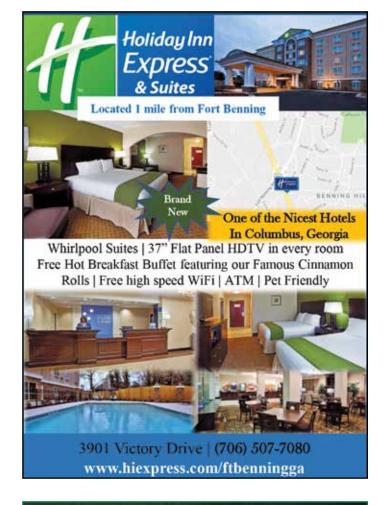


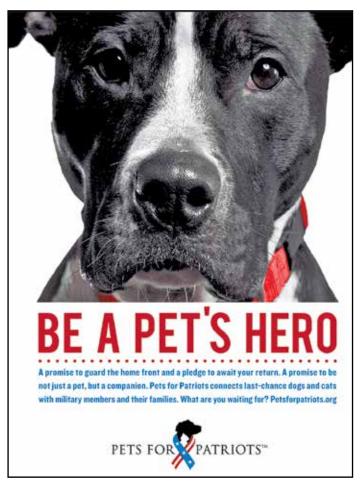
MILITARY BOOTS

Fort Benning Store-Main Post Mini Mall 103 Ingersoll St. Ft. Benning, GA 31905

Ft. Benning, GA 31905 706.689.2175 Mon. – Sat. 9 AM–6 PM Sun. 12:30 PM – 3 PM The Landings – Main Store 2479 Airport Thruway Columbus, GA 31904 **706.323.8070** Mon. – Fri. 8 AM – 6:30 PM Sat. 9 AM – 6 PM

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### **SPORTS & FITNESS**

### **FITNESS CENTERS**



### **Kefurt Fitness Center**

Stop by the newest gym! Kefurt has:

Hammer Strength HD Athletic racks with bumper plates, 35' Alpha Warrior Battle Rig Number 44 in the world, Matrix S Drive non-motorized treadmills, Air Assault fan bikes, Concept 2 Rowers, Cybex SPARC trainers, Jacob's Ladders, Expansive turf area Torque Tanks for pushing/pulling, full set of Nautilus selectorized equipment, full cardio inventory.



### **Fitness Marathon**

This free event 10am-1pm October 6, allows patrons to try out all our fitness classes. Each class will be 30 minute demos. This allows enough time to try out any and all classes. We will also have a couple of personal trainers on standby to offer assessments free of charge.

Check out the MWR website for the latest schedule for fitness classes.

Looking for an extra fitness push? Our personal trainers are here to help you reach your goals. Contact Michelle Giles-Fitness Specialist, michelle.l.giles2.naf@mail.mil.



Sign up for the Oktoberfest Cross Country 10K and the 5K family friendly fun run, October 20. Cost is \$25 for 10K and \$10 for the fun run.

## the lab

[ eat to (I)ive + m(a)ximize + re(b)uild ]



The Lab is located inside the Whittington High Performance Center (Building 4303). They sell workout gear, Vital Proteins, BPN and UCAN products along with healthy snacks and beverages.

# myARMYOneSource.com ve Family Programs \* eLearning Center \* Family Readiness Groups \* Home and Family Life Library Resources \* National Guard Family Management \* Exceptional Family Men it • Army Reserve Family Programs • Family Readiness Groups • Home and Family Life Library Resources • Survivor Outrea HEALTHY FAMILIES MAKE Strong Soldiers. Strong Soldiers make a successful Army. And that's what ARMYOneSource is all about. **ARMYOneSource** provides easy access to information, resources and services that are designed to support Soldiers and Families. From deployments to relocations, **ARMYOneSource** can help manage these changes. To learn more, visit myARMYOneSource.com

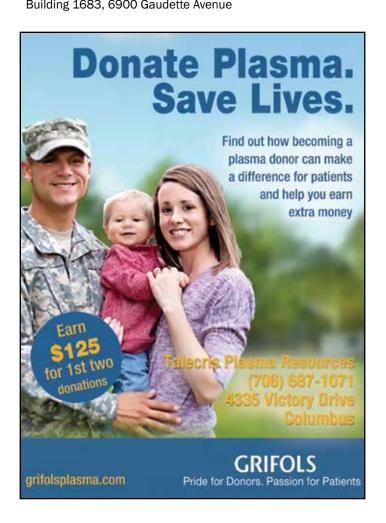
ADMY COMMUNITY SERVICE	JAVA CAFÉS	
ARMY COMMUNITY SERVICE	Main Post	706-626-0232
Army Community Service706-545-4043	Building 1685, 1685 Gaudette Street	100-020-0232
Patch Hall, Building 7, 7117 Baltzell Avenue  Army Volunteer Corps, Employment Readiness, Exceptional Family Member,	Harmony Church	706-626-2971
Financial Readiness, Information and Referral, Relocation, Army Emergency	Building 4102, Jamestown Road	700 545 2020
Relief	Ridgway HallRidgway Hall, Building 35, 35 Ridgway Loop	706-545-3938
Army Community Service Building 359, 7021 Ingersoll Avenue	Magway Hall, Bullding 33, 33 Magway 200p	
AFTB/AFAP	Little Caesars	706-682-2799
Survivor Outreach Services	Building 129, 9058 E Ballard St	
Mobilization & Deployment706-545-2449	Smoothie King	.706-685-8200
Family Advocacy Program	Building 2874, 6835 Dixie Road	
Lewis Hall, Building 36, 7131 Richardson Circle  Military Family Life Consultants706-566-1033	SUBWAY	
Building 359, 7021 Ingersoll Avenue	Main Post	706-687-8274
	Building 2502, 7308 Anderson Street	700 007 4040
CHILD & YOUTH SERVICES	Sand Hill	
	Building 5508, 5500 41st illiantry Regiment Stree	:(
CHILD DEVELOPMENT CENTERS (CDC)	Zaxby's	.706-683-0066
<b>1st Division CDC</b>	Building 1692,7290 Ingersoll Street	
Building 1051, 7191 1st Division Road		
Indianhead CDC706-626-0673 Building 2389, 6351 Indianhead Road	DFMWR ADMINISTRATION	
Main Post CDC706-545-3732	Business Operations Division	706-545-5221
Building 1366, 7000 Yeager Avenue	Building 228, 7370 Kilgore Street	
McGraw CDC706-544-1758	BOSS	706-604-7675
Building 11306, 8220 Custer Road	Child & Youth Services	706-545-6811
<b>Sante Fe CDC</b> 706-544-2339 Building 9242, 7151 Hoff Street	Building 228, 7370 Kilgore Street	700 545 7057
building 9242, 7131 Hoff Street	Community Recreation Division  Building 228, 7370 Kilgore Street	/06-545-7357
	Director	.706-545-1511
Family Child Care	Building 228, 7370 Kilgore Street	
Building 1051, 7191 1st Division Road  Middle School & Teen706-545-3070	Deputy Director	. 706-545-6701
Building 1055, 7110 McIver Street	Building 228, 7370 Kilgore Street	
Parent Central Services	Marketing & Sponsorship Building 228, 7370 Kilgore Street	. 706-545-3328
Building 104, 6880 Marchant Avenue	Support Management Division	. 706-545-4937
School Age Care706-545-3605	Building 228, 7370 Kilgore Street	
Building 2653, 7502 Ingersoll Street		
School Liaison Officer706-545-3062	FITNESS CENTERS	
Building 228, 7370 Kilgore Street		706 545 1040
<b>Youth Sports</b> 706-545-3582	Audie MurphyBuilding 2818, 6561 Way Street	700-545-1540
Building 1056, 7110 McIver Street	Breezeway	. 706-545-1687
	Building 117, 7190 Muir Street	
DINNING & PUBS	Kefurt	. 706-544-4511
Benning Brew Pub706-545-8426	Building 9001, 8710 Watkins Street  Santiago	706-544-0486
Building 2784, 7611 Sightseeing Road	Building 3350, 5310 23rd Infantry Regiment Stree	
Benning Club706687-1861	Smith	
Building 128, 7010 Morrison Avenue	Building 2874, 6835 Dixie Road	
<b>Destiny Dogs</b> 706-685-4466	Whittington High Performance Center	. 706-544-7528
Building 2785, 6530 Eckel Avenue	Building 4303, 7098 Old Cusseta Highway	
El Zapata706-689-9009	RECREATION	
Building 2784, 7611 Sightseeing Road		
Jack's 19th Hole Club House706-545-0397	Destin Army Recreation Area	850-837-6423
Building 390, 390 Baltzell Avenue	557 Calhoun Avenue, Destin, Florida	706 545 4070
	Family Entertainment Center	. 100-343-4212
	Fort Benning Golf Course	. 706-545-0397
	Building 390, 390 Baltzell Avenue	

<b>Drop Zone</b>
Harmony Church Recreation Center
Building 4203, 6986 Old Cusseta Highway
Mall Bowling
Building 9232, 8140 Marne Road
McIver Suites
McIver Street
<b>MWR Bingo</b> 706-544-1964
Building 93, 6870 Wold Avenue
<b>Outdoor Recreation</b>
and Equipment Resource Center
Building 1707, 7310 Gillespie Street
Recreational Shooting Complex706-545-6158
Building 2975, 7839 1st Division Road, Coursen Range
Sand Hill Recreation Center706-544-9161
Building 3308, 5300 41st Infantry Regiment Street
Uchee Creek Campground & Marina706-545-4053
Building 405, 7 Uchee Creek Road

### **SERVICES**

Auto Chillo Conto

Auto Skills Center100-545-2337
Building 111, Marchant Avenue
<b>Car &amp; Dog Wash Facilities</b> 706-545-7298
Dog Wash, Building 105, Marchant Avenue
Harmony Church Car Wash, Building 4101, Jamestown Road
Mall Car Wash, Building 9231, Marne Road
Main Post Car Wash, Building 105, Marchant Avenue
<b>Laundromat</b>
Building 1692, 6000 Coudette Avenue



Milton E. Long Library	706-545-4911
Building 2783, 6529 Eckel Avenue	
NAF Property	706-545-3751
Building 2384, 7701 Prussman Street	
Soldier Photos	706-685-2222
Building 3308, 5300 41st Infantry Regiment Street	
Tickets and Travel	706-626-7644
Building , 9230 Marne Road	

### **OTHER AGENCIES**

706 545 9997

Lodging, Abrams Hall	877-711-8326
Military Police	706-545-5222
Post Operator	706-545-2011
Recon Sportswear	

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706-324-3939 or 800-584-6732

For Details, Call or Visit our website at

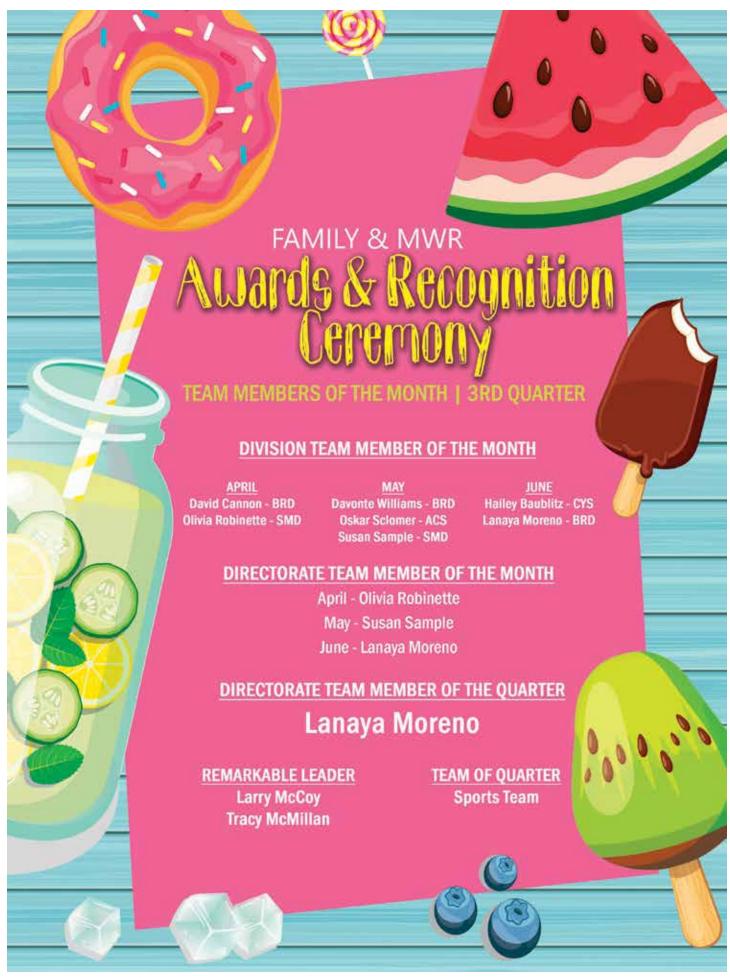
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grilled chicken caesar salad . kale salad with feta and shrimp . season salad . black bean burger . buffalo chicken flat bread pizza · malibu chicken flat bread pizza · spinach feta and tomato pizza · chicken gyro pita · light turkey green chili sandwich · tomato-cucumber turkey salad . fort benning golf course . follow me fitness trail . carey pool . briant wells pool . smith pool . audie murphy athletic performance center - whittington high performance fitness center - kefurt fitness center - smith fitness center benning club . java breezeway complex lack bean burger . p - extreme cycle oktoberfest 10k cross country run . ad with feta and shrimp . season salad . black pinach feta and tomato pizza · chicken gyro pita · ng golf course + follow me fitness trail + carey pool + ton high performance fitness center + kefurt fitness ge · les mills grit · les mills body pump · extreme orts + chesty puller + oktoberfest 10k cross country run salad with feta and shrimp . season salad . spinach feta and tomato pizza + chicken gyro · kefurt fitness center · les mills body pump + extreme cycle cross country run - breez season salad - black bean burger - buffalo chicken flat bread pizza - malibu chicken flat bread pizza reta and pizza - chicken gyro pita - light turkey green chili sandwich - tomato-cucumber turkey salad - forg ourse - follow whitting fitness trail - carey pool - briant wells pool - smith pool - audie murphy athletic performance of high perform fitness center - kefurt fitness center - smith fitness center - santiago fitness center - zumba muscle challenge . les mills les mills body pump · extreme cycle · benning club · java cafe · smoothie king · the lab · c anders cup sports - chesty r oktoberfest 10k cross country run - breezeway complex 24-hour fitness center - grilled chicke esar salad . kale salad and shrimp . season salad . black bean burger . buffalo chicken flat bread pizza . malib. ken flat bread pizza • s ch feta and tomato pizza - chicken gyro pita - light turkey green chili sandwich - tomato-cucumber tur d . fort benning course + follow me fitness trail - carey pool - briant wells pool - smith pool - audie murphy athletic perfo enter « whi igton high performance fitness center + kefurt fitness center + smith fitness center + santiago fitness center + zumba enge · les mills grit . les mills body pump . extreme cycle . benning club . Java cafe . smoothie king . the lab . communation up sports .