



# JAN SIGACTS



*Fort Benning, Home of the MCoE*

- **11 Jan**                    **Biscuits w/Brian and Military Appreciation Breakfast, NIM, 0630**
- **11 Jan**                    **MCoE CSM Farewell, BC, 1700**
- **14 Jan**                    **MCoE CSM COR, MWH, MA**
- **15 Jan**                    **Monthly Retirement Ceremony, MWH, MA, 0900**
- **18-21 Jan**                **MLK TNG/FED Holiday**
- **25 Jan**                    **RIA Demonstration**
- **26 Jan**                    **Australia Day**
- **28 Jan**                    **Spouse Leadership Seminar, MWH, W-139**
- **29 Jan**                    **NFL Salute to the Service Event, MWH, Out Front Entrance**
- **31 Jan**                    **Golf Scramble**



# FEB SIGACTS



*Fort Benning, Home of the MCoE*

- **4 Feb-1 Mar**      **EIB Window**
- **7 Feb**      **Sponsor Recognition Ceremony, BC, 1130**
- **8 Feb**      **National Prayer Breakfast, BC, 0730**
- **8 Feb**      **SoS Hall of Heroes Mounting Ceremony, SoS Building, 0930**
- **9 Feb**      **YoungLife Military/Club Beyond, NIM, 1800**
- **13 Feb**      **AMU Formal Ball, Rivermill Event Center, 1730**
- **15-18 Feb**      **President's Day TNG/FED Holiday**
- **15 Feb**      **Mother/Son Ball, BC, 1800**
- **16 Feb**      **4-Legged Love Run, Dog Park 2, 1000**
- **16 Feb**      **CSU Military Appreciation Basketball, CSU Gym**
- **19 Feb**      **Monthly Retirement Ceremony**
- **26-28 Feb**      **AFAP Conference, ACS**
- **28 Feb**      **Golf Scramble**



<b>PHONE</b> Numbers	<b>Store Director</b>	<b>Dept.</b>	<b>Ext.</b>	<b>Dept.</b>	<b>Ext.</b>
	terry.ford@deca.mil	Customer Service	3325	Produce	3338
	706-544-3965 x3351	Asst. Store Dir.	3307	Meat	3341
		Grocery	3320	Secretary	3305

<b>STORE</b> Hours	<b>Sun:</b> 1000-1900	<b>Wed:</b> 1000-2100
	<b>Mon:</b> 1000-2100	<b>Thu:</b> 0900-2100
	<b>Tue:</b> 1000-2100	<b>Fri:</b> 0900-2100
		<b>Sat:</b> 0900-1900
	<b>Early Bird Shopping:</b>	<b>Mon-Wed 0700-1000</b> <b>Thu-Sat 0700-0900</b>



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

#### Scholarships for Military Children

#### UPCOMING HOLIDAY HOURS MARTIN LUTHER KING DAY

Monday, January 21<sup>st</sup>  
Store Hours 0900-1700

#### WASHINGTON'S BIRTHDAY

(Presidents' Day)  
Monday, February 18<sup>th</sup>  
Store Hours 0900-1700

All other days are normal operating hours. Please visit our website for updates on store hours.



The Commissary now has Valentine's Candy available. Stop by and check out our variety and assortments!

#### Commissary Rewards Card Tips for the MyCommissary Portal

We recently introduced a new MyCommissary online customer portal. By now, perhaps you've gotten your feet wet with it, or maybe you weren't sure where to get started in the first place. Either way, these tips are for you!

One of the first capabilities we've launched on the portal is the new home for the Commissary Rewards Card. Because we've transitioned the interface for this from a separate website to being part of this portal, there's bound to be a learning curve, as you learn how to navigate this new interface and we learn what adjustments we may need to make to ensure the portal will be as user-friendly as possible. For more information [visit our website at www.commissaries.com](http://www.commissaries.com).

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. Decorated Party Cakes can be ordered with a 24-hour notice.



*The Fort Benning Commissary is currently undergoing some renovations. Please pardon our appearance while we make improvements to better serve you!*

### **Find special seasonal savings at your commissary in December**

The new year is a time for new beginnings, which for many often includes adopting a healthy diet and fitness routine following the holiday season. Conventional wisdom suggests a long-term lifestyle change will yield better, lasting results than a winter fad which melts away before spring blooms. The good news is that January is Family Fitness Month, and your commissary has the nutritional tools to get you started. Find [healthy living](#) resources and information about the [Nutrition Guide Program](#). In January, military commissaries are also offering discounts and special promotions beyond everyday savings. DeCA encourages customers to check displays at the ends of the aisles, where stores showcase products with extra-low prices. Overseas stores may have substitute events for certain promotional programs. Customers should check with their store manager to verify when they will be offering the following sales or visit their [store page](#) to verify what's available at their particular store. To read the complete story, go to [commissaries.com](#).

### **Deadline for Scholarships for Military Children is Feb. 15**

The Fisher House Foundation's Scholarships for Military Children Program is now accepting applications for the 2019 – 2020 school year. The deadline for students to submit online is Feb. 15. This marks the first time the entry process will happen entirely online. "It will be simple to create an account, save your work and submit your application when finalized," said Jim Weiskopf, vice president, Fisher House Foundation, the nonprofit organization that administers the program. "The online process will make it easier for military children to reach their education goals." Eligibility for the program is determined using the Defense Enrollment Eligibility Reporting System database. Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military dependent ID card. All rules and requirements for the program, as well as links to frequently asked questions are available at the [Scholarships for Military Children](#) website.

### **Commissary store brands offer national brand quality with extra savings**

Commissary patrons seeking value and choice are flocking to the Defense Commissary Agency's private label offerings. Commissary store brands are high quality, low cost alternatives to national brand products: **Freedom's Choice** for food items and **HomeBase** for nonfood items such as paper products and other household items. Commissaries are also stocking a line of products such as first aid supplies, vitamins, over-the-counter medications and beauty care items under the **TopCare** brand name; baby and child care items under **Tippy-Toes**; and GMO-free, organic and natural products under **Full Circle Market**.

DEFENSE COMMISSARY AGENCY – PUBLIC AFFAIRS

Visit DeCA on the Web at: [www.commissaries.com](#); [www.twitter.com/YourCommissary](#);  
[www.youtube.com/user/DefenseCommissary](#); [www.facebook.com/YourCommissary](#);  
[www.flickr.com/photos/commissary/](#); [www.pinterest.com/YourCommissary](#);  
[www.instagram.com/YourCommissary](#); [http://commissaryconnection.dodlive.mil/](#)  
and for the latest news and links to more savings, subscribe to *Commissary Connection* at  
[www.commissaries.com/subscribe.cfm](#).





# VOLUNTEER FAIR

Find your volunteer niche and explore education opportunities by speaking to representatives from local organizations.

## February 2

9am-2pm  
ACS Bldg. 7

*Show Your Community  
Some Love - Volunteer!*

9am-10am class **“How Giving Back Pays Off”**, that teaches you to use your volunteer experience in resume writing for college and careers.

10am-2pm Volunteer Fair: Tickets are not required. Organizations can interview and place volunteers right on spot. All interested in attending should RSVP.

Light Refreshments are offered. All ages can attend.

**Service Members** regardless of rank can earn MOVSM.  
*E-4 & E-5 Soldiers can earn promotion points.*

**Spouses** volunteer to network, learn new skills & add experience to their resumes.

**Teens** volunteer to gain community service opportunities for middle and high school that enhance their college applications.

**RSVP** with the Volunteer Coordinator via email at:  
[jessica.l.horton22.civ@mail.mil](mailto:jessica.l.horton22.civ@mail.mil)  
Organizations must coordinate with AVC not later than 01/18/2019.

For more information,  
call 706-545-3016



# Fort Benning Community Events

January 2, 2019



## THRIFT SAVINGS PLAN

*for Civilians*

January 10 & July 11  
12:30-2pm • ACS, Building 7

A discussion about the various investment funds available, difference between Roth and Traditional accounts, and retirement withdrawals.

To register and for more info, call 706-545-4043/7517.

## FITNESS MARATHON

**JANUARY 19 | 10AM**  
**SMITH FITNESS CENTER**

COME AND TRY OUT OUR FITNESS CLASSES FOR FREE! WE WILL EVEN HAVE TRAINERS ON STANDBY TO OFFER A FREE ASSESSMENT.

30 MIN DEMOS | SPACE IS LIMITED | RAFFLES

FOR MORE INFO, VISIT [FORTBENNINGARMYMWR.COM](http://FORTBENNINGARMYMWR.COM)

- LES MILLS GRIT
- LES MILLS RPM
- ZUMBA
- POWER YOGA
- KETTLEBELL
- AND MUCH MORE

## 90 DAY CHALLENGE

**12 WEEKS**

3 phases • weekday workouts  
starts January 21

Our coaches will help provide nutritional guidelines, guided exercise programs and online coaching!

Available to any level, age, gender or location.

For more information, [michelle.lglisz2.naf@gmail.com](mailto:michelle.lglisz2.naf@gmail.com)

## CALLING ALL SPOUSES!

Employment Readiness and the Villages of Benning offer a monthly Spouse employment evening Class. Learn how to find your dream job, how to write your resume professionally, find out about Scholarships and set your Education goals!

Classes take place 6 to 8pm on:

- October 24, 2018 @ Custer Village Event Room
- November 28, 2018 @ Indianhead Village Event Room
- January 23, 2019 @ McGraw Village Event Room
- February 27, 2019 @ Patton Village Event Room
- March 27, 2019 @ Custer Village Event Room
- April 24, 2019 @ Indianhead Village Event Room
- May 24, 2019 @ McGraw Village Event Room

Call ACS at 706-545-4043 for more information and to reserve your spot!

## Exceptional Family Member Program

### MILITARY PARENT TO PARENT SUPPORTING PARENTS WORKSHOPS

**January 17**  
**8:30am-1pm**  
**ACS, Building 7**

This workshop is for parents of children with disabilities and also for those parents who want to volunteer their time to other parents of children facing the same or similar special challenges. Lessons are provided that discuss effective ways of communicating and how to build positive interpersonal skills. Parents are also shown how to provide successful emotional support, how to obtain appropriate resources & services, and how to navigate the educational & health system.

To register, call 706-545-2679/6545.

**January 8**

The Community Activity Resource Exchange (CARE) provides information on events and subjects of interest within the surrounding communities to the Fort Benning community, specifically spouses and those who disseminate information throughout the community. Everyone is invited.

CARE meetings are 9:30-10:30 a.m. at ACS headquarters in Building 7 on Baltzell Avenue. The January 8 meeting will include speakers from Martin Army Community Hospital and wellness resources.



# Spouse Leadership Seminar



The Spouse Leadership Seminar is a five-day course that will assist Spouses with integrating into their new roles as their Soldiers move into leadership positions. It combines several Army Family Team Building modules, providing students with communications skills for leaders, tools on establishing team dynamics, time management, resolving conflict, examining leadership styles, problem solving, customs/protocol/traditions in the Army and much more. This course also provides FRG Leader certification and information that is necessary for successful leadership.

Registration is required for this course.  
Contact Nicole Heller at [nicole.y.heller.civ@mail.mil](mailto:nicole.y.heller.civ@mail.mil) or 706-545-2449 to register before January 23.

\* Please make childcare arrangements for children over 6 months of age; only lap-babies are permitted during course instruction.



January

- Enjoy Dollar Night every Thursday in January and bowl for \$1 per game and \$1 shoe rental.
- January 18 is the Martin Luther King Jr Day training holiday on Fort Benning. We offer unlimited bowling for \$12 per person from 1-5pm.
- Enjoy unlimited bowling for \$12 per person (including those awesome shoes!) January 21.
- No fee for shoe rental every Monday in January from 5-10pm when you pay to bowl.

February

- Watch the Super Bowl while you bowl February 3, and enjoy unlimited bowling for \$12 per person (including shoes!)
- We offer a sweet special on Valentine's Day, February 14. Bowl a strike when the head pin is red and you'll earn an opportunity to win a bowling ball. We'll drill it for free!
- Every Thursday in February, bowlers \$5 for their first game and shoe rental and enjoy \$1 games thereafter from 1pm-10pm.
- Unlimited bowling for \$12 per person on February 18 until 5pm!

[benning.armymwr.com](http://benning.armymwr.com)

## February 2 – Register Now!



Learn how to capitalize on your volunteer time in How Giving Back Pays Off, a free class offered by Army Community Service 9 a.m. – 2 p.m. February 2 at ACS headquarters in Building 7 on Baltzell Avenue. Use your volunteer experience to enhance your resume, your college application, and your career. To reserve your spot, email [Jessica.l.horton22.civ@mail.mil](mailto:Jessica.l.horton22.civ@mail.mil).

In conjunction with the class, ACS will host a Volunteer Fair, 10 a.m. – 2 p.m., also at ACS headquarters. Plan to interview with local companies and organizations who can give you the volunteer experience you need to succeed. Service members, spouses, retired Soldiers and teens are encouraged to attend. For more information, call 706-545-3016.

January 10 - 13



### Atlanta Boat Show

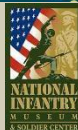
Georgia World Congress Center – Hall A  
285 Andrew Young International Blvd NW,  
Atlanta, GA 30313

With more than 600 new boats and the latest marine accessories and gear, this year's show gives you a unique opportunity to shop and compare different brands and the latest models from runabouts and family cruisers to fishing boats, ski boats, pontoons and much more. There are booths, special features, educational opportunities and seminars. Ticket Info: \$15 Adults, 13 & Up  
Save \$3 on full price admission when you purchase tickets in advance online. Offer good through 1/9/2019 11:59p.m.  
Children 12 and younger - free (when accompanied by a paid adult). \$5 after 5, Thursday and Friday only  
Active Military and First Responders: Show valid ID for a \$3 discount adult ticket <https://www.atlantaboatshow.com/>



FOR INFORMATION OR SIGN UP: MIZPAH 505-615-6499 MIZZIEA@YAHOO.COM

More events can be found:  
[MCoE Event Calendar](#)



January 12



### Astronomy Night at The Coca-Cola Space Science Center

701 Front Avenue, Columbus, GA 31901  
January 12, 6 – 9 p.m.

Come out and join us for the first Astronomy Night of 2019 at the Coca-Cola Space Science Center! Dr. Rosa Williams will start off with a presentation about what to expect, and we will have our fleet of mobile telescopes on hand with students to help guide you through the wonders of our universe!  
Observing will begin at 7 p.m.

For more information:

<https://www.facebook.com/events/188684252068623/>

January 13



### Family Free Day – Design.Build.Code

Museum of Design Atlanta,  
315 Peachtree St. NE, Atlanta, GA 30309  
January 13, 12 – 6 p.m.

Bring in the new year with MODA and our Family Free Day collaborators, The Children's School and Georgia Tech's Center for Music Technology, for a Sunday afternoon of engineering fun on January 13. Explore how music and computer code relate to one another with GrooveMachine, an interactive tabletop presented by Georgia Tech's Center for Music Technology! Connect shapes together, make electronic beats, and discover the connections between making music and writing computer code with GrooveMachine. Check out student solutions to twelve different design challenges, and get inspired to design your own unique innovations using K'NexThere's no charge to attend, but we ask that you register in advance to help us plan for the event!  
<https://www.museumofdesign.org/>