



VOLUME 1, ISSUE 2

MARTIN ARMY COMMUNITY HOSPITAL FAMILY READINESS GROUP NEWSLETTER

MAR 2010 / APR 2010

THIS NEWSLETTER CONTAINS OFFICIAL AND UNOFFICIAL INFORMATION. THE INCLUSION OF THIS UNOFFICIAL FRG NEWSLETTER HAS NOT INCREASED THE COST TO THE GOVERNMENT, IN ACCORDANCE WITH DOD.S-M.

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Spring is in the air!!!



SAVE-THE-DATE:

1st Annual Family Day at the Ball Park May 1st

TROOP COMMANDER'S CORNER

Dear Martin Family,

The Martin Army Troop Command and Family Readiness Group cordially invites you to participate in our 1st Annual "Family Day at the Ballpark" currently scheduled for 1 May 2010 at Gowdy Field located on Main Post. Parent/Child softball games headline the day and planning is ongoing for many other fun-packed events.

After a brutal winter, "Georgia Style", I know everyone is ready to exercise their body and soul. So, come on out and play! The number of players will dictate the number of teams which will dictate the number of games. I hope there is enough interest for each department to field at least one team. Do not let the "Parent" part keep anyone away. We will partner interested non-parents with children from our "overflow" Families and our Partners in Education (PIE) School, Fort Middle School. Please encourage your department leadership to field a team and stay tuned for details.

On a related topic, have you heard about the Army's Comprehensive Soldier Fitness (CSF) Program?

The CSF program enhances resilience and coping skills by assessing and developing the individual's physical, family, social, spiritual and emotional domains. It is designed to assist Soldiers, Family members, and Army Civilians to face the physical and psychological challenges of sustained combat operations. The CSF assessment tool is located at <http://www.army.mil/csf/>. Our Soldiers have completed the assessment and I encourage our Families and Army Civilians to do the same.

Until next time...

Your Troop Commander

FAMILY READINESS GROUP STAFF

Due to security restrictions, this information may not be viewed at this website

Available Positions:

- vFRG Coordinator
- Hospitality/Welcome Committee Chairperson
- Fundraiser Chairperson
- Childcare Chairperson
- FRG Key Caller

Please contact BMACH FRSA 544-0266 if you have an interest in volunteering or being a part of the FRG Steering Committee

**"The family is
the cornerstone
of society..."**

Lyndon Baines
Johnson on family

5 Things You Should Know Right NOW!!!

Retreats for OIF/OEF Vets and Families:

Retreats are facilitated by veterans, psychotherapists, and interfaith leaders who are experienced with trauma and the challenges faced by returning veterans and their families. The workshops are free, confidential and we offer travel and lodging scholarships for those outside of the San Francisco Bay Area. They are not psychotherapy, but they are therapeutic. <http://www.cominghomeproject.net/retreats>

The Defense Department has launched a **free, online tutoring service** for service members and their families. The site - <http://www.tutor.com/military> – offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more. Active-duty service members, National Guard and reserve personnel on active duty in a deployed status, Defense Department civilians in a deployed status and their dependents are eligible to participate.

The **2010 AER Annual Campaign** is underway, **March 1** through **May 15**. This is our once yearly opportunity to make funds available to help fellow Soldiers and Family members in times of financial crisis. Each unit and directorate has a project officer to contact each Soldier and Army retired civilian Employee assigned, but they cannot solicit anyone else in the unit. Anyone else who wishes to donate may contact their unit/directorate project officer or the AER office, Building 2633, Soldiers' Plaza, (706) 626-0189.

Army Looks at Holistic Healing:

Since the Army recently introduced the Comprehensive Soldier Fitness program, there has been much focus on a holistic approach to physical, emotional, social, spiritual and family well-being. Holistic healing is an approach that uses natural methods to improve health, without using drugs or surgery to correct problems. Holistic modalities can include acupuncture, manual therapy, relaxation techniques and prescribed exercises specific to each patient's physical ailment. For more information on holistic healing, visit the Holistic Healing webpage at:

<http://www.holisticmed.com/index.shtml>

Families Top Army Priorities, Leaders Say:

Funding programs to support Soldiers and their families are the Army's top priority in the new fiscal year. Army Secretary John M. McHugh and Army Chief of Staff General George W. Casey Jr., said when they spoke on the need to sustain and improve Soldiers resiliency. The Department of Defense's (DoD) fiscal 2011 budget request includes \$1.7 billion to fund what McHugh called "vital" family programs such as those to provide respite care and spousal employment, and to open some 50 child-care centers and seven youth centers. To read this article in full, please go to:

<http://www.army.mil/-news/2010/02/24/34879-soldiers-families-top-army-priorities-leaders-say/>

SOLIDER STATUS BOARD:



Due to security res
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Calling all photographers!!!

The Family Readiness Group would like to feature pictures of soldiers in action working hard, playing hard, and coming home. They don't have to be professional grade, just clean and clear.

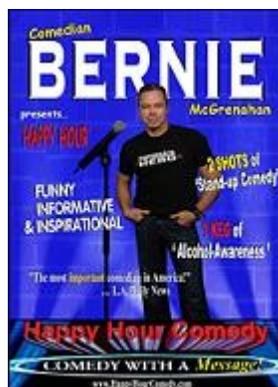
E-mail your photos to your sponsor.

restrictions, this in-
formation should not be viewed at
this website

AROUND POST, AROUND TOWN

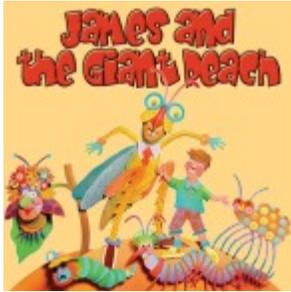
18 Mar	Women’s History Month Luncheon, BCC - EO Youth Leadership Columbus
20 Mar	Spring Eggstravaganza – GC
20-21 Mar	Thunder in the Valley
22-03 Apr	MCoE Band Recruiting Tour
25 Mar	CivillianJobs.com Career Expo, BCC - DFMWR CG Golf Scramble - DFMWR
26-28 Mar	2010 NG Combatives Tournament - SACG
27 Mar	Monthly 5K Fun Run, Doughboy Stadium, 0800

The **Army Substance Abuse and Family Advocacy Programs** are providing the



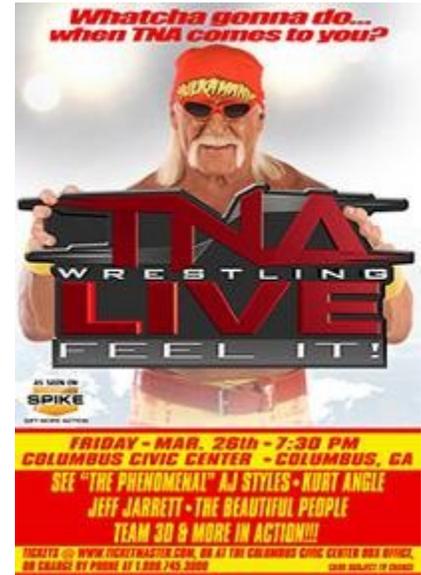
“**Bernie McGrenahan Happy Hour.**” Bernie McGrenahan provides a stand-up comedy show with a powerful message reference drug and alcohol abuse. Mr. McGrenahan’s program has been rated the #1 “Safety and Prevention Program” in the military. The program produces entertainment and often-uncontrolled laughter but leaves you with a true understanding of the realities of alcohol and substance abuse. Program takes place on **22 April** at **0900** and **1100** at the Benning

01 Apr	Alcohol & the Family - CYS Custer Village Center Open House, 1500-1800
04 Apr	Easter Sunday Sunrise Service
15 Apr	Holocaust Days of Remembrance , BCC, 1130
16 Apr	Grand Opening Family Entertainment Center, 1500-1800
18 Apr	The Infantry Chapel 75 TH Anniversary
22 Apr	ASAP Training w/Bernie McGrenahan - Comedy with a Twist – BCC
24 Apr	Monthly 5K Fun Run, Doughboy Stadium, 0800 Salute to the South – Uchee Creek Columbus Lions Military Appreciation Night
29 Apr	CG Golf Scramble – DFMWR Volunteer Recognition Ceremony, Riverside 1600
30 Apr	Movie Under the Stars, Wetherby Field 2030-2230



by Roald Dahl
 Adapted by Richard George
 7 PM **March 26**, 27, April 2, 3, 2010
 2 PM **March 27**, April 3 Foley Hall

It's the fantastical adventures of James and his five buggy friends, their traveling peach, Aunts Spike and Sponge, the Cloud Men, sharks, sea-gulls and a Circus. *James and the Giant Peach* is told in the same highly energetic and audience-pleasing style as last year's hit *The BFG*. (**Springer Theatre**). Recommended for grades K and up.



Teens are invited to "Hoop it Up" in a 3-on-3 basketball tournament every other Friday night starting **March 5** at the Smith Fitness Center. The fun is free and runs from 8 to 11 p.m. For more information call 706-545-1853.

Mark your calendar for the **TIC Spring Extravaganza** on **March 20** on the lawn at Riverside. Egg hunts and egg rolls will be held for children 18 months to 11 years old starting at 10 a.m. There will be fun and games, arts and crafts, door prizes and the opportunity to visit with the Easter Bunny. Don't miss this free event! For more information call 706-545-3582.



Egg hunt times;

- 10:05 – 18 months to 3 years old; 10:45 – 4 and 5 year olds
- 11:30 – 6 to 8 year olds; 12:15 – 9 to 11 year olds

Sexual Assault Awareness Month
 "Hurts One. Affects All... Preventing Sexual Assault is Everyone's Duty"

The Family Advocacy Program & The Columbus State University Campus Police presents a

Women's Self Defense Course

on **16 April 2010, 1000-1200**
Family Fitness Center Building 117
 (located behind the Benning Conference Center)

Free Childcare Available!
 First Come, First Serve Basis!
 Contact Tot Town at 689-8698/8772

Refreshments following the class

To register for the course, please contact the Family Advocacy Program Office at (706) 545-8740 or 545-7594

Camp Courage

Camp Courage is filling up its calendar with lots of special activities for children during the spring school break. The camp is open **April 5** through **9** from 5:30 a.m. to 6:30 p.m. for children in kindergarten through fifth grade. CYSS registration is free, but space is limited. Camp fees are based upon family income. For more information call 706-545-3605.

USEFUL WEBSITES

Military

www.ice.disa.mil Customer evaluation system
www.aafes.com/docs/homefront.htm Gifts from the Homefront
www.aw2.army.mil Army Wounded Warrior Program
www.deploymentconnections.dod.mil
www.freedomquilts.net Quilts for injured or fallen soldiers
www.nmfa.org/site/PageServer?pagename=staying_connected20050429#1 Free stuff for deployed troops
www.taps.org Tragedy Assistance Program

Medical

www.nmha.org National Mental Health Association
www.tricare.osd.mil/

Local

www.columbusga.com
www.columbusgachamber.com small business owner information
www.columbusmuseum.com
www.mcsdga.net Muscogee County Library

Military Life

www.armyfamiliesonline.org Army Families Online
www.armyfrg.org Virtual FRG
www.armymwr.com
www.army.mwr.com/portal/family/childand youth/programs.asp CYS Programs
www.benningmwr.com
www.militarylife.com
www.militaryonesource.com general military knowledge and information
www.milspouse.org
www.military.com/spouse Military Spouse Career Center
www.myarmylifetoo.com Family info, links to AFTB, ACS
www.nmfa.org National Military Family Association
www.safety.army.mil/home.html

Children

www.armyteenpanel.army.mil
www.deploymentlink.osd.mil/kidslink/grade_select.html
www.arfp.org/teenclasses Teen deployment classes online
www.dod.mil/mtom Military Teens on the Move
www.military.com scholarship info
www.militarychild.org school issues
www.militarystudent.org DoD website for children in transition
www.naic.acf.hhs.gov/pubs/f_milita.cfm Facts for Military families and adoption
www.naccrra.org subsidy for off-post childcare
www.sat.eknowledge.com/military.asp NFL sponsors free SAT/ACT prep for service members & family
www.stompproject.org Special Ed training and info for military families

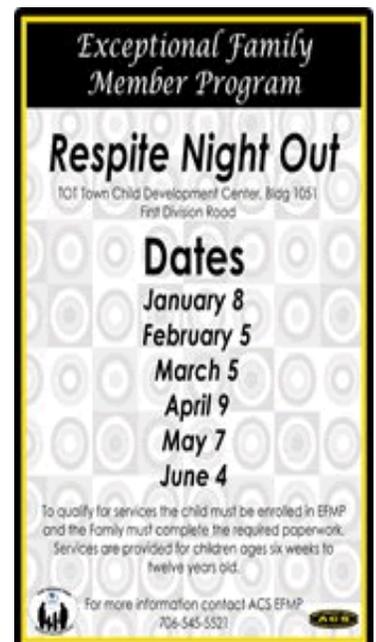
RESPIRE CARE

Respite Care is temporary child care for the purpose of relieving parental stress and to provide a nurturing and developmentally appropriate environment. Families may receive respite care when both Soldier and spouse attend parenting classes, counseling, support groups, or are experiencing stress from deployment related or Family issues.

For more information call the Family Advocacy Program at 706- 545-7594 or contact the BMACH FRSA 544-0266

COMING SOON

- FRG "Tidbits"
- Custom designed Afghans
- Birthday Recognition and Celebration



Exceptional Family Member Program

Respite Night Out

101 Town Child Development Center, Bldg 1051
First Division Road

Dates

January 8
February 5
March 5
April 9
May 7
June 4

To qualify for services the child must be enrolled in EFMP and the Family must complete the required paperwork. Services are provided for children ages six weeks to twelve years old.

For more information contact ACS EFMP
706-545-5521

