

PED LEVEL

1

SPECIFIED PEDS ARE ALLOWED
Please turn OFF all mobile devices



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The Community Action Council (CAC)

Welcome to the Community Action Council

Welcome Remarks

Special Presentations

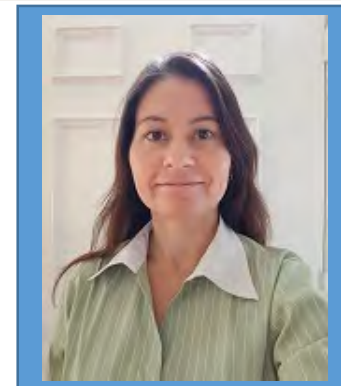


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262nd QM BN FRG GAME CHANGER

- **Name:** Maritza Velez
- **Title:** Uniform Company FRG Leader
- **How Long In This Position:** 10 months
- **Duties/Responsibilities:**

- Facilitate meetings. Facilitates the meetings and ensures that discussions stay on track. Encourages all the attendees to participate. All members should be encouraged to express themselves.
- Act as spokesperson for the FRG. This includes having an awareness of how the group feels on a particular issue. As problems and issues arise, inform the Commander and/or Family Readiness Liaison (FRL). Keep them informed of what the FRG is planning and the results of what has been done.
- Assist in providing unit orientation and conduct informal interviews for new volunteers.



- **Game Changing Contributions During The Quarter:**

4th QTR FY18:

- July Quarterly FRG Forum with Lorna King (Fort Lee FRG Coordinator).
- July FRG Member Hosted meeting as Tricare Services presented services available for service members and families.
- August 22nd, Was elected by Lorna King to represent Fort Lee as the installation FRG Leader representative for the ACSIM Post-Millennial Sensing Session.
- August 24th FRG Family Back to School Movie Night- Coordinated with Holiday Helper and MWR to Collect and Distribute Backpacks and School Supplies to the families.
- September 13th Hosted FRG meeting as Member Emergency Safety personnel briefed the company and family members of safety concerns and best practices.
- Created a company level coffee for spouses, also incorporating single parent Soldiers, creating an environment to relieve stress and build cohesion among family members and Soldiers

1st QTR FY19:

- October 19th FRG Family Fall Festival. Coordinated with directors of 3 different on post agencies to judge the U Pride Chili Cook-off and U Pride Pie Bake Off. 6 Carnival Games for the family including Pumpkin Carving or painting.
- November 30th UPride Spouse Coffee Gift Exchange.
- December 14th Company Christmas Party with Santa Claus, Family Style 12 days of Christmas Sing Along, Ugly Sweater Contest and Family Gingerbread decorating contest.



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The Community Action Council (CAC)

59th Ordnance Brigade

Who: Wisteria Usera, Delta Company FRG Leader, 16th OD BN (OCT 2017 – OCT 2018)

Contributions / Accomplishments

- Total of 664.25 Volunteer Hours in FY18
- Top Ten Finalist for 2018 Central Virginia's "Heroes At Home" Award & recognized by Governor Ralph Northam
- Recipient of Ordnance Corps Association "Keeper of the Flame," Award
- Army Family Team Building (AFTB) Volunteer Program Manager (DEC 17 – OCT 18)
- Current ACS Volunteer Supervisor
- 59th OD BDE VMIS OPOC
- Created FRG Intake Form now used as "Best Practice" within 16th OD BN
- Spouse Master Resiliency Training (SMRT) Certified
- Contributor and Picture Organizer in support of 2018 "Run For the Fallen"



Virginia Governor, and former Army Doctor Ralph Northam (left), recognizes the excellence of Delta Company FRG Leader, Mrs. Usera at the 2018 Virginia "Heroes at Home," reception held at the Executive Mansion.



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The Community Action Council (CAC)

Due Outs



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The Community Action Council (CAC)



CAC DUE-OUTS (as of 2 Oct 18)

TASK	LEAD	STATUS	REMARKS
Clarify Policy on National Anthem	392 nd Army Band Date tasked: 2 Oct 18		Policy revised and clarified. Updated Band SOP to be posted to Fort Lee homepage.
Provide guidance/procedures/policy on animal control, especially dog-catching and contact info	DES Date tasked: 2 Oct 18		Fort Lee Policy 04-16, Fort Lee Pet and Stray Animal Control Policy Report stray animals to Fort Lee PMO at 804-734-7400. They will determine the appropriate responder based on report (domestic vs wild animal).
ACS App Update	FMWR Date tasked: 2 Oct 18		TRADOC has been asked to update the app URL.
Strength Performance Center (SPC) Weekend Hours	FMWR Date tasked: 2 Oct 18		Effective 17 Nov 18, the SPC will be open on Saturdays/Sundays and federal holidays (except New Years, Thanksgiving, Christmas) from 0900-1600.

As of: 2 Nov 2018



U.S. ARMY

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6 Nov 18



U.S. ARMY

The Community Action Council (CAC)



CAC DUE-OUTS (as of 2 Oct 18)

TASK	LEAD	STATUS	REMARKS
Flu Shots for Special Needs Children	KAHC Date tasked: 2 Oct 18		There is plenty of pediatric flu vaccine available. Walk-in hours for pediatrics flu vaccines are posted.
Need guidance on filing TRICARE claims for families referred off-post	KAHC Date tasked: 2 Oct 18		All claims for beneficiaries 2 and 3 have been processed, paid, and notified.
Provide RCI Work Order procedures and phone number	RCI/Hunt Date tasked: 2 Oct 18		Info pushed directly to residents for immediate resolution.
Update on Splash Parks	RCI/Hunt Date tasked: 2 Oct 18		RCI/Hunt will provide residents with proposed future actions.

As of: 2 Nov 2018



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Support Starts Here! 7

6 Nov 18

The Community Action Council (CAC)

Due-Out/Update from 2 Oct 18 Session

Due-Out: 392D Army Band: Clarify Policy on National Anthem

Update: Policy Revised and Clarified

- Band should perform Anthem at events hosted by CASCOM Top 4 and USASCOE Schools' Top 3.
- All other ceremonies - If the host would like a non-band Soldier to perform the anthem at any ceremony **where the band is present**, it is recommended that the performer be vetted by a band SME... Civilian performer readiness is the responsibility of the event host.
- Even if band won't be present, you can still request vetting for a performer.

Way ahead: Updated Band SOP to be posted to Fort Lee homepage ASAP

POC: CW2 James H. Landrum @ (804)-734-4312
james.h.landrum.mil@mail.mil



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The Community Action Council (CAC)

Due-Out/Update from 2 Oct 18 Session

Due-Out: DES: Provide guidance/procedures/policy on animal control, especially dog catching and contact info

Update: Fort Lee Policy 04-16, Fort Lee Pet and Stray Animal Control Policy

- Must register with Fort Lee Veterinary Treatment Facility within five working days
- Must be microchipped and registered within the database of the microchip company
- Must be leashed (not longer than 6') while in public areas
- Pet collars with identification and rabies tags required
- Prohibited in the pool, pool areas, playgrounds or tot lots at any time
- "Aggressive or potentially aggressive" breeds – Pit Bulls (American Staffordshire Bull Terriers or English Staffordshire Bull Terriers), Rottweilers, Doberman Pinschers, Chows, Wolf Hybrids, and any mixed breeds aforementioned
- Approved exotic animals – hamsters and guinea pigs
- Report stray animals to Fort Lee PMO at 804-734-7400. PMO will determine appropriate responder based on nature of the report (domestic vs wild animal).

Way ahead: Comply with policy and report unleashed pets and stray animals to the PMO/Animal Control

POC: Fort Lee PMO non-emergency number, 804-734-7400.



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The Community Action Council (CAC)

Due-Out/Update from 2 Oct 18 Session

Due-Out: FMWR: ACS app update

Update: TRADOC app developer updated the DFMWR Calendar link on the ACS app. DFMWR Marketing audited Divisions to update calendar of events.

Way ahead: ACS app user must advance or review current and past calendar dates using the appropriate “arrows” until adjustments are made to the app. BLUF: TRADOC has been asked to update the URL.

POC: Stephanie B. Parker, 804-734-7955, stephanie.b.parker.civ@mail.mil.



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The Community Action Council (CAC)

Due-Out/Update from 2 Oct 18 Session

Due-Out: FMWR: Strength Performance Center Weekend Hours

Update: Recommendation was made to open the Strength Performance Center (SPC) on weekends to better serve the fitness needs of the Fort Lee community. Opening the SPC on weekends would help Soldiers prepare for the new Army Combat Fitness Test (ACFT).

Way ahead: Effective Saturday, 17 November 2018, the Strength Performance Center will open on Sat-Sun, and federal holidays (except New Years, Thanksgiving and Christmas), from 0800-1600.

POC: Darrell W. Clay, 804-734-7199, darrell.w.clay.naf@mail.mil



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The Community Action Council (CAC)

Due-Out/Update from 2 Oct 18 Session

Due-Out: FMWR: Child and Youth Services information in CDCs and Youth Center are not current.

Update: Advertisement and information posted on CYS bulletin boards/website are either outdated or contradictory.

Way ahead: CYS Program Directors will complete a thorough review of all published material NLT 8 Nov 18 to ensure material is current and accurate. Additionally, a process has been established that all information will be reviewed on the first working day of each month. The CYS Administrator will ensure compliance and the CYS Chief will ensure that missed opportunities are addressed accordingly.

POC: Tamara Johnson, 804-765-3849, tamara.d.johnson14.naf@mail.mil



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The Community Action Council (CAC)

Due-Out/Update from 2 Oct 18 Session

Due-Out: KAHC: Need guidance on filing TRICARE claims for families referred off-post

Update: All claims for beneficiaries 2 and 3 have been processed correctly and paid. Beneficiaries were called to let them know the issue is resolved.

Way ahead: Steve Bentz, Market Director East Central Region - Humana Military, will be attending the November CAC to help address any further concerns.

POC: Joyce Harris, 804-734-9447, joyce.m.harris32.civ@mail.mil

"I am very concerned over the trouble delayed claims payments has caused so many. For any unpaid claims prior to 1 August, please call or come see Kenner's Health Benefits Advisors, Joyce Harris and Belinda Perkins, at 804-734-9447/9448. Their offices are on Kenner's 2nd floor just past Referral Management. Joyce and Belinda have Humana and WPS contacts who will be able to resolve these outstanding issues. Once again, I am sorry for the trouble caused by these delays and Kenner and Humana will work hard to resolve them."



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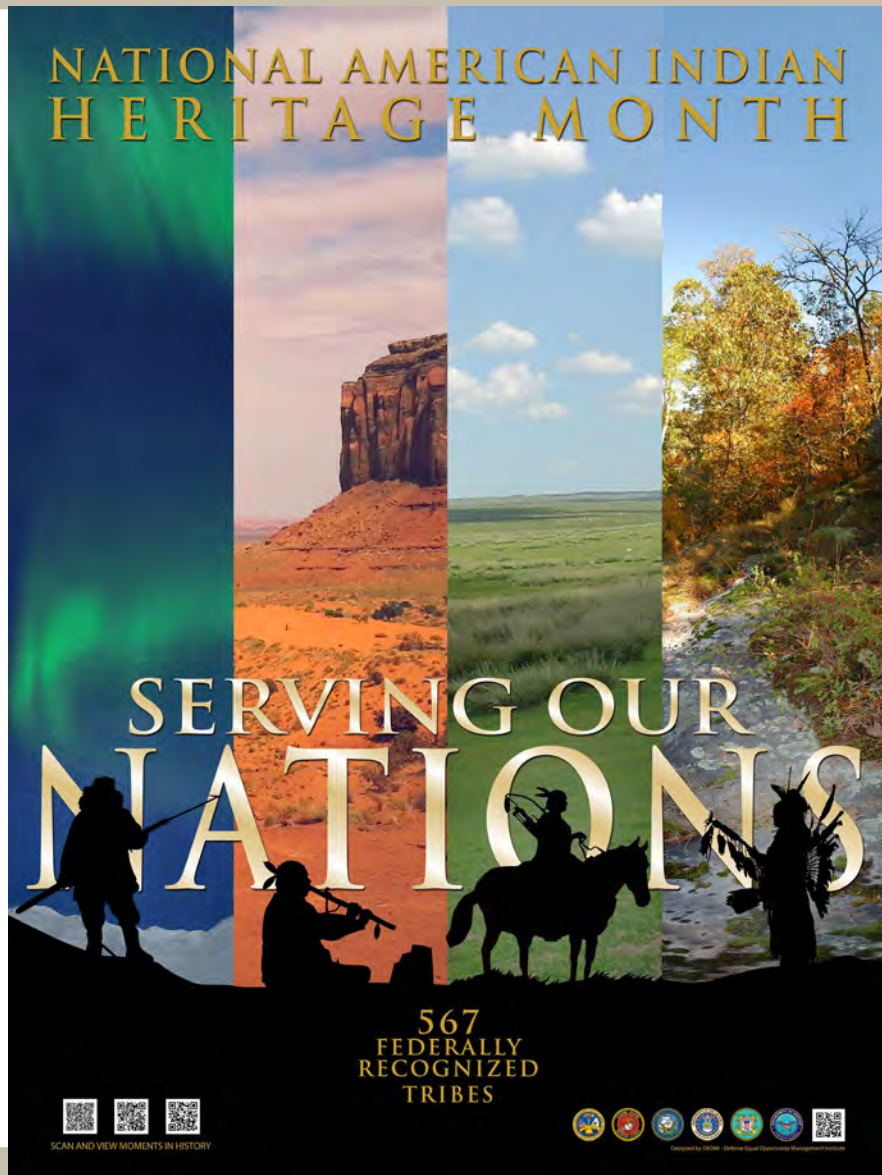
The Community Action Council (CAC)

CAC BRIEFINGS



The Community Action Council (CAC)

23rd QM BDE



- WHO: CASCOT and 23rd QM BDE EO
- WHAT: Native American Heritage Observance
- WHEN: 15 NOV 2018 / 1130-1230
- WHERE: Lee Playhouse
- WHY: The observance month recognizes American Indians having served with valor in our nation's conflicts and for their many distinct and important contributions to the United States.



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The Community Action Council (CAC)

23rd QM BDE



Community Involvement

- 8 NOV 19: 23rd QM BDE Veterans Day Honor Run
- 9 NOV 18: CC Wells Veterans Day Assembly (M Co)
- 11 NOV 18: Williamsburg Landing Retirement Community Veteran's Day Event (E Co)
- 11 NOV 18: Veteran's Day WWI Centennial Commemoration - Chesterfield Historical Society (B Co)
- 11 NOV 18: Support the Colonial Heights/American Legion Veteran's Day (262nd QM BN)
- 12 NOV 18: School Lunch Buddy, Southside Elementary School, Petersburg (G Co)
- 13 NOV 18: School Mentorship Luncheon at N.B. Clements (C Co)
- 16 NOV 18: CC Wells Turkey Trot 5K (M Co)
- 22 NOV 18: Thanksgiving Serve the Soldiers Fort Lee, VA
- 26 NOV 28: Student Career Day Event Dinwiddie Middle School (L Co)



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The Community Action Council (CAC)

59th Ordnance Brigade

Who: Delta Company, 16th Ordnance Battalion

What: Conducts pressure-washing, painting, and restoration efforts with Rebuilding Together

When: 13-14 NOV 18 (T)



Where: Petersburg, VA

Why: To build rapport with local residents and help revitalize their community



POC: CPT Nelson, marcus.e.nelson8.mil@mail.mil, (804) 734-8552

VIP

N/A

CASCOM Command Team Attendance

N/A



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The Community Action Council (CAC)

59th Ordnance Brigade

Who: 59th Ordnance Brigade (16th Ordnance Battalion)

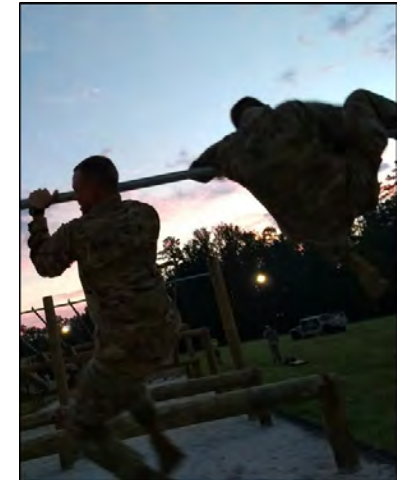
What: Power Weekend (WWI trench tour and Power Belt Competition)

When: 09-12 NOV 18

Where: Fort Lee, VA

Why: Encourage esprit de corps and engross Soldiers during long weekends as an engaging opportunity

POC: CPT Mapp, Derek, (804) 765-9250,
derek.d.mapp.mil@mail.mil



VIP

N/A

CASCOM Command Team Attendance

N/A



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The Community Action Council (CAC)

59th Ordnance Brigade



- Alpha Company, 16th Ordnance Battalion, Math/Reading Night & Book Fair
 - Elizabeth Scott Elementary
 - 08 November 18
- Bravo Company, 832d Ordnance Battalion, Reading Night Literacy Mentorship
 - Beulah Elementary
 - 16 November 18
- HHC, 59th Ordnance Brigade, Spring Arbor Veterans Day Luncheon
 - Midlothian, VA
 - 19 November 18
- Charlie Company, 832d Ordnance Battalion, Literacy Mentorship
 - Falling Creek Elementary
 - 20 November 18
- Alpha Company, 832d Ordnance Battalion, Adopt-A-School
 - North Elementary
 - Bi-weekly
- Charlie Company, 832d Ordnance Battalion, “First Touch” Youth Soccer
 - Chesterfield, VA
 - Weekly



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The Community Action Council (CAC) USATSCH

Fort Lee – Prince George Partnership - November

Veterans Day Ceremony



Who: Open to the public
What: Veterans Day Ceremony, Speaker: COL (P) Jered P. Helwig
Where: PG Heritage Center, 6406 Courthouse Road, Prince George VA 23875
When: [11 November, 1400](#)
Why: On Veterans Day we honor the brave men and women from all walks of life who have stepped forward to defend our nation throughout our history.

Tree Lighting Ceremony

Who: Open to the public
What: Annual Prince George Tree Lighting Ceremony
Where: PG Historic Courthouse, 6601 Courts Drive, Prince George, VA 23875
When: [28 November 2018, 1900-2000](#)
Why: Local and national communities coming together to celebrate the season and to share the message of peace.



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The Community Action Council (CAC) USATSCH

Fort Lee – Prince George Partnership - December

Christmas Parade

Who: Open to the public
What: Annual Prince George Christmas Parade
Where: Courthouse Drive, Prince George, VA 23875
When: [Saturday, 1 December 2018, 1500-1700](#)
Why: Celebrating the official opening of the Christmas Season
* Supported by 508th Transportation Company



Prince George Police Department Wreath Laying Ceremonies

Who: Open to the public
What: Annual Prince George Wreath Laying Ceremony (2)
When: [7 December](#)
Where: [0900:](#) Merchants Hope Cemetery, 11302 Merchants Hope Road, N. Prince George
[1100:](#) Southlawn Memorial Park, 1911 Birdsong Road, S. Prince George
Why: Annual Wreath Laying Ceremony to honor the counties fallen Law Enforcement Officers

Wreaths Across America

December 15 Wreaths Across America Program, leaves The Crossings Shopping Center in Prince George County at 10:45am with police escorting the "wreath" truck, classic cars and motorcycle procession. The wreath laying will take place at City Point National Cemetery 10th Avenue & Davis Street Hopewell, VA 23860



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The Community Action Council (CAC) USATSCH

Prince George School Community Partnership

Significant Upcoming Events

12 November	Veteran's Day Observance is now a weather make up school day
13 November	Report Cards
21-23 November	PG Thanksgiving Break
29 November	NB Clements Band Concert
6 December @ 1800	North Elementary Holiday Concert



Adopt a School Partnership

JEJ Moore Middle School Wednesday Greeter Program
Every Second Wednesday of the month at 0700 HRS

Next event: 14 November



Supporting Transportation School Adopt-A-School program by meeting with the school's administration team and interacting with students providing positive reinforcement and leadership by presence in the school's hallways.

POC: SSG Atenta, Jeffryan, (804) 765-1948



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The Community Action Council (CAC) Army Logistics University (ALU)

International Military Student Office (IMSO)



Who: International Military Students (IMS)

What: Know Your World – Somalia

Where: ALU MPR A&B

When: 14 Nov 2018 @ 1130

Why: IMS from Somalia will present and discuss his home country along with food sampling

POC: Ms. Donna Wells @ 765-8150 or donna.m.wells.civ@mail.mil

POC: Mrs. Donna King @ 7658159 or donna.r.king10.civ@mail.mil

VIP

CASCOM Command Team Attendance

- The CASCOM CG and CSM are invited
- Ft Lee and Community are invited



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The Community Action Council (CAC) HHC CASCOM

HHC, CASCOM ADOPT-A-FAMILY



Thanksgiving

Who: Headquarters and Headquarters Company
What: Adopt a Family for Thanksgiving
When: Month of November
Where: Petersburg
Why: Support the local community

Christmas

Who: Headquarters and Headquarters Company
What: Adopt a Family for Christmas
When: Month of December
Where: Petersburg
Why: Support the local community

27%

Women entering the CARES shelter last year cited domestic violence as the reason for their homelessness.



38%

Families that are at a high risk of losing their housing in the event of an emergency.



8.7%

Unemployment rate - which is 40% higher than the state average



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The Community Action Council (CAC) Religious Services Office

JOIN US EVERY TUESDAY
FOR...

Prayer or
Praise &
Worship
Rehearsal

Liberty Chapel • 10-11 AM •
Childcare Ages 1-5



Dinner & Discipleship • Memorial
Chapel • Family Life Center



Wednesdays
1730-1900



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The Community Action Council (CAC)

Religious Services Office



JUST A REMINDER...

**+ Feast Of The
Immaculate Conception**

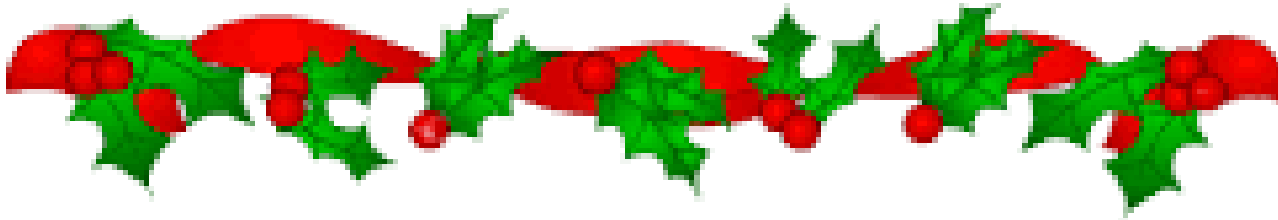
8 December 2018

**+ Catholic Holy Mass Offered
1200 @ Memorial Chapel**



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The Community Action Council (CAC) Religious Services Office



The Fort Lee Religious Support Office

Presents the Annual
Christmas Cantata

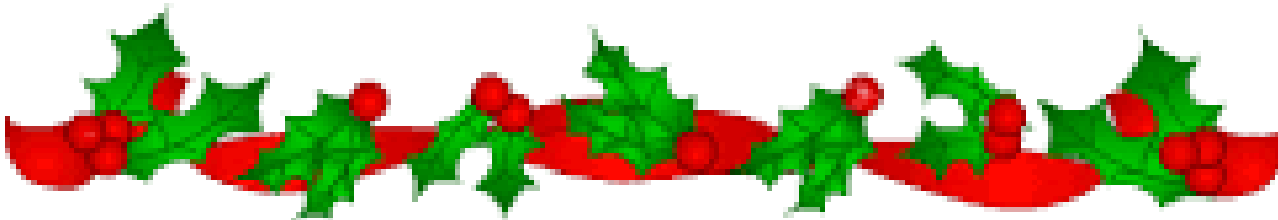
Sunday, December 9th, 6:00 p.m.

Memorial Chapel

Childcare available for ages 1-5

Please join us after the cantata for dessert.

Please bring a dessert to share if you would like.



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The Community Action Council (CAC) Kenner Army Health Clinic



Adult Family Members

- Family Medicine Clinic:
M-F 0730-1100 and M,T,W,F 1300-1500

Children

Pediatric Clinic:

- M-F 0730-1100 and M,T,W,F 1315-1515
- 1600-1720 on Nov 6,8,13,15

DOD Civilians

- Occupational Health Clinic Tuesdays
0900-1100

Military

- Army Public Health Nursing is scheduled to come to your unit

All Tricare Beneficiaries

- No copay at Tricare network pharmacies that offer the flu vaccine



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TIME TO QUIT Join the Great American SMOKEOUT

The goal for smokers:
24 HOURS
without a cigarette — the starting line for kicking the habit for good.

 **Tweet** your progress during the day at
#GreatAmericanSmokeout and **#gaso**

GOOD NEWS!  **12 HOURS** after you quit smoking, carbon monoxide levels in your blood drop to normal. 

YOU CAN DO IT! Every year the New York State Smokers' Quitline at Roswell Park helps about **20,000 smokers** **STOP** smoking. 
Cigarette smoking is the leading preventable cause of death in the U.S. —Centers for Disease Control
NOT JUST CANCER: Smoking is linked to stroke, heart disease, and chronic obstructive pulmonary disease

 **EW!**  Tobacco companies add urea — a substance found in urine — to make tobacco milder in some cigarette brands.

 **5** = Average number of packs a person smokes before becoming addicted.



Moms who smoke during pregnancy put their babies at risk for premature birth & Sudden Infant Death Syndrome (SIDS).

UP IN SMOKE  **\$10/**  **PACK** x **7** days/week x **52** weeks/year = **\$3,640**

Tobacco kills more than **480,000** people annually > AIDs, alcohol, car accidents, illegal drugs, murders and suicides **COMBINED**. —Centers for Disease Control

Wednesday, 14 November

- ★ 1100-1330 Sign-ups for GASO at PX, Bowling Alley, and Wellness Center
- ★ 1000-1400 Sign-up for GASO at Employee Benefit Fair
- ★ 1700-1900 Sign-up for GASO at IHG

Thursday, 15 November

- ★ NO SMOKING FOR 24 HOURS
- ★ 1200: Exercise circuit with Will from AWC at Strength & Performance Center
- ★ 1400: Managing weight while quitting tobacco in Kenner PM Classroom, 2nd floor
- ★ 1500: Managing stress while quitting tobacco in Kenner PM Classroom, 2nd floor
- ★ 1600: Smoke-free Celebration in Kenner MGK Conference Room

The Community Action Council (CAC) Kenner Army Health Clinic



Call Today!
1-844-I-AM-FREE
1-844-426-3733



- **What:** **Freedom Smoking Quitline** is an NIH-funded research study. The study is enrolling TRICARE beneficiaries who are ready to quit smoking. Participants will receive four proactive telephone-based, smoking cessation counseling sessions along with eight weeks of free nicotine replacement therapy (NRT) sent directly to their homes.
- **Who:** Available to Tricare beneficiaries-Active Duty, Retirees, & Dependents
- **When:** Any time
- **Where:** Call or access online
- **Why:** Cigarette smoking is the number one preventable cause of mortality in the nation. There are unique challenges in the military, including high mobility of troops, remote locations and limited access to healthcare services.



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The Community Action Council (CAC) Kenner Army Health Clinic



Fort Lee Community

- 2017 saw 261 chlamydia, 30 gonorrhea, and 6 syphilis cases
- *Confidential walk-in counseling, testing, & treatment at Preventive Medicine, Kenner 2nd Floor*
- **FREE** male or female condoms in PM
- Website *MTV's It's Your (Sex) Life* can answer many questions



The Community Action Council (CAC) Kenner Army Health Clinic

WHAT YOU NEED TO KNOW

for Coverage Beginning In

2019

2018 Open Season:

November 2018

12

Monday

December 2018

10

Monday

[NOV. 12 – DEC. 10]



WHAT'S CHANGING?

TRICARE is implementing an Open Season for enrollment.

You can only enroll in TRICARE Prime or TRICARE Select or switch plans during Open Season or after a qualifying life event (QLE).

To learn more about QLEs, visit www.tricare.mil/LifeEvents.

Many TRICARE-eligible beneficiaries will qualify for the Federal Employees Dental and Vision Insurance Program (FEDVIP).

- The TRICARE Retiree Dental Program (TRDP) is ending on Dec. 31.
- If you're currently enrolled in or eligible for TRDP you must select a FEDVIP dental option to continue or begin dental coverage.
- FEDVIP vision will provide access to comprehensive vision insurance, including eye glasses and contact lenses.
- To participate in FEDVIP dental or vision, you must enroll during Open Season.



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Attention Retirees

The current TRICARE Retiree Dental Program will end

DEC. 31, 2018.

During the 2018 Open Season, you can enroll in the Office of Personnel Management's (OPM) Federal Dental and Vision Insurance Program (FEDVIP) for dental benefits in 2019. Also, for the first time, most military retirees and their family members who are enrolled in a TRICARE health plan will have the option to enroll in vision benefits through FEDVIP.



Dental care improves oral health.

Given increasing connections between oral and overall health, dental coverage is critical.



Most adults need vision correction.

Approximately 66% of Americans age 18 and over report using glasses, contacts or both.

2019 FEDVIP Dental Plans:

Aetna Dental

Delta Dental

Dominion Dental

EmblemHealth

FEP BlueDental

GEHA

Humana

MetLife

Triple-S Salud

United Concordia Dental

2019 FEDVIP Vision Plans:

Aetna Vision

FEP BlueVision

UnitedHealthcare Vision

Vision Service Plan (VSP)

Note: Plan details and rates for the 2019 plan year will be available in fall 2018.

Important Dates

To prevent a gap in dental coverage when your TRDP plan ends, you must select and enroll in a FEDVIP dental plan during the next Federal Benefits Open Season.



Fall 2018

2019 FEDVIP plan rates are available



Nov. 12–Dec 10, 2018

Federal Benefits Open Season for FEDVIP



Jan. 1, 2019

2019 FEDVIP plan year begins



The Community Action Council (CAC)

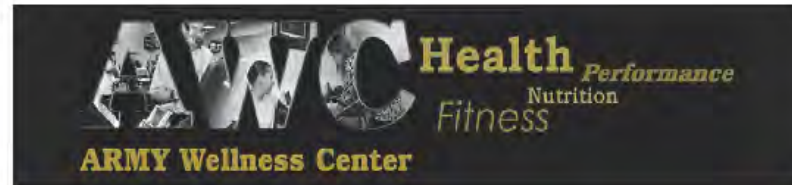
Kenner Army Health Clinic

<i>I am...</i>	I want to Change my TRICARE Plan	I want to Enroll in FEDVIP Vision	I want to Enroll in FEDVIP Dental
<i>Active Duty Family Member</i>	Only during Open Season	Enroll during Open Season	You do not qualify for FEDVIP dental. Use TRICARE dental.
<i>RC in TRICARE Reserve Select</i>	Does not apply	Enroll during Open Season	You do not qualify for FEDVIP dental. Use TRICARE dental.
<i>Retiree in TRICARE Prime or Select</i>	Only during Open Season	Enroll during Open Season	TRDP ends 31 Dec. Enroll in FEDVIP dental during Open Season.
<i>Retiree in TRICARE for Life</i>	Does not apply	Enroll during Open Season	TRDP ends 31 Dec. Enroll in FEDVIP dental during Open Season.



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The Community Action Council (CAC) Army Wellness Center



FIT FOR DUTY COMPETITION

**Calling ALL Soldiers, Family Members
(>18yrs Old), Retirees, and DoD Civilians!**

Teams of 5-10 will compete for points that can be earned through a variety of health improvement and health conscious activities.

Sign-up begins Nov. 1 and closes Dec. 17

Contact Mr. William Jones for rules, scoring, and details
William.R.Jones779.ctr@mail.mil



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The Community Action Council (CAC)

Fort Lee Dental Clinic Command

Who: Fort Lee Dental Clinic Command

What: Doctor on Duty (DOD) Call KAHC Staff Duty at (804) 734-9000

Where: Bull Dental Clinic

When: M-F 1630-0730; SAT-SUN 24 HR Doctor on Call

Why: To provide after hour Emergency Dental Care to ALL AD personnel

POC: LTC Dentonio Worrell, 804-892-9001,
dentonio.e.worrell.mil@mail.mil

<u>VIP</u>	<u>CASCOM Command Team Attendance</u>
N/A	N/A



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The Community Action Council (CAC)

Directorate of Human Resources



Briefings Time

0900 -1000 – TRICARE
1000-1130 VA Health Admin.
1300-1400 VA Disability Claims
1400-1430 AMVETS

Location

Soldier Support Center
Building 3400
SFL-TAP Center
Room 124

EXPLORE VETERANS AFFAIRS

Get the knowledge you need concerning YOUR entitlements and benefits.

Tricare, Department of Veteran Affairs (VA) and AMVETS representatives will provide valuable information and assistance on topics covering retiree health insurance; VA health care services, filing disability claims and more.

**ALL BRIEFS ARE HELD ON THE 1ST WEDNESDAY OF
MONTH
PENDING HOLIDAYS**

Wednesday, November 7, 2018

Contact: Fort Lee SFL-TAP Center – 804-734-6612 OR email army.lee.sfltap@mail.mil



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The Community Action Council (CAC) Directorate of Human Resources

Wednesday, November 14, 2018
1000 – 1400 @ The Lee Club

Celebrating Army Education and Career Opportunities

**Fort Lee
Army Education Services
& Soldier For Life –Transition Assistance Program
will host a joint
Career and Education Fair**

**Listings of Colleges/Universities and Employers will be
published prior to event**

This fair is open to the general public



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The Community Action Council (CAC)

Directorate of Human Resources



TRANSITION ASSISTANCE PROGRAM
Small Group • Large Group • One-on-One • Self-Directed • Virtual Group



Virginia Department of Veterans Services
Veterans Education Training and Employment
Virginia Transition Assistance Program

RESUME WRITING WORKSHOP

YOUR RESUME IS YOUR MOST IMPORTANT TOOL WHEN APPLYING FOR A JOB

It doesn't matter how qualified you are, or how much experience you have - if your resume is poorly presented or badly written, you're going to have trouble getting the job you want - or even an interview.

Need some basic information about writing a resume and making it stand out? Looking for advice on how to fine-tune your resume objective, craft your work history section, and show off your education and skills? Then you need to attend the Resume Writing Workshop to learn how to write a resume optimizing each section for maximum success.

Fort Lee Soldier for Life Transitional Assistance Program (SFL-TAP)
Soldier Support Center
1401 B Avenue, Building 3400, Room 126, Fort Lee, VA 23801-1724
Hours: Monday-Friday, 7:30 a.m. to 4:30 p.m. (closed on federal holidays)
Phone: (804) 734-6612; DSN: 687-6612

VTAP Workshop Schedule

**Tuesday
November
27
2018**

**NEW TIME:
0900 – 12 Noon**

**LOCATION
Fort Lee
SFL-TAP Center
Contact
804-734-6612
to register**

www.dvs.virginia.gov



TRANSITION ASSISTANCE PROGRAM
Small Group • Large Group • One-on-One • Self-Directed • Virtual Group

FEDERAL HIRING PROCESS

This workshop covers a wide range of information to assist you with your objective to obtain federal employment OR to revise and create a stronger resume!

Topics covered:

- Developing a Federal resume
- Understanding veteran preferences and veteran hiring authorities
- Hiring processes of various agencies
- Use of Office of Personnel Management resource links

**Thursday, November 29, 2018
10:00 - 3:00 pm
SFL-TAP Center - Room 124**

Does your resume tell the right story!



TO register: Contact the SFL-TAP Center at 804-734-6612
OR email us - army.Lee.SFLTAP@mail.mil.

This workshop is open to all transitioning service members, retirees, veterans, spouses and DA Civilians!



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The Community Action Council (CAC) FMWR

2018

FAMILY & MWR

NAF

SALE

**REGIMENTAL CLUB
2609 C AVENUE**

NOVEMBER 6 - 8
REGIMENTAL CLUB
10 A.M. - 3 P.M.

**Televisions
Recreation Equipment
Commercial Kitchen Equipment
Furniture
Sustainment Prints & more!**

Items and cost will vary. **All sales are final. No exchanges or refunds.**
Cash and Credit cards only. No checks will be accepted. Availability
is first come, first serve. Customers will be responsible for pick-up.

OPEN TO THE PUBLIC
(THE ENTIRE FORT LEE COMMUNITY)



LEE.ARMYMWR.COM



FORT LEE FMWR



UNCLASSIFIED

6 Nov 18

The Community Action Council (CAC) FMWR

Family and MWR

WATCH THE GAME HERE! **ARMY vs NAVY**



SPONSORED BY:



SATURDAY, DECEMBER 8, 3 PM @ **TENSTRIKE**

BOWLING ENTERTAINMENT CENTER, BLDG. 8016, 2403 C AVENUE

Commercial sponsorship does not imply an endorsement of goods or services by the U.S. Army.

DETAILS: (804) 734-7541



LEE.ARMYMWR.COM



FORT LEE FMWR



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The Community Action Council (CAC) FMWR

EVERY GAME. EVERY SUNDAY.

We have the NFL Sunday Ticket!



Sustainers Pub

**Open Sundays,
12 - 8 p.m.**

at the IHG Hotel

No Cover Charge • Manager's Specials • Big Screen TVs

**1 FIRST
COMMAND**

Commercial sponsorship
does not imply an
endorsement of goods or
services by the U.S. Army.

DETAILS: (804) 734-7541



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FORT LEE FMWR



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The Community Action Council (CAC) FMWR



THE LEE PLAYHOUSE
presents

The **SOUND of MUSIC**

November 2, 3, 9, 10, 16, 17, 23 & 24, 2018, at 8 PM

November 4, 11, 18 & 25, 2018, at 3 PM



Details: (804) 734-6629 or lee.armymwr.com



**FORT LEE
FMWR**



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The Community Action Council (CAC) FMWR

THE LEE CLUB PRESENTS

Thanksgiving DINNER

November 22, 1 pm

\$26.95 per Adult, \$12.95 per Child (3 - 9 yrs old)

Children 2 and under are free

Reservations required by November 16

DETAILS: (804) 734-7547/7541



LEE.ARMYMWR.COM



FORT LEE FMWR



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The Community Action Council (CAC) FMWR

Grand Illumination **Fort Lee's Family and MWR**
DECEMBER 6, 4:15 PM
ON THE LEE CLUB LAWN
MAHONE AVE. AND BATTLE DRIVE
Santa arrives at 5 PM!



Details: (804) 765-1539 • lee.armymwr.com



**FORT LEE
FMWR**



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The Community Action Council (CAC)

Army Community Service

Who: Army Emergency Relief (AER)

What: Army Emergency Relief Assistance Checklist

Where: Soldier Support Center Bldg #3400, room 102

When: When applying for emergency financial assistance

Why: Listing required documentation needed when submitting request for emergency financial assistance

POC: Patsy Piggott/ 804 734-7952/ patsy.m.piggott.civ@mail.mil

VIP

N/A

CASCOM Command Team Attendance

N/A



UNCLASSIFIED

The Community Action Council (CAC)

Directorate of Emergency Services

Who: Fort Lee Community

What: Installation Curfew, Fort Lee Regulation 190-1

Where: Fort Lee Community

When: Always/Ongoing

Why: Curfew for all juveniles is from 2200-0600. Juveniles are not permitted to be outside the boundaries of their home unless supervised by an adult.

POC: Operations Officer, Louis Ostmann, (804) 734-6503,
louis.p.ostmann.civ@mail.mil

<u>VIP</u>	<u>CASCOM Command Team Attendance</u>
N/A	N/A



UNCLASSIFIED

The Community Action Council (CAC)

Directorate of Emergency Services

Who: Fort Lee Community

What: House Watch Program

Where: Fort Lee Community

When: Always/Ongoing

Why: The house watch program was developed to provide exterior checks of houses during extended periods of absence.

- Report to the PMO and fill out the request.

POC: Operations Officer, Louis Ostmann, (804) 734-6503,
louis.p.ostmann.civ@mail.mil

VIP

N/A

CASCOM Command Team Attendance

N/A



UNCLASSIFIED

The Community Action Council (CAC)

Directorate of Emergency Services

Who: Fort Lee Community

What: Santa Run

Where: Fort Lee Community

When: 9 December 2018, 1700 start time

Why: Team DES will be escorting Santa Claus through the housing area. Routes and time will be published in the Fort Lee Traveller.

POC: Operations Officer, Louis Ostmann, (804) 734-7400,
louis.p.ostmann.civ@mail.mil

VIP

None

CASCOM Command Team Attendance

NA

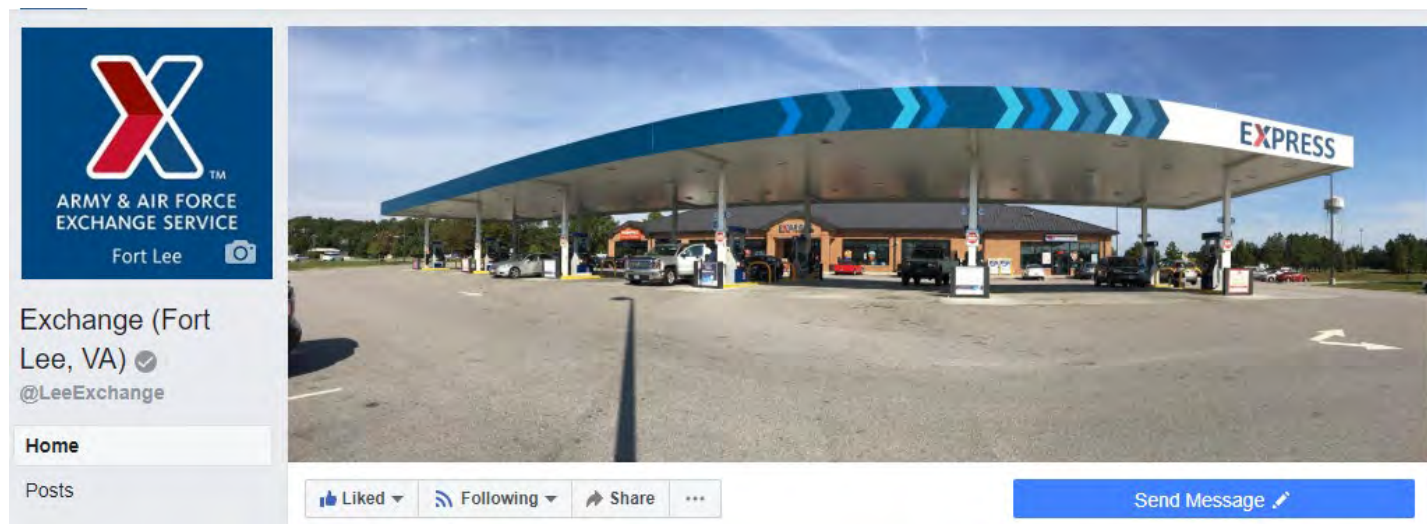


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The Community Action Council (CAC) AAFES

Like at Visit the Fort Lee Exchange Facebook Page to find out about upcoming events and promotions going on.

<https://www.facebook.com/LeeExchange/>



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The Community Action Council (CAC) AAFES

Who: Fort Lee Community and Volunteer Groups

What: Army & Air Force Exchange Service Gift Wrap Program

Where: Ft Lee Main Exchange

When: Holiday Season

Why: Fort Lee volunteer groups can show their holiday spirit and raise money this season by partnering with the Army & Air Force Exchange Service during its annual community gift wrap program.

POC: Interested organizations can contact the Fort Lee Exchange at 804-861-5970 ask for Jazzmein Lorenzo or email lorenzoj@aafes.com for information on scheduling a time to participate in the program.



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The Community Action Council (CAC) AAFES

The Ft Lee Main Exchange Holiday Hours

Veterans Day 12 November 1000 – 1800

Black Friday 23 November 0600 – 2000

Each facility will have their Holiday Hours displayed
at the front of the facility.

<u>VIP</u>	<u>CASCOM Command Team Attendance</u>
NA	N/A

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The Community Action Council (CAC) AAFES

Exchange Sweepstakes – Enter to win (go to our Facebook Page)
UNILEVER NCAA FOOTBALL SWEEPSTAKES
P&G MONSTER RIDE SWEEPSTAKES

Fort Lee has had 2 winners within the last month

You Have a Back To School Sweepstakes Winner Unilever BTS 101 Sweepstakes Winner



VIP

NA

CASCOM Command Team Attendance

N/A



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The Community Action Council (CAC) Hunt Housing



FORT LEE
A HUNT MILITARY COMMUNITY™

ONE MISSION. ONE COMMUNITY.

Two Backdrops

Refreshments

Two Dates For Your Convenience

Nov. 10 & 17
9am - 1pm

Photos will be included in Holiday Cards

1510 Sisisky Blvd | Fort Lee, VA 23801
fortleefamilyhousing.com | 804.733.1558



Join Us!
Holiday Photos
at the
Welcome Center



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The Community Action Council (CAC)

Holiday Helper at Fort Lee

Who: Holiday Helper at Fort Lee

What:

1. The VIP Open House is Friday, 7 Dec from 10 a.m. to 11 a.m. (invitation only). The Community Open House is from 11:30 a.m. to 6 p.m. Bikes will be distributed to Commanders and /First Sergeants during the Community Open House.
2. A POC has been requested from each unit below:

HHC CASCOM
GARRISON
23RD QM BDE
244TH QM BN
262ND QM BN
266TH QM BN
508TH TRANS CO
71ST TRANS BN

NCO ACADEMY
59TH ORD BDE
16TH ORD BN
832ND ORD BN
MEDDAC
DENTAC
USAR
ARNG

217TH MP DET
AIR FORCE
NAVY
MARINES
54TH QM CO
111TH QM CO
392ND ARMY BAND

If you have not designated a POC, please contact Joy Metzger.

POCs: Susan Garling, email@holidayhelperassociation.com, 804-305-7599 or
Joy Metzger, mail4joymetzger@gmail.com, 804-519-3616



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The Community Action Council (CAC)

Holiday Helper at Fort Lee

Who: Holiday Helper at Fort Lee

What:




3. Nomination forms will be sent to designated POCs.
4. The Shopping Schedule will be sent to the designated POCs around the 1st of December.
5. Nominated military members will receive 3 toys per child, gift card to commissary, books, arts/crafts sets, stuffed animals, coloring books/crayons, hats/mittens, holiday cards to write home, live holiday tree (if needed), large box of food and all the stocking stuffers they need. Service members will have a smorgasbord of holiday goodies to enjoy while they wait.
6. Holiday Helper will be supporting OD and QM Soldiers remaining on post during the holiday season (Stay-cation Soldiers!)

POCs: Susan Garling, email@holidayhelperassociation.com, 804-305-7599 or
Joy Metzger, mail4joymetzger@gmail.com, 804-519-3616



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November Event Calendar Summary

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6 Grand Illumination 	7	8 Feast of the Immaculate Conception	9 Christmas Cantata	10 Housing Holiday Photos
		NAF Sale				
11 PG Veterans Day Ceremony 	12	13	14 Know Your World – Somalia Career/Education Fair	15 Native American Heritage Observance Great American Smoke Out	16 Rsvp deadline for Lee Club Thanksgiving Dinner	17 Housing Holiday Photos
18	19	20	21	22 	23 AAFES Black Friday Sales	24
25	26	27 Resume Writing Workshop	28 PG Tree Lighting Ceremony	29 Federal Hiring Workshop	30	1 PG Christmas Parade



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The Community Action Council (CAC)

Alibis

Open Discussion

Closing Remarks



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The Community Action Council (CAC)

**Next CAC
Scheduled for
4 Dec 18, 0930-1100**

