

**U.S. ARMY**

Welcome to the Community Action Council Announcements

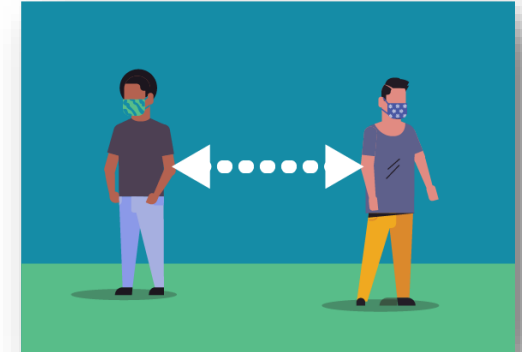
COL Hollie J. Martin
Garrison Commander
USARMY

June 02 2020



The Community Action Council (CAC)

Kenner Army Health Clinic **CDC Guidance**



Social Distancing and gatherings

- Stay at least 6 feet (2 meters) from other people
- Do not gather in groups, no more than 10 in a space
- Stay out of crowded places and avoid mass gatherings

Washing Hands

- At least 20 seconds

Wear of face/mask coverings

- Fit snugly but comfortably against the side of the face
- Be secured with ties or ear loops
- Include multiple layers of fabric
- Allow for breathing without restriction
- Be able to be laundered and machine dried without damage or change to shape





The Community Action Council (CAC)

Kenner Army Health Clinic

All beneficiaries enter through the single point of entry by A Ave parking lot. *Must wear a mask to*



****Please wear cloth mask only; no mask with valves.****

Mask with valves protect the wearer but allow the person wearing the mask to exhale out unfiltered air.





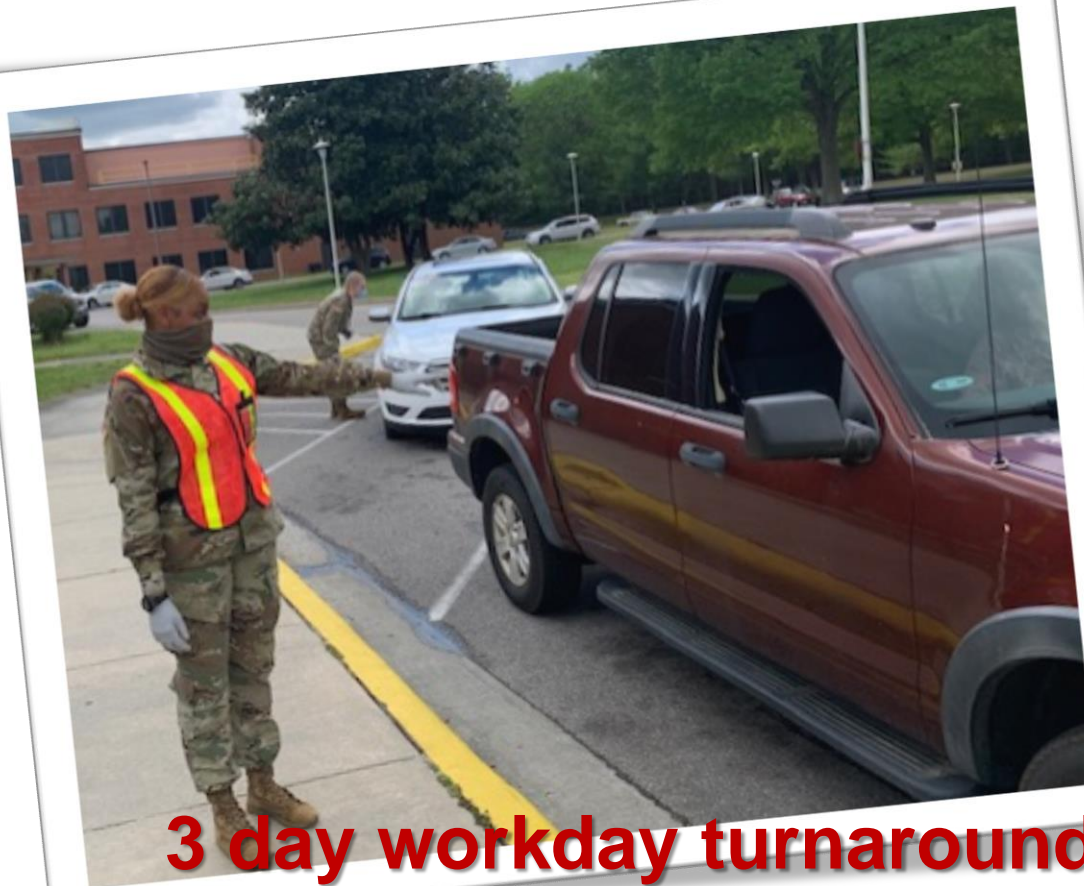
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The Community Action Council (CAC)

Kenner Army Health Clinic

**Drop Off
and Drive
Thru
Pharmacy**

**0800-1200
1300-1530**



3 day workday turnaround for pick up
To follow Pharmacy changes go to Kenner's
website at <http://kenner.nrmc.amedd.army.mil>





The Community Action Council (CAC)

Kenner Army Health Clinic

Inform your Supervisor...

- **If you have symptoms**
- **Need to have COVID-19 test**
- **Completion/Results of test**

These symptoms may appear 2-14 days after exposure to the virus:

- Fever
- Cough
- Shortness of breath or difficulty breathing
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell





The Community Action Council (CAC)

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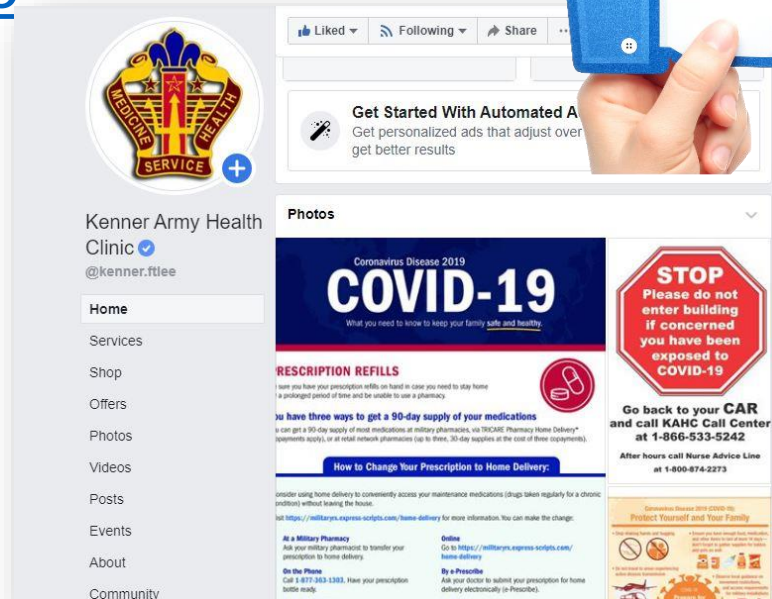
Kenner Army Health Clinic

- Rapidly evolving situation
- Updates will be communicated via on the Fort Lee website at <https://home.army.mil/lee/index.php/COVID-19> and Kenner Facebook page at www.facebook.com/kenner.ftlee



home.army.mil/lee/index.php/COVID-19

PAO PERSONAL TIMEKEEPING Google Login Home Imported From IE Pages - Public At





The Community Action Council (CAC)

Life at Lee Bingo


Fort Lee Family and MWR has put together a special Bingo card just for you, your family, and your friends to help you stay busy. All you have to do is download the Bingo card and start playing.

Once completed, submit your card:




+ Post your Bingo card to your Instagram Page or in your Instagram Stories and tag us @FortLeeFMWR
+ Direct message your Bingo card to us on Facebook or Instagram @FortLeeFMWR

Each Wednesday, we will randomly select people to win one of our fandanas, that doubles as a face covering.

For more information, please visit
<https://lee.armymwr.com/promos/life-at-lee-bingo>

| B | I | N | G | O |
|----------------------------------|---|---|---|--|
| Complete a Wellbeats workout | Decorate for the Neighborhood Window Walk | Give someone a compliment | Organize a room, closet, or space | Read "A Military Spouse's Guide to Fort Lee and MWR" |
| Finish reading a book | Play a card or board game | Go for a walk in your neighborhood | Learn a new skill | Cook Mickey Mouse pancakes |
| Watch a historical documentary | Order takeout from Sustainers' Pub |  Free space | Take a virtual tour | Run or walk a mile |
| Cook a special meal just because | Complete one of Fort Lee Fitness' workout videos on Facebook or Instagram | Video chat with a friend of family member | Try a new food | Drive through Battlefield |
| Play license plate game | Comment on 5 friends' posts you don't normally talk to | Like Fort Lee MWR on Instagram | Complete the Fort Lee MWR Customer Needs Survey | Check out an ebook |

Complete tasks and show us your Bingo!




 @FortLeeFMWR



The Community Action Council (CAC)





The Community Action Council (CAC)



DOG PARK AND PET WASH OPEN





The Community Action Council (CAC)

Have your say on Fort Lee's family activities, special events and more by taking the...

Family and MWR Customer Needs Survey

Complete the survey for a chance to
WIN one of our exciting prizes
with values ranging from \$25 - \$200!

Prizes:

Two Escape Room Certificates
Four Movie Tickets
One \$25 Swaders Gift Card

ESCAPE
OLD TOWNE

SWADERS
SPORTS PARK

Paid sponsorship. No federal endorsement implied.



LEE.ARMYMWR.COM



FORT LEE FMWR

Survey link: <https://lee.armymwr.com/promos/customer-needs-survey>





The Community Action Council (CAC)

WORD OF THE DAY WORKOUT

A: 30 PUSH-UPS
 B: 30 CRUNCHES
 C: 30 MOUNTAIN CLIMBERS
 D: 30 JUMPING JACKS
 E: 30 AIR SQUATS
 F: 30 BUTT KICKS
 G: 60 SECOND PLANKS
 H: 60 SECOND SIDE PLANKS
 I: 30 LUNGES

J: 30 DONKEY KICKS
 K: 30 WIDE ARMY PUSH-UPS
 L: 20 RESERVE LUNGES
 M: 20 SQUAT JUMPS
 N: 60 SECOND WALL SIT
 O: 20 DIAMOND PUSH-UPS
 P: 1 MINUTE WALL SIT
 Q: 20 TRICEP EXTENSIONS
 R: 20 HIGH KNEES

S: 20 SECOND WALL SIT
 T: 20 WEIGHTED CURLS
 U: 20 BURPEES
 V: 25 FLUTTER KICKS
 W: 2 X 30 JUMPING JACKS
 X: 20 PUSH-UPS
 Y: 2 X 30 JUMPING JACKS
 Z: 2 X 1 MINUTE WALL SIT

**LOOKING FOR A FUN WAY TO STAY ACTIVE? PARTICIPATE IN THE
 FORT LEE FAMILY AND MWR "WORD OF THE DAY" WORKOUT.**

**CHECK THE FORT LEE FAMILY AND MWR FACEBOOK AND INSTAGRAM
 PAGES EVERY DAY FOR THAT DAY'S WORD AND WORKOUT SEQUENCE.**



Facebook page: <https://www.facebook.com/FortLeeFMWR>
 Instagram: @FortLeeFMWR



The Community Action Council (CAC)



VIRTUAL TOURS

Virtual Tours courtesy of Leisure Travel Services

<https://lee.armymwr.com/promos/virtual-tour-list-courtesy-leisure-travel-services>

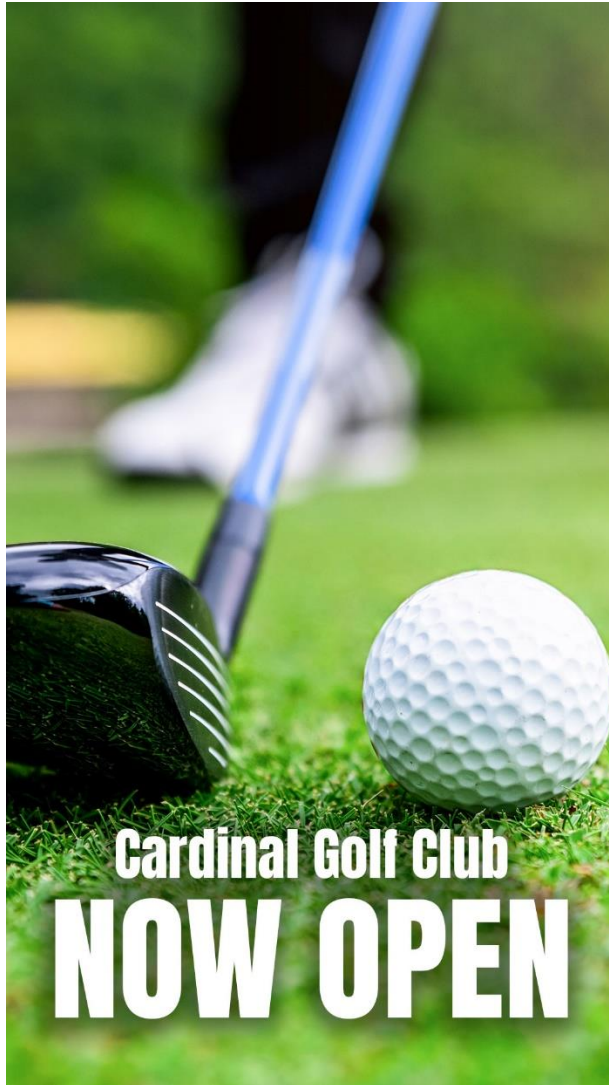
COL Hollie J. Martin/804.734.7188/hollie.j.martin2.mil@mail.mil



June 02 2020



The Community Action Council (CAC)



Cardinal Golf Club Now Open

Regulations/Guidelines under HPCON Charlie/Bravo+

- Golf Course Open - Clubhouse Open Limited
 - Face covering required for clubhouse entrance
 - All payments must be with credit/debit cards, no cash. Beginning immediately, all credit/debit card sales at Cardinal Golf will be contactless (no signature or PIN entry will be used), insert card and the systems will approve automatically
 - Single Golf Cart Rider (exception for immediate family member)
 - Driving Range Open
 - Snack and drink service only from pro shop (Snack Bar remains closed)
 - Non-golf recreation activities permitted on the golf course before 7:30 a.m. and after 7:00 p.m. daily.
 - Continue enhanced sanitizing of golf carts and rental equipment
- Regulations and guidelines are subject to change





The Community Action Council (CAC)

GET IN YOUR WORKOUT AT HOME ONLINE FITNESS CLASSES



YOGA



ZUMBA

CIRCUIT
TRAINING



Monday, Wednesday & Friday, at 5:15 PM

FREE on Instagram Live @ **fortleefitness**

Details: (804) 765-3053 or lee.armymwr.com



Fort Lee
FMWR





The Community Action Council (CAC)

5 TIPS

DISCOVER AND NAVIGATE **LEE.ARMYMWR.COM** EASILY AND EFFECTIVELY

Find all the information you need on our website. Events, childcare, sports and more! Lee.armymwr.com is your source for what's happening with Family and MWR.

1. Visit www.lee.armymwr.com

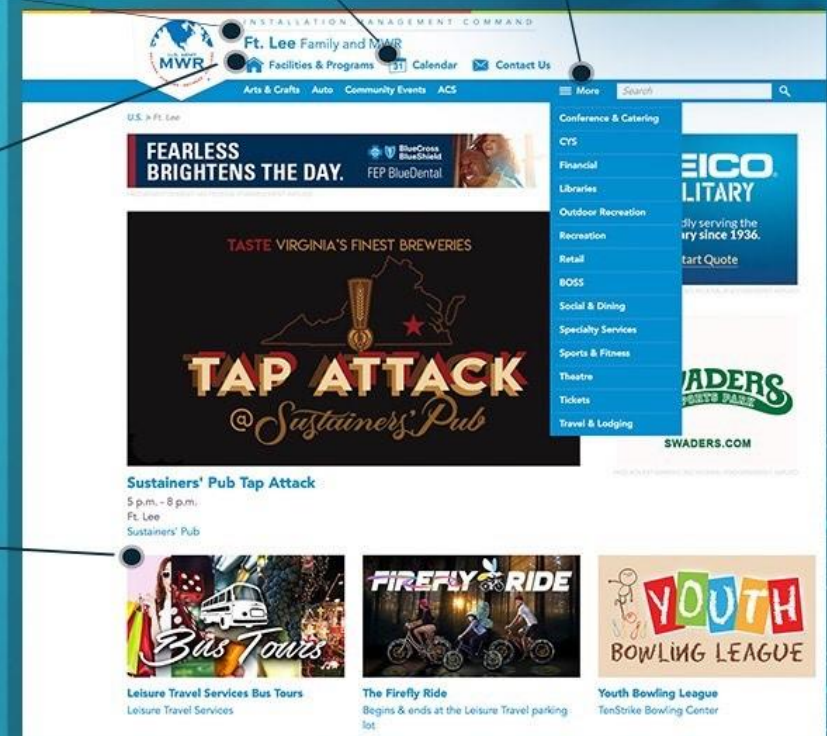
2. Find events in a calendar format

3. Search for events specific to each category under the "More" Menu

4. Find a list of all Family and MWR Facilities & Programs

5.

Click on any **Event Graphic** for specific information





The Community Action Council (CAC)

AT HOME OR ON THE GO...
STAY CONNECTED WITH
FORT LEE FAMILY AND MWR



@FortLeeFMWR

www.lee.armymwr.com





The Community Action Council (CAC)

Additional Ways to Stay Active This Summer

On-post Suggestions

- Play Frisbee golf
- Walk through Petersburg State Park
- Fort Lee Housing Splash Pads

Off-post Suggestions

- Mountain biking at Pocahontas Park
- Visit False Cape State Park in Virginia Beach
- Take a walk on the Virginia Capital Trail
- Visit Virginia's Natural Bridge (www.naturalbridgeva.com)
- Walk the Deep Run Park trails

*No federal endorsement implied. Suggestions are not operated by Fort Lee Family and MWR. Please contact each activity to verify hours of operation.





The Community Action Council (CAC)

BOOTS to BUSINESS

with the U.S. Small Business Administration



Interested in starting a
Veteran – owned small business?
Sign up for **Boots to Business**
ONLINE, an entrepreneurship
training program for Service mem-
bers and their spouses.

Fort Lee

Boots to Business Online
Presented By:
ODUVBOC

Date: June 15-16

Time: 0830-1200

Due to the COVID-19 Situation
this class will be held online
only. The link to the virtual class
will be sent out to those who
register.

To register for the online
class please contact

Fort Lee

Soldier For Life

Transition Assistance Program
(SFL-TAP)

(757) 550-1766

army.lee.sfltap@mail.mil

ODUVBOC

Contact: vboc@odu.edu



U.S. Small Business
Administration



U.S. Small Business
Administration



AMERICA'S
SBDC



SCORE



ASSOCIATION OF
WOMEN'S BUSINESS CENTERS



JWME



DEPARTMENT OF
DEFENSE



MISSISSIPPI STATE
UNIVERSITY

The Boots to Business entrepreneurship training program is provided through the coordinated efforts of the SBA and its related partner network. All SBA services are subject to the public on a non-discriminatory basis. Reasonable accommodations for persons with disabilities will be made if requested at least two weeks in advance.



The Community Action Council (CAC)



Baltimore County Police Department

The Baltimore County Police Department is hosting a Virtual Recruitment Information Session on **June 16, 2020 at 10:00a.m.**

Salary

Police Officer
\$55,118 - \$113,382

Police Cadet
\$27,861 - \$34,133

Instructions for Information Session

From a Computer

- Go to www.webex.com and click "Join" in the upper right of the screen
- Type the following Meeting ID when prompted: **732 904 308**
- You can open this session using your browser, or download the desktop app

From a Smartphone

- Download the Cisco Webex App and following installation instructions
- Enter your Name and Email information and click "Join"
- Type the following Meeting ID when prompted: **732 904 308**

OFC M. Saywack
410-887-6342 (Desk)
410-887-5521 (Office)
msaywack@baltimorecountymd.gov



OFC A. Arthur
410-887-6554 (Desk)
410-887-5521 (Office)
aarthur@baltimorecountymd.gov

WWW.JOINBALTIMORECOUNTYPD.COM

An Equal Opportunity Employer



Baltimore County Police Department

Baltimore County Police Department

Now hiring Positions Available

The Baltimore County Police Department is **ACTIVELY** seeking qualified individuals for positions of **POLICE OFFICERS (21 years and older)** and **POLICE CADETS (18-20 years old)**

Police Officer

Starting Salary: \$55,118

Police Cadet

Starting Salary: \$27,861

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WWW.JOINBALTIMORECOUNTYPD.COM

An Equal Opportunity Employer

Baltimore County Police Department





The Community Action Council (CAC)



VIRTUAL WORKSHOP THE 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:

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

Friday, June 26, 2020

TIME: 10 a.m. to 2 p.m.

Instructed by: Garry Gaston, M.Ed
Certified Career Coach / Senior Recruiter
G3 Global Career Coach

Does your resume tell the right story!



TO register: Contact the SFL-TAP Center at 757-550-1766
OR email us - army.Lee.SFLTAP@mail.mil.

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





The Community Action Council (CAC)



TRANSITION ASSISTANCE PROGRAM
Start Strong • Serve Strong • Develop Strong • Protect Strong



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

VIRTUAL 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

VIRTUAL VTAP RESUME WORKSHOP Fort Lee

Tuesday
June 30, 2020
0900-1200



CONTACT

(757) 550-1766 or
army.lee.SFLTAP@mail.mil
 1 To register





The Community Action Council (CAC)

Next CAC
Scheduled for 09:30 – 11:00
July 07, 2020

