



1st Sustainment command (Theater)

Family Readiness Group Newsletter

July 2011

Photos courtesy of 1st TSC PAO

"The inclusion of some unofficial information in this FRG newsletter has not increased the costs to the Government, in accordance with [DOD 4525.8-M](#)."



**Kuwait Mailing address:
Soldier's Name and Rank
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From the 1st TSC Commander...



The Independence Day holiday weekend is special for all Americans. It marks the celebration of our nation's 236th birthday. A time where we as Americans can honor our forefathers who gave us the remarkable gift of freedom we enjoy today. Your service to this great nation ensures that our liberty will always be maintained, thank you.

Most of us will be enjoying extended time with our friends and families this holiday weekend. This is a great time to enjoy each other's company with an assortment of activities. There are also many areas where there are increased risks: boating, camping, fireworks, grilling and long road trips. All of these increased risks can be mitigated by keeping composite risk management in mind and safety is everyone's responsibility.

We will be entering one of the hottest summers ever in Kuwait, so let's continue to emphasize the importance of staying hydrated and enforce the use of seatbelts. For the family members and Soldiers back at home station remember fireworks are fun, but they are also dangerous if not properly handled. Keep in mind fireworks are illegal in most parts of the Fayetteville and Cumberland County areas.

Motorcycle accidents are on the rise, so please take the time out to ensure your Soldiers are properly licensed and understand the Motorcycle Mentorship and Safety policy I recently signed in April of 2011.

Thank you for your commitment to our mission. Remember those Soldiers who are deployed around the world and keep them and their families in your thoughts and prayers.

First Team!

KENNETH S. DOWD
Major General, US Army
Commanding General



Special Troops Battalion

LTC Kevin Gilson



Commander

Team!

July is here and first and foremost please have a safe and fun 4th of July weekend.

There is a lot going on with all of the folks transitioning into the 1st TSC over the next few months so please take the time to welcome these new Soldiers as well as their Families into the 1st TSC. Our priorities over the summer will not change and will continue to be Mission ready, Training focused as well as adhering to Summer Safety guidelines, daily Force Protection along with team and Family building events.

Safety First!

LTC Gilson, Kick 6



CSM Rich Greene



Battalion CSM

NCO's have many tools they can use to lead with, but one of the key ones they forget about is presence. Being there, being seen and as the CG says "Getting after it." We had an NCO run at the MCP the last week of June, and there were many NCO's that were there- and not all of them could go on the run because of profiles or mission...but they were there. What was noticed was the ones that were not. Your Soldiers see you lead and are always watching to see what you do- and this is not solely geared to the NCOs. Officers and Warrants, even specialists who have Soldiers serving under them in some capacity are always being watched to see how they react in any given situation. How you choose to handle those situations affect the perception of your leadership, even if you think you have the right motive. Perception is in the eye of the beholder. LTC Joshua Chamberlain was the Commander of the 20th Maine in the Civil War and his story has been told far and wide. If you don't know his story I recommend you read it, or Google "Little Round Top" and see what this school teacher from Maine was able to do when he was forced to become what I call a "Person of Action." I won't give the story away, but I will tell you that against the odds, when he chose to say these three words: "Fix Bayonets" and "Charge", it changed tide of the Civil War. He was a man of action- h

volunteered, he was seen, out front, leading, and when the time to make a decision came he made it.

Don't you know at that same time some of his men were wondering if he was thinking about retreat, surrender, or anything else...because that's what Soldiers do. They watched LTC Chamberlain the same way they watch you each and every day. On the day when the hard decision had to be made, he acted, and they followed. The key was that he was there- and they trusted him. As we hit the hard part of the summer with so much to do, and so much ahead of us this fall, my challenge to you is to lead from the front. Be seen, not for the sake of being seen, but to show your Soldiers they can trust in you and the training the Army and your previous leaders have invested in you... much the same way you are investing in them. Be at PT and get on those who don't; support unit events on and after duty hours, and take the time to get to know your Soldiers. Not for the sake of being seen, but because it's right.

That's the essence of being a "Person of Action."

Kick 7

CSM Rich Greene

1st TSC STB



Around the FCP

Female soldiers in Kuwait say enough is enough

Story by SSG Kimberly Cooper-Williams



CAMP ARIFJAN, Kuwait – Women across Camp Arifjan, Kuwait have chosen to fight back against sexual assault. During a three day self defense class a small group of women learned valuable techniques to defend themselves against any “would be” assailant. The 197th Fires Brigade, a N.H. based National Guard offered two experts in the field of self defense to lead the class. Sgt. 1st Class Jesse Emery has an extensive background with skills in Jujitsu and combatives along with experience gained from being a former police and corrections officer. Staff Sgt. Anthony Damata also has a deep back ground in martial arts ranging from RyuKyu Kempo, Taekwondo and multiple levels of Jujitsu. With their combined level of expertise, they were able to give approximately one month’s worth of hands-on applicable defense knowledge in just three days.

Day one of instruction included three different escape techniques to include, the bear hug escape, the choke defense and escape and the wristlock defense and escape. “Our primary objective is not to teach you how to beat them up, but to escape,” Emery said as he and Damata went through a series of demonstrations before letting the women practice on one another. While they guided the women and corrected their movements to ensure maximum success with their new skills, they continued to throw pieces of knowledge at the women.

“Predators chose their prey carefully. They target the weak, the ones not paying attention,” Emery states as Damata walked up behind one of the women clearly deep in thought about the words they had just spoken and attacked her by throwing his elbow around her neck just to drive the point home. The woman instinctively began to use the techniques she had just been taught to break free from her attacker, but Damata kept coming back. “If you decide to fight back, then commit 100 percent to fighting back. Don’t half step it,” Emery barks out as she continues her struggle until she is victorious.

Just like the first day of instruction, both instructors worked like a well oiled machine, one barking out bits of information while the other was on the prowl in search for his next victim. Today however, one of them used a protective pad since they were teaching the women how to cause the assailant enough pain they would let go and allow them time to escape. Basic strikes, pressure points and pain compliance were the focus for day two of instruction. “One thing I want you all to remember,” Damata said to the group of women. “Don’t stop hitting them until they let you go. If the first thing you try doesn’t work hit him again and again and again until he lets you go.” While the women practiced kicking Emery in the knee and groin area, onlookers could tell they were remembering Damata’s words. They indeed kept kicking and striking until Emery, the day’s attacker, let them go.

On the final day, the women were able to put all the skills they learned together. Emery came ready to act as the assailant in full protective gear. While both instructors were still offering words of encouragement and correcting the actions of the women, their primary focus was to get them to react



Master Sgt. Sheila Marshall, 1st Theater Sustainment Command, practices a basic strike to the groin on Sgt. 1st Class Jesse Emery, 197th Fires Brigade, during a self defense class at Camp Arifjan, Kuwait, June 9.



Spc. Keri Rambacher with Task Force 182, Charlie Company, attempts to defend herself against her attacker, Sgt. 1st Class Jesse Emery, during a self defense class at Camp Arifjan, Kuwait, June 9.

instinctively without much help. “I have to remember to head butt,” Spc. Dawn Waites, a Manchester, N.H., native with the 372nd Signal Company, 197th FiB, said after one of her rounds with Emery. “I don’t like to use that technique, because I don’t want to hurt myself and cause myself any pain. It seems more like a street brawl or a man’s fight, but now I realize it’s effective.”

“You have to remember that this is a fight,” Emery pointed out. “Yeah, you might hurt yourself but would you rather hurt yourself by protecting yourself, or end up in the emergency room as a victim?” By the conclusion of the class the women were more than confident in their new found skill set even if the thought of being a possible victim is still a scary one. “In case something ever happened here (in Kuwait) or at home, I would now be confident enough to get out of it,” Spc. Arielle Camire from Rye, N.H., with 372nd Signal Company, 197th FiB, told Emery and Damata at the conclusion of the class. “My confidence has gone up a great deal with all the skills you gave us. I feel very confident.”

Tips: Reduce Your Risk of Becoming a Victim

- Make eye contact it makes people uncomfortable.
- Look straight ahead when walking not at the ground it makes you seem vulnerable.
- Look for lighting and notice if the lighting situation has changed from previous times.
- Don’t walk and talk on the cell phone or have both headphones in or on your ear.
- Stay in well lit, well populated areas.
- Vary your routine don’t become complacent.
- Pay attention to lurkers hanging out in areas they are not normally at.
- Your gut will tell you if something is not right. Listen to it.



Around the FCP

Big shoes to fill...

(Photos by Sgt. David Kanavel, 1st TSC PAO)



COL Francis Flynn



LTC Brock Harris



COL Ken Dyer

FIRST TEAM! Recently we've said farewell to several key staff officers. Although it is hard to say "goodbye" to some of our stellar performers, it's important to know that this organization will sustain the mission through solid plans, a good battle rhythm, and effective, continuous cross-talk. The Chief has been hammering home the need for continuity books. These will provide critical during the high turn-over months of summer. So get after it! Get your "sponsor hats on" to ensure a good orientation for our new team members as well as extend your hands in a sincere welcome to their families. Jennie and I look forward to coming to your section FRG events!

-MG Kenneth S. Dowd





Around the MCP

Members of the 1st TSC participate in Army 10-miler



On June 3, 2011 1st TSC soldiers fell into ranks to participate in the Fort Bragg Army 10 Miler.

Soldiers, Families and friends all came out to celebrate the Army's Birthday.





Chaplain's Corner

“Having The Wherewithal To Achieve Victory”

By CH Lee Hagwood

Annually Americans celebrate with fireworks our independence as a nation. What is there not to like about multicolor explosions that drape the canvas of a huge hemisphere glittered with a billions of stars? I don't suppose that many American citizens pause to imagine how many eyes have gazed upon the very same portrait in the sky, while different kinds of explosions were being deployed some 235 years ago?

Perhaps we could never conceive the amount of logistics it took to counterattack the greatest military force of that time from England. It required tremendous fortitude to recruit, train, and organize men who were mostly farmers and laborers who were interested in just earning a livelihood for their Families. However, when we are threatened by enemies, Americans have always united together to defend our land and freedom as a people.

No one understands the sacrifice that Soldiers make each year so others in America can enjoy the freedoms that we have cherished for centuries. The Army as a department experiences success because Soldiers like you demonstrate the wherewithal to achieve victory! In other words, you do what it takes to achieve victory; no matter what personal sacrifices may occur or what impact it may have on your Family.

In order to experience the resilience necessary to get back into the fight and continue to stay in the fight requires a future visualization of how victory will occur. In other words, understanding how your efforts and sacrifice will have a positive impact towards our independence as a nation! Soldiers exemplify the agape love of God and their country every day when we put the uniform on, or when we silently state we are willing to lay down our lives for other American citizens.

We achieve victory when we show up to heal and help other people during the aftermath of a great disaster that seems to occur in some community in the world. So this Independence Day look beyond the fireworks, and notice the constellations of stars that should remind us of Soldiers and Families who have sacrificed to achieve victory. Remember, we too have that same wherewithal every time we deploy. America will always celebrate her independence, because Soldiers in the Army will continue to discover the wherewithal to achieve victory in our battles and campaigns.

One of my prayers as I begin each campaign or faced with a difficult challenge is Psalms 121.

- 1 I will lift up mine eyes unto the hills, from whence cometh my help.
- 2 My help *cometh* from the LORD, which made heaven and earth.
- 3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.
- 4 Behold, he that keepeth Israel shall neither slumber nor sleep.
- 5 The LORD *is* thy keeper: the LORD *is* thy shade upon thy right hand.
- 6 The sun shall not smite thee by day, nor the moon by night.
- 7 The LORD shall preserve thee from all evil: he shall preserve thy soul.
- 8 The LORD shall preserve thy going out and thy coming in from this time forth, and even for evermore.¹

Thank God I was born an American; Thank God I have served my country as a Soldier, Thank God for giving me the wherewithal to victory over all of my enemies, Thank God for your sacrifice!



Legal Brief

Servicemember's Civil Relief Act (SCRA) Offers Protections and Benefits to Soldiers and Families

by 1LT Jeremy S. Watford, Esq.
Legal Assistance Attorney
1st Sustainment Command (Theater)

The SCRA, formerly known as the Soldiers' and Sailors' Civil Relief Act of 1940, is a federal law that gives all military members some important statutory rights when they enter active duty. The purpose of the act is to help protect service members from certain personal legal matters, enabling them to devote their entire energy to the mission. It covers such issues as rental agreements, security deposits, prepaid rent, eviction, installment contracts, credit card interest rates, mortgage interest rates, mortgage foreclosure, civil judicial proceedings and income tax payments.

The SCRA protects active duty military members and reservists or members of the National Guard called to active duty (starting on the date active duty orders are received) and, in some situations, dependents of military members (e.g., eviction actions, lease terminations). To receive protection under some parts of the SCRA, the member must be prepared to show that military service has had a "material effect" on the legal or financial matter involved. Protection under the SCRA must be requested during the member's military duty or within 30 to 180 days after military service ends, depending on the protection being requested. In many situations, the SCRA protections are not automatic, but require some action to invoke the act. Here are some of the highlights of the most commonly used provisions:

The 6 Percent Rule

One of the most widely known benefits under the SCRA is the ability to reduce *pre-service* consumer debt and mortgage interest rates to 6 percent, under certain circumstances. Under the SCRA, service members can request that creditors lower their interest rate to 6 percent while on active duty, because their military service has materially affected their ability to pay the loan. Service members need to inform the finance company of their situation in writing, and include a copy of their orders.

The finance companies must reduce the interest rate to 6 percent unless they go to court to dispute the decrease. In court, the finance company, not the service member, would have to prove that the service member's ability to pay the loan has not been materially affected by military service. The percent difference is forgiven or excused and the service member does not have to repay the amount forgiven while on active duty. Payments are made at the 6 percent interest rate during the period of active duty.

Delay of Court and Administrative Proceedings

The SCRA permits active duty service members, who are unable to appear in a court or an administrative proceeding due to their military duties, to postpone the proceeding for a mandatory minimum of 90 days upon the service member's request. Further delays may be granted at the discretion of the court, and if the court denies additional delays, an attorney must be appointed to represent the service member.

A request to the court must be in writing and must:

1. explain why the current military duty materially effects the service member's ability to appear, 2. provide a date when the service member can appear, and
3. include a letter from the commander stating that the service member's duties preclude his or her appearance and that he/she is not authorized leave at the time of the hearing.

Termination of Residential/Automobile Leases

The SCRA allows termination of residential leases by active duty service members who subsequently receive orders for a permanent change of station or a deployment for a period of 90 days or more. The SCRA also includes automobiles leased for personal or business use by service members and their dependents.

A pre-service automobile lease may be cancelled if the service member receives active duty orders for a period of 180 days or more. An automobile lease entered into while the service member is on active duty may be terminated if the service member receives PCS orders to a location outside the continental United States or deployment orders for a period of 180 days or more. This includes moves between a CONUS location and Alaska or Hawaii.

The SCRA can be a powerful tool to protect your legal interests while on active duty, especially during a PCS or deployment. If you would like more information about the SCRA, or help taking advantage of any of these provisions, contact us for an appointment at the 1st TSC Legal Assistance Office at (910) 396-9800.



Family Readiness...

The answer is Yes...

Now what are your questions?



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Sound Mind - Sound Body

Sound familiar? Researchers have been making this connection for decades. How you feel about yourself, how you handle situations, and how you interact with others can make or break your day.

Mental health is frequently in the news and on the minds of Soldiers and their Families these days. Just as you need to stay physically healthy, you also need to stay mentally healthy and seek help when you need it.

Fort Bragg has many great tools to help us achieve a sound mind and body. ACS now offers the Spouse Resiliency Academy and we also have a Wellness Center that will tell all you ever wanted to know about how fit you are. There are so many great resources why not use them?

Dates to Remember

- FRG Bake Sales** 11 July 2011
* 10-1:00 North Post PX
- Raven Rock Kayak trip** 16-17 July 2011
- Movie Night at Smith Lake** 16 July 2011
- FRG Meeting** 26 July 2011

Happy 4th of July!!



Please welcome our newest additions to the 1st TSC Family

SFC Sidney Chaney and his wife welcomed their new son, Sidney Chaney Jr., into the world on 22 June 2011. Sidney Jr. weighed in at 5lbs 6oz and was 19" long.



Lenny Harris/ 910-396-6198

Did you know that East Fort Bragg has an ACS Representative? Lenny Harris is the new East Fort Bragg ACS representative. His office is located in the 1st TSC, STB Headquarters Building on Quartermaster Street, building M-2567.

ACS provides classes and resources to meet your needs, go to: <http://www.fortbraggmwr.com/cal.php>

The 1st TSC Military & Family Life Consultant contact is:

Tiffany Williams/ 910-489-8020

The 1st TSC now has a dedicated Military & Family Life Consultant (MFLC), Dee Clingham. Please feel free to give her a call. She does have an office within the STB to meet with Soldiers and or Family members and can also meet in a safe location away from the unit. 1st TSC, STB Headquarters building on Quartermaster Street, building M-2567. MFLC's are like life coaches. They are all Master's and higher level therapists that work within the military family to offset the unique stresses of military life. They do not maintain records and all sessions are completely confidential.



Good to Know

New Classifieds Website Made Just for Military Communities

Earlier this year, R&B Communications introduced Sargeslist.com, a website that provides free classifieds for military members to connect worldwide. The site is the first of its kind that serves all military branches, Reserves, Guard, Department of Defense (DoD) civilians and military retirees at bases around the world. Additionally, when visitors register with a valid military email address ending in .mil, their account is marked so users know they are in the Department of Defense network. SargesList™ includes everything in one place: users can buy and sell household items, vehicles and real estate, as well as browse listings for jobs, pets and local services. SargesList is ideal for military members looking to buy and sell items during PCS, particularly for overseas moves.

To check out the new website, please go to: <http://www.sargeslist.com>

Department Leads Nationwide Food Drive

The Defense Department (DoD) took a leading role in a nationwide campaign by challenging federal employees to donate to their local food pantries. The “Feds Feed Families” campaign, announced by the Office of Personnel Management on 26 May will run through the end of August which DoD is co-leading with the Agriculture Department. It is the third year for the White House-sanctioned program, which began as part of the 2009 United We Serve Act. For the past two years, DoD officials have participated locally in the national capital region by means of collecting nonperishable items and distributing them to food pantries in the area. This year, they are extending the campaign to DoD installations nationwide for their own local distribution and, since the drive is locally managed, food pantries have included lists of items most needed in their areas. To learn more about the food drive, please go to:

<http://www.defense.gov/news/newsarticle.aspx?id=64299>



Resilience Training

Resilience Training reflects a strength-based, positive psychology approach to Warrior behavioral health. It is designed for Warriors, Leaders, Spouses, Families and behavioral health providers. Training and information is targeted to all phases of the Warrior deployment cycle, Warrior life cycle and Warrior support system.

Self confidence: taking calculated risks and handling challenges.

Mental toughness: overcoming obstacles or setbacks and maintaining positive thoughts during times of adversity and challenge. Battlemind skills helped you survive in combat, but may cause you problems if not adapted when you get home.

Resilience Training is now standard training throughout the Army, due to its success as deployment training. It provides training for units, leaders, Soldiers, and Families. Materials for children have been enhanced, and there's a new section that addresses the stigma attached to having PTSD.

Visit the Resilience Training Resilience Training website at www.resilience.army.mil/.



Good to know

1

Drugs and Alcohol Don't Help

Don't fool yourself. Drugs, tobacco and alcohol are no cure for stress. Medications such as tranquilizers and sleeping pills should only be used under a doctor's supervision. Frequent and long term use can lead to drug dependence and not dealing with the source of stress.

3

On The Job Refreshers

You spend the largest part of your day on the job. If you find yourself starting to rush or panic - STOP - take a deep breath and give yourself time to think things through and quiet down. Instead of your usual coffee or cigarette break - take a relaxation break and stretch or walk around. Prevent burnout by taking the first half hour at home to unwind from work before starting your "home" work.

5

Learn to Unwind

Relaxation is a skill in itself. Listening to music, exercise, day dreaming and learning how to meditate can help the mind and body quiet down so you feel renewed. Imagery (picturing a quiet scene with all your senses - what it looks like, smells like, tastes like, feels like, sounds like) helps your mind to re-program itself to being able to relax at will.



6 TIPS TO RELIEVE STRESS

2

Express Yourself

The stress inside you - thoughts and feelings - can build up tension. Learning how to be assertive, expressing your feelings, (sadness, joy, hurt, anger, excitement) and learning from past experiences can help relieve stress inside you. What worked for you? What do you need to change or learn more about? Who can help you learn?

4

Think Positive

Develop a realistic, positive attitude. Recognizing when you are being unfair or unrealistic with yourself is a good start. Be alert to traps such as, "I have to", "I must", "I can't", "If only." Give yourself applause or a pat on the back for a job well done and look for the positive in "failures" - what have you learned from this experience?

6

Sink into a Restful Sleep

Getting proper rest and sleep gives your mind and body time to quiet down and regenerate. Getting 7 or 8 hours of sleep at least 3 or 4 times a week helps. If stress is affecting your sleep try:

1. Warm milk,
2. Writing down all the things cluttering your mind, and
3. Stretching and taking a warm bath with relaxing music before bed.

Free Mental Health Screening Materials Offered to National Guard and Army Reserve Units

Mental health screening and educational materials are available at no cost to National Guard and Army Reserve units through the Department of Defense Office of Health Affairs. The materials are part of the Mental Health Self-Assessment Program. This initiative offers Reserve Component and other service members and their Families the opportunity to take voluntary, anonymous mental health and alcohol self-assessments in-person events or anonymously online or by phone 24/7.

National Guard and Army Reserve units can use the in-person programs that provide educational handouts, screening forms, and promotional materials as part of their Family days or in conjunction with the annual health observance events: National Alcohol Screening Day, held in April, or Mental Health Screening, also known as National Depression Screening Day, in October.

The online assessment has a Spanish-language version. To take the assessment and receive feedback by phone, dial 877-877-3647. An assessment for parents worried about depression in a teenage child has also been added.

Free Self-Assessment Tools:

- [DoD Mental Health Self-Assessment \(MHSA\) Program Overview](#)
- [Mental Health Self-Assessment](#)

<http://www.militarymentalhealth.org/Welcome.aspx>

<http://www.pdhealth.mil/mhsa.asp>



One final note

CPT Alex Creammer



HHC, Co. Commander

Hello Families!

Happy Summer!!

The heat is really building and some of the more recent rain and thunderstorms have been fierce. Please take advantage of the long summer and enjoy some much deserved time off. There are a lot of inexpensive ways to travel and research, or explore this great state. To the west we have the mountains and east we have the ocean. We are close to the center of the east coast on I-95, between New York and Miami. Also, Washington DC and Atlanta are great cities within a day of driving, that offer plenty to do. Raleigh is an hour, and the plane rates there are cheaper than out of Fayetteville most of the time. Plus they have a ton more airlines. They also have NHL pro hockey, and three collegiate

sports empires. Charlotte is 2 hours and has all pro sports. If you are traveling by plane, here are some tips:

Summer Travel tips from TSA:

http://www.tsa.gov/assets/pdf/summer_checklist.pdf

Check your tires before you travel...

In today's modern society, we rely heavily on our privately owned vehicles to take us from place to place; a great amount of risk is inherent in personal transportation that deserves attention.

Reduction of POV risk factors is possible, provided we apply proper attention to our vehicle's mechanical condition. Here are 11 safety tips that will assist you in preventing tire failure problems and reduce hazardous risk factors:

- Check tire pressure and adjust at least once a month.
- Use vehicle manufacturer's recommended tire pressure. Refer to owner's manual or check the vehicle data label normally located in the driver's side door frame.
- Inspect tires regularly for abnormal wear and damage.
- Rotate tires every 5,000 miles or according to owner's manual.
- Keep tires in proper balance.
- Keep steering and suspension in proper alignment.
- Never overload your vehicle.
- Ensure spare tire and jack are in good mechanical condition.
- Replace tires when worn or damaged.
- Install tires in matched pairs or complete sets.
- Select the correct tires for your vehicle and driving conditions

I hope that you are able to maximize your time with travel, Family, friends and fun!

A quick reminder,

FRG Play Group for ALL:

9:00 Wednesday mornings (Friday- if rained out on Wednesday)

Where: Wilson Park on Butner Road

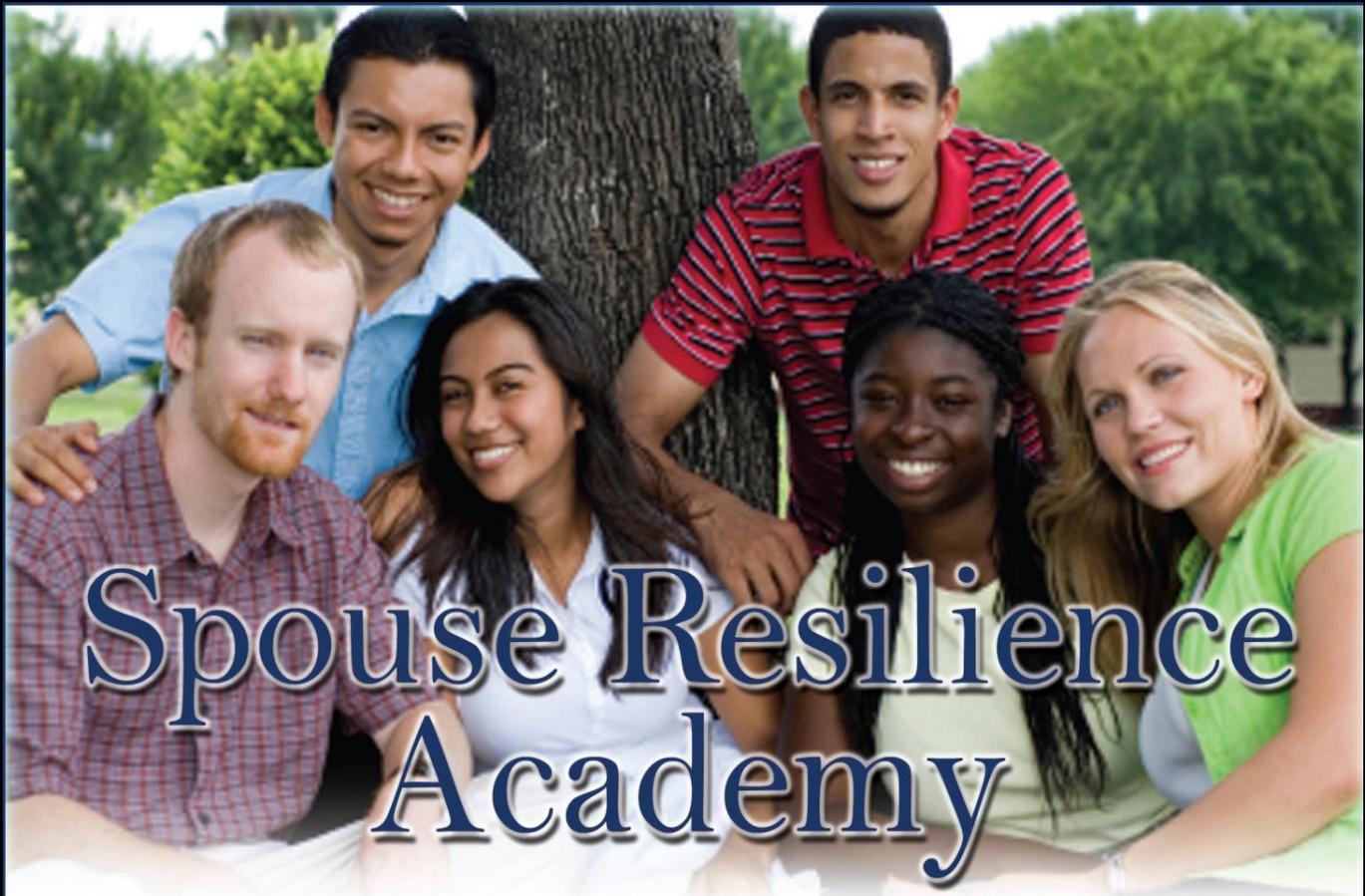
Lastly, Thanks for the support and I cannot wait to see you at the next FRG meeting on 26 JUL 11 at 9:00am and 6:00pm.

V/R

Alexander J. Creammer

CPT, LG

Commanding



Spouse Resilience Academy

Learn skills to overcome obstacles and how to bounce back from life's challenges

**Five step course - all steps must be completed to receive full credit*

*** Priority slots are for Active Duty Spouses*

May

16, 18, 20, 23, 25

9:00 a.m. - 1:00 p.m.

Ardennes Neighborhood Center

June

7, 9, 11, 14

6:00 p.m. - 9:00 p.m.

(June 11-8:30 a.m. - 4:30 p.m.)

FRG Center

July

25, 27, 28

9:00 a.m. - 4:00 p.m.

Ste Mere Eglise Neighborhood Center

August

8, 10, 12, 15, 17

9:00 a.m. - 1:00 p.m.

Ste Mere Eglise Neighborhood Center

Call (910) 396-5521 or visit www.fortbraggmwr.com to register.

Limited FREE childcare available.

Must register 14 days prior to class.

