

**128th
Aviation
Brigade**
“The Phoenix”



2014-2015

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DEPARTMENT OF THE ARMY
128th AVIATION BRIGADE
2717 MCCLAIN STREET
FORT EUSTIS VA 23604-5414

ATZQ-AL

3 September 2014

MEMORANDUM FOR Incoming Personnel to the 128th Aviation Brigade, Joint Base Langley-Eustis, Virginia 23604

SUBJECT: Welcome

Welcome to the 128th Aviation Brigade! Whether you are a seasoned veteran service member or family member of an initial entry Soldier, for most, this will be your first assignment to the Training and Doctrine Command (TRADOC). You will find this assignment different from any you will ever have. While the operational tempo is different here, it is no less challenging and rewarding. If you are an instructor or cadre member, the predictability of your duties will allow you to engage in a wide variety of activities from honing your leadership and technical skills to advancing your civil schooling. If you are attending advanced individual training and have your family members with you, this can be a daunting experience but one you need not experience alone. Our Army has been doing this for 239 years.

The purpose of this brochure is to assist all newly assigned Brigade personnel and their families to assimilate into the Brigade and the Fort Eustis community with the least amount of hassle, to share pertinent information with you such as Brigade and post events, and to assist where possible with family support activities and contacts.

The entire Brigade command team stands ready to assist you in making this transition an enjoyable and memorable one.

I encourage you and your family to take full advantage of the personal and professional opportunities in the Tidewater region of Virginia during your tour here.

Julius A. Rigole
JULIUS A. RIGOLE
COL, AV
Commanding

128th Aviation Brigade Reception

Welcome to the 128th Aviation Brigade!

If you are a permanent party member, you will be assigned a sponsor who will assist you and your family during this time of transition. For all IET or AIT personnel, the 1st Battalion 222d Aviation Regiment will host you throughout your training. Prior to graduation you will be assigned a sponsor by your gaining unit to help you transition.

The 128th Aviation Brigade provides aviation maintenance and logistics training for enlisted active Army, Army Reserve, Army National Guard, Air Force, 151A Warrant Officers and International students. The Brigade accomplishes this by utilizing the latest aviation technology, computer-aided instruction, state-of-the-art electronic devices, and highly experienced cadre. Our higher command is the United States Army Aviation Center of Excellence (USAACE) located at Fort Rucker, AL.

The 128th Aviation Brigade consists of three battalions. The 1st Battalion, 210th and 2d Battalion, 210th Aviation Regiments are responsible for command and control (C2) of the instructors and instruction of students/Soldiers. The 1st Battalion, 222d Aviation Regiment is responsible for all other C2 requirements associated with the Initial Entry Training (IET) or Advanced Individual Training (AIT) students/Soldiers.

Command Philosophy

- **C**—Commitment, Concern, Cooperation
- **A**—Accountability, Action, Adaptable
- **R**—Respect, Responsibility, Resiliency
- **E**—Empower, Excellence, Enjoy your job, Enrichment
- **S**—Standards, Safety, Soldiers and Families

Command Focus

- **Professionalism**
 - Appearance, Performance, Conduct
 - Character
 - * Army Values
 - * Ethical Leaders: legal and moral foundation
 - Dignity, Respect, Trust
 - Esprit de Corps (band of brothers) (pride in what you do)
 - Stewardship (guardians of the profession)
 - * Who guards the guardians
 - * Police themselves
- **Competent Leaders**
 - Certification (TRADOC and Brigade)
 - Professional Development
 - * Timely Performance Counseling & Evaluations
 - * OPD/WOPD/NCOPD/CIVPD
 - * PME attendance
 - * Self-Development
 - Recognition (Awards, PSG/Instructor of Qtr, Civilian Service)
 - Provide Quality Training and Instruction (accurate, current, and relevant) - feedback and course review
 - Positive and Safe Learning Environment
- **Comprehensive Soldier and Family Fitness**
 - Sponsorship, Newcomer Orientation, Screening, Integration, Battle Buddies
 - Quality of Life (hobbies, MWR, social events, leave/time off, invest in your family and community)
 - Get Yourself Fixed (Medical, Behavioral Health, ASAP, Spiritual, Leadership) - RESILIENCY (MRT/GAT)
 - Family Readiness (welcome, inform, socialize, support, recognize)
 - * FRG newsletter, FRG webpage, Facebook
 - * Spouse CTC, Social events/activities/Strong Bonds Retreat
 - * AFTB, Family Advocacy Program, MRT

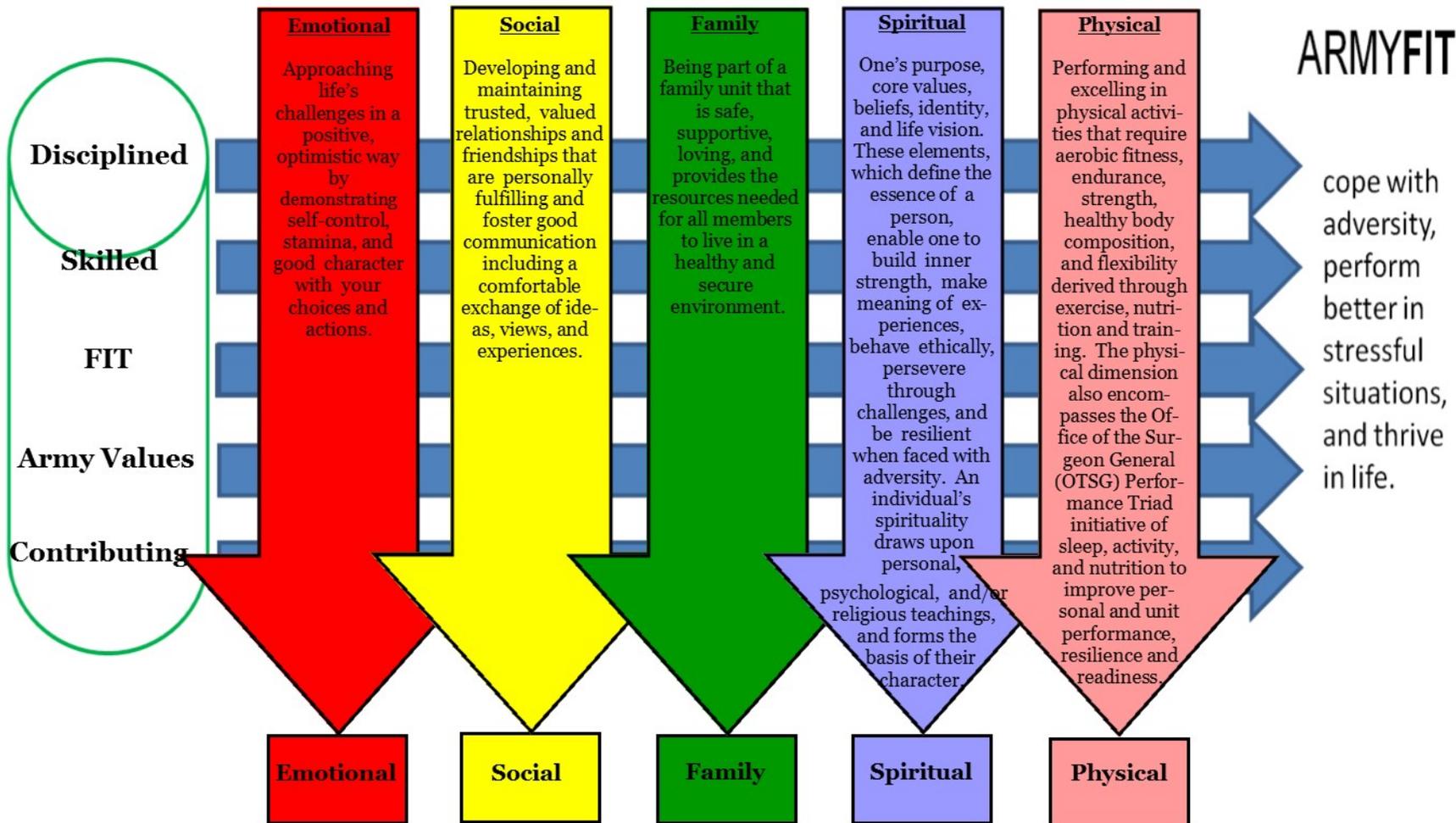
Brigade Mission Nested w/CSF2

- To produce Aviation maintenance Soldiers who are **disciplined, skilled, fit, imbued with Army Values,** and **able to contribute** to the combat readiness of the Army, other services and foreign allies.

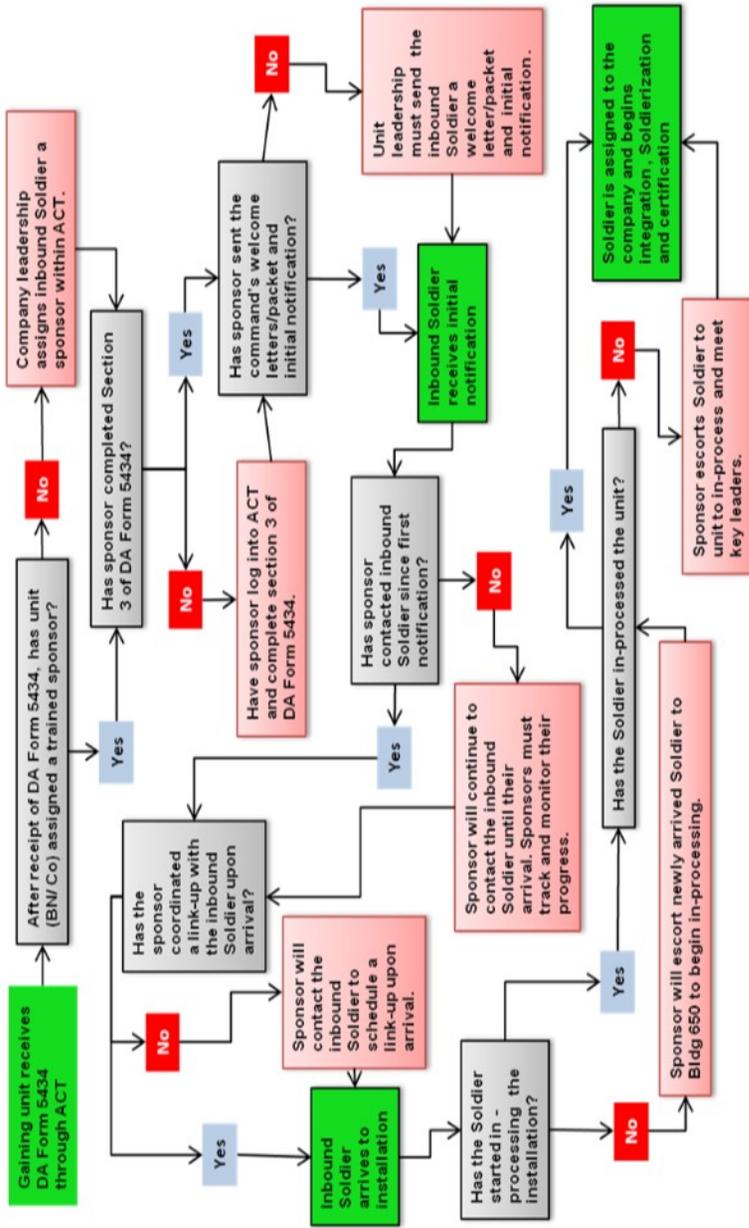
Brigade Mission Nested w/CSF2

- To provide **subject matter expertise** on aviation maintenance, logistics, and training as part of the US Army Aviation Center of Excellence.

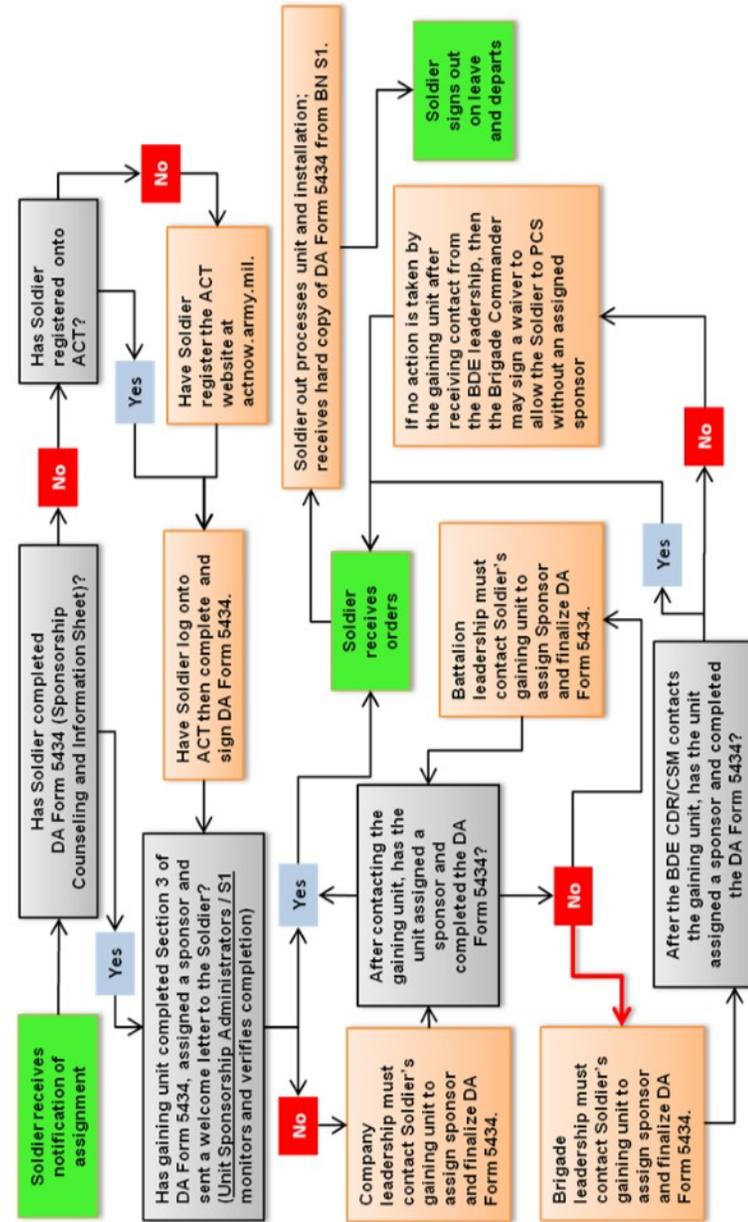
COMPREHENSIVE SOLDIER & FAMILY FITNESS



Brigade Sponsorship Someone Looking Out For You (In Processing)



Brigade Sponsorship Someone Looking Out For You (Out Processing)



Comprehensive Soldier & Family Fitness (CSF2)

Executing the Comprehensive Soldier and Family Fitness (CSF2) program in order to increase the physical and psychological health, resilience and performance of Soldiers, Families and Army Civilians.

Physical

Family

The CSF2 program plays a crucial role in developing a Total Army team of physically healthy and psychologically strong Soldiers, Families and Army Civilians whose resilience and total fitness enable them to thrive in both the military and civilian sector.

Organizational Training

MRT In-processing - 16 hours
 Cadre Training Course - 1 hour
 Company/Unit Level Training - 2 hours (monthly)

Social

Army Families and DAC

Army Community Services (ACS)
 FMI: 757-878-3638 / 3173
 Building 650 Monroe Ave
<http://new.jbleforcesupport.com/>

Individual Training

Army Fit GAT 2.0 (annual)
 (Comprehensive Resilience Modules training)

Emotional

Institutional Resilience Training

IET / AIT Training - 4 hours

Spiritual

**Building Resilience
 *Enhancing Performance**

Master Resiliency Training (MRT)

Master Resilience Training & Spouse Resilience Seminars

- Three (3) certified UPENN MRTs
- Monthly training seminars
- Fourteen (14) skills/six competencies
- Resilience Training Assistants (RTA)

POCs :

Roger Bullis — (757) 878-3173
 Donna Cloy — (757) 878-3638
 Sharon Rector — (757) 878-3838



Emotional

Family Advocacy Program

Victim Advocacy

- Available 24/7 to assist adult victims of domestic violence
- Provide emotional support, safety planning, crisis intervention, assistance with protective orders, criminal charges and referrals to community agencies
- Restricted reporting

Prevention

Outreach

- Prevent family violence through awareness campaigns, leadership training, community education and training
- Monthly classes are offered:
 - Stress management
 - Parenting
 - Relaxation
 - Anger Management
 - Couples Communication



New Parent Support Program

- Home and office visits by RNs to expecting parents, parents who have just had a child or parents with a child under the age of 3
- Education on pregnancy, labor and delivery, child development and parenting styles

Contact Information

- Bldg 2115 Pershing (757) 878-0807
- Report suspected abuse: Duty hours (757) 878-0807
After Duty Hours: (757) 764-6800 ask to speak to the MH provider on call
- Victim Advocates (24/7): (757) 637-4035
- Outreach Manager: A.J. Brandt, MSW
(757) 878-0805 alissa.j.brandt.civ@mail.mil

JBLE Legal Services

2732 Madison Avenue
(757) 878-3031 ext 222

Services

- Estate Planning: Wills and Power of Attorneys
- Family Law: Custody, Divorce, Child Support, FCP
- Service members Civil Relief Act (SCRA)
 - Interest rate, cell phone, leases, civil proceedings
- Landlord—Tenant (SCRA)
- Consumer Law: Credit Report
- Legal Obligations: Lautenberg Amendment
- Taxes: Free preparation @2733 Madison Ave



Army Community Services (ACS)

650 Monroe Avenue
(757) 878-3638

- Community Information
- Exceptional Family Member Program
- Deployment Readiness
- Personal Financial Readiness
- Outreach/Family Services
- Relocation Readiness
- Family Member Employment
- US Army Volunteer Corps
- Army Family Team Building
- Army Family Action Plan
- Personal and Family Readiness

ACS PARTNERS

Langley Medical, 633d MSG
• Family Advocacy Program

Army Support Activities

- Army Emergency Relief
- Survivor Outreach Services
- Sexual Assault Prevention and Response (SHARP)

733 Force Support Division

- Soldier Family Assistance Center (Warriors in Transition)
- Army Career & Alumni Program (ACAP)



Family

Army Family Team Building (AFTB)

650 Monroe Avenue
(757) 878-3638

Connecting Families to the Army One Class at a Time!!

- 34 Classes—Classroom or online at Army One Source
 - Military Knowledge Skills
 - Personal Growth Skills
 - Leadership Development
- Command Team Spouses Course



POC — Donna Cloy
Donna.g.cloy.civ@mail.mil



Family

Employment Readiness

650 Monroe Avenue
(757) 878-3173

Services

- Weekly Job Orientation Brief
- Career and personal development
- Interview techniques
- Military Spouse Employment Program



Resources

- Internet job search and resumes posted online
- Current job listings
- Educational opportunities
- Volunteer opportunities



POC — Roger Bullis
Roger.k.bullis.civ@mail.mil



Family

Army Volunteer Corps (AVC)

650 Monroe Avenue
(757) 878-3129

- Online Volunteer Management Information System (VMIS)
- Installation Volunteer Advisory Council
- Installation Volunteer of the Quarter Recognition Ceremony
- Installation Volunteer Recognition Program
- Installation Commander's Gold Award for Community Service
- Volunteer Referrals
- Volunteer Manager Training



POC — Donna Cloy
(757) 878-3638
Donna.g.cloy.civ@mail.mil



Social

Spiritual

Soul Strength

Your spirituality can be called the measure of the “strength of your soul”. That strength makes it possible for each of us to face adversity successfully, find meaning in our lives and experiences, and behave in an ethical manner, worthy of Soldiers and members of the Army Family. At the 128th Aviation Brigade, Fort Eustis, and on the Peninsula, there are many people, places, and organizations available to help you discover, recover, or enhance your soul strength. This strength can translate into stronger and more satisfying relationships with family, friends, and co-workers, and grow your ability to deal with problems and set-backs.

On Fort Eustis

Protestant

Contemporary Service	Sunday 1000	Wylie Theater—Bldg 705 Washington Blvd
Traditional Service	Sunday 1100	Post Chapel—Bldg 923 Lee Blvd
Evening Bible Study	Sunday 1800	Chapel Annex—Bldg 1006 Monroe Ave



Catholic

Catholic Mass	Sunday 0930	RMC/Post Chapel
	Mon-Wed, Fri 1145	RMC/Post Chapel

Latter Day Saints

Worship	Sunday 1200	Chapel Annex—Bldg 1006 Monroe Ave
Study	Wed 1100-1330 & 1700-1830	Chapel Annex

On the Peninsula

The largest religious demographic of the combined population of the Virginia Peninsula is Christian, either Protestant or Catholic.

Of that, the largest group is the Southern Baptists. To find a Baptist Church near you, go to <http://www.sbc.net/stateconventionsearch/associations-near-me.asp?query=VA>

Catholic parishes on the peninsula are part of the Richmond Diocese. You can go to www.richmonddiocese.org to find one of the many Catholic Churches in your area.

For a complete list of churches in Chesapeake, Hampton, Newport News, Norfolk, Portsmouth, Smithfield, Suffolk, Virginia Beach, Williamsburg, Yorktown, search this website:

<http://www.edpaul.us/hampton-tidewater-churches.htm>

Spiritual (cont)

If you are member of one of the other Major World Religions, the Peninsula offers a variety of worship opportunities. For information on some of the houses of worship near you see below.

Jewish

Temple Sinai (Reform) 11620 Warwick Blvd Newport News, VA 23601 (757) 596-8352 <http://www.templestinai-nn.org/>
United Jewish Community of the VA Peninsula 2700 Spring Rd Newport News, VA 23606 (757) 930-1422 www.ujcva.org

Muslim

Masjid Muhammad/Al-Quba Islamic Center 1145 Hampton Ave Newport News, VA 23607 (757) 244-1336
Mosque & Islamic Center 22 Tide Mill Lane Hampton, VA 23666 (757) 838-4756 www.hamptonmosque.com

Masjid Ash Shura 3518 Colley Ave Norfolk, VA 23508 (757) 962-7453
www.salatomatic.com/d/Norfolk+23557+Masjid-Ash-Shura

Buddhist

Buddhist Education Center (Dong Hung Temple) 4177 West Neck Road Virginia Beach, VA 23456 (757) 689-3408
Chua Giac Hoa 2019 Cora St Chesapeake, VA 23324-1204 (757) 494-0278 www.buddhistedu.org/en

Vajrayogini Buddhist Center 156 Newtown Rd Suite A-2 VA Beach, VA 23462 (757) 504-4426 www.meditationinhamptonroads.org

Wiccan

Mystic Moon 3365 North Military Hwy Norfolk, VA 23518 (757) 855-3280 www.mysticmoonevents.com

Ba’Hai

Spiritual Assembly of the Baha'is of Norfolk, Inc. PO Box 6100 Norfolk, VA 23508 1 (800) 228-6483 www.bahairoads.org

For other Religious preferences and places of worship in the area please visit this website. <http://www.vwc.edu/center-for-the-study-of-religious-freedom/world-religions-in-hampton-roads.php>



Employment Readiness

650 Monroe Avenue
(757) 878-3173

Services

- Weekly Job Orientation Brief
- Career and personal development
- Interview techniques
- Military Spouse Employment Program



Resources

- Internet job search and resumes posted online
- Current job listings
- Educational opportunities
- Volunteer opportunities



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- Volunteer Manager Training



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Donna.g.cloy.civ@mail.mil



Social

McDonald Army Health Center (MCAHC)

576 Jefferson Avenue
(757) 314-7500

SCOPE OF SERVICES

- **Primary Care**
 - Family Health, Internal Medicine, Pediatrics, Troop Medical Services
- **Surgical Services**
 - Orthopedics, Gynecology, Ophthalmology, Otolaryngology (ENT), Podiatry, Oral Surgery, General Surgery
- **Specialty Services**
 - Gastroenterology, Pulmonology, Sleep Lab, Allergy / Immunization, Dermatology, Optometry, Physical Therapy
- **Behavioral Health**
 - Psychiatry, Psychology, Social Work
- **Preventive Medicine**
 - Industrial Hygiene, Community Health, Occupational Health
- **Soldier Readiness / Wounded Warriors**
 - Integrated Disability Evaluation System, Warrior Transition Unit, Community Based Warrior Transition Unit, Medically Not Ready
- **TRICARE Online (www.tricareonline.com)**
 - Online appointing, appointment reminders, prescription refill services, information on TRICARE, Relay Health
- **Relay Health**
 - Secure messaging (email) system for communicating with your healthcare team
- **Army Provider Level Satisfaction Survey (APLSS)**
 - Customer satisfaction survey pertaining to your healthcare visit
 - Up to \$800 per survey rewarded to MCAHC which provides more resources and money improving our facilities
- **No-shows**
 - \$70,000 to \$85,000 per month in lost revenue at McDonald
- **MCAHC POCs**
 - Information – 757-314-7500
 - Patient Representative – 757-314-7855
 - Chief, Clinical Support (CPT Sanfeliz) – 757-314-8061



Urgent Care Clinics

**AUTHORIZED URGENT CARE CLINICS
NEAR MCDONALD ARMY HEALTH CARE CENTER**

McDonald Army Health Center (MCAHC)
576 Jefferson Avenue, Fort Eustis, VA 23604
Hampton Road Appt Center (HRAC) (866) 645-4584

A. MD Express, 120 Monticello Avenue, Williamsburg, VA 23185 (757) 564-3627

B. Patient First, 611 Denbigh Boulevard, Newport News, VA 23608 (757) 283-8300

C. MD Express, 12997 Warwick Boulevard, Newport News, VA 23602 (757) 369-8446

D. MD Express, 4740 George Wash. Memorial HW #B, Yorktown, VA 23692 (757) 890-6339

E. Sentara Newtown Urgent Care, 4374 New Town Ave, Williamsburg, VA 23188 (757) 259-1900

F. Riverside Urgent Care, 2246 George Wash. Mem HW, Gloucester, VA 23072 (804) 684-5565

G. MD Express, 3321 West Mercury Blvd., Hampton, VA 23666 (757) 224-0656

H. Med Point Urgent Care, 730 Thimble Shoals Blvd., Newport News, VA 23606 (757) 223-5700

Urgent Care Clinic (UCC) Guide

If an appointment is not available after calling the HRAC (1-866-645-4584) or speaking with your assigned clinic, please follow these three steps:

- Choose an Urgent Care Clinic that is in the TRICARE Network.
- Within 24 hrs after your UCC visit, you need to call the Network Authorization Line @ 757-314-7850 with the UCC name, the date you were seen, and the diagnosis.
- Please ask the UCC to fax your clinical care records to 757-314-7854 or 7867.
- For after hours dental emergencies, dial the MCAHC AOD at 757-314-7859. DO NOT GO TO THE UCC.

As of 15 NOV 12

Family/Emotional

Family/Emotional

Soldier for Life—Transition Assistance Program (SFL-TAP)

705 Washington Boulevard
Suite 71

Transition Services available to Soldiers from Initial Entry Date thru Military Separation Date!

Stop in the Center today and begin your life' s journey discovering and choosing a career path and connecting the dots to succeed!

ACAP

Family

Child, Youth and School Services (CYSS)

PARENT and OUTREACH SERVICES

650 Monroe Avenue
(757) 878-4025
Mon – Fri 0730 – 1630



- Registration for any CYSS program is required and begins with Parent Central.
- Childcare and camp fees in DoD facilities are based on total family income.
- Childcare and camp programs give priority to active duty military or civilian sponsors assigned to JBLE.

Besides basic family information, registration requires:

- Current immunization record
- Social security number, proof of eligibility (i.e. ID card, birth certificate)
- Names/phone numbers of emergency contact other than sponsor/spouse
- Information about medical, physical or developmental special needs and/or EFMP enrollment
- Health Assessment/Sports Physicals are due within 30 days of registration
- LES/Pay statements
- CYSS Resource & Referral is capable of contacting local area, or gaining installation information about on and off post child care programs and the status of waiting lists.
- CYSS Volunteer Services Centralized recruitment, management, training and referral of volunteers working in CYSS programs.
- Visit our website at www.jbleforcesupport.com



Family

CYSS**SCHOOL LIAISON OFFICE (SLO)**

650 Monroe Avenue
 (757) 878-3514
 Mon—Fri 0730—1630

On average, military connected students will transition every 2.9 years. During each transition they can lose three months worth of quality education due to difference in educational systems. The SLO serves as a conduit of school information and is the primary point of contact for public and private schools. The SLO is available to assist, train, and refer military families and school professionals with education issues.

**Family****CYSS****SCHOOL-AGED PROGRAM (SAP)**

925 Madison Avenue
 (757) 878-5339
 Mon—Fri 0530—1800



SAP offers Before & After school care for children in grades 1-5; Spring, Winter Summer Camps; hourly care; and full care during school-out days

Programming includes

Clubs
 Arts and Sciences
 Homework Help
 Technology
 Drama
 Games
 Field Trips
 Family Events

**Family**

CYSS**YOUTH PROGRAMS (YP)**

1102 Pershing Avenue
 (757) 878-2662
 Mon—Thurs 1400—1900
 Fri—1400—2200
 CLOSED Saturday & Sunday

Programs authorized for youth in grades 6 through 12 are provided
 Monday—Friday

Programs include

Spring, Winter and Summer Camps
 Learning Center/Computer Lab
 Preteen/Teen Councils
 Boys & Girls Club/4-H Program
 Special Events, Activities and Trips

YOUTH SPORTS and FITNESS

655 Williamson Loop
 (757) 878-3724
 Mon—Thurs 0800—1700

The Fort Eustis physical fitness and sports program provides a wide variety of opportunities in team, individual sports, and outdoor activities. Rather than stressing winning or losing, our youth sports program emphasizes fundamentals, team work, physical conditioning and most importantly FUN!

TEAM SPORTS

Baseball/Tee Ball/Spring & Fall Soccer/Volleyball
 Flag Football/Basketball/Cheerleading/Run Club

CLINICS

Basketball/Soccer/Cheerleading/Tennis
 SMART Start Soccer & Basketball

Family**CYSS****CHILD DEVELOPMENT CENTER (CDC)**

926 Madison Ave 1140 Pershing Ave
 (757) 878-4000 (757) 878-4723



Accredited by the National Association of Education for
 Young Children (NAEYC)

Full Day Care

Hours of Operation: Mon-Fri 0530-1800
 Serving children ages 6 weeks to 6 years—program is
 designed to meet the needs of working parents

Before/After Kindergarten

Program is designed First Step/Kindergarten children, including the summer before they begin 1st grade. Children enrolled in this Program may attend on a full-day basis at times of school closure and vacations.

Strong Beginnings

This program is a structured Kindergarten preparedness learning program that focuses primarily on literacy and math. It operates on the same schedule as the Newport News Public Schools. Your child must turn 4 by the 30th of September to be in this program.

Hours of Operation: Mon-Fri 0830-1130

Part Day Preschool

This program is a short day developmental enrichment program for children 3-5 years old.

Hours of Operation: Mon-Fri 1000-1300

Hourly Care (Pershing CDC Only)

Serving children ages 6 weeks thru kindergarten. Hourly care services are provided through reservations which can be made up to one month in advance by calling 878-4723

Hours of Operation: Mon-Fri, 0830-1600

Special Openings are available

Family

CYSS

FAMILY CHILD CARE (FCC)

925 Madison Avenue
(757) 878-5584

Family Child Care is an option that Military Families, as well as DoD Civilians can utilize. Child Care is offered in homes on and off post by licensed Military Spouses. FCC homes have flexible hours and small family environments. Providers offer Full Day, Part Day, and Hourly Care. FCC is open to children ages 4 weeks to 12 years old.

FCC Providers are Independent Contractors and may provide care for the following needs

Extended Duty
Shift
Holidays
Weekend Hours
Special Needs



Family

CYSS

SKIES PROGRAM

1102 Pershing Avenue
(757) 878-5882/4025

Schools of Knowledge, Inspiration, Exploration and Skills (SKIES) is designed to complement, expand, and support the academic, life skills, and athletic experiences children and youth have within CYSS Programs.



Classes offered

Piano
Violin
Tae Kwon Do
Gymnastics
Dance
Drum



Family

Fort Eustis Outdoor Recreation



828 Kells Drive
(757) 878-2610

Hours of Operation

Mon—Fri 0900—1700
(closed daily from 1200—1300)
Closed Weekends & Holidays

If you enjoy the fresh air and adventure that comes with the great outdoors, then Outdoor Recreation is the place for you. Our activity and rental office will provide you with a variety of means for adventure for both the land and water dwellers. If you are looking to get away from the usual, you can rent out one of our beautiful log cabins or camps sites, or rent an RV and hit the road. For those looking for adventure closer to home, check out our thrilling mini park or hunting grounds.

Outdoor Recreation has a paved, gated, 24/7 key-coded access storage area for your boat, RV or utility trailers at \$40 per month.

***All Prices subject to change without notice!**

UPDATES: If interested in using the Warwick Pier “Floating” Section you must sign the key in and out from PMO.

Anyone fishing on Fort Eustis will have to purchase a FISHING PERMIT from Outdoor Recreation. The cost of the fishing permit is \$10 (annually). One will have to show a Virginia State Fishing License.

Family/Social

Fort Eustis Club

2123 Pershing Avenue
(757) 878-5700
Tues – Fri 0800 – 1700

Lunch Buffet

Tues—Fri 1100—1330

Manager—Azeb Aweke



Bowling



675 Dickman Street
(757) 878-5482

Hours of Operation

Mon—1100 –1400 FOOD ONLY
Tue—Thurs 1100—2200
Fri—1100—0100
Sat—1200—0100
Sun—1200—1800

Manager—Mr. Al Virgilio

Family/Social

Fort Eustis Recreation Center

FEATURED AMENITIES



Pool Tables
Ping Pong
Air Hockey
Playstation 3
XBOX 360
Wii
Board Games
Dominos
Cards

671 Lee Blvd
(757) 878-3717

Wednesday—Saturday 1100—1900
Sunday— 1100—1700
CLOSED Monday, Tuesday & Holidays



Frame Shop

(757) 878-3285 (M-F 0900-1400)
CLOSED Weekends and Holidays

Picture framing, mat cutting, glass replacement, poster mounting,
canvas and needlework stretching and framing supplies



Engraving Shop

(757) 878-5031 (M-F 0900-1400)

Custom made plaques, laser or rotary engraving services on badges,
nameplates, trophies and much more.
CLOSED Weekends and Holidays

Family/Social

Fort Eustis Auto Craft Shop

660 Jackson Avenue
(757) 878-5440



SERVICES OFFERED

Oil Change Bays
Lift Bays
Computer Scans
Resale Products

Professional Detailing by Appt (757) 813-3240

LEARNING OPTIONS

Every **Thursday from 6:00-7:00pm** the Auto Craft Shop offers a one-time course teaching you how to use the auto repair equipment. There is no appointment necessary.

For those who learn better by teaching themselves, we provide Michen On Demand, a computer program giving you step-by-step instructions for all of your repair needs.

Hours of Operation

Wed—Fri 1200—2000
Sat—Sun 1000—1800
CLOSED Monday, Tuesday & Holidays

Walk-ins are Welcome!
Appointments may be made by calling 878-2480 or
e-mail f-e-a-r@cox.net

Social

Fort Eustis Anderson Field House

643 Dickman Street
 (757) 878-2328
 Mon— Fri 0500 – 2200
 Weekends — 0900 — 1800
 CLOSED Holidays



FEATURED AMENITIES

25 Meter Indoor Pool (757-878-1090)
 Mon-Fri 0500-2000
 Weekends 1200-1600

Functional Fitness Area (a.k.a. Crossfit)
 Racquetball/Handball Courts
 Cardio Theater
 Outdoor Basketball Courts
 18,360 sq ft Multipurpose Arena
 Horseshoe Pits
 Free Weights
 Circuit Training Machines
 Treadmills
 Ellipticals
 Recumbent/Upright Bicycles
 Versaclimber
 Kettlebells

Physical

Fort Eustis McClellan Fitness Center

673 Monroe Avenue
 (757) 878-5556
 Mon— Fri 0500 – 2200
 CLOSED Weekends and Holidays



FEATURED AMENITIES

Rock Climbing Wall
 Cardio Theater
 Basketball/Volleyball Arena
 Hammer Strength
 Free Weights
 Treadmills
 Ellipticals
 Recumbent Bicycles

Zumba

Mon, Wed, Fri 1145—1245
 Mon—Thurs 1830—1930

Fitness on Request

Virtual Exercise Program

Manager—Mr. Kim W. Zens

Physical

Fit To Win

Located inside the McClellan Fitness Center
673 Monroe Avenue
(757) 878-2238

Hours of Operation

Mon & Wed 0600—1000, 1100—1500
Tues & Thurs 1000—1300, 1400—1900
Fri 0730 – 1300, 1400—1630



Fit To Win

is a Fort Eustis Quality of Life Enhancement Program targeting all authorized beneficiaries (active duty, dependents, retirees, DoD civilians, etc.) of the Fort Eustis community.

Fit to Win works closely with Community Health Nursing and the Nutrition Care Division at MacDonald Army Health Center (MCAHC).

Physical

The Pines @ Fort Eustis Golf Course

3518 Mulberry Island Road
(757) 878-2252

Hours of Operation

Dawn until Dusk (weather permitting)
Ofc Hrs - In Season 0630—1900
Off Season 0700-1700



Reggie's Snack Bar

Mon—Fri 1000—1400
Weekends & Holidays 0830—1600

Pines Bar & Lounge

(in season & weather permitting)
1400—1900

General Manager—Andy Weissinger, PGA

Physical/Social

Fort Eustis Tickets and Travel

671 Lee Boulevard
(757) 878-3694

Hours of Operation

Mon — Fri 0900 — 1700
Sat— 0900— 1700
CLOSED Sunday



Whether you are active duty or retired, a DoD civilian or family member, we have everything you need to book your next trip to your dream destination. If you want to go, we can get you there, so let us plan your next vacation! Don't have time for a long distance get-away? Fort Eustis has what you need to enjoy a vacation right here at home!

Mini Park

866 Lee Boulevard
(757) 878-5883



Hours of Operation

Weekends— 1100 —1800

*In the event of inclement weather, please call to verify that the mini park is open.

Family/Social

NAF Warehouse

1607 Patch Road
(757) 878-2002

Hours of Operation

Mon— Fri 0900 — 1500
CLOSED Sat, Sun, & Holidays



Here at the **NAF Warehouse** you can rent the essentials for your next party or event. All the equipment is rented on a FIRST-COME FIRST-SERVED basis and payments can only be made in CASH, MASTERCARD, VISA, or PERSONAL CHECK. The only equipment that requires IN PERSON reservations are large blow-up items (i.e. moonwalk/bounce). Late returns will be charged each day the equipment is late.

Family/Social

Fort Eustis Aquatic Center



651 Tyler Avenue
(757) 878-1090

Summer Hours of Operation
16 Jun—1 Sep

Lap Pool Hours
Mon—Fri 0500—1300
CLOSED Weekends & Holidays

Adventure Pool Hours
Weekends 1200—1800
Mon—Fri 1400—1800

(Pool will be cleared 15 minutes before closing time)

Our Adventure Pool features a 30 ft high, 146 ft long triple loop slide and a beach front entrance with a maximum depth of 3.5 ft. To add to the fun, the Aquatic Center also houses a whirlpool, mini lazy river, and a mushroom waterfall. The Aquatic Center is the place to be that brings you summer fun all year round and is the perfect place to take the kids on those chilly winter days. The center also features a 10 lane 25m Lap Pool for those looking to swim for fitness.

Birthday Party Packages are available on the weekends in the Adventure Pool. We have several options for you to choose from. Call for more information.

ACTIVE DUTY MILITARY: The lap pool is available for your use at no charge during normal hours of operation. Call for more information. For more information please call 878-1090 or stop by.

Family/Social

Private Schools and Colleges

Peninsula Catholic - 600 Harpersville Road, Newport News, VA 23601; (757) 596-7247
http://www.edline.net/pages/Peninsula_Catholic_HS

Our Lady of Mt Carmel - 52 Harpersville Road, Newport News, VA 23601; (757) 596-2754
<http://www.olmc-school.com/>

Hampton Roads Academy - 739 Academy Lane, Newport News, VA 23602; (757) 884-9100
<http://www.hra.org/page>

Denbigh Christian Academy - 1233 Shields Road, Newport News, VA 23608; (757) 874-8661
www.denbighchristianacademy.com/

Old Dominion University - 5115 Hampton Blvd, Norfolk, VA 23529; (757) 683-3000
www.odu.edu/

Norfolk State University - 700 Park Avenue, Norfolk, VA 23504 (757) 823-8600
<https://www.nsu.edu/>

Christopher Newport University - Avenue of the Arts, 1, Newport News, VA 23606; (757) 594-7000
www.cnu.edu/

Hampton University - 100 E Queen Street, Hampton, VA 23668; (757) 727-5000
www.hamptonu.edu/

Thomas Nelson Community College - 525 Butler Farm Road, Hampton, VA 23666; (757) 825-2709
www.tncc.edu/

Walsingham Academy - 1100 Jamestown Road, Williamsburg, VA 23185; (757) 229-2642
www.walsingham.org/

Useful Websites

<http://apps.militaryonesource.mil/MOS/f?p=MYOM:HOME2:0>
www.militaryinstallations.dod.mil

ACS Other Events: <https://www.facebook.com/forteustisacs/events>

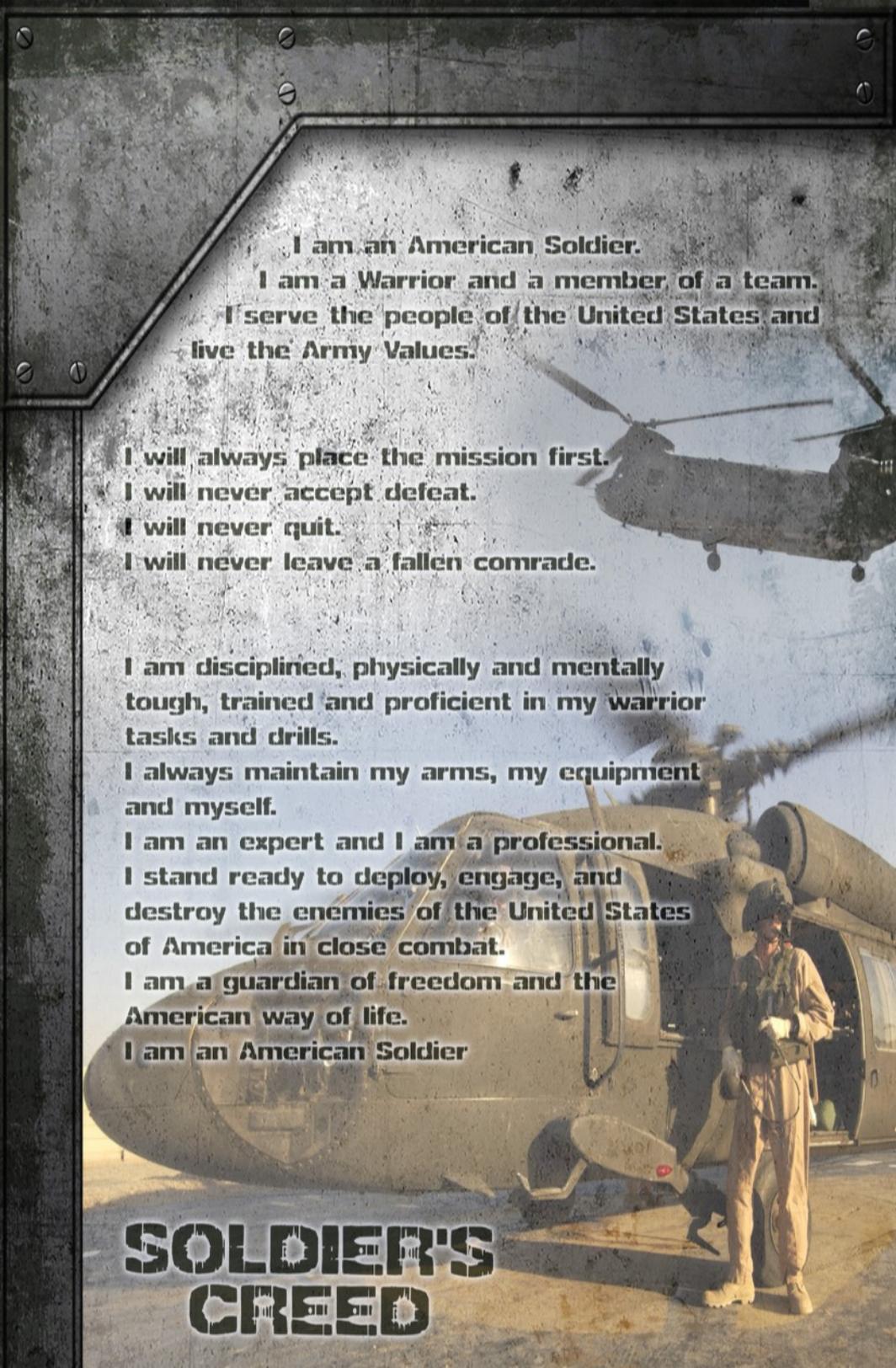
Local Area: <http://hamptonroads.com/guide>

(Different venues in the Local Area (i.e. food, music, arts, etc.) <http://www.dailypress.com/entertainment/>

Activities throughout VA just enter the city:
<http://www.virginia.org/directory/Events/?city=williamsburg&start=1/31/2014&end=5/1/2014&view=list>

JBLE Events Calendar: www.jble.af.mil/jbleevents.asp

Family/Social



**I am an American Soldier.
I am a Warrior and a member of a team.
I serve the people of the United States and
live the Army Values.**

**I will always place the mission first.
I will never accept defeat.
I will never quit.
I will never leave a fallen comrade.**

**I am disciplined, physically and mentally
tough, trained and proficient in my warrior
tasks and drills.**

**I always maintain my arms, my equipment
and myself.**

I am an expert and I am a professional.

**I stand ready to deploy, engage, and
destroy the enemies of the United States
of America in close combat.**

**I am a guardian of freedom and the
American way of life.**

I am an American Soldier

**SOLDIER'S
CREED**