



The JBLE - Eustis CHPC Quarterly Newsletter, Vol. 1 Issue 3  
 Community Resource Guide Link: <http://www.jble.af.mil/>  
 CHPC Webpage: <http://www.jble.af.mil/resiliencyeustischpc.asp>  
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We Care JBLE Smart Phone App can be used for Android and Apple smartphones,

## SENIOR COMMANDER'S CORNER

As we move into 2015, the Community Health Promotion Council continues to mature and find ways to better serve our community. From our risk reduction and community wellness working groups, and the increasing participation in JBLE events like Mardi Gras, I can certify that our CHPC has inspired leadership and a determination to make JBLE an even more welcoming and fulfilling place to live. Most impressively, the CHPC, largely through the Physical Resilience Working Group, is making large strides towards JBLE becoming the next installation to receive a Community Wellness Center. A Public Health Command initiative, the AWCs (Army Wellness Centers) are already associated at other installations with statistically

significant improvements in Body Mass Index, body fat, strength, flexibility, blood pressure, and cardiovascular fitness. They come with a staff and state of the art equipment. It will be open for all ID card holders in the community, and be free of charge! As we press forward with this initiative, it will help coalesce the working groups efforts into a more congruous, integrated way to manage ourselves, our Soldiers, and family members. As always, though, it is LEADERSHIP and presence which will make the difference with regard to malfeasance such as DUI, family issues, off post misbehavior, and other negative trends. I charge all tenants of Fort Eustis - FORSCOM, TRADOC, MEDDAC, Activities, Other Services and programs, to use leadership to make a difference across the CHPC



working group areas of Behavioral Health, Spiritual, Community, and Physical Resilience, and Risk Reduction. Only you as leaders - all of us—can police our Soldiers and our civilian workforce! Victory Starts Here!



- SHARP**  
757-268-8967
- Family Advocacy Program (FAP)**  
757-878-0807
- Military Family Life Consultants (MFLC's)**  
757-817-9333
- Army Emergency Relief (AER)**  
757-878-1118
- Survivor Outreach Services (SOS)**  
757-878-38871
- DOD Safe Hotline**  
1-877-955-5247
- DOD Child Abuse Safety and Violation Hotline**  
1-800-336-4592
- Red Cross**  
1-877-995-5247
- Suicide Prevention Lifeline**  
1-800-273-8255
- Army OneSource**  
[www.armyonesource.com](http://www.armyonesource.com)

### Inside this issue:

<b>Children's Dental</b>	<b>2</b>
<b>Total Army Strong</b>	<b>2</b>
<b>Youth Sports Safety</b>	<b>3</b>
<b>Costs of Obesity</b>	<b>4</b>
<b>Alcohol Awareness</b>	<b>4</b>
<b>SHARP</b>	<b>5</b>
<b>Children and Trauma</b>	<b>6</b>

## CHILDREN'S DENTAL HEALTH

### How often should a child see the dentist?

The American Academy of Pediatric Dentistry recommends a dental check-up at least twice a year for most children. Some children need more frequent dental visits because of increased risk of tooth decay, unusual growth patterns or poor oral hygiene. Your pediatric dentist will let you know the best appointment schedule for your child.

### Why visit the dentist twice per year when my child has never had a cavity?

Regular dental visits help your child stay cavity-free. Teeth cleanings remove debris that build up on the teeth, irritate the gums and cause decay. Fluoride treatments renew the fluoride content in the enamel, strengthening teeth and preventing cavities. Hygiene instructions improve your child's brushing and flossing, leading to cleaner teeth and healthier gums. Tooth decay is not the only reason for a dental visit. Your pediatric dentist provides an ongoing assessment of changes in your child's oral health. For example, your child may need additional fluoride, dietary changes or sealants for ideal dental health. The pediatric dentist may identify orthodontic problems and suggest treatment to guide the teeth as they emerge in the mouth.

### How can I help my child enjoy good dental health?

The following steps will help your child be part of the cavity-free generation:

1. Beware of frequent snacking
2. Brush effectively twice a day with a fluoride toothpaste
3. Floss once a day
4. Have sealants applied when appropriate
5. Seek regular dental check-ups
6. Assure proper fluoride through drinking water, fluoride products or fluoride supplements.

-American Academy of Pediatric Dentistry-



## TOTAL ARMY STRONG, *Series 2*

**Q1: When did Total Army Strong officially launch?** A1: There is no need for a formal launch, as Total Army Strong represents the continuation of an enduring commitment to Soldiers, Families, and civilians.

**Q2: What is the goal of Total Army Strong?** A2: To reaffirm the Army's commitment to total Army Family and set the foundation for a system of programs and services to mitigate the unique demands of military life.

**Q3: What drives the need for Total Army Strong?** A3: As the nation and Army prepare for the future, we must anticipate the evolving needs of Soldiers and Families. We will find a new balance to support our premier all-volunteer Army through responsible stewardship, program assessment and the promotion of self reliance.

**Q4: Why is Total Army Strong important to the Army?** A4: Total Army Strong reaffirms Senior Army Leadership commitment to Soldiers, Families and civilians, and builds trust and faith between the Army and its most precious resources—our people.

## Youth Sports Safety

Participation in sports offers tremendous social, emotional and physical benefits for children. We know that one of the worst things for kids is being on the sidelines with an injury. \*Every 25 seconds, or 1.35 million times a year, a young athlete suffers a sports injury severe enough to go to the emergency room. Concussions accounted for 12% of those ER visits, that's a visit every three minutes. Knee injuries account for one in ten sports-related injuries. Female athletes are eight times more likely to have knee injuries than male athletes. As parent and coaches, there are simple things we can do to help reduce preventable injuries so our kids can continue playing the games they love.

### **Prepare Kids for the Demand of Playing a Sport**

Before playing any organized sport make sure your child receives a physical exam by a doctor. This can help rule out

any potential medical conditions that may place your young athlete at risk.

In case of any emergency, share contact information (phone numbers, doctor information and allergy information) with your child's coaches.

If your child has any history of asthma or other medical conditions that require special attention, meet with the coach before the first practice.

### **Be a Supportive Parent**

Learn ways to help your child stay healthy and injury free while playing sports.

Attend a sports safety clinic in your area. These clinics provide coaches and parents with ways to keep young athletes healthy and injury free throughout their sporting career.

Attend your child's practices and games and support their coaches.

### **Warm Up and Stretch Before Games and Practices**

Make sure there is time set aside before

every practice and game for athletes to warm up properly.

Kids should start with about 10 minutes of jogging or any light activity and then stretch all major muscle groups, holding each stretch for 20 to 30 seconds. Stretching can release muscle tension and help prevent sports-related injuries such as muscle tears or sprains.



## PROGRAM HIGHLIGHTS IN CYSS

### **Family Child Care (FCC)...**

The Joint Base Langley-Eustis Family Child Care (FCC) program offers a variety of flexible care options that meet regular and mission-related child care needs to include full day, hourly, before/ after school, extended care (overnight and weekend), and special needs. FCC homes serve children 4 weeks to 12 years of age in a home-like environment that allows siblings to be in care together. Parent fees are based on total family income, subsidy may be available.

FCC applicants must complete a screening process before certification. They are required to complete at least 24 hours but no more than 36 hours of orientation training, including FCC Environments Module, Pediatric First Aid, CPR, Regulations/Policies, Business Operations (Family Relations), Health, Food Service Training, USDA CACFP Guidelines, Safety, Infant Safe Sleep Practices, Child Maltreatment, Positive Guidance, and Fire. Background clearances are performed on applicants, spouses, and children 12 years of age and older. An in-home family interview is conducted by the FCC Director. The homes are inspected by fire, health, and safety officials to ensure all operational requirements are IAW AFI 34-276.

Some of the benefits you can receive as a certified FCC provider are:

- Earn income while staying at home.
- Receive support from Child, Youth and School (CYSS) Services.
- FCC training and experience are transferable to other installations and CYSS programs.

## PROGRAM HIGHLIGHTS IN CYSS cont.

### **School Age Care (SAC)...**

School Age Care (SAC) Camp X-Treme will start June 15, 2015 thru September 4, 2015

SAC Camp x-Treme will be closed on July 3, 2015 in observance of July 4

Our Program will open daily @ 5:30 and close @ 6:00

All participants must be registered with Child, Youth & School Services

Youth who are rising 1st Graders thru 5th Grade are eligible to participate in "Camp X-Treme".

We are committed to helping youth of all backgrounds develop leadership skills, self-esteem and character.

We strive to assist youth to become responsible citizens by providing quality, cultural, social, educational, physical and recreational opportunities, providing a safe place to learn and grow all while having fun.

Camp X-Treme fees are paid weekly which include: Breakfast, Lunch, Snack Camp Shirt & Bag, Field Trips, and exceptional supervisory care by quality staff. For details contact SAC: (757)878-5339

### **Youth Programs - Middle School/Teen Center Summer Camp...**

Get ready for the summer adventure of a lifetime!! The JBLE Fort Eustis youth program will experience fun and adventure. They will be exposed to Safe and Positive surroundings while developing lifelong friendships and memories.

This Camp is very structured with 11 weeks of excitement to include several field trips and many educational activities. Campers will enjoy a variety of activities that we offer daily. The morning schedule allows campers to work together on many of the offered activities in a group setting. This time is also used to educate all campers on life skills such as health, fitness and citizenship. Youth will gain an understanding of their individual identities. Campers will have the opportunity to explore amusement parks, nature parks an overall summer adventure of a lifetime. Summer Camp hours are 0700 to 1300 / Open-Recreation 1300 - 1900.

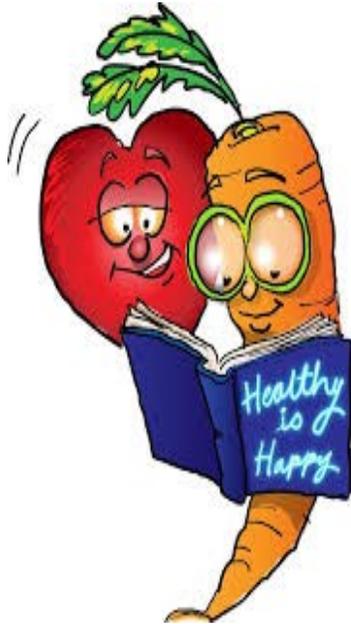
Registration starts May 4, 2015 for more information please call 878-2662

For registration or enrollment information contact Parent Central at (757)878-4025 or 1564



## Human and Financial Costs of Obesity/Health Awareness

March is National Nutrition Month and per the President's Council on Fitness, Sports & Nutrition here are some statistics on the costs of obesity on Americans (<http://www.fitness.gov/resource-center/facts-and-statistics/>):



- Obesity-related illness, including chronic disease, disability, and death, is estimated to carry an annual cost of \$190.2 billion.
- Projections estimate that by 2018, obesity will cost the U.S. 21 percent of our total healthcare costs - \$344 billion annually.
- Those who are obese have medical costs that are \$1,429 more than those of normal weight on average (roughly 42% higher).
- The annual cost of being overweight is \$524 for women and \$432 for men; annual costs for being obese are even higher: \$4,879 for women and \$2,646 for men.
- Obesity is also a growing threat to national security – a surprising 27% of young Americans are too overweight to serve in our military. Approximately 15,000 potential recruits fail their physicals every year because they are unfit.
- The medical care costs of obesity in the United States are staggering. In 2008 dollars, these costs totaled about \$147 billion.

## ALCOHOL AWARENESS

Slightly more than half of Americans aged 12 or older report being current drinkers of alcohol. SAMHSA's [National Survey on Drug Use and Health \(NSDUH\)](#) reports that in 2013 there were 136.9 million current alcohol users aged 12 or older, with 22.9% classified as binge drinkers and 6.3% as heavy drinkers. About 17.3 million of these, or 6.6%, met criteria for an alcohol use disorder in the past year. Excessive alcohol use, including underage drinking and binge drinking (drinking 5 or more drinks on a single occasion for men or 4 or more drinks on an occasion for women), can

increase a person's risk of developing serious health problems, including brain and liver damage, heart disease, hypertension, and fetal damage in pregnant women. [According to the Centers for Disease Control and Prevention \(CDC\)](#), alcohol use causes 88,000 deaths a year. Many Americans begin drinking at an early age. According to the SAMHSA report [Behavioral Health, United States, 2012](#), about 24% of eighth graders and 64% of twelfth graders used alcohol in the past year. According to the **National Survey on Drug Use and Health, NSDUH**:

Men are more likely to report heavy alcohol use (binge drinking for 5 or more of the past 30 days) than women, 9.5% to 3.3%.

People reporting two or more races had the highest rate of heavy alcohol use at 8.9%, and 7.3% of non-Hispanic whites reported heavy alcohol use. African Americans reported heavy alcohol use at 4.5%, and Hispanics reported it at 4.8%. At 2%, Asian Americans had the

lowest rate of heavy alcohol use.

Only 7.7% of adults with an alcohol use disorder received treatment in the past year.

For more information on alcohol facts and its effects on your brain and body, visit the [National Institute on Alcohol Abuse and Alcoholism](#).

For more information about the treatment of alcohol use disorders, contact your Employee Assistance Program, 878-1487 (civilian employees and family members) or Army Substance Abuse Program 878-1674, (active duty members).

Source: <http://www.samhsa.gov/atod/alcohol>

### did you know?



All the above contain the same amount of absolute alcohol!

# Alcohol Use and Your Health

Drinking too much can harm your health. Excessive alcohol use leads to about 88,000 deaths in the United States each year, and shortens the life of those who die by almost 30 years. Further, excessive drinking cost the economy \$223.5 billion in 2006. Most excessive drinkers are not alcohol dependent.

## What is considered a "drink"? U.S. Standard Drink Sizes



## Excessive alcohol use includes:

  
**Binge Drinking**

For women, 4 or more drinks consumed on one occasion



For men, 5 or more drinks consumed on one occasion

  
**Heavy Drinking**

For women, 8 or more drinks per week



For men, 15 or more drinks per week

  
**Any alcohol used by pregnant women**



  
**Any alcohol used by those under the age of 21 years**



## If you choose to drink, do so in moderation:



**DON'T DRINK AT ALL** if you are under the age of 21, or if you are or may be pregnant, or have health problems that could be made worse by drinking.

**FOR WOMEN**, up to 1 drink a day



**FOR MEN**, up to 2 drinks a day



**NO ONE** should begin drinking or drink more frequently based on potential health benefits.

National Center for Chronic Disease Prevention and Health Promotion  
Division of Population Health



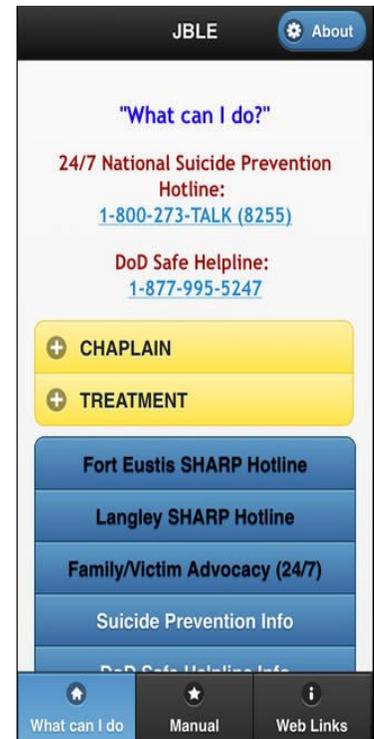


## SEXUAL ASSAULT AND SEXUAL HARASSMENT AWARENESS

Sexual Assault Awareness Prevention Month (SAAPM) is April. The Army's 2015 Sexual Assault Awareness Month theme is: "Eliminate Sexual Assault: Know your part. Do your part." Every year in April the United States observes Sexual Assault Awareness Month (SAAM). We all have a part in combating sexual assault and SAAPM offers an excellent opportunity to focus attention, efforts on our individual roles and engage bystander intervention. The Army is on the offensive in the fight against sexual assault. Every service member, at every level must be committed to speak up for victims and survivors, speak loudly about prevention, and work diligently with everyone military and civilian to step in if we see a crime or inappropriate behavior unfolding. We must recognize our part in stopping this crime

starting with our own awareness and knowing when and where to intervene. Commanders and SHARP representatives can raise awareness, garner media attention, generate momentum for prevention focused on command climate, and ending sexual assault within our ranks. The JBLE (Eustis) Sexual Harassment Assault Response Program (SHARP) Team are organizing several events throughout the month to bring awareness to our Soldiers, Civilian, and Community. SAAPM provides Commanders an opportunity to take stock in how far we have come in the fight against sexual assault and domestic violence in our Army and continue the focus on prevention. As part of the Ready and Resilient Campaign (R2C) program the goal is to build physical and

mental resiliency in our force, sexual assault and harassment prevention requires that we understand the threat and know the enemy tactics and techniques within Fort Eustis and the Community. JBLE will be hosting events in support SAAPM from 1-30 April 2015 that will start off with a 5K run/walk starting and ending at McClellan Fitness Center, SHARP Table Displays and posters at the Post Exchange and marquees, SHARP Bowling Tournament at the Fort Eustis Bowling Alley and a Carry the Load event starting and ending at the McClellan Fitness Center.



**We Care JBLE Smart Phone App can be used for Android and Apple smartphones, tablets and iPads.**

### Word of the Quarter

**"Surmount" - verb**

1. **To prevail over; overcome**
2. **To ascend and across to the opposite side of**
3. **To lie on top of or rise above**

**Special Thanks to the CHPC Quarterly Newsletter Contributors:**

COL Bessler, CoS, Initial Military Training

LTC Wanda Horton, Installation Suicide Prevention Program Manager

MSG Glenn Ferrer, Senior Dental NOC, DENTAC

Mr. Kevin Parker, SARC

Ms. Catherine Headrick, Program Analyst, TRADOC G-1/4

Ms. Dorothy Scarborough, CYSS

Ms. Dawn Joyner, Safety Tech, 633rd ABW Safety Office

Mr. Bruce McFadden, EAP

## HELPING CHILDREN DEALING WITH TRAUMA

### How can I help young children who experienced trauma?

Helping children can start immediately, even at the scene of the event. Most children recover within a few weeks of a traumatic experience, while some may need help longer. Grief, a deep emotional response to loss, may take months to resolve. Children may experience grief over the loss of a loved one, teacher, friend, or pet. Grief may be re-experienced or worsened by news reports or the event's anniversary.

Some children may need help from a mental health professional. Some people may seek other kinds of help from community leaders. Identify children who need support and help them obtain it.

**Examples of problematic behaviors could be:**

- Refusing to go to places that

remind them of the event

- Emotional numbness
- Behaving dangerously
- Unexplained anger/rage
- Sleep problems including nightmares.

**Adult helpers should:**

**Pay attention to children**

- Listen to them
- Accept/do not argue about their feelings
- Help them cope with the reality of their experiences.

**Reduce effects of other stressors, such as**

Frequent moving or changes in place of residence  
 Long periods away from family and friends  
 Pressures to perform well in school  
 Transportation problems  
 Fighting within the family  
 Being hungry.

**Monitor healing**

- It takes time
- Do not ignore severe reactions
- Pay attention to sudden

changes in behaviors, speech, language use, or strong emotions.

**Remind children that adults**

- Love them
- Support them
- Will be with them when possible.

Parents and caregivers should also limit viewing of repetitive news reports about traumatic events. Young children may not understand that news coverage is about one event and not multiple similar events.

U.S. Department of Health and Human Services  
 National Institutes of Health  
 NIH Publication No. 13-3518



## Put Your Mind to Work with the Brain Teaser of the Quarter -



Ms. Langston and four other executives are experiencing the downturn in the economy. While traveling on Wednesday of last week, they had to fly on commercial aircraft instead of enjoying the comfort of private jets. Each executive is an expert in a particular area of business. Use the following clues to determine the first and last name of each executive along with her position, company and her special expertise. No two executives share the same name, position, company or forte.

First Names: Ann, Arlice, Meg, Patricia, Rene

Last Names: Barnes, Langston, Mulcahy, Russo, Whitman

Positions: Chief Executive Officer (CEO), Chief Financial Officer (CFO), Chairperson, Commissioner, President

Companies: i.e. Trade, Lenamar Tech, Licent Co., Sabancci Ltd., The Surat Group

Fortes: Invention, Leadership, Political Connections, Profit Margin, Stock Options

1. Neither the CEO (who is not the leadership guru) nor the one with the excellent political connections (who is not a CFO or with Licent Co.) is surnamed Russo (who is neither Patricia nor Rene.)
2. Both Ann and Ms. Langston boarded in San Francisco and deplaned in Chicago; the leadership specialist and the chairperson flew from Chicago to Washington, D.C.; the flight of the Sabancci Ltd. executive (who is not surnamed Mulcahy) was from D.C. to New York.
3. The Lenamar Tech. executive (who has no special political connections) and the inventor (who is neither CEO nor CFO) are either the commissioner and chairperson in some order, or are surnamed Russo and Barnes, in some order; only one of these alternatives is true, the other is false.
4. Arlice is neither the ieTrade CFO nor Ms. Barnes; the profit margin specialist is not amongst the three executives.
5. Neither Meg (who is neither the stock options specialist nor the inventor) nor Ms. Mulcahy (who is not Arlice, who is not the chairperson) is affiliated with either Licent Co. or The Surat Group (who is not Rene).
6. Of the CEO (who is not Ms. Russo) and the profit margin specialist (who is not Rene, who is not the chairperson), one is Ms. Whitman and the other is associated with Lenamar Tech (who is not Ann).
7. The stock option specialist is either Ms. Barnes or the executive that works with Sabancci Ltd. (who is neither Patricia, who is not the commissioner, nor Rene.)
8. The president (who is not with Sabancci Ltd.) is not the inventor (who is neither surnamed Whitman nor Barnes.) Ms. Barnes is not the leadership guru.
9. The Surat Group executive is neither surnamed Langston nor Whitman.

### BRAINTEASER ANSWER:

Rene, Langston, Commissioner, Licent Co., Invention

Arlice, Whitman, CEO, Sabancci Ltd., Stock Options

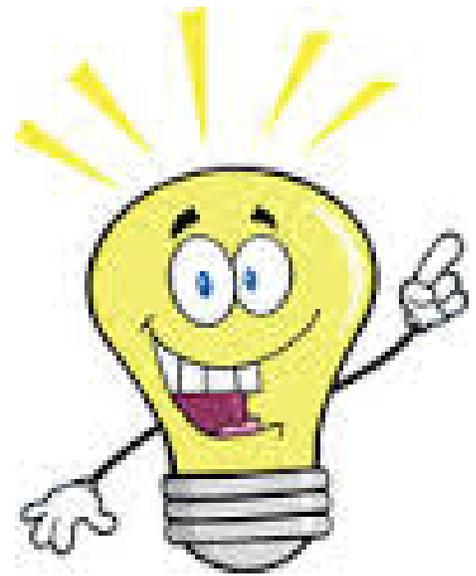
Meg, Russo, CFO, ieTrade, Leadership

Ann, Barnes, President, Surat Group, Political Connections

Patricia, Mulcahy, Chairperson, Lenamar Tech., Profit Margin

Want to tease your brain with more riddles and puzzles go to:

<http://www.businessinsider.com/we-bet-you-cant-solve-all-15-of-these-super-challenging-riddles-2011-4#answer-8>



### ASK CHPC

The Community Health Promotion Council would like your input and feedback. Do you have a question you would think needs to be answered in regards to making our community more ready and resilient? Ways to improve the newsletter? Topics you would like to see published?

Contact the installation Health Promotion Team with your questions and/or ideas:

[darlean.m.basuedayva.ctr@mail.mil](mailto:darlean.m.basuedayva.ctr@mail.mil) or [joanne.r.dillard.ctr@mail.mil](mailto:joanne.r.dillard.ctr@mail.mil)

Your questions/topic could be featured in the next CHPC quarterly newsletter.

**MARCH—MAY 2015**

Home Buying Seminar, 10 March 2015, 1700, Bldg. 650, Room 118, To register call (757) 878-5687 (RSVP (3) business days before the seminar of your choosing)

Home Selling Seminar, 12 March 2015, 1700, Bldg. 650, Room 118, To register call (757) 878-5687 (RSVP (3) business days before the seminar of your choosing)

**Balfour Beatty Communities**

Open House New Marseilles, 14t & 21 March 2015, Village, 2521-C VanVoorhis Street, 1200-1400

Little One's Story Time, 19 & 26 March 2015, Balfour Beatty, 0900-1000, POC 757-878-8335

Scrapbooking Event, 26 March 215, Balfour Beatty, 0900-1000, POC 757-878-8335

**Family Advocacy Program (FAP) - Call (757) 878-0807 to sign up for class**

Love and Logic (Parenting): March 2, 9, 16, & 23: 1400-1600

Play Morning: Wednesdays 1000-1130 CYSS Gym

Dad's class (coordinated effort between ACS & FAP), 8 April 15, 1000-1200, ACS Bldg. 650 Monroe Ave, POC: 757-878-3638

Anger Management: 8 week series starts 14 April 1300-1430, 2115 Pershing Avenue, 3rd floor, POC: (757) 878-0805

Active Parenting of Teens: 1,8, 15 & 22 April 0900-1100; 2115 Pershing Avenue, 3rd floor, POC: (757) 878-0805

Run your Relationship (Relationship Enrichment) 6, 13, 20 & 27 May 0900-1100, 2115 Pershing Avenue, 3rd floor, POC: (757) 878-0805

▪Stress Management, Relaxation, 123 Magic classes available upon request

▪Various prevention counseling available; Individual and Couples Counseling.

*call for Information*

**Fleet and Family Services Support Center Yorktown**, Call (757) 877-4606 to register or for more information

Life Skills Workshop: Single Parenting in a Military Family Workshop, 31 March 2015, 1200-1430

New Parent Support—Family Connections Parent Resource and Play Group—no w forming Spring Play Group—7 April—28 July, 2015 on every 1st, 2nd, 3rd & 4th Tuesday of the Month (Will not meet on the 5th Tuesday), 1030-1200, to register call (757) 688-9363 or (757) 887-4948.

**TRADOC Band Performances**

St. Patrick's Day Parade, 14 March 2015, 1000, Ocean View Area, Norfolk, VA, TRADOC Marching Band

Winter Recital Series, 25 March 2015, 1830, Meyera E. Oberdorf Central Library, Virginia Beach, VA, TRADOC Chamber Winds

Days of Remembrance, 17 April 2015, 1000, Wylie Theater, TRADOC Colonial Bass

Nato Fest Parade, 25 April 2015, 1000, Downtown Norfolk, Norfolk, VA, TRADOC Marching Band

Virginia International Tattoo, 25 April 2015, 1930, Scope Arena, Norfolk, VA, TRADOC Herald Trumpets

Virginia International Tattoo, 26 April 2015, 1430, Scope Arena, Norfolk, VA, TRADOC Herald Trumpets

Military Appreciation Night, 9 May 2015, 1900, Harbor Park, Norfolk, VA

Armed Forces Day, 16 May 2015, 1900, Regent University, Virginia Beach, VA

Memorial Day Celebration, 25 May 2015, 1930, City Center at Oyster Point, Newport News, VA

**CHAPEL (Religious Support Services)**

Palm Sunday, 29 March 15, 1100, Regimental Memorial Chapel (RMC), 923 Lee Blvd, POC: (757)

Palm Sunday, 29 March 15, 110, Chapel Next (Entrance closest to Shoppette/Subway), 705 Washington Blvd, POC: (757)

Good Friday, 3 April, 1200, Regimental Memorial Chapel (RMC), 923 Lee Blvd, POC: (757)

Easter Sunrise Service, 5 April, 0700, Regimental Memorial Chapel (RMC), 923 Lee Blvd, POC: (757)

MARK YOU  
CALENDAR  
IMPORTANT  
DATES TO  
REMEMBER

**Catholic Season of Lent**

Stations of the Cross and Lenten Community Meal, Fridays 6, 13, 20 and 27 March 2015, 1830, Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

Lenten Penance Service, 23 March 2015, 1900, Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

Palm Sunday Mass, 29 March 2015, 0900 (\*Time Change for this Sunday ONLY\*), Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

**Holy Week Catholic Services**

Holy Thursday (Mass of the Lord's Supper), 2 April 2015, 1900, Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

Adoration of the Blessed Sacrament 2 April 2015, 2000, Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

Good Friday of the Lord's Passion, 3 April 2015, 1900, Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

Holy Saturday (Easter Vigil), 4 April 2015, 2000, Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

Easter Sunday Mass (Mass of the Resurrection), 5 April 2015, 0930, Regimental Memorial Chapel, 923 Lee Blvd, POC: (757)

**ACS**

Army Family Team Building Leadership Development Course, 10-12 March 15, (\*10 March 15—0900-1500; 11 March 15 -0900-1530; 12 March 15-0900-1200) ACS, Bldg, 650 Monroe Ave, POC (757) 878-3638 (\*\*Pre-registration Required—minimum of 5 students required)

Credit Reporting Scores & Debt Management, 3 March 2015, 0900-1000, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

Financial Readiness, 13 March 15, 1130-1230, ACS, Bldg, 650 Monroe Ave, POC (757) 878-1974

Credit Reporting Scores & Debt Management, 17 March 15, 0900-1000, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

AIT Student & Spouse Information Fair, 17 March 15, 0930-1030 or 1800-1900, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

Resume Writing Workshop, 19 March 15, 0900-1200, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

Newcomers Orientation, 20 March 15, 1030-1200, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

Spouse Resilience Seminar, 23-26 March 15, 0900-1300, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638/3173

Developing Your Financial Plan, 24 March 15, 0830-0930, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

Coupon Classes, 24 March 15, 1700-1900, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638 (\*Reserve your seat)

Federal Employment Workshop, 26 March 15, 1000-1200, ACS Bldg, 650 Monroe Ave, FMI: 757-878-3638

Stitchers and Fiber Arts Club, 30 March 15, 1000-1400, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

New Comers Orientation, 3 & 17 April 15, 1030-1200, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

Credit Reporting Scores & Debt Management, 7 & 21 April 15, 0900-1000, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

Smooth Move for Spouses, 9 April 15, 1000-1100, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

Expectant Parents Informational Class (EPIC), 10 April 15, 0900-1200, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

Autism Awareness Family Event, EFMP, 14 April 15, 1800-1900, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

Developing Your Financial Plan, 14 & 28 April 15, 0830-0930, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974

Command Team Spouse Course (CTSC), 21-22 April 15, 0900-1545, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

AIT Student & Spouse Information Fair, 21 April 15, 0930-1030 or 1800-1900, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

Resume Writing Workshop, 23 April 15, 0900-1200, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

Financial Readiness, 24 April 15, 1130-1230, ACS, Bldg, 650 Monroe Ave, POC (757) 878-1974

Spouse Resilience Training, 27-30 April 15, 0900-1300, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638  
Stitchers and Fiber Arts Club, 27 April 15, 1000-1400, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638  
Federal Employment Workshop, 30 April 15, 1000-1200, ACS Bldg, 650 Monroe Ave, FMI: 757-878-3638  
New Comer's Orientation, 1 & 15 & 29 May 15, 1030-1200, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974  
Personal Growth and Resilience, AFTB, 5-8 May 15, 0900-1500, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974  
Credit Reporting, Scores, Debt Management, 5 & 19 May 15, 0900-1000, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974  
Developing a Financial Plan, 12 & 26 May 15, 0830-0930, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974  
Coupon Class, 12 May 15, 1700-1900, ACS Bldg, 650 Monroe Ave, POC (757) 878-1974  
AIT Student and Spouse Information Fair, 19 May 15, 0930-1030 & 1800-1900, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638  
Resume Writing Workshop, 21 May 15, 0900-1200, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638  
Financial Readiness, 22 May 15, 1130-1230, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638  
Spouse Resilience Training, 26-29 May 15, 0900-1300, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638  
Stitchers and Faber Arts Club, 26 May 15, 100-1400, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638  
Federal Employment Workshop, 28 May 15, 100-1200, ACS Bldg, 650 Monroe Ave, POC: 757-878-3638

#### **FORT Eustis AAFES**

Spring Fashion Show, 11 April 15, 1400, Main Exchange store entrance, POC: (757) 887-0293

Outdoor Living Grand Opening "Patio Party", 11 April 15, 1200, Main Exchange store e

#### **CTSS (Child, Youth and School Service)**

Spanish Lessons, Mondays, 1715-1815 open to ages 5-8, \$65/month FMI (757) 878-5882

Art Classes, Wednesdays & Thursdays, 1715-1800 (3-7 year old); 1815-1900 (8-18 years old) \$30/month, FMI (757) 878-5882

Youth Running Club, registration ends 31 March 2015, open to ages 5-13, FMI (757) 878-5882

Gymnastics, Mondays & Wednesdays, open to ages 18 months-18. Tuition Parent and Tots \$30, Regular Gymnastics \$40, Pre-Team Invite Only \$50, paid monthly, FMI (757) 878-4025. Civilian Youth ages 18 months-18 years old can participate. \$18 per year registration required.

Mondays 1530-1600 Parents and Tots; 18 months-2 years old

1615-1700 ; 3-4 Year Olds

1700-1745; 5-8 Years Old

1745-1830; 9 & Up

Wednesdays 1530-1615 ; 3-4 Year Olds

1615-1700; 5-8 Years Old

1700-1815; Pre-Team (Invite Only)

1815-1900; 7 & Up Hip Hop

Yoga, Mondays, \$45/month. FMI (757) 878-4025. Civilian Youth ages 18 months—18 years old can participate. \$18 per year registration required.

1000-1045 Happy Mommy & Baby, 6 weeks—18 months

1100-1145 Yogi Tots and Mom, 18 months—3 years old

1600-1645 Yoga Kids, 4—10 Years Old

1700-1745 Mommy Baby/Tot, 6 weeks—3 years

1800-1845 Big Warriors, 11 years old & up

Dance, Wednesdays and Thursdays, \$40/month. FMI (757) 878-4025. Civilian Youth ages 18 months—18 years old can participate. \$18 per year registration required.

Wednesdays 1615-1700; 2-4 Year Olds (Ballet/Tap)

1715-1800; 5-8 Years Old (Ballet/Tap)

Thursdays, 1715-1800; 7 & Up Lyrical

### **JBLE Force Support**

Groninger Library Easter Egg Hunt, 6 April 15, 0930, FMI (757) 878-5017, open to all ages

Fort Eustis Mini Park Opens, 3 April 15

4 Series Bass Fishing Tournament, 1 April 15 & 2 May 15, Bethel Park, FMI: (757) 764-7170

### **Spouse Club Fort Eustis**

1 K Kids Fun Run, 5 & 10 K, 18 April 15, to register go to [www.scfeva.com](http://www.scfeva.com) or [Active.com](http://Active.com)

