



Fort Eustis

Capital Enterprise Forum 10 September 2024

CEF Slide Deck - Home - Joint Base Langley-Eustis (jble-eustismwr.com)

Briefing Slides: pages 1 – 42

Event informational slides & flyers: pages 43 – 92





CAPITAL ENTERPRISE FORUM 2024



The Capital Enterprise Forum is a platform that fosters collaboration and synchronization between mission partners and support agencies.

Its aim is to maximize the impact of events on the installation to benefit Soldiers and their families. This forum provides a unique opportunity for participants to share their ideas, strategies, and best practices for enhancing the quality of life for the military community.

BE PART OF THE DISCUSSION





Capital Enterprise Forum WELCOME

10 September 2024





Capital Enterprise Forum



Opening Remarks

MG Scott Linton
DCG, U.S. Army Center
for Initial Military Training





CAPITAL ENTERPRISE FORUM Agenda

10 September 2024



Welcome & Announcements

Opening Remarks

Award & Recognition Ceremony

Volunteer of the Quarter

Organization/Agency

Commander, 633 ABW

Commander, 733 MSG

Flourishing in a Relentless World

733 FSS, Military & Family Readiness Flight

733 FSS, Community Services Flight

Mr. Peter Lamberti

MG Scott Linton

Presenter

COL Laura Hutchinson

Briefer

Col Matthew Altman

COL Laura Hutchinson

R. Kelly Crace, Ph.D.

Mr. Peter Lamberti

Ms. LeRoyce Bratsveen



Volunteer of the Quarter April-June 2024



Ruth Doyle – Spouses Club of Fort Eustis

Danan Free – General Stanford Elementary School PTA

Sara Knaus – United Service Organizations

SSG Hayden Libhart – Charlie Company, 2-210th Aviation Regiment

SSG Cesar Longoria – Bravo Company, 1-210th Aviation Regiment

SGT Duncan Whyte – Bravo Company, 1-210th Aviation Regiment

Flourishing in a Relentless World

Authentic Excellence Initiative

R. Kelly Crace, Ph.D. College of William & Mary

Values-Centered Leadership of Self & Others Action Motivation **Importance** Ε S S **ATTENTION TO VALUES**



IMPORTANCE

Perceived Evaluation

Cost

Uncertainty

Fear of Failure (Pressure)

Natural Responses

Avoid / Escape Until "Have To" Over-Control Mastery

-- MAG 10

MICO ...

The Plateau Effect





ATTENTION TO VALUES

The Authentic Excellence Initiative A



AX 101: Understanding Authentic Excellence

AX 201: Living Authentic Excellence

AX 301: Mentoring Authentic Excellence

Concepts: Fear-based Excellence versus Authentic Excellence

Plateau Effect - staying stuck at good

Improving productivity, fulfillment and resilience

Authentic Excellence thru Dynamic Blueprinting

TASK	PURPOSE	
Rethinking Values	Authenticity	
Values Expression & Management	Integrity	
Managing Fear Differently & Coping Effectively	Resilience	
Developing the Expressive Mindset	Excellence	



High Priority	Over-Attention	Under-Attention	Medium/Low Priority
#1 Concern for Others	Belonging	Health & Activity	Concern for Environment
#2 Spirituality	Independence	Objective Analysis	Privacy
#3 Humility	LEARN MORE ▼	Interdependence	Financial Prosperity
#4 Responsibility		LEARN MORE ▼	LEARN MORE ▼
#5 Achievement			
#6 Creativity			
LEARN MORE ▼			

Questions / Follow-up:

Robert Kelly Crace, Ph.D. kelly.crace@wm.edu 757-221-1433 (office) 757-876-0110 (mobile)

www.lifevaluesinventory.org



Capital Enterprise Forum



Installation Commander Update

Col Matt Altman

Commander, 633d Air Base Wing Installation Commander, Joint Base Langley-Eustis







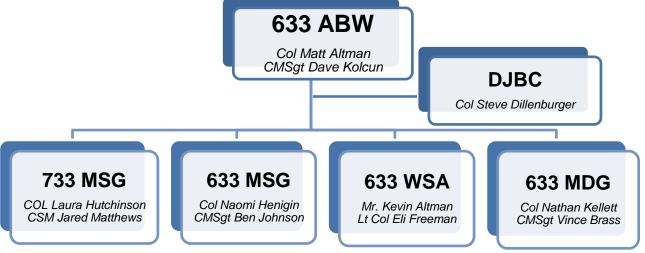




Installation Commander Update









Upcoming Events:

4 Oct - Fall JBLE Commander's Cup

4 Nov – Joint Base Partnership Council



Army Community Service





Peter Lamberti Flight Chief, Military & Family Readiness





<u>Army Community Services (ACS) - Joint Base Langley-Eustis (jble-eustismwr.com)</u>



ARMY COMMUNITY SERVICE



Army Family Action Plan (AFAP) Community Forum FY25

- VOLUNTEERS Needed Facilitator/Recorder/Transcriber/Issue Support
- 10 Sep AFAP Liaison Training
- 11 & 17 Sep AFAP Focus Group
- 23 Sep Single Soldier Focus Group
- 27 Sep Subject Matter Expert Information Due
- 4 Oct Delegate registration due
- 8 & 10 Oct SME Training
- AFAP Forum 22-24 Oct
- AFAP Report Out CIMT 25 Oct 1400



ARMY COMMUNITY SERVICE





Issue Management System – Army Family Web Portal

https://ims.armyfamilywebportal.com/submit



ARMY COMMUNITY SERVICE



- ACS Cooking Classes
 - Lumpia Making Class, 25 Sep,1730 1900
 - Chicken Crack and Corn Casserole, 16 Oct 1730 1900
- Uniquely Eustis Spouse Orientation
 - 26 Sep, 0900 1230
- Exiting the Barracks (for Soldiers moving out of the barracks)
 - 24 Sep, 8 Oct, 29 Oct, 5 Nov & 19 Nov, 1400 1500
- Briefer Trainer Course
 - 1 Oct, 0900-1600 and 2 Oct, 0900-1200
- Registration is required for all classes, call 757.878.3638 or Email 733MSG.FSG.EustisACS@us.af.mil
- FMI: call 757.878-3638, visit the resource table, website Event page <u>https://jble-eustismwr.com/army-community-services-acs/</u>, or ACS Facebook/Instagram pages @Forteustisacs





Dates
19 Sep
17 Oct
21 Nov











PATRIOT'S PANTRY

Monthly Mobile Food Distribution
HELD EVERY THIRD THURSDAY

Sign Up Today!



1200-1300 ACS Parking Lot 650 Monroe Ave, Ft Eustis, VA, 23604



1500-1630 F-15 Parking Lot next to Bldg 330 (LRS) 23 Sweeney Blvd, Hampton, VA, 23665

For E-7 and below active-duty families



You will receive one box of food items per family.

For more information head to:
hamptonroads.asymca.org/services/food-assistance/
757-363-1884







Questions?





LeRoyce Bratsveen

Director - Community Activities& Special Events733d Force Support Squadron

671 Victory Blvd 757.878.2067 https://jble-eustismwr.com/events/





https://jble-eustismwr.com/events/

Activities for Everyone at the Rec Center















https://jble-eustismwr.com/events/

Exciting Holiday Aquatic Center Events















https://jble-eustismwr.com/events/

More Fun with Fitness & Bowling















https://jble-eustismwr.com/events/

And more fun around the community







Community Recreation Center: 671 Victory Blvd, Fort Eustis, VA 23604 Wed-Sun 11:00am-7:00pm • (757) 878-3717 communityreccenter@gmail.com











https://jble-eustismwr.com/events/

Community Favorite Special Events!















https://jble-eustismwr.com/events/

Plan the Holidays with the Fort Eustis Club











633d Force Support Squadron JBLE-Langley Fitness Centers









633d Force Support Squadron JBLE-Langley Community Programs





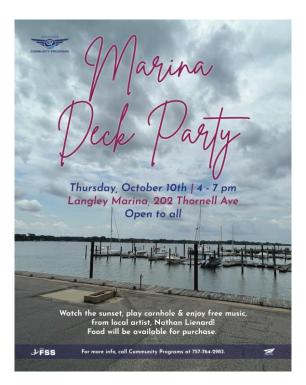




633d Force Support Squadron JBLE-Langley Community Programs













633d Force Support Squadron JBLE-Langley Eaglewood Golf Course





Active Duty only

Club Championship Divisions AGF Members Only

Open

Seniors (55 - 69)

Super Seniors (70+)

Ladies



Scan to Register

Eaglewood Golf Course

@ jbleforcesupport.com

C 757-764-4547

• eaglewoodLAFB







633d Force Support Squadron











Questions?



Capital Enterprise Forum



Mission Partners Discussions



CAPITAL ENTERPRISE FORUM AGENDA



10 September 2024

Organization/Agency

Training and Doctrine Command (TRADOC)

Center for Initial Military Training (CIMT)

Army Futures Command (AFC)

Joint Task Force Civil Support Service (JTF-CS)

Installation Management Command (IMCOM)

Army Support Activity (ASA)

7th Transportation Brigade (X)

597th Transportation Brigade

93rd Signal Brigade

128th Aviation Brigade

Non-Commissioned Officer Academy (NCOA)

Technology Development Directorate Aviation (TTDA)

Dental Command (DENTAC)

McDonald Army Health Center (MCAHC)

Army Training Support Center (ATSC)



CAPITAL ENTERPRISE FORUM AGENDA



10 September 2024

Organization/Agency

Joint Deployment Training Center (JDTC)

Maritime Intermodal Training Division (MITD)

Network Enterprise Center (NEC)

633d Air Base Wing/Public Affairs

633d Air Base Wing/Emergency Management

Defense Commissary Agency (DeCA)

Army & Air Force Exchange Services (AAFES)

733d Security Forces Squadron

733d Civil Engineering Squadron

733d Force Support Squadron

733d Logistics Readiness Squadron

733d Mission Support Group Resource Advisor

Closing Remarks

COL Hutchinson

Making JBLE – Eustis a great place to Work, Live and Play!



Capital Enterprise Forum



Closing Remarks

COL Laura Hutchinson

Commander
733d Mission Support Group





BE PART OF THE DISCUSSION

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synchronization between mission partners and support agencies.

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Soldiers and their families. This forum provides a unique opportunity for
participants to share their ideas, strategies, and best practices for enhancing
the quality of life for the military community.



12 Nov



1030 - 1145

Fort Eustis Club 2123 Pershing Avenue Main Ballroom

For More Information



733MSG.FSG.EustisACS@us.af.mil



757.878.3638

JBLE-EUSTIS



DISCUSSIONS
PROJECTS
COMMUNITY
VALUE
RECOGNITION

SOLDIERS CIVILIANS FAMILY MEMBERS





Information, Event, & Resource Flyers

Public Health & Behavioral Health

MAJ Ricky Ramsey

Deputy Director of Psychological Health

McDonald Army Health Center

Behavioral Health (MCAHC)

502 Sternberg Avenue 757.314.7558 ricky.o.ramsey.mil@health.mil

Public Health & Behavioral Health

- Suicide Prevention Month Events Hosted by Public Health and Behavioral Health
 - Suicide Prevention Fair, 12 September at MCAHC, 576 Jefferson Ave.
 - POC: Ms. Kristen Tacker, email: kristen.m.tacker.civ@health.mil
 - Suicide Prevention Month Spades Tournament,
 20 September the USO, 833 Monroe Ave.
 - POC: Ms. Jenny Harmon, email: jenny.l.harmon.civ@health.mil

September is Suicide Prevention Month Suicide Awareness Spades Tournament

In an effort to prevent suicide by encouraging protective factors and bringing awareness to risk factors.

At the USO 833 Monroe Ave, Fort Eustis, VA 23604 September 20, 2024 1000-1300

- https://register.uso.org/4111BMB7/4a3IQKYupN (registration space is limited)
- Lunch provided by the USO
- Health and wellness resources will be available
- Prizes will be awarded







Public Health

Kris Tacker, RN, BSN, MSN Health Promotions Nurse

757.314.7500 x 44509 kristen.m.tacker.civ@health.mil

reness Month

If someone you know is showing signs, remember ACE:

Ask if they are thinking about suicide

Care by removing any lethal means

Escort to the chain of command, chaplain, BH, or ER



September 13, 2024

Anderson Fieldhouse @ 0630

Please contact Yvonne Stevens to register your team

yvonne.stevens.de@us.af.mil





BREAST CANCER Awareness Volleyball Tournament



October 4th, 2024 @ 0630 Anderson Field House

- 1 in 8 women will develop breast cancer in their lifetime
- It is estimated that in 2024, approximately 30% of all new female caner diagnoses will be breast cancer
- On average, every 2 minutes a woman is diagnosed with breast cancer in the United States.
- The 5-year relative survival rate for cancer diagnosed at the localized stage is 99%

National Breast Cancer Foundation, 2024







BREAST

Awareness Walk

October 8, 2024, 1200 - 1300 McDonald Army Health Center

Walk for a Cure

Early Detection Saves Lives!

DETECT IT, TREAT IT, DEFEAT IT!

Let's join together as a community to support our fighters to celebrate our suvivors, and to honor our taken. Bring family and friends to walk laps to support early detection through mammograms.





TRAFFIX Commuter Options



Caleb Smith Military Outreach Liaison Hampton Roads Transit

509 E. 18th Street Norfolk, VA 23504 P: (757) 222-6000 x6044

www.gohrt.com



TRAFFIX Commuter Options



- Funded by the Commonwealth of Virginia and part of Hampton Roads Transit.
- Goal: Reduce traffic congestion and improve air quality in Hampton Roads.
 - Encourage public transit, vanpooling, and carpooling.

Vanpools:

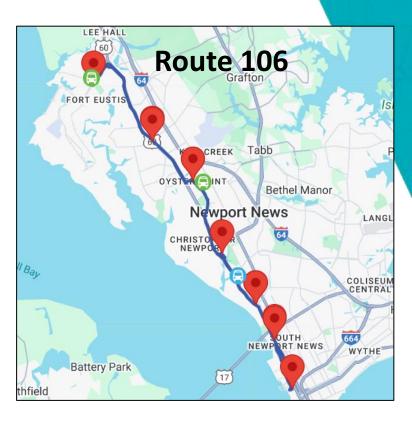
- Vanpools alleviate traffic congestion and improve parking.
- Group of 5 to 15 commuters sharing the cost of a vehicle.
- Currently one vanpool to Fort Eustis from Virginia Beach.



TRAFFIX Commuter Options



- Route 106: Downtown Newport News / Warwick Boulevard / Denbigh / Fort Eustis.
 - All routes available at gohrt.com
- Mass Transportation Benefit Program (MTBP):
 - Army program that pays eligible active-duty and civilian employees up to \$315 a month to commute via public transit or vanpool.
- Receive a "Guaranteed Ride" home in case of an emergency.
- ConnectingVA App: Find carpool/vanpool options, log trips, and earn rewards!





Armed Services Blood Program





The Armed Services Blood Program (ASBP) is the official Department of Defense provider of blood products for U.S. Armed Forces. As a division in the Defense Health Agency, we focus on equipping service members, their families, retirees, and veterans worldwide with the lifesaving blood products needed, whether on the battlefield or in military hospitals, in peace and in war.

The ASBP is the official blood program of the U.S. military and is not affiliated with other civilian collection agencies. However, we are one of four organizations that ensures our nation has a safe, potent blood supply and we work together in times of need.

OUR MISSION

To provide quality blood products and support to military healthcare operations worldwide.

ARM

COLLECT







STORE



TRANSPORT



ARM

DISTRIBUTE

MHS Military Health System health.mil

ASBP Armed Services Blood Program



FOR SERVICE MEMBERS, THEIR FAMILIES, RETIREES, AND VETERANS

Blood products are used for military patients of all ages for many reasons. Whether blood is needed to treat cancer patients, surgical patients or battlefield injuries, all depend on blood donors every day.

While ASBP blood recipients are most often thought of as deployed service members injured in the line of duty, the ASBP also supports the peacetime needs of military personnel and their families. Blood must be available to military hospitals for scheduled and emergency procedures.

The ASBP is the official blood program of the U.S. military and is not affiliated with other civilian collection agencies. However, we are one of four organizations that ensures our nation has a safe, potent blood supply and we work together in times of need.

Regional Blood Donor Center: Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708

Contact Numbers: 757-953-5602/1717 For whole blood Blood Drives: Email: Ralph.k.peters.civ@health.mil For deferral information and FAQ visit www.health.mil/militaryblood



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Armed Services Blood Program





We do it all:

Collect, Test, Transport and Transfuse



Blood is collected and processed at supporting installations and ASBP blood donor centers.

All of the ASBP blood donor centers send blood collected at their sites to one of two Armed Services Whole Blood Processing Laboratories, or ASWBPLs.

The ASWBPLs then send blood into theater either by pre-positioning frozen blood at Blood Product Depots or by sending blood and blood components to Expeditionary Blood Transshipment Systems, which then forward the blood products to Blood Supply Units.

The blood will go from there to forward surgery units, theater hospitals, Navy ships, en-route care, Force Service Support Groups or Allied/Coalition hospitals.

Forward surgery units and theater hospitals will then provide blood to be transfused by first responders at the unit level.



Fort Eustis Religious Support



FORT EUSTIS RELIGIOUS SUPPORT

24 Hour Chapel Phone: 757-878-1304/1450

www.facebook.com/regimentalmemorialchapel



FORT EUSTIS RELIGIOUS SUPPORT

24 Hour Chapel Phone: 757-878-1304/1450



www.facebook.com/regimentalmemorialchapel

- 0900 SUN Mass and 1015 Catholic Religious Education and Sacramental Prep at Regimental Memorial Chapel (RMC); FMI contact the Catholic Director of Religious Education (DRE), Mrs. Hughes at genevieve.hughes.1@us.af.mil or CH (LTC) George Okoth at george.l.okoth.mil@army.mil
- > 0900 SUN Chapel Roots Interactive Family Worship, Building 1005, Monroe Avenue; FMI contact CH (MAJ) Matt Miller at matthew.t.miller114.mil@army.mil or CH (CPT) Courtney Alvarado at courtney.a.alvarado2.mil@army.mil
- ➤ 1100 SUN Protestant Traditional Service and 0945 Sunday School, RMC Chapel; FMI contact the DRE, Mr. Caleb Blue at <u>caleb.blue@us.af.mil</u> or Chaplain (MAJ-P) Mark Worrell at <u>mark.d.worrell.2.mil@army.mil</u>
- ➤ 1100 SUN Latter Day Saints Service, In-Person, RMC Annex, Building 1005, Monroe Avenue; FMI contact Elder Steve Tackett at satacke@gmail.com
- Rosary and Our Lady of Lourdes Prayer Group; FMI contact Mrs. Hughes at <u>genevieve.hughes1@us.af.mil</u> or check RMC Facebook
- > 0930 TUE Protestant Women of the Chapel (PWOC); FMI at eustispwoc@gmail.com
- > 1145 TUE Bible Study in-depth study of book of Genesis; FMI contact CH (LTC) Light Shin at light.k.shin.mil@army.mil
- > 1145 WED Virtual Mid Week Devotion and Prayer on Facebook at www.facebook.com/regimentalmemorialchapel
- > 1800 WED Ladies Evening Bible Study; FMI contact Mrs. Vaul at jeanne.vaul@gmail.com
- > SATs Men's Ministry; FMI contact Mr. Rosier at erosiersr@yahoo.com
- Online Giving at http://acceptiva.com/afcc (Choose JBLE Ft Eustis)

reat place to Work, Live and Plav!

Also see special upcoming services, events, programs, and activities at www.facebook.com/regimentalmemorialchapel



Regimental Memorial Chapel, Building 923, Donnelson Place, Fort Eustis, VA 23604 RMC Annex, Building 1005, Monroe Avenue, Fort Eustis, VA 23604



As of 22 August 2024





WE REPRESENT THE VALUE OF RELIGIOUS LIBERTY, THE IMPORTANCE OF RELIGION, FAITH, AND SPIRITUALITY. CHAPLAIN PERSONNEL ARE AVAILABLE NOT ONLY IN THE CHAPEL BUT ALSO FOR ADVISING LEADERS AND PROVIDING RELIGIOUS SUPPORT IN UNITS, CONFIDENTIAL PASTORAL CARE, ETC.



Regimental Memorial Chapel (RMC), Building 923, Donnelson Place and RMC Annex, Building 1005, Monroe Avenue, Fort Eustis, VA 23604; FMI: https://www.facebook.com/regimentalmemorialchapel, or (757) 878-1450/1304

FAITH GROUP SERVICES OFFERED

ROMAN CATHOLIC MASSES (RMC)

PROTESTANT SERVICES-(TRADITIONAL at RMC and CHAPEL ROOTS at RMC Annex)

LATTER DAY SAINTS SERVICES (RMC Annex)





BIBLE STUDIES

MARRIAGE ENRICHMENT

CHILDRENS PROGRAMS AND SPECIAL EVENTS

MENS PROGRAMS AND SPECIAL EVENTS

WOMENS PROGRAMS AND SPECIAL EVENTS

FAMILY PROGRAMS AND SPECIAL EVENTS

FAMILY LIFE CENTER - BUILDING 1006, MONROE AVENUE, FORT EUSTIS

PASTORAL COUNSELING AND WORKSHOPS FOR INDIVIDUALS, COUPLES, AND FAMILIES

COMMUNITY RELIGIOUS PARTNERS:

MUSLIM

Peninsula Islamic Community Center, 1217 Todds Lane, Hampton, VA 23666, (757) 817-0662 Mosque and Islamic Center of Hampton Roads, 22 Tide Mill Lane, Hampton, VA 23666, (757) 838-4756



<u>JEWISH</u>

Temple Sinai 11620 Warwick Boulevard Newport News, VA 23601 (757) 596-8352 On-Line Jewish Education

jcca.org/jwb/jrep

BUDDHIST

FB Live service
Tuesdays 1300 EST (1400 EDT)
Archived for viewing later

https://www.facebook.com/profile.php?i d=100075540475138

Email: christopher.a.mohr.mil@army.mil





Catholic Opportunities in Partnership with the Catholic Diocese of Richmond



VIRGINIA CATHOLIC DAY AT BUSCH GARDENS Saturday, October 5, 2024

Busch Gardens Theme Park, Williamsburg, VA

We invite families, youth ministries, and young adult groups from around the Diocese to Busch Gardens for a day of fun and fellowship. The day includes admission to the park, Sunday Vigil Mass, and dinner as a Diocese.

FIAT DAYS

December 6-8, 2024

Roslyn Retreat Center, 8727 River Road, Richmond, VA 23229 "Fiat" is a Latin word that refers to Mary's response to the angel Gabriel, "May it be done to me according to your word" (Luke 1:38). The goal of Fiat Days is to bring

high school aged women together who desire to grow in faithful discipleship and personal holiness to be better able to discover their own vocation from the Lord, with a special focus on the call to religious life. We will be joined by religious sisters from several communities for this three-day retreat.

YOUTH MINISTRY APPRECIATION NIGHT Wednesday, December 11, 2024, 6:00-9:00 PM, Marriott Hotel, Richmond, VA

You are invited to our annual Appreciation Night in December! Join us for Mass at Saint Peter's Pro-Cathedral, followed by dinner and programming at the Richmond Marriott. We have many people at our parishes and campuses who are committed to leading young people closer to Christ. We appreciate everything you do and want to celebrate with you!

MARCH FOR LIFE YOUTH PILGRIMAGE January 23-24, 2025 Arlington, VA

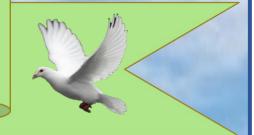
> VIRGINIA PRO-LIFE DAY January 29, 2025; Richmond, VA

DIOCESAN YOUTH CONFERENCE February 7-9. 2024 Greater Richmond Convention Center Richmond, VA

CATHOLIC SCOUTING MASS Sunday, March 16, 2024; 3:00 -5:00 PM St John Neuman Parish, Powhatan, VA



Catholic Opportunities in Partnership with the Hampton Roads Community



Young Adults Social Group, ages 18-30, can have the opportunity to sign up for various social activities at St. Joan of Arc, 315 Harris Grove Lane, Yorktown, VA 23692

FMI: Contact the church at 757-898-5570 or Mr. Justin Pybus at jpybus@stjoanofarcva.org

Young Adult Opportunities, ages 18-30, can have the opportunity to participate in events at Saint Bede Catholic Church, 3683 Ironbound Road, Williamsburg, VA 23188

FMI: Contact the church at 757-229-3631 or Michelle Tomshack at mtomshack@bedeva.org

Diocesan Young Adult Retreat, ages 18-39, 18-20 October, Friday-Sunday, at the Ramada Plaza Nags Head Oceanfront, 1701 S. Virginia Dare Trail, Kill Devil Hills, NC 27948 All attendees must be out of High School. Single People and Married Couples are Welcome.

Though the retreat is designed for Catholics, interested young adults of any faith backgrounds are welcome to attend.

For more information and to register: https://evangelizerichmond.org NLT 16 September, 1200





Deserie Garrett-Lehman Deputy Commander

705 Washington Blvd, Suite 233 757.878.0940

deserie.l.garrett-lehman.civ@army.mil







Mandated Inspection of all Privatized and Leased Housing:

- Due to the housing crisis of 2019, the National Defense Authorization Act was put into place to perform a comprehensive independent, third-party home inspection on all privatized housing with the within the Army portfolio.
- The Department of Army has contracted with RER Solutions, Inc. and Jones Lang Lasalle (RER / JLL) to conduct the home inspections.
- Inspections will begin 21 OCT 2024 through 8 NOV 2024 and continue until all inspections are complete.
- This 100% inspection includes all Fort Eustis and Fort Story Privatized Family Housing.
- A website will be provided to all residents to sign up for a date/time to have these inspections performed.
- All appointments are 2 hours apart. Inspectors will be granted full access to the home.
 Please ensure your SM or a family member on the lease over the age of 18 is at home for the inspection. These home inspections are mandatory.







Why are these inspections important:

- This inspections will give both the partner and the Army a bias opinion on the conditions of the homes.
- Outcome of these inspections: Allow the Army to hold the partner accountable if necessary and/or look at where the money should be invested (demolish and rebuild or renovations or both)
- Reassure your SM that these are not leader led inspections this is a 3rd party inspection.





Services the ASA overseas:

- Army Family Housing, 705 Washington Blvd, Suite 240, Housing Chief, Brenna Poffenbarger, brenna.j.Poffenbarger.civ@army.mil
- Causality Assistance, 705 Washington Blvd, Suite 132, Causality Chief, Debra Stancil, debra.stancil.civ@army.mil
- Mobilization and Deployment, 705 Washington Blvd, Suite 233, Operations Chief, John Cummings, john.w.cummings1.civ@army.mil
- Enterprise Multimedia Center(EMC), 27502 McMahon St, EMC Director, james.e.pugh.civ@army.mil
- Training Areas / Ranges, 2432 Mulberry Island Rd, Training Chief, ralph.e.miller24.civ@army.mil
- Army Emergency Relief: 705 Washington Blvd, Suite 240, AER Specialist, vonlamia.l.howard.civ@army.mil



RESILIENCE IN TODAY'S WORLD

CHANGING LIVES | SHAPING FUTURES





What does resilience mean to you? Is it built into us, or can it be learned? YOU can be equipped to handle life's challenges, emerge with strength, and help others rise to meet theirs!



Taya Kyle Wife of American Sniper Chris Kyle



SOF Missions, Co-Emcee



Kevin Weaver The Warrior's Journey, Co-Emcee

· Large and small group sessions

· Banquet dinner with special guest speaker Taya Kyle, wife of American sniper Chris Kyle



John Cordero Regent University



Leroy Gilbert Regent



Regent

HIGHLIGHTS:

Marissa McCarthy

Workshops



· Group activities: participate

yourself or with your team

Meet one on one with speakers





The Bridge





Mighty Oaks Foundation



Brenda Swartz

Eddie White JED White Ed. Services

Winters

Workman

Event is FREE, including meals, however, registration is required due to space limitations.



Scan to register today!

Registration is required for all or portions of the event. Select sessions will be live streamed. The full schedule and more information is available at HelpingTheHomeFront.org

Friday, September 27, 2024

Registration 8:15 a.m. | Group and Breakout Sessions Banquet dinner 6:30 p.m.

Saturday, September 28, 2024

10:00 a.m.—1:00 p.m. Workshops (Childcare is provided for ages 5-12 on Saturday only.) Group challenges and activities

(This is for ages 12+ but focuses on adults.)

Event Agenda

Resilience in Today's World

Fri, Sep 27, 2024

8:15 AM - 9:00 AM Registration

Location: Ballroom Lobby

9:00 AM - 9:10 AM Welcome and worship

Location: Virginia Ballroom 2 & 3

9:10 AM - 9:45 AM Opening Session

Location: Virginia Ballroom 2 & 3

Speaker: John Arroyo

10:00 AM - 10:45 AM Breakout Sessions AM1: Choose One

Speakers: Bryan Flanery, John Cordero, Luis Rivera, Brenda Swartz

Starting with the End in Mind: Building a Post-Service Identity from Day One

10:00 AM - 10:45 AM Speaker: Bryan Flanery

Empowering Resilient Youth: Pathways to Education, Leadership & Service

10:00 AM - 10:45 AM

Speaker: John Cordero

Path to Resillency

10:00 AM - 10:45 AM Speaker: Luis Rivera

Unity As A Family Through Transition

10:00 AM - 10:45 AM

Speaker: Brenda Swartz

11:00 AM - 11:45 AM Breakout Sessions AM2: Choose One

Speakers: Damon Friedman, Marissa McCarthy, Kevin Weaver, Mark Jumper, Ph.D., Joe & Tish McDaniel, Eddie White

Processing Trauma: Psychological/PTSD, Physical/mTBI, & Spiritual/Moral injury

11:00 AM - 11:45 AM

Speakers: Damon Friedman, Marissa McCarthy

Finding Stability Even Through Transition

11:00 AM - 11:45 AM

Speaker: Kevin Weaver

Addressing Deployment Dynamics

11:00 AM - 11:45 AM

Speaker: Mark Jumper, Ph.D.

Roadmap to Resilience for Youth & Young Adults: Navigating Today's Struggles

11:00 AM - 11:45 AM

Speakers: Joe & Tish McDaniel, Eddie White

12:00 PM - 1:00 PM Lunch (Included, but choose ticket add-on for our meal count)

Stage & Audience Time: What have we learned so far?

12:40 PM - 1:00 PM

1:15 PM - 2:00 PM Breakout Sessions PM1: Choose One

Speakers: Steve Workman, Bryan Flanery, Leroy Gilbert, Ph.D., Brenda Swartz

The Source of True Identity

1:15 PM - 2:00 PM

Speaker: Steve Workman

Starting with the End in Mind: Building a Post-Service Identity from Day One

1:15 PM - 2:00 PM

Speaker: Bryan Flanery

Equipping Local Churches & Christian Workers in Trauma Healing Ministry

1:15 PM - 2:00 PM

Speaker: Leroy Gilbert, Ph.D.

Unity as a Family Through Transition

1:15 PM - 2:00 PM

Speaker: Brenda Swartz

2:15 PM - 3:00 PM	Breakout Sessions PM2: Choose One
	Speakers: Danielle Winters, Ph.D., Damon Friedman, Marissa McCarthy, Luis Rivera, Evan Owens Identifying Signs of Stress, Anxiety, & Tools for Effective Management
	2:15 PM - 3:00 PM
	Speaker: Danielle Winters, Ph.D. Processing Trauma: Psychological/PTSD, Physical/mTBI, & Spiritual/Moral injury
	2:15 PM - 3:00 PM
	Speakers: Damon Friedman, Marissa McCarthy Path to Resiliency
	2:15 PM - 3:00 PM
	Speaker: Luis Rivera
	Staying Resilient 2:15 PM - 3:00 PM
	Speaker: Evan Owens
3:15 PM - 4:00 PM	Breakout Sessions PM3: Choose One
	Speakers: Anna Ord, Psy. D., Kevin Weaver, Quin Shipp
	Strategies for Building Resilience & Coping Mechanisms 3:15 PM - 4:00 PM
	3:15 PM - 4:00 PM Speaker: Anna Ord, Psy. D.
	Finding Stability Even Through Transition
	3:15 PM - 4:00 PM Speaker: Kevin Weaver
	Resilience Through Following the Word
	3:15 PM - 4:00 PM Speaker: Quin Shipp
4:15 PM - 5:00 PM	Panel Discussion
	Location: Virginia Ballroom 2 & 3
5:00 PM - 6:30 PM	Networking, Resource Tables, and Personal Time
6:30 PM - 8:30 PM	Dinner and Special Guest Speaker: Taya Kyle, with children Colton Kyle & McKenna Kyle Speaker: Taya Kyle
Sat, Sep 28, 2024	
9:45 AM - 12:00 PM	Resilient Kids Activities (ages 5-12)
10:00 AM - 11:45 AM	Financial Workshop
10:00 AM - 11:45 AM	Marriage Workshop
10.00 AM - 11.45 AM	mainage workshop
10:00 AM - 11:45 AM	Healthy Lifestyle Workshop
10:00 AM - 12:00 PM	Outdoor Activities & Challenges (Solo/Team/Group)
12:00 PM - 1:00 PM	Staying Resilient: Final All Group Session & Lunch (lunch included, but choose ticket add- on for our meal count) Speaker: Evan Owens
1:00 PM - 1:30 PM	That's a wrap!



Spouses Club of Fort Eustis



Email: SCFEPresident@gmail.com or find us at www.SCFEVA.com

FB: @SCFEVirginia

IG: @SCFEVA







Spouses Club of Fort Eustis



Whistle Stop Thrift Store - located at 671 Victory Blvd

T, Th, F - 1000-1400 hrs

Sat - 1000-1400 hrs (1st Saturday of month)

757-887-0190

FB: @WhistleStopThriftStore

Operation Deploy Your Dress - located at 215 Calhoun Cir Provides one free formal per calendar year, to any military ID card holder

Tuesdays - Hours vary.

Email: <u>SCFEODYD@gmail.com</u>

FB/IG: @FortEustisODYD







Spouses Club of Fort Eustis



- Quarterly Social 18 September and 3 December
- Book Club 12 Sept, 10 Oct, and 14 Nov
- Bunco Club 24 Sept, 24 Oct, and 20 Nov
- Coffee Club 18 Sept and 16 Oct
- Documentarian Club 19 Sept and 17 Oct
- Lunch/Dinner Club 10 Sept, 17 Oct, and 14 Nov
- SCFE Event calendar SCFEVA.com/upcoming-events







Army Community Service





Jessica Lueras Interim Program Manager Service to the Armed Forces and

International Services

650 Monroe Avenue, RM. 125 757.878.3339 Jessica.Lueras@redcross.org



American Red Cross



1. Providing emergency communication services for service members, veterans, and their families



Emergency Communications

What you Need to Know

Who can the emergency be about?

Direct family members: siblings, parents, children, spouse

Who can start them?

 ANYONE – you, your command, your family member, your neighbor, a doctor or nurse, etc.

How can someone start one?

- Call 877-272-7337
- Visit redcross.org/herocarenetwork
- Download our Hero Care App on your phone or tablet



Scan Me





American Red Cross



2. Supporting military and veteran medical facilities

Volunteers carry out 90% of the humanitarian work of the Red Cross. Our vital work is only possible because of people like you. Volunteer benefits include: building your resume, learning new skills, leadership experience, meeting new people, discounted Red Cross training, promotion points, giving back to your community, and having fun.









Volunteers Urgently Needed for the Following Positions in Your Community:

Event Support

Assist with community outreach events and share Red Cross resources with the military community. Preferred commitment: 2-4 events/month.

Briefer

Speak to service members about Red Cross resources, Service to Armed Forces, and the Hero Care Network. Preferred commitment: 2-4 briefs/month.

Summer Youth Program

Youth (age 14+) will supplement the permanent staff at the MAHC while learning about the medical field. Great opportunity for leadership and community service.

MTF Assistance

There are many options both for those who want to provide a helping hand as well as those with professional licensure.

Preferred commitment: 2-4 shifts/month.



American Red Cross



3. Building strong and resilient military families

Resiliency Workshops

- Free of charge
- Confidential
- Led by licensed mental health professionals

Animal Visitation Program

 Measurable effects on health, including mental and physical well-being



For more information or to schedule a workshop or animal visit, please email Jessica.Lueras@redcross.org





Donald Gallimore Lead Education Services Specialist Army Education Center

1500 Madison Ave 757.878.2083





Hours of operation:

Mon, Tues, Wed, & Fri 0745-1545, Thurs 1300-1545

• To schedule classroom space: Contact Bryan Kroll at

Email: BRYAN.J.KROLL.CIV@ARMY.MIL

Unit briefings are available upon request: <u>Donald.l.Gallimore.civ@army.mil</u>

• Updates posted to **Facebook** at https://www.facebook.com/FtEustisAEC





ON-POST Class Schedule

Fort Eustis Army Education Center 1500 Madison Ave.

University of Maryland Global Campus

Fall Term #3 Dates: 16 October 2024 - 10 December 2024 Hybrid courses will meet in person 4 times during this term. For further information contact Karen banks @757-231-5680

NUTR 100 Elements of Nutrition	M 6:00 - 9:00 pm
CMIT 320 Network Security	M 6:00 - 9:00 pm
MATH 105 Topics for Mathematical Literacy	T 6:00 - 9:00 pm
BEHS 380 End of Life: Issues and Perspectives	W 6:00 - 9:00 pm

Embry-Riddle Aeronautical University

Fall Term #2 Dates: 14 October 2024 - 15 December 2024

Hybrid courses will meet in person 4 times during this term.

For further information contact DR. Sharon Simmons @757-887-0980

ENGL English Communication	TH 6:00 - 9:20
OLDB Organizational Behavior	W 6:00 - 9:20





THE ARMY EDUCATION CENTER IS CURRENTLY SEEKING A VIRTUAL/ONSITE INSTRUCTOR

TO TEACH OUR BSEP REFRESHER COURSE COVERING BOTH MATH AND ENGLISH THAT SOLDIERS TAKE TO HELP RAISE THEIR GT SCORES WHEN RETESTING ON THE ARMED FORCES CLASSIFICATION TEST (AFCT)

THIS IS A CONTRACT POSITION WHICH PAYS \$25.94 HR.
THERE ARE 12 CLASSES PER YEAR, 60 HRS PER CLASS/MONTH.
EACH 3 WEEK COURSE RUNS DAILY, 8 AM-12 NOON, MON-FRI.

• POC: Christopher R. Martin at Automation Tech/OSC, ACES Mobile: 757-303-

7606; Desk: 520-673-5962





Fall Fest



OIC: MAJ Alyssa Gray

1st Battalion, 210th Aviation Regiment (757) 878-5801





get ready for a night of spooky fun!

Friday, October 25 5:30pm-8:30pm*

128th Avn BDE School House Mcmahon Street, Fort Eustis VA 23604

Trunk or Treat • Haunted Houses
Haunted Chinook • Chili Cookoff
Food Trucks • Costume Contest
and more!

*while supplies last



JBLE-EustisMWR.com/fallfest

*Open to all with base access

Scan QR code to view our official website for maps, schedules, and event info





Army Community Service







Army Community Services (ACS) - Joint Base Langley-Eustis (jble-eustismwr.com)

How to Get into Project/Program Management Panel How to Get into Cyber/IT Industry Panel

How to Start or Grow Your Small Business Panel

151

CAREER/EDUCATION SUMMIT

(SUMMER EDITION)

LAUNCH YOUR FUTURE

SEPT 10 & 11, 2024 SEP 10TH
5:30-8 PM
RED, WHITE & BREW
NETWORKING MIXER
CAPSTAN BREWERY
HAMPTON, VA

9:00-12 PM
INSIDER PANEL
DISCUSSIONS
RESUME REVIEWS
LINKEDIN HEADSHOTS
FORT EUSTIS CLUB

SEP 11TH

SEP 11TH
2:30-6 PM
HIRING FAIR
MILITARY SPOUSES AND
SERVICE MEMBERS WITH
SMALL CHILDREN
WELCOME 5-6 PM
FORT EUSTIS CLUB

REGISTER NOW AT

https://www.eventbrite.com/cc/75 7-career-summit-launch-yourfuture-2927259

















ARMY SFRG

Soldier & Family Readiness Group

Jul-Sep '24 SFRG Training



VIRTUAL TRAINING (1330-1430)

*SFRG Foundations **

26 Aug

CFRR

27 Aug

**Informal Fund Custodian

28 Aug

**Key Contact

29 Aug (0900-1000)

*SFRG Resources **

29 Aug (1100-1200)

IN-PERSON TRAINING

*SFRG Foundations **

10 Jul & 12 Sep; 0900-1030

CFRR

10 Jul & 12 Sep; 1100-1200

**Informal Fund Custodian

16 Jul & 18 Sep; 0900-1030

*SFRG Resources/VMIS **

16 Jul & 18 Sep; 1100-1200

*Additional training
to all those
involved with SFRG.

** CFRRs need to
complete this

training also.



For more information or to register for the class, please call Army Community Service at 757-878-3638.

POC: LIEZEL D. BAMBAO; <u>liezel.bambao.1@us.af.mil</u>





MOBILIZATION & DEPLOYMENT

Jul-Sep '24 CARE Team Training



CARE (Casualty Response) Team is not mandatory but great to have for providing short-term care and support to families of deceased and seriously wounded soldiers until their own support structure is available.

VIRTUAL TRAINING

CARE Team (0900-1030)



IN-PERSON TRAINING

CARE Team (0900-1130) 24 Jul & 25 Sep

For more information or to register for the class, please call Army Community Service at 757-878-3638.



POC: LIEZEL D. BAMBAO, liezel.bambao.1@us.af.mil

Because you can't always be there for the person you love....



The Army Community Service - Mobilization and Deployment Program provides one "Huggee Doll" per family of a Soldier deployed from Fort Eustis.

"Huggee" holds a picture and a recorded message from the deployed Soldier.

If interested, please call Army Community Service at 757-878-3638 or e-mail Liezel D. Bambao at liezel.bambao.1@us.af.mil or Carol Sheppard at dennis.pugh2@us.af.mil .

Huggee's are available while supplies last.











Operation: Sweet Dreams



Have your picture transferred on a pillow case as a goodnight keepsake courtesy of ACS.

If you are deploying, you or your spouse can e-mail an appropriate picture (jpg format) of your family member or self to Liezel Bambao at <u>liezel.bambao.1@us.af.mil</u>

Carol Sheppard at <u>dennis.pugh2@us.af.mil</u>

to receive your free sweet dreams keepsake.

Pillow cases are limited to 2 per family.

For more information, call 757-878-3638.

Please send your pictures and pick-up is by APPOINTMENT only.

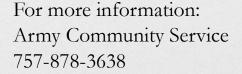




Army Community Service Virtual Out-Processing

Soldiers authorized to out-process the Installation should visit the ACS Out-processing page at jble-eustismwr.com/acs-out-processing for their digital ACS Out-Processing and Relocation information.







ACS is here for you!







KNOW BEFORE YOU GO



FORT EUSTIS PRE-ARRIVAL ORIENTATION

The first Wednesday of the month, 2:30 PM - 3:30 PM

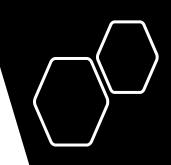
WE MAKE EVERYTHING EASIER

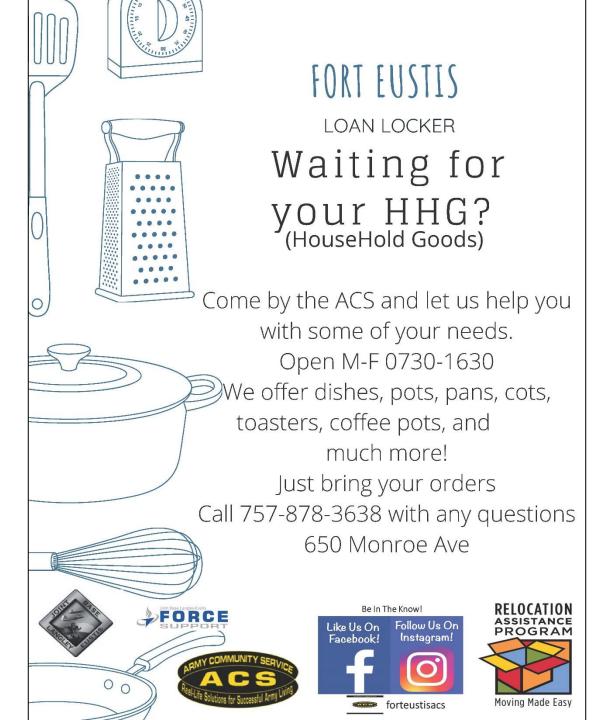
CONNECT WITH SERVICE PROVIDERS

- HOUSING
- CHILD CARE
- SCHOOLS
- LODGING
- SPOUSE EMPLOYMENT
- EFMP
- LOCAL COMMUNITY
 INFORMATION
- · AND MORE!
- CALL ACS AT 757-878-3638
 FOR MORE INFORMATION









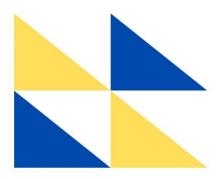


BRIEFER TRAINING COURSE

- Introduction to Effective Briefing
- Sharpening Your Briefing Skills
- Making Briefings Your Own







Army Community Service 650 Monroe Ave

Registration is required

Call: 757-878-3638 or Email: 733MSG.FSG.EustisACS@us.af.mil

Minimum of 5 students required



Volunteer Cooking Instructors Needed



ACS is looking for volunteers to prepare cooking demonstrations and share their favorite recipes in the following areas:

- Meals on a Budget
- Tamale Making
- Enchilada Making
- Pie Making
- Holiday Cookies
- Appetizers
- Healthy Cooking
- Smoothies
- Or any other food/beverage recipe to share!

No formal chef training required, just a passion for food and fun!



IF YOU ARE INTERESTED IN VOLUNTEERING,
PLEASE CONTACT NINA LEE AT 757-878-3638 or
nina_simone.lee@us.af.mil

