



Garrison News

Volume 7, Issue 6

Since 1998

June 2004

MISSION

U.S. Army Garrison provides and maintains the installation infrastructure to:

- support power projection and training of III Corps units/soldiers;
- provide a quality living and working environment for soldiers, families, retirees, and authorized civilians;
- sustain an effective partnership with our surrounding communities;
- and support the III Corps / Fort Hood transformation process.

VISION

The Army's model power projection platform, training installation, and community. A great place to train, work, and live.

EXCEPTIONAL FAMILY MEMBER PROGRAM

Army Community Service (ACS), the Exceptional Family Member Program (EFMP) would like you to join us. The "Sea Dragons" meet every Friday, 1800-1900, at the Abrams Fitness Center. Anyone with a special needs child can enjoy a fun filled evening of swimming for the whole family at no cost. On 28 Jun, 1800-2000, the EFMP Support Group will meet to share common experiences and challenges unique to special needs families and it is a great way to learn about new information and resources. Funded on-site childcare is available with a reservation. The group meets at Lane Volunteer Center, Bldg 16005, Old Ironsides and Hood Road. On 30 Jun, 1300-1500, EFMP will host a "Summer Blast-Bowling Party" at the Phantom Warrior Lanes on Fort Hood. Come join the fun, meet new people, and learn more about what is going on with families who have special needs. In addition, come check out the new Parent Education Advocacy Program (PEAP). The PEAP is a volunteer educational program within the EFMP that will provide training to individuals to serve as advocates for educational issues of children with special needs. Everything we do in EFMP is open to the whole family and free of charge.

A web site has been set up for military families with special medical or educational needs - <http://mfrc.calib.com/snn>. Check it out and discover the resources that are

available for you. The Exceptional Family Member Program (EFMP) is a mandatory enrollment program which works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support, and personnel services to families with special needs. For more information, please call the EFMP office at 287-6070 or come visit us at ACS, Rivers Bldg, Bldg 121, Hood Road and 761st Tank Battalion Ave. (DMWR)

Hood Hero

Awards Luncheon 4 August
Nominations due 9 Jul
(618-7357)

Free Training for Military Family Members

The Partnership for Skilled Employees On and Around Fort Hood (Partnership) is a Central Texas Workforce System program that is supported and guided by local community leaders and businesses as well as key leaders on Fort Hood. These services are for military family members over the age of 18 who left employment to accompany a military service member to Fort Hood. Services are also available for civilian personnel on Fort Hood who are given notice of intent to lay-off. Once enrolled, family members and civilian personnel can receive:

- Help looking for a job.*

- Funding for childcare, transportation, and work related expenses, such as special uniforms.*

- Health certificates or other work related expenses.*

- License fees for certificates for jobs.*

- One-on-one help to prepare for employment.*

- Pre-employment guidance in activities like resume preparation, interviewing, dress for success, etc.*

- Training in jobs that are in demand by local employers.*

- Targeted hiring with training after employment by select local employers.*

- Short term training in courses like Certified Nursing Aide and Computer Software use.*

- Career counseling and assessments to better market individuals to local businesses.*

To obtain these services as quickly as possible, bring the following documents with you:

- Copy of Birth Certificate or Alien Registration Card (Indicating Right to Work).*

- Copy of Social Security Card.*

- Copy of Military Dependent Identification Card.*

- Copy of Military Sponsor's orders to Fort Hood.*

- Proof of Your last Employment (pay stub).*

- Proof of Selective Service Registration or previous service (Males born after December 31, 1959 must have served in the*

military or registered with selective service prior to their 26th birthday).

For more information, call Fort Hood ERB office at 288-2089. (DMWR)

HOUSING DIVISION

Miss Texas, Sunni Cranfill, took time out to visit a model home in Comanche II while at Fort Hood for the Officers Wives Club Celebrity Golf Scramble at the end of April. Mrs. Roger Staubach was also here for the golf scramble.

Sergeant Major of the Army Kenneth Preston took time out to tour Fort Hood family housing areas while visiting Fort Hood at the end of April. Fort Hood once again played host to the Mexican Consulate General and his spouse on 3 May as they toured new and renovated homes in Comanche II.

Ms. Marianne Winch, from the DA ACSIM office, is visiting various Army installations to get familiar with the Yardi housing system and came to Fort Hood the week of 17 May. She spent time with Government and partner personnel to see both sides of how the Yardi system works. While here, Ms. Winch stated (with a big smile) that our Housing office was the premier site of how things should work, how the deposit waiver system should work, how the Yardi system should work, and how a housing web site should be set up (a model for other installations to follow). She was impressed by the Government housing staff and said that the Government residual staff was an absolutely necessary part of the RCI staff playing a significant role in seeing that the Soldiers' best interests are taken care of. (DPW)

Garrison Plans, Analysis, and Integration Office (PAIO)

Ms. Joyce Connor, Ms. Vivian Robinson, and Ms. Eloise Soliz from the Strategic Planning Office, Ms. Lanell Butts and Mr. Bob Easter from the Garrison Commander's Office, and Mr. Norm Dunbar and Ms. Phyllis McClain from the Commercial Activities Office have joined to form the Garrison Plans, Analysis, and Integration Office. Their new office is located in Bldg 1001, Rm C201.

Phone numbers and project responsibilities remain the same. (GCO)

Army Family Team Building Teen Program Marathon!

Are you looking for something fulfilling for your teen to do? Come and join the Army Family Team Building (AFTB) Teen Instructor Training on 10 and 11 Jun, 0900-1500 at the Lane Volunteer Center, Bldg 16005, corner of Hood Road and Old Ironsides. Meals and snacks will be provided both days. Being a Teen AFTB Instructor has benefits. First of all, there are the volunteer hours to add to that college scholarship application. Second, it gives the teen something to do during the summer months. Of course, we cannot leave out all the possible friendships that will be created. Come and put your skills to use teaching others about Army life.

Please register by calling the AFTB office at 286-6600 or 287-2327. (DMWR)

Are Your Designations of Beneficiary Current?

When was the last time you updated your beneficiary forms? Most employees don't realize that they have several designations to keep current.

The most common mistake is when an employee names a spouse and later divorces that spouse but forgets to change the beneficiary form. Is an out-of-date designation giving the money to someone that you no longer wish to give it to? If you want benefits paid to someone else or in a different order, you must designate a beneficiary.

There are several types of beneficiary forms that you can complete to designate your death benefits. These forms include the **SF 2823**, Federal Employee's Group Life Insurance (FEGLI); **SF 2808**, Civil Service Retirement System; **SF 3102**, Federal Employee's Retirement System; **SF 1152**, Unpaid Compensation of Deceased Civilian Employee; and **TSP-3**, Thrift Savings Plan, Designation of Beneficiary.

You may get these forms from your CPAC or by accessing the OPM web site at www.opm.gov for the SF 1152, 2808, 2823, and 3102. The TSP-3 can be obtained at

www.tsp.gov. Once you complete your forms, you should submit the SF 1152, 2823, and 3102 to your CPAC. You must submit the SF2808 and TSP-3 to the addresses on the reverse side of the forms.

If you don't have a designation on file, then your death benefits will be distributed according to the order of precedence:

1. Court order.
2. To the widow or widower.
3. If none, to your child or children in equal shares, with the share of any deceased child distributed among the descendants of that child.
4. If none, to your parents in equal shares or the entire amount to your surviving parent.
5. If none of the above, to the executor or administrator of your estate.
6. If none of the above, to the next of kin under the laws of the State where you lived at the time of your death.

If you have any questions regarding the completion of beneficiary forms, you may contact the CPAC. (CPAC)

FEDERAL EMPLOYEES' GROUP LIFE INSURANCE (FEGLI) OPEN SEASON

OPM will be holding an Open Season from 1 – 30 Sep 04 to celebrate the 50th anniversary of the FEGLI Program. More details will follow as the Open Season approaches. Please read the OPM news release announcing the FEGLI 2004 Open Season. The HTML and PDF versions can be accessed at:

<http://www.opm.gov/asd/pdf/2004/04-203.pdf>
<http://www.opm.gov/asd/htm/2004/04-203.asp>

During the open season, Federal and Postal employees in eligible positions will be able to enroll in the FEGLI program or increase or change current coverage without having a physical or answering any questions about their health. The earliest that newly elected coverage will be effective is 4 Sep 05.

The Federal Government established the FEGLI Program on 29 Aug 29, 1954. It is the largest group life insurance program in the world, covering over 4 million Federal employees and retirees, as well as many of their family members.

FEGLI provides group term life insurance. As such, it does not build up any cash value or paid-up value. It consists of Basic life insurance coverage and three forms of Optional insurance. You must have Basic insurance in order to elect any of the options.

The cost of Basic insurance is shared between you and the Government. You pay 2/3 of the total cost and the Government pays 1/3. Your age does not affect the cost of Basic insurance. You pay the full cost of Optional insurance, and the cost depends on your age. The Office of Federal Employees' Group Life Insurance (OFEGLI), which is a private entity that has a contract with the Federal Government, processes and pays claims under the FEGLI Program.

More information on the program may be obtained by visiting the FEGLI website at <http://www.opm.gov/insure/life/> (CPAC)

?? What Happened During the Last Army Family Action Plan (AFAP) Conference??

To answer that question, you are invited to attend the first Quarter In Progress Review (IPR) at the Lane Volunteer Center, Bldg 16005, corner of Hood Road and Old Ironsides Ave, on 25 June at 1300. The local issues produced from the conference will be briefed by action officers who will be responsible for their progress. The entire community is invited to attend, especially the Points of Contact for the Major Subordinate Commands. The Garrison Commander will host the meeting. Come out and see that the AFAP process is alive and well. We want your word to be heard!

Further questions can be directed to Ms. Blevins, AFAP Program Manager at 287-2327 or beth.blevins@hood.army.mil. (DMWR)

THANKS for PMR/PIR Effort

Fort Hood's and Southwest Region's first-ever Performance Management Review (PMR) was held at the Fort Hood Officer's Club on Friday, 21 May. Colonel Parry and the newly organized Plans, Analysis, and Integration Office (PAI) extends a **SPECIAL THANKS** to everybody who contributed to the successful

PMR. The hard work, patience, and expert knowledge were necessary and greatly appreciated. We also thank everybody who assisted with finalizing Fort Hood's input to Southwest Region for the next Garrison Commander's Productivity Initiative Review (PIR) to be held on 18 Jun 04.

NEXT PIR: It is time to prepare for Colonel Parry's final Garrison PIR. We anticipate a mid-July PIR date and ask that supervisors remind employees to prepare their initiatives and ideas. PAI will provide the timeline to directorates early next week.

For more information, please call 285-5274. (PAIO)

FAMILY ADVOCACY PROGRAM (FAP)

Schools are closing and the lazy days of summer are here. Parenting roles and responsibilities have moved up a notch to support the increase in time and energy that our children are spending with us. Parenting is a big job with many expectations. Look around your home. Any toy or gadget that you purchased for your child probably came with more instructions than you have ever received to prepare and support you for parenting. Being an effective parent is a goal for many of us, yet it is the role in which we generally receive little guidance. Mostly, we parent in the way that we were parented. Some days that works, some days it doesn't. There are many approaches and basic strategies that we can learn which will assist to ensure effective parenting. Effective parenting requires: (1) Careful balancing. Parenting is only one of the roles that we engage in on any given day; (2) Setting clear limits and demonstrating and encouraging appropriate behavior; (3) Developing and utilizing effective communication skills (how well we listen and talk with our children); (4) Demonstrating the ability to think before acting; (5) Respecting your child's reality; and (6) Remaining involved in the life of your child through varied venues.

Why are we concerned about being an effective parent? The specific response to this question may vary, however, most people agree that being an effective parent may foster

these characteristics in our children: positive self-image, confidence in their abilities, good interpersonal skills, compassion, ability and willingness to cooperate with others. Tips for effective parenting of children of all ages during these hot summer days might include: developing and/or strengthening a positive relationship with your child; disciplining with love; seeking ways to praise your child for successful accomplishments and appropriate behavior; seeking information and resources to enhance your parenting skills; building or joining a support network; talking with a friend or professional about parenting challenges; practicing healthy and enjoyable routines (such as exercise, healthy diets); being mindful of substance use/abuse; maintaining a problem-solving perspective; and being mindful that interactions between a parent and child can build rapidly (the ability to maintain perspective when tensions and emotions are high, although it may be difficult for all of us, is essential).

Effective parenting as our children transition from one challenging stage to another provides them with the love, nurturing, support, guidance, inspiration, and motivation to grow and strive to become the successful adults that we envision. Challenges in parenting may occur on any given day at any given time. If you desire assistance, information, participation in educational sessions/workshops, or resources in response to challenges you are experiencing as a parent or strategies and information that will generate fun activities for you and your child as well as the family, please contact the Advocacy and Prevention Branch at 286-6774 or visit our offices in the Rivers Center, Bldg 121, 761st Tank Battalion Avenue, Mon-Fri from 0730-1630. Another resource available to you as a military parent for assistance is Army One Source for information, local resources, or to request pre-paid counseling sessions (no cost to you) at 1-800-464-8107. (DMWR)