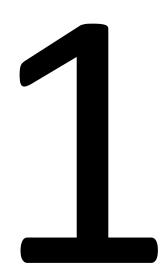
PED LEVEL



SPECIFIED PEDS ARE ALLOWED
Please turn OFF all mobile devices





Welcome to the Community Action Council







CAC DUE-OUTS (as of 06 August 19)

TASK	LEAD	STATUS	REMARKS
priyotodio oxam:	Kenner Army Health Clinic (KAHC) Date tasked: 6 June 19		The Sports Physical exam started May 2019 and will end on June 2020. The exam will be good for one school year.





CAC BRIEFINGS



Empowering Healthy Lifestyles to Reduce Obesity in Petersburg

1809 High Obesity Prevention (HOP) Grant

Funded by the Center for Disease Control and Prevention

Virginia Cooperative Extension, Crater Health District, Virginia Tech and Virginia State Universities

Jaelyn Munson, Health Educator, Virginia Cooperative Extension





Creating An Active America, Together



What are the goals and activities of the HOP Grant?



Our Project Goals

Short-term

- Demonstrate progress on activities to increase access to healthier foods.
- Demonstrate progress on activities to connect safe and accessible places for physical activity.

Intermediate

- Increase access to places that provide healthier foods.
- Increase access to safe and accessible places for physical activity.
 Long-term
- Increase purchasing of healthier foods.
- Increase physical activity with an emphasis on walking.

5-Year Project Activities

- Make improvements to state and local programs/systems
- Establish new or improved pedestrian, bicycle, or transit transportation systems
- Explore evidence- and practice-based interventions to increase access to healthier foods and safe and accessible places for physical activity
- Establish healthy nutrition standards in key institutions such as hospitals, afterschool and recreation programs, etc.
- Work with food vendors, distributors and producers to enhance healthier food procurement and sales

Partnerships created to support grant efforts:























GOAL: Increase access to healthier foods

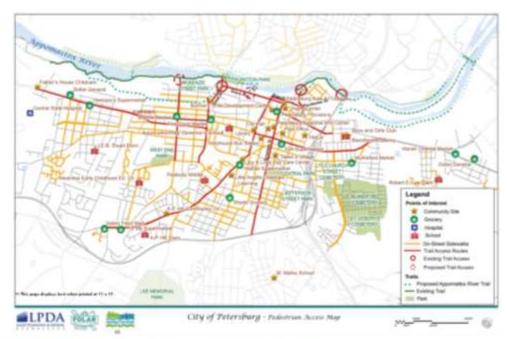
- Collaboration with River Street Market and other community partners
- Bring mobile markets to various neighborhoods—schools, churches, government facilities
- Conducting surveys (at present) to receive feedback from residents on mobile market implementation



GOAL:

Connecting safe and accessible places for physical activity

- Friends of the Lower Appomattox River (FOLAR) is a partner with the CDC grant
- FOLAR will begin construction in 2020 on a 2-mile stretch of trail in the city
- Trail will connect with other river trails in neighboring localities to equal 28 miles of continuous trail
- CDC grant will support efforts of FOLAR in a variety of ways—one being providing signs to bring awareness of the trails existence





QUESTIONS



23d QM BDE External Community Engagements







When: 08:00-12:00 17 August 2019

Where: Williams Stadium, Fort Lee, VA

Why: The 23d Quartermaster Brigade hosts its semiannual Drill and Ceremony Competition to promote

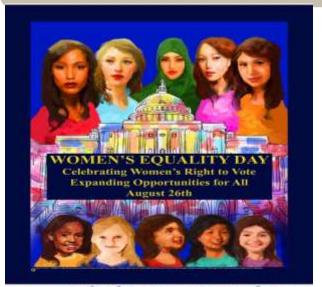
espirt-de-corps







23d QM BDE External Community Engagements







Hosted by

23rd Quartermaster Brigade 15 August 2019 1130-1230 Fort Lee Playhouse



Women's Equality Day Observance

Who: 23rd QM Brigade

What: Garrison Women's Equality Day Observance

When: 11:30-13:00 15 August 2019

Where: Williams Stadium, Fort Lee, VA

Why: The 23d Quartermaster Brigade hosts Garrison Women's Equality Day Observance to promote cross-

cultural harmony and awareness during FY19.









23d QM BDE Community Involvement



03 August 2019 - 244th QM BN (L CO) - ThisAbility.org educational Youth Conference - Hopewell, VA

03 August 2019 – 262d QM BN (U CO) – Chesterfield Volunteer Group-Chesterfield, VA

03 August 2019 - 266th QM BN (508th) - Southern Cruisers - Army Logistics University - Hopewell, VA

03 August 2019 - 266th QM BN (M CO) - Special Needs Family Support Organization Event - Midlothian, VA

06 August 2019 – 262d QM BN (C CO) – Sitter & Barefoot Veterans Care Center – Richmond, VA

15 August 2019 - 244th QM BN (P CO) - Marguerite Christian Elem Sch Back to school drive - Chesterfield, VA

17 August 2019 - 244th QM BN (G CO) - Hunter McGuire VA Medical Center - Richmond, VA

17 August 2019 – 262d QM BN (V CO) – Women's Month Observance – Petersburg, VA

22 August 2019 – 262d QM BN (R CO) – Prince George Social Work Department – Prince George, VA

23 August 2019 - 266th QM BN (E CO) - Williamsburg Landing – Williamsburg, VA

24 August 2019 – 262d QM BN (C CO) – Dream Catchers Therapeutic Riding Center – Stonehouse, VA

29 August 2019 - 262d QM BN (BN) - Back to School Event- 262d QM BN - Fort Lee, VA

31 August 2019 - 244th QM BN (A CO) - University of Richmond ROTC Visit - Richmond, VA









The Community Action Council (CAC) 59th Ordnance Brigade

Who: Alpha Company, 16th Ordnance Battalion

What: Alpha Company Leadership assists Elizabeth Scott Elementary school counselors

in building a mentorship program for the new school year

When: 14 AUG 19

Where: Elizabeth Scott Elementary, Chester, VA

Why: Foster a positive relationship with one of our local elementary schools

POC: 1LT Mia Santana/ 305-992-8390 / mia.santana.mil@mail.mil

<u>VIP</u>	CASCOM Command Team Attendance
N/A	N/A



The Community Action Council (CAC) 59th Ordnance Brigade

Who: 832d Ordnance Battalion

What: U.S. Army Ammunition Transfer Holding Point Team of The Year Competition

When: 9-13 September 2019

Where: Fort Pickett, VA



Why: To assess ammunition professionals on core competencies

POC: MAJ Upward / 804-734-8765 / Natalie.s.upward.mil@mail.mil

<u>VIP</u>

TBD

CASCOM Command Team Attendance

TBD





The Community Action Council (CAC) 59th Ordnance Brigade

- Alpha Company, 832d Ordnance Battalion
 - 02AUG19 Animal Shelter Improvements;
 Petersburg Animal Shelter
- Bravo Company, 832d Ordnance Battalion
 - 03SEP19 First Day of School Activities; Beulah Elementary
- Charlie Company, 832d Ordnance Battalion
 - 03SEP19 Welcome Back Bash; Falling Creek Elementary
- Delta Company, 832d Ordnance Battalion
 - 29JUN19 Facility Clean Up; Colonial Heights American Legion Axillary
- Echo Company, 832d Ordnance Battalion
 - 20JUL19 Reading with Patients; VCU Children's Hospital



- Alpha Company, 16th Ordnance Battalion
 - 14 AUG 19 Elizabeth Scott Elementary Mentorship Program
- Bravo Company, 16th Ordnance Battalion
 - 15 AUG 19 Hopewell Food Pantry
- Charlie Company, 16th Ordnance Battalion
 - 2 SEP 19 Hopewell Labor Day Parade (T)
- Delta Company, 16th Ordnance Battalion
 - 8 AUG 19 Food Bank Community Engagement
- Echo Company, 16th Ordnance Battalion
 - 3 SEP 19 Curtis Elementary Back to School (T)
- Foxtrot Company, 16th Ordnance Battalion
 - 10 AUG 19 Poplar Grove Cemetery Clean Up (T)







- HHC, 59th Ordnance Brigade
 - 04JUL19 Independence Day Luncheon; Spring Arbor of Salisbury Assisted Living Home
 - 11NOV19 Veterans Day Luncheon; Spring Arbor of Salisbury Assisted Living Home





The Community Action Council (CAC) Army Logistics University (ALU)



Who: International Military Student Office - IMSO

What: Annual Sponsorship Picnic

Where: White Bank Park, 400 White Bank Road

Colonial Heights, VA

When: 15 August 2019 @ 1730

Why: To recognize current sponsors and gain new sponsors during event. Provide an opportunity for the Fort Lee community to learn about international students. During the event there will be opportunities to learn about the different countries and share life experiences with international community. Please join us for food, fun, games, dancing and socializing (bring your lawn chair).





POC: Donna M. Wells, 804-765-8150, <u>donna.m.wells.civ@mail.mil</u>

Jacquelyn, Tuggle 804-765-8151, <u>jacquelyn.r.tuggle.civ@mail.mil</u>





The Community Action Council (CAC) HHC CASCOM

Organizational Day

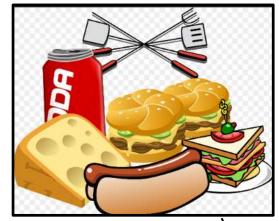
Who: Headquarters and Headquarters Company

What: End of Summer Bash

When: August 29, 2019 (1000-1500)

Where: Fort Lee Family Housing/Splash Pad

Why: Build Morale and Develop Unit Esprit-de-corps



Great Food



Splash Pad



Games



Music





The Community Action Council (CAC) HHC CASCOM

ACFT PREPARATION











ACFT Practice Events

- * HHC PRT calendar incorporates the ACFT practice events with circuit training every Friday. What we teach on Fridays are added to daily workouts throughout the week.
- * Priority: Preventing injuries by using the crawl, walk, run phase method while teaching proper techniques and form.







BLOOD DRIVE & WOD IN HONOR of JOSEPH PUCCIO

AUGUST 19, 2019 3:00 -7:00 pm

Colonial CrossFit 13543 Charlotte Ct. Chester, VA 23836

On Sunday, July 14, Joe a member of our community was hit while riding his motorcycle. Despite his injuries, Joe still continues to fight. He is strong. To show our support, we are holding a blood drive in his honor. Blood helped keep him alive, and so we want to pay it forward to the next person who may need life saving blood.







Suicide Prevention Awareness Month

Kickoff Breakfast and Proclamation Signing

Tuesday, August 27th, 0700-0830 hours Family Life Center - Memorial Chapel 10600 Sisisky Blvd, Fort Lee, VA 23801







RSVP at E-Invitations:

https://einvitations.afit.edu/inv/anim.cfm?i=454985&k=066446007352

(804) 734-0165 / benjamin.l.hines.mil@mail.mil

Attire: Military – Duty Uniform; Civilian – Business Casual UNCLASSIFIED







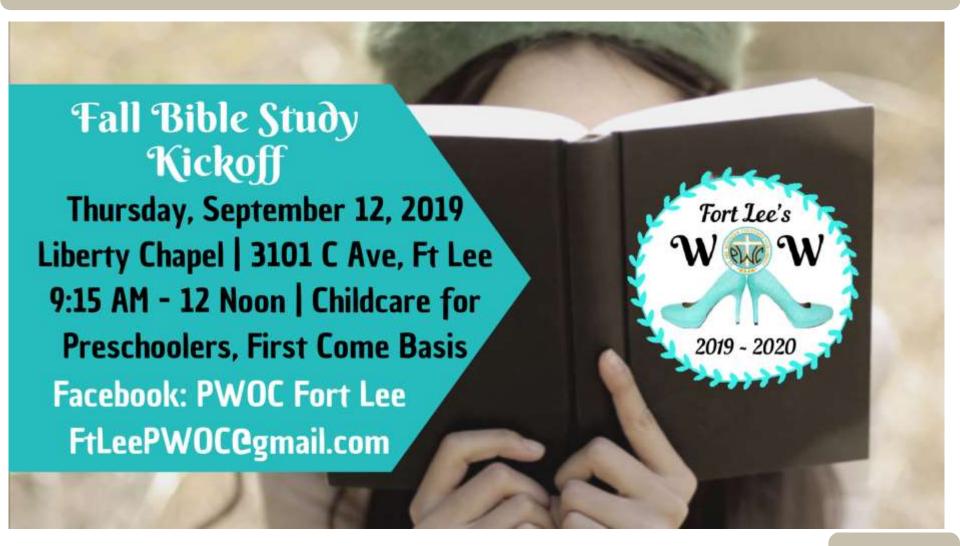


Thursdays, July 11 - Aug 15, 2019
Liberty Chapel | 3101 C Ave, Ft Lee
9:15 AM - 12 Noon
Childcare Ages 1 - 5, First Come
Basis

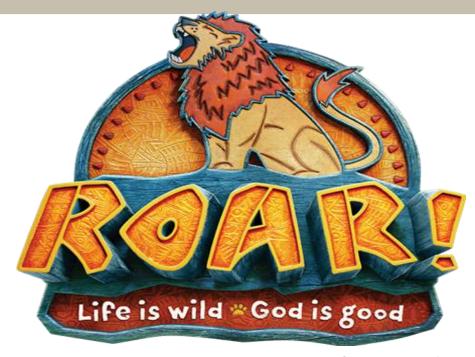
PWOC is a ministry where women can seek God and connect with each other through Bible study, prayer, fellowship, friendship, and spiritual growth, while adding to the richness of our military communities and missions around the world.



Lysa TerKeurst







Attention Fort Lee its time to register for VBS this August! Follow the link to register your child, volunteer or do both!

https://vbspro.events/p/events/08015a190
Mark these dates on your calendar: August 5th - 9th 2019. The
fun starts at 6 pm and will end at 8:30 pm.
For additional info Call 804-734-6483.









9/11 Memorial Ceremony

September 11, 2019 0845-0915 hours

At the 1st Logistical Command Memorial (CASCOM)

Uniform: Duty Uniform
Light Refreshments will be served following the Ceremony





Kenner Army Health Clinic



Kenner's newly renovated Laboratory and Radiology

Open now in Kenner main building!

Hours:

Monday-Friday 6 a.m. – 4 p.m.

Mammography and Ultrasound

Monday-Friday 7 a.m. – 4 p.m.



The Community Action Council (CAC) Kenner Army Health Clinic

Eagle Eye Clinic Clinic Services Available

- Routine Eye Exams
- Contact Lens Exams (established patients)
- Order Military Eyewear
- Exams for Military Physicals are performed on a walk-in basis
- Evaluations for Refractive Surgery
- Diabetic Eye Exams no longer require a referral from your Primary Care
- Acute Care: Self-Referral or through a referral from your Primary Care
- New Patients: Self-Referral
- Established Patients: Schedule appointment at the Optometry clinic where routine care is received

Ages 4 and up



Walk-In Services Available

- Physicals
- Spectacle ordering, pick-up, and adjustment
- MEDPROS Updates
- Driver's License screenings
- School physical screenings







EXPLORE VETERANS AFFAIRS

Get the knowledge you need concerning YOUR entitlements and benefits.

Briefing Times

0900-1000 TRICARE 1000-1100 VA Health Admin 1300-1430 VA Disability Claims and AMVETS

Location

Soldier Support Center
Building 3400
SFL-TAP Center
Room 124

TRICARE, Department of Veteran Affairs (VA) and AMVETS representatives will provide valuable information and assistance on topics covering retiree health insurance, VA health care services, filing disability claims, and more.

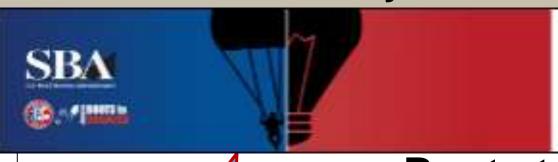
ALL BRIEFS ARE THE 1ST WEDNESDAY OF MONTH Except holidays

Wednesday, August 7, 2019

Contact: Fort Lee SFL-TAP Center - 804-734-6612 OR email army.lee.sfltap@mail.mil







The jump to business ownership begins here.

Facilitated by:
Old Dominion

University
Center for
Enterprise
Innovation

Boots to Business

Boots to Business (B2B) is an entrepreneurial education and training program offered by the U.S. Small Business Administration (SBA) as part of the Department of Defense's Transition Assistance Program (TAP). B2B provides participants with an overview of business ownership and is open to transitioning service members (including National Guard and Reserve) and their spouses.

August 19-20, 2019

Class Time: 0830 - 1600

Begin your journey: Introduction to Entrepreneurship: The foundational two-day, in-person course provides you with an introductory understanding of business ownership.

Soldier Support Center 1401 B Avenue, Bldg. 3400, Room 124 Fort Lee, VA 23801

To register

Call: 807-734-6612 or Email: Army.Lee.SFLTAP@mail.mil





Franchising Veterans' Transition Forum

Want to own a business OR maybe become a franchisee?

Wednesday, August 21, 2019 0900 – 1300

Soldier Support Center, SFL-TAP Classroom 124
To register: Call 804-734-6612 / Email: army.Lee.SFLTAP@mail.mil

Learn: How to start a franchise or independent Business. How to select a business model that is right for you. The acquisition process.

Affordability: There are hundreds of franchises with a total investment under \$150,000!

Financing opportunities!

Free services to get you started.

Questions or need more information call (888) 729-5557







Army Career Skills Programs (CSP) Workforce Innovation Opportunity Act (WIOA)

Friday, August 23, 2019 from 1000 to 1200 Soldier Support Center, SFL-TAP Center, Room 124

Gain knowledge and guidance about Army CSPs and the Department of Labor – federally funded training programs through WIOA available to:

- Transitioning service members– 6 months from separation
- Spouses of transitioning service members
- Spouses new to area due to a change of duty station
- Veterans recently separated, seeking a new career path
- Youth/Young Adults (16-24) considered at risk



Featured program opportunities:

Information Technology
CyberSecurity Training
Manufacturing /Machining
Logistics/Distribution
Transportation/CDL
Licensing
Healthcare
and much more



WIOA guidance provided by the Capital Region –Resource Workforce Center.







YOUR RESUME IS YOUR MOST IMPORTANT TOOL WHEN APPLYING FOR A JOB

It doesn't matter how qualified you are, or how much experience you have - if your resume is poorly presented or badly written, you're going to have trouble getting the job you want - or even an interview.

Need some basic information about writing a resume and making it stand out? Looking for advice on how to fine-tune your resume objective, craft your work history section, and show off your education and skills? Then you need to attend the Resume Writing Workshop to learn how to write a resume optimizing each section for maximum success.

Fort Lee Soldier for Life Transitional Assistance Program (SFL-TAP)

Soldier Support Center

1401 B Avenue, Building 3400, Room 126, Fort Lee, VA 23801-1724 Hours: Monday-Friday, 7:30 a.m. to 4:30 p.m. (closed on federal holidays) Phone: (804) 734-6612; DSN: 687-6612 August 27, 2019 0900-1200

> Location Fort Lee SFL-TAP Center

Contact 804-734-6612 to register

www.dvs.virginia.gov











Soldier Support Center office moves improve customer service!

Official Passport Office: Room 102 (previously upstairs)

Reassignments/Family Travel: Room 113 (previously upstairs)

Employee Assistance Program: Room 203 (previously 3rd flr, Gar HQ)





MACLAUGHLIN FITNESS CENTER

MON - FRI, 5:00 a.m. - 9:00 p.m. SAT, SUN, Holidays & Training Holidays, 8:00 a.m. - 4:00 p.m.

CLARK FITNESS CENTER

MON - FRI, 4:30 a.m. - 7:00 p.m. SAT, SUN, Holidays & Training Holidays, CLOSED

STRENGTH PERFORMANCE CEN

MON - FRI, 5:00 a.m. - 9:00 p.m. SAT, SUN, Holidays & Training Holidays, 8:00 a.m. - 4:00 p.m.

ORDNANCE RECREATION FACILITY

MON - FRI, 5:00 a.m. - 8:00 p.m. SAT - SUN, 10:00 a.m. - 6:00 p.m. Holidays & Training Holidays, CLOSED

ALU RECREATION FACILITY

MON - FRI, 5:00 a.m. - 2:00 p.m. SAT, SUN, Holidays & Training Holidays, CLOSED

LIN FITNESS GENTER REOPENS AUGUST

DETAILS: (804) 734-6248



LEE.ARMYMWR.COM







FORT LEE FMWR











FMWR





MONTHLY & SEASONAL PASSES AVAILABLE AT THE GATE & ONLINE Details: (804) 765-3053 • Ice.armymwr.com (6) f Fort Lee FMWR



















FORT LEE QUALIFIER

AUGUST 15 @ 5:30 P.M. WARRIOR ZONE, BLDG 3650

DAY-OF REGISTRATION: 4-5:30 P.M.

FOR MORE REGISTRATION INFO VISIT LEE.ARMYMWR.COM

OVER A \$1,000 IN GIVEAWAYS & PRIZES!





Picture Perfect Frame Shop

presents

Canvas & Corks

Saturday, August 17, 2 - 5 PM in the Lee Playhouse Rehearsal Hall

\$35

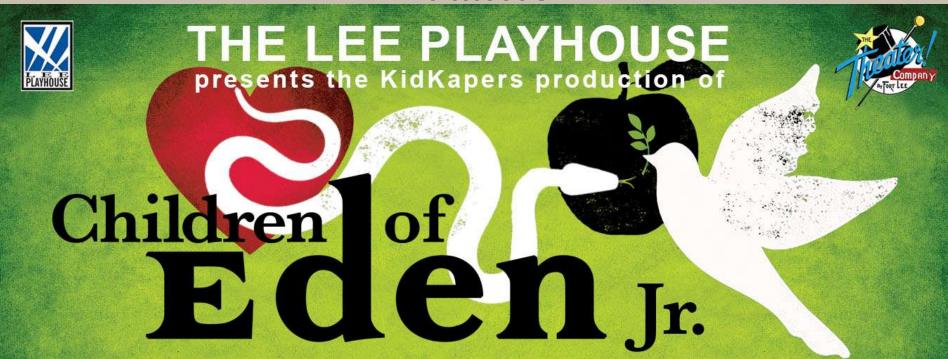
PAID RESERVATION REQUIRED BY AUGUST 9

Details: (804) 734-6137 or lee.armymwr.com









Friday, July 26, at 7 PM • Saturday & Sunday, July 27 & 28, at 2 PM Friday, August 2, at 7 PM • Saturday & Sunday, August 3 & 4 at 2 PM



Details: (804) 734-6629 or lee.armymwr.com













FREE

FIRST TIME HOMEBUYER COURSE OCTOBER 10, 2019

FIRST-TIME HOMEBUYERS MAY RECEIVE CLOSING COST ASSISTANCE GRANT UP TO 2 % OF PURCHASE PRICE

GRANT FUNDS CAN BE APPLIED TO YOUR CLOSING COST

BECAUSE THIS IS A GRANT, YOU NEVER HAVE TO PAY IT BACKI

REGISTER NOW AT THE SOLDIER SUPPORT
CENTER; RM. 102A
FOR MORE INFORMATION,
CALL: 804-765-3862

Loan closing
Home Loans available
Personal Finance
Role of Real Estate Agent
Loans with Little of NO Down Payment
Course is required for a VHDA Loan

Presented by the
Virginia Housing
Development Authority



Holiday Helper at Fort Lee

Who: Holiday Helper at Fort Lee

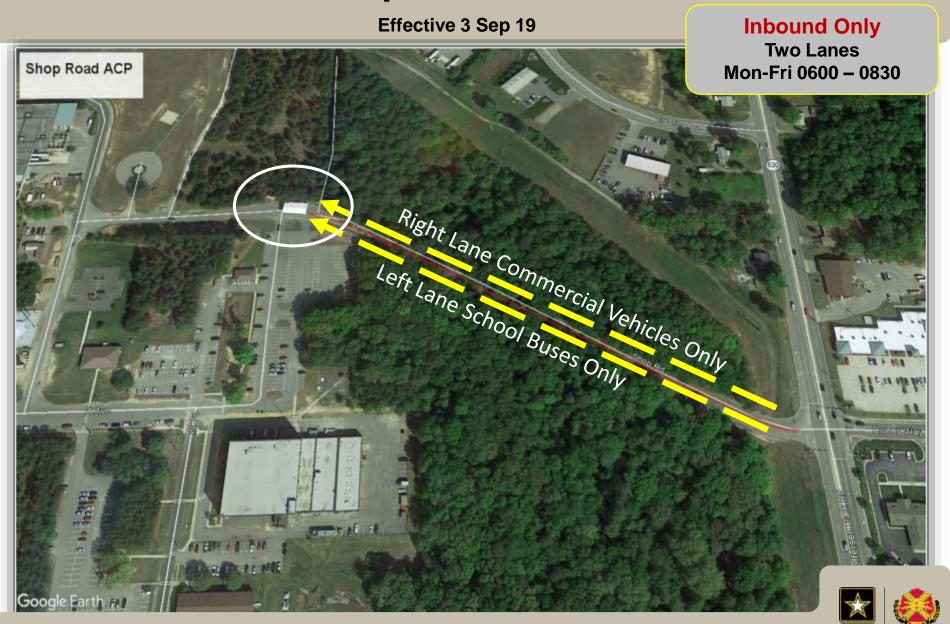
What:

- 1. The Holiday Helper School Supply Project:
 - Donations from 28 stores in the area
 - Unit distribution list for supplies
 - Volunteers to sort supplies & book bags:
 - Individuals
 - FLASC
 - Holiday Inn Express Hotel
 - 700 book bag donations
 - Fort Lee Sergeant's Major Association
 - FLASC
 - Operation Homefront
 - Estimated 1,000 military children from all branches will get school supplies
- 2. Upcoming news:
 - Preparing special requests donation letters
 - Top VIP invites
 - New initiative for toy store facility
 - Top supporter awards
 - Presidential Volunteer Service Award policy
 - New Board Member position created and filled

POC's: Susan Garling, email@holidayhelperassociation.com, 804-305-7599 or Joy Metzger, mail4joymetzger@gmail.com, 804-519-3616



Shop Road Gate



Next CAC Scheduled for September 03 0930-1100