

Army Community Service

Supporting Our Military & Their Families

Picatinny Arsenal Community Readiness & Support News

April 2012

Volume X, Issue 4

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ACS ICE Comment
Bar Code

National Volunteer Week

Installation Management Command (IMCOM) has declared 15 - 21 April 2012 as National Volunteer Week, with the theme "Volunteers . . . The Force Behind the Force". All of the Picatinny volunteers are welcome to come to Army Community Service, Bldg 119, for a goody bag as a thank you during National Volunteer Week.



Picatinny will also have a Volunteer Luncheon on 19 April from 1130 - 1300 at the Cannon Gates Conference Center. Registered volunteers will receive invitations in the mail shortly. If you are not registered and would like to be recognized, please contact Denise Dickinson at 973-724-7247 to confirm your hours and organizations.

Army Emergency Relief Campaign Update!



The 2012 Army Emergency Relief (AER) Campaign is in full swing and has had some fun and fabulous events. Take a look at what's still to come!

April:

- 12 - Bagging for Bucks
- 19 - Wing Eating Competition
- 23-24 - Tricky Tray
- 28-29 - CAVA Winery Weekend

May:

- 3 - Long Drive Competition
- 10 - Dunk-a-Military
- 11 - Bagging for Bucks
- 17 - Right Arm Night Event (Bull's-eye Competition, Silent Auction, etc)
- 23 - Duck Derby

Please consider supporting AER by attending an event or donating an item for the Tricky Tray! To volunteer, sign-up or donate, please contact the AER Officer, Marci Keck, at 973-724-2145 or marci.keck@us.army.mil.

Tell Us Your AER Story

Army Emergency Relief Headquarters has a Facebook page up and running! Visit it at: <http://www.facebook.com/#!/pages/Army-Emergency-Relief-Headquarters/307269482634371>.



AER would love for you to LIKE their page and use the "tell us your story" button to send a short on how AER has helped them. Your name will not appear in the posting.

Killing a Perfectly Good Interview



Most of us can recall an embarrassing moment in our lives that was caused by nerves. Whether it was drawing a blank at a crucial time, spilling a drink on a first date or stuttering through a presentation at work, at one point or another, anxiety has gotten the best of all of us. One of life's most notoriously nerve-racking events, the job interview, is perfect for these sorts of foot-in-mouth moments. The combination of excitement and pressure can cloud our judgment and lead us to make mistakes, decisions and comments that we wouldn't normally make.

Making mistakes is part of being human, and most hiring managers will let the occasional blank stare or fumbled sentence slide during an interview. But there are some slip-ups that you just can't recover from, mistakes so ridiculous that they'll completely eclipse any potential you may have in the mind of your interviewer.

What kind of mistakes, you ask? Well, mistakes like the ones below, which hiring managers reported as the most unusual interview mishaps they'd ever seen.

- Candidate brought a "how to interview book" with him to the interview.
- Candidate asked, "What company is this again?"
- Candidate wore a Boy Scout uniform and never told interviewers why.
- Candidate talked about promptness as one of her strengths after showing up 10 minutes late.
- On the way to the interview, candidate passed, cut off and flipped the middle finger to a driver who happened to be the interviewer.
- Candidate took off his shoes during interview.
- Candidate asked for a sip of the interviewer's coffee.
- Candidate told the interviewer she wasn't sure if the job offered was worth "starting the car for."

But before you ask, "What kind of idiot would ask a stranger for a sip of his coffee?" know that it doesn't take a mistake as bizarre as the examples above to kill a perfectly good interview. There are a plenty of less ridiculous, but equally detrimental interview errors, that job candidates make all the time. According to the CareerBuilder survey, the following are the errors job seekers make most often:

- Answering cell phone or texting: 77 percent
- Appearing disinterested: 75 percent
- Dressing inappropriately: 72 percent
- Appearing arrogant: 72 percent
- Talking negatively about current or previous employers: 67 percent
- Chewing gum: 63 percent

So how can you avoid making mistakes in your next job interview? Be prepared! Well-prepared job seekers are more confident, articulate and relaxed, and therefore less susceptible to error. Before your interview, research the company, conduct mock interviews with friends and practice telling anecdotes that highlight your accomplishments.

Changes in Family Member Dental



MetLife



On 1 May 2012, TRICARE Dental Program will be changing from United Concordia to MetLife. This change will affect Family Members, Survivors, Selected Reserve and Individual Ready Reserve. Changes will include enhanced dental coverage at a lower premium and the use of the MetLife dental network.

For more information on the changes, go to www.tricare.mil/TDPcontract or www.metlife.com/tricare. There will be no changes to the Active-Duty Dental Program as it will still be administered by United Concordia. Also, the TRICARE Retiree Dental Program will stay under Delta Dental.

Great Links from VA's Website

Quick Links:

- Veterans ON-line Application (VONAPP) - <http://vabenefits.vba.va.gov/vonapp/>
- Enroll/Update Medical Benefits (10-10EZ) - <https://www.1010ez.med.va.gov/sec/vha/1010ez/>
- My HealthVet - <http://www.myhealth.va.gov/>
- eBenefits - <http://www.ebenefits.va.gov/>
- Life Insurance Online Applications - <http://www.insurance.va.gov/miscellaneous/choose.htm>
- VA Forms - <http://www.va.gov/vaforms/>
- Federal Jobs for Veterans - http://www.va.gov/ext_redirect.asp?url=http://www.fedshirevets.gov/
- Notices - http://www.va.gov/about_va/va_notices.asp

Highlights:

- State and Local Resources - http://www.va.gov/landing2_locations.htm
- Post 9/11 GI Bill - <http://www.gibill.va.gov/>
- Prescriptions - https://www.myhealth.va.gov/mhv-portal-web/anonymous.portal?_nfpb=true&_pageLabel=rxRefill
- VA Strategic Plan FY 2011-2015 - http://www.va.gov/VA_
- VA 2013 Budget Submission - <http://www.va.gov/budget/products.asp>
- Veterans Crisis Line 1-800-273-TALK (8255), Press 1 - http://www.va.gov/ext_redirect.asp?url=http://www.veteranscrisisline.net

Special Programs:

- Returning Service Members (OEF/OIF) - <http://www.oefoif.va.gov/>
- Vocational Rehabilitation & Employment - <http://www.vba.va.gov/bln/vrel/>
- Homeless Veterans - <http://www.va.gov/homeless/>
- Military Service Benefits - <http://www.vba.va.gov/bln/21/milsvcl/>
- Minority Veterans - <http://www.va.gov/centerforminorityveterans/>
- Surviving Spouses and Dependents - <http://www.va.gov/survivors/>
- Women Veterans - <http://www.va.gov/womenvet/>
- Adaptive Sports Program - <http://www.va.gov/adaptivesports/>
- VA Volunteer Site - <http://www.volunteer.va.gov/VoterAssistance.asp>

April 2012 - ACS Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 4 - Stress Management Lunch & Learn, 1130 @ Bldg 119 classroom.
- 10 - Employment Readiness Lunch & Learn, Career Assessment Testing, 1200 @ Bldg 119 classroom.
- 12 - AER Bagging for Bucks, 0930-1530 @ the Commissary.
- 17 - Digital Photography, 1130-1300 @ Bldg 119 classroom.
- 18 - Hearts Apart Waiting Families Support Group, 0900-1000 @ Bldg 119 counseling room.
- 18 - Sponsorship Training, 1130-1230 @ Bldg 119 counseling room.
- 19 - Annual Volunteer Luncheon, 1700 @ Sam Adam's Pub.
- 23 & 24 - AER Tricky Tray, 1100-1330 @ Choices.
- 28-29 - AER CAVA Winery Weekend. See flyer for details.

Reservations are required for all ACS workshops to allow preparation for seating and supplies. Lack of advanced reservations may conclude in cancellation of event. Call the ACS main line at 973-724-7247 to reserve your seat.

Stress Management Lunch & Learn



Bagging for Bucks



Volunteer Luncheon



AER Wing Eating Contest



Hearts Apart

Sponsorship Training



Employment Lunch & Learn

Digital Photography



Resiliency ~ Mind, Body, Spirit

Helping Your Teen Cope with Relocation



Master Resiliency
Training
(MRT)

While your teenager may not be excited about moving, you can make the transition a little easier. Helping your teenager prepare for the move early on may ease some of the strain.

Communicate:

- *Tell your teenager about the move as soon as possible.* You may be tempted to delay breaking the news, but it's best to tell your teenager right away. If you wait too long your teenager may feel betrayed when they do find out. As difficult as it is to face a move, knowing about it far in advance will give your teenager time to prepare emotionally and to start planning for the future.
- *Talk it over.* Sit down with your family to discuss the move. Encourage everyone to express their feelings, even negative ones, but point out the positive aspects of the move such as, "I hear the new installation has a rock-climbing wall," or "We'll live closer to your

grandparents." Be sure to acknowledge, and not downplay, your teenagers' feelings of anxiety or sadness, and let them know that you are always available to talk during the process of moving.

- *Encourage your teenager to attend relocation briefings with you when appropriate.* Some installations may have relocation workshops for children and teens. Check your installation's relocation office or Family Support Center to see what's available.
- *Stick to your regular routines.* Routines provide a sense of comfort and stability, so try to maintain them, even when it becomes difficult. Your teenager may not see the point of going to Thursday-evening baseball practice if he'll be leaving the team, but encourage him to go anyway.
- *Involve your teenager in some of the planning.* Your teenager will feel part of the process if you let her help plan the move. If you'll be driving to your new location, ask your teenager to pick out the route. Show your teenager a layout of your new home and ask for suggestions about where to put the furniture. If your children will have their own rooms, allow them to pick out the color scheme or buy new posters to hang on the walls.

Look Ahead:

- *Help your teenager learn about the new location.* Many cities and towns have their own Web sites. Or you can learn about local attractions and services by going to the Citysearch site at www.citysearch.com or the City-Data site at www.city-data.com.
- *Research theme parks and other fun things to do at the new location and share what you've found with family members.* Having some specific events to look forward to can help your teenager get excited about the move.

Con't page 6



What is Comprehensive Soldier Fitness?

A structured, long term assessment and development program to build the resilience and enhance the performance of every Soldier, Family member and DA civilian.
Be sure to take the Global Assessment Tool at <http://csf.army.mil/>.

Balfour Beatty Communities is Blogging!

Balfour Beatty Communities just launched a new community blog for the residents at Picatinny Arsenal "This marks our latest effort for getting important, timely and engaging information to our residents," said Dolores Knoeller. "In addition to our new blog, we also have a community website, our very own Facebook page where residents can chat with our staff, as well as a Twitter account. It is our goal to be able to connect more quickly and seamlessly with residents on the platform of their choosing."

Balfour Beatty
Communities

The blog is designed to serve as an online portal where residents can exchange recipes, read reviews about local restaurants and area attractions, as well as articles promoting healthy living. Residents will also find important resident messages and other happenings around town. In addition to engaging articles, the blog includes helpful links to movie theaters, public transportation information, local review and discount sites, a Walk Score map of the immediate area, and a link to local restaurants.

"We want residents to be informed, utilize these tools to make their busy lives easier, engage with their neighbors, and have fun," says Knoeller "For us, it's all about putting our residents first in all that we do and creating an environment that they are proud to call home."

Please join us by visiting your community blog at <http://blog.picatinnyarsenalhomes.com>.

Helping Your Teen Cope with Relocation (con't from page 6)



- *Familiarize yourself with a new school.* Before you PCS, visit the new school's Web site to learn more about the school. The new Interstate Compact on Educational Opportunity for Military Children makes it easier for military children when they transfer to a new school. More information on this agreement and other policies that affect military children can be found on the Military Impacted Schools Association Web site at www.militaryimpactedschoolsassociation.org.
- *If possible, visit the school with your teenager.* This will allow your teenager to get a feel for the layout of the school and a sense of how the students dress. This way he will feel better prepared to fit in on the first day of school.
- *Research the availability of activities that your teenager is now involved in.* If your teenager is active in karate, it will be important for him to know whether it will be available at the new location or whether he will need to find a different activity.
- *Learn about the new installation.* Give your teenager the Web site for your new installation so she can look up the recreational services offered there.
- *Ask your relocation specialist whether your installation has an active Youth Sponsorship program.* This program will match your teenager with a youth at the installation who can show him around and answer questions.
- *Find out about high school graduation requirements.* These differ from state to state. If your teenager lacks certain courses, she should be prepared to enroll in summer school. Your installation's school liaison officer (if one is available) can provide important information about your new school district and education requirements.
- *Find out about driver's education requirements.* Requirements for driver's education vary from state to state and may affect your teenager's eligibility to receive a driver's license. You should be able to find this information on the state-government Web site for the state to which you are moving.

Military OneSource Specialty Consultations



***The Department of Defense EFMP is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, and educational, medical, and personnel services to Families with special/ exceptional needs.**

Whether your special needs family member is a child or adult, the Department of Defense and the military services are committed to giving you personal, high-quality support.

Did you know that Military OneSource provides 60-minute consultations, up to 12 times a year, with a Special Needs Specialty Consultant? The consultant will assess your family's needs and answer your questions about moving benefits, education, finances, housing, support groups, medical resources, and more. To schedule your consultation, call Military OneSource at 1-800-342-9647 and ask for an appointment with a Special Needs Specialty Consultant.

For more information about EFMP*, visit the EFMP webpage at <http://www.pica.army.mil/mwr/ACS/EFMP.htm> or contact the EFMP Manager, Marci Keck, at 973-724-2145 or marci.keck@us.army.mil.



Helping Your Teen Cope with Relocation (con't from page 7)

Saying Goodbye

- *Give your teenager a chance to say goodbye to favorite places.* Go out to eat at your teenager's favorite restaurant, go on a hike, or visit the mall one last time. This will give your teenager a chance to say goodbye while helping make memories for the future. Be sure to start early, as your departure date gets closer, other responsibilities are likely to compete for your time.
- *Take pictures.* Your teenager will cherish pictures of friends, the old school, and other important places and people.
- *Give your teenager a new address book or notebook to hold friends' contact information.* Make sure it has plenty of room for people's names, addresses, telephone numbers, e-mail addresses, and screen names.
- *Find out how your teenager would like to say goodbye to friends.* A big party, a small get-together, or just hanging out with a best friend, however your teenager wants to bid farewell (within reason), try to help make it happen.
- *Make it easy for your teenager to keep in touch with old friends.* Old friends and neighbors have a way of showing up at future duty stations. If you keep in touch all along, it's easy to track old friends down at a new place.

Contact the Relocation Program Manager for assistance with your move at 973-724-5219.

GO GREEN ~ Save a Tree!

To start getting your newsletter electronically please email marci.keck@us.army.mil and simply put 'go green' in the subject line. Once a request is received, your mailing address will be removed and your email address added.

The newsletter will go completely electronic in June with a few hard copies located within the ACS office for anyone who does not have an email.



Picatinny Arsenal Community Readiness & Support Center
Bldg 119
Picatinny Arsenal, NJ 07806

Phone: 973-724-7247
Fax: 973-724-2614
Web: <http://www.pica.army.mil/mwr/ACS/acs.htm>

ACS Staff Directory

Tammy Mitchell	724-4939
Director, Army Community Service Army Emergency Relief	
Marci Keck	724-2145
Exceptional Family Member Employment Readiness Family Advocacy Educator Army Emergency Relief Financial Readiness Victim Advocate Newsletter Editor	
Clarence Lacy	724-5219
Army Family Action Plan Mobilization Deployment Relocation Readiness	
Denise Dickinson	724-7247
Information & Referral Central Intake Blood Donor Program Army volunteer Corps Survivor Outreach Services Army Family Team Building	
Fran Agatino	724-3568
Family Advocacy	

Area Code: 973 DSN 880
Fax: 973-724-2614
Monday - Friday
0700-1600

Career Center

The ACS Career Center has: computer with network capabilities and printer, resume tips and paper, job listings bulletin board, books to borrow and much more. Sign up for Job Seeker emails at marci.keck@us.army.mil and put Job Seeker in the subject line.



Resiliency Room

Stressed out? Need a break?
Stop by the Resiliency Room in Bldg 119 any time from 0700-1430 for a sit in the massage chairs, a game of Wii Fit or to take a turn at a board game. You can reserve time in advance by calling 973-724-7247 or stop in at your leisure to check availability!



ACS LENDING LIBRARY

Come In and Check Something Out!



The ACS Lending Library has over 150 books, videos and packets which are free and available for sign-out.

This month's highlight...*Change Your Job, Change Your Life* by **Ronald L. Krannich, Ph.D.**

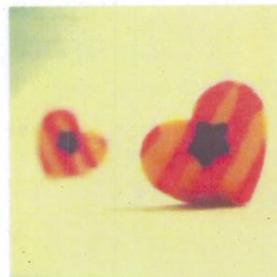
Picatinny Military Spouse Coffee Group Meeting



Meetings are held monthly and are open to all Picatinny military spouses. For more information, contact the group secretary, Felicia Horton, at feliciah04@comcast.net.

Hearts Apart Waiting Families Support Group

Need information and support during your service member's unaccompanied tour or deployment? Then come to the next Heart's Apart. All Family Members whose sponsor is deployed, geographically separated, on an unaccompanied tour or an extended TDY are invited to attend. Hearts Apart offers support for Waiting Families by linking Family Members with each other during their separation. Army Community Service provides a supportive group setting for activities, opportunities to learn about available resources, and to network with one another during their sponsor's absence. For more information, contact clarence.lacy@us.army.mil or 973-724-5219.



Picatinny Military & Civilian's Club

PMCC is a Command approved social organization that raises funds to benefit the Picatinny Community. Events include monthly luncheons or evening functions, a tricky tray and a fashion show. For more information or to become a member, email our reservation address at: pmcc.reservations@gmail.com.



Fusing the Old World with the New...

JOIN CAVA WINERY & VINEYARD FOR A WINE TASTING WEEKEND
TO BENEFIT ARMY EMERGENCY RELIEF!

APRIL 28TH & 29TH 12PM - 6PM

WINE TASTINGS RANGE FROM \$5-\$7 AND LIGHT LUNCH FARE AVAILABLE

CAVA IS DEDICATED TO ASSISTING AND SUPPORTING OUR TROOPS WHO PROTECT AND SERVE THIS GREAT COUNTRY. IN RECOGNITION, CAVA WILL BE DONATING 10% OF THEIR WINE SALES FOR THIS WEEKEND TO THE AER FUND. PLEASE STOP IN AND ENJOY THE WINES WHILE SUPPORTING THIS GREAT CAUSE.

WWW.CAVAWINERY.COM

CAVA WINERY & VINEYARD
3619 ROUTE 94
HAMBURG, NJ 07419
973-823-9463



ARMY COMMUNITY SERVICE
ACS
Real-Life Solutions for Successful Army Living

<http://www.pica.army.mil/mwr/ACS/AER.htm>



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
INSTALLATION MANAGEMENT COMMAND
HEADQUARTERS, UNITED STATES ARMY GARRISON
PICATINNY ARSENAL, NEW JERSEY 07806-5000



1 APRIL 2012

COMMAND PROCLAMATION

“IT’S NO SECRET; EVERYONE CAN HELP KEEP ARMY CHILDREN SAFE AND HEALTHY.”

SUBJECT: Army Child Abuse Prevention Month – April 2012

The Army Family Advocacy Program (FAP) preventive education initiatives provide Soldiers, DA Civilians, and Family members information about child abuse and its harmful effects on Army Families and the Army mission. FAP is an essential resource at engaging in long standing prevention efforts positively affecting the Army and civilian community.

The theme for Army Child Abuse Prevention Month is **“It’s no secret...everyone can help. Keep Army Children Safe and Healthy.”** As commander of this garrison it is my goal to ensure that happens. April is also designated as the Month of the Military Child and what better way to honor children in military Families than to keep them safe and provide for their health and well being. Everyone needs to know the safety and health of Army children rests in all of our hands.

Child abuse is no secret. We still need to build and maintain awareness. When homes and communities take care of their children, the whole community becomes a healthier place.

FAP’s successful prevention campaign asks that everyone:

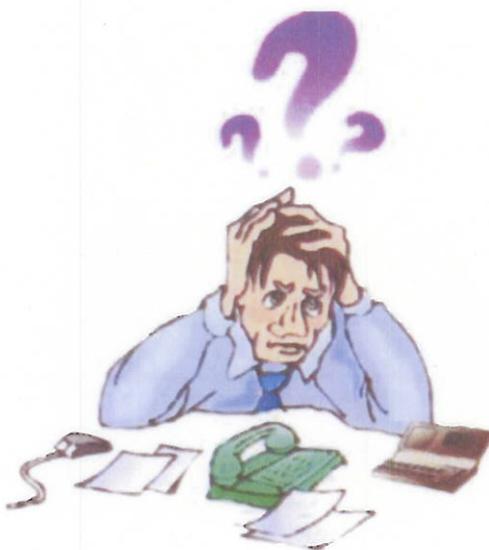
- **“Recognize”** signs of distress that can lead to abuse and take action,
- **“Rethink”** wellness and ways to stay healthy,
- **“Reach Out”** for professional help, and
- **“Report”** child abuse and neglect.

The Army Family Advocacy Program (FAP) preventive education initiatives provide Soldiers, DA Civilians, and Family members information about child abuse and its harmful effects on Army Families and the Army mission. FAP is an essential resource engaging in long standing prevention efforts positively affecting the Army and civilian community. There are no bystanders when it comes to child abuse. Everyone needs to know the safety and health of Army children rests in all of our hands. The Family Advocacy Program (973) 724-3568 can help you get started.


HERB KOEHLER
LTC, LG
Garrison Commander



*Family Resiliency
Stress Management Workshop
Lunch & Learn*



Date: April 4, 2012

Location: ACS Classroom, bldg 119.

Time: 11:30 – 1230 p.m.

Guest Speaker: Latonya Whitaker

The Workshop is given by the Military & Family Life Consultant (MFLC). The presentation defines stress and its effects; helps participants recognize signs and symptoms in themselves and eventually teaches stress management strategies for limiting the negative effects of Stress. Workshop is open to all Picatinny Military, Family Members, DOD Civilians and Contractors!

ADVANCE REGISTRATION REQUIRED!

For more information about the workshop, contact the following: Clarence Lacy at (973) 724-5219 or (973) 896-2233.

Brigadier General and Mrs. Jonathan A. Maddux,

cordially invite you to attend the

Picatinny Arsenal Armed Services and All Saints Ball

on Saturday, the sixteenth of June at six o'clock in the evening

The Cannon Gate Catering and Conference Center

Picatinny Arsenal, New Jersey



Cost is \$55.00 per person, checks payable to:
Picatinny Arsenal Ball Committee

**Please RSVP with Payment and Menu Choice
by 01 June 2012 to:**

Ms. Lee Ann Chervnsik
RDAR-CAO
Building 93, Room 442
Picatinny Arsenal, NJ 07806-5000

Menu Options:

Filet Mignon(or) Stuffed Lobster Tail (or) Rosemary Chicken (or)
Portobello Mushroom, Tortellini & Grilled Zucchini

Served with Herbed Flavored Orzo and Fresh Asparagus, Army Birthday Cake

*Military Dress: Dress Mess; Army Service Uniform with Bow Tie
Greens with White Shirt and Bow Tie;
Civilian Dress: Tuxedo/Business Suit; Formal Gown/Cocktail Dress*