

# Blackhawk Outreach

"Opportunities for Inspiring Our Soldiers, Families, & Civilians to Pursue Excellence"



**SUMMER 2015**

*171st Infantry Brigade*



# A BLACKHAWK SOLDIER...

- Knows the standard and sets it for Fort Jackson
- Is easily identified in & out of uniform by their demeanor & overall attitude towards others
- A Blackhawk is a professional
- Always shows the utmost respect towards Officers, NCOs, and civilians
- Takes pride in their unit and country.
- Is a Soldier 24/7, always ready for the next task at hand
- Is always willing to help out any Soldier day or night.
- Sets the standard for PT at Fort Jackson
- Is physically, mentally and emotionally strong
- Is constantly seeking ways to improve.
- Is always focused on others and the team

***We are NOT average Soldiers, we are Blackhawks!***



REPLY TO  
ATTENTION OF:

ATZJ-D

DEPARTMENT OF THE ARMY  
171<sup>st</sup> INFANTRY BRIGADE (BLACKHAWK)  
3330 MAGRUDER AVENUE  
FORT JACKSON, SC 29207



30 Sep 2014

Soldiers, Civilians, and Families of the Blackhawk Brigade,

Welcome to the new Blackhawk Outreach program. Based on feedback from you all, we've changed the name from Blackhawk University to remove an impression that this program was focused on school and classes. On the contrary, while the name has changed, the roots of this program remain focused simply on promoting opportunities for personal growth. Those opportunities come in many forms – they could include classes if you so choose, but they could also include MWR trips, recreational activities, spiritual events, and so on. Essentially, this program will highlight opportunities and perhaps help inspire action for every member of the team to become better in some respect.

Ideally, this program should also help connect our teammates to the community – both Fort Jackson and the Columbia midlands region. The more we are involved in activities outside of work, the more we strengthen bonds between the military and our hosts in the Columbia area, to the benefit of us all.

This catalog and the Blackhawk Outreach program remain organized to highlight opportunities in five categories: physical, mental, emotional, spiritual, and family/social. There is nothing mandated in this program, but hopefully each of you finds something of interest in a category where you either find enjoyment or see a need for self-improvement. The desired endstate for each of us should be to grow stronger across these dimensions. This program can help identify opportunities for such growth, but it requires action and follow-through to then make it happen. We encourage you to take time to explore what is offered here, and then get after it.

“Train for Victory!”

CHRISTOPHER J. MENTON  
CSM, U.S. Army  
Command Sergeant Major

H. CLINT KIRK  
COL, IN  
Commanding

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## Summer 2015 Digital Brochure User Guide

Blackhawk Outreach offers a comprehensive electronic brochure that will allow you to view programs available at Fort Jackson, and the local area, during the months of July through September 2015.

On your computer, this brochure works best when viewed in “Full Screen Mode”.

On your mobile device (Smartphone or Tablet), this brochure automatically reformats for viewing on the device. As a PDF file, the brochure can be stored in numerous free Apps available.

This brochure also contains hyperlinks which will direct you a specific section, page, email, or the program’s website after you click it. Hyperlinks will either appear in [Blue, Underlined Text](#) or as one of the following icons. It’s as simple as one click.

*Seize Opportunities by Planning Today!*



171ST INFANTRY BRIGADE  
**BLACKHAWKS**



# Blackhawk Outreach

**"Opportunities for Inspiring Our Soldiers, Families, & Civilians to Pursue Excellence"**

- Gather and highlight the resources of the brigade, post and community in one catalogue.
- Ignite imagination and open doors to activities that may never have been advertised or offered previously.
- Allow our Soldiers and Families to pursue new goals and continue to build strength and resilience in a multitude of venues and activities.
- Allow our Soldiers, Civilians, and Families to embrace a challenge and seek opportunities in the pursuit of excellence at Fort Jackson and in the larger Columbia community

171<sup>st</sup> Infantry Brigade



The Foundation – The Pillars of Strength

## What is Blackhawk Outreach?

Blackhawk Outreach is a program that promotes comprehensive fitness (physical, mental, emotional, family, social, and spiritual) and encourages personal and professional growth through participation in extracurricular activities.

Through personal and professional growth, Soldiers, Family members and Army Civilians perform better, improve unit readiness, and optimize their overall quality of life.

We encourage you to share this brochure with your family, colleagues, and/or friends.

# SPRING 2015 (Fort Jackson)

## JULY

**4th of July 5K**  
03 July

**Small Games**  
03 July

**South Carolina Festival of  
Discovery Trip**  
11 July

**Healthy Lifestyle Event**  
11 July

**Army 10 Miler Qualifiers**  
11 & 18 July

**Soldier Show**  
17 July

**Deep Sea Fishing Trip**  
18 July

**Auto Craft Car and Bike**  
25 July

## AUGUST

**Fort Jackson Boxing  
Smoker**  
01 August

**Out Smarts Class-Deer  
Hunting 101**  
04 August

**Savannah Day Trip**  
08 August

**Community Flea Market**  
08 August

**Run for the Fallen 5K**  
15 August

**Deep Sea Fishing Trip**  
22 August

**Alternative Health Fair**  
24 August

## SEPTEMBER

**9/11 5K**  
12 September

**Apple Festival Trip**  
12 September

**Do It In Pink**  
19 September

**Cherokee, NC Day Trip**  
19 September

**Myrtle Beach Day Trip**  
26 September

### Fort Jackson Boxing Smoker

**DESCRIPTION:** If you are a man or a woman and want to unleash your inner Rocky, try boxing. This is a combat sport in which two people wearing boxing gloves are fighting their opponent with their fists. Boxing is great at increasing fitness, stamina, agility, and strength.

**CATEGORY:** Physical, Mental

**DATE/TIME:** 01 August from 1800-2100

**LOCATION:** Solomon Center

**COST:** Free

**POC:** Boxers should contact Mike Garcia at 751-7146 to sign up. For event information call Cindi Keene @ 751-3096.



### Army Sports Program

**DESCRIPTION:** Army Sports Program is designed for active duty Soldiers to participate in battalion/brigade level competitions. **Golf, Beach Volleyball, and Softball** are the scheduled sports. For more information, contact Mike Garcia at 751-7146 ([michael.j.garcia5.naf@mail.mil](mailto:michael.j.garcia5.naf@mail.mil)) or your brigade sports representative.

**Category:** Physical, Social



### First Friday Golf Tournament

**Description:** Captain's choice - Net score only, handicap based on 25% of the average of the two lowest handicaps in the group- minimum team handicap of 40 with no one handicap counting more than 20% of the team total. Mulligans available for \$5 per person. Entry fee - \$10 per person for food and prizes plus all applicable fees.

**Category:** Physical, Mental, Social

**Date/Time:** 03 July; 1300 Shotgun Start

**Location:** Wildcat Course

**Sign up:** Call 787-4437 or sign up on bulletin board in the Pro Shop.



### Small Games



Enjoy games such as Texas Holdem, Dominoes, Spades, and Cribbage. If enough players choose, a small tournament can be run.

CATEGORY: Family/Social

LOCATION: Century Lanes

DATE/TIME: 03 July (1100-1600)

COST: Free

For more information, contact Chuck Stoudemire @ 803-751-0891.

### South Carolina Festival of Discovery Trip @ Greenwood, SC

Enjoy fine South Carolina BBQ & Blues Cruises music

CATEGORY: Family/Social

LOCATION: Meet at Marion Street Station

DATE/TIME: 11 July 0800-1700

COST: \$19 per person includes transportation only.

For more information please call Pam Long(803)751-3700 or (803) 318-2428



### Healthy Lifestyle Event

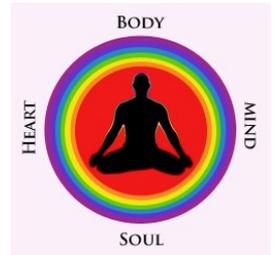
CATEGORY: Family/Social

LOCATION: . DeCA Fort Jackson Commissary

DATE/TIME: 11 July 1000-1300

COST: Free Event

For more information, contact Pam Long @ 803-751-3700 or Bernard Ellison @ 803-751-5789.



### Soldier Show-Read to the Rhythm

Kids can enjoy listening the cast of the US Army Soldier Show read some great stories.

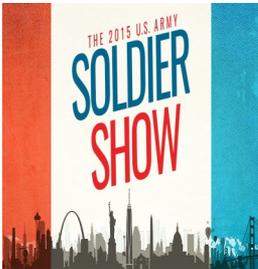
CATEGORY: Family/Social

LOCATION: Main Post Library

DATE/TIME: 17 July, 1200-1300

COST: Free Event

For more information, contact Kristen Gripp @ 803-751-5589.



### Deep Sea Fishing Trip

CATEGORY: Family/Social

LOCATION: Meet at Marion Street Station

DATE/TIME: 18 July, 0230-2300

COST: \$109 per person includes transportation as well as boat ticket, gear, bait and license.

For more information, contact Marion Street Station @ 803-751-3484



### Auto Craft Car and Bike Show

CATEGORY: Family/Social  
LOCATION: Fort Jackson Auto Craft Shop  
DATE/TIME: 25 July, 1000-1400  
COST: Free event & open to all ID card holders  
For more information or to register a vehicle, please contact Ken Fletcher @ 803-751-5755 or Chuck Stoudemire @ 803-751-0891.



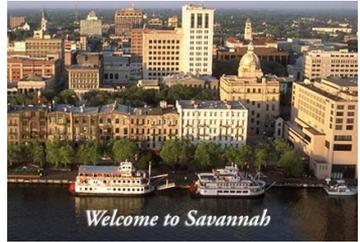
### Out Smarts Class-Deer Hunting 101

CATEGORY: Family/Social  
LOCATION: Alpine Lodge at Heise Pond  
DATE/TIME: 04 August, 1730-1900  
COST: Free to all ID card holders  
For more information or reservations contact Marion Street Station (803) 751-3484.



### Savannah Day Trip

CATEGORY: Family/Social  
LOCATION: Meet at Marion Street Station  
DATE/TIME: 08 August, 0800-2200  
COST: \$19 per person includes transportation only.  
For more information or reservations contact Marion Street Station (803) 751-3484.



### Community Flea Market

Setup begins at 0700 in grassy area in front of the Solomon Center. No Food or Beverage vendors allowed. Tables and chairs to be provided by the Solomon Center. Vendor registration required at the front desk of the Solomon Center

CATEGORY: Family/Social  
LOCATION: Solomon Center  
DATE/TIME: 08 August, 0800-1300  
COST: Free Event  
For more information, call 751-4056/4058.



### Deep Sea Fishing Trip

CATEGORY: Family/Social  
LOCATION: Meet at Marion Street Station  
DATE/TIME: 22 August, 0230-2300  
COST: \$109 per person includes transportation as well as boat ticket, gear, bait and license.  
For more information, contact Marion Street Station @ 751-3484



**Apple Festival Trip in Westminster, SC**



Enjoy Arts & Crafts, Live Entertainment, Classic Car Show, etc

CATEGORY: Family/Social

LOCATION: Meet at Marion Street Station

DATE/TIME: 12 September 0800-2000

COST: \$19 per person includes transportation only

For more information or reservations call: Marion Street Station (803) 751-3484

**Do it in Pink**



Aerobathon bringing awareness to breast cancer showing support by doing it in Pink

CATEGORY: Social/Physical

LOCATION: Solomon Center

DATE/TIME: 19 September, 1000-1200

COST: Must Wear Pink!

For more information, contact Pamela Long at 803-751-5768

**Cherokee, NC Day Trip**

Don't miss the action and excitement at Harrah's Cherokee Casino & Hotel located in beautiful Cherokee, NC. No matter what you're looking for, you'll find it in Harrah's Cherokee Casino. If you want a more laid back approach, take a tour of the Cherokee Indian museum, try your hand at fly fishing, or hike on awesome trails that are at the doorway to the Great Smoky Mountains.

CATEGORY: Family/Social/ & Physical

LOCATION: Meet at Marion Street Station

DATE/TIME: 19 September, 0700-2200

COST: \$19 per person for transportation only

(OPTIONS FOR FLY FISHING, HIKING, CASINO, HORSEBACK RIDING, ETC. UPON ARRIVAL)

For more information call: Marion Street Station (803) 751-3484



**Myrtle Beach Day Trip**



Enjoy the great Grand Strand as well as Broadway at the Beach

CATEGORY: Family/Social

LOCATION: Marion Street Station

DATE/TIME: 26 September, 0800- 2000

COST: \$19 per person

For more information or reservations call: Marion Street Station (803) 751-3484

## MWR 5K Fun Run/Walk Events

Call Cindi Keene @ 803-751-3096

\*Pre-Registration and t-shirt sales can be done online

\*\*Late registration is from 0630-0745 on the event day.

### **4th of July 5k Run/Walk & Bike Ride**

**Category:** Physical, Social

**Date/Time:** 03 July @ 0800

**Location:** Hilton Field Sports Complex

**Cost:** Free to all ID card holders



### **Army 10 Mile Qualifiers**

**Category:** Physical, Social

**Date/Time:** 11 & 18 July @ 0530-1000

**Location:** Patton Stadium (Dixie Rd)

**Cost:** Free to all ID card holders

### **Run for the Fallen 5k Run/Walk**

**Category:** Physical, Social

**Date/Time:** 15 August @ 0800

**Location:** Hilton Field

**Cost:** Free to all ID card holders



### **9/11 5k Fun Run/Walk**

**Category:** Physical, Social

**Date/Time:** 12 September @ 0800

**Location:** Twin Lakes Recreation Area

**Cost:** Free to all ID card holders

## The Pathway to Better Weight Management

**DESCRIPTION:** This introductory class is part of our multi-faceted weight management program utilizing individual and group settings to develop and hone the knowledge, skills and support needed to implement and maintain proper weight management.

**CATEGORY:** Physical, Emotional

**LOCATION:** Moncrief Hospital, Room 2152 (Ground Floor – Check in at Integrated Health Clinic)

**TIME:** 3rd Wed of Every Month (1300-1400)

**ENROLLMENT:** Call 751-2496

**COST:** \$0 for TRICARE Beneficiaries

**EQUIPMENT:** None

**POC:** 1LT Laura Newman/751-2489

[laura.a.newman4.mil@mail.mil](mailto:laura.a.newman4.mil@mail.mil)



## Army MOVE!

**DESCRIPTION:** Program involves facilitated group discussion to help Soldiers meet Army height and weight standards. The sessions are a requirement of the Army Body Composition Program IAW AR 600-9; however those not on the program are welcome to attend.

**CATEGORY:** Physical, Emotional

**LOCATION:** Moncrief Hospital, Room 2152 (Ground Floor of MACH)

**TIME:** 3rd Wed of Every Month (0830-0930)

**ENROLLMENT:** Call 751-2496

**COST:** \$0 for TRICARE Beneficiaries

**EQUIPMENT:** None

**POC:** 1LT Laura Newman/751-2489

[laura.a.newman4.mil@mail.mil](mailto:laura.a.newman4.mil@mail.mil)



Get Quality Sleep



Engage in Activity



Improve Nutrition

**Have a Heart (You Only Get One):**  
**Cholesterol and Blood Pressure Management**

**DESCRIPTION:** Comprehensive class discussing ways to lower cholesterol, and blood pressure through lifestyle modifications.

**CATEGORY:** Physical, Emotional

**LOCATION:** Moncrief Hospital, Room 2152 (Ground Floor – Check in at Integrated Health Clinic)

**TIME:** 2nd Wed of Every Month (1030-1130)

**ENROLLMENT:** Call 751-2496

**COST:** \$0 for TRICARE Beneficiaries

**EQUIPMENT:** None

**POC:** 1LT Laura Newman/751-2489/

[laura.a.newman4.mil@mail.mil](mailto:laura.a.newman4.mil@mail.mil)



**Diabetes Roundtable**

**DESCRIPTION:** Based around shared learning/support group model where small group discussion, troubleshooting, and diabetes management through diet and lifestyle changes is conducted.

**CATEGORY:** Physical, Emotional

**LOCATION:** Moncrief Hospital, Room 2152 (Ground Floor – Check in at Integrated Health Clinic)

**TIME:**

0830-0930 = 05 Aug, 03 September,

0900-1000 = 10 July, 14 August, 11 September

1000-1100 = 31 July, 28 August, 25 September

**ENROLLMENT:** Call 751-2496

**COST:** \$0 for TRICARE Beneficiaries

**EQUIPMENT:** None

**POC:** 1LT Laura Newman/751-2489/

[laura.a.newman4.mil@mail.mil](mailto:laura.a.newman4.mil@mail.mil)



### **Resume Writing and Interviewing Skills Workshop**

**DESCRIPTION:** Class will cover the basics of resume building.

**CATEGORY:** Mental, Family

**LOCATION:** Strom Thurmond Bldg Rm. 222

**DATES/TIME:** 14 July, 11 August, 22 September from 0900-1100

For more information call 803-751-5256 or email Barbara Martin at

[barbar.l.martin10.civ@mail.mil](mailto:barbar.l.martin10.civ@mail.mil)

### **Banking, Budgeting, Checkbook Maintenance & Auto Loans 101**

**DESCRIPTION:** Class will cover the basics of money management and car buying.

**CATEGORY:** Mental, Family

**LOCATION:** Education Center, Room 206B

**DATES/TIME:** 23 July from 1130-1300

For more information, contact Christine Julius at [christine.m.julius2.civ@mail.mil](mailto:christine.m.julius2.civ@mail.mil) or 803-751-5256

### **Steps to Federal Employment for Military Spouses**

**Description:** Targeted to military spouses, but open to all military and DOD ID Card Holders.

**Preregistration is required.**

**Category:** Family, Mental

**Date/Time:** 13 July, 05 August, 26 August (0900-1130)

**Location:** Strom Thurmond Bldg., Room 222

**Registration/More Information:** Call 803-751-5256 or email Barbara Martin at

[barbar.l.martin10.civ@mail.mil](mailto:barbar.l.martin10.civ@mail.mil)

### **Job Searching Strategies for Military Spouses**

Targeted to Military spouses, but open to all military and DOD ID Card Holders

**Description:** Seeking employment on Fort Jackson or in the surrounding area? Get a jump-start on your job search by obtaining relevant information about employment, education and volunteer opportunities. Topics include on and off post employment opportunities, Military Spouse Employment Partnership (MSEP), job searching tips, SC WORKS WIA Program, learn basic resume writing techniques, interviewing skills and much more!! All military spouses of active duty/retired military personnel and Survivors will be eligible to enroll in the ERP to receive one-on-one employment assistance, receive ongoing e-mail job postings and have resume sent to prospective private sector employers!! Only need to attend **one** session. **Preregistration is required.**

**Category:** Mental, Family

**Date/Time:** 13 July, 04 August, 24 August (0830-1200)

**Location:** Strom Thurmond Bldg., Room 222

**Registration/More Information:** Call 803-751-4862 or email Barbara Martin at [barbar.l.martin10.civ@mail.mil](mailto:barbar.l.martin10.civ@mail.mil)

### **Microsoft Word, and Excel Self-paced Computer Classes**

**Description:** Fort Jackson Employment Readiness Program (ERP) offers classes for improving Microsoft Word and/or Excel skills. The course length is approximately 8-12 hours and designed to be self-paced. You will receive a training certificate upon completion of course.

**Category:** Mental

**Registration/More Information:** Call 803-751-4862 or email Barbara Martin at [barbar.l.martin10.civ@mail.mil](mailto:barbar.l.martin10.civ@mail.mil)

### **Military Spouse Career Advancement Accounts (MyCAA)**

**Description:** The Military Spouse Career Advancement Accounts Program (MyCAA), a component of the Department of Defense's (DoD) Spouse Education and Career Opportunities (SECO) program, is a career development and employment assistance program. MyCAA helps military spouses pursue licenses, certificates, certifications or Associate's Degrees (excluding Associate's Degrees in General Studies, Liberal Arts, and Interdisciplinary Studies that do not have a concentration) necessary for gainful employment in high demand, high growth Portable Career Fields and Occupations. Spouses of active duty service members in pay grades E1-E5, W1-W2, and O1-O2, as well as the spouses of activated Guard and Reserve members within those ranks are eligible. Spouses of Guard and Reserve members must be able to start and complete their courses while their sponsor is on Title 10 orders.

**Category:** Mental

**Location:** School of choice that supports MyCAA

**Enrollment:** <https://aiportal.acc.af.mil/mycaa>

**POC:** <https://aiportal.acc.af.mil/mycaa>



**Jobs at Fort Jackson  
Morale Welfare and Recreation Facilities**

The majority of the NAF Teen Summer Hire positions are typically advertised during the months of February-April each year. To view and apply for NAF Teen Summer Hire jobs go to [www.usajobs.gov](http://www.usajobs.gov). If you have questions regarding NAF Teen Summer Hire positions please contact the Fort Jackson NAF Human Resources Office at (803) 751-4259.

Open to the Public.  
14 years and older: food service, cashier, recreation aids  
15 years and older: lifeguards  
16 years and older: labors



**Fort Jackson Youth Center  
"Hired!" Apprenticeship Program**

Simona Tautkus, (803) 751-1136

Open to Army Military or  
DOD dependent Family members only.  
15-18 years-Paid Internship



**Army and Air Force Exchange System (AAFES)**  
<http://odin.safes.com/employment/default.asp>

POC: Mary Stevens, (803) 782-7668 Ext 4

Open to the Public.  
16 years: Food Service  
18 years: Retail  
21 years: Retail (Gun Sales)



**Fort Jackson Thrift Shop  
Summer Hire Program**

POC: Kimberly Smith, (803) 787-2153

[Thrift Shop Summer Hire Information](#)

Open to Military Family members  
Ages 17-21 years



**American Red Cross**

**Fort Jackson American Red Cross  
Summer Volunteer Program**

POC: Sandy Chambers, (803) 751-8518

[Summer Teen Information](#)  
[Teen VolunTEEN Job Description](#)

Open to the Public.  
14 years –VolunTEEN

### Army Continuing Education (ACE)

**DESCRIPTION/MISSION:** To vigorously promote lifelong learning opportunities by providing and managing quality self-development programs that support readiness and enhance the quality of life. ACE is the Service member's first step to getting started with their education process. ACE guidance counselors assist Soldiers, Family Member and retirees in establishing and pursuing education goals and objectives. Soldiers are entitled to 100% TA up to \$250 per semester hour, whichever is less, with a maximum FY cap of \$4500.

**CATEGORY:** Mental

**LOCATION:** Education Center, Bldg 4600, Rm. A100

**OFFICE HOURS:** Monday-Friday 0730-1630

**COUNSELING HOURS:** By Appointment Only

**POC:** Administrative Staff at (803)-751-5341

### GoArmyEd (GAE)

**DESCRIPTION:** GoArmyEd is the virtual gateway for all eligible Active Duty, National Guard and Army Reserve Soldiers to request Tuition Assistance (TA) online, anytime, anywhere for classroom and distance learning. It allows Soldiers to manage their education records including college classes, testing, on-duty classes and Army Education Counselor support. In September 2013, Army Civilians will also use GoArmyEd to apply for their Civilian education, training, and leader development events.

### More GoArmyEd - LOI Schools v Non-LOI School: -

**DESCRIPTION:** A Letter of Instruction (LOI) with the Army has agreed to a set of standards for integrating class enrollment and registration data with GoArmyEd. An LOI School uploads its course schedule to GoArmyEd along with its class cost information. Soldiers can enroll and withdraw from classes at an LOI School through GoArmyEd in addition to through their home school. A **Non-LOI School**, school typically has a lower annual volume of Soldier enrollments. As a result, it does not integrate data with GoArmyEd. Soldiers using TA at a Non-LOI School completes a TA Request form in GoArmyEd. They enter the class information a including class cost, into the TA Request form and print out the approved. All Soldiers enrolled in GAE must have a degree plan. A **Degree Plan** is a personalized road map towards your academic degree. It provides you with the precise courses you need to complete your college degree. After completing six (6) semester hours, a degree plan is required to continue use of TA funds. Degree Plans must be uploaded to Soldier's GoArmyEd e-file.

**CATEGORY:** Mental

**LOCATION:** Education Center, Bldg 4600, Rm. A100

**OFFICE HOURS:** Monday-Friday 0730-1630

**COUNSELING HOURS:** By Appointment Only

**POC:** Administrative Staff 803-751-5341

[www.goarmyed.com](http://www.goarmyed.com)

### School Accreditations and Diploma Mills

**DESCRIPTION:** Each school of higher learning is awarded an accreditation by American Council on Education (ACE).

**What is accreditation?** Accreditation is the recognition that an institution maintains standards requisite for its graduates to gain admission to other reputable institutions of higher learning or to achieve credentials for professional practice. The goal of accreditation is to ensure that education provided by institutions of higher education meets acceptable levels of quality. There are three basic types of recognized accreditations:

**Regional**—awarded to institution by one of six regional accrediting agencies (**highest accreditation**)

**National**—awarded to primarily private and for-profit schools (coursework transfer **may be limited**).

**Specialized** or **Professional**—applies to a single department or program within a larger institution of higher education or it can be applied to a school that only provides training in one specific field.

### **College-Level Examination Program (CLEP) CLEP and DSST**

**DESCRIPTION:** The CLEP provides an opportunity for Soldiers to earn college credit for what you already know with qualifying scores on one or more examinations. These exams test your knowledge of introductory college-level subjects.

**CATEGORY:** Mental

**LOCATION:** Education Center-Bldg 4600, Room A108

**TIME:** 0900 and 1100

**ENROLLMENT:** (803) 782-3213; 782-3959 (Fax)

**COST:** Free for Military Services Members (AD, Reserves National Guard); \$80 per exam for Civilians

**EQUIPMENT:** Computer based

**POC:** Wilfred Jeffcoat; [jeffcoatwil@midlandstech.edu](mailto:jeffcoatwil@midlandstech.edu)

**Website:** [www.midlandstech.edu/testcenter/clepmain](http://www.midlandstech.edu/testcenter/clepmain)

### **Army Testing Center**

**DESCRIPTION:** The Army Testing Center administers Army Personnel Test (APT) and Local Education Test. The APT test include:

- Defense Language Aptitude Battery (DLAB)
- Defense Language Proficiency Test, Armed Force Classification Test
- Selection Instrument Flight Training, Oral Proficiency Interview (OPI)

The Local Education Test include:

The Test on Adult Basic Education (TABE)

The General Technical (GT) Predictor

**CATEGORY:** Mental

**LOCATION:** Army Education Center, Bldg. 4600, A100

**ENROLLMENT:** By Appointment only

**COST:** Free

**EQUIPMENT:** Computer Based

**POC:** 751-5341

### **Basic Skills Education Program (BSEP)**

**DESCRIPTION:** Basic Skills Enhancement Program (BSEP) is designed to promote retention and to improve job performance. The program is a standardized job related curriculum providing on-duty instruction in a set of skill qualifications, prerequisites, and academic competencies necessary for job proficiency. The program focuses primarily on developing and improving reading, writing, and mathematic skills. It also supports readiness and training and is available to Soldiers at no cost. Soldiers may also improve his or her basic skills by utilizing the computer programs and training materials that are available through online sources such as Peterson's (<http://www.petersons.com/army>).

**CATEGORY:** Mental

**LOCATION:** Army Education Center, Bldg. 4600, Rm. A100 CLASS TIMES: Monthly (T-TH) 0800-1430, call for schedule

**ENROLLMENT:** Requires Commanders Approval and TABE scores within last six months

**EQUIPMENT:** Instructor Led/computer based

**POC:** 751-5341

### **Army Career Alumni Program (ACAP)**

**DESCRIPTION:** The Army Career and Alumni Program (ACAP) is a centrally funded and administered program that provides transition and job assistance services on major installations. This program provides pre-separation counseling and a wide range of transition and job search information and referral services for Soldiers, veterans, retirees, DA civilians, and Family members. The transition services includes: hiring events, transition counseling/workshops, seminars and veterans benefits counseling and entrepreneur training.



**CATEGORY:** Mental, Emotional, Family/Social

**ENROLLMENT:** <http://www.acap.army.mil>, Walk-ins or 803-751-4109

**EQUIPMENT:** Staff facilitated

**LOCATION:** 4600 Strom Thurmond Blvd, Fort Jackson, SC

**OFFICE HOURS:** 0730-1600

**POC:** Carolyn Andrews; Henry Wiggs

### Clafin University

**DESCRIPTION:** Clafin University offers bachelor degree evening programs on Ft. Jackson. Clafin's main campus is located in Orangeburg, SC. Programs offerings are:

Sociology/Criminal Justice  
Administration and Organizational Management

**CATEGORY:** Mental

**LOCATION:** Education Center-Bldg 4600, Room A114 & A116

**OFFICE HOURS:** 0900-1500 M-TH; 0900-1200 (Fri)

**COST:** See on post Representative

**Classes:** Instructor Led and Online

**POC:** Steven Biggs, (803) 790-8891

**Website:** [www.clafinuniversity.edu](http://www.clafinuniversity.edu)

### Midlands Technical College



**DESCRIPTION:** A Two year comprehensive institution that offers educational opportunities to students Lexington, Richland, and Fairfield counties which includes Ft. Jackson. Programs offered at Ft. Jackson are:

Management  
Criminal Justice

**CATEGORY:** Mental

**LOCATION:** Education Center-Bldg 4600, Room A109

**TIME:** 0800-1700 (M-TH) and 0800-1300 (Fri)

**ENROLLMENT:** (803) 782-3213

**COST:** See on-post Representative

**EQUIPMENT:** Instructor Led and Online

**POC:** Wilfred Jeffcoat

**Website:** [www.midlandstech.edu](http://www.midlandstech.edu)

### University of South Carolina



**DESCRIPTION:** A public university located in Columbia offering degrees from associate to doctoral in many different fields including medicine and law. The programs offered are:

Associate in Arts, Bachelor of Arts Psychology

**CATEGORY:** Mental

**LOCATION:** Education Center-Bldg 4600, Rm. A115 & A118

**OFFICE HOURS:** 0800-1700 (M-TH) and 0800-1600 (Fri)

**ENROLLMENT:** (803) 782-8810

**COST:** See on post Representative

**Classes:** Instructor Led and Online

**POC:** Connie Vise

### Webster University



**DESCRIPTION:** Webster University an on-post university offers master degree evening programs on Ft. Jackson. Webster's main campus is located in St. Louis, MO. Programs offered include:

Business Administration, Business Administration Information Technology, Business Admin Human Resources Management, Business & Organization Security Mgt., Information Technology, Management and Leadership

**CATEGORY:** Mental

**LOCATION:** Education Center-Bldg 4600, Room A115 & A118

**OFFICE HOURS:** 0800-1700 (M-TH) and 0900-1200 (Fri)

**ENROLLMENT:** (803) 782-8810

**COST:** See on post Representative

**Classes:** Instructor Led and Online

**POC:** Vince Stovall

**Website:** [www.websteruniversity.edu](http://www.websteruniversity.edu)

### **Fort Jackson Sound Off Toastmasters**

**DESCRIPTION:** If you are looking to improve your oral and listening communication, as well as to your ability to provide positive feedback and develop your leadership skills, we may have just what you are looking for to become more productive in your life and or your community. The club is open to all components of the military, civilian and family members as well as to the community.

**CATEGORY:** Mental

**LOCATION:** Main Post Chapel 4580 Scales Ave (corner of Strom Thurmond Blvd & Scales Ave), Room 207.

**ENROLLMENT:** Contact POC or walk-in

**DATES:** Every Wednesday, from 11:40 AM - 12:45 PM.

**COST:** Free

**POC:** Chief Andrea L. Wingo, VP Public Relations, at [andrea.l.wingo.mil@mail.mil](mailto:andrea.l.wingo.mil@mail.mil)

**Website:** <http://soundoff.toastmastersclubs.org/>

### **Multi-Learning Facility (MLF) Computer Lab**

**DESCRIPTION:** Our computer lab is equipped with 25 up-to-date computers and offers internet access, copying, faxing and scanning services. Soldiers, Family members, retirees and civilians use our facility for studying, computer-based training, and enrolling in college classes via GoArmyEd and through individual home schools and many other services.

**CATEGORY:** Mental

**LOCATION:** Education Center, Bldg 4600, Rm. B104

**TIME:** Monday – Friday 0730 1600 (Self Service)

**EQUIPMENT:** Computers and printers



### **Digital Training Facility (DTF)**

**DESCRIPTION:** As a training asset, DTFs are ideal for section, squad, or platoon size elements. They can maximize training dollars and reduce TDY costs while providing:

A classroom environment with Internet access for Resident instructors, Access to annual training, such as information Assurance, Antiterrorism, Suicide Prevention, Composite Risk, Management, Accident Vehicle Avoidance and more.

Access to Army Learning Management System (ALMS), Real time, interactive instruction, such as Battle Staff, Master Driving Training, Contracting Officer's Representative (COR) course, TAMIS, MEDCOM, AMEDD, EMD Refresher, and more via VTT, Pre and post –Mobilization Training (PPMT), such as SERE 100.1., Gaming for training, such as Virtual Battle Space 2 (VBS2). The Ft. Jackson Army Continuing Education Services DTF serves the military and civilian community by offering the use of 3 spacious sized DTFs. Each DTF has VTC/VTT capability and come equipped with 16 computers in each room and are on a secure network based out of Fort Eustis.

**CATEGORY:** Mental

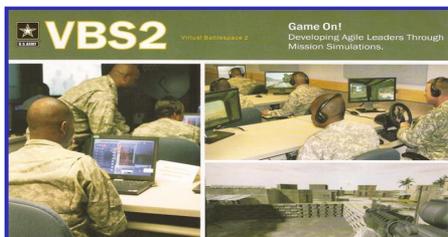
**LOCATION:** Education Center, Bldg. 4600

**ENROLLMENT:** By appointment and walk-ins

**EQUIPMENT:** State of the –art desktop and VTC equipped

**POC:** Jennifer Lazo, 751-3988 (DESK), 734-3988 (DSN) [jennifer.l.lazo.ctr@mail.mil](mailto:jennifer.l.lazo.ctr@mail.mil)

**WEBSITE:** [www.dls.army.mil](http://www.dls.army.mil)



### Anger Management Class

**Description:** This workshop, offered by Family Advocacy is designed to help participants learn to identify their anger triggers and how to control their responses. A major focus of the class is on possible consequences resulting from unchecked anger. A certificate of attendance is provided upon completion. Open to active duty, retired service personnel, DOD civilians and qualified Family members.

**Category:** Emotional, Family

**Date/Time:** 16 July @ 1100

**Location:** 5614 Hood Street, FAP Classroom 10

**Information/Registration:** Call (803) 751-6325



### Healthy Relationships

A healthy relationship is important to living a successful, resilient life and is vital to our personal growth. It's a relationship where both partners are emotionally healthy, physically safe and encourages positive values. Building a healthy relationship does not develop overnight. In this class topics discussed will include open communication, handling conflict, the role of independence and respect. Bring your lunch. Register by calling 803-

751-6325.

Open to active duty, retired service personnel, DOD civilians and qualified Family members

**Category:** Family, Social, Emotional

**Date:** 07 July, 04 August, 01 September

**Time:** 1100-1200

**Location:** 5614 Hood Street, FAP Classroom 10

**Information:** Contact (803)-751-6325





## Comprehensive Soldier and Family Fitness (CSF2) Courses

### Leader Development Course (40hrs)

**DESCRIPTION:** The 5 day Leader Development Course utilizes mental toughness skills to maximize performance, training efficiency and combat readiness. Training enhances leader effectiveness and personal leadership qualities thereby unlocking their own and their unit's full potential. LDC inculcates a philosophy of excellence and life-long learning. Understand factors of optimal performance, Learn critical skills to build mental toughness, be able to integrate mental skills into training and combat operations, coach individuals in applying mental skills for optimal performance, and Increase leader attributes.

**CATEGORY:** Mental, Emotional

**For more information on upcoming courses, contact Tarsha Lee at (803) 751-9720 or [tarsha.n.lee.ctr@mail.mil](mailto:tarsha.n.lee.ctr@mail.mil)**

### Team Building Training (3-4 hours)

**DESCRIPTION: Team Building:** CSF2 Training Center Team Building helps Units improve group dynamics and build success. Training provides a framework for creating effective group goals, objectives and a unified vision to further performance and cohesion. Interested? Contact Michael Brown at (803) 751-5913 or email him at: [michael.w.brown21.ctr@mail.mil](mailto:michael.w.brown21.ctr@mail.mil)

**CATEGORY:** Mental

# TEAM BUILDING



### **CSF2 Resilience Training Assistants Course**

**DESCRIPTION:** Master Resilience Trainers (MRTs) are the core of the Army's resilience training program. Resilience Training Assistants (RTAs) help MRTs accomplish the mission at the company and platoon levels. RTAs serve at the company level and assist unit MRT in conducting the Army's mandatory Resilience training. The objective of the RTA Course is to provide Soldiers with Comprehensive Resilience training in order to enhance their overall performance, decision making abilities, and leadership potential while facing challenges, bounce back from adversity, and build the competencies that contribute to resilience. Soldier will learn and be able to apply these skills in various aspects of their professional, family, and social life.

**CATEGORY:** Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or [mi-chael.w.brown21.ctr@mail.mil](mailto:mi-chael.w.brown21.ctr@mail.mil)

### **CSF2 Executive Course**

**DESCRIPTION:** CSF2 has designed a course for command teams. CSF2 Executive Resilience and Performance Course is designed to train Army Leaders (Company Commanders/First Sergeants and above, their spouses, GS12 and above), and familiarize them with the same Resilience and Performance Enhancement skills Master Resilience Trainers provide Soldiers, Family members and Army Civilians. The Course is available in 4hrs, 8hrs, and 16hrs. The 4hrs course is for 0-6 and above command teams, 8hr course BN command teams, and the 16hrs course is for company command teams.

**CATEGORY:** Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or [mi-chael.w.brown21.ctr@mail.mil](mailto:mi-chael.w.brown21.ctr@mail.mil)

### **CSF2-Performance Enhancement Training Seminars**

**DESCRIPTION:** CSF2 Training Center offers seminars in Performance Enhancement. **Performance Enhancement Seminar** gives participants more in-depth knowledge about the application of performance psychology. Participants are able to ask questions and engage in individual and small group activities. Classes are open to Soldiers, family members and Army civilians.

**CATEGORY:** Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or [mi-chael.w.brown21.ctr@mail.mil](mailto:mi-chael.w.brown21.ctr@mail.mil)

### **CSF2-Individual Mastery Training**

**DESCRIPTION:** Following participation in a seminar or in unit training, an individual may schedule one-on-one sessions with an Master Resilience Trainer-Performance Expert. The goal of these sessions is to give the individual an opportunity to focus on a specific performance and set goals with the help of a trainer.

**CATEGORY:** Mental, Emotional

For more information on upcoming courses, contact Michael Brown at (803) 751-5913 or [mi-chael.w.brown21.ctr@mail.mil](mailto:mi-chael.w.brown21.ctr@mail.mil)

### **OB Maternity Briefing**

**DESCRIPTION:** OB Maternity Briefing is a 10-15 minute briefing for pregnant single or married soldiers and their Family members. This briefing provides an overview of the New Parent Support Program (NPSP) services, promotes fathers participation and the opportunity to participate in the program.

**CATEGORY:** Family/Social

**LOCATION:** MACH, Room 8-85

**DATES/TIME:** 0900-0915

July 08, 15, 22, 29

August 05, 12, 19, 26

September 02, 09, 16, 23, 30

**COST:** Free to beneficiaries

**EQUIPMENT:** None

**INFORMATION:** Please contact (803) 751-9035/6325

### **Baby Basics Class**

**Description:** This class offers expectant parents preparation for the routine care of their newborn baby. Topics include handling, bathing, diapering, feeding, and safety. Childcare will be provided separately at the same location by calling the Hood Street CYS Services hourly care at 803-751-1972. Contact Central Enrollment at 803-751-4865 to register for childcare. You will be required to provide a copy of a physical, immunization records, and LES.

Open to active duty, retired service personnel, and qualified Family members who are currently expecting.

**Category:** Family, Mental, Emotional, Social

**Location:** 5614 Hood Street, Ft. Jackson, SC, Room 10

**Date/Time:** 09 July from 1000-1200

**Registration for Class:** Call 803-751-6325 or 9035/6724

### **Bright Honeybee Explorers Play Group**

**Description:** The Bright Honeybee Explorers Play group is an interactive group designed to help parents and children learn appropriate play. It offers a chance for families to enjoy learning and playing together, meeting other parents and their children, ages 0-3 years.

The groups are guided by parent participation, in the development of social skills, communication skills and motor skills in the babies and toddlers who participate. New Parent Support Program staff provides overall supervision of all activities.

Typical activities include arts and crafts, free play, organized games, field trips, and other special events. The goals of our weekly playgroups are to enable families to form healthy habits while having fun together.

**Category:** Family, Social, Emotional

**Dates:** July 08, 15, 22, 29; August 05, 12, 19, 26; September 02, 09, 16, 23, 30

**Time:** 1000-1130

**Location:** Hood Street School, 5614 Hood Street, Ft. Jackson, SC, Room 8

**Information:** Contact (803)-751-9035/6325

### Breastfeeding Class

**Description:** Are you interested in learning about breastfeeding your newborn? Do you have questions about how it's done? Come to the New Parent Support Program's monthly class on Breastfeeding to learn more!!! \*need to attend only one class\*

**Category:** Family, Social

**Date/Time:** 16 July, 20 August, 17 September (1400-1700)

**Location:** 5614 Hood Street, FAP Classroom 10

**Information/Registration:** Call (803) 751-6325 to register

Classes are open to active duty, retired service personnel, and qualified family members who are currently expecting or who have a newborn up to 6 weeks old.

Childcare will be provided separately at the same location by calling Hood Street CYS Services hourly care at 803-751-1972. You will need to have your child enrolled in CYSS and provide a physical, immunization records, complete orientation, and LES. Contact Central Enrollment at 803-751-4865 to register for childcare.

### Triple P Positive Parenting Program Class

This class provides a general overview and the five key aspects to positive parenting. The keys are 1) Ensuring a Safe Interesting Environment, 2) Creating a Positive Learning Environment, 3) Using Assertive Discipline, 4) Having Realistic Expectations, and 5) Taking Care Of Yourself as a Parent. Childcare will be provided separately at the same location by calling the Hood Street CYS Services hourly care at 803-751-1972. Contact Central Enrollment at 803-751-4865 to register for childcare. You will be required to provide a copy of a physical, immunization records, and LES.

Open to active duty, retired service personnel, DOD civilians and qualified Family members

**Category:** Family, Social, Emotional

**Date:** 23 July

**Time:** 1000-1200

**Location:** 5614 Hood Street, FAP Classroom 10

**Information:** To register for this training please call: 803-751-6325 or 9035/6724

### EFMP Support Group Events

Open to EFMP Families and civilians with special needs family members. RSVP required. For more information, or to RSVP, call: 803-751-5256.

#### **EFMP Creative Journey**

**Date/Time:** 16 July at 1700 –1800

**Location:** Joe E. Mann Ballroom, 3392 Magruder Ave.

#### **EFMP Bowling Outings**

**Date/Time:** 24 July at 1630 –1800

**Location:** Century Lanes Bowling Center, 4464 Gregg Street



Child, Youth & School Services provides the Fort Jackson Community with quality child development options and youth programs which can help reduce the conflict between parenting responsibilities and duty requirements, enhance the development of children and youth, engage youth in constructive activities during their discretionary time.

For more information about available services, go to <http://fortjacksonmwr.com/cyss/>

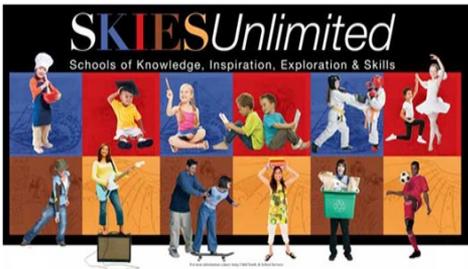
**Character Counts:** (Ages 3-18 years) Offers ethical behavior training that encourages dialogue about life issues, analysis of personal belief systems, and application of ethical and moral principles to everyday activities. Character Counts is emphasized in all CYS Services Programs.

**4-H Clubs:** (Ages 6-18 years) Offers 4-H experiences in fine arts, photography, technology and citizenship/community service on and off post. Youth participate in local, county, state and national 4-H opportunities. Training and materials are provided through an enterprise relationship with the US Department of Agriculture National 4-H Headquarters. 4-H clubs are offered at the Imboden Street CDC, the Imboden Street School Age Center, the Hood Street School Age Center and the Youth Center.



**BOYS & GIRLS CLUB**

**Boys & Girls Clubs of America (BGCA):** (Ages 6-18 years) Offers BGCA programs and experiences as part of core programming in Army School Age and Youth Programs through an enterprise relationship with the National Office of Boys & Girls Clubs of America. Youth participate in programs promoting success in school, healthy living, skill development, creative arts, sports and fitness, and exploring vocational choices. Fort Jackson has four Boys & Girls Club units: Youth Center, Imboden Street Child Development Center, Imboden Street School Age Center and the Hood Street School Age Center.



**SKIESUnlimited & Family Programs**

**Location:** Bldg 6100, Chestnut Road

**Phone:** 803-562-5915

**Operating Hours:** Based on current class offering for martial arts, jujitsu, gymnastics, ballet and dance.

**Services:** SKIESUnlimited Instructional Programs in martial arts, gymnastic, dance and other offerings as advertised.

# Child, Youth & School Services



U.S. Army Child, Youth  
& School Services

## Fort Jackson

### Youth Sports Calendar 2015

<b>SPORT:</b>	<b>COST/AGE:</b>	<b>ENROLL DATE:</b>	<b>SEASON:</b>
Spring Soccer	\$20/3-5 & \$40/6-16	Jan 5 – Feb 27	March 2 – May 1
Track and Field	\$40/6-14	Jan 5 – Feb 27	March 2 – May 1
Travel Baseball	\$45/9-14	Jan 5 – Feb 27	March 2 – May 1
Tee Ball	\$20/3-5	Feb 23 – Apr 24	Apr 27 – June 19
Coach Pitch Baseball	\$45/6-8	Feb 23 – Apr 24	Apr 27 – June 19
Spring Volleyball Clinic	FREE/10-16	Call Sports Office to Register	May 4 – May 8
Summer Swimming	\$65/5-18	Mar 16 – May 8	May 11 – July 31
Armed Forces Kids Run	FREE/5-13	Call Sports Office to Register	May 16th
Summer Basketball	\$20/4-5 & \$40/6-15	Apr 1 – May 15	May 25 – July 31
Football Mini Camp	FREE/5-12	Call Sports Office to Register	June 8 – July 15
Fall Cheerleading	\$20/3-5 & \$40/6-12	June 1 – Aug 21	Aug 24 – Oct 31
Flag Football	\$20/4-5 & \$40/6-8	June 1 – Aug 21	Aug 24 – Oct 31
Tackle Football	\$65/5-12	June 1 – July 31	Aug 3 – Nov 2
Fall Soccer	\$20/3-5 & \$40/6-16	June 1 – Aug 21	Aug 24 – Oct 31
Cross Country	\$40/7-14	June 1 – Aug 28	Sept 1 – Nov 7
Winter Basketball	\$20/4-5 & \$40/6-15	Oct 1 – Dec 4	Dec 7 – Feb 27 2016
Winter Cheerleading	\$20/3-5 & \$40/6-13	Oct 1 – Dec 4	Dec 7 – Feb 27 2016
<b>START SMART</b>	<b>COST/AGE:</b>	<b>ENROLL DATE:</b>	<b>SEASON:</b>
Baseball	\$20/3-5	April 30 – June 5	June 8 – June 12
Football	\$20/3-5	April 30 – June 19	June 22 – June 26
Soccer	\$20/3-5	April 30 – July 3	July 6 – July 10
Basketball	\$20/3-5	April 30 – July 17	July 20 – July 24
Tennis	\$20/3-5	April 30 – July 31	August 3 – August 7

#### Youth Sports & Fitness

**Location:** Bldg 5975, Chesnut Road

**Phone:** 803-751-7451/5040

**Office Hours:** Monday – Thursday, 10:00 am – 7:00 pm

**Program Operating Hours:** Vary by sports season and sport. Please confirm hours for individual programs with management staff.

**Services:** Team Sports, Individual Sports, Outreach, and Health and fitness.

### **Volunteer Opportunities On-Post and Off-Post**

Discover the world of volunteerism at Fort Jackson or in the surrounding Columbia area. Volunteerism stabilizes our Army communities by contributing to community cohesion, increasing self-reliance, and enhancing the well-being of our Soldiers and their Families. Volunteers are an integral part of making our communities and our world a better place in which to live.

**CATEGORY:** Family, Mental, Emotional

**LOCATION:** Family Readiness Center, Bldg 4512, Stuart St Fort Jackson, SC 29207

**TIME:** 0730-1630

**ENROLLMENT:** Appointment or Walk-in

**COST:** FREE

**EQUIPMENT:** N/A

**POC:** Marilyn Bailey, 803-751-5444, [marilyn.s.bailey.civ@mail.mil](mailto:marilyn.s.bailey.civ@mail.mil)

#### **Volunteer Opportunities on Post (but not limited to) the following:**

American Red Cross	Army Community Services	Boy/Cub Scouts
Girl Scouts	Fort Jackson Mayoral Program	Fort Jackson Chapels
Fort Jackson Schools	Thrift Shop	
CYSS/Youth Sports	CYSS Events	

#### **Volunteer Opportunities off Post (but not limited to) the following:**

Big Brother/Big Sister	Boys & Girls Club	Communities in Schools
Harvest Hope Food Bank	Habitat for Humanity	Homes for Troops
Special Olympics	VA Hospital	

### **Volunteer Opportunities- USO**

#### **USO South Carolina Needs Your Help!**

Our service men and women are making remarkable personal sacrifices for our country in Iraq, Afghanistan, and other forward operating bases around the world. The families of these heroes are also making sacrifices, coping with multiple deployments, long separations and the strong emotions that accompany a deployment. That's why USO South Carolina is committed to sharing a touch of home with our troops and their family members. We offer deployment care packages full of much needed items, homecoming kits for our wounded warriors and single soldiers returning from combat, free dinner just before pay day for service members and their families, support for our wounded warriors, programs like United Through Reading, and a state-of-the-art center filled with amenities and activities – all free for our troops and families.

There are countless ways volunteers support the USO, but they all share an abiding dedication to our troops and their families. Whether it's helping out at a special event, cheering troops at homecoming, manning a front desk or providing a listening ear, our volunteers are the reason troops know they can count on the USO.

**CATEGORY:** Family/Social

**LOCATION:** Columbia Airport, 3250 Airport Blvd., Suite 7, West Columbia, SC

**TIME:** Sunday – Monday, 0800-2200 hrs

**ENROLLMENT:** Volunteers need to contact the USO to set up and appointment to discuss availability.

**COST:** N/A

**POC:** 803-822-7953

### **Volunteer Opportunities-Harvest Hope Food Bank**

**DESCRIPTION:** Harvest Hope Food Bank provides for the needs of hungry people by gathering and sharing quality food with dignity, compassion and education. Harvest Hope Food Bank is a 501(c)(3) non-profit organization. Beginning in 1981 as an emergency food box program, Harvest Hope is now a regional distribution program that collects, stores and distributes food and related items to more than 400 member partners in 20 counties throughout central South Carolina, with regional offices in Columbia, Florence and Greenville. Member partners are food pantries, soup kitchens, and shelters. Other programs administered by Harvest Hope Food Bank include children's hunger programs, which are Kids Café, Backpack programs, Senior hunger programs, mobile food pantries, and our own branded Emergency Food Pantries.

**CATEGORY:** Family/Social

**LOCATION:** 2220 Shop Road, Columbia, SC 29201

**TIME:** Monday – Friday; 0900-1500; open late the last Thursday of each month.

**ENROLLMENT:** Volunteers need to contact the Harvest Hope Food bank to set up and appointment to discuss availability.

**COST:** N/A

**EQUIPMENT:** N/A

**POC:** Staff: (803)-254-4432; email: [hhfb@harvesthope.org](mailto:hhfb@harvesthope.org); [www.harvesthope.org](http://www.harvesthope.org)

# Fort Jackson Installation Worship Services Schedule



## Chapel

### Addresses and Phone Numbers



**Anderson Chapel**  
2335 Anderson St., Corner of Jackson Blvd  
(803) 751-7032

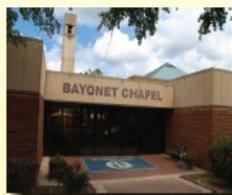
**Bayonet Chapel**  
9476 Kemper Street  
(803) 751-6322/4542

**Chapel Next**  
9476 Kemper St.  
(conducted at Bayonet Chapel)  
(803) 751-6322/4542

**Daniel Circle Chapel**  
3359 Daniel Circle, Corner of Jackson Blvd  
(803) 751-1297/4478

**Education Center**  
4581 Scales Ave

**Family Life and Resiliency Center**  
Bldg 5460 Marion Ave  
(to the side of the POV Lot)  
(803) 751-4961



**Magruder Chapel**  
4360 Magruder Ave.  
(803) 751-3883

**Main Post Chapel**  
4580 Scales Ave.  
(803) 751-6469/6681

**McCrary Chapel (SCARNG)**  
3820 McCrary Road (located at McCrary Training Center)  
5411 Leesburg Road, Eastover, SC  
(Exit Gate 5 @ Semmes Road, turn left, keep straight 16 mi., McCrary Training Center on left)

**Memorial Chapel**  
4470 Jackson Blvd  
(803) 751-7324



**Warrior Chapel (Located in 120<sup>th</sup> AG BN)**  
1895 Washington St.,  
(803) 751-5086/7427

**Installation Chaplain's Office Address and Phone Numbers**  
4475 Gregg Street  
(803) 751-3121/751-6318

## Protestant Services

### -Sunday

8:30 a.m. Daniel Circle Chapel Gospel Svc  
Daniel Circle Chapel

9:00 a.m. Worship Service  
McCrary Chapel (SCARNG)

9:30 a.m. Hispanic Protestant  
Post Theater (3319 Jackson Blvd)

9:30 a.m. Worship Service  
Main Post Chapel

10:15 a.m. Daniel Circle Chapel Gospel Svc  
Daniel Circle Chapel

10:45 a.m. Sunday School Class  
Main Post Chapel

11:00 a.m. Worship Service  
Memorial Chapel

11:00 a.m. Chapel Next  
Bayonet Chapel  
(Contemporary Worship Service and Children's Church)

## Protestant Bible Study/Prayer Service

### -Sunday

9:30 a.m. Chapel Next Bible Study  
Bayonet Chapel

### -Monday

7:00 p.m. Women's Bible Study (PWOC)  
Main Post Chapel

### -Tuesday

9:30 a.m.-noon PWOC  
Main Post Chapel

### -Wednesday

11:45-12:45 a.m. Fresh Encounters  
Family Life & Resiliency Center

6:00 p.m. Gospel Prayer Service  
Magruder Chapel

7:00 p.m. Gospel Bible Study  
Magruder Chapel

## Protestant Youth of the Chapel

### -Sunday

5:00-6:30 p.m. Club Beyond (Youth Group)  
Family Life & Resiliency Center

### -Saturday

11:00 a.m. Daniel Circle Chapel Youth  
Daniel Circle Chapel  
(1st Sat of each month) at the Dorn VA  
Hospital (meet in Dorn VA parking lot)

## Catholic

### - Sunday

8:00 a.m. IET Catholic Mass  
Solomon Center

### -Monday-Thursday

11:30 a.m. Mass  
Main Post Chapel

### -Sunday

8:00 a.m. Mass  
Solomon Center

9:30 a.m. CCD  
(Sep – May) Education Center

9:30 a.m. Religious Ed Class for Adults  
(Sep – May) Main Post Chapel

9:30 a.m. Religious Ed Class for Children  
(Sep – May) Main Post Chapel

10:30 a.m. Reconciliation (after Mass or by appt)  
Main Post Chapel

11:00 a.m. Mass  
Main Post Chapel

12:30 p.m. Catholic Youth Ministry  
Main Post Chapel



**-Wednesday**

7:00 p.m.

Rosary  
Main Post Chapel

7:30 p.m.

RCIA/Adult Inquiry  
(Sep – May) Main Post Chapel

## Angelical/Liturgical

**-Sunday**

8:00 a.m.

Anderson Chapel

## Islamic

**-Sunday**

8:00-10:00 a.m.

Islamic Studies  
Main Post Chapel

**-Friday**

12:45-1:30 p.m.

Jumah Service  
Main Post Chapel

## Jewish

**-Sunday**

9:30-10:30 a.m.

Worship Service  
Memorial Chapel

10:30-11:30 a.m.

Jewish Book Study  
Post Conference Room

## Church of Christ

**-Sunday**

11:30 a.m.

Church of Christ Worship Service  
Anderson Chapel

## Latter Day Saints

**-Sunday**

9:30-11 a.m.

Latter Day Saints Worship Service  
Anderson Chapel

**-Wednesday**

3:00-5:00pm

Latter Day Saints Family Social  
Anderson Chapel

7:00-8:00 p.m.

Latter Day Saints Scripture Study  
Anderson Chapel



## Counseling Available

### Types of Counseling

- Individual
- Couple
- Family
- Group

### Areas of Counseling

- Marital
- Communication
- Life Skills
- Spiritual
- Parenting
- Anger & Stress
- Combat/PTSD
- Blended Family
- Addictions
- Child Therapy
- Divorce
- Grief
- Pre-Marital

## Counseling For You

The Fort Jackson Chaplain Family Life Center (FJCFLC) is staffed by a Chaplain trained in Community Counseling and Marriage and Family Therapy. Our desire is to provide Help for Your Journey, enabling you to meet your personal, relational, and life goals.



**A Note On Confidentiality -**  
All counseling at the FJCFLC is **absolutely confidential**. What you say here, stays here. In fact, even your presence here is confidential. We will not release any information without your written approval.

We provide a safe place to get the help you want. Come and see.



Current as of: 20 Feb 2013



## “Help for Your Journey”

Fort Jackson  
Chaplain Family Life Center  
(FJCFLC)

Appts: (803) 751-4966/4949  
NCOIC: (803) 751-4961  
Turn Right Off Marion behind  
Strom Thurmond  
Building 5460

**Life is a JOURNEY,  
made for relationships...  
helping and being helped  
by those we encounter  
along the way...**

The Ft. Jackson Chaplain Family Life Center (FJCFLC) seeks to empower you with the self-awareness, knowledge, and skills that you need for *your* particular journey. Join thousands of others from all ages, ranks, and walks of life who have taken advantage of the services offered in a Chaplain Family Life Center. The following are just some of the ways we help!



## Practical Workshops

Club Beyond, 12-18 years old  
Youth Spiritual Fitness  
(Middle and High School groups)  
Sundays 5—6:30PM (not holidays)

Spiritual Development Luncheon  
Wednesdays 11:45-12:45 drop in

Keys to Lasting Relationships  
Couples training, call for availability

We offer other workshops on a rotational schedule in our ongoing effort to nurture Family and Spiritual health and resiliency.

## Support Groups

Over the years, many Soldiers and Family members have found help in meeting with others in similar circumstances. Families of deployed Soldiers, individuals struggling with anger, and those who simply feel alone are some examples of those who often suffer in silence. But you do not have to remain there! Do you know others who share your burden? A support group could be a lifeline for you. We can facilitate a weekly group based on your needs. Give us a call, and we will be glad to work with you.



Ft. Jackson Family Life Chaplain  
Chaplain (MAJ) Charles Kuhlman

*Master of Science in Community  
Counseling, with emphasis in  
Marriage and Family Therapy,  
Columbus State University,  
Columbus, GA*

*Master of Divinity, Church of God  
Theological Seminary, Cleveland, TN*

## Making An Appointment

Call or email:

**(803) 751-4966**

[charles.w.kuhlman.mil@mail.mil](mailto:charles.w.kuhlman.mil@mail.mil)

## *Spiritual Dimension*



### Choirs

Men's Choir Rehearsal-Mondays-Daniel Circle Chapel – 7 p.m.  
Women's Choir Rehearsal-Thursdays-Daniel Circle Chapel – 7 p.m.  
Gospel Choir Rehearsal-Fridays-Daniel Circle Chapel – 7 p.m.  
Youth Choir Rehearsals-Saturdays-Daniel Circle Chapel -1000 a.m.



### Dance Ministry

Celebrating the Spirit in Worship and Dance-Saturdays-Daniel Circle Chapel- 1000 a.m.



Persons interested in participating in any of these programs can call **803-751-4478** for more information!!

## *Spiritual Dimension*

### Other Programs for Spiritual Fitness

**Holy Joe Café – Wednesdays-1100-1600 Daniel Circle Chapel**

A family friendly outreach from Daniel Circle Chapel in partnership with Capital City Baptist Church-providing coffee, lemonade and snacks to Soldiers and their families.

**Trauma and Faith Group**-hosted by Gateway Baptist Church- a confidential gathering for Veterans and Soldiers who have been exposed to anything that can or did result in deep physical or emotional trauma, including flashbacks and nightmares. . This group meets on alternating Tuesdays of each month at 6:30 p.m. in room E206. To see if this group is right for you contact Barry Whiteside at 803-403-4090.

**Special Events**-Prayer breakfasts and luncheons; Retreats; Prayer initiatives and other programs are continuously occurring. Call for schedules (below).

**Baptism and other Religious Rites** are performed through the Chapel community and can be scheduled with a Chaplain.



Persons interested in participating in any of these programs can call **803-751-4478** for more information!!



Available on the  
**App Store**



Available in

**Android Market**

If you have a Smartphone or tablet, here are (16) FREE mobile Apps you may enjoy. For more information about the product, click on the title of the App.

If you want to go straight to your device's App store, click on the de-



### [CSF2 Goal Setting](#)

As a part of the US Army Comprehensive Soldier Fitness (CSF) program, setting goals is one of the keys to creating resilient Soldiers. While our Army remains engaged in this era of persistent conflict, it is more important than ever to maintain balance in our lives. Building resiliency into life's daily routine will assure balance and make you a better leader, parent, and citizen. The CSF program will prepare you for the challenges that lie ahead. As we move down this shared road, it is my great privilege to serve alongside each of you. Together we are ushering in a new generation of freedom for our nation, and other nations of the world.

As you work your way through this book with your first line leaders, I challenge you to put into practice the principles you learn. Resiliency combined with effective Goal Setting will be the key to your success. They are proven, scientific methods that will enable you to overcome the adversities that find their way into your life. Make no mistake; adversity will come. How you deal with it will shape your life and the lives of those around you forever.



### [Army OneSource Services Locator](#)

If you're searching for local Army programs, services or resources, the Army OneSource (AOS) Services Locator is the Must-Have App for you! This tool makes it easy as 1-2-3 to find resources available within your own community. Simply enter your zip code OR city and state and hit SEARCH to discover your options of support via a result list and map view. This app is user-friendly, incredibly fast and intuitive!



### [Army Family Action Plan Issue Search](#)

Find out what the Army Family Action Plan (AFAP) is doing to resolve AFAP Issues affecting the Army community. When you are on the go or don't have access to a computer, view the status and resolution of AFAP Issues from your iPhone, iPad or iPod touch. Find issues by entering a few simple keywords in the main search field. If you see too many results, narrow your results by choosing additional search criteria. Tap an AFAP Issue to view it in greater detail. Track the progress and learn what is needed, to resolve the issues affecting your community. If you have a question, send an email and get a response within 72 hours.

within 72 hours.



### **[Base Directory by Military Traveler, LLC](#)**

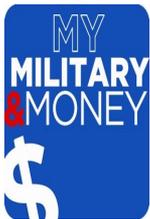
Military Traveler covers the 50 states, however it does not cover bases overseas. Search by state, and you'll get a list of all the bases in that state. Search by base name and you'll be offered categories to choose from. Shops, hospitals, day care, houses of worship, base and duty offices, restaurants, hotels, doctors, you name it, if the base has it, Military Traveler lists it.

### **[Operation Supplement Safety \(OPSS\) App](#)**

Operation Supplement Safety (OPSS) is a joint military initiative between the Human Performance Resource Center and the Department of Defense (DoD) to educate service members and retirees, their family members, leaders, healthcare providers, and DoD clinicians about dietary supplements and how to choose them wisely.

Get information and ratings on dietary supplements, herbal products, vitamins, minerals, homeopathic products, complementary alternative medicines, alternative treatments (e.g., acupuncture), traditional Chinese medicine products, and other natural remedies. OPSS has teamed up with Natural Medicines Comprehensive Database to provide you with multiple databases and interactive features including an Effectiveness Checker, Nutrient Depletion Checker, Interaction Checker, and Natural Medicines Brand Evidence-based Ratings (NMBER)®.

Visit [www.naturaldatabaseconsumer.com/dodnbc](http://www.naturaldatabaseconsumer.com/dodnbc) and use your valid .mil email address to sign up for your free account. You can then use those passcodes to sign in to the full version of this app.



### **[My Military & Money App](#)**

For members of the military and their families, the challenges of juggling deployments, frequent moves and the basics of every day life can put a strain on their finances. That's why McGraw Hill Financial and the Better Business Bureau have teamed up to produce this website and a free app, My Military & Money, which features essential resources and tools to help users make informed decisions about money.



### **[Military Discounters](#)**

The Military Discounters Smartphone Application gives users the ability to conveniently find places with military discounts in their immediate area. Great for active duty, reserves, retired, former veterans, military family members, you name it!



### **[White Noise Lite: Relax. Sleep. Better. App](#)**

Features ambient sounds of the environment to help you relax during the day and sleep great at night.

# National Center for Telehealth and Technology Health

## Breathe2Relax



Breathe2Relax is a portable stress management tool. Built on the iPhone mobile app platform, Breathe2Relax is a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' (stress) response, and help with mood stabilization, anger control, and anxiety management. Breathe2Relax can be used as a stand-alone stress reduction tool, or can be used in tandem with clinical care directed by a healthcare worker.



## Life Armor

Touch-screen technology allows the user to browse information on 17 topics, including sleep, depression, relationship issues, and post-traumatic stress. Brief self-assessments help the user measure and track their symptoms, and tools are available to assist with managing specific problems. Videos relevant to each topic provide personal stories from other service members, veterans, and military family members.

After selecting a topic area, information is organized into four main menu items:

**Learn:** Comprehensive information on the causes, characteristics, and potential solutions to emotional, relationship, and other common mental health problems that face the military community

**Assess:** Brief self-assessment tools to help the user measure and track symptoms relevant to the topic area

**Tools:** Information and guidance on techniques to self-manage problems relevant to the topic area

**Videos:** Testimony from members of the military community about their struggle to

## Positive Activity Jackpot



Positive Activity Jackpot uses a professional behavioral health therapy called pleasant event scheduling (PES), which is used to overcome depression and build resilience. This app features augmented reality technology to help users find nearby enjoyable activities and makes activity suggestions with local options and the ability to invite friends. If you cannot make up your mind which fun thing to do, "pull the lever" and let the app's jackpot function make the choice for you. While this app does not require clinical training to use, it should not be used as a substitute for treatment by a therapist.

apist.

## T2 Mood Tracker



T2 Mood Tracker is a mobile application that allows users to monitor and track emotional health. Originally developed as a tool for service members to easily record and review their behavior changes, particularly after combat deployments, it has now become very popular

with many civilian users around the world.



### [PTSD Coach](#)

PTSD Coach was developed by the Department of Veterans Affairs' National Center for PTSD in collaboration with T2. The goal was to develop a mobile application to assist Veterans and Active Duty personnel (and civilians) who are experiencing symptoms of Post Traumatic Stress Disorder (PTSD). It is intended to be used as an adjunct to psychological treatment, but can also serve as a stand-alone education tool.

#### **Key features of the app include:**

- **Self-Assessment:** Self-assessment of PTSD symptoms with individualized feedback, and ability to track changes in symptoms over time. The assessment does not formally diagnose PTSD.
- **Manage Symptoms:** Coping skills and assistance for common kinds of posttraumatic stress symptoms and problems, including systematic relaxation and self-help techniques.
- **Find Support:** Assistance in finding immediate support. The app enables individuals to identify personal sources of emotional support, populate the phone with those phone numbers, and link to treatment programs. And in



### [Tactical Breather](#)

The Tactical Breather application can be used to gain control over physiological and psychological responses to stress. Through repetitive practice and training, anyone can learn to gain control of your heart rate, emotions, concentration, and other physiological and psychological responses to your body during stressful situations.



### [Operation Reach Out App](#)

Operation Reach Out is part of Military Community Awareness-Digital's (MCA-D) effort to provide timely and effective support and guidance for military families. OPERATION REACH OUT is designed

to:

Encourage people to reach out for help when they are having suicidal thoughts. Help those who are concerned about family members, spouses, or fellow service members who may be suicidal.

Provide a personal contact help center.

Provide activities to help people who are depressed stay connected to others.



### **My Pregnancy A to Z**

This comprehensive set of pregnancy tools makes it easy to track your pregnancy and create a keepsake of memories and milestones.

# **At your service**

## Phone numbers for key post facilities

<b>All South Federal credit Union</b>	<b>782-9830</b>
<b>American Red Cross</b>	<b>751-/4329/5923</b>
<b>Andy's Fitness Center</b>	<b>751-4177</b>
<b>Army Career Alumni Program</b>	<b>751-4109/4104</b>
<b>Army Community Service</b>	<b>751-5256</b>
<b>Army Continuing Education Services</b>	<b>751-5341</b>
<b>Army Substance Abuse Program</b>	<b>751-5007</b>
<b>Basic Combat Training Museum</b>	<b>751-7419</b>
<b>Bowling, Century Lanes</b>	<b>751-6138</b>
<b>Bowling, Ivy Lanes</b>	<b>751-4759</b>
<b>Car Care Center</b>	<b>782-1639</b>
<b>Chaplin Museum</b>	<b>751-8827/8079</b>
<b>Child and Youth Services</b>	<b>751-4865</b>
<b>Civilian Personnel Advisory Center</b>	<b>751-3219</b>
<b>Class VI</b>	<b>782-1601</b>
<b>Clinical Army Substance Abuse Program</b>	<b>751-6597</b>
<b>Coleman Gym</b>	<b>751-5896</b>
<b>Commissary</b>	<b>751-5789</b>
<b>DA Photo (TSC)</b>	<b>751-7592</b>
<b>Defense Military Pay Office</b>	<b>751-6669 (Soldiers)</b>
<b>Dental Clinics</b>	<b>751-5178/6017</b>
<b>Family Health Center</b>	<b>751-2273</b>
<b>Family Life Resiliency Center</b>	<b>751-4961</b>
<b>Florist</b>	<b>738-1812</b>
<b>Fort Jackson National Cemetery</b>	<b>699-2246</b>
<b>Furniture Store</b>	<b>787-9175</b>
<b>Hospital Retail Annex</b>	<b>782-1263</b>
<b>ID Section</b>	<b>751-7731</b>
<b>Legal Assistance and Claims</b>	<b>751-4287/3603</b>
<b>LCI-SSSC</b>	<b>790-5306</b>
<b>Main Outpatient Pharmacy</b>	<b>751-2259</b>
<b>MG Robert B. Solomon Center</b>	<b>751-4056</b>
<b>Military Clothing Sales Store</b>	<b>787-5248</b>
<b>Movie Theater</b>	<b>751-7488</b>
<b>National Federation of Federal Employees</b>	<b>751-2622</b>
<b>NCO Club</b>	<b>782-2218</b>
<b>Officers' Club</b>	<b>751-4906</b>
<b>Palmetto Falls Water Park</b>	<b>751-3475</b>
<b>Perez Fitness Center</b>	<b>751-6258</b>
<b>Pharmacy Annex (PX mall)</b>	<b>751-2250</b>

## At your service

### Phone numbers for key post facilities

Pool, Knight	751-4796
Pool, Legion	751-4987
Post Exchange	787-1950/1951/1952
Post Library	751-5589/4816
Post Office	782-8709
Recycle Center	751-4208
Reuse Center	751-5121
Safety Center	751-6004
Gate 1 Express	782-2076
Gate 2 Express	790-4478
SSI Retail Annex	738-9189
Thrift Shop	787-2153
Vanguard Gym	751-4384
Veterinary Clinic	751-7160
Victory Travel	751-5812
Weapons Registration	751-5887

### Useful Fort Jackson Websites

[Army Community Services](#)

[Child Youth School Services \(CYSS\)](#)

[Community Calendar](#)

[Fort Jackson Leader](#) (Fort Jackson's Weekly Newspaper)

[Education Center](#)

[Library](#)

[Moncrief Army Community Hospital](#)

**Fall PCS? Start planning now with these useful website resources**

#### Relocation Information and Services

<http://www.move.mil/>

<http://www.military.com/>

<http://www.myarmyonesource.com>

<http://www.militaryinstallations.dod.mil>

<http://www.militaryonesource.mil/moving>

#### Housing

[www.posthousing.com](http://www.posthousing.com)

[www.armymwr.com/travel/lodging](http://www.armymwr.com/travel/lodging)

[www.ahm.com](http://www.ahm.com)

[www.homefair.com](http://www.homefair.com)

[www.moving.com](http://www.moving.com)

<https://www.housing.army.mil>

#### Children

[www.dodea.edu](http://www.dodea.edu)

#### Employment

[www.usajobs.gov](http://www.usajobs.gov)

[www.careeronestop.org](http://www.careeronestop.org)



**SUMMER 2015  
(COLUMBIA AREA)  
JULY– SEPTEMBER**

**Torchlight Tattoo-Independence  
Day Celebration**  
03 July

**Born in the U.S.A**  
04 July

**Moonlight Cemetery & Secrets  
from the Grave Tours**  
09 July

**MAC Madness**  
11 July

**Columbia QuadSquad Roller Derby**  
11 July

**Tasty Tomato Festival**  
18 July

**Bump, Baby, & Kidz Expo**  
18 July

**Mid Summer Food Truck Festival**  
22 July

**Big Apple Dance**  
23 July

**Guardians of the Night K-9**  
25 July

**Hot Summer's Night**  
01 August

**Brew at the Zoo**  
07 August

**Summer Celebration of Water**  
22 August

**Run Wild Cross Country Festival**  
22 August

**Jailbreak Escape: Urban Challenge  
Run**  
22 August

**Labor Day Run**  
07 September

**Run for our Troops**  
11 September

**Jubilee: Festival of Heritage**  
19 September

**Riverbanks ZOOfare**  
25 September

**Lake Murray SUP Classic**  
25-27 September



### **Torchlight Tattoo-Independence Day Celebration**

For More Info Contact Gary Taylor-803-751-6299  
Forth of July Activities on the 3rd of July at 8pm. Fireworks on  
Hilton Field at 930pm. Free event and Open to the public.



### **Born in the U.S.A**

[strictlyrunning.com/born.htm](http://strictlyrunning.com/born.htm)

4 miles RUN/WALK & 4 miles TEAM RELAY (2 person teams)  
04 July at 0745.



### **Moonlight Cemetery & Secrets from the Grave Tours**

[historiccolumbia.org/events/moonlight-cemetery-tours](http://historiccolumbia.org/events/moonlight-cemetery-tours)

Grab your flashlight and tour one of Columbia's oldest cemeteries  
to discover centuries of stories etched in stone on the markers and  
headstones.

### **MAC Madness**

[macmadnesssc.com/](http://macmadnesssc.com/)

Who has the best Mac & Cheese in Columbia? Only you can  
decide. There will be 15 area chefs, beer, live music, mechani-  
cal bull riding, laser skeet shooting, inflatable rides and unlim-  
ited samples of Mac and Cheese.



### **Columbia QuadSquad Roller Derby**

[columbiaquadsquad.com](http://columbiaquadsquad.com)

Columbia's own women's flat track roller derby team  
will host Pittsburgh's Steel City Roller Derby and the  
Greenville Derby Dames in an action-packed double  
header.



### **Tasty Tomato Festival**

[pawmettolifeline.org/events/calendar/2015/04/18/2015bhttp](http://pawmettolifeline.org/events/calendar/2015/04/18/2015bhttp)

Come celebrate local food and the tomato, champion of the  
home garden. There'll be an heirloom tomato tasting, live  
music on two stages, food, a craft beer garden, tomato bob-  
bing and the highly anticipated Tasty Tomato contest.



## Bump, Baby & Kidz Expo



July 18, 2015  
10:00 am - 3:00pm  
www.bbkepos.com

Trenholm Park Gym  
3900 Covant Road, Columbia  
(803) 381-7733

## Bump, Baby, & Kidz Expo

[bbkepos.com](http://bbkepos.com)

A one-day extravaganza of "all things baby" for new moms and moms-to-be, as well as their friends and family. Highlights include relaxing mommy pampering, a maternity and baby wearing fashion show and more.



## Mid Summer Food Truck Festival

[facebook.com/events/899346886788943/](https://facebook.com/events/899346886788943/)

Food trucks, music and games for the kids. Food trucks include Bone-In Artisan Barbecue on Wheels, The Wurst Wagen, The Belgian Waffle Truck and the Kona Ice Columbia (Lexington, Irmo, W. Columbia and Ballentine). Kelley McLachlan Douglas and Sandra McCracken will perform.

## Big Apple Dance

[historiccolumbia.org/events/big-apple-dance](http://historiccolumbia.org/events/big-apple-dance)

Put on your dancing shoes and enjoy games, food and music to celebrate the 100th anniversary of the Big Apple.



## Guardians of the Night K-9

[www.strictlyrunning.com/images/15GOTN.pdf](http://www.strictlyrunning.com/images/15GOTN.pdf)

5K Run/Walk benefitting Richland County Sheriff's Foundation K-9 Unit



## Hot Summer's Night

[www.strictlyrunning.com/hot5k.htm](http://www.strictlyrunning.com/hot5k.htm)

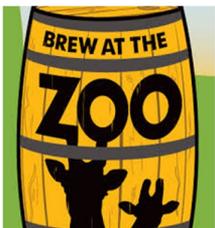
5K Road Race and Youth Fun Run



## Brew at the Zoo

<http://www.riverbanks.org/events/brew-at-the-zoo.shtml>

Combine community enthusiasm for the zoo with community enthusiasm for beer, and you get one of the most successful parties of the year.





## Summer Celebration of Water

<http://www.summercelebrationofwater.com/>

Hands-on educational activities, free paddle sports, play zone, free drinking water, and much more

## Run Wild Cross Country Festival

<https://sites.google.com/site/runwildxcfestival/home/general-information>



## Jailbreak Escape: Urban Challenge Run

<http://www.jailbreaklexington.com/jailbreak-escape.html>

The Jailbreak Escape Urban Challenge Run is a 3.1 mile run with obstacles and crossfit-style exercises designed to challenge participants of all ages and fitness levels.



## Labor Day Run

<http://www.strictlyrunning.com/labor.htm>



## Run for Our Troops

<http://www.strictlyrunning.com/>

## Riverbanks ZOOafari

<http://www.riverbanks.com/events/zoofari.shtml>

Explore the sights, sounds, and tastes of Africa



## Jubilee: Festival of Heritage

[historiccolumbia.org/jubilee](http://historiccolumbia.org/jubilee)

Features a variety of activities including hands-on demonstrations, musical entertainment and vendors with African-influenced and traditional merchandise.



## Lake Murray SUP Classic

[paddleguru.com/races/2015LakeMurraySUPClassic](http://paddleguru.com/races/2015LakeMurraySUPClassic)

Presented by Half Moon Outfitters, the Stand-Up Paddleboard Classic features races for all skill levels. The Lake Murray SUP Classic is the final race in the 2015 Southern Stoke Race Series, a summer series of races on rivers and lakes throughout the Southeast. Proceeds benefit Special Olympics South Carolina.





### [Free Times 2014 Annual Manual: Your Comprehensive Guide to Columbia, SC](#)

This guide provides a comprehensive guide to Columbia's, [City Map & Neighborhoods](#), [Government & Nonprofits](#), [Shopping, Outdoors & Recreation](#), [Health & Fitness](#), [Festivals & Events](#), [Music & Nightlife](#), [Arts & Culture](#), and [Food & Dining Attractions](#).



### [Free Times Summer Camp 2014 Guide](#)

This guide provides a comprehensive list of the local area's 2014 Summer Camps in the areas of Arts & Humanities, Math & Science, Sports & Recreation, and Traditional & Multidisciplinary programs.



### [Free Times Best of Columbia Index 2013](#)

Each year since 1989, Free Times has surveyed its readers on the best that Columbia has to offer, from food and nightlife to music, the arts, shopping and lifestyle options. The result is the most comprehensive and popular local reader survey — the real, original Best of Columbia poll.

## Useful Columbia Activities Websites

[Columbia's Official Website](#) (Events, Attractions, Things To Do, Restaurants, and Local Deals)

[Columbia Running Club](#) (Upcoming Local Races)

[Free-Times](#) (Columbia's Weekly Newspaper. Offers the best local information on dining, entertainment, Farmer's Markets, lifestyle and the arts).

[Gold's Gym](#)

[Columbia CrossFit Affiliates](#)

[Historic Columbia Foundation](#) (Historic Tours, Workshops, & Volunteering Opportunities)

[LakeMurrayFun.com](#) (Find anything you need to know about Lake Murray here)

[One Columbia](#) (Upcoming Theatre, Music, Art, and History Events/Activities Information)

[Richland Libraries](#) (Offers a variety of programs such as Workshops, Classes, Storytimes,)

[Riverbanks Zoo and Gardens](#) (Numerous events & activities offered throughout the year)

[Strictly Running](#) (Upcoming Local Races)

[The State](#) (Columbia's Daily Newspaper. In addition to the news, The State offers current information on dining, entertainment, lifestyle and the arts).

# ACTIVITY TRACKER

**Activity:** \_\_\_\_\_  
Physical Mental Emotional Spiritual Family/Social







171ST INFANTRY BRIGADE  
BLACKHAWKS



Find us on  
**Facebook**

[Blackhawk Outreach](#)

[171st Infantry Brigade](#)

[120th AG Battalion](#)

[187th Ordnance Battalion](#)

[STB Family Readiness Group](#)

*“Train for Victory”*