



Soldier and Family Programs Newsletter

U.S. Army Cadet Command: Leadership Excellence

October-December 2024, 1st Quarter



What Does Fall Mean to You?

CPT Shane Riley: (HHD Commander)

What does fall mean to me? It is a time where you can stop and smell the roses or the pumpkin spice lattes. It is a time where everyone has an opportunity to spend time with family whether it is Halloween, Thanksgiving, Christmas, or even Black Friday shopping. The tradition I have with my family during this time is going to each of my siblings' houses and playing board games with them and their families.

COL Randy Lefebvre: (Director, G5)

Fall is the perfect time to start pulling out the long sleeve shirts and pants. This is the perfect time for Families and friends to prepare the firepits for s'mores and outdoor activities. Those who love to prepare their residence landscaping with flowers "it is mums season" and time to plant those tulip bulbs for blooms to occur in the mid-late springtime period.

Mr. Robert Johnson: (G1 PMS Manager)

For me, Fall means the farmers get to see the benefit of their crops and their hard work from the time of planting to harvest. Fall is a time to prepare for the winter and reflect on the year. Fall is also a time for reflecting on my childhood days of enjoying cooler temperatures to be outside. Fall is also a reminder of a new year and in some cases new beginnings as folks plant new crops and landscaping plants.



Fall Fun Facts!

- ★ **Americans buy enough candy during Halloween week to fill six Titanics.**
- ★ **The largest pumpkin pie ever weighed nearly 3,700 pounds!**
- ★ **During the fall, monarch butterflies start out on an epic 3,000-mile journey from the northeastern U.S. and Canada to their winter home in southwestern Mexico.**
- ★ **The U.S. produces 4.27 million gallons of maple syrup each year.**



FALL...Into Opportunities!



Secretary of Defense Announces Seven New Initiatives to Enhance Well-Being of Military Force and Their Families



- Health Care Flexible Spending Accounts for Service Members
- Access to Wi-Fi Pilot
- Investment in Childcare Workforce
- Quality of Life review at Remote and Isolated Installations
- Making Moves Easier
- Expanding Spouse Eligibility for Employment Financial Assistance
- Uniform Costs Review

[Read the Article HERE](#)

The Defense Department expanded scholarship eligibility for Military Spouses as part of its commitment to take care of Service Members and their Families.

For more information, click [HERE](#)

my Career
Advancement
Account

Apply. Advance. Achieve.

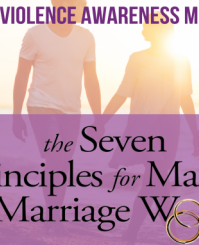
What you do **today**
impacts someone's
tomorrow.

Bullying is not only
devastating **while it's**
happening, it can hurt
for a lifetime.

 **National Bullying Prevention Center.**
Create a World Without Bullying | NBPC.org | #endingbullying

HEALTHY RELATIONSHIPS

DOMESTIC VIOLENCE AWARENESS MONTH 2024



*the Seven
Principles for Making
Marriage Work*

COUPLES PROGRAM

What you will learn in this workshop:

The Seven Principles Program will give you new insights and research-based relationship skills that can dramatically improve the intimacy and friendship in your relationship and help resolve conflict in a healthy, productive way.

You will learn how to:

- ✓ Foster respect, affection, and closeness
- ✓ Build and share a deeper connection with each other's inner world
- ✓ Keep conflict discussions calm
- ✓ Break through and resolve conflict gridlock
- ✓ Strengthen and maintain the gains in your relationship

When: Tuesday and Thursdays - 1*, 3, 8, 15, 17, 22, 24, and 29 October from 1830-2000EST
*Must attend first session to participate in future sessions.

Is this workshop for us?*

The Gottman Seven Principles Program is designed for all couples in a committed relationship, including:

- ✓ Married, pre-engaged, engaged or premarital couples
- ✓ Couples of every phase of relationship
- ✓ Those who wish to enhance their already "good" relationship
- ✓ Those needing better conflict management tools
- ✓ Strengthen and maintain the gains in your relationship

If you are dealing with emotional abuse, domestic violence, unwanted touch, or substance abuse, this class is not appropriate. You should see individual or couples therapy.

Registration
for the Virtual
Domestic
Violence 5K



Register
for the
workshop
here!



Things to Look Forward To!



Federal Benefits Open Season is fast approaching, and it is the annual opportunity for Service members to review their benefit options and make enrollment choices to meet their Family's needs. Find more information [HERE](#)



Jan. 1, 2025, marks the start of health care delivery under TRICARE's new regional contracts. There will be changes to the TRICARE regions in the United States as part of the new contracts. Read more [HERE](#)

EFMP SURVEY: THE RESULTS ARE IN!

Overall satisfaction: 83% of respondents expressed their Family needs were met to some extent at the end of 12 months. 43% of respondents were satisfied with EFMP — with 25% neither satisfied nor dissatisfied, and 33% dissatisfied. Check out more info [HERE](#).

Learn more about recent EFMP program updates and/or share with other families with special needs!

Contact your nearest installation EFMP Family Support provider, or contact Military OneSource special needs consultants for free & confidential special needs consults & to learn how to access additional services for your family.

Schedule appointments 24/7 through live chat: <https://livechat.militaryonesourceconnect.org/chat/> or by calling 800-342-9847



There are over 1.3 million active duty military personnel in the United States. When you consider the even larger number of spouses and children, there are millions of individuals each year impacted by military service.



What scholarships exist specifically for children and grandchildren of U.S. service members, both active duty and veterans? Find scholarship information [HERE](#)

Happy Holidays to ALL!

In December, Service Members have a unique and significant opportunity to come together and participate in a rich tapestry of religious traditions within the Military community. This diverse array of observances serve as a catalyst for fostering a spirit of unity, mutual respect, and understanding among individuals. The shared celebration not only strengthens the bonds between Service Members but also enriches our collective experience during the holiday season. It is a particularly meaningful time for those who are new to the Military, as well as for those who find themselves separated from their Families during this period.

To help thank military Families for the sacrifices they make year-round, many organizations offer programs to make Christmas possible, especially for those with children. Find opportunities to help [HERE](#)



American Forces Travel offers military exclusive discounts on flights, rental cars, lodging, activities and more. Get booking [HERE!](#)



Important Dates to Remember

St. Nicholas Day: Dec 6

Bodhi Day: Dec 8

Feast Day of Our Lady Guadalupe: Dec 12

Yule: Dec 21

Hanukkah: Dec 25-2 Jan 2025

Christmas: Dec 25

Kwanzaa: Dec 26-Jan 1

Reaching Out for Help is a Sign of Strength

The Military & Veterans Crisis Line Dial 988 and press 1 to speak to a professional, 24/7 for confidential crisis support.



BDE S1 CONTACTS

1st BDE: 502-624-1448

2nd BDE: 609-562-5164

3rd BDE: 847-668-3328 (EXT. 131)

4th BDE: 910-396-9620

5th BDE: 210-295-0861

6th BDE: 912-315-4613

7th BDE: 502-624-5658

G1 SOLDIER AND FAMILY PROGRAMS

Division Chief:

502-624-5297

Social Services Support Specialist:

502-624-7215

SFP Support Coordinators:

502-624-7219/6239

**Other platforms Soldiers and Families can
contact SFP at:**

Cadet Command Website:

<https://armyrotc.army.mil>

**Cadet Command Soldier and
Family Programs Webpages:**

**[Soldier & Family Programs
\(army.mil\)](https://armyrotc.army.mil)**



**Cadet Command Soldier and
Family Programs Facebook
Group:**



Email Address:

**[Usarmy.knox.usacc.mesg.hq-g1-soldier-and
-family-programs@army.mil](mailto:Usarmy.knox.usacc.mesg.hq-g1-soldier-and-family-programs@army.mil)**

Federal Holidays

Columbus Day: Monday, Oct. 14

Veterans Day: Monday, Nov. 11

Thanksgiving Day: Thursday, Nov. 28

Christmas Day: Wednesday, Dec. 25

