



Information from the 733rd Mission Support Group



Catch all the latest in the quarterly Fort Eustis BUZZ at www.jble-eustismwr.com/buzz/ and via our webpage www.jble-eustismwr.com/ and social media pages posted at:

- Facebook <https://www.facebook.com/forteustismwr/>
- Twitter <https://twitter.com/JbleEustisMWR>
- Instagram <https://www.instagram.com/forteustismwr/>
- LinkedIn <https://www.linkedin.com/company/forteustismwr/>

Main Gate. Open 24 hours daily.

Gate 2. Open M-F (excluding holidays), 0600-1800 (inbound and outbound). Open M-F (excluding holidays), 0730-1530.

During inclement weather, holidays and closed schedules, don't forget **McClellan Fitness Center has a 24 hour access option.** FMI: 757-878-5556, <https://jble-eustismwr.com/fitness/mcclellan-fitness-center/> or fteustisfitness@gmail.com and Follow FE Fitness on Facebook at https://www.facebook.com/forteustisfitnesscenter/services/?ref=page_internal

Special Event Base Access Process. Our new VCC Org Box is up and running! Please submit all EAL or Visitor Access Requests to: 733MSG.S5T.VCC@us.af.mil. Change of Commands, special events, retirements, etc. are required to submit visitor requests to the 733 Security Forces Squadron, Visitor Control Center (VCC) 15 days prior to the event. Sponsors complete the Entry Authorization Listing (EAL) request with required information for each visitor. EAL requests received less than 15 days before the event may be delayed due to competing mission requirements.



Fort Eustis FSS 2023 Calendar

11 MAR	10K Run/Ruck Test your fitness by running or by rucking through Fort Eustis during this annual race.
14 APR	MOMC Spring Fling Carnival Join Force Support as we celebrate the Month of the Military Child with a carnival and activities for children.
15-25 MAY	Remember The Fallen This festival includes intramural competitions, a golf tournament, the Run for the Fallen 5k, and ends with a Remembrance Festival & Concert.
17 AUG	Community Block Party & Concert Celebrate the end of summer with the community, and prepare for another school year at the CYP Block Party followed by an outdoor concert for all!
09 SEP	Mulberry Island Run Runners can choose to speed through the 5k or test their endurance with the Half Marathon along this scenic route through Mulberry Island.
29 SEP	Oktoberfest Fort Eustis comes together every year to celebrate this classic German Festival with music and food. We'll see you there in your leiderhosen!
27 OCT	Fall Fest This installation wide collaboration features a trunk-or-treat, haunted and not-so-haunted walk throughs; and fun for the whole family!
01 DEC	Holiday Tree Lighting Every year the Fort Eustis community gathers for a classic Tree Lighting Ceremony filled with holiday spirit followed by pictures with Santa!





Message from the Safety Office — Center for Initial Military Training



CIMT Safety Notes

Safety's Notes:

“Daisy chaining” extension cords/ power strips is prohibited. Per OSHA 1910.303 (b) (2):

As a rule, extension cords and/or power strip cords (also referred to as surge/spike protectors or portable outlets) should not be plugged into one another. Daisy chaining increases the likelihood of misuse, excessive voltage drop and over loading the extension cord (due to exceeding the maximum allowed watts) which may create a fire or shock hazard.

PLR 23-022 - PMV-2 Mishap **Claims One Soldier's Life**

A 27-year-old Sergeant assigned to Fort Bliss, Texas, died in a PMV-2 mishap 13 January 2023 in El Paso, Texas, at 2046 local. The Soldier was traveling southbound when his motorcycle collided with a truck that pulled out in front of him. The El Paso Police Department (EPD) pronounced the Soldier dead at the scene. He was wearing personal protective equipment and completed the required Motorcycle Safety Foundation training. It was reported that alcohol was not suspected as a contributing factor to the mishap. It is currently unknown if speed was a contributing factor. The unit/safety points of contact are waiting for EPD to release its final report. Since 2018, the Army has lost an average of 24 Soldiers a year to off-duty PMV-2 mishaps. **This mishap was the sixth PMV-2 fatality of FY23.**

PLR 23-021 - PMV-4 Mishap **Claims One Soldier's Life**

A 57-year-old Staff Sergeant assigned to the U.S. Army National Guard, Oskaloosa, Iowa, on Title 10 orders died in a PMV-4 mishap 8 January 2023 in Johnson County, Iowa, at 0530 local. The Soldier reportedly was on his way to work when he was involved in a multi-vehicle mishap and sustained fatal injuries. The Jefferson County Sheriff's Department notified the unit of the mishap. The specific circumstances of the mishap, including speed, the Soldier's use of a seat belt, and the involvement of alcohol or drugs as contributing factors, are currently unknown. The unit/safety points of contact are waiting for the Jefferson County Sheriff's Department to release its final report. Since FY18, the Army has lost an average of 35 Soldiers a year to PMV-4 mishaps. **This mishap was the 12th PMV-4 fatality of FY23.**

Educational Safety Topic: Personal Safety

Last year was the safest year in Army history regarding mishap fatalities with a loss of 82 Soldiers and one Department of the Army Civilian. Both numbers were historic lows, and FY22 was only the second year that the Army lost fewer than 100 Soldiers to mishaps. However, the untimely death of even one Soldier to a mishap is unacceptable, with our goal being zero mishap fatalities. The Army lost 117 to suicides, down from 188 from FY21; but again, the goal for all leaders and safety professionals is zero mishaps, suicides, and accidents.

What is mental safety? Mental Safety refers to the state of well-being in which an individual is able to cope with the normal stresses of life, work productively and make a contribution to their community. It is important to maintain good mental safety as it is a crucial part of overall health and well-being.

In my personal experience I have found several ways to maintain good mental safety. One way is to practice good self-care; such as getting enough sleep, eating well, and exercising regularly. It is also important to have a good support system in place, such as friends and family, or a therapist or counselor, or even a religious mentor. This sounds simple, but if you take the time to digest these principles you can be sure that all these practices are very achievable.

Another way to maintain good mental safety is to engage in activities that brings joy and fulfillment, such as hobbies or volunteering. It is also important to take time to relax and destress, whether it be through meditation, yoga, or taking a walk in nature. In my case I have found that “Spiritual Engagement” in faith has been what has worked for me. It helped me develop a sense of self-awareness, self-acceptance, and self-compassion. It provided me with a sense of purpose and meaning in life, which helped me cope with combat stress and other difficult situations.

Not saying mental safety is one size fits all, but felt with the professional and personal obligation to share some perspective and perhaps a different view on mental safety. In short, If you or someone you know is struggling with mental health, it is important to seek help from a mental health professional. They can provide support and guidance, and help develop a plan to improve mental well-being. Mental safety is an important aspect of overall well-being, and there are various ways to maintain good mental safety such as self-care, good support system, engagement in joyful activities, relaxation and seeking help from mental health professional. And if you are like me, picking up the bible for guidance and comfort may be one way.

POC: CW3 Peter R. Popoff; peter.r.popoff.mil@army.mil or at 719-896-1164 (Signal or Text)



Medical Readiness Made Easy



Check your Medical Readiness by going to the following Portal:

<https://medpros.mods.army.mil/portal/#/>

Take the following actions if you are overdue or within 90-days:

Clinic Locations:

lth Center; 576 Jefferson Ave Fort Eustis, VA 3604

- **McDonald Army Health**

Readiness Clinic ; 664 Darcy Place Fort Eustis, VA 23604

- **Deployment Medical**

669 Monroe Ave Fort Eustis, VA 23604

- **Tignor Dental Clinic;**

Medical Readiness Requirement	Frequency	How and where do to get it done:	How long will it take to update MEDPROS?
Dental	Annual	Call 757-314-8015 (Tignor Dental Clinic) or 757-314-7925/7926 (McDonald Army Health Center Dental Clinic) to schedule an appointment	24-72 hours
PHA	Annual	1. Complete online portion of the PHA - https://medpros.mods.army.mil/portal/#/ 2. Call the VIPRR Clinic (1-844-863-3236) to book virtual appointment OR Call Hampton Roads Appointment Center (HRAC) at 1-866-645-4584 or visit	7-days
Immunizations	Varies	Walk-in to the Deployment Medical Readiness Clinic (DMRC) on Friday from 0700-1100 or 1300-1500 OR Call Hampton Roads Appointment Center (HRAC) at 1-866-645-4584 or visit www.tricareonline.com to schedule an appointment	24-72 hours
Hearing	Annual	Call Hampton Roads Appointment Center (HRAC) at 1-866-645-4584 or visit	2-4 weeks
Vision	Annual	Walk-in to the Deployment Medical Readiness Clinic (DMRC) on Friday from 0700-1100 or 1300-1500 Call Optometry Clinic (front desk) at 757-314-7620 OR Call Hampton Roads Appointment Center (HRAC) at 1-866-645-4584 or visit www.tricareonline.com to schedule an appointment with Optometry. Remember, Soldiers must have a near vision assessment when they reach 45 years of age regardless of when they had their last vision assessment.	24-72 hours
HIV	Every 2 Years	Walk-in to the Deployment Medical Readiness Clinic (DMRC) on Friday from 0700-1100 or 1300-1500 OR Walk-in to the McDonald Army Health Center laboratory M-F 0730-1600 (except 3 rd Thursday of every month)	24-72 hours



Fort Eustis Activities

February



- 4, 5, 18 & 19 Feb — Privately Owned Firearms (POF) Range Open**, 9am-1pm (Weather Permitting) FMI: 757-878-2610 or www.jble-eustismwr.com
- 6-10 Feb – TAP Transition Workshop**, 8am-4:30pm FMI: 757-878-7594 or <https://www.facebook.com/JBLETAP/>
- 7 Feb – 1SG Pancake Breakfast & Resource Fair @ ACS** (Registration Required), 7:30-9am FMI: 757-878-3638 or www.jble-eustismwr.com/acs/
- 7 & 8 Feb – TAP My Education Seminar**, 8:30am-4:30pm FMI: 757-878-7594 or <https://www.facebook.com/JBLETAP/>
- 7 & 21 Feb – ETS/Separation Briefing**, 9am, Bldg. 650/Rm 129, FMI: 757-878-2204 or www.jble-eustismwr.com
- 7 & 21 Feb – ACS Teaching Kitchen Cooking Class: Frugal & Healthy Cooking**, 5:30-7pm FMI: 757-878-3638 or www.jble-eustismwr.com/acs/
- 7, 9, 14, 16, 21, 23, & 28 Feb – Operation Little Learners @ Groninger Library**, 9:30-11:30am FMI 757-878-5017 or eustislibrary.org
- 9 Feb – Comm. Rec Cntr Family Event: Make your own Valentine Card (Reg. Req.)**, 6-8pm FMI: 757-878-3717 or <https://www.facebook.com/jblefteustisreccenter>
- 10 Feb – Darts Tournament @ Comm. Rec. Cntr** (Ages 16+ - Registration Required), 6-8pm FMI: 757-878-3717 or <https://www.facebook.com/jblefteustisreccenter>
- 10 Feb – EFMP Adult Night Out: Picasso Night @ ACS**, 6:30pm FMI: 757-878-3638 or merlin.choice.2@us.af.mil
- 11 Feb – Aquatics Center Winter Plunge**, 2-4pm FMI: 757-878-1090 or www.jble-eustismwr.com/morale/aquatics/
- 14 & 28 Feb - ACS In-Person Newcomers Orientation**, 8am-12pm FMI: 757-878-3638 or www.jble-eustismwr.com/newcomers/
- 14 Feb – Love Bug Story Time and Craft Activity @ Groninger Library**, 3:30-4:30pm FMI 757-878-5017 or eustislibrary.org
- 15 Feb — Free Community Dinner @ Community Recreation Center**. 5:00-7:00. FMI 757-878-3717 or communityrec-center@gmail.com
- 24 Feb — Fort Eustis Comedy Show; @ Fort Eustis Club**. 8:00—11:00pm (Doors Open at 7:00); You can get tickets by calling 757-878-5700 or 757-506-5660 or email Frederick.l.mckinnon.civ@army.mil or <https://www.eventbrite.com/e/fort-eustis-comedy-show-feb-24-tickets-530783877867?aff=erelexpmlt>



Fort Eustis Resources



Army Community Service; Peter Lamberti; (757) 878-3638

Army Emergency Relief: 705 Washington BLVD, Room 240, Fort Eustis, VA 23604 or at 757-878-2137
vonlamia.l.howard.civ@army.mil

Utilize the Quick Access Program – CDR/1SG can approve up to \$2000

Army Family Housing; Carl Stover; (757) 817-5602; Ms. Kathleen Serwon; Kathleen.serwon.civ@army.mil;
Desk: (757) 878-6088; **Housing HOTLINE (24/7) (757) 817-5602**

Army Wellness Center; Ms. Samantha Melius; samantha.r.melius.civ@health.mil; Desk: (757) 314-7724

Behavior Health Services; Bldg 502 Sternberg Ave; 757-314-7557/7558; Monday-Friday 0745-1630; Active Duty Only

Casualty Assistance (CAC) & Survivor Outreach Services (SOS); 705 Washington BLVD

Suite 132

(CAC) Ms. Debra Stancil debra.stancil.civ@army.mil; Desk: (757) 878-1118; Duty Cell(s): 24/7 (CAC only); (757) 846-3526; (757) 810-8905

SOS; Ms. Cecelia Wallace; cecelia.m.wallace.civ@army.mil; Desk: (757) 878-3887; Duty Cell: (757) 234-9634

Education Center; BLDG 1500 Madison Avenue ;Don Gallimore; (757) 878-5166; Mr. Don Gallimore;
Desk: (757) 878-5166 / 2083 donald.l.gallimore.civ@army.mil; <https://www.facebook.com/FtEustisAEC/>

Room Assignment request: bryan.j.kroll.ctr@army.mil ; Desk: (757) 878-2083

Family Advocacy Program; Bldg. 502 Sternberg Ave Fort Eustis, Virginia; 757-314-7998; 0730-1630
(Monday-Friday); 757-764-6800 After hours (Langley Emergency Dept.)

1-757-276-1090; Victim Advocate (24 hours/7 days a week)



Fort Eustis Resources (cont.)



Financial Readiness (ACS): Ms. Darlene Morgan, AFC®; darlene.morgan@us.af.mil; Desk: (757) 878-3638; Bldg. 650 Monroe Ave

FEVA B.O.S.S.: SPC Jacob Huckabee; (406) 390-6288; jacob.c.huckabee.mil@army.mil

Housing Services Office (HSO): forteustisHSO@gmail.com; <https://jble-eustismwr.com/housing/>; (On and OFF Post Referrals) Mrs. Regina Fremont-Gomez; Desk: (757) 878-5579 or 2977; Cell: (757) 968-2004;

JBLE Inspector General (IG) Team: 2788 Harrison Loop Fort Eustis, VA 23604; Office Hours: 0830 – 1630; Phone: (757) 878 – 4844; Email: usarmy.jble.tradoc.list.hq-tradoc-ig-ft-eustis-field-ofc@mail.mil.

Legal Resources: Legal Assistance Office; 2732 Madison Avenue, JBLE, Virginia 23604; Hours of Operation ; Monday - Friday, 0800-1200, 1300-1600 (By Appointment); Patrick.M.Grove.mil@army.mil; (757) 550-1671

Claims: Generally open 0800 – 1600; Closed 1130 – 1300; APPOINTMENTS ONLY; Household goods (but carrier insurance first); Deployment claims; Medical evacuation Items shipped in containers, Losses due to enemy action or combat activities, Personal property held as evidence, Private vehicle damage.

Military Family Life Counselors Rob Bradley (757) 755-5512 ; Alison Sigler (757)755-5509;

Child MFLCs; (757) 409-7438 / (757) 755-5500 / (757) 807-3074 / (757) 636-6495

Pregnancy Postpartum Physical Training; SSG NyAsia Dillard; (757) 333-1020; nyasia.m.dillard.mil@army.mil.

Soldier & Family Readiness Group (ACS); Bldg. 650 Monroe Ave ; Liezel D. Bambao; (757) 878-3638; liezel.bambao.1@us.af.mil

TRADOC Military Equal Opportunity Office: 3rd Floor BLDG 661 Sheppard Pl. Fort Eustis, VA 23604; Office Hours 0900-1700; TRADOC MEO HOTLINE: (757) 897-6657; MEO Email: usarmy.jble.tradoc.mbx.hq-tradoc-diversity-meo@army.mil

United Service Organizations (USO); Ms. Christine Salak; csalak@uso.org; Desk: (757) 878-1046; Cell: (757) 598-1479



Fort Eustis ACS/MWR – Flyers



COMMUNITY RECREATION CENTER

February Events

Make your Own Valentine Card

Thu, February 9 • 6:00-8:00PM

Enjoy making your spouse a Valentine card, or bring your kids and let them make their own Valentine card.
Open to all *Registration Required

Darts Tournament

Fri, February 10 • 6:00-8:00PM

Put your Darts Skills to the test!
Join this Fun & Friendly Tournament.
Ages: 16+ *Registration Required

Armed Forces Day

Sat, February 11 • 12:00-6:00PM

Stop by the rec center and get your free engraved dog tag!
*Open to all Active Duty personnel

Watch Party - YOU Series

Thu, February 16 • 6:00-7:00PM

Enjoy the newest season of You with us at the rec center!
TVMA for Mature Content. FMI Call the Rec Center.
Ages: 18+ *Registration Required

Loteria

Fri, February 17 • 6:00-8:00PM

Enjoy a fun game of Loteria with friends!
Learn Spanish words on our Adult Bingo Night.
Adults Only (21+) * Registration Required

Paint N' Sip

Thu, February 23 • 6:00-8:00PM

Enjoy a night of painting and sipping w/ friends or loved ones & take the artwork home!
Adults Only (21+) *Registration Required

Pool Tournament

Fri, February 24 • 6:00-8:00PM

Life is a game of billiards, so enjoy some friendly competition!
Ages: 18+ *Registration Required

Movie Day

Every Saturday • 12:00-6:00PM

12:00PM - Family Movie (All ages)
2:00PM - Comedy Movie (13+)
4:00PM - You Pick Movie! (13+)

Call, or stop by Rec Center for registration & more information!

*All events are free unless otherwise noted. Concessions will be sold at the events.



JBLE-EustisMWR.com

*Open to all with base access.

**Community Recreation Center
Wed-Sun 11:00AM-7:00PM**

671 Lee Blvd, Fort Eustis • (757) 878-3717



Fort Eustis ACS/MWR – Flyers



Lunch Time SMOOTHIES

Fresh & Healthy Taste Sampling and Recipe Sharing

2023

16 FEB, 11 MAY, 14 SEP, 7 DEC

1130 - 1230

ACS TRAINING KITCHEN
650 MONROE AVE

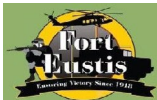


yum

To register, call 757-878-3638 or Email 733MSG.FSG.EustisACS@us.af.mil

Army Community Services (ACS)
<https://jble-eustismwr.com/acs/>

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@forteustisacs



Frugal & Healthy Cooking

Healthy food is defined as food that provides you with the nutrients you need to support a healthy body, and get the energy it needs.

Quick, Nutritious & Cost Effective Meals

10.24Jan; 7. 21 Feb; 7 Mar
1730-1900

ACS Training Kitchen
650 Monroe Avenue



"The Jrst we J.U.h is hea/Jh"
~Ralph Waldo Emerson

Registration is required.

To register, call 757-878-3638 or Email 733MSG.FSG.EustisACS@us.af.mil

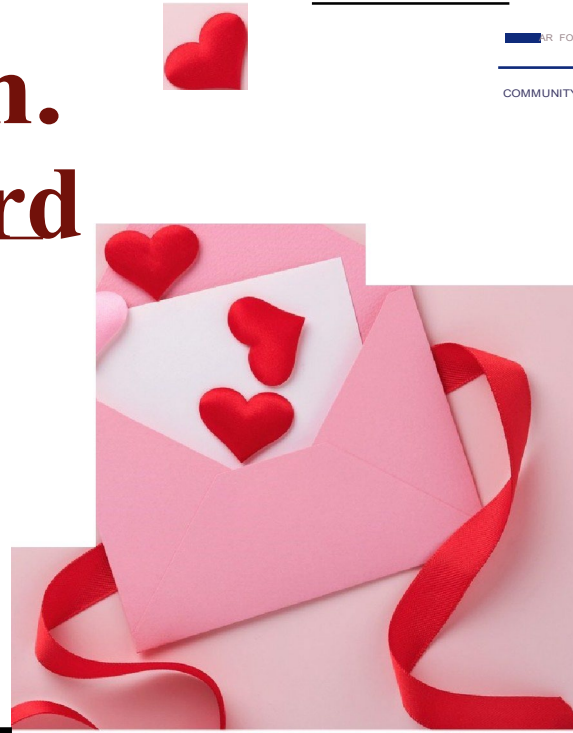


Make your Own. Valentines Day Card

February 9 • 6:00 - 8:00 PM
Community Recreation Center

Enjoy making your significant other a Valentine's Day card, or bring your kids and let them make their own version of a Valentine's Day card.

*Registration Required



AR FORGE
COMMUNITY CENTER



JBLE-EustisMWR.com

Community Recreation Center
Weds-Sun 11:00AM-7:00PM
Bldg 671 Lee Blvd., Fort Eustis • (757) 878-3717



Fort Eustis ACS/MWR – Flyers



FRIDAY NIGHT OF COMEDY

FRIDAY, 24 FEBRUARY 8PM 2023
FORT EUSTIS CLUB
2123 PERSHING COURT, FORT EUSTIS VA
TICKETS ONLY \$20

Hosted By

TEAM FRED

ADDISON HALL

STEFUNNY DENISE

DAVID BECK

GARY MITCHELL



Youth Golf League

Registration Fee: \$165
(Includes golf fees, weekly practice fees, banquet and awards, uniform golf shirt)

- Parent Meeting: February 21 at 6:00 PM @ Youth Programs (1102 Pershing Ave)
- Practice begins March 13
- Matches begin April 2023
- League ends September 2023

Open to boys and girls ages 9-13

Register online: parent.afcyp.com
New Parents?
Contact Youth Programs at (757)878-2662



Register Here



JBLE-EustisMWR.com

The Pines Golf Course: Every Day 8:00AM-5:00PM
3815 Mulberry Island Rd, Fort Eustis • 757 878-2252



Free Community Dinner

For all Fort Eustis Military, Veterans, First Responders & their Families

January 18, 2023
February 15, 2023
March 15, 2023

5:00-7:00PM
Community Recreation Center

Free meals for our nations heroes and families while supplies last.



JBLE-EustisMWR.com

Community Recreation Center
Bldg. 671 Lee Blvd, Fort Eustis
(757) 878-2747