Fort Campbell

101st AIRBORNE DIVISION

DEPLOYMENT HANDBOOK

(10-11)

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EMERGENCY INFORMATION

Soldier's Full Name: _____

Soldier's Rank: _____ Soldier's Social Security Number: _____

Soldier's Date of Birth: _____ Soldier's Place of Birth: _____

Soldier's Unit Name: _____ Unit Phone: _____

Immediate Supervisor: _____

Company Commander: _____

Rear Detachment Commander: _____

Rear Detachment Commander's Phone: _____E-mail: _____

Family Readiness Group Leader: _____

Family Readiness Group Leader's Phone: _____

E-Mail:_____

Family Readiness Group Point of Contact: _____

Family Readiness Group Point of Contact's Phone: _____

E-Mail:_____

Rear Detachment Chaplain & Phone: _____

Battalion Staff Duty Phone: _____

Soldier's Mailing Address: _____

_____

My Family Readiness Assistant's Name: _____

My Family Readiness Assistant's Phone Number: _____

My ARMY ONE SOURCE: 1-800-342-9647 / www.myarmyonesource.com

Please remember these numbers are confidential and should not be used for solicitations or mailing lists of any kind.

QUICK REFERENCE PHONE NUMBERS

Post Operator	270-798-2151
Post Office (Ft. Campbell)	270-439-4114
Public Affairs Office	270-798-3025
Chaplain	270-798-6124 / (CARE)
FTCKY Garrison	270-798-9921 / 1658
1st Brigade Combat Team-327th Infantry	270 -798-6019
2nd Brigade Combat Team-502nd Infantry	270-798-7177
3rd Brigade Combat Team-187th Infantry	270-798-6018
4th Brigade Combat Team-506th Infantry	270-956-4883
101st Sustainment Brigade	270-798-2356
101st Combat Aviation Brigade	270-956-3481/3504
159th Combat Aviation Brigade	270-798-5692
HHB 101ST Division	270-798-5029
5th Special Forces Group (Airborne)	270-798-4445/5836
160th Special Operations Aviation Regiment	270-798-1301/1605
52nd Ordinance Group (EOD)	270-798-7173
Warrior Transition Unit	270 -956-0693 / 798-8045
INSTALLATION AGENCIES:	
Army Community Service	270-798-9322
Family Resource Center	270-956-2935
Family Resource Center 24/7 Help Line	1-866-252-9319
Family Advocacy Prevention/Education	270-412-5500
Family Advocacy Treatment	270-798-8601
To Report Child/Spouse Abuse	270-798-8601
Family Readiness (ACS)	270-798-3849
MWR Info	270-798-7535
Army Emergency Relief (Financial Readiness)	270-798-5518
I.D. Card / DEERS	270-798-2424 / 4838
American Red Cross (office phone) / (after hours)	270-798-2171/ 1-877-272-7337
My Army One Source	1-800-342-9647
Legal Assistance Office	270-798-4432
Replacement Detachment	270-798-2813 / 2817
Armed Services YMCA / Backdoor Boutique	270-798-7422/956-1566
Soldier & Family Assistance Center (SFAC)	270-412-6000
Army Lodging (Turner Guest House)	270- 439-2229
HOSPITAL & INSTALLATION SERVICES:	
Blanchfield Army Community Hospital Operator	270-798-8400
Emergency Room	270-798-8000
TRICARE	1-877-874-2273
BACH Appointment Line (Local)	931-431-4677
BACH Appointment Line Toll Free	1-866-524-4677
KY Dept for Community Based Services (KDCBS)	270-889-6503 / 6512
Fisher House	270-798-8330
Narcotics Anonymous (TN)	931-647-9043

POLICE & SERVICES:	
Fort Campbell MP's	270-798-7111 / 7112 / 7113
Clarksville Police	931-648-0656
Hopkinsville Police	270-890-1300
Oak Grove Police	270-439-4602
Rape & Sexual Abuse (TN)	800-879-1999 / 931-647-3632
Rape & Sexual Abuse (KY)....KY River Community Care	800-375-7273
Safe House (Clarksville)	931-552-6900
Sanctuary (Hopkinsville)	270-886-8174 / 800-766-0000
Urban Ministries (TN).	931-648-9090
Women Infant & Children (WIC) (Fort Campbell)	270-798-4935
Women Infant & Children (WIC) (TN)	931-551-8777
Christian County Health Dept. (WIC) (KY)	270-887-4160
Animal Control	270-798-7111 / 7112
Veterinary Clinic (Ft. Campbell)	270-798-3614
Adult Behavioral Health.	270-798-8802
Alcoholics Anonymous (TN)	931-647-0225
Chaplain (CARE) Line…	270-798-2273
Child/Adolescent Psychiatry	270-798-8437
Dept. for Children's Services (Clks)	931-503-3200
Behavioral Health Support Center	270-798-8682

www.facebook.com/101st
www.facebook.com/fortcampbell
www.facebook.com/fortcampbellcourier
www.facebook.com/BACH.Fort.Campbell
www.facebook.com/FortCampbellMWR?REF=TS
www.facebook.com/FtCampbellDeers

LOCAL UTILITIES INFORMATION

Provided by Army Community Service, 5661 Screaming Eagle Blvd. Fort Campbell, KY 42223				
ELECTRICITY				
Name	**Address**	**Hours**	**Phone Number**	**After Hours Number**
CDE: City of Clarksville	2021 Wilma Rudolph Blvd.	M - F 8:00 - 5 :00	(931)-648-8151	(931)-552-3333
CEMC (Outside City)	1940 Madison St.	M - F 7:30 - 4:30	(931)-645-2481	Repair: 1-800-987-2362
Hopkinsville Electric	1820 E. 9th Street	M - F 8:00 - 4:30	(270)-887-4200	(270)-887-4216
Pennyrile Rural Electric Co-op	2000 Harrison St.	M- F 7:30 - 4:30	(270)-886-2555	(270)-886-2555
Oak Grove Utilities	8505 Pembroke/Oak Grove Rd	M - F 8:30 - 4-00.	(270) 439-5433	270-439-5433. Closed: Last Wed of mth
GAS & WATER				
Clarksville Gas & Water	2215 Madison St.	M - F 8:00 -4:30	(931) 645-7400	(931) 645-0116
Hopkinsville Water	401 E. 9th St.	M - F 7:30 - 5:00	(270)887-4246	(270)-887-4232
Christian County Water District	1960 Dawson Spring Rd.	M - F 8:00 - 4:30	(270)886-3696	(270) 886-3696
Oak Grove Utilities	8505 Pembroke/Oak Grove Rd	M - F 8:30 - 4-00. Closed: last Wed	(270) 439-5433	(270) 439-5433
DRIVERS LICENSE				
Clarksville ,TN	220 W. Dunbar Cave Rd.	T - F 7:00 -5:30	(931)-648-5596	None
Hopkinsville, KY	9 th St. Christian Co. Justice Ctr	M - F 8:00 -4:15	(270)-889-6540	None
TAGS/REGISTRATION				
Clarksville	350 Pageant Ln. #502	M - F 8:00 - 4:30	(931)-648-5711	None
Hopkinsville	511 S. Main (2nd floor annex)	M - W 8:00 - 4:00. TH 8:00 - 6:00 F 8:00 - 4:30	(270)-887-4105	None
CABLE				
Clarksville–Charter	1850 Business Park	24 Hr. Customer Assistance	1-888-829-3018 1-866-472-2200	ww.charter.com
Ft Campbell –COMCAST	923 14th St.	M- F 8:00 - 4:30	(931)-431-3061	None
Hopkinsville – Charter	130 Hammond Dr.	M - F 8:00 - 5:00	(270) 439-1611 1-800-829-3018	www.charter.com
Oak Grove - Media Com	1400 Thompsonville Ln.	M - F 8:00 - 4:30	1-800-444-5353	www.mchsi.com
Ft Campbell-COMCAST	.923 14th St.	M - F 8:00 - 4:30	(931)-431-3061	None
Oak Grove - Media Com	1400 Thompsonville Ln.	M - F 8:00 - 4:30	1-800-444-5353	1-800-444-5353
VOTER REGISTRATION				
Clarksville	350 Pageant Lane	M - F 8:00 - 4:30	(931)-648-5707	www.montgomerycounty.org
Hopkinsville	County Clerk Off. 511 S. Main	F 8:00 - 4:30	(270) 887-4105	www.christiancounty.org/countryclerk
NEWSPAPER				
The Kentucky New Era	1618 E. 9 St. Hopkinsville, KY	M - F 8:00 - 6:30	(270)-887-3290	
Ft. Campbell Courier	1505 Ft Campbell Blvd	M - F 8:30 - 5:00	(270)-798-6090	www.fortcampbellcourier.com
The Leaf Chronicle	200 Commerce St.	M - F 8:00 - 5:00	(931)-552-1808	
TELEPHONE				
Bell South		Residential	1-888-757-6500	
AT& T		Residential	1-800-222-0300	
Ft Campbell - Sprint	6902 Desert Storm		(270) 798-9200	

Handling Emergencies

1. CONTACT THE REAR DETACHMENT COMMANDER WITH ANY INFORMATION.

Rear Detachment Commander: _____

Office number: _____

Home number: _____

2. NOTIFY THE AMERICAN RED CROSS:
2401, Corner of Indiana Ave and Air Assault
Office phone: (270) 798-2171
Office hours: 0800-1630 Monday thru Friday (except holidays)
After hour number: 1-877-272-7337 (toll free)

Family members such as parents or in-laws need to contact their local Red Cross where they reside. (Check local information or www.redcross.org)

Red Cross Messages Include:

- Verification of critical illness or death of an immediate Family member (or grandparent) of active duty military or their Spouse.
- Immediate Family-mother, father, sibling, Spouse, child, (Includes in-laws and steps).
- Birth announcements. Pre-birth notification (in the case of serious medical problems for mother and/or baby).
- Breakdown of child care plans-verification from doctor or other sources that caused breakdown in childcare.

Message Timeline:

- Message verification is from the Red Cross office **where the emergency occurs.**
- **Delays occur when doctors require a signed release, Family phone numbers are incorrect or not available, and the Soldier's information is incorrect or unknown and other factors.**
- With the verification, the Red Cross will contact the Brigade or Battalion Staff Duty with the case number and the contents of the message.
- During deployments, the message goes to the Red Cross in the forward area who then relays the message (with limited communications) to the Staff Duty/Chain of Command.
- Messages are not normally given to the Rear Detachment.

Other Information:

- Blanchfield Army Community Hospital (BACH) Emergency Room will not provide verification for a patient who received treatment and is released.
- Emergency leave is a Commander decision. Red Cross provides verification to assist the Commander in making a leave decision.
- To initiate a message, Red Cross will need:

(Please refer to your Quick Reference Emergency Information on Page 4-5)

1. The full name, rank, social security number and current military address (including zip code) of the service member;

2. Nature of the emergency;
3. The doctor's name, the funeral home, name of the local point of contact, the phone number and the city and state.

The Red Cross and the various Military Aid Societies have Memorandum of Understanding (MOU's) in place to provide access to financial assistance 24/7 for service members. If the service member, or their authorized Family members need financial assistance and can not get to the appropriate aid society, or it is outside their normal duty hours, service members/Family members should contact the nearest Red Cross station or chapter. If they can not find a Red Cross Chapter in their area, and they are not near a military base, they can call our toll free number **1-877-272-7337 for assistance.** The Red Cross worker will process the request through the military aid society and will provide the assistance on behalf of that aid society if it is approved. So, even though the service member may be receiving a Red Cross check for the assistance, they will be signing an allotment to repay the aid society because the assistance is really coming from that aid society - just with Red Cross assistance.

Note: Sending a Red Cross message does not insure the Soldier will return home, it just provides verified information for the Commander and Soldier to base a leave decision.*

Medical Evacuation Process for your Soldier returning to BACH

Case Managers and members of the Command at Blanchfield Army Community Hospital will meet your Soldier at the Air Field when your injured or ill Soldier returns to Fort Campbell through the Air Evacuation system. Family members are asked to go to BACH and meet your Soldier upon arrival in the "A" Entrance lobby. Your Soldier will be evaluated by a primary care provider upon return. At that point your Soldier will either be admitted for overnight stay or released to go home and return to the hospital for future appointments. A member from your Soldier's Rear Detachment Command, a Red Cross representative, and the BACH Warrior in Transition representative will be able to assist you, the Family member, until you are able to join your Soldier. Your Soldier will be assigned a Primary Care Manager (PCM) and a Case Manager within the Deployment Health Clinic. PCM manages your Soldier's healthcare by assisting in diagnosis, planning, treating or referring medical needs to another specialty provider. The Case Manager will assist to expedite your Soldier's healthcare delivery.

Very Seriously Injured/Seriously Injured Information

If your Soldier is very seriously injured (VSI) or seriously injured (SI) while deployed, you will usually be notified telephonically. If you are notified by someone other than the Rear Detachment Commander of a VSI /SI, please contact your Rear Detachment immediately to confirm the information.

Quick Reference if your Soldier is Wounded

Introduction:

The following is a guideline for you in case your Soldier is injured. You will receive more in depth information from the Rear Detachment Commander (RDC) after notification; remember that a passport will be required for overseas travel.

Notification and Travel for Families of Wounded Warriors

1. You will receive a phone call from wounded Soldier or the Rear Detachment informing you the Soldier has been injured.
2. Rear Detachment will call you and/or you will immediately call your Rear Detachment .
3. Rear Detachment and Division Surgeon office will answer your questions, limited to the information they have available. Remember you may know about the injured Soldier before they do.
4. **Wait for Travel Orders from the Rear Detachment.**
5. Rear Detachment will arrange for your travel to Hospital.
6. Begin packing using enclosed packing list.
7. Arrange for childcare, if needed, and pet care. Someone to pick up papers, mail, etc. (Refer to information in this book.)
8. Travel orders will be given to up to three Next of Kin to travel and stay at Hospital. Family members do not have to be in one location. Mom, from Idaho can meet you there. Children may travel but please see cautions on age restrictions and childcare on some Hospital Wards.
9. Rear Detachment will inform Wounded Warrior Transition Unit personnel and Liaison Officer at receiving Hospital of your travel arrangements and needs.
10. Warrior Transition Unit personnel will pick you up at the airport and transport you to Hospital and lodging. They will also meet other Family members at airport.
11. Lodging will be arranged on grounds or nearby. Travel orders will cover costs.
12. Soldier Family Assistant Center (SFAC) personnel will meet with you soon after arrival, answer your questions, and help you get settled.
13. Remember, you are not alone!
14. Your job is to be there for your Soldier and help him/her heal.
15. Passports can be expedited but we recommend you have a passport ahead of time for you and your children.
16. See page 10 for a Family Member Recommended Packing List

Family Member Packing List

- ✓ Personal medication
- ✓ Pajamas and robe
- ✓ At least five sets of comfortable clothes for you, including jacket
- ✓ Personal hygiene items*
- ✓ Address book with phone numbers
- ✓ Stamps and envelopes
- ✓ Addresses and phone numbers for bills if you continue to handle payments
- ✓ Names and phone numbers of RD, FRG Leader and POC for the patient's unit at Fort Campbell.
- ✓ Documents
    - Copy of Travel Orders
    - Military ID
    - Power of Attorney (Durable)
    - Living Will
    - Banking information
    - Passport required for Overseas travel
- ✓ Books and music for yourself
- ✓ Books and music for patient (IPOD, CD player)
- ✓ Soldier items
    - Pajamas
    - Underwear
    - Slippers or shower shoes, sneakers
    - Socks
    - Sweat pants
    - Jacket, if weather is cold

If children are traveling

- ✓ Immunization records for day care
- ✓ ID card
- ✓ At least five sets of clothes
- ✓ Class work
- ✓ Books and toys
- ✓ School's phone number

- *Personal hygiene items are available through the Fisher Houses, so if you should forget an item please contact them. Many people donate these items for your use.
  Additionally there is a small PX located at every facility.

Casualty Assistance Information

It is a fact that the military can be a dangerous profession. If there is an incident in which a Soldier is injured, wounded, killed, or missing in action there are specific Army procedures for informing the Family.

DO NOT listen to rumors.

- Notification of minor injuries on a deployment will **probably** be made through a direct call from the Soldier.
- If the Soldier is seriously injured or wounded, Families are notified of the injury to their Soldier in a number of ways. Some Families receive phone calls from their Soldier who then tells them of their injury. Often another military member present may speak to the Family to provide additional information. "Official" notification occurs when either the rear detachment (military member of the Soldier's Unit left behind at the home station to take care of Families) or the Department of the Army Wounded in Action Branch (**DA WIA**) calls to notify the Family.
- During "official" notification, the Family is told the status of the Soldier to include the most recent assessment of the injuries, and is given a phone number for the DA WIA to call with questions or update requests. The service member who does the "official" notification is not a health care professional and can not offer explanations of injury or medical terms. The number to DA WIA is **1-800-626-3317**. The DA WIA will initiate phone calls to the Family for updates on the movement of the Soldier and changes in medical condition. A "Needs Assessment" checklist is done within hours of official notification so that the DA WIA is able to coordinate travel quickly for the Family if necessary.
- It is important to realize that a **casualty notification in the event of a Soldier's death will** be made in person. A Soldier in Class A "Dress" uniform of equal or higher rank but must be no less than a Sergeant First Class (SFC), Warrant Officer Two (CW2) or Captain (CPT) will be accompanied by a chaplain or a mature Soldier will come to your home. **Notification will not come from any other source.**
- **Casualty notification will be rendered by the military installation nearest you if you are away from Fort Campbell.**
- After notification of casualty, a Casualty Assistance Officer will be assigned to you in order to assist in applying for all benefits to which you are entitled. Don't be afraid to ask questions.
- The Casualty Assistance Officer will assist in the coordination for funeral arrangements.
- The CARE Team from the unit may also be called upon to help in a time of need.
- The Army is committed in serving you in your time of need.
- Questions or concerns, please contact your Fort Campbell Casualty Assistance Center, at (270) 798-2000/2085/4727/4729. After duty hours a representative can be reached by contacting the Division Staff Duty at (270) 798-9793.

It is extremely difficult to make sound decisions in the midst of turmoil. A person cannot predict how he/she will react in a crisis and often regrets decisions made during that time. The following Final Thoughts Worksheets are provided to assist you.

CARE TEAMS

WHAT IS A CARE TEAM?

- Care Team = Casualty Assistance Response Team.
- The program is administered by the Brigade Rear Detachment Commander (RDC)
- A group of 2-3 trained volunteers provide support to the Family of a deceased Soldier immediately following official Death Notification.
- Members of Care Teams will be selected based on the needs of the Family.

CHARACTERISTICS OF CARE TEAM MEMBERS:

  - Mature
  - Possess Life Experience
  - Discrete
  - Emotionally Stable
  - Should not be going through their own crisis at the time
- Trained volunteers
- Bound by confidentiality (confidentiality form is signed following Care Team training)
- Be aware and awake--what you want may not be what they want
- Assigned by RDC based upon availability and needs of the Family
  - Volunteers must provide RDC/FRSA with days/hours available
  - Volunteers may be picked due to language skills
  - Volunteers must sign a confidentiality statement

CARE TEAM PURPOSE:

- If requested by the Spouse and/or Family, the Care Team allows for a pre-established plan that may offer short term logistical support to the Families of deceased Soldiers, being sure not to duplicate any assistance or services provided officially through the Army and Army service agencies.
- Establishes a “first response call team” to assist Families when requested.
- Coordinates with other Care Teams to provide collateral support when needed.
- The Care Team provides assistance to the Family under the guidance of the BCT Rear D CDR and BN Rear CDR.
- Coordinate with BN Rear D CDR, Chaplain and also the CAO, if/when necessary and ONLY at the request of the Family.

Coordination for Care Team training is done at the Brigade level. Several dates have or will be planned. Ask your FRG leader and/or FRSA for the next available date. This training is good even if you decide volunteering for a Care Team is not for you. It helps Family members understand what Care team volunteers are asked to do and what they can provide to the Family of the Soldier.

The Family Readiness Group

The How: The concept of Family Readiness Groups (FRGs) is a direct result from our Grenada (Operation Urgent Fury) and Panama (Operation Just Cause) experiences. Commanders of deployed units discovered that while their units were highly trained to fight, little if anything was done to train and prepare Families to better cope with the stresses and unique problems often arising during extended times of unexpected deployments of their Soldiers. Some type of organization was needed within each unit to address this serious shortcoming, so that in time of crisis, Families would be better able to take care of themselves.

The FRG: The official definition of a Family Readiness Group is, " An organization of Family Members, Volunteers, Soldiers, and anyone who cares about the mission of the unit that together provide an avenue of mutual support, assistance and a network of communication among the Family Members and chain of command and community resources."

Family Readiness Groups may be different for every unit, depending upon the Commander, the Leader, the number of Families involved, and available resources. All FRGs throughout the Army share the same purpose- to empower Army Families and make them independent rather than dependent.

The role you play in your FRG is your choice. You are welcome to participate as much as you would like to, or are able. There are many projects to become involved in, each of them important in their purpose, such as communications, newsletters, hospitality, social functions, and fundraising.

Family Member's Role & Responsibilities

- If you need help or information, contact someone on your chain of concern roster.
- If you are going to leave the area, please let your Family Readiness Group (FRG) Leader and Rear Detachment Commander know where you are going, provide your contact information & when you will return.
- Keep a copy of your chain of concern and emergency numbers close to your phone.
- Keep emergency phone numbers and contact information with you at all times, to include in your vehicle.
- Make a Family Care Plan for the Family member as well as the Soldier. For more information about a Family Care Plan for yourself, contact your Rear D/FRG Leader.
- If you have not been contacted by your Rear Detachment Commander or FRG, initiate contact with them.
- Know your unit (Company, Battalion, and Brigade)

Family Readiness Groups Are:

- Empower Families to become more knowledgeable and self-reliant
- Promote more efficient use of community resources
- Reduce Soldier and Family member stress
- Increase the Soldier's ability to devote his/her full attention to the mission
- Care for each other
- Provide a helping hand when needed
- Answer questions
- Give moral support
- Establish a sense of Family within the unit
- Access information and resources to help you solve problems
- Provide an effective way of gaining information and control during deployment and other times
- Help Family members develop a more positive attitude toward themselves, the unit, the deployment, and the Army
- Increase morale
- Foster increased levels of cohesion and confidence for Family members and deployed Soldiers
- Unite other Family programs designed to improve the quality of life

Family Readiness Groups Are Not:

- Part of the casualty notification process
- Childcare services
- A surrogate parent
- A social worker
- A taxi/bus service
- A loan agency
- A lending closet/service

Virtual Family Readiness Group Web System

www.armyfrg.org

The Virtual Family Readiness Group (vFRG) Web System provides all the functionality of a traditional FRG in an online setting.

- The vFRG website is the Army's online tool to provide FRG information to Family members.
- The Soldier must register the Spouse or other Family member under the unit website within vFRG, to allow access.
- Fort Campbell intends to maximize use of this resource.
- The vFRG is the *only* official Unit website.

Before you begin the vFRG registration process, you will need an email address, and your Soldier's last four of his/her social security number. If you don't have an email address you can create one free at www.yahoo.com or www.hotmail.com. There are prompts to help you throughout the whole registration process.

Registration Steps:

1. Go to www.armyfrg.org
2. On the Army FRG main page you will see a box on the top right that reads "Register." Click on the word register to start.
3. Select FRG location
   Choose the state of KY
4. Select "1 BCT 101st ABN DIV (Kentucky, UIC: WAB4AA)." This is the main brigade site and where all the battalion pages are located.
5. Next you will need to know your Soldier's information. There are 6 fields/questions that you will need to answer in this section
   a. Subscribe as a "Family member"
   b. Tab to the next field and type Family member's *First Name*
   c. Tab to the next field and type Family member's *Last Name*
   d. Tab, then type your Sponsor's *first name* (sponsor=your Soldier)
   e. Tab, and type your Sponsor's *last name*
   f. Tab into the final field and type your Sponsor's last four digits of their social security number
6. In the final step, you will be asked to create a username and password. You will also be asked for your email address. Your email address will be used to send you a confirmation and to send you lost passwords. Once you have filled out all the blocks, click on Continue Registration.
7. After the system administrator verifies all the information, you will be granted access to the vFRG site for 1st Brigade. Verification may take up to 48 hours. Once you have received email confirmation, you can use your login information to login and be connected.

Volunteer Management Information System (VMIS)

The Volunteer Management Information System (VMIS) provides tools to manage volunteerism here at Fort Campbell (as well as many other installations). VMIS provides online recruitment, storage of volunteer records (hours, positions, awards, and training), roll-up of volunteer hours, easy and efficient communication and much more! This is how volunteers are tracked here, so please ensure you register on this site if you are volunteering anywhere in the community!

VMIS Site Registration

1. Go to www.myarmyonesource.com.
2. Click the "Not a member? Join Now!" link at the top left hand corner of the website.
3. Click on "Join Army OneSource now!"
4. Fill out the registration form. You will create your own user name and password so make sure you remember them once you create them. You will use your user name and password to log in the system from now on.
5. Once you have filled out the registration form click on "Continue".
6. The next page will allow you to verify all your information is correct. If the information is incorrect click "Cancel" if the information is correct click "Register".
7. After you have completed that step your registration will be pre-approved and you will be logged into the site.

Applying for a position

This is the section/portion you need to register for a position. These instructions are for individuals that are already registered and have a username and password.

1. Go to www.myarmyonesource.com
2. Log in with your user name and password
3. Click the "My AOS Page" on the top left side of the main page.
4. Click on Family Programs and Services (a drop down menu will appear).
5. Click on Volunteering and then "Become a Volunteer".
6. Type in your location/military community: i.e. Fort Campbell
7. Scroll down and use the drop down menu to select your organization. Example: 'FRG: HHC,1 BCT'
8. You will see various positions Click on (POC, Secretary, Treasurer etc.)
9. Fill out the information required.
10. Submit your application.

Rear Detachment & Family Readiness Support Assistant

The rear detachment consists of unit military members that remain at Fort Campbell during a deployment.

Rear detachment personnel:

- Unit Commander for Soldiers in rear detachment
- Family Readiness Support Assistants (FRSA)

The Rear Detachment Commander has been designated to stay behind to run the day-to-day operations when the unit deploys and will be the military point of contact for the FRG. Assisting the FRG to provide for the needs of the units' Families is only a part of the Rear D Commander's job.
During deployment please keep your FRG and rear detachment informed of any address or phone changes. They can use this information to help you prevent problems with post agencies (i.e. Housing Division) and to keep you informed of important messages about your Soldier's welfare and re-deployment.

Working with the Rear Detachment:

- Be aware that Family member interaction and support is only one part of the Rear Detachment mission; please be understanding and treat the Rear D with courtesy.
- Bring questions or concerns and Family issues to the Rear D's attention.

The Family Readiness Support Assistant (FRSA) is a link between the Family members and the military members of a unit. The FRSA serves to provide continuity between changes in unit leadership and is part of the Brigade or Battalion staff. She/He is there to work with military members to ensure Family members are supported.

- Coordinate Pre-deployment, Sustainment, Redeployment Events and Briefings
- Provide support on the Rear D Team
- Help the Unit and FRG tap into valuable community resources
- Provide updated content for command's website to the vFRG system administrator
- Review and approve/disapprove requests for access to the vFRG
- Encourage/facilitate volunteer registration (VMIS) hour's submission & recognition within the Brigade
- Link FRG Leaders and volunteers with needed training and professional development opportunities
- Assist with FRG communication efforts—newsletters, FRG meetings, phone trees
- Serve as a source of information for FRG Leaders
- Maintains copies of all company FRG rosters for the Battalion Commander
- Schedule and coordinate unit CARE Team training
- Support unit preparation for IG/CIP Inspections
- Work closely with other FRSAs
- Link community resource Subject Matter Experts and services to the unit and FRG
- Assist with administration of vFRG and maintain unit roster for vFRG
- Update Soldiers' information into vFRG.

Place FRSA Info Label

Place Rear Detachment Info Label

HELP FLOW CHART

Do you or your Soldier have a problem you don't know how to solve?

Contact Your Chaplain:
(1st Line of Defense)

EMERGENCY: 270-798-CARE
INSTALLATION CHAPLAINS OFFICE-270-798-6124
1st Brigade Chaplain- 270-798-4911, 931-472-5729

FOOD ASSISTANCE?

INSTALLATION CHAPLAINS OFFICE- 270-798-6124 "Operation Eagles Who Care".

SUICIDE?

BEHAVIORAL HEALTH (BACH)
270-798-4097/4269
My Army One Source
1-800-464-8107
www.myarmyonesource.com
user ID: military
password:onesource

FINANCES?

ARMY EMERGENCY RELIEF
270-798-5518

LEGAL ASSISTANCE
Bad Checks 270-798-4432
Claims 270-798-5011

My Army One Source
www.myarmyonesource.com
user ID: military
password:onesource

FAMILY CONCERNS?

Family Advocacy Program
270-798-2045/4191

FAMILY LIFE CHAPLAIN
270-798-3316

Military Family Life Consultants
270-205-1917/604-2109

Social Work Services
270-798-8601

My Army One Source
www.myarmyonesource.com
user ID: military
password:onesource

ALCOHOL/ DRUGS?

ARMY SUBSTANCE ABUSE PROGRAM
270-412-6883

BEHAVIORAL HEALTH (BACH)
270-798-4097/4269
My Army One Source
www.myarmyonesource.com
user ID: military
password:onesource

POST DEPLOYMENT (COMBAT) STRESSES?

BEHAVIORAL HEALTH (BACH)
270-798-4097/4269
DEPLOYMENT SUPPORT SOCIAL WORK
270-798-8802
My Army One Source
www.myarmyonesource.com

ANOTHER HELP SOURCE:

Brigade FAMILY READINESS SUPPORT ASSISTANT

Religious Support & Activities

Staff Duty Chaplain (270) 798-CARE

There are many programs, resources, and worship opportunities on post. We offer religious education and youth ministry as well. Regardless of where you are on your spiritual journey, there is something for you here on Ft. Campbell. There are also chaplains ready to help you. Your Rear Detachment Chaplain (see your quick reference phone numbers) or the **Staff *Duty* Chaplain (798-CARE for after duty hours)** will help you or point you in the right direction.

Information concerning unit/chapel activities and programs should be obtained from the appropriate office. Telephone numbers for chapels are listed below:

Chapel	Address	Phone
Installation Chaplains Office	3101 Indiana Ave.	270-798-6124
Division Chaplain	2601 Indiana Ave.	270-798-2810
Religious Education Center	2207 Indiana Ave.	270-798-3185
Blanchfield Hospital Chapel	Hospital, Level 0	270-798-8464
Club Beyond	Reed St at Forrest Rd.	270-798-3327
Community Chapel	15th & A Shau Valley	270-798-0356
Grace Chapel	42nd & Indiana Ave.	270-798-3446
Hope Chapel	7514 Head Quarter Loop Rd.	270-798-7551
Memorial Chapel	54th & Indiana Ave.	270-798-2066
Soldiers Chapel	30th & Desert Storm	270-798-4311
Peace Chapel	17th & Indiana Ave.	270-798-6124
Family Life Center	2402 Indiana Ave.	270-798-3316
Catholic Coordinator	30th & Desert Storm	270-798-2352
Fellowship Chapel "Chapel Next" (Contemporary Worship Service)	3032 Reed St.	270-798-3327

Youth Director Club Beyond: Gil Carter - Cell (615)738-0822 -Location: 39th & Indiana			
MON	0600-0630	HS Men's Bible Studies	
	1600-1700	Wyldlife 7th & 8th graders	
	1700-1800	HS Women's Bible Studies	
	1830-2000	HS Club Meeting	
TUE	1445-1530	First Priority (FCHS)	
	1900-2000	Music Fellowship	
SUPPORT PROGRAMS			
THU	0900-1230	Grief Support Group	Grace Chapel
	1200-1400	Wounded Warriors	Fisher House
First MON	1900-2100	Parents Helping Parents	BACH Chapel
		(Grieving Parents Support Group)	
Varies	0900-1700	Marriage 101 (pre-marriage)	Call 798-3316
Aug - May		AWANA	(270) 798-3185 Larry Hogan
CATHOLIC: WORSHIP SERVICES			
SAT	1600-1645	Confession-by appointment , call 798-3840	Soldiers Chapel
SAT	1700	Mass	Soldiers Chapel
SUN	O930 & 1230	Mass	Soldiers Chapel
M/T-Th/F	1200	Weekday Mass	Soldiers Chapel
WED	1200	Weekday Mass	Hospital Chapel
PROTESTANT: WORSHIP SERVICES			

SUN	900	Collective Protestant	Grace Chapel
	930	Collective Protestant	Hospital Chapel
	1000	Gospel Protestant	Community Chapel
	1100	Collective Protestant	Memorial Chapel
	1100	Collective Protestant	Soldiers Chapel
	1100	Chapel Next	Fellowship Chapel
	1100	Samoan Congregational	Grace Chapel
	1100	Lutheran	Peace Chapel
	1130	Samoan Pentecostal	Hope Chapel
SAT	1800	Contemporary Service	Community Chapel
	1830-2000	Prayer Meeting	Hope Chapel
ORTHODOX: WORSHIP SERVICES			
SUN	1000	Divine Liturgy (Call for Schedule)	Peace Chapel
MUSLIM: WORSHIP SERVICES			
FRI	1300	Jumah	Religious ED Center
JEWISH: WORSHIP SERVICES			
FRI	1930	Service & Oneg Shabbat	Peace Chapel
PAGAN: WORSHIP SERVICES			
SUN	1600	Weekly Service	RSO Annex
WED	1800	Weekly Service	RSO Annex
LATTER DAY SAINTS: WORSHIP SERVICES			
WED	0900-1100	Weekly Service	Grace Chapel
POST WIDE BIBLE STUDIES			
TUE	O915	PWOC Bible Study	Memorial Chapel
	1200	Hospital Bible Study	BACH Chapel
	1230	Catholic Bible Study	Soldiers Chapel
	1800	Bible Study	Memorial Chapel
	1830	Hispanic Bible Study	Peace Chapel
WED	1130	SOCOM Bible Study	Grace Chapel
	1130	Bible Study	La Point Health Clinic
	1800	Gospel Bible Study	Community Chapel
THU	1900	General Study	Memorial Chapel
FRI	1000	Korean Bible Study	Religious Ed Center
WOMEN'S CHAPEL ORGANIZATIONS			
TUE	0900-1145	Protestant Women of the Chapel (PWOC)	Memorial Chapel
WED	0915-1145	Mothers of Preschoolers (MOPS)	Memorial Chapel
FRI	0930-1130	Military Council of Catholic Women (MCCW)	Soldiers Chapel
CATHOLIC: RELIGIOUS EDUCATION - CALL (270)298-3185			
SUN	1100-1200	Sept - May (Kindergarten-Adult)	Wassom Middle School
	1230-1300	Bible Study - (Advent & Lent)	Soldiers Chapel
TUE	1800-2000	RCIA	Soldiers Chapel
PROTESTANT: RELIGIOUS EDUCATION - CALL (270)298-3185			
SUN	0930-1030	Sunday School	Wassom Middle School
Sept - May (Kindergarten-Adult): RELIGIOUS EDUCATION- CALL (270)298-3185			
	0830-0945	Gospel Sunday School	Community Chapel
	1000-1045	Samoan	
		Pentecostal SS	Hope Chapel
	1000-1045	Samoan	Congregational SS
ORTHODOX: RELIGIOUS EDUCATION- CALL (270)298-3185			
SUN	1130	Church School	Peace Chapel

Blanchfield Army Community Hospital (BACH)

Get BACH's latest updates on the Facebook page: http://www.facebook.com/BACH.Fort.Campbell

Access to Care for Primary Care Clinics
Appointments: Call 270-798-4677/931-431-4677 or 1-866-524-4677 (6:00 – 6:30)

Cancellation Lines
Call 270-798-4677/931-431-4677 or 1-866-524-4677; after hours: 270-798-VOID (8643), Online booking at www.tricareonline.com

BACH offers extended hours in the Primary Care Clinics
White, Blue, and Young Eagle hours: 7:30 - 6:30.

Gold Clinic hours
7:30 - 4:30
If your clinic is closed, you may walk-in to the Urgent Care/Acute Clinic collocated with the Emergency Center. Hours are 7:00a.m. – 1:00 a.m. If you have an emergency, go to the Emergency Center.

BACH Pharmacy Hours
Main Pharmacy Hours; 7:30 - 6:00, M-W, F; Thursdays 8:30 – 6:00.

Town Center Pharmacy
(For all called in refill and new prescriptions)
M-W, Fri, 8: – 5:00 TH., 9:00 – 5:00, Sat & DONSA 8:00 – 4:00. Call 270-798-DRUG (3784)

BACH OB/GYN Clinic Services
Appointments: M, T, Th, & F 8:00 – 3:30; Wed. 9:00 – 3:30; 3rd Wednesday of month closed in the afternoon for training

- New obstetrician (OB) Care: 270-798-8892
- OB Orientation appointments are scheduled at 6 to 10 weeks from the beginning of your pregnancy. New OB physical exams are scheduled at 10 to 12 weeks.
- Same day appointment for acute OB care, call 270-798-8295/8513.
- Gynecological (GYN) appointments may self-refer for pap smears only (if patient census allows), call 931-431-3644. All other GYN appointments require a referral from your primary care manager.

Behavioral Health
Behavioral Health offers emergent and non emergent behavioral health services to Active Duty Soldiers and Family members. Services include; Adult Behavioral Health: medication and therapy interventions are available for all behavioral health conditions, to include anger control, stress management, mood disorders, relational and work difficulties. Currently closed to Family members and see active duty only. . 2516, 22nd & Indiana 7:30 - 4:30.

Child & Adolescent Psychiatry Service (CAPS): This program is for school-age military Family members, ages 18 years and younger, parents of children or parents-to-be. Services include: medication management, parental interventions, individual, group and Family therapy. Parents may make CAPS appointments for their children without a provider referral. Referrals are accepted but not required. 2437, 21st Street 7:30 - 4:30, 270-798-8437.

BACH School Based Mental Health Service:
Provides outreach to school-based children enrolled in any Fort Campbell school. Services mainly occur within the schools and include: school consultations, individual and group therapy, as well as Family/parental interventions.

Army Substance Abuse Program:
Offers services for alcohol and drug abuse/dependence problems. Currently closed to Family members and open to active duty only, 2526, 22nd & Kentucky 7:30 - 4:00, 270-412-6883.

Department of Social Work:
Specially trained counselors to assist in helping individuals, couples and Families.
2523, 22nd and Indiana. 7:30 - 4:30, M-F, 270-798-8601. After Duty Hours, weekends and Holidays 270-798-8400 for domestic abuse.

Hospital Social Work:
Hospital Social Work provides services to BACH beneficiaries and staff
(** Confidential appointments, referrals accepted but not necessary)

Family Advocacy Program (FAP):
FAP provides assessment and counseling services for Soldiers and Families of child abuse/neglect, and Adult (intimate partner) abuse. Services also are offered to families at risk for incidents of domestic abuse. Services include individual, Family and group therapy to address anger control, communication skills, relationship enhancement and parenting skill

Marriage and Family Therapists:
Marriage and Family Therapists work with couples, Families, and individuals on short-term solution focused therapy

Mammography:
For your wellness, all women age 40 and over should have a mammogram annually. If you had an immediate relative such as a mother or sister diagnosed with pre-menopausal breast cancer, we suggest you begin your screenings 10 years earlier than your relative was diagnosed with breast cancer. Monthly self breast exams are highly encouraged. If you have questions or concerns regarding your breast exam, please contact your primary care manager. To schedule your mammography wellness screening appointment, call 270-956-0033.

Well Woman Exams:
Women are highly encouraged to receive an annual well-woman checkup after the age 21. If you have had a hysterectomy, we suggest you have a well-woman check-up every two years. Please make an appointment with your primary care manager if you are experiencing difficulties after a hysterectomy or need to schedule a well-woman exam.

Virtual Colonoscopy:
In the near future, BACH will offer the CT Virtual Colonoscopy for Soldiers and Family members. Virtual Colonoscopies are expected to be part of the routine medical screenings for individuals age 50 and over.

Nutrition Clinic: (798-8600)
Have your diet evaluated to promote fitness and prevent disease. Nutrition Care offers a variety of group and individual appointments. A referral from your Primary Care Manager may be required for patients with preexisting medical conditions; patients are encouraged to self refer for sports nutrition, weight management and the prevention of disease. Call the clinic appointment line 798-8600 and speak to our diet clerk for the appropriate group or individual appointment to meet your needs.

- Nutrition Care offers the following group appointments by self-referral or provider-consult: Active Duty Weight Control, Family Member Weight Control, DASH for High Blood Pressure, and Heart Healthy Cholesterol Education. We also offer the following group appointments by provider-consult only: Prediabetes, Diabetes, Gestational Diabetes and Gastric Surgery Nutrition Education.
- If you have a group of 10 or more with an interest in nutrition, the Nutrition Clinic may be able to provide a class designed around your interests, at a time and location convenient to you. Common topics include: Active Duty Weight Loss, Nutrition for Endurance Activities, and Nutrition for Weight Gain.
- If you feel as if you have a specific nutrition concern not covered in our group appointments, you may schedule an individual appointment with our diet clerk at 798-8600. Attendance at one of the group appointments or a referral from your Primary Care Manager may initially be required. Please call 798-8600 for further information.

Tobacco Cessation classes offered
Consider enrolling in BACH's Tobacco Cessation Classes if you would like to stop using tobacco products. Classes are offered at different times of the day and different days of the week to fit your schedule. If you have questions about quitting, ask your Primary Care Provider or contact Preventive Medicine at 270-956-0100.

Self Care Classes
BACH offers a self care class where Soldiers and Family members enroll to benefit from over-the-counter medications offered at the Pharmacy. To enroll in a self-care class to take advantage of this program, please call 270-956-0100 or visit the Patient and Family Medical Resource Center, 2nd floor of BACH: 798-8055.

ADDITIONAL AREA HOSPITALS

Hospital	Location	Phone	Website
Gateway Medical Center	651 Dunlop Lane Clarksville, TN 37040-5015	(931) 502-1000	www.todaysgateway.com
Jennie Stuart Medical Center	320 W 18th St Hopkinsville, KY 42240-1965	(270) 886-6412 (270) 887-0100	www.jsmc.org
Cumberland Hall Behavioral Health Services	210 W 17th St Hopkinsville, KY 42240-1999	(800) 467-4061	www.psysolutions.com
Baptist Hospital	2000 Church Street Nashville, TN 37236	(615) 284-5555	
Saint Thomas Hospital	4220 Harding Road Nashville, TN 37205	(615) 222-2111	
Skyline Medical Center	3441 Dickerson Pike Nashville, TN 37207-2539	(615) 769-2000	
Vanderbilt Medical Center	1211 Medical Center Dr Nashville, TN 37232-0004	(615) 322-5000	www.vanderbilthealth.com

TRICARE Service Center

2525 22nd Street & Indiana
Fort Campbell, KY 42223

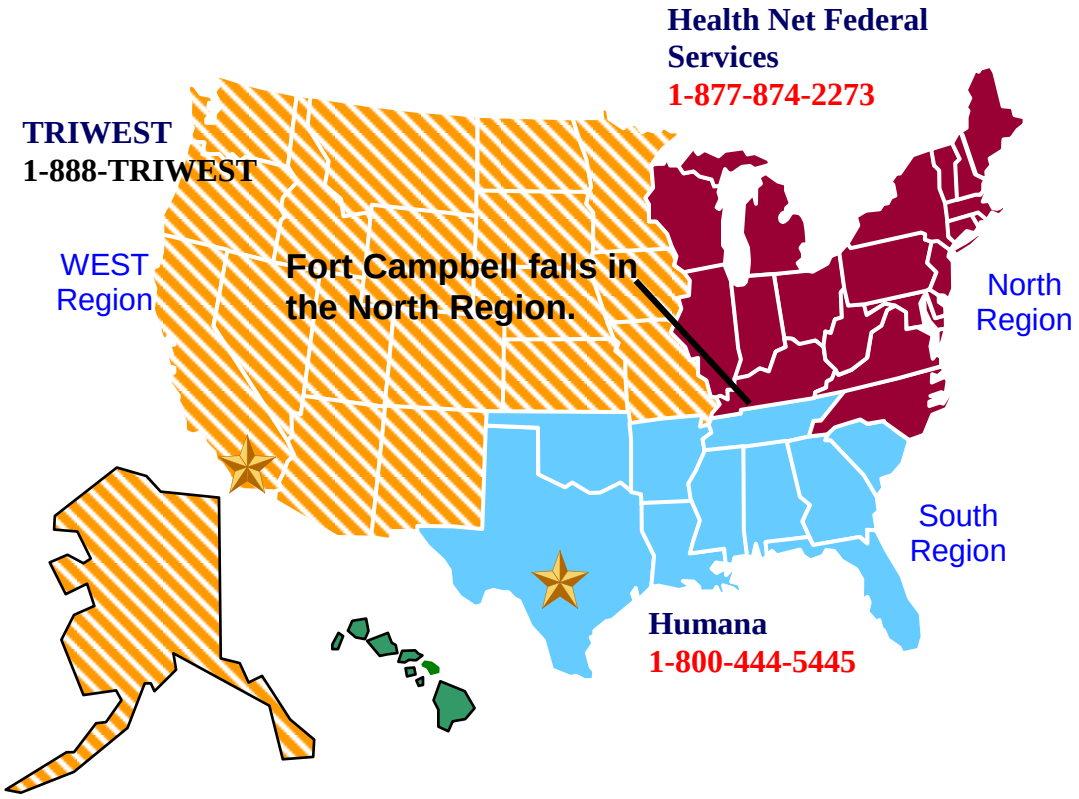
Hours: Monday – Friday, 8 a.m. – 5 p.m.
Please make sure your information is correct with DEERS!

- www.tricareonline.com (online appointments)
- 1-877-TRICARE / www.healthnetfederalservices.com
- (270) 798-8400 BACH Main number
- (270) 798-8500 Emergency Room
- (270) 798-8091/ (270) 798-8718 BACH Patient Rep
- 1-877-TRICARE for issues with TRICARE.

If for some reason your issues with TRICARE are unresolved, please call (270) 798-8740.

The TRICARE Service Center can assist you with:

- TRICARE information
- Orientation
- Prime enrollment/disenrollment
- Primary Care Manager (PCM) changes• Pay enrollment fees



TRICARE Away from Home

- If you need Emergency Care while you are away from the Fort Campbell area, go to the nearest Emergency Center or call 911. Make sure you follow up with your PCM or Health Net Federal Services after your visit to the Emergency Center. The following are examples of an emergency care need:
  - Sudden and unexpected medical condition, or the worsening of a condition, which poses a threat to life, limb, or sight
  - Requires immediate treatment
  - A sudden, extreme, painful condition which requires immediate treatment to alleviate suffering
- Examples include but are not limited to:
  - loss of consciousness, shortness of breath, chest pains, uncontrolled bleeding, sudden or unexpected weakness or paralysis, poisoning, suicide attempts, drug overdose, acute psychosis, broken bones, and major depression
- Dial 911 or go to the nearest emergency room
- Follow up with your PCM or call 1-877-TRICARE

Helpful information for Family members while your sponsor is deployed

- If out of Fort Campbell area, ALWAYS call 1-877-TRICARE or your PCM for authorization for urgent medical care PRIOR to receiving that care. Routine out of area care is not authorized.
- Contact the TRICARE Service Center (TSC) if leaving the Fort Campbell area for more than 30 days for more information about transferring your enrollment to the appropriate TRICARE Region
- To quickly resolve issues: document the details (i.e. name, date, time and circumstance concerning the issue) in order to facilitate resolution of the problem

Health Net Federal Services

- Health Net Federal Services supports the Tricare North Region. Fort Campbell falls in the North Region. They can assist you with benefits and co-payments, eligibility information, services requiring a referral, and prime enrollment. For assistance with TRICARE, you may call 1-877-TRICARE or go to their website at www.healthnetfederalservices.com).

Helpful websites for your medical needs:

- www.tricare.osd.mil
- www.tricareonline.com (appointing)
- www.express-scripts.com/TRICARE
- www.healthnetfederalservices.com
- www.campbell.amedd.army.mil
- www.mytricare.com (monitoring claims)

Wounded Warrior Hotline:

National Wounded Soldier and Family Hotline is 1-800-984-8523. The national hotline number offer Soldiers and Family members a way to resolve medical issues when the chain-of-command route has been exhausted.

Currently the Army provides transportation, lodging, and meal expense for up to 3 immediate Family members to travel to the location of the injured Soldier, but only when authorization has been approved for them to travel. The Army does not provide this assistance if the Soldier's Spouse or child is ill or seriously injured.

Listed below are various agencies that can help the Soldier/Family member; work with your Rear Detachment Commander for assistance:

- 101st Airborne Association
- The American Legion
- Veterans of Foreign Wars "VFW"
- Turner Guest House
- Army Emergency Relief (AER)
- Red Cross
- Association of the United States Army (AUSA)
- Fisher House (Hero Miles)
- The Army Wounded Warrior Program (AW2)
- Chaplains

Warrior Transition Battalion (WTB):

WTB Mission Statement: Provide care and treatment for Warriors in Transition in order to provide healing and to promote Soldiers' timely return to duty or transition to a productive civilian life.

Warrior Mission Statement: I am a Warrior in Transition. My job is to heal as I transition back to duty or continue serving the nation as a Veteran in my community. This is not a status, but a mission. I will succeed in this mission because I **AM A WARRIOR AND I AM ARMY STRONG**.

WTB Opportunities Highlights:

- Comprehensive Transition Plan (CTP):
- Enhanced Warrior Physical Training (EWPT):
- Work Site/ Degree Completion Opportunity:

National Wounded Soldier /Family Hotline, 1-800-984-8523
Warrior Transition Unit, 270-412-6540
Ombudsman, 270-798-8827

Finance

Finance Office: (270) 798-6610

Entitlements

- Basic Pay, Basic Allowance for Housing (BAH), and Basic Allowance for Subsistence (BAS) remain current based on Soldier's status prior to deployment with the exception of Soldiers on meal cards. They will receive full BAS for the duration of the deployment.
- Family Separation Allowance (FSA): To qualify for FSA, Soldiers separated from their Family members must be deployed for more than 30 days. The amount payable for FSA is $250 per month ($8.33 per day) and will reflect on the LES as FSH. The entitlement is retroactive back to the day they leave Fort Campbell and stops the day before returning back to Fort Campbell.
- Hardship Duty Pay (HDP-L): Currently all locations of Operation Iraqi Freedom receive HDP-L of $100 per month ($3.33 per day). Soldiers on temporary duty must be on duty in the area for 30 consecutive days and on the 31st day are entitled retroactive to the first day the Soldier reported to duty in the location. This will reflect on the LES as HDP-LOCATION.
- Hostile Fire Pay/Imminent Danger Pay (HFP/IDP): HFP will stop the day you depart the area. HFP will be paid for the entire month, regardless of how long you spent in the area of operation. Amount is $225 per month and will reflect on LES as HFP.
- Combat Zone Tax Exclusion (CZTE): All enlisted Soldiers and warrant officers are exempt from federal income tax while deployed. Commissioned officers are exempt from federal income tax on amounts up to $7,100.10 per month (base pay of Sergeant Major of the Army and Hazardous Fire Pay). Soldiers have 180 days after redeployment to file federal income taxes. Please write "OEF/OIF from (start date) to (end date)" at the top of your return and you won't pay a late fee or penalty.

For further information on pay/entitlements check out your AKO (Army Knowledge Online) MYPAY site at www.us.army.mil. For more information on AKO, ask your Rear D or FRG. To access this site you will need a PIN number.

Helpful Information

Bank Accounts:

Soldiers should establish a joint checking or savings direct deposit account that is maintained by the Family member. Beware, due to distance and difficulty of communication, a check overdraft may occur if both Soldier and Family member write checks drawn on the same account. Therefore, the Soldier should consider opening a separate checking account or have the Family member make monthly deposits to the account. Prior to deployment, sit down with your Soldier and review all entitlements and bills that will be due during the separation and plan accordingly. (See the checklist at the back of the book for suggestions.)

Allotments:

Service members should start allotments for recurring payments prior to deployment. Discretionary allotments are authorized for commercial life insurance, car loans, and support of Family members, mortgages, consumer credit loans, and deposits to a financial institution. If you have to take casual pay for any reason such as emergency leave, your allotment will still be secure. This eliminates a surprise shortfall in pay to the Family.

Savings Deposit Program:

- Savings account linked to Soldier's pay
- Accrues 10% annual interest, compounded quarterly (2.5% per 3 months, average balance)
- Quarter begins at first contribution, 3 months later, interest accrues
- Interest only accrues for up to $10,000 in account
- Interest accrues for up to 90 days after redeployment
- Only interest is taxable
- Soldier can make contributions while in country via:
  - Check, (check is the most convenient method)
  - Money Order
  - Cash or Allotment

Credit Cards:

Keep plastic money to a minimum. It is great and may even be needed for emergencies, but it can give you a false sense of wealth where there really isn't any money.

Helpful Tips:

- You must have a special Power of Attorney to be able to deal with the Defense Finance and Accounting Office to change or stop allotments, or get information regarding pay changes.
- You can use the extra pay (see entitlements) to pay for unexpected expenses now that your Soldier is away, such as: lawn care, childcare, emergency car care, and more.
- Know where important financial papers are kept.
- Keep a check on fraud by checking your credit at least once a year.
- If you live in on-post housing, your LES will reflect BAH and be deducted 100% for the cost of your quarters.

Financial Aid Programs

Army Emergency Relief (AER): (**You must contact your Soldier's unit before going to AER)**

Who Does AER Help?

- Active duty Soldiers, single or married, and their Family members.
- ARNG and USAR Soldiers on continuous active duty for more than 30 days and dependents.
- Soldiers retired from active duty for longevity or physical disability, and their Family members.
- ARNG and USAR Soldiers who retired at age 60, and their Family members.
- Surviving Spouses and orphans of Soldiers who died while on active duty or after they retired.

What Can AER Do?

- Help with emergency financial needs: food, rent or utilities; transportation/vehicle repair, funeral expenses, medical/dental expenses, personal needs when pay is delayed or stolen.
- Give undergraduate scholarships, primarily on financial need, to children of Soldiers.

What Should I Bring With Me to AER?

- DA Form 1103 obtained at Soldier's unit, signed by the Commander or 1SG. If signed by Rear Detachment Commander, must have Assumption of Command order.
- Military ID Card
- Current Leave and Earnings Statement and Spouse's proof of income if employed
- Leave/PCS Orders
- Substantiating documents (car repair estimate, statement from landlord/property management with amounts and dates due for rent, utility bill, etc.) If asking for assistance with vehicle repairs, vehicle payment or car insurance premium, Soldier/Family member must have valid vehicle registration, proof of insurance and driver's license.
- **Power of Attorney (if Soldier is deployed)**

Food Assistance

Women, Infants & Children (WIC)
Fort Campbell (270) 798-4935 / (270) 798-9176

- All military Families living in the Kentucky area can use the above office

Hopkinsville (270)887-4160
www.christiancountyhealth.com/wic.html
Clarksville (931) 551-8777

- Families members who live in the Tennessee (off post) must be served by Clarksville WIC

Food Stamps
Fort Campbell FSSA (See below)
Clarksville Dept of Human Services (931) 648-5500
Hopkinsville Dept of Community Based Services (270) 889-6512

Family Subsistence Supplemental Allowance
FSSA replaces Food Stamps up to $500.00 month. Apply at AER or online
www.dmdc.osd.mil/fssa
(270) 798-5518

Crisis Relief Center
Hopkinsville - (270) 886-9734

Salvation Army Corps Community Center
Hopkinsville - (270) 885-9633
Clarksville - (931) 552-2679

Impact Ministries & Angel Food Ministries (First Baptist Oak Grove)
Monthly Service: $50.00 worth of food for $25.00
(270) 439-5331

First Assembly of God
Box of food provided. Documentation required: proof of income, bills and I.D.
Clarksville - (931) 648-1324

Southside Church of Christ
Food Pantry: I.D. required
Hopkinsville - (270) 885-8392

Eagles Who Care
Commissary bagged meals – Family members can access individually
Chaplains Office – (270) 798-6124

Operation Helping Hand (OHH)
Commissary Voucher program – Must be turned down by AER & utilize chain of command.
Chaplain's Office – (270) 798-6124

Urban Ministries (only if denied by the Chaplains Funds & AER)
Clarksville - (931) 648-9090

Housing

(931)- 431-9003 (on-post) / (270)798-3808 (off-post)

www.ftcampbellfh.com

- Housing Assistance Line: (270) 956-4528

- *Main Office:* 850 Georgia Ave & 16th Street
  To apply for a home, you will need to bring the following paperwork to the main office: *Orders to Ft. Campbell* and if applicable: *Leave Form, Marriage Certificate, Birth certificate of dependents (not including Spouse), Divorce decree, Custody Agreements, Adoption paperwork, Pregnancy statement*

- Ft. Campbell Family Housing Maintenance:
  (931) 431-3966/6029 (also for emergencies)

- Hammond Village (Old & New Hammond Heights, Summers Park, Stryker Village, Zahn Park): 3065 Forrest Rd, (931) 431-2305

- Gardner Hills: 7372 B Dexter Ave., (931) 431-2749

- Lee Village (New Lee Village, Lee Park, Barker Court) : 4199 Morgan Rd., (931) 431-2730/2731

- Pierce/Lapointe (Pierce, Lapointe, Hedgerow Court) : 4199 Morgan Rd., (931) 431-2730/2731

- Werner Park (Werner Park, Cole Park, Turner Loop. Drennan Park, Harper Village, Gardner Hills): 1534 A Bastogne Ave., (931) 431-2726

**If Family intends to move away for more than 30 days, resident must notify housing, the resident may be required to vacate the quarters.

Housing Referral Network

- Community Home Finding Referral Relocation Services (CHRRS):
  850 Georgia Ave & 16th St
  (270) 798-3732 DSN 635-3732
  FAX: (270) 798-9940 DSN 635-9940

- Army Housing Referral Network: www.AHRN.com

Legal Assistance

Phone: (270) 798-4432

POWER OF ATTORNEY FACT SHEET

INTRODUCTION
Soldiers and Family members assigned to the 101st Airborne Division (Air Assault), where deployment-readiness is a way of life, soon become familiar with the term "power of attorney." A power of attorney (POA) can be a very helpful and necessary legal document for the spouse of a deployed Soldier. Unfortunately, if in the wrong hands, it can be a powerfully destructive document.

WHAT IS A POWER OF ATTORNEY?
With a POA, a "grantor" authorizes a designated person (an "attorney-in-fact") to act on the grantor's behalf. The POA is used when the grantor is not available to tend to personal business or other affairs. The uses of a POA are varied in scope and potentially limitless.

TYPES OF POWERS OF ATTORNEY

General POA.
This document authorizes the recipient to act on behalf of the grantor in respect to virtually any matter. A General POA (GPOA) should only be granted when long periods of absence are anticipated and actions necessary to protect the grantor's property and welfare are expected. A GPOA should only be granted to a person who is totally loyal to the grantor and who is mature and able to make sound decisions pertaining to important financial matters.

The Legal Assistance Office (LAO) will not assist a Soldier in executing a GPOA until the Soldier has read, initialed and signed a document indicating that the Soldier understands the risks involved in executing a GPOA.

Special POA
This document authorizes the recipient to perform only certain specified acts, such as selling a car, cashing a check, signing for household goods, signing a lease, etc. Since it is limited in scope, a Special POA (SPOA) is preferable to a GPOA if it will suffice. The types of SPOA's available in the LAO include the following:

- **(Blank) SPOA**: Allows a Soldier to provide only limited authority to an attorney-in-fact to perform a specific act on behalf of the Soldier. The authority granted is narrowly tailored to the specific situation. This SPOA should be utilized if at all possible.
- **SPOA (Execute Lease/Establish Allotment)**: Allows the attorney-in-fact to execute a lease and establish an allotment necessary to obtain on-post housing.
- **SPOA (Appointment of Guardianship)**: Allows the attorney-in-fact to care for a Soldier's child(ren) and to authorize medical treatment.
- **SPOA (Military ID Cards/DEERS)**: Allows the attorney-in-fact to obtain an initial or replacement ID card for dependent Family members and/or to enroll in DEERS
- **SPOA (DFAS)**: Allows the attorney-in fact to obtain a copy of the Soldier's LES and to start, stop or change an allotment.

- **SPOA (Check Cashing)**: Allows the attorney-in-fact to endorse, cash and receive the proceeds of any check which is made payable to the Soldier.
- **SPOA (Sell Real Estate)**: Allows attorney-in-fact to sell real property to any individual of the attorney-in-fact's choosing.
- **SPOA (Purchase Real Estate)**: Allows attorney-in-fact to purchase specific real property and to borrow money for this purpose.
- **SPOA (Accept/Terminate Quarters)**: Allows attorney-in-fact to accept or terminate, on behalf of the Soldier and the Soldier's Family members, government housing.
- **SPOA (Ship/Accept Household Goods)**: Allows attorney-in-fact to take possession of a Soldier's personal property and to arrange for the shipment of the property. Also allows individual to accept delivery of a shipment of the Soldier's household goods.
- **SPOA (Bills)**: Allows attorney-in-fact to pay pre-existing debts. Authority includes negotiating with creditors and disputing debts.
- **SPOA (Use/Sell Automobile)**: Allows attorney-in-fact to take possession of, and operate the Soldier's automobile. Also allows attorney-in-fact to sell the automobile.
- **SPOA (Purchase Automobile)**: Allows attorney-in-fact to purchase and register an automobile for the Soldier.
- **SPOA (Ship/Accept Automobile)**: Allows attorney-in-fact to accept shipment of or to ship a Soldier's automobile.

DOES A BUSINESS, ETC., HAVE TO ACCEPT A POA PREPARED BY THE LAO?

Third parties (banks, businesses, etc.) are not required to accept a POA. The grantor should therefore consult with such third parties in advance if particular transactions will require acceptance of the POA during the grantor's absence. The information provided below is meant to assist the Soldier in this regard.

Banks. There are two banks (Fort Campbell Federal Credit Union and Bank of America) located on the Fort Campbell installation and each bank has specific requirements and concerns. In addition, many Soldiers bank with USAA. Specific information in regard to each of these banks is provided below. (This information is as accurate and current as is possible). The Soldier should always obtain needed POAs in advance and it is the Soldier's responsibility to present these documents to businesses involved in order that any problems may be resolved prior to deployment.

- **Bank of America (B of A)**: Bank of America requires that the Grantor and the Attorney in Fact appear personally together at a Bank of America location to sign a new signature card. SPOA forms are also available and they provide Notary service.
- **Fort Campbell Federal Credit Union (FCFCU)**: A GPOA or SPOA drafted by the LAO will be acceptable to FCFCU as long as an original (with raised seal) is presented. A SPOA may require that the attorney-in-fact appear in person and present identification on each occasion.
- **USAA**: USAA has made a "Deployment Power of Attorney Form" available on its website. This form may be notarized at the LAO.

Guardianship: In regard to enrolling children in school, it may be required that an actual order of guardianship be obtained from a local court. A SPOA (Appointment of Guardianship) obtained

from the LAO may not be sufficient. Contact the LAO for "pro se" assistance in filing with the appropriate court in Christian County, Kentucky, or Montgomery County, Tennessee. The LAO and the U.S. Army do not control the policies of local schools and school boards.

Springing Power of Attorney: A "springing" SPOA is one that "springs into action" or becomes effective upon the occurrence of a specified event. Spouses are encouraged to get one prior to deployment.

IRS: A "Power of Attorney and Declaration of Representative" (IRS Form 2848) is available on the IRS website. (Part I of IRS Form 28480 must specifically reflect that the attorney-in-fact has authority to sign the return. Use of this form is optional.

Defense Finance & Accounting Service (DFAS): A SPOA is required to start, stop, or change an allotment, and to obtain a W-2 Form. A GPOA will not be accepted by DFAS. **A DFAS POA will NOT allow one to get cash advances from a Servicemember's pay.**

ID Card/DEERS: A SPOA is required in order for a spouse to renew or obtain a replacement ID card. A GPOA will not be accepted by DFAS.

TERMINATION and REVOCATION. The POA terminates with the death of either the grantor or the attorney-in-fact, or may be terminated on its own by a time limitation. A revocation will be effective when the grantor informs the attorney-in-fact and all third parties that the POA has terminated. Preferably, you should retrieve the document and destroy it. If you are unable to communicate with the attorney-in-fact, or if the attorney-in-fact refuses to give up the POA, the LAO can assist you in executing a formal Revocation of POA.

GETTING A POA. Soldiers may execute POAs and POA Revocations on a walk-in basis at the Legal Assistance Office (LAO) between the hours of 0930 and 1630 Monday, Tuesday, and Wednesday; Thursday 1300-1630; Friday 0900-1500. Please arrive at least 15 minutes prior to closing in order to allow adequate time to assist you. The LAO is located at 125 Forrest Road, Fort Campbell, Kentucky and the telephone number is (270) 798-4432.

ARMY COMMUNITY SERVICE (ACS)

Phone: (270) 798-9322

Army Community Service provides a wide range of **FREE** services to assist Soldiers and their Families. Listed below are just some of the services ACS provides. Even when ACS cannot meet your particular need directly, they can and will refer you to someone who can. Some of the services offered include the following:

Army Community Service **Lee Soldier & Family Support Center** **5661 Screaming Eagle Blvd & Wickham**	**Family Resource Center** **1501 William C. Lee Rd & Bastogne** 1-(866) 252-9319
Emergency Financial Assistance (AER) - (270) 798-5518 –After hours contact American Red Cross (ARC)-1-877-272-7337 **5662 Screaming Eagle Blvd**	Army Family Action Plan (AFAP) - (270) 798-2063 – A way to make your voice heard at Fort Campbell. http://www.campbell.army.mil/afap
Exceptional Family Member Program (EFMP) (270) 956-3738 – Information, screening and referral for Family members with special needs	Army Family Team (AFTB) - (270) 798-4800 – Classes to help you become more familiar with the military and everything associated. www.myarmylifetoo.com
Family Member Employment Assistance - (270) 798-4289 – Information on employment and education and volunteer opportunities	Family Advocacy Program (FAP) - (270) 412-5500 – Prevention and education to assist Soldiers and Families in recognizing and meeting the challenges of military lifestyles
Information & Referral (270) 798-9322 – Information and referral to service agencies both on and off post	Family Readiness (270) 798-3849 – Information on Family Readiness Groups, training for FRG Leaders, Operation R.E.A.D.Y classes as well as support materials. www.FortCampbellMWR.com
Relocation Readiness (270) 798-6313 & 956-2676 – Relocation assistance and support for your next duty station to offset the problems and concerns of the highly mobile lifestyle of the military	Army Volunteer Corp. Coordinator (AVCC) (270) 956-2934 – Information on volunteering in the Fort Campbell community and all the benefits it offers
Lending Closet (270) 798-0513 – Loans basic household items for temporary use for arriving and departing military personnel and their Families	Family Resource Center (FRC) (270) 956-2935– Resource support for Family Readiness. Military Family Life Consultants (270) 205-1917 – Short term/non-medical counseling services
Survivor Outreach Service (SOS) (270) 412-5726 **5662 Screaming Eagle Blvd**	Soldier & Family Assistance Center (270) 412-6000 **202 Bastogne Avenue** **Future location: 20th & Indiana Ave,TBD2010**

My Army One Source

www.myarmyonesource.com

Whether you're planning your deployment/reunion, preparing for a new baby, coping with a Family problem or personal issue, or just dealing with the ups and downs of everyday life, My Army One Source can help. 1-800-342-9647

CHILD, YOUTH & SCHOOL SERVICES (CYSS)

- Supports parents by offering a variety of quality programs.
- Provides nutritious meals and snacks in all center and home based programs, as well as programs for school aged children.
- Conducts a variety of routine background checks on ALL STAFF, FCC PROVIDERS, and VOLUNTEERS.
- Provides STAFF with extensive on-going training

Watters Child Development Center #1 (CDC#1)
(270) 439-7993 3071 Bastogne Ave
- **HOURS:** M-F 6:00am – 6:00pm
- **Offering:** Full Day Child Care for ages 6 wks – 5 yrs

Watters Child Development Center #2 (CDC#2)
(270) 439-7996 3069 Bastogne Ave
- **HOURS:** M-F 5:30am-5:30pm
- **Offering:** Full Day Child Care for ages 6 wks – 5 yrs

Bastogne Child Development Center
(270) 412-4485 3067 Bastogne Ave
- **HOURS:** M-F 6:00am – 6:00pm
- **Offering:** Full Day Child Care for ages 6 wks – 36 mths

Eagles Child Development Center
(270) 412-3303 0205 Bastogne Ave
- **HOURS:** M-F 5:30am – 6:00pm
- **Offering:** Full Day Child Care for ages 6 wks – 5 yr

Tennessee Child Development Center
(270) 412-4477 5382 Tennessee Ave
- **HOURS:** M-F 8:00am-5:00pm
- **Offering:** Hourly Child Care for ages 6 wks – 5 yrs
- **Reservations required (270) 412-4477/4889**

Part Day Preschool (PDPS)
(270) 798-7422 3068 Reed Ave
- **FOR** 2 – 5 year olds
- **HOURS:** M-W-F or T-Th
- AM Session 8:30am -11:30am
- PM Session 1:00pm - 4:00pm

Polk Child Development Center
(270) 412-4471 3612 Polk Ave
- **HOURS:** M-F 5:30am – 6:00pm
- **Offering:** Full Day Pre-K for children who are 4 years old prior to 1 September
- **Offering:** Part Day Pre-K for children who are 4 years old prior to 1 September in 3301, 5 days per week
  - AM Session 8:30am -11:30am
  - PM Session 1:00pm - 4:00pm

Taylor Youth Center (TYC)
(270) 798-3643 80 Texas Ave
Eagles Club (middle school program)
270-956-4506 - Youth Sports- 270-798-6355
- **GRADES:** 6-8
- **Hours**: M- F 6.30am - 6.30pm
- Boys & Girls Club
- Middle School/ Teen Activities
- Technology Lab
- Volunteer Opportunities
- Workforce Preparation
- Mentoring

Teen Club 24/7
(270) 956-1030 2577 B Kentucky Ave
- **GRADES** 9 – 12
- **HOURS:** T – Th 3:30 – 8:00 pm
  F 3:30 – 11:00 pm
  Sa 6:00 – 11:00 pm
- Boys & Girls Club

Teen Club 24/7 cont.
- Middle School/ Teen Activities
- Technology Lab
- Volunteer Opportunities
- Workforce Preparation
- Mentoring

School Age Services (SAS)

(270) 798-4129 2188 Kentucky & 13 ½ St Admin Office

- **HOURS:** M- F 5.30am – 6:00pm
- Before and/or After School Programs for grades K - 5
- Walk-Ins Welcome
- Daily enrichment activities
- Field Trips
- Summer Camp
- Full day care during school closures
- Nutritious meals and snacks

Family Child care Homes (FCC)

(270) 956-3965 or412-6536 5668 Wickham Ave Admin Office

- Children ages 4 weeks to 12 years
- Childcare provided by certified providers in their homes (on and off the installation). They offer Full Day, Part Day, Extended, and Hourly Care. To register your child, bring a copy of your current LES or pay stub, I.D. card, proof of any supplemental income, child's current up to date shot records, and birth certificate to 5668 Wickham Ave (270) 798-0674
- A list can be obtained at the Central Registration Office of Family Child Care providers that will offer extended care in their homes. This list is updated each Monday.
- If you are in need of after duty hours care, please discuss this with your potential provider. They will be able to provide information concerning cost and availability. FCC Providers are independent contractors and set their own prices for extended care.

Certified Teen Sitters

- Fort Campbell CYS Services provides training for teens, ages 13-18, in basic CPR, and First Aid, as well as the basics of being a babysitter. Any teen that completes the course can provide their name to be referred as a teen sitter.
- A current list can be obtained through Central Enrollment and Registration, 5668 Wickham Ave (270) 798-0674, or from the Teen Club 24/7, 2577B Kentucky Ave, and (270) 956-1203.

Parent Classes

- Health Readiness meets at the Health Readiness Center by LaPointe Clinic on Mondays from 4:30pm –5:30pm and they assist with deployment issues and Spouse support
- For more information and to make reservations for childcare contact (270) 956-0453
- Active Parents is a three-week series of parent education that helps develop parenting skills. Free childcare available.
- For more info and to make reservations for childcare call (270) 956-3736.

Respite Care (Super Saturday and Friday Night Out)

- Respite Care is for Family members of deployed Soldiers. Services are offered 30 days prior to deployment and 60 days after return from deployment. Contact Central Enrollment and Registration 5668 Wickham Ave (270) 798-0674 for more information.
- CYS Services will offer 16 hours of childcare per child per month to use on Super Saturdays or Friday Night Out.
- Families must be registered with CYS Services. Reservations are required and can be made by calling 270-412-4477.
- CYS Services offers 2 Super Saturdays, 0900-1700, and one Friday Night Out, 1800-2200, each month.
- Children ranging in age from 6 wks-5 yrs can receive care at one of the Child Development Centers. For reservations call (270) 412-4477/4889.
- School Age children up to 6th grade can receive enrichment opportunities. For reservations call (270) 798-6549.

- Lunch and snack are provided.
- Required Items needed to register for respite care are:
    - Proof of eligibility: DEERS enrollment, child ID card, birth certificate showing sponsor's name
    - Copy of current LES/Spouse's pay voucher (Total Family Income required)
    - Copy of current immunizations.
    - 2 local emergency designee phone numbers

Kids On Site (KOS)

KOS is hourly group care for children in approved locations throughout post where the parents are attending a function in the same facility. The only exception is when the children are dropped off at the Child Development Center as a special opening for KOS. CYSS registration is required. There is a two-hour minimum requirement per session and 30 minutes additional charge for setup and pickup are included in the scheduling time. A minimum of two providers at all times are required and additional providers will be scheduled depending on the number of children reserved for care to stay within the regulatory adult/child ratio as stated in AR 608-10.

Reservations for KOS must be made a minimum of two weeks in advance. The following must be provided at the time of reservation: location of site and the number of children and their ages. Reservations can be made by calling 270-956-4381.

Volunteer Child Care in a Unit Setting (VCCUS)

- This is a program that offers training to volunteers that are interested in providing limited supervision to children in the same facility as the parents during a meeting or unit event.
- VCCUS training allows a unit or group to be self-sufficient by allowing them to monitor their own children at no cost.
- Units can trade off childcare time with other units or companies, thus allowing flexibility for meeting times with little to no cost.
- VCCUS trained volunteers are allowed to utilize the supplies and toys that would normally be used for KOS at no cost
- To schedule a VCCUS training session a minimum of five participants are needed. Call (270) 956-1120 to coordinate training.

OFF POST:

Child Care Resource & Referral (CCR&R)

This is an excellent resource for childcare. The web site listed below is available 24/7. The web site lists all Tennessee approved child care options, phone numbers, locations, state ratings, programs offered and operation times. Visiting the site provides individualized assistance in selecting the childcare that best meets your needs. A lending library and parenting classes are also available.

For Childcare information in:

Clarksville:

- Ellen McCullum, (931)-648-3695 Toll Free 866- 446-6006 300 Madison Street, Clarksville (across from the library)
- 24/7 Web site referral list, http://www.ja.state.tn.us/accweb/

Hopkinsville:

- LA Worthington 270-886-7374 e-mail: lworthington@audubon-area.com
- 1100 South Main Street Hopkinsville Suite 3 KY 42240
- Available Army Child Care in your Neighborhood (ACCYN) program, fee assistance provided for utilization in the program

LOCAL SCHOOL INFORMATION (K-12)

School Liaison Officer (SLO)
(270) 798-9874 5668B Wickham Ave

- Assist parents during PCS transition with school (K-12) information, registration and withdrawal.
- Work with parents and school officials to resolve school issues related to the transition of military children.
- Please contact School Liaison Officers at (270) 798-9874 or **CAMPCYSSLO@us.army.mil**
- **All local schools** encourage our parents here and on deployment, to regularly communicate with your child's teachers and/or administrators.
- PLEASE INFORM TEACHER OF ANY MAJOR CHANGES IN CHILD'S HOME OR LIFE (i.e. parent deploying, divorce, etc.). This will help the school understand, as well as provide appropriate support if there is any change in your child's behavior or academic performance.
- To insure direct communication, parents are encouraged to secure your child's teacher and counselor's email address prior to deployment.
- Counselors are provided at each school to help the remaining Family members cope through the deployment and integration stresses. ***Individual school district information is provided below:***

Fort Campbell Community Schools

Fort Campbell Schools will continue to sustain the deployment effort through its long held tradition of parental partnerships, student support, and active communication with all our parents. Deployed parents are invited to use phone, website information, or email to contact the schools. All contact information is listed below. In addition, each website has a link to the Webmaster who will forward messages to the appropriate personnel. The email pattern for contacting all school personnel directly is first name, last.name@am.dodea.edu.

School	Address: Fort Campbell, KY 42223	Phone/Fax	Website	POC email
Central Office Community Superintendent	77 Texas Ave.	(270) 439-1927. Fax: 439-3179	http://www.am.dodea.edu/campbell	campbell.superintedent@am.dodea.edu
Barkley Elementary School	4720 Polk Rd.	(270) 439-1951. Fax:439-1901	http://www.am.dodea.edu/campbell/barkley/	principal.BarkleyES@am.dodea.edu
Jackson Elementary School	675 Mississippi	(931) 431-6211. Fax:431-4453	http://www.am.dodea.edu/campbell/jackson/	principal.JacksonES@am.dodea.edu
Lincoln Elementary School	4718 Polk Road	(270)439-7764. Fax:439-2335	http://www.am.dodea.edu/campbell/lincoln/	principal.LincolnES@am.dodea.edu
Lucas Elementary School	2115 Airborne	(931)431-7711. Fax:431-5842	http://www.am.dodea.edu/campbell/lucas/	principal.LucasES@am.dodea.edu
Marshall Elementary School	585 S Carolina	(270)439-3793. Fax:439-4382	http://www.am.dodea.edu/campbell/marshall/	principal.MarshallES@am.dodea.edu
Mahaffey Middle School	585 S Carolina	(270)439-3792. Fax:439-3472	http://www.am.dodea.edu/campbell/mahaffey/	principal.MahaffeyMS@am.dodea.edu
Wassom Middle School	3066 Forrest	(270)439-3791. Fax:439-0249	http://www.am.dodea.edu/campbell/wassom/	principal.WassomMS@am.dodea.edu
Fort Campbell High School	1101 Bastogne	(931)431-5056. Fax: 431-9386	http://www.am.dodea.edu/campbell/campbellhs/	principal.CampbellHS@am.dodea.edu

2010-2011 School Hours:

Secondary Schools, 6-12	Mon, Tue, Thur, Fri	0725-1435
	Wed	0725-1320
Elementary Schools, K-5	Mon, Tue, Thur, Fri	0835-1520
	Wed	0835-1405
Elementary School, Pre-K	Mon-Fri am	0810-1110
	Mon-Fri pm	1210-1510

Clarksville/Montgomery County School System

Clarksville/Montgomery County middle and high schools have the capability to provide visual information on your child's progress through the use of the power-school program. This tool allows parents and teachers to communicate directly through email. Parents can monitor their child's academic achievement, attendance, and discipline through the power-school program. Parents should go to child's school for a username and password to access the following portal https://powerschool.cmcss.net/public/ .

Deploying parents of elementary students are encouraged to discuss possible ways to communicate their child's teacher(s) while away. Individual school website may be accessed through the district's website at www.cmcss.net. Go to 'Schools' located in the lower left side of page, and click on appropriate grade category. Use the drop-down tab to locate desired school and click. Email addresses for individual teachers and staff are available, as well as current school news.

Central Office	621 Gracey Avenue Clarksville,TN 37040	Phone: 931- 648-5600	Web: www.cmcss.net	Hours: M-F
Elementary	**Address**	**Phone**	**Web site**	**Hours**
Barksdale	1920 Madison Street Clarksville, TN 37043	(931) 648-5685. Fax: (931) 553-2087	http://www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=BES	0825–1525
Barkers Mill	1230 Little Bobcat Lane Clarksville, TN 37042	(931) 906-7235. Fax: (931) 553-2087	http://www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=BMES	0845-1545
Burt School	110 Bailey Street. Clarksville, TN 37040	Phone: (931) 648-5630. Fax: (931) 553-2088	http://www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=BURT	0830-1530
Byrns Darden	609 E Street Clarksville, TN 37042	(931) 648-5630. Fax(931) 503-2643	http://www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=BDES	0845-1545
Cumberland Heights	1030 Cumberland Hgts. Road Clarksville, TN 37040	(931) 648-5695. Fax (931) 503-3400	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=CHES	0845-1515
East Montgomery	230 McAdoo Creek Road. Clarksville, TN 37043	(931) 358-2868. Fax (931) 358-4092	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=EMES	0830-1530
Glenellen	825 Needmore Road. Clarksville, TN 37040	(931) 920-6158. Fax (931) 920-6163	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=GES	0830-1545
Hazelwood	2623 Tiny Town Road. Clarksville, TN 37042	(931)553-2075. Fax(931) 503-3403	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=HES	0800-1500
Kenwood High	1101 Peachers Mill Road. Clarksville, TN 37042	(931) 553-2059. Fax(931) 503-3401	http://www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=KES	0800-1500
Liberty	849 Liberty Church Road. Clarksville, TN 37042	(931) 905-5729. Fax(931) 905-5734	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=LES	0845-1545
Minglewood	215 Cunningham Lane. Clarksville, TN 37042	(931) 648-5646. Fax(931) 503-3402	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=MES	0800-1500
Montgomery Central	4011 Highway 48. Cunningham, TN 37052	(931) 387-3208. Fax(931) 387-2565	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=MCES	0830-1530
Moore Magnet	1350 Madison Street. Clarksville, TN 37040	(931) 648-5635. Fax(931) 503-3404	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=MMS	0800-1500

Norman Smith	740 Greenwood Avenue. Clarksville, TN 37040	(931) 648-5660. Fax(931) 503-3405	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=NSES	0845-1545
Northeast	3705 Trenton Road. Clarksville, TN 37040	(931) 648-5662. Fax(931) 553-6986	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=NEES	0830-1530
Ringgold	240 Ringgold Road. Clarksville, TN 37042	(931) 648-5625. Fax(931) 503-3406	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=RES	0845-1545
Rossview	2235 Cardinal Lane. Clarksville , TN 37043	(931)645-1403. Fax (931)920-9949	http://www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=ROES	0845-1445
Sango	3585 Sango Road. Clarksville, TN 37043	(931) 358-4093. Fax(931) 358-4098	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=SES	0830-1530
St. Bethlehem	2450 Old Russellville Pike. Clarksville, TN 37040	(931) 648-5670. Fax(931) 503-3408	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=SBES	0830-1530
Woodlawn	2250 Dover Road. Clarksville, TN 37191	(931) 648-5680. Fax(931) 503-3407	www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=WES	0830-1530
West Creek	1201 West Creek Coyote Trail. Clarksville , TN 37042	(931) 802-8637. Fax: (931) 920-9977	http://www.cmcss.net/Schools/schoolwebsites/el/frontpage.asp?locid=WCES	0845-1545
Middle	**Address**	**Phone**	**Web site**	**Hours**
Kenwood	241 East Pine Mountain Road. Clarksville, TN 37042	(931) 553-2080. Fax(931) 552-3080	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=270	0730-1415
Montgomery Central	3941 Highway 48. Cunningham, TN 37052	(931) 387-2575. Fax(931) 387-3391	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=230	0720-1420
New Providence	146 Cunningham Lane. Clarksville, TN 37042	(931) 648-5655. Fax(931) 503-3409	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=240	0720-1420
Northeast	3703 Trenton Road. Clarksville, TN 37040	(931) 648-5665. Fax(931) 387-3391	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=250	0720-1420
Richview	2350 Memorial Drive. Clarksville, TN 37043	(931) 648-5620. Fax(931) 551-8111	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=260	0720-1420
Rossview	2265 Cardinal Lane. Clarksville, TN 37043	(931) 920-6150. Fax(931) 920-6147	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=210	0720-1420
West Creek	1200 West Creek Coyote Tr. Clarksville, TN 37042	(931) 503-3288. Fax (931) 503-3296	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=290	0730-1410
High School	**Address**	**Phone**	**Web site**	**Hours**
Clarksville	151 Richview Road. Clarksville, TN 37043	(931) 648-5690. Fax: (931) 648-5624	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=320	0730-1430
Kenwood	251 Pine Mountain Road. Clarksville, TN 37042	(931) 905-7900. Fax: (931) 905-7906	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=330	0730-1430
Middle College High	The Marks Building at Austin Peay State University	(931)221-1350. Fax:221-1360	http://www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=335	0800-1715
Montgomery Central High	3955 Highway 48. Cunningham, TN 37052	(931) 387-3201. Fax: (931) 387-4578	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=340	0730-1430
Northeast	3701 Trenton Road. Clarksville, TN 37040	(931) 648-5640. Fax(931) 503-3413	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=360	0730-1430
Northwest	800 Lafayette Road. Clarksville, TN 37042	(931) 648-5675. Fax: (931) 648-0094	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=380	0730-1430
Rossview	1237 Rossview Road. Clarksville, TN 37043	(931) 553-2070. Fax: (931) 503-3419	www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=350	0730-1430
West Creek	1210 West Creek Coyote Trail. Clarksville , TN 37042	(931)503-1788. Fax: (931)5031802	http://www.cmcss.net/Schools/schoolwebsites/frontpage.asp?locid=390	0710-1425

Christian County Public Schools

Christian County Public Schools wants to stay in contact with deployed parents. Please make sure you provide your email address and international cell phone number to your child's school so you can continue to receive emails and Connect-ED calls from your child's school while you are deployed. The link below will allow deployed parents to check a student's grades.

https://infinitecampus.christian.kyschools.us/campus/portal/christian.jsp
For Infinite campus username and password please talk with your child's school prior to departure.

Central Office/ Superintendent	200 Glass Avenue Hopkinsville, KY 42241	(270) 887-1300	http://www.christian.k12.ky.us/	M-F: 0800-1600
Elementary	**Address**	**Phone**	**Website**	**Hours**
Belmont	814 Belmont St. Hopkinsville, KY 42240	(270) 887-7170 Fax (270) 887-1175	http://www.christian.k12.ky.us/BelmontElementary.cfm	0725-1415
Crofton	12145 S. Madisonville Rd. Crofton KY 42217	(270) 887-7190 Fax (270) 424-1992	http://www.christian.k12.ky.us/CroftonElementary.cfm	0725-1415
Holiday	3910 Nassau Circle, Hopkinsville, KY 42240	(270) 887-7210 Fax (270) 887-1196	http://www.christian.k12.ky.us/HolidayElementary.cfm	0715-1415
Indian Hills	313 Blane Dr. Hopkinsville, KY 42240	(270) 887-7230 Fax (207) 887-1199	http://www.christian.k12.ky.us/IndianHills.cfm	0715-1415
Lacy	12015 Greenville Rd. Hopkinsville, KY 42240	(270) 887-7250 Fax (270) 269-9556	http://www.christian.k12.ky.us/LacyElementary.cfm	0715-1415
Martin Luther King Jr.	14405 Martin Luther King Jr. Way. Hopkinsville, KY 42240	(270) 887-7310 Fax (270) 887-1218	http://www.christian.k12.ky.us/MLKElementary.cfm	
Millbrooke	415 Millbrooke Dr. Hopkinsville, KY 42240	(270) 887-7270 Fax (270) 887-1214	http://www.christian.k12.ky.us/MillbrookeElementary.cfm	0725-1415
Pembroke	1600 Pembroke Oak Grove Rd. Pembroke, KY 42266	(270) 887-7290 Fax (270) 474-9897	http://www.christian.k12.ky.us/PembrokeElementary.cfm	0715-1410
Sinking Fork	5005 Princeton Rd. Hopkinsville, KY 42240	(270) 887-7330 Fax (270) 887-1217	http://www.christian.k12.ky.us/SinkingFork.cfm	0725-1415
South Christian	12340 Herndon Oak Grove Rd. Herndon, KY 42236	(270) 887-7350 Fax (270) 271-9296	http://www.christian.k12.ky.us/SouthChristian.cfm	0725-1405
Middle	**Address**	**Phone**	**Website**	**Hours**
Christian County	210 Glass Ave. Hopkinsville, KY 42240	(270) 887-7070 Fax (270) 887-1189	http://www.christian.k12.ky.us/ChristianCountyMiddle.cfm	0745-1515
Hopkinsville	434 Koffman Dr. Hopkinsville, KY 42240	(270) 887-7130 Fax (270) 887-1234	http://www.christian.k12.ky.us/HopkinsvilleMiddle.cfm	0800-1515
North Drive	831 North Dr. Hopkinsville, KY 42240	(270) 887-7150 Fax (270) 887-1287	http://www.christian.k12.ky.us/NorthDriveMiddle.cfm	0800-1515
High	**Address**	**Phone**	**Website**	**Hours**
Christian County High	220 Glass Ave. Hopkinsville, KY 42240	(270) 887-7050 Fax (270) 887-1294	http://www.christian.k12.ky.us/ChristianCountyHigh.cfm	0800-1520
Hopkinsville High	430 Koffman Dr. Hopkinsville, KY 42240	(270) 887-7110 Fax (270) 887-1118	http://www.christian.k12.ky.us/HopkinsvilleHigh.cfm	0800-1515

Stewart County Public Schools

Many teachers in the Stewart County Schools use the 'Thinkwave.com' tool to regularly communicate student achievement with parents. Student grades, attendance and more, are posted at this site, and are accessible to students as well as parents. If you have not received a handout ("Web Info, Students/Parents") from your child's teacher(s), invite the teacher(s) to use Grades Online.
To communicate directly with teachers, go to the district website (www.stewartcountyschools.net); Click on your child's school at top of the home page and go to Faculty or Teacher email for specific teacher email addresses.

School	Address	Phone	Website	Hours: M-F
Central Office/ Superintendent	P.O. Box 433 Dover, TN 37058	(931) 232-5176	phillipwallace@stewart.k12.tn.us	0800-1600
Dover Elementary	1010 Moore Rd. Dover, TN	(931) 232-5442	www.stewartcountyschool	0745-1445

	37058	Fax (931) 232-3116	s.net	
North Stewart Elementary	2201 Hwy.79, Big Rock, TN 37023	(931) 232-5505 Fax (931) 232-8139	www.stewartcountyschools.net	0800-1500
Stewart County Middle	723 Spring St. Dover, TN 37058	(931) 232-9112 Fax (931) 232-4608	www.stewartcountyschools.net	0745-1435
Stewart County High	120 Robertson Hill Rd. Dover, TN 37058	(931) 232-5179 Fax (931) 232-3119	www.stewartcountyschools.net	0745-1435

Todd County Public Schools

Deployed parents may easily communicate with teacher(s) of Todd County Schools by going directly to the district website (www.todd.kyschools.us). Click on 'Our School', and then go to 'Faculty and Staff' for specific email addresses for teacher, administrators and counselors. Other school contact information is provided below:

School	Address	Phone	Website	Hours
Central Office/ Superintendent	205 Airport Road Elkton, KY 42220	(270) 265-9400	www.todd.kyschools.us	0730-1530
North Todd	7300 Greenville Rd. Elkton, KY 42223	(270) 277-6800 Fax (270) 277-9919	www.todd.kyschools.us	0745-1505
South Todd	4115 Guthrie Rd Elkton, KY 42234	(270) 265-5785 Fax (270) 265-3808	www.todd.kyschools.us	0740-1505
Todd County Middle School	515 Main Street Elkton, KY 42220	(270) 265-2511 Fax (270) 265-9114	www.todd.kyschools.us	0750-1450

Trigg County Public Schools

The Trigg County Schools' faculty and staff embrace the commitment in guaranteeing that the unique and specific needs of their military-connected students will be recognized and fully addressed. Parents are urged to notify their child's teacher of their plans to deploy, and discuss ways for them to communicate during the deployment. Staff email addresses are located on the district website. Go to www.trigg.kyschools.us – click on 'Schools" – Click on appropriate level (elementary, middle or high), and Click on 'Staff' or 'Email Directory'. For the high school, click on 'TCHS'.

School	Address	Phone	Website	Hours
Central Office/ Superintendent	202 Main Street Cadiz, KY 42211	(270) 522-6075 Fax: (270) 522-7782	www.trigg.kyschools.us	0800-1600
Trigg County primary		(270) 552-2220	www.trigg.kyschools.us	0800-1500
Trigg County Intermediate School	205 Main St Cadiz, KY 42223	(270) 522-2220 Fax (270) 522-2234	www.trigg.kyschools.us	0800-1500
Trigg County Middle	206 Lafayette St Cadiz, KY 42211	(270) 522-2210 Fax (270) 522-2203	www.trigg.kyschools.us	0800-1500
Trigg County High	203 E. Main St Cadiz, KY 42211	(270) 522-2200 Fax (270) 522-2204	www.trigg.kyschools.us	0800-1500

Cheatham County School District

Cheatham County district prides itself on providing a wholesome and nurturing environment for children. Deploying parents should inform their child's school of their plans to leave in order to develop a workable plan for parents and teachers to communicate during this period. Teacher email addresses are not available on the district website. Therefore, parents should request that information prior to deploying. In the event, you forget to obtain this information; you may contact the school at the following website:

School	Address	Phone	Website	Hours

Central Office /Director	102 Elizabeth St. Ashland City, TN 37015	(615) 792-5664	http://cheatham.k12tn.net/	0730-1600
Ashland City Elementary	108 Elizabeth St Ashland City, TN 37015	(615) 792-4296 Fax: (615) 792-2030	http://cheatham.k12tn.net/Schools/ACE/ACE.htm	0740-1420
East Cheatham Elementary	3201 Bearwallow Rd Ashland City, TN 37015	(615) 746-5251 Fax: (615) 746-4594	http://cheatham.k12tn.net/Schools/ECE/ECE.htm	0730-1445
Kingston Springs Elementary	166 W. Kinston Spring Rd. Kingston Springs, TN 37082	(615) 952-9060 Fax: (615) 952-3650	http://cheatham.k12tn.net/Schools/KSE/KSE.htm	0730-1445
Pegram Elementary	4552 Dogwood Ln. Pegram, TN 37143	(615) 646-6637 Fax: (615) 662-4736	http://cheatham.k12tn.net/Schools/PES/PES.htm	0730-1445
Pleasant View Elementary	2625 Church St Pleasant View, TN 37146	(615) 746-5035 Fax: (615) 746-8215	http://cheatham.k12tn.net/Schools/PVE/PVE.htm	0730-1445
West Cheatham Elementary	3120 Highway 12 N Chapmansboro, TN 37035	(615) 792-5167 Fax: 792-1230	http://cheatham.k12tn.net/Schools/WCE/WCE.htm	0730-1445
Cheatham Middle	700 Scoutview Dr. Ashland City, TN 37015	(615) 792-2334 Fax: 792-2377	http://cheatham.k12tn.net/Schools/CMS/CMS.htm	0715-1445
Harpeth Middle	170 Harpeth View Trail Kingston Springs, TN	(615) 952-2293 Fax: (615) 952-4527	http://cheatham.k12tn.net/Schools/HMS/HMS.htm	0745-1445
Sycamore Middle	1025 Old Clarksville Pike Pleasant View, TN 37146	(615) 746-8852 Fax: (615) 746-5770	http://cheatham.k12tn.net/Schools/SMS/SMS.htm	0745-1445
Cheatham County Central High	1 Cub Circle Ashland City, TN 37015	(615) 792-5641 Fax: (615) 792-2090	http://cheatham.k12tn.net/Schools/CHS/CHS.htm	0745-1445
Harpeth High	170 E Kingston Springs Rd. Kingston Springs, TN 37082	(615) 952-2811 Fax: (615) 952-5013	http://cheatham.k12tn.net/Schools/HHS/HHS.htm	0745-1445
Sycamore High	1021 Old Clarksville Pike Pleasant View, TN 37146	(615) 746-5013 Fax: (615) 746-3653	http://cheatham.k12tn.net/Schools/SHS/SHS.htm	0745-1445

****Fort Campbell parents of school-age children may contact the installation School Liaison Officer for assistance with any school related information/issues for both on and off post schools -(270) 798-9874, DSN 635-9874, or email CAMPCYSSLO@us.army.mil**

ARMED SERVICES YMCA

Armed Services YMCA (CO-OP Daycare & Family Center)

(270) 798-7422 3068 Reed Ave

- The Armed Services YMCA (ASYMCA) Family Center has a program that is designed for Spouses to receive free childcare in exchange for time volunteered. Daycare hours are Monday-Thursday 9:00am – 3:00pm.
- They also offer Friday Night Co-op twice a month from 6:00 pm-12.00am. Please call for details.
- There is no registration fee but you must volunteer in some aspect of their program to be eligible.
- For more info please contact (270) 798-7422.
- The ASYMCA also puts out a monthly calendar for the classes they offer for both parents and children. Please contact (270) 798-7422.
- For other programs and services offered by the Armed Services YMCA Family Center, please call (270) 798-7422.

Armed Services YMCA Backdoor Boutique

(270) 956-1566 5660 Screaming Eagle Blvd.

The Backdoor Boutique offers FREE items for active duty military Families E-1- E-5. They can find clothing, shoes, household items, books, toys, baby items and much more. We also have a wish list for large furniture and baby needs. For more information call 270-956-1566.

Armed Services YMCA Operation Hero

(270) 798-7422 Available at **a**ll elementary and both middle schools on post

Operation Hero is an after school mentoring program designed to help children who are having problems with self-esteem or dealing with mom or dad being deployed. Students meet twice a week for 2 ½ hours at school. For more information contact (270) 798-3077.

MWR SPOUSE DISCOUNT CARD

- In order for Spouses of deployed Soldiers to utilize the MWR Spouse discounts, they must receive an MWR Spouse Discount card
- Discounts are subject to change at any time
  - Current discounts can be viewed on www.fortcampbellmwr.com
- MWR Spouse Discount Cards are issued at the In/Out Processing 2577A), Room 126
  - Cards are issued during MWR Public Relations normal hours of operations
  - Monday, Tuesday Wednesday and Friday: 9 a.m. - 3:30 p.m.
  - Thursday 12:30 - 3:30pm
  - Closed daily for lunch from 11:30 a.m. until 12:30 p.m.
  - Call with any questions (270) 798-7535
- Bring a copy of your Soldier's deployment orders detailing the start and return date and the roster with your Soldier's name must be attached to the orders.
  - All orders without a specified return date will be issued for one year from the start date of deployment
  - If you are part of a unit that does not issue deployment orders, anything proving you are part of that unit such as a coffee roster or FRG roster will suffice (MWR Spouse Discount Cards falling in this category are automatically issued for six months).

BEFORE A DEPLOYMENT

GET ORGANIZED:

- Complete your Family Readiness Checklist. (See p. 45-47)
- Attend pre-deployment briefs / fairs and FRG meetings as possible.
- Review survivor benefits & entitlements with Soldier.
- Complete a calendar with important dates written in it, such as: birth dates, holidays, anniversaries, vehicle safety inspection renewal dates, vehicle tag renewal dates, date for filing taxes, payment due dates and amounts etc. (Both Family member & Soldier keep a copy)
- Discuss how you plan to keep in contact during the deployment. (You may consider pre-addressing envelopes and purchasing stamps ahead of time)
- Make certain important documents and information are in order and accessible.
- If you have a full time job and children, make arrangements for childcare during your work hours, or if you are military, during duty hours, field duty and periods of mobilization. Does the person caring for your child have a power of attorney to assure necessary medical care? Do you have a Family care plan?

FOR THE CHILDREN:

- Spend time talking with your child about the deployment at your child's level, explain why dad/mom is going, where, with whom, and for how long.
- Sit down with the whole Family and talk about feelings. Let each member of the Family express how they feel about the separation. Discuss the rules of the house. Make them "House Rules" rather than mom or dad's rules.
- Encourage the older children to talk with the younger ones about previous deployments: how long it seemed, what they did, how they felt while dad/mom was away and when he/she returned.
- Encourage dad/mom to spend time individually with each child: just the two of you.
- Take a picture of each child with dad/mom.

DURING A DEPLOYMENT

- Know at least three of your neighbors. You may need their help during an emergency. They can also be a wonderful source of day-to-day support.
- Be active in your unit FRG, take advantage of training opportunities and support services.
- Volunteer. **You are needed!** Stay busy during the separation: church, school, sports, volunteering and FRIENDS.
- Take up a new hobby or return to the one you gave up for lack of time.
- Travel! New scenery and a change of pace, even if only a day trip, does wonders for the spirit. Plan on taking a friend! Don't wait for the phone to ring, take the lead! ***(Remember to let your Rear D/FRG know where and for how long you will be gone.)***
- Stick to your budget.
- Prioritize what is critical and then pace yourself according to your own understanding of the way you function at your best. Be realistic and kind to yourself.
- Find another military Spouse in similar circumstances, time passes much faster with a friend.
- Do not try to please everyone. Learn to say "no."
- Exercise regularly. Get plenty of sleep. It is okay to go to bed early!
- Treat yourself like you treat your closest friend. Give yourself permission to be less than perfect or to take a break.
- Anticipate stress and prepare for it.
- Simplify.
- Avoid power struggles; teamwork makes the Family and the Unit stronger.
- Provide consistent limitations and feedback to children (and some adults).
- Learn about your acceptable/comfortable stress level. Some stress is normal and necessary. (It gets you out of bed in the morning).
- Know when to ask for help.

FOR THE CHILDREN:

- Display pictures of dad/mom at your child's eye level. Let each child have a picture of himself/herself with dad/mom in their room.
- Routine can work to your advantage (Avoid a "rut.")
- Make opportunities for special outings, especially on weekends and holidays when dad/mom would usually be home. (Picnics, walks, eating out, build a bird feeder etc.)
- Play dad/mom's taped stories.
- Have each child choose a chore that dad/mom usually does. It will be a special contribution to maintain the house and will develop responsibility.
- Keep in touch with teachers. Work together to evaluate, avoid or redirect behaviors resulting from Soldier's absence.
- Take advantage of children's deployment support programs.
- Make an effort to be sensitive to children's needs during deployment.

SAFETY PRECAUTIONS

Follow these tips whether your Spouse is home or not. A sudden change in the way you conduct your home and yourself may advertise your Spouse's absence.

- Do not tell people your Spouse is gone or discuss your Spouse's absence in public. **WARNING: car magnets, service stars, yellow ribbons, etc. often advertise your Spouse's absence!**
- When someone calls on the telephone and asks for your Spouse, NEVER tell the caller that your Spouse is not home. Tell the caller that your Spouse can't come to the telephone and take a message.
- Keep emergency phone numbers and your address by all the phones in your home.
- Always lock your doors and windows, draw your shades at night and leave a few lights on inside and outside whenever possible.
- Have a deadbolt lock installed. It is the most difficult to pick. Make sure your door has a peephole and a safety chain. (A safety chain is NOT adequate protection in case someone tries to force a door open.) Keep your doors locked at all times.
- Never open your door even a crack for anyone uninvited or unexpected. Use a peephole. If they claim it is an emergency make the phone call for them.
- Do not allow any stranger into your home when you are alone. If you are expecting delivery or maintenance have another person with you and call the company when the employee arrives.
- Use caution. Remember neighbors and acquaintances do not come with credentials.
- If you are not certain if someone else may have keys to your home, have the locks changed (consider previous tenants and their friends or neighbors with extra keys).
- Discontinue paper delivery if you will be away. Ask the Post Office to hold your mail until you return. DO NOT LEAVE MAIL EXPOSED IN PLAIN VIEW (i.e., in your car).
- Instruct children, Family and babysitters not to give out information about who is home, who is out, or for how long.
- Do not leave your keys hidden outside your home; they are too easily found.
- Most burglars and intruders enter homes through either OPEN doors or windows or doors and windows that are easily jimmied.
- When going to your car have your keys in your hand. Look inside and under the car as you approach it. Keep your car doors locked at all times. If your car breaks down, put up the hood, turn on the emergency flashers and stay in the car with the windows up and the doors locked. If someone stops to help, give them a phone number to call.
- If you notice strangers loitering in your neighborhood, notify the police; with time, place, and description.
- To discourage burglars, have items (such as televisions, stereos, cameras, etc.) engraved with your name and last four digits of your social security number. Check with your local police for more information and current recommendations about engraving.

- ☐ If you suspect your home has been broken into DO NOT go in. Call the police from a neighbor's home.
- ☐ Do not go places alone, especially at night. Use the buddy system.
- ☐ Do not bring in your mail, newspaper, or gather clothing in from your line after dark.
- ☐ If you travel, consider a cellular phone.
- ☐ While walking keep your head up and your eyes open. Being aware of your surroundings is your best defense.
- ☐ Change your routes to stay out of obviously bad areas. Stay well away from bushes, parked cars, alleyways, and beggars.
- ☐ If you think you are being followed while walking, cross to the other side of the street and change your route to a well-lit populated area, or if you are driving, go to the police station.
- ☐ When you go anywhere, ask yourself, what would I do if I were attacked in this situation? **Be prepared!**

Pre-Deployment/Family Readiness Checklist

- ❑ Do you and your Spouse have a joint checking account?
- ❑ Do you have SURE PAY deposit? If not, do you have an acceptable Power of Attorney so you can receive/deposit checks in his absence?
- ❑ Will your bank accept your Power of Attorney? (Not all banks do!)
- ❑ Do you know how deposits are made?
- ❑ Do you have and know how to write checks & balance your checkbook or order more checks?
- ❑ If you are receiving an allotment, will it provide sufficient money to maintain your entire household?
- ❑ Do you know the account numbers, names and addresses of your banks?
- ❑ Do you know the types of accounts you have?
- ❑ Do you have a safe deposit box? Do you know where the key is kept?
- ❑ Do you know where the box is located?
- ❑ Are all of your credit cards accounted for? Are the numbers logged and in a safe place? Do you know how to notify the credit card company in case of loss or theft?
- ❑ Do you have Leave and Earnings Statements from the last three months?
- ❑ Do you know that your Spouse must make any changes to allotments, including address changes?
- ❑ Do you know whom to contact if your allotment check does not arrive? Contact your Battalion Rear D.
- ❑ Do you have a copy of any installation contracts or loan papers?
- ❑ Do you have a copy of your lease agreement?
- ❑ Will your lease run out while your Spouse is deployed?
- ❑ Do you know what bills must be paid and when they are due?
- ❑ Do you have and are each Family member's identification cards (ID) cards up-to-date?
- ❑ When will each ID card expire? _____
- ❑ Do you know how to replace the ID card in the event it is worn, damaged, lost or stolen?
- ❑ Do you have immunization records for each member of the Family?
- ❑ Are your Family members' immunizations up-to-date?
- ❑ Do you and your Spouse have an up-to-date will and know where it is kept?
- ❑ Do you have and know the location of your Power of Attorney?
- ❑ Do you have and know the location of each Family member's certified birth certificate?
- ❑ Do you have and know the location of your marriage certificate?
- ❑ Do you have copies and know the location of any adoption papers, guardianship papers, divorce decrees, or court orders awarding custody of children or child support?
- ❑ Statements from licensed doctors or medical officers for dependent children over 21 years of age whom

are mentally or physically disabled.

- ❑ Name and location of places where unmarried children over 21 but less than 23 years of age who are enrolled in a full-time course of instruction.
- ❑ Death certificates of deceased members of the immediate Family.
- ❑ Do you have a recent photograph (full-face, light background, about two inches by two inches, showing the person's entire head for each Family member 10 years old or older)?
- ❑ Do you have and know the social security numbers for each Family member?
- ❑ Do you have copies of Federal and State tax records for the past six years?
- ❑ Where are the insurance policies kept? (Car, life, home owner, personal property, etc.)
- ❑ Where are your stocks, bonds, certificates of deposit, savings and credit union passbooks, notes receivable, and other evidence of income producing properties?
- ❑ Do you know where the deeds and other title documents relating to real estate are?
- ❑ Certificates of title and registration, warranties, and tax receipts for automobiles, boats, recreational vehicles, and other personal property.
- ❑ Are all your important papers safeguarded?
- ❑ If you are on the housing list, has the housing office been given telephone numbers where you can be reached during your Spouse's absence?
- ❑ Citizenship records if any Family member born outside the United States.
- ❑ Business agreements including partnership documents, agency contracts, sales contracts, royalties, residual agreements, and employment contracts.
- ❑ Documents designating the sponsor or Spouse as an executor or a trustee.
- ❑ Documents relating to bankruptcy proceedings.
- ❑ Military and other employment records.
- ❑ Deployment Discount ID Card
- ❑ 1-800 RED CROSS number card for emergencies.

HOUSING:

- ❑ Do I know the location and use of the electrical breaker box?
- ❑ Do I know the location and use of the main water control valves?
- ❑ Do I know the location and use of each toilet's water control valve?
- ❑ Do I know the location and use of each sink's water control valve?
- ❑ Do I know the location and use of the washing machine's valve?
- ❑ Do I know the location and use of the dishwasher's valve?
- ❑ Do I know the location and use of the gas control valve?
- ❑ Name and telephone number of an electrician?
- ❑ Name and telephone number of a plumber?
- ❑ Name and telephone number of the landlord?
- ❑ Telephone number for the Dept. of Public Works & Environment?
- ❑ Do I have an extra set of keys to the house?
- ❑ Do all of the smoke alarms have new batteries; do they work?
- ❑ Am I capable of doing the yard maintenance? If not, have I made arrangements?
- ❑ Do I have a current household inventory, including serial numbers?
- ❑ Do I have current renters or homeowner's personal property insurance?
- ❑ Do you have extinguishers close at hand and suitable for grease and electrical fires?
- ❑ Are the furnace, heaters, vents and chimney inspected and serviced regularly?

- ❑ Do you have an intruder plan and fire escape plan and have you practiced it with all Family members?
- ❑ Have you practiced fire emergency procedures?
- ❑ Use extension cords only for temporary convenience, never as permanent wiring.
- ❑ Does every member of your Family know how to dial 911?

TRANSPORTATION:

- ❑ Do you have a current driver's license? It expires on _____.
- ❑ Do you have an extra set of car keys? They are located_____.
- ❑ Do you know where your Spouse will park the car if he drives it to the unit when leaving for a deployment?
- ❑ Do you know that if your Spouse leaves the car in a unit holding area and deploys, you **must** have a completed release form showing that you by name may take it out of the area? This must be filled out **before** your Spouse leaves.
- ❑ Do you know how/when/where to attend to minor car maintenance or breakdowns?
- ❑ Is the registration and proof of insurance for the car kept in the car? Are you insured to drive the cars?
- ❑ Are the car tags current, and do you know how to renew them?
- ❑ If you do not drive or have a valid driver's license, are you familiar with local public transportation?
- ❑ Do you have the title for the car?
- ❑ What is the name and address of the company holding the lien?_____.

MEDICAL:

- ❑ Does every member of your Family know how to dial 911?
- ❑ Do I know the telephone number and location to your Health Clinic or nearest Emergency Room?
- ❑ Do I know the location of Blanchfield Army Community Hospital?
- ❑ Is each Family member enrolled in DEERS and have a current military ID Card?
- ❑ Does each Family member have a current medical / TRICARE card?
- ❑ Are immunizations for each Family member up to date?
- ❑ Where are the medical records for each Family member?_____
- ❑ Where are the dental records for each Family member? _____
- ❑ Who has medical power of attorney? _____
- ❑ Are the Family's pet's vaccinations up to date? _____

COMMUNICATION DURING A DEPLOYMENT

Ensure you have a mailing address before your Spouse departs or obtain the address from your Family Readiness Group when possible.

_____

_____

MAIL/Care Packages for Deployed Soldiers:

- Each letter/care package **MUST** include the rank/full name, unit and APO address of the Soldier. Packages sent to "ANY" Soldier will no longer be delivered.
- The sender must pay all postal charges.
- Check the United States Postal Service at www.usps.com/supportingourtroops for monthly updates and tips.

Items that CANNOT be mailed to Deployed Soldiers:

- Explosives, firearms, ammunition, knives, flammable products, pornographic or obscene materials (i.e., photographs, videotapes, DVDs, magazines, etc).
- Perishable items such as fruit, vegetables, flowers, plants, pork or pork by products, narcotic and/or prescription drugs.

Items that CAN be mailed to Deployed Soldiers:

- Paperback books, playing cards, magazines, hometown newspapers, batteries (A, AA, & D preferred), music CDs, DVD movies, footballs, soccer balls, personal hygiene items for both male and female Soldiers.
- Canned foods including fruits, meats, soups, potato chips, cookies, hard candies, chewing gum, chapstick, powder drink mixes (Kool-Aid, lemonade, tea, sports drinks, etc.), socks, wash cloths, bath towels and baby wipes.
- Small gifts for Iraqi/Afghan children-toy cars, dolls, coloring books, crayons, paper and pencils

LETTER WRITING:

The need for two-way communication continues though you are separated by distance. The following is a guide that may make it easier to talk with each other by letter.

- ❑ Answer all questions. Write with your Spouse's letter and picture in front of you as though talking directly to him/her.
- ❑ Let your Spouse know how much you appreciate the letters, tapes, pictures, etc. In each communication mention one or two things that made you feel especially close.
- ❑ Remember that the need to express affection does not diminish with the miles. "I love you," means just as much when it is written during a deployment as it does when spoken in person.
- ❑ Share your feelings as openly as you can without indulging in self-pity. Let your Spouse know you would like him/her to share his/her feelings.
- ❑ Above all express yourself clearly so he/she won't have to think, "I wonder what she/he meant by that?" On the other hand don't try to read between the lines or interpret a puzzling remark. If you don't understand, ask questions in your next letter.
- ❑ Some husbands and wives number their letters to eliminate confusion.
- ❑ Have dad/mom send separate letters to each child in the Family. It will help maintain and strengthen their relationships. Children love to receive their own mail.
- ❑ Try to send photographs.

E-Mail:

E-mail access has become readily available during most deployments. It is a great way to have frequent contact with Family. However, e-mail can be a "mixed blessing". Be aware that in some theaters of operation electricity,

power, and/or e-mail systems can function unreliably! If you become accustomed to a daily e-mail and suddenly do not hear from your husband for several days, DO NOT PANIC! There could possibly be a "glitch" in the e-mail system or **a blackout which freezes communications temporarily**. Be patient!

- Understand that e-mail can be, and is, screened for sensitive information pertaining to military operations. **Do not discuss classified information!**
- Sending nude or pornographic pictures via the internet through web cams or e-mail is punishable under Uniformed Code of Military Justice (UCMJ) for the Soldier! DON'T DO IT!
- Reread your message before hitting send - especially if they are emotionally charged!

Webcams are not always in a private room

TAPE RECORDING:

If letter writing is difficult for you, consider purchasing a pair of tape recorders so that you and your Spouse can send "talking" letters. Younger children can also say "Hello Dad/Mom" in their own words.

TELEPHONE CALLS:

Telephone calls are a quick way to communicate, but remember long distance and overseas calls can be very expensive. Remember the difference in time zones and depending upon the location of the Soldier, access to telephones/communication may vary.

TALKING WITH THE MEDIA

If you decide to talk to the media, here are some things to remember:

- Do not talk to the media about rumors.
- Do not talk about other people's personal information.
- You don't have to answer every question.
- If you don't like a question, tell the reporter you prefer not to answer it.
- Don't argue with a reporter. Be polite and firm, but don't get emotional.
- It is your right to stop an interview at any time. If the reporter is rude, stop the interview.
- Deal in known facts.
- If the reporter says something you know is incorrect, correct him/her.
- Avoid speculating or answering "what if" questions.
- Don't allow a reporter to rush you. When asked a question, take time to think your answer through and make sure you are comfortable with the answer.
- Do not answer or provide information on operational issues. Leave that to the Soldiers and Public Affairs.
- If a reporter is going to be on Fort Campbell they MUST be escorted by a Public Affairs Officer.
- The Public Affairs Office can help you prepare if you choose to be interviewed.
- The main Public Affairs Office number is 270-798-3025. After duty hours, the on call PAO can be reached by calling Division Staff Duty at 270-798-9793.

Time Conversion Chart

To learn the time where your Spouse is stationed, first find the time where you live, read across under the location of your Soldier. This will tell you the time at his/her location. Example, if it is 1900 hours (7:00 P.M.) for you in the Central Standard Time zone, then it is 0400 hours (4:00 A.M.) for your Soldier in **SWA (Southwest Asia)**, **or 1000 hours (10:00 A.M.) in Korea.**

	Hawaii	Pacific Standard Time	Mountain Standard Time	Central Standard Time	Eastern Standard Time	GMT	Germany	SWA Iraq	Afghanistan
0100	0600	0800	0900	1000	1100	1600	1700	1900	2030
0200	0700	0900	1000	1100	1200	1700	1800	2000	2130
0300	0800	1000	1100	1200	1300	1800	1900	2100	2230
0400	0900	1100	1200	1300	1400	1900	2000	2200	2330
0500	1000	1200	1300	1400	1500	2000	2100	2300	0030
0600	1100	1300	1400	1500	1600	2100	2200	2400	0130
0700	1200	1400	1500	1600	1700	2200	2300	0100	0230
0800	1300	1500	1600	1700	1800	2300	2400	0200	0330
0900	1400	1600	1700	1800	1900	2400	0100	0300	0430
1000	1500	1700	1800	1900	2000	0100	0200	0400	0530
1100	1600	1800	1900	2000	2100	0200	0300	0500	0630
1200	1700	1900	2000	2100	2200	0300	0400	0600	0730
1300	1800	2000	2100	2200	2300	0400	0500	0700	0830
1400	1900	2100	2200	2300	2400	0500	0600	0800	0930
1500	2000	2200	2300	2400	0100	0600	0700	0900	1030
1600	2100	2300	2400	0100	0200	0700	0800	1000	1130
1700	2200	2400	0100	0200	0300	0800	0900	1100	1230
1800	2300	0100	0200	0300	0400	0900	1000	1200	1330
1900	2400	0200	0300	0400	0500	1000	1100	1300	1430
2000	0100	0300	0400	0500	0600	1100	1200	1400	1530
2100	0200	0400	0500	0600	0700	1200	1300	1500	1630
2200	0300	0500	0600	0700	0800	1300	1400	1600	1730
2300	0400	0600	0700	0800	0900	1400	1500	1700	1830
2400	0500	0700	0800	0900	1000	1500	1600	1800	1930

Military Rank / Lingo

Enlisted Rank Structure

Title/ Enlisted/ Grade	
[***No Insignia***]	Private / PVT / E1
	Private / PV2 / E2
	Private First Class / PFC / E3
	Specialist / SPC / E4
	Corporal / CPL / E4
	Sergeant / SGT / E5
	Staff Sergeant / SSG / E6
	Sergeant First Class / SFC / E7

Title/ Enlisted/ Grade	
	Master Sergeant / MSG / E8
	First Sergeant / 1SG / E8
	Sergeant Major / SGM / E9
	Command Sergeant Major / CSM / E9
	Sergeant Major of the Army / SMA / E9

Warrant Officer Rank Structure

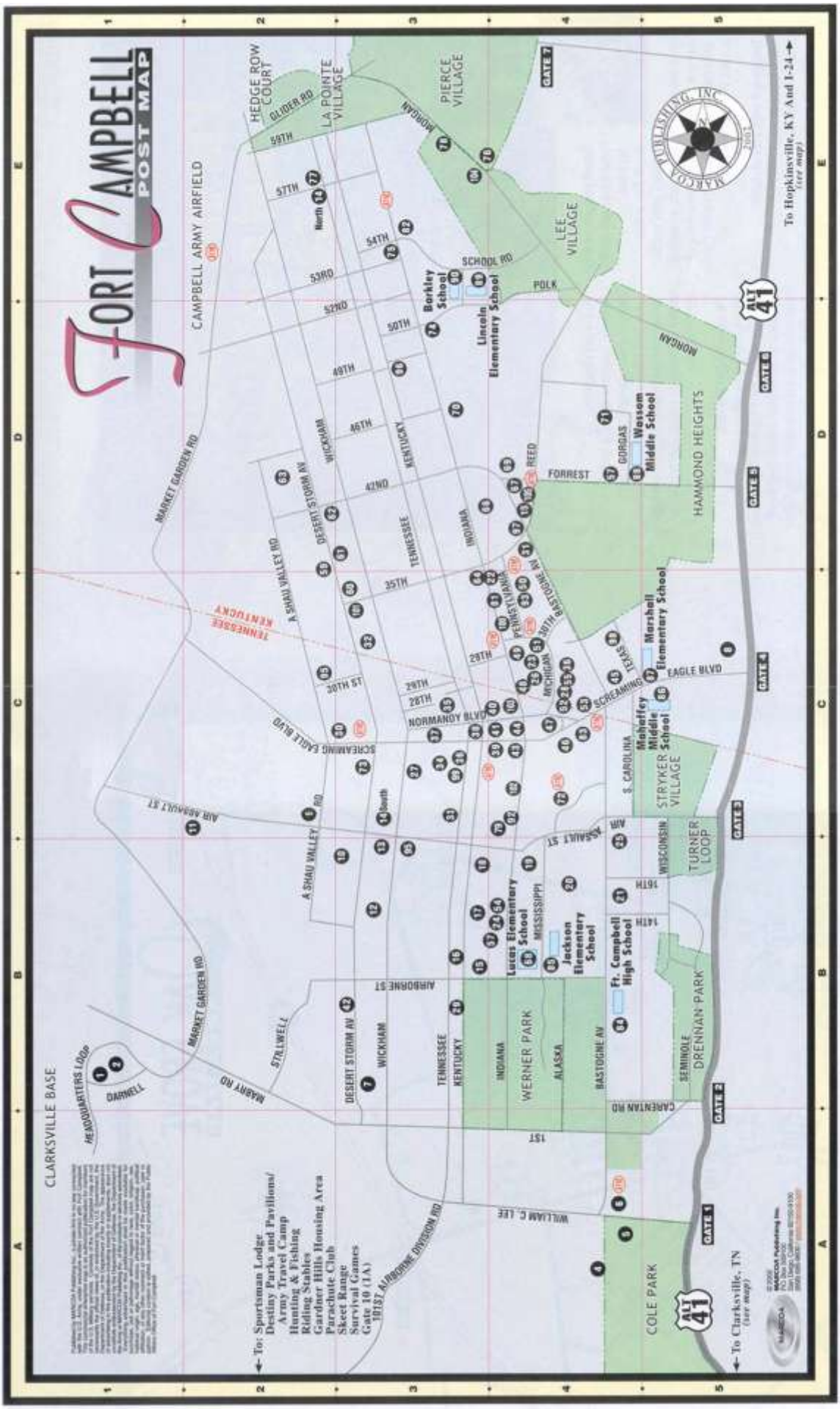
	Warrant Officer / WO1 / W-1
	Chief Warrant Officer / WO2 / W-2
	Chief Warrant Officer / WO3 / W-3
	Chief Warrant Officer / WO4 / W-4
	Chief Warrant Officer / WO5 / W-5

Officer Rank Structure

	Second Lieutenant / 2LT / O1
	First Lieutenant / 1LT / O2
	Captain / CPT / O3
	Major / MAJ / O4
	Lieutenant Colonel / LTC / O5
	Colonel / COL / O6
	Brigadier General / BG / O7
	Major General / MG / O8
	Lieutenant General / LTG / O9
	General / GEN / O10
	General of the Army / GOA

U.S. Army Acronyms: (http://www.dtic.mil/doctrine/jel/doddict/)

A		B
AAFES—Army and Air Force Exchange Service	**AO**—Area of Operations	**BOQ**—Bachelor Officers' Quarters
AD—Active Duty	**APC**—Armored Personnel Carrier	**BHA**—Basic Housing Allowance
ADJ—Adjutant	**APFT**—Army Physical Fitness Test	**BC**—Battery Commander
AFN— Armed Forces Network	**APO**—Army Post Office	**BDE**—Brigade
AG—Adjutant General	**AR**—Army Reserve/Army Regulation/Armor	**BDU**—Battle Dress Uniform
AGR—Active Guard Reserve	**ARNG**—Army National Guard	**BN**—Battalion
AIT—Advanced Individual Training	**ASAP**—As Soon As Possible	**BNCOC**—Basic Noncommissioned Officer Crs
AMMO—Ammunition	**AT**—Annual Training	
ANCOC—Advanced Noncommissioned Officer Course	**AUSA**—Association of the United States Army	
ANG—Air National Guard	**AWOL**—Absent Without Leave	
C	**D**	**E**
CASCOM—Combined Arms Support Command	**DA**—Department of the Army	**EBC**—Embedded Battle Command
CDR—Commander	**DI**—Drill Instructor	**EER/OER**—Enlisted/Officer Evaluation Report
CG—Commanding General	**DO**—Duty Officer	**EM**—Enlisted Member
CID—Criminal Investigation Division	**DOD**—Department of Defense	**EN**—Enlisted
CINC—Commander in Chief	**DOR**—Date of Rank	**ETS**—Estimated Time of Separation
CO/Co—Commanding Officer/Company		**ESC**—Enlisted Spouses' Club
COLA—Cost of Living Allowance		
CP—Command Post		
CPX—Command Post Exercise		
CQ—Charge of Quarters		
F	**G**	**I**
FDU—Full Dress Uniform	**GO**—General Officer	**IG**—Inspector General
FORSCOM—Forces Command	**H**	**INFO**—For the Information of
FOUO—For Official Use Only	**HHC**—Headquarters and Headquarters Company	**IO**—Information Officer
FSA—Family Separation Allowance	**HOR**—Home of Record	**IRF**—Immediate Reaction Force
FRG—Family Readiness Group	**HQ**—Headquarters	**IRR**—Individual Ready Reserve
FTX—Field Training Exercise	**HQDA**—Headquarters, Department of the Army	
FY—Fiscal Year	**HS**—Home Station	
FYI—For Your Information		
J	**M**	**N**
JAG—Judge Advocate General	**MACOM**—Major Army Command	**NA**—Not Applicable
JUMPS—Joint Uniform Military Pay System	**MFO**—Multinational Forces and Observer	**NATO**—North Atlantic Treaty Organization
K	**MI**—Military Intelligence	**NCO**—Noncommissioned Officer
KIA—Killed in Action	**MIA**—Missing in Action	**NCOA**—Noncommissioned Officer Association
KP—Kitchen Patrol	**MOS**—Military Occupational Specialty	**NCOER**—Noncommissioned Officer Evaluation Report
L	**MP**—Military Police	**NCOIC**—Noncommissioned Officer in Charge
LES—Leave and Earnings Statement	**MRE**—Meals Ready to Eat	
LOD—Line of Duty	**MSO**—Morale Support Officer	
LZ—Landing Zone		

O	P	Q
O CLUB—Officers' Club	**PAC**—Personnel Administration Center	**QM**—Quartermaster
OBC/OAC—Officer Basic/Advanced Course	**PAO**—Public Affairs Officer	**QTRS**—Quarters (living area)
OCS—Officer Candidate Schools	**PCS**—Permanent Change of Station	**R**
OD—Officer of the Day	**PDQ**—Pretty "Damn" Quick	**RA**—Regular Army
OIC—Officer in Charge	**PERSCOM—**Total Army Personnel Command	**RC**—Reserve Component
OJT—On the Job Training	**PLDC**—Primary Leadership Development Course	**RD**—Rear Detachment
ORE—Operation Readiness Exercise	**PLT**—Platoon/Primary Level Training	**RDC**—Rear Detachment Commander
OSC—Officers Spouses' Club	**PLF**—Parachute Landing Fall	**RDF**—Rapid Deployment Force
	PM—Provost Marshal (police chief)	**REG**—Regulation
	PMOS—Primary Military Occupational Specialty	**REGT**—Regiment
	POA—Power of Attorney	**RandR**—Rest and Recreation
	POV—Privately Owned Vehicle	**RFO**—Request for Orders
	PT—Physical Training	**RIF**—Reduction in Force
	PX—Post Exchange	**ROTC**—Reserve Officer Training Corps
S	**T**	**V**
SD—Staff Duty	**TDY**—Temporary Duty	**VA**—Department of Veterans' Affairs
SDNCO—Staff Duty Noncommissioned Officer	**TIG**—Time in Grade	**VAMC**—Veterans' Affairs Medical Center
SDO—Staff Duty Officer	**TLA**—Temporary Living Allowance	**VHA**—Variable Housing Allowance
SGLI—Servicemen's Group Life Insurance	**TMP**—Transportation Motor Pool	**W**
SJA—Staff Judge Advocate	**TRADOC**—Training and Doctrine Command	**WO**—Warrant Officer
SOCOM—Special Operations Command	**U**	**WOAC**—Warrant Officer Advanced Course
SOP—Standing Operating Procedure	**USAR**—United States Army Reserve	**WOC**—Warrant Officer Candidate Course
SQD—Squad (a unit within a platoon)	**USMA**—United States Military Academy	**WOSC**—Warrant Officer Senior Course
SQT—Skills Qualification Test	**USO**—United States Organization	**X**
SRB—Selective Reenlistment Bonus		**XO**—Executive Officer
SSN—Social Security Number		

MAP OF FORT CAMPBELL, KY