

# Community News & Notes

Explore  
The  
Opportunities...



VOLUME 07 :: ISSUE 08  
20 FEBRUARY 2012

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## Youth Action Council Meeting

A Youth Action Council Facebook meeting is scheduled from 1700-1800 hrs. on 1 March.

The meeting provides youth with opportunities to surface issues and to make recommendations to improve the quality of life for youth on Fort Stewart.

It is open to military connected teens of parents stationed at Fort Stewart.

To participate, "befriend" the Fort Stewart Youth Center Facebook page, <https://www.facebook.com/#!/FORTSTEWARTYC>.

For details, call the School Liaison Office at 912-767-6533.



## Army MWR Services Surveys

Army MWR Services Surveys

Within the next couple of weeks, the Army MWR Services Surveys will be

sent to several residences. The questionnaire will ask you about MWR programs & services that contribute to your quality of life. If you are one of the lucky recipi-

ents of this survey, please complete it and return it to the address listed on the survey as soon as possible. Thank you!

Would you like to receive the Community News & Notes via email?

Do you have an event that you'd like for us to consider for one of our upcoming editions?

Email us at [JOANNA.MARMO@US.ARMY.MIL](mailto:JOANNA.MARMO@US.ARMY.MIL)

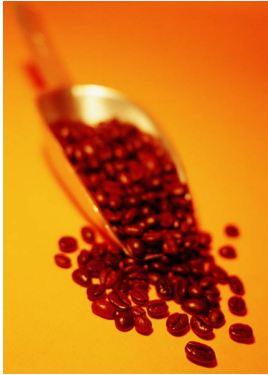


ARMY FAMILY COVENANT:  
Keeping the Promise



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## Ground Coffee for Deployed Service Members



**Operation Homefront GA** has received 770 one-pound packages of vacuum packed coffee from Community Coffee Co from Baton Rouge LA with a request for us to get it into the hands of deployed service personnel.

We have it packed and ready for shipment in priority mail boxes containing 8 pounds each.

### **WE NEED COMPLETE APO ADDRESSES.**

If you know of a deployed service member and would like us to send them a box of coffee please send us their

complete APO address we can have the coffee in the mail within 24 hours.

**Send the addresses to :**  
[mike.patellis@operationhomefront.net](mailto:mike.patellis@operationhomefront.net)

**Subject :** Fresh Ground Coffee

## Pro-Am Qualifying Tournament @ HAAF

Active duty service members stationed on Fort Stewart/Hunter Army Airfield are invited to compete in a qualifying tournament at 1300 on Saturday, 25 Feb on the Hunter Army Airfield Golf Course to be selected to represent Fort Stewart/Hunter Army Airfield in the Pro-Ams for the Heritage Classic on Hilton Head Island's Harbour Town Golf Links on 9 April (two slots) and the Liberty Mutual Legends of Golf Tournament on Savannah's Westin at

Savannah Harbor Golf Resort on 18 & 19 April (four slots).

Regular fees will be charged to compete in the qualifying tournament at Hunter Golf. Heritage Classic: Hilton Head Island is home to one of golf's greatest traditions and the tradition continues! The Heritage Classic has played host to some of the greatest names in golf. Golf legends like Nicklaus, Palmer, Tiger, and Greg Norman, as well as today's top golfers from around the globe, have all been chal-

lenged by the fairways of the Harbour Town Golf Links.

Liberty Mutual Legends of Golf includes the stars on the Legends Tour, including Tom Kite, Gil Morgan, Tom Lehman, Dave Stockton, and Tom Watson.

The best six golfers will be selected with special consideration given to wounded warriors.

Register by calling the Hunter Golf Club at 315-9115 NLT 23 Feb.

*Do you have what it takes to play with the pros?*

## Environmental & Sustainability Assessment

An Environmental & Sustainability Assessment will be conducted at Fort Stewart/Hunter Army Airfield during the week of 19-23 MAR 12. The objective of this assessment is to verify compliance with Federal, state, and local environmental regulations as well as continued conformance with standards for Environmental Management Systems. Assessors will randomly interview folks using checklists, documenting reviews and observations to objectively evaluate the Sustainability Management System and ensure general knowledge of the Sustainability Policy.

The Stewart-Hunter Sustainability Policy is **R-O-C-K** and each letter of the

word represents a commitment to sustaining the mission while not compromising the quality of life for the Military Families or the environment.

**R = Prevent** pollution and conserve natural **RESOURCES**;

**O = OPTIMIZE** the Mission, Well-being and the Environment;

**C = COMPLY** with Federal, state, and local **laws**; and

**K = KEEP** improving – Strive to continually improve environmental stewardship.

### Sustainability Note of the Week:

As a Federal facility, Fort Stewart/Hunter Army Airfield must comply with all environ-

mental regulations, but must do this in a manner that supports the triple bottom line of sustainability – mission, community, and environment. So, what can you do to contribute to environmental stewardship? Start by focusing on conservation – at the office and at home! Be sure to recycle, conserve water and energy, and be mindful of impacts to the environment.

For more information and to ensure you are prepared if you are approached by an assessor, please view the SMS Awareness Video on the Fort Stewart/Hunter Army Airfield intranet at <http://stewdpwa401/smsquiz> or contact Veronica Frazier or Alana Olson at 767-2010.

# ➤ *Tricare Rules for using Urgent Care*

## Using Urgent Care Services:

TRICARE defines urgent care as medically necessary treatment for an illness or injury that would not result in further disability or death if not treated immediately but that requires professional attention within 24 hours.

Examples of urgent care situations include: minor cuts, migraine headache, urinary tract infection, sprain, earache, or a rising fever.

In most cases, you can receive urgent care from your primary care manager (PCM) by making a same-day appointment. However, if your PCM is unable to provide this care in a timely manner, you may be referred to a network urgent care provider. It is important that you obtain a referral from your PCM before you receive urgent care from anyone other than your PCM. If you do not coordinate urgent care with your PCM or Humana Military, your care will be covered under the point-of-service (POS) option at greater out-of-pocket cost to you. If you are out of area and cannot wait until you see your PCM for treatment, you must contact your PCM for a referral or call Humana Military for assistance before receiving services.

The POS option allows beneficiaries to receive non-emergency care from any TRICARE-authorized provider without requesting a referral from their PCM, resulting in a POS deductible of \$300/Individual, or \$600/Family and a POS cost-share of 50% after the POS deductible is met.

**Urgent Care requires pre-authorization. Please help us help you avoid being billed for Point of Service Care by using the following steps.**

## Steps for obtaining an Urgent Care Referral:

During normal working hours, please call the Call Center (**912-435-6633 or 800-652-9221 and press 0**) to book an appointment with your PCM.

- If an appointment is not available with your PCM or PCM Team, a telephone consult will be placed with the triage nurse. The triage nurse should contact you within 90 minutes.
- If after speaking with the triage nurse an acute appointment cannot be made, the triage nurse will refer you to Urgent Care.

Before hanging up please obtain the MTF Order Number. **You will need to provide this number to the Urgent Care Clinic to avoid being billed.**

**After Hours (1500-2000 weekdays & 0800-2000 weekend and holidays):** Urgent or Acute appointments are often available online for the next day and can be scheduled by visiting the Tricare Online Website ([www.tricareonline.com](http://www.tricareonline.com)).

- If you must go to an Urgent Care Clinic after hours please call **1-800-444-5445** for prior authorization.
- When prompted to use the automated express menu: Say "NO" twice. If you hear the menu option "Mental Health" say "NO" again.
- Select Option #3, Benefits.
- Enter Sponsor's Social Security Number Followed by the # sign
- If you are told to contact your Military Treatment Facility, let them know that you are at Ft Stewart and you are supposed to get your authorization from TRICARE.
- Follow the instructions from the TRICARE representative.

## Shamrock Family Fun Run

Wear a little bit of green – or a lot if you like – and enjoy a morning of Family fun with the Shamrock Run starting at 10 a.m. on March 3 at Hunter Army Airfield.

Participants have the option of running or walking either a 5K or 1.5-mile course, with a starting point on Perimeter Road.

Registration will begin at 9:30 a.m. Upon completion of the event, participants will receive a T-shirt and awards will be presented.

For details, call 912-315-5078/6351.



## Opinions Needed!

Don't Miss the Opportunity to tell us what you think about Corkan Family Recreation Area! Please take a few minutes to fill out our short survey:

[Corkan Family Recreation Center Survey](#)

For a paper copy, contact Michelle Cowart at 767-5127.

## Heart Health Tips

### Maintain a healthy weight.

If you want to have a healthy heart, you have to learn how to eat a healthy heart diet. All of the food you eat affects the health of your heart. Learn which foods are heart smart and try to include them as a regular part of your diet. Exercise will only become a habit if it's fun! Pick something you will enjoy doing. If you like being with a group of people, try a team sport like basketball or soccer. You don't have to be a super athlete. Anyone can exercise. Social activities like dancing and mall-walking are also good. If

you're more of a loner, try bicycling or swimming.

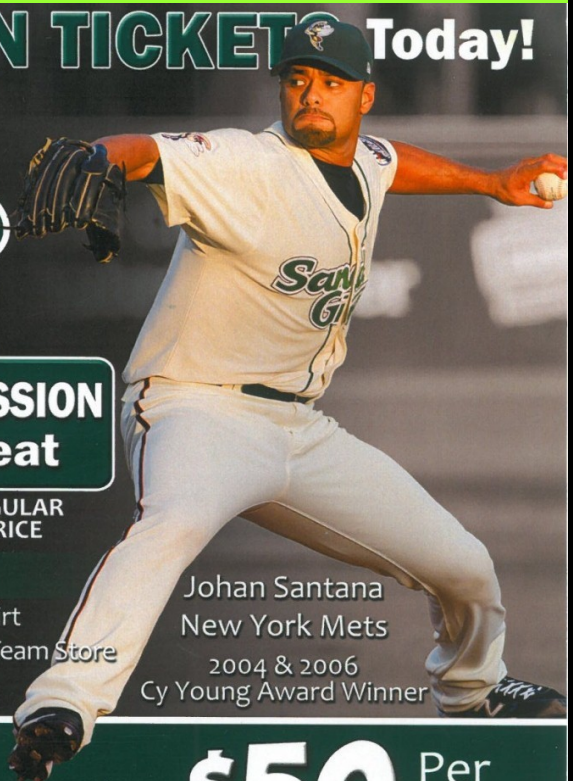
### Follow a healthful diet. The Food Pyramid

- Build the foundation of your daily eating plan with 6 to 11 servings from the Bread, Cereal, Rice & Pasta Group.
- Choose an item from the Vegetable group at least 3 to 5 times each day.
- It's a treat to enjoy 2 to 4 servings from the Fruit Group as part of your daily diet.
- Limit your selection of Milk, Yogurt & Cheese to just 2 to 3 items per day.
- Get protein from the Meat, Poultry, Fish, Dry Beans, Eggs & Nuts through 2 to 3 servings every day.
- Top off your daily eating plan with Fats, Oils & Sweets, but only in small quantities.



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FORT STEWART-HUNTER ARMY AIRFIELD  
TOWNHALL MEETING



COMMUNITY MEMBERS ARE INVITED TO FORT STEWART-HUNTER ARMY AIRFIELD'S FOURTH ONLINE FACEBOOK TOWN HALL MEETING, 6 TO 7 P.M. FEBRUARY 29 AT [WWW.FACEBOOK.COM/3RD.INFANTRY.DIVISION](http://WWW.FACEBOOK.COM/3RD.INFANTRY.DIVISION)



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**MEDIA RELEASE**

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Subject: Hinesville Downtown Farmers Welcomes Spring Market  
Contact: Katrina Sage, HDDA Program Assistant  
Phone: (912)877-4332 Email: [discoverdowntown@coastalnow.net](mailto:discoverdowntown@coastalnow.net)

For immediate release:

**Hinesville Downtown Farmers Market Welcomes Spring Market**

(Feb 15, 2012 – Hinesville, GA) As Hinesville’s citizens adjust to a warmer winter than usual, Hinesville Downtown Farmers Market is planning for spring. Market staff is excited to debut the first Spring Market on Thursdays in March and April, a time when the Market in the past has hibernated, preparing for its regular season.

The Market will be downtown at Bradwell Park located between Martin Luther King Jr. Drive and Commerce Street. Vendors will vary from week to week and may offer spring produce, custom-made wood products, grass-fed beef, baked goods, cheeses, and sweets.

The Spring Market will operate nine Thursdays from 4 to 7 pm, March 1 to April 26. Parking will be provided on Commerce Street and in larger lots in the Downtown area.

“We had a very successful 2011 season and received many requests from our shoppers and vendors to extend the market. This will allow current and new customers to come enjoy the market, say hello to their favorite vendors, and get excited about the regular season starting May 3” says Katrina Sage, Program Assistant for the Hinesville Downtown Development Authority.

Preparing for the regular market season beginning in May, shoppers can expect the return of 2<sup>nd</sup> Thursday Nights in the Park starting in May and the Fall Market in November. Sage states that there will be other exciting things introduced this year. The public can look forward to additional information and a market calendar of events to launch in March.

The Hinesville Downtown Farmers Market is in its third year and averages 10 to 12 vendors each week with the regular season running May through Oct. The goal of the event is to provide the community with the ability to purchase fresh, homegrown produce and agricultural products from local area growers in a culturally diverse setting that strengthens the local economy and enhances the community’s quality of life.

For more information on the Hinesville Downtown Farmers Market contact Katrina Sage at (912) 877-HDDA (4332) or email: [discoverdowntown@coastalnow.net](mailto:discoverdowntown@coastalnow.net). Join the Hinesville Farmers Market on Facebook to receive updates and market reports [www.facebook.com/#!/hinesvillefarmersmarket](http://www.facebook.com/#!/hinesvillefarmersmarket).

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302 South Main Street (located in the historic “Old Liberty County Jail”)  
Hinesville, GA 31313 • Phone 912.877.4332 • Fax 912.877-9132  
email: [discoverdowntown@coastalnow.net](mailto:discoverdowntown@coastalnow.net) [www.hinesvilledowntown.com](http://www.hinesvilledowntown.com)