

THE RILEY BUGLE CALL

FEBRUARY 2010



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******NOTE: Announcements for the MARCH "Riley Bugle Call" are due by COB, 12 FEBRUARY 2010, if you have questions or would like to add something to The Riley Bugle Call please call 239-9433****.**

American Cancer Society:

- The American Cancer Society Relay for Life of Geary County is a fun filled, overnight event that mobilizes communities throughout the country to celebrate survivors, remember loved ones and raise money for the fight against cancer. Teams of eight to fifteen members gather with tents and sleeping bags to participate in the largest fundraising walk in the nation.
- January will kick off the preparations of the June 2010 Relay for Life. Registration is going on now so talk to your fellow workers, friends, Family Members or organization about forming a team.
- For more information please contact rflfogearyco@yahoo.com

Irwin Army Community Hospital (IACH):

Irwin Army Community Hospital pharmacy staff continues to monitor overall daily business operation with a focus of maintaining a high level of customer satisfaction. The IACH pharmacy's mission is to deliver leading pharmacy care that promotes patient safety and optimal health care outcomes. The pharmacy would like to develop a trusted and preferred service for our patients by increasing efficiency and safety, said pharmacy chief at IACH. IACH's pharmacy conducts education and training for staff members on a monthly basis to maintain professional proficiency and improve patient safety. The IACH pharmacy has many safety mechanisms in place to prevent medication errors, but it is imperative that patients take an interest in their own health care.

One example that shows why it is important for patients to take an interest in their own health care is if patients go to the pharmacy and receive a medication they have been taking, but the tablets look different from what they are used to. This may be a different manufacturer for the medication, or it could be human error. Patients who know their medications can play an active role in preventing safety mishaps or adverse effects.

There are several ways that patients can improve their safety.

- Know your medication history
- Know your medications (color, size, use)
- Keep a list of your medications with you
- Remain well-informed with good, reliable information

- Ask your provider and pharmacist questions about your medications, especially new medications.
- Inform your provider and pharmacist about over-the-counter and herbal supplements as these can interact with regular prescriptions

Beneficiaries are encouraged to ask outside providers to use the online formulary to verify availability of prescribed medications.

The main IACH pharmacy will fill any prescription that is on formulary. Visit <http://iach.amedd.army.mil> and follow the “pharmacy” tab to the online pharmacy. For formulary questions e-mail iachpharmacy@amedd.army.mil or call (785) 239-7619. Another customer service initiative is an automated refill system available for beneficiary use. Patients can call in their prescriptions using the automated system for a reduced wait time. Their prescriptions are ready to pick up at the main IACH pharmacy two business days later. The average wait time for the refills is approximately five minutes.

This process can save the patient valuable time.

A Retired Air Force Master Sergeant and his wife used the telephonic refill prescription line for fast and convenient service. “They were calling our number before I even had the ticket pulled out,” his wife said.

The hours of operation for the main pharmacy are from 7:30 a.m. to 6:00 p.m., Monday through Friday. Pharmacies are closed for federal holidays and on weekends. As an added convenience, IACH’s main pharmacy and satellite Post Exchange pharmacy locations are open on training holidays. The main IACH pharmacy is open from 7:30 a.m. to 4:30 p.m. on training holidays.

Pregnancy and H1N1

By Chief of Preventive Medicine, IACH

Fort Riley has placed special emphasis on vaccinating pregnant women against H1N1.

Clinics are continuously being offered by IACH for pregnant women as well as other age-specific, high-priority groups. Information is available by calling 240-4FLU.

The Centers for Disease Control and Prevention has provided influenza information for pregnant women and their babies. Both seasonal and 2009 H1N1 flu viruses will circulate during the 2009-2010 flu season. A pregnant woman who thinks she has the flu should call her doctor right away to see if treatment with an antiviral medicine is needed. The medicine is most helpful if it is started soon after the pregnant woman becomes sick.

What if I am pregnant and I get 2009 H1N1? Call 239-DOCS right away if you have flu symptoms or if you have close contact with someone who has the flu. Pregnant women who get sick with 2009 H1N1 can have serious health problems. They can get sicker than other people who get 2009 H1N1 flu. Some pregnant women sick with 2009 H1N1 have had early labor and severe pneumonia. Some have died. If you are pregnant and have symptoms of the flu, take it very seriously. Call your doctor right away for advice.

What can I do to protect myself, my baby and my Family? Getting a flu shot is the single best way to protect against the flu. You will need both flu shots this year to fully protect you and your baby against flu. The seasonal flu shot has been shown to protect both the mother and her baby (up to 6 months old) from flu-like illness. Call 240-4FLU or 239-DOCS for clinic information.

Talk with your doctor right away if you have close contact with someone who has 2009 H1N1 flu. You might need to take medicine to reduce your chances of getting the flu. Your doctor may prescribe Tamiflu® or Relenza® to help prevent 2009 H1N1 flu. To prevent flu, you would take a lower dose of the antiviral medicine for 10 days.

Is it safe for pregnant women to get a flu shot? The seasonal flu shot has been given to millions of pregnant women over many years. Flu shots have not been shown to cause harm to pregnant women or their babies. The 2009 H1N1 flu shot is made in the same way and in the same places as the seasonal flu shot. It is very important for pregnant women to get both the seasonal flu shot and the 2009 H1N1 flu shot. Please see <http://www.cdc.gov/h1n1flu/vaccination/> to learn more.

Who else should get a flu shot? Anybody who will be taking care of babies younger than 6 months of age should get a seasonal flu shot and a 2009 H1N1 flu shot to protect against the flu. This includes you and any Family Members or other people who will be caring for your baby for the first 6 months of his or her life. Please see:

<http://www.cdc.gov/h1n1flu/vaccination/acip.htm> to learn more.

What else can I do?

Take these everyday steps to help prevent the spread of germs and protect your health and the health of your family:

- Cover your nose and mouth with a tissue when you cough or sneeze, or sneeze into your sleeve. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and warm water, especially after you cough or sneeze. If soap and water are not available, an alcohol-based hand rub can be used.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
 - If there is 2009 H1N1 flu in your community, pay extra attention to your body and how you are feeling. If you think you have the flu, call your doctor or clinic right away.
 - If you are pregnant and you live with or have close contact with someone who has 2009 H1N1 flu, talk with your doctor about medicines to prevent flu.
 - Have a plan for someone else to take care of a sick family member.
- Stock up on household, health, and emergency supplies, such as acetaminophen (Tylenol®), water, and non-perishable foods.

What are the symptoms of seasonal and 2009 H1N1 flu?

You may have the flu if you have some or all of these symptoms:

- Fever*
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headaches
- Chills
- Fatigue
- Sometimes diarrhea and vomiting

*It's important to note that some people with flu will not have a fever.

What should I do if I get sick?

If you get sick with flu-like symptoms, stay home, stay away from others, and call your doctor right away. If needed, he or she will prescribe an antiviral medicine that treats the flu. Have someone check in with you often if you are feeling ill. This is always a good idea.

How is 2009 H1N1 flu treated?

- 2009 H1N1 flu is treated with antiviral drugs such as Tamiflu® (oseltamivir) or Relenza® (zanamivir). Antiviral drugs are prescription pills, liquids or an inhaled powder that fight against the flu by keeping the germs from growing in your body. These medicines work best if they are taken as soon as you have symptoms of the flu. For that reason, it is important that you call your doctor as soon as you notice flu-like symptoms.
- If your doctor prescribes an antiviral to treat your flu, you will need to take it for five days. The medicine can make you get better faster and make your symptoms milder.
- At this time, there have been no reports to show harm to the pregnant woman or her unborn baby. Flu can cause serious illness and even death in pregnant women. Taking antiviral medicine can help prevent these severe outcomes.
- Antiviral medicines can be taken at any stage during pregnancy.
- Treat any fever right away. Acetaminophen (Tylenol®) is best for a pregnant woman to use to reduce a fever.
- Drink plenty of fluids to replace those you lose when you are sick.

- If you have had close contact with someone who is sick with the flu, your doctor may prescribe Tamiflu® or Relenza® to help prevent 2009 H1N1 flu. To prevent flu, you would take a lower dose of the medicine for 10 days.
- Antiviral medicines can be taken at any stage during pregnancy.

When should I get emergency medical care?

If you have any of these signs, call 911 right away:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- A high fever that is not responding to Tylenol®
- Decreased or no movement of your baby

How should I feed my baby if I am sick?

Breastfeed if you can. Breast milk is the perfect food for your baby. There are many ways that breastfeeding and breast milk protect your baby's health. Babies who are breastfed get sick from infections like the flu less often and less severely than babies who are not breastfed.

Flu can be very serious in young babies. You do not have to stop breastfeeding if you have the flu, but you have to be careful to protect your baby from getting sick. Please see

<http://www.cdc.gov/h1n1flu/infantfeeding.htm> to learn more about how to feed your baby if you are sick. For additional information contact the nurse advice line at 239-DOCS option #4 or your health care provider.

Army Substance Abuse Program Update

Irwin Army Community Hospital's Army Substance Abuse Program relocated to Building 1801A on Camp Funston and started seeing clients and patients there beginning Dec. 21.

Thrift Shop:

- The Shop will be open Tuesday through Thursday from 9:30 a.m. to 2:30 p.m. with consignments from 9:30 a.m. to 1 p.m. The Shop will continue being open on the 1st and 3rd Saturdays from 10 a.m. to 1 p.m. with consignments from 10 a.m. to Noon. The Dollar Bag Room will be open on Wednesday from 9:30 a.m. to 1 p.m., and Saturdays from 10 a.m. to Noon.

The Fort Riley Thrift Shop continues to run the "Eyes for Education" program. This program is designed to assist military Families on Fort Riley. Applications can be picked up at all local schools, at the PX optical Shop, at IACH's Optometry Clinic, and at the Thrift Shop. There are several criteria to be met for receiving financial assistance; however, ALL applications will be considered on a case-by-case basis if one or more of the criteria are not fully met.

Directorate of Plans, Training, Mobilization & Security

The Security Office offers **FREE** fingerprinting for Ft. Riley Soldiers and Family Members.

For more information, please call 239-6348

Location: 500 Huebner Rd, Room 105.

Please call 239-6348 to make an appointment.

COMMISSARY:

- Our hours of operation are:

Monday-Saturday 9:00AM-8:00PM

Sunday-10:00AM-6:00PM

Early bird shopping hours are 7:00-9:00AM

- We have 4 self checkouts for your shopping convenience

40 items or less, there is a customer service personnel here to assist you if you need help. The deli-bakery and produce and meat department can do special order trays with 24 hrs. advance.

- The Commissary it's worth the trip where you save 30% on your total grocery bill.

Our phone # is 785-239-6621.

- Store Director: Mr. Peter J. Howell
- **We value your service!**

Fort Riley Veterinary Services:

Bldg 226 Custer Avenue

Keeping your pet healthy

When taking your pet to an Army veterinary clinic after January 1, 2010 you may notice that the more routine veterinary services like basic de-worming, micro-chipping, fecal floatation and vaccinations will now be grouped into "Wellness Packages".

"A Wellness Package", explains the Chief of VETCOM's Future Operations "will provide comprehensive preventive medical care that is tailored to your pet's specific needs and stage of life."

The Veterinary Command (VETCOM) Commander says "the veterinary profession is shifting from vaccination-driven appointments towards wellness-driven appointments." The intent is to emphasize routine wellness examinations and interaction with a veterinary health care professional instead of vaccinations as the reason for a visit to the veterinary clinic. "The Veterinary Command will embrace this effort to provide the best care to our patients and support to our clients through comprehensive disease prevention, early diagnosis of any problems and appropriate treatment."

The standardization of these services will parallel the veterinary profession's move toward wellness, promote public health, and provide consistency in veterinary care. There will be a restructuring in the fee schedule, but the goal continues to be high quality care at the lowest cost. Fees will be the same for all clients and at all military veterinary treatment facilities.

You can take comfort in knowing that the Department Of Defense Veterinary Service is doing everything they can to keep your Family and your pets healthy for a lifetime.

- **Operating Hours:**

Monday thru Friday 7:30 am – 3:30 pm

- Wednesday - Open until 5:00 pm
- Registration for pets is Monday thru Friday.
- All pets residing in Fort Riley Housing must be registered with Veterinary Services.
- Pets (Cats/Dogs) must be registered within 10 days of arriving onto Fort Riley. Registration is free but must be done in person; this process cannot be done over the phone, bring proof of any vaccinations your pet may have already received. Registration may include the animal being micro chipped (if not done previously). The cost for the micro chip is \$15.00.
 - Veterinary Services does offer vaccinations and sick call for your furry Family Members. All appointments for treatment can be made by calling 239-3886 or 240-0307.
 - For more information on Veterinary Services visit the 1st ID and Fort Riley website at <http://www.riley.army.mil/UnitPage.aspx?unit=veter>

Fort Riley Stray Animal Facility

Hours of operation are:

- Monday thru Friday 10:30 am – 3:30 pm
- Adoptions are done until 3:00 pm Monday thru Friday
- Phone Number 239-6184

American Red Cross:

Volunteers needed for two programs:

- Volunteer orientations are Mondays at 1 p.m. at the Red Cross office in Bldg. 7264 Normandy Drive, Room 16. Questions call 239-1887.
- Interested in being a local disaster volunteer. Disaster classes are coming with the New Year. Dates will be determined.
- Mother's Outreach Program (on-going program). Volunteers meet and give gift

bags to new parents at IACH. Please call 785-239-1887.

Directorate of Family, Morale, Welfare, and Recreation (DFMWR):

Custer Hill Golf Course: Bldg. 5205 (785) 784-6000

• **Hours of Operations:**

Pro Shop and Golf Course Hours:

February 1-28

Mondays-Tuesdays	Closed
Wednesday-Friday	9:00am – 5:00pm
Saturday, Sundays, and Holidays	8:00am – 5:00pm
CLOSED ON Presidents Day Holiday	

ALL TIMES ARE WEATHER PERMITTING

**ALL RENTALS ARE DUE BACK INTO THE PRO SHOP 15 MINUTES PRIOR TO CLOSING.
\$5.00 LATE FEE FOR ALL EQUIPMENT TURNED IN LATE**

• **Snack Bar Hours:**

Monday – Friday	11:00am – 1:00pm
Saturday, Sunday, & Holidays	Closed

- **2010 Membership Drive:** Purchase your new Annual Membership in March and we'll waive the greens fee for the month. This promotion applies only to new membership and does not include renewals.
- **2010 Golf Tournaments:** It is not too early to book your golf tournament for 2010. Come on in and sit with our professional staff that will help you plan the details of your golf tournaments. First come, first served on date availability for your golf tournament.
- **2010 Spring Sale:** Winter time is upon us, but it is not too early in getting prepared for the upcoming golf season. To make room for the new merchandise that will begin arriving in March 2010; we will be holding a Spring Golf Sale on selected merchandise. Save 10% to 30% on items in the pro shop.
- **Check out our website at WWW.RILEYMWR.COM for an updated listing of events and tournaments.**

Riley's Conference Center: Bldg 446 Seitz Dr Main Post 784-1000

Office Hours:

Sunday, Monday	Closed
Tuesday, Wednesday, Friday	8:00am – 5:00pm
Thursday	10:00am – 7:00pm
Saturday	10:00am – 12:00pm

Sweetheart Dinner and Dance:

February 12, 2009

- Join Riley's for a romantic candlelit dinner for you and your special someone! A five course dinner will be served; Hors d Oeuvres' will begin at 6:30pm followed by dinner and a DJ till 10:30pm. Tickets available now seats limited.
Call (785) 784-1000 for additional information.

Around the World Brunch:

February 28, 2010

- Join us for sample foods from around the world right here in the heart of Kansas! Some of the items that we will be featuring include mouth watering main dishes: homemade schnitzel, crepes made to order, pasta and other favorites found abroad! \$13.95 per person, \$6.95 for kids ages 6-11. Children 5 and under are FREE. Reservations made by February

5, 2010 receive \$1.00 OFF per person. Seating will begin at 10am until 2pm. Call (785) 784-1000 for additional information.

Rally Point Bldg. 2600, (785) 239-2544

February 16, 2010

- Bingo is coming to Fort Riley! Currently Rally Point is undergoing renovations and will re-open its doors as a Bingo Entertainment center. Rally Point will be paying out over \$1,750.00 in payouts each night from Tuesday thru Saturday with Jackpots of \$1,000 and a Progressive Jackpot starting at \$3,000.

Warrior Zone Bldg. 8067, (785) 240-2782

February 7, 2010

- Grand Opening Ceremony and Super Bowl Party
February 5, 20, & 27, 2010
- Texas Hold 'em Tournaments

Custer Hill Lanes: Bldg. 7485, (785) 239-4366

Bowling Hours:

Custer Hill Lanes and Snack Bar Hours:

Sunday thru Thursday 11:00am - 10:00pm

Friday & Saturday 11:00am - 12:00am

Strike Zone Bar Hours:

Sunday thru Thursday 5:00 - 10:00pm

Friday & Saturday 5:00pm - 12:00am

Sweetheart Bowl

February 14, 2010

Our normal Family fun package with a sweet extra! Every couple coming in will receive a Red Rose and a small box of chocolate with every Family Fun package at no extra cost. Please call for additional details.

Arts & Crafts Center: Bldg. 6918 (785) 239-9205

Monday & Tuesday 1:00 – 8:30pm, Wed, Sat, & Sun 9:00 – 4:30pm,

Closed on Thursdays, Fridays and Holidays

Classes – We offer a variety of classes; a specialized wood working area, a matting and framing area, Crochet and Knitting.

Wood safety Class – Learn power tool safety and general woodshop procedures in this one night class. Patrons are required to take this class before using the woodshop. One Monday evening class, 1 Feb, 15 Feb, 6:30pm \$8.00 fee must sign up prior.

Matting and Framing Class – Learn the skill to do your own matting and framing, save a bundle! Class covers material selection, matt cutting, frame assembly and glass cutting. The center carries conservation – preservation products to complete your fine art work project. One Tuesday evening class 9 Feb, 23 Feb, \$10.00 fee must sign up prior.

Crochet or Knitting - Learn any or both of these skills, this class meets every 2nd or 4th Monday, unless it falls on a Holiday then meets the following Monday, take as many classes as needed. Stop by and see what the group is working on, call ahead to be enrolled - or just stop in, starts at 7pm. **This class is FREE!**

Coffee Groups, FRG's, and Scouts come in for a crafts class set up just for your group.

Custom Services:

Professional Matting & Framing: Our shop has over 500 frame molding choices and only the highest quality conservation, preservation mats for your valuable pieces. Stop in and get a free estimate.

Imprint Shop: We offer computerized engraving and sublimation printing for plaques and mug imaging. Units and group discounts given to our military customers

Ceramic Shop: You can drop off your green ware or glaze ware for firing here; there is a minimal charge per inch.

Laser Engraver: The engraver is able to cut into wood, plastic, glass, mirrors and limestone. Stop in, take a look at our samples and see what we can do!

Automotive Skills Center: Bldg. 7753 Apennines Dr, (785) 239-9764/4028.

Wednesday-Friday	1:00 – 9:00pm
Saturday-Sunday	9:00am-5:00pm
Monday & Tuesday	Closed
Automotive Car Wash	Open 24 hours

- The Automotive Skills Center is the place to winterize and get a jump-start on the winter months by inspecting your vehicle.
- Free 25 point automotive vehicle check for deployed Soldier's Family Members. Must have verification of Soldier or unit deployment, ID card and vehicle registration or title.
- Automotive car wash bldg 7756, Fort Riley, Kansas OPEN 24-7
The Automotive Car wash was updated with new equipment products and services: Eight Bay Car Wash, Change Machine, Wax and drying area. Best value in the area!
- The automotive Skills Center car club is accepting applications for annual membership. Membership is open to active duty Soldiers, retirees, dependents, Reserve, National Guard, and DA civilians. The club is located at bldg 7753 Automotive Skills Center, meetings are held the second Sunday of each month at 12:00pm.

Outdoor Recreation Center (ODR): Bldg. 9011 Rifle Range Rd, 785-239-2363/6368.

Open 7 days a week from 9:00am–5:00pm and closed all federal holidays.

- Make Outdoor Recreation your headquarters for Winter Fun! We have a great selection of rental items available to assist you with your outdoor adventures. Stop by to see what fun activities we have planned. Including ski and climbing trips. Interested in an activity we don't offer- gives us a call we would love to hear your ideas.
- NEW! Skeet and Trap Range
Make sure to stop by our new Skeet and Trap range to see what we have to offer. Call Outdoor Recreation for more information.
Open Wednesday and Thursday Noon-8:00pm and Saturday and Sunday 10:00am-5:00pm
- We also have several fun activities available throughout the month! Call or stop by Outdoor Recreation to see what we have to offer.

Information, Ticketing & Registration (ITR): Bldg 6918 Call 239-5614 or 4415

Fall & Winter Hours of Operation:

Monday – Friday 10:00am-5:00pm

Services available to Active Duty, National Guard, Reservists, Retired, DoD Civilians and Families.

- Universal Orlando announced that the 2009 Military Salute program will be extended through March 26, 2010. As part of the Universal Orlando Military Salute program, Universal is continuing to offer one (1) free ticket to all US Military members to include Active Duty, Retirees, National Guard and Reservists with a valid military ID. Companion tickets may be purchased for \$94.00 for a 2-Park Unlimited admission (Valid for admission to Universal Studios and Islands of Adventure for 7 consecutive days and City Walk venues for 7 consecutive nights).
- Walt Disney World Armed Forces Salute – 2010 – Active and retired US Military, including members of the US Coast Guard, and active members of the National Guard or Reservists, may purchase 4-Day Walt Disney World Armed Forces Salute tickets for themselves and up

to five (5) Family Members and/or friends for \$99.00. Tickets can be upgraded with Park Hopper Option and Water Park Fun & More Option at an additional charge.

- Colorado Ski Packages – Military discounts available for Winter Park and Copper Mountain lift tickets. ITR can assist you in putting together a package for your perfect Colorado mountain experience.
- Ski Snow Creek – Have you ever wanted to try the sport of skiing or wanted a friend to learn? Now is the time to ski in historical Weston, Missouri, located 15 minutes from Kansas City International Airport. Snow Creek has 100% snow making capabilities. Don't ski? Try Tornado Alley for snow tubing. Military Appreciation now available on Tue, Wed & Thu through 3/11/10. Active duty show valid military ID and ski/board for \$5.00. Dependents or any other military classification need valid ID and receive 50% off regular Valid Military ID cardholders receive 50% off regular price. Discounts are also available for other days. Let ITR put together a weekend get-a-way.

Fort Riley Library: Bldg. 5306, 239-9582

Hours of Operation: Monday - Closed

Tuesday – Saturday 11:00am-6:00pm

Sunday – Noon 5:00pm

Story Times:

- February 6 Will you be my Valentine Mr. President?
- February 20 Story time
- February 27 Story time
- February 13 “Alvin & the Chipmunks: A Chipmunk Valentine”

All Story times are at 1:30pm unless otherwise specified; they all include snack, craft, and a story. The session lasts about 45 minutes.

The Library will be closed in observance of all Federal Holidays.

Sports

Fitness Facility Hours:

- **King Field House | Bldg 202, Main Post | (785) 239-3868**
5:00am-9:00pm Monday-Friday
9:00am-9:00pm Saturday/Sunday/Holiday
- **Leonard Fitness Center | Bldg 7632, Custer Hill | (785) 239-5771**
5:00am-8:00pm Monday-Friday
10:00am-5:00pm Saturday/Sunday/Holiday
- **Craig Fitness Center | Bldg 7024, Custer Hill | (785) 239-5562**
5:00am-9:00pm Monday-Friday
1:00-8:00pm Saturday/Sunday/Holiday
- **Long Fitness Center | Bldg 8069, Custer Hill | (785) 239-4683**
Fitness Center is closed for renovation.
- **Robinson Fitness Center | Bldg 7832, Custer Hill | (785) 239-4480**
5:00am – 8:00pm Monday-Friday
12:00Noon-7:00pm Saturday/Sunday/Holiday

Sports: Bldg. 202, 239-3945

- **Pools:**

- **Eyster Pool**, Bldg. 6940, 239-4854.

- Recreational Hours: Mon-Fri 4pm – 8pm, Sat-Sun 1pm -6pm

- Lap Swimming: Mon-Fri 11am-1pm and Mon-Wed-Fri 0500-0630

- No charge for all DOD ID Card lap swimmers

- **Long Pool**, Bldg. 8069 will be closed until further notice for renovation

Fees: Daily Entry Fees:

\$3.00 - Guest (may be "signed in" by an active duty Soldier, spouse of active duty Soldier or retiree).

\$1.50 - ID card holder.

3 years and younger are FREE with a paying adult.

Season Passes Effective July 15, 2010

Rank	Family	Single Soldier
E1-4	\$50	\$20
E5-8	\$70	\$35
E9 & above	\$90	\$55

Please note all children 12 years and younger as Family Members must be accompanied by a parent or guardian 18 years of age or older.

- **AMERICAN RED CROSS GROUP SWIM LESSONS**
 - **\$25/ per child please call 239-4854 for swim ability levels and time.**
 - **Registration will be taken at Eyster Pool from 9:00am–1:00pm and 2:00pm–5:00pm Monday-Friday.**
- **SKIES**
 - Feb 1–5
 - Registration is at Central Registration Office
- **Group Lessons**
 - Feb 1-16 Registration
 - Feb 16-19/22-26 Class
- **Private and Semi-Private Lessons available Please Call (785) 239-4854**
- **Mommy and Me Time**
 - Feb 27 11:30am – 12:30pm Eyster Pool \$3/family
- **Flick-N-Float IS BACK!!**
 - Feb 20 at Eyster Pool
 - Doors open at 7pm with movie beginning at sunset
 - \$10/family
 - \$5/single
- **American Red Cross Lifeguard Training**
 - Feb 8-10 Pre-Test
 - Feb 13-15 Class
 - \$175/included participation fee and course materials

Intramurals:

- Dodge ball Tournament-February 6, 2010 @ King Field House (KFH)
- Bataan Death March Qualifier–February 20, 2010
- Intramural Dodge ball season will begin on 1 Mar 10. Enrollment begins 11 Jan and ends on 19 Feb, 7:30-12:30, M-F, @ KFH.
There will be coaches meetings on 10 Feb and 17 Feb starting @ 2:00 pm.
- Intramural Volleyball season will begin on 15 Mar. Enrollment begins 11 Jan and ends on 5 Mar 10, 7:30am - 4:30pm, M-F, @ KFH.
There will be coaches meetings on 10 Feb and 17 Feb starting @ 1:00 pm.
- Intramural Soccer season will begin on 15 Mar 10. Enrollment begins 11 Jan 10 and ends on 5 Mar, 7:30am - 4:30pm, M-F, @ KFH.
There will be coaches meetings on 10 Feb and 17 Feb starting @ 3:00 pm.
- All events open to active duty personnel. Call 239-2148 for more information.

Child, Youth, & School Services (CYSS) (785) 239-9885:

- **CYSS Parent Central** Bldg. 6620 Normandy Drive
Hours of Operation: Monday–Friday, 7:00am-5:00pm
Walk-in registration hours are Monday - Friday, 8:00am-12:00pm
Appointments available daily starting at 1:00pm.
- **Play Pals Playgroup**- 6620 Normandy Drive, Every Monday 09:00am-11:00am,
Reservations recommended but not required (space available without reservations).
Call (785) 239-9885.
- **WebTrac!** - WebTrac! Is now available for CYSS patrons to make payments, as well as,
enroll in Youth Sports programs. Customers currently in our database will receive their
WebTrac! User ID and password via the e-mail address we have on file. New customers
may sign up by going to the WebTrac! link located on the Riley DFMWR website.
- **Parent Education Plan**
Parent Education Opportunities: For additional information contact CER 239-9885
*Held in the CYS Services Training Room, Bldg 6620 Normandy Drive unless otherwise
stated.
- February 2, 9 and 17, 2010, HELP! There's a toddler in my house, 6:30 – 8:30pm, Childcare
will be provided at no charge but pre-registration is required. RSVP to (785) 240-2822 by
February 4th.
- February 10, 2010, Exercise Smorgasbord, 12:00 – 1:00pm, Bldg. 5800/MST, RSVPS to
(785) 239-9223 by February 9th.
- February 23, 2010, Parent Involvement Orientation, 6:30 – 8:30pm, Childcare will be
provided at no charge but pre-registration is required. RSVP to (785) 240-2822 by February
22nd.

SKIES Unlimited (785) 240-2478

All participants must be registered with Child Youth & School (CYS) Services, Bldg 6620. Space is limited. Classes are subject to change without notice. Sports Physicals are not required to enroll for SKIES classes. Four free classes to the child of a deployed Soldier, a copy of orders are needed! Instrument rental, uniforms and testing fees are not covered! **Wanted. Instructors are needed in a variety of areas to include: Art. English. Math. Science. Guitar. and Piano.**

Warren CDC

- We currently have additional Pre-toddler and Toddler spaces available! For more information please call (785) 239-4847 or (785) 240-3263.

Warren East CDC 6981 Warren Rd.

- **NEW LOCATION: Free Saturday Deployment Care:** February 6th and 20th from 9:00am -1:00pm for children of deployed Soldiers. Children ages six weeks up to five years are eligible for the free care at the CDC. Lunch will be served. Children must be registered with CYS Services to participate in this program, and parents must make a reservation by noon Thursday the week care is provided.
- Free care for families to attend FRG meetings as well as CYSS Parent Training Classes February 2, 9, 17 and 23 from 6:30-8:30pm. Contact your FRG leader to reserve your child for FRG care. To attend parent training classes, sign up at the front desk of Child Development Center. Drop off is as early as 6:20pm. For more information please call (785) 240-0822.

School Age Services (SAS) Bldg. 5810 Thomas Ave:

- This elementary school age program is nationally accredited by the National Afterschool Association (NAA) and provides before and after School programs for Kindergarten-5th Grades. Transportation is provided to and from on-post schools. Hourly care is also

available; however parents must make reservation by noon the day prior to ensure transportation. For more information please call 239-9220 or 239-9225.

- **Free Saturday Deployment Care** February 6th and 20th from 9:00am -1:00pm SAS, Bldg. 5810, for children of deployed Soldiers. Reservations are required by noon each Thursday prior to the Saturday opening. This program is subject to cancellation if there are not enough reservations.

Middle School and Teen (MST)

The Middle School and Teen Center is located on Custer Hill at the corner of Thomas and Longstreet. It has a full court gym, a technology lab, art room, a large activity area, a music/dance studio, a homework area, and a newly designed high school lounge. For more information, contact us at (785) 239-9222.

Hours of operation are as follows:

Monday – Thursday	3:00-8:00pm
Friday	3:00-11:00pm
Saturday	2:00-11:00pm

Upcoming Events:

- February 5, 2010, **MST Dance**, 8:00pm-10:30pm. Cost is \$2.50 for members, \$3.50 for non-members.
- February 12, 2010, **MOVIE NIGHT**, 7:00pm–9:30pm. Cost is FREE. Movie will be determined and advertised at a later time.
- February 15, 2010 - **MST closed** in observance of Presidents Day.
- February 19, 2010, **MST Dance**, 8:00pm-10:30pm. Cost is \$2.50 for members, \$3.50 for non-members.
- February 20 2010, **Late Night Basketball Tournament**, 7:30pm-11:00pm, Open to all teens, \$1.00 to watch. \$2.00 to play. Members can bring one guest.
- February 26, 2010, **MOVIE NIGHT**, 7:00pm–9:30pm. Cost is FREE. Movie will be determined and advertised at a later time.
- Join the Fort Riley Teen Center for our weekly activities which include: Sports, Smart Girls, Girls with a Future (GWAF), Tech Club, D&D Gaming, Millionaire Club, High School specific activities, Power Hour, Photography Club, Arts & Crafts, Passport to Manhood, and Cooking Club. These activities are all provided at no cost to the participating youth. For more details, please see the MST front desk or call (785) 239-9222 for additional information.
- MST has a distribution list to help you keep in touch with what is happening here at the teen center. Please let us know if you would like to be added to this list.
- Find MST on Facebook
<http://www.facebook.com/ftrileyteen>
or
- Follow MST on Twitter
<http://twitter.com/fortrileyteen>
- **HIRED!** - A career field exploration for 15-18 year old high school teenagers! Teenagers get the opportunity to explore different career opportunities at facilities on Fort Riley AND attend workforce preparation workshops like resume writing, interview skills, problem solving, effective communication, financial management, college preparation, and a lot more! This is a great experience with lots of benefits for life after high school! For more information, e-mail susanne.prindall@us.army.mil or call (785) 239-9217.

Youth Sports

- Outdoor Adventure Snow Tubing. Grades 3-12, February 26th, 1:00-10:00pm. \$20 Registration fee includes admission, equipment and transportation from Bldg. 5800. To

participate register at CYSS Parent Central Office, Bldg. 6620 by December 30. For additional information, please call the Youth Sports & Fitness office at (785) 239-9223/9200.

- Spring Soccer Registration. Grades K-8, February 1-19th, \$30 fee, Registration will be held at CYSS Parent Central. Child must have a current sports physical form when registering. For additional information, please call the Youth Sports & Fitness office at (785) 239-9223/9200.
- Running Club Registration. Grades 1-6, February 12-26th, \$20 fee, Registration will be held at CYSS Parent Central. Child must have a current sports physical form when registering. For additional information, please call the Youth Sports & Fitness office at (785) 239-9223/9200.
- Family Fitness Night - February 5th. 6:00-7:00pm, at the Teen Center, Bldg. 5800. Families with children of all ages are invited to participate in this high energy program. For additional information, please call the Youth Sports & Fitness office at (785) 239-9223/9200.
- Call (785) 239-9223 for additional information on youth sports programs. We need volunteer coaches.

School Liaison Services Officers

(785) 239-1648

(785) 240-3261

(785) 240-3260

• **Youth Sponsorship Program**

The Youth Sponsorship Program is available to all active, retired and reserve military youth in the Fort Riley area. The Youth Sponsorship Program has active volunteers at CYSS School Age Services and the CYSS Middle School Teen Center to welcome incoming youth and assist with their transition. Participation in the Youth Sponsorship Program as a volunteer or a new member of the Fort Riley community will: Promote youth awareness and involvement at Fort Riley, encourage new friendships, gain information about schools in the area, and strengthen youth independence. Youth sponsorship contact phone number is 785-240-3261

• **College Prep Series**

Come take part in the new "College Prep Series"! You can pick and choose classes that meet the needs of your family – Multiple classes for Parents and Students of all ages. Prizes awarded in May, based on participation throughout the series.

- February 18, 2010, prepare yourself financially for leaving home, 7:00pm-8:00pm, Bldg. 1020.

• **USD 475 Junction City-Geary County Schools:**

USD 475 (Geary County-Junction City, Fort Riley, Milford, and Grandview Plaza) website: <http://www.usd475.org/>

Tel: 785-717-4000

• **USD 383 Manhattan-Ogden Schools:**

USD 383 (Manhattan-Ogden) website: <http://www.usd383.org/>

Tel: (785) 587-2000

• **USD 473 Chapman Schools:**

USD 473 website: <http://www.usd473.net>

Tel: (785) 922-6521

• **USD 435 Abilene Schools:**

USD 435 website: <http://www.abileneschools.org>

Tel: (785) 263-2630

- To receive a listing of all 17 school district websites, calendar and other important SLO information go to the SLO website: <http://www.rileymwr.com/web-content/subpages/cysschool.html>.

Picerne Housing:

Our Family for Families First Foundation 2010 Scholarship, Grant Applications Available Online

- Down Range Day Off scheduled for Feb. 16

Picerne Military Housing has planned a Mardi Gras Casino Night for Fat Tuesday – Feb. 16.

This fun-filled evening is for on-post residents who are spouses of deployed or unaccompanied service members. To honor you and to give you a “night out”, we will treat you to an evening of Mardi Gras inspired food, entertainment, games and revelry.

Mardi Gras Casino Night will be from 6-8 p.m. at the Forsyth Neighborhood Center. For residents who require childcare, the registration deadline is 5 p.m., February 5. Please call your Neighborhood Office to sign up. For those spouses with children, please be sure to specify you need childcare when you call. All children receiving childcare through the CDC must be registered with the CDC, no exceptions will be made. The childcare site for the event will be at the Warren East Child Development Center, Building 6981 on Warren Road. Parents can begin dropping off their children at 5:30 p.m. All registered spouses will receive a confirmation notification in the mail, indicating how many childcare slots he/she has reserved. Space is limited, so register today!

If you have questions or need additional information, please call 785-717-2200.

- Honey Do Coupons Available

Picerne Military Housing encourages spouses of deployed and unaccompanied Soldiers to take advantage of our “Honey Do” coupon program. As part of our ongoing effort to support Families, Picerne offers coupons for an hour of FREE non-routine maintenance, such as, moving or assembling furniture, hanging shelves or curtains, etc. If you need a task done around the house while your Soldier is away, call your Neighborhood Office, so we can help!

- Home Tips for Winter Weather

To help your family have a warm and safe home during the winter months, please check that all garden hoses have been removed from the outside faucets. Also, if you are having any problems with heat, water leaks or other maintenance issues; please contact the Neighborhood Office immediately, so it doesn't become an “after hours” issue for your family.

- Picerne encourages you to keep your home's porch, driveway and private sidewalk clear of snow and ice to avoid slips and falls. Complimentary ice melt is available at the Neighborhood Office.

- **Look for further information on <http://www.facebook.com/fttrileyfmwr>, Post newspaper, or the Picerne monthly newsletter.**

Army Community Services (ACS): 7264 Normandy Drive, 239-9435

Employment Readiness Program (ERP):

- Employment Readiness Program hosts weekly "Job Seekers" workshops on Tuesday and Thursday 1-3 pm. These classes are small and provide a great opportunity to visit one on one with the ERP Team. Additionally, instructors will provide you information on Employment Readiness Program and federal versus civilian resume styles. Call us for a spot in these classes.

Employment Readiness Program will be offering a month long campaign "Exploring Employment", February 2010, are focusing on putting people in jobs! The campaign will begin with a month long contest and end with an "Employment Education Conference".

- Dress for Success Contest When: 15 Jan-10 Feb 10 to assist spouses in preparing interviewing attire; how can they be submitted - One submission per person, of pictures or videos - best or worst interviewing outfits will be accepted via e-mail for 30 days. Winners will be announced and prizes given at ERP's 10 Feb 10 Interviewing and Dressing workshop, 1-3 pm at ACS, Bldg 7264 Normandy Dr. Contact info: 785-239-9435 for further information.

- Classes will include:
 - 10 February 2010, 10-12 pm, Army Community Service, 7264 Normandy Drive, Room 30 - Did you quit your job to follow your Soldier? Let Employment Readiness make the transition easier with factual unemployment information. "Yes, you may qualify"! Kansas Unemployment Office Expert will be available to explain state rules and regulations when applying for unemployment and to answer your questions. After the lecture computers will be available for on-site unemployment registration. Attendees should bring a copy of Soldiers orders showing they moved to Ft. Riley due to PCS Orders. Finally attendees should bring a copy of last paycheck and where you worked prior to moving. To reserve a spot by: 15 January 2010 ERP can be contacted at 785-239-9435.
 - 10 February 2010, 1-3 pm - Army Community Service, 7264 Normandy Drive, RELO - Employment Readiness will present a workshop on Interviewing and Dressing for Success. The interview class will include Dos and Don'ts, Legal and Illegal questions and provide Mock Interviews. Attendees will be treated to an intervention by the "ACS What not to Wear" team: While makeovers are accomplished there will be class discussions on what to wear, models dressed for success/or not from our contest applicants, and how to project your best image. To reserve a spot by: 22 January 2010, ERP can be contacted at 785-239-9435.
 - 18 February 2010, 10-12 pm, Army Community Service, 7264 Normandy Drive, RELO Room - NAF Application Workshop - Hosted by: Employment Readiness Program - NAF CPAC personnel will provide a comprehensive overview of NAF applications, clarify verbiage on vacancy announcements, explain the Application forms, step by step for filling out applications, Employment Readiness Team will provide hands on training, and offer one on one appointments set up to review your final application. Contact ERP at: 239-9435 and reserve a spot by 1 FEB 10 - space is limited.
 - 18 February 2010, 1-3 pm, Army Community Service, 7264 Normandy Drive, RELO Room - Comprehensive overview of Army resumes using CPOL's Resumix system - Hosted by: Employment Readiness Program - Small group training with computers available. CPAC Instructors will provide you the steps to utilize when filling out a Army RESUMIX, provide an overview for reading the federal announcements and assist you in researching positions for specific job qualifications. The new spouse non-competitive status will also be explained at these classes. Come Join Us!! - Contact ERP at: 239-9435 and reserve a spot by 1 FEB 10 - space is limited.
 - 26 February 2010, 9am - 3 pm, Riley's Conference Center Seitz Dr - "Exploring Employment Conference"
 Can spouses get a \$6,000 grant for education, or attend FREE classes toward their degrees? Local and Ft Riley education experts will present the most current information on courses, class times, and costs. What do you want to do? Where do you want to work? Jobfit can answer these questions. Do you know where to do the research? Get website information. Choose the most appropriate career for you... a career that will serve you well today and well into the future. Do you know the difference between operating a business from home and working from home? Experts will discuss military rules. Small Business Associates will explain state requirements. Companies providing job opportunities at home will be on-site to answer questions.
 10:00-11:30am Seminar - Educational aspects of career fields
 11:30am-1:00pm - Financial Readiness Expert presentation -Lunch will

be free for first 50 attendees registered.

1:00-2:00pm Seminar - Working from Home

2:00-3:00pm Program Expert tables

Tables will be set up for attendees to get in-depth information from the subject matter experts.

For further information contact ERP at 239-9435 - To reserve a spot by:
5 February 2010

We exist to help people make meaningful changes in their lives providing training that can lead to local and mobile careers.

Army Family Team Building (AFTB):

- If you are interested in learning about resources that are available to you or find that most are speaking a language that sounds more like alphabet soup than English, then you could benefit from the Army Family Team Building (AFTB) classes. Army Family Team Building offers classes every Friday, 11:30am-2:30pm, at ACS Bldg. 7264. **FREE CHILDCARE!** Will be provided at Armed Services YMCA in Junction City at 111 E. 16th Street for those attending the classes.
- NOTE: You **must** contact the AFTB Program Manager to pre-register your children. For more information or to speak to the Program Manager please call 239-9435.
- If you, your unit/battalion, Family Readiness Group or other group would like to schedule separate Level I, II or III classes, please contact the Program Manager. These classes can be held at your location or at ACS Bldg. 7264 (room permitting). There is a minimum of five people required to hold a class and two weeks' notice is needed for planning.

Army Volunteer Corps (AVC):

- Army Community Service (ACS) is home to the Army Volunteer Corps, which is the center of volunteer recruitment, referral, recognition, and advocacy efforts for Fort Riley. Volunteers can be placed in a wide variety of positions throughout the installation. Through volunteer service, individuals can learn or enhance skills, get to know the community and meet new people, build their resumes, and more. For further information, please call the Army Volunteer Corps office at 239-9435. We look forward to seeing you in our community!
- Become an ACS Volunteer!
- At ACS our volunteers obtain valuable work experience and opportunities for training to learn new skills, opportunities to increase marketable job skills and to assume responsibility in leadership roles, the enjoyment of meeting and working with a variety of people, the satisfaction of contributing to their community, and recognition for their contributions.
- **FREE CHILDCARE!** ACS volunteers are provided 25 free hours of childcare monthly per Family. We also actively participate in the Fort Riley volunteer awards program to recognize our volunteers. There are volunteer opportunities for everyone whether you want to give your time every week, once a month or once a year.
- The different Volunteer positions that are offered here at the Army Community Service are as follows: Information & Referral (I&R), Exceptional Family Member Program (EFMP), Relocation Readiness Program (RRP), and New Parent Support Program (NPSP) and Army Family Team Building (AFTB) programs.
- Getting started as a volunteer is easy: come into the AVC office to discuss what you might be interested in and fill out a registration form.
- For information on volunteer opportunities at ACS, call the AVC office at 239-9435 or stop by to find the perfect volunteer opportunity for you.
- Volunteer Management Information System (VMIS) The Volunteer Management Information System was developed to give the Army a real-time snapshot of volunteer activities at any given time, at any given installation. VMIS provides all of the tools needed to track AVC volunteer hours, manage and track volunteers, post open positions, print reports, and much more. All volunteer hours will be tracked through the VMIS System. You may visit www.myarmylifetoo.com for additional information on this new system. Volunteer

Management Information System Classes: Introduction to using the VMIS system. Search and sign up for volunteer positions, track your hours, awards, training, and more!! Call the AVC office to find out about our next class or to schedule a group class for your organization.

Army Family Action Plan (AFAP):

- It is never too late or too early to submit issues to the AFAP Program Manager. As you see or encounter things on our installation or in the Army overall that need changed or implemented, submit the suggestions. Our leaders and directorates cannot make changes if they do not know a problem exists. Issues can be submitted by using the Fort Riley Web page (<http://www.riley.army.mil/UnitPage.aspx?unit=ACS.afap&nav=FamSvc>) or by calling ACS at 239-9435.

Family Advocacy Program (FAP):

To Spank or Not To Spank: (Learn when, why and how to Physically Discipline Children)

9:30am-11:30am

Friday, February 19, 2010

Friday, March 5, 2010

Friday, April 16, 2010

ACS Bldg. 7264

Normandy Drive

Free registration. Free onsite childcare with advance registration. Call 239-9435.

New Parent Support Program:

• **BEING A SINGLE PARENT**

February 9, 2010 10:00am-Noon

This class is designed to give single parents and intermittently single parents ideas, tools and techniques that will boost parenting confidence, re-energize parenting goals and enhance parenting success.

• **LOVE AND LOGIC; Early Childhood Parenting Made Fun!**

February 11, 2010 9:00am-Noon

This course is designed for families with children ages 0-6 years old. This course is designed to help parents create happy families and responsible kids by;

- Learning to allow them to grow through their mistakes
- Learning to allow them to learn from the consequences of their choices
- Learning shared "control"
- Learning shared "thinking and decision making"
- Providing the opportunity to build "self-concept"

• **HOW TO EFFECTIVELY USE TIME OUT WITH YOUR CHILD**

February 18, 2010 10:00am-Noon

This course teaches parents how to appropriately use time-out in their disciplining regime.

Family Advocacy Program; Family Extension Program:

• **24/7 Dad Workshop**

February 8, 2010 & February 9, 2010 9:30am-4:30pm

Finally, a parenting class geared towards fathers! 24/7 Dad is a unique, innovative, and comprehensive father initiative designed to provide fathers with practical tools that will ultimately enhance the well-being of their children.

• **24/7 Dad Overview & Review**

February 22, 2010 5:00pm-7:00pm

The overview is designed for participants, professionals, and parents who are interested in learning about the curriculum concepts and outcomes of "24/7 Dad."

Exceptional Family Member Program (EFMP):

- **Special Needs Support Group**
A support group for military Families who have special needs Family Members.
February 23, 2010, 6:00 - 8:00pm.
Army Community Service, 7264 Normandy Drive, Fort Riley, Kansas.
Call to RSVP by Exceptional Family Member Program at 239-9435 or K-State
Research & Extension at 239-9991.
- **EFMP Respite Care:** Funding will be based on EFMP enrollment and exceptional Family member's medical condition. Exceptional Family member must be enrolled in program. The qualifying Family is eligible to receive a maximum of 40 hours of respite care monthly for each certified Exceptional Family member. Contact ACS, Exceptional Family Member Program at (785) 239-9435.
- **Exceptional Family Member Program and New Parent Support Programs offers:**
Oh! Oh Baby it's Your Day. This is a free program to all Military Families who have children from birth to Kindergarten, testing for Vision and Hearing health as well as a developmental assessment entitled Ages and Stages. The upcoming 2010 dates are as follows
February 17, April 21, June 16, July 28, September 15 and November 17, starting from 1:00-4:30pm. Location for this is in the Army Community Service Building 7264, Normandy Drive, and call for more information 239-9435.

Family Advocacy Program:

Love & Logic Parenting Classes:

- Feb. 4, 11, 18, 6:30-8:30pm
- Mar. 4, 11, 18, 6:30-8:30pm
- Apr. 1, 8, 15, 6:30-8:30pm

Child care provided if pre-registered. All classes are held at ACS, Bldg. 7264.

Mobilization & Deployment/Family Readiness:

2010 Class Schedules:

- **FRG Leader Class**—Instruction and guidance to assist newly appointed FRG Leaders and Commanders:

February 8, 2010	Part I	6:00 pm– 9:00 pm
February 9, 2010	Part II	6:00 pm– 9:00 pm
March 6, 2010	Part I & II	9:00 am – 4:30 pm
April 6, 2010	Part I	9:00 am- Noon
April 7, 2010	Part II	9:00 am- Noon
May 5, 2010	Part I	6:00 pm– 9:00 pm
May 6, 2010	Part II	6:00 pm– 9:00 pm
- **Key Caller Class** – Instruction and guidance to assist newly appointed FRG Key Callers:

February 18, 2010	6:00 pm - 8:30 pm
March 11, 2010	9:30 am – Noon
April 15, 2010	6:00 pm - 8:30 pm
May 13, 2010	9:30 am – Noon
- **Funds Custodian Class** – Instruction and guidance to assist newly appointed FRG Funds Custodians:

February 16, 2010	6:00 pm – 8:00 pm
March 18, 2010	6:00 pm – 8:00 pm
April 13, 2010	6:00 pm – 8:00 pm
May 12, 2010	6:00 pm – 8:00 pm
- **Care Team Training** – Instruction on Care Team's responsibilities and provides guidance on how to handle issues volunteers will face (such as dealing with family's reactions to injury, death or otherwise life altering event).

❖ **NOTE: Training to Units – Available Upon Request**

Free Child Care for all FRG Classes. You must pre-register when signing up for the classes. Parents must bring up to date shot record for each child. (No sandals or flip-flops allowed) All children must have close toed shoes on if walking. Crawling children must have at least socks on their feet.

Relocation Readiness:

Stop by and visit with our Relocation Readiness staff. We have many programs to help serve you upon your arrival, and as you depart our installation. We look forward to meeting you soon!

- **Welcome Center.** Army Community Service, Relocation Readiness would like you to know about our Welcome Center. Stop in and say “Hello,” if you are just arriving or happen to come in to use another service. Starting on Jan 4th, 2010.

Marshall Airfield

Interstate 70, exit 301

885 Henry Drive

Monday–Friday 0800-1730

Every other week Thursday 0800-1430, Friday off.

- **“KIOSKS”** Stop by one of Army Community Service’s One Stop Kiosks – your direct link to online services, on-post services, way-finding maps and thousands of DoD web pages with vital information for work and play. They are located at these sites:

ACS, Bldg 7264

ACS Annex–FRG, Bldg 1020

ACS Welcome Center, Bldg 885

Carr Hall, Bldg 45

In-Processing, Bldg 210

Mini-Mall PX, Bldg 6914

Soldier Family Assistance Center (SFAC), Bldg 671-A

- **“Discover Riley’s Treasures”** – This program is extending an invitation to all Soldiers, Families and civil service employees that are new to our community, or would like to learn more about the area. Come experience Fort Riley and what the surrounding communities have to offer during your stay here. Please contact the Relocation staff to reserve your seat now!

Time: 8:30am – 12:30pm

Date(s): Feb 25th Mar 25th Apr 22nd May 27th

RSVP By: Feb 22nd Mar 22nd Apr 19th May 24th

*Relocation staff also present information on the Military Personnel and Family In-processing every Wednesday at Riley’s Conference Center off of Huebner Road (near the hospital).

- **Hearts Apart:** is a time when a Family member with Soldiers on an unaccompanied tour, TDY or at present is currently deployed that can come in to learn about resources, gather information and network among one another. Registration is a must and required one week in advance. Children that need childcare will be required to have their current shot records presented the day of the event.

Date: March 11th

RSVP: March 8th

Time: 6:00 – 8:00pm

Date: June 26th

RSVP: June 22nd

Time: TBD

Date: April 8th

RSVP: April 5th

Time: 6:30 – 8:00pm

Date: July 8th

RSVP: July 5th

Time: 6:30 – 8:00pm

Date: May 13th

RSVP: May 10th

Time: 6:30 – 8:00pm

- **Sponsorship Training:** is available online or classroom training is available upon request. Please remember that training is available for Youth, as well as, Service members. Contact the Relocation Sponsorship Training Coordinator for more information.
- **Citizenship and Immigration Intake:** These 2 ½ hour sessions provide information and instructions on preparing the application for Citizenship and Immigration. Attendees MUST register:
- **Citizenship and Immigration Walk-in Clinic**
 Time 1:00 – 4:00 pm
Date(s) February 3rd
- **Citizenship Workshop:** Session will include identification and preparation of paperwork, information about the exam, the interview, and general information to assist you in becoming an American Citizen.
 Time: 1:00 – 7:00 pm
Date(s) February 25th
 RSVP By: February 22nd
- **Multi-Cultural Orientation:** This unique program addresses many of the concerns foreign-born spouses and Family Members have about life in the United States. Topics of discussion include support and networking, continuing education, finding a job and citizenship concerns. This workshop is open to all active duty Service members and Family Members.
 Time: 9:00am – 12:00pm
Date(s): Feb 17th and Mar 10th
 RSVP By: Feb 11th and Mar 4th respectively

- **Permanent Change of Station (PCS) Briefings:** Are you departing Fort Riley and trying to prepare for your new adventure? Come join us as we share information to help make your transition smoother. Enrollment for this required training is mandatory.

<u>South Korea</u>	<u>Germany</u>	<u>Stateside</u>	<u>Overseas</u>
1:00 - 2:00pm	1:00 - 2:00pm	1:00 - 2:00pm	1:00 - 2:00pm
February 2nd	February 9th	February 16th	February 23rd
March 2nd	March 9th	March 16th	March 23rd
April 6th	April 13th	April 20th	April 27th
May 4th	May 11th	May 18th	May 25th

- **Reentry:** As most Families in the military are aware, returning home to the United States from an overseas tour can be exciting, daunting and just outright scary at times. This workshop is for those of you who would like a little cultural integration back into the new and ever changing world of MP3s and more.
 Time: 8:30am–10:30am
Date(s): Mar 26th Apr 23rd May 28th Jun 25th Jul 23rd
 RSVP By: Mar 22nd Apr 19th May 24th Jun 21st Jul 19th

Soldier Family Assistance Center (SFAC):

Fort Riley has established a dedicated Soldier and Family Assistance Center (SFAC) to support the Warrior Transition Battalion (WTB). The purpose of the SFAC is to ensure our Warriors and their Family Members receive tailored, integrated, and streamlined services. The SFAC team is here to remove any barriers our injured or ill Warriors may face in support of the healing process. We do this by providing our Warriors and their Families a convenient connection to services, a supportive and friendly staff, and a leisure area to connect them to one another – and to a caring community. Located in Bldg 671A/673A, next to Irwin Army Community Hospital. Hours of Operations: 7:30am–4:30pm.

Fort Riley Education Services (ACES) :

Main Post Learning Center, 217 Custer Avenue (785) 239-6481

New Hours: 8:00 am – 5:00 pm

Learning Center 1, 7604 Parker Street (785) 239-9485

New Hours: 8:00 am – 5:00 pm

Some classes that can be scheduled for your units include: BSEP, College Classes, and GT Improvement. In addition, briefings explaining GoArmyEd and the new Post 9/11 GI Bill may be scheduled. Please contact Education Services at 239-6481 for more information.

Important News on GI Bill

Post 9/11 GI Bill Transferability Policy Quick Reference – visit:

http://www.gibill.va.gov/GI_Bill_Info/CH33/Transfer.htm

Submitting a Request to Transfer Benefits - visit:

http://www.gibill.va.gov/GI_Bill_Info/CH33/Transfer.htm#APPLY

- or -

Apply and track the status of your request; using your CAC card or DFAS (My Pay) pin, log on to the DoD Transferability of Education Benefits (TEB) web page located at:

<https://www.dmdc.osd.mil/TEB/> <<https://www.dmdc.osd.mil/TEB/>>

Contact one of our guidance counselors for more information at (785) 239-6481.

Post 9/11 GI Bill Estimator

This estimator tool is very important. Soldiers and veterans alike need to be reminded that once they elect to convert to the Post 9/11 GI Bill (e.g., by filling out a VA-Form 22-1990 OR submitting the TEB (Transferability of Education Benefits) application, they are making an irrevocable decision to convert from their current GI Bill to the Post 9/11 GI Bill. There are numerous instances in which an individual is better off by NOT converting to the Post 9/11 GI Bill. For more information, visit: <http://gibill.va.gov/CH33Estimator>

Change to Upfront Tuition Assistance (TA) for all GoArmyEd Schools

Effective 1 Oct 09, Army will pay TA directly to all accredited colleges and universities in GoArmyEd, both Letter of Instruction (LOI) schools and Non-LOI schools. Active Duty Soldiers attending Non-LOI schools will still use www.goarmyed.com to submit their TA reimbursement requests, and send a copy of the TA request form to the school for submission to ACES for payment.

Registering in GoArmyEd

Effective 1 April, Department of the Army (ACES) and Army Education Services completely transitioned to the GoArmyEd portal. That means all Soldiers (regardless of rank) must establish an account in GoArmyEd to receive education services. The services include on-duty military programs like GT Improvement, Leadership Development, Army Personnel testing, In- and Out-Processing, and college enrollments. Soldiers must go to www.goarmyed.com and click on the "New User" tab to establish an account. You will be asked to change your password, and then complete the "Required In-Processing Steps" to finish the process.

If you have problems or decide not to pre-register, you will have to complete these steps the next time you visit one of our centers.

* Learning Center #1, 7604 Parker St (785) 239-9485

* Main Post Learning Center, 217 Custer Ave (785) 239-6841

All Family Members, Department of the Army Civilian employees, Retirees, and Veterans who wish to receive (or continue to receive) our services, such as; counseling, LSEC courses and testing, must visit one of the Learning Centers to establish their GoArmyEd account.

Leader Skills Enhancement Courses (LSEC)

LSEC is designed to assist in the training of Noncommissioned Officers and Soldiers demonstrating leadership potential in the advanced skills needed to perform at higher-level leadership and staff positions. LSEC benefits the Army by providing the Soldier specific leadership training which will enhance performance of the Soldier and the unit. Commanders can schedule training to meet unit needs or enroll the Soldier in an open scheduled class. Classes are available to Family Members, Military Retirees, and Department of Defense Civilians on space-available basis. Tuition is at no cost to the student and books are provided

for all courses. **ALL** Soldiers and Civilians must enroll in GOARMYED (<https://www.goarmyed.com/Login.aspx>) **AND** visit Barton's office at Main Post, 217 Custer Avenue to complete class registration. Failure to do both will result in an automatic class drop.

Upcoming LSEC Cycles are as follows:

Cycle 3: 23 February – 9 April 2010

Active Duty enrollment with Education Counselor began 5 January 2010

All other enrollments: 28 January 2010

Class Schedule: <http://fr.bartonccc.edu/schedules/lsec/default.htm> .

Cycle 4: 12 April – 21 May 2010

Active Duty enroll with Education Counselor starting February 16, 2010.

All other enrollments begin March 5

Class Schedule: <http://fr.bartonccc.edu/schedules/lsec/default.htm> .

Basic Skills Education Program Classes (BSEP) and GT Improvement

BSEP is designed to assist Soldiers and Family Members needing instruction or review of Basic Skills in Math and Reading. GT Improvement classes are also available for Soldiers wanting to raise their GT Score. Review in Math, Vocabulary, and Reading Comprehension prepare the individual to re-take the Armed Forces Classification Test (AFCT). Unit classes are available and can be coordinated with Education Services at 239-6481.

Upcoming BSEP Classes:

- Cycle 5: 1 – 23 February, 2010
- Classes are held at 8044 Normandy.

To enroll please see an Army Education Counselor.

Troops to Teachers Helps Soldiers Transition from Active-Duty to the Classroom

The Troops to Teachers (TTT) program enriches the quality of the American education by helping to place and retain mature, motivated, experienced and dedicated personnel in our nation's classrooms. Thousands of current and former military personnel are discovering new and rewarding careers in teaching, helping to build and sustain our nation's communities. Military members with at least six years of service and a bachelor's degree may be eligible for financial assistance through the Troops to Teachers program. Eligible military members can receive up to a \$5,000 stipend for educational expenses to obtain a teacher's license. Additionally, eligible military members who work in a low-income school for at least three years may receive a \$10,000 bonus. If a military member accepts the \$5,000 stipend they are only eligible to receive a \$5,000 bonus so the maximum financial assistance available through Troops to Teachers is \$10,000. Military members interested in financial assistance can visit www.proudtoserveagain.com to determine eligibility requirements. In addition to the financial assistance, the Troops to Teachers program also provides information on a variety of teacher licensure programs and state licensure requirements. Troops to Teachers have a national network of education specialists available to assist military members in obtaining their initial teacher's license, transferring a license from state to state, obtaining a second endorsement or securing employment. For additional information on the benefits and services available through Troops to Teachers please contact cschulteis@mwttt.com or visit www.mwttt.com.

Buyer Beware "Diploma Mills"

GoArmyEd wants students to be cautious of "Diploma Mills." These are schools that offer certificates, degrees and diplomas for a fee. These schools are not accredited by an accrediting body recognized by the Department of Education. Tuition Assistance is not approved, promotion points are not authorized, and the credentials will not be posted to Official Military Personnel Records (OMPF) from these agencies. Soldiers can confirm the status of a school by checking the list of approved schools in GoArmyEd, contacting the local Army Education Center or the Personnel Administration Center. Furthermore, if it is found that a fraudulent diploma has been entered onto the OMPF the action is punishable administratively under UCMJ.

FORT RILEY TUTOR CENTER

The Army Education Center and Barton Community College have teamed up to provide ALL adult students and prospective students the opportunity for one-on-one tutoring. **The Tutor Center, (normally located in 7656 Graves Street) has been temporarily moved to 8044 Normandy until mid to late March 2010.** After building renovations are completed, the Tutor Center will move back to 7656 Graves Street.

Hours are; Monday-Tuesday –Thursday - 9:00 am-5:00 pm, Wednesday 9:00 am-7:00 pm, Friday 9:00 am-3:00 pm, and Saturday 11:00 am-3:00 pm. The temporary phone number is (785) 240-3617. The center can provide tutoring for ALL students taking college courses both on-line and on-site.

All staff members are College Reading and Learning Association (CRLA) certified. The tutor center has two tutors that are Level III (Master) certified, two tutors that are Level II (Advanced) certified, and two peer tutors that are Level I (Regular) certified. Computers are available for students to use for the hybrid and online courses. Units can reserve computers for platoons and squads to complete Army Correspondence courses and other educational courses by contacting the Tutor Center at the temporary phone number 240-3617.

FORT RILEY CONSORTIUM

Barton Community College:

Barton Community College provides opportunities for Soldiers, Family Members, retirees, and off post civilians to earn an Associate Arts/Science or Associate of Applied Science degree in the traditional, hybrid and on-line classrooms. Barton provides daytime, lunch hour, evening, and weekend classes for students requiring flexibility in determining their class schedules.

- The daytime (LSEC) classes meet four days a week for six (6) weeks for 1 hour and 20 minutes (80 minutes) class sessions, with some hybrid online assignments.
- Lunch hour classes are from 12:00 noon – 1:00 pm and meet four days a week, same as the daytime classes, and are hybrid with class lecture and assignments/research completed on line.
- Evening classes are available in Hybrid or Traditional classes. Traditional classes meet for three (3) hours, two (2) nights each week for eight (8) weeks. Hybrid classes meet three hours one night a week with lecture and assignments completed on line.
- Weekend classes are from 9:00 am – 12:00 noon, Saturday morning for eight (8) weeks.

Bartonline provides you the opportunity to complete an Associate Degree online. Visit our website at <http://www.bartonline.org/> for further details on the programs and courses we offer. You can sign up for any of the courses listed - today! Please email inquiry@bartonline.org or call (785) 784-6606 if you need assistance or have questions.

2 + 2 Programs with Barton

The 2+2 Programs provides students the option to complete an Associate Degree with Barton and to transfer credits to a Four-year Institution to obtain a bachelor degree. The 2 + 2 plan provides a listing of courses that must be taken to receive the degree. Barton's 2 + 2 are listed in the following link: <http://www.bartonccc.edu/learningonline/2+2.htm>.

Central Texas College:

CTC offers 20 degree and 19 certificate programs in Associates of Arts, Science, Applied Science, and General Studies. You can view the current on-line course schedule at <http://www.ctcd.edu/schedbul.htm> and register through WebAdvisor at http://www.ctcd.edu/webadvisor/webadvisor_intro.htm.

Deployed Soldiers, CTC offers special programs for you. We offer online courses and CD ROM Courses. Online and CD Rom courses offered year-round and are between 8 and 16 weeks long. Please go to http://online.ctcd.edu/schedule/delivery_definition.cfm for a complete list of delivery modes and details.

DCD Courses are offered to groups of deployed Soldiers. Courses are on CD, no internet required, and taught by local CTC Instructors.

Our textbook policy has changed. This new policy applies to both online and onsite courses. All students enrolling in courses will no longer receive free course materials, textbooks, CDs, etc. Instead, the materials will be **loaned** to local area students only and will be returned to the

Central Texas College - Fort Riley office upon completion of course. Texas residents enrolling in online classes are not eligible for the loaned course materials due to their reduced tuition rates.

Associates in Applied Science Degrees are offered on site:

- Early Childhood Professions
- Automotive Technician
- Computer Electronics
- Criminal Justice
- Applied Management
- Applied Management with Computer Applications
- General Studies
- Welding

CTC is ranked number five in the nation for number of enrollments in degree-granting online programs. CTC is regionally accredited by SACS-COC, is a member of the Servicemembers Opportunity College (SOC), is an original partner in both eArmyU and GoArmyEd, and a member of SLOAN-C. For more information call or email the Fort Riley Director at: (785) 784-6240 or director.riley@ctcd.edu.

Central Michigan University:

Central Michigan University has updated its MSA curriculum and has placed the updated courses in the field and online. The program will place greater emphasis on writing, which is, what Survey's of employers deem a critical skill in today's job market. CMU's online continues to grow and now has 6 terms a year rather than 5. In addition, expanded career services are available from main campus in Michigan.

For information: Email: fort.riley@cmich.edu; office location: Main Post, 215 Custer Avenue; Phone: (785) 784-4402; website: www.cel.cmich.edu.

Southwestern College:

Homeland Security Certificate Program

Given the ever-evolving nature of homeland security issues in the United States and those impacting on citizens and countries around the world, the classes in the homeland security certificate program offered by Southwestern college are designed to address a multitude of issues and challenges.

This up-to-date program is taught by practicing professionals who bring real-world applications to each of the classes. Southwestern College has been a leader in the offering of security curriculum at the undergraduate and graduate levels.

The Homeland Security Certificate is offered both online and in-the-classroom. The five challenging required courses are delivered in six-week sessions to allow maximum flexibility for busy professionals like you.

Courses that are currently being offered on-post include:

<u>Course</u>	<u>Dates</u>	<u>Day</u>	<u>Time</u>	<u>Location</u>
Physical Security	Jan 4 – Feb 15	Tuesday	6:00 – 10:00 pm	215, Rm 130
Intro to Security	Feb 16 – Mar 28	Tuesday	6:00 – 10:00 pm	215, Rm 130
Terrorism				
Motivations and Adversaries	Mar 29 – May 9	Tuesday	6:00 – 10:00 pm	215, Rm 130

Southwestern College, a regionally accredited institution founded in 1885, is deeply committed to serving the educational needs of our armed forces. Visit us online at www.southwesterncollege.org/frp or call us at (785) 784-9930

Upper Iowa University:

Upper Iowa University contact information:

Fort Riley office: 215 Custer Ave, phone (785) 239-8254 or (785) 784-5225

Mon-Thurs 8:00 am - 4:30 pm, Fri 8:00 am - 3:30 pm

Web Site: www.uiu.edu/fortriley

bembryw@uiu.edu

University of Mary:

Love yourself enough to get a Masters in Business.

Get Your Masters of Business Administration (MBA) with the University of Mary by attending class one night per week for five weeks and completing the program in as little as 15 months!!! REGISTER FOR OUR UPCOMING CLASSES.

- New Classes start every 5 weeks
- Program open to military active duty, National Guard members, Family Members, DOD personnel and retirees.
- Ask us about our military discount

Hours of Operation: Monday - Friday 10:00 am – 3:00 pm

Contact Us At: (785) 239-6792 or (785) 784-2158

Email at: khouchins@umary.edu

Email Fort Riley-Administrative Assistant at: lmurbick@umary.edu

Fort Riley Dental Activity (DENTAC):

- **Oral Health Initiative (OHI):** The OHI Program is underway and is getting rave reviews! Dental Fitness Classification 1 is the goal of this Department of Defense funded program. The Fort Riley DENTAC and local private sector dentists have teamed up together to ensure that all the routine dental needs are taken care of for Fort Riley's Soldiers. This is a no-cost voluntary program for the Soldier, but it does require a referral by the DENTAC. Qualified Soldiers may receive dental care with the same private sector dentist that their Family Members see or any participating dentist in local area. We can refer you to a dentist in Abilene, Junction City, Manhattan, Riley and Topeka if you like—ask your DENTAC OHI Coordinator for your options. Note: The DENTAC must initiate all referrals otherwise the Soldier will incur the monetary responsibility for any fees. Referrals are easy. Stop by your dental clinic today to see if you qualify for the OHI Program!
- **Dental Appointments: Deploying Soldiers:** Deploying Dental Ready Soldiers is our top priority and foremost responsibility! We strongly encourage all deploying Soldiers to get a current dental examination and their dental appointments as soon as possible. When we have enough time we can do almost anything. When it comes to dental care, the “last minute” is a poor course of action. Furthermore, it is imperative that all deploying Soldiers tell the Appointment Desk Staff that they are deploying so that we can ensure timely and properly sequenced dental care to meet all the Soldier's dental readiness needs before deployment.
- **Routine Dental Care:** We are experiencing difficulty in providing routine dental care for all Soldiers. With staffing shortfalls, the increased demand on our providers with the buildup of deployments this summer, we are very busy providing World Class dental health care to those with considerable dental needs. In most cases, dental appointments for routine procedures are not readily available. We ask that those requiring routine dental care be patient or consider the OHI Program described above. Cleaning appointments may be available in about three to four weeks.
- **Failed Dental Appointments:** Are very costly not only to the DENTAC but to Soldier/Unit Readiness! Please call to cancel or reschedule your dental appointment as soon as you determine that you cannot make your scheduled appointment. This will allow us to give that appointment time to another Soldier. This will reduce our operating costs (think tax dollars) and allow us to take care of more Soldiers. Your dental clinic phone number is listed below.
- **Commitment:** We are committed to provide the Soldiers of Fort Riley a quality dental health care experience. We will do all that is humanly possible to take care of Soldiers dental needs. Don't wait for the last minute. Be proactive and help us help you by making an appointment with your dentist today.

- Hours:**

<u>Dental Clinic Info</u>	<u>Phone</u>	<u>Hours</u>
Dental Clinic #1 (Hospital)	239-7955	8:00am-5:00pm
Dental Clinic #3 (Custer Hill)	239-4261	8:00am-5:00pm
Dental Clinic #4	239-4174	8:00am-5:00pm
- Dental Sick Call:** 8:00-10:00am (after 10:00am please call or you may need to be prepared to wait a while).
 After hours, weekend or holiday dental emergency: Report to the IACH Emergency Room.

Chaplains' Offices:

Please note for all services offering Nursery care, please bring immunization records with you.

Chaplains' Office (785) 239-3359

Please visit our web-site at <http://www.riley.army.mil/> Click on services-Fort Riley Services-Chaplain

WORSHIP SERVICES AND CATHOLIC MASS SCHEDULE

Main Post Chapel (785) 239-6597

Protestant Community Worship Service Sunday @ 10:30 am

Kapaun Chapel (785) 239-9608

Contemporary Protestant Service Sunday @ 10:30 am

Morris Hill Chapel (785) 239-4060

Gospel Sunday school @ 9:00 am

Gospel Worship Service Sunday @ 10:30 am

Roman Catholic Mass Sunday @ 9:00 am

Roman Catholic Education Sunday @ 10:30 am

Saint Mary's Chapel (785) 239-6597

Roman Catholic Mass Saturday @ 4:30 pm

Roman Catholic Mass Sunday @ 11:00 am

Wednesday & Friday @ 12:00 pm

Irwin Army Community Hospital Chapel (785) 240-1443

Tuesday & Thursdays Catholic Mass @ 12:00 pm

Religious information

Jewish information please call: (785) 539-8462

Muslim Religious Services please call: (785) 776-1033

LDS Services please call: Single (785) 537-7870

Family (785) 539-1084

JC (785) 238-2951

Fort Riley offers a wide variety of dynamic worship, study and fellowship opportunities. Please visit our web site or call our chapel offices to obtain further information.

Religious Education Director 239-2979

Catholic Education Director 240-1443

Religious Support Office 239-3359

Morris Hill Chapel 239-4060

Main Post Chapel 239-6597

Saint Mary's Chapel 239-6597

Kapaun Chapel 239-9608

Normandy Chapel 239-9149

Family Life Ministry 239-3436

Public Works:

- **Energy/Water Conservation:**

- Funds saved in the energy account go to improving the quality of life for Soldiers and Families.
- Authorized thermostat settings for heating season are 65 to 70 degrees.
- Close exterior doors and windows when the outside temperature drops below the thermostat setting.
- Turn off computer monitors, appliances and lights when not needed.

- **Hunting and Fishing:**

- Rainbow trout stocking in Cameron Spring and Moon Lake began in mid October.
- A Kansas Trout Stamp and Kansas Fishing License (unless exempt) are required for all persons actively pursuing trout at either location.
- Information on Fort Riley's deer seasons is available at the Conservation Office, Bldg. 1020. For more information, call 239-6211 or visit the Conservation Office.

- **Household Hazardous Waste Service Available to Residents:** Fort Riley operates a Household Hazardous Waste (HHW) facility for residents to dispose of or pick up, free of charge, common household products. This service is particularly helpful when residents are moving because these items should not be thrown away and they cannot be shipped with household goods. While only active duty military personnel living on the installation may drop-off items, any government ID cardholder may pick-up items.

- Examples of products the facility accepts (and offers for pick up)-cleaning products, paints, disinfectants, drain openers, insecticides, automotive fluids, and mothballs. The HHW facility is located at the Environmental Waste Management Center, Bldg. 1945 in Camp Funston. For more information call 239-6797.

- **Fuel wood:**

- Fort Riley's fuel wood regulation (FR200-4) was updated last spring.
- A permit can be purchased for \$25.00 which now allows the permit holder 90 days to cut up to two cords of wood.
- A cord is a stack of wood 4 feet high x 4 feet wide x 8 feet long.
- Permits can be purchased at the Outdoor Recreation Center (ORC), MWR.

Call for more information to ORC at 239-6368 or to Conservation and Restoration Branch, PW at 239-6211.

- **Restoration Advisory Board:** The Restoration Advisory Board is a group of private citizens, State and Federal Regulatory agency personnel, and Installation personnel, who meet as needed to discuss efforts to clean up areas contaminated by past practices under the Comprehensive Environmental Response, Compensation, and Liabilities Act, or CERCLA. CERCLA is commonly known as "Superfund," and this meeting will include a public comment meeting on the proposed plan to address the remaining contamination in the ground water at the former dry cleaning facility on Main Post. The public is welcome to attend. For more information, please call the Conservation and Restoration Branch, at 239-6211.

Boy Scouts:

To join, please contact 238-5684 for more information. The Boy scouts web page is located at <http://www.coronadoscout.org>. Current scouting information can be found there.

Girl Scouts of Northeast Kansas and Northwest Missouri:

The Kaw Valley Girl Scouts have merged with 2 other councils and our new name is Girl Scouts of Northeast Kansas and Northwest Missouri. Funding for the council comes from the United Way of Geary County. If you are interested in being a Girl Scout leader or a Girl Scout please contact 776-1488. We are always looking for Adult Leaders and volunteers to help out with the Service Unit Team Meetings. The Girl Scout website is www.girlscoutsksmo.org where many other events can be found. We are always looking for adult volunteers to help with special events. If you are interested, please contact 776-1488.

Armed Services YMCA (ASYMCA):

Take advantage of our childcare programs, while your children are enjoying their day with fun filled learning activities, and socializing with others you are able to take time for yourself knowing your children are safe and well cared for. Please contact the ASYMCA for more information 785-238-2972.

**** Reservations are required one week in advance for all childcare programs. ****

Parent's Work Out:

Monday through Friday 8:30-10:45am

- o Please provide a snack for your child
- o \$3.75 1st child
- o \$3.00 per additional child
- o \$4.50 for children under 2
- o \$3.75 per additional child under 2

Parent's Day Out:

Monday through Friday 11:00am-3:00pm

- o You must provide a sack lunch and a snack for your children
- o \$9.50 1st child
- o \$8.75 per additional child
- o \$10.25 for children under 2
- o \$9.50 per additional child under 2

Parent's Night Out: Enjoy an evening, go to dinner, or just get your grocery shopping done while your children are being well cared for in a safe environment.

Friday 5:30-10:00pm

- o You must provide a sack lunch and a snack for your children
- o \$9.50 1st child
- o \$8.75 per additional child
- o \$10.25 for children under 2
- o \$9.50 per additional child under 2
- o Dates Available:

February	12 and 19
March	5 and 26
April	9 and 16
May	7 and 14
June	4 and 18
July	16 and 30
August	13 and 27

*****All childcare program prices are for the entire program this is not an hourly rate. *****

Free Childcare: Two Saturdays a month for Families of deployed Soldiers.

Saturday 12:30 to 4:30pm

- o Dates Available:

February	13 and 20
March	6 and 27

April	10 and 17
May	8 and 15
June	5 and 19
July	17 and 31
August	14 and 28

Operation Kid Comfort: Program designed for children of deployed Soldiers to help them through the difficult time of their parent being away. Parents are taught how to make and design a quilt with pictures of the family, deployed Soldier, or things that bring comfort to them. All supplies are provided. A \$5.00 fee is charged per family for childcare if needed.

- **Building Rentals:**
 - The ASYMCA is available for your FRG Meetings free of charge with the availability for childcare on site for a minimal fee. Call to schedule.
 - Need a place to hold a Kid's Birthday Party, Baby Shower, Bridal Shower, Cub scouts, Girl scouts, etc. We offer our building for rentals. \$25.00 for 3hrs
- **Car Seat Loan Program:** GEICO insurance has provided us with car seats that are available to loan for 1 month at **no fee**. The seats accommodate newborns to children up to 40 pounds.
- **Operation Wheels:** **FREE!!! Transportation** service for active duty military or their dependents living on Fort Riley or in Junction City. This is available for those that do not have a vehicle or for those who do not drive. We will provide 4 round trips per month at no charge to active duty or their dependents.

The following locations are available for transportation:

1. WIC Bldg. #7264
2. ACS Bldg #7264
3. Irwin Army Hospital Bldg #600
4. Self Help Bldg. #289
5. Post Chaplain Services
6. Respite Care At ASYMCA
7. Geary Community Hospital
8. Junction City Health Department

Appointments: Please call 24 hours in advance at 762-4780 to schedule a pick-up.

- **For more information** - Please call 238-2972, email asymca@nqks.com, or stop by at 111 East 16th Street, Junction City.

United Way of Junction City-Geary County:



The United Way of Junction City–Geary County (CFC #98013) provides support services for the military community through 15 local not-for-profits. The following list includes the services and contact numbers provided through Fort Riley's nearest United Way. Call United Way at 238-2117, email director@unitedwayjcgc.org or get more information on any of these agencies at www.unitedwayjcgc.org we are here to help!

- **Operation Wheels at Armed Services YMCA:** transportation for military Family members to medical appointments 238-2972 asymca@nqks.com
- **Fourth Grade Learn to Swim:** program at the Family YMCA 762-4780 ymca@nqks.com
- **Scholarship memberships for Girl Scouts:** 238-2323 www.girlscoutsksmo.org
- **Boy Scout internships:** for KSU students to fill in for deployed troop leaders 238-5684 www.Coronadoscout.org
- **Dental clinic** at Konza Prairie Community Health Center 238-4711
- **The Crisis Center:** for victims of abuse and sexual assault 762-8835 ccijcks@carrollswab.com
- **Kansas Legal Services:** for victims of domestic violence (800) 723-6953
- **The Open Door:** emergency shelter 238-3599 opendoor@nqks.com
- **The Food Pantry:** emergency food 762-8830 vogelsang@embarqmail.com
- **Smarter Fun in the Sun:** summer activity through Boys and Girls Club 717-4020
- **Transportation for Special Olympics participants:** 209-1996 jtgeh2003@yahoo.com
- **Emergency aid for victims of disasters by the Red Cross:** 238-3163
- **Security checks:** for volunteers with Big Brothers/Big Sisters, adult mentors for at-risk children 238-1650
- **Volunteer Recruitment for CASA:** Court Appointed Special Advocates of the 8th Judicial District 762-3907
- **Habitat for Humanity:** funding for the next home built by Habitat 238-3126

Kansas Children's Service League (KCSL):

- In Kansas alone over 6,000 children each year need the care and support of foster and adoptive Families. People just like you are building brighter futures for these children by serving as foster and adoptive parents, relative caregivers, and advocates. You too can change a life. Help support our state's most vulnerable children so they can realize their full potential. Learn more by calling (877) 530-5275 or by visiting the Kansas Children's Service League Adoption & Foster Care website at www.kcsl.org
- Upcoming classes offered by KCSL:
- MAPP Training: This 10-week preparatory class is offered **free of charge** to individuals and Families interested in fostering and adopting. The classes are Tuesday nights from 6:00-9:00pm. For more information or to enroll call 1-877-530-5275.
- The Oasis program will provide **free and voluntary services to Families** with youth 10-18 who are at-risk to run away or have already run away. The goal of the program is to prevent youth homelessness, out of home placement, and to safely reunite the youth and Family by providing crisis intervention, temporary shelter, and support services. For additional information call 539-3193 ext.1701 or call the Oasis cell phone at 643-6615.

Army Career and Alumni Program (ACAP):

- **Transitioning Service Members:** Are you a Soldier planning to transition from the military? If so, schedule your mandatory Pre-separation Briefing by logging on ACAP Express at <https://www.acapexpress.army.mil> or by calling 785-239-2278. Briefings are held Monday, Tuesday, Thursday, and Friday at 9:00am and 1:00pm. Soldiers reporting for their initial Pre-separation Briefing without a valid AKO account/password and/or arriving late will be re-scheduled.
- You may start the ACAP process up to 12 months prior to separation for ETSing Soldiers and up to 24 months prior to anticipated retirement date for Retiring Soldiers. In no event should the process begin later than 90 days prior to separation. All Soldiers regardless of reason being separated are required to complete this briefing. You do not need orders to begin the ACAP process. ACAP is here to assist Soldiers in determining whether to "get out" or "stay in".

- In addition to the Pre-separation Briefing, all Soldiers are required to attend a 4-hour VA Benefits Briefing prior to separating. This briefing is held Thursdays 9:00am-2:00pm. For those Soldiers injured while in service or want more information on the Vocational Rehabilitation program are welcome to attend the DTAP VA Briefing, Thursdays 2:00-4:00pm.
- Interested in Resume Writing? Interviewing Skills? ACAP offers a 2.5 day Job Workshop (TAP) weekly. The workshop also focuses on assessing skills, defining career goals, researching employment opportunities, and planning effective job searches. Completion of the TAP Workshop is required for further ACAP Counselor assistance.
- Our main office is located at 210 Custer Avenue, Room 006. In addition, we offer ACAP services for eligible Soldiers and Families assigned to the WTB and/or pending an MEB/PEB at the Soldier and Family Assistance Center (SFAC) 671A 3 Street, 785-239-8368.
- On March 5 from 10:00-11:30am, ACAP will be offering a D.A. Federal Resume Seminar. This seminar is open to all ACAPing Soldiers that have completed their Pre-separation Briefing. This class is offered monthly.
- Spouses are welcome and encouraged to attend ACAP services. Briefings/seminars are by appointment only! Soldiers and spouses must have a valid AKO account to utilize ACAP services. Please visit <https://www.acap.army.mil> for more information.

Civil Air Patrol (CAP) USAF Auxiliary:

Would you like to honor and serve America? Do you want to prepare for your future while making new friends? Then rise to the challenge of cadet membership in the CAP. Cadets fly, hike, camp, get in shape, learn to lead and push themselves to new limits. If you are dreaming about a career in aviation, space or the military, CAP's Cadet Program is for you. An average of 10% of the cadets at the U.S. Air Force Academy got their start in CAP. To become a cadet you must be aged 12-18. Cadets meet two (2) hours per week and for some Saturday activities and have opportunities to attend leadership encampments, career academies and international exchanges during the summer. We meet every Tuesday at Freeman Field Airport, Junction City from 7:00-9:00pm or call 209-8213 for more information.

**Fort Riley, Kansas
"Home of the Big Red One"**

