



COL Kevin P. Brown
Garrison Commander
CSM Ian A. Mann
Garrison CSM



****NOTE: Announcements for the FEBRUARY 2011 "Riley Bugle Call Newsletter" are due by 13 JANUARY 2010. If you have questions or would like to add something to The Riley Bugle Call Newsletter please call (785) 240-0663****.

Enlisted Spouses Club:

- The Ft Riley Enlisted Spouses Club is hosting a Wine and Cheese event from 6:30-8:30 pm at the Enlisted Spouses Club Building, bldg 259 on January 19, 2010. There will be wine, cheeses, and other snacks. There will also be non-alcoholic drinks available for those who do not drink and are under 21. Please bring an ID card with you or you will not be allowed to drink. There is free childcare for all ESC members to take advantage of during our meetings. Children must be registered with the ASYMCA. Please RSVP by January 5, 2010 to escpresident@hotmail.com or <http://fortrileyesc.web.officelive.com> (ESC members: Include names and ages of children if needing the childcare at the ASYMCA).

Kansas State Research and Extension (KSRE):

- Who: Military Families
What: The Book Club
When: 2nd Tuesday of the month
6:00pm – 7:30pm
Where: Army Community Service, 7264 Normandy Drive
Why: Reading group for parents to discuss family relationships, parenting, and child development topics in an informal social setting.
- Who: Given to Military Families who have special needs Family members.
What: EFMP Support Group
When: January 25, 2011, (4th Tuesday of each month) 6:00pm – 7:30 pm
Where: Army Community Service, 7264 Normandy Drive
- Who: Spouses of Wounded Warriors
What: WSOS Support Group
Where: SFAC
When: January 20th (3rd Thursday of every month), 6:30pm – 8:00pm
Why: Support for Spouses of Wounded Warriors
- Who: Women of all ages

What: Women & Money

When: January 4th, 2011

Afternoon session: 11:30am – 1:00pm

Evening session: 7:00pm – 8:30pm

Where: ACS bldg, room 30

Why: Women have unique financial needs. On average, women live longer than men, earn less than men, and may have gaps in our employment history due to Family care giving. All of these factors will affect future retirement benefits. This series of five classes will provide you with information that you need to take charge of your financial future. Topics covered will include Financial, Insurance and Investing Basics, Retirement and Planning for Future Life Events as well as other topics as directed by participants.

Presented by KSRE & FRP

- Who: General Public
What: Conflict Resolution
When: January 4th (1st Tuesday of each month)
10:00am – 11:30am
5:30pm – 7:00pm
Where: Forsyth Community Center
22900 Hitching Post Rd
Why: To teach conflict resolution skills: fair fighting, active listening, “I” statements.
- Who: Military Spouses and Family Members
What: Global Friendship Club
When: 1st & 3rd Wednesday of Each Month
10:00am – 11:30am
Where: McClellan Community Center
Why: Come join us during the global Friendship Club meetings. The Club is designed to encourage culturally diverse military Spouses and Family Members in sharing ones heritage to a cross cultural audience experiencing Military Life. Looking forward to seeing you there!
- Who: General Public
What: Life Skills class: Utilizing Resources
When: January 11th (2nd Tuesday of each month)
10:00am – 11:30am
5:30pm – 7:00pm
Where: Forsyth Community Center
22900 Hitching Post Rd
Why: Learn about various resources throughout Fort Riley and the surrounding community and how to access them.
- Who: General Public
What: Parenting class: Positive Discipline
When: January 18th (3rd Tuesday of each month)
10:00am – 11:30am
5:30pm – 7:00pm
Where Forsyth Community Center
22900 Hitching Post Rd
Why: Why does your child do what they do? How do they know how to “push your buttons?” In this class, participants will be given the tools to help them understand their child’s behavior and how they can use discipline as a opportunity for learning.
- Who: General Public
What: How To Stay on Even Keel: Work/Life Balance
Where: ACS bldg 7264

When: Wednesday, January 1st
6:00pm – 7:30pm

Why: Need a New Year's resolution? How about balancing your work and family with less stress? Come to our Work/Life balance workshop to learn tips and ideas on how to manage your time, reduce stress, and cut the guilt out of being a working parent.

- Contact Information:
K-State Research and Extension, Ft. Riley
7264 Normandy Drive, Custer Hill
Fort Riley, Kansas 66442
(785)-9991
friley@ksu.edu
www.fortriley.ksu.edu

Thrift Shop:

- The Fort Riley Thrift Shop is open Tuesday through Thursday and the 1st and 3rd Saturdays of the month from 9:30am-2:30pm with consignments from 9:30 a.m. to 1:00 p.m. The Dollar Bag Room will be open Wednesdays and Saturdays from 9:30 a.m. to 1:00 p.m.
- The Thrift Shop continues to seek energetic volunteers. Childcare reimbursement for volunteers is available. Please inquire at the shop.
- 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 the local schools, the PX optical shop, IACH Optometry Clinic and at the Thrift Shop. There are several criteria to be met before 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 Fort Riley Soldiers and Family members. For more information, please call (785) 239-6348.
Location: 500 Huebner Rd, Room 105.
- Please call (785) 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 a 24 hour advanced notice.
- The Commissary, it's worth the trip where you save 30% on your total grocery bill.
Our phone # is (785) 239-6621.
- We value your service!

Irwin Army Community Hospital:

Pharmacy solution improves accuracy and efficiency

- Irwin Army Community Hospital's pharmacy is poised to revolutionize operations and improve customer service with Global Script Locator Solutions, Inc. patented Radio Frequency Identification® based technological advances.

- Using GSL technology lightens the workloads of IACH pharmacy technicians who previously had to search through bins and bagging systems to deliver prescriptions to their rightful owners.
- GSL Solutions Inc. is an innovative technology to address safety issues, ensure accuracy and improve efficiency and accountability.
- Using the GSL solution eliminates bundling and sorting, two prominent pharmacy errors and makes the likelihood of getting someone else' medication virtually impossible.
- RFID tags tracking system makes it nearly impossible to mishandle or misplace filled prescriptions at the pharmacy pick-up counter.
- IACH recently replaced its outpatient pharmacy "hanging bag system" with the GSL Intelligent Cabinet system.
- The GSL Intelligent Cabinet enables us to locate filled prescriptions quickly to provide fast service to patients.
- GSL's prescription storage system uses infrared ID tags with patented scanners, lockable electronic cabinets, strategically designed storage drawers and computerized data-tracking software.
- The space needed for the GSL Intelligent Cabinet required the pharmacy to discontinue using Window 7 for refills, so all new prescriptions and refills are now filled in the front windows.

IrwinInformation

- Irwin Army Community Hospital has a new community outreach information tool for patient education. Patients can obtain answers to questions simply with an e-mail or telephone call. Selected questions and answers will appear on page four of the Post newspaper weekly. If you have a question for IrwinInformation, send it to IACHInformation@amedd.army.mil or call 785-239-8414.

IACH patient ambassador

- IACH's new patient ambassador, assists patients with finding their way around, answering questions and taking feedback. IACH is looking to hire an additional four patient ambassadors to have them throughout the hospital to help people who have questions or need assistance.

Fort Riley Veterinary Services:

- Building 226 Custer Avenue (down the street from In/Out Processing)
- Operating hours are Monday thru Friday: 8:00-11:00am and Noon-4:00pm.
- Closed federal holidays and the last business day of the month.

Registration

- All pets residing in on-post housing must be registered with Veterinary Services per Fort Riley Regulation 40-18.
- Registration is free; however, all animals must be registered and micro chipped (done by appointment) within 10 days of arriving on post.
- Registration is walk-in and owners need to bring vaccination history and microchip history if available. If no history is available the owner may make an appointment after registration is complete.

Appointments

- Appointments can be made for vaccinations and minor sick call by calling (785) 239-3886.
- Veterinary Treatment Facilities have been standardized Army-wide to stabilize prices and care given to Patrons and their pets. One of these benefits includes our new Discounted Wellness Packages suited to your pets needs.

Discounted Wellness Packages

- These include basic required vaccinations that are offered yearly or every three years.

- Also included are annual heartworm screenings and stool exams.
- For your new additions we offer puppy and kitten packages as well.
- For more information on Veterinary Services search online www.riley.army.mil

Fort Riley Stray Facility

- Operating hours are Monday thru Friday 12:00 Noon-4:00pm.
- Phone Number is (785) 239-6184.
- Although we are a small facility we just might have the perfect companion for your Family. Come by and adopt a pet today!

American Red Cross:

- Volunteers needed for two programs:
- Volunteer orientations are Mondays at 1:00pm at the Red Cross office in 7264 Normandy Drive, Room 16. Questions call (785) 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):

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

Hours of Operation:

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, matting and framing area, Crochet and Knitting.

- Matting & Framing – Learn the skill to do your own matting and framing and save a bundle! Subjects covered in this one-night class include: material selection, matt cutting, frame chopping and assembly, and glass cutting. All materials are provided for hands-on instruction. Students will not be working on their own projects. \$10.00 fee must sign up prior.
- Crochet or Knitting – Learn one or both of these skills in this class. Class meets every 2nd Saturday from 1:00–3:00pm. Take as many classes as needed. Stop by and see what the group is working on or just call ahead to enroll. This class is FREE.
- Coffee Groups, FRGs, and Scouts – Come in for a crafts class. We will set up a class just for your group.

Custom Services

- Professional Matting & Framing – Our shop has over 500 frame molding choices and only the highest quality conservation, preservation mattes for your valuable pieces. Stop in and get a free estimate.
- Ceramic Shop – You can drop off your greenware or glazeware for firing here. There is a minimal charge per inch.
- Imprint Shop – We offer computerized engraving for plaques.
- Laser Engraver – The engraver is able to cut into wood, plastic, glass, mirror, and limestone. Come by and take a look at our samples and see what we can do!

Leisure Travel Center (LTR): Bldg 6918; 785-239-5614

- Winter Hours:
Monday - Friday 10:00am-5:00pm
Closed Sat, Sun & Holidays

Saturday, Sunday, & Holidays Closed

Closed January 17 in observance of the Martin Luther King Holiday

- PGA Trade In/Trade-Up Network: Looking for new golf clubs in 2011? Bring your old clubs in and we will assist you in trading in your clubs based on the PGA Value Guide, and we will put that amount towards the purchase of a new set of clubs.
- 2011 Golf Tournaments: Let our professional staff help you book your unit tournament in 2011. Plenty of dates are available and they come on a first come, first serve basis. We have packages which include rentals, fees, range balls, equipment, and lunch starting at \$29.00.
- Coming Soon: New 2011 Golf Clubs to the Pro Shop. Check us out for more details.
- Check out our website at WWW.RILEYMWR.COM for an updated listing of events and tournaments.

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

- Hours of Operation:
- Open 7 days a week 9:00am-5:00pm
- Facilities closed on all Federal Holidays
- Services are available to active duty, National Guard, Reservists, Retired, DoD Civilians and Families
- It may be cold and blustery outside but ODR is ready with warm greetings and friendly smiles to meet your rental needs for the upcoming winter days. We have tables, chairs, coolers, car top carriers, log-splitters, car dollies, utility trailers, an enclosed trailer and much more; so stop by to see what we can do for you. Hunters don't forget about our archery range where you can practice to make that perfect shot. Do you have a birthday party coming up or an Organizational day scheduled? Drop by ODR for tug-of-war ropes, volleyball or badminton sets, inflatable playstations and the NEW dunk tanks.

January activities

- DATE TBA-Skiing in Colorado- Price TBA
- Join ODR for a trip to Colorado. Hit the slopes during the day and spend the evenings in a beautiful resort. Weather permitting.
- January 22, Lawrence Indoor Aquatic Park – Leave ODR at Noon and return at approx. 8:00pm.
- Price: Adult \$5.00 (age 18-59) Youth \$4.00 (age 5-17)
- The Polar Bear Club is not for me! Join ODR as we recreate the summer in the climate-controlled Lawrence Indoor Aquatic Park. It might be a frigid -25 degrees outside, but inside it is a balmy 87 degrees with no wind chill. Leave the winter behind – at least for one day – and enjoy this activity with friends and Families. Transportation and admission provided. Children must be accompanied by parents or guardians. Weather permitting.
- Fort Riley Skeet and Trap: 785-239-9058
- Hours of Operation:
- Wed & Sat 10:00am-6:00pm
- Weather Permitting
- Open to the general public
- The winter months don't have to be slow and boring. Rejuvenate your competitive nature with your family and friends at the Ft. Riley Skeet & Trap Range. Bring out your own gun or borrow a range gun. For more information call or stop by the Outdoor Recreation Center, 785-239-2363.

- Fort Riley Marina, Milford Lake, 785-239-2363 or 785-307-3798
- Hours of Operation:
- CLOSED FOR THE SEASON
- Services available to active duty, National Guard, Reservists, Retired, DoD Civilians and families
- The Marina is closed for the season but it's never too early to plan for the upcoming spring and summer season. The Marina is located on Milford Lake and has over 20 water craft available for rent, as well as four pavilions with access to handicapped playground equipment; including pontoons, fishing boats, jet skis, and ski boats. Our new boat slips will be in place for the upcoming season. Don't forget the Kansas State Boater's Safety Course is required to rent a motorized boat. For information about the course visit www.kdwp.ks.us/news/Boating/Boating-Education. For more information call or stop by the Outdoor Recreation Center, 785-239-2363.

Sports: Bldg. 202, 785-239-3945

Eyster Pool, Bldg. 6940, Custer Hill

Oct 1 – May 27, 2011	Mon-Wed-Fri	6:30–9:00am	Lap Swim
	Mon – Fri	11:00am-1:00pm	Lap Swim
	Mon – Fri	4:00-8:00pm	Open Swim
	Sat & Sun	1:00–6:00pm	Open Swim

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

Long Pool, Bldg. 8069, Custer Hill, 785-239-4684, for Reservations call 785-239-9441

Please note: Effective Oct 1, 2010, all units will be responsible for providing their own lifeguards. Minimum two lifeguards per request. Lifeguard training information is listed below.

Training (*Unit must submit memo of request 2 weeks prior to requesting date with the following information: Effective Oct 1, 2010: Copies of minimum two soldiers American Red Cross Lifeguard Training certified, along with ARC CPR for the Professional Rescuer, date, time, number of Soldiers, type of training, requesting POC for memo, OIC or NCOIC responsible for Soldiers the morning of, memo signed by company commander*).

American Red Cross Lifeguard Training

Cost is \$175 per candidate. Call 785-239-9441 to schedule pre-test date prior to session beginning.

American Red Cross Group Swim Lessons

Jan 18-21/24-28 \$20.00 per child: Register at Eyster Pool

4:00-4:30pm	PACA
5:00-5:45pm	Level II
6:00-6:45pm	Level I
7:00-7:45pm	Level III

SKIES Swim Lessons

Register at Central Registration Office

January 10-14

Flick-n-Float, January 29 at 7:00pm. Movie TBD \$10.00/Family or \$5.00/single

Fitness Center Phone Book:

King Field House | Bldg 202, Main Post | 785-239-3868 5:00am to 9:00pm Mon-Fri
9:00am to 9:00pm Sat/Sun/Hol

Leonard Fitness Center | Bldg 7632, Custer Hill | 785-239-5771 5:00am to 8:00pm
Mon-Fri 10:00am to 5:00pm Sat/Sun/Hol

Craig Fitness Center | Bldg 7024, Custer Hill | 785-239-5562 CLOSED

Long Fitness Center | Bldg 8069, Custer Hill | 785-239-4683 5:00am to 9:00pm
Mon-Fri 8:00am to 4:00pm Sat/Sun/Hol

Robinson Fitness Center | Bldg 7832, Custer Hill | 785-239-4480 5:00am to 9:00pm
Mon-Fri Noon to 7:00pm Sat/Sun/Hol

Fitness

Exercise Classes

The fitness department offers fitness classes six days a week, excluding holidays and training holidays on holiday weekends. See the MWR website, <http://www.rileymwr.com>, and click on the calendar for the current schedule, or visit King Field House for a printed copy. Fitness class selection includes SPINNING, Ab Force I, Circuit Breaker, Rowbics and Interval Boot Camp. Keep an eye out for more classes being added to the fitness schedule!

Do you or anyone you know have a passion for fitness? King Field House is currently looking for exercise class instructors! Call 785-239-3146 or email Vincent.spencer@us.army.mil

Fitness assessments

Body composition and fitness assessments are offered by appointment. Please call the fitness office 785-239-3146 for more information on the testing services.

Fun fitness programs

Register for Fit4Life and win prizes for getting out and being active! Sign up anytime. Visit <http://fit4life.rileymwr.com> for details on prizes and registration.

Intramurals

BAGGO season starts on the January 24, 2010. Coaches meeting will be held at 2:00pm on 4 and 11 January. Information on how to register your team for intramural sports can be found at all fitness facilities or by calling 785-239-2148

6th Annual 3 on 3 Basketball Tournament is on January 8 at 10:00am. Located at King Field House. Registration ends January 6th. Open to everyone, maximum is 5 players. The cost is \$50.00 per team and FREE for Active Duty Teams. For more information call 785-239-2148.

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

- CYSS Parent Central Bldg. 6620 Normandy Drive
Hours of Operation:
Monday–Friday, 8:00am-6:00pm
Walk-in registration hours are Monday - Friday, 12:30pm-6:00pm
Appointments available, starting at 8:00am.

- Spaces are available for all ages; please contact Parent Central for additional information.
- Play Pals Playgroup- 6620 Normandy Drive, Every Monday 9:00am-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 Parent Central (785) 239-9885.
NOTE: Held in the CYS Services Training Room, Bldg 6620 Normandy Drive unless otherwise stated.
- 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. \$300 of free classes for children of deployed Soldiers (a copy of orders is 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 East CDC 6981 Warren Rd.

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. Hourly care is also available; however parents must make reservation by noon the day prior to ensure availability. For additional information, please call (785) 239-9220 or (785) 239-9225.
- 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, technology lab, art room, large activity area, music/dance studio, 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
- HIRED!
HIRED is 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 additional information, call 785-240-3261.
- The EDGE
Experience, develop, grow and excel in exciting and fun art, fitness, life skills and adventure activities. For July we will offer Hip Hop, Water Sports/Fun in the Pool, Golf and Archery. All activities are FREE and take place on Fort Riley from 3:00-5:00pm every day. For additional information, call (785) 239-9850 or 785-240-5195.
- Youth Sports

- Call (785) 239-9223 for additional information on youth sports programs. We need volunteer coaches.

School Liaison Services:

- Youth Sponsorship Program
The Youth Sponsorship Program is available to children of all active, retired and reserve military sponsors 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. For additional information, please contact a School Liaison Officer at 785-240-3260, 785-240-3261, or (785) 240-1648
- Study Strong (formally Tutor.com)
Provides real-time homework assistance in all subjects. Service is 24/7, tutoring for grades K-12 and college intro. Log onto: www.myarmyonesource.com/cyss_tutor to register.
- Student Online Achievement Resources (SOAR) www.SoarAtHome.org
SOAR is a free website providing students and parents with resources to:
 - Identify academic strengths and weaknesses in math and reading
 - Instruct the student in math, reading and language arts through interactive tutorials
 - Involve parent by providing educational resources written specifically for parents
- College Prep Series:
 - For students interested in pursuing a college education CYSS offers a College Prep Series. The College Prep Series will resume sessions in January. For additional information, please contact a School Liaison Officer at 785-240-3261, 785-240-3260, or (785)-1648.
- 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 379 Clay County Schools
USD 379 (Clay Center-Wakefield) website: <http://www.usd379.org/>
Tel: 785-632-3176
- 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 districts websites, calendar and other important school information, go to the School Liaison Officer website: <http://www.rileymwr.com/web-content/subpages/cysschool.html>.

Army Community Service (ACS):

- 7264 Normandy Drive, (785) 239-9435, Hours: M-F 7:30am-4:30pm

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. 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 (785) 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 7264 Normandy Drive (Room permitting). There is a minimum of five people required to hold a class and two weeks' notice is needed for planning.

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>. Issues can also be submitted by calling (785) 239-9435

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 (785) 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), 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 (785) 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.

New Parent Support Program (NPSP):

- **BAL-A-VIS-X**
First 3 Tuesdays of every month at Long Fitness Center from 4:00-6:00pm
This 3 session course is designed to help cognitive integration improve; impulsivity decreases, increases attention span, and stress is diminished. *Bal-A-Vis-X* exercises are currently being used in Schools, nursing homes, TBI clinics, mental health clinics, and hospital settings.
Bal-A-Vis-X is a series of Balance/Auditory/Vision eXercises, of varied complexity, all of which are deeply rooted in rhythm. Exercises are done with sand-filled bags and racquetballs, sometimes while standing on a balance board. Bal-A-Vis-X enables the whole mind-body system to experience the natural symmetrical flow of a pendulum. Open to all Family members!

JANUARY 2011

- **SCREAM FREE PARENTING**
January 4, 2011 & January 11, 2011; 6:30-8:30pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
This two session course is designed to help you start a Revolution in Your Family! Scream Free Parenting is not just about lowering your voice. It's about learning to calm your emotional reactions and learning to focus on your own behavior more than your kids' behavior . . . for their benefit. With these techniques, you can create and enjoy more calm, mutually respectful, and loving relationships with your children.
Note: YOU MUST ATTEND BOTH SESSIONS TO RECEIVE A CERTIFICATE.
- **THE 7 SECRETS; Of Effective Fathers**
January 5, 2011 9:00am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
This 3 hour course is designed to present valuable guidelines for fathers to strengthen their Family roles. These time tested techniques that have worked effectively in other Families, will help fathers overcome and/or prevent barriers in their relationships with their children and help them understand themselves in relation to other fathers. The essential "insight and counsel" discovered during this course will help men become the fathers they want to be for their children.
- **LOVE AND LOGIC; Early Childhood Parenting Made Fun!**
January 6, 2011 9:00am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
- **NOTE:** 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"

- **POSITIVE DISCIPLINE**
January 13, 2011 10:00am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
This course is designed to help parents get their message across to their children by helping them learn to set limits, acknowledge feelings and by taking care of themselves.
- **"IT'S NOT AS HARD AS YOU THINK;" Cloth Diapering, Making Baby Food & Breastfeeding in the 21st Century;** January 19, 2011; 10:30am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
Come learn easy ways to use and manage cloth diapers, making your own baby food, and breastfeeding. You will gain knowledge on how much money you can save by using these methods and how good it is for your baby and "Mother Earth." We will offer step-by-step guide and quick tips to implementing these strategies into everyday Family life.
- **BASIC INFANT CARE**
January 25, 2011 10:00am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
This course is designed for Families that are currently expecting or that have recently delivered new additions to their Families. Some of the timely topics covered include understanding pregnancy; preparing for the birth; nurturing a healthy Family; child growth and development; infant safety; and a visit with health care staff from IACH and WIC.

FEBRUARY 2011

- **The Seven Secrets Of Effective Fathers**
February 2, 2011 9:00am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
This 3 hour course is designed to present valuable guidelines for fathers to strengthen their Family roles. These time tested techniques that have worked effectively in other Families, will help fathers overcome and/or prevent barriers in their relationships with their children and help them understand themselves in relation to other fathers. The essential "insight and counsel" discovered during this course will help men become the fathers they want to be for their children.
- **BEING A SINGLE PARENT**
February 8, 2011 10:00am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
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 10, 2011 9:00am-12:00pm
Army Community Services, Building 7264 Normandy Dr., Ft. Riley
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:
 1. Learning to allow them to grow through their mistakes
 2. Learning to allow them to learn from the consequences of their choices
 3. Learning shared "control"
 4. Learning shared "thinking and decision making"

5. Providing the opportunity to build "self-concept"

• HOW TO EFFECTIVELY USE TIME OUT WITH YOUR CHILD

February 17, 2011 10:00am-12:00pm

Army Community Services, Building 7264 Normandy Dr., Ft. Riley

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

- Limited free childcare is available to parents attending these classes.
- MUST RSVP 3 DAYS BEFORE CLASS. Youth must also be current on shots and registered with CYSS.
- Army Community Service
- New Parent Support and Ext.
- 7264 Normandy Drive, Custer Hill
- Fort Riley, Kansas 66442
- 785-239-9435
- rile.dmwacs@conus.army.mil

Family Advocacy Program (FAP):

Love & Logic classes:

- January 6, 13, & 20
- February 3, 10, & 17
- March 3, 10, & 17
- April 7, 14, & 21
- All classes are 6:30-8:30pm and held at ACS Bldg. 7264.
- Registration for childcare has to be scheduled by calling 239-9435
- (up-to-date shot records are required and must be brought in each week).

It Takes Two:

- Take the Couples Challenge Game Show – "Guess what Your Mate Will Say"
- February 4, 2011
- 6:00-8:00pm
- Riley's Conference Center

(childcare and refreshments available with cash bar)

Call 785-239-9435 for more information and to sign up to be contestants.

Marriage Enrichment:

Prevention and Relationship Enhancement Program (PREP)

- January 20 & 27
- February 17 & 24
- March 17 & 24
- April 21 & 28
- All classes are 1:00-4:00pm and held at ACS Bldg. 7264
- (childcare is available)
- Call 785-239-9435 for more information and to enroll.

Exceptional Family Member Program (EFMP):

- 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

JANUARY

- FRG Awards and Recognition Class - You can't do it all yourself... You need an army of volunteers! This course will give you the tools you need to recognize your volunteers with local, private, and DA level Awards. In addition, you will be provided with all the required forms and information you need to succeed.
January 25, 1:00 – 3:00 pm
March 9, 1:00 – 3:00 pm
- FRG Newsletter Training: This class provides guidance and regulations on FRG Newsletters.
* Available exclusively online:
<http://www.riley.army.mil/documents/acs.dmDocuments/100722115035.pdf>
- FRG Binder Training: The training will instruct Commanders, Senior Advisors, FRSA's, and FRG Leaders how to create and manage their FRG binders to comply with regulations. The class will go line by line through the Inspection Plan and cover what needs to be in the FRG Binders in order to meet regulatory requirements and standards.
February 15, 10:00 am – 12:00 Noon
- FRG Leader Forum - The FRG Forum is a venue for FRG Leaders to discuss current FRG Issues or concerns and to explore solutions. A different topic and guest speaker will be featured each month. Come see what it's all about!
January 27, 9:00 – 10:30 am
February 24, 9:00 – 10:30 am
March 31, 9:00 – 10:30 am
- To register for a class please contact:
Army Community Service
Mobilization and Deployment Specialist
1020 Huebner Road, Fort Riley, KS 66442
(785) 240-5449

Fort Riley Education Services (ACES):

- Effective Immediately. We regret to announce that due to a shortage in contract support services for the DA Central Contract, Education Services has moved all counseling services to Main Post Learning Center, 217 Custer Ave., to better serve our Soldiers, Family Members and DAC's. This change remains in effect until further notice. The Multi-Learning Facility Computer Lab at Learning Center 1, 7604 Parker is closed until further notice. Counseling services at 7656 Graves Street will be closed. All LSEC and Evening college classes (in 7604 and 7656), the Tutor Center, and Barton DANTES Testing (in 7656) will continue as scheduled. This move is temporary until contract issues can be resolved at the DA level. Custer Hill Soldiers with no transportation are urged to call us at 239-6481 or email us at Rile_EdSvc@conus.army.mil for assistance. We apologize for the inconvenience to our customers, and we hope the contract issues at DA level will be resolved soon.
- Garrison Resiliency 5-4-9 work schedule. Offices and the consortium schools and universities will be closed every other Friday, in accordance with the GC schedule.
Main Post Learning Center, 217 Custer Avenue (785) 239-6481
Hours: 7:30 am – 5:00 pm
Services: Education Counseling and Testing (All services available)
Learning Center 1, 7604 Parker Street (785) 239-9485
Hours: 8:00 am – 5:30 pm

JANUARY

Services: Computer Lab (Temporarily closed until further notice)

Learning Center 2, 7656 Graves Street (785) 239-9824

Hours: 7:45 am – 5:00 pm

Services: (No counseling services) Tutor Center (Open as scheduled).

Tutoring Center hours will be: Monday, Tuesday, and Thursday: 9:00 am to 5:00 pm,

Wednesday: 9:00 am to 7:00 pm, Friday: 9:00 am to 3:00 pm, and Saturday: 11:00 am to 3:00 pm.

Contact phone number for Tutor Center and CLEP/DSST testing is (785) 240-3617.

Graduation Ceremony:

- 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. ALL Soldiers must enroll in GOARMYED (<https://www.goarmyed.com/Login.aspx>)
- Upcoming LSEC Cycles are as follows:
Cycle 2: January 4 – February 17, 2011
Class Schedule: <http://www.riley.army.mil/NewsViewer.aspx?id=2983>
- 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. 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).
- Upcoming BSEP Classes:
 - Cycle 4: January 5 – January 31, 2011
 - Classes will be held at 8044 Normandy.

To enroll please see an Army Education Counselor.

Central Michigan University:

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

Main Post Chapel (785) 239-6597

- Protestant Community Worship Service Sunday @ 10:30am

Kapaun Chapel (785) 239-9608

- Fort Riley Open Circle meetings are at the Kapaun Chapel Every Saturday at 1500

- Contemporary Protestant Service Sunday @ 10:30am

Morris Hill Chapel (785) 239-4060

- Gospel Sunday school @ 9:00am
- Gospel Worship Service Sunday @ 10:30am
- Roman Catholic Mass Sunday @ 9:00am
- Roman Catholic Education Sunday @ 10:30am

Saint Mary's Chapel (785) 239-6597

- Roman Catholic Mass Saturday @ 4:30 pm
- Roman Catholic Mass Sunday @ 11:00am
- Wednesday & Friday @ 12:00 pm

Irwin Army Community Hospital Chapel (785) 240-1443

JANUARY

- 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
- Junction City (785) 238-2951
- Religious Education Director (785) 239-2979
- Catholic Education Director (785) 240-1443
- Religious Support Office (785) 239-3359
- Morris Hill Chapel (785) 239-4060
- Main Post Chapel (785) 239-6597
- Saint Mary's Chapel (785) 239-6597
- Kapaun Chapel (785) 239-9608
- Normandy Chapel (785) 239-9149
- Family Life Ministry (785) 239-3436

Boy Scouts:

To join, please contact (785) 238-5684 for more information.

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 (785) 776-1488. We are always looking for Adult Leaders and volunteers to help out with the Service Unit Team Meetings. We are always looking for adult volunteers to help with special events. If you are interested, please contact (785) 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 other's 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. **

All children must be registered.

- Parent's Work Out:
Monday through Friday 8:30-10:45am
- Please provide a snack for your child
- \$4.25 1st child
- \$3.50 Per Additional child
- \$5.00 Children under 2
- \$4.25 Per additional children under 2
- Parent's Day Out:
Monday through Friday 11:00am-3:00pm
 1. You must provide a sack lunch and a snack for your children
 1. \$10.00 1st child
 2. \$9.25 per additional child
 3. \$10.75 for children under 2

JANUARY

4. \$10.00 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

2. You must provide a sack lunch and a snack for your children
5. \$10.00 1st child
6. \$9.25 per additional child
7. \$10.75 for children under 2
8. \$10.00 per additional child under 2

***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. All children must be registered and we need a copy of deployment records.

Saturday 12:30-4:30pm

- 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, Scouts, etc. We offer our building for rentals. \$25.00 for 3hrs, including set-up and cleaning.
- Car Seat Loan Program: Geico insurance has provided us with car seats that we 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 activity 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:
- WIC Bldg. #7264
- ACS Bldg #7264
- Irwin Army Hospital Bldg #600
- Self Help Bldg. #289
- Post Chaplin Services
- Respite Care At ASYMCA
- Geary Community Hospital
- Junction City Health Department
- Appointments: Please call 24 hours in advance at 762-4780 to schedule a pick-up.
- For more information- Please call (785) 238-2972, email asymca@nqks.com, or stop by at 111 East 16th Street, Junction City.

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

JANUARY

<https://www.acapexpress.army.mil> or by calling (785)-2278. Briefings are held Monday, Tuesday, Thursday, and Friday at 9:00am, 10:30am, 1:00pm and 2:30pm. 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 resume 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) 674 Warrior Road, Room 113, (785)-8368.
- Other seminars offered as scheduled: Pre-Business Seminar, Personality Assessment, and How to Work a Job Fair. Please visit <http://www.acap.army.mil> for calendar of events and more information.
- 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.
- 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.
- ACAP will be offering the 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. Please call (785)-2278 for specific dates and times.
- 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 209-8223 for more information. If you need more information please go to our website www.gocivilairpatrol.com.

JANUARY

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

