

COMMUNITY CORNER

Fort Riley has many programs available to build resiliency

By Col. Kevin Brown
GARRISON COMMANDER

Resiliency is a frequently heard word around the Army these days.

What exactly does Fort Riley have to offer its Soldiers, Families and civilian employees to help build their resiliency in the face of ongoing operations around the globe?

First, each of these groups has a specially designed assessment tool that can help them determine where they need to focus their resiliency-building efforts.

The Global Assessment Tool, which is part of the Comprehensive Soldier Fitness Program, asks a series of questions to determine the test-taker's emotional, family, spiritual and social well-being.

Based on those scores, self-development modules are provided for Soldiers, Family members and civilians to increase their strength and resiliency in each of those areas.

While going through the modules will build knowledge in the four areas, Fort Riley also offers other programs to increase resiliency. Each person on post won't need the same services, but if a service is needed, chances are, it is offered or there is someone who can point you in the right direction.

A program, which started this fall and is an Army first, is the Resilient Spouse Academy. Open to all spouses, the academy incorporates Applied Suicide Intervention Skills Training, financial readiness classes, master resiliency training, substance abuse and domestic violence awareness information. The purpose of the academy is to help spouses become sensors for the Army and to provide them with the

knowledge to help spot Soldiers and other spouses in stress.

The academy also offers information on how to help build resiliency within a unit's Families. Three sessions were offered this fall. Feedback from those sessions has been incorporated into the next sessions, which will begin in January 2011.

For more information about the academy, contact Julie Zwickel at Army Community Service at 785-239-9435.

Promoting healthy choices for Soldiers, Families and civilians is another avenue to building resiliency within our force. Alcohol and tobacco cessation programs offered through the Army Substance Abuse Program and Irwin Army Community Hospital, encourage people to seek help for alcohol abuse problems and for support when quitting tobacco.

IACH offers free tobacco cessation classes to Tricare beneficiaries. The program can offer medication, information and support to those trying to quit. For more information, call 785-239-7323 or 785-240-QUIT (7848).

Tobacco use can interfere with wound healing and surgery. It can cause serious dental problems and keep your body from fighting infection.

The longer a person uses tobacco, the more likely they will develop cancer and other serious health issues. We want a healthy force, and we want our Soldiers, Family members and civilian employees to stay healthy for years to come.

If you use tobacco and are thinking about quitting, call the



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IACH Public Health Department and see how they can help. We're all here to support your efforts.

I wrote about it in last week's Community Corner, but want to mention it again in line with resiliency. A new program to Fort Riley, the Confidential Alcohol Treatment and Education Pilot was designed to empower Soldiers, who have alcohol problems, to seek help confidentially. If you think you might need help, contact the counselor and see what they can do for you.

To talk to the CATEP counselor, send an e-mail to rle.dhr.catep@conus.army.mil or call 785-239-5047/240-5127. For more information on CATEP, visit www.riley.army.mil and click on "Services," "Soldier Services," and then the CATEP link.

On the preventive side of things, ACS and the Directorate of Family and Morale, Welfare and Recreation, offer programs for every aspect of resiliency. ACS houses numerous Family programs to provide support and education for our Soldiers and their Families.

From parenting classes to play groups, ACS has a program for just about every need. DFMWR gyms house equipment to build resiliency in our bodies. The many recreational programs DFMWR offers build resiliency within our Families.

The concerts, brunches, games, dances and outdoor recreation opportunities provided give us a chance to get out and meet others who share our interests and our military lives. See what DFMWR has to offer at www.rileymwr.com and

learn how you can build your family and social resiliency. Just for Soldiers, DFMWR provides Warrior Adventure Quest activities upon redeployment.

These high-energy outdoor recreation activities are funded through the Army Family Covenant and are designed to help Soldiers make a healthy transition back to post-deployment life on the home front.

For Soldiers and their Families, DFMWR also provides post-deployment support in the form of the Victory Reunite program. Victory Reunite incorporates activities for single and married couples and Family activities. The program includes time with Military Family Life Consultants and financial counselors, concerts, classes, recreation opportunities, discounted events and child care. All aspects of Victory Reunite

are designed to introduce constructive stress outlets and help redeploying Soldiers and their Families reach a "new normal."

These are just a few of the programs offered to help Soldiers, Families and civilian employees at Fort Riley build resiliency. Take the Global Assessment Tool and find out where you stand. Then, take advantage of the classes and programs offered.

Looking for help or learning new ways of thinking aren't signs of weakness. It's a sign of strength and what keeps our force Army Strong. To take the Global Assessment Tool, visit www.army.mil/csf.

If you would like to comment on this column or suggest a topic for Community Corner, send an e-mail to rlc.post.newspaper@conus.army.mil.

VICTORY KITCHEN

TURKEY

Ingredients

- 1 rolled turkey
- Salt and pepper
- 2 tablespoons Sugar
- 3 cloves Garlic
- 1 gal water

Directions

Brine turkey in one gallon of water with 1 cup of salt, 2 tablespoons sugar and 3 cloves of garlic. Roast turkey in a 350 degree oven for one Hour.

GREEN BEAN CASSEROLE

Ingredients

- 1/3 stick butter
- 1/2 cup diced onions
- 1/2 cup sliced fresh mushrooms
- 2 cups sliced green beans
- 3 cups chicken broth
- 1 (10 3/4-ounce) can cream of mushroom soup
- 1 (2.8-ounce) can French-fried onion rings
- Pinch house seasoning, recipe follows
- 1 cup grated cheddar

Directions

Preheat the oven to 350 degrees F. Melt the butter in a large skillet. Sauté the onions and mushrooms in the butter. Boil green beans in chicken broth for 10 minutes and drain. Add the green beans, mushroom soup, onion rings, and House Seasoning, to taste, to the onion mixture. Stir well. Pour into a greased 1 1/2-quart baking dish. Bake for 20 minutes, then top the casserole with the Cheddar and bake for 10 minutes longer, or until the casserole is hot and cheese is melted.

STUFFING

Ingredients

- 16 cups 1-inch bread cubes, white or sourdough (1 1/2 pound loaf)
- 8 tablespoons (1 stick) unsalted butter
- 2 cups medium-diced yellow onion (2 onions)

- 1 cup medium-diced celery (2 stalks)
- 2 Granny Smith apples, unpeeled, cored and large-diced
- 2 tablespoons chopped flat-leaf parsley
- 1 tablespoon kosher salt
- 1 teaspoon freshly ground black pepper
- 3/4 pound sweet or spicy Italian sausage, casings removed
- 1 cup chicken stock
- 1 cup dried cranberries

Directions

Preheat the oven to 300 degrees F. Place the bread cubes in a single layer on a sheet pan and bake for 7 minutes. Raise the oven temperature to 350 degrees F. Remove the bread cubes to a very large bowl. Meanwhile, in a large sauté pan, melt the butter and add the onions, celery, apples, parsley, salt and pepper. Sauté over medium heat for 10 minutes, until the vegetables are softened. Add to the bread cubes. In the same sauté pan, cook the sausage over medium heat for about 10 minutes, until browned and cooked through, breaking up the sausage with a fork while cooking. Add to the bread cubes and vegetables. Add the chicken stock and cranberries to the mixture, mix well, and pour into a 9 by 12-inch baking dish. Bake for 30 minutes, until browned on top and hot in the middle. Serve warm.

SWEET POTATO

Ingredients

- Two sweet potatoes
- 1 stick of butter
- 1 cup brown sugar
- 1 tablespoon cinnamon
- Salt

Directions

Peel and dice sweet potatoes and boil until fork tender. Place potatoes in a casserole dish, sprinkle with cinnamon, brown sugar, salt and cover with butter paties. Bake 15 minutes until the brown sugar is nice and bubbly.

Watch Victory Kitchen on Riley TV on the post's cable Channel 2, or watch in Manhattan, Junction City and Ogden on Cox Cable Channel 8. Become a fan on Facebook at www.facebook.com/VictoryKitchen.