

COMMUNITY CORNER

Fort Riley to celebrate Military Spouse Appreciation Day May 11

By Col. William Clark
GARRISON COMMANDER

This week, we closed our celebration of April's Month of the Military Child, while also kicking off May's Military Spouse Appreciation Month. A cornerstone celebration of this month is Military Spouse Appreciation Day, which will be May 11.

Military Spouse Appreciation Day was started in 1984 by President Ronald Reagan to recognize military spouses who stand by their service members. The day continues to serve as a reminder of the selfless sacrifices

military spouses make every day in support of our men and women in arms.

Fort Riley will honor its military spouses by offering 100 vouchers for a free Cinco de Mayo dinner from 6 to 8 p.m. May 4 at Riley's Conference Center. The dinner, which normally costs \$10.95 for adults, includes a buffet-style selection of many Mexican-inspired favorites. Also, 100 free vouchers to



Col. Clark

military spouses will be available for Bingo packages for May 11 games at Rally Point Bingo.

Only one voucher per military spouse, and spouses must present a valid military ID to receive the vouchers.

Vouchers are available on a first-come, first-serve basis at Army Community Service, Building 7264 on Custer Hill. For more information, call 785-239-9435.

Military spouses also may visit www.facebook.com/rileymwr to enter the Directorate of Family and Morale, Welfare and Recreation's contests for

military spouses by clicking on "MSAD Contest."

Although we will celebrate spouses specifically May 11, Fort Riley realizes it's a year-round job, and the post has programs in place to support spouses in their efforts.

For example, from 10 a.m. to noon and 5 to 7 p.m. May 8 at ACS, Battle Buddies on the Homefront will take place.

This presentation will focus on a discussion of the challenges Families face and ways to act as battle buddies for each other. Issues that will be discussed range from keeping Families safe during recreational

activities to watching for signs of mental health issues in loved ones.

Additionally, a program unique to Fort Riley that has been named a best practice in the Army – the Resilient Spouse Academy – provides weeklong training for military spouses and teaches suicide intervention, responding to reports of abuse or neglect, Master Resilience Training and financial resilience.

The next sessions of the spouse academy are June 4 to 8 and Sept. 10 to 14. For more information on either program or other services ACS provides,

call 785-239-9435.

Military spouses are often said to have the "toughest job in the Army."

They may not wear our uniform – though some do – but they balance military life, Family life and their own careers or interests in order to support the service member they love.

I hope that you will join me in publicly saying "thank you" for their dedication, sacrifices and loyalty.

To comment on this article or suggest a topic for Community Corner, email riley.post.newsletter@comus.army.mil.



Sgt. Kandri Huggins | 1ST HBCT

Soldiers with the 4th Sqdn., 4th Cav. Regt. help unload a trailer of quilts, brought by Quilts of Valor. April 11 behind the 1st HBCT headquarters. The mission of Quilts of Valor, an organization founded in 2003 by Catherine Roberts, is to provide quilts to honor and comfort all military service members who have been touched by war.

'Pale Riders' Soldiers receive gift of warmth from Quilts of Valor

By Sgt. Kandri Huggins
1ST HBCT PUBLIC AFFAIRS

Soldiers with the 4th Squadron, 4th Cavalry Regiment, 1st Heavy Brigade Combat Team, 1st Infantry Division stood in formation, while a moving truck pulled up in front of them.

A Soldier from the squadron climbed into the back of the truck, while a few others formed an assembly line rotation, passing quilts from one person to the next and tracking them under a canopy set up behind the 1st HBCT headquarters.

The organization, Quilts of Valor, brought the quilts for every Soldier in the formation, which were presented during the April 11 ceremony.

Founded in 2003 by Catherine Roberts, the mission of Quilts of Valor is to provide quilts to honor and comfort all military service members who have been touched by war.

Lt. Col. Michael Katona, commander, 4th Squadron, 4th Cav. Regt., said a lot of time and dedication went into making the quilts for the Soldiers.

"Each quilt was made just for someone in this squadron because we fought the hardest in the brigade, and everyone on post knows that," Katona told his Soldiers.

Martha Smith, a member of Quilts of Valor, said the 600 quilts brought for the "Pale Riders" Soldiers were donated by people from 19 states.

After each Soldier picked

the quilt of his or her choice, the Soldiers' names were signed in order for that quilt to become a part of their heritage and memory of their service, Smith said.

Also present at the ceremony were members of the American Legion Riders, who formed a line to shake the hands of each Soldier after they picked out a quilt.

With members who are veterans from various military branches, the American Legion Riders came to show their appreciation to the Pale Riders and to thank them for their continuous fight in the war on terrorism, said Terry Houck, a former sergeant with Troop D, 1st Sqdn., 4th Cav. Regt., 4th Infantry Brigade Combat Team, 1st Inf. Div.

Administrative staff receives appreciation during luncheon

By Calun Reece
1ST INF. DIV. POST

Fort Riley administrative staff members were treated to a lunch in their honor April 25 during the third annual Administrative Professional Appreciation Luncheon at Riley's Conference Center.

Some bosses sent their administrative staff to the luncheon to show appreciation to them, according to Chris Downs, manager, Riley's Conference Center.

"We had more people turn out this year than last year," he said. "There were about 160 people who attended the luncheon this time."

Lisa Pierson, contact representative, Medical Evaluation Board, Irwin Army Community Hospital, said she appreci-

ated her boss' gesture.

"It was nice to get out of the office, and it makes you feel appreciated," Pierson said.

The luncheon was a surprise for some administrative staff.

"It was very nice because our team chipped in so we could come to the event and get a free lunch. It was a big surprise," said Anita Duncan, contact representative, MEB,

IACH.

Additionally, several bosses attended the luncheon with their staff.

"Our assistants are the first ones people see when they come in – they basically do anything and everything we need them to do, and it's very appreciated," said Maj. Christina Seimille, nurse manager, labor and delivery, Women's Health Center, IACH.

Post blood drive to be May 15-16

AMERICAN RED CROSS

Flowers are blooming, bees are buzzing and eggs are hatching. It's springtime – a time of hope and renewal.

For hospital patients in need of blood, hope comes from volunteer blood donors, according to Kristi Ingalls, American Red Cross representative.

"Donate blood, and you'll provide a fresh start to someone in need. Every two seconds, someone in the U.S. needs blood, and just one blood donation can help save up to three lives," she said.

The Fort Riley Blood Drive will be from 11 a.m. to 5 p.m. May 15 and from 9 a.m. to 3 p.m. May 16 at the

WTB Clam Shell, Building 675 Warrior Road on Main Post.

HOW TO DONATE BLOOD

To make an appointment or for more information, call 1-800-RED CROSS (1-800-733-2767) or visit redcrossblood.org. All blood types are needed to ensure the Red Cross maintains an adequate blood supply. A blood donor card or driver's license or two other forms of identification are required at check-in. Donors must be in general good health, weigh at least 110 pounds and be at least 17 years old – donors may be 16 years old with completed Parental Consent Form. New height and weight restrictions

apply to donors 18 years and younger.

ABOUT THE AMERICAN RED CROSS

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their Families.

The Red Cross is a charitable organization, not a government agency, and depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit www.blog.redcross.org or join our blog at www.blog.redcross.org.

'HAMILTON'S OWN' GIVES THANKS



Sgt. Kerry Lawson | 1ST HBCT

Soldiers and Families with the 1st Battalion, 5th Field Artillery Regiment, 1st Heavy Brigade Combat Team, 1st Infantry Division, sit down together and enjoy a volunteer breakfast April 21 at the 1st Bn., 5th FA Regt. headquarters. The breakfast was a way for the unit to give thanks and show gratitude to the volunteers for their work while the unit was deployed to Iraq.

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