



1ID and Fort Riley Weekly News Update for March 16,2012



Hello,

Please find attached the weekly news update for this week. For your convenience this will be posted for you to view in the next few days at the following link: http://www.1id.army.mil/DocumentList.aspx?lib=1ID_FRG_Updates. Hope everyone has a wonderful and enjoyable weekend!

Upcoming Events and information to pass along to our Soldiers and Families:

Safety Day Food Booth Lottery Meeting- The Garrison and Division Safety offices are teaming up to hold a Safety Day event on May 24th from 8:30am – 3:00pm. They have offered a fundraising opportunity again to 4 FRGs. **We will hold an FRG Food Booth Lottery on March 27th at 1:00pm in the Division HQ's (Bldg 580) Room 110.** Please come prepared to tell us what you would like to sell. POC for meeting is Stacie Dumas (785) 240-1251.

ESC- The Enlisted Spouses Club is hosting a Mardi Gras Wine and Cheese event on Friday, March 24th from 6:00pm to 10:00pm at the Junction City National Guard Armory 900 Airport Rd. We will have live music, a homemade mask contest, prizes, wine and cheese. We will be collecting travel size toiletries for the Open Door Shelter If you would like to enter your creation into the contest, please bring a \$5 entry fee which will be given to charity. Free childcare is available. Children must be registered with the ASYMCA in Junction City. For more information on the club and events check us out on Facebook under Fort Riley Enlisted Spouses Club. Please RSVP for childcare as soon as possible to escpresident@hotmail.com or via the website at <http://fortrileyesc.web.officelive.com>.

Fort Riley Combined Scholarship - The Fort Riley Combined Scholarship Board will award scholarships to qualified military family member applicants who wish to earn an undergraduate or vocational degree. The application form and all required material should be mailed to the Fort Riley Combined Scholarship Board, P.O. Box 2082, Fort Riley, KS 66442. **Applications must be received or postmarked no later than 20 March 2012. All applications must be mailed and postmarked by deadline.** Questions may be directed to FRCSB POC, Sarah Leonard, at 785-236-0235 or email fortrileyscholarship@gmail.com. Application and more information at: <http://www.riley.army.mil/documents/DHR.EducDocuments/120208142524.pdf>

Kansas State Parks Open House- March 31st is Kansas State Parks Open House, so head out to Milford, Tuttle Creek or any of the other area State Parks. Come enjoy Tuttle Creek State Park March 31 and you do not have to purchase a vehicle permit to enter the park. Camping fees apply. In addition, the park office will be open from 10:00am to 6:00pm to buy annual state park permits at off-season rates. Rates go to on-season the next day April 1. A cabin will be open during the day for viewing. Park staff will be at the archery range to have kids and adults shoot archery. Each state park with rental cabins will offer a drawing for: purchase one night rental and receive one night free. One winner per park and the reservation must be used by December 31, 2012. The free night rental must be used at the park where the drawing was held. The drawing will take place at the end of the day and the winner will be notified by phone. Elk City, Meade and Prairie Spirit don't have cabins, but there will still be a cabin drawing...it will be for any cabin they want in the state.

Manhattan- Check out the flyer of St. Patrick's Day events for the family.

[Spring Break Next week for those with children in school!](#)



1ID and Fort Riley Weekly News Update for March 9, 2012



Custer Hill Bowling Center - St. Patrick's Day Bowling will be March 17 at Custer Hill Bowling Center. For \$30 per lane, participants will receive two hours of glow bowling, shoe rentals, one large one-topping pizza and a pitcher of soda. For more information, call [785-239-4366](tel:785-239-4366).

Spring Break Activities- Please check out attached flyer for upcoming events on post, taking place during Spring Break.

USO – Deploying soon? Donate your excess items to the USO. Don't throw it away, donate it. USO Fort Riley is taking the following items at the USO center and all donations are tax-deductible:

- *Cell phones, PDA's, GPS, digital music players (working and non-working)*
- *Video games and video gaming systems/accessories*
- *Coffee makers, toasters, etc.*
- *Cleaning supplies*
- *Dishes, silverware*
- *Unopened/non-expired canned/boxed/ packaged foods*
- *DVDs, Blue-Ray discs; players*
- *cameras, e-readers, laptops (working and non-working)*
- *office supplies (pens, notebooks, etc)*
- *sheets, blankets*
- *Books*

Running Technique Clinic – Do you want to learn to run more efficiently and with less strain on your back and knees? Do you need to run faster for your next APFT or race? Are your lungs on fire when you run uphill? Do your joints hurt when you run downhill? This 90 minute clinic will teach you how to position your body and foot strike to maximize your momentum and reduce your injuries. The clinics will be scheduled a few times a month at King Field House and Long Gym. There are only 4-5 minutes of running during the clinic for gait analysis so the clinic is fine for brand new runners. Clinics can also be scheduled for groups (unit PT, FRGs, etc) by contacting Angi. The clinic costs \$15 per person and includes instructional handouts. Please come dressed in running clothes to start the clinic indoors and then move outside for the gait analysis and uphill and downhill running section. If possible, please sign-up and pay in advance with Vincent Spencer (Fitness Coordinator) upstairs in the Functional Fitness Area at King Field House. For questions, please contact the instructor, Angi Buckley at 785-375-4490 or angibuckley@yahoo.com

Make sure to check out all the flyers for any upcoming events that may not be listed.....

FOR THOSE INTERESTED IN SUBMITTING INFORMATION FOR YOUR ORGANIZATION TO THE WEEKLY NEWS UPDATE, PLEASE SUBMIT BY March 23, 2012 FOR THE NEXT WEEKLY NEWS UPDATE. SUBMISSIONS NEED TO BE SENT TO stacie.dumas@us.army.mil.

Happy St. Patrick's Day!!!

34th Annual Aggieville
St. Patrick's Day Celebration (Parade and Road Races!)

Event Date & Time: 3/17/2012 7:30 AM
Location: Aggieville, Manhattan, KS



"Continue your favorite annual tradition in Aggieville, wear your green, bring the little leprechauns, run for the finish line, and celebrate your Irish Heritage!" (Or somebody else's...)
We're on the big day (March 17th) this year, so let's go all out!
Theme: "End of the Rainbow"

Blarney Breakfast- 7:30am @ [Kite's](#) (Green eggs & ham!)
-hosted by [Manhattan Arts Center](#)

2 Mile Fun Walk/Run - 10am
10K Road Race - 10:45am
Race Awards Ceremony, Triangle Park – Noon

Parade line-up- Noon @ City Park
Parade- 1pm

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Dog Fun Run



March 24, 10am
Start at Sacco,
up to Moon Lake
and back to Sacco
(2miles)

Open to DOD cardholders, and/or
DOD Family Members. Retirees
and/or DOD Family.

Sponsored By:

Briggs
auto.com

Armed Forces Bank
Sponsorship does not imply endorsement



For more information, call 785-239-2813.
www.rileymwr.com



DOG FUN RUN REGISTRATION FORM - REGISTER BY MARCH 22, 2012

NAME: _____
PHONE: _____
E-MAIL: _____

FAX COMPLETED FORM TO: 785-239-6870 OR DROP OFF AT KING FIELD HOUSE SPORTS OFFICE.



**Middle School Teen
Center Bldg 5800**

**Friday, March 23rd
8:00pm—10:30pm**

2012 SPRING BREAK YOUTH ACTIVITIES

FAMILY BINGO - MAR 18, 12:30PM - 785.784.5434

Play 10 games of Bingo and win great merchandise.

SPRING BREAK AT SAC - MAR 19-23 - 785.239.9220

Join SAC staff and youth for a fun filled week of activities. **Must RSVP**

SPRING BREAK AT MST - MAR 19-23 - 785.239.9222

We will begin the week with a Spring Break Treasure Hunt that will lead them to exciting Technology, Gaming, Cooking, Art and Sport Activities. **Must RSVP**

SPRING FLING POOL PARTY - MAR 19-23, 1-5PM - 785.239.9441

Each day brings a different theme, filled with a variety of activities and prizes!

BOWLING SPECIALS - MAR 19-23, 11AM-5PM - 785.239.4366

-\$.50 Games & Shoes for youth in grades K-12.

-\$2 Lunch Special: Choice of Hotdog, Chips & Soda, or Pizza & Soda.

GOLF SPECIALS - MAR 19-23 - 785.784.6000

-\$10 Student Greens Fees (*Greens Fees & Cart*) when accompanied by a parent.

LEISURE TRAVEL CENTER - MAR 19-23 - 785.239.5614

-Disney On Ice, Sprint Center - Discounted Tickets: \$17.25 or \$14.25

-Rolling Hills Zoo, Salina - Combo Tickets: \$10 Adult/\$5 Youth

DOG FUN RUN - MAR 24, 10AM - 785.239.2813

Join us for another leisure run with your Family.



WWW.RILEYMWR.COM

Her War Her Voice

Breaking the Issues



Tuesday, March 27

6 to 8pm

Bldg 7285 Normandy Drive
Resiliency Learning Center



Angry? Frustrated? Feel like this crazy life we lead has you at the end of your rope? Do you have “issues” with feeling like you have no control over your life because of our spouse’s life?

Join us for a “smashing” evening of breaking through the issues by breaking the dishes. We will address our issues, smash them, and then walk away.



email to RSVP for meeting and childcare:
fort.riley@herwarhervoice.com

RUNNING CLINIC

Specialized education and instruction on your running mechanics.
For individual, units or groups.
\$15 per 90 minute class



SCAN OR CODE AND KEEP THE INFORMATION



Sign up in the fitness office.
King Field House
785.239.3146

Contact Angi: angibuckley@yahoo.com



Ladies Night Out



Tuesday, April 3, 2012

4:00-8:00PM

Clarion Hotel

530 Richards Road, Manhattan

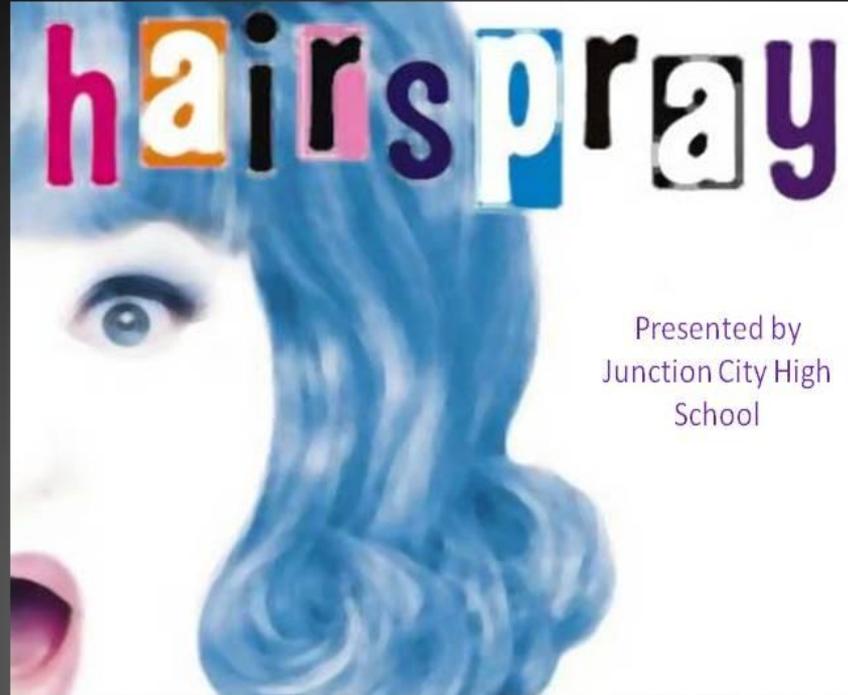
Free to Attend

Featuring...

Free appetizers, cash bar and shopping!



BY CHOICE HOTELS



Presented by
Junction City High
School

When: March 15, 16 and 17th

Time: 7:00 pm

Where: CAC Settles Auditorium, Junction City
High School

For more information, please call 785-717-4214.

Reference herein to any specific commercial products, process, or service by trade name, trademark, manufacturer, or otherwise, does not necessarily constitute or imply its endorsement, recommendation, or favoring by the United States Government. The views and opinions of authors expressed herein do not necessarily state or reflect those of the United States Government, and shall not be used for advertising or product endorsement purposes.



SPRING INTO AFTB CLASSES

Level I (2 classes available)

April 11th – 12th

May 5th and 12th (weekend)

- Chain of Command/Acronyms
- Benefits & Entitlements
- Financial Readiness

Level II

May 8th-10th

- Stress Management/Personality Traits
- Problem Solving
- Intro to Leadership

Level III

June 19th-21st

- Leadership Styles
- Delegation/Meeting Management
- Coaching & Mentoring

Classes are held in the RLC Building
7285 Normandy Drive from
9am - 3pm.

Free Childcare is provided.
Registration is required.
To register call ACS Resilience
Learning Center 785-239-9435



A Strong Community Starts with a Strong Community Network

Course Includes:

Suicide Intervention
Responding to reports of abuse or neglect
Master Resilience Training
Financial Resilience

June classes are filling fast so make your reservation today!

4-8 Jun
10-14 Sep

For more information on the working spouse schedule, contact ACS



To be part of the network call: 785.239.9435

FORT RILEY ENVIRONMENTAL DIVISION

COME JOIN US FOR THE 2ND ANNUAL, FORT RILEY'S HOUSEHOLD HAZARDOUS WASTE COLLECTION EVENT



When: 20 April 2012
Where: *Building 2210 (New Post Exchange) the Southeast end of the parking lot*
Time: 0800 - 1400

ACCEPTABLE ITEMS

- | | | | |
|---------------------------|----------------------------|------------------------|------------------------|
| Household Products | Automotive Products | Lawn and Garden | Electronics |
| Soaps | Car Wax | Pesticides | Cell Phones |
| Toilet Cleaners | Grease & Rust Solvents | Ant/Roach Killer | Rechargeable Batteries |
| Disinfectants Cleaners | Transmission Fluid | Plant Food | Batteries of all Types |
| Bleach | Starter Fluid | Bug Sprays (OFF) | Mercury |
| Polishes | Anti-Freeze | Recyclables | Light Bulbs |
| Rug Cleaner | Armor-All | White Office Paper | Fluorescent Lights |
| Aerosol Cans | Car Tires (off the Rim) | Aluminum Cans | Light Cylinders |
| Moth Balls | Brake Fluid | News Paper | Fuels |
| Paints | Rust Solvents | Card Board | (Un-Used) MRE Heaters |
| Spray Paint | Air-Freshener | Steel Cans | Charcoal Lighter Fluid |
| Oil Based Paint | WD-40 | Colored Paper | Propane Cylinders |
| Paints of Paint | Window Cleaner | Plastics Bottles | Cooking Fuel |
| Marking Paint | Soiled / Oily Towels | Plastic Milk Jugs | Camping Fuel |

ITEMS THAT CAN NOT BE TAKEN

- Explosives
- Military Items
- Medical Waste
- Old Prescriptions
- Alcohol (Beverages)
- Fire Works
- Radioactive Material

Due to Federal Guidelines, We Cannot Collect From Contractors or Businesses
Questions may be addressed to Rick Doll at the Fort Riley Environmental Division, Pollution Prevention Branch - 239-6929, james.r.doll.civ@mail.mil



Hiring Heroes Career Fair

Career opportunities for Wounded, Ill, Injured and transitioning service members, their spouses and primary caregivers

Riley's Conference Center
Building 446, Huebner and Seitz Drive
Fort Riley, KS

Tuesday, April 17, 2012
10 a.m. to 2 p.m.

Come talk with DoD, other Federal agencies and Private Sector recruiters about future opportunities in civilian career fields

Even if you're not getting out of the military for another 6 months or longer - come and talk with recruiters - start networking now!

For more contact: Sylvia Parker at 703-696-8672 or Sylvia.Parker@cpms.osd.mil

Come participate in a
HEALTHY and **EXCITING** event
This Spring!



1st Annual Public Health Club 5k Run/Walk

Saturday, April 28th, 2012

At Kansas State University

Registration opens at 8am, Run begins at 9:30am

Cost \$20*, includes race packet with t-shirt

The run/walk helps benefit the Public Health Club, which is comprised of undergraduates, graduate, and veterinary school students!

If interested in more information or registration please

visit: <http://www.active.com/5k-race/manhattan-ks/public-health-club-run-walk-5k-2012?>



Camp Corral Summer Program

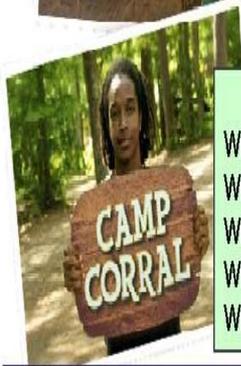
15-20 July 2012

at

Rock Springs 4-H Center



Background: *Camp Corral* is a nation-wide program funded by the *Golden Corral* restaurant chain. The program funds a week at summer camp for the children America's military heroes, especially those who have been injured in the line of duty. Fort Riley's local camp for the program is *Rock Springs 4-H Center* located 12 miles south of Junction City. There are slots for 240 children.



The 5Ws for Fort Riley for 2012

Who: Children ages 8-15 of DHHB, SB, and 4 IBCT deployed Soldiers

What: **Free** summer camp – five overnights

When: 15-20 July 2012; final check-in and child drop-off Sunday, 15 July at 1400.

Where: Rock Springs 4-H Center

Why: Archery, rifle, canoeing, horse riding, arts & crafts, environmental education

Additional Information: Go to www.campcorral.org The site has a direct registration link, hundreds of photos, and camp videos. From Homepage go to 'About,' click 'See the Camps,' then select 'Rock Springs 4H'

REGISTRATION HAS ALREADY BEGUN: Go to the website and select 'Apply.' There will also be a day to register in person on Fort Riley. Info coming. Children of combat wounded parents will receive confirmation of acceptance within two weeks of applying. Other registrations will be confirmed mid-May as space allows.

V2-131051MAR12

Walk Kansas 2012

An 8-week healthy lifestyle challenge!

March 18 - May 12



Walk Kansas
celebrate healthy living

Walk Kansas is a team-based program that will help you and others lead a healthier life by being more active, making better nutrition choices, and learning positive ways to deal with stress.

You can participate by gathering a team of 6 people, register the team in your local program, and start your journey toward a healthier life!

General information about Walk Kansas is available at:

www.walkkansas.org

For local program information, contact:

K-State Research and Extension - Ft. Riley
Resiliency Learning Center
7285 Normandy Dr. Room 9
Phone: 785-239-9991
Email: friley@ksu.edu



Kansas State University Agricultural Experiment Station and Cooperative Extension Service
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Fort Riley

Deploying ? *Donate your excess items to USO*

Don't throw it away – donate it. USO Fort Riley is taking the following items. Drop items off at the USO Center, next to Burger King during our operating hours. All donations are tax-deductible.

- Cell phones, PDAs, GPS, digital music players (working & non-working)
- Digital & film cameras, lenses, laptops, e-readers (working & non-working)
- Working appliances (i.e. coffee makers, toasters)
- Household supplies (i.e. cleaning supplies, toilet paper, paper towels)
- Unopened, non-expired canned/boxed/packaged food (i.e. Ramen, cheese and crackers)
- DVDs, Blu-Ray discs; players
- Video games, gaming systems/accessories
- Printer cartridges (empty & full)
- Office supplies (pens, notebooks, etc.)
- Dishes, silverware
- Sheets, blankets
- Books
- Loose change

Questions? Call 240-5326.

USO is open M-F, 0800-1800; weekends/holidays/training holidays, 1200-1800.

IACH Summer Safety Day

April 19, 2012 from 9 a.m.- 3 p.m.

Located in front of IACH



Free and open to the public.
Lunch will be available for purchase.



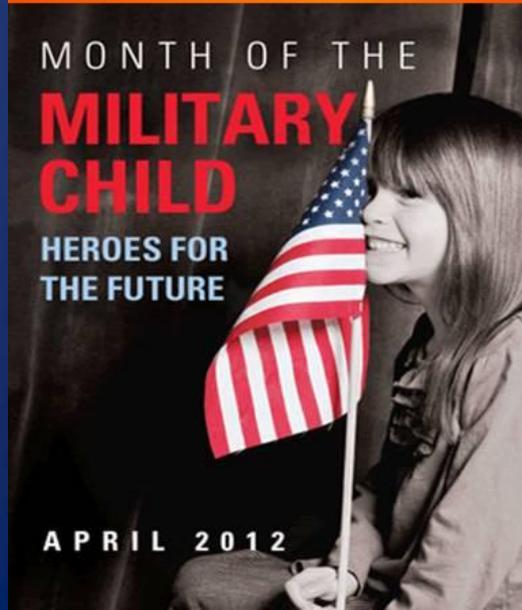
Come join us for
interactive
events, games
and prizes!



Month of the Military Child Events



- 31 March MOMC and Child Abuse Prevention Proclamation, Pancake Breakfast & Fashion Show 0800 - 1200 at Forsyth East CDC (Bldg. 2420)
- 1 - 30 April Ft Riley Outdoor Kids
- 6 April "Hi Mom, Hi Dad" Video recordings/messages for deployed parents at School Age Services (Bldg 5810)
- 7 April Family Bowling "Eggstravaganza", 1100 - 1800 at the Bowling Center (Cost - \$25.00 per lane)
- 8 April Easter Brunch and Egg Hunt, 1000 - 1400 (Riley's Conference Center)
- 10 April "The Very Hungry Caterpillar" production by Great Plains Theater Abilene, 1800 at Barlow Theater. Tickets available at Leisure Travel Center.
- 14 April Teen Lock-In 1900-0800 next morning.
- 14 April 1300-1500, Preschool Flower Planting at Golf Course
- 14 April 2012 EFMP & NPSP Spring Fling 1000-1200 ACS, Bldg 7264.
- 15 April Family Bingo, 12:30-1500 Rally Point



- 15 April Tell Me A Story, Parent to Parent 1600 Bldg 6620 RSVP by 5 April
- 18 April "Oh Baby, It's Your Day" Development Screening 1330-1630 Bldg 6620
- 22 April MOMC Festival Forsyth & Forsyth East CDCs 1200-1500

**All CYSS facilities will have program specific activities throughout the month. See individual program directors or the MOMC magazine for details.



TEENS 15-18 years

Apply for CYSS HIRED! Apprenticeships

Earn \$500 Cash Award

The HIRED! Apprenticeship Program provides high school students ages 15-18 years (Dependants of Active Duty, Retired or DOD Employees) with career exploration opportunities in Morale, Welfare and Recreation (MWR) operations.

Summer Session:

May 21, 2012 through August 10, 2012

Application Deadline for Summer Session: April 20, 2012

Fall Session:

August 19, 2012 through November 10, 2012

Application Deadline for Fall Session: July 13, 2012

Contact: Sandy Johnson 785-240-3261
Bldg 6620 Normandy Drive,, Fort Riley
sandra.e.johnson1@us.army.mil



Help Wanted



Hearts Apart



Saturday, May 5th
9:30 am - 10:30 am
Eyster Pool

FREE CLASS for Spouses of Deployed Soldiers!!!
Register in advance by calling 785-240-5449

. FREE childcare available with CYSS registration.

