

The Riley Bugle Call Newsletter | 2010



April

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



******NOTE: Announcements for the MAY 2010 "Riley Bugle Call" are due by COB, 9 APRIL 2010, If you have questions or would like to add something to The Riley Bugle Call please call 239-9433****.**

Kansas State Research and Extension (KSRE)

- What: Green Fair
- Who: Open to the Public
- Where: Municipal Building, Junction City
- When: Saturday April 10th 9am – 3pm
- Why: Learn how to conserve resources, save money, and lessen your foot print! The focus will be on small-scale conservation and sustainability opportunities for home and office and the fair will include vendors, exhibits, presentations, demonstrations, and more!

Contact info:

Geary Community Sustainability Council

www.jclib.org/LIFE.htm

or Family Life Extension Agent at 785-239-1724

- Who: Open to all Military Teens
- What: Millionaire's Club
- When: 2nd & 4th Tuesday of each month
- Where: Teen Center, CYSS
- Why: To educate teens on saving and other financial information.

Contact Info:

K-State Research & Extension, Fort Riley

7264 Normandy Dr #29

785-239-9991

Family Resource Management Extension Agent

Family Resource Management Program Assistant

- Who: Fort Riley Elementary Students
- What: Cooking Club for afterschool activity
- Where: Fort Riley Elementary

April

- When: April 12th, 19th, 26th, May 3rd, 10th, & 17th
- Time: 4:00pm – 6:00pm
- Why: To encourage healthful eating and basic cooking skills

Contact Information:

K-State Research & Extension, Fort Riley
7264 Normandy Dr. #29
785-239-9991
Nutrition & Health Extension Agent
Nutrition & Health Program Assistant

- Who: Parents with children ages 0-3
- What: Winter Walk-About
- When: 9:30-10:30 a.m.
- Where: King Field House
- Why: Provide parents and young children with one hour of free walking time in a fun group setting. Meet other parents, get active with your young children (0-3), learn about important parenting topics, discuss challenges, brainstorm ways to keep active and energized during the winter months.

Contact Information:

K-State Research & Extension, Fort Riley
7264 Normandy Dr. #29
785-239-9991
Child Development Extension Agent
Child Development Program Assistant

- Who: Military Families
- What: The Book Club
- When: 2nd Wednesday of the month, starting March 10, 2010
- Time: 9:30 – 11:00am
- Why: Reading group for parents to discuss Family relationships, parenting, and child development topics in an informal social setting.

Contact Information:

K-State Research and Extension, Fort Riley
7264 Normandy Drive, Custer Hill
785-239-9991
Child Development Extension Agent
Child Development Program Assistant

- Who: Military teens enrolled in “Hired!” workforce preparation program
- What: “Hired!” Personal Finance Workshop
- Where: ACS Annex – lower level
- When: Thursday, April 29, 2010
- TIME: 6:00-7:30 p.m.
- Why: To prepare teens for the workforce
- KSRE in collaboration with CYSS

Contact Information:

K-State Research & Extension, Fort Riley
7264 Normandy Dr. #29

April

785-239-9991

Family Resource Management Extension Agent
Family Resource Management Program Assistant

- Who: Given to Military Families who have special needs Family members.
- What: Support Group
- When: April 27, 2010, 6:00pm – 7:30 pm
- Where: Army Community Service, 7264 Normandy Drive

Contact Information:

Army Community Service
Exceptional Family Member Program
7264 Normandy Drive, Custer Hill
785-239-9435

rile.dmwacs@conus.army.mil

K-State Research & Extension, Fort Riley
Family Life Extension Agent
Family Life Program Assistant

KSRE – Spring Walk and Talk Flyer



SpringWalkandTalk2.
pdf

American Cancer Society:

- Relay For Life (RFL) — Is a life changing event that brings together more than 3.5 million people every year to celebrate the lives of those who have battled cancer, remember loved ones, and empower individuals and communities to fight back against a disease that takes so much from too many.
- The Geary County Relay for Life will be June 11, 2010 at 7:00 pm at the Junction City High School. To form a team or for more information please contact RFLofgearyco@yahoo.com or 785-226-2395.
- For more information please contact rflfgearyco@yahoo.com

Irwin Army Community Hospital (IACH):

- Irwin Army Community Hospital's safety office is prepping for a day focused on summer safety from 10 a.m. to 4 p.m. April 16 in IACH's main entrance parking lot. The event is intended to provide information and training for off-duty accident prevention and solicit proactive involvement for the summer safety campaign. Interactive displays will provide fun, informative tips and techniques to promote safety as a way of life. Multiple displays and demonstrations will promote accident reduction through prevention.
- Emergency medical services ambulance will host walk-through tours for all ages. Veterinary services will demonstrate animal bite prevention awareness and provide pet care education. Dermatology will promote awareness of ultraviolet hazards, sunscreen use for skin cancer prevention and hazards of tattoo placement and removal.

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Also, boating and camping safety displays will provide needed information for proper execution. A motorcycle mentorship group will conduct motorcycle inspections to catch deficiencies and hazards. There also will be both gas and charcoal grill demonstrations and examinations.

- The event is free and open to the public. There will be food, drinks and door prizes available. For additional information, contact the IACH safety office at 239-7473.

Dental clinic changes to affect many Soldiers:

Soldiers from the following units should report to Dental Clinic 2 located in Building 602 on Warrior Road:

- 2nd Heavy Brigade Combat Team
- Medical Department Activity
- Warrior Transition Battalion
- Weather Detachment and 10th Air Operations Support Squadron
- All other miscellaneous units (DENTAC, Veterinary Services, 166th Aviation Brigade, and others)

Soldiers from the following units should report to Dental Clinic 4, located in Building 4010 on 1st Division Road:

- 1st Heavy Brigade Combat Team
- 4th Infantry Brigade Combat Team
- 1st Sustainment Brigade
- 1st Division Headquarters and Headquarters Battalion
- 84th Explosive Ordnance Detachment units
- U.S. Army Garrison Fort Riley

Soldiers from the following units should report to the personnel and processing clinic PPC in Building 210 Custer Avenue:

- 97th Military Police Battalion units
- 1st Replacement Company and any Soldiers in-processing who have not yet been assigned to a unit.

Because the changes are taking place while the 1st Combat Aviation Brigade is in the process of deploying, Soldiers in the CAB will not change locations until after all of the deploying Soldiers have departed. For questions about the changes, call 239-8458.

Officer & Civilian Spouses Club

"OCSC Wrought Iron Bingo" Luncheon

April 15th

11:00AM

Junction City Marriott

Please RSVP to www.thefortrileyocsc.com by April 9th

Thrift Shop:

- The Fort Riley Thrift Shop is open Tuesday through Thursday and the 1st and 3rd Saturdays of the month from 9:30 a.m. to 2:30 p.m. with consignments from 9:30 a.m. to 1:00 p.m. The Dollar Bag Room will be open on 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 local schools, at the PX optical Shop, at IACH's Optometry Clinic, and at the Thrift Shop. There

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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.

- Applications are now available for the Spring funds distribution at the Thrift Shop. A designee from your non-profit organization can pick up the application during normal business hours. Family Readiness Groups are not eligible as are other non-profits which received funds in the Fall. Applications must be returned to the Thrift Shop or postmarked no later than 15 April. Late applications cannot be considered.

Directorate of Plans, Training, Mobilization & Security

The Security Office offers **FREE** fingerprinting for Fort 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.

- **We value your service!**

Fort Riley Veterinary Services:

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 re-structuring 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.

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Operating Hours:

Monday thru Friday 7:30am–3:30pm

Wednesday - Open until 5:00pm

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 microchipped (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=vet>

Fort Riley Stray Animal Facility

Hours of operation are:

- Monday thru Friday 10:30am–3:30pm
- 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 1:00pm at the Red Cross office in 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):

Outdoor Recreation (ODR), 9011 Rifle Range Road

785-239-2363/6368

Hours of Operation:

Open 7 days a week 9am-5pm

Closed on all Federal Holidays.

Services available to active duty, National Guard, Reservists, Retired, DoD Civilians and Families.

Outdoor Recreation offers a variety of rental items to make your spring more enjoyable. We have boats, campers, bikes, inflatable and much more. We also offer paintball, a rock wall and multiple activities. Stop by to see what we can do to make your Spring a fun and exciting one.

April 10

Join us for a horseback ride through the beautiful Flint Hills of Kansas. Riders must be 12 or older and riders under the age of 18 must be accompanied by a parent or guardian. \$30 per person.

April 23 & 24

Learn the basics of canoeing and make the most of your next canoe trip. Spend part of the time in the classroom and part of the time on the water. Stop by for a full agenda. \$15 per person.

Stop by and see what other outdoor activities are planned or to see how we can make your Spring fun and exciting. Outdoor Recreation 785-239-2363

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

Hours of Operations:

Pro Shop and Golf Course Hours:

April 1 – 14

Mondays	12:00pm – 7:30pm
Tuesdays-Fridays	8:00am – 7:30pm
Saturdays, Sundays, and Holidays	7:30am – 7:30pm

April 15 – 30

Mondays	12:00pm – 8:00pm
Tuesdays-Fridays	8:00am – 8:00pm
Saturdays, Sundays, and Holidays	7:00am – 8:00pm

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

- **BOSS Rusty Club Golf Tournament:** The BOSS Rusty Club Golf Tournament will be held on April 28 with a 10:00am Shotgun Start. Cost for this event is \$50 per person. The event will be an 18-hole 4-person scramble. For more information call the Pro Shop.
- **PGA Trade In/Trade Up Network:** April is PGA Trade In Month. 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.
- **2010 Fitting Day:** April 16 from 3:00pm – 7:00pm, Custer Hill Golf Course will be hosting specialists from Nike Golf, Titleist/Cobra, Callaway Golf, and Wilson Golf. We will help you get fitted into the clubs that you want, and help improve your game. Purchases made during this event will be given a discount of 10% off the purchase.
- **2010 Open House:** April 17 from 7:00am – 3:00pm, Custer Hill Golf Course will be hosting its 4th Annual Open House. There will be skills challenges, to include a raffle during the day, with one lucky winner receiving an Annual Membership. Greens Fees and Golf Car Fees will be half off, and purchases made during the day will be discounted at 10% off their normal price.
- **Check out our website at WWW.RILEYMWR.COM for an updated listing of events and tournaments.**

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

CYSS Parent Central 6620 Normandy Drive

Hours of Operation: Mon–Fri, 8am–6pm

Walk-in registration hours are Mon-Fri, 12:30-6pm

Appointments available starting at 8am.

Spaces are available for all ages, please contact Parent Central for additional information.

Play Pals Playgroup- 6620 Normandy Drive, Every Mon 9am-11am,
Reservations recommended but not required (space available without reservations).
Call 785-239-9885.

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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.

Month of the Military Child:

April is the Month of the Military Child. This special celebration is a legacy of former Defense Secretary Casper Weinberger – established to underscore the important role children play in the Armed Forces community. Fort Riley CYSS has planned numerous events to recognize and applaud Families and their children, who are everyday heroes, for the daily sacrifices they make in supporting America's Army.

- **Month of the Military Child Kickoff/Proclamation**

Apr 1, 4-5pm, School Age Services

Small ceremony inviting the command group, local interested parties, children and CYSS representatives to recognize and kick off the CYSS events for the month of April, which is designated as Month of the Military Child/Child Abuse Prevention Month.

- **Month of the Military Child Pancake Breakfast**

Apr 10, 8-10am, School Age Services

Annual pancake breakfast allowing military Families in the local community to eat breakfast (served by CYSS staff) and socialize with one another, while celebrating the Month of the Military Child.

- **Month of the Military Child Festival**

Apr 23, 4-7pm, Marshall Airfield

This is a community event, held in honor of the Month of the Military Child/Child Abuse Prevention Month. Many representatives from CYSS, ACS and other local organizations participate to help inform the local community of the various resources available to military children in the local community.

- **Parent Education Plan**

Parent Education Opportunities: For additional information contact Parent Central 785-239-9885.

*Held in the CYS Services Training Room, 6620 Normandy Drive unless otherwise stated.

- April 6, 2010, Kindergarten Readiness, 6:30 – 8pm, Childcare will be provided at no charge but pre-registration is required. RSVP to 785-240-0822 by March 30th.
- April 13, 2010, Encouraging Curiosity in Children, 6:30 – 8pm, Childcare will be provided at no charge but pre-registration is required. RSVP to 785-240-0822 by April 6th.
- April 14, 2010, Fad Diets, 12 – 1pm, Bldg. 5800/MST, RSVP to 785-239-9223 by April 7th.

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.**

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Warren East CDC 6981 Warren Rd.

- **Saturday Care:** April 10 and 24 from 9am -1pm. Parents may utilize free 16 hours (deployment entitlement) or an hourly rate. 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. For additional information please call 785-240-0822.
- **Weekday care:** April 6, 13, 20 and 27 from 6:30-8:30pm. Free for parents attending FRG meetings, parent may also utilize free 16 hours (deployment entitlement) or an hourly rate. Contact your FRG leader to reserve your child for FRG care. To attend parent training classes, sign up at the front desk of any Child Development Center. Drop off is as early as 6:20pm. For additional information please call 785-240-0822.

School Age Services (SAS) 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.
- **Saturday Care** April 10 and 24 from 9am -1pm SAS, 5810 Thomas Ave. Parents may utilize free 16 hours (deployment entitlement) or an hourly rate. Reservations are required by noon each Thursday prior to the Saturday opening. This program is subject to cancellation if there are not enough reservations. 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, 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	3-8pm
Friday	3-11pm
Saturday	2-11pm

Upcoming Events:

- April 2, 2010, **MOVIE NIGHT**, 7 – 9:30pm. Cost is FREE. The feature movie will be “Astroboy”.
- April 9, 2010, **MST Dance**, 8-10:30pm. Cost is \$2.50 for members, \$3.50 for non-members.
- April 16, 2010, **MOVIE NIGHT**, 7– 9:30pm. Cost is FREE. The feature movie will be “The Princess and the Frog”.
- April 17, 2010, **Late Night Basketball Tournament**, 7:30-11pm, Open to all teens, \$1 to watch. \$2 to play. Members can bring one guest.

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.

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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/frileyteen>

or

Follow MST on Twitter

<http://twitter.com/fortrileyteen>

HIRED!

Get your foot in the door today by participating in HIRED! \$1000 cash award is available for youths undergoing an internship this summer. The HIRED! Apprenticeship Program provides 15-18 year old high school students with meaningful, professionally-managed career-exploration opportunities in MWR and military facilities on Fort Riley. The HIRED! Apprenticeship Program offers valuable work experience and training to better equip each participant with the skills needed for today's highly-competitive job market. The apprenticeship can be worked into your school year schedule. In addition to hands-on experience, you can expect to attend workforce preparation workshops such as: problem solving, interviewing skills, résumé writing, public speaking, effective communication, financial management, and college/ post-secondary exploration workshops.

Call 785-239-9217 for more information.

Youth Sports

- April 5, Outdoor Adventure Horseback Riding and Archery. 8am-4pm. Grades 3-12, \$10 Transportation will be provided from Bldg. 5800 to Rock Springs 4-H Center and back. To participate register at CYSS Parent Central Office, Bldg. 6620 by March 17.
- April 5 – 23 T-ball, Softball and Baseball Registration. \$40 fee, Registration will be held at CYSS Parent Central. Open to boys and girls between ages 5-13.
- April 9, Family Fitness Night. 6-7pm, at Colyer Manor Youth Fields. Families with children of all ages are invited to participate in a fun game of soccer. RSVP by April 7. Call 785-239-9223 for additional information on youth sports programs. We need volunteer coaches.

School Liaison Services

785-239-1648

785-240-3261

785-240-3260

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. Youth Sponsorship can be contacted at 240-3261.

Study Strong (formally Tutor.com)

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.

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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 parents by providing educational resources written specifically for parents.

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.

- April 8, 2010, Resume and College Essay Writing, 7-8pm, Bldg. 6620.
- April 15, 2010, School Transitions and Your Child, 7-8pm, Bldg. 6620.

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 district websites, calendar and other important school information go to the School Liaison Officer website: <http://www.rileymwr.com/web-content/subpages/cysschool.html>.

Sports: Bldg. 202, 239-3945.

Pools:

Eyster Pool

Bldg. 6940, Custer Hill

Closed until further notice

Long Pool,

Bldg. 8069, Custer Hill

785-239-4684

Lap Swim

Mon-Wed-Fri, 5-6:30am

Mon-Fri, 10am-1pm

Unit Training

Mon-Fri, 6:30-9am

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Training (Unit must submit memo of request 2 weeks prior to requesting date with the following information: 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).

Open Swim

Mon-Fri, 4-8pm

Sat-Sun, 11am-4pm

Fees: Daily Entry Fees:

\$3 - 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, 2009

Rank	Family	Single Soldier
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E1-4	\$50	\$20
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E5-8	\$70	\$35
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E9 & above	\$90	\$55
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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/child call 785-239-4684 for levels and time. Registration will be taken at Long Pool Mon-Fri from 4-8pm and Sat-Sun 11am-4pm. All classes will be held at LONG POOL!

Session 1 April 19-22/26-29

Registration begins April 5 at Long Pool

Level I 4-4:45pm

Level II 4:45-5:30pm

Level III 5:30-6:15pm

Level I 6:30-7:15pm

SKIES

Session 1 April 12-17 Register at Central Registration Office (CYSS)

Level I 4-4:45pm

Level II 4:45-5:30pm

Level III 5:30-6:15pm

Level I 6:30-7:15pm

Private and Semi Private Lessons available call 785-239-4684.

American Red Cross Lifeguard Training

Become an American Red Cross Lifeguard and have your certifications in hand for the 2010 Summer Season! Cost is \$175 (This includes your course materials). Call 785-239-4684 for additional information or questions.

Session I

April 12-16 4-8pm Pre-test any one of these days

April 17,18,24,25 9am-6pm Lifeguard Training Course

Session II

April 26-30 4-8pm Pre-test any one of these days

May 1-2 9am-6pm Lifeguard Training Course

May 3-7 4-8pm Lifeguard Training Course

April

Fitness Center Phone Book:

King Field House

Bldg 202, Main Post

(785) 239-3868

5am – 9pm Mon-Fri

9am – 9pm Sat, Sun, Hol

Leonard Fitness Center

Bldg 7632, Custer Hill

(785) 239-5771

5am – 8pm Mon-Fri

10am – 5pm Sat, Sun, Hol

Craig Fitness Center

Bldg 7024, Custer Hill

(785) 239-5562

5am – 9 pm Mon-Fri

1pm – 8pm Sat, Sun, Hol

Long Fitness Center

Bldg 8069, Custer Hill

(785) 239-4683

5 am – 9pm Mon-Fri

8am – 4 pm Sat, Sun, Hol

Robinson Fitness Center

Bldg 7832, Custer Hill

(785) 239-4480

5am – 8pm Mon-Fri

12pm – 7pm Sat, Sun, Hol

Fitness

The fitness department offers fitness classes six days a week, excluding holidays and training holidays. New classes including Ballet Strengthen & Stretch (\$) on Tuesday from 7-8 pm and Modern Dance (\$) on Thursday from 7-8 pm (punch card required). Also, the fitness department is introducing Rowbics classes on Tuesday at noon and Thursday mornings from 9-10 am. Rowbics classes utilize the rowing machines for a total body workout. Interval Boot Camp (\$) class time will change to 9:30-10:30 am on Saturday (punch card required). Fitness assessments will be offered from 12-2 pm on April 8th and from 5-7 pm on April 26th. The length of the assessment may vary, depending on the number of participants. Body composition and fitness assessments are now offered by appointment. Please call the fitness office (785)-3146 or 2813 for more information on the testing services. Fit for Life will begin on May 1st. See flyers for details.

Intramurals

Apr1-Intramural Dodgeball Season begins

Apr7-Community Life Softball meeting, KFH, @ 6pm.

Apr14-Intramural Softball Season meeting, KFH, @ 2pm.

Apr19-Community Life Volleyball Season ends.

Apr21-Community Life Softball meeting, KFH, @ 5pm.

Apr21-Community Life Volleyball Playoffs begin (single elimination).

Apr22-Intramural Dodgeball Season ends.

Apr26-Community Life Volleyball Playoffs end.

Apr26-Intramural Dodgeball Playoffs begin (single elimination).

Apr28-Intramural Softball Season meeting, KFH, @ 2pm.

Apr29-Intramural Dodgeball Playoffs end.

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Apr30-Registration for Intramural Softball ends by COB, 4pm, @ KFH.
Call 239-2148 for more information.

Picerne Housing:

• **Lifeguards Wanted!**

It's never too early to start thinking about a summer job with Picerne Military Housing. Get ahead of the summer rush and obtain or renew your CPR and Lifeguard certifications. Visit www.rileypicerne.com for a list of local classes and details on available positions.

• **Yard of the Month Beginning**

The Fort Riley Garrison's annual Yard-of-the-Month program begins this May. The program is designed to recognize those residents in Family housing who are making a special effort to improve their yard.

Lawns will be judged using the following criteria:

1. Driveway is free of grease and oil and litter
 2. The yard is free of trash and debris
 3. Flower beds are free of weeds
 4. Flowers must be natural vegetation
- Judging for the Neighborhood Yard-of-the-Month will be conducted on the first Thursday of each month, during the period of May through September.
 - Winning Families will receive a recognition letter from the Garrison Commander. A Neighborhood Yard-of-the-Month sign will be displayed in front of the home as well as recognition in the installation newspaper.
 - Judging for the Installation Yard-of-the-Month will be conducted on the first Friday of the month by installation-selected personnel.
 - The Installation Yard-of-the-Month winning Family will receive a recognition letter signed by the Garrison Commander, recognition in the installation newspaper; Post Yard-of-the-Month sign will be displayed in front of the home and a prize.
 - For more information about the Yard-of-the-Month program please contact Crystal Bryant, Family Services Program Manager, at 785-717-2217.

Army Community Service (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.

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 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

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minimum of five people required to hold a class and two weeks' notice is needed for planning.

Level I - AFTB

ACS Annex Day Time Classes 9:00am-2:30pm

August 3-4 November 9-10

Evening Classes – Room 30 ACS 6:00-8:00pm

1.1 Expectations & Impact of the Mission & 1.2 Military Acronyms & Terms

November 2

1.2 Chain of Command & 1.4 Military Customs & Courtesies

November 9

1.5 Basic Military Benefits & Entitlements & 1.6 Military/Civilian Community Resources

June 1 & November 16

1.7 Intro to Family Readiness Groups & 1.8 Supporting Your Child's Education

June 8 & November 23

1.9 Family Financial Readiness & 1.10 Basic Problem Solving

June 15 & November 30

Level II – AFTB

ACS Annex Day Time Classes 9:00am-2:30pm

April 6-8 August 17-19 November 30-December 2

Evening Classes – Room 30 ACS 6:00-8:00pm

2.1 Communication & 2.4 Acknowledging Change

July 6

2.2 Personal Time Management & 2.3 Stress Management

July 8

2.5 Exploring Personality Traits & 2.6 Enhancing Personal Relationships

Jul 13

2.7 Team Dynamics & 2.8 Personal Conflict Management

July 15

2.9 Creative Problem Solving & 2.10 Traditions/Customs/Courtesies/Protocol

July 20

2.11 Crisis, Coping and Grieving & 2.12 the Volunteer Experience

July 22

2.13 FRGs & the Deployment Cycle & 2.14 Intro to Leadership

July 27

Level III – AFTB

ACS Annex Day Time Classes 9:00am-2:30pm

April 20-22 August 31–September 2 December 14-16

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!

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

New Parent Support Program:

BASIC INFANT CARE

April 6, 2010 10:00am-Noon

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.

INFANT MASSAGE INSTRUCTION

April 7, 2010 & April 14, 2010 10:00am-Noon

The New Parent Support and the K-State Research & Extension, Fort Riley Programs present this two session course that is designed to guide parents on how to massage their own babies (birth to 6 months only please). Parents are asked to bring a soft comfortable blanket, special toy for baby, dress infant in easy to remove clothing and to be prepared to feed baby if necessary and to sit on the floor. Infants Massage benefits are as follows:

- Strengthens loving, intimate communication and bond between parent and child

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- Strengthens and regulates baby's primary systems
- Reduces gas and colic
- Helps baby sleep better

THERAPLAY

April 13, 2010 & April 20, 2010 9:00am-11:00am

This two session course is designed for Families with children under the age of 3 years old. It will include information about the connection between parents and children, **especially following a separation such as deployment**. The goal is to enhance attachment, trust, self-esteem and joyful engagement and to empower parents to continue on their own in promoting this relationship in the home. The class will include instruction for the parents regarding the importance of these interactions, as well as group time to model these fun, playful activities.

STEPFAMILIES; Bringing the Pieces to Peace

April 22, 2010 & April 29, 2010 1:00pm-4:30pm

This two session course is about how tough divorce can be for children and how to move through the pain, transforming the heartbreak to healing on to achieving peace.

NOTE: Families who have or will experience divorce and remarriage will benefit from participating in this course.

LOVE AND LOGIC; Early Childhood Parenting Made Fun!

April 22, 2010 9:00-Noon

This course is designed for Families with children ages 0-6 years old and 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"

The Family Advocacy Program; Family Extension Program

24/7 Dad Workshop

April 12, 2010 & April 13, 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

April 26, 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.
Army Community Service, 7264 Normandy Drive, Fort Riley.
Call for more information to 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.

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- Exceptional Family Member Program and New Parent Support Program offers: Oh! Oh Baby its 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; 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:

To Spank or Not To Spank: Learn when, why and how to Physically Discipline Children. Child spanking laws vary from state to state and country to country. Learn physical punishment rules of the Military and in Kansas! This workshop will teach parents: spanking guidelines, principles, laws, and techniques about **spanking: how and when!** Parents will learn options to redirect unwanted behaviors.

9:30am-11:30am

Friday, April 16, 2010

ACS 7264 Normandy Drive

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

- **Child Abuse Prevention Campaign, April 2010, Proclamation Signing**

4:00pm School Age Service

Thursday, April 1, 2010

April is Army wide and nationally recognized as Child Abuse Prevention month. Every Soldier, civilian and Family member is encouraged to protect the safety and well-being of all children. Recognize, respond and report suspicions of child abuse and neglect throughout our community. Fort Riley officially will declare to continue its efforts to reduce incidents of child maltreatment in our community.

- **Hi Mom, Hi Dad-DVD Recorded Messages from Home**

Have your child (ren) record a short message, read a poem or story, perform a song or dance especially for their deployed parent.

10:00-2:00pm School Age Service

Friday, April 2, 2010

10:00am-2:00pm Child Youth and School Service

Friday, April 9, 2010

- **Get Ready For Change: Stress Management Workshop**

What is your **stress number**? All stress is not bad stress! Find out why. Learn the facts about your stress, discover skills for managing stress, learn new coping strategies and take concrete steps toward making positive changes. Free and limited chair massages.

10:00am-NOON and 6:00pm-8:00pm

Monday, May 3, 2010

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

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

Mobilization & Deployment/Family Readiness:

Family Readiness Group (FRG) Leader Class

Instruction and guidance to assist newly appointed FRG Leaders, FRsAs and Commanders.

Each part is a 3-hour course.

Part I:

Apr 6, 9:00 am – Noon

May 5, 6:00 – 9:00 pm

April

Jun 5, 9:00 am – 4:30 pm

Jul 6, 9:00 am – Noon

Part II:

Apr 7, 9:00 am – Noon

May 6, 6:00 – 9:00 pm

Jun 5, 9:00 am – 4:30 pm

Jul 7, 6:00 – 9:00 pm

Key Caller Class

This class provides instruction and guidance to assist newly appointed FRG Key Callers.

Apr 15, 6:00 – 8:30 pm

May 13, 9:30 am – Noon

Jun 10, 6:00 – 8:30 pm

Jul 15 – 9:30 am – Noon

Funds Custodian Class

This class provides instruction and guidance to assist newly appointed FRG Funds Custodians.

Apr 13, 6:00 – 8:00 pm

May 12, 6:00 - 8:00 pm

Jun 16, 6:00 – 8:00 pm

Jul 14, 6:00 – 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).

Apr 10, 9:30 – 11:30am (1 IBCT only)

Jun 8, 1:00 – 3:00pm

Jul 20, 6:00 – 8:00pm

Family Readiness Support Assistant (FRSA) Training

This training will provide FRSAs a basic knowledge of their roles and responsibilities as well as acquaint them with the various Army Community resources available to Soldiers and Family members.

* Mandatory to all new FRSAs

* Commanders welcome

* Open to all FRG Volunteers

Jul 28-29, 9:00am – 3:00pm

Children & Separation Issues of Deployment

This presentation addresses the positive aspect of separation from the deployed parent and ways to strengthen the relationship long distance. Additionally, it discusses detrimental coping strategies to watch for and signs to recognize that it is time to seek professional help.

Jul 15, 10:00 – 11:30am

Mission Based Marriage

Marriage is never a simple undertaking - marriage plus the military lifestyle can seem impossible. In this presentation, participants will learn how to make their marriage work throughout normal challenges and those of the military lifestyle.

Apr 20, 1:00 - 2:30pm

Jul 13, 1:00 – 3:00pm

Life in Balance: Relaxation & Stress Relief

Competing demands will be identified, and stress management strategies (stress reduction and relaxation skills) will contribute to an understanding of how to achieve improved work/life balance.

May 26, 10:00-11:30am

April

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.

Apr 15, 10:00 am – Noon

Jun 3, 6:00 – 8:00pm

Jul 12, 6:00 – 8:00pm

FRG IG Aces

The training will instruct Commanders, Senior Advisors, FRSSAs, and FRG Leaders how to create and manage their FRG binders to comply with regulations and henceforth any pending IG Inspections. The class will go line by line through the Inspection Plan and cover what needs to be in the FRG Binders in order to pass and even "ace" the inspection.

Apr 13 – 1:00 – 3:00pm

May 18 – 10:00am – Noon

Jun 22 – 6:00 – 8:00pm

Jul 20 – 10:00am – Noon

POC: (785) 239-9435

Army Community Service

7264 Normandy Drive

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:

- **“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!

Date(s): April 22, 2010

RSVP By: April 19, 2010

Time: 8:30am – 12:30pm

*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 Family members with Soldiers on an unaccompanied tour, TDY or at present is currently deployed 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: April 8, 2010

RSVP: April 5, 2010

Time: 6:30 – 8:00pm

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- **Citizenship and Immigration Intake:** These 2 ½ hour sessions provide information and instructions on preparing the application for Citizenship and Immigration. Attendees MUST register:

Date(s)	April 7, 2010	April 21, 2010
RSVP By:	April 2, 2010	April 16, 2010
Time:	9:00 – Noon	9:00 – Noon

- **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>
Date(s)	April 6, 2010	April 13, 2010	April 20, 2010	April 27, 2010
Time	1:00 – 2:00pm	1:00 – 2:00pm	1:00 – 2:00pm	1:00 – 2:00pm

NOTE: Please contact the Relocation Program, 239-9435 to schedule your PCS briefing.

- **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.

Date:	April 23, 2010
RSVP By:	April 19, 2010
Time:	8:30am–10:30am

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 Operation: 7:30am–4:30pm.

Fort Riley Education Services (ACES):

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

Hours: 8:00 am – 5:00 pm

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

Hours: 8:00 am – 5:00 pm

Fort Riley Education WILL NOT be changing to compressed schedule as previously announced. Business as usual with Admin Office open 7:30 am – 4:30 pm, Building 217, 239-6481

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 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 4: April 12 – May 21, 2010

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

All other enrollments began March 5, 2010

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Cycle 5: June 03 – July 20, 2010

Active Duty enroll with Education Counselor starting April 7, 2010

All other enrollments begin May 5, 2010

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 7: March 23 – April 14, 2010
- Cycle 8: April 19 – May 7, 2010
- Classes are held at 8044 Normandy.

To enroll please see an Army Education Counselor.

Military Spouse Career Advancement Accounts (MyCAA):

The Department of Defense announced March 11, 2010, the resumption of the Military Spouse Career Advancement Account program. Beginning March 13 at 12 p.m. EST, the 136,583 military spouses who were **currently** enrolled in the program will once again be able to receive tuition assistance.

The first phase of the reinstated program will enable the department to continue to pay up to \$6,000 in tuition assistance for spouses **currently** enrolled. The department is working hard to adjust and meet the demands of the program and develop a long-term solution for spouses not yet enrolled who would like to establish an account.

Please keep checking for updates on the Military OneSource website for more information:

<http://www.militaryonesource.com/mycaa>.

Barton County College:

Current on-post evening college classes: March 29 – May 22, 2010

Online classes begin: May 24 – July 25, 2010

Central Michigan University:

Next on-post course will start: April 2 – May 1, 2010

MSA640 Quantitative Applications in Administrative Decision Making

Central Texas College:

Current on-post evening college classes: March 29 – May 22, 2010

Online classes begin: April 12 – June 4, 2010

Kansas State University:

No current on-post evening classes available

Online classes begin: May 17 – June 4, 2010

Southwestern College:

Current on-post evening college classes:

Course	Dates	Day	Time
Educational Psychology	May 12 – August 11	Wednesday	6:00 - 10:00 pm
Instructional PE Class	May 11 – August 10	Tuesday	6:00 - 10:00 pm
Math in the Elem School	May 10 – August 9	Monday	6:00 - 10:00 pm

University of Mary:

Next on-post course will start: May 5 – June 2, 2010

MGT645 Organizational Communication and Transition Management

Upper Iowa University:

Current on-post evening college classes: March 29 – May 22, 2010

Online classes begin: May 10 – July 4, 2010

April

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.

April

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.

April

- **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, 1020 Huebner Road. 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.

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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. **
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 child under 2

Parent's Day Out:

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

- You must provide a sack lunch and a snack for your children
- \$10.00 1st child
- \$9.25 per additional child
- \$10.75 for children under 2
- \$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

- You must provide a sack lunch and a snack for your children
- \$10.00 1st child
- \$9.25 per additional child
- \$10.75 for children under 2
- \$10.00 per additional child under 2
- Dates Available:

April 9 & 16

May 7 & 14

June 4 & 18

*****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

Dates Available:

April 10 & 17

May 8 & 15

June 5 & 19

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

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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.
- **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 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:

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

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- **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

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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) 671A 3 Street, 785-239-8368.
- 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"

