

## COMMUNITY CORNER

## Fort Riley welcomes upcoming opening of new Resiliency Campus

By Col. Kevin Brown  
GARRISON COMMANDER

Our Soldiers volunteer to go into harm's way to protect the safety and freedoms of people in the U.S. and around the globe.

As the Army has learned from the sustained actions of the last decade, with their sacrifice comes consequences – injuries, internal and external, stress and time away from Family, just to name a few.

At the end of January, Fort Riley will cut the ribbon on the headquarters of its Resiliency Campus – a place that houses the resources Soldiers and Family members need to build resiliency to help them stay strong while serving their

country.

Resiliency is defined by the Army's Comprehensive Soldier Fitness program as "the ability to grow and thrive in the face of challenges and bounce back from adversity." It's achieved through a holistic approach to fitness that focuses on the five pillars of strength: Physical, emotional, social, Family and spiritual.

Programs to build resiliency in our Soldiers and Families have been operating across post.

With the opening of the Resiliency Campus, the pro-



Col. Brown

grams will now have designated space for the staff to call home.

The campus will bring together the programs, resources, technology and staff to support Soldiers and their Family members as they take part in the Comprehensive Soldier Fitness program.

The campus headquarters, the Resiliency Learning Center, will house a Mind Fitness Center, Mobilization and Deployment Office, Kansas State University Research and Extension office and classrooms.

In addition to the Resiliency Learning Center, the campus includes two adjacent buildings, Army Community Service and Kapaun Chapel, and nearby Craig Fitness Center, Building 7024, as well

as the Army Substance Abuse Program, Building 7424; the Outdoor Chapel; King Field House, Building 202, Main Post; and the Outreach Center at Grimes Hall, Building 510.

These facilities house programs and activities, including a new climbing wall in Craig Fitness Center, a mission-essential fitness training area in King Field House, and the Hall of Heroes, as well as Family space at the Outreach Center.

As Fort Riley celebrates the opening of the campus, we also will welcome Brig. Gen. Rhonda Cornum, U.S. Army director of Comprehensive Soldier Fitness, to showcase our successes and the progress that's been made toward building resiliency in our Soldiers

and Families.

And, this is only the beginning of the efforts at Fort Riley to make sure our Soldiers and Families have the support needed and resources available to be the healthiest, most resilient force they can.

As identified in the Fort Riley 2015 Campaign Plan, the opening of the Resiliency Campus is only the beginning. Multiple keys to success were identified to measure the progress of our efforts.

One measurement tool designed to help Soldiers and Family members check on their personal strength in the five areas of the Comprehensive Soldier Fitness program is the Global Assessment Tool. The GAT evaluates strengths in the five areas and offers online

classes to help build resiliency by strengthening each pillar. I encourage everyone to visit [www.army.mil/csf](http://www.army.mil/csf) to take the GAT and learn more about the program. Once you've received your scores, visit the Resiliency Campus to learn how staff can help you build your resiliency.

The ribbon cutting ceremony for the Resiliency Learning Center will be at 8:45 a.m. Jan. 28 at Building 7285. Join us, tour the facility and learn more about Fort Riley's efforts to help its Soldiers and Family members thrive in today's Army.

*If you would like to comment on this article or suggest a topic for Community Corner, send an e-mail to [rile.post.newspaper@comus.army.mil](mailto:rile.post.newspaper@comus.army.mil).*

## Soldier's children make music with Manhattan's Gold Orchestra

By Shandi Dix  
1ST INF. DIV. POST

"Talent does not develop without effort," said Cynthia Allred.

Allred's children, Adam, 13, Fulton, 12, Bethany, 10, and Meagan, 5, have spent many years practicing in order to perform in local orchestras as they do today.

With an agreement to practice, the children were taught to play the violin by their grandmother, who used the Suzuki method, also called Talent Education, mother-tongue method or Suzuki movement. This method is an educational philosophy that strives to create high ability and beautiful character in students through a nurturing environment.

Now the children play various orchestra instruments. Adam plays the cello; Fulton plays violin and viola; and Bethany and Meagan play the violin. All of the children also sing.

"I am happy for their accomplishments, and I was thrilled that upon moving to Fort Riley, we were able to find an excellent orchestra and opportunities for them to have fun developing their talents and to bring enjoyment to others," Cynthia said.

Adam, Fulton and Bethany perform with the Gold Orchestra in Manhattan. On Dec. 11, the children performed with the group at the C.L. Hoover Opera House, Junction City, prior to traveling to Chicago to perform Dec. 15 at the Midwest Clinic, an international band and orchestra conference.

"(The opera house performance) was a great opportunity to get ready for our upcoming performance in Chicago," Bethany said.

Adam also performs with the Fort Riley Middle School orchestra, which toured Fort Riley elementary schools in December promoting orchestra in the schools.

Music has brought many benefits to her children, Cynthia said, and they learn discipline as they practice every day, as well as it being something fun they can do together.

"I really enjoy the times that they just sit down at home and jam together on a song they have been playing in orchestra," she said.

"They learn to serve others while performing together for Family, church and community events. Some of the best opportunities they have had were times when they went to play at retirement homes during the Christmas season," Cynthia said.

David Littrell, University Distinguished Professor of Music at Kansas State University, and Blair Williams, a K-State master's degree student in music and graduate student conductor.

In order to be a part of the Midwest Clinic, the orchestra had to audition and was one of eight groups chosen among more than 140 applicants.

"This was my first year in the orchestra," Bethany said. "I've been working hard on the music since July, and going to Chicago was definitely worth it. Playing for all the people was exciting, and I got to experience things that you don't see in Kansas, like going to an

Ethiopian restaurant, visiting the Shedd Aquarium and touring interesting museums."

Performing with the orchestra keeps the children busy and helps time go by faster while their father, Spc. Kenyon Allred, Company E, 2nd General Support Aviation Battalion, 1st Aviation Regiment, Combat Aviation Brigade, 1st Infantry Division, is deployed to Iraq in support of Operation New Dawn, Cynthia said.

"He definitely misses being here to attend their concerts and loves to visit with them by phone afterward to hear about each performance," she said.



COURTESY PHOTO

Bethany Allred, 10, far left, and Adam Allred, 13, far right, perform Dec. 15 during the Midwest Clinic in Chicago. Fulton Allred, 12, not pictured, also performed in the orchestra.

"I have videotaped and photographed as many performances as possible for him to see when he returns. He took a recording of last year's performance with him to Iraq and enjoys listening to it."

Adam and Fulton are students at Fort Riley Middle School, and Bethany is a student at Ware Elementary School. The Family lives on post in the Foysh Neighborhood.

The people whom the children perform for love it, Cynthia said.

"Best of all, music is a common bond that helps bring our Family closer together," she said.

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