

## COMMUNITY CORNER

## Women's conference to address five pillars of comprehensive fitness

By Col. William Clark  
GARRISON COMMANDER

Bud. Bloom. Grow – That is the theme for the fifth annual women's conference at Fort Riley. The conference, which will be from 8 a.m. to 3 p.m. Feb. 24, will offer resilience building tools through 16 unique classes. Each class will enhance attendees personal and professional growth.

You may have heard leaders across post talk about the five pillars of Comprehensive Soldier Fitness – physical, social, emotional, spiritual and Family. This event will have activities that address each of the five pillars, and I believe participants will walk away feeling stronger and more empowered in all five areas.

So what activities will take place? A lot.

To begin, the keynote speaker will be Holly Scherer, an international motivational speaker, columnist and book author.

Scherer has co-authored, "Help! I'm a Military Spouse, I Get a Life, Too," as well as "1,001 Things to Love about

Military Life" and "How to Craft a Life for You as You Move with the Military."

Additionally, each attendee will be able to attend four classes.

Educational classes will explore topics to include:

- Leadership
- Self defense
- Money management
- Scrapbooking
- Container gardening
- Going green
- Therapeutic painting
- Personal beauty

Some more light-hearted classes include:

- Burlesque dancing
- Zumba
- Wine tasting
- Bartending

I encourage the women of Fort Riley to take advantage of this great opportunity. Those planning the event have ensured me that it will be fun and informative.

And, most importantly, if you attend, you will learn



Col. Clark

valuable techniques – no matter your role – Soldier, Family member, civilian, retiree or other.

The conference also allows you the opportunity to provide us with feedback – by understanding the needs of the women supporting the military, the installation service providers can better support them by providing innovative, thought-provoking and engaging programs to help build resilience and maximize their own potential.

To register, visit the Leisure Travel Center, Building 6918 on Custer Hill or call 785-239-5614. While the early registration of Feb. 14 has passed, you can still get registered for \$15, which includes lunch. For more information, visit [www.rileymwr.com](http://www.rileymwr.com) or call the LTC.

*If you would like to comment on this article, or suggest a topic to be covered in the Community Corner, email [rile.post.news@comus.army.mil](mailto:rile.post.news@comus.army.mil).*

## FRES sets goal to raise \$2K for leukemia, lymphoma

By Melony Gabbert  
IST INF. DIV. POST

Fort Riley Elementary School kicked off its Leukemia and Lymphoma Society fundraiser at an assembly Feb. 10 with a goal of \$2,000 by March 1. Each classroom has a fundraising goal of \$300.

At the beginning of the assembly, students were told that Elise Ballard, a girl in Kansas diagnosed with leukemia for whom the school raised funds last year, has gone back to school and is currently cancer free. Cheers erupted.

Last year, the students raised more than \$1,500.

While a great share of the funds raised last year went to LLS, a portion went to Ballard and her family.

Since 2002, FRES has raised more than \$9,000 with its

"Pennies for Patients" fundraiser, said Melisa Burgess, teacher and student council adviser.

Students then watched a Peanuts video in which Linus and Charlie Brown learned of another character, Janis, being diagnosed, hospitalized and treated for leukemia. By watching the video, students could learn that symptoms may include bruising easily and a fever. Students also could learn that leukemia is treatable, that those diagnosed can get better, and that a diagnosis is reached through a blood test, a bone marrow test and an "X-ray with a big machine."

Janis was treated with chemotherapy, which caused her to be sick to her stomach and lose her hair. She did get better but was re-hospitalized. In the end, Janis was doing better and returned to school, like Ballard

did.

Following the educational video, student body officers performed a skit to explain the competitive collection process. Corynn Farrand, president; Nick Mataruso, vice-president; and Ashlyn Piper, treasurer; explained that, outside of the main office, there will be a box with the name of each teacher. There also will be a box in each classroom.

To add to a class total, pennies, dollars or checks could be deposited in a classroom box. To subtract from a class total, silver coins could be dropped into a box outside of the main office. All money put into any box will go to LLS.

At the end of the competitive collection, the classroom with the largest total will have a lunch catered by a local restaurant.

### LEARNING TO SAVE



COURTESY PHOTO

Vern Steffens, principal, Jefferson Elementary School, center, kicks off the Military Saves Campaign at the school Feb. 13 with a group of second-graders. Steffens signed a Military Saves Week Proclamation on a large poster board, which students also will sign to make a pledge to save money. The poster board will be on display at the school throughout the campaign event.

### MONEY MATTERS

## Emergency fund: What is it, why should you have one?

#### FINANCIAL READINESS OFFICE

Did you know most financial emergencies can be handled with \$1,000 or less? Financial professionals agree about how important it is to have an emergency fund, but what exactly is an emergency fund, and how do Families living "paycheck to paycheck" go about establishing one?

An emergency fund should be at least \$1,000, or, as some suggest, should contain enough money to cover three to six months worth of monthly expenses. It is recommended to keep the emergency fund separate from other money to prevent accidental spending because the funds should be spent on true financial emergencies, like unexpected car repairs, emergency travel and household necessities in the case of job loss.

So how does one go about starting an emergency fund, especially if money is tight in the household? Start small by

saving a small amount each week, like \$5 to \$10. For the cost of one lunch at a fast food restaurant per week, you can save \$520 in one year. Another method is saving any spare change you have at the end of the day and depositing the resulting funds at the end of every month or two. Also, setting up a small allotment, like \$20, to a special account for the amount you want to save each payday, that way you don't even have to think about it.

Also, extra funds that come into your budget, like tax refunds, monetary gifts and other windfalls, can be sources of money that can add to your emergency account.

When you are prepared with an emergency fund, an unexpected expense is no longer a source of stress and worry but just another one of life's events you handle. And, if you do have to spend from your emergency fund, remember to replenish the funds as soon as possible, so you are ready the

next time you have a financial emergency.

An important resource, Military Saves, is available to help keep you motivated about fully funding your emergency fund. Military Saves is a social marketing campaign to persuade, motivate and encourage military Families to save money and to convince leaders and organizations to be aggressive in promoting automatic savings.

The 2012 Military Saves Week, which is Feb. 19 to 26, is a growing network of organizations and individuals committed to helping and supporting military members and their loved ones build personal savings arsenals to provide for their immediate and long-term financial needs. Please visit [www.militarysaves.org](http://www.militarysaves.org) to take the pledge or find more information.

To learn more about emergency funds, saving and budgeting, contact the Financial Readiness Program at 785-239-9435.

HOUSE FILL AD