

**2 Oct 2012 1ABCT Weekly News Update:** please pass along to Soldiers, Family and Friends of 1ABCT. You can always stay up to date with local events by going to 1st Infantry Division page at <http://www.riley.army.mil/default.aspx> or if you are having issues reading this you can click on this link to read the weekly news. <http://www.riley.army.mil/UnitPage.aspx?unit=1bct>. We are always up and posting new information on FaceBook! Join us on the Official 1ABCT FaceBook Page at [www.facebook.com/1HBCTDEVILBRIGADE?v=wall&ref=sgm](http://www.facebook.com/1HBCTDEVILBRIGADE?v=wall&ref=sgm)

**Fort Riley Current News Updates:** This information has recently been updated, and is now available.

<http://www.riley.army.mil/OurPost/CurrentNews.aspx> In addition to the Current News page there are Garrison Commander's Community Corner articles <http://www.riley.army.mil/DocumentList.aspx?lib=GC-Corner>

**Facilitators needed for the AFAP Conferences (Adult and Teen):** Becky Willis is in desperate need of qualified Facilitators for the AFAP Conf. Teen Conf. 13 Oct and adult Conf. 16-18 Oct. This position takes a strong willed person to keep from being bombarded by the group they are working with. Many who have worked these position in the past have either PCSed or now have full time employment and are unable to assist. Please check with your families and if anyone is interested, have them contact Becky as soon as possible- [becky.d.willis.civ@mail.mil](mailto:becky.d.willis.civ@mail.mil). Also listed in the October VOL positions listed below!

**PAY IT FORWARD PARENTING COMPLIMENTARY ONE-YEAR ACCESS:** Inspired by Joining Forces, Positive Parenting Solutions <http://www.positiveparentingsolutions.com> is proud to sponsor Pay It Forward Parenting, a program designed to give back and give thanks to military families for their service and sacrifice. Through Pay It Forward Parenting, Positive Parenting Solutions provides complimentary 1-year access to the award-winning Positive Parenting Solutions Online course (\$199 value). This comprehensive online training teaches parents of toddlers to teens step-by-step solutions to put an end backtalk, whining, tantrums, sibling rivalry, battles over homework & chores and just about any power struggle your kids can dream up! Since the training is on-demand, you can access the program 24/7 and learn at your own pace when it's convenient for you. Pay It Forward Parenting is available to all eligible military service members. This includes Active, Veteran, Reserve or Guard service members of the Army, Navy, Air Force and Marines. To enroll: <http://www.positiveparentingsolutions.com/giving-back>

Attached is the Columbus Day 2012 Holiday Safety message and the Draft letter of the Domestic Violence Month



AFZN-SO

DEPARTMENT OF THE ARMY  
HEADQUARTERS, FORT RILEY  
580 1<sup>ST</sup> DIVISION ROAD  
FORT RILEY, KANSAS 66442-7000

- 9 SEP 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Columbus Day 2012 Holiday Safety Message

1. Columbus Day has the distinction of being a celebration of the first recorded discovery of the Western Hemisphere. This year the 1<sup>st</sup> Infantry Division and Fort Riley will celebrate the Columbus Day Holiday from Friday, October 5<sup>th</sup> through Monday, October 8<sup>th</sup>; making this the first long holiday weekend of the fall season. The weather will be pleasant and it is a perfect time for you to take advantage of the time off.
2. October marks the beginning of the fall season in Kansas; with shorter days and longer nights. With only a few more weeks of ideal weather, temptation will be high to enjoy as many off-duty activities as possible. Whatever your plans, please keep safety in mind and look out for one another. Know your limitations, make a plan and play it safe in everything you do.
3. Privately owned vehicle and motorcycle accidents remain the leading non-combat killers of Soldiers, and indiscipline is the primary causal factor. During FY12 Fort Riley suffered three POV fatalities and a motorcycle fatality. A POV accident in August claimed the lives of a Soldier and two Family members. Leaders, we must be engaged with our Soldiers and ensure that Composite Risk Management is part of all on and off-duty activities. We must consider workload and leave/pass destination before allowing Soldiers to sign out after extended duty hours. Soldiers take responsibility for yourself and your battle buddy.
4. Our goal is an accident-free holiday observance and a safe return for all. Enjoy your time off!

Duty First!

*Softly enjoy a  
great fall weekend!*

*Donald M. MacWillie*  
DONALD M. MACWILLIE  
Brigadier General, US Army  
Commanding 9 SEP 12

DISTRIBUTION:  
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## Domestic Violence Prevention Month in the Army

October 2012

### Draft Installation Commander's Proclamation

In recent years, there has been an upward trend in substantiated cases of domestic violence in the Army. It is important to realize that many causes and conditions contribute to domestic violence, and it takes more than the usual effort to reduce the risk. We should never assume that someone else is solving the problem for us.

Everyone in the Army community needs to know that whether you are an offender, a victim or a bystander, you can act to make a difference. The Army Family Advocacy Program is here to help.

The message to everyone in the [installation name] community is: Don't turn your back on domestic violence!

Who is supposed to end domestic violence, reduce other stressors, and help eliminate the hopelessness and isolation that many victims caught up in a domestic violence cycle may feel? If we want these things gone from our personal life, and the lives of our friends and Family, if we want these things gone from the Army, then we all have to do some of the work.

Ask yourself: If I see these things in other people's lives, what can I do to help?

All of us are supposed to help prevent domestic violence. What can you do to help prevent domestic violence?

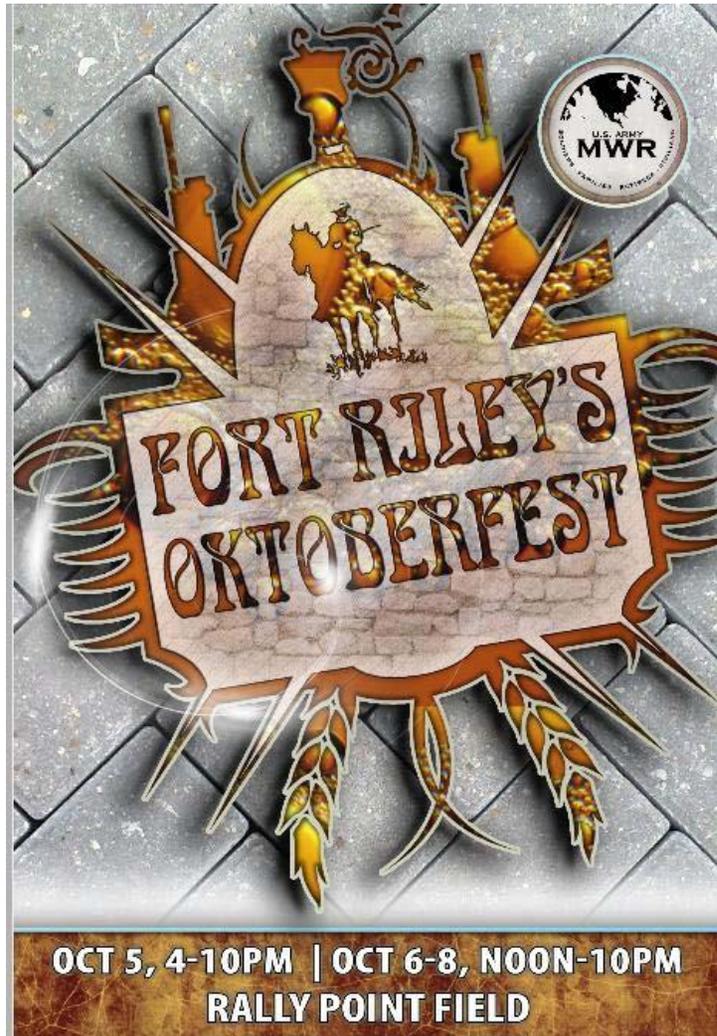
- **Prepare** – by recognizing and solving problems early.
- **Prevent** – by reducing risks and seeking help.
- **Protect** – by taking personal responsibility and reporting abuse.

Contact the Family Advocacy Program at our Army Community Service center. They are here to help.

Signed,

Installation Commander

**OktoberFest Festival October 5-8<sup>th</sup> in conjunction with the Division 4-day Holiday:** features a full carnival as well as a fest tent with traditional German music, food, beverages and games – located at Rally Point (2600 Trooper Drive)



**Prices**

Single Ticket	\$1.50
10 Tickets	\$13.00
25 ticket package	\$25.00
Wrist Bands (4 hr)	\$15

**Wrist Band Periods**

Fri: 6-10 pm    Sat/Sun: 1-5 pm and 6-10 pm  
Mon: 4-8 pm

**Volksmarch**

- Sun, 7 Oct (starts at 1000, complete by 1700)
- \$5.00 per person (Children 12 and under free.)
- Paid participants receive memento at end of march (Pin plus choice of t-shirt, mug or glass.)
- Refreshments at turn around points
- 4k and 8k
  - Begin and end at Rally Point
  - Registration on day of event (registration closes at 1400)

**Oktoberfest Golf Tournament, Oct 5, 9am Shotgun  
Start at Custer Hill Golf Course**

**Fort Riley Youth Sports Update:** Updated information can be found at [http://rileymwr.com/main/?page\\_id=264](http://rileymwr.com/main/?page_id=264)

**Fort Riley Better Opportunities for Single Soldiers (BOSS) Update:** This information has recently been updated, and is now available. Follow the link below and scroll to the bottom of the BOSS page for new info/flyers. [http://rileymwr.com/main/?page\\_id=9](http://rileymwr.com/main/?page_id=9)

### **LOOKING FOR FUN OCTOBER THINGS TO DO? Check these out!!!**

**Britt's Farm in Manhattan:** Pumpkin Patch, Corn Mazes and More! Ready to get out and have some fun this fall? Whether you are planning a group event, want to have the most unique pumpkin in the neighborhood, or just need to relax with your family or special someone, Britt's is the place to be! We grow our own huge variety of pumpkins, mini pumpkins, gourds, corn stalks and many other decorations! October is breast cancer awareness month. A portion of the proceeds from sales of our new Pink pumpkins go towards cancer research.

**Open every weekend through October! Friday 3-6, Saturday 9-7 & Sunday 10-6 One flat admission, tons of fun. Admission \$7.50 ages 4-99**  
**Activities include:** Easy corn maze, Hard corn maze, Pumpkin Patch, Hayrack ride, Tractor train ride, Petting zoo, Potato cannon, Super slide, Bouncy House, Tons of photo spots, Much more! **PScary Maze:** What will be lurking in the corn maze this year??? For the 4th year, we are excited to have a scary corn maze. This is no kiddie corn maze! Bring you walking (or should we say running?) shoes and join the fun. Scary maze runs October 20, 26& 27. 7-9 pm. Recommended age is 12 and up! Discount days this year are Grandparents Day 6 Oct- admission is \$3.00 for grandparents and Military Appreciation Day is \$1.00 off admission on 13 Oct w/ military id.

**The Wizard of Oz** - Sep. 28 - Oct. 14: We are bringing back our annual show "The Wizard of Oz" to coincide with OZtoberfest this year. Join us as we bring this classic to life and watch Dorothy discover "there is no place like home." Where: Columbian Theatre, Wamego When: September 28, 29 & 30. October 5, 6, 7, 12, 13 & 14. Friday/Saturday 7:30PM. Sunday 2:00PM.

**Promenade on Poyntz** - Oct. 3: Ten Poyntz Avenue businesses will serve as "stops" along the Promenade path, each featuring a red and white wine paired with complimentary hors d'oeuvres. Event check-in will be at the Manhattan Town Center courtyard and only 250 tickets will be sold. All event proceeds go to the Homecare & Hospice Foundation. Where: Poyntz Avenue Cost: \$30 per ticket

**Pioneer Bluffs Fall Festival** - Oct. 6: The annual Pioneer Bluffs Fall Festival, one of KANSAS! Magazine's 20 Reasons to Love Kansas, will be held Saturday, October 6. Bigger and better than ever, the Fall Festival will include a juried art show in the barn, quilt exhibit, old-time games, petting zoo, arts and crafts fair, demonstrations by spinners and weavers, music by area bands, and hog roast with locally grown food. An antique tractor ride and show that day is sponsored by Freddy's Frozen Custard and Steakburgers. Football fans will be able to watch the KU-KSU football game that day in HDTV in the loft of the 1916 granary at Pioneer Bluffs, thanks to Tom VanSickle, Inc., a Dish authorized retailer.

**Fall Festival at the Lazy T Ranch** - Oct. 6 - Oct. 28: Ron and Chris Wilson invite you to the Fall Festival at the Lazy T Ranch. Fun for the whole family! Select and bring home pumpkins of various sizes. Events: •Zoom down the Flint Hills Fun Slide •Enjoy tasty concessions in the Cowboy

Café •Walk through the Meadow that's never been plowed and see the native prairie grasses and wildflowers •Rope a genuine longhorn steer head •Visit the animals—meet horses, beef cattle, llamas, dairy goats, sheep, rabbits, chickens •Ride a pony •Climb through the straw bale Kid's Castle •Fire the giant Hedge Ball Slingshot •Play on the Great Pumpkin Bounce House •Leap off the Loading Chute Jump •Play in a grain "bin" •Visit the historic Persons Barn & Granary—on the National Register of Historic Places •Ride in a pumpkin train or in the Purple Powercat train cars around the ranch •Find your way through the Hay bale maze •Enjoy fresh cider, juicy apples, hot popcorn, and other autumn treats  
**Where: Lazy T Ranch** When: October 6, 7, 13, 14, 20, 21, 27, 28 Saturdays 10 a.m. - 6 p.m. Sundays 1-5 p.m. Cost: \$5. 2103 Zeandale Road Manhattan, KS 66502 785-539-7899 and website is <http://lazytranchadventures.com/index.htm>

**Headed to Salina? Oct. 13 – Pumpkin PaZoola** – Rolling Hills Wildlife Adventure, (kids 12 & under get free pumpkin & free admission with paid adult), 9am-4pm, more information on their website at <http://rollinghillswildlife.com/>

**This is the only pumpkin patch that they are aware of at this time in the Salina area:** Sunny Side Pumpkin Patch -- 11500 S. Hopkins Road, Assaria, So. on Old 81 (Ninth St.) to Lapple Rd., turn left & follow signs, <http://sunnysidepatch.com> for directions or call 785-667-4668.

**Fort Riley is gearing up for flu season.** This year, Fort Riley's Department of Public Health will run their first Drive-Thru Flu exercise. The event is open to all military beneficiaries and will be from 11 a.m. to 1 p.m. Oct. 15 in the Riley's Conference Center parking lot.\* Public Health aims to provide a convenient way for patrons to get their vaccinations, but this also will be an opportunity to evaluate concepts that will increase the installation's capacity to effectively respond to a disaster, like a flu pandemic. Two areas in particular that will be assessed include social distancing, which is vital to decreasing illness, and the effectiveness of setting up and running a Point of Distribution site. Call 240-FLU for the latest updates on vaccine availability. . Occupational Health Section will be providing Influenza vaccinations at the Main PX and Commissary on these dates/times. This is for ID Card Holders, DoD employees. PX: 10 October 1200-1630, 24 October 1200-1630, 7 November 1200-1630, Commissary: 17 October 1000-1630, 1 November 1000-1630. Army Public Health Nursing is coordinating the Drive Through Influenza Clinic. I added CPT Bazan on this message as she can provide more information if needed. The Medical Homes, except Farrelly, have walk-in Influenza hours, Monday-Friday, 0830-1100, 1300-1600. Farrelly has Influenza vaccinations by appointments. Call 239-DOCS to schedule. All have extended hours Tuesday and Thursday, 1600-1700.

#### **OCTOBER/NOVEMBER 2012 VOLUNTEER OPPORTUNITIES:**

**Event: Zombie Toxin:** **Who:** BOSS, **What:** 15 volunteers to run games for kids, some may be selected to be in the "Haunt", **When:** Thursdays from 1900-2200, Fridays and Saturdays from 1900-2400, and Halloween night from 1900-2200. **Where:** TBA **POC for this event is:** Peter Smith @ [peter.m.smith76@mail.mil](mailto:peter.m.smith76@mail.mil), Cc: [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil)

**Event: Oktober Fest:** **Who:** MWR, **What:** Volunteers to help with cleaning up trash, cleaning tables, manning activities, set-up/ parking, etc. **When:** Friday, October 5 from 1600-2200; Saturday, October 6 from 0900-2200; Sunday, October 7 from 0900-2200; Monday, October 8 from 1200-2200. **Where:** TBA **POC for this event is:** Duane Clayton @ [duane.clayton@us.army.mil](mailto:duane.clayton@us.army.mil) Cc: [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil)

**Event: Teen AFAP Conference:** **Who:** ACS, **What:** Teen Delegates to identify and work solutions to quality of life issues. Adult facilitators, recorders, issue support. **When:** Saturday, October 13, 2012 **Where:** Fort Riley Teen Center, **POC for this event is:** Becky Willis @ [becky.d.willis.civ@mail.mil](mailto:becky.d.willis.civ@mail.mil) Cc: [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil); *NOTE: To assist us in tracking participation, please go to <http://www.myarmyonesource.com> to apply for the position that you wish to work and track your volunteer hours on VMIS after contacting Becky Willis. Thanks!*

**Event: Adult AFAP Conference:** **Who:** ACS, **What:** adults 18 and over, Delegates to identify and work solutions to quality of life issues. Facilitators, recorders, issue support, room monitors, **When:** Training Monday, Oct 15, Conference Oct 16-18, additional details to be released closer to date **Where:** 6620 **POC for this event is:** Becky Willis @ [becky.d.willis.civ@mail.mil](mailto:becky.d.willis.civ@mail.mil) Cc: [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil) *NOTE: To assist us in tracking participation, please go to <http://www.myarmyonesource.com> to apply for the position that you wish to work and track your volunteer hours on VMIS after contacting Becky Willis. Thanks!*

**USO- Looking for Volunteers to clean up their Dining Facility!!!** The dates are 15-19 October 2 hours a night starting at 1730. POC: CPT ANGELIQUE M BANKS, MEDICAL OPERATION OFFICER 1HBCT, 1ID w: (785)239-6495

**Event: Military Family Appreciation Dinner** (10/27/2012), **Who:** ACS/MWR, **What:** Fort Riley's Barn Door Bar-B-Queue / Military Family Appreciation month Kick-off event. **When:** 8-10 volunteers Friday, 26 OCT, 1600-?: event set up. 25-35 volunteers Saturday, 27 OCT, 0830 – ? for the following: 1. **8-10** volunteers to assist with set up completion to including inflating bounce houses, decorating tables, placing liners in trash cans/recycling cans, and assist with 1 ID band set up (chairs). (0830-1030). 2. **6-8** volunteers to assist with parking in grass area from 1030 until 1345: please wear reflective clothing or vests/sash for better visibility 3. **4** volunteers to work bounce houses. 4. **6** volunteers for trash/recycling detail (gloves will be provided) 5. **4** table wipers (gloves will be provided), 6. **V**olunteers to assist with children's games 7. **Any** available help for clean up and packing the truck. 8. **Inclement weather call:** 3 puppeteers will also be needed. **Where:** Riley Conference Center, 446 Seitz Drive. **POC for this event:** Vicky Martin: 239-1376, [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil), **CC:** Becky Willis: [becky.d.willis.civ@mail.mil](mailto:becky.d.willis.civ@mail.mil) *NOTE: All volunteers will check with Vicky at the command and control tent prior to beginning volunteer work. Jeans or appropriate length shorts and closed toed shoes are required. T-shirts will be provided for volunteers working the event. If you are not already registered on Army One Source as a volunteer, please do so.*

**Event: Bowling Alley Grand Opening/USO No Dough Dinner:** **Who:** MWR/USO, **What:** 6 volunteers to bus tables, break down event, and assist in clean up **When:** Monday, 29 October, 1730-1930, **Where:** FR Bowling Alley, Normandy Drive **POC for this event is:** Crystal Tinkey @ 240-5326 Cc: [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil)

**Event: Trunk or Treat :** **Who:** BOSS, **What:** Volunteers willing to decorate a car/truck/motorcycle and dress up. Candy will be provided. **When:** October 31, 1800-2100. **Where:** Commissary Parking Lot. **POC for this event is:** Sean Morgan @ [sean.c.morgan2.mil@mail.mil](mailto:sean.c.morgan2.mil@mail.mil) or Peter Smith @ [peter.m.smith76@mail.mil](mailto:peter.m.smith76@mail.mil) Cc: [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil)

**Event: Volunteer of the Quarter Ceremony:** **Who:** AVC/ACS, **What:** set up, ushers, award table, tray barer, clean-up **When:** November 6, 2012. Set up starts at approximately 1600. **Where:** Riley Conference Center **POC for this event:** Becky Willis @ [becky.d.willis.civ@mail.mil](mailto:becky.d.willis.civ@mail.mil), 239-4593 **CC:** [vicky.l.martin.civ@mail.mil](mailto:vicky.l.martin.civ@mail.mil)

**USO Fort Riley No Dough Dinners in 2012:** USO Fort Riley No Dough Dinners will be from 5 to 6:30 p.m. at 7856 Drum Street on Custer Hill, unless location is otherwise noted, [facebook.com/usoftriley](https://www.facebook.com/usoftriley). Some dinner locations may change. For information, call 785-240-5326 or email [usofortriley@uso.org](mailto:usofortriley@uso.org). USO Fort Riley also is on Facebook at [facebook.com/usoftriley](https://www.facebook.com/usoftriley) Click on "Events" to see the most up to date information for No Dough Dinners. Dates for dinners in Oct are the **12<sup>th</sup> at Fire Station #5** and **29 Oct at the Bowling Alley**.

**OCSC October Events: Oct 15--Hooah for the Hooters Bunko** for the Cure at 6:30 pm at Stevie's in Junction City. Our first annual Bunko for the Cure will help raise money for the Tammy Walker Cancer Center in Salina and Johnson Cancer Research Center at KSU. We only have 70 seats available. Cost is \$20 to play and includes \$15 for the CURE, appetizers, and prizes. There will be a cash bar. T-shirts will be available for an extra \$5. This event is open to the public. During the social there will be educational awareness reps from both institutions and we will hear the stories of our own two Heroes in Pink. RSVP via the Facebook event here <http://www.facebook.com/events/150499405094654/?fref=ts#!/events/150499405094654/?fref=ts> or email [reservations@fortrileyocsc.com](mailto:reservations@fortrileyocsc.com).

**Oct 18--Cupcake Wars: The Sequel** at 11 am at Riley's Conference Center Join us for our regularly scheduled luncheon. Do you enjoy decorating cupcakes? How about eating them? If your answer to either of those questions is "YES!" then invite a few friends and join us for the OCSC version of Cupcake Wars! All luncheon attendees are invited to submit one dozen decorated cupcakes for judging as both prizes and bragging rights awarded. Rules are on our FB page and website. RSVP via the Facebook event here <http://www.facebook.com/events/150499405094654/?fref=ts#!/events/463266003706810/?fref=ts> or email [reservations@fortrileyocsc.com](mailto:reservations@fortrileyocsc.com).

**All month long--One Warm Coat Project:** OCSC has teamed up with the USO, PWOC and MCCW to hold a coat drive to benefit Fort Riley soldiers and families. Collection will run through the 19th and we are accepting clean gently used or new coats for male and female in all ages and sizes. Distribution will be Oct 28 at the USO. We are still finalizing all the collection locations and will announce those early this week. We need some volunteers to help with any of these organizations, so please contact your org POC or our event chair Vanessa Espinosa at [vpanos1787@yahoo.com](mailto:vpanos1787@yahoo.com) if you are willing to help with publicity, collection, sorting or distribution. This would be a great activity for a youth group needing volunteer service hours! Please go check your closets and share the gift of warmth this winter. Donations are tax deductible through the USO. We'll have an event up on Facebook soon, but please share with your friends and units.

**Commissary Weekly Newsletter and AFAP Flyer are attached:**

Volume 2 Issue 57  
October 2012

# Commissary Newsletter

"Are You Ready For Some Produce?"

## Hot Ads!!

Oct 1-7, 2012

Check out these **HOT** deals at Ft. Riley Commissary Produce Department!

**On Vine Tomatoes**  
#71912

**Honeycrisp Apples**  
#70081

**Grenny Smith Apples**  
#70015

**Red Seedless Grapes**  
#70614

**Bin Pumpkins 40 CT**  
#72639

**Hass Avocados 48 CT**  
#72900

**Hass Avocados Ripe 48 CT**  
#70034



"Your Commissary...  
It's Worth the Trip"



## Featuring This Week:



**"California" Broccoli Crowns**  
Broccoli crowns are very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Pantothenic Acid, Calcium, Iron, Magnesium, Phosphorus and Selenium, and a very good source of Dietary Fiber, Vitamins A, C, E, K, and B6, Folate, Potassium and Manganese.



**"California" Cauliflower**  
Cauliflower is very low in Saturated Fat and Cholesterol. It is also a good source of Protein, Thiamin, Riboflavin, Niacin, Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamins C, K, and B6, Folate, Pantothenic Acid, Potassium and Manganese.



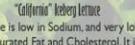
**Hot House Orange, Red or Yellow Peppers**  
Peppers are low in Saturated Fat, and very low in Cholesterol and Sodium. They are a good source of Thiamin, Niacin, Folate, Magnesium and Copper, and a very good source of Dietary Fiber, Vitamins A, C, K, B6, Potassium and Manganese.



**"New Crop" Florida Flat Gold Tangerines**  
Tangerines are very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber, and a very good source of Vitamins A and C.



**Silver Cucumbers**  
Cucumbers are low in Saturated Fat, and very low in Cholesterol and Sodium. They are a good source of Pantothenic Acid, Magnesium, Phosphorus and Manganese, and a very good source of Vitamins A, C, K and Potassium.



**"California" Lettery Lettuce**  
Lettuce is low in Sodium, and very low in Saturated Fat and Cholesterol. It is also a good source of Thiamin, Vitamin B6, Iron and Potassium, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Folate and Manganese.

## Produce Pick of the Week

### Pumpkins

References to pumpkins date back many centuries. The name pumpkin originated from the Greek word for "large melon" which is "pepon." "Pepon" was modified by the French into "pompeon." The English changed "pompeon" to "Pumpkin." Shakespeare referred to the "pumpkin" in his Merry Wives of Windsor. American colonists changed "pumpkin" into "pumpkin." The "pumpkin" is referred to in The Legend of Sleepy Hollow. Peter, Peter, Pumpkin Eater and Cinderella. Native Americans dried strips of pumpkin and wove them into mats. They also roasted long strips of pumpkin on the open fire and ate them. The origin of pumpkin pie occurred when the colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes. People have been making jack-o-lanterns at Halloween for centuries. The practice originated from an Irish myth about a man nicknamed "Stingy Jack." According to the story, Stingy Jack invited the Devil to have a drink with him. True to his name, Stingy Jack didn't want to pay for his drink, so he convinced the Devil to tare himself into a coin that Jack could use to buy their drinks. Once the Devil did so, Jack decided to keep the money and put it into his pocket next to a silver cross, which prevented the Devil from changing back into his original form. Jack eventually freed the Devil, under the condition that he would not bother Jack for one year and that, should Jack die, he would not claim his soul. The next year, Jack again tricked the Devil into climbing into a tree to pick a piece of fruit. While he was up in the tree, Jack carved a sign of the cross into the tree's bark so that the Devil could not come down until the Devil promised Jack not to bother him for ten more years. Soon after, Jack died. As the legend goes, God would not allow such an unscrupulous figure into heaven. The Devil, upset by the trick Jack had played on him and keeping his word not to claim his soul, would not allow Jack into hell. He sent Jack off into the dark night with only a burning coal to light his way. Jack put the coal into a carved out turnip and has been roaming the Earth with it ever since. The Irish began to refer to this ghostly figure as "Jack of the Lanterns," and then simply "Jack O'Lanterns."

### Reminders for the Week

1. Everyone should have their pumpkin harvest and entry forms for "Guessing the Weight" of the pumpkin. Have some fun with this and build your sales.
2. Be sure and start preparing for the Apple Contest which is approaching fast.
3. We definitely want to promote special items for the month of October for breast cancer awareness.
4. If you need POS material be sure to email me ASAP with details of what you need and when you need it.
5. Please remember to send lots of pictures for the monthly picture review.

## Recipes of the Week

### Oven Toasted Pumpkin Seeds

**Ingredients**  
Pumpkin seeds  
Cooking spray, olive oil, or butter  
Optional: Salt, garlic powder, onion powder, seasoned salt, or other seasoning of choice

**Directions:**  
Rinse pumpkin seeds. Use your fingers to remove all the pulp. Drain pumpkin seeds and discard pulp. Spread out on a cookie sheet to dry overnight. Preheat oven to 250 F. Line a baking sheet with non-stick foil. Toss pumpkin seeds in olive oil, butter, or spray with cooking spray. Sprinkle with salt, garlic powder, onion powder, seasoned salt, cayenne pepper, or your choice of seasonings. Toss to coat. Bake about 1 hour, tossing every 15 to 20 minutes, until golden brown. Cool pumpkin seeds before eating. Store in an airtight container at room temperature up to 3 months or refrigerate up to 1 year. If you like your toasted pumpkin seeds extra-salty, soak overnight in a solution of 1/4 cup salt to 2 cups of water. Dry at an additional day, then proceed as above.



### No Crust Pumpkin Pie

**Ingredients**  
1 cup canned pumpkin (not pumpkin pie mix)  
1/2 cup Original Bisquick® mix  
1/2 cup sugar  
1 cup evaporated milk  
1 tablespoon butter or margarine, softened  
1 1/2 teaspoons pumpkin pie spice  
1 teaspoon vanilla  
2 eggs  
Whipped topping, if desired

**Directions:**  
Heat oven to 350°F. Grease 9-inch pie plate. Stir all ingredients except whipped topping until blended. Pour into pie plate. Bake 35 to 40 minutes or until knife inserted in center comes out clean. Cool 30 minutes. Refrigerate about 3 hours or until chilled. Serve with whipped topping. Store covered in refrigerator.



### Wit & Wisdom

The time to relax is when you don't have time for it!  
Tension is who you think you should be. Relaxation is who you are!  
There's never enough time to do all the nothing you want!  
Stress is an ignorant state. It believes everything is an emergency. Nothing is that important!



# Fort Riley Army Family Action Plan Conference

**TEEN AFAP**  
**Oct 13**  
**9am-3pm**

**ADULT AFAP**  
**Oct 16-18**  
**8:30am-2:30pm**

Middle School & Teen Center  
Bldg 5800 Thomas St.

CYSS  
Bldg 6620 Normandy St

**Speak Out!**  
**Your Voice Makes A Difference**

**Free childcare available**  
**(must preregister by Oct 9)**

Call Becky Willis for more  
information 785-239-4593



**Ft Riley's Army Family Action Plan Conference (Adult and Teen): Speak out and let your Voice be heard!!! The Teen Conference** that will be held at the **Middle School/Teen Center Bldg 5800**. This is for all middle and high school students of active duty, retiree, reserve and DA Civilians to discuss changes they would like to have here on Fort Riley. Their conference will be from **0900-1500 on 13 Oct**. Lunch and snacks will be provided. There will be one or two from each group selected to out-brief the Command team at approximately 1100 on 18 Oct in Bldg 6620 gym. This will require the parent to request a release from school and arrange for the student to be brought to the out-brief and returned to school. The **Adult conference is 16-18 Oct and will be held in CYSS-Parent Central Bldg 6620**. The conference times are **0830-1430**. We will have childcare available and all parents **MUST** pre-register with Becky Willis in order to reserve a slot. We encourage all Soldiers, Family members, retirees, reserve, DA Civilians etc. interested to complete the attached delegate registration form and either send back to Becky Willis or drop off to me at Bldg 7264 - Main ACS. For more information please see the Brigade Facebook page for forms or to Volunteer for this event AFAP webpage is <http://www.riley.army.mil/UnitPage.aspx?unit=ACS.afap&nav=FamSvc>

**BRO Hero Contest** – On Friday, Sept 28th, the Division launched the BRO Hero contest out on our Facebook page. This contest is modeled after the extremely successful Best BRO Love Story contest we did earlier this year. This time around, we are asking our 1st Infantry Division fans to submit photos of their “BRO Hero” with a sentence or two about why this individual is their hero. At the end of the month, we will post all the photos and stories to the division’s Facebook page and ask the fans to vote for their favorite. The photo/story with the most likes on Oct. 29 will be declared the winner and will be featured in an article that will appear in the Veterans Day edition of the 1st Infantry Division Post.

**MY HERO**  
Stories by and about the 'Big Red One' Family

**WHO IS YOUR BRO HERO?**

Send a photo of your Big Red One hero and a few sentences about what makes your hero one of the best in the division to:  
*fightingfirstdivision@gmail.com*

Submit your stories and photos by Oct. 24 for a chance to be featured in the Veterans Day edition of the 1st Infantry Division Post.

For more information, visit the 1st Infantry Division Facebook or contact Mollie Miller at 239-6821.

**Flyers are all towards the bottom of the attachment this week:**

**YMCA Basketball sign-ups:** We have begun sign-ups for 1st & 2nd grade co-ed basketball. Forms will be sent home from school with the kids. Make sure to check their backpacks. You can also pick them up here at the YMCA front counter; I have attached one to this e-mail, and are available online at [www.junctioncityfamilyymca.com](http://www.junctioncityfamilyymca.com). The deadline is October 22nd at 7:30pm. After that day there will be a \$5 late fee. Games will be played Saturday mornings beginning in November. Practice days and times are completely up to the volunteer coach. 3rd – 6th grade basketball will begin in January. If you have any questions please feel free to contact me. And remember, we are always looking for volunteer coaches. POC: Brett Stewart, Program Director Junction City Family YMCA 785-762-4780, please see flyer below.

**K-State Research and Extension Grant has been extended:** You may have heard that our office was closing here at Fort Riley. But, just when you think you are getting rid of us, K-State pulls through and is funding us under a grant from the Family Nutrition Program which is administered through K-State Research and Extension. We will be limited to educating in the areas of basic nutrition, food safety, stretching your food dollars, basic cooking skills, food preservation, gardening, and family physical activity. All programming will be geared toward low income audiences, actually Food Assistance (formerly Food Stamps) eligible and below. They do not have to be participants in Food Assistance but we can also assist them in this area if needed. Most E-5 s with 3 non-working dependents and down to E-1s will qualify. I know this is confusing so it is best to call or email us with questions regarding qualification for programming. I have attached a flyer that will assist you in sharing our basic information and I do hope that we can still assist with Battalion and Unit events. As long as the majority of our programming is geared toward the low-income audience we will be within the funding guidelines and the information will be valuable to all. We are still in the Building 7285 and have the same email, Facebook, and phone number. Please come see us and let us help your Soldiers and family members with their nutritional needs. POC: Toni Jo Bryant, MS, Coordinator-Ft. Riley, K-State Research and Extension 7285 Normandy Drive RM 9 785-239-9991 Fax. 785-239-9548 Email [tjbryant@ksu.edu](mailto:tjbryant@ksu.edu) Please see flyer.

**October is Domestic Violence Month- Don't turn your back on Domestic Violence; Fort Riley Violence Prevention Campaign Oct 2012- please see the attached flyers for all the events happening in October**

**Fort Riley MWR will host a Sports Car Club of America (SCCA) Autocross on Sunday, 1000-1700 14OCT12 at Marshal Army Airfield.** This event is open to SCCA members and all active duty Soldiers. Cost is \$25. All classes of cars are welcome (SCCA has over 12 classes of competition). Trucks and SUVs are prohibited. Participants must preregister online at [salinascca.org](http://salinascca.org). Registration opens 17SEP12. Optional driver training will be offered on 131400OCT12 for those who want to get a leg-up on the competition. 1ABCT POC is SPC Craig at [Jacob.l.craig.mil@mail.mil](mailto:Jacob.l.craig.mil@mail.mil) or 239-0561.

**Jamie Jarboe, one of the Gold Star Wives from Ft Riley is asking for your boot donations! See the flyer attached.**

REGISTRATION DEADLINE OCTOBER 22, 2012



# YMCA 1st and 2nd CO-ED Basketball 2012 Registration Form

**REGISTRATION DEADLINE:** Monday, October 22nd, 2012

**SEASON BEGINS:** Season begins in November

Games will be played on Saturday mornings



This league is for  
boys & girls in  
1<sup>st</sup> & 2<sup>nd</sup> grade

**FEE:** \$27.00 (Includes T-shirt) We accept cash or check only.

**NOTE:** The 3rd - 6th grade basketball programs will start in January.

**NO PHYSICAL REQUIRED**

**\$5.00 late fee if not turned in by the October 22nd deadline**

**VOLUNTEER COACHES NEEDED. PLEASE CALL THE YMCA AT 762-4780**

CHILD'S NAME: \_\_\_\_\_ Male Female PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

AGE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_ GRADE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

\*\* If in 6th grade, put elementary school you attended last year

SHIRT SIZE: Youth Medium Youth Large  
Adult Small Adult Medium Adult Large X-Large

Pd \_\_\_\_\_ W \_\_\_\_\_  
Recp. \_\_\_\_\_  
Name \_\_\_\_\_

The Junction City Family YMCA **does not** provide medical or accident insurance for any youth programs. It is the responsibility of the participant's parents or legal guardian to provide such insurance if desired. In consideration of my acceptance in these programs, I do, release and forever discharge, the Junction City Family YMCA, its officers, employees and agents, and its successors and assigns from any and all claims of demands which I may have or might have at any time now or in the future, arising or resulting directly from my child's participation in these programs, including but not limited to any illness, injury, or occurrence arising there from. Furthermore, I declare my child to be in good medical condition for the participation in the above program. It is the Junction City Family YMCA's policy that all children wanting to participate in any YMCA sports program and can't afford to pay the fee, the YMCA will waive the fee. A \$5.00 processing fee is charged for any refund.

PRINT PARENT OR GUARDIAN NAME: \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN: \_\_\_\_\_

RELATIONSHIP TO PARTICIPANT: \_\_\_\_\_ DATE: \_\_\_\_\_

E-MAIL ADDRESS OF PARENT OR GUARDIAN: \_\_\_\_\_

### Volunteer Coaching Information

I am willing to be a Volunteer Coach Yes or No If yes, please indicate what grade level \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Please Return Form to:

Junction City Family YMCA  
1703 McFarland Road  
Junction City, 66441  
Phone: (785) 762-4780

Partnered  
with:



Envision Xpress is teaming up with the Jamie Jarboe Foundation and we are asking for donations of all your old boots.

**ANY COLORS AND IN ANY CONDITION!!**

The Jamie Jarboe foundation was founded in 2012 in honor of fallen soldier SSG. Jamie Jarboe. SSG Jarboe passed away March 21, 2012 after being shot in the Zhari District of Afghanistan in April 2011. SSG Jarboe was assigned to 4th Squadron, 4th Calvary Regiment, 1st ID. Let's help honor one of our own.



**DROP OFF LOCATION:**

**ENVISION XPRESS**  
7929 Apennines Drive  
Fort Riley, KS

Any Questions Contact  
Stephanie Swint @ 785-239-4801.

**If you want your soldier; active duty, reserve or veteran to be honored please submit photo with short bio!**

[www.jamiejarboe.org](http://www.jamiejarboe.org)  
[www.facebook.com/jamiejarboefoundation](http://www.facebook.com/jamiejarboefoundation)  
8554TeamJJF

Mailing address  
PO BOX 3926  
Topeka, KS 66604



Do you have trouble making your food dollars stretch until pay day? Would Food Assistance help? We're here to help qualifying Soldiers and their families! We teach basic nutrition, food preparation and all that goes with it. We can also assist you in obtaining Food Assistance.

**WE SPECIALIZE IN:**

Nutrition for all age groups  
 Basic cooking skills  
 Stretching your food dollars  
 Safe food handling

Nutrition in the classroom  
 Food preservation  
 Vegetable gardening  
 Family physical activity

Our research-based nutrition-related educational programs will help you gain

*"Knowledge for Life!"*

**CALL, EMAIL OR STOP BY OUR OFFICE:**  
**KSRE-FAMILY NUTRITION PROGRAM (FNP)**  
 7285 Normandy Drive, Room 9  
 Telephone: 785-239-9991  
 Email: [friley@ksu.edu](mailto:friley@ksu.edu)  
 Website: [www.FortRiley.ksu.edu](http://www.FortRiley.ksu.edu)

**Toni Jo Bryant, MS**-Food Safety and Stretching your food dollar, Basic cooking  
**Susan Schoneweis, MS, RD/LD**-Nutrition, Gardening, Food preservation, Basic cooking  
**Janae Svoboda**-Nutrition education in the schools



**Material funded by USDA SNAP. USDA is an equal opportunity provider. SNAP provides food assistance to people with low income. For information, call 1-888-369-4777**



**DON'T**  
**TURN YOUR BACK ON**  
**DOMESTIC**  
**VIOLENCE**

For more information Contact ACS @ 239-9435

Not sure which job is right for you? Use your personal interests to find jobs you'll love! Career Exploration Seminar at the FT Riley ACAP Main Center Bld 210, Room 006 10 October 1000-1130, Call 785-239-2278 or stop by the office to schedule a visit! Also check out the job fair on 23 Oct at Riley's Conference Center- see flyer!



The image contains two main parts. On the left is a flyer for a 'Job Fair' at Riley's Conference Center. The flyer features the text 'find a job' and 'find a job' in a circular graphic, the ACS logo, and the title 'Job Fair Riley's Conference Center'. It specifies the date 'Oct. 23 Noon-4pm' and lists 'OPPORTUNITIES FOR ALL' including regional employers, child and youth services, and Fort Riley personnel. It also states that the job fair is open to soldiers, military spouses, families, veterans, and the public. At the bottom of the flyer are logos for MWR, AETS, ESCR, and Kansas HHS. On the right is a graphic with a dark blue top section and a red bottom section. The top section contains the text 'Riley Families are #1' with a shield icon containing the number '1'. The bottom section contains the text 'Military Family Appreciation BBQ' and a list of activities: 'Oct 27, 11-2pm at RCC', '-Free BBQ and all the fixings', '-15 Professional Pit Master Teams', '-Square Dancing Displays and Lesson', '-Inflatables', and '-Activities for all ages'. At the bottom of the red section, it says 'All FREE'.

**Job Fair**  
Riley's Conference Center

**Oct. 23**  
Noon-4pm

**\*OPPORTUNITIES FOR ALL\***  
REGIONAL EMPLOYERS, CHILD AND YOUTH SERVICES, FORT RILEY PERSONNEL,  
EDUCATION AND TRAINING PROVIDERS, AND MANY MORE.

This Job Fair is open to Soldiers, military spouses and Families, Veterans and the public.  
Don't miss your employment or education opportunity

For More Information: Contact ACS Employment Readiness Program (785) 239-9435

MWR AETS ESCR KANSAS HHS

**Riley Families are #1**

**Military Family Appreciation BBQ**

**Oct 27, 11-2pm at RCC**  
-Free BBQ and all the fixings  
-15 Professional Pit Master Teams  
-Square Dancing Displays and Lesson  
-Inflatables  
-Activities for all ages

**All FREE**

**\*\*\* SAVE THE DATE\*\*\*:** Fort Riley Barn Door Bar-B-Que Military Family Appreciation Kick-Off on Oct 27<sup>th</sup> at 1100 at the Riley's Conference Center- see flyer above!

**HASFR- Historical and Archaeological Society of Fort Riley announces 2012 series of events: Ghost Tours** – 4-7 p.m., Oct. 28, Tour begins at the Custer House. Ghost Tours are annual guided walking tours that encompass a few housing areas on Main Post known for their 'haunts'. Guides lead tour groups to various stopping points where story tellers pass on true accounts of ghost stories from previous residents and workers of the properties. The Ghost tour is free to the public however donations are accepted! Refreshments are available for purchase at the beginning and end of the tour along with the HASFR Ghost Books.

**More October Activities- check them out!**

# All Treats Day

Monday, October 29<sup>th</sup>

5:15 p.m.  
(Line up between 9<sup>th</sup> & 10<sup>th</sup> St. for Parade)

The parade of costumed children forms at the corner of Washington & 9th Streets at 5:15 p.m., then marches down to 6<sup>th</sup> St., preceded by the JCHS Marching Band. Downtown businesses then pass out candy and treats to the children. Kids of all ages and parents are welcome to be in the Costume Parade...Just show up! Afterwards, children can enjoy games at the JC Municipal Bldg. located at 700 N. Jefferson St. beginning at 6:00 p.m.

**Admission is Free!**



For more information contact the JC Area Chamber of Commerce  
785.762.2632

**FREE!**  
(\$3.70 Daily Permit  
Required for State  
Park)

## Monster Myths by Moonlight

Saturday, October 13, 2012  
6:00 p.m. - 8:30 p.m.

Ride our hayrack and come explore our nature trail by moonlight. Learn the truth about spiders, snakes, bats, owls and other Halloween 'Monsters'. Come in costumes if you like, we'll be in ours! Enjoy cookies and cider with our own Mother Nature...

Milford State Park  
3612 State Park Rd.  
Milford, KS  
785.238.5323

**1**



Dorothy Bramlage Public Library  
Junction City




**READING WITH  
REPTILES  
FEATURING  
AUTHOR &  
HERPETOLOGIST  
DAVID NIEVES**

Frank Talk  
Wednesday, October 10  
7:00 p.m.

# ZOMBIE TOXIN

HAUNTED HOUSE

BOSS HAS TEAMED UP WITH ZOMBIE TOXIN IN JUNCTION CITY THIS YEAR FOR A GREAT VOLUNTEER OPPORTUNITY! IF YOU LIKE TO SCARE, HAUNT AND TAUNT THIS IS THE EVENT FOR YOU! BOSS WILL BE PROVIDING 15 SOLDIERS ON THE WEEKENDS OF OCTOBER TO WORK AT ZOMBIE TOXIN HAUNTED HOUSE! THIS WILL BE A GREAT EVENT TO EXPERIENCE THE AREAS BEST HAUNT AND TO BE A PART OF IT!

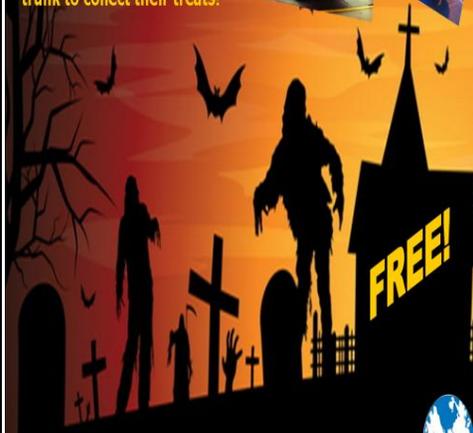


FOR MORE INFORMATION OR TO SIGN UP PLEASE CONTACT BOSS AT 785-239-2677 OR ONLINE AT [WWW.FACEBOOK.COM/RILEYBOSSWZ](http://WWW.FACEBOOK.COM/RILEYBOSSWZ)



# BOSS TRUNK OR TREAT

Come join BOSS at our 1st annual Post-wide FREE Trunk or Treat on October 31 from 6-9pm in the Commissary parking lot. BOSS will supply treats to hand out to our community at Fort Riley. Decorated cars will be lined up in the parking lot with trunks full of goodies and games. Children will go to each trunk to collect their treats!



If you are interested in volunteering your vehicle for the Trunk or Treat please contact BOSS for the application. Individuals, groups and Brigades/Battalions/Units are encouraged to participate in this post wide Trunk or Treat.

For more info or to sign up contact BOSS at 785-239-2677



# Bowling Halloween Party

**October 30**

Kids party starts at 5pm.

Kids and Adult Costume Contest. Kids start at 9pm.

**\$5.00 for kids**

**\$7.50 per adult (18&up).**

Food and drink specials all night.

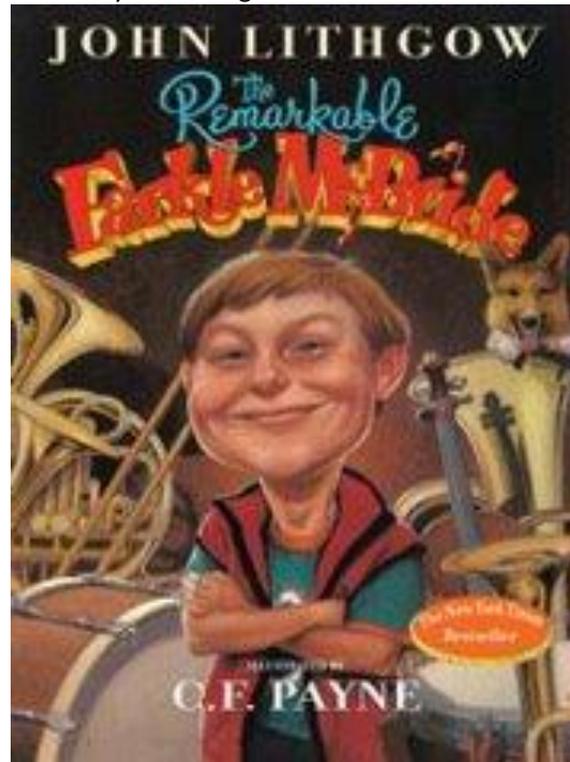
Kids that come in costume will receive a goody bag.



For more information call: 785-239-4366

[WWW.RILEYMWR.COM/BOWLING](http://WWW.RILEYMWR.COM/BOWLING)

**MCEC - Tell Me A Story Event – Will be Sunday, November 18, 2012 at 3:00 PM** located at CYSS Building 6620 Fort Riley, KS. ADMISSION IS FREE, but space is limited! Please reserve your space by emailing by November 11th: [PtoP.Riley@MilitaryChild.org](mailto:PtoP.Riley@MilitaryChild.org) > or calling: (580) 284-8806. They will be reading “The Remarkable Farkle McBride” By John Lithgow



**Welcome to the Military Community and Family Policy (MC&FP) Weekly eNewsletter providing you with access to the latest Quality of Life news and information from the Department of Defense and dates for upcoming Guard and Reserve onsite sales.** The link below will open up the MC&FP Weekly eNewsletter in your browser. If the link below does not work, please copy and paste the entire link into your browser window. <http://apps.mhf.dod.mil/mcfp/weekly> A PDF version of the newsletter is also available for download from the link above. Your MC&FP Team! Military Community and Family Policy Office of the Secretary of Defense. Providing policy, tools, and resources to further enhance the quality of life of service members and their families.

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