

Community Binder of Information

DECEMBER 2012



Operational Test Command



REPLY TO ATTENTION OF

TEOT-S

DEPARTMENT OF THE ARMY
UNITED STATES ARMY OPERATIONAL TEST COMMAND
81012 STATION AVE
FORT HOOD, TX 76644-6088



MEMORANDUM FOR SEE DISTRIBUTION

DEC 07 2012

SUBJECT: Christmas and New Year Safety Message 2012

1. As the joyous Christmas and New Year season approach, many of us will be traveling and participating in various parties or gatherings. As we gather with family and friends, we should remember those who are deployed this holiday season and the family and friends who await their return.
2. To ensure we remain a single cohesive unit, I direct that leaders have an in-depth discussion with Soldiers and civilians on holiday safety. As groups gather, ensure emphasis is placed on vehicle safety, suicide prevention, and the prevention of domestic violence. Incidents involving these three issues seem to spike during the holiday season. Fort Hood and OTC have the resources necessary to intervene – please make use of them.
3. The probability of vehicular accidents during the holiday season is increased due to extreme weather conditions in the regions we travel, congested roadways, driver fatigue, and alcohol consumption. I entrust leaders to conduct and promote privately owned vehicle (POV) inspections, and to discuss risky vehicular behavior. Consumption of alcohol before operating a vehicle is never a wise choice and in many cases will lead to tragic results. Soldiers traveling outside the local area on leave or pass must complete an online POV risk-assessment. I encourage our civilian and contractor workforce to use TRIPS at <https://safety.army.mil> as well. Monitor and check weather conditions frequently. Save that text until you're done driving.
4. I wish each member of the USAOTC family a memorable and safe holiday season. Keep in mind our FOA XIX and XX teams, which will be reuniting with families and leaving families, respectively. Remember them and their sacrifice when you give thanks this holiday season.

PLEASE BE
SAFE - WE NEED
YOU ALL, EVERYONE


JOSEPH M. MARTIN
Colonel, AR
Commanding

DISTRIBUTION:
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For those of you located at Forward Test Directorates, don't forget, if you have photos, video clips, upcoming events/fliers, or other information you'd like to share on our Facebook page - www.facebook.com/USAOTC, please send it via email to usarmy.hood.atec.mbx.otc.frg@mail.mil

Please include a brief description along with any photos or video clips.

Community Events and Information Inside This Issue:

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Did you know there are many additional fliers and information posted on the USAOTC Facebook page? Just go to

www.facebook.com/USAOTC

Find information by clicking on the events tab or check out the fliers the photos tab!

FORT BLISS

FAMILY THANK YOU BOWLING EVENT!

This Christmas Eve, Desert Strike Lanes has a present for you: Monday, December 24, Desert Strike Lanes hosts the Family Thank You event, featuring glow bowling, on-the-hour prizes and more, all to thank you for being you! The specials run all day - from 11 a.m. to 6 p.m.

In addition to all-day specials, take advantage of free bowling for the kids from 11 a.m.-1 p.m. Don't miss the Dollar Bonanza from 1-6 p.m., and enjoy \$1 bowling, shoe rental, hot dogs, candy, pizza, small fountain drinks and slushies.

Desert Strike Lanes is located at Bldg. 2949 Carter Road on Fort Bliss. For more information, call (915) 568-6272.



Hosted By Desert Strike Lanes on December 24th

CAR SEAT SAFETY INSPECTIONS

Nine out of 10 car seats are installed incorrectly. Is yours one of them? Find out at a free car seat safety inspection brought to you by

Army Community Service's Family Advocacy Program. Inspections will be held at the Auto Crafts shop in Bldg. 820 Marshall

Road from 10 a.m. to 1 p.m. December 15. To learn more, call 569-4227.

GINGERBREAD HOUSE CONTEST

Put on your apron and pull out your mixing bowls - it's time to get baking for the Old Fort Bliss Replica's gingerbread house contest! The contest is open to all ages and skill levels. Entries are being accepted now and must be turned in to the Old Fort Bliss Replica by 4 p.m. Saturday, December

15. Houses will be displayed in the gallery of the replica through December 15. Show off your skills for a chance to win great prizes! For complete rules, visit www.blissmwr.com/oldfortbliss.

Old Fort Bliss is located at Bldg. 5054 on Fort Bliss, at the corner of Pershing and Pleasonton. For more information, call (915) 568-4518



Family and MWR Goes Green & Social in 2013!

Mobile: For all our smart phone and tablet users, you will soon see a new version of the MWR website. The mobile version of www.fortbraggmwr.com will be user friendly and formatted to fit your phones and tablets!

BraggMWRNow.com : Are you looking for a few more details on our events or facilities? You can subscribe to the blog just as you do to any others. Simply click on the "Follow" tab on the bottom right hand corner of the site, enter your email address and you are all set. With an up-to-date events list, archives, photos and more, BraggMWRNow.com is certain to be a great resource for you, your family and your friends. To read the complete article, check out www.fortbraggmwr.com/publications



MWR RECREATION ONLINE SERVICES

This site allows you to start new registrations, make payments on your household balance, reprint receipts, purchase tickets, reserve classes or trips, along with other special activities. For more information visit <https://webtrac.mwr.army.mil/webtrac/braggrectrac.html>



FORT BRAGG MWR FACEBOOK TOWN HALL 13 DECEMBER

Fort Bragg is starting a series of "mini" Facebook Town Halls, allowing the community to pose questions directly to the various directorates around the installation. Their inaugural event will be

December 13th featuring Raymond Lacey, the new director of Fort Bragg Family and Morale, Welfare and Recreation. He will be online and ready to answer any questions you may have about the many

features of Fort Bragg Family and MWR. For more information check out the Fort Bragg MWR Facebook page!



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Fort Huachuca MWR Activities Registration Online

Did you know you can request and schedule your Golf Tee Time online? MWR Activities online registration allows you to start new registrations, make payments, reprint receipts, purchase tickets, reserve classes or trips, along with other special activities!

Check out <https://webtrac.mwr.army.mil/webtrac/huachucarectrac.html>

for more information

NEW!
 Click Here to request a Tee Time on line at Mountain View Golf Course



Click Here to Request a Tee Time on line at Mountain View Golf Course
Take an Outdoor Adventure
 TOURS, ADVENTURES & RENTALS
 Click Here

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10K ICEBREAKER RUN: Free for Active Duty, \$15 for all others

The Sports, Fitness and Aquatics Division will host the 10K Icebreaker Run Jan. 19, 2013 at 7 a.m., starting and finishing at Eifler Fitness Center. Registration for the run

(without t-shirt) is free for Active Duty until Jan. 4, 2013; for Active Duty for the run plus t-shirt, cost is \$5 until Jan. 4; and after Jan. 4, cost is \$15 for everyone. Register at Barnes Field

House, Eifler Fitness Center, or online at www.active.com. Registration ends at 9 p.m., Jan. 16. For more information, call 533-0041.

MOTORCYCLE SAFETY COURSE: Open to the general public

Outdoor Recreation has scheduled Weekend Motorcycle Safety Training Basic Riders' Course for Dec. 15 and 16, and Dec. 29 and 30 at

the MWR Rents Building 70914, Irwin Street. The two-day training is presented by "RideArizona." Cost is \$210 per person for military ID card

holders or \$235 per person for the general public. To register, go online to <http://arizonamotorcycle-safetycourse.com>

FORT SILL MWR IS MOBILE! SCAN THE MWR QR CODE BELOW

CONTACT US

Fort Sill Welcome Center
Bldg. 4700 Mow-Way Road
Phone: 442-3113/6472

Online: www.sillmwr.com
Facebook: Fort Sill FMWR
Twitter: Ft_Sill_MWR

Now you can get the latest information about your MWR community! Sign up for our e-newsletter at www.sillmwr.com.

Scan this code to sign up and receive weekly updates from Fort Sill Family & MWR

Need the app? Download a QR Reader (ScanLife, BeeTagg, Qrafter, etc) online.



2012 NEW YEAR'S EVE PARTY!

Join us at the Backbone Lounge located in the Historic Patriot Club for a New Year's Party on Monday, December

31 from 9 pm - 1 am. Enjoy appetizers, karaoke, pool and party favors. Cost is \$25 per person or \$40 per couple.

RSVP by Thursday, December 27 by calling (580) 442-4120.



RESILIENCE TRAINING FOR FAMILIES

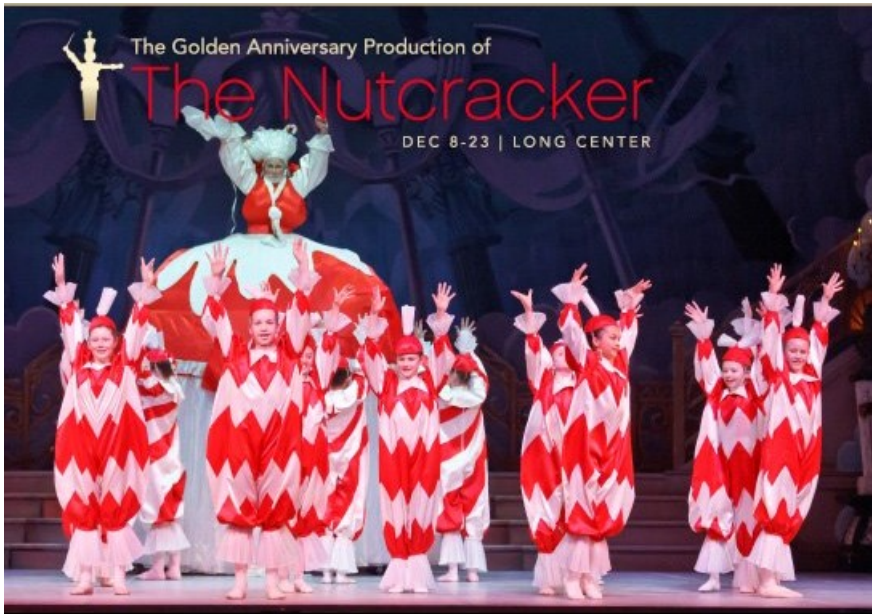
Resilience, the buzzword of the decade, is the ability to thrive in the face of life's everyday challenges. Fortunately, positive psychology tells us there are 13 teachable and learnable skills that every family member can use to be happier, healthier and more resilient. Join ACS certified instructors as we shift this very

popular Army curriculum out of the unit and back to "home base" with exercises, examples and fun taken straight from military family life. We'll Hunt the Good Stuff, Avoid Thinking Traps, Detect and maneuver around Icebergs, Manage our Energy, Problem Solve, Put it in Perspective and much, much more to

achieve Real Time Resilience! Register by 10 January!



The Golden Anniversary Production of The Nutcracker!



Special Guest Performance By a member of the OTC Command Team! This Saturday, 15 December at 2:00 p.m. at the Long Performing Arts Center in Austin Texas. Visit www.balletaustin.org for more information



USAOTC UGLY SWEATER & DOOR DECORATING CONTEST: 13 December

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| 13 December: Get ready for to win BIG at our unit UGLY SWEATER CONTEST and | HOLIDAY DOOR DECORATING CONTEST! Open to ALL OTC Personnel! | Judging will take place in the main foyer at 2:30 p.m. |
|--|---|--|

USAOTC HOLIDAY BOWL! 14 December

14 December: USAOTC Holiday Bowl at 1:00 p.m. Come out and celebrate the holidays by playing some “FRIENDLY” flag football! Open to all personnel. Location will be on the field across from the MS2TD/MCTD building. For those interested in playing submit your name via email to one of the team captains. **East Side Team Captain:** MSG Willey **West Side Captain:** MSG High
East Side OTC (AVTD, MTD and G4) vs West Side OTC (MS2TD, MCTD, and HQ) Showdown! All Spectators welcome !!





Military and Family Life

Consultants:

Fort Bragg:

(910) 391-9171

Fort Sill:

(580) 574 - 7364

Fort Bliss:

(915) 525- 4449

Fort Huachuca:

(520) - 405-2008

Fort Hood:

(254) 630 - 6218

MWR Websites:

Fort Bragg:

Fortbraggmwr.com

Fort Sill:

www.sillmwr.com

Fort Bliss:

Fortblissmwr.com

Fort Huachuca:

mwrhuachuca.com

Fort Hood:

Hoodmwr.com

Community Resource Links:

Fort Bragg:

<http://www.bragg.army.mil/fbr/pages>

Fort Sill:

<http://sill-www.army.mil/pages/AtoZ.htm>

Fort Bliss:

www.bliss.army.mil/Communityresourceguide

Fort Huachuca:

<http://www.army.mil/info/organization/huachuca/>

Fort Hood:

www.hood.army.mil/resources

Ready and Resilient is the Army's holistic approach to total healthcare for its Soldiers, Family members, and Civilians, both on and off the battlefield. The major components of Ready and Resilient are medical and personnel readiness. The major components are filtered through nine major topic areas - physical, environmental, behavioral, medical and dental, psychological, social, family, spiritual, and nutritional health. Each area further centers on maintaining, improving, restoring, and/or sustaining good health, strengthening resiliency, and preventing illness and injury. Ready and Resilient programs and medical innovations are on the cutting edge of medicine and are saving lives on the battlefield and in civilian communities. For more information check out www.army.mil/readyandresilient



Resilience Tips



Physical - Avoid alcohol and energy drinks/caffeine within 4-6 hours of bedtime. Avoid bright lights, LCDs, and "gaming" within 60 minutes of bedtime. Light shuts down melatonin production inside your brain which triggers sleep. So keep it dark before bedtime!



Emotional - Accomplishing a goal can seem very difficult if we think about it as one big step. Small steps, with continuous progress, get us where we want to be. Set small daily goals and celebrate the progress towards your big goal, one step at a time.



Family - Resilient families tend to affirm and support each other even when it is not always convenient; i.e. Billy's older brother said he would take over Billy's chores for the week so that Billy can complete his school project.



Social - Learning from others is one way we change our own mindsets. It can help us think and do the things that might help others - who are, sometimes without us knowing, learning from us.



Spiritual - Do you know someone personally who has demonstrated amazing resilience through really challenging circumstances? Think how you would like to imitate the spirit of that person.

HOTLINES & OTHER GOOD INFORMATION

National Suicide Prevention LifeLine:
(800) 273-8255

National Suicide Hotline:
(800) 784-2433

Military OneSource:
(800) 342-9647

Give An Hour:
www.giveanhour.org
info@giveanhour.org

24/7 Outreach Center
(866) 966-1020