



11D and Fort Riley Monthly News Update



Legislative Changes Impact Military Pay

Service members are affected by recent changes to the tax law, the National Defense Authorization Act for Fiscal Year 2013, and other entitlement changes. Social Security withholding taxes will increase to the normal rate of 6.2 percent. For the past two years, during the "tax holiday," the rate was 4.2 percent. This affects military and civilian employees.

Some of the other changes affecting service member's pay include:

- 1.7% basic pay increase effective in January
- Basic Allowance for Subsistence (BAS) increases 1.1%
- Basic Allowance for Housing (BAH) increases on average about 4.0%

The "fiscal cliff" agreement passed January 1 by Congress permanently extends income tax provisions enacted in 2001 and 2003 tax laws for income levels up to \$400,000 for individuals and \$450,000 for families, but allows income tax rates to rise on taxable income above those levels.

The dollar amount of the Social Security withholding increase varies depending on the individual's pay grade. Below are two examples from the Defense Finance and Accounting Service press release. The examples show the increase in Social Security withholdings (otherwise known as FICA) coupled with the 1.7 percent increase in basic pay. (These calculations do not include other payroll changes, therefore, net pay for an individual member in 2013 could increase, remain the same, or decrease.)

Previous rates - Dec 2012

	Gross Basic Pay	FICA (4.2%)	Net Basic Pay
E6 over 10 years of service		136.21	= 3,107.09
O3 over 6 years of service	5,271.90 -	221.41	= 5,050.49

New rates - Jan 2013 (includes +1.7% basic Pay raise and 6.2% FICA withholding)

	Gross Basic Pay	FICA (4.2%)	Net Basic Pay
E6 over 10 years of service		204.50	= 3,094.00
O3 over 6 years of service	5,361.60 -	332.41	= 5,029.19

In the example above, an E-6 with more than 10 years of Service in 2012 sees a reduction of \$13.09 in net pay. Likewise, an O-3 with more than six years of service would have a decrease in Net Basic Pay of \$21.30.

Service members are encouraged to review their January pay statement to see how these legislative changes affect you.

February 1, 2013

Calendar of Events:

6 FEB - Manhattan MRC Luncheon 11:30am

9 FEB - Annual Beer Fest 6:00pm

15 - 18 FEB - Division Training holiday

20 FEB - African American/ Black History Month Observance 11:45am

22 - 24 FEB -KSU Collegiate Rodeo

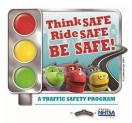
27 FEB - Post Retirement Ceremony 10:00am

28 FEB - JC/GC MAC Breakfast 7:30am

See pages 9 & 10 for more calendar updates.



Think Safe, Ride Safe, Be Safe Campaign



Think Safe, Ride Safe, Be Safe! is a new child transportation safety campaign from NHTSA and Ludorum, the producers of the Chuggington™ television series. The campaign provides you tools to help your child walk and ride more safely.

Traffic incidents continue to be a leading

cause of injury and death for children. Research show the key to traffic safety is education. Understanding that young children learn best when engaged, Chuggington and NHTSA have partnered to create an interactive traffic safety campaign that delivers life-saving lessons to kids preschool-aged to 3rd grade, all hosted by the "trainees" of Chuggington, Wilson, Koko and Brewster! Lessons focus on four main areas: pedestrian, bus, bike, and car seat safety.

The program includes a fun and informative Chuggington traffic safety website, topic-specific safety tip sheets, downloadable safety activity materials and more.

(Courtesy Army OneSource)

2013 Military Saves Campaign—Start Small Think Big!

To kick-off the 2013 Military Saves Campaign, the Department of Defense has designated 23 February through 2 March 2013 as Military Saves Week. As part of the larger nationwide America Saves Campaign, Military Saves is conducted in cooperation with the non-profit



Consumer Federation of America, which is one of the Department of Defense's Financial Readiness partners.

While the Military Saves Campaign is a year-long effort, Military Saves Week is an opportunity for our military community to come together with federal, state, and local partners and resources, including on-base military banks and credit unions, to bolster military financial readiness. Specifically, the Saves Campaign seeks to help service members and Families reduce their debt and save for the future; two key components to maintaining financial fitness and personal and Family readiness.

The America Saves slogan, "Start Small, Think Big" is shared by Military Saves and speaks to the long-term benefits of saving a little each month. To learn more about the campaign or for new savers to make a savings or a debt reduction pledge, please visit the Saves website at www.militarysaves.org.

(Courtesy Army One Source)

Updated Website Offers Resources for Military Kids



Despite the best of intentions, it can be hard for adults to completely understand the experience of being a kid in a military family. Not even the most sympathetic parent, teacher, or coach can fully

comprehend what it's like to watch your mom or dad go off to war, or to be the new kid in class once again. Sometimes there's no substitute for another military kid who has been through the same experience. But what about the child who doesn't have friends from other military families? Where can he or she turn for support?

To answer this need, the Defense Department created MilitaryKidsConnect

(www.militarykidsconnect.org) . The site, which is an initiative of the National Center for Telehealth & Technology (T2), includes age-appropriate games and activities designed to help children manage challenges such as moving and deployment. There are activities to teach kids about the countries where their parents are deployed, tips to help children know what to expect when their parent returns, and videos made by and for military kids. The sections for tweens and teens feature secure message boards that allow children to share their stories with other military kids. The site also includes pages for parents, caregivers, and teachers which offer strategies for helping children cope and links to useful resources.

Since its launch in January 2012, the MilitaryKidsConnect has served more than 125,000 visitors and won five industry excellence awards. To mark the one-year anniversary, the website added new content designed for children, parents, and educators. Visitors to the site will now find new features such as graphic novels and mini-documentaries by military kids sharing their experiences. The site also includes lesson plans and information on military culture to help teachers, school counselors, and educators to better understand the differences between military and civilian youth. The site will continue to add updated information and features with the goal of helping military children – and the adults who care for them – cope with the challenges of military life.

(Courtesy National Military Family Association)

Buyer Be Ware: Lookout for Cyber Shopping Scams



How many of society shop online? A large portion enjoy the option of shopping online due to busy schedules, or they just prefer not to deal with crowds. But how many pay attention to see if they are visiting secure sites to shop on. Hackers will use many different tactics to gain your personal and financial information.

The following tips can help protect you from becoming a victim to a Cyber Crime:

- Keep your computer, browser, anti-virus and other critical software up to date.
- Only buy from reputable sites and pay attention to URLs. Malicious websites may look similar to a legitimate site, but
 the URL may use a variation in spelling or a different domain (e.g., .com vs. .net). Also look in the address box for
 the "s" in https:// before any transaction. That "s" tells you that the site is taking extra measures to help secure your
 information.
- Beware of deals that sound too good to be true. Use caution when opening email attachments and do not follow unsolicited web links in email messages and pay special attention to extremely low prices on hard-to-get items.
- Check privacy policies. Before providing personal or financial information, check the website's privacy policy to ensure your safety.
- Use a credit card instead of a debit card. There are laws to limit your liability for fraudulent credit card charges, and you may not have the same level of protection when using your debit card.
- Keep a record of your order. Retain all documentation from the order in the event your purchase does not ship or if there are unauthorized charges on your bill.
- Check your statements. Keep a record of your purchases and copies of confirmation pages, and compare them to your bank statements. If there is a discrepancy, report it immediately.



Child Identity Theft and Computer Security

We as consumers are aware that our identity can be stolen, but have you thought about your children's? Thieves do not limit themselves to only adults identities. A child's social security number can be used to open up bank and credit card accounts, turn utilities on, etc. There are warning signs that will signal you to the fact that your child's social security number has been compromised. Here are a few examples:

- be turned down for government benefits because the benefits are being paid to another account using your child's Social Security number
- get a notice from the IRS saying the child didn't pay income taxes, or that the child's Social Security number was used on another tax return
- get collection calls or bills for products or services you didn't receive

Many times our schools require personal information about our children. Always has ask how that information is stored, collected, what it is used for and how it is thrown away. This is another way of protecting your child's identity.

Other ways of protecting our children falls under Computer Security. Talk to your children about protecting their own information (i.e. account names and passwords, social security number). Talk to them about Malware. Let them know not to download anything unless they trust the source or it has been scanned by your computers security system. A lot of times hackers will get access to your personal information by targeting your children with "Free" apps, ring tones, etc. Remind them not to share their passwords with friends or anyone but themselves and their parents. Teach them to make long, strong passwords and not use a lot of adjacent strokes. This will deter a hacker from breaking into your computer via your children's accounts.

Do you — or your kids — download "apps" to a phone or social networking page? Downloading may give the app's developers access to personal information that's not related to the purpose of the app. The developers may share the information they collect with marketers or other companies. Suggest that your kids check the privacy policy and their privacy settings to see what information the app can access. And consider this: Is finding out which cartoon character you are really worth sharing the details of your life — or your children's? For more information visit www.consumer.ftc.gov.

Protect Personal Information

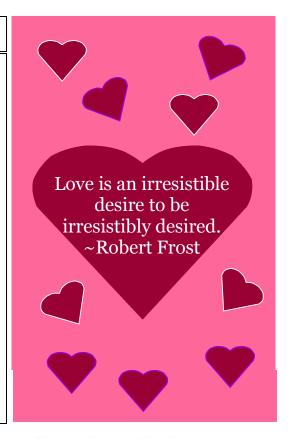
STOP! THINK! THEN CONNECT. Think carefully about the kinds of information, comments, photos, and videos you share online.

Do not post job related information about: Personnel movements (itineraries, rosters, time tables, travel plans); current or future operations (movement of forces, capabilities & limitations, coalition & participating forces); intelligence, reconnaissance & surveillance (TTPs, capabilities and limitations, operational reporting); or communication in support of operations (work email addresses, logins and passwords, details of specific equipment, infrastructure and call signs).

KNOW YOUR AUDIENCE: Consider who may have access to your profile: family, friends, friends of friends, your school, college admissions officers, potential employers. Use available privacy settings to manage your audience.

Your privacy is only as protected as your least reliable friend allows it to be. When you choose to share information with friends, those friends can make their own decisions about forwarding your content.

Think carefully before sharing.

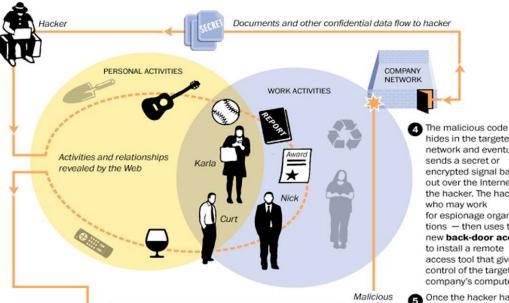


Social engineering: Using social media to launch a cyberattack

Hackers penetrate secure networks by attacking the weakest links in cyberspace; human beings.

- In this example, a hacker targets an intelligence contractor. To penetrate the company's network. he wants to trick a low-level employee. Karla, into downloading malicious software. The hacker studies Karla, who is active on Twitter, Facebook and other social media. The hacker harvests personal information that will help him manipulate her.
- The profile reveals that Karla is single, enjoys wine, plays classical guitar and is a member of her company's softball team; at her job she sometimes contributes to a public report and recently received an award. Nick is her boss at work. She socializes with Curt, a colleague.
- The hacker crafts an e-mail to Karla, making it appear to be from one of her associates. It urges her to open an attachment, which contains the malicious code

An alternative ploy might involve an e-mail to Karla suggesting a local bar. In this attack, the bar's Web site has been co-opted by the hacker, who has loaded it with the malicious code. When she visits the Web site, the code downloads to her machine.



Please open this attachment concerning our recent report. Congrats on the award! Nick

Let's talk softball and guitar over drinks after work. How about this watering hole? http://bit.ly/RQICOI hides in the targeted network and eventually sends a secret or encrypted signal back out over the Internet to the hacker. The hacker who may work for espionage organizations - then uses the new back-door access to install a remote access tool that gives control of the targeted company's computers.

Once the hacker has secret access to the company's network, he can steal information, spy on the company or disrupt its operations. He may also use the access to open pathways to other contractors in the intelligence community.

The Washington Post, Patterson Clark and Robert O'Harrow Jr./The Washington Post, Published on September 26, 2012, 8:10 p.m.

What is Geotagging? Geotagging your Photos and Concerns

Geotagging is the process of adding geographical identification to photographs, video, websites and SMS messages. It is the equivalent of adding a 10 -digit grid coordinate to everything you post on the internet. Geotags are automatically embedded in pictures taken with smartphones. Many people are unaware of the fact that the photos they take with their smartphones and load to the Internet have been geotagged. Photos posted to photo sharing sites like Flickr and Picasa can also be tagged with location, but it is not an automatic function.

Geotagging Photos- Photos have used geotagging for quite some time. Certain formats like the JPEG format allow for geographical information to be embedded within the image and then read by picture viewers. This shows the exact location where a picture was taken. Most modern digital cameras do not automatically add geolocation metadata to pictures, but that is not always true. Camera owners should study their camera's manual and understand how to turn off GPS functions. On photo sharing sites, people can tag a location on their photos, even if their camera does not have a GPS function. A simple search for "Afghanistan" on Flickr reveals thousands of location tagged photographs that have been uploaded.

OPSEC Concerns - Tagging photos with an exact location on the Internet allows random people to track an individual's location and correlate it with other information. Soldiers deploy to areas all over the world. Some locations are public, others are classified. Soldiers should not tag their uploaded photos with a location. Publishing photos

Signed in as CNET.com.su

Home
You Organize Contacts Groups Explore

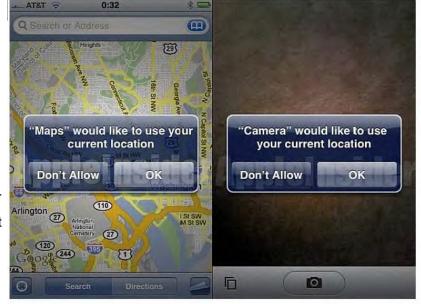
Find a location

Sydney Opera House at...
from Soci Bassan

1 of 6

1 of 6

Prev Next



of classified locations can be detrimental to mission success, and such actions are in violation of the Uniform Code of Military Justice.

Avoid geotags on photo sharing applications- Many photo sharing applications give the user the opportunity to geo-



tag a photo. In some cases, these geotags can add context to a photo, but when it comes to Army operations, geotagging operational photos is not allowed. Users can delete geotagged photos, but once the information is out there, it's out of the user's hands. Even if posted briefly, the enemy can capture vital information and record exact grid coordinates of troop populations.

Social Media Fact- Something as simple as loading a photo of your bunk in Afghanistan to Flickr, then geotagging it, can bring a mortar right into your area of operation.

Turn off GPS Functions on smartphones - One of the simplest ways to avoid displaying too much information is to disable the geotagging function on smartphones. It's important that all users

understand their specific systems and make efforts to turn off their phone's geotagging function.

Out and About the Fort Riley Area

2013 Manhattan Area Garden Show

Hourly Seminars • Silent Auction • Free Admission • Door Prizes

Saturday, February 16 9:00 a.m. - 5:00 p.m.

Sunday, February 17 Noon - 4:00 p.m.

Pottorf Hall, CiCo Park 1710 Avery Avenue Manhattan, KS





Like us to receive the latest news and notices from the Extension Office!

K-State Research & Extension is an equal opportunity provider and employer. If you have any special requirements due to a physical, hearing, or vision disability, please contact the Riley County Extension Office at 785-537-6350 or send an email to:

2013 Manhattan Area Garden Show

Seminar Schedule - Clover Room

Saturday, February 16

Sunday, February 17

10:00 a.m. How an Irrigation Audit May Improve

Your Water Bill

Cathie Lavis - KSU Horticulture

1:00 p.m. K-State Top 40: The Best of the Prairie Star Flower Research Trials

Alan Stevens - KSU Horticulture

11:00 a.m. **Growing Kansas Fruit** Ward Upham - KSU Horticulture

2:00 p.m. Spectacular Shrubs Cheryl Boyer - KSU Horticulture

Beautiful Roses You Could Grow Noon

3:00 p.m. Growing Vegetables to Survive a Drought

Drought Tolerant Plants Nancy Moore - Blueville Nursery

2:00 p.m. Mulching to Hold Moisture

1:00 p.m.

Rhonda Janke - KSU Horticulture

3:00 p.m. Preserving the Harvest

Karen Blakeslee - KSU Food Science

4:00 p.m. Irrigating Plants

Josh Chabon - KSU Horticulture



Register your kids for free for Campus Kids Day!



Participants will receive a K-State Tennis t-shirt, show off their skills in a serve contest, enjoy cookies and refreshments and meet Willie the Wildcat!

K-State

Body First Tennis and Fitness Center FREE ADMISSION!

Register online at www.kstatesports.com

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Out and About the Fort Riley Area





Who: Children ages 8-15. First Priority to those families with a family member combat wounded or KIA. All Military children may apply!

What: Free summer camp - five overnights

When: 14-19 July 2012; final check-in and child drop-off Sunday, 14 July at 1400.

Where: Rock Springs 4-H Center

Things to Do: Archery, rifle, canoeing, horse riding, arts & crafts, environmental education

To Apply go to www.campcorral.org The site has a direct registration link, hundreds of photos, and camp videos. Children of KIA or combat wounded parents will receive confirmation of acceptance within two weeks of applying. Other registrations will be confirmed mid-May as space allows. From Homepage go to 'About,' click 'See the Camps,' then select 'Rock Springs 4H'

Camp Corral is a nation-wide program funded by the Golden Corral restaurant chain. The program funds a week at summer camp for the children America's military heroes, especially those who have been injured in the line of duty. Fort Riley's local camp for the program is Rock Springs 4-H Centerlocated 12 miles south of Junction City. There are slots for 240 children.

Father Daughter Sweetheart Dance

Join RSVP of the Flint Hills in hosting the 2nd Annual Father Daughter Sweetheart Dance. This event will be held at the Houston Street Ballroom from 2pm to 4pm on February 10th, 2013. Tickets are \$10 for fathers/grandfathers and \$8 for daughters/granddaughters - ages 4 to 13. Get dolled up and dance the afternoon away! Enjoy quality time with your daughter/granddaughter! A complimentary photo, drinks, and refreshments will be provided to all of those in attendance. Purchase your tickets today at the RSVP office located at 433 Houston St.

For more information please call 785-776-7787.

Manhattan MRC February Luncheon

The February MRC Luncheon will be held on Wednesday, February 6th from 11:30am- 1:00pm at the Clarion Hotel.

Fee for all attendees is \$15.00. February's speaker is Mrs. Sandy Risberg, who will be presenting on educating military children and how to best equip educators to teach and understand military children. The luncheons are held monthly at varying locations in Manhattan.

Please contact Alison Pulcher at (785) 776-8829 ext. 252 or via email at alison@manhattan.org to RSVP.

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Out and About the Fort Riley Area







Sunday February 24, 2013

Doors 8:00 pm Concert 8:30 pm

Tickets available at Varney's, RB Outpost, Corey's Corral or at www.rpaconcerts.com On sale 2/1/2013 The Wareham Manhattan, KS 410 Poyntz Ave

Tickets \$18

Like

RPA Entertainment



@Rpaconcerts



Josh Thompson



Friday March 8, 2013

Doors 8:00 pm Concert 8:30 pm

More Info Soon

For any questions
Call 913-269-1404
On sale 1/28/2013

@Rpaconcerts

The Wareham Manhattan, KS 410 Poyntz Ave

Tickets \$20

Like

RPA Entertainment

Eat Drink and Be Murdered



Join us as we celebrated Rose's 60th Birthday 6 p.m.

Saturday, February 16 www.junctioncityac.org

Wine & Valentines

Wednesday, Feb. 6 p.m. \$15

Valentine Craft Night.

We're making cards for that special Valentine. You're welcome to bring a bottle of wine, we have the cork screw and glasses.



C.L. HOOVER OPERA HOUSE 2013 WINTER & SPRING EVENTS

BOX OFFICE: 785-238-3906 www.jcoperahouse.org

CHARLOTTE'S WEB

January 27 [3:00 pm] TheatreWorks USA presents E.B. White's beloved story of friendship, bravery & selfless love

COLONIAL CLASSIC FILM: SLEEPLESS IN SEATTLE

February 9 [7:30 pm]
Timeless coast-to-coast romantic
comedy starring Tom Hanks & Meg
Ryan, inspired by "An Affair to
Remember"

COMMUNITY THEATER: THE MIRACLE WORKER

February 15-16 [7:30 pm] February 17 [2:00 pm]

TALLGRASS FILM FESTIVAL ROAD SHOW

March 1 [7:30 pm] A selection of independent short dramas & documentary films

REZA: ILLUSIONIST

March 14 [7:30 pm] An amazing mixture of light, sound and today's most incredible magic

LET ME BE FRANK – AN EVENING WITH SINATRA

April 13 [7:30 pm] Steve Shininger and his his 'little big band' perform a tribute to Frank Sinatra — a delight for all ages

3 DIVAS AND A MIC

May 4 [7:30 pm] Comics Just June, Barbara Carlyle & Julie Scoggins put the "D" in Diva

COMMUNITY THEATER: INTO THE WOODS

May 10-11 May 12 [7:30 pm] [2:00 pm]

COLONIAL CLASSIC FILM: THE STING

May 26
[3:00 pm]
Academy Award-winning
caper starring Paul
Newman and Robert
Redford

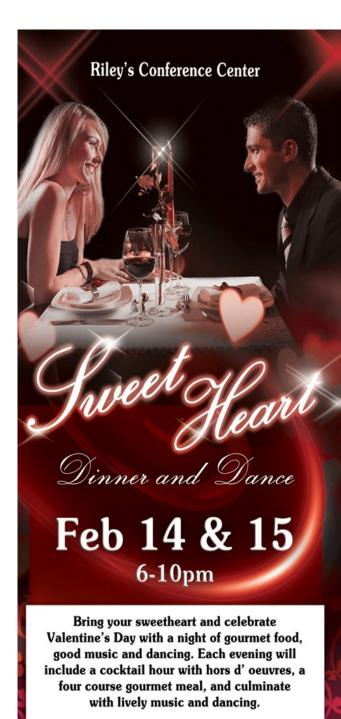
CLASSES @ THE OPERA HOUSE

ZUMBA! Tues & Thurs 9-10 am Sat 10-11 am

KINDERMUSIK

Sat 9-9:30 am (Ages 2-4) 9:30-10 am (Ages 4-6)

Follow us on Facebook for the latest Opera House news, events and discounts



In order to make this a truly special occasion, reservations will be limited and tickets must be

purchased in advanced for each evening.

OPEN TO THE PUBLIC For More Information, call 785-784-1000



Command Spouse Training Seminar

February 11th & 12th, 0900-1200 FREE Childcare is available with early registration Call ACS to register 239-9435

- A Day In The Life Of
- •Integration into the Company
- •Roles and Responsibilities
- Crisis and Coping
- Customs and Courtesies
- Q&A Panel











Join us to learn more about the Army and yourself at **Army Family Team Building Classes**

Level 1

Level II

Level III

January 23-24 or (for working spouses)

February 2
-Chain of Command

- Benefits and Entitlements

-Financial Readiness

February 19-21

- Stress Management/ Personality Traits
 - Problem Solving
- Intro to leadership

March 19-21

Leadership StylesDelegation

- Coaching and Mentoring



Going to a Ball?
Customs and Courtesies:
A Night Out
February 13 10:00-12:00

All classes are held in the RLC Building 7285 Normandy Drive from 9am- 3pm

Free childcare is provided with registration.

To register call ACS Resilience Learning Center (785) 239-9435

About the Speaker

Hal Edward Runkel, LMFT



has been inspiring family change in a number of ways for over ten years. A former minister, Hal is a Licensed Marriage and Family Therapist (LMFT), relationship coach, seminar leader, author of the ground-breaking ScreamFree Living book series and founder of The ScreamFree Institute, the organization that transforms relationships. Hal has been successfully leading students, teachers, parents and families in his ScreamFree re-lationship methods since the very early years of his training. Hal and his wife, Jenny, have been married for a mostly ScreamFree 19 years and enjoy ScreamFree parenting their two children. Hannah and Brandon. They live just outside Atlanta, Georgia.

Hal Runkel is the creator of the ScreamFree Marriage program and author of the New York Times National Bestseller, ScreamFree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool.



2nd Appearance at Fort Riley!

The Six Principles for A

screamfree MARRIAGE

Join us for this life-changing marriage event!

Tuesday 12 February, 1800-2000 CYSS, Bldg 6620 Normandy Dr.

Includes Free Dinner (Adults only) and Free Childcare but you MUST register for childcare no later than 2 Feb.

Please call ACS/FAP at 785-239-9435 to register.

Free ScreamFree Books/DVDs for first 150 Couples to register!

Combining timeless principles, the foremost clinical research, and a LOLvision for intimate relationship unlike most everything you've ever heard. ScreamFree Marriage is not about "fighting fair" or "meeting one another's needs" or "becoming more compatible." None of these can truly grow you as a person or improve your marriage. A ScreamFree Marriage begins with calming your own anxiety and focusing on individual self-respect, championing your own personal growth as the key to intimacy. ScreamFree Marriage actually celebrates the differences between you and your spouse as the foundation for a great marriage, a message that really hits home with many military families.

**A ScreamFree has been extremely effective in working with families on the installation. The ScreamFree message and materials have done wonders for families in crisis, as well as for families just looking for a little extra help. I've even trained military leaders who have put these principles into play with their platoons with amazing success.



- Stanley Austin, ACS Director



INTRODUCE LASTING CALM TO THE COUPLES YOU SERVE

ScreamFree Marriage Training

12-13 February 2013, 0830 - 1630 ACS Building, 7264 Normandy Dr. To register, call FAP at 785-239-9435

Don't miss this life and career changing 2-day session. (Includes 14 CEUs)*

Do you work with military couples; trying to help them navigate the stresses of Army life? Are you looking for a more effective curioulum that engages both men and women to embrace their roles as spouses? Are you already trained in ScreamFree Parenting and looking to increase the work you do with families?

If so, then this special two-day class is right for you Join twenty of your peers as Riley becomes one of the first installations to offer ScreamFree Marriage Leader Certification!

The ScreamFree Approach, which has been featured regularly on NBC's The Today Show, is grounded in Systems Theory and presented in everyday language. It is ideal for today's stress-filled world because it provides a simple and direct path to lasting changes in couples. ScreamFree Parenting has proven to be extremely effective in helping military families feel more resilient and capable to handle the natural difficulties of parenting in military life. Now, ScreamFree Marriage applies these transformative principles to the challenges of married life in the Army.

If you are ready to add this dimension to your work with couples and see amazing results, join best-selling author and ScreamFree founder, Hal Runkel, LMFT, and his team in a two-day experience you won't forget.

Please register by calling ACS/FAP at 785-239-9435.

* CEUs are provided for qualified professionals who attend.

"As a military spouse working in the giving profession, this information was exceptional."

"ScreamFree blew me away! It helps me engage my toughest clients and does wonders for all families."

- Michele Barber, FAPM, Heidelberg, Germany

"I believe the calmness that comes from this training is a huge start to saving military families."

- MFLC, Fort Sam Houston

The ScreamFree Institute

Founded by Licensed Marriage and Family Therapist and TODAY Show regular Hal Runkel, the ScreamFree Institute ignites hope in parents, couples and leaders to strengthen their relationships through the power of calm.

In partnering with the Army, through late 2012, ScreamFree has:

- trained and certified over 600 military family professionals
- delivered life-changing classes to over 4,000 families
- provided impactful and engaging curriculum to over 6,000 families

The ScreamFree way challenges adults to calm down, grow up and grow closer with the ones they love. The Institute is located just outside Atlanta, Georgia.

ScreamFree Facilitator's Kit



Do you want to start leading marrige classes today? he ScreamFree Marriage MRI Teach out of the Box ("TOOB") Kit gives you everything you need.

(Each participant will receive one.)

screamfree

The ScreamFree Institute, Inc. 45 Technology Parkway South, Suite 240, Norcross, GA 30092 Telephone: 1.678.672.6410
Toll-Free: 1.800.860.0771
Web: www.screamfree.org

A 501(c)(3) not for profit organization

FREE Child Care for FRG Meetings!!!

Fort Riley Child & Youth Services now provides free childcare for Family Readiness Group Meetings. This is open to all units on Fort Riley. Contact your FRG leader or Family Readiness Support Assistant (FRSA) to make your childcare reservation once CYS registration has been completed. CYS registration of your child or children is mandatory!



Location of childcare will be determined by the age of child/children; the sites of childcare are Warren Road Child Development Center, Bldg. 6950 and/or School Age Services,

Bldg. 5810. Time of childcare offered is from 6:30pm to 8:30pm. Reservations for care will be taken up to three days prior to scheduled childcare opening!

Future dates of childcare are as follows:

February - 12th

March- 12

April - 9

May- 14

For more information, please contact the Central Registration office at (785)239-9885 or stop by Bldg. 6620 Normandy Dr.



• February is Children's Dental Health Month

- We will be visiting Schools and all CDC's
- The DENTAC Tooth Fairy will be present
- Oral Hygiene classes will be given
- Toothbrushes and Pencils will be distributed

Sports Registration Deadlines

Adult Sports:

Feb 7 – Dodgeball Tournament

Feb 21 – Futsal Tournament

Feb 28 – Community Life Flag

Football

Youth Sports:

Feb 5- Snow Tubing

Feb 20- Family Fitness Night

Feb 22 – Spring Soccer





For more info visit: Rileymwr.com



Ever wish you could compliment someone for doing a good job or wanted to make a complaint but didn't know where to go? Click on the following link and leave your ICE Comment and it goes to the appropriate personnel to take care of your concern. http://ice.disa.mil/index.cfm?fa=site&site_id=17

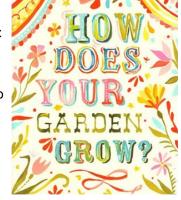
OCSC Presents Casino Royale on

April 13, 2013

OCSC Monthly Luncheon (How does your garden grow?) Scheduled for 21 February at 11:00 am – Riley's Conference Center

Are you tough enough to garden in Kansas?

Whether you're interested in planting flowers around your home, becoming a vegetable farmer, or maintaining a



container garden, expert horticulturalist Susan Schoneweis will answer all of your gardening related questions.

Cost is \$15 per person. **RSVP to** <u>reservations@fortrileyocsc.com</u>

Our Community Spouse Club (OCSC)

Membership Sale

January marked the half-way point of our membership year, so new memberships are only \$15. All the same benefits and perks, but at a lower price!





OCSC Presents Casino Royale on

April 13, 2013

The Fort Riley OCSC presents Casino Royale! Whether your favorite 007 is Daniel Craig, Sean Connery, Timothy Dalton, Roger Moore, or Pierce Brosnan, this annual event is the place for you! Grab your favorite Bond girl and try your hand at craps, blackjack, or poker! Make a bid and try to take home one of the coveted OCSC baskets from the basket auction. At last year's basket auction, the OCSC raised over \$25,000 for disbursements to organizations such as the Fort Riley Combined Scholarship Fund! Don't miss out on this amazing opportunity to support our community and have an amazing time!

This OCSC event is open to the public. The prepay price of \$20 per ticket gains you entrance to this world-class event, as well as, food and a drink ticket. Purchasing a ticket on the evening of the event will cost \$25. Tickets will be on sale at the OCSC's February and March luncheons. You may also contact reservations@fortrileyocsc.com to reserve tickets or purchase them through this website.

Casino Royale will begin with a walk on the red carpet, photo opportunities, and dinner. Items in the Live Auction*, Silent Auction and Opportunities are on display the whole evening. Doors will open at 6 pm.



* OCSC is seeking any Fort Riley unit coffee group, Community Organization, or Local Businesses to provide "Baskets" for their auction. Your organization may theme your basket in any way that you choose. The only limit is your imagination! If you visit their website (http://www.fortrileyocsc.com/events/casino-royale-2013) they have a list and pictures of "baskets" that were provided for last year's event.

THE FORT RILEY COMBINED SCHOLARSHIP

Undergraduate college and vocational school scholarships are offered to Fort Riley affiliated seniors, current college/vocational students, and spouses of active, retired, or deceased military member(s).

Applications can accessed online at www.riley.army.mil, local high school liaisons, back of this newsletter and Junction City and Manhattan Military Affairs councils. Application submission deadline must be postmarked NLT 28FEB 2013

Mail to: Fort Riley Combined Scholarship Board, P.O. Box 2082, Ft Riley, KS 66442

POC Jean Anderson, FRCSB Chairperson (785) 209-5470 or at fortrileyscholarship@gmail.com



February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Wallocan	A IDOT De desla ser esta Mile	day 4 22 February 1944-1-		1 Registration for Camp Corral Opens	2
3	4	5	dow 1-22 February "Welco		8	9
TBD - USO Superbowl Party 1100 - WarriorZone Superbowl Party		Yellow Ribbon Social 6:00pm	1130 - Manhattan MRC Lunch		Gospel Celebration 5:30pm at WTB Clamshell	0900 - 8th Annual Dogdeball Tourney 1800 - Annual Beer Fest at RCC
	04-	1 08 FEB Resilience Spouse	I Academy @ Resiliency C	Center		
10	11	12 1145 - 1ID/National Prayer Luncheon	13 USO "No Dough" Dinner 5:00pm MCCW Spring Kick-off Ash Wednesday Masses 6:00nm	14 1800 - Valentine Dinner and Dance	15 Garrison RDO	16
17	18	 19	20	21	Division Trainina Holid	23
		Yellow Ribbon Social 6:00pm	African American /Black History Month Observance 11 ⁻⁴ 5am		Fort Riley Network Meeting 10:30am AER Campaign Kick Off	1900 - Flick and Float at Eyster Pool
Division Training Holi					KSU Collegiate Rodeo	22-24Feb
24 Military Appreciation at Rodeo	25		Meeting 9:00am Post Retirement Ceremony	28 JC/GC MAC Breakfast 7:30am Deadline for FRCS Applications		

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Happy St. Patriok's Day!			1 Garrison RDO	2
3	4	5 Yellow Ribbon Social 6:00pm	6 1130 - Manhattan MRC Lunch	7	8	9 Great Escape Expo
10	11	12	13 2-1 GSAB Change of Command 10:00am	14	15 DRMEW Ceremony 3:00pm	16
17	18 Yellow Ribbon Social 6:00pm		20 Women's History Month Observance 11:45am 473/475 Spring Break 18 -	Salar Sa	22 Garrison RDO	23
24	25 NCO/Soldier of the QTR Ceremony 3:00pm	26	27 FRG Senior Advisor Council Meeting 9:00am	28 JC/GC MAC Breakfast 7:30am West Point Founders Day Dinner	29 Fort Riley Network Meeting 10:30am	30 Jiday 21-24 March
31						

Send your events, news, contact information, etc., to:

Stacie Dumas 1st Inf. Div. FRSA Building 580, Room 333

All information needs to be received by February 25, 2013 for the next monthly newsletter.

Phone: (785)240-1251 Fax: (785)239-0416

E-mail: stacie.r.dumas.civ@mail.mil stacie.dumas@us.army.mil





On the Web!

1st Infantry Division & Fort Riley Homepage - www.riley.army.mil

Fort Riley MWR - www.rileymwr.com

Army vFRG- www.armyfrg.org



Fort Riley Religious Support - www.riley.army.mil/UnitPage.aspx?

US Army Homepage- www.army.mil

MyPay - https://mypay.dfas.mil

Irwin Army Community Hospital - http://iach.amedd.army.mil

Ready Army - www.riley.army.mil/areainfo/readyarmy.aspx

Fort Riley MWR Twitter Page - http://twitter.com/rileyfmwrbear

1ID Facebook Page - http://www.facebook.com/1stInfantryDivision

Fort Riley Facebook Page - http://www.facebook.com/FortRiley

1ID Flickr Page - http://www.flickr.com/photos/firstinfantrydivision/

Did You Know?

Supreme Court of the United States met for the first time, February 1, 1790.

- By the Treaty of Guadalupe Hidalgo, Mexico gave New Mexico and California to the United States, February 2, 1848.
- Confederate States of America organized by a temporary committee that met at Montgomery, Ala., February 4,1861.
- Amendment 24 to the U.S. Constitution, banning poll tax, proclaimed, 1964.
- The United States Senate ratified the peace treaty ending the Spanish-American War, February 6, 1899.

Amendment 20 to the United States Constitution, moving Inauguration Day to January 20, proclaimed, February 6, 1933.



VALENTINE'S DAY is celebrated on February 14 in most western countries.

- Thomas A. Edison patented the phonograph, February 19, 1878.
- Astronaut John H. Glenn, Jr., became first American to orbit the earth, February 20, 1962.
- Richard M. Nixon became first U.S. President to visit China, February 21, 1972.

- Amendment 25 to the U.S. Constitution, on presidential succession, proclaimed, February 23, 1967.
- Amendment 16 to the Constitution, authorizing the income tax, proclaimed, February 25, 1913.
- The third Monday in February is PRESIDENT'S DAY. Both Washington and Lincoln's birthdays were in February.
- The second day of February is often referred to as GROUND HOG's DAY. The old stories told are that the ground hog comes out of it's burrow on February 2. to look for it's shadow. If there is sunshine and he sees his shadow, then he goes back to sleep and there will be more winter time. If he doesn't, then the spring time will begin. This is a superstition.

Application Number:	
	(FRCSB use only)

A. Applicant's Eligibility

1. The Fort Riley Combined Scholarship Board will award scholarships to qualified military family member applicants who wish to further their education toward an undergraduate or vocational degree.

Applicants must be a graduating high school senior, a currently enrolled college/vocational student, or a spouse pursuing a college/vocational degree (possessing a High School Diploma or GED).

Applicants must be a family member (child or spouse) of an active duty, retired, or deceased military member, of the greater Fort Riley Community. Qualified family members may also apply if the military sponsor has been re-assigned to another geographic location (i.e., Korea, etc.) and the remainder of the family has stayed in the greater Fort Riley Community.

Applicants must possess a valid DD Form 1173 (not 1173-1) Military Identification Card.

B. Conditions of the Scholarship Award

- 1. The scholarship is for undergraduate study only.
- 2. This is a merit based scholarship, financial hardship is NOT evaluated.
- 3. The scholarship will be applied to the first school year following the award.
- 4. The scholarship is awarded for the payment of tuition, books, and room and board.
- 5. The school the student is attending must submit written proof of enrollment before funds can be disbursed. The funds must be remitted to an accredited college, university, vocational, or technical school above the high school level, operated and approved by a state or federal authority.
- 6. Each applicant may only apply for one scholarship category each year. Additionally, each applicant may only receive one scholarship per scholarship category (high school senior, college student, or spouse) in their lifetime.
- 7. Applicants must compete in their primary category. The primary category is most often determined by the reason they have a military ID card and, therefore, eligible to compete. For instance, a high school senior who has a military ID card because she/he is a dependent child will compete in the high school senior category. However, a college student married to a soldier may compete in either the spouse category or the college student category, but not both. In such an instance it is the applicant's responsibility to select which category to apply for.
- 8. The CSB reserves the right to deny any application where there is evidence of fraud or abuse.

C. Procedure for Submitting Applications

- 1. Applicants must complete and sign the scholarship application forms. Applicants must follow the instructions on pages 1 through 8 especially as they apply to the different scholarship categories (High School Senior, College Student, Spouse).
- 2. The submitted application must include:
 - a. Pages 1-7 of the application. b. Transcripts. c. 375-400 word essay.
 - d. A letter from the high school counselor stating the student's name, class ranking, cumulative GPA, and ACT or SAT score (ACT scores are preferred). (This letter is required for high school seniors only-college students and spouses will not submit this letter).
- 3. Submit these forms in the order listed above. Do not staple any of these forms.
- 4. High school students will be evaluated solely on their high school level performance. High school seniors will **not** enter information about events which occurred prior to the start of high school.
- 5. College/vocational school students will be evaluated solely on their college level performance. College/vocational school students will **not** enter any data or provide any information about events which occurred **prior to** the start of their college/vocational school training nor will they provide ACT or SAT scores or class rankings.
 - 6. Spouses will provide all required academic performance information starting when they entered high school until the present day. Spouses will provide information about extracurricular activities, awards, and volunteer experience and work experience that has occurred within the last 3 years.
 - 7. Official copies of transcripts are not required, however the copies provided must be clear, legible and written in English. High school seniors will provide a copy of all their high school transcripts. College students will provide copies of all their college transcripts (**not** copies of high school transcripts). Spouses will provide copies of all college transcripts.

Application Number:	
	(FRCSB use only)

- 9. The essay will be typed, contained on one page and be between 375 and 400 words. All applicants must submit an essay. Please address the following question in 375-400 words: **Define a well-rounded student using examples and idea.** Essays will **not** contain any information that could identify the applicant (names, addresses, ranks, units, etc.).
- 10. Letters of recommendation are not required and will not be considered.
- 11. No personal identification (name, signature, etc.) will be placed on pages 5, 6 and 7 of the neither application nor will they appear on the essay.
- 12. Per paragraph C.3., required forms and documentation must be submitted in the correct order and will not be stapled
- 13. The application form and all required material should be mailed to the *Fort Riley Combined Scholarship Board*, *P.O. Box* 2082, *Fort Riley*, *KS*, 66442. Applications must be received or postmarked **no later than 28 February** 2013. All applications must be mailed and postmarked.
- 14. Failure to follow application instructions, including submitting an incomplete application, may result in immediate disqualification.

D. Selection of Scholarship Recipients

- 1. Applications will be assigned a number, with names, (and all identifying information), of the applicants remaining anonymous to the Judging Committee members. The first 4 pages of the application will be removed for the judging process and all information will be treated in a confidential manner.
- 2. Academics, extracurricular activities, leadership, community volunteerism and employment will be considered in evaluating applicants.
- 3. In late April, each applicant will be notified by mail of the FRCSB's decision. A Recognition Ceremony will be held at the end of April to honor scholarship recipients.
- 4. If you have any questions about this application or the scholarship, please call the FRCSB POC, Jean Anderson, at 785-209-5470 or email questions to: fortrileyscholarship@gmail.com.

E. Fort Riley-K-State Partnership Scholarship Program. High school senior applicants, interested in attending Kansas State University and competing for Partnership Scholarships, may do so by filling out & signing as indicated on page 4 of this application. Parental/legal guardian signatures are also required. This program provides additional, partial scholarships which are funded solely by K-State for attendance at K-State. Choosing to compete does not preclude competing for a FRCSB scholarship. No fees are involved in this process. No additional forms are required. The FRCSB will provide K-State with the applicant's academic information for the purposes of determining scholarship eligibility. The FRCSB will notify all applicants about the final status of their consideration for a Fort Riley-K-State Partnership Scholarship. Competition is based on the same criteria as the FRCSB scholarships. Winners are chosen by K-State. Scholarships are awarded at the April FRCSB Scholarship Ceremony.

I have read and understand the procedures for submitting an application to the Fort Riley Combined Scholarship Committee.			
Applicant's Signature:			
Parent's Signature:			

Application Number:_	
	(FRCSB use only)

Name:				
Home Mailing Address:				
Date of Birth:		Telephone #: (Home)(Mobile)		
Sponsor's Name & Rank:				
Sponsor's Duty Station and/or P	'ermanent Address:			
Sponsor's Social Security #:				
Check Sponsor's Category:	Active Duty			
	Retired			
	Deceased			
Check Applicant's Category:	Graduating HS SeniorCollegeVocational/TechSpouseCollegeVocational/Tech	Currently Enrolled College Student College V ocational/Tech		
Have you been awarded a gory	Fort Riley Combined Schol	arship before? No Yes	_ if yes, which cate-	
ple, if you received a FRCSB Schol	larship last year as a currently en	to receive one scholarship per category in nrolled college student and you are now a currently enrolled college student categor	spouse, you may apply	
Applicant's Signature:				
Parent's Signature:				

Application Number:	
	(FRCSB use only)

I certify that the information in this application is accurate to the best of my knowledge, and that my accompanying essay is entirely of my own effort. If I accept a Fort Riley Combined Scholarship, I agree to abide by all "Conditions of the Scholarship Award" set by the Scholarship Board as stated on the previous pages. Should I not fulfill these requirements, I agree to return all awarded monies to the Fort Riley Combined Scholarship Fund.

Applicant's Signature:	
Parent's Signature:	
Military Sponsor's unit:	-
Military Sponsor's unit address:	
Sponsor's Phone (Rear Det. where applicable):	
Fort Riley-K-State Partnership Scholarship Program	
High school senior applicants, interested in attending Kansas State University and competing for Pa Scholarships, may do so by filling out & signing as indicated below. Parental/legal guardian signature quired. This program provides additional, partial scholarships which are funded solely by K-State for a-State. Choosing to compete does not preclude competing for a FRCSB scholarship. No fees are involved process. No additional forms are required. The FRCSB will provide K-State with the applicant's infor purposes of determining scholarship eligibility. The FRCSB will notify all applicants about the final st consideration for a Fort Riley-K-State Partnership Scholarship. Competition is based on the same crite FRCSB scholarships. Winners are chosen by K-State. Scholarships are awarded at the April FRCSB Scholarships.	es are also re- attendance at I ved in this mation for the tatus of their eria as the
I (print name) wish to participate in the Fort Riley-	
K-State Partnership Scholarship Program. I understand this in no way impacts my participation in the arship Program and that no additional fees or forms are required. I understand that Partnership Scholarship Scholarship and that I am in no way required to accept a Partnership Scholarship. I that by signing below I am granting permission for the FRCSB to share the information contained in application with the K-State Partnership and that it will be used solely for the determination of scholarship.	arships are in- understand my scholarship
Applicant Signature:	
Parent/Legal Guardian Signature:	

Application Number:	
	(FRCSB use only)

1. High school seniors:		
Name of High School:		Date of Graduation:
Class Rank	Cumulative GPA	SAT/ACT Score
2. College students:		
_	20.4	
Cumulative (college level) C	GPA:	
3. Spouses:		
High School Cumulative Gl	PA C	College Cumulative GPA
		chronological order. College Students: list all colleges/vocational l high schools and colleges attended in chronological order.
School	Locati	ion Dates
5. List schools to which you	u have applied or plan to ap	ply. Indicate if already accepted. (Not required for applicants alr
enrolled in college)	The state of the s	, , , , , , , , , , , , , , , , , , ,
6. What will be or is your ma	ajor field of study?	

Application Number:	
	(FRCSB use only)

7. List Extracurricular Activities: (Include clubs, organized sports, scouting, hobbies, special interests, etc.) List leadership

positions held and approximate dates of involvement. Attach extra sheets as needed. High school seniors will not list any items that occurred prior to the start of high school. College students will not list any items that occurred prior to the st of college/vocational school. Spouses will provide information about events that have occurred within the last 3 years.			
Name of Activity	Position Held	Year (s)	

Application Number:	
	(FRCSB use only)

High school seniors will not list any	at do not send, certificates of appreciation, vot and appreciation awards that you may hat items that occurred prior to the start of higher that occurred prior to the start of higher than the college of the college o	ve received.) Attach extra sheets as needed. h school. College students will not list any
occurred within the last 3 years.		
etc.). Attach extra sheets as needed. school. College students will not list	nteer positions. (Include FRGs, the Red Cro High school seniors will not list any items to any items that occurred prior to the start o hat have occurred within the last 3 years.	hat occurred prior to the start of high
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etc.). Attach extra sheets as needed. school. College students will not list provide information about events the	High school seniors will not list any items to any items that occurred prior to the start of that have occurred within the last 3 years.	that occurred prior to the start of high f college/vocational school. Spouses will

This application must be postmarked NLT 28 February 2013. Mail the application forms and all required information to:

Fort Riley Combined Scholarship Board, P.O. Box 2082, Fort Riley, KS 66442

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Application Number:	
	(FRCSB use only)

THE HIGH SCHOOL COUNSELOR LETTER MUST BE WRITTEN ON THE HIGH SCHOOL'S OFFICIAL LETTERHEAD

1. THIS LETTER IS REQUIRED FOR ALL HIGH SCHOOL SENIORS.
2. COLLEGE STUDENTS AND SPOUSES WILL NOT SUBMIT THIS LETTER.
3. THE LETTER WILL STATE THE STUDENT'S NAME, CLASS RANKING, CUMULATIVE GPA, ACT OR SAT SCORE (ACT SCORES ARE PREFERRED).
4. THIS LETTER WILL NOT BE MAILED SEPARATELY, IT WILL BE INCLUDED IN THE APPLICANT'S SCHOLARSHIP APPLICATION.
5. THIS LETTER WILL BE ADDRESSED TO THE FRCSB AND IT WILL BE SIGNED BY THE HIGH SCHOOL COUNSELOR.
6. THIS LETTER MUST BE SUBMITTED IN ITS' ORIGINAL FORM, COPIES WILL NOT BE ACCEPTED.

COUNSELOR'S SIGNATURE AND SIGNATURE BLOCK





Welcome Home



4IBCT & DHHB





