



19 December 2012 1ABCT Weekly Newsletter: 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

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>

Blankets- Please see the attached order form w/ the email for blanket orders- Due 20 December!!!

HAPPY HOLIDAYS!!! No weekly newsletter next week; enjoy your time with your Family and Friends!

****Just added** Don't forget you can track SANTA on December 24th!!!! They have many ways you can track Santa with NORAD (North American Aerospace Defense Command)! To track Santa you may visit their page at <http://www.noradsanta.org/en/track.html> Download their Santa Apps from your Mobile App Store or even speak to a live operator. 1-877-HI-NORAD. NORAD Tracks Santa Operations Center:** The NORAD Tracks Santa Operations Center (NTSOC) opens on December 24th at 5:00 a.m. EST (4:00a.m. CST, 3:00a.m. MST, and 2:00a.m. PST) and remains open until 5:00am EST (4:00a.m. CST, 3:00a.m. MST, and 2:00a.m. PST) on December 25th. Located at Peterson Air Force Base in Colorado Springs, Colorado, the NTSOC receives up-to-the-minute status reports from NORAD radar, satellites, and Santa cams. Official Santa trackers are standing by to update you on Santa's current location! **Call or Email the NORAD Tracks Santa Operations Center for Santa's current location! Call:** 1 (877) HI NORAD / 1 (877) 446-6723. From Colorado Springs or overseas: 1 (719) 556-5211 (Cost may be incurred) Hearing Impaired should contact their service provider. **Email:** noradtrackssanta@outlook.com

*** NEW!* Now is the time to think about maintaining physical resiliency:** With the cold weather and holidays upon us, cookies and holiday dinners may be more at the forefront of our minds than crunches and calorie counting. However, during the holidays and all year round, Soldiers, Family members and civilian employees are encouraged to participate in wellness and resiliency programs. Don't wait to make a New

Year's Resolution. Resolve now to maintain a healthy lifestyle – even during the holiday season. This past weekend, the Directorate of Family and Morale, Welfare and Recreation highlighted its services to help you maintain physical resilience during its Battle of the Butterball Bulge, a fitness marathon at King Field House. To learn more about this event, read the story on page 15. King Field House is home to the post's fitness classes to include Zumba, Spinning, Rowbics, TRX suspension training and more. A full class schedule can be found at http://rileymwr.com/main/?page_id=2144 Each class is \$2 and requires a pass to attend. Passes can be purchased at King's Korner Smoothie Bar inside King Field House, Building 202 on Main Post. Personal trainers are offered at the post's fitness centers. These certified trainers come at rates that rival most off-post gyms: \$20 for a single hour session or \$30 for a tandem hour session. Fitness assessments and body compositions can be done at fitness centers. Assessments are for those new to exercise or the seasoned fitness guru. Fitness programs like Fit 4 Life and the Biggest Loser also may aid in motivating individuals to focus on fitness goals. More information on these programs can be found at <http://fit4life.rileymwr.com> and <http://rileymwr.com>, respectively. And, finally, the gyms on post also offer cardio equipment, racquetball courts, pools, fitness classes and intramural sports. To encourage activity in our children, Youth Sports and Fitness offers racquetball, basketball, soccer, Family Fitness Nights and many other active opportunities. To learn more about youth sports opportunities, call 785-239-9885. Families can stay active together by checking out the walking trail around Riley's Conference Center, Custer Hill Golf Course or in the Forsyth neighborhood. Families can visit Custer Hill Lanes and bowl a few frames or check out the activities offered through Outdoor Recreation. Opportunities abound at Fort Riley, so don't miss out. If you would like to comment on this column or suggest a topic for Community Corner, send an e-mail to usarmy.riley.imcom.mbx.post-newspaper@mail.mil By Col. William Clark, Garrison Commander

*** NEW!*** **Holidays have you a little stressed? 3 Mobile Apps Help You Relax:** Posted by: Corina Notyce, DCoE Public Affairs on December 6, 2012. Is your temper short? Are you anxious? Find it hard to concentrate? What about your sleep habits — sleeping too much or too little? How about your mood — family and friends say you're pleasant to be around? Your answers to these questions may reveal a level of stress that needs attention. Everyone experiences stress at times. The demands of life can be overwhelming, and the unique challenges common to military life adds even more pressure. In addition to external factors that can lead to stress (job demands, relationship difficulties, increased family responsibilities, financial issues), it's important to know that stress can be self-generated (negative self-talk, unrealistic expectations, always needing to be in control, seeking perfection). Whatever might be causing you stress there are steps you can take now to help reduce its harmful effects on your emotional and psychological health. Keeping that in mind, here are three mobile apps from **National Center for Telehealth and Technology** (T2) to help you manage and cope with stress effectively: **1. Identify and track stress with "T2 Mood Tracker"** Understanding your stress is easier when you identify triggers contributing to feelings of stress and anxiety. With the **"T2 Mood Tracker"** app, you can monitor, track and reference your moods and behaviors throughout a period of time, allowing you to see how environmental influences and life stress may be impacting your psychological health. Unique features make it easy to keep a record of your emotional experience for your own awareness, or to share with your therapist or health care provider. **"T2 Mood Tracker"** is available for **Apple and Android** devices. **2. Release stress with "Breathe2Relax"** Deep breathing releases the stress from your body because it helps activate the body's relaxation response. The **"Breathe2Relax"** app demonstrates and guides you through a series of breathing practices to help you physically calm yourself, providing relief for stress, tension and anxiety when you're in stressful situations. Practice the exercises regularly on their own or in tandem with clinical care directed by your health care provider. **"Breathe2Relax"** is available for **Apple and Android** devices. **3. Manage stress with "Tactical Breather"**

Gaining control over your mental and physical responses to stress is eased through breathing techniques taught in the “Tactical Breather” app. This customizable stress management tool introduces you to the benefits of controlled breathing through tutorial and guided exercises. Primarily created for service members during intense combat situations, the app teaches you how to gain control of your heart rate, emotions, concentration, and other psychological and physiological responses to your body during any challenging situation in life. “Tactical Breather” is available for Apple and Android devices. Everyone experiences stress differently, but we can all benefit from identifying sources of our stress and working to release and manage it effectively. For more healthy ways to deal with stress, contact the DCoE Outreach Center at 866-966-1020 or resources@dcoeoutreach.org receive resources for free. For more mobile apps, or other psychological health tools developed by T2 for service members, veterans and their families, visit the center’s website <http://www.t2health.org/> and new **Mobile Health Blog** at <http://www.t2health.org/blogs/mobile-health/welcome-t2-mobile-health-blog>.

*** NEW! * Military OneSource (MOS) Bullying Prevention and Awareness Resources:** MOS offers many items to help adults and young people confront and overcome bullying situations at school, work, or wherever bullying occurs. All materials are free of charge. To find them on the MOS website, www.militaryonesource.mil, you can: *Enter “bullying” in the website search engine, which will display a “starter” list of materials;* or, login (tip: an easy way to login is to roll your cursor over “Counseling” and then click on the “Login” button). To quickly locate materials, double-click “All Topics” on the top navy blue navigation ribbon, scroll to “B,” then click on “Build a Bully-Free Zone at School and at Work.” Bullying prevention and awareness materials available through MOS include: **Orderable Book:** ·Bullies are a Pain in the Brain. This book speaks to the important issue of bullying by providing practical suggestions for how to cope with bullies. **Articles:** · Cyberbullying · What is Bullying? · Help Your Child with Special Needs Deal with Teasing and Bullying ·**For Kids:** What to do if You are Being Bullied · Bullying: **When Adults are the Victims Self-Paced Training:** ·Bullying: Confronting Hostility in the Workplace **Webinar:** ·Eliminate Bullying at Work. Remember, service members and their families may contact an MOS Consultant, 24/7, at 1-800-342-9647, for referral to non-medical counseling and support and assistance with this and other matters.

*** NEW! * With winter weather approaching, have a kit in your car and be prepared (some examples listed):** Blankets, Stocking hat, hand warmers, extra clothes (sweatshirts, long johns, anything you can layer) LED Flashlight, Non-perishable munchies, Bottled Water, Flares, Hazard signs, First Aid kit, Reading material (especially if you have small children), Knife, Cell phone charger or extra cell battery, battery charged radio, jumper cables, a bag of sand, salt or kitty litter, an ice scraper, a small shovel, and a small tool kit. These are just examples, you can add or take away any of these items. Don’t forget to “**Get a kit, Make a plan, Be informed**” visit ReadyArmy for more information please visit <http://www.acsim.army.mil/readyarmy/>

*** NEW!*** Looks like today into Thursday we’ll be getting our first significant snowfall of the year. We want to remind folks on the ways to receive information regarding severe winter weather so the Installation Emergency Management Office has sent the attached slide for you to share with your Soldiers and Families



Winter Weather Communications

- **Make sure you have at least one of the following in case there is a power failure:**

- Battery-powered radio (for listening to local emergency instructions).
- National Oceanic and Atmospheric Administration (NOAA) weather radio receiver (for listening to National Weather Service broadcasts).

- **Find out how your community warns the public about severe weather.**

- Fort Riley AtHoc Text Messaging
- Radio
 - KJCK-AM / 1420
 - KMAN-AM / 1350
 - KCLY-FM / 100.9
 - KQLA-FM / 103.5
 - KXBZ-FM / 104.7
 - KBLS-FM / 102.5
- Television
 - Fort Riley Command Channel / Channel 2
 - WIBW / Channel 13
 - KSNT / Channel 27
 - KTKA / Channel 49

- **Know the Winter Storm Warning Terms**

- Winter Weather Advisory: Expect winter weather conditions to cause inconvenience and hazards.
- Frost/Freeze Warning: Expect below-freezing temperatures.
- Winter Storm Watch: A winter storm is likely.
- Winter Storm Warning: The storm is in or entering the area.
- Blizzard Warning: Snow and strong winds, near-zero visibility, deep snow drifts, and life-threatening wind chill



Fort Riley Emergency Management Office
(785) 240-0400

*** NEW!*** Irwin Army Community Hospital clinics including locations at the main hospital, Farrelly Health Clinic and Custer Hill Health Clinic will follow a holiday schedule from 7:30 a.m. to 4:30 p.m. Dec. 17 to Jan. 2. Active-duty sick call will be scheduled by unit. Please contact your medical home for questions.

*** NEW!*** There is a very limited supply of injectable influenza vaccine for ages six months to three years. Please contact your Medical Homes for verification of available flu vaccine for this age group. Beneficiaries may also receive the influenza vaccine for ages six months and older at K-Stat, 785-565-0016, 930 Hayes Drive, Manhattan; Riley County Health Department, 785-776-4779, 2030 Tecumseh Road, Manhattan; and Konza Prairie Health Care, 785-238-4711, 361 Grant Avenue, Junction City. Please contact for availability.

*** NEW!*** TriCARE2YOU! December 2012 eNewsletter

<http://view.exacttarget.com/?j=fe4d16797c6d0478721d&m=fe4c1677766304&ls=fdb41572706202787d10777c62&l=fe5e15777c60057c7613&s=fd51572706d02797d117077&jb=ffcf14&ju=fe2a177575670c75741677>

****Just added** NMFA MILITARY SPOUSE SCHOLARSHIP:** The National Military Family Association is now accepting applications for its annual Joanne Holbrook Patton Military Spouse Scholarship Program. The Association recognizes the unique challenges today's military spouse's face pursuing additional training or education. Scholarships of up to \$1,000 are awarded to help ease the financial obstacles that accompany pursuing a higher education. Scholarships are awarded in eight categories: *High School GED or English as a Second Language classes, *Degree Seeking Candidates, (Associate's, Bachelor's, Master's, Doctorate) *Licensing Fee, *Science, Technology, Engineering, or Math Degree (to include certain healthcare fields), *Mental Health Career Fields, *Spouses of Fallen Service Members, * Spouses of Wounded Service Members, *Vocational or Technical Certification Applications will only be accepted online <http://support.militaryfamily.org/site/R?i=hfjjvy0uTLxeouon3ABSpA> and must be submitted by midnight EST, January 31, 2013. Spouses of uniformed Service Members (active duty, National Guard and Reserve, retirees, and survivors) from any branch or rank are eligible to apply. The scholarship funds may be used to assist with tuition, fees, and school room and board. Apply now! (more scholarship info listed at bottom of newsletter)

****Just added** Have you noticed the number of homes that have Christmas lights this year in Abilene, KS? Amazing!** You can hop the Abilene Trolley and take the Christmas Traditions tour this weekend. Only \$6 a ticket! Learn about the local holiday traditions, as well as how Christmas is celebrated across the world. Call 785.263.2231 now to reserve your place on the trolley!

Looking to do something in Manhattan? <http://www.manhattancvb.org/CurrentEvents.aspx>

Check out things to do in Topeka at <http://www.topeka.org/thingstodo.shtml>

****Just added** Don't forget Salina has many activities and events too:** <http://www.salinakansas.org/>

Kansas City Christmas 2012 Events, Lights & Trees Guide <http://www.kansascity.com/2012/11/13/3915122/holiday-lighting-events.html> and <http://www.visitkc.com/holiday/holiday-events/index.aspx>

Wichita, KS also offers a lot of holiday fun too! <http://www.zvents.com/wichita-ks/events/holiday>

Needed some vacation ideas, ski packages, concerts? Check out Leisure Travel on Ft Riley for great deals! <http://rileymwr.com/itr/>

Check out the Manhattan Public Library for events happening for teens, kids and families these next few weeks! Check their website out at <http://www.manhattan.lib.ks.us/> contact by phone 785-776-4741 or email lauram@manhattan.lib.ks.us for more details.

****Reminder** Operation Santa headquarters are still open at Building 261 on Main Post; they are still in need of toy or money donations.**

Drop-off locations include: At Fort Riley – Armed Forces Bank, CAB headquarters, Garrison headquarters, 1st Infantry Division headquarters, 1st ABCT headquarters, 2nd ABCT headquarters, IACH, Main Post Exchange, Op. Santa headquarters and Picerne Neighborhood Housing centers. In Manhattan: Toys can be dropped off at American Family Insurance, 3320 W. Anderson Ave.; Caldwell Mortgage Company, 2630 Claflin Road; Gymnastics Plus, 2730 Amherst Ave.; Kmart, 401 E. Poyntz Ave.; Manhattan Chamber of Commerce, 501 Poyntz Ave., Navy Federal Credit Union, 4th Street, next to Dick's Sporting Goods; Wal-Mart, 102 Bluemont Ave.; and Walgreens, 2719 Anderson Ave. and 325 Bluemont Ave. In Junction City: Wal-Mart, 521 E. Chestnut St. For monetary donations, cans are located at the following places: At Fort Riley: Habañero, Military Clothing and Sales and the Warrior Zone; In Junction City: Armed Forces Bank, 429 W. 18th St.; Daily Union, 222 W. Sixth St.; Meritrust Credit Union, 343 E. Chestnut St.; Quantico Tactical, 916 N. Washington St.; and Value Place, 331 E. Ash. St

Manhattan Ice Rink: The ice rink in City Park opened for the 2012-2013 season on Monday, November 19, 2012. The cost is \$3.00 per person to skate and skate rental is available for \$3.00 per person. Visitors who will not be skating do not need to pay admission. Key FOB's good for 10 admissions and/or skate rentals are \$25.00 and will be available for purchase at the Manhattan Parks and Recreation Office, 1101 Fremont, between 8:00 am and 5:00 pm, Monday through Friday as the skating season approaches. The hours of operation will be 3:00-7:00 p.m. weekdays and 1:00-7:00 p.m. weekends. On the following dates the Ice Rink will open at 1:00 p.m. due to the schools not being in session: November 21, November 23, December 24, December 26-31, January 2-4, February 8, and February 14. FREE SKATE DAY on January 21 (Martin Luther King Jr. Day), 10:00 a.m.-6:00 p.m. The Ice Rink will be closed on November 22, December 25, and January 1. Reservations will also be accepted for private gatherings. The reservation season is December 1-February 28. For more information on reserving the ice rink, or hockey and skating lessons, contact the Manhattan Parks and Recreation Office, 587-2757. Check out this album on our Facebook!

Fort Riley Custer Hill Lanes Bowling Update: Weekday programming : • Lunchtime – From 11 a.m. to 1 p.m., Monday to Friday – Cost is \$1 for games and \$1 shoes or \$7 special, which includes one personal one-topping pizza, one fountain soda and two games of bowling with shoes. • Afternoons – From 1 to 5 p.m., Monday to Friday – Cost is \$1.50 games and \$1 shoes. • After School Deal – From 3:30 to 5 p.m., Monday to

Friday. Cost is \$5 a person, which includes two games, shoes and a snack. **Evening programming:** • Mondays – Children bowl FREE from 6 p.m. to close. Children get to bowl free all night with a paying adult. Three children per one adult and shoes are included. Adults pay \$2.75 per game and \$2.50 for shoes. Games must correspond with the same number of games bowled as children. • Tuesdays - Nifty Fifty Night, 6 p.m. to close – Cost is \$.50 games and \$.50 shoes. Hotdogs, popcorn and small soda are \$.50 each • Wednesdays – Red Pin Night, 6 p.m. to close – Cost is \$2 games and \$2 shoes. Get a strike with the head red pin and win a coupon for a free game of bowling. • Fridays – Ghost Bowling, 6 p.m. to close – Cost is \$9 per person, which includes shoes and bowling with ghost pins; \$1 fish sandwiches all day and night long. **Weekend programming:** • Saturday afternoons, from 11 a.m. to 6 p.m. – Cost is \$1.50 games and \$1 shoes. • Saturday Night Extreme: 6 p.m. to midnight – Cost is \$10 per person and \$6 for children 12 and younger, which includes shoes and bowling. Also available are \$10 one-topping pizzas and \$3.50 pitchers of soda all night. • Sundays – Family Fun Day, all day – Cost is \$35 per lane, which includes two hours of bowling, one large two-topping pizza, two pitchers of soda and shoes for up to six people.

Snow Creek, Inc in Weston MO (close to KC) will be opening soon for the winter! They offer military discounts on lift rentals and slope prices, etc. For more information on their prices and events please contact them by ph at 816-640-2200, email them at info@skisnowcreek.com , website www.skisnowcreek.com and starting 13-24 December they will be having their 12 Days of Christmas Giveaway! Be sure to tell all your friends to “Like” them on Facebook for Giveaway notifications and chances to win every day! Facebook link: http://r20.rs6.net/tn.jsp?e=0015MmR8xRIO56sRVgRHY_3p05Uw2igdabMaiX5sXNAEhe6p_i4fXJfyzGNwbon6Umi671Tm6y9b4llfMpgbn5nZgKmOJkmPYfPtgf-tG6kZJHJxeMuiOhJsmCb_vEz1xu

Temporary Exhibit: FORCES: The Shaping of Manhattan, Fort Riley and Kansas State University; Now – 13 January at the Flint Hills Discovery Center. Military Discounts are available. This exhibit is a partnership between the Riley County Historical Museum; the U.S. Cavalry Museum, Fort Riley; Conservation and Restoration Branch, Fort Riley; the Costume and Textile Museum, KSU; and the KSU archives. The exhibit explores the period between 1853 and 1914: our pioneer beginnings, the transition to building a community, and growth into the 20th century. PH: 785-587-2726

Outdoor Rec “Frosty” Contest runs from Dec – Feb: Each time it snows, take pictures of you and your friends making a snowman for the chance to win prizes from Outdoor Rec. One entry per snowfall is allowed. Submit your pictures to Outdoor Rec on Rifle Range Road, for more information please contact 785-239-2363.

As weather permits, Fort Riley’s Skeet and Trap Range is open from noon to 8 p.m., Wednesdays and Thursdays, and from 10 a.m. to 5 p.m., Saturdays and Sundays. For more information on the range, call the Outdoor Recreation Center at 785-239-2363.

Have a golfer on your Christmas list? Don’t forget about the Custer Hill Golf Christmas Sale Dec 1-24th. For more information and store hours please contact 785-784-6000.

Family Night is every Wednesday at Habañero continues in December. Doors open at 4:30 p.m. and a Family-friendly movie will start at 5 p.m. at the restaurant. For more information, call 785-240-2782. During the month of December, Children 12 and younger eat for **½ price** with the purchase of an adult meal at Habañero

Holiday Horse Drawn Carriage Rides - Now- Dec. 22 Enjoy the winter beauty of Aggieville from a horse drawn carriage. Friday and Saturday, 4-7PM, November 30th - December 22nd. Where: Aggieville at Triangle Park on **Friday and Saturday nights ONLY!** 4-7pm. Cost is \$5/person

A Magical Photo Memory with Santa has begun at the Fort Riley Exchange and Santa will be there until 24 Dec, hours he is visiting is Mon- Sat 10am-6pm and Sundays Noon to 6pm.

****Reminder**** Looking for something to do during the holidays? With the kids or Adult Activities? Again please check out the Ft Riley MWR's Winter Guide of Events and Activities that is now up and posted on their Page; check out all what is happening for December 2012, January, and February 2013! Lots and Lots to do!!! <http://www.rileymwr.com/main/WinterGuide2012Print.pdf>

****Reminder**** USO Fort Riley also is on Facebook at facebook.com/usoftriley Click on "Events" to see the most up to date information for No Dough Dinners and other events. **The USO Fort Riley will also be open from noon to 6 p.m., from NOW to Jan. 2, when the 1st Infantry Division is on a half-day schedule.** Starting in 2013- No Dough Dinners will be held 2 days prior to payday!!! 11 Jan and 13 Feb- mark your calendars – these two events will be held at the USO Center also! 30 Jan and 27 Feb, 13 and 28 March will all be back the USO DFAC on Drum Street.

The K State Women's and Men's Basketball teams will be playing thru out the Holiday season at home! K-State Women's Basketball vs. UTEP - Dec. 16, K-State Mens Basketball vs. Texas Southern - Dec. 18 @7pm, K-State Men's Basketball vs. UMKC - Dec. 29 @6pm, K-State Mens Basketball vs. South Dakota - Dec. 31@1pm For more information please contact them at 1-800-221-CATS or online at <http://ev12.venue.net/cgi-bin/ncommerce3/EVExecMacro?linkID=kansuse&evm=main> *Go Cats!!*

****Reminder**** DFAC Holiday Hours: See flyer for the Christmas Meal on the 24th below: Devil's Den will serve the meal on 24 December 2012, Christmas Eve. It's going to be a brunch serving time frame so breakfast will be offered also during this time. The meal cost is the normal holiday rate of \$7.50 for non-meal card holders. The dining facility will be opened on Christmas Day for a brunch and supper meal. (0930-1300 Brunch and 1700-1830 Supper) On 26, 27, and 28 Dec the DFAC will be on normal operational hours with 3 meals. Devil's Den will close after the dinner meal on the 28th of Dec. and will reopen for normal operational hours on the 2nd of Jan 2013. The other dining facility hours for Christmas is at the **Demon Diner – 9:30 a.m. to 1 p.m. Dec. 25, 694 Pawnee Bluff Road.** Again cost is \$7.50 for Department of the Defense civilians, guests and visitors.

USO Fort Riley also has added to their webpage the 20 Days of Holiday Fun at the USO- lots of events going NOW ... check their webpage at facebook.com/usoftriley for more details on their events!

OCSC December Monthly Luncheon (Dirty Santa Gift Exchange) 11am on 20 Dec at Riley's Conference Center. This month we encourage you to take a break from the craziness of the season as listen to holiday music and enjoy the company of others. We will be playing a down and dirty games of Dirty Santa so don't forget to bring a wrapped gift of \$10 value. Gifts can be as traditional as a church cookbook or wacky as a garden gnome. They be gently used from your home, stellar Black Friday finds, homemade treasures or repurposed beauties. The great the variety of wrapped gifts the more fun it will be to play our game. Cost is \$15/person. Please RSVP to reservations@fortrileyocsc.com for more information on this group please check out their website at www.fortrileyocsc.com

Middle School and Teen Center December Activities: Winter Break Camp runs from 21 Dec to 4 Jan. For more information please contact 785-239-9222. See flyer located in the December and January photo albums on the BDE FaceBook page.

Family Climb Time: Dec 21, Jan 18, & Feb 15, 2-4pm – FREE! Are you craving Family fun during these winter days? Outdoor Recreation and Craig Fitness Center are teaming up to offer you an exciting escape from your regular routine. Trained staff will belay while you, your Family, and your friends climb on the wall. Pre-registration is required. Please contact ODR @785-239-2363 for more information or to register.

Warrior Zone Activity: SOLSTICE PARTY on 21 Dec at 7pm. Come celebrate the shortest day of the year at our first ever Solstice party! Food, tournaments, prizes and a little Viking lore, for more info please call WZ at 785-240-6618

Kansas City Chiefs still offering \$25 tickets available for Sun 23 Dec against the Indianapolis Colts- contact Sam Dearth at 816-920-4813 or via email at SDearth@Chiefs.nfl.com

Bowling with Santa will be from 11 a.m. to 9 p.m. Dec. 23 at Custer Hill Bowling Center. Santa will be on site from 1 to 5 p.m. for pictures and to hand out treats. For more information, call 785-239-4366.

BOSS Free Bowling! BOSS Soldiers, we have a present for you from the Custer Hill Bowling Alley. Free Bowling with shoes anytime of the day from Dec 24-30. See your BOSS reps for your FREE cards (must have them to present at time of Bowling) or you may also call 785-239-2677 to get a ticket.

Chapels at Fort Riley will be offering a variety of religious services throughout the holiday season. Main Post Chapel will offer a Christmas service from 10:30 to 11:30 a.m. Dec. 23. Advent Communal Penance service will be offered at 6 p.m. Dec. 18 at Morris Hill Chapel. A Children's Mass will be celebrated at 4:30 p.m. Dec. 24 at Morris Hill Chapel. A Midnight Mass will be celebrated at 12 a.m. Dec. 25 at St. Mary's Chapel. Christmas Mass will be celebrated at 9 a.m. Dec. 25 at Morris Hill Chapel and noon Dec. 25 at IACH Chapel. Liturgical service will be offered at 10

a.m. Dec. 25 at IACH Chapel. Additionally, the Orthodox congregation will celebrate the Christmas Divine Liturgy at 10 p.m. Dec. 24 at St. Mary Magdalene Orthodox Church, Manhattan. Morris Hill Chapel Gospel Service and Kapaun Chapel Contemporary Service will not offer any special holiday services.

****Reminder** Commissary** will be closed Dec. 25 and Jan. 1, and it will close early at 5 p.m. Dec. 24. All other days, the Commissary will maintain its regular hours as follows: from 9 a.m. to 8 p.m., Monday to Saturday, with early bird hours from 7 to 9 a.m.; and from 10 a.m. to 6 p.m. Sundays. **Army and Air Force Exchange Service stores:** The Exchange will be closed Dec. 25. The Exchange will close early at 6 p.m. Dec. 24. The Exchange will maintain its regular hours from 9 a.m. to 9 p.m. Dec. 31 and will be open holiday hours from 10 a.m. to 6 p.m. Jan. 1.

Youth Sports Registration Dates: Snow Tubing at Snow Creek in Kansas City, Dec 27th 1-10pm; Register by 21 December. Ice Skating at Crown center on 4 Jan, register by 28 Dec, Racquetball for Grades 6-12th Grade, register by 28 Dec for more information on these fun activities call 785-239-9885

Warrior Zone Activity: World of War Craft Guild Play 27 Dec 6-10pm. For more info please call WZ at 785-240-6618



VetTix has partnered with them and are giving out donated tickets to military! More tickets have just been added for the 28th and the 29th of December! To check out their schedule go to their official site of the Roadrunners at <http://topekaroadrunners.pointstreaksites.com/view/topekaroadrunners/the-official-home-of-topeka-roadrunners-hockey> and then join Vet Tix <http://www.vettix.org/> to get a great deal! Take the whole family to see some really good hockey!!!

Warrior Zone Activity: Ring in 2013 on the 31st here at the ZONE! Free buffet and champagne toast at midnight. Tournaments, Live DJ, and more! Make the ZONE your on-post party place! For more info please call WZ at 785-240-6618.

Custer Hill Bowling Center will host a New Year's Eve Bowling Party from 7 p.m. to 2 a.m. Dec. 31. The cost is \$15 per individual or \$100 for a lane for eight people. Tickets include entry, party favors, two bottles of sparkling juice per lane, breakfast buffet at 12:30 a.m. and door prize tickets. **Ticket prices will increase at the door, so advance purchase is recommended.** *Ticket includes entry, party favors, 2 bottles of sparkling juice per lane, breakfast buffet from 12:30am, and door prizes. Tickets will increase to \$18.50/person or \$150.00 per lane of 8 on 31 Dec. For more information, call 785-239-4366.*

Manhattan Happenings: New Years Eve Event- The Little Apple Ball Drop is almost here! And it's the biggest event in the area for holiday celebration. Join more than 10,000 people who will line the streets in and around Aggieville for festivities that start at 10:00 pm! There is a laser light show, music, presentations, and the dropping of the glass apple, much like what happens in the BIG apple. Space fills up QUICKLY so get out there early.

*****Just Added***** Looking for a ride to Aggieville this New Years Eve?? Well don't worry; the BOSS program has teamed up with the Leisure Travel Center to offer you a **FREE** roundtrip ride to Aggieville for the New Years Eve party!!! Riley Ride will run from 10pm-2am and pick up at the usual locations, including the WARRIOR ZONE!!! For more details please contact the BOSS Office at 785-239-2677. Also don't forget, kick off the night here at the Warrior Zone and then grab a **FREE** ride to the Ville to watch the ball drop!!!

December 31st only

Riley Ride

Looking for a ride?

~~Print a card to save yourself some trouble. Choose from a ~~variety of~~ card at Leisure Travel Center and ~~use it to go from Ft Riley to Aggieville (or back)~~ on a Friday or Saturday night.~~

FREE

Runs: Friday-Saturday

| | | | | | |
|-------------|---------------------------|------|------|------|---------------|
| Ft Riley: | 1 Bldg 7000F | 2206 | 2335 | 0106 | 0304 |
| | 2 Bldg 7000G | 2208 | 2337 | 0108 | 0306 |
| | 3 Bldg 7000A | 2210 | 2339 | 0110 | 0308 |
| | 4 Bldg 7000C | 2212 | 2341 | 0112 | 0310 |
| | 5 Bldg 7000D | 2213 | 2342 | 0113 | 0311 |
| | 6 Bldg 210 | 2222 | 2351 | 0122 | 0251 |
| | 7 WTB P-Lot | 2228 | 2357 | 0128 | 2245 |
| | 8 Bldg 694 | 2231 | 0001 | 0131 | 0236 |
| Aggieville: | 9 12 th & Moro | 2300 | 0030 | 0200 | (15 min wait) |

PROUDLY SPONSORED BY

Firestone
YOUR FORT RILEY COMPLETE AUTO CARE

SPONSORSHIP DOES NOT IMPLY ENDORSEMENT

For more information, call
785-239-5614.

****Reminder**** Beginning 7 January 2013 Ft. Riley Child Youth and School Services will provide after school activity bus services from the following locations Monday – Friday to the Fort Riley Middle School and Teen program located at 5800 Thomas Ave. **Pick up times listed:** 1750

Freshman Academy, 1750 JC Middle School, 1800 JC High School Registration with CYSS is required as well as a transportation permission slip. All forms can be obtained http://rileymwr.com/main/?page_id=249 . Additionally in lieu of the winter bus service from Peterson Heights to the Fort Riley Middle School students may be dropped off at the bus stop at 5800 Thomas Ave to ride the bus to the Middle School. If you wish for your children to wait inside the Teen center for the bus and or have breakfast they will have to be enrolled in the morning care program. Call 239-9222 for pricing information. Youth awaiting transportation to the MS from the Teen center, will be allowed to wait inside the foyer from 0730 to the Pick Up time of 0740.

****Reminder** Picerne scholarship, grant applications available now:** Applications for the 2013 Our Future Scholarship and 2013 Educational Grant are now available at www.ourfamilyfoundation.org. The Foundation is committed to supporting military Families in the pursuit of higher education and has awarded more than \$3.5 million since 2006. **Applications for the Our Future Scholarship must be submitted by February 14, 2013**, and will be awarded to high school seniors with plans of attending a four-year university or college in the amount of up to \$50,000 each. The foundation will select 10 children of active-duty service members at Fort Riley, Fort Meade, Md.; Fort Bragg, N.C.; Fort Polk, La.; Fort Rucker, Ala.; Fort Sill, Okla.; and Aberdeen Proving Ground, Md., to receive the scholarships based on merit and need. Recipients of a scholarship will be notified by April 8, 2013. "We are honored to help military Families reach their educational goals, and we hope these scholarships help the children and spouses of active duty service members to reach higher," said Maria Montalvo, executive director. **Applications for 2013 educational grants must be submitted by May 9, 2013.** Grants are given in amounts up to \$5,000 for the spouse of an active-duty service member at the installations listed above. Applicants may be in any stage of the educational process. Recipients of a grant will be notified by July 12, 2013. Applications and all necessary paperwork for both the Our Future Scholarship and Educational Grant must be submitted by the due date in order to be considered. Awards for both the scholarship and grant are for use beginning in the fall of 2013. **Applications are available now at www.ourfamilyfoundation.org.** Please contact info@ourfamilyfoundation.org or 401-228-2836 with any questions about eligibility or the application process. Our Family for Families First was established by John G. Picerne, president and CEO of Corvias Group and Picerne Military Housing, to support the spouses and children of active-duty service members assigned to Picerne Military Housing installations. Families **do not have to reside in on-post housing** in order to qualify for scholarships or grants. The Foundation also serves to further the primary mission of Picerne Military Housing – putting military Families First.

****Reminder** Scholarship Programs of the Fisher House Foundation:** Scholarships for military children will officially open 1 Dec. For more information go to www.militaryscholar.org ; several scholarships out there, also Spouse scholarships available.

Peace Forum & Youth Peace Project Exhibit: A call for youth artwork, videos, and written work about peace. The Rotary Peace Forum will be held at the School of Leadership Studies building on the Kansas State campus on Saturday, February 23rd. The peace forum provides an opportunity for community members to engage in dialogue about peace and develop an increased awareness of opportunities both locally and globally to promote peace through service. Children ages **6 to 25** are welcome to submit projects individually or as a group Accepted projects can include **written work, videos, and artwork**. All projects submitted will be subject to a selection process. Individuals whose projects are selected for the exhibition will be notified via e-mail and displayed in the KSU Leadership Studies Building. All projects submitted must be

original work and submitted before **Friday, Jan. 25th**. For more information please go to their link at <http://www.clubrunner.ca/portal/SitePages/SitePage.aspx?accountid=4397&pid=60361>

For application please go here: <http://www.clubrunner.ca/Data/5710/4397/HTML/182766//Youthpeaceprojectexhibitionnew2.pdf>

The Wing Nuts Youth Aviation Program: The Flint Hill EAA Chapter 1364 has a special program that runs the second Saturday of every month from 9 am - 12 pm. Students in grades 5th-12th can participate in their *Wing Nuts* Youth Program. The program gives students an opportunity to learn about aviation through the restoration of a Piper TriPacer airplane. The program is free to enroll and is held in the EAA Hanger at the Junction City Airport in Freeman Field. Head to www.1364eaachapter.org for more information!

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.militaryonesource.mil/mcfp/weekly> You can now receive the MC&FP Weekly content and news in an RSS feed! Learn more about Military OneSource RSS feeds, and sign up today for the Weekly RSS feed by selecting the URL below: <http://www.militaryonesource.mil/rss> 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

Ft Riley Tax Center is tentatively set to open on 17 January 2013- will post more information as I receive it.

Check out these websites for more information or events going on: Ft Riley MWR <http://rileymwr.com/main/>

The 1st Infantry Division website <http://www.riley.army.mil/default.aspx>

More Social Media sites for Fort Riley can be located here! <http://www.riley.army.mil/NewsViewer.aspx?id=2873>

2013 is right around the corner check out these ACS Events and programs and the 2013 Alternative Care options from CYS- see the flyers below.

Also listed is a Cross Fit Challenge Fundraiser Flyer for Newtown CT on 21 December

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Dear 21st Friday,

CrossFit 785 will be hosting a remembrance workout and fundraiser for the Newtown, Connecticut community. Donations will be accepted all day, and 100% of the money raised will be sent to the Newtown Police Union. A \$10 donation (cash or check) will be required to participate in the workout. Workout times are as follows:

AM: 5:30 - 6:30 - 9:30
PM: 2:30 - 3:30 - 4:30 - 5:30 - 6:30

The workout exercise will be announced upon your arrival to CrossFit 785. People of all fitness levels will be capable and able to finish the workout.

Questions? Please call or visit:

Jason Lembright

CrossFit 785
116 S. 4th St. Suite 785
Manhattan, KS 66502
(785) 317-3000



Parenting for Blended Families

Blended families face unique challenges!

This class will offer ideas and suggestions for

- building strong bonds,
- creating new family traditions
- avoiding common problems that military blended families face.



Classes will be held in January 2013 at Army Community Service, 7264 Normandy Drive, Ft. Riley, Kansas

Dates: January 15, 22, 29 (Tuesdays)

Time: 10:30–Noon

Call 785-239-9435 to make a reservation. Free child care will be offered but must be reserved at least one week prior to the first class.





Family Readiness Training 2013 Schedule

Free Child Care for all Family Readiness Group (FRG) Classes. **Pre-registration Required!**

Family Readiness Group (FRG) Leader Class: Instruction and guidance to assist newly appointed FRG Leaders, FRSA's and Commanders.

Each part is a 3-hour course.

Jan 8-9 / Mar 12-13 / May 14-15 / Jul 16-17 / Sep 10-11 / Nov 11-13: **9:00 am – 12:00 Noon**

Key Caller Class: This class provides instruction and guidance to appointed Key Callers.

Feb 5 / Apr 2 / Jun 4 / Aug 6 / Oct 1 / Dec 3: **10:00 am – 12:00 Noon**

Funds Custodian Class: This class provides instruction and guidance to appointed Funds Custodians.

Jan 15 / Mar 12 / May 7 / Jul 16 / Sep 10 / Nov 19: **10:00 am – 12:00 Noon**

Care Team Training: Instruction on Care Team's responsibilities and guidance on how to handle issues volunteers will face (such as dealing with family's reactions).

Feb 13 / May 15 / Aug 14 / Nov 13: **1:00 – 3:00 pm**

***Family Readiness Support Assistant (FRSA) Training:** This training will provide FRSA's a basic knowledge of their roles and responsibilities as well as acquaint them with the various Army Community resources available to Soldiers and Family members.

* Mandatory to all new FRSAs * Commanders Welcome * Open to all FRG Volunteers

Mar 5-6 / Sep 2-3 / Aug 28-29: **9:00 am – 3:00 pm**

To register for a class please contact:
Army Community Service
7264 Normandy Drive, Fort Riley, KS 66442
(785) 239-9435



Patrons may also utilize their free 16 hours or an hourly rate to take advantage of weekday or Saturday care. Children must be registered with CYSS.

SATURDAY CHILD CARE 1900-2300

| | | | |
|-------------|------------|------------|------------|
| January 5 | February 2 | March 2 | April 6 |
| May 4 | June 1 | July 13 | August 3 |
| September 7 | October 5 | November 2 | December 7 |

FRG CHILD CARE 1800-2000

| | | | |
|--------------|-------------|-------------|-------------|
| January 8 | February 12 | March 12 | April 9 |
| May 14 | June 11 | July 9 | August 13 |
| September 10 | October 8 | November 12 | December 10 |

TO MAKE AN APPOINTMENT FOR CARE,
CALL WARREN EAST CDC
BLDG. 6981 WARREN RD
785.240.0822/0821



REVISED 10/25/12

DO YOU HAVE WHAT IT TAKES?

Prepare to:

- take on new challenges
- learn new skills
- network with others
- find opportunities
- track your progress



- Free training offered monthly free childcare may be available.
- Distance learning option available (no childcare provided for DL classes).

BE A PART OF THE ARMY VOLUNTEER CORPS

Call: 785-239-9435

Email: usarmy.riley.imcom.mbx.acs@mail.mil

Volunteer Coordinator

DO YOU HAVE WHAT IT TAKES?

ARMY VOLUNTEER CORPS AND ARMY COMMUNITY SERVICE

VOLUNTEER ORIENTATION CLASSES ARE HELD ON THE FOLLOWING MONDAYS FROM 1000 – 1200 AT BUILDING 7264 NORMANDY DRIVE:

JANUARY 14

FEBRUARY 11

MARCH 11

APRIL 8

MAY 13

JUNE 10

JULY 8

AUGUST 12

SEPTEMBER 9

OCTOBER 7

NOVEMBER 4

DECEMBER 9

When registering for this class, please specify the date or distance learning and provide the following information: your name, sponsor's name, unit, and rank. For those requiring child care we will also need the name and age of your child.

Parents are responsible to preregister their child with CYSS at BLDG 6620 prior to registering for this class. Students needing childcare will register at least 10 working days before the scheduled class so that we can coordinate childcare. Students who are unable to attend a scheduled class for any reason will be responsible to contact both CYSS – 24 hours in advance to cancel childcare and then ACS to cancel their class reservation. Failure to do so may result in the student being held financially responsible for the cost of childcare during that time.

ACS also offers a distance learning option. Simply stop by ACS to pick up your distance learning package. Read through the materials and email your answers to the address on the check on learning. Your volunteer orientation training certificate will be emailed to you after processing. Childcare is not available for this option.

BE A PART OF THE ARMY VOLUNTEER CORPS

Call: 785-239-9435

Email: usarmy.riley.imcom.mbx.acs@mail.mil

Volunteer Coordinator