

MARCH



COL Kevin P. Brown
Garrison Commander
CSM Colvin D. Bennett
Garrison CSM



****NOTE: Announcements for the APRIL 2011 "Riley Bugle Call Newsletter" are due by 10 MARCH 2011. If you have questions or would like to add something to The Riley Bugle Call Newsletter please call (785) 240-0663****.

Notice of Availability: Fort Riley Drinking Water Consumer Confidence Report. The Environmental Division, Directorate of Public Works posted the annual Consumer Confidence Report (CCR) on the internet at www.riley.army.mil. Fort Riley, like other public water suppliers, is required to provide this information based on Safe Drinking Water Act requirements. The CCR is a means to raise consumers' awareness of what is involved in the delivery of safe drinking water, the sources of their drinking water and the importance of source water protection. From the Fort Riley web homepage, follow the link to Units/Garrison Command/Public Works/Environmental/Compliance Documents. That page will have a link entitled "Drinking Water Quality Report". Clicking on this link will bring up the 2010 CCR. Copies can also be obtained by contacting the Water Quality Protection Regulations Manager at (785) 239-2630.

The Fort Riley Officer and Civilian Spouses' Club (OCSC):

The OCSC is a place to come and renew your soul! It is a time to laugh, relax, and give back to community. The Fort Riley OCSC meets monthly for good food and fun! We are also one of the largest welfare and scholarship organizations on post! For the 2009-2010 year, the OCSC gave back over \$12,500 to local scholarship and organizations. We look forward to having you join us in 2011! Membership dues are now only \$10 for the remainder of the year. You can download a membership application at <http://www.thefortrileyocsc.com/membership.html>.

Save the Date for our Upcoming Winter & Spring 2011 Events:

March 4 – Martini Madness Game Night

April 8 – Basket Auction at Munson Angus Farm

May 19 – Year End Event at Riley's Conference Center

The Fort Riley Officer and Civilian Spouses' Club (OCSC) is taking requests for disbursements. Each year OCSC donates money raised to organizations on Fort Riley and in the community. Requests that benefit a group and have military affiliation are given priority. We are unable to fund operating costs, salaries or FRGs. The deadline for 2011 Community Assistance Funds Requests is April 1, 2011. For an application for funds disbursement or questions regarding disbursement, please contact the OCSC Community Assistance Chair at ocscfrca@gmail.com.

Fort Riley Combined Scholarship Information:

The 2010-2011 Fort Riley Combined Scholarship Board is currently in the process of appointing committee members. After the committee is formed, The Fort Riley Combined Scholarship Board (FRCSB) Application will be posted on www.riley.army.mil. For more information, email fortrileyscholarship@gmail.com.

Kansas State Research and Extension (KSRE):

The following workshops/programs will be held in the month of: **March**

Who: Military Families

What: The Book Club

When: March 8, 2011 (2nd Tuesday of the month)

6:00pm – 7:30pm

Where: Resiliency Learning Center, Bldg 7285 Normandy Dr

Why: Reading group for parents to discuss family relationships, parenting, and child development topics in an informal social setting.

Who: Given to Military Families who have special needs Family members.

What: EFMP Support Group

When: March 22, 2011 (4th Tuesday of each month)

6:00pm – 7:30 pm

Where: Army Community Service, 7264 Normandy Drive

Who: Spouses of Wounded Warriors

What: WSOS Support Group

Where: SFAC

When: March 17, 2011 (3rd Thursday of every month)

6:30pm – 8:00pm

Why: Support for Spouses of Wounded Warriors

Who: General Public

What: Conflict Resolution

When: March 1, 2011 (1st Tuesday of each month)

10:00am – 11:30am

5:30pm – 7:00pm

Where: Forsyth Community Center

22900 Hitching Post Rd

Why: To teach conflict resolution skills: fair fighting, active listening, "I" statements.

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Who: Military Spouses and Family Members

What: Global Friendship Club

When: March 1st & 15th (1st & 3rd Wednesday of Each Month)
10:00am – 11:30am

Where: McClellan Community Center

Why: Come join us during the global Friendship Club meetings. The Club is designed to encourage culturally diverse military Spouses and Family Members in sharing ones heritage to a cross cultural audience experiencing Military Life. Looking forward to seeing you there!

Who: General Public

What: Life Skills class: Spring Cleaning

When: March 8, 2011 (2nd Tuesday of each month)
10:00am – 11:30am
5:30pm – 7:00pm

Where: Forsyth Community Center
22900 Hitching Post Rd

Why: "I need a ruler to measure the dust"- Come find out the easiest and fastest way to clean your house from top to bottom. It is Spring and you want to start anew so lets learn not only how to plow through the piles and dust but also how to maintain the cleanliness so next year isn't such a chore.

Who: General Public

What: Parenting class: Basic Safety

When: March 15, 2011 (3rd Tuesday of each month)
10:00am – 11:30am
5:30pm – 7:00pm

Where Forsyth Community Center
22900 Hitching Post Rd

Why: Participants attending this class will learn basic tips for keeping your children safe around the house. Participants will have the opportunity to watch short videos and discuss how to help make their own environment more "kid-friendly".

Who: Children ages 0 – 7

What: Early Literacy Day

Where: Forsyth East CDC

When: Saturday, March 5, 2011
10:00am – 12:00pm

Why: A fun filled day of learning and encouraging children to read. Various activity tables will be provided for making your own book, bookmark, reading stations, and we may have a special guest reading to the children. Call for reservations 239-9991

Who: General Public

What: Gardening 101

Where: Resiliency Learning Center, 7285 Normandy Dr, room 6

When: March 7, 2011
1:00pm – 3:00pm

When: Learn the basics of gardening including soil preparation, planting methods, mulching & weed control and watering for best production. Cool season vegetables and flowers will be discussed.

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Who: General Public

What: Cut the Clutter: in Your Closet

Where: ACS, 7264 Normandy Dr, room 30

When: March 8, 2011

10:00am – 11:30am

Why: Simplify your life-Better understand when items should be tossed and what items are safe and important to keep.

Who: General Public

What: Family Changes: Separation and Divorce

Where: ACS 7264 Normandy Dr, room 30

When: March 8th, 15th, & 22nd

11:30am – 1:00pm

Why: All Families suffer from separation or divorce at some point in their life. This class will help the family through the toughest times and make them more resilient to life's changes

Who: General Public

What: Emotional Eating

Where: ACS 7264 Normandy Dr, Room 30

When: March 9, 2011

10:00am – 11:30am

Why: This presentation to become more familiar with factors that influence food choices, emotional triggers, stages of emotional eating, and signs of physical hunger versus emotional hunger.

Who: General Public

What: Low-Sodium Ways to Spice Up Your Life

Where: ACS 7264 Normandy Dr, room 30

When: March 10, 2011

10:00am – 12:00pm

Why: Learn to use various spices with your everyday meals.

Who: General Public

What: Walk Kansas Kick-Off

Where: Resiliency Learning Center, 7285 Normandy Dr, room 6

When: March 11, 2011

12:00pm – 1:30pm

Why: 8-week team oriented program that will help you and others lead a healthier life. Be more active with friends and family, make better nutrition choices, and walk away your stress!

Who: General Public

What: Cut the Clutter: In Your Cupboard

Where: ACS, 7264 Normandy Dr, room 30

When: March 15, 2011

10:00am – 11:30am

Why: Simplify your life-Better understand when items should be tossed and what items are safe and important to keep.

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Who: Soldiers and their Family Members also DOD Civilians

What: Kansans Move into Health

Where: King Field House-Top Floor (Old Roller Rink)
202 Custer Ave

When: Wednesday, March 16, 23rd, & 30th
11:00am-12:30pm

Why: Nutrition education to supplement Walk Kansas-a statewide initiative to promote health and fitness. Both "Walk Kansas" and "Kansans Move into Health" are 8 week Programs. Each week will have nutrition education in conjunction with a fitness demonstration of different fitness class provided by Recreation Services. Registration is required-K-State Research and Extension-Ft. Riley-785-239-9991

Who: General Public

What: Gardening 102

Where: Resiliency Learning Center, 7285 Normandy Dr, room 6

When: March 21, 2011
1:00pm – 3:00pm

Why: Warm season vegetables and flowers will be discussed. Learn about scheduling planting times and methods for most warm season crops.

Who: General Public

What: Cut the Clutter: In Your Home Office

Where: ACS, 7264 Normandy Dr, room 30

When: March 29, 2011
10:00am – 11:30am

Why: Simplify your life-Better understand when items should be tossed and what items are safe and important to keep.

Who: General Public

What: Temperament & Natural Causes

Where: ACS 7264 Normandy Dr, room 30

When: March 30, 2011
1:00pm – 2:30pm

Why: Have you ever wondered why your children act the way they do? Why some are calmer than others? How to best contend with your children's behaviors? This class will help make parenting just a little bit easier by better understanding how to deal with differing temperaments.

Who: General Public

What: Reduce Stress/Relaxation Series

Where: Resiliency Learning Center, 7285 Normandy Dr

When: March 2nd & 30th
6:00pm – 7:00pm

Why: Everyone needs to learn how to de-stress and relax. Come and learn some unique ways to do so. Bring your spouse, bring a friend.

Who: General Public

What: Cooking with Whole Grains

Where: ACS 7264 Normandy Dr, room 30

When: March 2, 2011

10:00am – 12:00pm

Why: Increase your fiber intake and overall health. Learn how to cook with whole grains.

Contact Information:

K-State Research and Extension, Ft. Riley
7264 Normandy Drive, Custer Hill
Fort Riley, Kansas 66442
785-239-9991
friley@ksu.edu
www.fortriley.ksu.edu

Thrift Shop:

The Fort Riley Thrift Shop is open Tuesday through Thursday and the 1st and 3rd Saturdays of the month from 9:30am-2:30pm with consignments from 9:30 a.m. to 1:00 p.m. The Dollar Bag Room will be open Wednesdays and Saturdays from 9:30 a.m. to 1:00 p.m.

The Thrift Shop continues to seek energetic volunteers. Childcare reimbursement for volunteers is available. Please inquire at the shop.

The Fort Riley Thrift Shop continues to run the “Eyes for Education” program. This program is designed to assist military Families on Fort Riley. Applications can be picked up at all the local schools, the PX optical shop, IACH Optometry Clinic and at the Thrift Shop. There are several criteria to be met before receiving financial assistance; however, ALL applications will be considered on a case-by-case basis if one or more of the criteria are not fully met.

Directorate of Plans, Training, Mobilization & Security:

The Security Office offers FREE fingerprinting for Fort Riley Soldiers and Family members.

For more information, please call (785) 239-6348.

Location: 500 Huebner Rd, Room 105.

Please call (785) 239-6348 to make an appointment.

Commissary:

Our hours of operation are:

Monday-Saturday 9:00am-8:00pm

Sunday-10:00am-6:00pm

Early bird shopping hours are 7:00-9:00am

We have 4 self checkouts for your shopping convenience 40 items or less, there is a customer service personnel here to assist you if you need help. The deli-bakery and produce and meat department can do special order trays with a 24 hour advanced notice.

The Commissary, it's worth the trip where you save 30% on your total grocery bill.

Our phone # is (785) 239-6621.

We value your service!

Irwin Army Community Hospital:

IACH No Show Reduction

Don't be a “no show”. When a patient misses an appointment without cancelling, they will keep another patient from using that appointment slot. There are several options to cancel an

appointment: Call the appointment cancellation line at 239-8428, respond to the automated patient appointment reminder system or visit www.tricareonline.com. An appointment missed by you is an appointment missed by two.

Tricare Online - Anytime, Anywhere

Registration with TRICARE Online provides users with numerous benefits, including the availability to book and cancel appointments, access personal health records and request prescription refills online. By visiting www.tricareonline.com, you have unlimited access anytime...anywhere. For registration assistance or for additional information, call 239-7968.

InwINformation

If you have a question for IrwINformation, send it to IACHInformation@amedd.army.mil or call (785) 239-8414.

Fort Riley Veterinary Services:

Building 226 Custer Avenue (down the street from In/Out Processing)

Operating hours are Monday thru Friday: 8:00-11:00am and Noon-4:00pm.

Closed federal holidays and the last business day of the month.

Registration

- All pets residing in on-post housing must be registered with Veterinary Services per Fort Riley Regulation 40-18.
- Registration is free; however, all animals must be registered and micro chipped (done by appointment) within 10 days of arriving on post.
- Registration is walk-in and owners need to bring vaccination history and microchip history if available. If no history is available the owner may make an appointment after registration is complete.

Appointments

- Appointments can be made for vaccinations and minor sick call by calling (785) 239-3886.
- Veterinary Treatment Facilities have been standardized Army-wide to stabilize prices and care given to Patrons and their pets. One of these benefits includes our new Discounted Wellness Packages suited to your pets needs.

Discounted Wellness Packages

- These include basic required vaccinations that are offered yearly or every three years.
- Also included are annual heartworm screenings and stool exams.
- For your new additions we offer puppy and kitten packages as well.
- For more information on Veterinary Services search online www.riley.army.mil

Fort Riley Stray Facility

- Operating hours are Monday thru Friday 12:00 Noon-4:00pm.
- Phone Number is (785) 239-6184.
- Although we are a small facility we just might have the perfect companion for your Family. Come by and adopt a pet today!

American Red Cross:

Volunteers needed for two programs:

Volunteer orientations are Mondays at 1:00pm at the Red Cross office in 7264 Normandy Drive, Room 16. Questions call (785) 239-1887.

- Interested in being a local disaster volunteer? Dates will be determined.
- Mother's Outreach Program (on-going program). Volunteers meet and give gift bags to new parents at IACH. Please call (785) 239-1887.

Directorate of Family, Morale, Welfare, and Recreation (DFMWR): **Child, Youth, & School Services (CYSS) 785-239-9885:**

CYSS Parent Central, Bldg. 6620 Normandy Drive

Hours of Operation: Monday–Friday, 8:00am-5:00pm

Walk-in registration hours are Monday - Friday, 8:00am-5:00pm

Appointments available starting at 8:00am

Spaces are available for all ages, please contact Parent Central for additional information.

Play Pals Playgroup- 6620 Normandy Drive, Every Monday 9:00am-11:00am,

Parents are welcome to come out with their child and explore fun and exciting activities, meet new friends and develop life long relationships. Call 785-239-9885 for more information.

Reservations recommended but not required (space available without reservations).

WebTrac - WebTrac is now available for CYSS patrons to make payments, as well as, enroll in Youth Sports programs. Customers currently in our database will receive their WebTrac User ID and password via the e-mail address we have on file. New customers may sign up by going to the WebTrac link located on the Riley DFMWR website.

Parent Education Plan

Parent Education Opportunities: For additional information contact Parent Central 785-239-9885.

**Held in the CYS Services Training Room, Bldg 6620 Normandy Drive unless otherwise stated*

- March 8, 2011. Child Abuse Prevention, 8:00-10:00am,
This class discusses the importance of recognizing and preventing child abuse. This training also covers the 4 types of abuse and what is considered abuse in Kansas.
- March 8, 2011. The Sneaky Chef-Getting Healthy Foods in meals, 6:30-8:30pm,
FREE child care with preregistration.
In today's modern times parents are finding it harder and harder to ensure that their children are eating healthy and get that balanced diet they need. Trying to get children to eat 5 servings of both fruits and vegetables a day is not easy. In this session we will learn easy ways of squeezing vegetables and fruits into your child's meals without them knowing or being able to taste them.
RSVP to 785-239-9885 by March 7th at noon if you need free child care.
- March 23, 2011. Healthy Habits, 12:00-1:00pm.
Participants will learn simple and effective exercise routines to improve flexibility and core strength while reducing the effects of stress on the body.

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SKIES Unlimited, 785-240-5821

All participants must be registered with Child Youth & School (CYS) Services, Bldg. 6620. Space is limited. Classes are subject to change without notice. Sports Physicals are not required to enroll for SKIES classes. \$300 of free classes for children of deployed Soldiers (a copy of orders is needed). Instrument rental, uniforms and testing fees are not covered.

Wanted! Instructors are needed in a variety of areas to include: Art, English, Math, Science, Guitar and Piano.

Warren East CDC 6981 Warren Rd.

- **Saturday Care:** March 12th from 9:00am -1:00pm. Parents may utilize free 16 hours (deployment entitlement) or an hourly rate. Children ages six weeks up to five years are eligible for the free care at the CDC. Lunch will be served. Children must be registered with CYS Services to participate in this program, and parents must make a reservation by noon Thursday the week care is provided. For additional information please call 785-240-0822.
- **Weekday care:** March 8th and 22nd from 6:30pm-8:30pm. Free for parents attending FRG meetings, parent may also utilize free 16 hours (deployment entitlement) or an hourly rate. Contact your FRG leader to reserve your child for FRG care. To attend parent training classes, sign up at the front desk of any Child Development Center. Drop off is as early as 6:20pm. For additional information please call 785-240-0822.

School Age Services (SAS) Bldg. 5810 Thomas Ave

- This elementary school age program is nationally accredited by the National Afterschool Association (NAA) and provides Before and After School programs for Kindergarten through 5th Grade. Hourly care is also available; however parents must make reservation by noon the day prior to ensure availability. For additional information please call 785-239-9220 or 785-239-9225.
- Spring break is coming up. Please make reservations for hourly care, starting on the 25th of February for spring break. SAS will be conducting a variety of activities such as swimming, bowling, roller skating, as well as other fun activities at SAS.

Middle School and Teen (MST)

The Middle School and Teen Center is located on Custer Hill at the corner of Thomas and Longstreet. It has a full court gym, a technology lab, art room, a large activity area, a music/dance studio, a homework area, and a newly designed high school lounge. For more information, contact us at 785-239-9222. Hours of operation are as follows:

| | |
|-------------------|--------------|
| Monday – Thursday | 3:00-8:00pm |
| Friday | 3:00-11:00pm |
| Saturday | 2:00-11:00pm |

March Events:

- March 11, **MST Dance**, 8:00pm-10:30pm. Cost is \$2.50 for members, \$3.50 for non-members.

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- March 19, **Late Night Basketball Tournament**, 7:30pm-11:00pm. Open to all teens, \$1.00 to watch, \$2.00 to play. Members can bring one guest.
- March 21-25, **Spring Break Mini Camps**, 1:00pm-3:00pm (Art & Cooking Camp), 4:00pm-6:00pm (Gaming Camp). Cost is FREE. Space is limited, please sign up by March 14th (Art & Cooking Camps) and March 18th (Gaming Camp).
- March 25, **MOVIE NIGHT**, 7:00pm-9:30pm. Cost is FREE. The feature movie will be "Megamind".

Join the Fort Riley Teen Center for our weekly activities which include: Sports, Smart Girls, Girls with a Future (GWAFF), Tech Club, D&D Gaming, Millionaire Club, High School specific activities, Power Hour, Photography Club, Arts & Crafts, Passport to Manhood, and Cooking Club. These activities are all provided at no cost to the participating youth. For more details, please see the MST front desk or call 785-239-9222 for additional information.

MST has a distribution list to help you keep in touch with what is happening here at the teen center. Please let us know if you would like to be added to this list.

Find MST on Facebook

<http://www.facebook.com/ftrileyteen>

or

Follow MST on Twitter

<http://twitter.com/fortrileyteen>

HIRED!

HIRED is a career field exploration for 15-18 year old high school teenagers. Teenagers get the opportunity to explore different career opportunities at facilities on Fort Riley AND attend workforce preparation workshops like resume writing, interview skills, problem solving, effective communication, financial management, college preparation, and a lot more! This is a great experience with lots of benefits for life after high school! For additional information, call 785-239-4317.

The EDGE

Experience, develop, grow and excel in exciting and fun art, fitness, life skills and adventure activities. For additional information, call 785-239-4317.

Youth Sports

- February 28 – March 11, Outdoor Adventure Amazing Race Registration. Event date – Mar 24, 1:00-5:00pm, Grades 3-12, \$10 includes transportation to and from Moon Lake. To participate, register at CYSS Parent Central Office, Bldg. 6620.
- February 28 – March 11, Outdoor Adventure Horseback Riding/Archery Registration. Event date – Apr 11, 8:00am-4:00pm, Grades 3-12, \$10 includes transportation to and from Rock Springs 4-H Center. To participate, register at CYSS Parent Central Office, Bldg. 6620.

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- March 18, Family Fitness Night. 6:00-7:00pm, Ultimate Speed Soccer at Bldg 5800. Families with children of all ages are invited to participate. RSVP by March 16.
- March 21 – 1 Apr, Tennis Registration, Grades 3-6, \$20. To participate, register at CYSS Parent Central Office, Bldg. 6620.
- March 21 – 1 Apr, Start Smart Soccer Registration, for children ages 3-5 and their parents, \$20. To participate, register at CYSS Parent Central Office, Bldg. 6620.

Call 785-239-9223 for additional information on Youth Sports Programs. We are currently in need of volunteer coaches.

School Liaison Services

Youth Sponsorship Program

The Youth Sponsorship Program is available to children of all active, retired and reserve military sponsors in the Fort Riley area. The Youth Sponsorship Program has active volunteers at CYSS School Age Services and the CYSS Middle School Teen Center to welcome incoming youth and assist with their transition. Participation in the Youth Sponsorship Program as a volunteer or a new member of the Fort Riley community will: Promote youth awareness and involvement at Fort Riley, encourage new friendships, gain information about schools in the area, and strengthen youth independence. For additional information please contact a School Liaison Officer at 785-240-3260, 785-240-3261, or 785-239-1648

Study Strong (formerly Tutor.com)

Provides real-time homework assistance in all subjects. Service is 24/7, tutoring for grades K-12 and college intro. Log onto: www.myarmyonesource.com/cyss_tutor to register.

Student Online Achievement Resources (SOAR) www.SoarAtHome.org

Soar is a free website providing students and parents with resources to:

- Identify academic strengths and weaknesses in math and reading
- Instruct the student in math, reading and language arts through interactive tutorials
- Involve parent by providing educational resources written specifically for parents

College Prep Series

For students interested in pursuing a college education CYSS will offer a College Prep Series.

Times: 6:30pm to 7:30pm

Location: Middle School/Teen Center 5800 Thomas Ave

All College Prep seminars are FREE

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10th Understanding College Acceptance Letters

12th ACT Prep (Saturday 8:30am-3:00pm, Limited to 20 spaces)

For additional information please contact a School Liaison Officer at 785-240-3261, 785-240-3260, or 785-239-1648.

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USD 475 Junction City-Geary County Schools:

USD 475 (Geary County-Junction City, Fort Riley, Milford, and Grandview Plaza) website: <http://www.usd475.org/>
Tel: 785-717-4000

USD 383 Manhattan-Ogden Schools:

USD 383 (Manhattan-Ogden) website:<http://www.usd383.org/>
Tel: 785-587-2000

USD 379 Clay County Schools:

USD 379 (Clay Center-Wakefield) website: <http://www.usd379.org/>
Tel: 785-632-3176

USD 473 Chapman Schools:

USD 473 website:<http://www.usd473.net>
Tel: 785-922-6521

USD 435 Abilene Schools:

USD 435 website:<http://www.abileneschools.org>
Tel: 785-263-2630

Leisure Travel Center

Bldg 6918

Winter Hours: Monday - Friday 10:00 am-5:00 pm Closed Sat, Sun & Holidays
Call 785-239-5614 for discounted ticket prices and further information.

Colorado Ski Packages - Still time to plan a get-a-way for Spring Break. Military discounts available for Colorado Lift tickets. Call or stop by the Leisure Travel Center and let us put together a ski package for you and your family and friends.

Exploration Place Science & Discovery Center - Leisure Travel Center is planning a tour during spring break to the Exploration Place Science & Discovery Center in Wichita, March 23. Bus will depart Leisure Travel Center at 8 am. See Megalodon: The Largest Shark that ever lived National traveling exhibit and K'NEX: Building Thrill Rides National Traveling Exhibit. In this exhibit, use K'NEX rods and connectors to build a thrill ride of your own. Get a little creative and build things like a butterfly, sailboat, tractor, hot air balloon, and maybe even a Megalodon! What more, children as young as 3 years old can create shapes using K'NEX. We will also make a stop in Old Cow Town. Limited space so sign up early. Cost is \$25.00 Adults & \$15.00 Children (4-11).

Walt Disney World & Disneyland Resort Salute - As guests of Disney Parks share Disney vacation memories through the "Let the Memories Begin" program, America's military personnel will have opportunities to make memories through special theme park tickets and accommodations at amazing discounts through Sep 28, 2011.

Rocky Mountain Blue - The popular Air Force Services partnership with Keystone Resort in Colorado, offers military discounts for lodging, recreational activities, conferencing and reunions Over 1,400 lodging choices to choose from, for ski groups of all sizes. Each guest receives an Adventure Passport at check-in packed full of free activities to give you a chance to try things

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you might not have thought of. Free shuttle buses take you anywhere in the resort so you can easily experience all the events. Let us assist you putting together your Colorado Ski Get-a-Way. We also have military lift ticket discounts to Winter Park and Copper Mountain.

Ski Snow Creek - If you ever wanted to try the sport of skiing or wanted a friend to learn...Now is the time in historical Weston, Missouri located 15 minutes from Kansas City International Airport. Snow Creek has 100% snowmaking capabilities. Don't ski? Try Tornado Ally for snow tubing. Military Appreciation begins 1/4/11 and runs through 2/23/11. Active duty show valid military ID and ski-Board for only \$5.00 on Tuesdays and Wednesdays. Dependents or other military classification need valid ID and receive 50% off regular rates. On Wednesdays - Active Military can tube for only \$5.00. Dependents can tube for 1/2 off the regular Wednesday night tubing rate. Leisure Travel Center also sells discounted lift tickets for all other days.

Sports

Bldg. 202, 239-3945.

Eyster Pool

Bldg. 6940, Custer Hill

| | | | |
|----------------------|-------------|----------------|-----------|
| Oct 1 – May 27, 2011 | Mon-Wed-Fri | 6:30–9:00am | Lap Swim |
| | Mon – Fri | 11:00am-1:00pm | Lap Swim |
| | Mon – Fri | 4:00-8:00pm | Open Swim |
| | Sat & Sun | 1:00–6:00pm | Open Swim |

Please note all children 12 years and younger as Family members must be accompanied by a parent or guardian 18 years of age or older.

Long Pool

Bldg. 8069, Custer Hill

785-239-4684

For Reservations call 785-239-9441

Please note: Effective Oct 1, 2010: All units will be responsible for providing their own lifeguards. Minimum two lifeguards per request. Lifeguard training information is listed below.

Training (Unit must submit memo of request 2 weeks prior to requesting date with the following information: Effective Oct 1, 2010: Copies of minimum two soldiers American Red Cross Lifeguard Training cert along with ARC CPR for the Professional Rescuer, date, time, number of Soldiers, type of training, requesting POC for memo, OIC or NCOIC responsible for Soldiers the morning of, memo signed by company commander).

American Red Cross Lifeguard Training

Cost is \$175 per candidate call 239-9441 to schedule pre-test date prior to session beginning.

Session 1:

March 3-6 9:00am -6:00pm

Session 2:

March 18 4:00pm -8:00pm

March 19,20,26,27 9:00am- 6:00pm

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American Red Cross Group Swim Lessons

MARCH 7-11/14-18 \$20/ Child: Register at Eyster Pool

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|-------------|-----------|
| 4:00-4:30pm | PACA |
| 5:00-5:45pm | Level I |
| 6:00-6:45pm | Level II |
| 7:00-7:45pm | Level III |

SKIES Swim Lessons

Register at Central Registration Office

March 28-April 1

Spring Fling Spring Break POOL PARTY WEEK!!!

March 21 – 25 Eyster Pool from 1pm – 4pm

| | |
|-----------|----------------------|
| Monday | Pirates Party |
| Tuesday | Carnival Celebration |
| Wednesday | Camelot Festivity |
| Thursday | Beach Bash |
| Friday | Freaky Friday Fun |

Themes are subject to change.

\$15/family/week \$7.50/family/day \$5/single/day

FOOD, GAMES and PRIZES every day of the week!!!

Fitness Center Phone Book

King Field House | Bldg 202, Main Post | (785) 239-3868 5:00am to 9:00pm Mon-Fri
9:00am to 9:00pm Sat/Sun/Hol

Leonard Fitness Center | Bldg 7632, Custer Hill | (785) 239-5771 5:00am to 8:00pm
Mon-Fri 10:00am to 5:00pm Sat/Sun/Hol

Craig Fitness Center | Bldg 7024, Custer Hill | (785) 239-5562 CLOSED

Long Fitness Center | Bldg 8069, Custer Hill | (785) 239-4683 5:00am to 9:00pm
Mon-Fri 8:00am to 4:00pm Sat/Sun/Hol

Robinson Fitness Center | Bldg 7832, Custer Hill | (785) 239-4480 5:00am to 9:00pm
Mon-Fri Noon to 7:00pm Sat/Sun/Hol

Fitness

Exercise Classes

The fitness department offers fitness classes six days a week, excluding holidays and training holidays on holiday weekends. See the MWR <http://www.rileymwr.com> and click on the calendar for the current schedule, or visit King Field House for a printed copy. Fitness class selection includes SPINNING, Ab Force I, Circuit Breaker, Rowbics, Yoga, Zumba and Interval Boot Camp. Keep an eye out for even more classes being added to the fitness schedule!

Do you or anyone you know have a passion for fitness? King Field House is currently looking for exercise class instructors! Call 785-239-3146 or email Vincent.spencer@us.army.mil

MARCH

Fitness assessments

Body composition and fitness assessments are offered by appointment. Please call the fitness office at 785-239-3146 for more information on the testing services.

Fun fitness programs

Register for Fit4Life and win prizes for getting out and being active! Sign up anytime. Visit <http://fit4life.rileymwr.com> for details on prizes and registration.

Intramurals

March Madness Tournament is on March 12th at 10 am located at King Field House. Registration ends March 10th. Open to everyone, maximum is 8 players. The cost is \$50.00 per team and FREE for Active Duty Teams. For more information call 239-2148.

Custer Hill Golf Course:

Bldg. 5205 (785)784-6000.

Pro Shop and Golf Course Hours:

March 1-12

Tues-Fri: 9:00am-6:00pm

Sat-Sun: 8:00am-6:00pm

March 13-31

Mon-Fri: 8:00am-7:30pm |

Sat-Sun: 7:30am-7:30pm

DAYLIGHT SAVINGS BEGINS ON MARCH 13

ALL TIMES ARE WEATHER PERMITTING

**ALL RENTALS ARE DUE BACK INTO THE PRO SHOP 15 MINUTES PRIOR TO CLOSING.
\$5.00 LATE FEE FOR ALL EQUIPMENT TURNED IN LATE.**

Snack Bar Hours:

Monday – Friday

11:00am – 1:30pm

Saturday, Sunday, & Holidays

Closed

PGA Trade In/Trade-Up Network: Looking for new golf clubs in 2011? Bring your old clubs in and we will assist you in trading in your clubs based on the PGA Value Guide, and we will put that amount towards the purchase of a new set clubs.

2011 Golf Tournaments: Let our professional staff help you book your unit tournament in 2011. Plenty of dates are available and they come on a first come, first serve basis. We have packages that includes rentals, fees, range balls, equipment, and lunch starting at \$29.

Coming Soon: New 2011 Golf Clubs to the Pro Shop. Check us out for more details.

Check out our website at WWW.RILEYMWR.COM for an updated listing of events and tournaments.

Special Events

Operation Magic - A Magic & Comedy Variety Show

Mar 5, 7:00pm, Rally Point (Fort Riley Bingo Center)

Enjoy dinner, magic and comedy at the first ever Magic and Comedy Show on Fort Riley. Jeff Bornstein will stroll among guests before dinner performing close-up, sleight-of-hand magic using borrowed finger rings, coins and playing cards. Dinner will be prepared by Chef Tyrone and served buffet style. After dinner, enjoy "Jay Dee," a funny and charming comedian born and raised in Tulsa who has written sketch comedies for David Chappelle. The evening finale is a performance by Kimberly Bornstein who will call up participants from the audience and read their minds by telling them dates and people they have dated in the past. Check out Jay Dee at www.youtube.com/watch?v=3k-Q5AbBcKs and Bornsteins at www.youtube.com/watch?v=YZ45z5RWo9U. Tickets for the dinner and show are \$15 and are available at Fort Riley Leisure and Travel Center, 785-239-5614.

BOSS

Fashion Show

March 27, 6:00-10:00pm

Ready to see what's in style for this spring? Well then come to Rally Point for this year's fashion show, for all your prom dresses, ball gowns, tuxedos, men's and woman's casual wear. There will be 40 VIP slots to seat you up close and personal to all the models and don't worry about dinner because your cost includes that too, plus drinks! Not ready to shell out for VIP that's ok we have space for you too.

Cost is \$20 VIP, Children's VIP \$10 or \$5 per person.

Library

Story Time

March 5, 12, 19, & 26th, 1:30-2:00pm

Story Time is a free service of the Ft. Riley Post Library. It is an opportunity for parents to introduce their children to reading in a fun way. At Story Time, children have an opportunity to do activities that promote development and learning. All programs are designed for parents to participate with their children. Snacks and drinks will be provided.

Movie Nights

March- 19th , 6:30pm

Grab your Family, friends, and neighbors and join Ft. Riley Post Library for Movie Night! Every month (*weather permitting*), we'll set up our huge movie screen in the Library and show a Family-friendly movie. So bring kids and movie pals and enjoy an evening of fun! Popcorn and drinks will be provided.

St. Patrick's Day Party

March 19th, 1:00-3:00pm

Come join the library for St. Patrick's Day! It's a fun way to celebrate the Luck o' the Irish with your friends and family. Plan to have a fun filled afternoon with the kids enjoying great party games, crafts, and food. So why not gather the wee lads and lasses and celebrate this day in perfect Irish style!

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Rally Point BINGO

Come out with friends and enjoy a night of BINGO!

To make BINGO easier to play for novices we have electronic bingo machines that do it all for you. All you have to do is yell: "BINGO!"

Play 13 games with nightly payouts of over \$1800 and the chance to win a \$2,500 Jackpot and a progressive jackpot starting at \$5,000.

Hours of Operation are:

Sunday-Monday: Closed

Tuesday-Thursday: 5:30-9:00pm

Friday: 6:00-9:00pm

Saturday: 12:30-4:30pm

Play all 13 games for just \$15 for the minimum paper pack and \$40 for an electronic pack.

SPECIALS:

Bring a Friend and receive a FREE 3-pack (must be the friend's first time at Rally Point to receive this package).

Birthday Pack: If you come to Rally Point on your Birthday, receive a FREE 3-pack and a Birthday Dauber.

Arts & Crafts Center

Bldg. 6918 (785) 239-9205

Hours of Operation:

Monday & Tuesday 1:00 – 8:30pm, Wed, Sat, & Sun 9:00 – 4:30pm,

Closed on Thursdays, Fridays and Holidays

Classes – We offer a variety of classes; a specialized wood working area, a matting and framing area, Crochet and Knitting.

Matting and Framing class – Learn the skill to do your own matting and framing, save a bundle! Class covers material selection, matt cutting, frame assembly and glass cutting. The center carries conservation – preservation products to complete your fine art work project. Evening Classes are the 1st or 3rd Monday, 6:00pm. \$10.00 fee must sign up prior.

Crochet or Knitting- Learn one or both of these skills in this class. Class meets every 2nd Saturday from 1:00 – 3:00pm. Take as many classes as needed. Stop by and see what the group is working on, call ahead to be enrolled - or just stop in. This month changed to the 3rd Saturday, October 16th. This is class is **FREE!**

Wood Safety Class – Learn power tool safety and general woodshop procedures in this one night class. Patrons are required to take this class before using the woodshop. One evening class, 6:30 – 9:00pm, Call for dates. \$8.00 fee must sign up prior.

Coffee Groups, FRGs, and Scouts - Come in for a crafts class. We will set up a class just for your group.

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Custom Services

Professional Matting & Framing: Our shop has over 500 frame molding choices and only the highest quality conservation, preservation mattes for your valuable pieces. Stop in and get a free estimate.

Ceramic Shop: You can drop off your green ware or glaze ware for firing here; there is a minimal charge per inch.

Imprint Shop: We offer computerized engraving for plaques.

Laser Engraver: The engraver is able to cut into wood, plastic, glass, mirror, and limestone. Stop in, take a look at our samples and see what we can do!

DFMWR Outdoor Recreation

Outdoor Recreation Center (ODR), Bldg 9011 Rifle Range Road
785-239-2363/6368

Hours of Operation:

Open 7 days a week 9am-5pm

Facilities closed on all Federal Holidays.

Services are available to active duty, National Guard, Reservists, Retired, DoD Civilians and Families.

March Madness is just around the corner. We have tables, chairs, coolers and grills (it's never too cold to BBQ, right?) for rent. Do you need firewood? We sell fuel/wood permits and can direct you to the ideal locations to get it. If you have a special celebration coming up or an Org Day scheduled. Drop by Outdoor Recreation for tug-of-war ropes, volleyball/badminton sets, and the NEW dunk tanks. For your entire rental needs give us a call to see how we can assist you.

Climbing Day

March 11th , 3:00-6:00pm

Cost: \$5.00 per climber

Do you want to learn how to rock climb and belay? Join us for an afternoon of climbing.

Parents must accompany all minors. (Limited to the first 10 climbers)

Sun Rock Ranch Horseback Riding

March 19th,

Cost: \$30.00

Are you looking for a relaxing, family fun adventure? Join us as we trail ride on Horseback through the Flint Hills of Kansas. You can choose from the three times available: 9:30am, 11:00am, or 2:00pm. You must be at Outdoor Rec. 30 minutes before your ride time. Riders must be 12 years of age or older and riders under the age of 18 must be accompanied by a parent or guardian. Each ride will last approx. 1 hour and 15 minutes.

Fort Riley Skeet and Trap

785-239-9058

Hours of Operation:

Wed & Sat 10:00am-6:00pm

Weather Permitting

Open to the general public

Keep your ears and eyes open for upcoming fun shoots and competitions. Whether you're a first time shooter, experienced clay breaker, or a master marksman, come out and visit the range. Bring out your own gun or borrow a range gun. For more information, call or stop by the Outdoor Recreation Center 785-239-2363.

Fort Riley Marina, Milford Lake
785-239-2363 or 785-307-3798

Hours of Operation:

CLOSED FOR THE SEASON

Services available to active duty, National Guard, Reservists, Retired, DoD Civilians and families

The Marina is closed for the season but it is never too early to plan for the upcoming spring and summer season. The Marina is located on Milford Lake and has over 20 water craft available for rent as well as 4 pavilions with access to handicapped playground equipment. Including pontoons, fishing boats, jet skis, and ski boats. Our new boat slips will be in place for the upcoming season. **Don't forget the Kansas State Boater's Safety Course is required to rent a motorized boat. For information about the course visit www.kdwp.ks.us/news/Boating/Boating-Education** . For more information call or stop by the Outdoor Recreation Center 239-2363

Automotive Skills Center

Bldg #7753, Apennines Dr
(785) 239-9764/4028

Wednesday –Friday 11:30am-8:3pm
Saturday-Sunday 9:00am-5:00pm

The Automotive Skill Center is the place to spend some time during spring break and get a jumpstart on all your automotive repairs and inspections. If you are traveling far away from home, our trained staff will assist you on additional vehicle preparation for your vacation.

The Automotive Skills Center Body Shop is open for business providing technical skills and continuous education. You can attend a Body Shop class or do hands-on training before utilizing the body shop area

The Automotive Skills Center has updated their high technical system Mac Mentor with OBD11 Smart Cards, Scope Probe for European and Domestic Cars, Mercedes, Toyota, Volkswagen, BMW, Audi, Land Rover, Porsche, Jaguar, Saab and Volvo 1986-2005. Domestic cars 1984-2006.

Mitchell On-Demand Reference library on DVD has been updated for both European and Domestic cars 1984-2007 with color-coded diagrams, updated repairs, and trouble codes

Rebuild your engine - the engine rebuild shop has a new hot tank that will clean your manifold, heads and block within thirty minutes.

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The Automotive Skills Center will be aligning your vehicles on Wednesday, Thursday and Friday from 12:30-6:00pm. Wheel alignment specifications: 1987-2009 Passenger Cars, Vans, and Lights Trucks.

FREE twenty-five-point automotive vehicle check for deployed Soldier's Family members; must have verification of Soldier or unit deployment, ID card and vehicle registration or title.

While your Soldiers are deployed, it is time to learn more about the vehicle you are driving. Why not take advantage of the FREE Basic Automotive Repair Class? The classes are scheduled every Thursday from 6:00pm-7:00pm. Basic automotive repairs first and third Thursday of each month, advance automotive repairs second and fourth Thursday of each month. Call for more details.

Introduction to Basic & Advance Auto Mechanics Fundamentals

Course Content

- Class Room Training
- Hand Tools & Equipment , qualification card 3031, Safety in the work place
- Basic Auto Repairs: Oil & Air Filters, Tire rotation, and vehicle inspections
- Advance Auto Repairs: Brake system, Brakes Fundamental's, suspension system Battery Maintenance, coolant system and on Hands Vehicle Maintenance.
- Summary: Shop talk & questions

Maintenance Tips:

- Have your vehicle inspected every twelve months as required by most states and military Jurisdiction.
- Regular routine maintenance should also be performed. You can handle many of the routine items yourself and discover early symptoms of what may become major problems.
- The driver should be familiar with the different systems of the vehicle and know what to do to keep the vehicle in good working condition.
- You do not have to be a pro to learn or take our free automotive classes.

Front-end Alignment and AC service is available on a first-come, first-serve basis.

Our Facility Offers:

- Open bays with a complete tool set and roll-around bench for customer use.
- 15-Suspension lifts bays
- 1-12,000lb lift bay for older vehicles that supports the vehicle's tires.
- Trained mechanics available for assistance and advice
- Complete tool room.
- Auto parts store located in facility
- Mitchell on-demand technical information available on DVD
- Body shop providing expert advice and instructions
- Paint booth with drive through capability
- State of the art engine rebuild and Machine shop
- 8-bay car wash with power washers and vacuum cleaners
- Inline fuel filter removal Bay

Our Services Include:

- Overnight Parking
- Tire Mounting, Balancing and Repair
- Engine Computer Monitor
- Air Conditioning Service
- Brake Drums and Rotors Turned
- Hydraulic Press
- Welding Services
- Flywheel Grinding
- McPherson Strut Replacement
- Broken Bolt Removal
- Pack Wheel Bearings
- Engine Rebuilding Services
- Ball Joint Removal/Installation
- Fuel Injector Cleaning
- Valve Grinding

Automotive Car Wash

Bldg 7756, Next door to the Automotive Skills Center
OPEN 24-7

The Automotive Car Wash has updated equipment, products and services. Eight Bay Car Wash, Change Machine, Wax and drying area; Provides the best value in the area

The Automotive Skills Center Car Club is accepting applications for annual memberships. Membership is open to active duty Soldiers, Retirees, dependents, Reserve, National Guard, and DA civilians. The club is located at building 7753. Automotive Skills Center meetings are held the second Sunday of each month at 12pm.

Army Community Service (ACS):

7264 Normandy Drive, (785) 239-9435, Hours: M-F 7:30am-4:30pm

Army Family Team Building (AFTB):

- If you are interested in learning about resources that are available to you or find that most are speaking a language that sounds more like alphabet soup than English, then you could benefit from the Army Family Team Building (AFTB) classes. FREE CHILDCARE! Will be provided at Armed Services YMCA in Junction City at 111 E. 16th Street for those attending the classes.
- NOTE: You must contact the AFTB Program Manager to pre-register your children.
- For more information or to speak to the Program Manager please call (785) 239-9435.
- If you, your unit/battalion, Family Readiness Group or other group would like to schedule separate Level I, II or III classes, please contact the Program Manager. These classes can be held at your location or at ACS 7264 Normandy Drive (Room permitting). There is a minimum of five people required to hold a class and two weeks' notice is needed for planning.

Army Family Action Plan (AFAP):

- It is never too late or too early to submit issues to the AFAP Program Manager. As you see or encounter things on our installation or in the Army overall that need changed or implemented, submit the suggestions. Our leaders and directorates cannot make changes if they do not know a problem exists. Issues can be submitted by using the Fort Riley Web page <http://www.riley.army.mil/UnitPage.aspx?unit=ACS.afap&nav=FamSvc>. Issues can also be submitted by calling (785) 239-9435

Army Volunteer Corps (AVC):

- Army Community Service (ACS) is home to the Army Volunteer Corps, which is the center of volunteer recruitment, referral, recognition, and advocacy efforts for Fort Riley. Volunteers can be placed in a wide variety of positions throughout the installation. Through volunteer service, individuals can learn or enhance skills, get to know the community and meet new people, build their resumes, and more. For further information, please call the Army Volunteer Corps office at (785) 239-9435. We look forward to seeing you in our community!
- Become an ACS Volunteer!
- At ACS our volunteers obtain valuable work experience and opportunities for training to learn new skills, opportunities to increase marketable job skills and to assume responsibility in leadership roles, the enjoyment of meeting and working with a variety of people, the satisfaction of contributing to their community, and recognition for their contributions.
- FREE CHILDCARE! ACS volunteers are provided 25 free hours of childcare monthly per Family. We also actively participate in the Fort Riley volunteer awards program to recognize our volunteers. There are volunteer opportunities for everyone whether you want to give your time every week, once a month or once a year.
- The different Volunteer positions that are offered here at the Army Community Service are as follows: Information & Referral (I&R), Exceptional Family Member Program (EFMP), Relocation Readiness Program (RRP), New Parent Support Program (NPSP), and Army Family Team Building (AFTB) programs.
- Getting started as a volunteer is easy: come into the AVC office to discuss what you might be interested in and fill out a registration form.
- For information on volunteer opportunities at ACS, call the AVC office at (785) 239-9435 or stop by to find the perfect volunteer opportunity for you.
- Volunteer Management Information System (VMIS) The Volunteer Management Information System was developed to give the Army a real-time snapshot of volunteer activities at any given time, at any given installation. VMIS provides all of the tools needed to track AVC volunteer hours, manage and track volunteers, post open positions, print reports, and much more. All volunteer hours will be tracked through the VMIS System. You may visit www.myarmylifetoo.com for additional information on this new system. Volunteer Management Information System Classes: Introduction to using the VMIS system. Search and sign up for volunteer positions, track your hours, awards, training, and more!! Call the AVC office to find out about our next class or to schedule a group class for your organization.

New Parent Support Program (NPSP):

NEW PARENT SUPPORT and EXTENSION CLASS SCHEDULES

BAL-A-VIS-X

First 3 Tuesdays of every month at Long Fitness Center from 4:00-6:00pm

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This 3 session course is designed to help cognitive integration improve; impulsivity decreases, increases attention span, and stress is diminished. **Bal-A-Vis-X** exercises are currently being used in Schools, nursing homes, TBI clinics, mental health clinics, and hospital settings.

Bal-A-Vis-X is a series of **Balance/Auditory/Vision eXercises**, of varied complexity, all of which are deeply rooted in rhythm. Exercises are done with sand-filled bags and racquetballs, sometimes while standing on a balance board. **Bal-A-Vis-X** enables the whole mind-body system to experience the natural symmetrical flow of a pendulum. Open to all family members!

SINGLE PARENT SUPPORT GROUP

March 22nd, April 26th, & May 24th, 2011 6:30pm-8:00pm

A Great Opportunity to get involved, meet other single parents, & find out what's going on!

POTTY TRAINING

March 1, 2011 10:00am-12:00pm

Toilet training is a major milestone for children and has also been known to be very frustrating time for parents. This course is designed to give parents simple, practical techniques for effectively toilet training their children and some support during this major time of transition.

THE 7 SECRETS: Of Effective Fathers

March 8, 2011 9:00am-12:00pm

This 3 hour course is designed to present valuable guidelines for fathers to strengthen their family roles. These time tested techniques that have worked effectively in other families, will help fathers overcome and/or prevent barriers in their relationships with their children and help them understand themselves in relation to other fathers. The essential "insight and counsel" discovered during this course will help men become the fathers they want to be for their children.

POSITIVE DISCIPLINE

March 9, 2011 9:00-11:00am

This course is designed to help parents get their message across to their children by helping them learn to set limits, acknowledge feelings and by taking care of themselves.

LOVE AND LOGIC: Early Childhood Parenting Made Fun!

March 17, 2011 9:00am-12:00pm

This course is designed for families with children ages 0-6 years old and to help parents create happy families and responsible kids by;

- Learning to allow them to grow through their mistakes
- Learning to allow them to learn from the consequences of their choices
- Learning shared "control"
- Learning shared "thinking and decision making"
- Providing the opportunity to build "self-concept"

APRIL 2011

BASIC INFANT CARE

April 5, 2011 10:00am-12:00pm

This course is designed for families that are currently expecting or that have recently delivered new additions to their families. Some of the timely topics covered include understanding

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pregnancy; preparing for the birth; nurturing a healthy family; child growth and development; infant safety; and a visit with health care staff from IACH and WIC.

SCREAM FREE PARENTING

April 5, 2011 & April 12, 2011; 6:30-8:30pm

Army Community Service, Building 7264 Normandy Dr., Ft. Riley

This two session course is designed to help you start a **Revolution in Your Family!** Scream Free Parenting is not just about lowering your voice. It's about learning to calm your emotional reactions and learning to focus on your own behavior more than your kids' behavior . . . for their benefit. With these techniques, you can create and enjoy more calm, mutually respectful, and loving relationships with your children. **MUST ATTEND BOTH SESSIONS TO RECEIVE CERTIFICATE.**

THE 7 SECRETS: Of Effective Fathers

April 12, 2011 9:00am-12:00pm

This 3 hour course is designed to present valuable guidelines for fathers to strengthen their family roles. These time tested techniques that have worked effectively in other families, will help fathers overcome and/or prevent barriers in their relationships with their children and help them understand themselves in relation to other fathers. The essential "insight and counsel" discovered during this course will help men become the fathers they want to be for their children.

"IT'S NOT AS HARD AS YOU THINK:" Cloth Diapering, Making Baby Food & Breastfeeding in the 21st Century

April 20, 2011; 10:30am-12:00pm

Come learn easy ways to use and manage cloth diapers, making your own baby food, and breastfeeding. You will gain knowledge on how much money you can save by using these methods and how good it is for your baby and "Mother Earth." We will offer step-by-step guide and quick tips to implementing these strategies into everyday family life. This session will be lead by Cassie Miller, LMFT and Nina Keeler, LMFT (Moms who do these very things - every day).

LOVE AND LOGIC: Early Childhood Parenting Made Fun!

April 21, 2011 9:00am-12:00pm

This course is designed for families with children ages 0-6 years old and to help parents create happy families and responsible kids by;

- Learning to allow them to grow through their mistakes
- Learning to allow them to learn from the consequences of their choices
- Learning shared "control"
- Learning shared "thinking and decision making"
- Providing the opportunity to build "self-concept"

MAY 2011

THE 7 SECRETS: Of Effective Fathers

May 17, 2011 9:00am-12:00pm

This 3 hour course is designed to present valuable guidelines for fathers to strengthen their family roles. These time tested techniques that have worked effectively in other families, will help fathers overcome and/or prevent barriers in their relationships with their children and help

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them understand themselves in relation to other fathers. The essential "insight and counsel" discovered during this course will help men become the fathers they want to be for their children.

LOVE AND LOGIC: Early Childhood Parenting Made Fun!

May 19, 2011 9:00am-12:00pm

This course is designed for families with children ages 0-6 years old and to help parents create happy families and responsible kids by;

- Learning to allow them to grow through their mistakes
- **Limited free childcare is available to parents attending these classes.**
- **Call for information on trainings, support group and childcare locations**
- **MUST RSVP 3 DAYS BEFORE CLASS. Youth must also be current on shots and registered with CYSS.**

Army Community Service
New Parent Support and Ext.
7264 Normandy Drive, Custer Hill
Fort Riley, Kansas 66442
785-239-9435
rile.dmwracs@conus.army.mil

Exceptional Family Member Program (EFMP):

EFMP Respite Care: Funding will be based on EFMP enrollment and exceptional Family member's medical condition. Exceptional Family member must be enrolled in program. The qualifying Family is eligible to receive a maximum of 40 hours of respite care monthly for each certified Exceptional Family Member. Contact Army Community Service, Exceptional Family Member Program at (785) 239-9435.

Exceptional Family Member Program and New Parent Support Program will be hosting their annual EFMP & NPSP Spring Fling on April 23, 2011 from 10:00 am to 12:00 pm at the Army Community Service, Bldg 7264. RSVP: April 15, 2011

Exceptional Family Member Program and New Parent Support Programs offers:

Oh! Oh Baby it's Your Day!

This is a free program to all Military Families who have children from birth to Kindergarten, testing for Vision and Hearing health as well as a developmental assessment entitled Ages and Stages. Screening dates will be held between 1:30 pm to 4:30 pm on:

April 20, 2011
June 15, 2011
July 20, 2011
September 21, 2011
November 16, 2011

ACS Deployment and Family Readiness Training:

* Free Child Care for all Family Readiness 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.

Part I:
March 15, 5:00 – 8:00pm

Part II:
March 16, 5:00 – 8:00pm

* Also available online at

https://www.myarmyonesource.com/skins/aos2/display_ajax.aspx?ModuleID=a53b8c22-018c-40c9-b51f-d6a1263c9889

- Key Caller Class - This class provides instruction and guidance to assist newly appointed FRG Key Callers.
March 15, 10:00 am – 12:00 Noon
* Also available online at
<http://www.riley.army.mil/documents/acs.dmDocuments/100312122549.pdf>
- 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 FRSA's * Commanders welcome * Open to all FRG Volunteers
March 1 – 2, 9:00 am – 3:00 pm
- Care Team Training - Instruction on Care Team's responsibilities and provides guidance on how to handle issues volunteers will face (such as dealing with family's reactions).
March 8, 1:00 – 3:00 pm
- FRG Awards and Recognition Class - You can't do it all yourself... You need an army of volunteers! This course will give you the tools you need to recognize your volunteers with local, private, and DA level Awards. In addition, you will be provided with all the required forms and information you need to succeed.
March 9, 1:00 – 3:00 pm
- FRG Newsletter Training: This class provides guidance and regulations on FRG Newsletters.
* Available exclusively online:
<http://www.riley.army.mil/documents/acs.dmDocuments/100722115035.pdf>
- FRG Leader Forum - The FRG Forum is a venue for FRG Leaders to discuss current FRG Issues or concerns and to explore solutions. A different topic and guest speaker will be featured each month. Come see what it's all about!
March 31, 9:00 – 10:30 am

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- To register for a class please contact:
 Army Community Service
 Mobilization and Deployment Specialist
 7285 Normandy Dr, Fort Riley, KS 66442
 (785) 240-5449

Fort Riley Education Services (ACES):

We continue to experience a shortage in contract support services for the DA Central Contract. Education Services has moved all counseling services to Main Post Learning Center, 217 Custer Ave., to better serve our Soldiers, Family Members, and DAC's. This change remains in effect until further notice. The Multi-Learning Facility Computer Lab at 7604 Parker is closed until further notice. Counseling services at 7656 Graves Street will be closed. All LSEC and Evening college classes (in 7604 and 7656), the Tutor Center, and Barton DANTES Testing (in 7656) will continue as scheduled. This move is temporary until contract issues can be resolved at the DA level. Custer Hill Soldiers with no transportation are urged to call us at 239-6481 or email us at Rile_EdSvcs@conus.army.mil for assistance. We apologize for the inconvenience to our customers, and we hope the contract issues at DA level will be resolved soon.

Garrison Resiliency 5-4-9 work schedule. Offices and the consortium colleges/universities will be closed every other Friday, in accordance with the GC resiliency schedule.

closed dates: March 4th and 18th.

Holiday's closed: None for March.

Main Post Learning Center, 217 Custer Avenue (785) 239-6481

Hours: 7:30 am – 5:00 pm

Services: Education Counseling and Testing **(All services available)**

Learning Center 1, 7604 Parker Street (785) 239-9485

Hours: 8:00 am – 5:30 pm

Services: Computer Lab **(Temporarily closed until further notice)**

Learning Center 2, 7656 Graves Street (785) 239-9824

Hours: 7:45 am – 5:00 pm

Services: **(No counseling services)** Tutor Center **(Open as scheduled).**

Tutoring Center hours will be: Monday, Tuesday, and Thursday: 9:00 am to 5:00 pm,

Wednesday: 9:00 am to 7:00 pm, Friday: 9:00 am to 3:00 pm, and Saturday: 11:00 am to 3:00 pm.

Contact phone number for Tutor Center and CLEP/DSST testing is (785) 240-3617.

Troops to Teachers:

Effective November 2, 2010, there will no longer be a Troops to Teachers representative at Fort Riley. The regional representative will be available by phone or email.

Assoc. Regional Director/Kansas State Director

1-800-438-6851 or mdiderrich@mptt.org

ASE Registration:

The National Institute for Automotive Service Excellence (ASE) has been a DANTES-funded program since the early 1990s. The ASE program began as a credit-by-examination initiative that offered American Council on Education (ACE) recommended credit for automotive mechanics interested in obtaining a college degree. Over the years, the program grew in popularity and drew more military candidates interested in obtaining the recognized certification credentials associated with the occupation.

Paper/Pencil ASE exams are conducted twice a year at over 750 locations around the country and are administered by ACT, known for its academic and occupational testing programs.

DANTES Test sites also administer these exams; however, you must register well in advance and pay the registration fee of \$36. Active Duty, Reserve and Guard personnel are eligible for three funded ASE tests ONLY AT DANTES Test Sites. The non refundable registration fee is

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\$36 and covers the cost of three regular ASE exams. Most regular and recertification ASE exams cost \$30; the Advanced (L1, L2) exams cost \$60. DANTES does not fund any recertification or advanced examinations.

DANTES will no longer fund this program after the May 2011 administration cycle. Test Centers will still be able to administer the ASE tests. Interested military personnel will fill out and submit the appropriate ASE paperwork along with a check, money order or credit card that covers their registration and all examination fees (regular and recertification).

The registration window will be open **until March 15, 2011**. Please stop by the Main Post education center, Bldg., 217 or call (785) 239-6481 and speak with an education counselor for further registration details. The semi-annual Automotive Service Excellence (ASE) certification exam will be administered on May 5, 10, and 12, 2011 at Education Services, Bldg 217. DANTES will fund three \$30 exams for the last time during this test cycle for Active Duty, Reserve and National Guard personnel.

There are excellent ASE Study Guides located on the ASE website: <http://www.ase.com>. Visit the ASE website, prepare for the exam and contact an education counselor or the DANTES Test Control Officer to register.

English as a Second Language (ESL):

Barton Community College is now offering ESL classes for Active Duty Soldiers and Family Members. The class will provide beginning English language learners with an integrated English communication experience. Students will develop skills in speaking, listening, reading and writing. Areas of study and practice will include commonly-used sounds; essential academic and social vocabulary; simple sentence structure; simple paragraphing; conversation; reading aloud; and public speaking. The class will also address cultural differences, coping skills, and study skills.

As student language skills improve, students will work to improve their pronunciation, listening and reading comprehension, understanding of progressive and perfect verb tenses, public speaking effectiveness, sentence variety, and paragraph development. Students will work toward greater fluency in Standard English. Areas of concentration will include accent reduction, vocabulary building, use of phrasal verbs, understanding of active and passive voice, and basic essay skills.

The classes will coincide with the regular Leaders Skills Enhancement Courses (LSEC) schedule cycles. The class will be 45 minutes of lecture with practical exercises followed by a one hour lab and practical exercise. Classes will be in a classroom setting where students and instructors will be able to practice their communication skills. The student will be evaluated on communication development and can continue in additional ESL classes

Leader Skills Enhancement Courses (LSEC):

LSEC is designed to assist in the training of Noncommissioned Officers and Soldiers demonstrating leadership potential in the advanced skills needed to perform at higher-level leadership and staff positions. **ALL** Soldiers must enroll in GoArmyEd.

(<https://www.goarmyed.com/Login.aspx>)

Upcoming LSEC Cycles are as follows:

- Cycle 3: February 22 – April 8, 2011
- Cycle 4: April 12 – May 26, 2011

Enrollments for April cycle began February 22, 2011 for Active Duty Soldiers, and on February 25, 2011 for Family Members and DoD Civilians, at Barton's office in 217 Custer Avenue, Room 105.

Class Schedule: <http://www.riley.army.mil/NewsViewer.aspx?id=2983>

Basic Skills Education Program Classes (BSEP) and GT Improvement:

BSEP is designed to assist Soldiers and Family Members needing instruction or review of basic skills in Math. GT Improvement classes are also available for Soldiers wanting to raise their GT

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Score. Reviews in math, vocabulary, and reading comprehension prepare the individual to re-take the Armed Forces Classification Test (AFCT).

Upcoming BSEP Classes:

- Cycle 6: February 28 – March 22, 2011
- Cycle 7: March 28 – April 19, 2011
- Classes will be held at 8044 Normandy.

To enroll please see an Army Education Counselor.

Barton Community College:

Spring Semester on-post evening college classes: March 28 – May 21, 2011

Online classes begin: March 21 – May 22 (Session 3 for 9 weeks)

January 24 – May 22 (Session 2 for 17 weeks)

Central Michigan University:

Next on-post course will start:

February 18 – March 19, 2011

PSC 711 – Public Personnel Administration Practice

April 1 – 30, 2011

MSA600 – Foundations of Research Methods in Admin.

Central Texas College:

Spring Semester on-post evening college classes: March 28 – May 21, 2011

Online classes begin: March 7 – May 6 (8 week session)

March 7 – June 3 (12 week session)

March 7 – July 1 (16 week session)

Kansas State University:

No current on-post evening classes available

Southwestern College:

Next on-post course will start:

Education courses:

February 15 – May 3, 2011

EDUC 345 – Social Science in the Elementary School

February 17 – May 5, 2011

EDUC 323 – Introduction to Exceptionalities

Homeland Security courses:

February 15 – March 22, 2011

SMGT 311 – Introduction to Security

March 29 – May 3, 2011

SMGT 424 – Terrorism – Motivations and Adversaries

University of Mary:

Next on-post course will start:

March 23 – April 20, 2011

MGT 578 – Management of a Global Environment

Upper Iowa University:

Spring Semester on-post evening college classes: March 28 – May 21, 2011

Online classes begin: March 7 – May 1, 2011

Chaplains' Offices:

Please note for all services offering Nursery care, please bring immunization records with you.

Chaplains' Office

(785) 239-3359

Please visit our web-site at <http://www.riley.army.mil/>

Click on services-Fort Riley Services-Chaplain

Main Post Chapel

(785) 239-6597

Protestant Community Worship Service Sunday @ 10:30am

Kapaun Chapel

(785) 239-9608

Fort Riley Open Circle meetings are at the Kapaun Chapel Every Saturday at 1500

Contemporary Protestant Service Sunday @ 10:30am

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Morris Hill Chapel (785) 239-4060

Gospel Sunday school @ 9:00am
 Gospel Worship Service Sunday @ 10:30am
 Roman Catholic Mass Sunday @ 9:00am
 Roman Catholic Education Sunday @ 10:30am

Saint Mary's Chapel (785) 239-6597

Roman Catholic Mass Saturday @ 4:30 pm
 Roman Catholic Mass Sunday @ 11:00am
 Wednesday & Friday @ 12:00 pm

Irwin Army Community Hospital Chapel (785) 240-1443

Tuesday & Thursdays Catholic Mass @ 12:00 pm

Religious information:

Jewish information please call (785) 539-8462

Muslim Religious Services please call (785) 776-1033

LDS Services please call:

Single (785) 537-7870

Family (785) 539-1084

Junction City (785) 238-2951

Religious Education Director (785) 239-2979

Catholic Education Director (785) 240-1443

Religious Support Office (785) 239-3359

Morris Hill Chapel (785) 239-4060

Main Post Chapel (785) 239-6597

Saint Mary's Chapel (785) 239-6597

Kapaun Chapel (785) 239-9608

Normandy Chapel (785) 239-9149

Family Life Ministry (785) 239-3436

Boy Scouts:

To join, please contact (785) 238-5684 for more information.

Girl Scouts of Northeast Kansas and Northwest Missouri:

The Kaw Valley Girl Scouts have merged with 2 other councils and our new name is Girl Scouts of Northeast Kansas and Northwest Missouri. Funding for the council comes from the United Way of Geary County. If you are interested in being a Girl Scout leader or a Girl Scout please contact (785) 776-1488. We are always looking for Adult Leaders and volunteers to help out with the Service Unit Team Meetings. We are always looking for adult volunteers to help with special events. If you are interested, please contact (785) 776-1488.

Armed Services YMCA (ASYMCA):

- Take advantage of our childcare programs, while your children are enjoying their day with fun filled learning activities, and socializing with other's you are able to take time for yourself knowing your children are safe and well cared for. Please contact the ASYMCA for more information (785) 238-2972.

** Reservations are required one week in advance for all childcare programs. **
 All children must be registered.

- Parent's Work Out:
 Monday through Friday 8:30-10:45am
- Please provide a snack for your child
- \$4.25 1st child

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- \$3.50 Per Additional child
- \$5.00 Children under 2
- \$4.25 Per additional children under 2
- Parent's Day Out:
Monday through Friday 11:00am-3:00pm
 1. You must provide a sack lunch and a snack for your children
 1. \$10.00 1st child
 2. \$9.25 per additional child
 3. \$10.75 for children under 2
 4. \$10.00 per additional child under 2
- Parent's Night Out: Enjoy an evening, go to dinner, or just get your grocery shopping done while your children are being well cared for in a safe environment.

Friday 5:30-10:00pm

2. You must provide a sack lunch and a snack for your children
5. \$10.00 1st child
6. \$9.25 per additional child
7. \$10.75 for children under 2
8. \$10.00 per additional child under 2

***All childcare program prices are for the entire program this is not an hourly rate. ***

Free Childcare: Two Saturdays a month for Families of deployed Soldiers. All children must be registered and we need a copy of deployment records.

Saturday 12:30-4:30pm

- Operation Kid Comfort: Program designed for children of deployed Soldiers to help them through the difficult time of their parent being away. Parents are taught how to make and design a quilt with pictures of the Family, deployed Soldier, or things that bring comfort to them. All supplies are provided. A \$5.00 fee is charged per Family for childcare if needed.

Building Rentals:

- The ASYMCA is available for your FRG Meetings free of charge with the availability for childcare on site for a minimal fee. Call to schedule.
- Need a place to hold a Kid's Birthday Party, Baby Shower, Bridal Shower, Scouts, etc. We offer our building for rentals. \$25.00 for 3hrs, including set-up and cleaning.
- Car Seat Loan Program: Geico insurance has provided us with car seats that we are available to loan for 1 month at no fee. The seats accommodate newborns to children up to 40 pounds.
- Operation Wheels: Free transportation service for activity duty military or their dependents living on Fort Riley or in Junction City. This is available for those that do not have a vehicle or for those who do not drive. We will provide 4 round trips per month at no charge to active duty or their dependents.
- The following locations are available for transportation:
 - WIC Bldg. #7264
 - ACS Bldg #7264
 - Irwin Army Hospital Bldg #600
 - Self Help Bldg. #289
 - Post Chaplin Services
 - Respite Care At ASYMCA

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- Geary Community Hospital
- Junction City Health Department
- Appointments: Please call 24 hours in advance at 762-4780 to schedule a pick-up.
- For more information- Please call (785) 238-2972, email asymca@nqks.com, or stop by at 111 East 16th Street, Junction City.

Army Career and Alumni Program (ACAP):

- Transitioning Service Members: Are you a Soldier planning to transition from the military? If so, schedule your mandatory Pre-separation Briefing by logging on ACAP Express at <https://www.acapexpress.army.mil> or by calling (785)-2278. Briefings are held Monday, Tuesday, Thursday, and Friday at 9:00am, 10:30am, 1:00pm and 2:30pm. Soldiers reporting for their initial Pre-separation Briefing without a valid AKO account/password and/or arriving late will be re-scheduled.
- You may start the ACAP process up to 12 months prior to separation for ETSing Soldiers and up to 24 months prior to anticipated retirement date for Retiring Soldiers. In no event should the process begin later than 90 days prior to separation. All Soldiers regardless of reason being separated are required to complete this briefing. You do not need orders to begin the ACAP process. ACAP is here to assist Soldiers in determining whether to "get out" or "stay in".
- In addition to the Pre-separation Briefing, all Soldiers are required to attend a 4-hour VA Benefits Briefing prior to separating. This briefing is held Thursdays 9:00am-2:00pm. For those Soldiers injured while in service or want more information on the Vocational Rehabilitation program are welcome to attend the DTAP VA Briefing, Thursdays 2:00-4:00pm.
- Interested in Resume Writing? Interviewing Skills? ACAP offers a 2.5 day Job Workshop (TAP) weekly. The workshop also focuses on assessing skills, defining career goals, researching employment opportunities, and planning effective job searches. Completion of the TAP Workshop is required for further ACAP Counselor resume assistance.
- Our main office is located at 210 Custer Avenue, Room 006. In addition, we offer ACAP services for eligible Soldiers and Families assigned to the WTB and/or pending an MEB/PEB at the Soldier and Family Assistance Center (SFAC) 674 Warrior Road, Room 113, (785)-8368.
- Other seminars offered as scheduled: Pre-Business Seminar, Personality Assessment, and How to Work a Job Fair. Please visit <http://www.acap.army.mil> for calendar of events and more information.
- Spouses are welcome and encouraged to attend ACAP services. Briefings/seminars are by appointment only! Soldiers and spouses must have a valid AKO account to utilize ACAP services.
- Our main office is located at 210 Custer Avenue, Room 006. In addition, we offer ACAP services for eligible Soldiers and Families assigned to the WTB and/or pending an MEB/PEB at the Soldier and Family Assistance Center (SFAC) 671A 3 Street, (785) 239-8368.
- ACAP will be offering the D.A. Federal Resume Seminar. This seminar is open to all ACAPing Soldiers that have completed their Pre-separation Briefing. This class is offered monthly. Please call (785)-2278 for specific dates and times.
- Spouses are welcome and encouraged to attend ACAP services. Briefings/seminars are by appointment only! Soldiers and spouses must have a valid AKO account to utilize ACAP services. Please visit <https://www.acap.army.mil> for more information.

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Civil Air Patrol (CAP) USAF Auxiliary:

Would you like to honor and serve America? Do you want to prepare for your future while making new friends? Then rise to the challenge of cadet membership in the CAP. Cadets fly, hike, camp, get in shape, learn to lead and push themselves to new limits. If you are dreaming about a career in aviation, space or the military, CAP's Cadet Program is for you. An average of 10% of the cadets at the U.S. Air Force Academy got their start in CAP. To become a cadet you must be aged 12-18. Cadets meet two (2) hours per week and for some Saturday activities and have opportunities to attend leadership encampments, career academies and international exchanges during the summer. We meet every Tuesday at Freeman Field Airport, Junction City from 7:00-9:00pm or call 209-8223 for more information. If you need more information please go to our website www.gocivilairpatrol.com.

Fort Riley, Kansas
"Home of the Big Red One"

