



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



****NOTE: Announcements for the AUGUST 2011 "Riley Bugle Call Newsletter" are due by 14 JULY 2011. If you have questions or would like to add something to The Riley Bugle Call Newsletter please call (785) 240-0663****.

HASFR HISTORIC PLAQUES:

PCSing or New to Fort Riley???

If you are new to Fort Riley and need to have the plaque in your quarters updated with your name, please call the number below to arrange a convenient time for it to be picked up and updated. The POC can be contacted at 785-209-3271 or at bwerner@allegiance.tv with "HASFR" in the subject line of your email.

If you have an upcoming move and would like to request a copy of the historical parchment from the plaque in your quarters, please contact the HASFR Plaques person, to request your copy. The cost for 1 photo and 1 copy of the parchment that bears your name is \$10.00.

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 person 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:

Mail-order pharmacy provides convenience and value

Irwin Army Community Hospital continually explores convenient options to enhance customer satisfaction in the pharmacy by encouraging patients to become active participants in their health care.

Contact your provider to write a new prescription to receive up to a three-month supply with authorized refills for up to one year by mail.

After following the enrollment procedures, patients have two options to initiate mail-order prescription refills:

- Option 1: mail your order
 1. Complete the new patient mail order form (visit www.express-scripts.com/TRICARE)
 2. Attach your prescriptions to the order form
 3. Mail the new patient mail order form and your prescriptions to:
Express Scripts, Inc.
PO Box 52150
Phoenix, AZ 85072-9954
- Option 2: fax your order
 1. Complete the new patient mail order form
 2. Ask your provider to fax the new patient order form and your written prescriptions to 877-895-1900 (faxes are not accepted for controlled medications)

The IACH prescription automated refill line can be used as an alternate service option.

The automated prescription refill system is easy to use with a touch-tone telephone. Patients can request a prescription refills, receive information about medication and hear the pharmacy hours of operation using the APRS.

To refill prescriptions by phone, call 239-PHAR (7427).

IACH instituted a policy Feb.1 requiring all refills to be requested by phone or online.

As another customer convenience alternative, self-care card holders can receive free over the counter medications with a self-care card to treat minor, routine sickness.

Visit <http://iach.amedd.army.mil> and follow the “quick links” tab to the self-care online course.

IACH pharmacies will fill any prescription that is on formulary. Beneficiaries are encouraged to ask providers to use the online formulary to verify availability of prescribed medications.

Visit <http://iach.amedd.army.mil> and follow the “pharmacy” tab to the online pharmacy.

The patient’s valid military identification card must be presented to pharmacy staff when picking up prescriptions. This applies to all beneficiaries 10 years of age and older including spouse, parent, child or guardian. By presenting the patient’s valid military ID when requesting a prescription, the bearer of the ID demonstrates that the patient has given permission for the person to obtain the prescription.

TRICARE pharmacy program handbooks are available on the fifth floor TriCare Office or at the pharmacy.

For additional information visit, <http://iach.amedd.army.mil/sections/clinics/pharmacyMain.asp>.

For questions or concerns call 239-7412 or pharmacy noncommissioned officer in charge at 240-7480.

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):

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 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.

Kansas City Getaway - We have several hotels which offer great military discounts. Pre-pay here receive a discount and is tax exempt. It's a howlin' good time for the whole Family, featuring 5 huge waterslides, 3 kiddie slides, 2 pools, a giant waterfront and more. Continue your adventure at Northern Lights Arcade, with over 100 games and ticket redemption. Great Wolf Lodge has something for every member of your pack!

Sports

Bldg. 202, 239-3945.

Eyster Pool

Bldg. 6940, Custer Hill

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 239-9441.

Please note: Effective Oct 1, 2010 All units will be responsible for providing their own lifeguards. Minimum two lifeguards per request.

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

Fitness assessments

Body composition and fitness assessments are offered by appointment. Please call the fitness office (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.

Mission Essential Fitness

Simply put, Mission Essential Fitness (MEF) is the training required to condition soldiers to perform their mission, in Garrison as well as any operational environment.

A US Soldier is required to have a high level of fitness, capable of performing a multitude of physical tasks, involving power, strength, speed, and agility. Functional training incorporates all of these fitness components to train soldiers as tactical athletes both aerobically and anaerobically.

For more details and to schedule a PT session visit www.rileymwr.com and follow the sports/fitness link.

Outdoor Recreation
Bldg 9011 Rifle Range Road
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.

Get ready for an outstanding spring and event-filled summer with your friends at Outdoor Recreation. We can meet all of your rental needs for those outdoors activities or indoor parties. We have tables, chairs, canopies (pop-up, pole, and frame), coolers, dunk tanks, volleyball/badminton sets, inflatable play stations, and grills for rent. If you have a special celebration coming up or an Org day scheduled drop by Outdoor Recreation for tug-of-war ropes, basketballs, footballs, and the NEW tater sacks. Give us a call to see how we can assist you.

Fort Riley Skeet and Trap
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

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

The Marina is located on Milford Lake and has over 20 water craft available for rent as well as 4 pavilions with handicap accessible playground equipment. Watercraft rentals 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.

Rally Point BINGO

Hours of operations are:

Sunday-Monday: Closed

Tuesday-Friday: 5:30to 9:00pm

Saturday: 12:30 to 4:30pm

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 \$2,500 Jackpot and a Progressive Jackpot starting currently at \$6,800 in 52 numbers. Numbers go up weekly, \$100 added each night.

Play for just \$15.00 for the minimum paper pack and \$40.00 for an electronic pack.

Child, Youth, & School Services (CYSS) (785) 239-9885:

CYSS Parent Central Bldg. 6620 Normandy Drive

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

Walk-in registration hours are Monday - Friday, 8:30pm-4:30pm

Appointments available, starting at 8am.

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

WebTrac- WebTrac is 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*

- July 12, 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.
- 26 July 2011, Potty Training: Readiness and Tips, 6:30–8:30pm.
FREE childcare is available with pre-registration.
Do you think your child might be ready to potty train but you aren't sure? Do you wonder about the best way to go about potty training? Come join us as we talk about different techniques and tips to use to implement potty training in a positive way. RSVP to 785-239-9885 by July 25th at noon if you need free childcare.

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:** July 9th from 9am -1pm. 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:** July 12th & 26th 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-5th Grades. 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.
- Be sure to look for our new and revamped Riley Rangers Summer Camp. Summer Camp will start the 1st week in June and end mid August. SAS will maintain the current operation hours of 5:45 to 6:00 Monday thru Friday during the summer. Families who like to use our camp hours only, our set hours will be 9:00 to 4:00 Monday thru Friday. Families please come and sign up your children for our new and improved Riley Rangers Summer Camp. Don't forget we are offering new and exciting activities and fieldtrips. For additional information please call 785-239-9220 or 785-239-9225.

JULY EVENTS @ SAS

- Parents please come and sign your children up, summer registration packets are ready. Kinder slots are now full. 1st-5th slots are open so come sign up now 239-9220-9225
 - Week 5- June 27th- July 1st Wild Wild West
 - Week 6- July 4th- 8th Fun in the Sun
 - Week 7- July 11th-15th Critters to Dinosaurs (3rd-5th)/ Rock Springs (K-2nd)
 - Week 8- July 18th-22nd- Critters to Dinosaurs (K-2nd)/ Rock Springs (3rd-5th)
 - Week 9- July 25th- 29th SAS Has Talent

- Don't forget every Friday SAS will BBQ. All parents are welcomed to come join their children for lunch daily.

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 239-9222. Summer hours of operation are as follows:

Monday – Thursday	1:00-8:00pm
Friday	100-11:00pm
Saturday	2:00-11:00pm

July Events:

*Please note: the Teen Center will be closed in observance of Memorial Day on Saturday, July 2nd & Monday July 4th.

- **Field Trip-Kenwood Cove Water park-** July 8th from 12:00-5:00pm. Fee: \$3.
- **Bowling-** July 15 from 2:00-4:00 at Custer Hill Lanes. This is a free activity. Pick up your permission slip at the Teen Center.
- **Field Trip-Oceans of Fun-** July 29th from 9:00am-10:00pm, Fee: \$25.

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/frileyteen>

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

- Outdoor Adventure Canoeing Registration Deadline: 1 July, Event date – Jul 6, Grades 3-5, \$15. To participate, register at CYSS Parent Central Office, Bldg. 6620.
- Outdoor Adventure Canoeing Registration Deadline: 8 July, Event date – Jul 13, Grades 6-12, \$15. To participate, register at CYSS Parent Central Office, Bldg. 6620.
- Family Fitness Night. 15 July, 6-7pm, Water games at Colyer Manor Youth Fields. Families with children of all ages are invited to participate. RSVP by July 13.
- Outdoor Adventure Fishing Registration Deadline: 29 July, Event date – Aug 2, Grades 3-5, \$15. To participate, register at CYSS Parent Central Office, Bldg. 6620.

Call 785-239-9223 for additional information on youth sports programs. We need volunteer coaches.

School Liaison Services

School Liaison Officers:

- Represent, inform and assist command on school related issues
- Assist and provide families with school information
- Interface, educate and coordinate with local school districts
- Promote partnerships in education to create links between the military and schools
- Support family transitions upon arrival and departure from Fort Riley

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 785-239-1648 or 785-240-3261

Study Strong (formally 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

Home Schools

Kansas laws and home schooling resources are available at School Support Services. Local home school contact information may be obtained at the Fort Riley Home school website: <http://fortrileyareahomeschoolnetwork.weebly.com/index.html>

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 473 Chapman Schools:

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

Army Community Service (ACS):**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 7285 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=FamSvcs>. 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.

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:

July 19, 5:00 – 8:00 pm

Aug 3, 9:00 am – 12:00 Noon

Sept 7, 5:00 – 8:00 pm

Oct. 18, 9:00 am – 12:00 Noon

Part II:

July 20, 5:00 – 8:00 pm

Aug 4, 9:00 am – 12:00 Noon

Sept 8, 5:00 – 8:00 pm

Oct. 19, 9:00 am -12:00 Noon

* 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.

July 6, 10:00 am – 12:00 Noon

Sept 13, 10:00 am – 12:00 Noon

* Also available online at

<http://www.riley.army.mil/documents/acs.dmDocuments/100312122549.pdf>

Funds Custodian Class - This class provides instruction and guidance to assist newly appointed FRG Funds Custodians.

Aug 10, 1:00 – 3:00 pm
Oct 6, 10:00 am -12:00 Noon

* Also available online at

<http://www.riley.army.mil/documents/acs.dmDocuments/100317160005.pdf>

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>

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).

July 25, 1:00 – 3:00 pm
Aug 23, 6:00 – 8:00 pm
Sept 14, 1:00 – 3:00 pm
Oct 18, 6:00pm – 8:00 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.

July 7, 1:00 – 3:00 pm
Sept 19, 1:00 – 3:00 pm

FRG Binder Training - The training will instruct Commanders, Senior Advisors, FRSA's, and FRG Leaders how to create and manage their FRG binders to comply with regulations. The class will go line by line through the Inspection Plan and cover what needs to be in the FRG Binders in order to meet regulatory requirements and standards.

Aug 9, 1:00 – 3:00 pm
Oct 5, 1:00pm – 3:00pm

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

New Parent Support Program (NPSP):

NEW PARENT SUPPORT and EXTENSION CLASS SCHEDULES

BAL-A-VIS-X

No cost to military members and their families. Classes are held every Tuesday at The Resiliency Campus, 7285 Normandy Dr. from 4:00-6:00pm

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!

JULY 2011

POTTY TRAINING

July 12, 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.

BEING A SINGLE PARENT

July 21, 2011 10:00am-12:00pm

This class is designed to give single parents and intermittently single parents ideas, tools and techniques that will boost parenting confidence, re-energize parenting goals and enhance parenting success.

AUGUST 2011

INFANT MASSAGE INSTRUCTION

August 4, 2011 & August 9, 2011 10:00am-12:00pm

This two session course is designed to guide parents on how to massage their own babies (birth to 6 months only please). Parents are asked to bring a soft comfortable blanket, special toy for baby, dress infant in easy to remove clothing and to be prepared to feed baby if necessary and to sit on the floor. Infants Massage benefits are as follows:

- Strengthens loving, intimate communication and bond between parent and child
- Strengthens and regulates baby's primary systems
- Reduces gas and colic
- Helps baby sleep better

POSITIVE DISCIPLINE

August 16, 2011 9:00am-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.

BASIC INFANT CARE

August 17, 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 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.

HOW TO EFFECTIVELY USE TIME OUT WITH YOUR CHILD

August 18, 2011 10:00am-12:00pm

This course teaches parents how to appropriately use time-out in their disciplining regime.

- **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 immunizations and registered with CYSS.**
- Army Community Service
- New Parent Support and Ext.
- 7264 Normandy Drive, Custer Hill

JULY

- Fort Riley, Kansas 66442
- 785-239-9435
- rile.dmwracs@conus.army.mil

Fort Riley Education Services (ACES):

Effective **June 6, 2011**, we are pleased to announce the reopening of our Custer Hill Education Center located at 7656 Graves Street. We will resume normal counseling services, which include, Inprocessing, ETS, PCS, Retirement, and Chapter briefings, and VA benefits counseling. This will make counseling services more convenient for our 1st Division-HQ, 1st Brigade, 2nd Brigade, 4th Brigade, and 1st Sustainment Brigade Soldiers located on Custer Hill. The Main Post Education Center located at 217 Custer Avenue will still be open for counseling services, as well, for our Aviation Brigade, Military Police Battalion, MEDDAC and DENTAC Soldiers on Main Post.

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.

July closed dates: July 8th and 22nd.

Holiday's closed: July 4th

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

Hours: 7:30 am – 5:00 pm

Services: Education Counseling and Testing

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 – 5:15 pm

Services: Education Counseling and Tutor Center

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 July 1, 2011, the Troops to Teachers program will no longer have a Kansas representative. To increase efficiency and overall effectiveness of the program, the previous Kansas regional office will be combined with the Missouri regional office. The new contact for Kansas can be reached at:

573-751-3487 or toll free at 877-530-2765

Email: john.parker@dese.mo.gov

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.

JULY

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.goarmy.com/Login.aspx>)

Upcoming LSEC Cycles are as follows:

- Cycle 5: June 1 – July 19, 2011
- Cycle 6: July 26 – September 9, 2011

Enrollments for July cycle began June 1, 2011 for Active Duty Soldiers, and on June 13, 2011 for Family Members and DoD Civilians.

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

NOTICE: ALL Soldiers and Civilians must enroll for classes in GOARMYED **AND** visit Barton's office at Main Post, 217 Custer Avenue, Room 105 to complete class registration. **ALL** Soldiers and Civilians without a GOARMYED account, must visit the Education Center to establish one. Failure to do both will result in an automatic class drop.

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

Upcoming BSEP Classes:

- Cycle 10: June 14 – July 7, 2011
- Cycle 11: July 11 – August 1, 2011
- Classes will be held at 8044 Normandy.

To enroll please see an Army Education Counselor.

Barton Community College:

Summer Semester on-post evening college classes: May 31 – July 30, 2011

Online classes begin: May 23 – July 24 (Summer Session for 9 weeks)

Central Michigan University:

Next on-post course will start:

June 24 – July 23, 2011

MSA 601 Organizational Dynamics and Human Behavior

August 12 – September 10, 2011

PSC 785 Strategic Leadership

Central Texas College:

Summer Semester on-post evening college classes: May 31 – July 30, 2011

Online classes begin: July 11 – August 2 (8 week session)

July 11 – August 30 (12 week session)

Kansas State University:

Next on-post course will start:

May 31 – July 26, 2011

AVM 390 – General Review

Southwestern College:

Next on-post course will start:

Education courses:

May 9 – August 15, 2011

EDUC 322 – Educational Psychology

May 9 – August 14, 2011

EDUC 338 – Math in the Elementary School

May 9 – August 14, 2011

EDUC 344 – Content Area Literacy

JULY

Homeland Security courses:

July 4 – August 9, 2011 SMGT 311 – Introduction to Security

University of Mary:

Next on-post course will start:

June 15 – July 13, 2011 MGT 635 – Law in the Managerial Environment

July 20 – August 17, 2011 MGT 610 - Marketing

Upper Iowa University:

Summer Semester on-post evening college classes: May 31 – July 30, 2011

Online classes begin: July 4 – August 28, 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

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

JULY

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
- \$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

JULY

- 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
- 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.

JULY

- 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.

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"

