



MAY

COL Kevin P. Brown  
Garrison Commander  
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Garrison CSM



\*\*\*\*NOTE: Announcements for the JUNE 2011 "Riley Bugle Call Newsletter" are due by 12 MAY 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](mailto: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.

### **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 spring 2011 Event:  
May 19 – Year End Event at Riley's Conference Center

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](http://www.riley.army.mil). For more information, email [fortrileyscholarship@gmail.com](mailto:fortrileyscholarship@gmail.com).

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### **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](http://www.express-scripts.com/TRICARE))

## MAY

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.

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- 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](http://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.

Country Stampede - A four-day camping and music festival held at Tuttle Creek State Park in Manhattan, KS on June 23-26. Country Stampede features over 30 hours of music, food, camping and tons of things to do in between acts on the main stage. Superstars Brad Paisley and Lady Antebellum are already to set up to perform. Get a 4-day general admission ticket for only \$75 plus service fee. That's over 30 hours of live music for the price of one concert ticket!

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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

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 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](mailto:Vincent.spencer@us.army.mil).

## MAY

### *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](http://www.rileymwr.com) and follow the sports/fitness link.

### *Intramurals*

Community Life Men's Softball Season starts on May 18th thru July 13th.

Community Life Women's Softball Season starts on May 18th thru July 13th.

### *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.

## MAY

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  
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 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](http://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-6pm  
Walk-in registration hours are Monday – Friday, 12:30pm-6pm  
Appointments available, starting at 8am.

## MAY

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

*Play Pals Playgroup* - 6620 Normandy Drive, Every Monday 9am-11am, Parents are welcome to come out with their child and explore fun and exciting activities, meet new friends and develop life-long relationships. Call 239-9885 for more information. Reservations recommended but not required (space available without reservations). Call 785-239-9885.

*WebTrac* - 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*

### *SKIESUnlimited 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.

### 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 reservations 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 5:45am to 6:00pm Monday through Friday during the summer. Families who like to use our camp hours only, our set hours will be 9:00am to 4:00pm Monday through 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.

### 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. Hours of operation are as follows:

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



## MAY

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:

- Outdoor Adventure Konza Prairie Hike. Registration Deadline: May 4, Event date – May 9, 8-2pm, Grades 3-12, \$10 includes transportation to and from Konza Prairie. 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:

#### 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 (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](http://www.myarmyonesource.com/cyss_tutor) to register.

## MAY

Student Online Achievement Resources (SOAR) [www.SoarAtHome.org](http://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 Homeschool 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

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### 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](http://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.

### Master Resilience Training:

- May 2, 2011 9 am—3 pm Actions Thoughts Consequences / Thinking Traps  
Hunt the Good Stuff
- May 9, 2011 9 am—3 pm Detecting Icebergs / Energy Management  
Building Character Strengths
- May 16, 2011 9 am—3 pm Problem Solving / Putting it into Perspective
- May 23, 2011 9 am—3 pm Real-time Resilience / Active Constructive Response

Do you want to: Grow and thrive in the face of challenges? Bounce back from adversity? Be at your best when it matters most? Promote resilience in your Family and friends?

Master Resilience Training can help get you there! Be a part of the Comprehensive Soldier Fitness movement by learning the same skills being taught to our war-fighting Soldiers.

Pre-Registration Required.

Free Childcare Available.

## MAY

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

### **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:**

May 17, 5:00 – 8:00 pm  
June 7, 9:00 am – 12:00 Noon  
July 19, 5:00 – 8:00 pm  
Aug 3, 9:00 am – 12:00 Noon

#### **Part II:**

May 18, 5:00 – 8:00 pm  
June 8, 9:00 am – 12:00 Noon  
July 20, 5:00 – 8:00 pm  
Aug 4, 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](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.

May 11, 10:00 – 12:00 Noon  
July 6, 10:00 – 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.

June 15, 1:00 – 3:00 pm  
Aug 10, 1:00 – 3:00 pm

\* 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).

May 10, 1:00 – 3:00 pm  
June 28, 6:00 – 8:00 pm  
July 25, 1:00 – 3:00 pm  
Aug 23, 6:00 – 8:00 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.

June 21, 1:00 – 3:00 pm  
Aug 9, 1:00 – 3:00 pm

**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!

July 28, 9:00 – 10:30 am

## MAY

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**

First 3 Tuesdays of every month at Long Fitness Center 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!

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 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.dmwacs@conus.army.mil](mailto:rile.dmwacs@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.

MAY

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:

June 15, 2011

July 20, 2011

September 21, 2011

November 16, 2011

Family Advocacy Program (FAP):

Love & Logic classes:

May 5, 12, & 19

June 2, 9, & 16

All classes are 6:30-8:30pm and held at ACS Bldg. 7264.

Registration for childcare has to be scheduled by calling 239-9435

(Up-to-date shot records are required and must be brought in each week).

Marriage Enrichment: Prevention and Relationship Enhancement Program (PREP)

May 19 & 26

June 16 & 23

All classes are 1:00-4:00 pm and held at ACS Bldg. 7264

(Childcare is available at Warren East, 240-0822)

Call 785-239-9435 for more information and to enroll.

**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](mailto: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.

May closed dates: May 13th and 27th.

Holiday's closed: May 30th .

**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.

**Graduation:**

Fort Riley Education Services invites the public to attend the Post-Wide Graduation ceremony, to honor our Soldiers and Family Members who have accomplished a personal standard of excellence, in completing an Associate, Bachelor or Master degree. **The ceremony will be held at King Field House, at 1:00 pm, on May 6, 2011.**

**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@mppt.org](mailto:mdiderrich@mppt.org)

**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 4: April 12 – May 26, 2011
- Cycle 5: June 1 – July 19, 2011

Enrollments for June cycle began April 22, 2011 for Active Duty Soldiers, and on April 12, 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.

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**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 8: April 20 – May 17, 2011
- Cycle 9: May 18 – June 9, 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 30 – July 30, 2011

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

**Central Michigan University:**

Next on-post course will start:

May 6 – June 11, 2011 COM665 – Seminar in Comm. & Negotiation in Employee Relations

**Central Texas College:**

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

Online classes begin: May 9 – June 3 (4 week session)

May 9 – July 1 (8 week session)

May 9 – July 29 (12 week session)

May 9 – August 26 (16 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

Homeland Security courses:

May 9 – June 19, 2011 SMGT 424 – Terrorism – Motivations and Adversaries

**University of Mary:**

Next on-post course will start:

May 3 – August 16, 2011 MGT 532 – Fundamentals of Economics

May 4 – June 1, 2011 MGT 504 – Management & Organizational Behavior

**Upper Iowa University:**

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

Online classes begin: May 9 – July 3, 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



MAY

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

**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.

## MAY

- 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

- 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](mailto: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.

MAY

- 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](http://www.gocivilairpatrol.com).

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

