

OCTOBER



COL Kevin P. Brown
Garrison Commander
CSM Ian A. Mann
Garrison CSM



******NOTE: Announcements for the NOVEMBER 2010 "Riley Bugle Call" are due by COB 14 OCTOBER, 2010. If you have questions or would like to add something to The Riley Bugle Call Newsletter please call 239-9433****.**

Ghost Tours:

Do you believe in ghosts? Are there really ghosts on Fort Riley? Skeptic or not, come and join the Historical and Archaeological Society of Fort Riley (HASFR) for our annual Ghost Tours of Historic Main Post on Sunday, October 24, 2010 from 4:00-7:00 pm. The last tour leaves at 7:00 pm.

Enlisted Spouse Club:

The Enlisted Spouse's club will be hosting an ASYMCA Fall Harvest Potluck on October 20, 2010 from 6:30 pm-8:30 pm. We will be having a "Thanksgiving dinner" potluck and will be making a fall craft. Each person is asked to bring a dish of their choice and a bag of filler (acorns, corn seed, dried beans, rice, coffee beans...etc). We are also taking up a food drive for the Open Door Shelter in Junction City. Please bring in any nonperishable food items you wish to donate. Free childcare is provided, if your child is currently registered with ASYMCA. Include childcare names and ages with your RSVP. Please RSVP to escpresident@hotmail.com or via the website at <http://fortrileyesc.web.officelive.com> by October 15, 2010

Officers and Civilian Spouses Club:

The OCSC October 14th event is at Britts pumpkin patch and it will cost 15 dollars. It is located on scenic drive and is at 6pm. We will be giving out a pumpkin and there will be a bonfire.

Flamingo Flocking Fundraiser

In the middle of the night throughout the month of October, OCSC flamingo wranglers will stealthily set up flocks of feathered friends in the yards of the unsuspecting. Imagine the surprise of waking up to find a yard full of pink tropical goodness, right out your own front door. Be a great friend, neighbor, co-worker and have us deliver our fabulous flock to someone who deserves it. Remember, nothing says, "You're special," like a flock of pink plastic birds on a fall Kansas lawn. The flocks start "flying" October 1st. Be prepared!

All proceeds go to the Community Assistance Fund

Contact wherestheflock@gmail.com or 785-717-2187 with any questions.

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Kansas State Research and Extension (KSRE):

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

- Who: Military Families
- What: The Book Club
- When: 2nd Wednesday of the month (morning & evening)
9:30am – 11:00am and 6:00pm – 7:30pm
- Why: Reading group for parents to discuss Family relationships, parenting, and child development topics in an informal social setting.

- Who: Given to Military Families who have special needs Family members.
- What: EFMP Support Group
- When: October 26th, 2010, 6:00pm – 7:30 pm
- Where: Army Community Service, 7264 Normandy Drive

- Who: Spouses of Wounded Warriors
- What: WSOS Support Group
- Where: SFAC
- When: October 21st (3rd Thursday of every month), 6:30pm – 8:00pm
- Why: Support for Spouses of Wounded Warriors

- Who: Women of all ages
- What: Women & Money
- When: 1st Tuesdays, October 5th, November 2nd, & December 7th
- Afternoon session: 11:30am – 1:00pm
- Evening session: 7:00pm – 8:30pm
- Where: ACS bldg, room 30
- Why: Women have unique financial needs. On average, women live longer than men, earn less than men, and may have gaps in our employment history due to Family care giving. All of these factors will affect future retirement benefits. This series of five classes will provide you with information that you need to take charge of your financial future. Topics covered will include Financial, Insurance and Investing Basics, Retirement and Planning for Future Life Events as well as other topics as directed by participants.
- Presented by KSRE & FRP

- Who: General Public
- What: Saving & Investing
- When: October 26th
- 9:00am - 11:00am
- Where: ACS Bldg 7264, Relo Room
- Why: Do you have your budget under control? Have you cleaned up your credit and are ready to work toward the future? This workshop will help you identify the building blocks of a successful saving and investment plan to put your hard-earned money to work to achieve your major lifetime goals.

- Who: General Public
- What: Bread Making for the Family
- When: October 4th (part 2)
- 5:30pm – 8:30pm

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- Where: USO DFAC 7856 Drum St.
- Why: Learn basic bread making skills and have fun creating with yeast bread dough. Teens and children ages 7-12 (with a parent/guardian), are encouraged to come.

- Who: General Public
- What: Holiday Bread Making
- When: October 4th (part 2)
- 5:30pm – 8:30pm
- Where: USO DFAC 7856 Drum St.
- Why: Learn how to make traditional holiday yeast breads. Teens and children ages 7-12 (with a parent/guardian), are encouraged to come.

- Who: Parents with Children between the ages of 0 – 5
- What: Winter Walk About
- When: 2nd Tuesday of Each Month
- 9:30am – 10:30am
- Where: King Field House Gym
- Why: This group provides Families with young children the opportunity to get active indoors during the winter months while learning & sharing parenting ideas, concerns, and challenges. Families will also have the opportunity to meet and socialize with other Families.

- Who: Military Spouses and Family Members
- What: Global Friendship Club
- When: 1st & 3rd Wednesday of Each Month
- 10:00am – 11:30am
- Where: McClellan Community Center
- Why: Come join us during the global Friendship Club meetings. The Club is designed to encourage culturally diverse military Spouses and Family Members in sharing ones heritage to a cross cultural audience experiencing Military Life. Looking forward to seeing you there!

- Who: New and/or Expectant Parents
- What: Infant Massage
- When: October 7th & 14th
- 10:00am – 12:00pm
- Where: ACS Bldg 7264 Normandy Dr
- Why: 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, and helps baby sleep well.

Contact Information:

K-State Research and Extension, Ft. Riley
7264 Normandy Drive, Custer Hill
Fort Riley, Kansas 66442
785-239-9991

friley@ksu.edu

www.fortriley.ksu.edu

Irwin Army Community Hospital (IACH):

IACH opens new mTBI clinic on Custer Hill

Irwin Army Community Hospital hosted a ribbon-cutting ceremony for a new mild traumatic brain injury (mTBI) clinic Sept. 30 at Building 7606 on Custer Hill. Patients treated at this clinic have mTBI, essentially concussive injuries, termed one of the signature wounds of the Iraq and Afghanistan wars. The design of the new clinic provides physical therapy, occupational therapy, behavioral health treatment and other medical care specific to rehabilitation of these injuries. This clinic environment facilitates multi-disciplinary treatment leading Soldiers toward a full recovery. For additional information call the mTBI clinic at 239-1476.

IACH referral management

You're being referred to the civilian network, but now what?

You have several options for managing your referral.

Before you leave the hospital, you can walk in to the Referral Management Center on the 5th Floor to schedule specialty care appointments. If you are unable to walk in, you can still call 239-DOCS (3627) or 1-888-239-DOCS (3627) within three days for assistance. The Referral Management Center is open 7:30am to 6pm Monday through Friday.

We're here to help you.

Appointment cancellation

Missed appointments negatively affect overall access to care. Please honor your appointment times and keep us informed of unexpected circumstances that require rescheduling, so our time can be focused on serving you. Cancellations should be done 48 to 72 hours prior to the appointment whenever possible.

You have several options to cancel an appointment:

- Call the appointment cancellation line at 239-8428. You will be asked to leave a message including your full name, sponsor's social security number last four digits, and the appointment time and date. Please provide full information to ensure your appointment is canceled properly.
- Respond appropriately to the automated Patient Appointment Reminder System. PARS will call you three days prior to your scheduled appointment with a reminder. It will prompt you to make a selection to keep or cancel the appointment.

Thank you for helping IACH meet your health care needs.

IACH establishes communication presence

IACH has established a presence on Facebook to interact with and provide information to military beneficiaries. Visit <http://www.facebook.com/IrwinArmyCommunityHospital> to "like" IACH's Facebook webpage. Questions for other IACH related topics, e-mail us at IACHInformation@amedd.army.mil.

Thrift Shop:

- The Fort Riley Thrift Shop is open Tuesday through Thursday and the 1st and 3rd Saturdays of the month from 9:30 a.m. to 2:30 p.m. 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.

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- 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 or to make an appointment, please call 239-6348.
Location: 500 Huebner Rd, Room 105.

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 customer service personnel here to assist you if you need help.
The deli-bakery and produce and meat department can do special order trays with 24 hrs. advance order.
- The Commissary, it's worth the trip where you save 30% on your total grocery bill.
Our phone # is 239-6621.
- **We value your service!**

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 12:00-4:00pm.
- 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, Pet Control and Disease Prevention](#).
- 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 visit the [Fort Riley Veterinary Services](#) page on the 1st ID and Fort Riley website.

Fort Riley Stray Facility

- Operating hours are Monday thru Friday 12:00 Noon-4:00pm.
- Phone Number is (785) 239-6184.

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- 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 239-1887.
 - ✓ Interested in being a local disaster volunteer. Disaster classes are coming with the New Year. Dates will be determined.
 - ✓ Mother's Outreach Program (on-going program). Volunteers meet and give gift bags to new parents at IACH. Please call 239-1887.

Directorate of Family, Morale, Welfare, and Recreation (DFMWR):

Special Events

Oktoberfest

October 7, 4:00pm-Midnight and Oct 8-9, Noon-Midnight, Rally Point Field. Experience the sights, sounds, and food of an authentic German Festival held right here at Fort Riley. Enjoy the rides and attractions of Toby's carnival (tickets and wristbands available for purchase). Wristband discount offered to redeployed Soldiers. Purchase authentic German food and beer and enjoy live music in the Fest Tent. Ample free parking.

Adventure Race

October 9, Times TBA, Milford Lake
Test your skill and endurance in a team-competition race in the beautiful area surrounding Milford Lake. Adventure Race is hosted by Lake Adventures and offers both a 25 mile race (Extreme Discovery) and 50 mile race (Milford Lake Extreme). Both races require teams of 2, 3 or 4 to negotiate a course using navigation skills, running/walking, canoeing, mountain biking, ropes and obstacles. Teams from all over the world will compete. For more information, go to <http://www.adventureracekansas.com/>.

Darryl Worley Concert

October 29, 7:00pm, Marshall Army Airfield
Join us for a free concert by top country artist Darryl Worley. Darryl is touring the country this fall to promote his new album "God and Country". He selected Fort Riley as one of his Midwest concert stops. You can expect him to sing some of his more popular songs such as "I Miss my Friend", "Have You Forgotten" and "Awful Beautiful Life" as well as songs from his new album. The concert is free and open to the public.

BOSS Haunted House

October 29-31, 7:00pm, Bldg 385
Join the BOSS Soldiers as they present a creepy and kooky Haunted House in an old stable house on historic Main Post that is thought to be possessed by spirits. Cost is \$5.00 per person for the scare of a lifetime. Not recommended for young children.

Arts & Crafts

Community Recreation

Arts & Crafts Center Bldg. 6918 (785)239-9205
Monday & Tuesday 1:00 – 8:30pm, Wed, Sat, & Sun 9:00 – 4:30pm,
Closed on Thursdays, Fridays and Holidays

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

Matting and Framing class – Learn the skill to do your own matting and framing, save a bundle! Class covers material selection, mat cutting, frame assembly and glass-cutting. The center carries conservation – preservation products to complete your fine art work project. One Tuesday evening class 14 Sept, 28 Sept, \$10.00 fee must sign up prior.

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

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

Custom Services-

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

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

Imprint Shop: We offer computerized engraving for plaques.

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

Automotive Skills Center

Bldg #7753, Apennines Dr
(785)239-9764/4028
Wednesday –Friday 11:30am-8:30pm
Saturday-Sunday 9:00am-5:00pm

- The Automotive Skills Center Staff will be offering monthly repair specials beginning October 30, 2010. Visit the center for more details.
- The Automotive Skills Center will be aligning your vehicles on Wednesday, Thursday and Friday from 12:30-6:00pm (wheels alignment specifications: 1987-2009 Passenger Cars, Vans, and Lights, Trucks)
- Front-end alignment and AC service are available on a first-come basis.
- The Automotive Skill Center professional staff mechanics will service your AC at a fraction of the cost compared to downtown dealer and repair shops.

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- The Automotive Skills Center Body Shop is open for business providing technical skills and continuous education. The patron can attend a body shop class or complete hands on training before utilizing the body shop area.
- The Automotive Skills Center has updated their high technical system, Mac Mentor, with OBD11 Smart Cards, Scope Probe for European and Domestic Cars, Mercedes, Toyota, Volkswagen, BMW, Audi, Land Rover, Porsche, Jaguar, Saab and Volvo 1986-2005, and domestic cars 1984-2006.
- Mitchell On-Demand Reference Library on DVD has been updated for both European and Domestic cars 1984-2007 with color-coded diagrams, updated repairs and trouble codes.
- Rebuild your engine! The engine rebuild shop has a new hot tank that will clean your manifold, heads and block within 30 minutes!
- FREE twenty-five-point automotive vehicle check for deployed Soldier's Family members. Must have verification of Soldier or unit deployment, ID card and vehicle registration or title.
- While the Soldiers are deployed, it is time to learn more about the vehicle you are driving. Why not take advantage of the FREE basic automotive repair class? The classes are scheduled every Thursday from 6:00-7:00pm. Basic automotive repairs 1st and 3rd Thursday of each month, Advance Automotive Repairs 2nd and 4th Thursday of each month. Call for more details.

Introduction to Basic & Advance Auto Mechanics Fundamentals

Class Room Training:

Hand Tools & Equipment , qualification card 3031, Safety in the work place

Basic Auto Repairs:

Oil and air filters, tire rotation, and vehicle inspections

Advance Auto Repairs:

Brake system, brake fundamentals, suspension system, battery maintenance, coolant system and hands on vehicle maintenance.

Maintenance Tips:

- Have your vehicle inspected every 12 months (as required by most states and military Jurisdiction).
- Regular routine maintenance should also be performed. You can handle many of the routine items yourself and discover early symptoms of what may become major problems.
- The driver should be familiar with the different systems of the vehicle and know what to do to keep the vehicle in good working condition.

**You do not have to be a pro to learn or take our free automotive classes!*

Our Facility Offers

- Open bays with a complete tool set and roll-around bench for customer use
- 15-Suspension lifts bays
- 1-12,000lb lift bay for older vehicles that supports the vehicle's tires
- Trained mechanics available for assistance and advice

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- Complete tool room
- Auto parts store located in facility
- Mitchell on-demand technical information available on DVD
- Body shop providing expert advice and instructions
- Paint booth with drive through capability
- State of the art engine rebuild and Machine shop
- 8-bay car wash with power washers and vacuum cleaners
- Inline fuel filter removal Bay

Our Services Include

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

Automotive Car Wash

- Bldg #7756, next door to the Automotive Skills Center. OPEN 24-7
- The Automotive Car wash was updated with new equipment products and services:
Eight Bay Car Wash
- Change Machine
- Wax and drying area

Provides the best value in the area!

The Automotive Skills Center Car Club

- Bldg # 7753
- Accepting applications for annual membership now!
- Membership is open to active duty Soldiers, Retirees, dependents, Reserve, National Guard, and DA civilians.
- Automotive Skills Center meetings are held the 2nd Sunday of each month at Noon.

BINGO

Rally Point Bingo, 2600 Trooper Dr.

Sunday-Monday: Closed

Tuesday-Thursday: 5:30 p.m. to 9:00 p.m.

Friday: 6:00 p.m. to 9:00 p.m.

Saturday: 12:30 p.m. to 4:30 p.m.

- Come out and enjoy a night of BINGO!

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- To make BINGO easier to play for novices, we have electronic bingo machines that do it all for you. All you have to do is yell "BINGO"!
- Play 13 games with nightly payouts of over \$1800 and the chance to win a \$2,500 Jackpot and a progressive Jackpot starting at \$5,000. LAST WINNER WON \$10,400 ON September 21 2010.
- Play for just \$15.00 for the minimum paper pack and \$40.00 for an electronic pack.

Specials:

- Bring a friend and receive a FREE 3-pack (Must have been here in the past to receive this special)
- Birthday Pack: If you come on your birthday, receive a FREE 3-pack and birthday dauber.
- Next Family BINGO is scheduled on October 24, 2010, wear your Halloween costume! Over \$1,000 in prizes to the children, and \$1,000 in cash to adults. Plus prizes for the best costume.

Bowling:

Every Sunday is Family Fun Day!

\$30.00 per lane gets 2 hrs of bowling with shoes, 1 large 1 topping pizza, and 2 pitchers of soda.

Annual Family Halloween Bowling Party

Get "Spooked with our Annual Family Halloween party. Bowl the whole night for just \$5 with shoes if you come in costume. Don't forget about our Costume Contest with 4 different age groups and cash prizes that night.

**Try our BINGO program. \$1 could win you \$1000.00 or more!*

Child, Youth, & School Services (CYSS)

(785) 239-9885

CYSS Parent Central

Bldg. 6620 Normandy Drive

Hours of Operation: Monday–Friday, 8:00am-6:00pm

Walk-in registration hours are Monday - Friday, 12:30-6:00pm

Appointments are available, starting at 8:00am.

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

Play Pals Playgroup

6620 Normandy Drive

Every Monday 9:00-11:00am,

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

Call 785-239-9885.

WebTrac

WebTrac is now available for CYSS patrons to make payments, as well as, enroll in Youth Sports programs. Customers currently in our database will receive their WebTrac User ID and

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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 (<http://www.rileymwr.com>).

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*

- October 5 Making the Most of Parent/Teacher Conferences, 6:45-8:00pm, FREE childcare for CYSS registered children with preregistration. RSVP to 240-2822 by October 4th at noon if you need FREE childcare.
- October 12 Child Abuse Prevention, 0800-1000pm. This class discusses the importance of recognizing and preventing child abuse. RSVP to 240-2822 by October 8th at noon.
- October 12 Bullying: A Guide for Parents, 6:45-8:15pm. FREE childcare for CYSS registered children with preregistration. RSVP to 240-2822 by Oct. 8th at noon if you need free childcare.
- October 20 Hand Washing Hygiene, Noon-1:00pm.
- October 26 Parent Involvement Orientation, 6:30-8:30pm. FREE childcare for CYSS registered children with preregistration. RSVP to 240-2822 by Oct. 25th if you need free childcare.

SKIES Unlimited

785-240-2478

All participants must be registered with Child Youth & School 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: October 16th and 30th from 9:00am -1:00pm. Parents may utilize free 16 hours (deployment entitlement) or an hourly rate. Children ages six weeks up to five years are eligible for the free care at the CDC. Lunch will be served. Children must be registered with CYS Services to participate in this program, and parents must make a reservation by noon Thursday the week care is provided. For additional information, please call 785-240-0822.

Weekday care: October 5th, 13th, 19th and 26th from 6:30-8:30pm. FREE for parents attending FRG meetings. Parents 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 Grade.

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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.

Saturday Care: As of 1 October 2010, Saturday care will no longer take place at School Age Services. All Saturday care will be held at Warren East CDC. 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.

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

October Events:

- October 1, **MST Dance**, 8:00-10:30pm. Cost is \$2.50 for members, \$3.50 for non-members.
- October 8, **MOVIE NIGHT**, 7:00 – 9:30pm. Cost is FREE. The feature movie will be “The Karate Kid”.
- October 16, **Late Night Basketball Tournament**, 7:30-11:00pm, Open to all teens, \$1.00 to watch. \$2.00 to play. Members can bring one guest.
- October 22, **MOVIE NIGHT**, 7:00– 9:30pm. Cost is FREE. The feature movie will be “Prince of Persia”.
- October 29, **MST Costume Dance**, 8:00-10:30pm. Cost is \$2.50 for members, \$3.50 for non-members.

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!

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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 785-240-3261.

The EDGE

Experience, Develop, Grow and Excel in exciting and fun art, fitness, life skills and adventure activities. For July we will offer Hip Hop, Water Sports/Fun in the Pool, Golf and Archery. All activities are FREE and take place on Fort Riley from 3-5pm every day. For additional information, call 785-239-9850 or 785-240-5195.

Youth Sports

October 15th, Family Fitness Night. 6-7pm, Capture the Flag at Colyer Manor Youth Fields. Families with children of all ages are invited to participate. RSVP by October 13th.

October 4th-15th, Outdoor Adventure Geocaching Challenge Registration. Event date – October 22nd, 1:00-3:00pm, Grades 3-12, \$10 includes transportation to and from Moon Lake. To participate, register at CYSS Parent Central Office, Bldg. 6620.

October 18th – November 3rd, Outdoor Adventure Ice Skating Registration. Event date – November 12th, 1:00-3:00pm, Grades 3-5, \$10 includes transportation to Crown Center and back. 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 (formerly Tutor.com)

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

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

Soar is a free website providing students and parents with resources to:
Identify academic strengths and weaknesses in math and reading,
instruct the student in math, reading and language arts through interactive tutorials,
involve parent by providing educational resources written specifically for parents.

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College Prep Series

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

Times: 6:30 to 7:30pm

Location: Middle School/Teen Center 5800 Thomas Ave

All College Prep seminars are FREE

October

- 5th Successful Parent Teacher Conference
6:45-7:45pm, Bldg 6620 Normandy Drive
- 7th Chart Your Course
- 14th Time Management and Stress Management

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

USD 475 Junction City-Geary County Schools:

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

Tel: 785-717-4000

USD 383 Manhattan-Ogden Schools:

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

Tel: 785-587-2000

USD 379 Clay County Schools

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

Tel: 785-632-3176

USD 473 Chapman Schools:

USD 473 website: <http://www.usd473.net>

Tel: 785-922-6521

USD 435 Abilene Schools:

USD 435 website: <http://www.abileneschools.org>

Tel: 785-263-2630

To receive a listing of all 17 school district websites, calendar and other important school information go to the School Liaison Officer website: <http://www.rileymwr.com/web-content/subpages/cysschool.html>.

Golf

Custer Hill Golf Course: Bldg. 5205 (785)784-6000.

Hours of Operation:

Pro Shop and Golf Course Hours:

October 1 – October 7

Mondays	12:00 – 7:15pm
Tuesdays-Fridays	9:00am – 7:15pm
Saturdays, Sundays, and Holidays	7:30am – 7:15pm

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October 8 – October 17

Mondays	12:00 – 7:00pm
Tuesdays-Fridays	9:00am – 7:00pm
Saturdays, Sundays, and Holidays	8:00am – 7:00pm

October 18 – October 31

Mondays	12:00 – 6:45pm
Tuesdays-Fridays	9:00am – 6:45pm
Saturdays, Sundays, and Holidays	8:00am – 6:45pm

DAYLIGHT SAVINGS TIME BEGINS NOVEMBER 7th, 2010

ALL TIMES ARE WEATHER PERMITTING

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

Snack Bar Hours:

Monday – Friday	11:00am – 1:00pm
Saturday, Sunday, & Holidays	Closed

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

Oktoberfest Tournament: The Oktoberfest Tournament will be held on October 6th on Custer Hill Golf Course. This event is a 4-person scramble and costs \$50 per person (includes greens fees, carts, lunch, and prizes) and \$5 per mulligan (max 2 per person). There will also be a chance for a \$25,000 hole-in-one prize for this event!

Superintendents Revenge Golf Tournament: This event will take place on October 16th with an 8:00am Shotgun Start (Weather Dependent). This 2-person scramble cost is \$50 per person and includes (Greens, Carts, Lunch, and Prizes). Team skins will also be available for this event.

Winter Sale: It is not too late to start thinking about Christmas! Looking for a gift that will help out that special golfer in your life? Let Custer Hill Golf Course help you with your Christmas shopping needs.

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

Library

We will be having story time, beginning at 1:30pm every Saturday.
Movie night and our Halloween party are Oct. 30th and it starts at 6:30.

Leisure Travel Center

Fall & Winter Hours: Monday - Friday 10:00am-5:00pm
Closed Sat, Sun & Hol

National Harvest Festival at Silver Dollar City in Branson

Known as The Home of American Craftsmanship, Silver Dollar City celebrates the creativity, artistry, and dedication of America's craftsmen during National Harvest Festival, Wed - Sun, thru

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October 30, 2010. Hundreds of visiting craftsmen, including Best of Missouri Hands juried artists, join Silver Dollar City's own resident craftsmen during this incredible fall festival. Plus, through October 24, experience Silver Dollar City's award-winning signature musical production Headin' West! Purchase an Adult ticket through Leisure Travel Center and get a Child's ticket at the gate complimentary. Let us assist you in putting together a great Branson get-a-way!

Kansas City Renaissance Festival

Explore the 16th century village as it comes to life for 7 spectacular autumn weekends thru October 17. Open weekends & Columbus Day. Great family entertainment and discount tickets available.

Worlds of Fun (Kansas City Amusement Park)

Halloween Haunt runs thru October 31, which provides a scare-free, family fun day and extreme haunts by night, which is included in the admission to Worlds of Fun. Discount tickets available.

Kansas City Chiefs Football

Grab some friends and tailgate at Arrowhead Stadium. Limited tickets available.

October 24	Jacksonville Jaguars
October 31	Buffalo Bills
November 21	Arizona Cardinals
December 26	Tennessee Titans
January 2	Oakland Raiders

Rolling Hills Wildlife Adventure

Over 80 unique and rare animal species await you in their beautifully landscaped Zoological Park. Make sure your adventure includes the world-class Wildlife Museum. You will become completely immersed in the wildlife experience with animals from around the world, a 360 degree domed theater, interactive Children Exploration Center and traveling exhibit displays. Military ticket discounts available.

Outdoor Recreation

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

Hours of Operation:

Open 7 days a week 9:00am-5:00pm

Facilities closed on all Federal Holidays.

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

Outdoor Recreation has a wide variety of items available for rent to help you get outside and enjoy the cool fall weather. We have tents, bikes, kayaks, campers, car dollies and much more, so stop by to see if we can help you. Do you have a birthday party coming up or an Org day scheduled? Drop by Outdoor Recreation for tug of war ropes, volleyball/badminton sets, inflatable play stations and the NEW dunk tanks!

October activities

- Mountain Biking 101 @ Manhattan River trail October 2, 2010 9:00am-3:00pm
Cost: \$10.00
Join us as we cruise along the Manhattan Linear Trail for a bit before we trek into the River Trail. This trail offers excellent biking for beginners and seasoned riders. Bring

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your mountain bike or rent one from Outdoor Rec. Transportation, refreshments and snacks will be provided.

- Horseback Trail Riding @ Cowboy Way Ranch October 9, 2010 9:00am-5:00pm
Cost: \$75.00
Cowboy Way Ranch and Vacations will be our destination for this fun, activity-filled trip. We will have a two hour trail ride on horseback, fish in their catch-and-release pond, hike through the prairie, and enjoy a lunch provided by the Cowboy Way staff. Transportation provided, no fishing license required.
- Guided Fishing trip at Milford Lake October 16, 2010 8:00am-8:00pm
Cost: \$35.00
Learn the tricks of the Anglers trade. The guide will take a morning group and afternoon group fishing on Milford Lake. As the morning group returns and before the afternoon group takes off, we will enjoy a lunch filled with discussions, demos, and a Q & A session with the guide. Due to limited space, *you must pre-register* at the Outdoor Recreation Center. We will meet at the Ft. Riley Marina. Please be on time. The boat will not wait on you. Kansas fishing license is required.
- Paintball Tournament @ ODR October 16, 2010 10:00am-2:00pm
Cost: \$20.00/person (5-man teams)
Whose team will be declared Champions of the Paint? Can your team walk away unscathed with their arms raised in victory? All equipment and supplies are provided. The only thing you will need to do is create a team! To sign up or for additional information, drop by the Outdoor Recreation Center or call (785)239-2363/6368.
- Stop by and see what outdoor activities we have planned or to see how we can make your fall fun and exciting. For pricing and questions, please call Outdoor Recreation (785)239-2363.

Fort Riley Skeet and Trap,

(785)239-9058

Hours of Operation:

Wed & Thu Noon-8:00pm

Sat & Sun 10:00am-5:00pm

Weather Permitting

Open to the general public

Come out to the Skeet and Trap range and enjoy a day of shooting and fun. Bring out your own gun or borrow a range gun. For more information, call or stop by the Outdoor Recreation Center (785)239-2363.

Halloween Shoot at the Skeet and Trap Range October 30, 2010 10:00am-3:00pm

Cost: \$20 your gun/ammo

\$44 w/range gun/ammo

Marksmen, come one, come all to the first ever Halloween Shoot at the Skeet and Trap Range. Not only will the top shooters be awarded with trophies but the best costumes will also be recognized and rewarded! Can Zorro or a vampire shoot trap? Can a caveman or Ghost even handle a shotgun? Will Elvis lose his blue suede shoes on the Skeet Range? Only you can answer these questions and many more. Don't let the kids have all of the fun this Halloween. Competition will consist of 2 rounds of skeet and 2 rounds of trap. (Max 30 participants.)

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For additional information or questions about these activities, please call (785)239-2363.

Fort Riley Marina

Milford Lake
(785)307-5253

Hours of Operation:

Monday – Friday: 10:00am-6:00pm
Saturday and Sunday: 7:00am-7:00pm

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

The Marina will be open until Columbus Day, October 11th, so stop by and see the new pavilions and playground. The Marina is located on Milford Lake and has over 20 water crafts available for rent. Including pontoons, fishing boats, jet skis, and ski boats. **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 (785)239-2363.

Sports

Bldg. 202, (785)239-3945.

Eyster Pool

Bldg. 6940, Custer Hill

October 1, 2010 – 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 October 1, 2010 All units will be responsible for providing their own lifeguards. Minimum two lifeguards per request. Lifeguard training information is listed below.

September 7 – September 30 Mon-Wed-Fri 5:00-6:30am Lap Swim

Mon – Fri 6:30-9:00am PT/CWST

Tues & Thur 8:00-9:00am Physical Therapy

Training (Unit must submit memo of request 2 weeks prior to requesting date with the following information: Effective October 1, 2010: Copies of minimum two Soldiers American Red Cross Lifeguard Training cert along with ARC CPR for the Professional Rescuer, date, time, number

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of Soldiers, type of training, requesting POC for memo, OIC or NCOIC responsible for Soldiers the morning of, memo signed by company commander).

American Red Cross Lifeguard Training

Session III September 27 – Oct 1 9:00am-5:00pm

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

Fitness Center Phone Book

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

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

Craig Fitness Center | Bldg 7024, Custer Hill | (785) 239-5562 5:00am-9:00pm
Mon-Fri 1:00-8:00pm Sat/Sun/Hol

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

Robinson Fitness Center | Bldg 7832, Custer Hill | (785) 239-4480 5:00am-8:00pm
Mon-Fri Noon-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 and Interval Boot Camp. Keep an eye out for 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.

Intramurals

Football Season is in full swing for October. Information on how to register your team for intramural sports can be found at all fitness facilities or by calling Ken @ 239-2148.

Army Community Service (ACS):

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

Army Family Team Building (AFTB):

- If you are interested in learning about resources that are available to you or find that most are speaking a language that sounds more like alphabet soup than English, then you could benefit from the Army Family Team Building (AFTB) classes. **FREE CHILDCARE!** Will be

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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 239-9435.
- If you, your unit/battalion, Family Readiness Group or other group would like to schedule separate Level I, II or III classes, please contact the Program Manager. These classes can be held at your location or at ACS, 7264 Normandy Drive (room permitting). There is a minimum of five people required to hold a class and two weeks' notice is needed for planning.

- **Level I - AFTB**

ACS Annex Day Time Classes 9:00am-2:30pm

November 9-10

Evening Classes – Room 30 ACS 6:00-8:00pm

- 1.1 Expectations & Impact of the Mission & 1.2 Military Acronyms & Terms, November 2
- 1.2 Chain of Command & 1.4 Military Customs & Courtesies, November 9
- 1.5 Basic Military Benefits & Entitlements & 1.6 Military/Civilian Community Resources, November 16
- 1.7 Intro to Family Readiness Groups & 1.8 Supporting Your Child's Education, November 23
- 1.9 Family Financial Readiness & 1.10 Basic Problem Solving, November 30

- **Level II – AFTB**

ACS Annex Day Time Classes 9:00am-2:30pm

November 30-December 2

- **Level III – AFTB**

ACS Annex Day Time Classes 9:00am-2:30pm

December 14-16

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 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.

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- For information on volunteer opportunities at ACS, call the AVC office at 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.

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 239-9435.

Hi Mom Hi Dad-DVD Recorded Messages from Home:

Have your children record a short message, read a poem or story, perform a song or dance especially for their deployed parent.
Call 239-9435 for appointment.

Family Advocacy Program (FAP):

FAP Love & Logic classes:

October 7, 14, 21

November 4, 11, 18

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).

October is Domestic Abuse Prevention Month: Create a home, Family, and community of love, respect and peace. A home should be the safest place to be! A Family should be the safest people to live with. A partner should be the safest person to be with. But some homes, Families, and partners have difficulties achieving security. Come learn what you can do to help protect your neighbors, your friends, and your Family to live safe and secure in our community.

Domestic Abuse Prevention Campaign, 1-31October 2010

Proclamation Signing

10:00am, Riley's Conference Center

Friday, October 1, 2010

October is Army wide and nationally recognized as Domestic Abuse Prevention. This year's campaign theme: PREPARE, PREVENT, and PROTECT.

Family Comedy Show & TALK SHOW

Join the fun. Live audience will candidly discuss marriage, divorce, living single, and children.

Love much, Laugh much, and Live Long!

6:00-7:30pm

Saturday, 16 October 2010

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Junction City, Cl. Hoover Opera House 6:00-7:30pm

Free admission. Free childcare with advance registration at Warren East CDC Fort Riley and ASYMCA. Call 239-9435 for details.

Will You Hold My Child?

Professional Development Workshop & Theatrical Performance For professionals who serve Military Families. This powerful performance brings participants into the physical, emotional, and spiritual turmoil of a home where domestic violence is occurring. Following this performance, facilitators will lead participants in guided discussions and activities.

8:30-4:30pm

Tuesday, 19 October 2010

Riley's Conference Center

Free registration. Free 6.50 professional contact hours. Call 239-9435. Limited seating.

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 239-9435.
- Exceptional Family Member Program and New Parent Support Program 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. The upcoming 2010 dates are as follows; November 17 at the Army Community Service, 7264 Normandy Dr., from 1:00 pm to 4:30 pm.

Mobilization & Deployment/Family Readiness Training:

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

- **Family Readiness Group (FRG) Leader Class** - Instruction and guidance to assist newly appointed FRG Leaders, FRsAs and Commanders. Each part is a 3-hour course.
 - ✓ **Part I:**
October 6, 9:00 am – 12:00 Noon
November 3, 6:00 – 9:00 pm
 - ✓ **Part II:**
October 7, 9:00 am – 12:00 Noon
November 4, 6:00 – 9:00 pm
 - ✓ **Key Caller Class** - This class provides instruction and guidance to assist newly appointed FRG Key Callers.
November 18, 9:30 – 12:00 Noon
- **Funds Custodian Class** - This class provides instruction and guidance to assist newly appointed FRG Funds Custodian.
October 21, 10:00 – 12:00 Noon
- **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).
October 13, 1:00 – 3:00pm
- **Children & Separation Issues of Deployment** - This presentation addresses the positive aspect of separation from the deployed parent and ways to strengthen the relationship long distance. Additionally, it discusses detrimental coping strategies to watch for and signs to recognize that it is time to seek professional help.

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November 17, 1:00 – 3:00 pm

- **Maintaining a Healthy Marriage during Deployment** - Marriage is never a simple undertaking - marriage plus the military lifestyle can seem impossible. In this presentation, participants will learn how to make their marriage work throughout normal challenges and those of the military lifestyle. October 19, 10:00 am – 12:00 Noon

- **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.

November 9, 10:00 am – 12:00 Noon

- **FRG Binder Training** - The training will instruct Commanders, Senior Advisors, FRSAs, 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. October 5, 10:00 am – 12:00 Noon

- **Deployment: Getting Ready** - The intent of this training is to prepare Family members (to include married and single) for the anticipated deployment of their Soldier. Checklists will be provided and reviewed. Class will identify problems that may arise or persist due to a military separation and offers suggestions on how to best deal with these issues. In addition, participants will receive information on stress-related problems and solutions associated with deployment, particularly pre-deployment.

October 26, 10:00 am – 12:00 Noon

- **Deployment: Coming Home** - The intent of the training is to prepare Family members (to include married and single) for the return home from deployment and the process of transitioning into their previous Family roles and relationships. Class will discuss the anticipation and expectations of Soldiers and Family members, potential concerns or difficulties including stresses, readjustment strategies, problem solving, parenting, PTSD, TBI and other related concerns, and recognizing when and where to get help.

- **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!

October 28, 9:00 – 10:30 am

- **First Deployment: Waiting Spouses Support Group** - They say deployment and separation are expected functions of Army life. But if you've never experienced it first-hand how can you know what to expect? Our support group can help you navigate the long road and challenges ahead. Join us and find out how not to let deployment negatively impact your Family stability, individual readiness and, ultimately, the ability to meet the mission.

October 6, 6:00 – 8:00 pm

November 3, 10:00 am – 12:00 Noon

To register for a class please contact:

Army Community Service

7264 Normandy Drive, Fort Riley, KS 66442

(785) 239-9435

Soldier Family Assistance Center (SFAC):

Fort Riley has established a dedicated Soldier and Family Assistance Center (SFAC) to support the Warrior Transition Battalion (WTB). The purpose of the SFAC is to ensure our Warriors and their Family members receive tailored, integrated, and streamlined services. The SFAC team is here to remove any barriers our injured or ill Warriors may face in support of the healing process. We do this by providing our Warriors and their Families a convenient connection to services, a supportive and friendly staff, and a leisure area to connect them to one another –

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and to a caring community. We are located in Bldg 671A/673A, next to Irwin Army Community Hospital. Hours of Operation: 7:30am–4:30pm.

Fort Riley Education Services (ACES):

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

October closed dates: October 1st, 15th and 29th.

Holiday closed: October 11th.

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

The Computer Lab has 12 computers for Soldier and Family Member use. You will be authorized up to 5 pages of print per day. Also, there are research materials and study guides available to loan out.

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

Hours: 7:45 am – 5:00 pm

Services: Education Counseling, Tutor Center.

Tutoring Center hours will be: Monday, Tuesday, 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.

MyCAA (Military Spouse Career Advancement Account) Updates:

The program will resume October 25, 2010. You must contact a Military OneSource Career and Education Counselor at www.militaryonesource.com.

Eligibility requirements include:

- The MyCAA program will revert back to their original intent, which was to focus on portable career fields, such as, real estate licenses, home health care accreditations, cosmetology, and child care providers, etc.
- Spouses of junior grade personnel: pay grades of E1-E5, W1-W2, and O1-O2. Soldier must be on active duty status at the time the spouse uses the benefits.
- Offer a maximum financial benefit of \$4,000 with a fiscal cap of \$2,000. Waivers will be available for spouses pursuing licensure or certification up to the maximum assistance of \$4,000.
- Requires the spouse to finish their program of study within three years from the start date of the first course.
- Be limited to Associates degrees, certifications, and licensures.
- No grandfather clause for those individuals who have been in the program. They will have to abide by military grade restrictions and the \$4K cap.

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 1: November 1 – December 16, 2010

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

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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. Review in Math, Vocabulary, and Reading Comprehension prepare the individual to re-take the Armed Forces Classification Test (AFCT).

Upcoming BSEP Classes:

- Cycle 1: October 4 – 27, 2010
- Classes will be held at 7656 Graves Street, due to renovations at 8044 Normandy.

To enroll please see an Army Education Counselor.

Barton County College:

Fall Semester on-post evening college classes: October 18 – December 18, 2010

Online classes begin: October 18 – December 19 (Session 3 for 9 weeks)

Central Michigan University:

Next on-post course will start: October 1 – 30, 2010

MSA 602 - Financial Analysis, Planning, and Control

Central Texas College:

Fall Semester on-post evening college classes: October 18 – December 18, 2010

Online classes begin: October 25 – December 17, 2010

Kansas State University:

No current on-post evening classes available.

University of Mary:

Next on-post course will start: October 14 – December 16, 2010

MGT 700 - Management Seminar

Upper Iowa University:

Fall Semester on-post evening college classes: October 18 – December 18, 2010

Online classes begin: October 25 – December 19, 2010

Chaplains' Offices:

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

Chaplains' Office 239-3359

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

Click on Services-Fort Riley Services-Chaplain

WORSHIP SERVICES AND CATHOLIC MASS SCHEDULE

Main Post Chapel 239-6597

Protestant Community Worship Service Sunday @ 10:30am

Kapaun Chapel 239-9608

Contemporary Protestant Service Sunday @ 10:30am

Morris Hill Chapel 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 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 240-1443

Tuesday & Thursdays Catholic Mass @ 12:00 pm

Religious information

Jewish information please call: 539-8462

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Muslim Religious Services please call: 776-1033
LDS Services please call: Single 537-7870
Family 539-1084
JC 238-2951

Fort Riley offers a wide variety of dynamic worship, study and fellowship opportunities. Please visit our web site or call our chapel offices to obtain further information:

Religious Education Director 239-2979
Catholic Education Director 240-1443
Religious Support Office 239-3359
Morris Hill Chapel 239-4060
Main Post Chapel 239-6597
Saint Mary's Chapel 239-6597
Kapaun Chapel 239-9608
Normandy Chapel 239-9149
Family Life Ministry 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 others 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

- o Please provide a snack for your children
- o \$4.25 1st child
- o \$3.50 per additional child
- o \$5.00 for children under 2
- o \$4.25 per additional child under 2

Parent's Day Out:

Monday through Friday 11:00am-3:00pm

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

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Friday 5:30-10:00pm

- You must provide a sack lunch and a snack for your children
- \$10.00 1st child
- \$9.25 per additional child
- \$10.75 for children under 2
- \$10.00 per additional child under 2
- Dates Available:

October 1 and 22
November 5 and 19
December 10 and 17

*****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

Dates Available:

October 2 and 23
November 6 and 20
December 11 and 18

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 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 active 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:

1. WIC Bldg. #7264
2. ACS Bldg #7264
3. Irwin Army Hospital Bldg #600
4. Self Help Bldg. #289
5. Post Chaplain Services
6. Respite Care at ASYMCA
7. Geary Community Hospital
8. Junction City Health Department

Appointments: Please call 24 hours in advance at 762-4780 to schedule a pick-up.

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- **For more information-** Please call 238-2972, email asymca@nqks.com, or stop by at 111 East 16th Street, Junction City.

United Way of Junction City-Geary County:

The United Way of Junction City–Geary County (CFC #98013) provides support services for the military community through 15 local not-for-profits. The following list includes the services and contact numbers provided through Fort Riley’s nearest United Way. Call United Way at 238-2117, email director@unitedwayjcgc.org or get more information on any of these agencies at www.unitedwayjcgc.org we are here to help!

- **Operation Wheels at Armed Services YMCA:** transportation for military Family members to medical appointments 238-2972 asymca@nqks.com
- **Fourth Grade Learn to Swim:** program at the Family YMCA 762-4780 ymca@nqks.com
- **Scholarship memberships for Girl Scouts:** 238-2323 www.girlscoutsksmo.org
- **Boy Scout internships:** for KSU students to fill in for deployed troop leaders 238-5684 www.Coronadoscout.org
- **Dental Clinic** at Konza Prairie Community Health Center 238-4711
- **The Crisis Center:** for victims of abuse and sexual assault 762-8835 ccijcks@carrollswab.com
- **Kansas Legal Services:** for victims of domestic violence (800) 723-6953
- **The Open Door:** emergency shelter 238-3599 opendoor@nqks.com
- **The Food Pantry:** emergency food 762-8830 vogelsang@embarqmail.com
- **Smarter Fun in the Sun:** summer activity through Boys and Girls Club 717-4020
- **Transportation for Special Olympics participants:** 209-1996 jtqjeh2003@yahoo.com
- **Emergency aid for victims of disasters by the Red Cross:** 238-3163
- **Security checks:** for volunteers with Big Brothers/Big Sisters, adult mentors for at-risk children 238-1650
- **Volunteer Recruitment for CASA:** Court Appointed Special Advocates of the 8th Judicial District 762-3907
- **Habitat for Humanity:** funding for the next home built by Habitat 238-3126

Kansas Children’s Service League (KCSL):

- In Kansas alone over 6,000 children each year need the care and support of foster and adoptive Families. People just like you are building brighter futures for these children by serving as foster and adoptive parents, relative caregivers, and advocates. You too can change a life. Help support our state’s most vulnerable children so they can realize their full potential. Learn more by calling (877) 530-5275 or by visiting the Kansas Children’s Service League Adoption & Foster Care website at www.kcsl.org
- Upcoming classes offered by KCSL:
- MAPP Training: This 10-week preparatory class is offered **free of charge** to individuals and Families interested in fostering and adopting. The classes are Tuesday nights from 6:00-9:00pm. For more information or to enroll call 1-877-530-5275.
- The Oasis program will provide **free and voluntary services to Families** with youth 10-18 who are at-risk to run away or have already run away. The goal of the program is to prevent youth homelessness, out of home placement, and to safely reunite the youth and Family by providing crisis intervention, temporary shelter, and support services. For additional information call 539-3193 ext.1701 or call the Oasis cell phone at 643-6615.

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

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<https://www.acapexpress.army.mil> or by calling 785-239-2278. Briefings are held Monday, Tuesday, Thursday, and Friday at 9:00am and 1:00pm. 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) 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.
- 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"

