



ARMY COMMUNITY SERVICE

4700 NW Mow Way Road, Fort Sill, OK 73503

580-442-4916/5018



Information & Referral

Simple/Complex Information
Needs Assessment

Survivor Outreach Services

Survivor Advocacy
Financial Counseling
Support Groups

Mobilization and Deployment

Pre and Post Deployment Briefings
Family Readiness Group Training
Operation READY Resources

Family Advocacy Program

Prevention/Education
Parent Education & Playgroups
Healthy Life Skills Education
New Parent Support Program
Victim Advocacy Program Hotline
(580)574-0871

Soldier and Family Assistance Center

Tailored Service for Warriors in Transition
and their Families

Army Volunteer Corps Program

Volunteer Vacancy Information
Volunteer Placement Assistance
Community Volunteer Recognition Events

Exceptional Family

Member Program

Tailored Service for Family
Members with special needs

Army Family Action Plan

Identifies Quality of Life Issues and
possible solutions to enhance Total Army Family

Relocation Readiness

MilitaryOneSource
Welcome Packets
Sponsorship Training
Lending Closet
Newcomers' Orientation
PCS Orientations

Army Family Team Building

Family Readiness, Self-Reliance,
and Leadership Training
Helping Families Understand the Army Life

Financial Readiness Program

Budget Counseling
Understanding Credit
Personal Financial Management
Army Emergency Relief (AER)
Emergency Food Vouchers

After hours: **American Red Cross**
1-866-272-7337/7238

www.sillmwr.com

www.facebook.com/FortSillACS

www.pinterest.com/FortSillACS

www.myarmyonesource.com

www.militaryonesource.com

www.annualcreditreport.com

www.guardfamily.org

www.arfp.org

Hours of Operation

0730 – 1600 Mon – Fri

(Active Duty cannot be seen until 0830)



ACS Your Partner in Readiness



Family Advocacy Program (FAP)

Provides family strengthening educational activities that support the emotional health and wellness of military family members of all ages. Relationship classes, activity groups, seminars, and retreats are available free of charge through FAP or one of their community partners. Individualized, in-home support is available through FAP's **New Parent Support Program**. If domestic violence occurs, whether physical, emotional or sexual, and intervention is required, advocacy services are available to help adult victims negotiate the multiple systems of care through the **Domestic Abuse Victim Advocacy (DAVA)** Hotline (580) 574-0871. By regulation, FAP at ACS does not offer individual or marital counseling. Clinical treatment programs for family violence related issues are offered at the Family Advocacy Clinic, a section of the Department of Behavioral Health at Reynolds Army Community Hospital.

Trailblazers: Parents with children (between ages 6-12) are invited to a new monthly adventure!

New Parent Support Program

Geared towards parent and children, prenatal and up to five years of age; referrals to available community resources; parenting guidance, discipline, potty training, and other issues.

Playgroups: Parents with children (under age 5) are invited to come and play together and meet new people!

Breastfeeding Class: Get information and coaching on breastfeeding.

Infant Massage: A tool to help reduce baby fussiness, bond and relax with your baby, increase baby's digestion, muscle tone and circulation.

Information & Referral (I&R)

Provides information to Soldiers and Families, regarding military and civilian resources available. Refers and provides contact information to the appropriate agency or organization who can assist with the needs of the client.

Relocation Readiness Program

Relocation Counseling: Are you PCSing in or out? For a less stressed PCS; visit with Relocation Readiness for everything you need.

Lending Closet: Borrow small household items for "FREE" until your household goods are delivered.

Culture Connection: For multi-cultural families to network and share experiences in learning the American and Military cultures.

Hearts Apart: For Families members who are, will be or have been separated because of military commitments (deployments, temporary duties, remote tours). Join other spouses and children to enjoy good conversation and the company of others.

PCS Briefs: Provides resources, tips and advice to have a successful move.

Newcomer Orientations: Welcome Soldiers and Families. This is an opportunity to become familiar with Fort Sill's mission and organizations and Lawton Fort Sill surrounding communities. Fort Sill is a great place for the entire family.

Volunteer Program

Want to volunteer with a Fort Sill agency? This is where you begin! Learn about the Fort Sill volunteer opportunities.

VMIS Training: The Volunteer Management Information System (VMIS) is the site that helps to manage and track volunteers' hours, awards, trainings and certificates. Learn how to make the most of your generous volunteer efforts!

OPOC Training: Become an Organization Point of Contact (OPOC) for your volunteer organization! Learn how to manage volunteers in VMIS and to ensure the necessary positions are listed under your organization.

Financial Readiness Program

Financial Counseling: Offers financial education, training and counseling to help all eligible clients improve their personal financial status. Services include Budgeting, Debt and Credit Management, Consumer Awareness, and free Credit Reports.

First Term Soldiers Financial Readiness Training: Learn the Principles and Personal Finance, Planning and Budgeting, Banking and Checking Accounts, Using Credit Wisely, Insurance, Savings and Investing, Marking Large Purchases, and Consumer Scams.

Relocation Financial Planning Class: Learn about all the benefits authorized and how to have a financially successful move.



Army Emergency Relief (AER)

Provides financial assistance in the form of interest free loans or grants to Active duty personnel and their families experiencing financial emergencies as a result of an unexpected event (i.e. death of immediate family member, auto repair, utilities, etc.). Please contact your unit Command Financial NCO who will provide you with the forms and other information required for the application process. Please call ACS for more information.

After Hours: American Red Cross
1-866-272-7337/7238

Military and Family Life Counselors (MFLC)

Service members and military Families face unique challenges; struggling with issues such as deployment-related stress, reintegration and pressures of managing parenting and finances while a loved one is deployed. MFLCs offer a wide range of counseling services for your personal and military life. It is confidential, and no records are kept.



www.facebook.com/FortSillACS



www.pinterest.com/FortSillACS

Mobilization & Deployment Readiness

Classes for individuals volunteering for their unit Family Readiness Group (FRG). Classes include: **CARE Team training, Key Caller, Unit Funds & Fundraising, FRG Leadership, Family Readiness Liaison (FRL) and Rear Detachment Commander Training.**

Employment Readiness

Provides information and support in the areas of resume development & review, job listings, education/scholarship opportunities, computers for job search and resume building, classes & hands-on workshops to minimize the employment problems associated with relocation and help you get and ace that interview. Desk-side employment counseling available.



Army Family Team Building (AFTB)

A Family Resiliency and Readiness program that provides participants with an understanding of Army culture and the skills and resources needed to become self-reliant, self-sufficient members of the military community. Military Knowledge and Culture, Personal Growth and Resiliency, Leadership, and Family Resiliency are training that are available.



Army Family Action Plan (AFAP)

Dedicated to improving the quality of life for all military personnel (active, reserve, guard, retiree), family members, DOD employees, and Survivors. Issues can be submitted year-round through www.myarmyonesource.com. The Issues alert Army leaders to areas of concern that need attention and gives them the opportunity to put plans into place to work towards resolving the issues.



Soldier and Family Assistance Center (SFAC)

A "one-stop shop" of services and programs that are designed to provide a more efficient access for Warrior Transition Unit Soldiers, Medical Board Soldiers and their Family members.

Fort Sill Army Community Service



Army Community Service (ACS) assists Soldiers and Families in maintaining readiness by coordinating and delivering comprehensive, responsive services that promote self-reliance, resiliency and stability.

Army Community Service
4700 NW Mow-Way Rd
Fort Sill, OK 73503
580-442-4916

Hours of Operation
Monday - Friday
7:30 a.m. - 4 p.m.

<http://sill.armymwr.com>



Exceptional Family Member Program (EFMP)

Special Events: Free events for Families that have Family members enrolled in EFMP!

Respite Care: A temporary relief for the primary caregiver(s). In order to qualify, the Family member must be enrolled in EFMP and have a severe medical need.

SNAP: The SNAP team explores childcare and youth activity options for children with special needs in installation child and youth programs (CYSS).

System Navigator: Provides case management service to EFMP Families.



Survivor Outreach Services (SOS)

We honor Soldiers who made the ultimate sacrifice for the security of our Nation by supporting and caring for their Survivors. The Army is committed to providing sustained support to surviving Family members to ease their loss, help them through a very difficult time, and provide support for as long as they desire.

SHARP Sexual Harassment Assault Response & Prevention (SHARP)

Training and prevention of sexual harassment and assault is accomplished through command/director climate, bystander intervention and cultural change. Adult Victims of Sexual Assault receive services through a SHARP advocate (either military or civilian) embedded within each unit or directorate.

DoD Safe Hotline 1-877-995-5247 or Installation Hotline 580-91-SHARP (7-4277).



Additional services include:

- Individual relocation counseling
- Command Sponsorship Information
- Internet & email access

Check Out These Web Sites:

Fort Sill Family & MWR:
www.sillmwr.com

Military OneSource:
www.militaryonesource.mil

Military Installations:
www.militaryonesource.mil

Housing Referral Network
www.ahrn.org

OUR GOAL

Whether newly arriving or getting ready to depart, our goal is to prepare Military personnel, Family Members, and DoD civilians for the mobile lifestyle of today's Armed Forces. The Relocation Readiness Program provides local and worldwide information, referral, resources and tools to reduce the stress of relocation as well as assist in adjusting to new surroundings.



Army Community Service
580-442-4916

Hours of Operation
Monday - Friday
7:30 a.m. - 4 p.m.



Relocation Readiness Program



Helping You Relocate

4700 Mow-Way Rd
Fort Sill, Ok 73503
Call: 580-442-4916

Welcome Programs & Services



Lending Closet: The Lending Closet offers temporary loan of common household items to arriving and departing personnel to assist with the transition of moving. Items can be checked out for a period of up to 30 days by both Soldiers and Family members. A copy of your orders and a valid military ID is required for check-out.

"Start Right" Newcomers and Spouses' Orientation:

The newcomers' orientation is offered every Tuesday, starting at 1:00pm. The orientation is held in the Graham Resiliency Training Campus on Marcy Road and attendance is mandatory for military personnel. Spouses are encouraged to attend the orientation to receive area information.



USA Reentry Briefing: If you are returning from an Overseas assignment, you will be made aware of the different symptoms associated with reverse culture shock. You will also learn how to identify the symptoms and how to take care of your self and your family while going through this difficult stage. The reentry session is offered during the newcomers' orientation every Tuesday.

Specialty Programs & Services

ESL-English as a Second Language: This beginner class is designed to build fundamental English skills, increase self-sufficiency, and proficiency. English as a Second Language (ESL) is offered in the local community. For more information call 580-355-7727.



Immigration/Naturalization Information and Assistance: The process of becoming a citizen of the United States can seem overwhelming. Soldiers wanting information or assistance regarding citizenship, immigration/naturalization should contact Legal Assistance at 580-442-5058. These services are offered free on post. An Immigration Law and Issues class is offered quarterly.

Culture Connection: The Fort Sill Culture Connection Program is specially designed for our military multicultural family members. We want to welcome our foreign-born spouses and embrace them into our community. We meet once a quarter. We have a very active and fun group.



"Hearts Apart"

Waiting Families Program: Did you know that the Army sponsors a waiting families program at each installation? The program is designed to assist families geographically separated due to mission requirements. Please join us for our quarterly meetings!

Sponsorship Program: All Soldiers PCSing to Fort Sill are offered the opportunity to request a sponsor from the gaining installation. A sponsor request DA Form 5434 should be filled out and presented to your unit. Soldiers selected as sponsors can receive training that is now located online at <https://apps.militaryonesource.mil/esat>.

Departure Programs & Services

Conus Bound Orientations: In the military, relocation is the norm. Sometimes it may seem like you are just getting settled in when you realize it is almost time to move again. This is when you realize that, "Relocation is NOT an event, It is a way of LIFE in the military." This workshop shares tips, advice and a timeline for making your upcoming move as painless as possible. Class is held monthly.



Overseas Bound Orientations: Mandatory for soldiers going to overseas locations including Hawaii, Puerto Rico, and Alaska. The orientations are offered once a month for each destination.

Whenever only one or two individuals are PCSing to a specific locations, a one-on-one orientation is offered. Although the orientation is mandatory for soldiers, spouses are greatly encouraged to attend. Classes are held monthly.

Interested in our programs and classes? Check out our Family & MWR and ACS website www.sillmwr.com for dates, times, and descriptions of all available classes and programs!

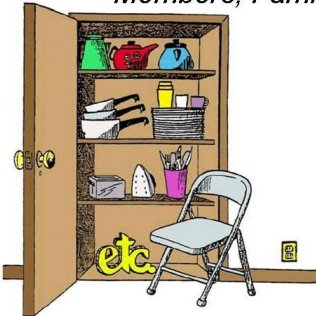




Army Community Service Lending Closet

Temporary loan (NO COST) for up to 30 days!

Items are for incoming and outgoing Service Members, Families and DoD Civilians.



... YOU SHOULD SEE WHAT WE HAVE IN OUR CLOSET...

Kitchen Essentials

- Dishes
- Flatware
- Coffee Machine & Cups
- Pots & Pans
- Knives
- Can Opener
- Mixing Bowl
- Measuring Cup/Spoons
- Colander
- Bake ware
- Blender
- Crock Pot

Household Items

- Folding Table & Chairs
- Sleeping Mat
- Vacuum
- Broom & Dust Pan

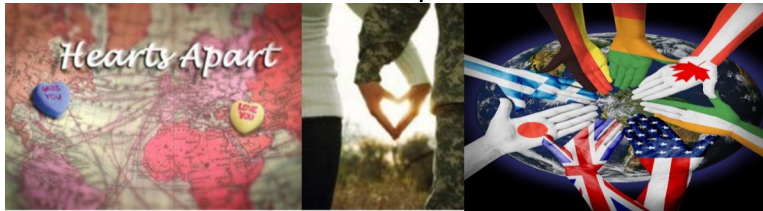
Baby Items

- Table Booster Seat
- Pack n' Play
- Umbrella Stroller

Valid military ID and orders must be presented at time of checkout.

Army Community Service
Bldg 4700 Mow-Way Rd
Fort Sill, OK 73503
580-442-4916/3095
www.sillmwr.com

www.facebook.com/FortSillACS
www.pinterest.com/FortSillACS



Culture Connection & Hearts Apart

A quarterly interest group for Military Families with

foreign-born & multi-cultural Family Members and Families who are geographically separated from their Service Member due to a deployment, hardship or TDY tour.

This is an opportunity to network with other families going through the same military and cultural adjustments you are.

2015 Events: 12:30-2pm

May 11th

August 10th

December 14th

Event Location will be confirmed upon RSVP.

RSVP to:

**ACS Relocation Readiness
580-442-4916/3095**



A Spouse's Welcome Social

Learn About Post Resources & Travel Opportunities

Meet New People

**Third Wednesday of Each Month
10am**

RSVP to ACS:
580-442-4916

Locations:

Old Cavalry Post Community Center 1433 Fort Sill Blvd, Fort Sill
OR
Southern Plains Community Center 5703 Geronimo Road, Fort Sill
Class Location will be confirmed at enrollment.

http://sill.armymwr.com



www.facebook.com/FortSillACS



www.pinterest.com/FortSillACS



PCS Workshops For Spouse's

Timelines, Tips & Advice to ensure your next move is less stressful.

- Flights
- Housing
- Household Goods
- Unaccompanied Baggage
- Vehicle Transportation
- Finance and Allowances
- PCS Leave
- Children Involvement
- Pets
- Research Websites
- & MUCH MORE!

Third Thursday of Each Month

**Stateside: 10am
Overseas*: 1pm**

*Overseas includes: Europe, Hawaii, Alaska, Korea & Japan

RSVP to ACS:
580-442-4916

Southern Plains Community Center
5703 Geronimo Road, Fort Sill



www.facebook.com/FortSillACS



www.pinterest.com/FortSillACS



http://sill.armymwr.com

Program Information

What is AFTB?

AFTB provides training for a way of life that prepares everyone in America's Army to function at their highest level, in any situation, with confidence and resiliency. This training improves personal and family preparedness which enhances overall Army readiness.

Who is Eligible?

All Soldiers (active duty, reserve component, guard, and retired); DA civilians; and the family members of all these groups are eligible.

Class Information

The recently updated curriculum is designed to help students learn about the Army Culture, grow personally through self-awareness modules, and expand their leadership skills. The classes can be taught separately, as groups of classes, or as a full course level. All classes can be customized to meet your needs.

Free Childcare

Childcare is available on a first come first serve basis. Children must be registered with Child, Youth, and School Services. Call the AFTB office or (580) 558-4305/4306 to reserve your slot.



VOLUNTEER OPPORTUNITY

AFTB is a volunteer program conceived and developed by Army Families for Army Families.

Do you have a strong desire to educate and empower Army families? Join the AFTB Team!

AFTB Training Center
2719 Bragg Road
Fort Sill, OK 73503
(580) 442-2382

Army Community Service (ACS)
4700 Mow-Way Road
Fort Sill, OK 73503
(580) 442-2039
Fax: (580) 442-7617
merilee.k.nevins.civ@mail.mil



Stay updated on classes
[facebook.com/FortSillAFTB](https://www.facebook.com/FortSillAFTB)

Visit our webpage at
<http://www.sillmwr.com/>

ARMY FAMILY TEAM BUILDING



**Military Knowledge
and Culture**

**Personal Growth
and Resiliency**

Leadership Skills

Level K

MILITARY KNOWLEDGE AND CULTURE

- K.1 - Military Life...What does it mean?** (75 minutes)
- K.2 - Military Acronyms and Terms** (60 minutes)
- K.3 - Chain of Command** (60 minutes)
- K.4 - Customs, Courtesies, Ceremonies, and Traditions** (60 minutes)
- K.5 - Military Social Functions** (60 minutes)
- K.6 - Military Benefits and Entitlements** (60 minutes)
- K.7 - Introduction to Military and Civilian Community Resources** (60 minutes)
- K.8 - Introduction to Family Readiness Groups** (45 - 60 minutes)
- K.9 - Military Family Preparedness** (60 - 75 minutes)
- K.10 - Resiliency, Be the Bouncing Ball** (60 minutes)

Level G

PERSONAL GROWTH AND RESILIENCY

- G.1 - Learn to Communicate** (75 minutes)
- G.2 - Effective Conflict Management** (75 minutes)
- G.3 - Problem Solving Strategies** (75 minutes)
- G.4 - Exploring Personality Traits** (60 - 75 minutes)
- G.5 - Improving Personal Relationships** (75 minutes)
- G.6 - Successful Team Dynamics** (60 - 75 minutes)
- G.7 - Growing Through Change** (60 - 75 minutes)
- G.8 - Resiliency During Crisis and Grief** (60 - 75 minutes)
- G.9 - Overcoming Stress** (75 minutes)
- G.10- Winning at Time Management** (60 minutes)
- G.11 - Time to Service: The Volunteer Experience** (60 - 75 minutes)
- G.12 - Heading Toward Leadership** (75 - 90 minutes)

Level L

LEADERSHIP DEVELOPMENT

- L.1 - Leadership Through Understanding Needs** (75 minutes)
- L.2 - Examining your Leadership Style** (120 minutes)
- L.3 - Effective Communication for Leaders** (90 minutes)
- L.4 - Developing Great Meetings** (90 minutes)
- L.5 - Establishing Team Dynamics** (60 minutes)
- L.6 - Resolving Conflict** (60 minutes)
- L.7 - Supporting Others through Coaching and Mentoring** (120 minutes)
- L.8 - Virtual Meetings: Tips and Techniques** (60 minutes)

ENLISTED SPOUSE SERIES

- 1ST Sergeant Spouse Seminar
- Drill Sergeant Spouse Seminar
- Recruiter Spouse Seminar



Army Family Team Building (AFTB) 2015 Training Schedule

DATE	CLASS
13 – 14 January 15	Instructor Training
24 – 26 February 15	Level G
4 – 5 March 15	Level K
21 – 23 April 15	Level L
5 – 7 May 15	Family Resiliency Course
10 – 11 June 15	Level K
03 – 04 August 15	Instructor Training
02 – 03 September 15	Level K
15 – 17 September 15	Level G
27 – 29 October 15	Level L
2 – 3 December 15	Level K
8 – 10 December 15	Family Resiliency Course

Who: Soldiers, Family Members, and DA Civilians (*Minimum of 10 students required)

Where: AFTB Training Center, 2719 Bragg Road (across from Tincher CDC and just South of the Rinehart Fitness Center track)

When: Most classes are from 9:00 a.m. – 3:00 p.m.

****Free Child Care is available on a first come, first serve basis for the Monday through Friday, day time classes. Children are required to be enrolled with Child, Youth, and School Services (CYSS). To ensure availability, call three weeks in advance to register for classes.**

Enroll Now at 442-2039/2382

ARMY FAMILY ACTION PLAN

“The Voice of the Army” What Can AFAP Do for You?

AFAP is input from the people of the Army to Army leadership.

AFAP is dedicated to improving the quality of life for all military personnel (active, reserve, guard, retiree), family members, and DOD employees.

How to Submit an Issue...

1. **Army One Source,**
<https://www.mymyonesource.com>
(Family Programs and Services,
AFAP Issue Management)

2. **Contact Merilee Nevins, AFAP
Program Manager, 442-2039**

3. **AFAP issue boxes located
throughout community (May–Aug.).**



AFAP ACCOMPLISHMENTS

Over 692 issues
have been submitted
resulting in:

128 Legislative Changes
184 Policy/Regulatory
Changes
208+ Program/Service
Improvements

The Army Family Readiness
Program was established

Unlimited Commissary Privileges
for Reserve Component

Programs like Exceptional Family
Member Program (EFMP), Army
Family Team Building (AFTB), and
Better Opportunities for
Single Soldiers (BOSS) were born

Distribution of Montgomery GI Bill
Benefits to Family Members

Dental and Vision Insurance
Coverage for Federal Employees



Make a positive impact on
the quality of life
Army wide.

One person can make a
difference.

Submit an issue
today!

Army Family Action Plan (AFAP)
Army Community Service (ACS)
Bldg. 4700 Mow-Way Road
Fort Sill, Oklahoma 73503
442-2039/2382
merilee.k.nevins.civ@mail.mil



facebook.com/FortSillAFAP

Visit our webpage at
<http://www.sillmwr.com/>

TURNING YOUR
IDEAS INTO
ACTION



ARMY FAMILY ACTION PLAN

AFAP is input from the people
of the Army to Army leadership.
It's a process that lets us say
what is working, what is not,
and how to fix it. It alerts
Commanders and Army leaders
to areas of concern that need
their attention and gives them
the opportunity to put plans into
place to work toward resolving
the issues.

Who Can Participate in AFAP?

Everyone!

Whether Active Duty, Reserve,
National Guard, Retired,
Survivor, Family Member or
Civilian . . .

**YOUR VOICE
WILL BE HEARD**



How does the AFAP Process Work?

Local Installations conduct an annual
AFAP conference. Representatives that
reflect the demographics of the
community, meet to discuss submitted
issues and recommend solutions to the
Command.

After the conference, local commanders
and agencies work toward solutions for
community issues. Approximately 90%
of AFAP issues are retained and
worked at the local level, resulting in
ongoing community improvements.

Issues that cannot be resolved are
forwarded to the General Officer
Steering Committee (GOSC) at HQDA
for review and consideration. The AFAP
GOSC has the final deciding authority
on the status of all issues (determining
if an issue is resolved, unattainable, or
needs to remain active until the stated
objectives of the issue have been met).

"Never doubt that a small group of
thoughtful, committed citizens can
change the world. Indeed, it's the only
thing that ever has."

Margaret Mead

How Do I To Submit an Issue?

1. www.myarmyonesource.com in
the AFAP Issue Management
System located under Family
Programs and Services tab.
2. Drop off an issue to any of the
AFAP containers located around the
community.
3. Submit an issue to the AFAP
Program Manager at
merilee.k.nevins.civ@mail.mil or fax
to 580-442-7617.

How To Get Involved?

Volunteers are the backbone of the
AFAP process. There are many
positions for you to choose from.
Childcare is provided for AFAP
Volunteers.

Call the AFAP office at 580-442-2039
for more details.

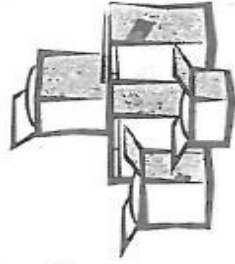


Transportation Office
Building 4700 Mow-Way Road
Inbound Section

442-3600/3824 Monday-Friday 0730-1530



Contact Transportation Office, Inbound Section even though, you may not have your delivery address for your household goods.

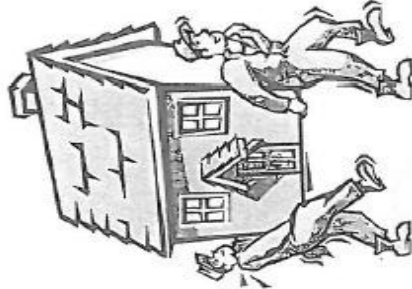


Provide your phone number and address where you can be reached on short notice.

As soon as you have a delivery address for your household goods, call the Transportation Office and set up delivery of your household goods.

Be prepared to accept delivery of your property as soon as it arrives. This will prevent additional handling and thus reduce the opportunity for possible loss or damage.

Check your belongings as they are delivered, and mark any damaged or lost items on DD Form 1840, Statement of Loss or Damage.



WELCOME TO LAWTON/FORT SILL



ARMY HOUSING
Housing America's Soldiers and Families



**Housing
Services
Office**



U.S. ARMY FIRES CENTER OF EXCELLENCE AND FORT SILL

The Fort Sill Housing Division is located in two separate buildings:

Housing Service Office (HSO)	Residential Communities Initiative (RCI)
Unaccompanied Personnel Housing (UPH)	Building 5446 Greble Road
Furnishings Management Office (FMO)	Fort Sill, Oklahoma 73503
Building 4700 Mow-Way Road, 3 rd Floor	HSO Contact Numbers
(WELCOME CENTER)	580.442.5190 1.800.695.1084
Fort Sill, Oklahoma 73503	580.442.3778
	580.442.2813 FAX 580.442.2332
	580.442.6819



WELCOME TO FORT SILL . . . IN-PROCESSING/HOUSING INFORMATION

Today you were assisted by: PHYLLIS-if you have any housing related questions please call me at ☎ 580-442-3778/phyllis.young@us.army.mil

FIRST STOP . . . REPORT TO THE HOUSING SERVICES OFFICE (HSO)

Arriving personnel authorized to draw BAH are required to report to the HSO prior to entering into any lease, rental or purchase agreement. We will assist Service members, DoD Civilians and their Families looking for a place to call home or needing relocation assistance.

WHO CAN LIVE OFF-POST?

You have the option to reside on-post or off-post housing if you are married, or single with primary custody of dependents. All single E-6's and above are required to live off-post. If you are an E-5 and below and considered a single Service member you may have certain circumstances that require you to live off-post. You have to have an approved exception to policy which will allow you to draw BAH at the single rate accompanied by a Certificate of Non Availability (CNA). If you have any questions regarding Unaccompanied Personnel Housing (UPH/Barracks) their contact information is 580-442-3740. If you have issues with furnishings/appliances in the Barracks you would need to contact Furnish Management Office at 580-442-5037/5102. UPH and FMO are located Bldg 4700 Mow-Way Road 3rd Floor (Welcome Center).

ON-POST HOUSING (PERCENE MILITARY HOUSING)

Corvias Military Living/On-Post Housing is NOT available for single Service members with no Dependents. They are located Bldg 4700 Mow-Way Road 3rd Floor (Welcome Center), at 580-581-2144 <http://corviasmilitaryliving.com>

TEMPORARY LODGING EXPENSE (TLE)

TLE is a reimbursable entitlement payable at the gaining station after signing in; reimbursements are up to 10 days when traveling CONUS to CONUS. TLE is for expenses incurred in the vicinity of the old or new permanent duty station, entitlements include the daily lodging rate and subsistence allowance, original paid lodging receipt and one set of PCS orders are required, which are submitted at the local Finance Office/Defense Military Pay Office (DMPO). If you have any questions contact the local DMPO located 4700 Mow-Way Road 1st Floor (Welcome Center).

BASIC ALLOWANCE FOR HOUSING (BAH)

Before entering into any off-post rental agreement you should know what you're BAH is/www.defensetravel.dod.mil/site/bah.cfm. The intent of Basic Allowance for Housing (BAH) is to provide Service members equitable housing compensation based on housing costs in local housing markets. BAH is based on duty location, pay grade, and dependency status. Depending on the housing chosen by the military member BAH may not fully cover the costs of housing, utilities, and renters insurance; expenses above and beyond the services member BAH is the responsibility of the service member.

ADVANCE STATION HOUSING ALLOWANCE (ASHA)

ASHA is authorized for Service members moving into a house or apartment to cover the first month's rent/deposit, and required utility deposits. Department of the Army (DA) Form 4187 must be submitted through the Service member's chain of command or In-Out Processing Section for Service member's that are new to the installation. A copy of the rental agreement or a Letter of Intent to rent must be attached to verify all associated expenses. After approval by the Commander or In-Out Processing Section, the Service member is directed to the Defense Military Pay Office (DMPO) to submit DA Form 4187 for processing. If you have any questions contact the local DMPO.

PERMISSIVE TDY (PTDY)

You are required to physically report to the HSO in order to validate PTDY for house hunting purposes. In accordance with AR 600-8-10 Service members who are authorized ten (10) days PTDY for house hunting must have the DA form 31 dated, stamped and signed by a member of the HSO staff the first available duty

WELCOME TO FORT SILL . . . IN-PROCESSING/HOUSING INFORMATION

Today you were assisted by: PHYLLIS-if you have any housing related questions please call me at ☎ 580-442-3778/phyllis.young@us.army.mil

day of the PTDY. Failure to do so will result in the Service member being charged regular leave for the entire period. The DA Form 31 must be approved by a Lieutenant Colonel or above.

AUTOMATED HOUSING REFERRAL NETWORK (AHRN)

AHRN program is sponsored by Department of Defense and all Service Branches to assist military members and their families to locate available housing at their duty station. AHRN.com provides military members with access to information on available housing from anywhere in the world 24/7/365.

NEGOTIATE YOUR LEASE/RENTAL AGREEMENT

An important item to remember, all things are negotiable. Rent, security deposits and the term of the lease are open items for discussion.

CALL THE LAWTON POLICE

Before signing a lease/rental agreement, call the Police Department (580-581-3259) to inquire of any offense that have occurred for a particular area, or visit www.crimerreports.com

REVIEW YOUR LEASE

This cannot be stressed enough. It is extremely important that terms of the lease (i.e. 3/6 months or 1 year), late fees, security deposit, authorized occupants, tenant's duties and responsibilities, landlord duties and responsibilities, move-in inspection, termination and move-out procedures, return of deposits, and pets policies, are to be clear and understood. DO NOT SKIM reading your lease. Understand that a lease/rental agreement is a binding contract, as long it doesn't violate federal, state or local laws. It is important to keep a copy of your signed lease.

UTILITIES

Fort Sill does not have a deposit waiver program, however if you have good credit or provide proof that utilities have been paid on time in the past you may not be required to furnish a deposit. The local gas company will waive a deposit if you provide a LES and a copy of your military orders.

RENTERS INSURANCE

Renters insurance protects you in situations that everyone can face: fire, theft, water damage and other unforeseen circumstances and situations your landlord's owner's policy doesn't cover. This option is highly recommended as it is relatively inexpensive and should be considered whether living on or off post.

SCHOOL INFORMATION

A good source of information regarding schools can be obtained at the <http://www.greatschools.org/find-schools/>.

HOUSING DISCRIMINATION COMPLAINTS

The law makes illegal to discriminate in housing sales or rentals or in housing lending and insurance on the basis of race, color, national origin, familial status, disability, sex, and religion, if you believe you have been discriminated against you must contact your HSO immediately.

SERVICE MEMBERS CIVIL RELIEF ACT (SCRA)

The SCRA makes provisions to allow a Service member to terminate a lease agreement upon receipt of military orders or certification by the Service member's Commanding Officer. For month to month rentals, the termination becomes effective 30 days after the first date on which the next rental payment is due subsequent to the date when the notice of termination is delivered. For example, if the rent is due on the first day of each month, and notice is mailed on Aug 1, then the next rental payment is due and payable on Sep 1. Thirty days after that date would be Oct 1, the effective date of termination. For more information contact your HSO or Legal Assistance Office.

LIVING ON POST SAVES YOU CASH!

MORE THAN \$300/MONTH IN SAVINGS!



Cost Savings Comparison

Based on 3-Bedroom,
2-Bath Junior Enlisted Townhome

	Monthly rent & expenses
Off Post	\$ 1,315
On Post	\$948
Savings	\$367

You also save more than \$1,500 in fees!
Please see reverse for additional details & savings based on this comparison.

Corvias® | military living

CorviasMilitaryLiving.com

Call our Leasing Center
(580) 581-2144

Bldg. 4700, 3rd Floor | Fort Sill | OK 73503



GET MORE BANG FOR
YOUR BAH ON POST!
NO APPLICATION FEES
NO SECURITY DEPOSITS
NO CREDIT CHECKS!



Move-in Fees for Active-Duty Service Members Only

	OFF POST	ON POST
Security Deposit	\$950 (1 month's average rent)	\$0
Application Fee	\$50 fee	\$0
Electricity, Gas and Water/Sewer Deposits	\$325	\$0
Pet deposit	\$250-\$500 fee (non-refundable)	\$150 refundable deposit, \$100 non-refundable fee
Total Move-in Fees	\$1,575	\$250 ✓

Included Expenses – Based on a Three-Bedroom, Two-Bathroom JENL Townhome

	OFF POST	ON POST
Rent	\$950 (average rent)	\$BAH (\$948)
Water/Landfill/Sewage	\$65	INCLUDED
Electricity/Gas*	\$250	INCLUDED
Lawn Maintenance	\$50	INCLUDED
24-Hour Maintenance	NOT AVAILABLE	INCLUDED
Pest Control Program	SOME COMMUNITIES	INCLUDED
Curbside Recycling And Refuse Pickup	SOME COMMUNITIES	INCLUDED
Access to Department of Defense Schools	NOT AVAILABLE	AVAILABLE
On-site professional property management and maintenance team available seven days a week	NOT AVAILABLE	INCLUDED
Access to community centers with pools, fitness centers, club rooms, media rooms and more	NOT AVAILABLE	INCLUDED
Resident Activities	NOT AVAILABLE	INCLUDED
Community Playgrounds, Parks and Bark Parks	SOME COMMUNITIES	INCLUDED
Gated Entry with ID Checks and Military Police	NOT AVAILABLE	INCLUDED
Total Monthly Expenses	\$1,315	\$BAH (\$948) ✓
Total Yearly Expenses = Move-in fees + (Monthly Expenses x 12)	\$17,360	\$11,376 ✓

Values are from local market research. While we make every effort to ensure the accuracy of this information, we cannot guarantee this due to changing market conditions. Corvias Military Living rent is based upon the future resident's basic housing for allowance (BAH) as determined by the U.S. Army.
*Fort Bragg participates in the Live Army Green Program. Contact your leasing team for details.

Corvias® | military living

CorviasMilitaryLiving.com



ARMY CHILD, YOUTH & SCHOOL (CYS) SERVICES
Parent Central Services Office Registration Checklist

Children/youth must be fully registered before they can use any CYS Services programs.
 Contact your local Parent Central Services Office to set up an appointment to complete your registration.
 Limited "walk-in" services may also be available.

To expedite the registration process, please have the following information available.

ITEMS / INFORMATION TO BRING TO YOUR REGISTRATION APPOINTMENT:

- **Sponsor's Social Security Number** (Needed for Child Care Tax Credit, USDA funding, medical service identifier. Patron privacy is protected.) Verification _____
- **Proof of Child Eligibility** (i.e. Legal Guardianship papers or Child Military ID Card) _____
- **Parent(s) Home and Work Information** (Need street address, mailing address [if different], military unit or employer name, primary/alternate phone numbers) _____
- **Email Addresses** (Need AKO email address and any private accounts you regularly check) _____
- **Proof of Parent(s) Income** (i.e. Leave & Earnings Statements / Pay Vouchers. If spouse is full time student, bring proof of school enrollment) (Needed to determine DOD Fee Category for child care/school age fees) _____
- **Local Emergency and Child Release Designees** (minimum of 2) (Need names/phone numbers we can contact or release your child to in an emergency situation if we are unable to reach you) _____
- **Family Care Plan Short-Term Release Designees** (Required for single/dual military and single/dual deployable civilian families) (Need name, address, phone numbers of designee) [Due within 30 days] _____
- **Child's Official Shot Record** _____
- **Deployment Orders** (Families of deployed individuals can obtain Army Family Covenant discounts and benefits with proof of deployment) _____

FORMS COMPLETED BEFORE / DURING / AFTER YOUR VISIT:

- [Downloadable blank/fillable forms are available on line - click 'Forms/Links' in the menu bar]
- **Child Health Assessment** (CYSS Health Form Parts A, B & C [or Part A + School Physical]) [Due within 30 days] _____
- **Sports Physical** (CYSS Health Form Parts A, B & C) [Due before participation in all sports activities] _____
- **USDA Income Eligibility Form** (Allows us to receive additional funding to support meals/snacks provided) _____
- **DOD Child Care Fee Application** (To evaluate household income for eligibility for reduced fees) _____
- **Health Screening Tool** (To record/evaluate child's allergies, medical/physical conditions, etc.) _____
- **Medical Action Plan (MAP)** (Only needed if a child is diagnosed with allergies, diabetes, asthma/respiratory, or seizures that require staff to give rescue medication). [If recommended by Special Needs Assessment Team] _____

ASK ABOUT SPECIFIC CYS SERVICES PROGRAMS AVAILABLE AT YOUR GARRISON - POSSIBILITIES INCLUDE:

- Full/Part Day Child Care
- Part Day Preschool
- Hourly Care
- Before/After School Care
- Kids on Site
- Vacation Camps
- EDGEI Partnership Activities
- In/Alone
- Home School Support
- Strong Beginnings
- Middle School/Teen Activities
- Youth Sports
- SKIES/Unlimited Classes
- HIRED! Youth Apprenticeships
- And More

APPENDIX B
Age Matrix

1. Parents are responsible for the welfare and safety of children in the military community.
2. Each child is unique. Personality, environment, developmental progress, and maturity level are factors used to determine when children are ready to accomplish activities with little or no supervision. The following are minimum community standards, and under no circumstances you reduce these guidelines. Parents are still required to assess their child and, if necessary, raise the age limits.

Age of Child	Left Home Alone	Left Alone Overnight	Play Outside Unattended	Left in Car Unattended	Child Sit for Siblings	Child Sit for Other Children
Newborn through Age 3	NO	NO	NO	NO	NO	NO
Pre-Schooler through Kinder-garten	NO	NO	YES: in designated safe area with immediate access (visual sight or hearing distance) to adult supervision	NO	NO	NO
1 st through 4 th graders	NO	NO	YES: with access to emergency supervision and sponsor knows location of child	NO	NO	NO
5 th through 6 th grade	YES: With ready access to adult supervision; Limit - 3 hrs	NO	YES: with access to adult supervision	YES: with keys removed and handbrake applied	NO	NO
Junior High 7 th through 9 th grade	YES: with access to adult supervision; Limit - 6 hrs	NO	YES: with access to adult supervision	YES	YES	YES: may not sit overnight
High School 10 th through 12 th grade	YES	YES: with sponsor in local area and access to adult supervision	YES: with access to adult supervision	YES	YES	YES



**Required Information for
Enrollment in Oklahoma Public
Schools**

1. State Certified Birth Certificate
2. Proof of Residency in parent's name (housing assignment letter, current utility bill, lease agreement, mortgage statement, etc.)
3. Current immunization records

Susan Murray
Fort Sill School Liaison Officer

4700 Mow Way Road (North Entrance)
Fort Sill, OK 73503

Phone: 580-442-2130
Fax: 580-442-4234
E-mail: susan.n.murray2.naf@mail.mil



Guide to Immunization Requirements in Oklahoma – 2013-2014 School Year

Vaccine	Child Care	Pre-school/Pre-K	K-6 th	7 th -9 th	10 th -12 th
DTaP (diphtheria, tetanus, pertussis)	4 DTaP	4 DTaP	5 DTP/DtaP*	5 DTP/DTaP & 1 Tdap booster	5 DTP/TTDaP
PCV (pneumococcal conjugate vaccine)	14 PCV**	Not required for school			
IPV/OPV (inactivated polio/vaccine)	3 IPV/OPV	3 IPV/OPV	4 IPV/OPV#	4 IPV/OPV	4 IPV/OPV
MMR (measles, mumps, rubella)	1 MMR	1 MMR	2 MMR	2 MMR	2 MMR
Hib (Haemophilus influenzae type b)	1-4 Hib**	Not required for school			
Hep B	3 Hep B	3 Hep B	3 Hep B##	3 Hep B ##	3 Hep B ##
Hep A	2 Hep A	2 Hep A	2 Hep A	2 Hep A	2 Hep A
Varicella	1 Varicella	1 Varicella	1 Varicella	1 Varicella	1 Varicella

* If the 4th dose of DTaP is administered on or after the child's 4th birthday, the 5th dose is not required.
 **The number of doses may range from 1-4 depending on the age of the child when the first dose is received.
 # If the 3rd dose of IPV/OPV is administered on or after the 4th birthday, the 4th dose of IPV/OPV is not required.
 ##Previously unimmunized students age 11-15 may receive a 2-dose series of HepA or Adult Hepatitis B vaccine to meet this requirement.

**Fort Sill Area
Schools**

Public Schools

- Bishop** <http://www.bishop.k12.ok.us/>
- Boone-Apache** <http://www.apache.k12.ok.us/>
- Cache** <http://www.cache.k12.ok.us/>
- Central High** <http://www.central.k12.ok.us/>
- Chattanooga** <http://www.chatty.k12.ok.us/>
- Cyril** <http://www.cyrilschools.org/>
- Duncan** <http://www.duncanps.org/>
- Elgin** <http://www.elginps.org/>
- Fletcher** <http://www.fletcherschools.org/>
- Flower Mound** <http://www.flowermound.k12.ok.us/>
- Frederick** <http://www.frederickbombers.net/>
- Geronimo** <http://www.geronimo.k12.ok.us/>
- Indianoma** <http://www.indiahoma.k12.ok.us/>
- Lawton** <http://www.lawtonps.org/>
- Marlow** <http://www.marlow.k12.ok.us/>
- Sterling** <http://www.sterling.k12.ok.us/>
- Walters** <http://www.blued.org/>

Private Schools

- Lawton Christian** <http://www.lcscrusaders.com>
- St Mary's** <http://stmarylslawtonok.com>
- Trinity Christian** <http://www.tcalawton.org>
- Lawton Academy of Arts and Sciences** <http://www.lawtonacademy.net/>
- Home School Associations** Lawton Christian Home Educators
Randy Worthen: raworthen@att.net

Pre-Kindergarten

All Fort Sill area schools offer Pre-K programs

Lawton Public Schools works with area Child Care Centers including those on Fort Sill to provide Pre-K education

The following schools provide half-day Pre-K programs:

- Geronimo Road Elementary School (Fort Sill)
- Sheridan Road Elementary School (Fort Sill)
- Almor West Elementary
- Carriage Hills Elementary
- Learning Tree Pre-K Center
- Lincoln Elementary
- Sullivan Village Elementary

The following non-LPS Schools offer full day Pre-K Programs

- Bishop Elementary School
- Flower Mound Elementary School

Pre-K Collaboration Sites

All collaboration sites provide before and after care

(Must obtain "permission to enroll" from Student Services located at 102 E Gore in Lawton before enrollment can be completed)

- Beginnings Academy (must qualify through Crossroads Youth and Family Services)
- All Smart Start Locations
- Creative Moments
- Wonder Years
- Fort Sill Child Development Centers (Cooper, Grierson and Tincher)

(Must meet Department of Army eligibility and priority system criteria. Placement must be approved through Parent Central Services. Children already enrolled in CDC have priority on Pre-K Placement. Program fees are based on DOD fee policies)

Schools outside Lawton and private schools provide half- or full-day Pre-K. Most rural schools with half-day programs work with area child care facilities to provide care for the remainder of the school day. Check with individual schools for details.

Before and After School Care

The following elementary schools offer Extended Day programs (7am—5:30pm at most locations)

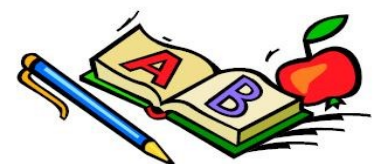
- Almor West Elementary
- Crosby Park Elementary
- Eisenhower Elementary
- John Adams Elementary
- Sullivan Village Elementary
- Woodland Hills Elementary
- Carriage Hills Elementary
- Edison Elementary
- Hugh Bish Elementary
- Pioneer Park Elementary
- Whittier Elementary

Transportation is provided to and from the following schools from the School Age Center and the Cooper Child Development Center:

- Geronimo Road Elementary
- Hugh Bish Elementary
- Pat Henry Elementary
- Pioneer Park Elementary
- MacArthur Middle School (6th)
- Eisenhower Middle School (6th)
- Sheridan Road Elementary
- Jackson Elementary
- Ridgecrest Elementary
- Central Middle School (6th)
- Tomlinson Middle School (6th)

Transportation is provided after school to the Youth Center from the following schools:

- Central Middle School
- Eisenhower Middle School
- MacArthur Middle School
- Tomlinson Middle School
- Lawton High School
- Eisenhower High School
- MacArthur High School



STRENGTHENING FAMILIES

PARENTAL RESILIENCE

SOCIAL CONNECTIONS

KNOWLEDGE OF PARENTING AND CHILD DEVELOPMENT

CONCRETE SUPPORT IN TIMES OF NEED

SOCIAL AND EMOTIONAL COMPETENCE OF CHILDREN

BONDING AND ATTACHMENT



PARENTING QUICK REFERENCE

EMERGENCY	911
Military Police	(580) 442-2101
ACS Lending Closet	442-5018
American Red Cross	877-277-9337
Army Community Service	442-4916
Child, Youth & School Service	442-3927
Urgent Care Clinic	558-2770
Exceptional Family Member	442-6818
Family Advocacy Program	442-4916
ID Card Facility/DEERS	442-5010
Nye Library	442-3806
Patient Administration	558-2750
Pediatrics	558-2000
Pharmacy	558-2442
Tricare	558-2000
WIC	(580)248-5890
Reynolds Hospital	558-2500
OK Child Abuse Hotline	800-522-3511



WELCOME CENTER
BUILDING 4700 MOW-WAY ROAD
FORT SILL, OKLAHOMA
PHONE: 580-442-4916
FAX: 580-442-7617

NEVER FEAR, NEW PARENT SUPPORT PROGRAM IS HERE!

Expecting a new baby or do you already have the cutest baby in town?

Give your baby the best start. The New Parent Support Program offers prenatal And postnatal education. Infant massage Classes, customized breastfeeding Support and more FREE of charge.

The New Parent Support Program is a Professional team of nurses with Extensive knowledge about topics Confronting parents. Home visitors are Sensitive to the unique challenges facing Military families.

Visits are voluntary, confidential and Arranged at your convenience (including lunch hour and early evening appointments).

NPSP SUPPORTS YOU WITH...

- ♥ Making parenting fun
- ♥ Ensuring healthy growth and development
- ♥ Connecting with local resources
- ♥ Providing tools that support successful parenting
- ♥ Breastfeeding
- ♥ Becoming more confident as a parent
- ♥ Adapting to Military life
- ♥ Developing a support system
- ♥ Developing common ground with your spouse in the area of parenting
- ♥ Developing new friendships

WHAT IF WE ARE NOT NEW PARENTS?

New ages and stages bring different Challenges. Let us help you fill your Toolbox with the essential skills to tackle teething, tantrums, potty training, discipline and more all FREE for military families. The New Parent Support Program offers you the opportunity to express concerns and ask questions.

WHO IS ELIGIBLE?

Military families expecting a child and parents with children from birth to three years of age are eligible to receive all services FREE of charge.

HOW DO YOU ENROLL?

Just give us a call between the hours of 0800-1600. If we are not in please leave your name and number. All calls are returned within 24 hours excluding weekends and holidays. We look forward to hearing from you.

**You can reach us at:
580-442-4916**



ACS Playgroups

Monday and Wednesday 9:30 – 10:30 a.m.
Parents and Children Ages 5 and Under

Explorers Club

Every Tuesday 1:30 – 2:30 p.m.
Parents and Children Ages 2.5 - 5 Years Old

Gartenzwerg Kinderschule

Every Friday 9:30 – 11:30 a.m.
German Speaking Playgroup for Parents and Children Ages 5 and Under

Caravan Club

Monthly Educational Field Trip
Parents and Children Ages 2.5 - 5 Years Old
As announced on the ACS Facebook Page



For more information call (580) 442-4916

Playgroups and Explorers Club meet every week at the Graham Resiliency Training Campus at 2934 Marcy Road
For a list of current events and classes visit us on Facebook at www.facebook.com/FortSillACS



Attention Dads and Moms with Infants...

We have a tool to help:

Reduce baby fussiness
Bond with your baby
Relax with your baby
Increase baby's digestion,
muscle tone and circulation!



What: Infant Massage Group

When: Every Wednesday, 11:00 am

Who: Parents & Children birth to crawling

Where: Graham Resiliency Training Campus, 2934 Marcy Road, Explorers Room

What to bring: baby blanket and towel.

Massage oil will be provided.

Why: Recipients of infant massage receive a lifetime worth of benefits



RSVP on our events tab at:
www.Facebook.com/FortSillACS
www.SillMWR.com
580-442-4916



Breastfeeding Class



Are you recently pregnant? Want to get information and coaching on breastfeeding before delivery?

Childbearing women and families will review the basics of breastfeeding, how to hold your baby, proper latching techniques and many other methods to get you started; Reynolds Army Community Hospital supports your choice to breastfeed your baby.

Partners and children are also welcome to attend, in limited numbers, first-come, first served. RACH staff is also welcome to attend and receive basic information in order to better inform patients.

1st Wednesday of each month

2:00 PM to 3:00 PM

OB/GYN Clinic Classroom 3rd floor at RACH

Sign up by calling Maternal Child Unit- 580-558-2662



STORYTIME

@ NYE LIBRARY

Wednesdays @ 11am
Thursdays @ 2pm

Enjoy YOUR library with this great opportunity for infant to preschool age children to do activities, make crafts, and listen to stories. It is never too early to encourage literacy.

Storytimes are replaced in the Summer by the Preschool Summer Reading Program. Register in May for some awesome summer fun so you & the family can enjoy YOUR library all year long!

For Special Needs or more info; call 442-2048/3806.
Like us on Facebook: Fort Sill Family & MWR Recreation
Visit our webpage:
<http://www.sillmwr.com/recreation-leisure/nye-library>

Caravan Club



Are you ready for a road trip?

Join us and other families for FUN and educational monthly field trips!

Great for stay-at-home parents, home schoolers or any families who just like to get away together

New & exciting activities every month! Limited space available.

Reserve your spot on the event tab of our ACS Facebook page

www.FaceBook.com/FortSillACS



Trailblazers



Be on the lookout for upcoming events and come join the FUN!

A monthly interest group for Military Families with children age 6-12



Phone 580-442-4916 for more info

For registration details www.facebook.com/FortSillACS



Need Hourly Care?



The Alice Grierson Child Development Center has slots available for infants, toddlers and preschoolers!

0730 - 1630

Visit our website at www.sillmwr.com for more information.

Another way the Army Family Covenant is "KEEPING THE PROMISE" to our Military Soldiers and Families.

Call (580) 558-4305/4306 today to schedule an appointment.

Registration with CYS Services is required. No Registration fees.

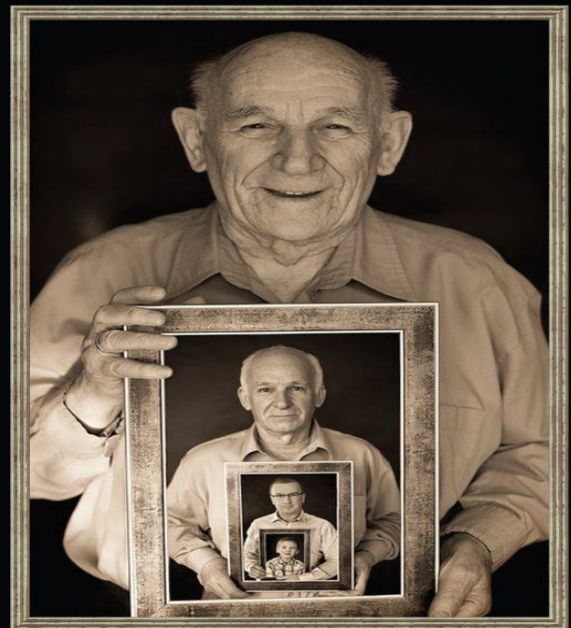


Army Family Covenant Keeping the Promise



APRIL IS NATIONAL CHILD ABUSE PREVENTION MONTH

CHILDHOOD LASTS A LIFETIME MAKE IT COUNT



IF YOU SUSPECT CHILD ABUSE OR NEGLECT CONTACT THE FORT SILL MPs AT 580-442-2103

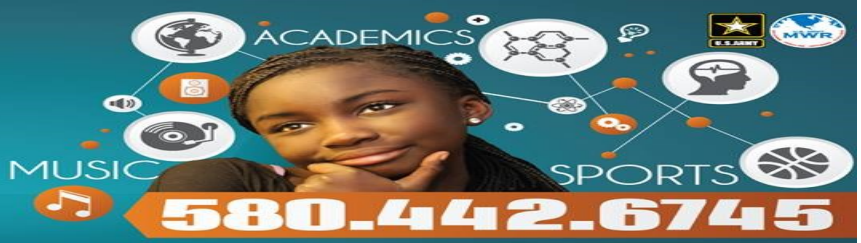
OR

NATIONAL CHILD ABUSE HOTLINE AT 800-422-4453



GIVE YOUTH THE EDGE

FORT SILL YOUTH CENTER



Fort Sill Child, Youth & School Services

Babysitting Course

Attention Fort Sill Youth
ages 13 and older!

CYSS & SKIES Unlimited are offering free Babysitting Courses throughout the October 2014- July 2015 school year.

Attendees will learn basic childcare skills and get CPR/First Aid certified.

Participants must be at least 13 years old and registered with CYSS Parent Central Services.

There is no cost to attend, but class size is limited! Current eligible members can register online at <https://webtrac.mwr.army.mil/webtrac/sillcyms.html>

Or stop by CYSS Parent Central Services
4700 Mow-Way Rd

2014-2015 COURSE SCHEDULE	
Attendance at both sessions is required.	
October 16, 2014 Babysitting Course 9am - 1pm	October 17, 2014 First Aid/CPR Course 9am - 3pm
March 18, 2015 Babysitting Course 9am - 1pm	March 19, 2015 First Aid/CPR Course 9am - 3pm
June 10, 2015 Babysitting Course 9am - 1pm	June 11, 2015 First Aid/CPR Course 9am - 3pm
July 29, 2015 Babysitting Course 9am - 1pm	July 30, 2015 First Aid/CPR Course 9am - 3pm

***If you are a Teen and you just need to update your First Aid/CPR you can register for those classes too. Lunch is not provided**

All sessions will be held at the Fort Sill Youth Center.
1010 Fort Sill Blvd



U.S. Army Child, Youth & School Services

SKIES Unlimited
Schools of Knowledge, Inspiration, Exploration & Skills



What is Operation Kid Fit?

Operation Kid Fit is a new parenting program that will be offered soon at this installation for the parents of children struggling with weight



Who is OKF for?

Parents and other caregivers with a child between the ages 5 to 10 who is struggling to maintain a healthy weight.

What does the program do?

- OKF helps parents learn:
- How to provide healthy food choices
 - Increase their child's physical activity
 - Use incentives to help their child make better health related choices

When is the program?

OKF is coming to your installation in the coming months! A winter/spring and summer/fall session will be offered for up to 40 families. Specific days and times for weekly meetings will be set based upon specific group needs.

What does the program involve?

The program is a 12 week commitment made up of nine 90-minute small group sessions and two 20-minute individualized calls with the OKF facilitator.

- Session topics include:
- Preparing for change
 - Understanding nutrition and physical activity
 - Using rewards to promote healthy behavior
 - Modifying recipes to incorporate more healthy choices
 - Limiting sedentary activity
 - Understanding food labels
 - Playing active games
 - Providing healthy meals and snacks
 - Using effective strategies to manage problem behavior
 - Maintaining healthy change

What to Know about Booster Seats

Booster seats protect children who are too big for a car seat but too small for a seat belt.

Seat belts don't fit children properly until they are at least 57" (4'9") tall and weigh between 80 and 100 pounds.



Motor vehicle crashes are the second-leading cause of death for children 4 to 10 years old.



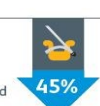
1/3 of these children were riding without a restraint that could have saved their lives.

340 children this age died in motor vehicle crashes in 2012.

Although seat belts are safer than booster seats but wear only seat belts are at risk of severe abdominal, head and spinal injuries in the event of a crash.



Booster seats can reduce the risk of serious injury by 45 percent compared to seat belts alone.



Safe Kids Worldwide surveyed 1,000 parents of 4 to 10 year olds. The study found seven in ten parents do not know that a child should be at least 57 inches (4'9") to ride in a car using a seat belt without a booster seat.



The study revealed 9 out of 10 parents move their child from a booster seat to seat belt before their child is big enough.



One in five parents whose children carpool say they "bend the rules" when driving, letting children ride without seat belts and without the car seat or booster seat they would normally use.



And 61 percent of parents say they notice other carpool drivers bending the rules.

Buckle up every ride, every time, in the right seat.

REMEMBER: A child needs to be at least 57" tall (4'9") and weigh between 80 and 100 pounds to ride with just a seat belt.



THIS PROGRAM WILL TAKE PLACE AT FT SILL INSTALLATION
LEARN MORE, CONTACT: Karen Langlois
Karen.k.langlois.ctr@mail.mil
580-442-0716



Learn more at www.safekids.org





Exceptional Family Member Program

EFMP

What is the Exceptional Family Member Program (EFMP)?

The Exceptional Family Member Program (EFMP) is a mandatory enrollment program that works with other military and civilian agencies to provide comprehensive and coordinated medical, educational, housing, community support and personnel services to Families with special needs.

Definition of an Exceptional Family Member (EFM):

An Exceptional Family Member (EFM) is a Family Member (adult or child) with any physical, emotional, developmental, or intellectual disability that requires special treatment, therapy, education, training or counseling.

Family Members qualify for EFMP if they:

- Have a chronic medical/physical condition requiring follow-up support/sub-specialty care
- Have a potentially life threatening condition, such as asthma, insulin dependent diabetes, epilepsy, sickle cell disease, or serious food allergies resulting in anaphylaxis
- Require intensive follow-up support such as high-risk newborns or a diagnosis of cancer within the past five years
- Children requiring early intervention or special education services resulting in an I/FSA/IEP
- Require any level of mental health service for a chronic condition such as depression or bi-polar disorder within the past five years or projected for the future
- Have Attention Deficit Disorder or Attention Deficit Hyperactivity Disorder (on medication or not) that requires a higher level of medical intervention (i.e. counselor, psychologist, psychiatrist, pediatrician, etc.)
- Require adaptive equipment, assistive technology devices or services

Note: This list is NOT conclusive, contact the MEDDAC EFMP at (580) 558-3460 for more information or to determine if a Family Member should be screened for enrollment.

Does enrollment have any impact on my career?

Enrollment in the EFMP does NOT adversely affect selection for promotion, schools or assignment. Information concerning enrollment in the EFMP, or any of the data used in the program is NOT available to selection boards.

What are the benefits of EFMP enrollment?

EFM's medical and special education needs are considered during the assignment process and Service Members are assigned to an area where the needs of the EFM can be met if possible.

Are special education needs always considered by the Human Resources Command in the assignment process?

Special education needs are only considered in the assignments outside the United States. Assignments within our 50 States and Trust Territories are not based on the educational needs of children. Every local school system must follow laws regarding the provision of special education.



Exceptional Family Member Program

EFMP

Who must enroll in the program?

The following Service Members with EFM's must enroll in the program:

- Active Army, Navy, Air Force, Marines and Coast Guard
- U.S. Army Reserves (USAR) Soldiers in the USAR-Active Guard Reserve (AGR) program and other USAR Soldiers on active duty exceeding 30 days
- Army National Guard (ARNG) personnel serving under authority of Title 10, United States Code

When do I enroll my Family Member?

Enrollment should be made as soon as a special need is identified. The best time to initiate the enrollment is BEFORE the Soldier comes down on reassignment orders.

How do I enroll in the program?

- Contact the MEDDAC EFMP Special Needs Advisor, Reynolds Army Community Hospital (RACH) 4301 Wilson Street Room 1D121 and 1D123 Fort Sill, Oklahoma (next door to RACH main pharmacy)
Email: racheftp@amedd.army.mil
MEDDAC EFMP: (580) 558-3460
- Obtain enrollment forms from RACH and have them completed by your physician or Special Education Personnel.

What EFMP Community support services are available?

Fort Sill's Army Community Service (ACS) can provide resource and referral information, advocacy, support groups, respite care and relocation assistance.

- Contact the EFMP staff at Army Community Service (ACS)
4700 Mow-Way Road Fort Sill, Oklahoma
Website: sillmwr.com
ACS EFMP: (580) 442-4916

Helpful Websites:

- www.militaryhomefront.dod.mil
- www.sillmwr.com/acs.html
- www.rach.sill.amedd.army.mil
- www.tricare.osd.mil
- www.humana-military.com
- www.militaryonesource.com
- www.myarmyonesource.com



EXCEPTIONAL FAMILY MEMBER PROGRAM Systems Navigation Services

Where can I obtain more information?

For more information about the EFMP and Systems Navigation, contact the closest installation EFMP manager in Army Community Service.

1 (877) 811-ARMY

www.armyonesource.com



EFMP is an Army Family Covenant Commitment:
Keeping the Promise



What is EFMP?

The Exceptional Family Member Program (EFMP) is a comprehensive, coordinated, multi-agency program which provides community support as well as housing, medical, educational and personnel services to Families with special needs.

What is Systems Navigation?

Systems Navigation is a community support component of the EFMP that connects Families with special needs to the systems of care they need, both on and off the installation. Systems Navigation also supports the goals of the Army Family Covenant.

Who is eligible for Systems Navigation?

Active Duty Army, Reserve and Guard Families are eligible for Systems Navigation assistance regardless of their Exceptional Family Member's (EFM) medical and/or special education condition. All services are provided at no cost to Families.

Who is a Systems Navigator?

Systems Navigators are Army Community Service EFMP staff members located on the installation. They are trained and knowledgeable about the systems of care used by Families with special needs. The primary role of a Systems Navigator is to navigate Families through the available systems of care.

How can an EFMP Systems Navigator help your Family?

- Identify your EFM and Family strengths and needs.
- Help identify and prioritize your EFM and Family goals.
- Develop a Family Service Plan to reach your goals.
- Make referrals to required services.
- Provide information about disabilities or medical conditions of concern.
- Find transportation to appointments related to the Family Service Plan.
- Identify support groups and social activities.
- Strengthen your ability to advocate for your EFM.

Are EFMP Systems Navigation services offered at all installations?

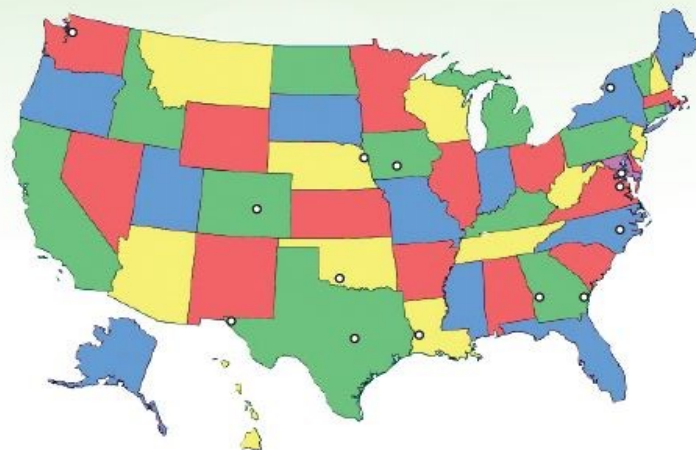
Systems Navigation is currently offered at the installations listed below. The Army recognizes the importance of expanding the EFMP and looks forward to offering the program at additional installations in the future.

CONUS

West Region	Southeast Region	Northeast Region
Bliss, 2	Bragg, 3	Belvoir, 2
Carson, 2	Benning, 1	Drum, 2
Hood, 2	Campbell, 4	Meade, 1
Leavenworth, 2	Polk, 1	
Leonard Wood, 1	Stewart, 1	
Lewis, 4		
Sill, 1		

OCONUS

Europe	Pacific Region	Korea
Baumholder, 1	Schofield, 2	Daegu, 1
Grafenwoehr, 2	Shafter, 1	Humphreys, 1
Heidelberg, 1	Wainwright, 1	
Kaiserslautern, 2		
Mannheim, 1		
Schweinfurt, 1		





BOSS

**Better Opportunities
For Single Soldiers**

BOSS is a program which supports the overall quality of life for single soldiers, geographical bachelors and single parents. BOSS identifies well being issues and concerns by recommending improvements to the chain of command.

The heart of the BOSS program is motivated single soldiers with a strong senior enlisted advisor and guidance from FMWR.

Phone: 580-442-6346

BOSS Meetings: Every first Friday of the month at the Impact Zone at 1330



UNIFORM SUNDAY SPECIAL

**\$ 15 = 3 GAMES OF BOWLING
SHOE RENTAL
AND A \$6 COMBO MEAL**

**SUNDAYS ONLY
12 - 5 PM**





CALL: 442-2882
FOOD VALUE NOT TO EXCEED \$6


Automotive Skills Services

Call and schedule your repair during the weekend with Rodger 580-442-4147

BASIC MAINTENANCE MONDAYS



**Fluid Services (engine, transmission, differentials, antifreeze, washer fluid),
Belt replacement, Wiper replacement,**

Light bulb replacement, A/C recharge, battery charge or replacement

TUNE-UP TUESDAYS



Plugs, wires, cap, rotor, coil packs, computer scan for performance issues

WHEELS WEDNESDAY



Brakes, Shocks, Struts, Ball Joints, Bushings, Suspension

TRACTION THURSDAYS



Tire replacement, tire rotation, tire balance, Driving issues

Automotive Skills Detail Service

Call and schedule your cleanup during the weekend with Carlos 580-442-4147



Platinum Level Detail: \$120.00 for cars, \$150.00 for trucks

Best detail: wash, wax, buff, interior, wheels, engine, undercarriage

Gold Level Detail: \$95.00 for cars, \$125.00 for trucks

Better detail: wash, wax, buff, interior, wheels, engine

Silver Level Detail: \$75.00 for cars, \$115.00 for trucks

Basic detail: wash, wax, interior, wheels

Fort Sill



Check Us Out On Social Media



www.facebook.com/FortSillACS

www.pinterest.com/FortSillACS



COVERING UP DOMESTIC ABUSE WON'T MAKE IT GO AWAY

end the silence

**Victim Advocacy Hotline
580-574-0871**



Lawton Pet Regulations

- * May have up to 3 animal over six months of age per household.
- * Dogs and cats **MUST** be confined in a specific are, i.e. a fenced yard or house, or under the physical control of a competent person at all times.
- * A dog must be on a leash at all times when off the owners' premises.
- * Chaining, tying, tethering or fastening of a dog or cat outside is not allowed!
- * Anytime a pet is outdoors it must be provided adequate shelter from the elements, i.e. rain, cold wind, direct hot sunlight etc.



Strike It Rich with the New Loyalty Membership Card

Get Your \$40 Family and MWR 3-Month Loyalty Membership Card
Earn \$150 Value in Loyalty Bucks and Services!

Save even more with an annual membership



Loyalty membership benefits:

- \$10 Family and MWR Monthly Loyalty Bucks
- Free Monthly 18-Hole Round of Golf
- Free Monthly Bowling (3 games) with Shoe Rental
- Unlimited \$5 Haircuts at the Historic Patriot Club Barbershop

*Loyalty Bucks exclude CYSS Programs, Adventure Travel, Kerbo's Frame Shop, and membership dues.



For more information, visit www.sillmwr.com
or ask your MWR cashier.

*All dogs and cats must be registered with the Animal Welfare Division.



This is not a complete list!
Animal Welfare Division
580-581-3219



Oklahoma State

Licensing Boards

State Board of Behavioral Health Licensure (BBHL)
3815 N. Santa Fe, Suite 110
Oklahoma City, OK 73118
Phone: (405) 522-3696
Fax: (405) 522-3691

Oklahoma Board of Nursing
2915 N Classen, Ste. 524
OKC, OK 73106
TEL: 405.962.1800 FAX: 405.962.1821

Oklahoma State Board of Pharmacy
2920 N Lincoln Boulevard, Suite A
Oklahoma City, OK 73105
E-mail: pharmacy@pharmacy.ok.gov Local: (405) 521-3815 Fax: (405) 521-3758

Oklahoma State Department of Education
Oliver Hodge Building
2500 North Lincoln Boulevard
Oklahoma City, Oklahoma 73105
Phone: (405) 521-3301
Email: sdeservicedesk@sde.ok.gov

Oklahoma State Board of Cosmetology and Barbering
2401 NW 23rd, Suite 84 \ Shepherd Mall \ Oklahoma City, OK 73107
Map to Shepherd Mall
Phone: 405.521.2441 \ Fax: 405.521.2440 \

Nurse Aide and Nontechnical Services Worker Registry
1000 N.E. 10th Street, Room 1111
Oklahoma City, OK 73117
Phone (405) 271-4085 or Toll Free (800) 695-2157



Build & Enhance

YOUR CAREER

with

ARMY COMMUNITY SERVICE
EMPLOYMENT READINESS PROGRAM

Where Career Success Begins

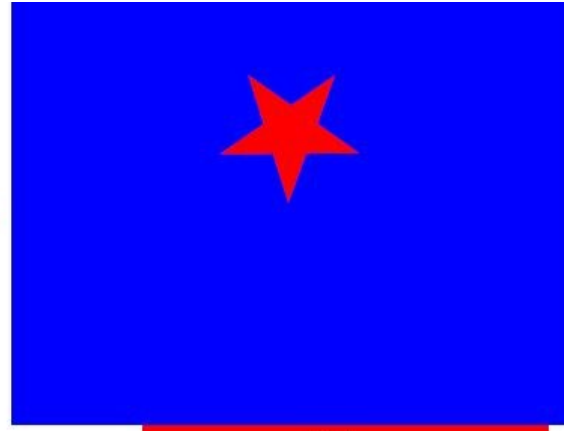
Employment Readiness Program
4700 Mow-Way Road, Fort Sill, Oklahoma
580-442-4916/4681

Pamphlet revised on 11/24/2014

Created by: Employment Readiness Program Manager

Brought to you by:

Employment Readiness Program
4700 Mow-Way Road, Fort Sill, OK
580-442-4916/4681





Tips for usajobs.gov

1. Create an account.
2. Make sure you enter accurate information in the profile section. This includes the contact information, hiring eligibility and other demographic and account information.
3. You can upload a résumé or build a résumé (**it would be wise to build the résumé**). When building your résumé, make sure every section that pertains to you is filled in.
4. List your references when you build your résumé.
5. Upload documents (preference eligible documents, college transcripts, licensures and certifications (**if you have questions contact your local , Employment Readiness office for assistant in this area**).
6. Once you have completed steps 1 through 4 you can search for jobs.
7. Make sure you have the skills that are required for the job announcement. Also make sure that those skills are listed on your resume (**it would be wise not to copy and paste this information**).
8. Find the occupational questionnaire hyper link on the job announcement (**Beware some announcements may not have a questionnaire**).
9. Click on the hyper link.
10. Look for the section that reads "Occupation Questions". Read each of the questions carefully and answer the questions honestly.
11. Your résumé should reflect the occupational questionnaire answers (**it would be wise not to copy and paste this information**).
12. Once you have completed steps 1 through 9 you can apply for the job.

If you are a Military Spouse, ID card holding dependent, Service Member, Retiree or DOD Civilian in need of assistance with creating a resume please feel free to contact the Employment Readiness Program Manager for assistance.



Military Spouse Preference Program

Military Spouse Preference requirements.

1. Spouse must have been married to Service Member PRIOR to reporting to Fort Sill.
2. Spouse cannot register no earlier than 30 days prior to Service Member's reporting date. If an early report date was authorize and the sponsor has already reported, the spouse must obtain verification from the service member's unit in the form of a memorandum, signed by the XO or CDR.
3. Military Spouse must be an United States citizen.

Documents needed to apply for Spouse Preference

 1. Spouse will need a copy of sponsor's PCS orders permanently assigning him/her to Fort Sill. Orders must have been issued (**date in the top right hand corner not the reporting date**) no more than two years from date of registering.
 2. Dependent ID card.
 3. Original marriage license or certified copy (**must have been married to sponsor prior to the reporting date**).
 4. Copy of resume. Spouse must also have resume on file through www.usajobs.gov
 5. Copy of college transcripts, DD 214s, VA letters, certifications, licenses, or any other applicable documents that pertains to you.
 6. Latest performance appraisal and/or contact information for most recent supervisor. A Supervisory Certification of Performance form will be requested from the former supervisor.

Current or former Federal employees

 1. Current employees need to be on LWOP or have resigned and must be accompanying sponsor to Fort Sill to be registered. Cannot continue to work at last duty station and register in PPP for Fort Sill. Please provide copy of LOWP SF50. CPAC has access to current/former Department of the Army employees SF50 but not other federal agencies.
 2. Copies of all SF50s , especially the most current one. It will be needed for pay setting purposes.

Once you have obtained the above documents and have you resume on usajobs an appointment can be made to verify your eligibility and register you in the Military Spouses Preference Program. Please email a copy of your Sponsor's orders and marriage certificate to Melissa Waggener at Melissa.waggener@us.army.mil



Fort Sill Employment Readiness Program
4700 Mow-Way Road, Fort Sill, OK
580-442-4916/4861

Lawton/Fort Sill Major Employers

FEDERAL, LOCAL and STATE GOVERNMENT

- Civil Service - usajobs.gov
 - City of Lawton - <http://www.cityof.lawton.ok.us/hr/>
 - Comanche County - www.comanchecounty.us
 - State of Oklahoma - <http://www.jobaps.com/OK/>
- LAWTON AREA**
- Bar-S Foods - <http://www.bar-s.com/contact/bar-s-job-form>.
 - Cameron University - <https://cameronhr.silkroad.com/>
 - CGI - <http://www.cgi.com/en/careers/working-at-cgi>
 - Comanche County Memorial Hospital - www.ccmhonline.com/careers
 - Comanche Nation - www.comanchenation.com
 - Ez Go Foods - <http://www.ezgofoods.com/>
 - Goodyear Tire & Rubber Co. - <http://www.goodyear.com/careers/join/>
 - Great Plains Technology Center - www.greatplains.edu
 - Lawton Public Schools - www.lawtonps.org
 - Lockheed Martin - <http://www.lockheedmartinjobs.com/>
 - Northrop Grumman - <http://www.northropgrumman.com/Careers/>
 - Raytheon - <http://jobs.raytheon.com/>
 - Republic Paper - 8801 Sw Lee Blvd, Lawton, OK 73505 · (580) 510-2200
 - Silverline Plastics - <http://www.spipe.com/job-opportunities.html>
 - Southwestern Medical Center - www.southwesternmedcenter.com/careers/
 - The GEO Group - <http://jobs.geogroup.com/>
 - WalMart/Sam's - <http://jobs.walmart.com/>

SURROUNDING AREAS

- Duncan Regional Hospital - <http://duncanregional.com/jobs-list>
- Halliburton - www.halliburton.com/en-US/careers
- Wilco Manufacturing - <http://www.wilcofab.com/wilcomachineandf.html>



Fort Sill Employment Readiness Program
4700 Mow-Way Road, Fort Sill, OK
580-442-4916/4861

Job Search Websites

Oklahomajobmatch.com

Indeed.com

Monster.com

Simplyhired.com

Careerbuilder.com

Snagajob.com

Glasscieling.com



If you are a Military Spouse, ID card holding dependent, Service Member, Retiree or DOD Civilian in need of assistance with creating a resume please feel free to contact the Employment Readiness Program Manager for assistance.



Army Volunteer Corps

4700 Mow-Way Road, Fort Sill, OK

www.sillmwr.com 580-442-4916



HOW TO LOG INTO VMIS: A Volunteer's Guide to the Volunteer Management Information System

Access the VMIS web site and register:

1. Go to www.myarmyonesource.com
2. Click on "register" in upper right corner (Note: Steps 2-5 are for new users)
3. Click on the yellow "JOIN NOW" button
4. Complete registration (ensure military installation affiliation is Fort Sill) Click "Continue."
5. Click "Register"
6. Click on "Volunteer Tools" in the upper right corner.
7. Select Oklahoma on the map.
8. Click on "Fort Sill."
9. Community will read "Fort Sill" if not, scroll down and enter "Fort Sill."
10. Click on "Organization Group" scroll down and enter an appropriate category.
11. Click on "Organization" scroll down and enter unit, organization, etc.
12. Click on "Search" in yellow box.
13. Click on job of interest.
14. Click on "Apply" in yellow box.
15. When the next page loads, click on "Submit" in yellow box.*

*If you have filled out the boxes marked with an asterisk the submit button will not turn

Log in your Volunteer Hours:

1. Login at www.myarmyonesource.com with username and password.
2. Click on "Volunteer Tools" in the upper right hand corner.
3. Click on "volunteer Activity" tab (third from left).
4. Click "Hours" on right side (blue font)
5. Click appropriate yellow box – Add for Day (1 day) – Add for Open Dates (recent) – Add for Period (up to 3 yrs. ago – can only be certified by AVCC)
6. Click "Calendar" in yellow box.
7. Enter date(s).
8. In "Hours" box, enter number of hours. Enter partial hours as a decimal fraction (ex. Volunteered 5 hrs. and 15 mins. is 5.25 hrs; 5 hrs and 45 mins. is 5.75 hrs.)
9. Click on "save and Return" in yellow box.
10. Date, hours and status will populate. Status is "submitted" until hours are certified by VMIS Organization Point of Contact (OPOC).

**HOURS MUST BE SUBMITTED BY THE 10TH OF THE MONTH
TO ENSURE CERTIFICATION BY THE 15TH OF THE MONTH.**

Army Volunteer Corps
Army Community Service
Building 4700 Mow-Way
Road
Fort Sill, OK 73503
580-442-4916

For online VMIS training visit
www.myarmyonesource.com
Log in and click: "Online Training"
Scroll down and click: "VMIS Training"
For additional assistance click
"Live Chat Support"

Volunteer Opportunities

- Armed Services YMCA
- American Red Cross
- Army Family Team Building (AFTB)
- Army Family Action Plan (AFAP)
- Army Volunteer Corps (AVC)
- Better Opportunities for Single Soldiers (BOSS)
- Chapel Programs
- Child, Youth & School Services (CYSS)
- Deployment/Mobilization Readiness
- EDGE Program
- Exceptional Family Member Program (EFMP)
- Family Advocacy Program
- Family Readiness Groups (FRG)
- Financial Readiness Program
- Information and Referral Program (I&R)
- Judge Advocate General (JAG)
- Library
- Military Welcome Center (Lawton/Fort Sill Airport)
- Museum
- New Parent Support Program
- Patriot Spouses' Club
- Public Affairs Office (PAO)
- Relocation Readiness Program
- Schools
- Scouting
- SKIES Unlimited
- Soldier and Family Assistance Center (SFAC)
- Survivor Outreach Services (SOS)
- Thrift Shop

Looking for a great place to volunteer?

We will help you find a great volunteer opportunity
that works with your schedule!

Volunteer Opportunities in the Fort Sill and
surrounding communities are found at

www.myarmyonesource.com

Instructions to navigate this site can be found
on the back of this flyer.

Top 10 Reasons to Volunteer

Meet new people and make new friends	Flexible hours
Try a new career and acquire new skills	Network at work and in your community
	Maintain skills during transitions
	Gain knowledge
	Make a unique contribution doing things you enjoy
	Learn about programs and benefits that enhance and enrich Army life
	Document work experience for your resume
	Free child care (varies by agency)

*The heart of a volunteer is not measured in size,
but by the depth of the commitment
to make a difference in the lives of others.*

-DeAnn Hollis



Family Readiness Group (FRG) Training-2015



Mobilization & Deployment Program 

Updated: 1 April 2015

January			February			March			April		
8 Jan	CANCELLED: Rear Detachment Commander Roles	9-3p	4 Feb	CANCELLED: Key Caller	9-1030a	19 Mar	FRG Leadership	9-3p	9 April	CANCELLED: Rear Detachment Commander Roles	9-3p
14 Jan	Unit Funds & Fundraising	11-1p	11 Feb	CARE Team	9-11a 6-730p	23, 24 Mar	FRL- 2 Day Workshop (for soldier Liaisons)	9-430p	15 April	Special Topic By Request: Unit Funds/Fundraising	11-1a
						25 Mar	Unit Funds & Fundraising	9-11a			
May			June			July			August		
7 May	Key Caller	9-11a 6-730p	8, 9 June	FRL- 2 Day Workshop	9-430p	9 July	Rear Detachment Commander Roles	9-3p	5 Aug	Unit Funds & Fundraising	9-11a
20 May	CARE Team	9-11a 6-730p	17 June	FRG Leadership	9-3p	15 July	Special Topic: By Request (Call and let me know what you need)	11-1p	12 Aug	Key Caller	9-11a 6-730p
September			October			November			December		
10 Sep	CARE Team	9-11a 6-730p	To Be Announced								
23 Sep	Unit Funds & Fundraising	9-11a									
14, 15 Sep	FRL- 2 Day Workshop	9-430p									

1. **Register for class** by calling 442-0359/4916 or by emailing bobbie.g.burris.civ@mail.mil. (Classes that have extremely low enrollment are sometimes cancelled, and some classes are full prior to class date). Your phone number and email will be collected so that you can be kept informed on any changes.
 2. All Mobilization & Deployment Classes are **conducted at the Army Family Team Building site**, 2719 Bragg Rd, Fort Sill, OK. (unless otherwise informed)
 3. Other **briefings and classes available upon request**: ACS Overview, RESET training(Re-union), Children and Deployment, etc.
- ***This calendar updated on: 1 April 2015. Previous versions obsolete.

Family Readiness Group



(FRG)



Care Team Training



The CARE team is responsible for helping families by helping with simple, everyday tasks that may take a back seat in a time of crisis. This training provides the information that is most critical to understanding and performing a care team volunteer role.

Call 580-442-4916/5018
for Class Dates

Class Locations: Army Family Team Building (AFTB) Bldg 2719 Bragg Rd, Fort Sill
OR Graham Resilience Training Center Bldg 2934 Marcy Rd, Fort Sill
Class Location will be confirmed at enrollment.

All Students **MUST Pre-Register:**
call 580-442-4916 or email bobbie.g.burris.civ@mail.mil

Family Readiness Group



(FRG)



Key Caller Training



Key Callers are a vital part of the FRG Leadership team and perform an essential FRG mission activity. This training provides the information that is most critical to understanding and performing the key caller role.

Call 580-442-4916/5018
for Class Dates



Class Locations: Army Family Team Building (AFTB) Bldg 2719 Bragg Rd, Fort Sill
OR Graham Resilience Training Center Bldg 2934 Marcy Rd, Fort Sill
Class Location will be confirmed at enrollment.

All Students **MUST Pre-Register:**
call 580-442-4916 or email bobbie.g.burris.civ@mail.mil

Rules for Deployments

DO NOT

Discuss or Post

- Deployment dates or redeployment dates.
- Reveal camp locations, including nearby cities.
- Convoy routes or missions your loved one is going on or has been on.
- Information on missions, capabilities or morale of your Soldier's unit.
- Details concerning security procedures, response times, tactics.
- Equipment or lack thereof, to include training equipment.
- Speculation about future operations.
- Count-up or count-down tickers.
- Do not pass along RUMORS!
- NEVER, EVER, post casualty information



PHOTOS

Don't post anything that could be misconstrued or used for propaganda purposes. A good rule of thumb is to look at your picture without your caption or explanation and consider how it could be re-captioned to reflect poorly on coalition forces. For example, your image might show your Soldier rescuing a child from a blast site, but could be re-captioned to insinuate that the child is being captured or harmed (It's happened).

Avoid posting pictures of your loved one. Avoid images that show significant landmarks near base of operations, and black out last names and unit affiliations.

Turn off camera GPS capabilities before taking pictures.

Contact your local OPSEC officer for more information

Family Readiness Group

(FRG)



Informal Funds/Fundraising

Training



The FRG informal fund is for the benefit of the unit's FRG members only and is established exclusively for charitable purposes and to provide support to Soldiers and Family Members as they adapt to Army life. Learn the policies, regulations and when you can and can't spend money to support your unit's Family Readiness Group.

Call 580-442-4916/5018

for Class Dates

Class Locations: Army Family Team Building (AFTB) Bldg 2719 Bragg Rd, Fort Sill
OR Graham Resilience Training Center Bldg 2934 Marcy Rd, Fort Sill
 Class Location will be confirmed at enrollment.

All Students **MUST** Pre-Register:
 call 580-442-4916 or email bobbie.g.burris.civ@mail.mil

Family Readiness Group

(FRG)



FRG Leadership Training



The FRG mission is "to assist commanders in maintaining readiness of Soldiers, Families, and communities within the Army by promoting self-sufficiency, resiliency, and stability during peace and war." This training will give you the tools you need to be have a successful Family Readiness Group (FRG).

Call 580-442-4916/5018

for Class Dates

Class Locations: Army Family Team Building (AFTB) Bldg 2719 Bragg Rd, Fort Sill
OR Graham Resilience Training Center Bldg 2934 Marcy Rd, Fort Sill
 Class Location will be confirmed at enrollment.

All Students **MUST** Pre-Register:
 call 580-442-4916 or email bobbie.g.burris.civ@mail.mil



WARRIOR ADVENTURE QUEST

This program is open to all **Service Members**. The best thing is it is **zero cost** to the units. This a great program to **help Soldiers decompress from a deployment too!** The unit gets to select from a menu of five different activities that is then scheduled with Family & MWR.

The five choices for Fort Sill are the following: **Paintball, Go Karts, Zip Lines, Ropes Course, and Rock Climbing.**

Contact information for WAQ:

Jeff Jerles, Outdoor Recreation, 442-5858

Mark Houseman, Outdoor Recreation, 442-5858

Bobbie Burris, ACS MoDep, 442-4916

www.sillmwr.com

Patriot Club
BARBER SHOP

OPEN
 Monday-Friday: 8am - 2pm
 Walk-ins welcome

500 Upton Road, Fort Sill, OK
 580.442.0883



**COVERING UP DOMESTIC ABUSE
 WON'T MAKE IT GO AWAY**

end the silence

**Victim Advocacy Hotline
 580-574-0871**



Army Continuing Education System

Harry S Truman Army Education Center
3281 NW Koehler Loop
Fort Sill, OK 73503
(580) 442-3201

Office and Colleges
4700 Mow-way Road, 5th Floor,
Fort Sill, OK 73503
(580) 442-3201

MISSION

Fort Sill ACES mission is to provide the highest quality education programs and services to support Soldier and unit readiness, to develop the Army's future leaders, and to enhance the well-being of Soldiers, families and civilians - Soldiers first, Mission always!

COUNSELING

Walk-ins 0900 - 1500 Monday - Friday
Requested Appointments on Mondays only
442-3201

Counselors provide advisement on:

- Determining education goals
- Army Tuition Assistance (TA)
- Obtaining a military evaluation
- Receiving student agreement/degree plan
- Pre-commissioning programs
- Veteran's education benefits

Computers are available at the Harry S. Truman Education Center for Soldiers and adult family members taking online classes, working on correspondence courses, researching and writing scholarly papers, completing job-related training and more, courtesy of Central Texas College. Proctored testing service is available at the Learning Facility.

MULTI-USE LEARNING FACILITY

1100-1530 Tuesday - Friday
Contact: Chris Allison 442-6006

Outprocessing Briefings: By Appointment:

Wednesday 1300 & Thursday 0900

ARMY TUITION ASSISTANCE

www.GoArmyEd.com

Request TA, register for courses online, and manage your college education virtually. Tuition assistance is available for eligible Soldiers to cover post-secondary instructions required by the home school's approved degree plan. Currently, TA covers tuition up to a maximum of \$260 per semester hour, and fiscal year ceiling of \$4,500.

BASIC SKILLS EDUCATION PROGRAM (BSEP)

By Reservation: Diana Scholz 442-5710

BSEP is an on-duty program designed to help Soldiers improve their functional reading, writing, and/or math skills. BSEP courses vary in length and delivery, depending on the needs of the Soldier. Contact BSEP Coordinator for class schedule and additional information.



CENTRAL TEXAS COLLEGE

CAMERON UNIVERSITY

(580) 355-8211 / www.cameron.edu



Offers a large variety of curricula leading to Associates, Bachelor's and Master's degrees

Office Hours: Monday-Friday, 8am-4pm

CENTRAL TEXAS COLLEGE

(580) 353-7551 / www.ctcd.edu

director.sill@ctcd.edu /
registrar.sill@ctcd.edu

Earn an Associate degree in General Studies,

- Applied Technology,
- Criminal Justice,
- Business Management, and many more!

Office Hours: Monday-Friday, 8am-4pm



CENTRAL TEXAS COLLEGE

GREAT PLAINS TECHNOLOGY

(580) 250-5503 / www.gptechnology.org

Offers more than 30 certification programs including Health Care, Computers, Automotive, Carpentry, and more!

GREAT PLAINS Technology Center

Office Hours: First Tuesday of each month, 8am-4pm

UPPER IOWA UNIVERSITY

(580) 595-9338
ftsill@uiu.edu



UPPER IOWA UNIVERSITY
Established in 1857*

- Associate of Arts
- General Business
- Liberal Arts
- Classes available onsite, online or independent study.
- Bachelor of Science
- Human Resource Management
- Social Science
- Public Administration - General, Law Enforcement or Fire Science

Office Hours: Monday-Friday, 8am-4pm

WEBSTER UNIVERSITY

(580) 353-5766 / sill@webster.edu
www.webster.edu/ftsill

Master of Business Administration

Master of Arts:

- Human Resources
- Information Technology Mgmt
- Management and Leadership

Classes meet one night a week for nine weeks.

Office Hours: Monday-Thursday, 9am-5pm

Webster UNIVERSITY

COLUMBIA COLLEGE

(580) 353-7884 / www.ccis.edu

ftsill@ccis.edu



On post, online or both.
18 Undergraduate degrees available.

On post classes meet 1 night a week for 8 weeks.

Office Hours: Monday-Friday, 8am-5pm

UNIVERSITY OF OKLAHOMA

(580) 355-1974 / apftsill@ou.edu
<http://goOU.ou.edu>



Master of Arts
Communication

- Economics
- Human Relations
- International Relations
- Classes meet two consecutive weekends and online.

Office Hours: Monday-Friday, 8am-4pm

WAYLAND BAPTIST UNIVERSITY

(580) 248-1171 / wbusill@wbu.edu
www.wbu.edu/altus

Currently offering Masters classes in the areas of Public Administration, Counseling, History and Education.

Classes available on Fort Sill and online.

Undergraduate classes available at Altus Air Force Base and online.

Office Hours: Monday-Thursday, 12pm-5pm

WAYLAND BAPTIST UNIVERSITY

TA Account Request Overview

Soldiers need to complete the following steps to become activated in GoArmyEd before using TA:

1. Navigate to the public view of GoArmyEd at www.GoArmyEd.com and select the “**New User**” button
2. Complete the fields for registration and submit the online form to create a Base-Soldier account. This account type allows Soldier to access basic educational and testing services.

Note: The Soldier must have a record in the Army’s Personnel Database to receive a GoArmyEd username and password. Only HQ ACES can create a Base-Soldier and approve TA for a Soldier not found in the Army’s Personnel Database.

3. Receive a username, create a password and answer security questions to access their GoArmyEd homepage
4. Select “**Request TA Access**” button to complete the six-steps in the TA Request Wizard before using TA through GoArmyEd
 - After the steps are completed, a case is created and escalated to Soldier’s education center
 - The Army Education Counselor/ESS has two business days to grant permission to use TA
 - Soldiers receive an email if the request is approved or if further action is required

* Army National Guard Soldiers can began requesting TA through GoArmyEd on 1 August 2011 for all TA-funded classes that start on or after 1 October 2011.



WORKFORCE OKLAHOMA CENTER
LAWTON / FORT SILL

Don't just find a Job

Find a Career

Core Services:

Career Planning

Wage & Salary Information

Identification of High Demand Occupations

Job Skills-Experience-Training & Education for High Demand Occupations

Access to Local-State-National Job Postings

Assistance in Resume and Application Preparation

Self Assessments-Basic Educational Skills & Occupational Interest

Information on Supportive Services

Referral to Workforce System Partners

Oklahoma Career Readiness Certificates

Veteran's Services

Located:

M - F / 1711 SW 11th St., Lawton, Oklahoma / (580) 357-3500 / 248-0000

Walk Ins Welcome / Please have with you a Photo ID (Drivers License or Military ID) and either your Social Security Card, Birth Certificate, or Passport for a required ID verification.

Financial Readiness Program

Mission

To provide financial education and training to Soldiers and Families and enhance their personal financial readiness and deploy-ability through the use of sound money management and consumer skills.

Financial Readiness Program

Services

Army Emergency Relief
Budget Counseling
Debt Management
Emergency Food Voucher Program
Financial Management Training
Consumer Affairs
Financial Literacy

Hours of Operation

Monday—Thurs 8:30 AM - 3:30 PM
Friday 9:00 - 3:30 PM
Closed on Federal Holidays

<http://sill-www.army.mil/acs/aer.htm>

Personal Financial Management Training

This is mandatory training for Fort Sill Soldiers on their first permanent Duty station. Training is held every **Thursday** from 0730 - 1530, B4700, Room 203. Spouses are welcome.

Class Topics

Consumer Awareness
Budget Plan and Record Keeping
Credit and Debt Liquidation
Military Pay System
Checking Accounts and Checkbook Management
Large Item Purchasing

Checkbook Management Training

This training provides military members and their spouses information on keeping track of their financial records.

Class Topics

Laws and limitations
Setting up a checking account
Keeping the account balanced
Debit Cards and Automated Transaction Machines (ATM)
Understanding the bank statement
Reconciling the checkbook with bank statement
Saving accounts and investments
Special Checks and Cash Transfers

A 1 1/2 hour Remedial Check Book class is scheduled for the second Tuesday of each month in the Training Room, B4700.

Useful web sites:

www.annualcreditreport.com
To obtain your free credit report

www.bankrate.com
To compare interest rates, mortgage rates, CDs. Plus calculators, news and tips

www.moneymanagement.com
Top financial stories, investments, and money management.

www.carsmart.com
See all the model year cars of your choice for sale; check the car history, compare prices, and even apply for a car loan.

www.tsp.gov
The Thrift Savings Plan for military and civilians. Learn what makes money for you, and at what risk.

www.dmdc.osd.mil/fssa
Family Supplemental Subsistence Allowance web page. Find out if you are qualified to receive this allowance.

www.pueblo.gsa.gov
view and download federal government consumer financial informational publications.

www.okdca.state.ok.us
Oklahoma Department of Consumer Credit web page. Consumer information and link for consumer complaints and reporting consumer laws violations.

www.cnn.money
Offers marketing trends, commentaries, and different types of calculators. Explore the potential benefits of this site.

www.defense.gov/specials/Relief_Act_Revision
Service Member's Civil Relief Act

Command Financial Advisor (CFA) Training

This training prepares appointed CFAs, E6 and above, to be able to handle different situations often encountered by our military personnel.

Class Topics:

Military Legal Assistance process
Military Pay Procedures
Assistance with rental/utility deposits
Budget Counseling Methods
Army Emergency Relief/ Loan Processing
Consumer Credit Counseling
Military Housing Procedures/Emergency Quarters Eligibility and Waivers
Thrift Savings Plan (TSP)
Financial Counseling
Family Supplemental Subsistence Allowance (FSSA)
Local and off post resources

Relocation Financial Preparedness Training

This training provides military members and their family with budget tools such as calculators and spending plans that help reduce the financial stress of moving.

Class is offered on the last Friday of the month and is mandatory for E-4s and below on their first PCS.

FINANCIAL READINESS PROGRAM

Fort Sill, Oklahoma



Your Money Matters



4700 MOW-WAY ROAD
(NORTH ENTRANCE)
Fort Sill, OK 73503
Phone Numbers: 580-442-4916 /
442-3080 - 442-2559
FAX: 580-442-7617



Financial Management Training

Open to all Soldiers and Families who are interested in learning more about basic financial planning and budget development.

Every 3rd Tuesday and Wednesday
Tuesday Noon - 4 PM and
Wednesday 8 AM - 12 Noon
(8 hour training)

Training Room, BLDG 4700



Other Resources and Assistance Programs

Army Emergency Relief
Command Referral Program
Emergency Food Voucher Program
Family Supplemental Subsistence Allowance (FSSA)
Thrift Saving Plan (TSP)

Why Does AER Have a Fundraising Campaign?

- Provide an opportunity for Soldiers to help their fellow Soldiers
- Create greater awareness and understanding of AER programs and benefits
- Retain tax exempt status by raising at least 1/3 of funds through donations

What Portion of My Contribution Helps Soldiers?

- 88 cents of every dollar you contribute goes to help Soldiers; AER administrative and fundraising expenses account for the remaining 12 cents

What is AER's Record of Assistance?

- Since it was established in 1942, AER has helped more than 3.6 million Soldiers and Family members with more than \$1.6 billion
- In 2013 AER assisted 54,000 Soldiers and their Families with more than \$74 million

How Can I Help AER?

- Remind fellow Soldiers about AER when they have financial emergencies
- Support AER with a contribution and encourage others to contribute



73 Years of Helping the Army Take Care of Its Own

Worldwide Assistance

AER Assistance is available to Soldiers and their Families around the world.

- Local AER Offices
- Red Cross 24hr Hotline: 877 272 7337
- Air Force Aid Society
- Navy-Marine Corps Relief Society
- Coast Guard Mutual Assistance Office

The Army-wide annual AER fund campaign is conducted 1 March -15 May.

Your tax deductible contribution can be sent to your local AER Office or to AER National Headquarters any time by mail or on-line.

For more information contact your local AER officer or visit our website:



WWW.AERHQ.ORG

AER National Headquarters

200 Stovall Street
Alexandria, VA 22332-0600

866-878-6378

Army Emergency Relief

AER is a private nonprofit organization incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER's mission is to provide emergency financial assistance to Soldiers and their Families.

What Can AER Do?

- Help with emergency financial needs for:
 - ♦ Rent/Mortgage
 - ♦ Utilities/Deposits
 - ♦ Food
 - ♦ Dental/Medical
 - ♦ Emergency Travel
 - ♦ Travel fund for relocation (PCS)
 - ♦ Funeral Expenses
 - ♦ Non-receipt of Pay/Loss of Funds
 - ♦ Vehicle Repair
 - ♦ Replacement Vehicle
 - ♦ Rental Vehicle
 - ♦ Cranial Helmets
 - ♦ Essential furniture
 - ♦ Car seats
 - ♦ Repair/Replacement of HVAC
 - ♦ Repair/Replacement of major appliances
- Soldiers E5 and above do NOT need Chain of Command approval

Who Is Eligible?

- Active duty Soldiers, single or married, and their eligible Dependents
- Army National Guard and Army Reserve Soldiers on continuous active duty (Title 10, USC) for more than 30 days and their eligible Dependents
- Soldiers retired from active duty for longevity or physical disability, and their eligible Dependents
- Army National Guard and Army Reserve Soldiers who retired at age 60, and their eligible Dependents
- Surviving spouses and orphans of Soldiers who died while on active duty or after they retired

How Do I Get Assistance?

- Through your unit chain of command and the Installation AER section
- If there is no AER section near you, you can get assistance through:
 - ♦ American Red Cross 24 hour emergency services
 - ♦ Air Force Base (Air Force Aid Society)
 - ♦ Navy/Marine Corps Base (Navy-Marine Corps Relief Society)
 - ♦ Coast Guard Base (Coast Guard Mutual Assistance)

What Should I Bring With Me?

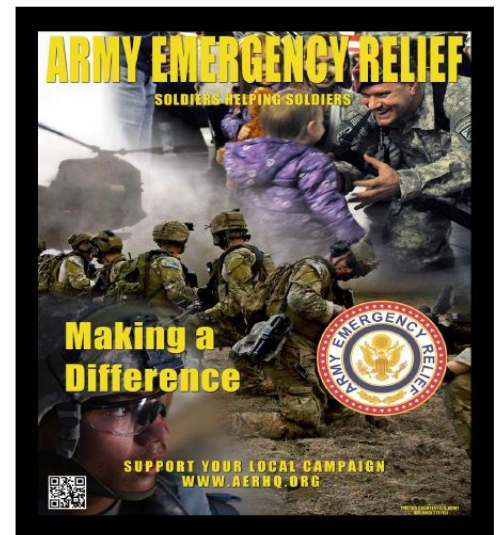
- Valid Military ID Card
- Leave and Earnings Statement
- Leave/PCS Orders
- Substantiating documents such as car repair estimate, rental agreement, utility bill

Can My Spouse Get AER Help If I'm Away?

- Yes. Your spouse should bring:
 - ♦ Special Power of Attorney
 - ♦ Valid Military Dependent ID Card
 - ♦ Substantiating documents

What Kind of Assistance Can I Expect?

- An interest free loan
- A grant if repayment of loan will cause undue hardship
- Part loan and part grant



2015 AER Pocket Guide



SUPPORT YOUR LOCAL CAMPAIGN

What is the Command Referral Program?

- Expedited Assistance Process
- Company Commander or First Sergeant can approve AER loans up to \$1,500
- Provides Company/Battery Chain of Command ability to assist Soldier with financial issues

How Do I Apply for a Scholarship?

- AER provides scholarships for dependent children and spouses of active duty, retired, and deceased Army Soldiers. Applications and instructions are available on the AER website for the MG James Ursano and Spouse Education Assistance Scholarship Programs after January 2, 2015. The deadline for receipt of applications and supporting documents is May 1, 2015

Is there a limit on how much emergency assistance I can request from AER?

- AER can meet your valid emergency needs

Do I Have to Contribute to AER to Get Help?

- No. If you are eligible for AER assistance and have a valid emergency need, AER can help

Where Does AER Get Its Funds?

- Voluntary contributions from active and retired Soldiers and civilians
- Repayment of AER interest-free loans
- Investment income
- Unsolicited contributions

Notes

from Award Recipients

"By awarding me the MG James Ursano Scholarship, I am able to concentrate on what is important to me, education. Your financial generosity through the MG James Ursano Scholarship Program has allowed me to be one step closer to my goal and has inspired me to help others by giving back to the community."
Jasmine

"Thank you for financially supporting me while I pursued my dream. Thanks to your contribution, I was able to become a firefighter/paramedic. Without you, it would have been incredibly difficult to accomplish my goals."
Forrest

"Thank you for investing in my future. With your help I will be the first to graduate college in my family."
Madison

"I would like to express my sincere appreciation to the Army Emergency Relief Scholarship Committee for selecting me as a finalist in the MG James Ursano Scholarship Program...I was truly honored to receive this award from an organization that has been taking care of Soldiers and their Families by providing financial assistance in their times of need. I've always been proud of the fact that both my parents were in the Army and I am very grateful for this scholarship."
Stephanie

"I am writing to express my sincere gratitude for the Spouse Scholarship. Once I have my degree I will never forget that thanks to you I was able to get there. I hope one day I can return the favor and make a difference in other students' lives as you have done to me."
Keysha

"I thank you for enabling me to pursue my goals at Kentucky State University and for enabling me to move "Onward and Upward..." Army Strong!
Ralph

Contact Information

AER Scholarship Department

Scholarships@aerhq.org
703-428-0035 Children
703-325-0313 Spouses

AER Scholarship Program

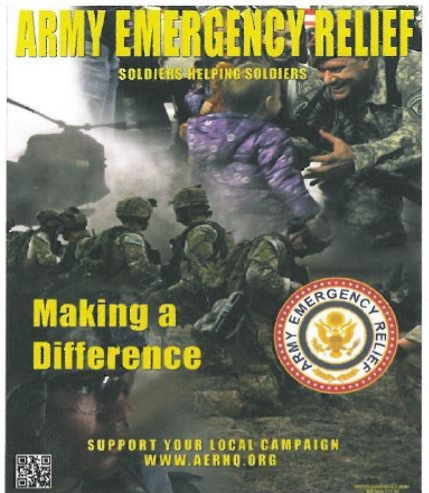
200 Stovall Street
Alexandria, VA 22332-0600

866-878-6378



For applications and more information about AER's Scholarships, please visit our website:

WWW.AERHQ.ORG



SCHOLARSHIP GUIDE 2015-2016



Army Emergency Relief

Army Emergency Relief (AER) was incorporated in 1942 by the Secretary of War and the Army Chief of Staff. AER is the Army's own emergency financial assistance organization and is dedicated to "Helping the Army Take Care of Its Own."

AER provides commanders a valuable tool to help accomplish their basic command responsibility for the morale and welfare of Soldiers.

AER is a private non-profit organization whose mission is to provide financial assistance to Army Soldiers in times of valid emergency need.

AER's Scholarship Program is a secondary mission to help Army families with the cost of education.

Scholarship Programs

AER offers two scholarship programs:

Spouse Education Assistance Program provides scholarships for Spouses of Army Soldiers. Funds are available for Spouses pursuing their first undergraduate degree at an accredited college or university. Recipients may be enrolled part-time or full-time. Recipients are eligible to receive the scholarship for up to 4 years of full-time or up to 8 years of part-time enrollment. Funds may be used for tuition, fees, books, supplies, ESL and GED classes, CLEP and TOEFL tests, and DANTES programs.

MG James Ursano Scholarship Program provides scholarships for Children of Army Soldiers. Funds are available for Children who are pursuing their first undergraduate degree at an accredited college or university. Recipients must be enrolled full-time for the entire academic year and are eligible to receive the scholarship for up to 4 years. Funds may be used for tuition, fees, books, supplies, and room and board.

Scholarship Eligibility

Spouse Education Assistance Program

- Applicant must be the Spouse of either a Soldier on federal active duty, a retired Soldier, or the widow(er) of a Soldier who died on active duty or in a retired status.
- Applicant must be registered as a Spouse in DEERS.
- Applicant must be pursuing their first undergraduate degree at a school accredited by the U.S. Department of Education.
- Applicant may be enrolled part-time or full-time. Part-time = 6 credit hours per semester/term. Full-time = 12 credit hours per semester/term.
- Applicant must have and maintain a 2.0 cumulative GPA on a 4.0 scale.
- Applicant must not be a member of the National Guard, Reserves, or other military branch.

MG James Ursano Scholarship Program

- Applicant must be the dependent Child of either a Soldier on federal active duty, a retired Soldier, or a Soldier who died on active duty or in a retired status.
- Applicant must be registered as a dependent in DEERS.
- Applicant must be under the age of 23.
- Applicant must be unmarried for the entire academic year.
- Applicant must be enrolled as a full-time undergraduate student for the entire academic year at a school accredited by the U.S. Department of Education.
- Applicant must have and maintain a 2.0 cumulative GPA on a 4.0 scale.
- Applicant must have a high school diploma or a GED.
- Applicant must not be a member of the National Guard, Reserves, or other military branch.

Scholarship Procedure

The scholarship applications and instructions are available on the AER website, www.aerhq.org, the first week of January.

- Complete the online application each year by the applicable deadline date as described in the online instructions on the AER website.
- Complete the Free Application for Federal Student Aid (FAFSA) each year after 1 January at www.fafsa.ed.gov and submit the resulting Student Aid Report (SAR) to AER. Scholarship awards are based on financial need as demonstrated by the Expected Family Contribution (EFC) on the applicant's SAR from the FAFSA.
- Submit transcripts reflecting grades from the most recently completed college semester. (New college freshmen applying for the MG James Ursano Scholarship must submit high school transcripts).
- Submit all other documents as requested on the application website by the deadline date.

Scholarship Timeline

Applications are available on AER's website the first week of January.

- | | |
|------------|---|
| 1 May | Application and all supporting documents are due. |
| May-June | Award Letters and Scholarship Agreements are provided to those applicants receiving scholarships. |
| 1 July | Scholarship Agreements must be completed on the AER website. |
| July & Dec | Checks are sent to the college or university indicated on the Scholarship Agreement. |

Hours of Operation:

Monday	11 am - 10 pm
Tuesday	11 am - 10 pm
Wednesday	11 am - 10 pm
Thursday	9 am - 10 pm
Friday	11 am - 12 am
Saturday	9 am - 12 am
Sunday	12 pm - 7 pm
Holidays	12 pm - 7 pm

Bowling Rates:

Monday, all day except holidays	\$1.75
Tuesday - Friday, until 5 pm, except holidays	\$1.75
Tuesday - Friday, after 5 pm	\$3.00
Sat., Sun. & Holidays	\$3.00
Children, age 16 & under	\$1.75
Senior Citizens, age 55 & up	\$1.75
Head Pin Bowling	\$3.00
Shoe Rental	\$2.50
Locker Deposit	\$10.00
Locker Rental, Annual	\$13.00
Double Locker	\$20.00

Available Programs:

Strike It Rich, Strike It Rich Twice, Open Bowling, Parties, Fund raisers, Head Pin Bowling, Bumper Bowling, Leagues, Game Room, and Arcade Games!

BOWLOPOLIS

Kid's Club

"An imaginary bowling center where everyone, young and old, look to bowling for happiness, livelihood, identity and love of the sport. It is a place where fun, adventure and play help develop lifetime skills."

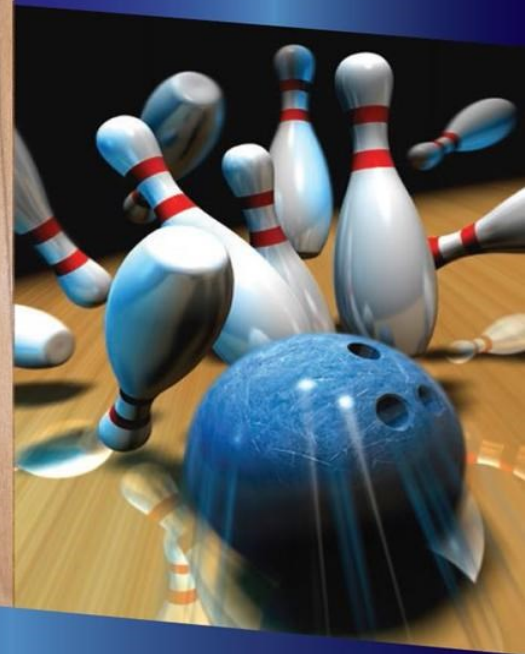
www.bowlopolis.com

Bring in your Laptop!

Twin Oaks Bowling Center has FREE Wi-Fi.



Twin Oaks Bowling Center



Get more information about Twin Oaks Bowling Center at www.sillmwr.com

We accept Visa, Mastercard, American Express and the MWR Card.

Kelly Wright, Manager
(580) 442-3823



935 Macomb Rd.
Fort Sill, Oklahoma
(580) 442-2882

Plan your party at Twin Oaks Bowling Center!

Call today for reservations: (580) 442-2882

Plan Your Party!

- ✓ Select a party package.
- ✓ Choose the date and time of your party.
- ✓ Come to TOBC to reserve your party.
- ✓ Make your guest list.
- ✓ Send out invitations.
- ✓ Call TOBC 72 hours in advance to verify party size.
- ✓ Check in 15 minutes before your scheduled party.

Party Particulars:

Reserve your party at least three days in advance. A minimum of 10 people is required. The Birthday Child is FREE with 12 paid guests. Parties are scheduled for two hours. TOBC must provide all food and beverages. You may bring your own cake/ice cream. A \$25 deposit is required at time of reservation.

Party Time Schedule:

Saturdays: 10 am - 12pm
Sundays: 1 - 3 pm or 3:30 - 5:30 pm

Party Packages:

Package 1:

\$3.50 per person

One game of bowling, bowling shoes

Package 2: Based on parties of 10

\$5.25 per person

One game of bowling, bowling shoes, 1 large one-topping pizza, and 2 pitchers of soda.

Package 3:

\$7.45 per person

One game of bowling, bowling shoes and 1 kids meal per person.

Package 4: Based on parties of 10

\$8.25 per person

Two games of bowling, bowling shoes, 2 large one-topping pizzas, and 4 pitchers of soda.

Family Special: \$35.00

Tues & Thurs 2 pm - 8 pm



Whether you want a snack or a meal, the Strike Zone can accommodate all appetites!

Monday	11 am - 9 pm
Tuesday	11 am - 9 pm
Wednesday	11 am - 9 pm
Thursday	9 am - 9 pm
Friday	11 am - 11 pm
Saturday	9 am - 11 pm
Sunday	12 pm - 6 pm
Holidays	12 pm - 6 pm

Call in orders for faster service!
(580) 442-2709

Grill closes 30 minutes prior to posted cooking time.

All parties must be finished by 6 pm.



ATTENTION

COUPONERS!!!

Free Coupons!

Need a coupon? Take a coupon!
Got an extra coupon? Leave a coupon!

ACS Financial Readiness

Coupon Savings Exchange Program

580-442-4916 www.facebook.com/FortSillACS



Soldier's Closet

FREE store for all E1-E5
Active Duty and Family Members

Items range from baby to adult clothing,
toys, and household items

NEW Location
900 NW Cache Rd
Lawton, OK 73507

Open every
Tuesday and Wednesday
10:30am to 1:30pm

580-442-6771

All Soldier's Closet items are donated
Donations are appreciated
Please drop off donations during hours of operation

Making Military Life Easier!



The Thrift Shop

1713 Gruber Road
(Behind PXtra)

580-355-8731

Shopping Hours:
9:00 a.m. - 1:00 p.m. Tuesday thru Friday
9:00 a.m. - 2:00 p.m. Saturday

Consignment Hours:
9:00 - 11:00 a.m. Tuesday thru Friday

The Thrift Shop is a place where anyone can go to get great buys on furniture, housewares, baby items, children and adult clothing and much more. If you're looking to make extra cash, bring your items in for consignment and receive 75% of your asking price. Donations are ALWAYS accepted here at The Thrift Shop.

ATTN: Every DAY we have a 25% off sale on white ticket items for Junior Enlisted and their dependents with ID!

Looking to volunteer? Come check us out! All of our proceeds go back into the Military Community here at Fort Sill so everybody wins when you shop here!!!

ATTENTION Thrift Shop Shoppers!!

EVERY DAY, JUNIOR

ENLISTED (E-4 & BELOW)

AND THEIR FAMILY

MEMBERS WITH ID WILL

RECEIVE 25% OFF ALL

WHITE TICKETED ITEMS!

SALE
25% OFF

Style: 900

Size: M

Price: \$1.50

EXAMPLE

Please present your ID at the register prior to the start of your transaction.

Thanks and happy shopping!

Prevention 1, 2, 3

1. Complete your annual required classes. FAP Command Team Orientation is part of the Fires Center of Excellence Pre-Command Course. FAP Annual Troop Training is offered three times per month at the Sheridan Theater IAW Task Order G3IN-14-512.
2. Strengthen yourself and your relationships through primary and secondary prevention activities open to the entire community. Classes, groups, activities, seminars and retreats are all available through FAP and our community partners. Ask a Prevention Specialist for a copy of the calendar, or check out our website and facebook page listed on the back panel of this brochure.
3. Request a specific class or activity for your group. When the community calendar doesn't meet your group's specific need, contact your assigned FAP Prevention Specialist for a course catalog and submit a training request form. We'll do our best to find a facilitator for your group.

Advocacy at a Glance

When family violence occurs and intervention is required, advocacy services are available to help victims negotiate the multiple systems of care available.

Child Abuse <small>(physical, emotional, sexual and neglect)</small>	<ul style="list-style-type: none"> • Clinical Professional • FAP Treatment @ Social Work Services <p>FAP On-Call (580) 591-6407</p>
Adult Domestic Abuse <small>(includes intimate partner sexual assault)</small>	<ul style="list-style-type: none"> • Non-Clinical Professional • Domestic Abuse Victim Advocacy contract @ Army Community Service <p>DAVA Hotline (580) 574-0871</p>
Adult Sexual Assault	<ul style="list-style-type: none"> • Non-Clinical Professional • Active Duty Soldier/Civilian Employee • Unit based <p>SHARP Hotline (580) 91-SHARP</p>



Family Advocacy Program

Prevention
 4700 Mow-Way Road
 Fort Sill, OK 73503
 Ph: (580) 442-4916

Treatment
 3161 Hoskins Road
 Fort Sill, OK 73503
 Ph: (580) 442-2836

Web: sillmwr.com
 FB: [facebook.com/FortSillACS](https://www.facebook.com/FortSillACS)

Family Advocacy Program

US Army Garrison
 Fort Sill



Improving Relationships, Strengthening Families

580-442-4916

What is FAP?

- A DoD wide Commander's Program designed to decrease Domestic and Child Abuse rates through Awareness, Prevention, Identification, Reporting and Treatment
- FAP employs a coordinated effort to educate the community on how to proactively prevent family violence through research validated methods

How is FAP accomplished?

FAP @ Army Community Service

- Primary and Secondary Prevention classes and events
- Parent/Child groups and field trips
- New Parent Support classes and home visits
- Domestic Abuse Victim Advocacy

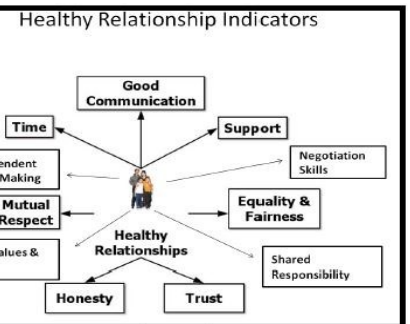
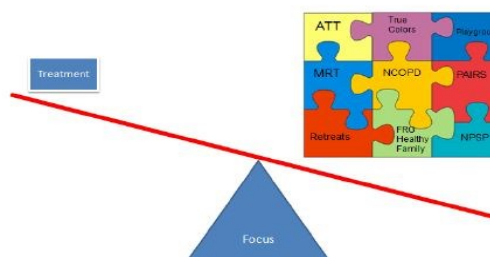
FAP @ Social Work Services

- Therapeutic assessment and safety planning
- Multi-disciplinary Case Review Committee
- Clinical Treatment (counseling) including individual, family and group therapy

Protective Factors

Nurturing & Attachment Knowledge of Parenting & Child Development Parental Resilience Social Connections Concrete Support for Parents Social & Emotional Competence of Children	Trust & Support Honesty & Accountability Shared Responsibility Mutual Respect Economic Partnership Negotiating & Fairness Responsible Parenting/Support Social Connections
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Prevention Cost vs. Benefit



Strengthening ourselves and improving our relationships reduces our community's domestic and child abuse rates!

Child Care

Fort Sill CYSS- Friday Night Special Opening Grerson Child Development Center offers a Friday Night special opening the first and third Friday of each month for children 6 weeks to 5 years. The Child must be registered with CYSS and the cost is \$4 per hour. For more information, call Karrie Garrett at (580) 558-4301

FCC- Family Care Centers have different rates depending on how long the child is there. You can find these providers on www.armyfcc.com

Parent Central Services Babysitter List- This is a list of American Red Cross Certified Babysitters here on Fort Sill. To get a copy of this list call (580) 442-3927/3486, children need to be at least 4 weeks.

Sittercity Military Program— helping you find the perfect sitter for your family. Memberships to Sittercity are fully paid for by the Department of Defense to find: Babysitters, Nannies (part time & full time), Last minute care, Pet sitters, housekeepers, PCS help and more! For more information or to get a membership visit www.sittercity.com/dod

Armed Services YMCA Lawton Fort Sill- Friday Night Out is designed to give military parents a break the third Friday of every month. The ASYMCA Childcare Center will take care of your children in a fun, loving environment from 6:30pm to 10:30pm. The fee is \$12 for the first child and \$24 for two or more children. Reservations are required by the Wednesday prior. 201 SW 4th Street Lawton, OK 73501 (580) 355-5520 www.asymca.org



Something To Start the Night with...Date Night Conversation Starters

1. What do you think has been the very best time we've had together as a couple?
2. If money wasn't a factor, what would you choose to do with the rest of your life?
3. What is one area of communication that I am really good at and what is one I need to work on?
4. What are your top three goals you want to accomplish in the next twelve months?
5. What would you say your biggest strength is? And mine?
6. What actor or actress would you pick to play you in a movie about your life?
7. What can we do as a couple to make a change in the world?
8. What can we do today that will make us better tomorrow?
9. One thing I really enjoy doing with you is _____. What is one thing you really enjoy doing with me?
10. What is your first memory of me?
11. If you could visit any time or place in the world, when and where would you visit?
12. What was the most important lesson you learned in your life?

For more Conversation Starters type "Date Night Conversations for Couples" into your favorite search engine.

date night

Something for Fun!

Twin Oaks Bowling Center- Mondays – Bowl for just \$1.75 a game all day from 11 a.m. to 10 p.m. Saturdays – Head Pin Bowling: Strike a colored pin in the head position (number one position), and win a coupon for a free game. Hours are 8 p.m. to midnight. Weekday specials, every game is only \$1.75 until 5 p.m. Call 442-2882 or www.sillmwr.com/recreation-leisure/bowling-center for more information.

Lawton Community Theater- Getting tired of the same old dinner and a movie date night? How about going to Broadway right here in Lawton for half the price! For more information on shows, tickets and directions visit www.lct-ok.org

Duncan Little Theater- Duncan Little Theatre brings "live theatre" to the area by providing an extremely varied program of plays, musicals, assorted dinner theatres, and melodrama's over the course of each year. Their website contains details on dates of events, tickets, costume rentals, audition details, and other "theatre" activities in the community. About an 1hr drive from Fort Sill. www.duncanlittletheatre.com

Travel Oklahoma!-Let Oklahoma take you on an epic getaway filled with Western adventure, diverse outdoor experiences and historic wonders. Offering vibrant American Indian culture, stunning state parks, the nation's longest stretch of colorful Route 66 and a wealth of things to do. With just a few clicks, you can begin a captivating journey that will fuel your soul. Visit www.travelok.com to get started today!

McMahon Memorial Auditorium- Performances range from local dance studio productions to touring shows. Comedy shows to drama all take place at McMahon Memorial Auditorium. The citizens of the Lawton Fort Sill Community are truly fortunate to have such an outstanding performance hall. Office Hours: Monday - Friday, 8:00 am to Noon; 1:00pm to 5:00pm Ticket Hours: Monday - Friday, 10:00 am to Noon; 1:00 pm to 4:30 pm Call 580-581-3472 for more information or visit www.cityoflawton.ok.us/mma or www.facebook.com/pages/McMahon-Memorial-Auditorium

Chief Drive-In Theater –Located in Chickasha OPEN YEAR ROUND, weekends only. Double features on Fridays and Saturdays. Now showing in Digital. Come out and see the beautiful new picture! Gates open at 5:30pm and movies start at 6:30. Sometimes it might be later due to circumstances beyond their control. Admission Prices (Includes ALL Films) Adults -\$7.00 cash \$7.50 credit/debit Children (3-11) \$5.00 2 and under free. For movies playing visit chiefdriveintheatre.com

Dining Options

Historic Patriot Club

Family and Friends Dinner– check sillmwr.com/patriotclub for the next Family and Friends themed dinner from 6-8pm. The event is open to the public; cost is \$25 per person with out wine or \$30 with wine. RSVP by the Friday before the event by calling (580) 442-5300.

Impact Zone

Dinner and a Movie– Impact Zone next to the Sheridan Theater, offers a dinner and a movie deal for \$10 per person. Every Thursday-Saturday. Stop by the Impact Zone for dinner including a hamburger, French Fries and a soda and then walk next door for the latest movie.

Explore Local Cuisine

Lawton and the surrounding area offers a wide variety of dining establishments sure to fit any palette and budget. You'll find options, other diner's recommendations, and special deals through websites like urbanspoon.com, tripadvisor.com, keepitlocalok.com and travelok.com



Love, Always and Forever Date Night

Information on local resources for Lawton/Fort Sill area "Date Nights"



Retreats

"Forever. For Real"

Is brought to you by the Oklahoma Marriage Initiative and helps couples learn to have great relationships through events and workshops. Workshops are led by trained professional workshop leaders. You'll learn about: great communication, keeping fun and friendship in your relationship, staying committed to each other, seeing danger signs and avoiding common problems.

For more information or to register call toll free at 877.435.8033. <http://foreverforreal.com>

Strong Bonds

Is a unit-based, chaplain-led program which assists commanders in building individual resiliency by strengthening the Army Family. The core mission of the Strong Bonds program is to increase individual Soldier and Family member readiness through relationship education and skills training. Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.

For more information visit www.strongbonds.org

AM I EXPERIENCING DOMESTIC ABUSE?

Does your partner...

- Act or look at you in ways that scare you?
- Intimidate you with his/her temper?
- Act like the abuse is no big deal, blame you for the abuse, or even deny doing it?
- Control what you do, who you see or talk to, where you go, or isolate you?
- Hit, kick, punch, slap, push or shove you?
- Put you down or threaten you?
- Take your money or refuse to give you money?
- Keep you away from your family and friends?
- Destroy your property or threaten to kill your pets?
- Force you to have sex?
- Threaten to commit suicide?
- Threaten to kill you or your children?

If you answer **YES** to any of these questions you may be experiencing domestic abuse. Help is Available.

Crime Victims Have the Right To:

- Be treated with fairness, dignity, and a respect for privacy
- Be reasonably protected from the accused offender
- Be notified of court proceedings
- Be present at public court proceedings unless the court determines otherwise for fairness or other good cause
- Confer with the Government attorney
- Restitution, if appropriate
- Receive information regarding the conviction, sentencing, imprisonment, and release of the offender

Help is Available

Military One Source
CONUS: 1-800-342-9647
OCONUS: 00-800-3429-6477
To call collect (with operator assistance):
OCONUS 484-530-5908

www.myarmvonesource.com

Your Local 24/7 ACS Victim Advocacy Helpline:

580-574-0871



The Army Family Advocacy Program Victim Advocacy Services

What is the Army Family Covenant?

The Army Family Covenant commits the Army to provide Soldiers and Families a Quality of Life commensurate with their level of service and sacrifice. Domestic abuse undermines the Army's promise and negatively impacts Family Readiness. The Army Family Advocacy Program's Victim Advocacy Services are integral to the Army's efforts to uphold its commitment to provide Soldiers and Family members with a strong, supportive environment.

What is a Victim Advocate?

A Victim Advocate (VA) is a trained professional who provides *non-clinical* advocacy services and support to Soldiers and Family members experiencing domestic abuse. Victim advocates are on-call 24 hours a day/7 days a week to provide crisis intervention, safety planning, *non-judgmental* support, assistance in securing medical treatment for injuries, information on legal rights and proceedings, and referrals to military and civilian resources. The on-call VA will empower you to make informed and independent decisions to support your recovery process.

What is Domestic Abuse?

Domestic abuse is an offense under the United States Code, the Uniform Code of Military Justice, or State law involving the use, attempted use, or threatened use of force or violence against a person of the opposite sex, or the violation of a lawful order issued for the protection of a person of the opposite sex, who is: (1) A current or former spouse; (2) A person with whom the abuser shares a child in common; or (3) A current or former intimate partner with whom the abuser shares or has shared a common domicile.

What are my Options for Reporting Domestic Abuse?

Soldiers and Family members who experience domestic abuse are encouraged to report the incident to a VA to access the full range of supportive services, including:

Restricted Reporting – Allows victims the option of receiving medical treatment, advocacy and counseling without triggering the official investigation or Command involvement.

Unrestricted Reporting – Victims receive medical treatment, advocacy, counseling, and an official investigation of the allegation. This option allows the widest range of rights and protections to the victim.

Am I Eligible for Restricted Reporting?

The Domestic Abuse Restricted Reporting Option is available to Soldiers, Family member spouses, and intimate partners.

Are There Exceptions to Restricted Reporting?

Safety is of the utmost importance, thus exceptions to the Restricted Reporting Policy do exist to prevent or lessen a serious threat to the health/safety of the victim or others. Your VA will explain in detail the exceptions and eligibility requirements for restricted reporting.



The Army Family Advocacy Program Victim Advocacy Services



What Services Can I Expect from the Victim Advocate?

- ▶ Crisis intervention and non-clinical support
- ▶ Safety assessment and planning
- ▶ Information on the Transitional Compensation Program
- ▶ Coordination of emergency services; transportation, housing, food, etc.
- ▶ Assistance in obtaining protective orders
- ▶ Accompaniment throughout the medical, investigative and legal processes
- ▶ Representation of victims' interests at Family Advocacy Case Review Committee meetings
- ▶ Information and referral

How Can I Protect Myself and My Children?

- ▶ Make a safety plan; a VA can help
- ▶ Have an emergency kit with money, medical cards, checkbook, car keys, birth certificates and other I.D., pay stubs, medicine and important phone numbers
- ▶ Plan an escape route out of your home; teach it to your children
- ▶ Know your resources (e.g., shelter, transportation and money)
- ▶ Ask family, friends and others for help
- ▶ Call the police or have someone else call
- ▶ Get medical help if you have injuries
- ▶ Ask the doctor, nurse or a friend to take pictures; save any ripped or bloody clothes as evidence and provide to either the health care provider or law enforcement
- ▶ Discuss available safety measures with the VA, including a Military Protective Order

We Listen.

We Act.

We Care.

For registration, please visit:
<https://webtrac.mwr.army.mil/webtrac/sillcym.html>

Or contact:

Parent Central Services
SKIES Unlimited
CYS Services
(580) 442-3927/4836

For more information, please

Mr. Jason Browning
Aquatics Manager
Rinehart Fitness Center
(580) 442-6200/6175
jason.w.browning.naf@mail.mil



Fort Sill Family and MWR Aquatic Facilities:

Rinehart Pool (Year Round)

Mon - Fri 5:00 am - 8:00 pm
Sat & Sun 8:00 am - 7:00 pm
Holidays 8:00 am - 7:00 pm

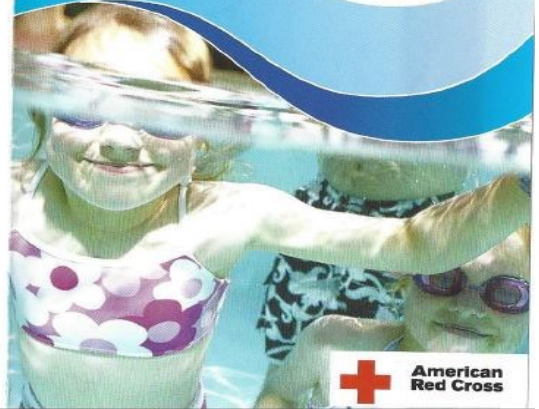


For Adult Swim Lessons, please contact the Fort Sill Family and MWR Aquatics Staff at Rinehart Indoor Pool (580) 442-6186

Fort Sill Family and MWR Aquatics

LEARN TO SWIM

Spring 2015



Learn to Swim Classes



Cost is \$35

Children must be registered through Child, Youth & School Services and registration must be done by CYSS Parent Central Services. Please call (580) 442-3927 to make an appointment.

Parent and Child

Monday & Wednesday 4:15 pm

Prerequisites:

- 1) No skill prerequisites
- 2) Child must be at least 6 months old to enroll
- 3) Parent or other caregiver must accompany each child into the water and participate in each class.

Pre-School Aquatics Level 1:

Tuesday & Thursday 4:15 pm

Prerequisites:

There are no skill prerequisites for Preschool Aquatics Level 1. Participants start at about 4 and 5 years old.

All classes are 30 minutes in length and will be conducted two times a week for four weeks.

Pre-School Aquatics Level 2:

Monday & Wednesday 5:00 pm

Prerequisites:

Successfully demonstrate the exit skills assessments from Pre-School Aquatics Level 1.

Pre-School Aquatics Level 3:

Tuesday & Thursday 5:00 pm

Prerequisites:

Successfully demonstrate the exit skills assessments from Pre-School Aquatics Level 2.

Swim Level I: Introduction to Water Skills

Monday & Wednesday 5:45 pm

Prerequisites:

None- participants start at about 6 years of age.

All classes will be held inside Rinehart Pool located at Rinehart Fitness Center, 2730 Bragg Road, Fort Sill, OK 73503.

(All classes, times and locations are subject to change depending on staffing, military training obligations, construction, weather, etc.)

Spring Session 1:

Begins March 23 - April 16
New Program Participant
Swim Evaluation: March 14
Registration Opens: March 16
Closes: March 20

Spring Session 2:

Begins April 27 - May 21
New Program Participant
Swim Evaluation: April 18
Registration Opens: April 20
Closes: April 24

New Learn to Swim participants are highly encouraged to have swim evaluation prior to enrolling.

Swim Level II: Fundamental Aquatics

Tuesday & Thursday 5:45 pm

Prerequisites:

Valid American Red Cross LTS Level 1 certificate or successful demonstration of all certification requirements from Level 1.

Swim Level III: Stroke Development

Monday & Wednesday 6:30 pm

Prerequisites:

Valid American Red Cross LTS Level 2 certificate or successful demonstration of all certification requirements from Level 2.

Swim Level IV: Stroke Improvement

Tuesday & Thursday 6:30 pm

Prerequisites:

Valid American Red Cross LTS Level 3 certificate or successful demonstration of all certification requirements from Level 3.

Course Fees

Effective October 1, 2011

Greens Fees

Military and Retired personnel are charged according to their Retired Rank/Grade

Rank	9 Holes	18 Holes	10 Round Punchcard
E1 - E6	\$9	\$15	\$135 (valid for 60 days)
E7 & Up	\$12	\$22.50	\$199 (valid for 60 days)
DoD Civilian	\$12	\$22.50	
Non-DoD Civilian	\$16	\$31	\$275 (valid for 60 days)

Equipment Rental

	9 Holes	18 Holes
Cart Rental	\$13	\$26
Pull Cart	\$4.50	\$7
Club Rental	\$4.50	\$7
Lockers	\$5 monthly	
Driving Range	\$2.50 Token (35 balls approx.) \$40 (10 Card Punch) \$250 Annual	

Special Green Fees

School Age Fees	\$5
Twilight Fees (seasonal hrs. includes cart)	\$24
GHIN hdcp (fees run from 1 Feb. thru 31 Jan.)	\$25

Yearly Membership* (effective October 1, 2011)

E1 - E6	\$50 per month
E7 & Up	\$75 per month
Member of Distinction	\$115 per month
Yearly Cart Rental	\$75 per month
Spouse Cart Fee	\$25 per month

*Additional Family Members \$35 per month.

Fort Sill Golf Course
1270 Quinette Road
(580) 442-5441



SWING & EAT SPECIAL

GET A BUCKET OF GOLF BALLS AND A MEAL FOR



What's Your Number?



SERVICES AVAILABLE

- Health Assessment Review
 - Risk stratification, wellness questionnaires & biometric screening
- Physical Fitness
 - Exercise testing & exercise prescription
- Healthy Nutrition
 - Metabolic testing, weight management & healthy nutrition education
- Stress Management
 - Stress management education & broflect-back
- General Wellness Education
 - Healthy lifestyle habits, wellness coaching & good sleep habits
 - Tobacco Education
 - Tobacco free living

Army Wellness Center

We can measure your numbers:

- RMR (calories burned at rest in one day)
- VO2 Max (cardiorespiratory fitness level)
- Body Fat percentage (percentage of fat in your body)



COVERING UP DOMESTIC ABUSE WON'T MAKE IT GO AWAY

end the silence

Victim Advocacy Hotline
580-574-0871



KNOW THE LAW

Don't give people under 21 a place to drink

What is a social host?

Any person who provides the location for people under 21 to drink alcohol.

It's the Law

Oklahoma's Social Host law means it's up to you to make sure kids don't drink in your home or on your property. The law is clear: if kids under age 21 are drinking alcohol at a gathering, and you're providing the location for that gathering, you're responsible — whether you're an adult or a minor, and whether you rent, own, or simply provide the location. Fines for the first offense are up to \$500.

They're All Our Kids

It's unthinkable to imagine your child in a drunk-driving crash, a fight, engaging in risky sexual activity or any incident caused by underage drinking. And there's no doubt you'd do anything in your power to keep that from happening.

But would it be acceptable if something like this happened to your child's best friend? Your nephew? Your neighbor's kid? Any kid?

Of course it wouldn't. That's why it's so important that we do everything in our power to keep alcohol away from kids. Because they're all our kids. They're Oklahoma's kids. And Oklahoma's look out for their own.

Oklahoma's Social Host Law:

- **Property Owners are Accountable.** If people under 21 are gathered and drinking on private property, the person who provides the location is considered the Social Host, and will be held accountable.
- **Accountability Goes Beyond the Party.** A "Social Host" can be a minor or adult and does not have to be physically present or the actual property owner.
- **Fines are Immediate.** Social Host violations carry a first-time fine of up to \$500.
- **Adults and Minors are Accountable.** If someone is injured or killed because of a Social Host violation, you can be charged with a felony, punishable by up to 5 years in prison and a fine up to \$2,500.
- **Repeat Offenders Can go to Prison.** Fines increase with additional violations — three strikes gets you a felony conviction with up to 5 years in prison and a fine up to \$2,500.

**OKLAHOMANS
WHO HOST
STAND TO
LOSE
THE MOST**

Don't give people under 21 a place to drink.

www.oklahomasocialhost.com



State of Oklahoma Laws / Fort Sill Regulations

FIREARMS REGISTRATION

All privately owned firearms must be registered. Weapons Registration is located in Bldg 4700, 2nd Floor. Fort Sill Regulation 190-1, Appendix B, outlines proper procedures for storage and transport of firearms on Fort Sill.

ACCIDENTS

Report all traffic accidents to the Military Police (MP) station, Bldg 1649, Phone 442-2102/2103.

MOTORCYCLES

Operators must wear a Department of Transportation (DOT) helmet, full safety vest or jacket and carry a Motorcycle Safety Foundation (MSF) card. Please contact the Post Safety Office, Bldg 4700 4th Floor, Phone 442-2108 for more information.

CHILDREN SAFETY/ SEAT BELTS

Protect the child. McGruff Safe House and Project Beware programs are available by contacting the Physical Security Branch, 558-6028. Use of seat belts is the law in the state of Oklahoma and Fort Sill. Children must be secured in a child restraint seat. Child restraint seats are available on loan from the Army Community Service (ACS) Lending Closet, Bldg 4700 1st Floor, 442-4916.

USE OF CELLULAR PHONES WHILE DRIVING

Cellular phone use while driving is strictly prohibited on Fort Sill. You must park your vehicle in a safe, authorized area when using your cellular phone. For additional information, contact the MP desk at 442-2103.

OFF LIMIT AREAS

All wooded areas, firing ranges, impact areas and bodies of water are off-limits to anyone other than units or personnel with proper authorization.

Relocation Readiness Program

Army Community Service (ACS), Building 4700 NW Mow Way Road

Phone: (580)442-4916

Email: david.j.camahan2.civ@mail.mil

NEW
LOCATION

POW RANGE

Privately Owned Weapons
"Get on Target"

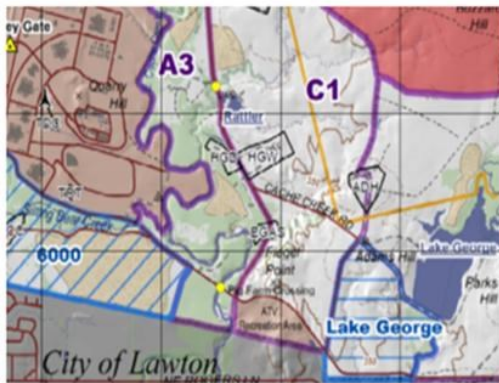
WHO: All U.S. and Allied military service members, retirees, their family and *guests. (Military I.D. Card Required).

WHAT: Shooting your Privately Owned Weapon(s) on Fort Sill for recreation.

WHEN: Wednesday through Friday: Summer hours, 1100-1800 hours, Winter hours 1000-1700. Saturday: Summer hours 0900-1800, Winter hours 0900-1700.

WHERE: Adams Hill (East Range) Next to Lake George

WHY: Prior to any hunting expedition the most important thing you can do is Zero your weapon. "Get on Target" or just enjoy the thrill and excitement of firing your Privately Owned Weapon.



Fishing Guidelines on Fort Sill

1. Fishing is one of Fort Sill's most popular recreational pursuits and is controlled by the Natural Resources Branch, Directorate of Public Works.
2. Unless exempt due to age or disability, persons fishing on Fort Sill must have a State fishing license (\$25.00) and a Post fishing permit (\$15) or combination hunting and fishing (\$30). Fort Sill permits are available at Sportsmen Services in Bldg. 1458. Guest permits are available for guests of regular permit holders at a cost of \$5.00 per day or \$15.00 for a 7-day period. State Licenses can be obtained at a local sporting goods store or on-line at www.wildlifedepartment.com
3. All recreational users of Fort Sill range land (including anglers) are required to attend a free Sportsmen Safety Class before using the ranges. These classes are given each month. Call Sportsmen Services or check the *Wild Side* article in the **Cannoneer** for exact date and time.
3. All anglers must pick up a range pass from Sportsmen Services (Bldg. 1458) before going onto the range. They are **not** required to check in after they finish fishing unless in a restricted area.
4. Anglers who wish access to ponds in restricted areas (listed in regulation) must pick up a range pass at Sportsmen Services prior to each trip, but additionally they are **required to check-in** after they leave.
5. Over 140 ponds and lakes are managed for fishing. Primary species are largemouth bass, channel catfish, bluegill, and redear. Additionally Smallmouth bass and crappie are stocked in Lake Elmer Thomas. Due to the drought, almost 2/3 of the ponds are without fish now and will be restocked when water levels return to normal.
6. Since Lake Elmer Thomas is jointly managed between Fort Sill, Wichita Mountains Wildlife Refuge, and Oklahoma Division of Wildlife Conservation only a state fishing license is required
7. Fort Sill anglers are required to comply with all state and post fishing regulations.
8. A Kids' Fishing Derby will be held 31 May this year. Children from 3 through 15 years of age are eligible.
9. For additional information, contact Sportsmen Services at (580) 442-3453/3553.

The Lanyard Bar

Army's first and only Jack Daniel's themed bar



Inside the historic Patriot Club
500 Upton Road, Fort Sill, OK 73503

Hours of Operation

Thursday: 4-10 pm
Friday & Saturday: 4 pm-midnight
Food served 5-9 pm, Fri & Sat only

Buzzed driving is drunk driving.



Call a Cab Program:
MWR supports safe driving by offering FREE on post cab service and FREE soda for designated drivers. Don't drink and drive.

People's Cab
357-9999





Tornado Information

Difference between Tornado Watch and Tornado Warning

Tornado Watch

Issued to alert people to the possibility of tornado development in your area.

Tornado Warning

Issued when a tornado has actually been sighted or is indicated by radar.

What to Do

Tornado Warning:

- ▶ Signal in Lawton, Oklahoma is a 3-minute siren blast.
- ▶ KCCU Radio (89.3 or 102.7) and KSWO-TV (Channel 7) will simulcast.
- ▶ Monitor the TV or Listen to the radio.
- ▶ Meaning - A tornado has been sighted or is developing in the immediate area.
- ▶ Action - Seek shelter immediately!

Shelter

- ▶ Inside: Storm Cellar, Basement, Center of house in closet under table, bed or mattress. NEVER stay in a mobile home; seek other shelter!
- ▶ Outside: Lie flat in a ditch or culvert (watch for flooding).

During a Tornado Watch:

- ▶ Monitor KSWO TV.
- ▶ Watch the sky.
- ▶ Listen to KCCU 89.3 or 102.7.
- ▶ Listen for siren.
- ▶ Have a flash light, portable radio and blankets handy.
- ▶ DO NOT CALL 911 unless it is an emergency.
- ▶ No all clear siren will sound.

Storm Protection Areas in Lawton:

There are no Public Storm Shelters within the city limits. Please take the proper precautions mentioned above in case of severe weather.

TORNADO

Tornadoes, the most violent natural hazard, are rotating, funnel-shaped clouds formed from thunderstorms. Strong winds are the most destructive aspect, with gusts reaching as high as 300 mph. The damage path can be a mile wide. Tornado season is generally March through August, but tornadoes can occur any time of the year. Tornadoes most often occur at the tail end of a thunderstorm. Eighty percent of tornadoes occur between noon and midnight. While some areas are more prone to tornadoes than others, they can occur anywhere, so it is best to be prepared.



How to Prepare for a Tornado

- Stay informed and know tornado terminology:
 - Tornado watch—Weather conditions are favorable for the development of a tornado. Stay tuned to the radio or TV for more information and further instructions.
 - Tornado warning—A tornado has been spotted. Take shelter immediately.
- Identify a place in your home to take shelter in case of a tornado:
 - A storm shelter or basement provides the best protection.
 - Otherwise, choose an interior room or hallway on the lowest floor possible.
 - Have frequent tornado drills
 - If planning a trip outdoors, listen to the latest forecasts and take necessary action if threatening weather is possible.
- Get an emergency supply kit, and make a family emergency plan.

Who's Most at Risk

- People in automobiles.
- The elderly, very young and the physically or mentally impaired.
- People in mobile homes.
- People who may not understand the warning due to a language barrier.

What to Do if There Is a Tornado

- Take shelter immediately in the designated room.
- If you are outside, find shelter immediately or, if shelter is unavailable, lie flat in a ditch or low-lying area.
- If you are in a car, stop immediately and find shelter. Do NOT try to drive through a tornado.
- Stay tuned to radio or TV for information and instructions as they become available.
- Stay in shelter until the tornado has passed.
- Once you are in a safe place, report to your command if you are military or government civilian personnel or a member of the selective reserves.



ARMY STRONG



FORT SILL
KERBOS FRAME
SHOP

2502 SHERIDAN RD



FRAMING
 ENGRAVING
 GIFTS

580 354 0520

Dinner and a Movie

Come by the Impact Zone and enjoy dinner and a movie for \$10/person.



Open to Military
 ID card holders only

Stop by Thursday - Saturday for dinner, which includes a hamburger, french fries and a soda, and then walk next door to the Exchange Sheridan Theater for the latest movie.

Family deals are also available, which includes 4 movie tickets, a large pizza and 4 drinks for \$30.

Fitness Centers New Hours of Operations



Goldner Fitness Center

Mon-Fri 5am-8pm
 Sat 8am-2pm
 Sun 10am-4pm

Rinehart Fitness Center

Mon-Fri 5am-8pm
 Sat 8am-7pm
 Sun 8am-7pm

Honeycutt Fitness Center

Mon-Fri 5am-8pm
 Sat 8am-5pm
 Sun 10am-4pm

Effective 12, Jan. 2015



MWR LIBRARY ONLINE RESOURCES

ARMY DIGITAL MEDIA LIBRARY

Army Digital Media Library
Army Digital Media Library offers over 35,000 eBooks, audio books, videos, and music that can be downloaded to your mobile device.

REGISTER WITH THE ARMY LIBRARY PROGRAM
GENERAL LIBRARY INFORMATION SYSTEM (GLIS)
OR STOP BY YOUR ARMY LIBRARY TO ACCESS TO
OVER 52 ONLINE RESOURCES.

<http://www.armymwr.com/recreation/libraries/access.aspx>

**1st Sunday of the month
(2nd Sunday if holiday weekend)
2-4pm @ Nye Library**

BOOK CLUB



Free to the adult military community!

**Great opportunity to discuss literature,
read new genres, and have fun
interaction with your peers.
Snacks provided!**

For Special Needs or more info; call 442-2048/3806.

Like us on Facebook:

Fort Sill Family & MWR Recreation

Visit our webpage:

<http://www.sillmwr.com/recreation-leisure/nye-library>



Need Help??

Need help??

Immigration Legal Services

Welcome Center

FORT SILL LEGAL ASSISTANCE

- New to the United States?
- Do you have all the important documents you need? Immigration forms and applications?
- Do you want to become a U.S. citizen?

Immigration is a process!!

The Legal Assistance Office can help!!

The Fort Sill Legal Assistance Office, located in the Welcome Center, Building 4700, Suite 400, on Mow-Way Road, provides legal assistance to active duty Soldiers, retirees, and their Family members. Hours of operation are 0900 - 1600, Monday, Tuesday, Wednesday, and Friday and 1300 - 1600 on Thursday. Telephone numbers are (580) 442-5058/5059.

October 2013

RELOCATING? WE CAN HELP!

Check Out
www.MilitaryOneSource.com
and make a smooth move with these online tools:

- ✓ **Military INSTALLATIONS:** Find maps, photos and more on over 250 military installations worldwide.
- ✓ **Plan my move:** Provides e-moving tools, planning calendars, checklists and information on education and employment.
- ✓ **Military OneSource Relocation Tool:** Compare communities throughout the US. Find cost of living reports, school report cards, a salary analyzer, crime and safety reports, calculators and more.



**Contact Military OneSource at
1-800-342-9647**
for your specific relocation needs.

You name it. We can help — 24/7!

Visit our website for overseas, Spanish and hearing impaired toll free telephone numbers.
Provided by the Department of Defense at no cost to active duty, Guard and Reserve, and their families.
Military OneSource is a virtual extension of installation services.

Fort Sill Weather Safety Guide

Warm Months Severe Weather Events and Precautions

1. Severe Warm Weather:

- Severe Thunderstorms – thunderstorms with high winds, hail and cloud to ground lightning, can form spring through early fall
- Tornadoes – violent rotating column of wind that can reach speeds over 200 mph, form in thunderstorms generally in the spring and fall
- Flooding – heavy rainfall can cause localized flooding in low lying areas, can occur during any season if heavy rainfall occurs
- Extreme Heat – temperatures above 95°F for extended periods (can be several days) can occur during the summer months in Oklahoma

2. Safety Measures:

- Stay alert to potential for rapidly changing weather conditions via local television, local radio or NOAA weather radio
- Prepare and plan in advance for severe weather. Perform drills with family members and neighbors to ensure everyone knows how to respond and where to go during severe weather
- Know where and when to shelter:

Tornado – basement, interior room or central shelter, take shelter immediately if a tornado warning is issued (tornado has been spotted in the local area), DUCK – downstairs, under cover, center of house, keep away from windows

Thunderstorm – inside home or business, away from windows, seek shelter if warning is issued for local area

Flooding – high ground, move toward high ground if flash flood warnings are issued for the local area

Extreme Heat – inside air conditioned home or business during heat of the day, refrain from outdoor activities between 10 am and 6 pm during summer months

d. Do not drive through low-lying areas or around barricades. You are liable if you ignore safety barricades and endanger yourself and others by driving through flooded roadways.

e. Stay hydrated and cool to prevent heat injuries during the summer months.

f. Stay away from windows and move inside if thunderstorms are in the area to prevent being struck by lightning

g. Provide pets with shelter during any severe weather—they are just as vulnerable to the effects as we are.

3. Fort Sill Tornado Shelter Information:

- Family Housing – use own basement, nearest housing with basements or closest central shelter, make contact with your neighbors to determine the closest access

Housing with basements – Geronimo Acres, Henry Post Manor, Academic Heights, White Wolf Manor and Lawton Road Housing

- Troop Billeting – use basement located in the building, an interior room on the lowest floor for shelter, or the nearest shelter
- Units, Agencies and Tenants – use basement in the building, an interior room on the lowest floor or the nearest central shelter
- Central Shelters are available when a tornado warning has been issued.

Central Shelter Locations: Snow Hall (Bldg 730), McNair Hall (Bldg 455), Reynolds Army Community Hospital (Bldg 4300), Welcome Center (Bldg 4700), buildings 1602/1603, 900 and 5030

Cold Months Severe Weather Events and Precautions

1. Severe Cold Weather:

- Ice – forms on roadways and overpasses from frozen and freezing precipitation or melted snow that has refrozen
- Extreme cold – Below freezing temperatures or wind chills for extended period (can be several days)
- Snow – frozen precipitation, can occur in above freezing air temperatures
- Sleet/Freezing rain – Frozen / freezing precipitation, will coat surface in layer of ice

2. Safety Measures:

- Stay alert to potential for rapidly changing weather conditions via local television, local radio or NOAA weather radio
- Prepare in advance for severe cold weather: put together an emergency kit for your vehicle that includes, flares, blankets, cell phone, food, and water in the event you become stranded
- Check heating system prior to winter to ensure it is functioning properly
- Do not leave portable heaters unattended
- Limit outdoor activities during periods of extreme cold weather to prevent frostbite and hypothermia
- Wear hat and gloves to protect hands and ears from frostbite

City of Lawton Oklahoma



+Can I check and see if my number is in the system?

-No, if you are unsure, you will need to sign up Online.

+Who is in charge of setting the CodeRED alerts off?

-The Lawton Fire Chief, Lawton Police Chief, City/County Emergency Manager, City/County 911 Director and Lawton Public Works Director are the primary points of contact to initiate an alert. These officials may also designate authority to initiate alerts. City/County Officials may also send a CodeRED alert when deemed necessary.

+Will everyone throughout the city/county be called when an emergency is only in a specific location?

-No. Only the residents located in an affected area will be notified. CodeRED has two features that can be used when an emergency alert is need in a specific location. These are:

- * Quick radius -- selects area based on radius in miles, around a known address. This feature is good for alerting residents in instances such as hazmat spills or missing persons.
- * Advanced mapping interface -- This feature launches calls to residents by selecting geographic areas on a map. This function is used for notifying residents in a specific area, or areas in our municipality, when an exact address is not available.

+Will CodeRED call my business number if it is located in Comanche County?

-No, not unless you sign up Online. After you have signed up, your business number will be entered into the system as a business number. This will not affect you getting notified at any home or cell phone numbers you have already entered into the system.

+Why does it ask on the sign-up form if I live in a manufactured or mobile home?

-Because CodeRED has a feature that can be used if needed to alert only those living in manufactured or mobile home, such as if high winds are expected that could put you in danger.



<http://www.cityof.lawton.ok.us/codered.htm>

City of Lawton & Comanche County officials have teamed up to implement CodeRED, an emergency notification system via phone, a service FREE to the public.

The CodeRED emergency notification system is a communication service available for emergency and non-emergency notifications. CodeRED employs intranet mapping capable of geographic targeting of calls, coupled with a telephone calling system capable of delivering a pre-recorded message directly to homes and businesses at the rate of up to 60,000 calls per hour.

The system's main purpose is to notify citizens or groups of citizens in emergency situations; however the system has the ability to be used for non-emergency notifications as well.

CODERED MAY BE INVOKED FOR EMERGENCY PURPOSES.

Examples of when the CodeRED system might be exercised by City officials:

- Utility Outage
- Missing Person
- Bomb Threat
- Chemical spill or Gas leak

FREQUENTLY ASKED QUESTIONS

+What number will show up on my caller ID?

-The primary number that will show up is 866-419-5000, although the system does have backup numbers, if for some reason this number were out of order.

+How do I know if I'm in the system?

-DON'T assume your phone number is in the system, go ahead and sign up on the Internet at www.cityof.lawton.ok.us or www.comanchecounty.us, click on the CodeRED icon. Those who DO NOT have internet access may call 2-1-1, Monday thru Friday (8am – 5pm) to sign up for this service.

+Can I sign up more than two numbers?

-Yes. Online, you will have to submit the first two numbers then start a new sign-up page submitting two more numbers at a time. You may use the same name and address for each, as long as the phone numbers are different.

+What if I don't want to receive CodeRED alerts on my phone?

- Individuals may choose to opt out of receiving weather alerts ONLY. Most landline phone numbers are already listed in the CodeRED database. As long as you don't sign up your cell/additional phone numbers for CodeRED, you won't be notified or receive calls at that number. If you sign up, then decide you no longer wish to receive notifications, you will need to call CodeRED at 800.566.9780 to be removed from the CodeRED weather alerts.

+How many call attempts does the CodeRED dialing system make for each telephone number?

-The CodeRED dialing system attempts each record up to 3 times in the first round of calling in order to maximize the number of delivered messages. Multiple rounds of calling can be initiated for those numbers not contacted during the first round.

+Will I receive a second alert when the pending danger is over?

-Yes, if authorized personnel feel it is necessary.

+How many call attempts does the CodeRED dialing system make for each telephone number?

-The CodeRED dialing system attempts each record up to 3 times in the first round of calling in order to maximize the number of delivered messages. Multiple rounds of calling can be initiated for those numbers not contacted during the first round.

+Is bad weather the only time CodeRED will send out an alert?

-Weather-related emergencies are the primary use for a CodeRED alert, but city/county officials will also utilize the system during public safety emergencies. Examples of these include;

- * Flooding in your area that could put you at risk;
- * Evacuation notice-due to some type of hazard spill/gas leak emergency;
- * Fire in your area that could put you at risk;
- * Bomb threats;
- * Hostage situations;
- * Drinking water contamination or boil water notice;
- * Missing persons;
- * For any emergency reason deemed necessary by city officials.

+Are CodeRED messages only delivered to people who pick up the phone in-person?

-CodeRED delivers your recorded messages to a live person and to answering devices using patented RealCall@ technology. The disposition of each call result is viewable through the CodeRED Job Statistics Screen in Real-time.

+How will I know if I get an alert if I am hearing impaired?

-You will need to fill out the form and make sure to check "TDD/TTY" box at bottom right of sign-up form.

+What if my cell phone is a long distance number. Can I still receive alerts?

-Yes, but you will have to register a cell phone using only 10 digits. Do not put a one (1) in front of the phone number.



REPLY TO
 ATTENTION OF

ATZR-C

17 December 2013

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Imposition of Off-Limits Restriction

1. Effective immediately, the following businesses are permanently off-limits to all military personnel assigned to the United States Army Fires Center of Excellence and Fort Sill, OK, or otherwise within the jurisdiction of the Commanding General, United States Army Fires Center of Excellence and Fort Sill, OK. This action is necessary to protect the health, welfare, and safety of all personnel. This order will remain in effect until further notice.

- a. **Chief's Smokin' Icehouse**, 1315 SW Lee Blvd, Lawton, OK
- b. **Eastside Smoke Shop**, 2005 E. Gore Blvd, Lawton, OK
- c. **Half Price Novelties**, 2610 Pollard Rd. Lawton, OK
- d. **Qwik-N-Go**, 2213 NW Sheridan Rd. Lawton, OK
- e. **The Other Place**, 605 SW Lee Blvd, Lawton OK
- f. **Zagman's Interesting Gifts**, 2818 NW Sheridan Rd, Lawton, OK
- g. **Lynn's Books, Body Jewelry, Etc.**, 1904 NW Ferris Ave, Lawton, OK
- h. **Puff and Stuff**, 4401 NW Cache Rd. #A, Lawton, OK
- i. **Mr. Coolz**, 7808 S Western & 3200 N May Ave., #A, Oklahoma City, OK
- j. **FatHedz**, 8912 S. Western, Oklahoma City, OK
- k. **Outter Limits**, 7092 MacArthur Blvd., Oklahoma City, OK
- l. **Ziggy's Smoke Shop**, 2228 S. Air Depot Blvd & 924 SW 59th St., Oklahoma City, OK
- m. **Pipe Dreamz**, 107 S. Sooner Rd., Oklahoma City, OK
- n. **BS Unlimited**, 420 SW 59th St., Oklahoma City, OK
- o. **Addiction Ink**, 1612 Pearlie Dr., Wichita Falls, TX
- p. **Club Chameleon (Club Inferno)**, 2611 Plaza Pkwy., #304, Wichita Falls, TX
- q. **Foxy Lady**, 411 North Scott Ave., Wichita Falls, TX
- r. **Platinum Gentlemen's Club**, 12402 NW Old Cache Rd., Lawton OK
- s. **Studio E Club (formerly Village Vanguard)**, 2400 Sheppard Access Rd., Wichita Falls, TX
- t. **Tommy's House of Music**, 110 East Scott Ave., Wichita Falls, TX
- u. **Aquarius Massage and Spa**, 818 SE 2nd St., Lawton, OK

2. The following businesses are temporarily off limits to all military personnel assigned to the United States Army Fires Center of Excellence and Fort Sill, OK, or otherwise within the jurisdiction of the Commanding General, United States Army Fires Center of Excellence and Fort Sill, OK. This action is necessary to protect the health, welfare, and safety of all personnel. This order will remain in effect until further notice.

ATZR-C
 SUBJECT: Imposition of Off-Limits Restriction

- a. **Half Price Novelties**, 2610 1/2 Pollard Rd., Lawton, OK
- b. **Smoke 4 Less**, 2818 NW Sheridan Rd., Lawton, OK
- c. **Smitty's Toot-n-Tote**, 1309 NW Cache Rd., Lawton, OK
- d. **Get N Go**, 813 W. Bois D Arc Ave., Duncan, OK
- e. **Massage and Spa**, 1910 E. Gore Blvd., Lawton, OK
- f. **Massage and Spa**, 3132 NW Cache Rd., Lawton, OK
- g. **Getaway Spa and Massage**, 1901 NW Cache Rd., Lawton, OK
- h. **Drew's Tobacco World**, 1514 SE 44th Street, Oklahoma City, OK

3. This is a lawful general order and its violation is punishable under Article 92, Uniform Code of Military Justice (UCMJ). Failure to abide by this order can result in adverse administrative action, non-judicial punishment in accordance with Article 15, UCMJ, or court-martial. The maximum punishment at general court-martial for violation of this order is reduction to the lowest enlisted grade (E-1), total forfeiture of all pay and allowances for two years, confinement for two years, and a dishonorable discharge.

4. Battery commanders and their equivalent will ensure that this order is published to all service members immediately. In addition, a copy of this order will be placed on unit bulletin boards until further notice.


 JAMES M. MCDONALD
 Major General, USA
 Commanding




REPLY TO
 ATTENTION OF

ATZR-JA

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Imposition of Temporary Off-Limits Restriction – Sidewinders

1. Effective immediately, Sidewinders, located at 24201 Oklahoma 49, Medicine Park, Oklahoma is off-limits to all military personnel, whether permanently, temporarily, or administratively assigned to the United States Army Fires Center of Excellence and Fort Sill and all other surrounding military installations within the jurisdiction of the Commanding General, Fires Center of Excellence. This action is necessary to protect the health, welfare, and safety of all personnel. This establishment is currently known as Sidewinders, however this location will remain off limits regardless of the establishment name, management, or ownership. This order will remain in effect until further notice.
2. This is a lawful general order and its violation is punishable under Article 92, Uniform Code of Military Justice (UCMJ). Failure to abide by this order can result in adverse administrative action, non-judicial punishment IAW Article 15, UCMJ, or court-martial. The maximum punishment at general court-martial for violation of this order is reduction to the lowest enlisted grade (E-1), total forfeiture of all pay and allowances, confinement for two years, and a dishonorable discharge.
3. Battery commanders and their equivalent will ensure that this order is published to all service members immediately. In addition, a copy of this order will be placed on unit bulletin boards until further notice.


 JOHN G. ROSSI
 Major General, USA
 Commanding

DISTRIBUTION:
 COMMANDERS
 97th SUPPORT GROUP, ALTUS AFB, OK 73523-5000
 71ST SECURITY POLICE SQUADRON, 138 SOUTH BROWN ROAD, VANCE
 AFB, OK 73705-5000
 (CONT)



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY FIRES CENTER OF EXCELLENCE AND FORT SILL
455 MCNAIR AVENUE, SUITE 100
FORT SILL, OKLAHOMA 73503

REPLY TO
ATTENTION OF

ATZR-JA

13 February 2014

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Imposition of Temporary Off-Limits Restriction – Apple Run / Deer Park Apartments

1. Effective immediately, the establishment located at 2301 NW Williams Avenue, Lawton, Oklahoma 73505 is off-limits to all military personnel, whether permanently, temporarily, or administratively assigned to the United States Army Fires Center of Excellence and Fort Sill and all other surrounding military installations within the jurisdiction of the Commanding General, Fires Center of Excellence. This action is necessary to protect the health, welfare, and safety of all personnel. This establishment is currently known as Apple Run or Deer Park Apartments, however this location will remain off limits regardless of the establishment name, management, or ownership. Any Soldier-tenants currently contracted to reside at this location may remain and fulfill their contractual obligations; renewal or extensions of leases are violations of this order. This order will remain in effect until further notice.

2. This is a lawful general order and its violation is punishable under Article 92, Uniform Code of Military Justice (UCMJ). Failure to abide by this order can result in adverse administrative action, non-judicial punishment IAW Article 15, UCMJ, or court-martial. The maximum punishment at general court-martial for violation of this order is reduction to the lowest enlisted grade (E-1), total forfeiture of all pay and allowances, confinement for two years, and a dishonorable discharge.

3. Battery commanders and their equivalent will ensure that this order is published to all service members immediately. In addition, a copy of this order will be placed on unit bulletin boards until further notice.


JAMES M. MCDONALD
Major General, USA
Commanding

DISTRIBUTION:
USAMEDDAC, ATTN: HSUA-PM, FORT SILL, OK 73503
(CONT)



DEPARTMENT OF THE ARMY
HEADQUARTERS, UNITED STATES ARMY FIRES CENTER OF EXCELLENCE AND FORT SILL
FORT SILL, OKLAHOMA 73503-5000

REPLY TO
ATTENTION OF

ATZR-C

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Imposition of Off Limits Restriction, Price Properties

1. Effective immediately, all rental homes and apartments managed or owned by Price Properties have been declared off limits to all military personnel assigned to Fort Sill, Vance, Tinker, Altus, and Sheppard Air Force Bases, Red River Army Depot, Pine Bluff Arsenal, Fort Chaffee, and McAlester AAP. This action is necessary to protect the health, welfare, and safety of all personnel. This order will remain in effect until further notice. This action does not apply to leases signed prior to publication of this order.

2. This is a lawful general order and its violation is punishable under Article 92, Uniform Code of Military Justice (UCMJ). Failure to abide by this order can result in adverse administrative action, non-judicial punishment IAW Article 15, UCMJ, or court-martial. The maximum punishment at general court-martial for violation of this order is reduction to the lowest enlisted grade (E-1), total forfeiture of all pay and allowances for two years, confinement for two years, and a dishonorable discharge.

3. Battery commanders and their equivalent will ensure that this order is published to all service members immediately. In addition, a copy of this order will be placed on unit bulletin boards until further notice.


JAMES M. MCDONALD
Major General, USA
Commanding

DISTRIBUTION: