



Notes from the FRSA

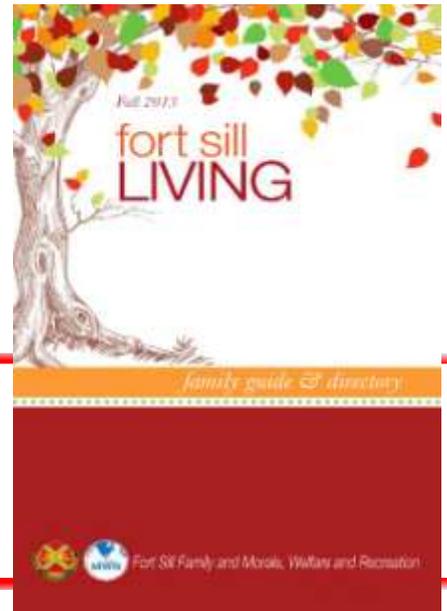


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73. Oktoberfest
74. Babysitting Course
75. Fort Sill's Army Ten-Miler Shadow Run
76. Nuts & Bolts: Business Basics
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78. Fort Sill Basic Weapon Safety Class
79. Military Kids Connect Survey for Teems
80. 82nd American Indian Exposition
81. Children's Art Workshop
82. DB Quality Promotions Unique Craft & Collection Show
83. Comanche County Fair
84. Western Spirit Celebration: A Cowboy Gathering
85. Grand Opening of City National Bank
86. Medicine Park Flute Festival & Art Walk
87. 3rd Annual Lawton Car Show Benefit, Huntington's Disease
88. Carter County FREE Fair
89. Choctaw Oktoberfest
90. Army Substance Abuse Program Newsletters
91. Military Community and Family Policy Newsletter (Fridays)
92. Unit Facebook Pages

1. September 2013 SillFACTS

www.sillmwr.com/Forms/sillfactsMTG.pdf or <http://tinyurl.com/7zb2qpl>

- September SillFACTS Agenda
- Apache Gate Road Improvements
- Graham Resiliency Training Campus Renovations
- Devil Dog Run
- Body vs Earth Triathlon
- Fort Sill's Army Ten-Miler Shadow Run
- Fort Sill Fall Post Wide Garage Sale
- IHG Army Hotels
- RACH Update
- RACH Flu Vaccination Schedule
- Oktoberfest 2013
- Army Family Action Plan Conference FY 2014
- Better Opportunities for Single Soldiers (BOSS)
- Team Sill – Oklahoma Pride Excellence in Education Award (2012-2013 School Year)
- Army Partnership with Local Area Schools (APLAS)
- Babysitting Course
- Hearts Apart
- Sibshops
- AFTB 2013 Fall Schedule
- Nye Library September 2013 Newsletter
- 2013 Men & Women Armed Forces Softball Tournament
- Buffalo Burger Cookout
- Active Duty Bowling League
- FMWR Key Events
- Team Sill Leadership Academy
- Corvias Military Housing
- Jewish High Holy Day Services
- REConnect
- West Nile Virus Fact Sheet
- Dental Assistant Apprenticeship Program
- PWOC Bible Study
- Fort Sill Thrift Shop
- ASYMCA's Soldier's Closet
- Patriot Spouses Club Aloha Luncheon
- Patriot Spouses Club PX Christmas Wrapping Event
- Commissary Hours
- AFAP Issue Submission Form



2. Fort Sill Living – Fall Guide 2013

<http://fortsillfamilyandmwr.uberflip.com/i/162558>

or <http://tinyurl.com/kp9klct>

3. Red River Family Magazine

A great resource for finding family friendly activities in the Lawton/Fort Sill community.

August 2013

<http://redriver.uberflip.com/i/148513>

Red River website: www.redriverfamily.com

★ 4. Fort Sill's Newcomer's Start Right Orientation ★

This orientation is held every Tuesday from 1:00pm-3:30pm at the Graham Resiliency Training Campus, 2934 Marcy Road. Please arrive and be seated in the room no later than 12:45pm. The orientation is free and is required for active duty Soldiers, Staff Sergeant and below, Warrant Officer 1, and 2nd Lieutenants. Family members are invited and encouraged to attend. It is the first afternoon of several days of briefings and training. Wednesday morning are topics from the risk reduction arena that discuss some of the issues facing Soldiers and Families here. Then, Wednesday afternoon through Friday morning, Resiliency Training is conducted. Friday afternoon finishes the training for first duty station Soldiers E4 and below, with financial training. **Family members are welcome and encouraged to attend any and all of these offerings. FREE child care is offered Tuesday afternoon only with the completion of a single form completed on site.** A variety of installation agencies are represented and brief about their programs and services. If you are new to Fort Sill, come to the newcomer's briefings. For more information, call 580-442-4916 or 442-0653.



The poster features a green background with the title "Fort Sill Newcomer's Orientation" in large, bold, black letters. In the top right corner, there are two circular logos: the Fort Sill crest and the MWR (Morale, Welfare, and Recreation) logo. Below the title, there are three small photographs showing military families in various settings: a soldier with a child, a soldier with a woman and child, and a family standing together outdoors. The text below the photos reads "Welcome to Fort Sill!" followed by "Tuesdays • 1 - 3:30 pm" and "Graham Resiliency Training Campus for Soldiers and their Family Members". It also states "1:45 - 2:15 pm Organizational representatives are on site to answer questions." and "Free childcare available." At the bottom, it says "Please call 442-4916 for more information."

Fort Sill Newcomer's Orientation



Welcome to Fort Sill!

Tuesdays • 1 - 3:30 pm
Graham Resiliency Training Campus
for Soldiers and their Family Members

**1:45 - 2:15 pm Organizational representatives
are on site to answer questions.**

Free childcare available.

Please call 442-4916 for more information.



2013 AFTB Fall Schedule

Level K

(Formerly Level I)

“Knowledge”

Learn about Military Acronyms and Terms, Chain of Command, Military Social Functions, Military and Civilian Resources, and Family Readiness Groups.

~~September 4 - 5~~

November 6 - 7

Who: Soldiers, Family Members, and DA Civilians

Where: AFTB Training Center,
2719 Bragg Road

*All class times are 9:00am to 3:30pm.

*Free Child Care is available on a first come, first serve basis. To ensure availability, call three weeks in advance to register.

Level L

(Formerly Level III)

“Leadership”

Expand Leadership Skills by Examining your Leadership Style, Resolving Conflict, Supporting Others through Coaching and Mentoring and Team Dynamics.

November 19—21

Level G

(Formerly Level II)

“Growth”

Improve Communication skills, Conflict Management, Personal Relationships, Time Management, Problem Solving, Overcoming Stress, explore Personality Traits and Successful Team Dynamics.

September 17 - 19

Call (580) 442-2039/2382

to register!



Mobilization and Deployment Program

FY 2013 & 2014 Family Readiness Group Training

DATE	CLASS	TIME	LOCATION
21-Aug-13	FRG Leadership Training	0900 - 1530	GRTC
18-Sep-13	Commander & RD Roles	0900 - 1530	GRTC
26-Sep-13	CARE Team	0900 - 1000 / 1730 - 1830	GRTC
23-Oct-13	* Informal Funds / Fundraising	1300 - 1500 / 1800 - 2000	TBD
12-Nov-13	Key Caller	0900 - 1030 / 1800 - 1930	GRTC
13-Nov-13	* FRG Leadership Training	0900 - 1530	TBD
20-Nov-13	* CARE Team	0900 - 1100 / 1800 - 2000	TBD
8-Jan-14	* FRG Leadership Training	0930 - 1530	TBD
18-Feb-14	* Informal Funds / Fundraising	1300 - 1500 / 1800 - 2000	TBD
19-Feb-14	Key Caller	1800 - 1930	GRTC
4-Mar-14	Key Caller	0900 - 1030	GRTC
11-Mar-14	Commander & RDC Roles	0900 - 1530	GRTC
19-Mar-14	* CARE Team	0900 - 1100 / 1800 - 2000	TBD
16-Apr-14	FRSA Role	0900 - 1530	GRTC
23-Apr-14	Informal Funds / Fundraising	0900 - 1100 / 1800 - 2000	GRTC
7-May-14	FRG Leadership Training	0900 - 1530	GRTC
14-May-14	* Key Caller	0900 - 1030	TBD
4-Jun-14	* CARE Team	0900 - 1100	TBD
6-Jun-14	Key Caller	1800 - 1930	GRTC
10-Jun-14	Informal Funds / Fundraising	1800 - 2000	GRTC
16-Jul-14	Commander & RDC Roles	0900 - 1530	GRTC
17-Jul-14	FRG Leadership Training	0900 - 1530	GRTC
19-Aug-14	* Informal Funds / Fundraising	0900 - 1100 / 1800 - 2000	TBD
17-Sep-14	* CARE Team	0900 - 1100 / 1800 - 2000	TBD
24-Sep-14	Key Caller	0900 - 1030	GRTC

All classes will be held at the Graham Resiliency Training Campus, 2934 Marcy Road, EXCEPT the classes labeled with an asterisk (*). The locations for these classes are to be determined.

All students MUST pre-register by contacting Willie Byrd at 442-0359 / willie.byrd@us.army.mil.

As it stands right now, child care is available for ACS offered classes/trainings. Because of the historically low usage for MOB-DEP class attendance and the high community demand for hourly child care, attendees wanting to utilize ACS funded child care for MOB-DEP classes should make their own arrangements via telephone or online up to 2 weeks in advance with CYSS. Attendees will need to inform CYSS that it is for an ACS MOB-DEP training; they have the schedule.

** We have received guidance, due to the current fiscal situation, that classes without at least 10 people registered will likely be cancelled. Please register ASAP for the training you would like to attend.

7. Military Child Education Coalition eNews August 2013



<http://tinyurl.com/ne5wbzy>

To view previous issues of the newsletter, please click on either link below:

www.militarychild.org/news-and-events/enews

or

<http://tinyurl.com/b2o5tnt>

8. CYSS CDC Closures

FY 14 - CYSS waiting for approval

9. TRADOC Weekly Newsletter

The latest edition of TRADOC This Week includes news from across the command.

www.tradoc.army.mil/ttw

- > General mentors women Soldiers seeking Bradley mechanic MOS
- > Cadet Command hits commission mission of 5,350
- > TRADOC employees inducted into Hall of Honor
- > Senator's staff visits CASCOM, discusses SHARP initiatives
- > Quartermaster School increases credentialing opportunities





10. Food Sanitation Trainings (Food Handler's Certification)



Preventive Medicine conducts the Food Sanitation Trainings every first Tuesday of the month at 1000 and another one at 1730 in their classroom located at 2775 Ringgold Road. **The classes are on a first come, first served basis and they only have 30 seats available.** People attending the training WILL NOT have to take a test anymore. The upcoming classes are scheduled on **1 Oct** and **5 Nov**. If you have any questions, you may contact SGT Smith at 442-3175.

11. Holidays and Observances:

- **National Grandparents Day** – 8 Sep
- **Patriot Day** – 11 Sep
- **Constitution Day and Citizenship Day** – 17 Sep
- **National POW/MIA Recognition Day** – 20 Sep
- **Gold Star Mother's Day** – 29 Sep
- **Child Health Day** – 7 Oct
- **Leif Erikson Day** – 9 Oct
- **Columbus Day** – 14 Oct
- **White Cane Safety Day** – 15 Oct
- **Boss's Day** – 16 Oct
- **Halloween** – 31 Oct
- **Daylight Saving Time ends** – 3 Nov; move time 1 hour back
- **Veteran's Day** – 11 Nov
- **Thanksgiving & First day of Hanukkah** – 28 Nov
- **Black Friday** – 29 Nov
- **Cyber Monday** – 2 Dec
- **Last Day of Hanukkah** – 5 Dec
- **Pearl Harbor Remembrance Day** – 7 Dec
- **Feast of the Immaculate Conception** – 8 Dec
- **Wright Brother's Day & Pan American Aviation Day** – 17 Dec



12. CYSS Parent Advisory Committee

The Parent Advisory Committee is a volunteer parent group established to further the connection between home, your child, the Fort Sill Child, Youth & School Services and your child/youth's classroom and teachers. Meetings are currently held on a quarterly basis. Please check with your facility director for more information concerning PAC meeting locations and/or becoming a PAC board member.

13. CYSS Parent Participation Program

This is a volunteer program established to allow patrons to earn free reduction for volunteering a minimum of 10 hours generally in their child or youth's program or on behalf of the entire CYSS program. Participation points may be accumulated from month to month until the parent earns 10 points to receive a 10% reduction on one month's fee for one child. If a parent has earned 20 points, then the 10% fee reduction may be applied for one child over a two-month period or used for two separate children during the same month.

14. RecPlex Friday Night Movies

Watch movies at the RecPlex every Friday night with Friday Night Movies from 5:00pm-7:30pm. Free popcorn is available. For more information, please call 442-4824/6539.



A Family Readiness Group (FRG) is an organization of Family members, volunteers, Soldiers and civilian employees belonging to an Army command. They provide support, assistance and a network of information among its members, the unit and community agencies. Unit FRGs consist of all assigned and attached Soldiers, their spouses, children, extended families, fiancés, boyfriends or girlfriends and retirees. Even interested community members are welcome as well.

For spouses and family members, being active in an FRG will help give a sense of belonging to the unit and the Army community—the Army family. It will also provide you with a way to develop friendships, share important information, find needed Army resources and share moral support during any unit deployments. It is while your Soldier is TDY (temporary duty), a Drill Sergeant, an Instructor, stationed at an installation away from their family, during the preparation for deployment, during the deployment itself, and in the homecoming that FRGs best show their full value.

The FRGs help every family to keep up to date on what is going on, and in addition to sharing information, the group chooses goals and activities centered on supporting Soldiers and families. It's a great way to learn about your Soldier's unit and his or her coworkers, to obtain accurate and up-to-date unit information, to meet with other spouses, to enjoy planned social activities, and to learn about resources available to you.

If you don't know who your FRG Leader is, please contact your Family Readiness Support Assistant (FRSA) to get connected.



**National Suicide Prevention Week, World Suicide Prevention Day
and Army Suicide Prevention Month 2013**

Shoulder to Shoulder: Standing Ready and Resilient

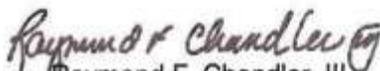
The United States Army remains the strength of our Nation and has demonstrated remarkable skill and professionalism over the past 12 years of combat operations. Nevertheless, the stress of military service, the resulting strain placed on relationships and Families, and injuries and illnesses suffered by some have challenged our resiliency. Individual responses to these challenges are often manifested as risk behaviors which sometimes may include suicide.

As a part of the ongoing Ready and Resilient Campaign, we are committed to cultivating a healthy and supportive climate to mitigate the possibility that our Army team members will consider suicide as an option in response to stress or adversity. When we see indicators suggesting that our battle buddies are at risk, we must have the courage to intervene in a compassionate and responsible way. Leaders at all levels must underscore the importance of awareness, education and training as a way to increase the resiliency and strength of our Soldiers, Civilians and Families.

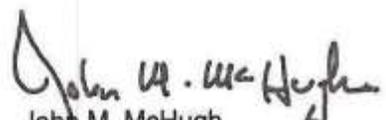
This September, in support of the Ready and Resilient Campaign outcomes, leaders across the Army should assess their units and engage in events and training designed to promote resiliency through education and awareness activities. These activities will include training in Comprehensive Soldier and Family Fitness; suicide prevention, assessments and intervention techniques; and activities that support stigma reduction. Active leadership involvement is critical to campaign success. We must leverage military and community resources to build individual resilience, strengthen Army professionals and sustain unit readiness while preserving lives.

Suicide impacts the entire Army community. We urge all Soldiers, Civilians and Families to work together to prevent suicide and to enhance individual and collective resilience and readiness through strong training programs. Our strength is at its greatest when we operate as a team.

Army Strong!


Raymond F. Chandler, III
Sergeant Major of the Army


Raymond T. Odierno
General, United States Army
Chief of Staff


John M. McHugh
Secretary of the Army

17. By Order of the Commanding General, US Army Fires Center of Excellence and Fort Sill, the establishments listed below are off limits to protect the health, safety, morale, welfare and discipline of service members. These orders are based upon recommendations from the Western Oklahoma Area Joint Service Armed Forces Disciplinary Control Board and under the authority of the Commanding General and the Sponsoring Commander of the Western Oklahoma Area Joint Service Armed Forces Disciplinary Control Board. This board includes representatives from Fort Sill, Altus, Vance, Sheppard, and Tinker Air Force Bases

These orders apply to all military personnel assigned to, attached to, or in a temporary duty status at military units or installations in Oklahoma, Arkansas, and north Texas. Soldiers, Marines, airmen and seamen who violate this order may be subject to disciplinary actions under the Uniform Code of Military Justice or to adverse administrative action.

- Addiction Ink, 1612 Pearlie Dr., Wichita Falls, TX
- BS Unlimited, 420 SW 59th St., Oklahoma City, OK
- Chief's Smokin' Icehouse, 1315 SW Lee Blvd, Lawton, OK
- Club Chameleon (Club Inferno), 2611 Plaza Pkwy., #304, Wichita Falls, TX
- Eastside Smoke Shop, 2005 E Gore Blvd., Lawton, OK
- FatHedz, 8912 S. Western, Oklahoma City, OK
- Foxy Lady, 411 North Scott Ave., Wichita Falls, TX
- Half Price Novelties, 2610 Pollard Rd., Lawton, OK
- Lynn's Books, Body Jewelry, etc., 1904 NW Ferris Ave., Lawton OK
- Mr. Coolz, 7808 S Western & 3200 N May Ave., #A, Oklahoma City, OK
- Outter Limits, 7092 MacArthur Blvd., Oklahoma City, OK
- Pipe Dreamz, 107 S. Sooner Rd., Oklahoma City, OK
- Platinum Gentlemen's Club, 12402 NW Old Cache Rd., Lawton, OK
- Puff and Stuff, 4401 NW Cache Rd. #A, Lawton, OK
- Qwik-N-Go, 2213 NW Sheridan Rd., Lawton, OK
- The Other Place, 605 SW Lee Blvd., Lawton, OK
- Studio E Club (formerly Village Vanguard), 2400 Sheppard Access Rd., Wichita Falls, TX
- Tommy's House of Music, 110 East Scott Ave., Wichita Falls, TX
- Zagman's Interesting Gifts, 2818 NW Sheridan Rd., Lawton, OK
- Ziggy's Smoke Shop, 2228 S. Air Depot Boulevard & 924 SW 59th St., Oklahoma City, OK

Orders regarding these establishments remain in effect despite changes in ownership, management, or name. Removal of the restriction will be considered by the Armed Forces Disciplinary Control Board upon presentation of information that satisfactory corrective action has been taken. Correspondence appealing this action may be submitted to the President, Armed Forces Disciplinary Control Board, ATTN: WE-SIL-ES, Building 1643, Randolph Road, Fort Sill, Oklahoma 73503.

18. Patriot Club First Tuesday Lunches - next lunch is on 1 Oct.

Patriot Club Lunch Buffet

First Tuesday of every Month, 11:30 am - 1:00 pm

*Enjoy an All-You-Can-Eat Buffet
featuring an assortment of
homestyle hot entrees, salads and desserts*

*\$8.50 per member
\$9.50 per non-member
includes drinks*






500 Upton Road • 442-5300

19.



ACS Playgroups

Monday thru Thursday 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 3 - 5 Years Old

Gartenzwerge 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 3 - 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/FortsBIAACS



20.

Are you pregnant or breastfeeding?

Join La Leche League and New Parent Support for a Breastfeeding Support Group. An accredited Leader & experienced nursing mother will be present & prepared to answer your questions.

- What: La Leche League Breastfeeding Support Group
- Where: Graham Resiliency Training Campus, 2934 Marcy Road, Ft Sill, OK
- When: ~~2nd~~ ^{4th} Thursday of every month at 12:30
- Who: Pregnant women, breastfeeding moms and their babies, and any interested women



Topics:

- The advantages of breastfeeding
- Coming home with baby
- The art of breastfeeding and avoiding difficulties
- Nutrition during breastfeeding



Group size is limited to provide individualized attention to each breastfeeding Mom. Space available on a first come, first served basis.

For more information contact 580-442-4916 or samantha.latchley.ctr@mail.mil

21.

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/FortSillIACS
www.SillMWR.com
580-442-4916

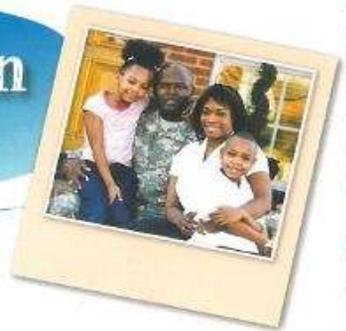


22. Tutor.com is FREE for Military Families

Access to Tutor.com for U.S. Military Families is available 24/7 using any internet-enabled device, including smart phones. Our expert tutors are certified professionals who are available online 24/7 to assist children and college students with homework, studying, test prep, and more, whenever they need it. This program is funded by the Department of Defense MWR Library Program, the Navy General Library Program and the Yellow Ribbon Reintegration Program. can provide one-to-one help with math, English, science, social studies and more. This program is free for eligible military families.

www.tutor.com/military

Tutor.com for Students in U.S. Military Families!



24/7 Online Tutoring and Homework Help Free for Army, Marine Corps, Navy and Air Force Families

With Tutor.com, students connect with a professional tutor for a one-to-one learning session the moment they need help. This timely, efficient and individualized instruction helps students get their homework done and come to school ready to learn. Our tutors ensure that students understand the key concepts so they can keep moving on the road toward college.

There is no cost to schools and no paperwork required. Eligible students in U.S. military families can access Tutor.com for free at www.tutor.com/military.

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Targeted tutoring leverages the student's current question to reinforce the key concepts taught in class. Our tutors incorporate teaching strategies for learning how to learn, while helping each student with his/her immediate class assignment.

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SCIENCE Earth Science Biology Chemistry Physics	SOCIAL STUDIES U.S. History World History	 
	STANDARDIZED TESTS SAT, ACT, PSAT/NMSQT and IB Advanced Placement (AP®) State Standardized Tests	

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Visit www.tutor.com/military or call 800-411-1970 for more information.

"This is a great help for me and my brother because our dad is away and cannot help us with our homework. This helps A LOT! Thank you!" —U.S. military student



tutor.com



This program is provided by the Department of Defense. Go to www.tutor.com/military/get-access to see a complete list of who is eligible to access the program.

Financial Resources for Military Families

Better Business Bureau (www.bbb.org) helps you check out businesses in your new hometown or online and works to resolve complaints. BBB Military Line (www.bbb.org/military) specializes in consumer alerts, financial education and resources for members of the military.

Investor Protection Trust (www.investorprotection.org) provides information about investing and protecting your money, including an excellent guide to help you get started in investing (www.investorprotection.org/learn). Look for special educational resources for the military.

Defense Credit Union Council (www.dauc.org) includes contact information for credit unions on base and other financial information for servicemembers.

ClearPoint Credit Counseling Solutions (www.clearpointcreditcounselingsolutions.org) offers budget, housing and debt-counseling resources.

SaveandInvest.org alerts military families to active scams, includes advice on saving and investing, and provides resources for checking out advisers.

MilitaryMoney.com offers advice on all aspects of personal finance for military families, plus links to discount and support programs.

MilitarySaves.org focuses on strategies for building savings and reducing debt, and includes inspirational stories from servicemembers who make savings a priority. The site also highlights special programs during Military Saves Week (the last week in February).

MyMoney.gov includes helpful information from a variety of government resources about budgeting, taxes, homeownership and credit, and how to avoid scams.

MilitaryOneSource.com is a clearinghouse for information related to all things military, including deployment, legal rights and finances.

Consumer Financial Protection Bureau Servicemembers' section (www.consumerfinance.gov/servicemembers) includes resources specifically designed to help members of the military plan for the future and protect their finances.

The Securities and Exchange Commission's military site (www.sec.gov/investor/military.shtml) offers warnings about scams targeting members of the military as well as general investor education and tips on how to check out a broker.

North American Securities Administrators Association (www.nasaa.org) includes links to state securities regulators, tips on avoiding scams and other helpful information for investors.

Department of Veterans Affairs SGLI (www.insurance.va.gov/sglISite/default.htm).

This site offers in-depth information about Servicemembers' Group Life Insurance.

TSP.gov features details about the Thrift Savings Plan for military personnel.

Defense Finance and Accounting Service (www.dfas.mil) includes information about active military and retiree pay, benefits and savings.

National Association of Insurance Commissioners (www.naic.org/consumer_military_insurance.htm). This site focuses on insurance issues for members of the military, and includes contact information for insurance regulators.

Armed Forces Legal Assistance (<http://legalassistance.law.af.mil>) includes a search tool to help you find legal-assistance offices at nearby bases.

Military Homefront (www.militaryhomefront.dod.mil). This Department of Defense Web site highlights resources and benefits for military families.

MyArmyBenefits (<http://myarmybenefits.us.army.mil>) includes information about military pay and benefits, transition information and tax rules.

IRS Armed Forces Tax Guide (www.irs.gov) explains special tax rules that can benefit military personnel.

U.S. Department of Justice (www.servicemembers.gov) provides details on special legal rights for members of the military and veterans.

Military.com focuses on pay and benefits, financial issues, preparing for deployment and transitioning out of the military.

National Military Family Association (www.militaryfamily.org) features resources to help families make the most of their benefits, prepare for deployment and cope with financial issues.

Armed Forces Crossroads (www.afcrossroads.com) covers benefits, deployment, relocation and other issues.

VA Loans. This Department of Veterans Affairs site (www.homeloans.va.gov) includes detailed information on VA loans.

Kiplinger.com provides timely advice and information to help with all areas of personal finance, from saving and investing to insurance, taxes, homeownership and financial planning. ★

ADDITIONAL RESOURCES

You'll find helpful information about benefits and support for military families at these sites.

Air Force (www.afcommunity.af.mil)

Army (www.myarmyonesource.com)

Army Reserve (www.arfp.org)

Coast Guard (www.uscg.mil/worklife)

Marine Corps (www.usmc-mccs.org)

Navy (www.nffsp.org)

National Guard (www.nationalguard.mil, www.jointservicesupport.org)

Reserve Affairs (<http://ra.defense.gov>)



Fort Sill Army Emergency Relief (AER)

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 Families.

Assistance Categories *

- Telephone bill (Cell & Landlines)
- Rent-utilities (less cable)
 - Emergency travel
 - Food
- Essential vehicle repair/ Auto Payment
 - Funeral expenses
 - Child care
 - Medical/dental expenses
 - Fire/disaster
 - Personal needs (If no pay due)
 - Replacement Vehicles
- Repair of HVAC (Heating, Ventilation, and Air Conditioning)
 - Purchase/Repair Stove or refrigerators
 - Child Car Seats
 - Travel Funds for Relocation
 - Dental for AD (If not covered by TRICARE)
- Dental for Dependents of AD & Retired Soldiers (Limited and Reasonable)
 - Cranial Helmets
- Furniture (initial household upon PCS or newly married)

* Assistance may be in form of a loan or a grant or combination based on financial hardship and ability to repay the loan.

For additional information on assistance eligibility
and the application process, contact your

Unit Command Financial NCO or AER at (580) 442-4916.

Don't forget to check out all of the great things happening in Family and MWR; visit our
website at: <http://www.sillmwr.com/>



AWC and YOU

You set the goals, the AWC staff puts you on the health path to achieving them and walks the path with you.

*Programs are **FREE!**
From private sources this testing would cost you about \$3000*

Who do we serve?

U.S. Army Soldier
Family Member
Retiree
DA Civilian

- Medical Referral, APFT Failure, Unit Referral, Self-Referral •

AWC
ARMY Wellness Center
Fort Sill

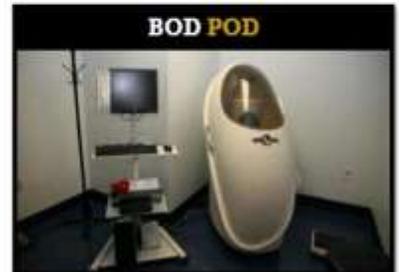
Building 2868 Craig Road
Fl. Sill, OK 73503

Make Your Appointment Today!

Call: (580)442-0680



Stress Reduction with Biofeedback



What are your goals?

Weight Loss
Increasing Physical Activity
Improving Body Composition
Decreasing Your Risk for Disease
Better eating habits
Stress Management
Tobacco Education

It is our mission at the AWC to help you achieve your goals!



Looking for a good deal?

The Thrift Shop is a store where military, retirees & dependents can go to consign unwanted items to be sold to the public. You get 75% of the selling price, we donate our profits back to the military community. We have great buys on housewares, appliances, furniture, baby items, toys, and much more. Everybody wins at the

Thrift Shop on Ft. Sill

Bldg. 1713 (Former Class Six Store)

Phone 355-8731

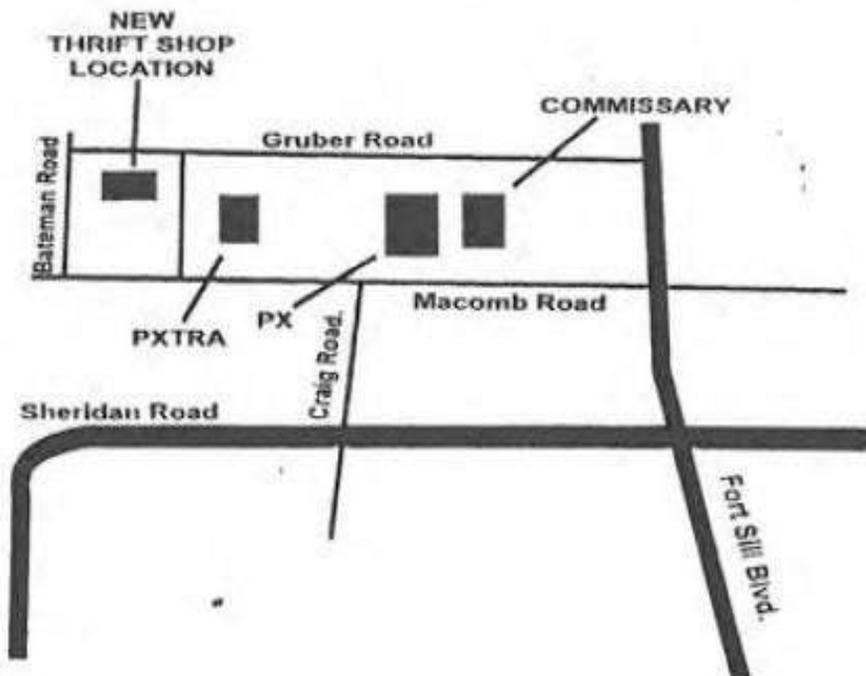
Operating Hours:

Tue.- Fri. 9a.m. - 1p.m., Sat. 9 a.m. - 2p.m.

Consignment Hours:

Tue.- Fri. 9-11a.m. Military in uniform 11:30-12:30

Furniture: Sat. 9a.m. - 2p.m. (by appointment only)



27.



**SAVE TIME
WITH
TRICARE ONLINE!**

24/7

TOL allows you to:

- Schedule and cancel appointments for you & your family
- Receive email and text message appointment reminders
- Refill and check the status of your prescriptions
- View or download your personal health data via the Blue Button
- Link to 'secure messaging' to communicate with your health team



[3 New Easy Ways to Log on to TOL](#)

CAC
DS LOGON
DFAS MyPay Account

Go to  today!

28.

**ARMY PUBLIC HEALTH NURSING
OUTREACH CLINIC**

- CONFIDENTIAL SEXUALLY TRANSMITTED INFECTION TESTING
- TOBACCO CESSATION ENROLLMENT
- CHILD SERVICES MEDICAL REVIEW

NO APPOINTMENT NEEDED
Check in at Team Integrity
Tuesdays & Thursdays 0800-1600
INFO - 442-2061

29.

Don't trash it...Return it!



Army Provider Level Satisfaction Survey

APLSS is a confidential survey mailed randomly to patients after medical appointments. It is a great way for you to rate the services you received during your visit with us.

How Do Returned Surveys Benefit You?

- » Your voice is heard by leadership
- » Your responses are reviewed to determine what is important to you
- » Returned surveys are tied to funds we can use to improve services



Soldiers, Retirees and Family Members
You are important to us and we are listening!

**The next time you receive a survey –
please take a few minutes to complete it so
we can better serve you.**

30.

DID YOU KNOW!

RACH has a Nurse Walk-in Clinic

- . Sore Throats
- . Urinary Tract Infections (UTI)

&

Physician Ordered Items:

- . Blood Pressure Checks
- . B12 Injections
- . Testosterone Injections
- . Wound Checks
- . Suture Removals

The Nurse Clinic is located in your
Family Medical Home Team
Monday—Friday
0800-1100 & 1300-1530

Another Way for us to Serve You!

31.

Soul to Soul

Autoimmune Support Group

***Meets every 2nd and 4th Saturday of the
month at 11:00***

***CCMH in Maple Room 1
(next to the cafeteria)***

***All sufferers of autoimmune diseases
are welcome (military and civilian)***

***POC: Kara Spencer (580) 678-4414 or
Tina Smoley (580) 713-9606***

**Comanche County Memorial Hospital
3401 West Gore Boulevard, Lawton**

32.

Soul to Soul Autoimmune Support Group

New Member Luncheon

Sept 13, 2013

11:00

Jimmy's Egg

948 NW 38th St, Lawton

**R.S.V.P. Kara Spencer (580) 678-4414 or
Tina Smoley (580) 713-9606**

Participants will be responsible for their own meals

33.

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.myarmyonesource.com>
(Family Programs and Services,
AFAP Issue Management)**

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

**3. AFAP issue boxes located
throughout community (June—Aug.).**

www.myarmyonesource.com



34. AFAP is looking for volunteers for the 2013 AFAP Conference in October!

They are in need of:

- Facilitators
- Recorders
- Transcribers
- Issue Support
- General Volunteers

Please contact Merilee Nevins, the APAP/AFTB Program Manager, at merilee.k.nevins.civ@mail.mil or 442-2039 for more information.

FORT SILL ARMY FAMILY ACTION PLAN

ISSUE SUBMISSION FORM

1. **Issue Title:** (In a few words, **describe** what the problem is that affects your quality of life at Fort Sill and/or in the Army?)

2. **Scope:** (Tell us **about** the issue; **why** it's a problem; **who** it affects)

3. **Recommendation:** (Tell us **what** we should do to fix it)

4. **Submitter's Name/Phone/E-mail:** (This information is kept confidential. You will only be contacted if your issue is unclear and needs clarification.)

Note: Army Family Action Plan addresses quality of life issues that have a Fort Sill and/or Army wide impact. You may drop off the issue to any of the AFAP containers located around the community, ACS, or submit your issues online at <http://www.myarmyonesource.com>.

Customer service concerns should be submitted through the Interactive Customer Evaluation (ICE) <http://ice.disa.mil> or the chain of command.

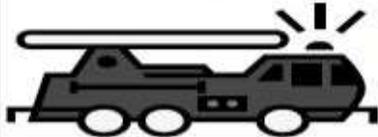




Hours of Operation:
Mon—Thurs: 10-5pm Fri—Sun: 10-5pm
CLOSED FEDERAL HOLIDAYS
442-2048/3806

FIRE DEPARTMENT VISIT

Join us **September 7th** from **1:00-2:30pm** to meet some real fireman, tour a fire truck, learn about fire safety, make crafts, listen to a story, and play games!



Guardians will need to sign a permission form allowing children to tour the fire truck; permission forms will be available upon arrival. Guardians must remain with their children at all times.

Lunch & Learn Safari Database Training

Join us on **Sept. 27th @ 11:30am** for a **FREE lunch** (provided) and an opportunity to learn about the Safari Database Nye Library offers the Ft. Sill community. We will be navigating the Safari Database on shared laptops while we enjoy a provided lunch!

- Please sign-up at the circulation desk by **Sept. 26th!** Space is limited to 25 individuals.



BOOK CLUB



Please join the Nye Library Book Club which is conducted on the first Sunday of the month from **2 - 4pm**. (Unless it is a Holiday weekend). The book we are discussing on **September 8th** is **A Discovery of Witches** by **Deborah Harkness**. Please bring book recommendations! Snacks provided.

STORYTIMES: 11am Wed. & 2pm Thur.

Join us every **Wednesday at 11am** or **Thursday at 2pm** for stories, fun activities, and cute crafts. The programs will be the same both days. Story Times are available for children up to preschool age. It's never too early to start visiting the library!

FREE COMPUTER CLASSES, 1pm

We now offer a **FREE** computer class once a quarter (once every 3 months) Please feel free to recommend future subject matter to the instructor. Class topics are currently under review. Please check back with us at 442-3806 for updates. We will offer a class in January, April, July, and October.

PUPPET THEATRE

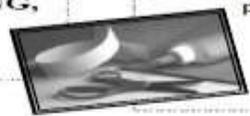
Our puppet performance will be **Friday, September 13 @ 11am** at Nye Library. After the show we will make a craft related to the show. Please join us for some fantastic fun! Puppet shows will be once a month so mark your calendars.

Check us out online:

Webpage: <http://www.sillmwr.com/recreation-leisure/nye-library>
 Online Catalog: <http://mylibraryus.armybiznet.com/search~S47>
 Like us on Facebook: Fort Sill Family & MWR Recreation

PROCTORING
 Our proctoring services have been reduced to evening and weekend hours. Please contact the Education Center at 442-3201 as your primary proctoring agency.

FAXING, SCANNING, PRINTING, & COPIES



FAMILY FUN
 Looking for something to do with your children? Ask about our family friendly programs at the front desk. We have story times, puppet shows, Summer Reading Programs, & more!

Wii & MEDIA ROOMS
 Borrow remotes, controllers, and games or DVDs at the front desk. Children under 18 must be accompanied by a guardian.

DID YOU KNOW?

STUDY/MEETING ROOMS
 No place to meet? We offer small study rooms & larger meeting rooms for patron use. Ask at the front desk for details. Meeting rooms can hold 26 people each.

FREE DOWNLOADS
 Want to listen to eMusic & eAudiobooks; Want to watch eVideos, read eBooks & eMagazines? Ask about access to the Library Electronic database and Zinio and browse for whatever interests you!

WIFI & INTERNET ACCESS
 Need to check AKO, Facebook, or do research? We have free wifi for personal computers and a computer lab. Drop by the Computer Assistance desk for details.

Audio Books
 We now have Playaways in addition to fiction and non-fiction CD Books in the juvenile, young adult, and adult collections.

Language Learning Resources
 Rosetta Stone is available for use in our Language Lab. Ask for details at the circulation desk. Also available are language materials for checkout, including books and audio discs. Try the Transparent Language service found on our Online Catalog. You will have to create a username and pin at the circulation desk before accessing the Transparent Language site.

We embrace the Covenant 3 for Customer Service: We will provide a Warm Welcome, Focused Attention, and a Sincere "Thank You" for your support of our Family and MWR programs. If you feel you did not receive the Covenant 3, please let a member of the team know so we can do bet-



**NYE LIBRARY
 SEPTEMBER CALENDAR OF EVENTS**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 CLOSED Labor Day	3	4 Storytime 11am	5 Storytime 2pm	6	7 Fire Dept. Visit 1pm
8 Book Club 2-4pm: <u>Discovery of Witches</u> by Deborah	9	10	11 Storytime 11am	12 Storytime 2pm	13 Puppet Show 11am	14
15	16	17	18 Storytime 11am	19 Storytime 2pm	20	21
22	23	24	25 Storytime 11am	26 Storytime 2pm	27 Safari Database Training 11:30 Lunch & Learn	28
29	30					



SEPTEMBER 2013

LIBRARY MUSINGS



VISION STATEMENT:
All people in our community value & use the Lawton Public Library.

MISSION STATEMENT:
Provide opportunities to engage in life-long learning.

Stay up-to-date by liking "Lawton Public Library, Municipal City of Lawton" on Facebook.



SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH!
GET YOUR LIBRARY CARD TODAY!



LUOL DENG
Two-time NBA all star of the Chicago Bulls and Honorary Chair

A program of the American Library Association

BOOKFACE CONTEST September 1 – 30 All Ages



Become a model for literacy during this year's Library Card Sign-Up Month & enter the Lawton Public Library's Bookface Contest

Grab a book, take a picture, & share your photo so we can promote Lawton Public Library! You might even win a prize thanks to the Friends of the Library. The Library will be accepting submissions during the month of September. We will display the photos on the Library's website & the winners will be announced on the Library's web page.

Contest Rules

- Contestants can enter multiple times.
- All ages are allowed to submit Bookface photos.
- All submissions must be electronically submitted through the Library's Facebook page or by email to librarynews@cityof.lawton.ok.us
- Contestants agree that photos will be used by the Lawton Public Library for publicity purposes.

Extra Hints & Tips

Try holding the book closer or farther away from the camera. You may need a friend to hold the book. Feel free to dress like the photo or do your hair to match. Don't be afraid to try another camera angle. It is all about getting the right camera perspective.

Inspiration

librarybookface.tumblr.com & ironlibrary.weebly.com/bookface-photo-contest.html

Both libraries will be closed Monday, September 2, in observance of Labor Day. The library catalog & databases will still be available online at cityof.lawton.ok.us/library

All programs are at the Main Library unless otherwise indicated.

Library programs are generously sponsored by the:



Friends of the Lawton Public Library

Library Musings

PAGE 1

CHILDREN'S CORNER



GET LOOSE WITH MOTHER GOOSE
Every Thursday @ 9:30 am - 10:00 am
Ages 0 - 3 & caregivers

This special story time focuses on early childhood development skills in babies/toddlers by reading, rhyming, playing & so much more!

READ & ROMP!
Every Thursday @ 10:30 am - 11:00 am
Ages 2 - 6 & caregivers

Weekly story times include stories, singing, & play time. Start the love of libraries early.

THIRD TUESDAY THINK TANK
Tuesday, September 17 @ 4:30 pm - 5:30 pm
Grades 2 - Grades 6

For games & programs that make you think! Are you ready for some fun? Think about it!



TEEN ZONE

TEEN BOOK CLUB
Tuesday, September 24 @ 6:30 pm - 7:00 pm
Grades 7 - Grades 12

This month's book is *Between Shades of Gray*, by Ruta Sepetys. Come discuss the book over pizza & pop. Books for the next month will be handed out at the end of the meeting.



SURVIVAL SATURDAY 4 TEENS
Saturday, September 7 @ 3:00 pm - 4:00 pm
Fun, creative projects & ideas that will fire up your imagination & prime your brain for maximum survival potential.

TALK LIKE A PIRATE DAY!
Thursday, September 19
All Ages



Ahoy mates! Any of you who swagger into the library talking like a pirate will get a pirate tattoo. Practice your lingo for the Library!

NEED HOMEWORK HELP?

Check out BrainFuse HelpNow for students in elementary school through college! HelpNow is an online resource with skill building exercises, test prep help, a writing lab, foreign language lab, test practice center (SAT, ACT, GED, & more), question center, & live tutor assistance! Go to the library's webpage for login details.



PAGE 2

Library Musings

ADULTS

ADULT BOOK CLUB
 Tuesday, September 10 @ 6:00 pm – 7:00 pm
 The book for September is *Killing Lincoln* by Bill O'Reilly

FUTURE READS
 Tuesday, October 8: *V is for Vengeance* by Sue Grafton
 Tuesday, November 12: *Batter off Dead* by Tamar Myers

SOUTHWEST OKLAHOMA GENEALOGICAL SOCIETY (SWOGS)
 Monday, September 16
 6:30 pm – 7:30 pm
 This month's meeting will feature local author David Rollins, who wrote *Sunset Peak* which is a mystery novel set in the Wichita Mountains. He will be talking about the local history

LET'S TALK ABOUT IT OKLAHOMA EXPERIENCE: THE 1930S
 Tuesday, September 17
 6:00 pm – 7:30 pm
 Read the book & participate in a scholar-led monthly discussion. Copies of books are available from the Main Library.

 The September book is *Roughneck* by Jim Thompson. Discussion is facilitated by Dr. Judy Neale.
 Let's Talk About It!



Books, services, & other materials for this series are provided by Let's Talk about It, Oklahoma, a project of the Oklahoma Humanities Council with funding from the National Endowment for the Humanities. Funding for this series was provided by grants from the Inasmuch Foundation & Kirkpatrick Family Fund. Any views, findings, conclusions, or recommendations expressed in these programs do not

INTERNATIONAL FESTIVAL @ ELMER THOMAS PARK
 Friday - Sunday, September 27, 28, 29
 Support the Friends of the Library by purchasing water, pop, & juice from the Friends of the Library booths. Want to volunteer to work the booths? Please call David Snider 580-345-7266. For more information about the Festival: cityof.lawton.ok.us/labc/IE.htm

ADOPT-A-MAGAZINE
 Please SAVE *endangered* magazines! Due to budget cuts, the material money is limited this year. *Adopt-a-magazine* is a new program for library supporters to donate magazine subscriptions to benefit your library. For more information, please go online at cityof.lawton.ok.us/library or talk to a library employee. Thank you for helping support your library!



Library Missings

LOCATIONS & HOURS

Main Library
 110 SW 4th Street
 Lawton, OK 73501
 580.581.3450

Mon – Wed 9:00 am – 8:00 pm
 Thu – Sat 9:00 am – 6:00 pm
 Sunday CLOSED

Kathleen Wyatt Nicholson Branch Library
 1304 NW Kingswood Road
 Lawton, OK 73505
 580.581.3457

Mon – Fri 1:00 pm – 5:00 pm
 Sat 10:00 am – 3:00 pm
 Sun CLOSED

cityof.lawton.ok.us/library
 Director _____ Kristin E. Herr

LIBRARY BOARD

Chair _____ Patty Neuwirth
 Vice Chair _____ Susan Kremmer
 Member _____ Frantzie Couch
 Member _____ Eunice Edison
 Member _____ Susanna Fennema

The next library board meeting is **Wednesday, September 11 @ 3:30 pm at the Kathleen Wyatt Nicholson Branch Library.** The public is invited to all meetings.

FRIENDS OF THE LIBRARY

President _____ Dr. Judy Neale
 Vice Pres. _____ Jenny Braedon
 Treasurer _____ Patty Neuwirth
 Secretary _____ Frantzie Couch

The Friends of the Library meet quarterly. The next meeting is **October 28 @ 6:00 pm.**

Support your Friends of the Library. Become a member today! Annual membership is just \$10.00 per person or \$20.00 per family.

PAGE 3



SEPTEMBER 2013

	Mon	Tue	Wed	Thu	Fri	Sat
	2 Library Closed for Labor Day	3	4	5 9:30 am Mother Goose 10:30 am Read & Rompl	6	7 3:00 pm Survival Saturday
	9	10 6:00 pm Adult Book Club	11	12 9:30 am Mother Goose 10:30 am Read & Rompl	13	14
Sunday	16 4:30 pm SWOGS	17 4:30 pm Think Tank 6:00 pm Let's Talk About It	18 2:30 pm Library Board	19 9:30 am Mother Goose 10:30 am Read & Rompl	20	21
	23	24 6:30 pm Teen Book Club	25	26 9:30 am Mother Goose 10:30 am Read & Rompl	27 International Festival @ Elmer Thomas Park Support the Friends by buying water, pop, & juice	28 International Festival @ Elmer Thomas Park Support the Friends by buying water, pop, & juice
	30 International Festival @ Elmer Thomas Park Support the Friends by buying water, pop, & juice	GET THE NEWSLETTER ONLINE Send an email to librarynews@cityof.lawton.ok.us with "subscribe" in the subject line to receive the library's monthly newsletter in your email.				



SEPTEMBER IS LIBRARY CARD SIGN-UP MONTH

For more information, visit stonylibrary.org



August 2013
Volume 4, Issue 1

Commissary Express Line

Your Commissary ... It's worth the trip!



Billy J. Benner
Store Director
580-442-2305 x 3122

Store Hours
Sun. 1200-1800
Mon. CLOSED
Tue. 0930-2000
Wed. 0930-2000
Thu. 0930-2000
Fri. 0930-2000
Sat. 0800-1800

Early Bird shopping
15 items or fewer
Mon - Fri: 0700 to 0930
Sat: 0700-0800

Other important numbers
580-442-4515 plus ext.

Dept. Ext.

Deputy Director	3114
Customer Service	3103
Store Manager	3104
Grocery	3115
Produce	3117
Meat	3112
Secretary	3123

Follow Us



Fort Sill Commissary

Mobile app marks Rewards Card anniversary

On Aug. 8, the Defense Commissary Agency will observe the first anniversary of the Commissary Rewards Card. To coincide with this milestone, the mobile application "Commissary Rewards Card" will be available for patrons using the Apple iPhone.

The new app will be available in the app store Aug. 8 on all

iPhones and iPads, giving patrons the ability to access their rewards card account, select coupons and review clipped, redeemed and expired coupons.

The app can also be used to locate commissaries and get specific store information such as phone numbers.

Don't have an iPhone? An Android app is planned for 2014.

[Commissary Rewards](#)

<http://tinyurl.com/a6le4dn>

'Back to School' savings at your commissary

Commissaries are offering significant savings on "Back to School" products.

"Your commissary is the very best choice to get food products for your children's healthy breakfasts; easy-to-prepare,

healthy lunches; after-school snacks and other school-related items – all at great savings to you," said Michelle Frost, chief of promotions and marketing for DeCA.

Get more about [promotions](#).

<http://tinyurl.com/lnk5wu5>

Summertime is time to check in on food safety

Food handling safety risks at home are more common than most people think. The four easy lessons of CLEAN, SEPARATE, COOK and CHILL can help prevent harmful bacteria from making your family sick.

Check out the [Food Safety](#) section of DeCA's website for information you can use.

<http://tinyurl.com/meqcjzp>



Staying informed of food-safety-related recalls can be a full-time job. Thanks to Commissaries.com, it's just a couple clicks away. Click [Stay Informed](#) for alerts on products sold in commissaries or on [All Recalls](#) from the FDA.

<http://tinyurl.com/3e552x>

<http://tinyurl.com/lml644>

Check us out on Facebook

Don't just read about your commissary benefit. Find ways to maximize your savings, share shopping tips, recipe ideas and get in on some of the lively discussions found only on DeCA's Facebook page. If you're on Facebook, visit us at [Facebook.com/Your Commissary](http://Facebook.com/YourCommissary).

<http://tinyurl.com/arsybwe>



Start getting your *Commissary Rewards* today! Ask your cashier or customer service representative for your card.

<http://tinyurl.com/a6le4dn>

Kay's Kitchen is always open



Kay's recipes, nutrition tips and shopping advice are just a click away, 24/7.

[Kay's Kitchen](http://Facebook.com/KaysKitchen)

<http://tinyurl.com/av8z7e>

Store Director's Scoop

Suggested Shopping Times:

Due to the current furlough situation and the Fort Sill Commissary being closed on Mondays, you may wish to shop on Wednesday or Thursday for a more enjoyable shopping experience.

Back to School:

It is time for school to begin and what better place than your commissary to find all of your school lunch items and save money, from the Deli's lunchmeat and cheeses to the Produce Department's fruits and vegetables. Don't forget the chips and snack aisle and of course, a juice or drink! Your Commissary, it is worth the trip!

Upcoming Promotions:

8-21 Aug.....Lunch Box Full of Savings/Dollar Days
 22 Aug – 11 Sep.....Labor Day Sale/Hispanic Heritage Month
 12 – 25 Sep.....US Air Force Birthday Sale

Early Bird Shopping:

Just a reminder, early bird shopping is for 15 items or fewer and is through the Self-Checkout registers only. Thank you for your co-operation.

Holiday Hours:

Your Fort Sill Commissary will be closed on Monday, 2 Sept 2013, Labor Day. Regular shopping hours will resume on Tuesday, 3 Sep.



As always, thank you for shopping at your Fort Sill Commissary!

INFORMATION PAPER

SUBJECT: Preparing for Your PCS Move and Household Goods (HHG) Shipment

1. **Purpose:** To provide information on how to make your PCS move and HHG shipment successful and to reduce the potential for shipment difficulties during the peak shipping season from 15 May -30 Sep.

2. **Summary:** We are currently in the summer peak season for HHG shipments for Soldiers and their families, a time in which 65% of all DoD HHG moves are performed. This high percentage of DoD moves places a strain on the moving company industry capability to accomplish all moves when requested and sometimes results in a less than adequate quality of performance by the Transportation Service Provider (TSP) assigned to pack and move your shipment.

3. **Tips for Success: Remember PLANNING, PREPARATION, FLEXIBILITY and COMMUNICATION are the keys to executing a successful PCS move and HHG shipment.**

- a. Consult your local Personal Property Office (PPO) located in B4700 or call 580-442-3909/3931 to schedule an appointment for first time movers or seek assistance for those more experienced movers conducting their own move through the DPS/DP3 Program.
- b. Plan your move. Go to www.move.mil to get started
- c. Watch the Video provided at this site.
- d. Register for DPS account.
- e. Log in to the Defense Personal Property Program System (DPS/ DP3).
- f. Perform Self Counseling (Provide Copy of Official Orders to Personal Property Office).
- g. Enter shipment information into DPS.
- h. Remain in constant communication with your TSP until your move is completed.
- i. If you experience problems with the TSP, immediately contact your local PPO for assistance and to see if the issue can be resolved.
- j. After your move is finished, log into DPS and complete the customer satisfaction survey. **This is your opportunity to influence which TSPs participate in the program.**
- k. If you incurred loss/damage during the move, log back in to DPS and file your claim on line (within 75 days of delivery). This is a requirement if you want the full replacement coverage.
- l. Lastly, remember that your local Personal Property Office is available to assist you either at the originating location or the destination location when you need assistance.

4. **Points of Contact Information:** For additional assistance consult your local PPO located in B4700 or call 580-442-3909/3931. Hours of operation are Monday-Friday from 0730-1600. Closed weekends and holidays. Please be aware that from the period 8 Jul-30 Sep, there will be limited staffing on Mondays and Fridays due to the furlough so you may have a longer wait time.

- a. Outbound Shipment: 580-442-3326/3903/3931/3600.
- b. Inbound Shipment: 580-442-3824/3983



FORT SILL

sill.corviasmilitaryliving.com

COMMUNITY OFFICES

Old Cavalry Post
1164 Lester Road
oldcavalrypost@corvias.com
580-581-2140

Southern Plains
5703 Geronimo Road
southernplains@corvias.com
580-581-2142



BIKE HELMET SAFETY

Bike riding is a lot of fun, but accidents can happen. That's why it's so important for you and your children to wear bike helmets each time you ride a bike, even for short rides. The helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC) and should fit properly. It should not be too small or too big or be worn with a hat. It should be worn level and cover the forehead. The straps should always be fastened and snug enough that you can't pull or twist the helmet around on your head.

If your child doesn't love his bike helmet, encourage him to personalize it with some of his favorite stickers. Reflective stickers are a great choice because they look cool and make the rider more visible to vehicle drivers.

Source: kidshealth.org

FALL SAFETY FAIR

Fort Sill families are invited to the 2013 Safety Fair hosted by Corvias Military Living on Tuesday, September 24 from 4 p.m. to 6 p.m. at the Southern Plains Community Center. This fun-filled event features demonstrations, educational booths and more provided by your local fire and police departments and veterinarian services. For the little ones, a bike decorating contest will be held for three age groups: 2-4 years old, 5-9 years old and 10-13 years old. The winners from each age group will receive a prize.

Hot dogs, chips and drinks will be available to all event-goers. The Safety Fair is free and open to all Fort Sill family housing residents plus their furry friends. Poop and scoop is mandatory. We look forward to seeing you at the event.

We have a winner!

Congratulations to the Clark Family, our winners of the \$100 Visa gift card! All residents who updated their contact information from May - August were entered into a drawing for a chance to win the gift card.

Thank you to everyone who participated. Your personal email address helps to ensure

you are receiving important neighborhood notifications and announcements. By keeping your contact information up-to-date, you enable us to communicate more effectively with you.

Please contact your community office to update your information.



Service Schedules

Corvias offers a variety of services to make your life easier including trash, recycling and lawn care. Please visit the calendar on our website for your service dates: sill.corviasmilitaryliving.com/residents/calendar.

Corvias  military living



SUICIDE PREVENTION

A sense of community is one of the most important factors in building ready and resilient service members and families. In the military community, support from others is the best resource in helping to face daily stressors, including feelings of isolation caused by being away from friends and family, long duty hours, financial stress and other challenges.

It is important for the military community to recognize when someone they care for is distancing themselves from their loved ones, their unit, or when their behavior is a source of concern. Some additional signs

of someone contemplating suicide can include giving away personal belongings or other actions as obvious as saying final goodbyes.

If someone is in need of help, there are several resources to assist. The Military Crisis Line, 800-273-8255, also called the Veteran's Crisis Line, is a joint Department of Defense and Department of Veterans' Affairs initiative. The MCL is staffed with caring, qualified VA responders who understand the challenges of military life. The MCL is a free, confidential service available 24/7 to all active-duty, National Guard and reserve service members, their families and their friends.

Those in crisis can also send a text to 838255 or chat online at www.veteranscrisisline.net with a crisis responder. Those in need of assistance can also reach out to their local chaplain or Social Work Services through the installation's medical facility.

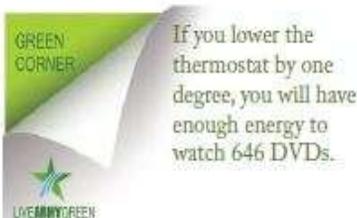
It's quarterly survey time!



Towards the end of September, 25 percent of Corvias Military Living residents will receive a housing survey in the mail. This is a prime opportunity for you and your family to tell us how well we are doing in meeting your on-post housing needs.

By completing and returning the survey and the enclosed prize entry form, you are eligible for a drawing to win one of six \$100 Visa gift cards from Corvias Military Living.

Congratulations to the winners from the June 2013 survey drawing: the Clark Family, the Garibaldi Family, the Van Dyke Family, the Freeman Family, the Childers Family and the Coffman Family.



If you lower the thermostat by one degree, you will have enough energy to watch 646 DVDs.

Upcoming Events



September 2
Labor Day
Neighborhood Offices open 9 am-1 pm

September 21, 11 a.m.-3 p.m.
32nd Annual Buffalo Burger Cookout
Co-Op Park

September 24, 4-6 p.m.
Safety Fair
Southern Plains Community Center

September 28, 8 a.m.-1 p.m.
Post Wide Garage Sale
1-78th Field Artillery (BOLC) parking lot

Stay up-to-date with Fort Sill's event calendar! Go to:
sill.corviasmilitaryliving.com/residents/calendar

FOUNDATION PROVIDES GRANTS TO SPOUSES



Since 2006, John Picerne's foundation has awarded over \$4.5 million in scholarships and educational grants to children and spouses of active-duty service members, including 162 educational grants to spouses at a total of \$810,000. This year, the Foundation awarded \$100,000 in grants to spouses of active-duty service members to support their educational goals, including these Fort Sill spouses:

Keishay Cook is pursuing a certificate for Dental Assistant from Platt College. She enjoys dentistry and wants to help others gain confidence through their smile. Her husband is Staff Sgt. Seth Cook, U.S. Marines.

Margarita DeLeon is pursuing a Bachelor's degree in Psychology at Cameron University. Her husband is Staff Sgt. Elias DeLeon, U.S. Army.

Talphineta Kelly is pursuing an Associate's degree in Nursing from Western Oklahoma State College. She aspires to be a Physician's Assistant. Her husband is Staff Sgt. Washburn O. Kelly, U.S. Army.

Andrew Walker is pursuing an Associate's degree in Computer Programming from Oklahoma State University Institute of Technology. Upon completion, he plans to work towards a Bachelor's degree in Information Security and Assurance. His wife is Spc. Sherry S. Walker, U.S. Army.

41.

FITNESS CLASS SCHEDULE SEPTEMBER 2013

Monday

Time	Location	Class	Instructor
0600-0700	HFC	Spin	Nikki
0800-0900	RFC Pool	Water Aerobics	Rosemary
0945-1015	RFC	Fierce, Fit & Fab	Claudia
1030-1130	RFC	Zumba	Jordan
1130-1200	RFC	Waist Watchers	Claudia
1715-1745	RFC	Insanity	Mandy
1800-1900	HFC	Spin	Susan
1830-1930	RFC	Zumba	Fatima

Tuesday

Time	Location	Class	Instructor
1030-1130	RFC	Kickzumbuns	Claudia/Jordan
1045-1145	HFC	Yoga	Susan
1630-1730	HFC	Spin	Michelle
1700-1800	GFC	Boxercise	Mike
1700-1800	RFC Pool	Water Aerobics	Rosemary
1730-1830	HFC	Step and Kick	Flor

Wednesday

Time	Location	Class	Instructor
0600-0700	HFC	Spin	Nikki
0800-0900	RFC Pool	Water Aerobics	Rosemary
0945-1015	RFC	Fierce, Fit & Fab	Claudia
1030-1130	RFC	Zumba	Jordan
1130-1200	RFC	Waist Watchers	Claudia
1140-1220	HFC	Cardio Kickboxing	Thomas
1145-1245	GFC	Boxercise	Mike
1800-1900	HFC	Spin	Susan
1830-1930	RFC	Zumba	Mika

Thursday

Time	Location	Class	Instructor
1030-1130	RFC	Kickzumbuns	Claudia/Jordan
1045-1145	HFC	Yoga	Susan
1630-1730	HFC	Spin	Michelle
1700-1800	GFC	Boxercise	Mike
1700-1800	RFC Pool	Water Aerobics	Rosemary
1730-1830	HFC	Step and Kick	Flor

Friday

Time	Location	Class	Instructor
0600-0700	HFC	Spin	Nikki
0800-0900	RFC Pool	Water Aerobics	Rosemary
0945-1015	RFC	Fierce, Fit & Fab	Claudia
1030-1130	RFC	Zumba	Jordan
1130-1200	RFC	Waist Watchers	Claudia

Saturday

Time	Location	Class	Instructor
0930-1030	RFC	Zumba	Jordan
1030-1200	RFC	Basketball Clinic	A. Redd

HFC-Honeycutt Fitness Center 442-5912
 GFC-Goldner Fitness Center 442-2740
 RFC-Rinehart Fitness Center 442-6712



42.



Commissary Furlough is over.

Your Commissary is back to serving you, 7 days a week. Open on Mondays.

Hours of Operations:

Monday through Friday 0930 to 2000
 Saturday 0800 to 1800
 Sunday 1200 to 1800

Early Bird:

Monday through Friday 0700 to 0930
 Saturday 0700 to 0800
 No Early Bird on Sundays

Early Bird shopping is 15 items or fewer through the Self Checkout registers only.

Early Bird hours may be canceled in the future to reduce labor cost based on sales analysis and customer traffic.

We will keep our patrons informed.

THANK YOU!

Zumba at Edison Elementary
 5801 NW Columbia Ave
 Community \$3
 (Teachers) \$1
 Mondays and Thursdays
 6:00pm

PARTY TIME!!!



JOIN THE PARTY  zin zumba instructor network
ZUMBA
 fitness
www.facebook.com/lawtonoklahomazumba




PARTY YOURSELF INTO SHAPE

THE LATIN-INSPIRED, EASY-TO-FOLLOW, CALORIE-BURNING DANCE-FITNESS PARTY. FEEL THE MUSIC AND LET LOOSE.



Zumba With Jered & Andi
Where: Aggie Dec Center - Cameron University
Days: Tuesdays, Wednesdays, Fridays
Times: 5:15pm - 6:15pm



Please "LIKE" us on Facebook @ www.facebook.com/lawtonoklahomazumba

44.



American Red Cross

The Red Cross is offering a meaningful way for youths age 14-17 to spend their summer break. They can **serve their community** by the supporting the staff and patients at Reynolds Army Community Hospital. The Red Cross offers a **flexible** program which focuses on:

- Supporting the military community
- Interacting directly with clients
- Teamwork
- Meeting new people
- Learning new skills
- Giving back to your community
- **HAVING FUN** this summer!

If interested, youths can complete a Red Cross Volunteer Interview and pick up an application packet at the Red Cross Office located in Room 320 of Building 4700 on Mow-Way Road (Welcome Center). This year's Volunteer Orientation will be held on 30 May 13 from 1000-1500 at Reynolds Army Community Hospital.

Space is limited! We will place volunteers on a first come-first serve basis. Those who have not completed their application by the 30 May deadline will not be eligible to participate. A complete application includes HIPAA certification and an Occupational Health Screening.

To schedule an interview:

Email: rob.rogers@redcross.org

Phone: 580-442-3950

45.

A promotional poster for 'Dollar Night' at the Sheridan Road Theater. The background is dark blue with red accents. The text is white and yellow. It features two red movie tickets with 'DOLLAR NIGHT!' written on them. A white box contains a special offer: 'Get 2 Med Drinks 1 Med Popcorn & Admission for 2 \$7.50'. To the right, it says 'Make it a Date Night!' with a silhouette of a couple. At the bottom, it lists the address 'Bldg 3260 Sheridan Rd.', the 'X EXCHANGE' logo, and the 'REAL TIME THEATERS' logo.

It's Dollar Night Every Thursday!
AT SHERIDAN ROAD THEATER

Thursday movies are only \$1.00 admission!

Get 2 Med Drinks
1 Med Popcorn
& Admission for 2
\$7.50

Make it a Date Night!

Check current movies at shopmyexchange.com

Bldg 3260
Sheridan Rd.

X EXCHANGE

REAL TIME THEATERS



Fort Sill Army Family Team Building Needs Assessment Survey

(Thank you for completing the survey so we can better meet your needs.)



1. What is your status? <i>(Please select all that apply)</i>	<input type="checkbox"/> E1-E4 <input type="checkbox"/> Spouse of E1-E4 <input type="checkbox"/> Civilian Employee <input type="checkbox"/> Volunteer (no other affiliation with the military)	<input type="checkbox"/> E-5-E8 <input type="checkbox"/> Spouse of E-5-E8 <input type="checkbox"/> Veteran <input type="checkbox"/> Other (Please specify) _____	<input type="checkbox"/> Officer <input type="checkbox"/> Spouse of Officer <input type="checkbox"/> Warrant Officer <input type="checkbox"/> Spouse of Warrant Officer
2. Marital Status	<input type="checkbox"/> Married (With Children) <input type="checkbox"/> Divorced (Not remarried) <input type="checkbox"/> Widow(er) <input type="checkbox"/> Dual Military	<input type="checkbox"/> Married (Without Children) <input type="checkbox"/> Divorced (Remarried) <input type="checkbox"/> Single (Without Children) <input type="checkbox"/> Other (Please Specify) _____	<input type="checkbox"/> Single (With Children)
3. Do you live on post?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
4. If you live off post, where do you live?	<input type="checkbox"/> Lawton <input type="checkbox"/> Elgin <input type="checkbox"/> Cache <input type="checkbox"/> Other _____		
5. How long does it take you to get to Fort Sill?	<input type="checkbox"/> 0-15 min <input type="checkbox"/> 15-20 min <input type="checkbox"/> 20-30 min <input type="checkbox"/> 30-40 min <input type="checkbox"/> longer than 40 min		
6. Do you know where Army Community Service (ACS) is located?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
7. Which ACS programs have you used in the past year? <i>(Mark all that apply.)</i>	<input type="checkbox"/> Army Emergency Relief <input type="checkbox"/> Financial Readiness <input type="checkbox"/> Employment Readiness <input type="checkbox"/> Relocation <input type="checkbox"/> Exceptional Family Member <input type="checkbox"/> Information & Referral <input type="checkbox"/> Family Advocacy <input type="checkbox"/> Loan Closet <input type="checkbox"/> Army Family Team Building <input type="checkbox"/> Volunteer Program <input type="checkbox"/> Other (specify) _____ <input type="checkbox"/> N/A		
8. What is the best method for ACS to get information to the community? <i>(Mark all that apply.)</i>	<input type="checkbox"/> E-mail <input type="checkbox"/> Facebook <input type="checkbox"/> Post Newspaper <input type="checkbox"/> Flyers <input type="checkbox"/> Web Page <input type="checkbox"/> Intranet <input type="checkbox"/> Other (Please Specify) _____		
10. What type of workshops/training are you interested in? <i>(Mark all that apply.)</i>	<input type="checkbox"/> AFTB, Level K – Military Knowledge <input type="checkbox"/> Personal Relationships <input type="checkbox"/> AFTB, Level G – Personal Growth and Resiliency <input type="checkbox"/> Stress Management <input type="checkbox"/> AFTB, Level L – Leadership <input type="checkbox"/> Time Management <input type="checkbox"/> First Sergeant Spouse Seminar <input type="checkbox"/> Ball Etiquette <input type="checkbox"/> Recruiter Spouse Seminar <input type="checkbox"/> Team Dynamics <input type="checkbox"/> Drill Sergeant Spouse Seminar <input type="checkbox"/> Family Preparedness (financial, emergency, etc.) <input type="checkbox"/> Other - Please specify _____		
11. What is the best time for you to attend workshops? <i>(Rate in preferred order with 1 being the highest)</i>	<input type="checkbox"/> Mornings <input type="checkbox"/> Lunch Time <input type="checkbox"/> Afternoons <input type="checkbox"/> Evenings <input type="checkbox"/> Weekends		
12. What is the length of workshop/training you would be able to attend? <i>(Rate in preferred order with 1 being the highest)</i>	<input type="checkbox"/> Full Day Workshops <input type="checkbox"/> 1/2 Day Workshops <input type="checkbox"/> 2-3 Hour Workshops <input type="checkbox"/> 1 Hour/Lunch Time Workshops <input type="checkbox"/> 2-3 Hour Evening Workshops <input type="checkbox"/> 1 Hour Evening Workshops <input type="checkbox"/> Other (Specify) _____		
13. Is childcare an important factor in your ability to attend workshops/training?	<input type="checkbox"/> Yes <input type="checkbox"/> No		
14. Comments/Suggestions	<hr/>		

Please return the survey to Merilee Nevins, AFTB/AFAP Program Manager by one of the following methods.

E-mail: merilee.k.nevins.civ@mail.mil

Fax: 580-442-7617

Mail or Deliver: ACS, Bldg. 4700 Mow-Way Road, Fort Sill, OK 73503



Pre-Movement PCS Briefs

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



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



First Thursday/Month: Germany 10:00am, CONUS (Stateside) 1:00pm &
All Others (not listed) 2:30pm

Second Thursday/Month: Korea 10:00am, Hawaii 1:00pm & Alaska 2:30pm



Questions?

Contact ACS:
580-442-4916

Located in the Welcome Center
Bldg 4700 Mow-Way Rd

48. Upcoming Volunteer Opportunities



2013 – 2014 Calendar of Events

<http://www.sillmwr.com/> <http://www.lawtonfortsillchamber.com/>

Event	Date	Time	Location	Event Description
Trace Adkins Volunteer In-Brief	July 3, 2013	1700-1800	Fort Sill Conference Center	Volunteer In-brief and training for ticket takers, ID wrist-banders, beverage sales and shuttle drivers. POC – Laurie Babule 580-442-4682 lauri.l.babule.civ@mail.mil
Trace Adkins Concert	July 5, 2013	1200 – 2300	Fort Sill Polo Field	Assist and support as ticket takers, beverage sales and shuttle drivers POC – Laurie Babule 580-442-4682 lauri.l.babule.civ@mail.mil
Military Appreciation and Family Fun Day (Car Show)	July 13, 2013	1100 – 1800	Lake Elmer Thomas Recreation Area (LETRA)	Cool off at Fort Sill's LETRA, featuring a car show, sandy beach, miniature golf and a water slide. Assist with set up, tear down, bounce houses, etc. POC MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
Ft. Sill BOSS, 3 on 3 Basketball Tournament	July 20, 2013	0900-UTC	Rinehart Gym	A friendly competition among Fort Sill Soldiers, BOSS concessions available. POC-SPC White 580-442-6346 amanda.white1.mil@us.army.mil ; MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
Fort Sill Single Soldier Day	July 26, 2013	1000 – 1500	LETRA	Assist with set up and break down, food service. POC-MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
Co-Op Commander and Command Sergeant Major Softball Game	August 2013	1200 – 1500	The Cammerer Complex Sheridan Road Softball Field	There's nothing like a little friendly competition to enhance camaraderie between civilians and Soldiers. Sell items at the Snack Bar. POC-MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
Armed Forces Softball Tournament	September 14-19, 2013	TBA	The Cammerer Complex Sheridan Road Softball Field	Sell items at Snack Bar, Provide logistical support on and off field. POC – Laurie Babule 580-442-4682 lauri.l.babule.civ@mail.mil
31st Annual Buffalo Burger Cookout	September 22, 2013	1100 – 1500	Co-Op Park	Thousands of buffalo burgers are served to Co-Op program civilians and military and their families. Volunteer at bounce houses, food/beverage service. POC-MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
International Festival	September 27-29, 2013	1600-2200 Friday 1000-2200 Saturday 1100-1900 Sunday	Elmer Thomas Park	Assist with set up and tear down of performing stages, patron surveys, information booths, parking, etc. (581) 581-3470/3471 www.dbyof.lawton.ok.us/LAHC Parade of Nations Friday, September 27, 2013.
Oktoberfest	October 4, 2013	1800 – 2200	Patriot Club	Assist with beverage sales. POC – Laurie Babule 580-442-4682 lauri.l.babule.civ@mail.mil
Holiday in the Park	December 2013	TBA	Elmer Thomas Park	Assist and support the staging of annual seasonal lighting display. POC-MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
Bill Smith Memorial Golf Tournament	April 2014	0730 – 1630	Fort Sill Golf Course	Military and civilian teams compete for the traveling trophy. Provide logistical support on day of event. POC-MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
The City of Lawton Trash Off Campaign	April 2014	0800 – 1500	Various locations throughout Lawton	All-volunteer effort to sweep the City of Lawton clean. Provide support on day of event. POC-MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil
Armed Forces Day Parade	May 17, 2014	1000 – 1130	Downtown Lawton	A parade of Fort Sill military combined with floats and parade entries from the civilian community. Assist and support with check-in and along parade route. POC-MSG Velez 580-442-6455 angel.m.velazrodriquez.mil@mail.mil



CAP ACTION EBLAST

Do Something! Do One Thing! One Thing Counts!



The Child Abuse Prevention Action Committee is a collaborative group involved in the planning and promotion of child abuse prevention efforts throughout Oklahoma.

Volume 1, Issue 11

"a publication of CAP ACTION and its partner agencies"

September 2013

Child Abuse Prevention and Reporting Child Abuse!

If you suspect it, **REPORT** it.

1-800-522-3511

Reports of child abuse and neglect can be made 24 hours a day, seven days a week by calling the above Oklahoma Child Abuse Hotline number. All calls are confidential. Learn more by visiting the Oklahoma Department of Human Services website, www.okdhs.org

WHO MUST REPORT? Oklahoma State statute requires **EVERY** person who has reason to believe a child under 18 is being abused or neglected, or is in danger of being abused or neglected, to promptly report the suspicion. Failure to report child abuse is a misdemeanor offense. A person who reports suspected abuse in "good faith" is immune from criminal and civil liability.

HOW TO REPORT? If you suspect abuse or neglect, call the Oklahoma Child Abuse Hotline.

If the child is in imminent danger, contact **911**.



BUILD A COMMUNITY THAT CARES Studies have shown that neighbors can prevent child maltreatment in a community simply by increasing their awareness and working together.

GET INVOLVED!

TEN WAYS TO SAVE A CHILD IN THE NEIGHBORHOOD CIRCLE

1. Learn the names of all the kids on your block.
2. Invite a neighbor with kids for dinner.
3. Have "safe houses" clearly marked where kids can go if they need help.
4. Hold gatherings of adults and kids throughout the year – picnics, barbecues, winter walks, pumpkin carvings, game days.
5. Create spaces in your neighborhood where adults and children can gather – benches near a basketball hoop, for example.
6. Remember, the sounds of skateboarding means kids are doing something constructive (getting exercise and not getting into trouble).
7. Put up signs: "Drive slowly! We love our kids."
8. Get the kids on your block involved in drawing up a neighborhood map and creating a phone tree network.
9. Adopt a "senior citizen" on the block and watch out for him or her. (Kids can shovel walks, rake leaves, etc.)
10. Take a walk through your neighborhood on a regular basis; admire the flowers, get to know the dogs, and acknowledge the kids.



Source: Stopping at Every Lemonade Stand, James Vollbracht

Do just one thing! Your one thing counts!

- ✓ Take a stack of Child Abuse Hotline cards wherever you go... pass them out to friends, leave them at your local library, church, childcare, school, etc. Available in English and Spanish by email request: sheriet@health.ok.gov
- ✓ All parents can be challenged while out with their child in public, especially when the child is tired, hungry, confined or bored. We can lessen parents' stress by doing the following:
 - BE KIND and supportive.
 - CONNECT with the parent or child. *"It's not easy, is it? I remember when my kids were that age."*
 - ASSIST the parent by offering help. Examples include offering to read a book in a waiting room or providing an extra set of hands at the supermarket.

Agency Spotlight

In 1988, **Parent Promise** was founded by members of the Exchange Club service organization and opened its doors as The Exchange Club Center for the Prevention of Child Abuse of Oklahoma, Inc.

In 2001, The Exchange Club Center merged with **Prevent Child Abuse Oklahoma**, expanding its services to include public education, community awareness and parenting resources for all parents in our community. Their mission is to prevent the abuse and neglect of Oklahoma's Children through free educational programs and home visitation.

This year Parent Promise celebrated 25 years of service; they have made over 10,000 home visits and are dedicated to strengthening families.

For more information, call 1-800-children.

Upcoming Events

Next CAP ACTION meeting – Wed, October 16th, 10:00am
CAP Day at the Capitol – Tuesday, April 8, 2014

Follow Us/Like Us – Click!



EARLY CHILDHOOD
TIP SHEETS

2014 Child Abuse Prevention (CAP) Action begins now! [Sign Up](#) today to join efforts!

50.

Whang-McKelway-Whang Trio Concert

@ Cameron University

Performing works by Beethoven, Debussy and Brahms



Hyunsoon Whang
pianist

Daniel McKelway
clarinetist

Pegsoon Whang
cellist

7:30 pm, Thursday, September 5
University Theatre
Free admission

51.



NAF

Job Employment Seminar

Come join us!!!

Thursday, September 5, 2013
8:00-12:30pm
4700 Mow Way, Room G-29
Fort Sill, Oklahoma

**New to the community?
Looking for a great place to work?
Consider an MWR Position!**

Positions are available now with **Family and Morale, Welfare and Recreation(MWR)**.

- This seminar will help inform applicants on how to apply using USAJobs.gov.
- Computers and assistance will be available.



Apply at <https://www.usajobs.gov>

Call (580) 442-5853 for more information.

52.



Please join us for our First Friday
Meet-n-Greet on Friday, Sept. 6th at
10:00 a.m. at Frontier Chapel

10:00 a.m. ~ Food & Fellowship

Bring your favorite donuts, rolls, or cake and we'll have the coffee ready!
Meet, mingle, and chat with a lovely group of ladies.

10:45 a.m. ~ Rosary & The Litany

11:45 a.m. ~ Mass

53.

GRAB A FRIEND!

**LACE UP YOUR SKATES
AND GET YOUR ROLL ON WITH
THE LADIES OF 580!**

**SKATE CLASS
IS IN SESSION**

September 7

**580 ROLLERGIRLS
ARE HEADED TO
LAUGH OUT LOUD
SEPT. 7 TO TEACH
SKATING CLASSES
NOON TO 6 P.M.
\$5 PER PERSON.**

LAUGH OUT LOUD
6720 QUANAH PARKER TRAILWAY
LAWTON, OK 73505

WWW.580ROLLERGIRLS.COM

Fort Sill Family and MWR and Army Community Service Financial Readiness Program Resources for Civilians

FRP Link: www.sillmwr.com/soldier-family-programs-2/financial-readiness-and-aer-loans/
Reservations for all Training is required at least two weeks in advance.

Training

Financial Management Training
(Classes: Basic Financial Planning and Budgeting)
Every 3rd Tuesday of the month Noon – 4 PM
And every 3rd Wednesday, 8 AM – 12 noon
BLDG 4700, Location TBD

Financial Planning for Relocation
~~7 June, 12 and 20 July, 09 and 20 August, 06 and 20 September~~
BLDG 4700, Room 153N

Free online Financial Readiness Training is available on
www.myarmyonesource.com

Financial Counseling and Coaching

(Appointment is required)
Budget and Debt Management
Credit Report Review and Repair
Consumer Issues

Other Resources and Information

www.cccsok.org
www.tsp.gov
www.powerpay.org
www.saveandinvest.org
www.annualcreditreport.com
www.oces.okstate.edu/comanche
www.oklahomamoneymatters.org
www.fdic.gov/consumers/consumer/moneysmart
United Way 355-7575
Lawton Food Bank 353-7994
Salvation Army 355-1802



For more information, please contact the FRP Team at 580-442-4916

15th Annual

Body vs Earth Triathlon

September 7
8:00 am at Letra

OPERATION
★ Live Well ★

U.S. ARMY
MWR

Register online
www.sillmwr.com

500M SWIM 18 MILE BIKE 4 MILE TRAIL

Military \$25 • Civilian \$30 • Teams \$85
Add \$5 for same day registration (Mixed, Male or Female)

For more information
call 442-5623 or 442-3269

The Robert L. Hutchins Chapter
of
Ducks Unlimited Inc. 
is hosting the
E.J. ARDOIN MEMORIAL
GREENWING SHOOTING EVENT
Comanche Skeet & Trap Range
Fort Sill, Oklahoma

September 7, 2013 • 9:00 a.m. - 1:00 p.m.

**Open to all boys and girls in the
Lawton Fort Sill community ages 6 through 16**

- Events include Skeet Shooting and BB Gun Shooting
- Free Hot Dogs, Chips and Drink for lunch, For All
- The STEP Training Trailer will be furnished by the Oklahoma Wildlife Department for introduction to steel shot shooting
- Firearms Safety Briefing, Ear and Eye Protection Furnished
- Shotguns, BB Guns and all Ammunition Furnished

Each participant will receive a free \$10.00 DU membership as a Greenwing and will receive the National Greenwing Magazine.

The Skeet Shooting event will allow Boy Scouts and Explorers to receive Shotgun Merit Badges and the BB Gun Shooting allows Cub Scouts to receive the Rifle Merit Badge.

All participants must have Parental Release prior to participating. Releases will be available at the event.

All Cub Scouts, Boy Scouts and Explorers must be rostered through your Den, Troop or Post to qualify for Merit Badges.

Additional information may be obtained by calling
Mark Conklin at (580) 442-3553.



Hearts Apart

**ACS will host this
event at the
VFW
103 NE 20th St
Lawton, OK
9 September 2013
5:00 - 7:00**



**Active Duty,
National Guard
and Reserve
Families
Welcome**

Is your Soldier deployed, on an unaccompanied tour, a Drill Sergeant on a new cycle, TDY or away attending a school?

Get together with other families just like you, apart from their Soldier. This is not an FRG, it is an opportunity to create a strong group of family members for activities, advice and support.

4H will be there to provide activities for all the children.

Call 580-442-3095/0359 or email
natira.h.mcgee.civ@mail.mil
willie.l.byrd.civ@mail.mil
for your reservation.



REConnect

Spiritual Fitness through Religious Education at Fort Sill

Spiritual fitness is the focus of REConnect, the installation-wide religious education program. This program meets Wednesday evenings through May 14, 2014. Primary features of the intra-faith program are a no-charge, simple fellowship meal as well as classes and groups for all ages. Although some are faith-group specific, many classes are supportive of all faiths. All troops, authorized civilians, and their families are sure to find a warm welcome.

Schedule for Wednesdays, September 11, 2013 – December 18, 2013

5:15 p.m.–5:45 p.m. Frontier Chapel A light meal offers a time for fellowship with others who participate in the classes. Afterward, classes meet at the Graham Resiliency Training Center and Frontier Chapel.

6 p.m.–7:30 p.m. Frontier Chapel Catholic religious education and all sacramental preparation.

6 p.m.–7:30 p.m. Graham Resiliency Training Campus Protestant and intra-faith classes meet at GRTC. Protestant studies include children's classes and electives for adults. Some classes are of interest to all regardless of religious preference. However, all classes affirm spiritual values and will support the faiths represented by the participants.

Classes Meeting at Frontier and Grierson Chapels:

--**CRE (Catholic Religious Education) and RCIA** are required religious education and sacramental preparation programs for the Catholic community. These classes meet through May 14, 2014, and include ages pre-K through adult. For information and registration, contact the Catholic religious education coordinator at 442-1875.

Classes Meeting at Graham Resiliency Training Center:

--Kid's Bible Clubs.

--Protestant Youth of the Chapel.

--A Retreat with Matthew, Going Beyond the Law:

--The Lord's Prayer.

-How Now Shall We Live

--The Story.

--Spiritual Fitness for Combat Resiliency

--The Truth Project

--Financial Peace University-

The Five Love Languages/His Needs Her Needs

Registration: no registration is required but some classes have limited seats so sign-up at Frontier Chapel or call CH Eric Bey at 580-442-2637

59.



Who's excited to see Randy Houser perform on the Chickasaw Entertainment Stage at the 2013 Oklahoma State Fair? Randy will take the stage on Opening Day (September 12) so that means admission is only \$2. Can't beat that deal! 3001 General Pershing Blvd., Oklahoma City 73107

Fair Hours

Gates: Open at 8:00 a.m.

Buildings, Outdoor Exhibits, & Food: Open at 10:00 a.m. daily

Buildings: Close at 9:00 p.m. Sunday - Thursday

Buildings: Close at 10:00 p.m. Friday - Saturday

Outdoor Exhibits, & Food: Close at 9:30 p.m. (or later) Sunday - Thursday

Outdoor Exhibits, & Food: Close at 10:30 p.m. (or later) Friday - Saturday

Carnival Hours

Monday (Kids' Days): Opens at Noon

Tuesday - Friday: Opens at 1:00 p.m.

Saturday - Sunday: Opens at 11:00 a.m.

The Fair outdoor areas, including the carnival, close at various times and/or at the discretion of Fair management.

Regular Admission

Adults (ages 12+): **\$9** Children (ages 6-11): **\$5** Children (ages 5 and under): **FREE!**

Season Passes: **\$25**

Thursday, September 12: Opening Day - \$2 admission

Devil Dog Run ^{20th Annual}



The Devil Dog Run
Fort Sill, Oklahoma

September 14
*Race begins 8:00 am
at New Post Chapel*



Events:

10K & 5K Run 1 Mile Fun Run
10k Military and Civilian Team Run

Cost \$20 Day of Registration 6-7:30 am.
Cost Increases by \$5

Register at www.sillmwr.com

Sponsored by:

2013

MEN & WOMEN



ARMED FORCES SOFTBALL TOURNAMENT

September 15-19

at The Cannoneer Complex



For
Times
and Bracket
Information visit
WWW.SILLMWR.COM

Sponsored by:



LAWTON-FORT SILL
CHAMBER OF COMMERCE

Federal endorsement of sponsors not intended.

62. Fort Sill Volunteer Orientation

Discover the incredible number and variety of volunteer opportunities on Fort Sill and in the surrounding communities at the Volunteer Orientation on Tuesday, September 17, 2013 at 10:00-11:30 a.m. in Room 203, Bldg. 4700 Mow-Way Road.

Child care will be provided. Children MUST be registered with Child, Youth and School Services (CYSS). Reservations must be made at least two weeks prior at 580-558-4305/4306. Please call the Volunteer Program Manager at 580-442-4682/4916 or laura.l.batule.civ@mail.mil to reserve a space. Please sign up early!



Army Volunteer Corps

Fort Sill Volunteer Orientation

Room 203, Building 4700 Mow-Way Road, Fort Sill, OK
www.sillmwr.com 580-442-4682/4916

Volunteer Orientation – Tuesday, September 17, 2013 at 10:00-11:30 am
Registration required – Free childcare* – call 580-442-4682/4916 or
laura.l.batule.civ@mail.mil

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
Judge Advocate General (JAG)
Library
Marketing
Military Welcome Center (Lawton/Fort Sill Airport)
Museum
New Parent Support Program
Patriot Spouses' Club
Public Affairs Office (PAO)
Relocation Readiness Program
Schools
Scouting
Soldier and Family Assistance Center (SFAC)
Survivor Outreach Services (SOS)
Thrift Shop

*** Reservations must be made three weeks prior.**
Call Grierson CDC at 580-442-4305.

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 can be found at www.myarmyonesource.com

Click on Volunteer Tools – Fort Sill Community

Top 10 Reasons to Volunteer

Meet new people and make new friends
Try a new career and acquire new skills
Flexible hours
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 childcare (varies by agency)

Fort Sill Dental Activity American Red Cross

Dental Assistant Apprenticeship Program

• Applications available thru the DENTAC HQ
and the RACH Red Cross Office beginning 16 SEP 13

• Application deadline is 15 NOV 13

• Program Start: 7 JAN 14



American Red Cross



FREE Legal Help

- * Wills
- * Durable powers of attorney
- * Medical durable powers of attorney
- * Living Wills (advance directives for health care)



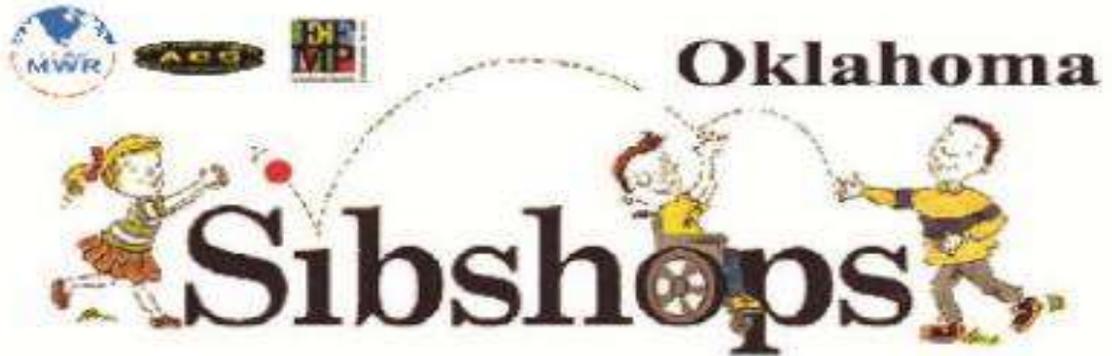
Retiree Appreciation Days
September 19 - 20



Schedule your appointment
by calling
580-442-5058 or 580-442-5059

65. EFMP Sibshop

Sibshop is a recreational workshop for brothers and sisters of a child with special needs. The event is free and open to military and non-military children 6 years old and up. Lunch will be provided, call EFMP to register, 442-6818.



September 21, 10 am - 1 pm · Graham Resiliency Training Campus

This is a free workshop that is open to military and non-military children! Pizza will be served!

*Spaces are limited.



EFMP Sibshop will offer opportunities for siblings of children with disabilities and special health care needs to obtain peer support and education within a recreational context. The workshop is a lively, pedal-to-the-medal celebration of the many contributions made by brothers and sisters, ages 6 years old and up.

For more information or to register call, (580) 442-6818.

Visit us at www.sillmwr.com

September 21



Doors open at 6 pm
Bout starts at 7 pm
Great Plains Coliseum
920 SW Sheridan Rd.

WE'RE COMING TO GET YOU!

580 ROLLERGIRLS VS. EAST TEXAS BOMBERS



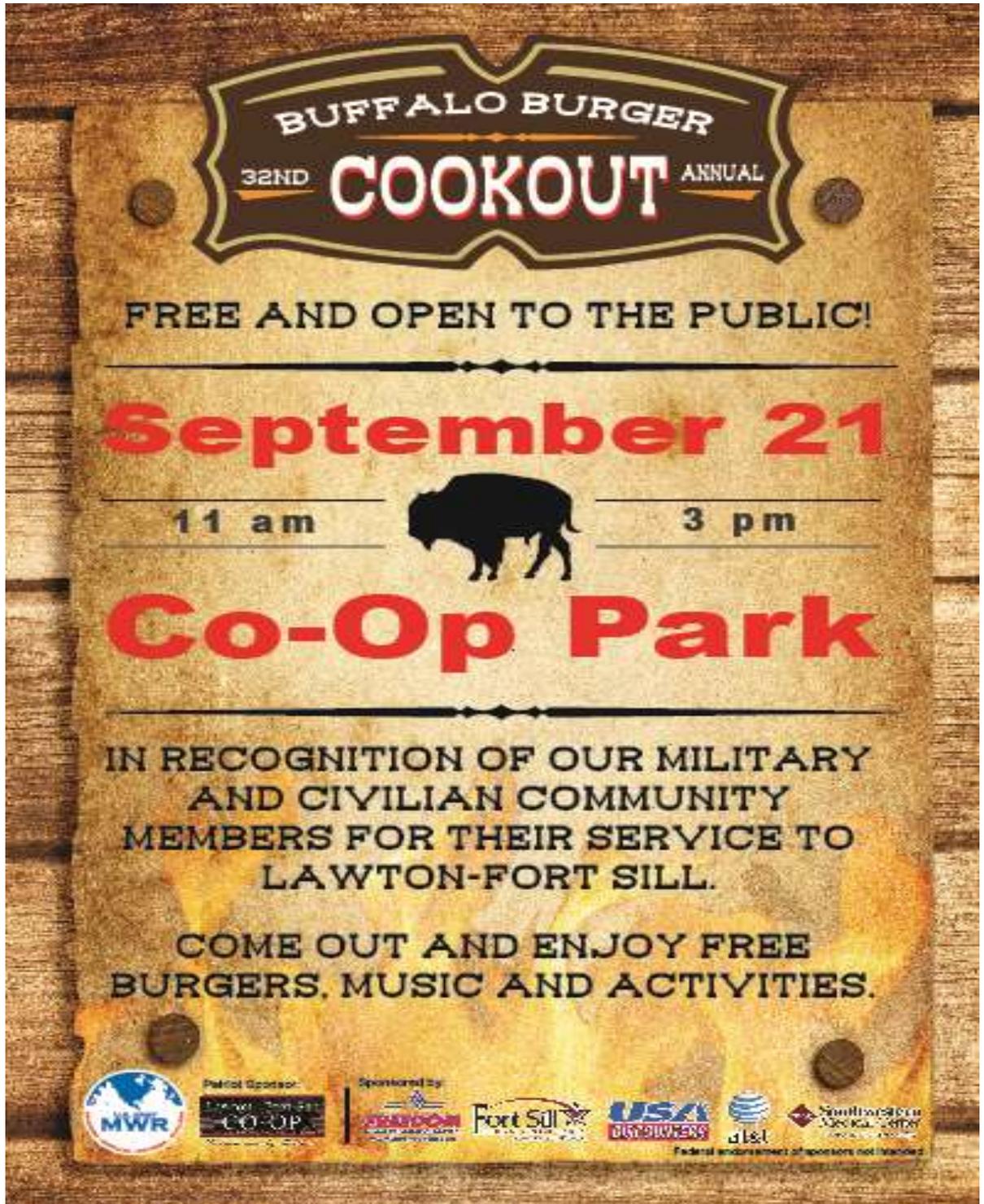
Tickets are \$12 at the door \$2 off with military or student ID children 12 and under get in free with adult ticket.

Raffle proceeds go to Lawton Ambucs

www.580rollergirls.com

67. 32nd Annual Buffalo Burger Cookout

Fort Sill Family and MWR, in conjunction with the Lawton-Fort Sill Chamber of Commerce, presents the 32nd Annual Buffalo Burger Cookout at Co-Op Park on Saturday, September 21 from 11 am - 3 pm. This event is free and open to the public and is in recognition of Military and Civilian community members for their service to the Lawton-Fort Sill Community. Come out and enjoy free burgers, music from the 77th Army Band, a live DJ and various activities. For more information call (580) 442-2025.



The poster is designed to look like a piece of aged, yellowed paper with two hole punches on the left and right sides, mounted on a wooden plank background. At the top, a dark brown banner with a scalloped border contains the text "BUFFALO BURGER" in white, "32ND" in small white letters, "COOKOUT" in large white letters with a red outline, and "ANNUAL" in small white letters. Below this, the text "FREE AND OPEN TO THE PUBLIC!" is written in a bold, black, sans-serif font. A horizontal line separates this from the date "September 21" in large, bold, red letters. Below the date, the times "11 am" and "3 pm" are written in black, flanking a black silhouette of a bison. Another horizontal line follows, leading to the location "Co-Op Park" in large, bold, red letters. Below this, the text "IN RECOGNITION OF OUR MILITARY AND CIVILIAN COMMUNITY MEMBERS FOR THEIR SERVICE TO LAWTON-FORT SILL." is written in a bold, black, sans-serif font. The next line reads "COME OUT AND ENJOY FREE BURGERS, MUSIC AND ACTIVITIES." in the same font. At the bottom, there is a row of logos for sponsors: MWR, Co-Op, Chamber of Commerce, Fort Sill, USA Burglowers, dt&t, and Southwestern Medical Center. A small disclaimer at the bottom right reads "Federal endorsement of sponsors not intended."

BUFFALO BURGER
32ND **COOKOUT** ANNUAL

FREE AND OPEN TO THE PUBLIC!

September 21

11 am  3 pm

Co-Op Park

IN RECOGNITION OF OUR MILITARY AND CIVILIAN COMMUNITY MEMBERS FOR THEIR SERVICE TO LAWTON-FORT SILL.

COME OUT AND ENJOY FREE BURGERS, MUSIC AND ACTIVITIES.

Federal endorsement of sponsors not intended.

67.



HOUSING AREA HOUSING AREA HOUSING AREA



BUFFALO BURGER COOKOUT SITE LAYOUT

Water Buffalo Trash Hand Wash Station Beverages



WE WANT YOU



To Participate in Lawton's 2013 International Festival on September 27, 28 & 29 "A Celebration of Cultures"

- * Outdoor Activities * Music & Dance * Food & Sales Booths
- * Children's Activities * Cultural Displays and more!



Volunteer Performer application deadline: June 14, 2013
Vendor & Display application deadline: June 21, 2013

If you would like additional information or to receive either a vendor or performer's application please contact the City of Lawton's Arts & Humanities Division at (580)581-3470 or (580) 581-3471. Visit our website @ www.cityof.lawton.ok.us/LAHC

For more information, please visit www.cityof.lawton.ok.us/lahc/IF.htm or <http://tinyurl.com/o5fnuuh>

The vendor application is available at <http://tinyurl.com/q3zw82n>



The Fort Sill Fall Post Wide **GARAGE SALE**

**Saturday, September 28th
8 am - 1 pm**

1-78th FA (AIT) Parking Lot
(located on Crane Road next to Behavioral Health Bldg. 2442)

**Permits are on sale from
August 19 - September 27 for \$20 each
All sellers must have a permit.**

**Purchase permits at Adventure Travel
located at Bldg. 4700
Monday - Friday: 9 am - 5:30 pm**

**For questions, contact Traci Barsuglia,
Supervisory Recreation Specialist at (580) 442-3575**

Just a reminder--FRGs who fundraiser at the post wide garage sale must submit a fundraising request (regardless of the setup location). This is in accordance with FS Regulation 608-2.

All FRGs/persons setting up on the hardstand lot **MUST** purchase a garage sale permit prior to event.

FRGs/persons selling from government quarters do **NOT** have to purchase a garage sale permit.

There is no access to electricity on the hardstand lot. The only approved selling locations for this event are the hardstand lot OR from government quarters.

RACH Flu Vaccination Schedule



PX Food Court

28 September

10:00 am—3:30 pm



Family Medical Home - Outpatient Mall

19 October

9 November

8:00 am—3:30 pm

If you miss the RACH or PX flu drives you can walk into the Immunization Clinic or see your Primary Care Team
Mon-Fri, 7:30-3:45

Open to TRICARE Beneficiaries (ages 3 and older)

Pregnant women and children under 3 should utilize the Immunization Clinic at RACH, Mon-Fri, 7:30—3:45

Remember to bring your shot record and Military ID

School Input Parents/Guardians of Military Children

We hope you and your child have a great experience with our local schools. We would like your feedback. Tell us what our local schools are doing well and where there is room for growth. Please take a few minutes to fill out this survey. Your input is important.

Students

Grades: PreK, K, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12

School(s) _____

Name (optional) _____

1. How were you and your child welcomed to our school? Was the website helpful?

2. Was the transfer of credits an easy process (secondary)? _____

3. Did the availability of extracurricular activities meet your child's needs?

4. Please share any final comments or recommendations.

Please send this survey no later than 30 September 2013 to the School Liaison Officer, Susan Murray, at susan.n.murray2.naf@mail.mil or Cheryl Foster at cheryl.o.anderson.civ@mail.mil or drop it off at their offices in the Welcome Center, Building 4700.

Lawton Community Theatre

presents a

Special Performance for Fort Sill Soldiers

October 3, 2013

Lawton Community Theatre
John Denney Playhouse
1316 NW Bell Avenue
Lawton, OK 73507-6545
(580) 355-1600

Email: lawtontheatre@sbcglobal.net

Website: www.lct-ok.org

Our next special performance for Soldiers and their family members is on:

Thursday, October 3, 2013 at 7:30 pm.

This performance is free of charge for the Soldiers and their family members. However, seating is limited. If you would like to attend this show, all you need to do is to call the Lawton Community Theatre, at (580) 355-1600, to make reservations. It's that simple!

The Spitfire Grill

Opening our 62nd season is **The Spitfire Grill** by James Valcq and Fred Alley – a soulful new musical set in a small town suffering from a lack of hope until a feisty newcomer arrives to find her dreams. With its country flavored score and message of warmth and goodwill, you'll leave the theatre humming the tunes from **The Spitfire Grill**.



We sincerely hope to have a full house of Soldiers and family members at this special performance. *To ensure optimum enjoyment for all patrons, we recommend **The Spitfire Grill** for ages 10 and above. LCT seating policy does not permit children under the age of 5 to attend shows other than those designated as "toddler friendly".*

Doors open at 7:00 pm. Please plan on arriving no later than 10 minutes prior to the beginning of the show. And as always, thank you for your service!

Oktoberfest

at the Historic Patriot Club
500 Upton Road, Fort Sill, OK • (580) 442-5300

October 4
4 pm - 12 am
Official Keg Tapping at 6 pm

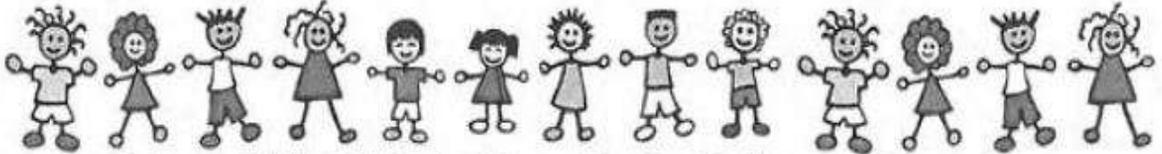
Authentic German
food and beverages
for purchase.

German Backerei
and Sweet Shop
(hosted by FRGs)

Door prizes!



Free Admission!



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 2013-2014 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

580-442-3927/3486



U.S. Army Child, Youth
& School Services

SKIES Unlimited

Schools of Knowledge, Inspiration, Exploration & Skills



2013-2014 COURSE SCHEDULE

**Attendance at both sessions is required.*

*October 17, 2013 Babysitting Course 9am - 1pm

*October 18, 2013 First Aid/CPR Course 9am - 3pm

*January 2, 2014 Babysitting Course 9am - 1pm

*January 3, 2014 First Aid/CPR Course 9am - 3pm

*March 19, 2014 Babysitting Course 9am - 1pm

*March 20, 2014 First Aid/CPR Course 9am - 3pm

*June 11, 2014 Babysitting Course 9am - 1pm

*June 12, 2014 First Aid/CPR Course 9am - 3pm

*July 30, 2014 Babysitting Course 9am - 1pm

*July 31, 2014 First Aid/CPR Course 9am - 3pm

FIRST AID/CPR RENEWAL COURSES ONLY

December 4, 2013 1pm - 5 pm (CPR)

February 5, 2014 1pm - 3.30pm (First Aid)

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

1010 Fort Sill Blvd

75. Fort Sill's Army 10-Miler Shadow Run

Can't make it to Washington, D.C. for the Army 10 Miler? No problem! Fort Sill is hosting the inaugural Fort Sill Army 10 Miler Shadow Run on Saturday, Sunday, October 20 at 8 am. The event will consist of a 10-mile route that starts and finishes at the New Post Chapel located at Fort Sill Blvd. and Randolph Rd.

Participants may register online at www.sillmwr.com or in person at the MWR Sports Office (Bldg. 4744 Mow-Way Road). Advanced registration is \$20/person which includes an event t-shirt. Advance registration closes at midnight on Thursday, October 17. Late registration and day-of registration will be \$30/person.

For more information, contact the MWR Sports Office at (580) 442-3269/5623.

Fort Sill's
ARMY
TEN-MILER
Shadow Run



October 20 • 8 am
New Post Chapel

Can't make it to Washington D.C. for the Army 10 Miler? No problem! Fort Sill is hosting the inaugural Fort Sill Army 10 Miler Shadow Run.

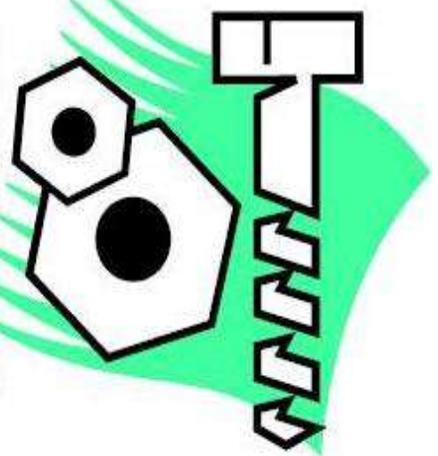
Register online at www.sillmwr.com for \$20/person.
Day of registration will be \$30/person.

For more information contact the
Sports Office at (580) 442-3269/5623.



NUTS & BOLTS

Business Basics



Topics include:

- Business Plan Preparation
- Business Insurance
- Licenses and Permits
- Trade Names and Trademarks
- Legal Structures

**Soldier Family Assistance Center
Multi-Purpose Briefing Room**

**Thursday, October 24, 2013
8:30 AM to 10:30 AM**

To Register

Call: 580-558-4986

Email:

Amy.K.Sommerfeld.CTR@Mail.Mil



Oklahoma Small Business Development Center is partially funded by the U.S. Small Business Administration though such funding does not constitute an expressed or implied endorsement of any of the co-sponsor(s) or participants opinions, products, or services. Services are presented to the public on a non-discriminatory basis. Reasonable accommodations for persons with disabilities will be made, if requested at least two weeks in advance. To request accommodations please contact Mary Eichinger, 711 SW D Ave, Ste 203, Lawton, OK 73501: 580.246.4946."





Fires Bulletin 2013 Photo Contest

The *Fires Bulletin's* annual photo contest obtains high-quality photos that tell the story of today's U.S. artillery professionals conducting training or engaged in full-spectrum operations. The competition is open to all military or DoD civilian personnel. Entries will not be returned. Any photos (even those not "winning" the contest) may be used by the Fires Center of Excellence; however, appropriate photographic credit will always be given to the photographer.

Photo Categories - There are two main categories in the 2013 contest, with each category containing two divisions.

1. Field Artillery

- Combat / Full Spectrum Operations
- Training for Combat / Full Spectrum Operations

2. Air Defense Artillery

- Combat / Full Spectrum Operations
- Training for Combat / Full Spectrum Operations

Prize Winners: 1st and 2nd place winners will be awarded for each division.

1. 1st Place Winners will have their photos featured on a full page in the Jan-Feb 2014 *Fires Bulletin* and in the 2014 Fires Center of Excellence calendar. They will also receive a two-star note and commander's coin from the Commander of the Fires Center of Excellence, along with appropriate branch (FA or ADA) memorabilia.

2. 2nd place winners will have their photos featured on a half page in the Jan-Feb 2014 *Fires Bulletin* and in the 2014 Fires Center of Excellence calendar. They will also receive a two-star note from the commanding general and appropriate branch (FA or ADA) memorabilia.

Contest Rules:

1. Entries must be received no later than Nov. 1, 2013.
2. Only photos taken in the last 24 months are eligible for submission.
3. Each photo must be a jpg or tif image with little or no compression and a minimum dpi of 300.
4. Images cannot be manipulated in any way by image editing software.
5. Winning photos from past contests are not eligible for resubmission.
5. Photos cannot be copyright protected or owned by another agency or publication.
6. Soldiers appearing in the photos MUST BE IN PROPER UNIFORM to qualify for prize award.
7. The owner of the photograph must either submit the photo or provide written and signed approval for the photograph to be entered into the contest on his/her behalf.

Judging: Judging will be at the discretion of the *Fires Bulletin* and the center commanding general. Winners will be officially announced in the 2013 Red Book, dated Jan/Feb 2014.

Photo submissions:

1. Each photo submission must include the photographer's name, unit/affiliation, e-mail address, mailing address, zip code, and a phone number.
2. Caption information must include the five "Ws": who, from what unit, is doing what, where and when (date photo was taken – for example: "SGT Joe B. Smith, C Battery, 2nd Battalion, 20th Field Artillery, 1st Cavalry Division, fires the M109A6 Paladin howitzer during unit qualification training at Fort Hood, Texas, January 5, 2013."

Address for submissions: Photos can be sent via e-mail or compact disk and will not be returned. E-mail the image file (one image per e-mail) to *Fires Bulletin* at fires_bulletin@us.army.mil, with a subject of "2013 Photo Contest/Entry Category – your last name. Mail CD's to *Fires Bulletin*, ATTN: Photo Contest, P.O. Box 33311, Fort Sill, OK 73503. You can also FedEx or UPS submissions to *Fires Bulletin*, ATTN: Photo Contest, 652 Hamilton Road, room 203, Fort Sill, OK 73503.

NOTE: Submissions (even those not selected for prizes) become part of the public domain.

Questions? Contact the *Fires Bulletin* staff at fires_bulletin@us.army.mil or phone DSN 639-5121/6806 or commercial at 580-442-5121/6086.



Basic Weapon Safety Class

0830- 1130, Conducted at Building 2774

Class dates: ~~22 FEB 2013~~
~~03 MAY 2013~~
~~09 AUG 2013~~
 08 NOV 2013

- Covers basic safety procedures for handling and use
 - Loading/unloading
 - Proper clearing procedures
 - Disassembly/reassembly for cleaning
 - Rules/regulations for transportation and storage (Lawton, Fort Sill and Oklahoma)
- Requirements:
 - Available to all Active Duty/Reserve Military, DA/DoD civilians and dependants. Military personnel have priority for this class, civilians and dependants who would like to attend will be on a space available basis
 - You are encouraged to bring you own weapon
 - Absolutely no ammunition authorized
 - Your weapon must be registered on Fort Sill prior to class date (BLDG 4700 2nd floor)
- To register for the class you must contact the Fort Sill Safety Office at 442-2266/2265/2212
- Additional safety information is available at the USA Combat Readiness Center
<https://safety.army.mil/rangeweaponssafety/PrivatelyOwnedWeapons/tabid/1466/Default.aspx>



Are you a military kid?

You can help the Department of Defense and Danya International, Inc.
by taking part in the MilitaryKidsConnect or MKC Study.

What is the MKC
We will ask you to look at and review the MKC website, a place made for military kids just like you!

What is the purpose or goal of the MKC Study?
We want to know what you think about the activities on the MKC Website!

Who can take part in the
You can participate if you:

- are 9-17 years old,
- have at least one parent or caregiver in the military or who was in the military within the last 2 years, and
- have a computer with internet access at home.

What do I have to do in the
Just explore any part of the MKC website for 1 week.
Then, answer a 20-minute online survey about your opinions of the website.
That's it!

As a thank you for your help in the MKC Study, you will receive a letter of thanks. If you want to help or learn more about the study, ask your parent/caregiver to email MilitaryKidsWebSite@danya.com.

Military Kids Connect is looking for military teens ages 13-17 with a parent who is in the military anytime in the past two years to participate in a survey about a website for military kids. If you are interested, check out our flyer and click the survey below to see if you qualify.

www.keysurvey.com/f/533810/4049

80. 82nd American Indian Exposition

October 8 - 11, 2013

Grady County Fairgrounds Chickasha, Oklahoma

Mini-Expo August 9 - 10, 2013

Anadarko, Oklahoma

Can't wait to see you there!

Keep checking for updates!

`We are the Apache ~ Arapaho ~ Caddo ~ Cheyenne ~ Comanche ~ Delaware Fort Sill Apache ~

Kiowa ~ Osage ~ Pawnee ~ Ponca ~ Wichita

Contact Yonie Terry at yoniet@hotmail.com.

<http://americanindianexposition.org>

81. Children's Art Workshop

Date: The first Saturday of each month beginning September 7, 2013

Time: 12:00 pm - 2:00 pm.

Location: 1701 Ferris Ave, Lawton

The Art Council is hosting a series of workshops for children on the first Saturday of each month. These workshops are intended to promote and encourage the love of art in children ages 3 & up & are free to the public.

The workshop schedule is as follows:

September 7, 2013 - Father's Day Gifts

October 5, 2013 - Pumpkin Palooza

November 2, 2013 - Fall Into Art

December 7, 2013 - Winter Wonderland

82. DB Quality Promotions Unique Craft & Collectible Show

Dates: 13-22 September, 2013

Location: Central Mall, 200 SW C Ave, Lawton



This craft and collectible show lasts 10 days with no more than 12 exhibitors. Stop by the mall to find your little treasures!

83. Comanche County Fair

The Comanche County Fair in Lawton, held at the Comanche County Fairgrounds, invites visitors to an array of family-friendly activities and entertainment in September. This annual county fair features a variety of commercial and local agricultural exhibits, including livestock, arts and crafts, award-winning farm produce and 4-H and FFA displays. Don't miss the fair's popular horse show or the petting barnyard featuring donkeys, llamas and pygmy goats. Children's activities will also be available, as well as antique tractor and farm equipment displays. September 3-6 at Comanche County Fairgrounds, 920 SW Sheridan Rd, Lawton.

84. Western Spirit Celebration: A Cowboy Gathering

September 13 - 14, 2013

1000 Chisholm Trail Parkway, Duncan, OK

(580) 252-6692

Visit Duncan to enjoy a day filled with Western heritage at the annual Western Spirit Celebration. Part of Duncan's Western Fall Fest, this event is a tribute to the American cowboy. Watch as the event kicks off with a longhorn cattle drive along the old Chisholm Trail, going right up to the Chisholm Trail Heritage Center. The longhorns will remain on the grounds, herded by professional cowboys. Savory chuck wagon meals, cooked over an open flame outside, will be available during the event. Witness Western heritage re-enactors and cowboy poets at the Western

85. Grand Opening of City National Bank

Date: Saturday, September 21, 2013

Time: 1:00 pm - 3:00 pm

Location: City National Bank, 1836 NW 82nd Street, Lawton, OK 73505

Come out for the grand opening of City National Bank. There will be a ribbon cutting at 1:00 pm.

86. Medicine Park Flute Festival & Art Walk

Date: September 28 - 29, 2013

Contact: Jean Schucker

Email: ambassadors@mpmns.org

Artists are invited to submit a photo of their work for the 4th annual Medicine Park Art Walk in conjunction with the Medicine Park Flute Festival set for Sept. 28 and 29 in Town Center. Entry fee for the two-day juried show is \$35, with no percentage fee for sales. Booth space is limited, and resale items are not allowed. Judges' prizes totaling \$500, sponsor purchase awards and a children's art area are new this year. The show is open to the public Saturday from 10 a.m. to 6 p.m. and Sunday from 11 a.m. to 5 p.m. Artists' work will be displayed on the covered porches of the scenic Old Plantation restaurant on the surrounding paved areas and along the scenic Medicine Creek trail. Spaces will be assigned as entries are accepted.

Artists may set up booths on Friday, Sept. 27, after 4 p.m., or Saturday morning beginning at 7a.m. Participants must supply their booth or tent. Interested artists must submit a high-resolution photo of a sample of your work and request an entry form by going to ambassadors@mpmns.org Deadline for entry is Aug. 15. Space will be assigned on a first come, first served basis. Check out our Facebook Page: Medicine Park Art Walk.

For information on Medicine Park, including lodging, go to www.medicinepark.com

87. 3rd Annual Lawton Car Show Benefit, Huntington's Disease

Date: Saturday, September 21, 2013

Time: 10:00 am

Location: Great Plains Coliseum Expo Building, 920 S Sheridan Rd, Lawton, OK

Contact: Pat Timberlake

Phone: 580-351-7520

Email: patkathyt@gmail.com

Registration begins at 8:30 a.m.

Open Class: 1949 and under, 1950 - 1959, 1960 - 1969, 1970-1979, 1980-1989, 1990 - 1999, 2000 to current. More classes TBA

Individual Class: Corvette, Pony Muscle Car, Trucks 2X4, Trucks 4X4, American Motorcycle, Import Motorcycle, more classes TBA

Registration is \$20.00

88. Carter County Free Fair 2013

September 3, 2013:

4:00 pm. – 7:30 pm: Enter Exhibits
4:00 pm. – 7:30 pm: Craft, Business, and Non Profit Vendors setup
6:00 pm: Registration for Horseshoe Tournament
6:30 pm: Carter County Horseshoe Tournament Begins

September 4, 2013:

8:30 am – 3:00 pm: Craft & Business Vendors setup
9:00 am to 12:30 pm: Judging all indoor exhibits
3:00 pm - 9:00 pm: Petting Zoo open
3:00 pm: Indoor exhibits open for viewing
3:00 pm: Craft, Business, and Non-profit organization booths open
5:00 pm – 7:00 pm: Rabbit and Poultry Entered
5:00 pm: Midway opens
6:30 pm: 71st Annual Carter County Free Fair Opening Ceremonies
7:00 pm: Pet Contests
9:00 pm: Craft, Business, and Non-profit organization booths closed
11:00 pm: Midway closed

September 5, 2013:

8:00 am: Judging all Poultry and Rabbits
9:00 am: Craft, Business, & Organization Booth's Open
9:00 am: Exhibits open for viewing
9:00 am – 9:00 pm: Petting Zoo Open
4:00 pm – 6:00 pm: Bottle Goat and Calf Weigh In and Entered
5:00 pm: Midway Opens
6:30 pm: Stick Horse Rodeo
7:00 pm: Bottle Goat and Calf Show begins
9:00 pm: Craft, Business, Organization Booths and Indoor Exhibits Closed
11:00 pm: Midway Closed

September 6, 2013:

7:00 am - 8:00 am: Cattle, Sheep, Goats and Swine weigh in and entered
9:00 am: Craft, Business, & Organization Booths Open
9:00 am: Inside Exhibits open for viewing
9:00 am – 9:00 pm: Petting Zoo Open
9:30 am: 4-H and FFA Land Judging Contest
10:30 am: 4-H and FFA Plant and Wildlife Assessment Contest
11:30 am: Registration deadline for 4-H and FFA Carter County Speech Contest
12:30 pm: 4-H and FFA Carter County Speech Contest
1:30 pm: Registration deadline for 4-H and FFA Tractor Driving Contest
2:00 pm: 4-H and FFA Tractor Driving Contest
5:00 pm: Midway Opens
Midnight: Midway Closed

September 7, 2013:

7:00 am – 8:00 am: Registration for Carter County Open Performance Horse Show
8:30 am: Carter County Performance Horse Show begins
9:00 am: Craft, Business, and Organization Booths Open
9:00 am: Inside Exhibits open for viewing
9:00 am: Sheep Show begins
9:00 am – 8:00 pm: Petting Zoo Open
10:30 am: Hog Show begins
12:00 pm: Dairy and Pygmy Goat Show
1:00 pm: Midway Opens
3:00 pm: Meat Goat Show
5:30 pm to 6:00 pm: North Wing Fair exhibits released
6:00 pm: Heifer and Steer Show
7:00 pm: Craft, Business, and Organization Booths Start to Close
Midnight: Midway Closed

Location: Hardy Murphy Coliseum
600 Lake Murray Drive South
Ardmore, OK 73401

89. Choctaw Oktoberfest

On the weekend before and the week right after Labor Day of every year, Old Germany Restaurant, the City of Choctaw and the Choctaw Chamber organize a now 9-day Oktoberfest under 30,000 sq-ft of tents and pavilion featuring German food, beer, wine, dancing. There will be 2000 seats with some 55,000 people in attendance over the span of the event. Once again, the Choctaw Oktoberfest will be held at Choctaw Creek Park on 1900 Harper St, Choctaw, OK 73020 between NE 23rd Street and NE 10th Street. It's a beautiful setting in a 160 acre park.

There will be live German Music all 9 days during open hours. Musik by the "Alpen Musikanten", "Alpenfest", "Das ist Lustig" and the "Walburg Boys" and on stage two we feature "The Geoff Scott Band". We'll serve Old Germany Restaurant foods like Smoked Porkchops (Rippchen), Bratwurst, Smoked Bratwurst, Grilled Chickens, Schweinshaxen (Hamhocks), Schnitzel Sandwiches, Corn Dogs for the Kids, real German Pretzel, Potato Pancakes with Apple Sauce, Apple Strudel, German beers and German wine. There is a huge kids area so always bring your whole family.

Weekend 1:

Friday, August 30: 5 PM to Midnight
Saturday, August 31: Noon to Midnight
Sunday, Sept. 1: Noon to Midnight

Week 2:

Monday (Labor Day), Sept. 2: Noon to Midnight
Tuesday, Sept. 3: 5 PM to Midnight
Wednesday, Sept. 4: 5 PM to Midnight
Thursday, Sept. 5: 5 PM to Midnight
Friday, Sept. 6: 5 PM to Midnight
Saturday, Sept 7: Noon to Midnight

90. Army Substance Abuse Program (ASAP) Workforce Pride Newsletters

<http://issuu.com/wellbeingasap/docs> or <http://tinyurl.com/c9urzhe>

91. Military OneSource eNewsletter (September)

www.militaryonesource.mil/MOS/f?p=MOSNEWS:COVER:0::::MONTH,YEAR:September,2013
or <http://tinyurl.com/lj5kngw>

92. Unit Facebook Pages

428th FA BDE Facebook: www.facebook.com/428thFABrigade
434th FA BDE Facebook: www.facebook.com/434fabde
HQ Detachment FCoE Facebook: www.facebook.com/HQDetachmentFCoE
NCO Academy Facebook: www.facebook.com/pages/FT-SILL-NCO-ACADEMY/249955969453
Initial Military Training Family Readiness: www.facebook.com/pages/IMT-Family-Readiness/535321423180853