



# Family Times

1 June 2010

Hello Wonderful Parents,

Welcome to your latest edition of the Family Times - all the news you can use as you raise your Army Strong Family in the Southwest Oklahoma Region. Family time is precious, so keep these events in mind as you plan out your activities for the coming weeks. Previously announced information is in regular font. New information is in bold font.

**June in Oklahoma is a good time to learn about Indian Paintbrush. Although not the state wildflower of Oklahoma, it is very prolific here. What does it look like? How did it get its name? Where does it tend to grow? What folk lore is associated with this plant? Have the kids do a little research and then take a walk to add this Oklahoma native to your family's field guide.**



Family Matters Playgroup, Every Monday through Thursday, 10—11 am, at Nye Library. Play with educational toys and work on socialization skills while meeting and networking with other military parents. Group is free and open to military connected families. For more information call Family Matters at ACS at 442-6801.

Have you seen the Fort Sill Fitness Class schedule? All we can say is WOW! Military families would pay hundreds per month to take advantage of these at a private health club. Spin, Boxercise, Zumba, body pump, low impact aerobics, 3D abs, water aerobics, Hips, Abs, Buns and Incredible Thighs, Body Pump, Boot Camp fitness, family water aerobics, self defense, yoga and Pilates... You name it and its being offered FREE at one of Fort Sill's Fitness Centers. Call 442-4670/6712/2740 for more information.

**Now-25 June, Theatre Camp 2010, (Session I -"The Adventures of a Comic Book Artist") 9 am - 12 pm daily, Backdoor Theatre, Wichita Falls, TX. Students will learn about all aspects of theatre including, acting, stage presence, singing, set design, props, costumes, and much more. Ages 10-13. Cost is \$160 per student per session. For more info. contact: (940) 322-5000.**

Get the after-school EDGE! The Edge! Program offers out-of school opportunities for children and youth to experience, develop, grow and excel by participating in cutting-edge art, fitness, life skills and adventure activities, known as Art EDGE! Fit EDGE!, Life EDGE! And Adventure EDGE!. Must be military or DOD children signed up through central enrollment. For more information regarding the EDGE! Program contact Enrollment Office at 442-3927.

**Art Classes, every Tuesday at the Rec Plex, Fort Sill, OK. 5:30-6:00 pm for children ages 3-4. 6:00-6:30 pm for children ages 5-6. Kidz Art, every Wednesday for children ages 7-10 5:30-6:15 pm and ages 13 and up 6:30-7:15 pm. Cost \$30. Students must be enrolled in CYSS. Contact Central Parent Services at 442-3927/4831 for more information.**

Trinity Christian Academy - 902 SW A Avenue - is now pre-enrolling for



K-3 through 8th Grades for the 2010-2011 school year. The school also offers a summer program for 3 and 4 year olds running 1 June through 30 July, 7:45-5:30 pm. Children must be 3 by 1 June and must be potty trained to be eligible. Please call (580) 250-1900 or visit [tcaoflawton.com](http://tcaoflawton.com) for cost and enrollment information.

**Now-26 June (each Thurs., Fri., & Sat.), Oklahoma Railway Museum, 9 am - 5 pm and Train Rides on the 5th and 19th of June from 10 am - 2:30 pm, Oklahoma City, OK. Come see freight cars, passenger cars, visit a red caboose or an authentic dining car, and even a real steam engine on display. Admission is free. For more info. contact: (405) 424-8222.**

Army Community Service is on Facebook. Get the latest info straight to your wall via newsfeed. Become a fan of our page today! Search Fort Sill Army Community Service to find us.



**The book of the week is Do I Look Good in Color by Alex Lluch. This book teaches young children colors while encouraging positive values, such as self-esteem and acceptance. Parents and kids of all ages love this story because of its brilliant illustrations, playful text, and lyrical, rhyming style.**

Kid Friendly Guided Family Hikes, 8:30 am, every Saturday morning at the Wichita Mountains Wildlife Refuge. Hike is free. Meet at the Visitor's Center.

**Now-26 June, Kid's Day Camp, 8 am - 3 pm daily, Reding's Maize and Farms, Chickasha, OK. Children 7-11. Activities include: planting vegetables in garden, planting flowers to take home, drive or riding tractor with plow attached, riding cow train, hay ride, roasting hot dogs over open fire, farm animal care, and more. All activities are supervised. Cost: \$15.00 per individual registration or \$10.00 for groups of 10 or more. For info contact: (405)222-0624 or (405) 779-6643.**

OKC Zoo offers a 50% military discount at the ticket booth for up to 5 people! WOW! Just show your Military ID. For hours and other info, their number is (405) 424-3344 and their website is [www.okczoo.com](http://www.okczoo.com).

Attention Army Kids! Get Real-time help. Find a resource 24/7. Get FREE online tutoring for Grades K-12+ at [www.myarmyonesource.com/cyss\\_tutor](http://www.myarmyonesource.com/cyss_tutor). Online learning and career services for Families!

**SKIES Unlimited, run by Fort Sill's Child, Youth & School Services, offers lessons in Piano, Voice, Music Theory and Ballet. Ballroom Dance lessons and Dance Fusion for Toddlers coming soon. Call the Central Enrollment Office at 442-3927/4831 for information, pricing, and registration.**

Beginning in May, Stroll and Stride meets every Tuesday and Thursday morning at 8:00 am at the 3-mile track parking lot pavilion. Military Moms and their kids of all ages are welcome. A fitness instructor will exercise with participants while they walk with functional exercises like pulling the stroller backwards, lunges while using the stroller as resistance and exercises utilizing the playground equipment. Looking to get fit and become a good role model for your children? Let them see firsthand that exercise is FUN by taking them to class with you!!!!

**Italian Cooking Lessons, every 2nd Saturday through September at Student Age Center, Fort Sill, OK. Children ages 7+. 11:30-1:30 pm. Cost \$12. Students must be enrolled in CYSS. Contact Central Parent Services at 442-3927 for more information.**

Pre & Post-Natal Fitness Class, Tuesdays & Thursdays, 10:30-11:30 am, Rinehart Fitness

Center, Fort Sill, OK. Class includes circuit training and relaxation techniques for pre and post pregnancy. Call 442-6652 for more information.

Saturdays, now through 5 June, Yoga Exercises, 10 – 11 am, Lavender Valley Acres, Apache, OK. Call 588-2855 or visit [www.lavendervalleyacres.com](http://www.lavendervalleyacres.com) for more information.

**Bowling Lessons, every other Wednesday now-July 28, 5:00-6:15 pm, at Twin Oaks Bowling Center, Fort Sill, OK. Children ages 3-5 years. Session includes T-shirt with participation. Cost \$60 Students must be enrolled in CYSS. Contact Central Parent Services at 442-3927/4831 for more information.**

Nye Library Storytime, 11:00 am each Wednesday. Stories and crafts. Call Nye Library at 442-3806 for more information.

Wichita Falls Public Library Storytime, 10:30 am each Tuesday. Call 940-767-0868 for more information.

After School Book Club, Every Thursday, 4:30 pm, Lawton Public Library, Lawton, OK. Call 581-3450 for more information.

Story Time, every Wednesday, 11 am—noon, Nye Library, Fort Sill, OK. Young children and parents are invited to enjoy stories and crafts. Call 442-3806 for more information.

**This week's pearl of wisdom is from Johann Wolfgang von Goethe who wrote, "Nothing shows a man's character more than what he laughs at." We all know that laughter is healthy. It releases endorphins and increases the connection people have with each other. In fact, we should be laughing on daily basis. But this quote is quite telling. Mocking, ridiculing, and sarcasm are actually a symptoms of anger and not signs of health.**



The Relocation Readiness Program has combined the Waiting Families and Culture Connection Group Meetings. Waiting Families provides support for Spouses and Families living in the Lawton Fort Sill area while separated from their Service Member for mission requirements. Culture Connection assists Family Members from other countries as they transition into the Lawton Fort Sill community. Family Members can receive help in obtaining a drivers license, information on English classes, child care and more. For more information, contact Cliff Hagele with the ACS Relocation Readiness Program at (580) 442-2360.

Story Time, Every Wednesday, 11 am—noon, Lawton Public Library, Lawton, OK. Join us for stories and activities in the children's reading room. Call 581-3450 for more information.

**Martial Arts, every Tuesday and Thursday at Rinehart Fitness Center, Fort Sill, OK. 4:30-5:15pm for children ages 4-5. 5:30-6:15pm for children ages 6-12. 6:30pm-7:15pm for children ages 13+. Students must be enrolled in CYSS. Contact Central Parent Services at 442-3927/4831 for more information.**

Beginning in May, Fort Sill Running Club meets every Monday, Wednesday and Friday at 8:00 am at Honeycutt Fitness Center. Participants will be split into ability groups and sent to pre-determined routes around Honeycutt. Purpose of the club is to provide runners with a partner and a variety of run routes. Beginners will be monitored by a fitness instructor and have a shorter route than runners in intermediate and advanced skill levels. Get off the treadmill and bust your boredom with the Fort Sill Running Club!

Art Classes, every Tuesday at the Rec Plex, Fort Sill, OK. 5:30-6:00 pm for children ages 3-4. 6:00-6:30 pm for children ages 5-6. Class for children 7 and up coming soon.

Students must be enrolled in CYSS. Contact Central Parent Services at 442-3927 for more information.

Pre School Film Festival, 10:30 am, each Tuesday for preschool through 2nd grade and their parents at the Altus Public Library. For information call 480-477-2890.

**SKIESUnlimited and MWR Aquatics have teamed up to offer free Learn to Swim classes for all ages. All classes take place Monday through Thursday and sessions last two weeks. Fridays will be used as a "Make Up Day" in the event of inclement weather. The first session begins June 7th and will be held at Rinehart Pool. Sessions beginning June 21, July 12 and 26 and August 9 will be held at Quinette Pool. Children must be registered with CYS Services to participate. Adults register at Rinehart Physical Fitness Center. For more information, call (580) 917-4922, (580) 442-4831 or visit <https://webtrac.mwr.army.mil>.**

Writers Group, 6 pm each Tuesday, Duncan Public Library, Duncan, OK. Call 580-255-0636 for more information.

Free tutoring for Military Families at [www.tutor.com/military](http://www.tutor.com/military). Get help from a professional tutor anytime you need it – FREE. Tutors are on-line 24/7 so Service Members and their Families can get help with more than 16 subjects. Unlimited access provided by the Department of Defense.

Love and Logic: Basic Parenting Class for all ages, every Tuesday, 11 am—12 pm, Nye Library, Fort Sill. Pre-registration is required. For child care and enrollment information call 442-0692.

Discovery Room Programs for kids, 1—4 pm, each Saturday, Wichita Mountains Wildlife Refuge. Fun, educational activities led by WMWR staff and volunteers. Free of charge.

Reading Tails, Each Tuesday, 4—5 pm, Wichita Falls Public Library. Call 940-767-0868 for more information.

The Princess and the Frog is currently playing at the Vaska Theatre where military discounted tickets are only \$2 and there is always a \$1 off popcorn & soda coupon in the Lawton Constitution.



**The frugal family tip of the week is figure out a “leftover delivery system” that your whole family enjoys. My Mom, for example, used to freeze all the leftover veggies and make vegetable soup with them. However, pizza, fajitas and casseroles are also viable options. Don’t pitch a portion of your grocery budget. Decide and employ a leftover delivery system that makes your family, and your wallet, happy.**

You are invited to join a group of mothers who are committed to making a difference. Moms on a Mission recognizes that we have the power to make the world a better place, and the best place to start is at home with our own families. With us, we hope you'll experience mothering support as well as authentic community, personal growth and spiritual direction, all to help you be the best mom possible. We plan to achieve this through fellowship, food (of course), creative crafts, Bible studies, Christian-based book discussions, guest speakers on parenting issues, and local and world mission projects. Childcare will be provided, and the first meeting is FREE. Call 355-5757 or visit [www.glowgrowgo.org](http://www.glowgrowgo.org).

Photo Club for Ages 10 & up, 4 pm each Tuesday, Riverbend Nature Center, Wichita Falls, TX. Call 940-767-0843 for more information.

**Re-employment /Tuition Assistance. Funding is available to military spouses who have relocated to Fort Sill with their service member recently and were employed prior to coming to Fort Sill. This support is for a college (associate / bachelor / master) degree program or a technical center certification program. This grant covers tuition, books, and fees for up to \$5,000/Technology Center, \$7,000/Associate Degree, and \$10,000 for a Bachelor or Master's Degree. This grant is provided through a WIA (Workforce Investment Act) Dislocated Worker BRAC Grant. For details on this program and eligibility requirements contact Mr. Shofner at the Fort Sill Workforce Center/Family Member Employment Readiness Program at 442-4256.**

Book Club for Kids, grades 3—6, every Wednesday, 4—5 pm, Nye Library, Fort Sill, OK. Sign up at Nye Library. For more information call 442-3806.

Book Club for Grown-Ups, 2-4 pm, First Sunday of Every Month. Snacks and drinks will be provided by book club members. Call Nye Library at 442-3806 for more information and registration.

Scrapbooking Club, Every Saturday, 10 am—4 pm, Nye Library. Would you like to meet new people and share scrapbooking ideas? A scrapbooking technique will be taught from 1-4 pm. Call 442-3806 for more information.

Discovery Room Programs, Saturday and Sunday, 3:00 pm, Sam Noble Museum of Natural History, Norman, OK. Join us for stories and activities on a variety of natural history topics. Programs generally last 30 minutes and are geared for pre-school through elementary school aged children and their parents. Visit [www.snomnh.ou.edu](http://www.snomnh.ou.edu) for more information.

Each Wednesday and Saturday, 10 am – 12 pm, there is an Open Art Class presented by the Lawton/Fort Sill Art Council. The class, held at the Art Center, 1701 NW Ferris is free and open to the public. Call 355-3211 for more information.

Each Sunday, 1-5 pm, admission to the Museum of the Great Plains is free for residents of Lawton/Fort Sill. Take along a picnic and enjoy the prairie dogs in Elmer Thomas park. Call 581-3460 for more information.

**The website of the week is [www.greatdad.com](http://www.greatdad.com). Chock full of articles, comic strips, blogs and expert advice on everything from a well stocked first aid kit to ways to make up for a botched mother's day, this website has it all. Research indicates that Fathers have as much, and in some cases more, influence over their children as Mothers. And that's the whole purpose of this website, because Dads don't always think like Moms.**



Overnight Express, 3<sup>rd</sup> Friday of every month at Lawton Family YMCA. Fee required. Contact 355-9622 for more information.

Cooperton County Barn Dances are held every Saturday from 7-11 pm. For a \$6 entry fee, your own soda or water and a pot luck dish you get dinner and 4 hours of live musical entertainment. Dances are held in an alcohol and smoke free environment and are open to all ages. Bring your kids and teach them to country two step. For more information, call Kenneth Boyd at 480-639-2776.

Every Wednesday, 10:30-11:00, Story time at Altus Public Library for children 3 1/2 and older. Books, video and felt story boards are used to present different themes including family relationships, animals, seasonal events, and early learning concepts.

The National Military Family Association offers fellowships for military spouses to become

accredited financial counselors through a distance learning program. The fellowships cover over \$1100 in tuition, resource and testing fees. To learn more visit [www.nmfa.org](http://www.nmfa.org).



The kid friendly recipe of the week is oven-fried chicken. It's getting warm out, and that means that cold oven-fried chicken is a great make-ahead picnic treat. My family's favorite is chicken breasts, cut into strips, coated with crushed cornflakes and oven fried with a little cooking spray dunked in homemade honey mustard sauce.

**3-6 June, Route 66 Days, Ackley Park, Elk City, OK.** This event includes a car show, free ride tickets for the Centennial Carousel, Choctaw Express Miniature Train and Old Town Miniature Golf. Admission is free. Call 580-225-0207 for more information.

**4-5 June, Carp Tournament, City Lakes, Duncan, OK.** Come and fish for free and compete for prizes for the largest and most fish caught. This event includes multiple age divisions. Call 580-255-9538 for more information.

**5 June, Southwest Oklahoma Farmer's Market opens, Wednesdays and Saturdays, 7:30 am – 12 pm.** For up to date information visit [www.swokgrowers.org](http://www.swokgrowers.org).

**5 June, Art in the Park, 10 am – 4 pm, Acme Brick Park, Clinton, OK.** Enjoy a day in the park with fine arts, crafts, food, entertainment, activities for children, and cash prizes. Call 580-323-2222 for more information.

**5 June, Chuck Wagon Dinner & Trail Drive, Crossroads Ranch, Frederick, OK.** Celebrate the historic 1910 ride by the Abernathy boys from Frederick to New York City. Enjoy an authentic chuck wagon dinner, trail drive, games, and cowboy entertainment. Call 580-335-2126 for more information.

**5-6 June, Riding Club Rodeo, 8 am – 10:30 pm, 7<sup>th</sup> & Broadway, Anadarko, OK.** Traditional rodeo events are featured at this event, as well as a rodeo queen coronation. Call 405-247-3512 for more information.

**5-6 June, Route 66 Rod Run & Car Show, Ackley Park, Elk City, OK.** Come out and enjoy this 15th annual event that includes a car show, rod run, stereo contest, cruise night, burnouts and grudge races. The event also includes trophy presentations and giveaways. Call 580-225-8247 for more information.

**6 June, the film OCEANS, 6 pm, REEL TIME Theatre (AAFES), Ft. Sill, OK.** Nearly three-quarters of the Earth's surface is covered by water and OCEANS boldly chronicles the mysteries that lie beneath. Featuring spectacular never-before-seen imagery captured by the latest underwater technologies, OCEANS offers an unprecedented look beneath the sea in a powerful yet enchanting motion picture program. Rated G - 84 min. Theater will be closed for renovations from 7th-24th June. For Ft. Sill Movie Schedule contact: (580) 353-5623.

**6 June, Wildlife Tour, 5 pm (All tours will last approximately three hours), Wichita Mountains National Wildlife Refuge Visitor's Center, Indianola, Oklahoma.** Opportunity to view wildlife on a bus tour of Pinchot Loop in the Special Use Area. A unique feature of this season is the young buffalo and longhorn calves. Reservations for the programs are accepted on a first-come, first-served basis. Cost is a \$5. reservation fee per participant collected at beginning of tour. Reservations made by contacting: (580) 429-3222.

**6 June, Chautauqua Scholar performs Theodore Roosevelt, 1 pm, Nye Library, Fort Sill, OK. Doug Mishler, the scholar, will be recounting the life, history, and events of Theodore Roosevelt as though he were the man himself. Call 442-3806 for more information.**

**7 June, Chautauqua Scholar performs Theodore Roosevelt, 10 am, Nye Library, Fort Sill, OK. Doug Mishler, the scholar, will be recounting the life, history, and events of Theodore Roosevelt as though he were the man himself. Call 442-3806 for more information.**

**7 June, Free First Monday at Museum, 10 am - 5 pm, Sam Noble Oklahoma Museum of Natural History, University of Oklahoma, Norman, OK. Come and enjoy Special Exhibits, the Hall of Ancient Life, Hall of Natural Wonders, Hall of the people of Oklahoma, Gallery of World Cultures and so much more. Free museum admission on this day. For info. contact: (405) 325-4712.**

**7-10 June, Creative Expressions Computer and Traditional Fine Arts Workshops, 8:30am – Noon, Cameron Univ. Art Dept., Lawton, OK. Creative Expression summer art camp, comprised of four two-week art workshops, helps students (ages 6-13) explore their creative expression through visual art. Age groups: 6-13, Fee: \$125 per session (first child)\*\*\*20% discount for each additional child. For info contact: (580) 581-2450.**

**11 June, Caravan Club – Wichita Mountains Wildlife Refuge, Indianola, OK. Caravan Club is a monthly educational field trip opportunity for Military kids ages birth to 5 and their favorite big person. Call 442-6801 or e-mail [Imcchesney4@yahoo.com](mailto:Imcchesney4@yahoo.com) to register. Event is free for military connected families.**

**12 June, Tour of the Wichitas and Bike Festival, 8 am, Fort Sill, OK. Short or long scenic rides, time trials, bike rodeo, barrel racing and decoration contests. Visit [www.tourofthewichitas.com](http://www.tourofthewichitas.com) for more information.**

**12 June, Bike Festival & Tour of the Wichitas Bike Ride, Museum of the Great Plains, Lawton, OK. Experience this bike ride through Fort Sill and the beautiful Wichita Mountain Wildlife Refuge. Routes include an easy two mile ride, up to a more challenging 60 mile ride, and many in between. Other festivities include a bike rodeo, tandem rides, individual time trials, segway rides, face painting, door prizes, and free bike helmets. Call 580-353-7496 for more information.**



**12 June, PBR Challenge of Champions, Beutler Bros Arena, Elk City, OK. The Elk City PBR Challenge of Champions features fantastic bull riding in western Oklahoma. Watch 40 bull riders match up against the rankest bulls in professional bull riding. This event will also feature clowns, bullfighters, mutton bustin' and plenty of entertainment. Come and witness the longest eight seconds in professional sports. Food and vendors will also be on-site. Call 580-225-3005 for more information.**

**12 June, Free Day at the Museum, 10 am - 5 pm, Sam Noble Oklahoma Museum of Natural History, University of Oklahoma, Norman, OK. Come and enjoy Special Exhibits, the Hall of Ancient Life, Hall of Natural Wonders, Hall of the people of Oklahoma, Gallery of World Cultures and so much more. Free museum admission on this day. For info. contact: (405) 325-4712.**

**12-13 June, Wildlife Tour, 5 pm (All tours will last approximately three hours), Wichita Mountains National Wildlife Refuge Visitor's Center, Indianola, Oklahoma. Opportunity to view wildlife on a bus tour of Pinchot Loop in the Special Use Area. A unique feature of this season is the young buffalo and longhorn calves. Reservations for the programs are accepted on a first-come, first-served basis. Cost is a \$5. reservation fee per participant collected at beginning of tour. Reservations made by contacting: (580) 429-3222.**

**14-17 June, 2010, Creative Expressions Computer and Traditional Fine Arts Workshops, 8:30am – Noon, Cameron Univ. Art Dept., Lawton, OK. Creative Expression summer art camp, comprised of four two-week art workshops, helps students (ages 6-13) explore their creative expression through visual art. Age groups: 6-13, Fee: \$125 per session (first child)\*\*\*20% discount for each additional child. For info contact : (580) 581-2450.**

**14-17 June, Creative Expressions Computer and Traditional Fine Arts Workshops, 8:30am – Noon, Cameron Univ. Art Dept., Lawton, OK. Creative Expression summer art camp, comprised of four two-week art workshops, helps students (ages 6-13) explore their creative expression through visual art. Cost is \$125 per session (first child) and 20% discount for each additional child. For info contact: (580) 581-2450.**

**18 June, Movie Night at the Museum, 5:30 pm - 9 pm, Sam Noble Oklahoma Museum of Natural History, University of Oklahoma, Norman, OK. Bring your pillow and sleeping bag for this family movie night in the museum's Great Hall. (Movie title to be announced) Galleries open from 7 to 8:30 p.m. Movie begins at 8:30. Evening museum admission, which includes movie admission, is \$5 for adults, \$4 seniors age 65 and up, \$3 youth ages 6 to 17, and free for children ages 5 and under. Museum members receive a \$1 per ticket discount. Snacks will be available for purchase during the show. For info. contact: (405) 325-4712.**



**19 June, Oklahoma Folk Life Festival, 10 am - 4 pm, Oklahoma History Center, Oklahoma City, OK. This festival showcases Oklahoma's varied traditions and "old ways" through music, dance, traditional crafts and much more. Witness traditional culture showcased through performances and hands-on demonstrations. Admission is free. For more info. contact: (405) 522-5207 or (405) 522-0763.**

**18-19 June, Wild West Days & Mangum Mountie Rodeo, Mangum Square, Mangum, OK. Enjoy festivities that include an antique quilt show, pioneer reunion, fiddler contest, chuck wagon breakfast, art show, art sale, parade, barbecue, re-enactment of a gunfight, and TRCA rodeo. Mangum's Wild West Days will be held on Saturday, while the Mangum Mountie Rodeo will be held Friday and Saturday at 7pm. Call 580-782-2444 for more information.**

**18-19 June, Heartland Cruise Car Show, Rader Park, Weatherford, OK. Come and watch classic cars cruise downtown on Friday evening, then see them displayed on Saturday. There are a variety of competitions for cars. Food and craft vendors are also available. Call 580-772-7744 for more information.**

**19 June, South Skate, 12 – 8 pm, 38<sup>th</sup> & Lee Blvd. Skate Park, Lawton, OK. Come and enjoy this skateboard competition for all ages. There will also be live music throughout the competition as well as an art showcase. Call 580-917-1297 for more information.**

**19 June, Founder's Day Celebration, Main Street, Duncan, OK.** This annual celebration of the city of Duncan's birthday includes a queen crowning, cake, refreshments, and entertainment. Call 580-252-8696 for more information.

**20 June, Wildlife Tour, 5 pm (All tours will last approximately three hours), Wichita Mountains National Wildlife Refuge Visitor's Center, Indianola, Oklahoma.** Opportunity to view wildlife on a bus tour of Pinchot Loop in the Special Use Area. A unique feature of this season is the young buffalo and longhorn calves. Reservations for the programs are accepted on a first-come, first-served basis. Cost is a \$5. reservation fee per participant collected at beginning of tour. Reservations made by contacting: (580) 429-3222.

**25-26 June, Rodeo, Grady County Fairgrounds, Chickasha, OK.** Come out and enjoy an old fashioned rodeo with barrel racing, calf roping, clowns, and more. Call 405-224-6914 for more information.

**25-26 June, Stitching Memories Quilt Show, 10 am – 6 pm Friday, 10 am – 4 pm Saturday, Stephens County Fairground, Duncan, OK.** This quilt show will feature over 100 quilts, as well as vendors and demonstrations. There will also be small quilts and other hand sewn articles for sale. Call 580-255-0818.

**25-27 June, Lion's Club Rodeo, Claude Gill Rodeo Arena, Duncan, OK.** Bring the family and enjoy this rodeo which includes all the exciting competition events. Call 580-255-5419 for more information.

**26 June, Route 66 Festival, Frisco Avenue, Clinton, OK.** Get your kicks on Route 66 with festivities that include a car & bike show, poker run, free concert, vendors, Wiener Nationals dog races, free hot dogs, and more. Call 580-323-2222 for more information.



**26 June, Library Day at Museum, 10 am - 5 pm, Sam Noble Oklahoma Museum of Natural History, University of Oklahoma, Norman, OK.** Come and enjoy Special Exhibits, the Hall of Ancient Life, Hall of Natural Wonders, Hall of the people of Oklahoma, Gallery of World Cultures and so much more. Free museum admission when you show your library card on this day. Story times and activities throughout the day. For info. contact: (405) 325-4712.

**26 June, Lavender Festival, 9 am – 4 pm, Lavender Valley Acres, Apache, OK.** This annual festival is created in an atmosphere of peace, harmony and relaxation among the beautiful scents and colors of lavender. Enjoy live entertainment, belly dancers and an hourly drawing, along with about 30 vendors with a variety of products. Call 580-588-2855 for more information.

**26-27 June, Wildlife Tour, 5 pm (All tours will last approximately three hours), Wichita Mountains National Wildlife Refuge Visitor's Center, Indianola, Oklahoma.** Opportunity to view wildlife on a bus tour of Pinchot Loop in the Special Use Area. A unique feature of this season is the young buffalo and longhorn calves. Reservations for the programs are accepted on a first-come, first-served basis. Cost is a \$5. reservation fee per participant collected at beginning of tour. Reservations made by contacting: (580) 429-3222.

**2 July, 1<sup>st</sup> Friday Art & Antique Stroll, Courthouse Square, Mangum, OK.** Enjoy award-winning artist galleries, music, seasonal activities, antiques, quilts and more as you stroll through downtown Mangum. Call 580-782-2444 for more information.

**5 – 24 July, Summer Theatre Workshop, Duncan Little Theatre, 9 am – 12 pm daily, Simmons Center, Duncan, OK. Students in 6 through 12<sup>th</sup> grades are invited to participate in the summer theatre workshop. Students will choose 2 performance pieces. Cost is \$60. Visit [www.duncanlittletheatre.com](http://www.duncanlittletheatre.com) for more information.**

**5 - 30 July, Theatre Camp 2010, (Session II -"The Little Mermaid"): 9 am - 12 pm daily, Backdoor Theatre, Wichita Falls, TX. Students will learn about all aspects of theatre including, acting, stage presence, singing, set design, props, costumes, and much more. Ages 7-10. Cost is \$160. per student per session. For more info. contact: (940) 322-5000.**

If you received Family Times as a forward and would like to receive the weekly newsletter directly to your in-box, contact Lisa Jansen-Rees by e-mail ([lisa.jansenrees@us.army.mil](mailto:lisa.jansenrees@us.army.mil)) with the word ADD in the subject line. To be removed from the distribution send an e-mail with the REMOVE in the subject line. To submit items to Family Times please format your information as events are listed here (date, event, time, location. Description including cost and target audience. Contact information.) and send electronically with the word SUBMISSION in the subject line. Thanks for reading and enjoy your family time!

*Lisa Jansen-Rees*  
Family Wellness Guru