

Campus offers resources for mind, body, spirit

This is the time of year when many people talk about getting into the holiday spirit.

You may have noticed that the Fort Sill Resiliency Training Campus has "spirit" as one of its three key components: mind, body and spirit. The spirit component includes much more than just the holiday spirit.

There is a now a spiritual fitness center at the RTC support center, Building 2934, off Marcy and Craig roads. It is an extension of services normally offered by our chaplains, and is co-located with the Fort Sill Installation Chaplain's Office.

The mission of the spiritual fitness center is to assist individuals to develop and

strengthen a spiritual resilience that will sustain them in good times and bad, but especially in a time of persistent conflict, trauma and stress.

It provides a welcoming environment and invitation to dialogue, to question and discover the ways that lead to a spiritually fit life so that individuals can achieve and enjoy greater resiliency. It is intended to be a place where individuals can go to pray, meditate, study, learn, derive strength and talk to others with shared experiences.

The spiritual fitness center has five primary components.

First is the resource library. This is a traditional library with a variety of ref-



Did you know?

By Col. Raymond Lacey
Fort Sill Garrison commander

erence materials and books on religion, spirituality and spiritual fitness. Materials cover a broad range of religious traditions and are not faith specific.

Next is the faith exploration lab which is still in the developmental stage. It is a component of the library and will primarily be a self-service area with chaplains nearby for consultation, if necessary. There will be three computer terminals

available with special software and key research websites bookmarked to enable in-depth religious research and study. Individuals will be able to answer some of the spiritual questions they may have and assess their spiritual fitness level.

A dedicated prayer and meditation room is the center's third component. This special room provides a quiet, calm, relaxing location to help people enter into

quality prayer and meditation. It also functions as an extension of the faith exploration lab by providing a physical place in the facility for contemplation of information learned.

The fourth component brings the human element — the on-site duty chaplain, into the spiritual fitness center. Every Army installation has a chaplain available on call, around-the-clock to provide emergency pastoral care and counseling. The duty chaplain at the RTC support center is there to support and respond to individuals seeking help.

The final component is the chaplain family life center which offers faith-based marriage and family pas-

toral counseling to Soldiers and family members. The family life chaplain has a master's degree in marriage and family therapy, and provides training in counseling methods and techniques to all chaplains assigned to the installation. Counseling is by appointment only through referrals by unit chaplains. Unit chaplains normally participate in counseling with the family life chaplain.

Take time to honor the spirit of this season by seeing what our spiritual fitness center has to offer. While you're there, also take note of the other quality services the mind and body centers provide for all Fort Sill people.

AER sponsors three family scholarship programs

By Monica Wood

Army Emergency Relief offers several scholarships for dependent children and spouses.

Scholarships include:

The Maj. Gen. James Ursano Scholarship Program, for dependent children of Soldiers (active duty, retired and deceased), who are full-time students at an undergraduate, technical or vocational institution accredited by the Department of Education. It is awarded annually up to four academic years. Funds may be used for tuition, books, fees, supplies or school room and board. Students may reapply each year and must maintain a cumulative grade point average of at least 2.0 on a 4.0 scale.

A student applying for 2011-2012 academic year must be under the age of 23 for the entire aca-

demical year. The applicant must be an unmarried dependent child of an active duty or retired Soldier or a dependent child of a Soldier who died in either status. All Soldiers and students must be registered in the Defense Eligibility Enrollment Reporting System. A student can verify his or her DEERS status at 800-538-9552.

Applications for the 2011-2012 AY scholarships are now available online through April 1 at www.aerhq.org. Online applications must be submitted by April 1. Other deadlines are in the instructions. AER will notify applicants about their scholarship in June.

The AER Stateside Spouse Education Assistance Program is for spouses of active duty and retired Soldiers, and widows or widowers of Soldiers

either on active duty or in a retired status, and are residing in the United States. All spouses must be registered in the DEERS. This program does not apply to second undergraduate or graduate degrees.

Scholarship awards are based on financial need and are awarded annually up to four academic years to attend post secondary school full time as undergraduate level students. Funds are to assist with academic expenses at the attending university or school and are disbursed equally between the fall and spring semesters or quarters to assist with tuition, books, fees and supplies. Students must maintain a cumulative GPA of at least 2.0 on a 4.0 grading scale.

Applications for the 2011-12 AY scholarships are now available

online through April 1 at <http://www.aerhq.org>. Applications must be submitted by April 1. Other deadlines are in the instructions. AER will notify applicants about their scholarship in June.

The AER Overseas Spouse Education Assistance Program is for spouses of active-duty Soldiers assigned and living at overseas commands only (Alaska, Hawaii and Puerto Rico are considered stateside). The spouse must physically reside with the Soldier at the assigned command.

Spouses must be enrolled, accepted or pending acceptance as students for the entire term in post-secondary or vocational institutions under contract at the education office and approved by the U.S. Department of Education. Spouses are not eligible if they are visiting

outside the command and take correspondence courses online.

Attendance under OSEAP need not be full time. Spouses may participate in additional programs as defined in the OSEAP description, located on the AER website at www.aerhq.org. Graduate schools and foreign schools are not eligible.

Financial assistance is awarded up to half the cost of tuition per term based on financial need, as evidenced by income, assets, family size, special financial obligations and circumstances. The academic year consists of five terms.

Applications for the 2010-2011 AY scholarships are now available at www.aerhq.org. Applications must be submitted online by the term deadline date listed in the OSEAP instructions.

Sill shorts

Museum open Sundays

The Fort Sill Museum has extended its Sunday hours to 8:30 a.m. to 5 p.m. The Field Artillery Museum is open Sundays from noon to 5 p.m.

CG's reception

The public is invited to the Commanding General's New Year's reception Jan. 8 beginning at 1 p.m. at Sherman House. For more information, call 442-2346.

New Year's party

The public is invited to Patriot Club's "Cheers to a New Year" party Dec. 31 from

9 p.m. to 1 a.m. The cost is \$75 per couple or \$40 for singles. Reservations are required by Wednesday. For more information, call 442-2020.

Business off-limits

Gert's Pub and Grub in Lawton remains off-limits, by order of Maj. Gen. David Halverson, Fires Center of Excellence and Fort Sill commanding general. This order applies to all military personnel to protect the health, safety, morale, welfare and discipline of military members. Soldiers, Sailors, Airmen and Marines who violate this order may be subject to actions under the Uniform Code of Military Justice.

the Cannoneer

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