Two Fort Sill community members place in the 2010 Arts and Crafts contest
Congratulations to Jessica Milliman and Anna Roberts for representing Fort Sill by placing in the 2010 Army Arts and Crafts Contest. Milliman placed first in prints category with “Glamorous,” and third in the oil painting category with “Always Remembering.” Roberts received an Honorable Mention for her mixed media category submission, “Hero of Innocence.”

Job Fair for military spouses offered Nov. 3 at Welcome & Conference Center
The Fort Sill Job Fair is Wednesday, Nov. 3 in the Fort Sill Welcome and Conference Center, 6045 Sheridan Road, from 10 a.m. - 2 p.m. The Fort Sill Employment Readiness Program (ERP) is sponsoring this event, which is open to the public. The Army Spouse Employment Partnership helps connect Army spouses with employers and staffing agencies, to enhance the employment opportunities for spouses of U.S. military members with employers committed to hiring military spouses and to connect employers with a talented, global, diverse workforce. Employers who will be at the Job Fair include: The City of Lawton, Defense contractors, Family and MWR Non-appropriated Funds Human Resources, the Army and Air Force Exchange Services, Oklahoma Workforce, Great Plains Economic Development Center, and several work from home agencies and more. A good combination of opportunities for entry, mid and career status applicants is expected. All job seekers are encouraged to attend. For more information, call (580) 442-4681.

CG’s Challenge Community Walk is Nov. 4 at Polo Field
Fort Sill’s commanding general challenges the entire community – students, Soldiers, family members and civilians -- to get involved with fitness at the Fall Commanding General’s Challenge Community Walk Nov. 4. The walk begins and ends on the Fort Sill Polo Field. The event, which kicks off at 1:30 p.m., is open to the public and is held in conjunction with the Southwestern Oklahoma community and local schools. Everyone is encouraged to participate – either on the Polo Field or at their locations and log in their miles. In addition to using the walk to raise esprit de corps, and encourage physical fitness throughout the community, this walk will also be a holiday food drive. Everyone is encouraged to bring a can or cans of food to the Polo Field to support families throughout the holiday season and further the Team Sill, Oklahoma PRIDE concept.

BOSS hosts dance team auditions Nov. 5 and 6 at RecPlex
The Better Opportunities for Single Soldiers program is hosting auditions for a Fort Sill dance team, which will attend games and events to boost morale. The team may also compete in dance competitions in the future. The auditions are at the RecPlex, from 11 a.m. - 2 p.m. Registration is underway and any Soldier can register to audition. BOSS is also looking for Soldiers to come up with the best dance team name and logo and dance team colors, which must include artillery red. Register to audition and to submit your designs and ideas at the BOSS office, Room 148, at the RecPlex, or at the MWR desk at Building 4700. For information, call 442-6346 or (580) 512-8825.

First Friday is Nov. 5 at Patriot Club
The next First Friday is Nov. 5 at the Patriot Club’s Backbone Lounge. Join the Sergeant Audie Murphy Club in a celebration of Veteran’s Day. Enjoy free finger foods, karaoke, prizes and more. First Friday is open to everyone and begins at 4 p.m. For more information or to sponsor an event, call (580) 442-5300.

Nye hosts Puppet Theatre Nov. 5
Nye Library will offer the Puppet Theatre Nov. 5 from 11 a.m. - noon. Children won’t want to miss the great puppet drama and crafting after the show. For more information, call (580) 442-3806.
Heroes’ Tree Ornament Workshops offered Nov. 6, Dec. 4 at Nye Library
Nye Library will host Our Heroes’ Tree Ornament Workshops Nov. 6 and Dec. 4 from 1 – 2 p.m. Do you want to make an ornament celebrating your military hero(es) and hang it on the Library tree in December for all to see? Join the library staff and patrons at one of the Heroes’ Tree ornament workshops in November, and December. Photos of the ornaments can also be submitted for consideration in the Virtual Heroes’ Tree. Please bring a photo of your military hero(es) then Nye Library will provide the rest. Or you can make an ornament at home and bring it in to hang on the Heroes’ Tree. For more information, call (580) 442-2048 or 442-3806.

Fitness in the Park offered Saturdays Nov. 6 through 20
The Lawton Fort Sill community is invited to get active with the new Fitness in the Park classes. The free classes are from 9 - 10 a.m. every Saturday Nov. 6 - 20 at the lakeside stage on the east side of Elmer Thomas Park. Classes include Pilates Nov. 6, HopSport Nov. 13 and Cardio Core Attack Nov. 20. The free classes are offered to the community through a partnership with Fort Sill Family and Morale, Welfare and Recreation, Fit Kids of Southwest Oklahoma, Lawton Parks and Recreation and the Comanche County Health Department. Each Saturday will be a different class to encourage families to find something they enjoy doing as a family and to get everyone out and active together. For more information, call (580) 442-6175.

Nye Library’s Adult Book Club Nov. 7 at 2 p.m.
Join Nye Library’s Adult Book Club Nov. 7 at 2 p.m. This month’s book is "Time's Fool," by Patricia Veryan. For more information, call (580) 442-3806 or 442-2048.

EFMP hosts Autism Concepts Workshop Nov. 9 at Resiliency Center
The Exceptional Family Member Program is hosting a workshop by Autism Concepts; Tuesday, Nov. 9 on Behavior Intervention Plans from 6:30 - 8 p.m. at the Resiliency Training Campus. Anyone interested may attend. Call (580) 442-4916 to sign up.

Housing offers Home Buying Seminar Nov. 9
The Housing Services Office will host a Home Buying Seminar, Nov. 9 beginning at 1 p.m. in building 4700. The seminar is open to service members and families, military retirees and DoD employees (APF and NAF). Various speakers will be present including: local realtors and brokers, lenders, VA representatives and home inspectors. Seating is limited to 50 people. Please RSVP by calling (580) 442-2813 or 442-5190 or email wanda.m.sorrells@us.army.mil.

Nye Library offers Saturday Movie Matinee Nov. 13 at 1 p.m.
Join Nye Library Nov. 13 for the Saturday Movie Matinee featuring the fun PG movie, “Where the Wild Things Are,” from 1 - 3 p.m. The movie, juice and popcorn are free. For information, call (580) 442-3806.

ACS Training Curriculum Courses offered in November
Want to increase your training effectiveness, improve your resume and share your knowledge? You should consider professional trainer certifications gained by attending the ACS Curriculum Training Course: Instructor Training is Nov. 8 – 9; Briefer Certification is Nov. 10; and Facilitator Certification is Nov. 16 - 17. Each class meets from 8:30 a.m. - 4:30 p.m. at the Resiliency Training Campus. For more information or to register, send an email to lisa.jansenrees@us.army.mil.

Community Dinner served Nov. 12 at Patriot Club
The Community Membership Dinner is Nov. 12 at the Patriot Club due to the Marine Corp Ball on Nov. 5. The dinner will feature: oven-roasted turkey; apple-glazed pork loin with mushroom stuffing; mashed potatoes with turkey gravy; sweet potatoes; lemony Brussels sprouts; garden salad; ambrosia salad; pumpkin and pecan pies; rolls and beverages. RSVP by calling 442-4120. Cocktails
are at 5 p.m. and dinner is at 6 p.m. The dinner is free to club members. Meal price for non-members is $16.50; for children 12 and under it is $7.75, and children, 5-years-old and under, are free. For information, call (580) 442-5300.

Registration ends Nov. 12 for youth basketball, ages 3 through 5th grade
Registration for Youth Basketball for age 3 years old through 5th grade runs through Nov. 12. Participants in must attend either Sheridan or Geronimo Road Elementary Schools or attend an off-post school, in 2nd through 5th grade, that does not have a basketball team. Registration ends Nov. 12. The cost is $40 for boys and girls basketball. Participants must be registered with CYSS and have a sports physical prior to registration. To register with CYSS, call Parent Central Services at (580) 442-4836 or 442-3927 for an appointment or log on to Webtrac at https://webtrac.mwr.army.mil. Coaches are needed. To learn more about becoming a coach, call Youth Sports at (580) 442-5926.

Facebook and Your Marriage Seminar offered Nov. 13
A "Facebook and Your Marriage" seminar will be hosted by Army Community Service Nov. 13 at the Fort Sill Welcome and Conference Center. The seminar is based on the book written by the husband and wife team, Jason and Kelli Krafsky. The seminar will be presented by the Krafsky’s in two sessions: 9 a.m. - noon “Let’s Get It On! Have a Facebook Affair with Your Spouse” and from 1 - 4 p.m. with “How To Be Your Kid’s Facebook Friend and Parent Too.” Participants can purchase lunch on site from Little Java Café. The cost is $8 for a salad and drink or $6 for a sandwich, chips, brownie and a drink. The first 125 families will receive free training aids. This seminar is free and open to the public. Register online at www.sillmwr.com. For more information, call (580) 442-0648.

EFMP hosts Family Bowling Night Nov. 16 at Twin Oaks Bowling Center
The Exceptional Family Member Program is hosting a Family Bowling Night Nov. 16 from 6 - 8 p.m. at the Twin Oaks Bowling Center. The event is open to anyone enrolled in EFM program and their family members. Call (580) 442-4916 to sign up.

Cooper CDC cuts ribbon for 232 childcare spaces Nov. 18
Family and MWR will host a ribbon cutting ceremony for the Cooper Child Development Center on Nov. 18 at 10:30 a.m. The Cooper CDC will provide child care spaces for 232 children, ages 6 weeks to 5 years old. The center hours are 5:30 a.m. - 5:30 p.m. The opening of the Cooper CDC is another way the Army Family Covenant is “Keeping the Promise.” For more information, call Robin Garrett at (580) 558-5737.

Community invited to Lost Heroes Quilt Reception Nov. 19
Surviving families and the community are invited to attend the reception on Friday evening, Nov. 19 at 4 p.m. The Lost Heroes Art Quilt will be on display at the Fort Sill Field Artillery Museum following the reception. The Lost Heroes Art Quilt is an artist’s tribute to our fallen heroes from the Iraq and Afghanistan wars. The quilt will travel around the United States with the plan to end up back in Washington DC on Sept. 11, 2011, the 10th anniversary of the 9/11 attacks. It is a non-political work that addresses the themes of loss and remembrance, and honors our fallen heroes in a most remarkable way. For more information about the quilt, please follow the link at http://www.heart2hand4art.com/lostheroesartquilt.

Youth Center Lock-in slated Nov. 19
The Youth Center has a lock-in scheduled for Nov 19. The lock-in will start at 10 p.m. and youth must be picked up by 8 a.m. on Nov. 20. The cost for the lock-in is $15 and youth must be a member of CYSS to attend. For more information call the youth center at (580) 442-6745.

Thanksgiving “Make and Take” offered at Nye Library Nov. 20
Join Nye Library Saturday, Nov. 20 at 2 p.m. for the “Make and Take” crafts classes just in time for
the Thanksgiving holiday. All ages are welcome. The program will run until 4 p.m. or when supplies run out. For more information, call (580) 442-2048 or 442-3806.

➢ **Cherish the Gift of Home and Hearth offered Nov. 20**
The holiday season is just around the corner so get in the spirit and get some great ideas for gift giving, decorating and preparing for the winter at **Cherish the Gift of Home and Hearth family-friendly classes**. This one-day workshop is offered Nov. 20 from 8:30 a.m. - 3:30 p.m. at the Resiliency Training Campus. Classes include: Holiday Budgeting, Digital Scrapbooking, Fall Decorating, Karate and more. This time around, Cherish the Gift will offer classes that appeal to dads, such as **Playbook for Dads** and **Finding Your Inner Grill Master**. There’s something for everyone, including the kids. This event is free and open to the public. Children are welcome to attend the classes. **Childcare** is offered so that families can tailor their learning experience based on their unique family needs. Register on-line at www.sillmwr.com or call Angela Schertle at (580) 442-6018 or 442-4916.

➢ **Christ Kindl Markt vendor sign up runs through Nov. 22**
Vendors are invited to sign-up to sell handmade or limited commercial items at the **Christ Kindl Markt**. Interested crafters and vendors must sign up by Nov. 22. Spaces are $50 for both days. To sign up, stop by the Outdoor Adventure Center located in the RecPlex, 2502 Sheridan Road, or mail payment to Family and MWR Special Events, P.O. Box 33307, Fort Sill, OK 73503. The **Christ Kindl Markt** is Dec. 4 and 5 at the **Rinehart Fitness Center**. For more information call Marion Doss, Family and MWR Special Events Coordinator, at (580) 442-9480 or email dossm@conus.army.mil.

➢ **Family of the Year Ceremony is Nov. 23 at Patriot Club**
The **Family of the Year Ceremony** is Nov. 23 at 4 p.m. in the **Patriot Club**. All families nominated will be at the ceremony and the event is open to the community so everyone can meet the many great families nominated and the Family of the Year. For more information, call the Army Volunteer Coordinator at (580) 442-4382.

➢ **Holiday “Craft a Day” at Nye Library Nov. 26 and 27**
Nye Library offers **Holiday “Craft a Day,” Nov. 26 and 27** from 1 to 3 p.m. Join Nye Library to prepare for the Christmas season with fun crafts. They’ll have a different craft each day so don’t miss out. For more information, call (580) 442-2048 or 442-3806.

➢ **Automotive Skills Center offers facility, staff and classes for automotive care**
The **Automotive Skills Center** can fix your car if you don't have time. The knowledgeable staff does repairs, tune-ups, brake jobs, and more. Make your own vehicle repairs and save a bundle at the center. The center hosts automotive repair classes and movies every month. The movies for November, which begin at 1 p.m., include; “Death Race,” Nov. 6; “Transporter,” Nov. 13; “Speed,” Nov. 20; and “Gran Torino,” Nov. 27. November classes offered from 7 to 9 p.m. at the center include: Advanced Electronic Ignition Part 1, Nov. Nov. 4; Advanced Electronic Ignition Part 2 Nov. 5; Sheet Metalwork Part 1 Nov. 11; Sheet Metalwork Part 2, Nov. 12; Electric Arc Welding, Nov. 9; and Oxygen/Acetylene Welding, Nov. 26. Classes are held in the classroom at the Automotive Skills Center. A mandatory safety class, which is required before using the facility, is offered 30 minutes after opening. Bay rentals start at $4 per hour. The Automotive Skills Center, located at 2503 Ringgold Road, is open Thursday from 3 - 10 p.m.; Friday from 2 - 10 p.m.; and Saturday through Monday from 9 a.m. - 5 p.m. The center is closed Nov. 25 for Thanksgiving. For information, call (580) 442-5152.

➢ **Monthly Sports Program Update Meeting held third Thursday of the month**
The **monthly Sports Program Update meeting** is the third Thursday of the month at 11:30 a.m. in the **RecPlex** to provide unit and battalion Athletic Representatives with information on the **Intramural Sports program** and other upcoming sporting event.
• **Tryouts** for Men’s Varsity Basketball runs through **Nov. 2** at Rinehart Fitness Center and the games are **Nov. 6** and **7** at Cannon Air Force Base in Texas.

• **Intramural Football Championships** are scheduled **Nov. 1 - 5** with the site to be announced. The top two teams from each brigade will make the playoffs. **Games start at 6:30 p.m. on different fields.**

All sports teams are for active duty personnel only assigned or attached to Fort Sill. For more information, call Randy Ward at (580) 442-5623 or 442-3269. After duty hours, call (580) 919-2972.

> **Army Family Team Building November classes offered at AFTB, Resiliency Center**

Army Family Team Building **classes** are offered throughout the month at the AFTB Building, 2719 Bragg Road, and the Resiliency Training Center, 2934 Marcy Road. Classes at the AFTB Building include: AFTB Level II Part 1, Nov. 3 from 9 a.m. - 2:30 p.m.; AFTB Level II Part 2, Nov. 4 from 9 a.m. - 2:30 p.m.; and AFTB Level II Part 3, Nov. 10 from 9 a.m. - 2:30 p.m. AFTB classes offered at the RTC include: AFTB Level I Part 1, Nov. 17 from 9 a.m. - 2:30 p.m.; and AFTB Level I Part 2, Nov. 18 from 9 a.m. - 2:30 p.m. To register for any of the classes, call Tammy Walton at (580) 442-2382 or email tammy.c.walton@us.army.mil.

> **CYSS extended hours for evening child care Nov. 5, weekend child care Nov. 20**

The School Age Center and Grierson Child Development Center will be open Friday, Nov. 5 from 7 - 11 p.m. Grierson CDC offers extended hour child **weekend child care Saturday, Nov. 20 from 9 a.m. - 1 p.m.** The Youth Center is open **every Friday** until 10 p.m. and **Saturdays** from 2 - 10 p.m. For more information, call Parent Central Services at 442-3927.

> **Hourly care available at Grierson CDC**

The Alice Grierson Child Development Center offers **hourly and full-time care** for children **6 weeks to 5 years old.** The center's hours are 5:30 a.m. - 5:30 p.m. for Pre-K wrap-around care which offers the only full-day room in the facility. The center is open 7:30 a.m. - 4:30 p.m. for **hourly care.** Grierson also provides two part-time programs to include pre-school and a toddler program. There is limited space available. Parents must register with Child, Youth and School Services to utilize the new center. Call (580) 442-3927 for information.

> **Learn to Swim fall classes are ongoing through the SKIES Unlimited program**

Learn to Swim Fall classes are ongoing at Rinehart indoor pool. The cost is **$35 per student.** For more information, call the Aquatics Office at (580) 442-6200 or the SKIES Program at (580) 917-4492 or 442-4831. Visit www.sillmwr.com for the full class schedule. Children must be registered with CYS Services to participate. To register, call (580) 442-3927. For more information, call the Aquatics Office at (580) 442-6200.

> **CYS Services offers range of services online with WebTrac**

CYS Services offers a range of services with WebTrac, an **online payment and pre-registration service** for CYS Services. The online service offers online pre-registration for membership, **enrollment in SKIES, Sports, EDGE, the Youth Center and School Age Center events.** Patrons can request placement of their child or children on the CYSS waiting list and make hourly care appointments. WebTrac also allows families to print child care receipts, tax statements and pay child care household balances in conjunction with the billing cycle. Visit the site at https://webtrac.mwr.army.mil. Patrons can begin pre-registration through WebTrac, and then a CYS Services representative will contact them for an appointment to finalize the registration process. For more information, log on or call (580) 442-3927, 442-4836 or 442-4756.

> **EDGE program looking for volunteers to teach**

The EDGE Program is in need of instructors for the following activities: Camping, Hiking, Backpacking, Biking, Archery, Racquetball, Cooking, Aerobics, Zumba, Yoga, Calligraphy, Sewing,
SKIES Unlimited offers Martial Arts, self defense classes
SKIES Unlimited is offering Tae Kwon Do/Self Defense classes. Registration is open and costs $45. The classes meet every Tuesday and Thursday at the Resiliency Training Center, 2934 Marcy Road. Times are: 4:30 - 5:15 p.m. for 4 to 5 year olds (Little Dragons); 5:30 - 6:15 p.m. for 6 to 12 year olds (Fire Dragons), and 6:30 - 7:15 p.m. for 13 and up (Elite). Students will learn various punches, kicks and self-defense moves.

SKIES Unlimited offers children’s ballroom dancing
SKIES Unlimited offers ballroom dance classes for kids ages 8 and up for $30 per month. The class meets on Tuesdays from 6 - 7 p.m. at the RecPlex. The class instructor is Roberta Wilkinson. Space is limited. Children must be registered with CYS Services to participate.

SKIES Unlimited offers Hip Hop Jazz and Tap classes
SKIES Unlimited is offering new Hip Hop, Jazz and Tap Dance Classes for children ages 3 and up. Ages 3 - 5 meet for Tap Dance on Mondays and Thursdays from 3:30 - 4 p.m. and for Hip Hop Dance from 4 - 4:30 p.m. Ages 6 - 10 meet for Tap Dance on Mondays from 4:30 - 5:15 p.m. and for Hip Hop Dance from 5:15 - 6:15 p.m. Ages 11 and up meet for Tap Dance on Thursdays from 4:30 - 5:15 p.m. and Hip Hop Dance from 5:15 - 6:15 p.m. The classes begin the week of Nov. 1 and are ongoing. The cost is $45 per month and is due before the 5th of each month. For more information, call (580) 442-4831 or 442-3927.

SKIES Unlimited Guitar lessons begin Nov. 1
SKIES Unlimited offers Beginners Guitar Lessons which begin Nov. 1 at the Resiliency Training Center. Classes are ongoing and are held Mondays from 5:30 - 6:30 p.m. and 6:30 - 7:30 p.m. Students will learn the basics of playing the guitar including knowledge of strings and frets, tuning the guitar and proper position. Intermediate Guitar Lessons are taught on Thursdays from 5:30 - 6:30 p.m. and 6:30 - 7:30 p.m. Intermediate Level 1 teaches students the basic chords and distinguishing chords by ear. Level 2 teaches the students to learn to play a song recognizing musical intervals by ear. Lessons are $45 per month for four one-hour classes. Participants are not required to own a guitar. Lessons are available to children ages 7 - 18 who are registered with CYSS. Space is limited.

SKIES Unlimited offers Dance Fusion for ages 4 - 7
SKIES Unlimited offers Dance Fusion for ages 3 through 5. The class offers a variety of dancing in all styles of dance, fitness stretching and more. This is the perfect opportunity for students to try something new and be creative. Classes cost $30 per month for four sessions which meet at the RecPlex, 2502 Sheridan Road. Children, ages 4 through 7, will meet on Wednesdays from 5 - 5:30 p.m. Space is limited. Children must be registered with CYS Services to participate.

SKIES Unlimited offers Zumba 4 Kidz in November
Beginning Nov. 2, SKIES Unlimited will offer Zumba 4 Kidz. Registration for the classes is ongoing. The instructor is Diana Faulk. The classes will be held Tuesdays from 4:30 - 5:15 p.m. at Cooper Child Development Center, 4125 Bragg Road. Class fees are $25 a month. Children must be registered with CYS Services to participate. For more information about any SKIES classes, call (580) 442-3927 or visit https://webtrac.mwr.army.mil. For more information, call (580) 917-4492.
explore secondary education options and a variety of career paths. Hired offers teens valuable experiences and training to better equip each participant with the skills needed for a highly-competitive job market. Apprenticeship terms are 12 weeks in length. Upon successful completion of the term, participants are eligible for a cash award. The **Hired Apprenticeship Application deadline** for the **winter term** is **Nov. 5**. For more information regarding the Hired Apprenticeship Program or to obtain an application, please contact Amber Kalla, workforce preparation specialist, at the Fort Sill Youth Center, (580) 442-5407 or amber.kalla@us.army.mil.

- **Fort Sill Golf Course is open to the public**
The **Fort Sill Golf Course** is open to the public **Tuesday** through **Friday** for open play. Weekend play is still reserved for authorized users, family members and their guests. Currently **hours** of the course are from **7:30 a.m. – 7 p.m.** or from dawn to dusk. For more information, call the Pro Shop at (580) 442-5441.

- **RecPlex offers variety of movies and games, dance lessons**
Get a head start this holiday season by booking your holiday party at the RecPlex now. Space is limited and will fill up fast. Book your reservations today by calling 442-4824. The RecPlex has a **wide variety of movies** available to show for the **Friday Night Movie** since the center now has an account with **NETFLIX** and **GAMEFLY**. **GAMEFLY** will also provide **games** for the **X BOXES** and **PLAYSTATION 3**. The RecPlex also offers **Ballroom dance with one-on-one private lessons** **Thursdays** from **6:30 - 7:30 p.m.** For more information, call the RecPlex at (580) 442-4824 or the instructor, Roberta Wilkinson, at (706) 718-5315.

- **Meeting rooms available at Nye Library**
**Meeting rooms** for **larger groups** are now available at **Nye Library**. The library has three meeting rooms that can hold up to 26 individuals each and can easily be converted to a larger space that holds up to 78 individuals. Assistance is also available for your projection and audio visual needs. Call 442-2048 to get the request form and reserve a room.

- **Nye Library offers Story Time Wednesday mornings at 11 a.m., Thursdays at 2 p.m.**
Young children, **preschool and younger**, and their parents are invited to enjoy **stories** and **crafts** every **Wednesday morning** at **11 a.m.** and **Thursday afternoon** at **2 p.m.** For more information, call (580) 442-2048 or 442-3806.

- **Nye Library offers Kids Book Club**
Children, grades 3 through 6, interested in reading and discussing literature, are invited to join **Nye Library** every **Wednesday** from **4 - 5 p.m.** for the **Kid's Book Club**. Please sign up at Nye Library. Don’t forget to bring book recommendations. For more information, call (580) 442-3806.

- **NEOS gaming system available for families at Co-Op Park**
The **NEOS Wall** and **NEOS 360 electronic outdoor games** are located at **Co-Op Park**, off Fort Sill Boulevard on Upton Road. NEOS is the world’s **first electronic play systems for the playground**. It combines the speed and reflex action of video games with the explosive movement of aerobic exercise to create the most physically challenging and exciting activity ever to hit your play space. Playing NEOS delivers a workout for the heart and lungs - not just the thumbs. Each NEOS play system offers multiple, high-thrill games for solo or team players. Every game presents a different set of challenges as player’s race each other - or the clock - to hit the blinking lights. The **free games** are available 24 hours a day, **seven days a week**.

- **Ten cabins open for reservation at LETRA**
**Lake Elmer Thomas Recreation Area** has **10 lakeside rustic, wood cabins** available for reservation in **three different sizes**. The four small cabins accommodate up to four people; the three
medium cabins accommodate up to six people; and three large cabins accommodate seven people. The prices for the cabins are $55 for the small cabins; $65 for the medium cabins; and $75 for the large cabins. The cabins are available for reservation to all, but there is an additional $10 cost for civilians. The cabins come with all the amenities including furnishings; heat and air; a TV and DVD player; fully-stocked kitchens with dishes and silverware; and linens and towels. Reservations should be made up to two months in advance. For reservations or questions call the Country Store, at (580) 442-5854.

Adventure Travel offers discounted tickets
- NASCAR tickets are still available for Nov. 6 - 7 at Texas Motor Speedway, so order now
- Get tickets now for OU vs. Texas Tech, Nov. 13 before they are all gone. The cost is $79 each
- Nov 21 - 28 take a 7-night cruise from Galveston to Jamaica, Grand Cayman and Cozumel: $440 per person plus taxes
- Feb. 10 – 14 take a 4-nights vacation at Cozumel, with air from DFW, staying at Hotel Cozumel. The all-inclusive cost is $782 per person plus tax
- July 24 – 31 take a 7-night cruise from San Juan to St. Thomas, Barbados, St. Lucia, St. Kitts and St. Maarten: The cost is $640 per person plus taxes

For these specials and all of your travel needs, stop by Adventure Travel in the PX Mall, call (580) 250-4040, or visit the website at www.adv-travel.com. Adventure Travel is open Monday - Friday from 9 a.m. - 6 p.m., and Saturday from 10 a.m. - 3 p.m.

P.H.A.T. Club offers education, workout Wednesday mornings
Are you P.H.A.T. (Pretty Hot And Tempting)? The P.H.A.T. Club offers education and physical activities during bi-weekly meetings. Meetings are offered at Rinehart Fitness Center on Wednesdays from 9:30 - 10:30 a.m. and in the afternoon at Honeycutt Fitness Center from 5 - 6 p.m. The meetings are always dedicated to a special subject or body part of the day. Club members are welcome to bring their children to the meetings. Fitness assessments and progress measurements are every 6 weeks. "Before and after" pictures and results will be available as recognition for member achievement. For more information, call 442-6200 or email Claudia.mejia1@us.army.mil.

Goldner offers Turbo Kick classes
Goldner Fitness Center now offers Turbo Kick Classes on Wednesdays from 5:30 - 6:30 p.m. and Saturdays from 9:30 - 10:30 a.m. Turbo Kick is a combination of intense kickboxing and dance moves. It's an ultimate cardiovascular workout that offers intense intervals, strength and endurance training with a relaxing cool-down. For more information, call (580) 442-2740.

Goldner offers Cardio and Core Attack classes
Goldner Fitness Center now offers Cardio and Core Attack classes Tuesdays and Thursdays from 5 - 6 p.m. This is an athletic challenge that includes interesting drills, standing core work, kickboxing and more. For more information, call (580) 442-2740.

Honeycutt Fitness Center offers Belly Dance classes
Honeycutt Fitness Center offers Belly Dance classes Fridays from 5:30 - 6:30 p.m. Belly dance is a non-impact, weight-bearing exercise and is suitable for all ages. Many of the moves involve isolations, which improves flexibility of the torso. The legs and long muscles of the back are strengthened by hip movements. For information, call (580) 442-5912.

Rinehart Fitness Center introduces its 3D Abs class
Rinehart Fitness Center introduces its 3D Abs class. Experience an abdominal workout that is effective in toning and strengthening your core. Classes are held Mondays, Wednesdays and Fridays from 11:30 a.m. - noon. For information, call (580) 442-2740.
Self Defense Classes offered Fridays at Honeycutt

A Self Defense Class will be offered every Friday from 11:40 a.m. - 12:30 p.m. at Honeycutt Fitness Center. The free class is taught by Thomas Felder. For information, call (580) 442-5912.

Fort Sill Welcome & Conference Center offers food with Little Java

Little Java is now open in the Fort Sill Welcome & Conference Center at 6045 Sheridan Road, formerly the Gunners Inn. Little Java offers appetite-pleasing breakfast and lunch menus at prices that can't be beat. Hours of operation are Monday through Friday from 6:30 a.m. - 1:30 p.m. and evenings, Saturdays and Sundays by reservation only. Little Java can even do small catered events. For more information, call 442-1874. The center is available for reservation at no cost for all military and Department of Defense personnel and their families. The Fort Sill Welcome & Conference Center can also be used to conduct classes, Family Readiness Group meetings and many other events. The center hours of operation are Monday through Friday from 6:30 a.m. - 4 p.m. and evenings, Saturdays and Sunday by reservation only. To reserve the Fort Sill Welcome & Conference Center, call Jeffrey Jerles at (580) 442-3060 or 442-6999 online at www.sillmwr.com.

Rinehart Fitness Center offers "Total Fitness for Lunch" class

The Total Fitness for Lunch class will be from 11:30 a.m. - 12:30 p.m. Tuesdays and Thursdays at Rinehart Fitness Center. It is a cardio, toning and strength class. For more information, call (580) 442-6712 or visit www.sillmwr.com.

Free Boxercise class offered at Goldner and Rinehart Fitness Centers

The free Boxercise workout class is from 5:30 - 6:30 p.m. Mondays at Goldner Fitness Center and Wednesdays at Rinehart Fitness Center. The class combines cardio, strength and toning into boxing routines. The class is a great all-over workout. For more information, call (580) 442-2740.

Recycle Center collects recyclables

The Recycle Center, located on the corner of Mow-Way and Sheridan Roads, offers collection bins available 24 hours a day. Users are reminded that the Recycle Center is a collection point for recyclable materials only, no trash. All recyclable materials must be placed inside the collection bins. Items placed in the bins are not eligible for unit “Cash for Trash” credit. If you have questions about what is accepted or the unit “Cash for Trash” program, please call (580) 442-5712 or 585-7865.

Recycle Orientation is third Tuesday of the month

A Recycle Orientation is held on the third Tuesday of each month at 10 a.m. in the Recycle Center Conference Room, 3330 NW Sheridan Road, across from the Sheridan Road Shoppette. The orientation is open to all. For more information call 442-5712 or 585-7865.

Rec Hut checks out sports equipment for patrons

Feel like playing some tennis or skating, but don't have the equipment? The Rec Hut can meet your needs. The Rec Hut (Bldg 602) is located next to Butner Field on Quinette Road, just south of the Patriot Club. Roller skates, roller blades and tennis racquets are available for check out. Equipment checkout is quick and easy: bring your picture ID and it will be returned to you when the equipment is returned. The Rec Hut is open during the following times: Friday from 6 - 10 p.m.; Saturday from 1 - 8 p.m.; and Sunday from 1 - 6 p.m. Other times may be available by reservation. To check on possible reservations, call the Fort Sill Sports Office at (580) 442-3269 or 442-5623.

Impact Zone offers fun throughout the week

- The Impact Zone Beer Garden, a state-of-the-art, open-air, patio-style bar, is open. The Impact Zone will air UFC 123 Nov. 20. UFC returns to the Impact Zone, live on pay-per-view. Watch as two former Light Heavyweight Champions collide in the octagon. Quinton "Rampage" Jackson looks to bounce back from his UFC 114 loss to Rashad Evans while Lyoto Machida tries to redeem himself from his May loss to Mauricio "Shogun" Rua. BJ Penn and Matt Hughes will also
meet, making it their third meeting in the octagon. Each man has won one of the previous two encounters.

- **Java Café** now serves breakfast. Whether you’re powering up after a grueling PT or meeting the ladies for a cup of Starbucks’s coffee, Java Café can help you get your morning started right. Located inside Fort Sill’s Impact Zone, Java Café serves breakfast **Monday** through **Friday** from **7:30 - 10:30 a.m.**
- The Java Café is open **Thursday**, **Friday** and **Saturday** nights until **10 p.m.** and serves a full menu until close.
- Play all your favorite **games** at the **Impact Zone**. The IZ has **Wii**, **foos ball**, **air hockey**, **pool tables** and **darts** available to play.

➤ **Patriot Club Barber Shop offers haircuts to Family & MWR patrons**
The **Barber Shop** inside the **Patriot Club** offers haircuts and styling to men and women, members and non-members. For more information, call 442-0883.

➤ **Fort Sill Golf Course Mulligan's Restaurant open to golfers, walk-ins**
**Mulligan's Restaurant**, inside the **Fort Sill Golf Club**, is open for business. This informal and friendly restaurant is designed to give you exactly what you want - good food, a fun environment and a place to meet friends and family. Mulligan’s offers a complete breakfast menu. Golfers and walk-in customers may choose from a full menu of delicious burgers, sandwiches, and freshly tossed salad selections during the day. **Mulligan's**, the Pro Shop restaurant, is **open Tuesday** through **Sunday**. Have your order ready when you get there, by calling it in at (580) 442-5391.

➤ **Twin Oaks Bowling Center offers specials throughout the week**
- **Monday** is bowl for **$1.75** all day long.
- **Tuesday** and **Thursday** are the **Bowlopolis family special**, starting at **2 p.m.** with the last session starts at **8 p.m.** Get a lane for up to six people with two hour shoe rental, one large one-topping pizza and two pitchers of soda for **$25**.
- **Saturday night** is **head pin bowling**. When a colored pin comes down in the #1 position and you get a strike you will get a coupon for a free game to be used at a later date.
- The center offers party packages which range from **$3.25 to $7.90** per person depending on the amenities chosen. Call (580) 442-2882 for more information.

➤ **ACS offers Love & Logic classes Tuesdays from 11:30 a.m.**
**Love & Logic classes** parenting classes are **Tuesdays** from **11:30 a.m. - 12:30 p.m.** The classes will take place in Room 153N of Building 4700. Love & Logic is a **basic parenting class** for parents of children of all ages. Pre-registration is required. To register, call (580) 442-0692.

➤ **Family & MWR is looking for a few good volunteers**
Family & MWR is looking for volunteers for many programs across post and for various events throughout the year. Anyone interested in volunteering should contact Gail Coffman at Army Community Service at (580) 442-4682 or by emailing gwendolyn.gail.coffman@us.army.mil.

➤ **Army Community Service offers Individual Financial Counseling**
The ACS Financial Readiness program has two **Military and Family Life Consultants** (MFLC) who offer **Personal Financial Counseling** to individuals and families to help them manage finances resolve financial problems and reach long-term goals such as buying a home and planning for retirement. The financial experts will help you take control of your finances, reduce money related stress and overcome the financial issues of military life. Personal Financial Counselors can advise you on: Financial planning for deployment and beyond, **Military benefits**, **Pay and entitlements**, Individual or Family budgets and spending plans, Credit management/Credit cards, Debt liquidation, Student Loans/Tuition assistance, Insurance and Mortgages, Loans, **Consumer rights**, **Taxes**,
Investments and basic estate planning, Veterans benefits, and Military and Community resources. The counselors can be reached at (580) 442-3063 (Dick) or 442-2976 (John). The ACS Financial Counselor can be reached at 442-3080.

Outdoor Adventure Center rents equipment and reserves on-post parks
The Outdoor Adventure Center has everything you need for outdoor fun. The center has all the equipment you need to make the most of your outdoor time. The Center also reserves the five on-post picnic areas and parks. Medicine Creek Park, Ambrosia Springs Park, Quinette Park, Rucker Park and the Co-Op Park are available to reserve for your next family outing or unit function at no charge. The Outdoor Adventure Center is located in the RecPlex, 2502 Sheridan Road. Call (580) 355-8270 for more information.

Monthly Meetings
- The Fort Sill Family and Community Team Session, SillFACTS meeting, is Nov. 2 at the Fort Sill Welcome & Conference Center beginning at 10 a.m. Since there will not be a Sill FACTS meeting in December, the November meeting will include holiday information. The meeting serves as a focal point for information exchange on matters of community interest and increases communication and interaction between Fort Sill units/directorates/activities. The meeting is open to the public. All Directors, Brigade Commanders and CSMs, Battalion Commanders and CSMs, FRG leaders, FRSAs, spouses, DoD civilians, and installation staff are invited to attend. For more information, contact Cheryl Foster at (580) 442-3113.
- Caravan Club offers field trips for military children birth to 5 and their favorite big person. The Caravan Club is a great way for preschoolers and their families to enjoy educational field trips throughout Lawton Fort Sill, Southwest Oklahoma and North Texas. There are new and exciting trips available every month for military children and their caregivers. There is no cost for this activity, but pre-registration is required by calling 442-6458 or e-mailing lisa.jansenrees@us.army.mil with the name(s) and ages(s) of the children attending and name and cell number of accompanying parent.
- Survivor Outreach Services, an Army Community Service program, encourages those who have suffered a loss to attend one of the monthly support groups being offered. Our mission is to provide a holistic, multi-agency approach to address Survivors’ needs throughout their healing journey. Please call (580) 442-4282 or 442-4329 for more information or to speak to the Survivor Outreach Services Support Coordinator or Financial Counselor.
- Newcomers/Start Right Orientation is presented on Tuesdays in Building 2871 Craig Road at the Resiliency Training Center Campus, starting at 8 a.m. This orientation is open to all newly assigned Soldiers and family members. No pre-registration is required to attend the briefing. For more information call (580) 442-2360.
- Volunteer Orientation, for all those interested in volunteering, to help them get started in the Volunteer Management Information System (VMIS). The orientation is held the first Thursday of each month from 10 a.m. to noon in the Family & MWR Training Room of Building 4700 on Mow-Way Road.
- Installation Better Opportunities for Single Soldiers meetings are the second and fourth Tuesday of every month at 2 p.m. in the Fort Sill Welcome & Conference Center. The next meetings, which are open to all who are interested in attending, are Nov. 9 and 23. Come discover all of the programs offered to Fort Sill’s Single Soldiers and geographical bachelors. For more information, call the BOSS president at 442-6346.
- 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, ACS Relocation Readiness Program, at (580) 442-2360.

➢ **Upcoming Events:**
- The Christ Kindl Markt is Dec. 4 and 5 at the Rinehart Fitness Center.
- The Polar Bear Plunge & 5K Run is Jan. 22 at Lake Elmer Thomas Recreation Area. The 5K begins at 8 a.m. followed by a plunge into the brisk, chilly water of Lake Elmer Thomas at 9 a.m. Race registration will be $15 for DoD ID cardholders and $20 for civilians. There is an extra $5 charge for registering on the day of the event. Participants are welcome to wear costumes, and awards will be presented along with door prizes. Register at www.sillmwr.com. For more information, please call (580) 919-2965.