

SillFACTS Agenda
Fort Sill's "Family And Community Team Session"
10 June 2014

(Today's SillFACTS packet is available for viewing/downloading by clicking on the Community Information Tab at www.sillmwr.com)

- 1. Opening Remarks**
- 2. Hails/Farewells**
- 3. Volunteer Recognition**
- 4. New Business Items**

- Vacation Bible School
- July Concert
- Water Restrictions
- Dodging Bullets Training

Information in Agenda Packets (but not being briefed):

- ▶ Child, Youth & School Services - (Lawton Summer Feeding Sites for Children, Lawton Public Schools Enrollment Information, New Student Enrollment Information – Area Schools)
- ▶ ACS Family Matters - (Army Family Team Building Summer/Fall Schedule, Army Family Action Plan, Cowabunga Family Fun Day, Hearts Apart/Culture Connection/Lending Closet/Newcomers' Orientation, Trailblazers Family Group, New Parent Support Summer Playgroups)
- ▶ Community Recreation - (Twin Oaks Summer Bowling Camp, Summer Bowling Specials, Pro-Am & PBA Regional Tourneys at Twin Oaks Bowling, LETRA Movies on the Beach, Military Appreciation Family Fun Day at LETRA, BOSS 3 on 3 Basketball Tournament, Paintball Tournaments at LETRA, Summer Swim Season Locations/Hours/Times, Devil Dog Run)
- ▶ Special Events and Programs - (Family & Friends Dinner at Patriot Club, Marriage 101, Team Sill Family Life Counseling Center, Reynolds Army Community Hospital Update, Employee Assistance Program Frontline Newsletter, Commissary Newsletter, Housing Services Office "Lunch and Learn" Series, Changes of Command)
- ▶ Fort Sill Private Organizations – (Red Cross Newsletter, Protestant Women of the Chapel, Armed Services YMCA Soldier's Closet, Patriot Spouses Club, Fort Sill Thrift Shop)

- 5. Questions**
- 6. Directors' Update**
- 7. Garrison Update**
- 8. Wrap-Up & Planned Agenda Items for the 5 August 2014 Meeting**

Back to School/Outdoor Pools Closing/Family of the Year Nominations

COME ONE COME ALL - COME ONE COME ALL

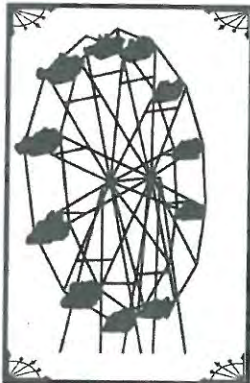
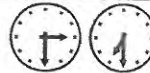
Featuring: *Walk Thru The Bible*

VBS - Under the Big Top



23 - 27 JUNE (0900 - 1130)

K - 5TH GRADE (LIMITED CHILDCARE)



FRONTIER CHAPEL

4121 Thomas Road

Parents Stay Too; Fun for the whole FAMILY!



RSVP TO AMANDA.C.ALLEN.10.CIV@MAIL.MIL

FRIDAY: BBQ - BOUNCE HOUSE - FUN



Heaven's Greatest Party on Earth



FREE FREE FREE FREE FREE FREE FREE

May 18, 2014

Dear Volunteers and Parents,

Vacation Bible School is right around the corner *June 23-27, 2014!* It is with great excitement this summer to host the ministry **"Walk Thru The Bible"** as they will be guiding us through a teaching in the Old Testament. The theme "VBS: Under The Big Top" will help us create an environment for parental involvement, especially with our family BBQ on Friday. Vacation Bible School is of no exception. We already strongly encourage parents to attend VBS with their children to facilitate discussion of the material at home. But depending on how background checks proceed, we MAY have to require a child's parent to remain on site during VBS. This program is great for the whole family as it serves us in this fun-filled interactive style learning for a large group. Parents and volunteers are highly encouraged to participate in the program, especially when we turn the large group into smaller groups, right where you are sitting. The program is geared toward (K-5th grades); limited childcare is available on a first come basis and requires CYS registration. However, if your younger child is able to sit through the program, we encourage this as well. Older youth (6-12th grades) are welcome to assist with any volunteer needs. Registration forms will be available after services starting this Sunday, at the volunteer meeting, or you can stop by and fill one out at Frontier Chapel.

Week Schedule

Monday: Old Testament 0900 – 1130 (snacks included)

Tuesday: Old Testament 0900 – 1130 (snacks included)

Wednesday: Old Testament 0900 – 1130 (snacks included)

Thursday: Old Testament 0900 – 1130 (snacks included)

Friday: Family BBQ (bounce houses, petting zoo, balloon animals) Time TBD

VOLUNTEER MEETING: Frontier Chapel - Wed, 28 May

Offered two different times: 1130 -1230 OR 1800 – 1900

What we need help with:

1. Small Group Leaders
2. Set-up/clean-up
3. Snacks
4. BBQ on Friday

Amanda Allen
Director of Religious Education
580-442-2637
Amanda.c.allen10.civ@mail.mil



LITTLE BIG TOWN

WITH SPECIAL GUESTS TYLER BRYANT AND THE SHAKEDOWN



TORNADO



AVAILABLE NOW/
Locally Sponsored By

FORT SILL POLO FIELD SATURDAY, JULY 5

Tickets at Adventure Travel, 800-999-2987
www.sillmwr.com, EZ GO Stores & Crutcher's

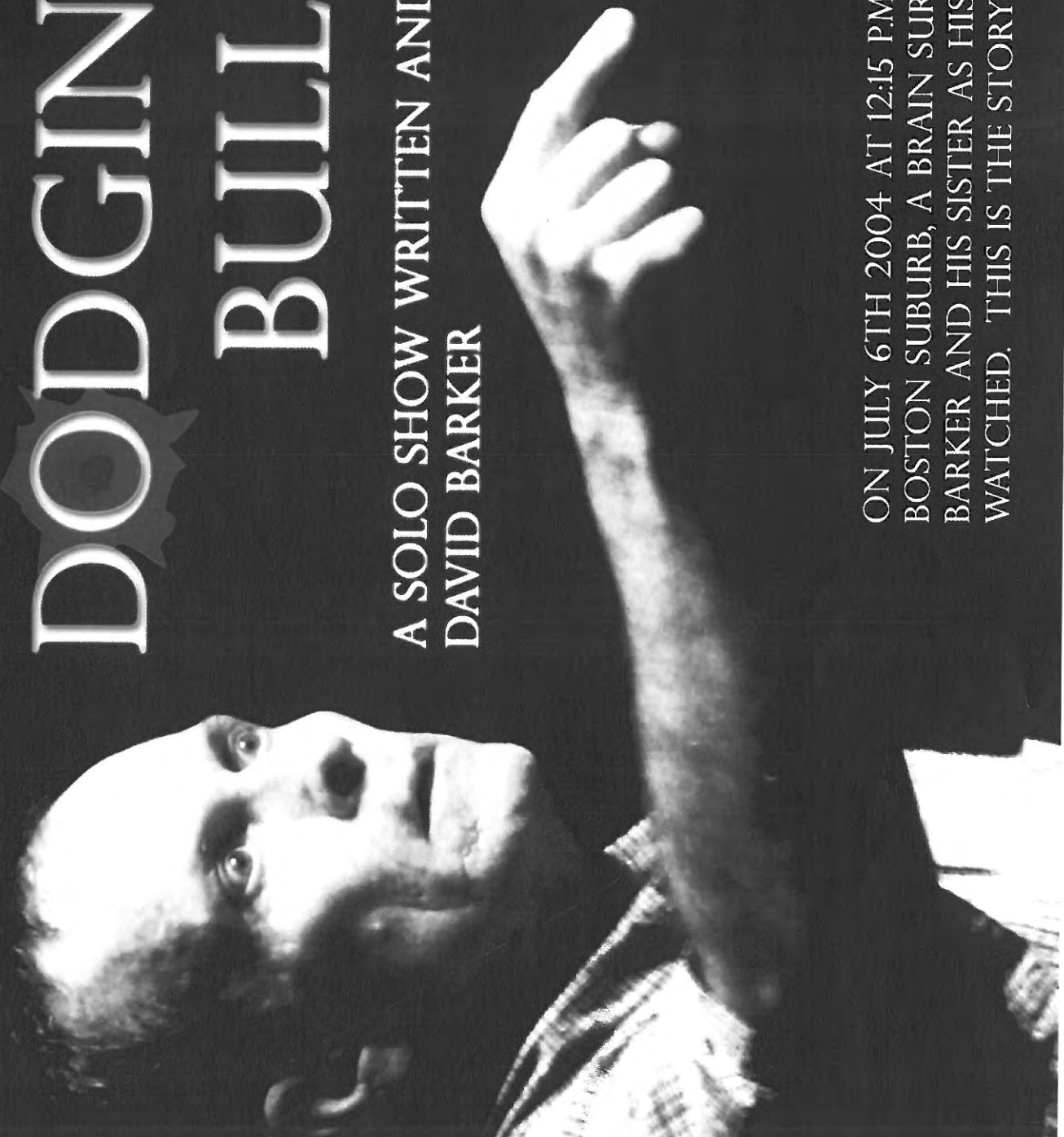


LITTLEBIGTOWN.COM

[/LITTLEBIGTOWN](https://www.facebook.com/LITTLEBIGTOWN)

[@LITTLEBIGTOWN](https://twitter.com/LITTLEBIGTOWN)

THE LAWTON CONSTITUTION
Federal endorsement of sponsors not intended



DODGING BULLETS

A SOLO SHOW WRITTEN AND PERFORMED BY
DAVID BARKER

Showings at the Sheridan Theater

June 17, 18, and 19

0900 & 1400

See your Chain of Command for details

ON JULY 6TH 2004 AT 12:15 PM. IN AN UPSCALE
BOSTON SUBURB, A BRAIN SURGEON TRIED TO KILL
BARKER AND HIS SISTER AS HIS 16 YEAR-OLD NIECE
WATCHED. THIS IS THE STORY.

Dads on Duty Calendar Locations

Graham Resiliency Training Campus (GRTC)

2934 Marcy Road

Historic Patriot Club

500 Upton Road (580) 442-5300

Lawton Public Library

110 SW 4th Street

LETRA

12 miles NW of the main post

Nye Library

1640 Randolph Road

Rinehart Fitness Center

2730 Bragg Road

Reynolds Army Community Hospital (RACH)

4301 Wilson Street

Sheridan Theater

3260 Crane Ave.

Twin Oaks Bowling Center (TOBC)

935 Macomb Road

Wichita Mountains Refuge Visitor Center

20539 State Hwy 115

Hwy 115 & 49 Junction



Dads on Duty Area Resources

For more activities to do with your family check out the websites below:

Family and MWR

www.sillmwr.com

City of Lawton Calendar

www.cityof.lawton.ok.us

Lawton Chamber of Commerce Calendar

www.lawtonfortsillchamber.com

Duncan Chamber of Commerce Calendar

www.duncanok.org

Cameron University Calendar

www.cameron.edu

Wichita Falls Convention and Visitors Center

www.wichitafalls.org

Wichita Falls Downtown Calendar

www.downtownproud.com

Southern Oklahoma's Great Plains Country

www.greatplainscountry.com

Travel OK

www.travelok.com

Oklahoma Children's Theatre

www.oklahomachildrenstheatre.org

During June Fort Sill honors



Calendar & Resources



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Explorers Club Sunshine, 1330-1430 @ GRTC	4 Playgroup, 0930-1030 @ GRTC Storytime, 1100 @ Nye Library Wednesday Performers, 1100 & 1400 @ Lawton Public Library Infant Massage, 1100-1200 @ GRTC	5 MCEC Preventing Summer Slide/Kindergarten Prep, 0930-1030 @ GRTC Mother Goose on the Loose Storytime Age 0-3, 0930-1000 @ Lawton Public Library Romp and Read, Age 2-6, 1030-1100 @ Lawton Public Library Storytime, 1400 @ Nye Library	6 Gartenzwerge Kinderschule, 0900-1100 @ GRTC Friday Movies, 1000 & 1400 @ Lawton Public Library Float-In Movie, 1800 @ Rinchart Pool	7 Saturday Morning Family Hikes, 0900 @ Wichita Mountains Refuge Visitor Center D-Day Paintball Tournament, 0830 @ LETRA
8	9	10 Annual Troop Training, 0900-1100 @ Sheridan Theatre Explorers Club Dads, 1330-1430 @ GRTC	11 Playgroup, 0930-1030 @ GRTC Storytime, 1100 @ Nye Library Wednesday Performers, 1100 & 1400 @ Lawton Public Library Infant Massage, 1100-1200 @ GRTC	12 Mother Goose on the Loose Storytime Age 0-3, 0930-1000 @ Lawton Public Library Romp and Read, Age 2-6, 1030-1100 @ Lawton Public Library Storytime, 1400 @ Nye Library	13 Gartenzwerge Kinderschule, 0900-1100 @ GRTC Friday Movies, 1000 & 1400 @ Lawton Public Library	14 Saturday Morning Family Hikes, 0900 @ Wichita Mountains Refuge Visitor Center Trailblazers Dads on Duty Bowling, 1030-1200 @ Twin Oaks Bowling Heart & Soul Singles Workshop, 1000-1600 @ 1901 Springlake Dr, OKC LETRA Movies on the Beach, Thor-The Dark World, sundown or 2100 @ LETRA
16 	17 Dodging Bullets @ Sheridan Theater 0900 & 1400 Explorers Club Flags, 1330-1430 @ GRTC	18 Dodging Bullets @ Sheridan Theater 0900 & 1400 Playgroup, 0930-1030 @ GRTC Storytime, 1100 @ Nye Library Wednesday Performers, 1100 & 1400 @ Lawton Public Library Infant Massage, 1100-1200 @ GRTC	19 Dodging Bullets @ Sheridan Theater 0900 & 1400 Mother Goose on the Loose Storytime Age 0-3, 0930-1000 @ Lawton Public Library Romp and Read, Age 2-6, 1030-1100 @ Lawton Public Library Storytime, 1400 @ Nye Library	20 Gartenzwerge Kinderschule, 0900-1100 @ GRTC Friday Movies, 1000 & 1400 @ Lawton Public Library Hearts Apart, 1700-1900 @ Bldg. 2719 Family & Friends Dinner. 1800 @ Historic Patriot Club	21 Saturday Morning Family Hikes, 0900 @ Wichita Mountains Refuge Visitor Center Special Summer Playgroup-Dads on Duty Hike and Hunt 1030-1200 @ Martha Songbird Trail LETRA Movies on the Beach, Man of Steel, sundown or 2100 @ LETRA	22 Saturday Morning Family Hikes, 0900 @ Wichita Mountains Refuge Visitor Center
22	23	24 Annual Troop Training, 0900-1100 @ Sheridan Theatre Explorers Club Camping, 1330-1430 @ GRTC	25 On My Shoulders Training, 0900-1700 @ Public Strategies-3 East Main, OKC Playgroup, 0930-1030 @ GRTC Storytime, 1100 @ Nye Library Wednesday Performers, 1100 & 1400 @ Lawton Public Library Infant Massage, 1100-1200 @ GRTC	26 On My Shoulders Training, 0900-1700 @ Public Strategies-3 East Main, OKC Mother Goose on the Loose Storytime Age 0-3, 0930-1000 @ Lawton Public Library Romp and Read, Age 2-6, 1030-1100 @ Lawton Public Library Storytime, 1400 @ Nye Library	27 On My Shoulders Training, 0900-1700 @ Public Strategies-3 East Main, OKC Gartenzwerge Kinderschule, 0900-1100 @ GRTC Friday Movies, 1000 & 1400 @ Lawton Public Library	28 Saturday Morning Family Hikes, 0900 @ Wichita Mountains Refuge Visitor Center
29	30 Playgroup, 0930-1030 @ GRTC		 OKLAHOMA MARRIAGE INITIATIVE		 ARMY COMMUNITY SERVICE Real Life Solutions for Successful Army Living	 RECRUITING POLICE FAMILY U.S. ARMY MWR

Community Summer Meal Program

Meals are provided to all children aged 18 and younger, **NO FEE / NO REGISTRATION** and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service.



LPS Child Nutrition Office – 355-1150

(All Sites No Services July 4th)

Pat Henry Elem (1401 NW Bessie).....June 2 – July 25 (M-F)

BREAKFAST (June Only) 8am - 9am / LUNCH 11:00 am – 12:30 pm
Ridgecrest Elem(1614 NW 47th).....June 2 – July 25 (M-F)

LUNCH 11:00 am–12:30 pm

Cleveland Elem (YMCA)(714 SW 27th)....June 2 – July 25 (M-F)

LUNCH 11:00 am – 12:30 pm

Lawton HS (601 NW Ft. Sill Blvd)..... June 2 – July 25 (M-F)

BREAKFAST 8:30 am –9 :30 am

Swinney Elem (1431 NW 23rd)..... June 2 – Aug 1 (M-F)

LUNCH 11:00 am – 12:30 pm

Wilson Elem (102 NW 17th Street)..... June 2 – July 25 (M-F)

LUNCH – 11:00 am – 12:30 pm

Brockland Elem (6205 NW Ferris)..... June 2 – July 25 (M-F)

LUNCH – 11:00 am – 12:30 pm

Mac High (4500 E Gore)..... June 2 – July 3 (M-T)

BREAKFAST 7:45-8:15AM / LUNCH 10:30 am – 11:00 pm

SACK LUNCH DELIVERY SITE

Boys & Girls Club (1305 F Ave).....June 2 – July 25 (M-F)

BREAKFAST 8:30 am – 9 am / LUNCH – 12:15 pm – 12:45 pm
Elmer Thomas Park.....June 2 – June 6 (M-F)

LUNCH – 11:30 am – 12:00 am

Kids Zone (38th & Meadowbrook)..... June 2 – July 25 (M-F)

LUNCH – 11:30 am – 12:00 am

St. John's Pre School (102 SW 7th)..... June 2 – July 25 (M-F)

BREAKFAST 8:30 am – 9 am / LUNCH – 11:00 am – 11:30 pm
Girl Scouts(3005 NE Angus PL).....June 9 – June 13 (M-F)

LUNCH – 11:00 pm – 12:00 pm

YMCA Camp (5 SW 5th Street)..... June 2 – July 25 (M-F)

LUNCH – 11:00 am – 11:30 pm

Owens Center(1405 SW 11th)..... June 2 – July 25 (M-F)

LUNCH – 12:00 am – 1:00 pm

MIGHT Program (714 SW 45th St)..... June 2 – July 25 (M-F)

LUNCH – 12:00 am – 1:00 pm

Vo-Tech (4500 SW Lee).....June 2 – July 25 (M-F)

BREAKFAST 8:00-8:30am /LUNCH – 11:00 am – 11:30 pm
Wind of Change (4469 SE Lee).....June 2 – July 25 (M-F)

LUNCH – 11:30 am – 12:00pm

Mac High (4500 E. Gore).....June 2 – July 3 (M-T)

BREAKFAST 7:45 am – 8:15 am /LUNCH 10:30 am 11:00pm



Elgin Elementary School

610 J Street

Elgin, OK 73538

Operating May 27 to July 25, 2014

Breakfast from 8:00 AM – 9:00 AM

Lunch from 11:00 AM -1:00 PM

Closed: WEEKENDS & JULY 4, 2014

Walters Public Schools

418 S. Broadway

Walter, OK 73572

Operating Mon.– Fri. June 2 to June 13, 2014

School Cafeteria

Breakfast from 8:00 AM – 8:30 AM

Lunch from 12:00 AM -12:30 PM

Cache High School

102 W H Ave

Cache, OK 73527

Operating June 02 to June 27, 2014

**WE WILL BE CLOSED ON SATURDAYS AND SUNDAYS
DURING THE MONTH OF**

OPERATION

Breakfast: 7:30am – 8:30am

Lunch: 11:00am – 12:30pm

Lawton Public Schools

Enrollment Center

102 E Gore Blvd, Lawton OK

NEW Student Enrollment for 2014-15 School Year

Begins July 7, 2014

Office Hours

8 am – 3pm

Monday – Friday

Required documentation for enrollment:

1. Official State-Issued Birth Certificate
2. Complete immunization record
3. Proof of residency (utility/service bill,
lease/mortgage agreement in parent/guardian name)

CURRENT STUDENTS remaining at the same school or moving up are automatically pre-enrolled and should check in at their school beginning August 4.

New Student Enrollment – Summer 2014

	Enrollment Information	Phone	Summer Hours June/July	Enrollment dates for NEW students
Bishop	Available at school	580-353-4870	Monday-Friday 9am-3pm	Begins July 28 at the office
Boone-Apache	Available at school	580-588-3358		Late July – check website www.apache.k12.ok.us/
Cache	Available at school	580-429-3266		Late July – check website http://www.cache.k12.ok.us/
Central High	Available at school	580-658-6858		August 6
Chattanooga	Available at school	580-597-3347		Check website www.chatt.k12.ok.us
Cyril	Available at school	580-464-2272		August 4, 2pm-8pm
Duncan	Available online or at central enrollment www.duncans.org/departments/central-enrollment	580-255-0686	Monday-Friday 7:30am-3:30pm	Continuous Enrollment at Central Enrollment office
Elgin	Packets may be picked up at school throughout summer	580-492-3663	Monday-Friday 9am-3pm	HS After August 1 ES/MS August 4, 5 & 6 8:30am-3:30pm
Fletcher	Available at school	580-549-6027	Monday-Friday 9am-3pm	After Aug. 1 Check website
Flower Mound	Available at school	580-353-4088	Monday-Thursday 7am-3:30pm (closed June 30-July 4)	June 16 – July 25, 8:30am-2:30pm
Frederick	Available at school	580-335-5516		Check website http://www.frederickbombers.net/
Gerontimo	Available at school	580-355-3160		Check website http://gerontimo.k12.ok.us/
Indianhoma	Available at school	580-246-3333	Counselor/Registrar not available	August 11, 12 & 13
Lawton	Available online www.lawtonps.org or at the Professional Development Center, 102 E Gore Blvd, Lawton	580-585-6425	Monday-Friday 8am-3pm (Ext. hours in Aug 180)	Continuous enrollment after July 7 at Professional Dev. Center
Marlow	Available at school	580-658-2719		Check website www.marlow.k12.ok.us
Sterling	Available at school or online at www.sterling.k12.ok.us/	580-365-4307	Monday-Thursday 8:30am-1:30pm	After August 1
Walters	Enrollment packets available at school	580-875-2568	Monday-Thursday 8am-3:30pm	Dates will be posted on website www.blued.org
Great Plains Technology Center	Available online www.greatplains.edu	580-250-5535	Monday-Friday 8am-4pm	Continuous enrollment Must schedule an appointment to complete enrollment
Lawton Christian	Available at school see web site for details www.tscruaders.com/	580-536-6885	Monday-Friday	Continuous enrollment
Trinity Christian	Available online at www.tcalawton.org	580-250-1900	Monday-Friday 8am-3pm	Continuous enrollment
St. Mary's	Call for appointment to tour facility Available at school or online at http://stmaryslawtonok.com/forms	580-355-5288	Monday-Friday 8:05am – 4pm	Continuous enrollment
Lawton Academy of Arts & Sciences	www.lawtonacademy.net Call for a tour and interview Grades 4, 5, 7 & 8 are full	580-536-1900	Monday-Friday 7:30am-5:30pm	Continuous until classes are full

The following items are REQUIRED for enrollment:

- 1) Original State Issued Birth Certificate; 2) Immunization Records; 3) Proof of Residency; 4) Photo ID of parent/guardian – many schools also require the Social Security Card of the student

Fort Sill Area Schools – Important Dates

July 2014				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	Independence Day CYSS Facilities Closed
7 July 7-Aug 14 LPS Central Enrollment open for New Students 8am-3pm	8	9	10 Training Holiday Fort Sill	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

POC: Ms. Susan Murray
School Liaison Officer
(580) 442-2130
B4700, CYSS

Fort Sill Area Schools – Important Dates					
August 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	
				1	
4 First Day of School Lawton Academy of Arts & Sciences Enrollment Cyril 2-8pm	5	6 First Day of School Cache Enrollment Central High	8 First Day of School Chattanooga	8	
11 First Day of School Cyril	12	13 First Day of School Elgin	14 First Day of School Central High Fletcher Indianoma Sterling	15 First Day of School Bishop Flower Mound Lawton Trinity Christian	
18	19 First Day of School Walters	20 First Day of School Duncan	21	22	
25	26	27 Late Start Cache	28	29	

Fort Sill Area Schools – Important Dates					
September 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	
1 Labor Day Holiday All schools & CYSS facilities closed	2	3	4	5	
8	9	10	11	12 No School Lawton	
15	16	17	18	19 No School Cache Elgin Sterling	
22	23	24 Late Start Cache Early Release Chattanooga	25	26 No School Cyril Fletcher	
29	30				

Fort Sill Area Schools – Important Dates					
October 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
6	7	8	9	10	
13 Columbus Day CVSS Facilities Closed Fall Break Cache, Sterling, Lawton Academy of Arts & Sciences	14 Fall Break Cache, Sterling, Lawton Academy of Arts & Sciences	15 Fall Break Cache, Chatty, Indianoma, Sterling, Lawton Academy of Arts & Sciences Trinity Christian No School Bishop	16 Fall Break Bishop, Cache, Chatty, Elgin, Fletcher, Flower Mound, Indianoma Lawton Academy of Arts & Sciences, Sterling, Trinity Christian	17 Fall Break Bishop, Cache, Central High, Chatty, Cyril, Duncan, Elgin, Fletcher, Flower Mound, Indianoma Lawton Academy of Arts & Sciences, Sterling, Trinity Christian, Walters	
20 Fall Break Bishop, Central High, Cyril, Elgin, Fletcher, Lawton, Trinity Christian Walters	21 No School Central High Walters	22	23	24	
27	28	29 Late Start Cache	30	31	

Fort Sill Area Schools – Important Dates					
November 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	
3	4	5	6	7	
10	11 Veteran's Day CVSS Facilities Closed No School Cache, Elgin, Fletcher, Flower Mound, Lawton, Lawton Academy of Arts & Sciences, Trinity Christian	12	13	14	
17	18	19	20	21	
24 Thanksgiving Break No School Bishop Cyril	25 Thanksgiving Break No School Bishop Cyril	26 Thanksgiving Break All Area Schools Closed	27 Thanksgiving Break All Area Schools Closed CVSS Facilities Closed	28 Thanksgiving Break All Area Schools Closed	

Fort Sill Area Schools – Important Dates					
December 2014					
Monday	Tuesday	Wednesday	Thursday	Friday	
1	2	3	4	5	
8	9	10	11	12	
15	16	17	18	19	
22	23	24	25	26	
29	30	31			
Winter Break All Area Schools	Winter Break All Area Schools	Winter Break All Area Schools	Winter Break All Area Schools CYSS facilities & offices closed	Winter Break All Area Schools	

Fort Sill Area Schools – Important Dates					
January 2015					
Monday	Tuesday	Wednesday	Thursday	Friday	
			1 Winter Break All Area Schools CYSS facilities & offices closed	2 Winter Break All Area Schools	
5 Classes Resume Prof. Day-No students Cache Chattanooga Lawton Walters	6	7	8	9	
12	13	14	15	16	
19 MLK, Jr. Day No School/Prof Day Bishop, Cache, Central High, Cyril, Duncan, Egin, Fletcher, Flower Mound, Indianoma, Lawton, Lawton Academy of Arts & Sciences, Trinity Christian, Walters	20	21	22	23	
26	27	28	29	30	

Fort Sill Area Schools – Important Dates					
February 2015					
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3 PT Conf 4:30-7:30pm Cache	4	5 PT Conf 4:30-7:30pm Cache	6 No School Cache	
9	10	11	12	13 Parent Teacher conf No School Elgin, Fletcher, Sterling	
16 President's Day No School/Prof Day Bishop, Cache, Central Elgin, Elgin, Elgin, Elgin, Elgin, Elgin, Elgin, Elgin, Elgin, Lawton, Lawton Academy of Arts & Sciences, Sterling, Trinity Christian,	17 No School Chattanooga	18	19	20 No School Walters Indianahoma	
23	24	25	26	27 No School Cyril	

Fort Sill Area Schools – Important Dates					
March 2015					
Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6 No School Chattanooga Sterling	
9 Spring Break Camp Lawton Academy of Arts & Sciences	10 Spring Break Camp Lawton Academy of Arts & Sciences	11 Spring Break Camp Lawton Academy of Arts & Sciences Late Start Cache	12 Spring Break Camp Lawton Academy of Arts & Sciences	13 Bad Weather Day – No School Central High, Lawton PT Conf. 9am-12noon Bishop Duncan	
16 Spring Break All area EXCEPT Indianahoma	17 Spring Break All area EXCEPT Indianahoma	18 Spring Break All area EXCEPT Indianahoma	19 Spring Break All area EXCEPT Indianahoma	20 Spring Break All area EXCEPT Indianahoma	
23 Professional Day – No School Chattanooga	24	25	26	27 Bad Weather Day – No School Indianahoma	
30	31				

Fort Sill Area Schools – Important Dates					
April 2015					
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3 No School/Snow Day Cache, Cyril, Fletcher, Flower Mound, Central High, Indianoma, Lawton, Trinity Christian	
6 No School/Snow Day Chattanooga, Cyril, Flower Mound, Sterling Trinity Christian	7	8	9	10 Professional Day Indianoma	
13	14	15	16	17 No School/Snow Day Central High, Cyril Elgin Spring Break Indianoma	
20 No School Elgin	21	22	23	24 No School Cyril Spring Break Indianoma	
27	28	29	30		

Fort Sill Area Schools – Important Dates					
May 2015					
Monday	Tuesday	Wednesday	Thursday	Friday	
				1 No School Cache Cyril Walters Spring Break Indianoma	
4	5	6	7	8 No School Cache, Cyril, Lawton Academy of Arts & Sciences, Walters Spring Break Indianoma Last Day of School Bishop	
11	12	13	14 Last Day of School Chattanooga	15 No School Cache, Lawton, Lawton Academy of Arts & Sciences, Walters Spring Break Indianoma Last Day of School Cyril	
18	19	20 Last Day of School Central High Flower Mound	21 Cache, Duncan Elgin, Fletcher, Indianoma, Lawton, Lawton Academy of Arts & Sciences, Trinity Christian Walters	22 Last Day of School Sterling	
25 Memorial Day CYSS facilities & offices closed	26	27	28	29	

Level K
(Military Knowledge
and Culture)

9–10 July
10–11 September
5–6 November
3–4 December

Level G
(Personal Growth and
Resiliency)

19–21 August
18–20 November

Level L
(Leadership
Skills)

23–25 September
16–18 December

Instructor and Briefer
Training Course

6–8 August

Facilitator Training
Course

1–2 October

AFTB Summer and Fall Schedule 2014

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

Where and When: AFTB Training Center, Most classes are from 9:00 a.m.—3:00 p.m. unless otherwise specified.

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

Enroll Now at 442-2039/2382

“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.

Issues can be submitted year round to My Army One Source and to the AFAP Program Manager.

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, or merilee.k.nevins.civ@mail.mil
3. AFAP issue boxes located throughout community (June—Sept.).



Cowabunga Family Fun Day

at Comanche Nation
Waterpark

Saturday, June 21
11:00 am - 4:00 pm



Don't forget to
bring your swimsuit
and sunscreen!



FREE to military families who have children
with moderate to severe special needs.

Entry fee to the waterpark and lunch
will be provided.



Please call (580) 442-8539 to register.



Sponsored by:



Federal endorsement of sponsors not intended.



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

Get together with other families just like you, apart from their Soldier;
for an opportunity to create a strong group of family members for
activities, advice and support.

Active Duty, National Guard and Reserve Families Welcome

September 19, 2014

5:00 pm - 7:00 pm
Building 2719 Bragg Road, Fort Sill

For Reservations Call:
580-442-3095/0359/4916



www.sillmwr.com



www.facebook.com/FortSillACS



LENDING CLOSET



Have you just moved and need a
few things to get by until your
stuff gets here???

Come and borrow some of ours—
it's FREE! All you need is your
military ID and a copy of your orders.



Located in ACS
Bldg 4700 Mow-Way Rd

Mon-Fri 0830-1600

580-442-3095/4916



Culture Connection



The Fort Sill Culture Connection Group is
specifically designed for our foreign-born
spouses & multi-cultural Family Members.

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



www.facebook.com/fortsillacs

Quarterly Meetings
ACS Relocation Readiness
580-442-4916/3095



www.sillmwr.com

4700 Mow-Way Rd Fort Sill, OK 73503

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.

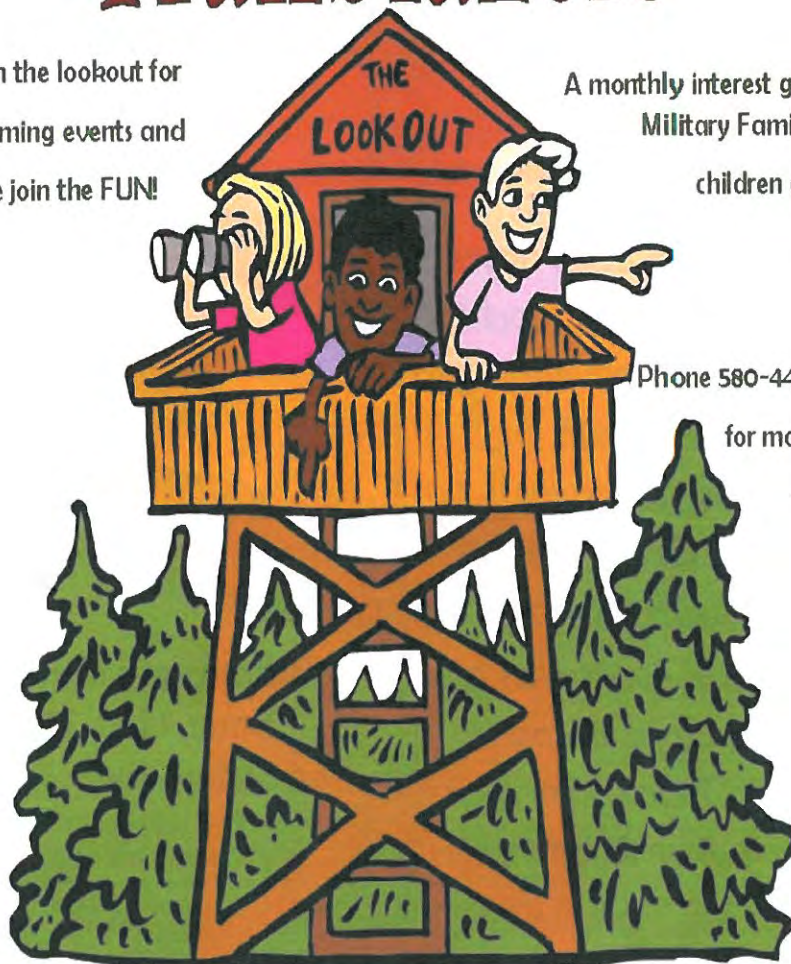
Call 580-917-4690 for Childcare Reservations

Trailblazers



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

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



Phone 580-442-4916
for more info

For registration details www.facebook.com/FortSillACS



New Parent Support Special Summer Playgroups

Who: Military Kids 0-5 & their favorite big person

What: Crafts, free play, fun with balls

Saturday, May 31, 2014

10:30am—12:00pm @ Co-Op Park

Saturday, June 21, 2014

10:30am—12:00pm @ Martha Songbird Trail for Dads on Duty Hike & Hunt

Saturday, July 26, 2014

10:30am—12:00pm @ Ft Sill Youth Center

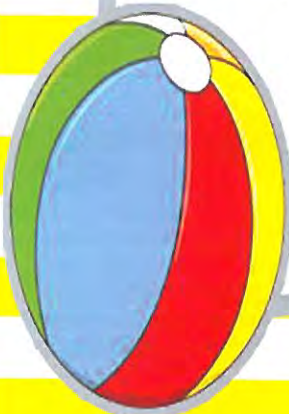
Wednesday, August 27, 2014

10:30am—12:00pm Location to be determined

For updates related to weather/location follow
the ACS Facebook page: www.facebook.com/FortSillACS

580-442-4916 for more information

Children with special needs can be accommodated.
To request accommodations, please call EFMP at
580-442-4916





July 14-18, 1-4 pm

\$25 (add \$8 for T-shirt)

**Includes: bowling, shoe rental, snack,
and instructions from a certified coach!**

Open to first 100 registrants

Ages 6-18 (CYSS eligible youth)

All Levels of Bowlers

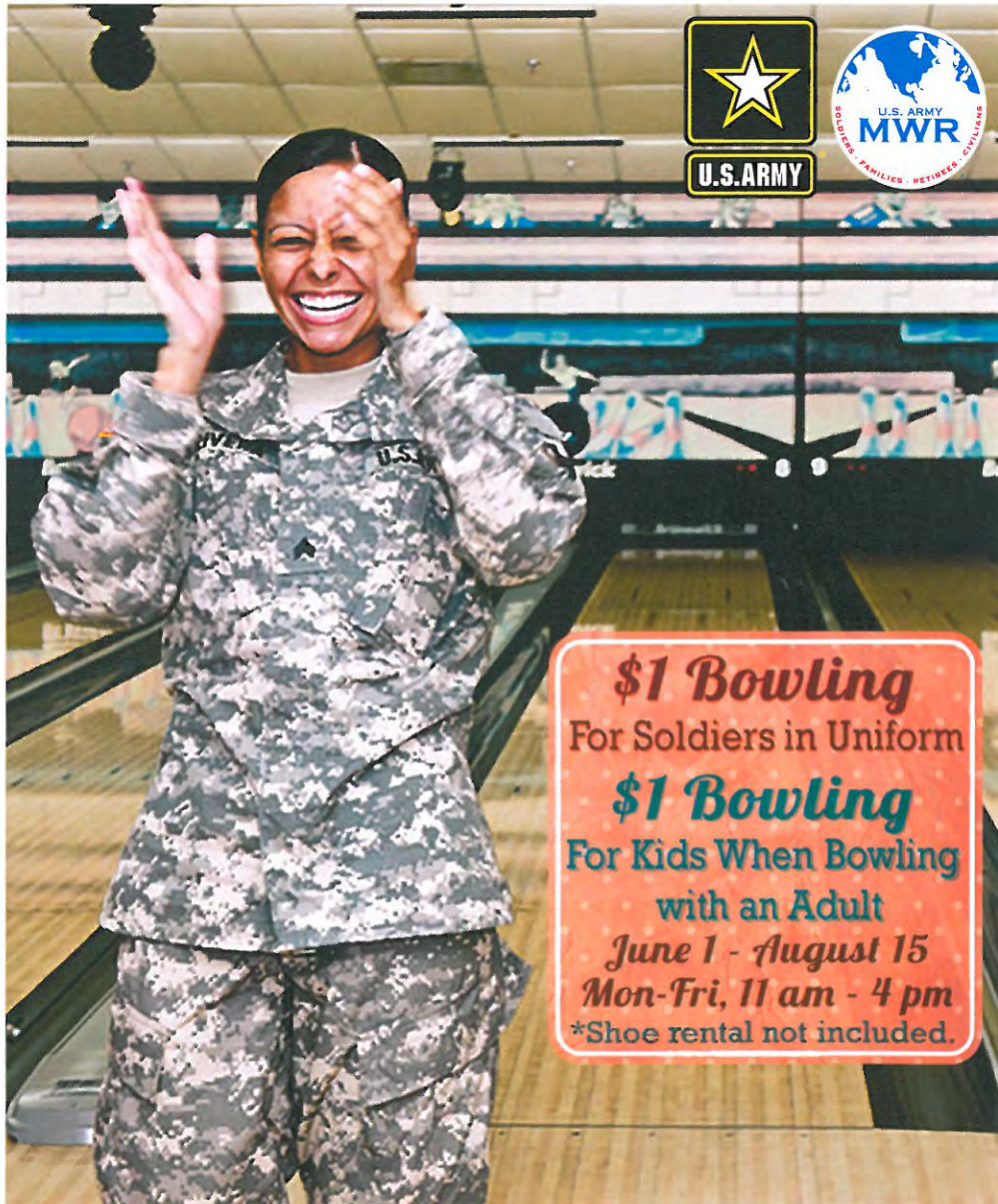
USBC Certified Coaches • Snack Provided Daily

Tournament on Last Day

**Sign up at Twin Oaks Bowling Center, 935 Macomb Road.
For more information, call (580) 442-2882.**

Summer Specials

-Twin Oaks Bowling Center-



\$1 Bowling
For Soldiers in Uniform
\$1 Bowling
For Kids When Bowling
with an Adult
June 1 - August 15
Mon-Fri, 11 am - 4 pm
**Shoe rental not included.*

935 Macomb Road • (580) 442-2882

Twin Oaks Bowling Center at Fort Sill, Oklahoma Presents:



PRO-AM & PBA REGIONAL TOURNAMENTS

July 25 - 27, 2014

Pro's Scheduled Practice

Friday, July 25, 1-3 pm

- Open to Pro's only • All are welcome to watch

Pro Sweeper Tournament

Friday, July 25, 3 pm

- 4 game Sweeper • Open to Pro's only • All are welcome to watch

Sweeper Tournament

Friday, July 25, 5 pm

- Open to all Family and MWR patrons • \$45 Entry Fee • 1st place wins entry into Pro Tournament

Pro-Am Bowling Tournament

Saturday, July 26, 8 pm

- All Family and MWR patrons are invited to participate! • Cash Prizes!
- \$45 for adults, \$30 for seniors and active duty, \$25 for junior bowlers
- All entries after July 21 are: \$57 adults; \$42 seniors; \$37 juniors

PBA Regional Bowling Tournament

Saturday, July 26, 9 am - 7 pm

- Professional bowlers only • All are welcome to watch the excitement as the Pros bowl!

PBA Regional Bowling Tournament Finals

Sunday, July 27, 8:30 am - 4 pm

- Twin Oaks Bowling Center will reopen to the public after the finals



Twin Oaks Bowling Center • 935 Macomb Road • Fort Sill, OK 73503 • (580) 442-2882

STRONG.READY.RESILIENT.



STRONG B.A.N.D.S.

BALANCE • ACTIVITY • NUTRITION • DETERMINATION • STRENGTH

- 1** Participate in a Strong B.A.N.D.S. event at your garrison.
- 2** Wear your band to show your commitment to a healthy lifestyle.
- 3** Visit armymwr.com/strongbands for fitness tips and prizes.

Purchase a Combo Meal
and receive a **FREE GAME**



... *LETRA* ...

MOVIE NIGHTS ON THE BEACH



≡ *Movie Schedule* ≡



Grab a chair or a blanket, and join us for Movie Nights on the Beach at LETRA. This Summer's theme will bring Earth's Mightiest Heroes. For more information, call (580) 442-5858.





Military Appreciation Family Fun Day

Saturday, July 12
10 am – 2 pm at LETRA

FREE Activities:

Beach/Water Slides, Boats, Miniature Golf,
Inflatables, Rock Wall and so much more!

Food Served 11:30 am – 1:30 pm



Motorcycle \$10, Cars & Trucks \$15

Sound-off Contest & Burnout Contest \$7

Fees increase by \$5 day-of registration

Register at Fort Sill Automotive

Skills Center Bldg 2503 or sillmwr.com

For more information, call (580) 442-5858.

Fort Sill BOSS

3 on 3

9 am - Rinehart Fitness Center

19 June 14

BASKETBALL

TOURNAMENT

Each team must consist of a minimum of 3 players/max of 4

Registration fee is \$25 per team

*Dunk, 3-Point Shoot out, and Knock out Contests Fee is \$5 per person/ per contest.

For more information contact

SPC Presely Dale, BOSS President

Office: (580) 442-6346

Cell: (407) 797-6952



3 Point Shoot out
DUNK Contest
Knock out*

PAINTBALL TOURNAMENTS

5-on-5 Black Ops Night Tournament
Saturday, July 26, 9-11 pm
Game scenario - Team Slayer

Full Metal Jacket Tournament
Saturday, August 2, 9-5 pm
Game scenario - Slayer



Cost: \$30/person

Includes unlimited air refills and Food

Don't have any equipment but still want to play?

Don't worry we have you covered.

Rent a paintball kit and get in on the action!



For more information, call (580) 442-5858.



2014 Summer Season



FAMILY AND MWR AQUATICS FACILITIES

Jason Browning, Aquatics Manager
580-442-6200 Office
580-583-5512 Blackberry

• **Rinehart Fitness Center**
2730 Bragg Road
Mon – Fri 0500 – 2000
Sat 0800 – 1900
Sun 0800 – 1900
Phone: 442-6200 / 6186

Spray Park
(King Rd / Fort Sill Blvd)
Wed CLOSED
Thurs – Tues 1000 – 2000
Phone: 442-4697

Quinette Pool
500 Upton Road
Mon – Sun 1000 - 2000
Phone: 442-6435

NOTE: ALL TIMES SUBJECT TO CHANGE DUE TO WEATHER AND STAFFING
Updates will be provided on Facebook at Fort Sill Family & MWR Recreation

COMMUNITY AQUATICS FACILITIES

• **Corvias Military Living Aquatics;**
Southern Plains Neighborhood Pool
580-581-2142
Old Cavalry Post Neighborhood Pool
580-581-2140
Mon - Sat; 1000 – 2000
Sun 1300 – 1800
(Opens Memorial Day Weekend)

• **Lawton YMCA – Open Year-Round**
5 SW 5th St, Lawton
580-355-9622

City of Lawton
Opens 24 May 2014
(Operated through Lawton YMCA)

Phone: 580-355-9622
Mon – Sat 1300 – 1800
Sun 1300 – 1500
916 SW 11th St, Lawton

Comanche Nation Water Park
501 NE Lawrie Tatum Rd, Lawton
580-353-6110



2014 Summer Season



Fort Sill Family & MWR Learn-to-Swim Sessions

- **Session 1;** Begins June 2, 2014; Registration opens May 23, 2014
- **Session 2;** Begins June 23, 2014; Registration opens June 13, 2014
- **Session 3;** Begins July 14, 2014; Registration opens July 4, 2014
- **Session 4;** Begins August 4, 2014; Registration opens July 25, 2014

•Registration:

Central Registration Office

580-442-3927; or online at <https://webtrac.mwr.army.mil/>



2014 Summer Season



Lake Elmer Thomas Recreation Area (LETRA)

Mark Houseman, Program Manager

580-442-5858

- Admin Office; Mon – Fri, 0630 – 1700; Phone = 580-442-5858

Several recreational amenities available for all patrons

Tent Camping	Cabin Rentals	RV Park
Lodge Rentals	Country Store	Snack Bar
Fishing	Bass Boats	Pontoon Boat
Paddle Boats	Kayaks	Canoes
Beachfront	Water Slides	Mini Golf
Beach Volleyball	Frisbee Golf	Paintball
Horseshoes	Pavilion Rentals	Archery
Movie Nights	Tournament Play	

COUNTRY STORE / LODGE / BEACHFRONT / WATERSLIDE HOURS

CLOSED = MON/TUES

1100-1900 WED-SUN

- Reservations for Cabins/RV: 580-442-5858 or 580-250-4040
- Online reservations www.adv-travel.com

21st Annual
Devil Dog Run

SAVE *The* DATE



September 13, 2014

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



**5K & 10K Run 1 Mile Fun Run
5K & 10K Team Competition Run**

**Registration opens June 10
at www.sillmwr.com**

Cost: \$25



For sponsorship information and opportunities for this event, please contact
Commercial Sponsorship and Advertising Coordinator at (580) 442-3862.



**RSVP by
June 17**



**Historic Fort Sill
Patriot Club**

**FAMILY & FRIENDS
DINNER**

**FRIDAY, June 20
6:00-8:00 PM**



MENU

**Beef and Chicken Fajitas,
Spanish Rice, Refried Beans,
Salad Bar and Sopapilla**

\$12.95 for adults, \$5.95 for children 6-12 years old and children 5 and under eat free.
Please call (580) 442-5300 to reserve your seats.





"Marriage 101" is at the RTC, Room 117



Get a huge discount on your marriage license

Get a free Tote Bag

Qualify to marry in a Chapel on Post

Learn how to increase marital bliss

Team Sill Marriage 101 dates

13 JUN 14 Marriage 101

Time and Place: 0900—1130am @ RTC Family Life Library

11 JUL 14 Marriage 101

Time and Place: 0900—1130am @ RTC Family Life Library

08 AUG 14 Marriage 101

Time and Place: 0900—1130am @ RTC Family Life Library

SAVE \$55 dollars

Get free books

Find out the what the latest marriage studies say about marital success & happiness

Increase your resiliency

Improve your communication skills

Be emotionally, socially, and spiritually prepared for marriage

2934 Marcy Road
580-442-5003
Family Life Center





**Team Sill
Family Life Center
@
The RTC
Resiliency Training Center**

**580-442-5003
2934 Marcy Rd.**



Spiritual Classes to Enhance Your Family

Jun. 13th

Marriage 101

Time and Place: 0900—1130 @ RTC
Building 2934, Room 117 Family Life Library

Jul. 11th

Marriage 101

Time and Place: 0900—1130 @ RTC
Building 2934, Room 117 Family Life Library

Aug. 8th

Marriage 101

Time and Place: 0900—1130 @ RTC
Building 2934, Room 117 Family Life Library

**Team Sill
Family Life
Counseling Center**



**Great Programs
to help YOU!**

**OIC: CH (MAJ) Tom Bruce
thomas.d.bruce.mil@mail.mil
580-442-5003**

Our Mission

The Family Life Center empowers and equips individuals through education, counseling, and prayer in order to improve Spiritual Fitness and *Resilience*.

This is done in an environment that incorporates a holistic emotional, social, and spiritual approach in order to enhance the lives of Soldiers and their Families.

Our Vision

Through embracing the elements of Comprehensive Soldier Fitness, the Family Life Center will help develop balanced, healthy and self-confident Soldiers and Family members whose resilience enables them to excel in relationships, communication and life.

Developed resilience also ensures Soldiers are well equipped for Deployment.

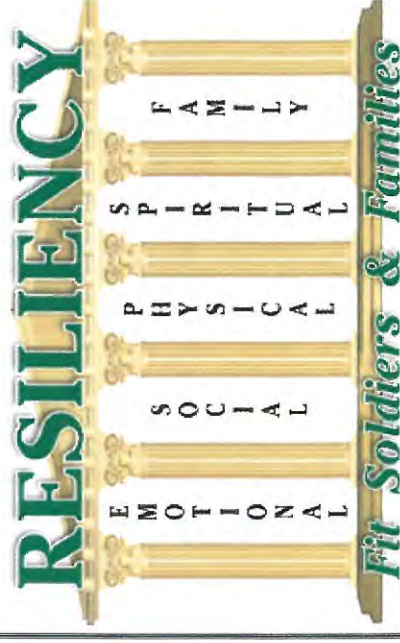
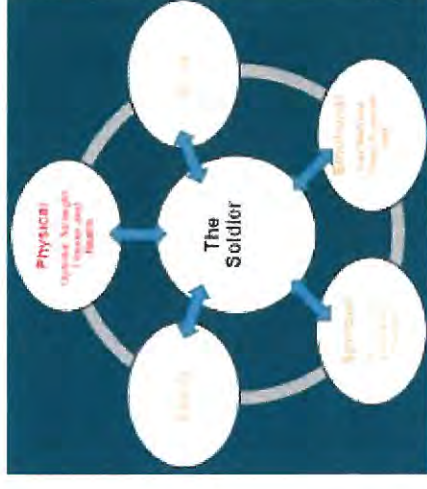
What We Can Do For You

- Absolute Confidentiality
- Effective Treatment for PTSD
- Emotionally Focused Therapy
- Collaborative Couple Therapy
- A Full Family Life Library
- Pre-marital Class- "Marriage 101"
- Discounted Marriage License in Oklahoma with completion of Marriage 101



**Family Life Center
Call for Counseling
580-442-5003**

Comprehensive Fitness for your Family



RACH UPDATE

June 2014

- **NURSE ADVICE LINE (NAL) - UPCOMING SERVICE FOR PATIENTS**

The Nurse Advice Line consists of a team of registered nurses available to answer a variety of urgent healthcare questions. The NAL provides TRICARE beneficiaries with health care advice or same-day appointments for urgent health problems. Call the Advice Line at 1-800-874-2273 (option 1) for assistance.

- **JUNE IS MEN'S HEALTH MONTH**

The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. There is an ongoing, increasing and predominantly silent crisis in the health and well-being of men. Due to a lack of awareness, poor health education, and culturally induced behavior patterns in their work and personal lives, men's health and well-being are deteriorating steadily. Society is being dramatically affected because men are living approximately 5 years less than women. RACH encourages men and boys to seek regular medical advice and early treatment for disease and injury.

- **SPORTS & SCHOOL PHYSICALS SCHEDULE**

Who: Active Duty Family Members Ages: 4-18 Dates: 9 July, 16 July, 23 Jul, 30 Jul 6 Aug, 13 Aug (Wednesdays) Time: 1000-1200, 1300-1600 Where: Pediatric Clinic, RACH	<u>To Make Appointments call (580) 558-2000</u> Walk-ins will be seen if availability allows <u>Bring Child's</u> Eyeglasses (if applicable) Physical Forms Immunization Record
--	---

- **NURSE WALK-IN CLINIC —ANOTHER WAY TO SERVE YOU!**

Your nurse clinic is located in your Family Medical Home Team. Walk in 0800-1100 & 1300-1530, Monday—Friday, to be seen for:

- SORETHROATS
- URINARY TRACT INFECTIONS (UTI)
- BLOOD PRESSURE CHECKS*
- B12 INJECTIONS*
- WOUND CHECKS*
- SUTURE REMOVALS*



Nurses Provide Assistance by Telephone

Nurse Advice Line provides TRICARE® beneficiaries with health care advice or same-day appointments for urgent health problems

Under a new service, most TRICARE beneficiaries can now access a team of registered nurses by telephone for advice about immediate health care needs.

The Nurse Advice Line, available at no cost to beneficiaries, helps callers make informed decisions about self-care at home or when to see a health care provider. The Nurse Advice Line is available 24 hours a day, 7 days a week. Nurse Advice Line nurses ask a series of questions about a caller's specific concerns to advise when and how to seek care for an urgent problem or give instruction on self-care at home.

The Nurse Advice Line supports nearly all TRICARE beneficiaries in the United States, including Alaska and Hawaii. TRICARE beneficiaries eligible to use the Nurse Advice Line include those using TRICARE Prime, TRICARE Prime Remote (TPR), TRICARE Prime Remote for Active Duty Family Members (TPRADFM), TRICARE Standard and TRICARE Extra, TRICARE Reserve Select (TRS), TRICARE Retired Reserve (TRR), TRICARE Young Adult (TYA), and TRICARE For Life (TFL).

Beneficiaries enrolled in the US Family Health Plan cannot use the Nurse Advice Line. TRICARE Overseas Program (TOP) beneficiaries traveling in the United States can call the Nurse Advice Line for health care advice, but will need to call their TOP Regional Call Center to coordinate if care from a provider is needed.

Call the Nurse Advice Line at 1-800-TRICARE (1-800-874-2273) and select option 1 for help with urgent care questions.

Quick Nurse Advice Line Facts:

- **Toll-free phone number:**
1-800-TRICARE (1-800-874-2273), option 1
- **Hours:** 24 hours a day,
7 days a week
- **Areas served:**
Continental United States,
Alaska, and Hawaii



FrontLine Employee

Wellness, Productivity, and You!

Sleep Better by Breaking Bad Habits

Waiting until you feel sleepy working at the computer late at night before going to bed is not a dreamy idea. Ditto, taking a laptop to bed and falling asleep.



These behaviors (and others like them) ruin sleep quality. Repeated research has warned that lack of sleep increases your risk of health problems such as cancer, heart disease, type 2 diabetes, and even obesity. Recommendations from the National Sleep Foundation you may want to practice include the following: 1) participating in a ritual of preparing for sleep each night before climbing into bed, and 2) going to bed at the same time each night, even on weekends or days off. Also, have a routine in the morning when you wake up. Start tonight, and see if these suggestions don't improve your sleep quality. See an M.D. if sleep issues persist.

Help Prevent Diabetes in Two Minutes

Researchers at Abertay University (United Kingdom) say just two minutes of high-intensity exercise per week by middle-aged adults will lower blood glucose levels by 6% and increase skeletal muscle functioning after several weeks. Research showed that a series of ten six-second sprints with one minute of rest between each one, done twice per week, did the trick. A similar routine could help you ward off type 2 diabetes. Exercise only after getting a doctor's approval. Exercise also helps older people remain independent and mobile. Now, that's motivation!



Source: www.abertay.ac.uk [Search bar: "Diabetes Prevented"]

Success Breeds Success

You've heard the phrase "success breeds success."

Is it true? Yes, say academic researchers who showed that a small positive reward or support for those starting businesses reinforced measurably their success—by 30%—over those who got no reward. Small and quick rewards made the difference, not the size. The dynamic may carry over to any goal-oriented endeavor. Make small and quick rewards a part of any achievement strategy like learning new tasks, skills, habits, or instruments, and you'll maximize the power of this phenomenon.



Press release: www.stonybrook.edu [Search bar: "Success Breeds Success"]

Parents' Power to Prevent Drug Abuse

Parents who disapprove of drug abuse and put their foot down are more likely to have teens who don't abuse drugs. Suffolk University (Boston, MA) researchers examined a national survey of more than 18,000 adolescents, and found that teens whose parents expressed strong disapproval of all types of substances (prescription drugs, alcohol, tobacco, and marijuana) were least likely to misuse prescription medicine—a growing teen problem. Combine disapproval with steering your teenager toward healthy behavioral choices. Talk about resisting peer pressure and discuss consequences. Encourage questions and dialogue. Research argues this approach will work better than "hoping for the best" or thinking you have no influence.



Source: <http://www.wolterskluwerhealth.com> [Search bar: "Parental Disapproval"]

Go Ahead, Admit You're Wrong

If you have a reputation for reluctance to admit you're wrong, a few insights can motivate you to improve your workplace relationships. You'll also enhance your workplace relationships. The key for what some feel is a seemingly impossible task is recognizing the benefits you derive from it. Admitting you're wrong when necessary demonstrates guts and willingness to be vulnerable. Practicing the skill also demonstrates high self-esteem and lack of a need to cling to something to protect yourself from an imaginary fear. Those in supervisory or management roles instantly recognize your capacity for being a team player. No one likes to admit they are wrong, but those who can do so with class are recognized as valuable workers and desirable work partners. They also can be counted on to be better communicators. Admitting you're wrong facilitates the willingness of others with whom you associate to also be more open and forgiving, all of which contributes to the creation of better problem-solving scenarios and the accomplishment of the mission in your workplace.



Protecting the Elderly from Abuse

The National Center on Elder Abuse reports that 14% of elderly Americans face some form of elder mistreatment, neglect, or financial abuse.

Elder abuse cuts across socioeconomic lines, and it isn't all planned and purposeful. Adult children caregivers who have other life pressures, responsibilities, personal problems, financial stress, and job issues can be unwittingly at risk of committing elder abuse. This may take the form of ignored phone calls, mismanaged medications, lost tempers, and/or undermining an elderly person's financial decisions, or even manifest itself in a delay in providing for the elderly person's critical personal care needs. If you are an adult caregiver, do not let guilt or feeling that "this is all my responsibility now" prevent you from getting relief and experiencing the renewal you need in order to cope with your situation. Check out www.eldercare.gov where you will find support, resources, and a ton of ideas to maintain your life balance and have a healthier relationship with an elderly loved one.



Don't Fall for Facebook® Syndrome

If one look at your Facebook® page tells you everyone else's life seems more exciting and happier than yours, you are experiencing Facebook Syndrome. Social media has a direct bearing on how we feel about ourselves, according to a new study of 79 undergraduate students who discovered being denied the use of Facebook or receiving fewer "likes" and "comments" had a direct bearing on the participants' self-esteem and feeling of "meaningful existence." Do you feel stressed, anxious, or have negative thoughts about yourself after using social media? Take steps to detach from Facebook's assault. Even creator Mark Zuckerberg didn't mean for his invention to be a way of life—it is only supposed to be a utility. Do not use social media as a time filler, a way to validate your life's worth, or to prove how much happier others are than you. Realize most people do not post negative information, and as a result you're exposed to a selective set of information, which warps your perception. Step back from the screen and invest in real relationships—the 3-D kind that you can see and feel.



Stay in Emotional Control at Work

Control your emotions—don't let them control you. It sounds simple, but it's not. Still, it is one of the most important skills you can learn for managing workplace stress. Three feeling states dominate negativity at work: anger, disappointment, and frustration. When you experience any of these, be capable of practicing the art of detachment. Don't lose patience, mope at your desk, give people the silent treatment, or withhold information—these are unhealthy coping tactics. Detachment may include taking a short hallway walk; counting to ten; changing your body posture to one that is erect and sure, with your chin up; doing slow, deep-breathing exercises; or taking a quick jog, if your work situation permits. Reinforce this overall new coping strategy by checking your progress after 30 days. Ask a friend if they've noticed your improved mood.



June 2014
Volume 4, Issue 11

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. 0930-2000
Tue. 0930-2000
Wed. 0930-2000
Thu. 0930-2000
Fri. 0930-2000
Sat. 0800-1800

Early Bird shopping
30 items or fewer

Mon – Fri: 0700 to 0930
Sat: 0700-0800

Other important numbers
580-442-4515 plus ext.

Department Extensions:

Deputy Director.....3114
Customer Service...3103
Store Manager.....3104
Grocery.....3115
Produce.....3117
Meat.....3112
Secretary.....3123
Deli/Sushi.....3110
Bakery.....3109

Follow Us



Fort Sill Commissary

Check out Your Healthy Lifestyle Festival

The Defense Commissary Agency is unveiling the Your Healthy Lifestyle Festival this month through July 6 at 236 installations worldwide.

Patrons will find discounted prices on produce at commissary farmers markets, savings on workout equipment at exchanges, and fitness events hosted by base morale, welfare and recreation activities.

With the theme “Shop Healthy!

Eat Healthy! Be Healthy!,” the festival reinforces the health and wellness goals of the military community. Learn [more](#).



June means summertime savings for you

Whether it's fruit and veggies at farmers markets, meat for outdoor grilling, ingredients for graduation dinners or food for the family road trip, you'll save by shopping your commissary during June.

Promotions with names like “Splash Into Summer,” “Patriot Perks,” “Pick Your Flavor, Pick Your Ride,” and “Project Healing Waters” have lots to offer and you can [find out more about them](#) before your next shopping trip.

Here's what to look for when buying watermelon

Look the watermelon over. Look for a firm, symmetrical watermelon free of bruises, cuts or dents.

Lift it up. It should be heavy for its size. Most of the weight is water.

Turn it over. The underside should have a creamy yellow spot where it sat on the ground and ripened in the sun.

Bridget Bennett, produce category manager

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.

Strawberries-banana trifle, dessert made easy

Now is a great time to look for fresh strawberries at your commissary. Strawberries and bananas combine with vanilla wafers and instant vanilla pudding to make [Strawberry-Banana Trifle](#), a showy dessert that's not only easy to make but tastes as great as it looks.

Got Rewards?

Start getting your [Commissary Rewards](#) today! Ask your cashier or customer service representative for your card.



Store Director's Scoop

Congratulations to the Fort Sill Commissary Scholarship Winners:

Silas Percival	Jornell Whigham	Mariah Thomas
Katie Langston	Hailey Starnes	Tahnee Whigham

Promotions:

5-18 Jun.....*Father's Day Bargains*

19-9 Jul.....*Let Freedom Ring Savings Spectacular*

10-23 Jul....*Farmers Market Sale/Make a Splash with Summer Savings*

Father's Day is Sunday, 15 June – shop your commissary early for the best selection of Father's Day gifts that would make any Dad smile.

Your Healthy Lifestyle Festival – Shop Healthy! Eat Healthy! Be Healthy!

June 28, 29 & 30-DeCA will host the first "Your Healthy Lifestyle Festival – Shop Healthy! Eat Healthy! Be Healthy!" – one of the Defense Department's largest healthy lifestyle awareness events. This is the first of what will become an annual festival that combines the best of the military community's efforts to help improve the health and wellness of service members and their families.

Fort Sill Commissary will offer our ever-popular farmers market, coupons, department demos and much more. Make sure you register to win a basketball goal. Morale, welfare and recreation services will offer a variety of fitness events for children and adults; and the exchanges will offer their popular sidewalk sales that will include fitness shoes and apparel specials along with sports equipment and bicycles.

Your Fort Sill Commissary will be OPEN on Friday, 4 July from 0930-1730 for your holiday shopping convenience. Normal operating hours will resume on Saturday, 5 July.



Have a Safe and Happy Holiday Weekend from your Fort Sill Commissary employees.



Housing Services Office Presents: Legal Aspects About Housing

A brown bag lunch and learn series

Where: Education Center Bldg 3281 Class Room 1

11 June: Do you know the law? 1130-1300

⇒ **Housing Discrimination:**

Are you required to pay a deposit for a therapy animal?

Do you have to stay in a house that is making you or your family ill?

12 June: Do you know your rights? 1130-1300

⇒ **Landlord Tenant Law:**

How do you get back your security deposit?

What a lease CANNOT say?

⇒ **Servicemembers Civil Relief Act**

When can you end your lease?

Open to all Service Members, DoD Civilians (APF & NAF), Military Retirees and Family Members

FREE presentations by lawyers

from Legal Aid Services of Oklahoma & Fort Sill Legal Assistance Office

Question & Answer sessions at each presentation

Please RSVP no later than June 9th to
usarmy.sill.imcom-west.mbx.dpw-housing@mail.mil
registration allows us to prepare handouts for you!

Co-sponsored by Legal Aid Services of Oklahoma, Inc.



LEGAL AID SERVICES
OF OKLAHOMA, INC.
Making Equal Justice for All a Reality

THIS PAGE
IS
INTENTIONALLY
LEFT BLANK



2014 Changes of Command

AS OF 6 JUN14



DATE	LOCATION	UNIT	OUTGOING CDR	INCOMING CDR	REVIEWING OFFICER
11 JUN14 (0900)	Polo Field	1-79 TH FA	LTC JOSEPH ROLLER	LTC MARK ANDERS	COL MICHAEL DVORACEK
12 JUN 14 (0900)	Polo Field	434 TH FA BDE	COL MICHAEL DVORACEK	COL JOSE THOMPSON	MG JOHN ROSSI
16 JUN 14 (1000)	McNair Hall	HQ DET, FCOE	MAJ JEFFREY FLEMING	CPT JEFFREY JARAMILLO	MG JOHN ROSSI
18 JUN 14 (0900)	Polo Field	3-6 TH ADA	LTC SHAUN LOTT	LTC LEE MATHEWS	COL MICHAEL SIMLEY
20 JUN 14 (0900)	Polo Field	2-6 TH ADA	LTC MATTHEW RAUSCHER	LTC CHARLES MATAALLANA	COL MICHAEL SIMLEY
24 JUN 14 (0900)	Polo Field	30 TH ADA BDE	COL MICHAEL SIMLEY	COL JAMES PAYNE	COL CHRISTOPHER SPILLMAN
26 JUN 14 (0900)	Polo Field	2-2 ND FA	LTC CHRISTOPHER COMPTON	LTC ADAM COBB	COL JOHN DELANEY

HIGHLIGHTED = GENERAL OFFICER INVOLVEMENT

FIRES STRONG!



2014 Changes of Command

AS OF 6 JUN 14



DATE	LOCATION	UNIT	OUTGOING CDR	INCOMING CDR	REVIEWING OFFICER
2 JUL 14 (0900)	OPQ	100 TH BSB	LTC NATHAN GOUBEAUX	LTC MICHAEL HARVEY	COL MATTHEW EASTMAN
3 JUL 14 (0900)	OPQ	4-3 RD ADA	LTC RICHARD WRIGHT	LTC TODD SCHMIDT	COL KEVIN CIOCCA
TBD DEC 14	Polo Field	168 TH BSB	LTC MARK MAYS	TBD	COL ANDREW PRESTON

HIGHLIGHTED = GENERAL OFFICER INVOLVEMENT

FIRES STRONG!

June 2014

The Informant

To all the volunteers,

I'm writing to say that I am leaving my position here at Fort Sill on 2 June 2014.

I have enjoyed my time here with the volunteers. I appreciate having had the opportunity to work with each and every one of you. Thank you for the support and encouragement you have provided me during my time here at Fort Sill.

I will take away with me the memories and new friendships made here. Even though I will miss it, I am looking forward to starting a new phase of my career.

Please welcome the new manager Susanne Harlandt who will be starting the first of June.

See you all soon,

Jocelyn Townsend

Important Dates:

- June 1-7 - CPR/AED Awareness Week
- June 3 - Teen Orientation
- June 14 - World Blood Day
- June 15 - Father's Day

VolunTEEN Program

June 3 - Orientation begins at 1:30pm at PMETS on the 3rd floor at Reynolds Army Community Hospital

The program runs June 9 - August 1, 2014

Dental Assistants Graduates

May 22, 2014

Alma Cabrera

Lisa Davis

Alisa Goodman

Paola Iamborn

Jusa Raissa Moen

Cynthia Sanchez-Lopez

Congratulations to All!

Please advise the office via phone 558-2132 if you have any issues, problems or concerns.



**4301 Wilson Road
Fort Sill, OK 73503**

Phone: (580) 558-2132
Hours M-F 0800-1600

Red Cross Staff

Station Manager:
Jocelyn Townsend

Volunteer Leadership

Station Chairman:
Endesha Williams

Station Advisor:
Mitizi Roberts

Records Chairman:
Becky Skinner
Rose Mary Bazor

Greeters Chairman:
Larue Hill

Dental Chairman:
William Mulikin

Facebook:

<https://www.facebook.com>

#1 /RCFTSOK

Be prepared with . . .



The Red Cross
Tornado App

Have your voice be heard . . .

Submit your opinion about anything related to the army or Fort Sill to AFAP. Contact Merilee Nevins at 580-442-2039 or go to www.myarmysource.com and submit your issue. You can make difference!

PILLOWCASE PROJECT During the spring of 2014, Red Cross volunteers are visiting elementary schools throughout the tornado-affected region to teach children about weather safety through educational games and activities, such as how to put together their own preparedness kits and where to seek shelter during storms.

At least 500 students have already received this preparedness education provided by the Red Cross. Called the "Pillowcase Project," children learn to build their own emergency kits, which they can store in pillowcases they decorate themselves.

These programs help make learning about storm safety fun for children, and encourage students to share what they learn with friends and families.

Summer Reminders:



Drink plenty of fluids during the hot weather.

Stay inside more when the temperatures rises.

Do not leave pets in hot cars.

Limit activities and rest in a shady area if you are outside.

Use sunscreen, sunglasses and hats to protect you from the sun.

Go to website www.rach.sill.amedd.army.mil/redcross.php or stop by our office at the RACH on the third floor for more information.



Protestant Women of the Chapel

Frontier Chapel, Thomas Rd.

Wednesday Bible Studies

Morning Study

9:30 – 11:30

Children's Ministry, Praise & Worship

Power Lunch Study

11:40 – 12:40

Active Duty, Civilian employed, Students

Come and go as your schedule permits

POC: Rita Glenn sillpwoc@gmail.com

Or like us on Facebook – PWOC Fort Sill

"We are workers together for Christ"



Soldier's Closet

FREE store for E1-E5!

2875 Craig Rd.

Fort Sill



Open

Tuesdays and Wednesdays

10:30-1:30



Making Military Life Easier!





The Thrift Shop

1713 Gruber Road
(*Behind PXtra*)

580-355-8731

Shopping Hours:

9:00 a.m. – 1:00 p.m. Tuesday thru Friday

9:00 a.m. – 2:00 p.m. Saturday

Consignment Hours:

9:00 – 11:00 a.m. Tuesday thru Friday

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

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

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

ATTENTION!!

EVERY DAY, JUNIOR

ENLISTED (E-4 & BELOW)

AND THEIR FAMILY

MEMBERS WITH ID WILL

RECEIVE 25% OFF ALL

WHITE TICKETED ITEMS!

Please present your ID at the register prior to the start of your transaction. Thanks and happy shopping!

SALE
25%
OFF

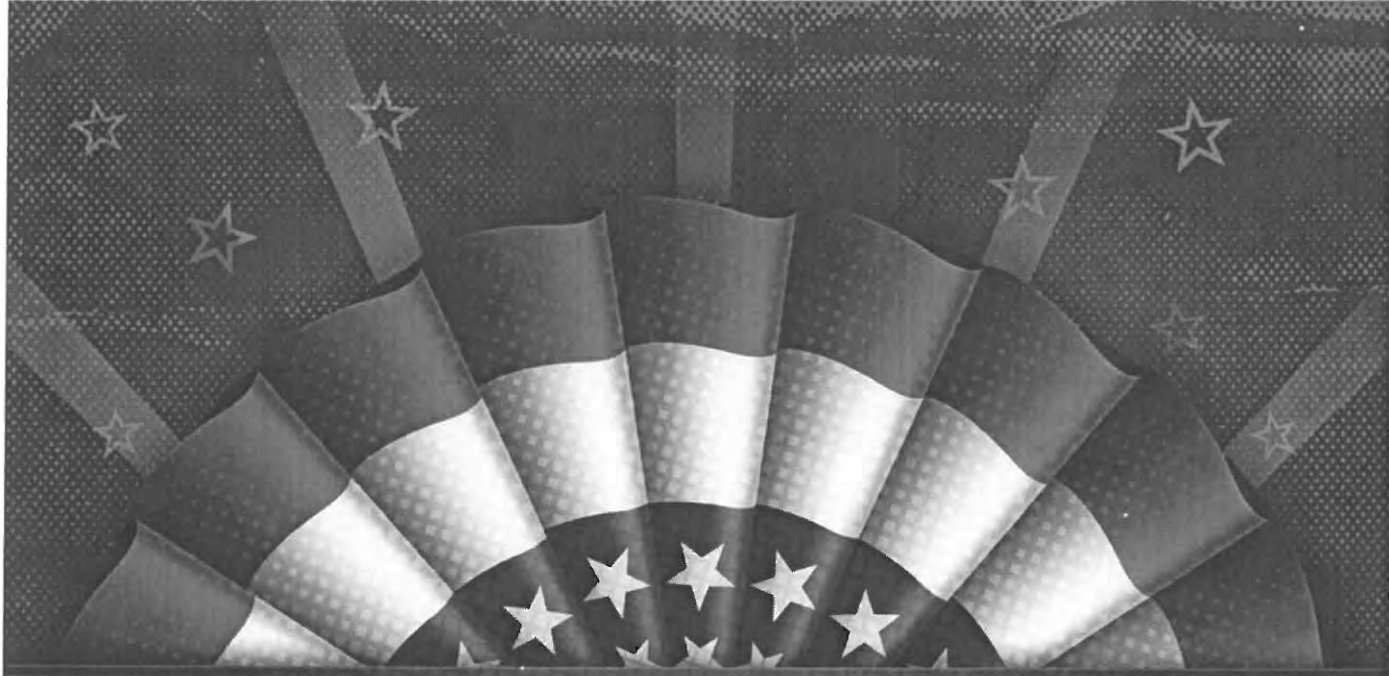
○

Style: 900

Size: M

Price: \$1.50

EXAMPLE



PATRIOT SPOUSES CLUB

★★ *Super Sign Up* ★★

FRIDAY, AUGUST 22ND

- OPEN HOUSE • FORT SILL PATRIOT CLUB • 2PM-6PM •
- EXPLORE YOUR COMMUNITY • MEET FELLOW SPOUSES • GET INVOLVED •
- LEARN ABOUT SOCIAL AND VOLUNTEER OPPORTUNITIES •
- COMMUNITY ORGANIZATIONS • DOOR PRIZES • OPPORTUNITY DRAWINGS •
- VENDORS, BAKE SALE AND MORE!

MEMBERSHIP IS OPEN TO THE SPOUSES AND FAMILY MEMBERS AGE 18 AND OLDER OF US MILITARY ID CARD HOLDERS OF ALL RANKS, TO INCLUDE RETIRED MILITARY PERSONNEL, ALL US SPONSORED FOREIGN LIAISON PERSONNEL, AND ALL CIVILIAN ID CARD HOLDERS.

WWW.FORTSILLPSC.ORG

FACEBOOK.COM/PSC.ORG

EVENTS@FORTSILLPSC.ORG



DEFENSE LOGISTICS AGENCY

Document Services

340 Randolph Road

Fort Sill, OK 73503

PH: 580-442-2118/2119 (DSN 639)

HRs: M-F 0700-1530 (Open through Lunch)

Your source for all of your official document needs.

We have over 150 on-site production facility locations worldwide.

DLA Document Services is always at your fingertips with Document Services Online.

<https://www.dso.documentservices.dla.mil>

Copy & Print

Your local DLA Document Services is a one-stop shop capable of handling everything from pre-production design, using our desktop publishing and graphic design services, to production of the final product. For example, we handle the design, and printing of business cards, letterhead, notepads, invitations, brochures and programs, in addition to the mass production of TM's, FM's, Regulations, workbooks, forms and so much more. We offer a wide variety of paper stocks, colors and finish options such as:

- Stapling
- Hole punching
- Cutting
- Folding
- Padding
- Saddle stitching
- Tabbings
- Tape, spiral, comb and perfect binding
- Shrink wrapping
- Lamination and much more

As for some of your more specialty items, if we are unable to produce your product locally, DLA Document Services has other facilities or resources that can.

Custom/Specialty Products

- CD/DVD duplication
- Photographic prints
- Target printing
- Desktop publishing
- Decals
- Stickers
- Labels
- Magnets
- Banners
- Posters
- Displays
- Parade materials
- Light boxes
- Bumper stickers
- Business cards
- Dry erase
- Carpet graphics
- Industrial markings
- Mouse pads
- Rocket labels
- Promo material
- See-through material
- Frosted vinyl cut outs
- Metallic colors
- Door hangers
- Hospital tags
- Graphic design
- Large format graphics and imaging
- Mounting
- Mailing services
- Window graphics

Printable Media

- Vinyl
- Canvas
- Heat resistant
- Magnets
- High tack adhesive
- Banner
- Polyester
- Static Cling
- Foam board
- Gator board
- Metal
- Reflective
- Acrylic
- Photographic paper
- Window film
- Sintra
- Corrugated plastic
- Acrylic
- Water-proof paper
- Tear-proof paper

Supporting the Warfighter since 1949.