

Moose Sentinel



Domestic Violence (DV) Prevention Month - October

Theme: "It Takes a Community to Prevent Domestic Violence"



Opening Ceremony Domestic Violence Awareness Month - October 1. Wilda Marsten Theater, Loussac Library, 10 am., Anchorage, Citizens of Anchorage, Ft. Richardson, and Elmendorf AFB will be coming together to read and sign a joint proclamation declaring October as the Domestic Violence Prevention Month.

Domestic Violence Information Table - October 1, 2, 15 & 16, at the Commissary/PX Mall, 10 am - 2 pm. The USAG-FRA Army Community Services Family Advocacy Program and the Elmendorf Air Force Base Family Advocacy Program staff will be available to discuss community resources during these hours.

Domestic Violence Information Table - October 1-30, Elmendorf AFB Medical Treatment Facility. The USAG-FRA Army Community Services Family Advocacy Program and the Elmendorf AFB Family Advocacy Program will collaborate in this primary prevention activity.

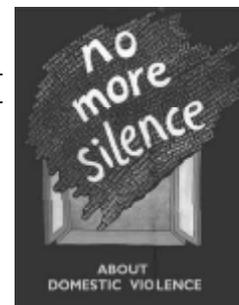


Alaska Women's Resource Center's First Conference on Batterer's - October 12, Anchorage Hilton, 8:30 am - 6 pm. Lundy Bancroft breaks down the cycle of abuse and blows the cover off abusive men, revealing the techniques and thought patterns of abusive men, offering women the information they need to see beyond the manipulation, excuses, and myths that have kept them victims for too long. The military community is encouraged to attend to learn more domestic violence prevention. To learn more about the conference or to register visit www.awrconline.org.

Domestic Violence Stand-Down Day - October 22, Post Theater, 9 am, 10:30 am and 1:30 pm. "It Takes a Community to Stop Domestic Violence" is the theme of the stand-down. All Soldiers should plan to attend one of the presentations throughout the day. Guest speakers from Stand Together Against Rape, Highland Mountain Meadowcreek Correctional Facility, Office of the Staff Judge Advocate, and the Veterinary Detachment.

Call Leona Rader, L.I.S.W., Family Advocacy Program Manager, 384-1006 for further Domestic Violence (DV) info.

DV Web Sites:
<http://www.awrconline.org/>
<http://child.cornell.edu/army/fap.html>
<http://www.andvsa.org>
<http://mfrc-dodqol.org>



Winter Get-a-way Opportunities to visit the Seward Resort

Visit the resort for a quiet weekend get away. Take a boat cruise, visit Exit Glacier, climb Mt. Marathon, watch football on the large screen TV, as you cuddle by the fireplace.

Four day Get-a-ways

October 8-11. Friday, October 8 is a Military Training Holiday, October 11 is a Federal Holiday (**Columbus Day**).

November 11-14. November 11 is a Federal/school in-service day (**Veteran's Day**), November 12 is a Military Training Holiday.

Thanksgiving Get-a-way - November 25-28. November 25 is **Thanksgiving Day** a Federal and School Holiday, November 26 is a Military Training and School Holiday. (continued see insert).

2 Free Shows

Comic Geniuses

October 2 &

"Waking Norman" - October 23

(See pg 3)



Red Ribbon Army Family Week CFC

(See Insert)



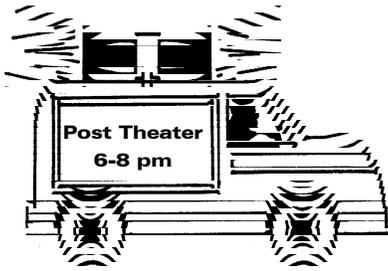
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2 ♦ SPECIAL EVENTS

Town Hall Meeting October 21



FIRE PREVENTION WEEK

Support Your Local Fire Department

October 3-9

"Test Your Smoke Alarm"



This year's Fire Prevention Week campaign "Test Your Smoke Alarm". Roughly 70 percent of home fire deaths result from fires in homes with no smoke alarms or no working smoke

alarms. Smoke alarms are the great safety success story of the 20th century — but only when they're working properly. Making sure that homes are equipped with working smoke alarms is only part of the solution. Kids and families must also know what to do when the alarm sounds.

Ft. Richardson Fire Warden Classes - October 4-6, Mon-Wed, 1:30-3 pm. Check the Fire Prevention Week web. <http://www.nfpa.org/FPW/index.asp> Call Matt Mackay, Fire Prev Inspector for info, 384-0774.

Annual Retiree Appreciation Day

October 16

Lunch - "On your Own", 11:30 am - 1 pm

Speaker Session - Joint Regional Environment Training Center (JRETC), Bldg 655, 1-3 pm. Guest Speaker: Marcia Hoffman-Devoc with the Department of Veteran Affairs. Marcia will address VA Health Care for veterans in Alaska. Info, call Gail Scarborough, 384-3500.

Health Fair, Info Bazaar & Vehicle Registration - JRETC, 3-5 pm

ID Card Renewal - Bldg 600 Welcome Center, 2nd floor, 3-5 pm

Social - Down Under Lounge, Bldg 655, 5-7:30 pm. No-host bar with heavy hors d'oeuvres. Cost \$5.50 per person. Info, call Becky 384-7619/1475.

Retiree Council Meeting - Meets every 3rd Wednesday monthly, Bldg 600, Rm A306, 7 pm.

BOSS Latin Night October 1

Down Under Lounge, 9 pm

Celebrate Hispanic Heritage Mo
Live DJ -Dancing - Prizes
Best Dressed Costume



\$2 advance tickets,
\$3 at the door.

Contact you
BOSS Rep
for tickets

For more info, call SPC Claudia Carbajal, 384-0634 or email claudia.carbajal@richardson.army.mil

BOSS/Mayor's Talent Show October 16

Singing - Dancing - Jump
Roping - Skipping - Whatever
Prizes - Certificates -
Concession Stand & More

Post Theater, 6-9 pm

\$1.50 Donation
Age Groups: 5-7
years,
8-10 years, 11-13
years,
14-16 years, and 17
& up!

Register before September 30
Auditions required to perform

Open to Everyone

Moose Sentinel on-line



<http://www.usarak.army.mil/framwr>

The Moose Sentinel is a publication of the Fort Richardson United States Army, Alaska, Directorate of Community Activities (DCA), Morale, Welfare & Recreation (MWR), prepared by Terry Yeomans, Marketing & Advertising Specialist (Graphic Designer). Articles, comments & suggestions welcomed. (907) 384-2299, Fax (907) 384-2059. E-mail: teress.yeomans@richardson.army.mil WEB: <http://www.usarak.army.mil/framwr>

October is National Pet Wellness & Adopt a Shelter Dog Month

Adopt a **DOG** who desperately needs a good home from the Ft. Richardson Vet Clinic Today! Call the Vet Clinic
Hours of Operations:
Monday, Wednesday & Friday: 7:30 am - 3:30 pm.
Tuesday: 7:30 am - 7 pm.
Closed Thursday

Call 384-2865



NAF/Lodging


WAREHOUSE SALE

October 19 & 20

MWR Warehouse, Bldg 800, Door 13
October 19 - Open to Military, DOD/NAF
ID Card Holders Only, 10 am - 6 pm.
October 20 - Open to ALL, 8 am - 4 pm. Ft. Richardson, Alaska
No Pre-sale Viewing. All sales are final, cash, check or credit cards accepted.

Safety Awareness Day October 15



EAFB PRESENTS
DALLAS, TEXAS' OWN ACOUSTIC ROCK BAND
wakingNorman



"Waking Norman's unique sound projects an energy that you can't resist. Or you just hear them, you won't be able to get over it!"
 Kristian-John
 Communications Director
 505.074.7164

"This acoustic guitar/ bass rock n' roll. Waking Norman got the best of both worlds. And the looks at the shows are a nice plus too!"
 Lynn Henderson
 DL #0025 FM 4250

www.wakingnorman.com

Free Saturday, October 23
 Down Under Lounge, Bldg 655, 9 pm (18 & older)
 Call 384-1475 for more info

EAFB PRESENTS
On Tour Now
Comic Geniuses:
"Robin Cee" &
"Vargus Mason"



Free Saturday, October 2
 Down Under Lounge, Bldg 655, 9 pm (18 & older)
 Call 384-1475 for more info

Holiday Craft Fairs

October 1-3 - Make it Alaskan Festival Craft Fair, Sullivan Arena

October 16 & 17 - 19th Annual Craft Bazaar, EAFB Hangar 5, Oct 16, 9 am - 5 pm, Oct 17, 11 am - 4 pm

AlaskaFest AK State Fair Holiday Bazaar - October 23 & 24, Raven Hall AK State Fair Grounds, 10 am - 5 pm

October 28-30 - Alaska Federation of Native (AFN) Arts & Crafts Fair, Egan Center

AlaskaFest Christmas Open House - October 29 & 30, Village Crafts, 3030 Denali

November 5 & 6 - 26th Anniversary Country Craft Fair "Officer's Spouse's Club", Buckner Physical Fitness Center. Nov 5, 4-9 pm. Nov 6, 10 am - 4 pm. Open to the Public - Free Admission

November 12-14 - 17th Annual Dickens Holiday Food & Gift Festival, Sullivan Arena

November 26-28 - 15th Crafts Weekend at the Museum, Anchorage Museum of History & Art

November 27 & 28 - 26th Annual Crafts Emporium, Egan Center

December 4 - Alaska Native Heritage Center Winter Craft Bazaar, AK Native Heritage Center, 10 am - 5 pm

Alaska State High School 18th Annual Cheerleading Championship November 11 & 12

Buckner Fitness Center. Nov 11, noon, Nov 12, 11 am. Individual and partner cheer stunts. Open division, All-Star Youth, Jr. High & High School Cheer and Dance. Over 20 H.S. and 5 All-Stars Teams competing. Overall Championships for: gymnastics, Dance, Stunting, Jumps and Overall Champion Routine.
 Admission: Military \$5, Children 6 & under \$4, General public \$7.
 For more info, call 384-1304.



Turkey Shoot November 21

Quail Walk - Annie Oakley - Splatter Board

Skeet Range, Bldg 45-100, 11 am - 3pm.
 \$5 cost for each event.



Open to ALL
 For more info, call 384-1480.

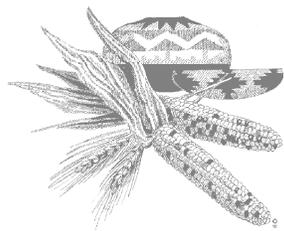
Moose Run Golf Shop End-of-Season Blow-Out Sale

Great deals on clothing, golf clubs, hats and more! Great Christmas gifts and stocking stuffers for the golfer on your list! Shop early for best selections. Open 7 days a week 8 am - 8 pm. For more info, call 428-0056.

Presidential Election Day - November 2 GO VOTE

Celebrate Native American Indian/Alaskan Native Heritage Month Event - November 19

The event is hosted by Arctic MPs. Post Theater, 1:30-2:30 pm. All ethnic and special observances are open to ALL military, retirees, DOD civilians and their families. Call SFC Henderson 384-2162.



EAFB Info, Tickets & Travel (ITT)

Horse Trekkin is offering a special for horse trail rides, 4 riders for the price of 2 for a limited time.

UAA Seawolves Ice Hockey Home Games - Nov 5, 6, 19 & 20.

Alaska Aces Ice Hockey Home Games - Nov 17, 20 & 21, discounted tickets \$8.50.

Resurrection Bay & SeaLife Center. Weekends thru Nov 21, departs noon from Seward. \$54.60 adults, \$28.05 children ages 2-11.

Nutcracker Ballet - Nov 26-28. Cat A \$32.25 adults, \$28.85 youth 18 & under, Cat B \$29.70 adults, \$27.15 youth, Cat C \$28 adults, \$24.60 youth.

Alyeska Ski Lift Tickets. Mon-Thurs - \$22, Fri-Sun plus holidays - \$27.

Northern Lights Entertainment Book - \$40. Discount coupon booklet.

H2Oasis - \$16.95 adults, \$12.95 children ages 3-12.

Alaska Zoo. Deployed Personnel Spouses Program. Buy 1 adult ticket and get a child or youth for 1/2 price. Bring a copy of your spouses orders. \$8 ages 17 & up, \$4 ages 12-16, & \$3 ages 3-11.

Discount Tickets. ITT: Monday - Friday: 9:30 am - 5:30 pm, 753-2378 or 552-0297. EAFB in the Arctic Oasis, 20th St. next to the Fitness Center.

Dyea Ski Center Opens October 15 (for seasonal rentals)

Dyea Ski has a snack bar, video games, great sledding hill, beginning ski hill, and groomed cross country ski trails. Now is the time to rent your seasonal down hill & cross country ski rental packages. **Seasonal ski rental packages are available beginning October 15.** Other daily rentals include snowboards (board only), skate skis, ice skates, inner tubes for sledding, snowshoes and ice augers. **Down hill, cross country, and snowboard lessons available by appointment beginning November. Dyea Ski Rental will be closed Thanksgiving Day November 25.**

Dyea Ski Rental is located on Dyea St, Bldg 470.

Operating hours: Monday - Friday: 7:30 am - 4:30 pm.

Once the snow flies (1 foot of snow), 7 days a week: 11 am - 7 pm.

For more info, call 384-2960, 428-1309 or 384-1475.

Ski Tuning Special - \$25 a pair

skis p-texed, sharpened & hot waxed

.. **FREE Inner Tube Race - November 13** for youth and adults. Dyea Ski Hill, 2-3 pm. Fastest time wins 1 day ski rental or inner tube rental.

.. **FREE Snow Board Races - November 20** for youth & adults. Dyea Ski Hill, 2-3 pm. Fastest time wins 1 day ski rental or inner tube rental.

.. **Thanksgiving Ski Special - November 23-26.** Pick up skis on November 23 after 2 pm and return by noon on November 26. Pay only one day rental.

.. **FREE Slalom Races - November 27** for youth & adults. Dyea Ski Hill, 2-3 pm. Fastest time wins 1 day ski rental or inner tube rental.

Down Hill Ski & Snowboard Info

EAFB Hillberg Ski Area

Pro-Shop opens October 15, Friday - Sunday: 1-6 pm.

04/05 Season Pass: 1st - \$190, 2nd - \$380, family of 3 - \$570, family of 4 - \$620, family of 5 - \$670, family of 6 - \$720.

Eligible patrons: active duty military, retirees, AK NG, reserves, DOD/NAF civilians and family members

Ski Hotline: 552-4276 - **Pro Shop:** 552-4838.

Alyeska Ski/Snowboard Operations begin November 20 (pending snow).

Located 40 miles south of Anchorage.

Weekend hours: 10:30 am - 5:30 pm.

Open Thanksgiving weekend, November 25-28, 10:30 am - 5 pm.

Alyeska all mountain daily lift tickets for military and family members .

w/ID: Adults - \$33, Non-military: Adults - \$43, High School & College: Students 14-17 years - \$33, 8-13 years - \$25, 7 & under - \$13 (free if with ticketed adult).

For more info, call 754-1111.

Ski Hotline: SKI-SNOW
(754-7669)

Web: www.alyeskaresort.com



Outdoor Recreation - 384-1475/1476

The Outdoor Recreation (ODR) Center fall hours begin October 1. Monday - Friday: 7:30 am - 4:30 pm. Fall/winter rentals include snow machines, ice fishing, cabin rentals, RV storage and more. **ODR will be closed Thanksgiving Day November 25.**

.. **Snow Machine Lesson - November 8.** Outdoor Recreation Center, Bldg 794, 11 am - 1 pm and 5-7 pm. \$20 per person. Bring your own riding gear (helmets provided). Must be age 10 or older to operate snow machines. Sign-up 1 week prior to lesson. Sign-up and pay at the Outdoor Rec Center.

.. **Guided Snow Machine Tours - November 17.** Outdoor Recreation Center, Bldg 794, 11 am - 2 pm and 5-8 pm. \$40 per snow machine. Bring your own lunch and riding gear. 2 people per snow machine, 8 snow machines available. Must be age 16 or older to operate snow machines. Sign-up 1 week prior to tour. Sign-up & pay at the Outdoor Rec Center. Open to active duty & retired military, DOD/NAF & family members. **Snow machines are available to rent.**

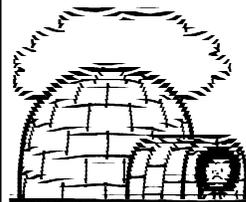
.. **Alyeska Ski Trip - November 19.** Cost \$50 per person (incls: ski rental, lift ticket, transportation, and beginning ski instruction). All authorized users must sign up and pay 7 weeks prior to trip. Limited to 28 people max, 6 min. Under the age of 18 not chaperoned, must have parent permission slip and a hold harmless waiver at time of sign up. Patrons must be at Dyea Ski Rental, Bldg 470, Dyea Ave, 8 am, November 19 for ski equipment issue. Depart Dyea Ski Rental to Alyeska. Depart Alyeska 6 pm to return to Dyea Ski Rental. Lunch and drinks are not provided and will be avail at Alyeska. Call Frank Moneymaker for reservations and info, 428-1309.

YS Outdoor Adventure Program Teen Camp Outs

Matanuska Glacier Ice Climbing & Glacier Traversing - October 8-10. Students 13 years or older. Youth meet at YS October 8, 4:30 pm. Return to YS October 10, 4:30 pm. Students will learn basic glacier travel and ice climbing skills. Bring a "large" sack lunch, proper winter clothing and warm boots. Cost \$15. Sign up NLT October 7. Call 384-1508 for info.

Nancy Lake Camp Out - November 12 & 13

Students 14 years or older. Youth will meet at YS November 12, 4:30 pm. Students will receive a class on frostbite, hypothermia and winter clothing, then travel by van to Nancy Lake. Youth will set up camp, make snow shelters, ice sculptures and have a campfire. Teens will return back at YS November 13, 4:30-5:30 pm. Students must have the mandatory clothing and equipment to attend (ask YS for the list). Parent volunteers are needed. Parents or guardians must sign a liability release prior to camp out. Cost \$15. For more info, call RC Harrop or Brent Morgan, 384-1508.



Christmas Ski Camp - December 27-30

Sign up begins November 15, 11:30 am. Youth 6th grade or above. Fee \$85 (incls food, lodging, and ski rentals). Otter Lake Lodge, 4 days/3 nights. (Limited slots).

ATHLETICS/FITNESS

Buckner Physical Fitness Center (BPFC)

Sports & Fitness 384-1304/1306, Front Desk (Appts/Reserv) - 384-1308

BPFC Hours of Operations

Monday-Friday: 5:30 am - 10 pm
Saturday, Sunday & Holidays: 9 am - 7 pm

Post Wrestling Meet (Men Only)

Sign up deadline, October 1
Weigh-in, October 4, 4-4:30 pm
Date of Competition, **Oct 5**, 7 pm

Pre-Season Basketball Tournament (Men & Women)

Organizational Meeting, October 6, 1 pm
Types of Play, Double Elimination
Dates of Competition, **Oct 7-19**

Intramural Pool & Dart League

Roster deadline, October 1
Pool Org. Meeting, October 7, 1 pm,
Dart 2:30 pm
Location: Down Under Lounge, Every
Thursday, 6 pm
Dates of Competition, **Oct 14 - Feb 24**

Intramural Basketball Tournament (Men & Women)

Roster Deadline, October 4
Org. Meeting, October 6, 1 pm
Dates of Competition, **Oct 20 - Feb 18**

Intramural Indoor Soccer

Roster deadline, October 15
Org. Meeting, October 19, 1 pm
Dates of Competition, **Oct 22 - Apr 8**

Post Swim Meet (Men & Women)

Org. Meeting, October 5, 1:30 pm
Sign-up Deadline, October 14
Registration, October 20, 6-9 pm
Meet Date, **Oct 28**, 5:30 pm

Intramural Broomball

Roster Deadline, November 15
Org. Meeting, November 17
Location, BPFC Ice Rink
Dates of Competition,
Nov 22 - Feb 28



Participate in the USARPAC Lifetime & Rec Program

Available Services

Fitness Trainers • Mike Masters - 384-6028,
• Linda Mingledorff - 677-0722, • JoAnn Cawley - 249-1135
Karate • Wayne Gilmore - 563-0629
4 Hex Tanning Booths
• 384-1308 (10 tans - \$15, 20 tans - \$25, 30 tans - \$30, 40 tans - \$35) Tanning Supplies

Massage Therapy

• Jane Gnass - 563-9403
• Beth-Marie Lyons - 689-7999
• Hsiu Lan Nelson - 227-2723
• Brent Jacobson - 575-6488

HIGHLIGHTS

**Alaska State High School
18th Annual Cheerleading
Championship
November 11 & 12 (See pg 3)**

Group Fitness Classes

YogaFit Classes

Monday & Thursday: 6-7:10 pm
\$4 per individual session.
\$24 for an 8 session punch card

Water Aerobics

Monday, Wednesday & Friday: 10-11
am or 5:30-6:30 pm.
Tuesday & Thursday: 9-10 am

NEW Deep Water Classes

Tuesday & Thursday: 10-11 am
\$1 per person, per class.
Open to adults only. Call 384-1301.

NEW Free Toning Classes

Monday, Wednesday & Friday: 11:30 am

Free Group Cycling

Tuesday & Thursday: 6:30-7:15 am.
9 bikes available, first come, first served.
Come hop on a bike and get fit.

**Athletic & Recreation Meeting:
October 5 & November 2, 1 pm**

**Military Training Holiday Hours:
October 8, November 12 & 26, 9 am - 7 pm**

**Federal Holiday Hours:
October 11 (Columbus Day) & November 11
(Veterans Day), 9 am - 7 pm
CLOSED November 25 (Thanksgiving Day)**

AQUATICS

Youth Swim Lessons Limited to 6 students per class. Level 1 & up 6 years & older. Parents do not need to participate on Levels 1-7. Toddler (18-36 mo) & Preschool (3-5 years), parent participation required.

October (cost \$40)

Registration Wed/Thurs, Oct 6 & 7, 5-7 pm
Class Dates: Session 1 - Weekends
October 9 & 10, 16 & 17, 23 & 24
Level 1, Toddler/Parent - 11-11:30 am
Level 2 - 11:30 am - noon
Level 3 - noon - 12:30 pm
Level 4 - 12:30-1 pm

Session 2 & 3 - Weekdays (Mon/Tue/Wed) October 12 & 13, 18, 19 & 20, & 25

Level 1, Toddler/Parent - 11-11:30 am
and 4:30-5 pm
Level 2 - 11:30 am - noon and 5-5:30 pm
Level 3 - noon - 12:30 pm and 5:30-6 pm
TBA - 12:30-1 pm and 6-6:30 pm

**Private Lessons Contact
Dawn Cotner 272-6282 for times**

**Youth Swim Team
Mon/Wed/Fri - 4:30-5:30 pm**

November (cost \$45)

Registration Thur/Fri, Oct 28 & 29, 5-7 pm
Class Dates: Session 1 - Weekends
November 6 & 7, 13 & 14 and 20 & 21
Level 1, Toddler/Parent, - 11-11:30 am
Level 2 - 11:30 am - noon
Level 3 - noon - 12:30 pm
Level 4 - 12:30-1 pm

Session 2 - Weekdays (Mon & Wed)

Nov 1 & 3, 8 & 10, 15 & 17 and

Session 3 - Weekdays (Tue & Thur) Nov 2, 4, 9, 16, 18 & 23

Level 1, Toddler/Parent - 4:30-5 pm
Level 2 - 5-5:30 pm
Level 3 - 5:30-6 pm
TBA - 6-6:30 pm

NEW Session 4 Home School Classes

Nov 2, 4, 9, 10, 23 & 30
10 & under - 1:30-2:45 pm (Cost \$80)
11 & up - 2:45-4 pm (Cost \$80)

Office 384-1301

Recording 384-1302

Free Family Pool Parties

**Autumn Pool Party
October 29, 7 pm**

**Thanksgiving Pool Party
November 19, 7 pm**

Water Aerobics

Monday, Wednesday & Friday: 10-11
am or 5:30-6:30 pm
Tuesday & Thursday: 9-10 am
NEW Deep Water Classes
Tuesday & Thursday: 10-11 am
\$1 per person, per class. Open to adults

**Military Training Holiday Hours:
October 8, November 12 & 26,
11 am - 6:30 pm**

**Federal Holiday Hours:
October 11 (Columbus Day) & November 11
(Veterans Day), 11 am - 6:30 pm
CLOSED November 25 (Thanksgiving Day)**

Education Opportunities - 384-0970

October/November News

Ed Center New Hours of Operations:

Monday, Tuesday, Wednesday and Friday: 7:30 am - noon & 1-4:30 pm, Thursday: 11:30 am - 4:30 pm.

Troops to Teachers "Proud to Serve Again" - October 13 & November 10, Bldg 658, Rm 102, 11:30 am - 1 pm. Bill Petrozzi, Troops to Teachers Director briefs soldiers that are interested in teaching careers after retirement. www.eed.state.ak/ttt. No appoint necessary. Call 753-5112.

GED

The GED is available through the Education Center. Call or drop by for additional info.

Testing Office

Earn college credit by taking CLEP/DSST/EDE tests. Military testing such as DLAB, DLPT, AFAST, and AFCT is avail by appointment. Open Monday - Friday: 8 am - noon and 1-4 pm.

Learning Resource Center (LRC)

Located in the basement of Bldg 658. Open Monday - Friday 7:30 am - 10:30 pm and Saturday 8:30 am - 4 pm. A computer lab, the MOS Library, and an academic resource library are available for soldiers and family members to use.

E-ArmyU

If you are interested in EARMYU, contact the Ed Center for info about the policies and procedures for enrolling. Briefings are held every Monday 1:30 pm. To schedule a proctored exam for E-ArmyU call Marilyn Connor, 384-3271. Testing Monday - Friday: 8:30 am - noon.



College News

> New classes begin with Central Texas College and the University of Anchorage - October 25. Wayland Baptist University winter term begins November 8. Schedules are avail in the Ed Center or with each college. A variety of classes are being offered such as MS PowerPoint, Internet Concepts, Human Resources Management, Philosophy, English, Speech, Law Enforcement, and more. The Ed Center offers assistance with planning for your educational goals, applying for financial aid, ordering transcripts, and selecting a college for you.

Central Texas College 428-1317, University of Alaska 428-1228, Wayland Baptist University 428-1496, Testing 384-0961, Learning Resource Center 384-0964, and The Army Education Center 384-0970

American Education Week November 16-22

Ed Center Open House - November 18, 11:30 am - 1 pm. College advisors will be available to help you plan your education. Refreshments will be provided.



Help keep America strong by supporting American Education Week. Education is the best investment for the future. Watch for special events planned for the week. Call the Ed Center for more info, 384-0970.

From your Friends at the Post Library - 384-1640

Create Hand-crafted Gifts - Cards - Decorations. With Fall come thoughts of approaching holidays, meals shared with family, gift giving and decorations for the seasons. There are still many weeks left to create handcrafted gifts, cards and decorations, and the library has a very good collection of "How to" books. How to bead, make candles, cards, wreaths, potpourri, wooden toys, needlework and gifts from the kitchen and much more.

November is American Indian & Alaska Native American Heritage Month. and as always we have many items to help enrich appreciation for Hispanic cultural contributions.

The Cut Off for Voter Registration is Fast Approaching. If you want to vote in the upcoming Presidential elections you must register to vote at least 30 days before the election. We can direct you to the state website on our computers or supply you with the necessary forms.

Children's Book Week November 15-21



The Library will display a selection of new Children's Books that you won't want to miss. During that week they will begin a one for one paperback swap rack just for kids. No one has enough shelf space so if you have children's books that have been sitting around unused, outgrown, read once and never read again, please consider donating them to help start the children's swap rack. Stop by the Library!

Library Hours: Tuesday - Thursday: 11 am - 8 pm.
Friday & Saturday: 11 am - 5 pm.
Closed Sunday, Monday and Holidays Located in Bldg 5

THANKS

To the following Sponsors for making the Newcomer's Info Fair a Huge Success!

AAFES
Alaska Communications Systems
Alaska Housing Finance Corporation
Big Brother's & Big Sister's of Anc
COSTCO Warehouse
Eagle River Car Rental
GCI
NorthStar Mortgage Company
SAM'S Club
Subway of Alaska

To become a sponsor or place an advertisement, please call Cathy Spence 384-0639

Arts & Crafts Center - 384-3717/3719

Arts & Auto Center Hours: Thursday & Friday: 12-9 pm
 Saturday & Sunday: 10 am - 7:30 pm
 Closed Monday thru Wednesday

October/November Specialty Classes

♦ **Ceramic Classes - 384-3419**

Pic-n-Paint - Every Saturday, noon - 5 pm, \$10 pp
 Bring the kids. Choose from over 1,000 molds to pour.

Pouring Classes - Every Thursday, 6 pm, \$15 pp

Four electric pottery wheels and lots of high fire clays to choose from. Only \$5 shop fee.

Monthly classes include: Pouring Molds, Air Brushing, Glazing, Antiquing, and Bronzing. For more info, call Peggy Bertrand, 384-3419.

♦ **Wood Shop Class - 384-3418**

You must attend a two hour safety class before you can use the Wood Shop. Classes available every Thursday 4:30 pm and Saturday, 10 am. Cost \$10. Call Bob Chance for info 384-3418.

♦ **Basic Matting & Frame Class - 384-3417**

Thurs, **October 7, 14, 21 & 28**, 6 pm, \$30 pp

Saturday, October 16, 10 am, \$30 pp

Thurs, **November 4 & 18**, 6 pm, \$30 pp

Saturday, **November 13**, 10 am, \$30 pp

Arts & Auto Center Closed October 11 (in observance of Columbus Day). **Closed November 11 & 25** (in observance of Veteran's Day and Thanksgiving Day)

Engraving Shop now Open

**Etched Wood Plaques & Signs
 Name Tags & more**

For more info, contact George Vincent 384-3717/3719

Auto Skills Center - 384-3718

October is Car Care & Auto Battery Safety Month

Get your vehicle ready for winter!

Stop by the Auto Skills Center

Window Chip Repair - 1st chip - \$25. Each additional \$10. Repair those chips before they spread.

Fuel Injector Flush Service - \$45. Cures rough idle and improves performance.

Computer Scan - \$30 minimum. Find out why your Check Engine light is on?

Welding - Oxy/Act, Arc, Steel Mig \$10 per hour. Alum Mig \$15 per hour. Block Heaters save hundreds of dollars, do it yourself.

Emission Inspections FEE \$33

(I/M Test \$15, Certificate \$18)

Appointments Only (No pass - No pay)

Lowest price in the Anchorage/Matsu Area! **Call for an appoint**

Armed Services YMCA

Ft. Richardson 384-9622 Elmendorf 552-9622

Thanksgiving Food Basket Give-a-way (Free Drawing) - November 22. Stop by any of the three Armed Services YMCA to enter for a chance to get a basket with a turkey & fixings. Sign up November 8-19. Drawing November 22, noon.

Nutcracker Ballet Tickets (Free Drawing) - November 24th performance. Stop by the Armed Services YMCA offices to enter. Sign up November 1-19. Drawing Nov 22, noon.

Free Movie Night at the Post Theater. Active duty and family members only (first 100 tickets). Check with FRA office for the date of the Free movie night. The ASYMCA sponsors one movie a month. Call Judy Atkins 384-9622 for the Oct/Nov movie.

Wildlife Center. Located in the Welcome Center, Bldg 600, Rm B153. Hours of operations: Monday, Wednesday & Friday 1-5 pm.

Effective October 1 open Saturdays: 11 am - 4 pm. Call Will King 384-9453 or 223-3820 for group tours and info.

ENTERTAINMENT

Down Under Lounge - 384-7619, Bldg 655

Full Bar - Dancing - Pool - Darts - Video Games

Down Under open ♦ **Fridays open 3 pm.** ♦ **Saturdays open 8 pm.**



MONDAY
Night Football
 Every Monday, 5 pm
 (no football October 11)

Leader's Call - October 15 and November 19, 3:30 pm. Stop by after work. Free finger food. Open to All!

Armed Forces Entertainment (AFE) Presents
Comic Geniuses (Free Comedy Duo), "Vargus Mason" & "Robin Cee", Saturday, October 2, 9 pm.

Dallas, Texas' Own Acoustic Rock Band, "Waking Norman", Saturday, October 23, 9 pm
 (see pg 3)

HOT Appetizer Menu now avail after work Fridays

Halibut & FF, Chicken Strip Basket, Chicken Wings, Jalepeno Poppers, Mozzarella Stix, Cheddar Munchers and a Mexican Sampler

Rent the Down Under Lounge

Call Becky or Sam 384-7619 or 384-1475/1476 to rent the lounge.

Better Opportunity for Single Soldiers (BOSS)

Latin Night - October 1, (see pg 2)

Talent Show - October 16, (see pg 2)

Adopt-a-Soldier - November 24. Call BOSS for info, 384-0634.

Ski Party - November 26. Dyea Ski Hill, 7-10 pm. Cost \$5. Call BOSS for more info, 384-0634.

BOSS Meetings - October 4 & 18 and November 1 & 15, Bldg 600, 3rd Flr, Conf Rm, 2 pm. Call SPC Claudia Carbajal, 384-0634.



8 ♦ SOLDIER & FAMILY SERVICES

Army Community Service (ACS) 384-1517/1518

October - Domestic Violence (DV)
Awareness & Red Ribbon Month

Free Soldier, Family & Marriage Education

Family Readiness Group (FRG). Learn what is happening in your sponsor's unit, have fun, meet new friends; join your military family, attend your unit's Family Readiness Group meetings. For info, call 384-6736/1517.

Army Family Team Building (AFTB) Level 1 - October 12-14. "Army Life and Me". Level I is targeted towards individuals who are new to the Army or are interested in updating their basic knowledge. ACS Bldg 600, 6:30-9 pm. *Child care available.* Call Ilka Becker for info 384-1513.

AFTB Professional Development Workshop - October 20. "Merchandising your Volunteer Service for Job Credit": Resume Writing. ACS Bldg 600, 6:30-9 pm. Call Ilka Becker for info 384-1513.

AFTB Concept Block - November 3. "Got Lemons? Let's Make Lemonade." Basic, Intermediate, and Advanced problem solving techniques. **November 17.** "Change can be Good" - Time to De-Stress". Stress Management, Adapting to Change, and Introduction to Problem Solving. ACS Bldg 600, 6:30-9 pm. Call Ilka Becker 384-1513.

English as a Second Language (ESL) - Evening classes begin this fall in ACS, Bldg 600. Beginning classes will be held 6:30-7:30 pm and advanced 7:30-8:30 pm. ESL is open to everyone. Call Ilka Becker for info and registration 384-1513.

Exceptional Family Member Program (EFMP). Open daily in Bldg 600, Rm A138. Assistance for family members with special medical or educational needs. **EFMP Resource Library,** Rm A128. Checkout books and videos, including ADHD, Asthma, Learning Differences, Physical Differences and Special Education. **Family Wellness Library,** Rm A128. Books and videos avail to checkout to give you ideas and support in areas of healthy family life, marriage, parenting skills, adoption, & relationships. Call Tammie Adair, 384-0225. (See pg 10 EFMP)

EFMP Free Movie Every Wednesday. Bring your lunch, Bldg 600, Rm A138, noon. Each movie portrays a specific special need open for discussion. October movies "Radio" - October 6 (part 1) & October 13 (part 2). "The Other Sister" - October 20 (part 1) & October 27 (part 2). November movies "As Good as it Gets" - November 3 (part 1) & November 10 (part 2). "A Beautiful Mind" - November 17 (part 1) & November 24 (part 2). Call Tammie Adair for more info, 384-0225.

Victim Advocacy Program. Comprehensive assistance and support to victims of spouse abuse to include: Crisis intervention, securing medical treatment, information and referrals regarding legal issues, referrals to local community resources, and assistance with the development of a plan of action. Call Janet McDermott 384-0504, or Leona Rader 384-1006.

Financial Readiness Training for First Term Soldiers - October 5 & 19 and November 2, 16 & 30, Bldg 600, Rm A18, 8 am - 4:30 pm. *No Registration required*

seating is limited. Contact Elaine Holloway 384-7509.

Personal Financial Management Classes - October 12 & November 9. Checkbook Management Classes - October 26 & November 23. Bldg 600, Rm A135, 10-11:30 am. *Pre-registration required.* Call 384-7509.

Nutritional Education

Free Nutritional Cooking Class (Expanded Food & Nutrition Education Program) - Every Monday, (unless a holiday), Bldg 600, Rm A137, 2-3:30 pm. Join Heidi Leeney for "hands-on" lessons in preparing and eating tasty, healthy, attractive meals in 6 week class, Rm 20F. Call 384-0272.

Family Subsistence Supplemental Allowance (FSSA). The purpose of the program is to get soldiers off food stamps by providing them a monetary allowance. Stop by Bldg 600, Rm A127 to see if you qualify, or call Elaine 384-7509.

Women, Infants & Children (WIC) Program - ACS Bldg 600, Rms A121 & A118, 8 am - noon and 1-5 pm. The WIC Clinic provides nutrition counseling and program referrals to women, infants & children up to the age of 5 years old. Free dairy products, juice, cheese, and cereals; loaner breast pumps; Expanded Food and Nutrition Education Program nutritional info. Call Elaine Nisonger 384-2033.

Parent Orientations/Meetings & Newcomers Orientations

Newcomers Orientation, Info Fair & Bus Tour October 6 & 7 and October 20 & 21 and November 3 & 4 and November 17 & 18, Bldg 600, Rm A18. Wednesday, 8 am - 3:30 pm. Thursday at the Wildlife Museum, 1st Floor, 8-8:30 am, Rm A18, 8:30 am - 3:30 pm. Community leaders provide to soldiers and family members, vital info about Anchorage and the FRA community, plus a tour. Call SFC Richard Caswell, NCOIC Replacement Detachment 384-2605 for spouse registration. Call Tony Sepulveda 384-1515 or Kimberly Goff 384-7485 for program info. Call Aggie O'Connor 384-7483 at CYS Central Reg. for info about the parental prerequisites for free child care, during the Free Newcomers Orientation.

Great Expectations (Ob/Gyn) Orientation - 1st, 2nd and 4th Wednesdays. (Prenatal Care, Info & Resources for Parents) EAFB Hospital, 8 am - 11 am. Learn about free FRA New Parent Support Program. Call Family Advocacy 384-1006. *Reservations required 580-1401.*

Child Development Center (CDC) Parent Orientations - October 6 & 20 and November 3 & 17, Bldg 6, 9-10 am for new CDC enrollments, call 384-0686.

Part Day Program (PDP) New Parent Orientations - October 13 & 27 and November 10 & 17, Bldg 337, Rm 9, 9:30 am. Parents should call a day prior to verify. PDP is a NAEYC accredited program. Child care call 384-1510.

Parent Advisory Support Council (PASC) Meeting - October 13 & November 10, for all Child & Youth Services and SAS parents, Bldg 337, Rm 4, 11:45 am - 1 pm. Lunch is provided. Come be a voice for our children. Ms. Barbara Ringland is the SAS Rep. If you have any concerns, please feel free to contact her. Call 384-1508 for her number. Parents - Free child care avail (24 hour notice required), Central Reg 384-7483.

Family Child Care (FCC) Parent Orientations - October 6 & 20 and November 3 & 17 for new FCC enrollments, noon. Child care is not available. Bring a brown bag lunch. Info 384-1500.

Family Child Care (FCC) Provider Pre-Orientation - October 29 and November 26, Bldg 337, Rm 9, 3:30-4:30 pm. All provider applicants who plan to attend the **Free FCC Provider Training (40 hours - November 9-16 and December 8-14)**, required to attend one of the pre-orientations. Child care is not provided for the pre-orientations and is provided for the FCC Training (first come, first served). *FCC has a number of providers who are certified to do extended hours care. If you need evening or weekend care for your children*, call Central Registration 384-7483 or FCC 384-1500.

Free Parenting Classes

Parents Reaching Out to Parents (PROPS). All parents are invited to participate in this parent support group. Please contact Marie Mahan 384-7506 or Pam Christianson 742-1600.

"Choices" - a Parent/Teen Workshop - October 5 & November 2. **October 5**, (ages 10-16 years), Ursa Major Elementary School, 6-8 pm. **November 2** (ages 12-18 years), Youth Services, Bldg 297, 6-8:30 pm. An active fun event for parents and their pre-teen/teens to attend together to encourage communication and good decision making about the many tough choices teens face during this time in their lives. Pizza will be served. RSVP, Mark 384-0134, RC 384-1508, or Pam 742-1600.

Single Parents Unite. The group is planning a "Single Parent Retreat" at Seward, in the later fall. If you are interested in joining a fun and supportive group of single parents, call Marie Mahan 384-7506 for more info.

Single Parent Support Group Free Luncheons - October 15 & November 5, ACS, Bldg 600, kitchen, 11:30 am - 1 pm. RSVP to Marie Mahan 384-7506.

Single Parent Retreat - November 19-21, at the Seward Resort. Child care, food, and lodging will be paid for. Call Marie Mahan to sign up, 384-7506.

Free Fun Activities for Parents & Children

Free Family Pool Parties - "Autumn Fun" - October 29 and "Thanksgiving" - November 19, Buckner Physical Fitness Center Pool, 7 pm. Call 384-1301.

Toddler Time (children ages 2 years). Monday & Wednesday (5 hour program), 9 am - 2 pm, Tuesday & Thursday (3 hour program), 9 am - noon. Fees based on Total Family Income (TFI). Call Central Registration 384-7483.

Community Romp' N Stomp (Indoor Children's Gym - children up to school age). Available for registered parents Tuesday & Thursday, Bldg 337, 1:30-3 pm. **FCC Romp' N Stomp** - available for FCC providers every Tuesday & Thursday, Bldg 337, 10-11:30 am. **Reservations required.** Call Central Registration 384-7483 to register.

PooH's Play Group (infants to age 5) - Mondays & Fridays, Bldg 337 Gym, 9:30-11 am. (Mondays - fine motor activities, Fridays - gross motor activities). Come meet other parents and enjoy a fun time with your child or children. Free snack provided. Contact Marie Mahan 384-7506.

Children's Aqua Play (6 months to 5 years) - Wednesdays, Buckner Fitness Center Pool, 10:30 am - noon. Introduce your child to water play and pre-swimming skills. Have a wet and wild time while developing motor skills and strength. Contact Marie Mahan 384-7506 for more info.

HOT Free Exercise Room for Parents with Children. There is an exercise room with an adjoining play room in ACS, Bldg 600 basement. Open Monday thru Friday: 8 am - 5 pm. The exercise room has two treadmills and 2 stair steppers. There is a play room (furnished with toys) next door and mom's or dad's can view their children and supervise them while they exercise. For more info, call 384-7506/1006.

Fun Activities for Adults

Parent's Night Out - October 22 and November 19. Child care 5:30-9:30 pm (children 6 weeks thru 12 years). Enjoy an evening out while your children participate in fun filled activities with CYS. **Cost \$14 per child. Space is limited and reservations are required prior to October 15 and November 12.** Call Central Reg 384-7483.

Spouses Day Out - October 12 "Basic Auto Maintenance with Amanda", October 26 "Rug Making with Judy", November 9 "Chef Al", November 23 "Holiday Table Decorations with Judy". **Free craft classes** for military spouses, ACS, Bldg 600, Rm A37, 10 am - noon. Meet new friends, and learn new crafts and hobbies. Children Welcome. Presented by ACS and the Armed Services YMCA. **Registrations required**, call 384-0272.

Learn How to Knit and Quilt. Information, Referral & Follow-up is looking for interested spouses. Call Marvin Jackson, 384-0272 for info.

Free Self Help Classes

Anger Management, Stress Management, Self-Esteem Building, Assertiveness Training, and Parent Training are provided on an on-going basis. Please call to register for the next available class. Call Marie Mahan 384-7506 or Janet McDermott 384-0504.

Free Employment Readiness Classes & Volunteer Opportunities

Employment Readiness Program. "Interviewing", "Career Planning", "Dressing for Success", "Conducting your Job Search", these and other helpful seminars are conducted on the 2nd & 4th Tuesday monthly, Bldg 600, Rm A115. Call ahead, 384-6716 to reserve your seat. Update your resume or get pointers on applying for jobs on-line. Call or stop by and talk with the Program Manager John Doak, 384-6716.

Installation Volunteer Program. Volunteer opportunities available. Stop by Bldg 600, Rm A115 or call 384-6716.

Emergency Relief for Soldiers & Families

Army Emergency Relief (AER). Bldg 600, Rm A129. Emergency financial assistance for eligible personnel. Call SFC Collins 384-7478, for more info.

American Red Cross. Bldg 600, Rm A130, 384-0261. Armed Forces Emergency Services. Serving military personnel. To reach your family in times of emergency 24 hours a day, 365 days a year, call 1-877-272-7337.

Child & Youth Services (CYS)



CYS Central Registration Office, Bldg 600, Rm B154. Centrally located for families who are in-processing to Ft. Richardson, while still being readily accessible to those families currently enrolled in CYS programs. Open Monday thru Friday 7:30 am - 5:30 pm. **The Central Registration Office will be open until 7:30 pm, October 12 and November 9.** There is an annual administrative fee of **\$18 per child**, with a maximum fee of **\$40 per family** payable at the time of registration. Call 384-7483.

USDA Food Program

Child & Youth Services is pleased to announce its participation in the USDA Food Program for all participants in any of the Child & Youth Services Programs (Child Development Center, Part Day Programs Preschool, Hourly Care, and School Age Services, and all Family Child Care Homes on FRA). All participants of these programs regardless of race, color, national origin, sex, age or disability will receive breakfast, lunch and pm snack free of charge if they are in the program at the time of the meal service. Any individual who believes that he or she has been discriminated against should immediately write to: USDA Director, Off of Civil Rights, Rm 326-W, Whitten Bldg, 14th Independence Ave, SW, Washington, DC 20250-9410 call (202)720-5964 (voice & TDD).

Preschool & School Age Services (SAS) Programs

Part Day Program, Bldg 337, offers a variety of early childhood education programs for children of preschool age. Preschool options include Toddler Time for 2-year olds and a variety of 3-hour, 5-hour and 9-hour classes for 3-5-year olds. Before and After School Kindergarten programming is also available. For info about space availability, call the Central Registration Office 384-7483.

School Age Services (SAS) Before & After School Care is located in Bldg 337, 384-1068. The program operates Monday - Friday. Before School Program: 6-9 am (includes breakfast at 7:30 am). After School Program: 3:30-5:30 pm (includes afternoon snack at 4 pm). Parents have the option of enrolling in the Before or After School or Both Before and After School Program. Fees are based on Total Family Income (TFI). Call Central Reg to enroll, 384-7483. SAS 4H clubs offer Spanish, Cooking, Science, Dance, Technology and Drama.

SAS Saturday Open Recreation begins October 2, Bldg 337, 10 am - 4 pm, for all CYS registered youth 1st-6th grade. **(Limited to 60 youth)**. SAS has no snack bar. Children are welcome to bring their own lunch and/or snack. For more info on the SAS program, call 384-1068. **Closed November 27.**

SAS Limited Child Care - October 8 (Training Holiday). SAS will provide limited child care (7 am - 5 pm) Limited care will be provided for those active duty military sponsors, or spouses with deployed sponsors who have duty/TDY. Request for care must be filled out prior to October 5. Please see staff at the Front Office of your child's program.

All CYS Programs will be closed October 11 (Columbus Day), November 11 (Veteran's Day), and November 25 (Thanksgiving Day). Anchorage School District (ASD) classes are still in session on October 11 (Columbus Day). SAS will be closed November 25-28.

SAS Red Ribbon - October 25, Bldg 337, 4:15 pm. Essay and poster contest, jump rope contest, and free throw contest. Call 384-1068 for more info.

SAS Open during School In-Service Day - November 5 & 19, Bldg 337, 6 am - 5:30 pm. Call 384-1068 for more info.

SAS Before & After School Program Open November 17 & 18 (Parent/Teacher Conferences). Before School Program: 6-9 am, After School Program 12:30-5:30 pm. **Children must have lunch at school.** For more info, call 384-1068.

SAS Harvest Snack - November 24, Bldg 337, 4:15 pm. Parents are invited to have a snack with your child.

Child Care Info

Hourly Care - for children 6 weeks to 12 years, in the Part Day Program, Bldg 337, 8 am - 4:30 pm, \$3.50 an hour. **Reservations required and may be taken up to 2 weeks in advance, call 384-1510. Usage is limited to 5 hours per day with a maximum use of 25 hours per week.**

Youth Sports & Training

Youth Services (YS) (7th-12th Grades) Hours of Operations

Monday - Thursday: 2:30-8 pm, Friday: 3-11 pm,
Saturday: noon - 8 pm, Closed Sunday & Federal Holidays

"Choices" - a Parent/Teen Workshop - October 5 & November 2. **October 5**, (ages 10-16 years), Ursa Major Elementary School, 6-8 pm. **November 2** (ages 12-18 years), Youth Services, Bldg 297, 6-8:30 pm. An active fun event for parents and their pre-teen/teens to attend together to encourage communication and good decision making about the many tough choices teens face during this time in their lives. Pizza will be served. Please RSVP, Mark Mortier 384-0134, RC Harrop 384-1508, or Pam Christianson 742-1600.

College Anyone? "SAT Preparation and other Essentials" - October 21, YS Bldg 297, 6-7 pm. An introduction to college planning for High School students of all ages. Resources for SAT preparation and other important tasks of getting to college will be addressed, including exploring career options. Cookies will be served. **Parents are encouraged to attend.** Info, call Mark Mortier, 384-0134 or YS 384-1508.

Get Connected - EFMP

On February 14, 2003, the Dept of Defense launched the world-wide EFMP website: efmconnection.org. This website provides info for military families with special needs within the military community. The website is designed to assist every branch of service and their EFMP enrolled families. It provides EFMP Orders for each branch resources, direct contact with every EFMP Manager for every service at every duty station around the world via email, and a wealth of other info. It also contains a chat area so that individuals with special needs families can chat with other family members and submit questions as well. All of the resources that are avail on the website have been verified as reputable and it contains a list of some 70 plus resources alphabetically. Web www.efmconnection.org. For more info, call EFMP Manager, Tammie Adair 384-0225.

YS Teens Specials & Main Post Chapel (see pg 12)

Army Career & Alumni Program (ACAP)

Located in Bldg 600, 3rd Floor, call 384-3501.

October/November 2004 Workshop & Seminar Schedule

October 12 & 13 - ACAP/TAP/DTAP Workshop, 8:30 am - 4 pm

October 14 - Anchorage Police Dept Career Day, 2-4 pm

November 2 & 3 - ACAP/TAP/DTAP Workshop, 8:30 am - 4 pm

November 16 - Pre-Retirement Workshop, 1:30-4:30 pm

October/November 2004 Closures

October 2 - Military Pay Day Activities

October 8 - Military Training Holiday

October 10 - Arts & Auto Crafts Closed

October 11 - Federal Holiday (Columbus Day)

November 5 - Military Pay Day Activities & School In-Service Day

November 11 - Federal/School Holiday (Veterans Day)

November 11 - Arts & Auto Crafts Closed

November 12 - Military Training Holiday

November 19 - School In-Service Day

November 25 - Federal/School Holiday (Thanksgiving Day)

November 25 - Buckner Fitness Center, Pool & Arts & Auto Crafts Closed

November 25-28 - SAS Closed

November 26 - Military Training Holiday & School Holiday

December/January Highlights

December Drunk & Drugged Driving (3D's) Awareness Month

December 1 & 15 - Guided Snow Machine Tour

December 7 - Snow Machine Lesson

December 10 - Garrison Christmas Party

December 15 - Post Christmas Tree Lighting Ceremony & Holiday Concert

December 16 - 2004 USARAK Holiday Ball

December 31 - New Year's Eve Party - Down Under Lounge & Seward Resort

January 16 - Ice Fishing Derby

Post Specials & Community Info

October - Breast Cancer Awareness Mo, National Crime Prevention Mo, Substance Abuse Prevention Mo, National Red Ribbon Mo, and Domestic Violence (DV) Awareness Mo.

Oct 1 - BOSS Latin Night, (see pg 2)

Oct 2 - Free AFE Comedy Duo, (see pg 3)

Oct 3-9 - Fire Prevention Week, (see pg 2)

Oct 4 - Nov 12 - Combined Federal Campaign (CFC), (see insert)

Oct 5 & Nov 2 - Soldier of the Month Breakfast, JRETC, 6:30 am

Oct 5 & Nov 2 - "Choices" Parent/Teen Workshop, (see pg 10)

Oct 5 - Post Wrestling Meet, (see pg 5)

Oct 7 - Pre-Season Intramural Basketball Tournament, (see pg 5)

Oct 8-10 - YS OAP Glacier Ice Climbing Trip, (see pg 4)

Oct 11 - Columbus Day, (Commissary Open)



Oct 12 & 26 & Nov 9 & 23 - Spouses Day Out, free crafts (see pg 9)

Oct 13 - USARAK Retirement Ceremony, JRETC, 2 pm

Oct 13-3rd Annual Free Catering Extravaganza, EAFB Susitna Club, 11 am

Oct 14 - Intramural Dart & Pool, (see pg 5)



Oct 15 - Dyea Ski Center Opens, (see pg 4)

Oct 15 - EAFB Hillberg Ski Pro-Shop Opens

Oct 15 & Nov 5 - Single Parent Support Group Luncheon, (see pg 9)

Oct 15 & Nov 19 - Leader's Call, Down Under Lounge, 3:30 pm

Oct 15 - Safety Awareness Day

Oct 16 - Annual Retiree Appreciation Day, (see pg 2)

Oct 16 - BOSS Talent Show, (see pg 2)



Oct 16 - Ramadan & Bosses Day

Oct 18 - Alaska Day

Oct 19 - Emergency Preparedness Initiative, "Guide on the special needs of people with disabilities", Lee Reserve Center, 1:30-4:30 pm

Oct 19 & 20 - NAF/Lodging Warehouse Sale, (see pg 2)

Oct 19 & Nov 23 - Community Action Council (CAC), JRETC, 9:30 am

Oct 20 - Intramural Basketball begins, (see pg 5)

Oct 20 & Nov 17 - Retiree Council Mtg, Bldg 600, 3rd Flr, Rm 3036, 7 pm

Oct 21 - Town Hall Meeting, (see pg 2)

Oct 21 - YS College SAT Preparation, (see pg 10)

Oct 21 - 21st Annual City of Lights Kick-off, Town Square, 5:45 pm

Oct 22 & Nov 19 - Parent's Night Out, (see pg 9)

Oct 22 - Intramural Indoor Soccer begins, (see pg 5)

Oct 22 - Domestic Violence Stand-Down Day, (see front pg)

Oct 23 - Free AFE Rock Band, (see pg 3)

Oct 23 - 4-23 Inf. Battalion FRG Wide Fall Festival, Buckner Fitness Ctr, 11:30 am

Oct 23-31 - Red Ribbon Events, (see insert)

Oct 25 - 4-23 Inf. Battalion FRG "Stress Mgmt", Post Theater, 6:30 pm

Oct 28 - Post Swim Meet, (see pg 5)

Oct 29 - YS Halloween Harvest Carnival, (see pg 12)

Oct 29 & Nov 19 - Free Family Pool Party, (see pg 5)

Oct 30 - EAFB Fall Festival & Haunted House, EAFB former Commissary, 3-9 pm. \$4 all ages (children under 1 free) (incl hot dog, chips, & soda)

Oct 31 - Daylight Savings, (set clocks back 1 hour)

Oct 31 - Fall Harvest Brunch, EAFB Susitna Club, 10:30 am - 2 pm. \$14.95 w/members 1st discount, \$17.95 reg price, \$6.95 youth ages 6-12, children 5 & under free. Call 753-3131

Nov - National Native-American/Alaskan Heritage Month

Nov 2 - Presidential Election Day, GO VOTE!

Nov 4 & 5 - Applied Suicide "Intervention Skills Training,

Nov 11 - Veterans Day, (Commissary Open)



Nov 11 & 12 - AK State Cheerleading Championship, (see pg 3)

Nov 12 & 13 - YS OAP Winter Camp-Out, (see pg 4)

Nov 15-21 - Children's Book Week, (see pg 6)

Nov 18 - Education Center Open House, (see pg 6)

Nov 19 - Native American Indian/Alaskan Heritage Mo event, (see pg 3)

Nov 19-21 - Single Parent Support Group Retreat, (see pg 9)

Nov 20 - Alyeska Ski/Snow Board Operations begin, (see pg 4)

Nov 21 - Turkey Shoot, (see pg 3)

Nov 21 - Great American Smoke-Out

Nov 21-27 - Celebrate Army Family Week, (see insert)

Nov 22 - Intramural Broomball begins, (see pg 5)

Nov 22 - 4-23 Inf. Battalion FRG "Financial Mgmt", Post Theater, 6:30 pm

Nov 23-28 - Great Alaska Shootout, Sullivan Arena

Nov 25 - Thanksgiving Day

Nov 25 - Kids Fest!, 5th Ave Mall, 10-11:30 am

Nov 26-28 - "The Nutcracker Ballet, PAC, Atwood Concert Hall

Nov 26-Jan 4 - Holiday Dolls & Toys, Anc Museum of History & Art

YS Teen Happenings & Outdoor Adventure Program (OAP) - October & November

Teens 7th-12th Graders

Homework Tutor Ms. Carole is avail Monday-Friday: 2:30-4 pm and 6-7:30 pm. Free of charge for 7-12 graders who are registered at the YS.

Computer Lab is open during YS Hours of Operations (see pg 10). All youth must have an internet permission slip signed by their parent/guardians before they are allowed to use the YS computers. Stop by and meet Kevin Neely, the new computer lab instructor.

Teen Party - Oct 1, 7-11 pm. Free pizza, arts & crafts, sports and fun activities. Must be currently registered or have a military ID. Entry fee \$1. OAP meeting before the party, 6-7 pm.

Bartlett H.S Football Game - Oct 2, Meet at YS noon. \$1 sign up fee. Go Bears!

New Parent & Youth Orientations - Oct 2 & 16, 1 pm.

Cooking 101 - Oct 4, 18 & 25, 4 pm. Come make and try new recipes.

"Choices" Parent/Teen Workshop - Oct 5, (see pg 10).

7th Grade Community Club Meeting - Oct 5 & 19, 6 pm.

Harvest Crafts - Oct 6, 13, 20 & 27, 5-7:30 pm.

Teen Council Meeting - Oct 7 & 21, 6 pm.

OAP Glacier/Ice Climb Trip - Oct 8-10. Youth must be 13 yrs or older to attend. Cost \$15. (See pg 4).

7th - 8th Grade Bowling - Oct 9, 2-6 pm. \$1 sign up fee + bowling expenses.

Art w/Jess - Oct 15, 7 pm. Learn new and exciting drawing techniques. Bring a friend.

7th Grade Community Club Food Drive Kick-off - Oct 16, 2 pm. All food donated to the local charities of Anchorage.

College SAT Preparation Class - Oct 21, (see pg 10).

OAP Alaska Rock Climb Trip - Oct 24, 11 am - 4 pm. \$6 fee. Learn how to rock climb indoors.

Red Ribbon Week Daily Tournaments - Oct 25-29, 4-6 pm. Basketball, rockwall climbing & pool.

Pool Party - Oct 29, 7 pm. (see pg 5).

Halloween/Harvest Carnival - Oct 29, 4-8 pm. Free costume contest, carnival games and prizes. McGruff the crime dog and many fun activities. Any child in 6th grade or below must be escorted by parent or guardian to attend the carnival.

Red Ribbon Men's Mentoring Basketball Game - Oct 30, 8 am. All dads and sons are invited to attend. Refreshments will be served.

Scary Movie Night - Oct 30, 5-7:30 pm. Refreshments will be served.

7th Grade Community Club Food Drive continues - Nov 1-30

Let's Draw - Nov 1, 13, 16 & 23, 5 pm. Bring a friend.

"Choices" Parent/Teen Workshop - Nov 2, (see pg 10).

Holiday Crafts - Nov 2, 10, 17 & 24, 5 pm.

Teen Party - Nov 5, 7-11 pm. Free pizza, arts & crafts, sports and fun activities. Must be currently registered or have a military ID. Entry fee \$1. OAP meeting before the party, 6-7 pm. In-Service Day (No School).

Middle School Afternoon Movie Matinee - Nov 6. Youth must pay their own admission/snacks at the movie. Meet at YS at 2 pm.

New Parent & Youth Orientations - Nov 6 & 20, 1 pm.

Cooking 101 - Nov 8, 15 & 29, 4 pm. Come make and try new recipes.

Teen Council Meeting - Nov 10 & 18, 6 pm.

No School - Nov 11

OAP Winter Camp-out - Nov 12 & 13, 4:30 pm. Fee \$15. (See pg 4).

OAP Christmas Break Ski Camp Sign up - Nov 15, beginning 11:30 am Youth 6th grade or above. Fee \$85 (incls food, lodging, and ski rentals). The camp dates are December 27-30, at Otter Lake Lodge, 4 days/3 nights. (Limited slots).

Parent Teacher Conferences - Nov 15-18. School will announce their days of services.

Pool Party - Nov 19, 7 pm. (see pg 5).

YS Talent Review - Nov 19. YS is looking for teens with new and exciting talents to share with the community. Contact Mr. Tom 384-1508. In-Service Day (No School).

Parent/Teen Pool Tournament - Nov 20, 5 pm.

YS Closed for Thanksgiving Holiday - Nov 25. Reopens Fri 3 pm.

Family Skating - Nov 27, 1-3 pm. Please no street skates allowed.

OAP Alaska Rock Climb Trip - Nov 28, 11 am - 4 pm. \$6 fee. Learn how to rock climb indoors.

YS Info call LaQuida or Tom, OAP call RC or Brent 384-1508.

Main Post Chapel Specials

Building Strong & Ready Families (BSRF). Sign up at the Family Life Center, 384-5433.

Catholic Community Opportunities:

CCD Classes Start October 3, 10:45 am - noon. Call 384-1461 to register.

Military Conference of Catholic Women (MCCW) Meet Every Wednesday, 9:15-11:30 am. Child Care is available.

Rite for Christian Initiation for Adults (RCIA) Classes begin October. Anyone interested in the catholic faith or would like to become catholic, call Patrice Gitter 222-1680.

Services. Sunday Mass: 9:15 am. Daily Mass: Monday - Friday, 11:35 am, in the North Wing Chapel. Call 384-1461.

Protestant Community Opportunities:

Protestant Women of the Chapel (PWOC) Meet Every Wednesday, 9:15-10 am, for worship and fellowship, 10-11:30 am for bible study. Three bible studies for the fall: "Intercessory Prayer", "Testing of your Faith", and "Falling in Love with Jesus". Child care available and homeschoolers welcome.

PWOC Evening Program - October 14 & November 11, 6:30-8 pm. Join us for coffee and dessert.

3rd Sunday of the Month Potluck - October 17 and November 21 after Chapel Service.

Ft. Richardson Youth (FRY) meet Saturdays, 6 pm for fun and service projects. Contact the Chapel for info 384-1461.

Services. Sunday School: 9:30 am, Sunday Protestant Worship: 11 am. Thursday Protestant Choir Practice, 6:15 pm.

Gospel Community Opportunities:

Sunday True Vine Service, 12:30 pm. Wed Bible Study, 7 pm. Call 384-1462.