

United States Army Garrison Fort Rucker

HANDBOOK FOR NEW MILITARY SPOUSES



Sweet HOME Fort Rucker Edition

The Directorate of Family and Morale,
Welfare and Recreation



Fort Rucker MWR
rucker.armymwr.com





A Warm Welcome to the New Military Spouse!

Congratulations on becoming a military spouse.

We hope this handbook will make it easier for you to integrate into the larger Military Family. Life with the military will bring many changes and challenges, but with a smile and a positive attitude, it can be the adventure of a lifetime.

This handbook covers general information concerning the military as well as information specific to your time here at Fort Rucker, the home of Army Aviation. After arrival at your first military duty location, you and your Soldier should acquaint yourselves with the area and the post/base facilities. You are also encouraged to attend a newcomers' briefing or orientation. Each post/base has its own way of welcoming newcomers. The facilities and services that are available will vary depending on the size of the post/base.



INTRODUCTION

The Fort Rucker Handbook for New Military Spouses is a reference tool for spouses new to the military. Off-post agencies are occasionally listed for information purposes to provide a full range of resources available within the Fort Rucker area. The inclusion or exclusion of any specific off-post agencies is not intended to imply an endorsement or lack of endorsement by Fort Rucker MWR, the Department of the Army, or the Department of Defense.

NEWCOMERS' WELCOME

If you are new to Fort Rucker or you are returning after spending time away from the installation your first stop should be the Newcomers' Welcome held every third Friday of the month starting at 8:30am at The Landing. The Newcomers' Welcome is designed to welcome and inform newly arrived Soldiers and Family members of the many Family support services available on Fort Rucker and surrounding communities. This is a mandatory program with attendance by Soldiers required no later than two months after arrival. Family members, civilian employees, and contractors are strongly encouraged to attend. Free childcare is available at the Child Development Center when reservations are made no less than 24 hours prior to the event; call (334) 255-3564. Eligible children must first be registered with Parent Central Registration at (334) 255-9638. For more information participants may call the Army Community Services' Relocation Readiness Office at (334) 255-3161 or (334) 255-2887.

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FORT RUCKER HISTORY

A Brief History of Fort Rucker

Although both Fort Rucker and Army Aviation trace their origins back to earlier eras, they came into being during the early months of World War II. The United States entered the war on December 8, 1941, following the surprise Japanese attack on Hawaii, the Philippines, Guam, and Midway. On December 15, Congress voted an appropriation of \$10 billion for the defense of the United States and established a military service draft for men from 20 to 44 years of age. During World War II, America conducted a manpower mobilization unprecedented in its history in terms of total numbers; the United States put into uniform more than 16 million men (one-sixth of the total male population) and also approximately 333,000 women. This mobilization called for the creation of new training camps and military bases, including Camp Rucker.

Camp Rucker

The original name of the post was Ozark Triangular Division Camp, but before the camp was officially opened on May 1, 1942, the War Department named it Camp Rucker. The post was named in honor of Colonel Edmund W. Rucker, a Civil War Confederate officer, who was given the honorary title of “General,” and who became an industrial leader in Birmingham after the war. In September 1942, 1,259 additional acres south of Daleville were acquired for the construction of an airfield to support the training camp. It was known as Ozark Army Airfield until January 1959, when the name was changed to Cairns Army Airfield. The first troops to train at Camp Rucker were those of the 81st (Wildcat) Infantry Division; the 81st Division left Rucker for action in the Pacific Theater in March 1943. During the latter part of World War II, several hundred German and a few Italian prisoners-of-war were housed in stockades near the railroad east of the warehouse area, on the southern edge of the post.

The Camp becomes a Fort

On February 1, 1955, the Army Aviation Center was officially established at Rucker. In October of that year, the post was given permanent status with the name change from Camp Rucker to Fort Rucker.

The Fort Rucker Bear (aka SGT Ted E Bear)

SGT Bear was created in 1961, when the Commander of the 2nd Battle Group of the 31st Infantry Regiment, stationed at Fort Rucker, decided his troops needed a mascot. The Regiment had been deemed the “Polar Bear Regiment” after seeing its first combat action in Siberia. The Commander contacted the Goofy Golf Course in Panama City, Florida and asked them to design the then PFC Bear. Since then, SGT Bear has moved from its original location on Ruf Avenue to his current home on the corner of Andrews and Novosel Street. SGT Ted E Bear stands as a symbol of Soldier strength and proudly serves and inspires Fort Rucker and all who have passed through the Fort Rucker gates.



DEERS/ ID CARD

The most important and very first thing you should do is ensure your Soldier has you enrolled in the Defense Enrollment Eligibility Reporting System, or DEERS. DEERS is a worldwide, computerized database of uniformed Service Members (sponsors), their Family members, and others who are eligible for military benefits, including TRICARE (medical care). Your Soldier must enroll you at a uniformed services personnel office. You can find the nearest uniformed services personnel office by following this link: <http://www.dmdc.osd.mil/rs/>. In order to be enrolled you will be asked to provide important documents for all dependants and children, such as: marriage license, birth certificates, and social security cards.

As a new military spouse, you will need a military Identification Card (ID card). Your military ID card is necessary in order to gain access to the valuable services your Soldier's service entitles you to. This ID card will enable you to use The Post Exchange (sometimes referred to as the PX), the Commissary, and to receive medical care. ID cards are issued to all Family members who are 10 years or older. Due to its importance, you should always carry your ID card with you and guard it carefully. If the ID card is lost, the loss must be reported to the Military Police as soon as possible. To obtain your ID card, you will need the original or certified copy of both your marriage and birth certificates. You will also need your original Social Security card and a government issued photo ID. The Service Member MUST accompany the Family member to the ID card office in order to authorize the issuance of the military ID card.

We will list out many of the services and benefits provided to military dependants throughout this handbook. However, a great source for information and an excellent tool to access is the Army One Source webpage. This web page can direct you to a solution for just about any issue that you may come across. You can access Army One Source at the following link:

<http://www.myarmyonesource.com/default.aspx>

Military Personnel and Services Division (Identification/DEERS)

Soldier Service Center, Bldg 5700, Room 160, Novosel St, (334) 255-2437/2182

<http://www.rucker.army.mil/idcards/>

To receive an ID card, all customers who are 21 and older must have two unexpired forms of ID to get a new ID card made. When adding a spouse to DEERS, the sponsor needs to bring the following documents with them: Marriage Certificate, birth certificate, social security card, & a photo id. All documents must be originals or certified copies. For dependent ID cards, the sponsor must be present to sign the DD Form 1172. When adding a child to DEERS, the sponsor must have the following documents for the child: birth certificate & social security card. If a stepchild is being added, the marriage certificate is also needed. Documents must be originals or certified copies.

ARMY COMMUNITY SERVICES

<http://rucker.armymwr.com/us/rucker/programs/army-community-service>

Army Community Service (ACS) is a Soldier and Family support center that is usually centrally located on the post. Larger posts may even have satellite locations positioned closer to military Family housing. ACS provides Army Families with information, guidance, assistance, or problem solving in personal or Family matters that are beyond the Family's own resources. Many ACS facilities offer fax and photocopy services as well. All services provided by ACS are free of charge to ID cardholders. Army Community Services main office is located at Soldier Service Center, Bldg 5700, Suite 177, (334)255-3670/3817. Facebook page Fort Rucker Army Community Service (<https://www.facebook.com/Fort-Rucker-Army-Community-Service/323789580072>). Some of the programs run by ACS include, but are not limited to:

Army Emergency Relief Program (AER)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 350, (334) 255-2341

<http://rucker.armymwr.com/us/rucker/programs/army-emergency-relief>

AER is available to active duty Soldiers and their Family members; ARNG and USAR Soldiers on active duty for more than 30 days, under Title 10 U.S.C., and their Family members; retired Soldiers and their Family members; surviving spouses and children of deceased active or retired Soldiers.

Army Family Action Plan (AFAP)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 373, (334) 255-9637

<http://rucker.armymwr.com/us/rucker/programs/army-family-action-plan>

AFAP is an Army-wide initiative to identify issues of concern to improve the overall Quality of Life for Soldiers and their Families. This process is used to identify the most critical well-being issues facing the Army today and provide suggestions about how things can be improved. Senior Army leadership places a great deal of emphasis on issues raised through the AFAP process and work to ensure that, wherever possible, they are resolved.

Army Family Team Building (AFTB)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 373, (334) 255-9637

<http://rucker.armymwr.com/us/rucker/programs/army-family-team-building>

AFTB provides three levels of training: "Army 101" type classes for the new Army Family member, as well as, personal and professional development. Classes may be delivered in a classroom setting or accessed online. Topics covered include: acronyms, rank structure, time and stress management, Department of Defense structure and Family Readiness Groups (FRGs) to name a few. All new military spouses are encouraged to take these classes in order to gain a better understanding of the military lifestyle.

Army Volunteer Corps (AVC)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, (334) 255-1429

<http://rucker.armymwr.com/us/rucker/programs/army-volunteer-corps>

AVC provides placement opportunities for volunteers based on interest and agency needs. AVC assists organizations with volunteer recruitment, training and provides guidance for volunteer recognition. Volunteering is a great way to make friends, discover more about your new area and to gain valuable work experience. Although volunteer jobs do not offer pay, they do offer a wealth of skills, training, experience and networking opportunities. For more info visit <https://www.myarmyonesource.com>.

Employment Readiness Program (ERP)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 373, (334) 255-2594

<http://rucker.armymwr.com/us/rucker/programs/employment-readiness>

ERP assists Active duty military, DA civilian employees, spouses, retirees, surviving spouses and Family members with identifying immediate and long range career goals while teaching the client how to write a successful resume. ERP can provide training and assistance with writing both Federal and civilian resumes, two completely different types of documents. Classes on networking, professional dress and mock interviews are also offered.

Exceptional Family Member Program (EFMP)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 350, (334) 255-3643

<http://rucker.armymwr.com/us/rucker/programs/exceptional-family-member-program-efmp>

EFMP is a mandatory enrollment program for Soldiers and their Family members identified with special needs. The EFMP works with other military and civilian agencies to provide comprehensive and coordinated community support, housing, educational, medical, personnel, and respite care services to Families with special needs members. For those military Families with identified special needs members, the EFMP can be an invaluable tool.

Family Advocacy Program (FAP)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 350, (334) 255-3898

<http://rucker.armymwr.com/us/rucker/programs/family-advocacy-program>

FAP supports Army Soldier readiness by enhancing Family self-sufficiency, community cohesion, safety, and personal preparedness. The goal of FAP is to prevent Family violence by providing a variety of services designed to strengthen Army Families. Family Advocacy may offer educational classes and other learning experiences on topics such as Stress & Anger Management and Coping Skills.

Financial Readiness Program (FRP)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 350, (334) 255-9631

<http://rucker.armymwr.com/us/rucker/programs/financial-readiness>

FRP strives to create informed consumers by offering consumer education classes and individual budget counseling. FRP focuses on improving a military Family's financial status and consumer knowledge. FRP can assist with setting up a budget, reducing/eliminating credit card debt and balancing bank statements among other services.

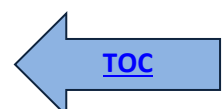
Information, Referral & Follow Up Program (I&R)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, (334) 255-3670/3817

<http://rucker.armymwr.com/us/rucker/programs/information-referral-follow-program>

I & R provides information about Army Community Service (ACS) programs as well as numerous installation and community resources.

I&R offers information counseling to determine customer needs and then refers the individuals to the appropriate ACS program or other resources. I&R may follow-up after the referral to ensure that the client received the assistance, information or quality services they expected. I&R also prepares and maintains a comprehensive Information and Resource databank to assist with your integration into your new community. I&R is your one stop location for information on garrison and community resources.



Mobilization & Deployment Readiness Program (Mob/Dep)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, (334) 255-9578

<http://rucker.armymwr.com/us/rucker/programs/mobilization-and-deployment>

Dep helps to better prepare Soldiers and Families for pending deployment. Deployment can be a highly emotional and stressful event. Mob/Dep helps educate the Soldier and Family member on what to expect and the best ways to prepare for all three stages of the deployment cycle: Pre-deployment, Deployment, and Reintegration. Mob/Dep educates, trains and prepares FRGs to be combat multipliers in support of the commander and unit. Mobilization & Deployment Assistance offers a 24-hour Family Assistance Center Toll free number for family issues and crises 1-866-272-6981.

Blue Star Card Program

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, (334) 255-9578

<http://rucker.armymwr.com/us/rucker/programs/blue-star-card-program>

Fort Rucker Directorate of Family and Morale, Welfare and Recreation (FMWR) offers a discount and activity card for Spouses or Guardians of Children of Soldiers who are deployed to a combat zone for a minimum of 6 months. The Blue Star Card Program is intended to enhance the well being of Families during deployments. It is a means of recognizing the sacrifices Families/Guardians make every day. The Blue Star Card allows DFMWR the opportunity to show appreciation for their selfless service to the Army community and to demonstrate our commitment to providing quality programs and services for a quality life.

New Parent Support Program (NPSP)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 371G, (334) 255-9647/3359/9805

<http://rucker.armymwr.com/us/rucker/programs/new-parent-support-program>

NPSP helps military Families with young children to adapt to parenthood and to thrive as healthy Families no matter where their service may take them. The first three years of life are critical in a child's physical, emotional, and intellectual development. Military life presents some unique parenting challenges that civilian families may not face, such as frequent deployments, long duty hours, moves to unfamiliar locations, and separation from extended Families and friends. Though not mandatory, this program is a “must” for all new parents.

Relocation Readiness Program (RRP)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, (334) 255-3181/2887

<http://rucker.armymwr.com/us/rucker/programs/relocation-readiness-program>

RRP provides information and resources for today's mobile Army Family. RRP provides information, guidance and assistance to Soldiers and their Families during, before and after moves. Welcome Packets, assistance during emergencies, support groups for geographically separated families, and the lending closet are a few of the services offered. New Soldiers and Family members are encouraged to attend classes offering instruction on how to prepare for moves to include instruction on how to pack up your household goods, how to prepare your children for frequent moves, how to keep up with your child's educational records and transcripts, and preparing for an overseas assignment. Additional information about military installations can be found at www.militaryonesource.com. **Lending Hangar**, part of the Relocation Readiness Program, provides kitchen items during transition for up to 30 days, such as pots, pans, dishes, irons, ironing boards, car seats, baby cribs, sleeping mats, high chairs, tables, chairs, and electrical appliances. The Lending Hangar is located in Bldg 5700, Room 177. For additional information and hours of operation, phone (334)255-3161/2887.

International Spouse Support Group

Relocation Readiness Program (RRP)

Soldier Service Center, Bldg 5700, Novosel Street, (334) 255-3735

<http://rucker.armymwr.com/us/rucker/programs/relocation-readiness-program>

RRP provides opportunities for the spouses to learn about American and military culture, as well as practice English and receive information on the services and programs available to them, both on and off the installation. Spouses share their culture and language with each other as well. The International Spouses Get Together is a great place for ANY spouse to learn about the different cultures represented in our military and make new friends. The group usually meets every first Friday of the month in the Allen Heights Community Center from 9a.m. to 11a.m. To sign up for the support group and more information please contact (334) 255-3735.

Hearts Apart (Waiting Families Program)

Relocation Readiness Program

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, (334) 255-3735

<http://rucker.armymwr.com/us/rucker/programs/relocation-readiness-program>

The Hearts Apart Program is a group sponsored by ACS designed to help Families cope with separation due to an unaccompanied tour, TDY, PCS or deployment. The group meets on a monthly basis to provide support to its members in a friendly relaxed atmosphere. Spouses receive a monthly courtesy call. Participation in the group is strictly voluntary. Soldiers remaining in on post housing are highly encouraged to attend the initial Hearts Apart brief with their spouse and assigned sponsor. Briefings are by appointment only, due to limited seating. Spouses of Soldiers who are deployed qualify for the Blue Star Card program.

B.E.S.T. Better Empowered Soldiers Today

Relocation Readiness Program

Soldier Service Center, Bldg. 5700, Novosel Street, Room 177, (334) 255-3735

<http://rucker.armymwr.com/us/rucker/programs/best-better-empowered-soldier-today>

Open to all military personnel. It is a mentorship/support program for our female Soldiers. All Soldiers are invited to attend but the topics are issues/concerns that our female Soldiers face. Female Soldiers are able to meet other Soldiers and make friends/connections for future mentorship or just friendships. Our goal is to help you develop a diverse network of many people with similar interests and backgrounds that you can turn to for help and advice when needed. Learn how to become a Better Empowered Soldier Today and feel more in control of your life by developing a strong network of friends, relatives, co-workers, fellow Soldiers, and others. B.E.S.T will explore topics of interest and concerns of Soldiers in the Army. Join strong fellow Soldiers to grow through a solid emphasis on empowering the whole person through hands-on, engaging, fun opportunities! Facebook page Fort Rucker BEST (direct link <https://www.facebook.com/#!/fortruckerbest>)

Survivor Outreach Services (SOS)

Soldier Service Center, Bldg. 5700, Novosel Street, Room 373, (334) 255-9637

<http://rucker.armymwr.com/us/rucker/programs/survivor-outreach-services>

SOS is an Army program developed to serve Surviving Families of the Fallen. SOS provides long-term support, resources and emotional connections by maintaining a continuing relationship between Survivors and the Army. SOS is available to all Survivors: spouses, children, parents, siblings and friends who are grieving the loss of a Soldier regardless of how they died. SOS coordinates with

Military, Non-Governmental Organizations and the local community to create a support network. All Army, Army National Guard and Army Reserve component Survivors are eligible to participate.

Never Forgotten Card

Survivor Outreach Services, (334) 255-9637

<http://rucker.armymwr.com/us/rucker/programs/never-forgotten-card>

The Fort Rucker Directorate of Family and Morale, Welfare and Recreation (FMWR) offers a discount and activity card for Families (spouse, child, parent or 18 years or younger sibling) of Fallen Service members. The Never Forgotten Card Program includes everyday benefits, providing an extra discount at on post and off post facilities. The Never Forgotten Card is provided in recognition of the sacrifices of Survivors and demonstrates our commitment to provide quality programs and services to help enhance quality of life. Special events/activities can provide an opportunity to alleviate stress and provide leisure activities. The Never Forgotten Card is provided in recognition of the sacrifices of Survivors and demonstrates our commitment to provide quality programs and services to help enhance quality of life.

Family Advocacy Program

Victim Advocacy Program

Soldier Service Center, Bldg. 5700, Novosel Street, Room 350, (334)255-9641

<http://rucker.armymwr.com/us/rucker/programs/victim-advocacy-program>

Victim Advocacy Program provides immediate response for victims of domestic violence.

Information and referral on services available on and off post are provided to victims and survivors.

The 24/7 Domestic Violence Hotline is (334)379-7947.

BABYSITTING/CPR TRAINING

Teen Babysitter Training

Fort Rucker Child, Youth and School Services offers a course that educates teens on basic childcare, infant care, diaper changing, home and fire safety, child abuse, CPR and first aid, along with other essential child care procedures. Call for training dates. CYSS Parent Central Service (334)255-9638.

<http://rucker.armymwr.com/us/rucker/programs/parent-central-services-registration>. The American Red Cross is an organization dedicated to saving lives. As one of the nation's leading provider of health and safety courses, the American Red Cross offers CPR classes that are designed to train individuals to be prepared in a medical emergency. Whether it is a workplace or school requirement or simply because you want the skills to save a life, the American Red Cross has options for you. The American Red Cross also has certification programs for professional rescuers such as firefighters, paramedics, healthcare providers, and EMTs.

CHAPELS

Chaplain Services Spiritual Life Center

Bldg. 8939, (334) 255-3946

<http://www.rucker.army.mil/chaplain/>

The chaplains and staff at Fort Rucker promote religious life by providing religious activities and programs, pastoral care, pastoral counseling, and other religious ceremonies such as baptisms, marriage, and funerals. The Fort Rucker Ministry Team offers a variety of programs to meet the needs of Soldiers and Family members. These include worship services, religious education, prayer gatherings, fellowship times, Bible and religious book studies and counseling services. Posts may or may not have chapels/churches. If there are chapels on post they may offer Protestant, Catholic,

Jewish or other religious services, Sunday Schools, Bible studies, and various Family religious education classes. If there are no religious services to your liking available on post, venture out into the local community and get to know your neighbors.

CHILD, YOUTH, AND SCHOOL SERVICES (CYSS)

Child Development Services consist of a network of programs which provide quality care for children of military personnel and eligible DoD civilian personnel. The programs are designed to provide a safe, healthy and stimulating environment while providing developmental activities. Full time and hourly care may be offered depending on the facilities and staffing of your new location. CYSS also coordinates and manages all of the on-post children’s recreational sports. CYSS also offers fun and educational classes for children ranging from dance to cooking and music!

<http://rucker.armymwr.com/us/rucker/programs/cys-services>

Child Development Center

Bldg. 8938, Red Cloud Road, (334)255-2262

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The Fort Rucker Child Development Center (CDC) is committed to offering a consistent, safe, nurturing environment for children ages 6 weeks – kindergarten. The center offers a nurturing staff, balanced, nutritional meals, and age-appropriate activities and curriculum. All staff members are CPR, First Aid, emergency medication, and special needs trained.

Family Child Care (FCC)

Bldg. 132, 6th Avenue, (334)255-3446

<http://rucker.armymwr.com/us/rucker/programs/childcare>

Family Child Care (or FCC) homes are an integral part of CYS Services. These homes offer child care services to children whose parents have irregular duty hours, children who need small group settings, and those preferring care in a home setting. An FCC provider may be an excellent choice for parents who have an infant, toddler, or preschooler. FCC users must register with CYS Services. Parents can pick up names of potential providers from Parent Central Services.

24/7 Mini Child Development Center (CDC)

Bldg. 8946, 7th Ave., (334) 255-3066

The Mini Child Development Center has the potential for around the clock services in a home-like environment for a capacity of up to 20 children. Support extended hour child care for shift workers, respite, crisis child care and overnight care.

Parent Central Services

Bldg.5700, Room 193, (334)255-9638

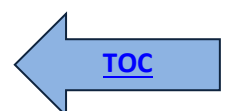
<http://rucker.armymwr.com/us/rucker/programs/parent-central-services-registration>

Parent Central Services provides one-stop enrollment for patrons and serves as a resource management measure, centrally tracking and monitoring vacancies and waiting lists in all CYS Services delivery systems. An annual registration is required to participate in all CYS Services programs. Registration has reciprocity Army-wide and is transferable from installation to installation with appropriate documentation of enrollment status.

School Age Center

Bldg. 2806, 7th Avenue, (334)255-9108

<http://rucker.armymwr.com/us/rucker/programs/childcare>



School Age Services (SAS) childcare is provided before and/or after school for children grades 1st – 5th. Full-day care is provided during school vacation periods. The framework for the SAS curriculum is based on the following four service areas: Sports, Fitness, and Health; Life Skills, Citizenship, and Leadership; Arts, Recreation, and Leisure; and Mentoring, Education, and Support Services.

SKIES Unlimited Instructional Program

School Age Center, Bldg, 2806, 7th Avenue, (334)255-1867

<http://rucker.armymwr.com/us/rucker/programs/skies-unlimited-instructional-programs>

The name SKIESUnlimited is an acronym for “School of Knowledge, Inspiration, Exploration, and Skills” with the word “Unlimited” for the unlimited possibilities this program can offer Army children and youth. SKIESUnlimited encompasses instructional programs for children and youth ranging from four weeks old to adolescence. To enroll in SKIESUnlimited you must enroll with [Parent Central](#).

Youth Center

Bldg. 2800, 7th Avenue, (334)255-2271/2260

<http://rucker.armymwr.com/us/rucker/programs/youth-center>

The Youth Center has a wide range of programs, offering fun-filled afternoons, evenings, and weekend. Free Middle School Teen (MST) programs are offered daily after school and in the afternoons during the summer for youth ages 11-15 and teens ages 16-18. MST morning camps are offered at a nominal fee during the summer.

Youth Sports & Fitness

Youth Center, Bldg. 2800, 7th Avenue, (334)255-2254/2257

<http://rucker.armymwr.com/us/rucker/programs/youth-sports>

The Youth Sports & Fitness program offers a wide range of opportunities for participation in sports, as well as fitness and health, and outreach activities. The program employs a philosophy of “fun, fundamentals, and maximum participation.” Enrollment and additional registration forms can be found at [Parent Central Services](#), located in the Soldier Service Center Building 5700, Room 193, or at the facility where the activity is being held. You can also register online with [WEBTRAC](#).

DENTAL SERVICES

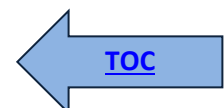
By law, military dental facilities are authorized to treat Active Duty Service Members only. For a low monthly payroll deduction, the sponsor may purchase Family dental coverage through the TRICARE Dental Program. Coverage begins the month after the first deduction appears on the Leave and Earnings statement (LES). However, calling MetLife (current administrator) to verify coverage before getting dental care is strongly advised. For more information visit:

<http://www.tricare.mil/Dental.aspx>

EDUCATION & SCHOOL INFO

Education Center

Some posts may have an Education Center. The Ed Center provides the military community with quality educational opportunities. Some colleges offer classes online and occasionally on site. The Ed Center is not designed to take the place of a fully accredited college but, it can get you started. Be sure to check into the educational benefits that may be available to you such as MyCAA and the GI Bill. A



global list of education centers can be found at: http://www.goarmyed.com/public/public_goarmyed-education_centers.aspx

ACES Education Center

Bldg 4502, Room 313, Novosel St., (334) 255-2925

[ACES Education Center](#)

The Fort Rucker Army Education Center has a variety of programs to support Service members and their dependents. The Education Center offers tuition assistance, scholarship information, and other services, such as career and education counseling, DANTES, and the Green to Gold Program.

U.S. Army Aviation Technical Library

Bldg. 9204, Ruf Avenue, (334) 255-2944

<http://www.rucker.army.mil/usaace/techlibrary/>

The Aviation Technical Library is a mission support activity serving the U.S. Army Aviation Center of Excellence and supports Army Aviation warfighters around the world. The library provides in-depth academic and technical library reference support, research assistance and interlibrary loan service to all active duty military and civilian personnel at USAACE. Army Aviation personnel worldwide also can request information and assistance through email and the Army Knowledge Online Question Point service.

CYSS School Liaison Services

Soldier Service Center, Bldg 5700, Novosel Street, Room 193, (334)255-9812

<http://rucker.armymwr.com/us/rucker/programs/school-liaison-officer>

School Liaison Services addresses educational issues involving military children. Through partnering with the local and military community, the School Liaison Officer can provide assistance with a full range of K-12 schools (private, public and home school). The School Liaison Program can also assist with the following:

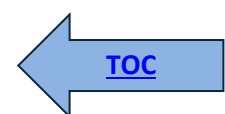
- Mobilizing and using community resources to reduce the impact of the mobile military lifestyle on military children and youth
- Implementing predictable support services that assist children and youth with relocations, life transitions, and achieving academic success
- Providing access for parents, children and youth, schools, commanders, and communities to a wide range of resources that facilitate school transitions.

The School Liaison Officer is available to act as a liaison between parents and schools, upon request, to help resolve issues related to the education of children and youth. Information is also available on local schools, scholarships, and home schooling to ensure compliance with Alabama State Laws.

Contact the Fort Rucker CYSS School Liaison Officer at (334)255-9812.

Where Will My Child Attend School?

- Your child(ren) will attend school in the district of residence. It is most important that parents shop for a school prior to shopping for a house. If you wish to set up tours of the surrounding schools to see which the best educational fit is for your Family, please contact the School Liaison Office to arrange tours.
- If you live in permanent housing on post, your children will attend Fort Rucker Primary and



Elementary Schools for Pre-K – 6th grade. It is your choice of school districts for grades 7th-12th. If you choose Enterprise City Schools, students will be zoned for Coppinville (7th grade), Dauphin Junior High School (8th grade), and Enterprise High School (9th – 12th grade). Again, if you would like assistance in touring the various schools in the area, please contact the School Liaison Office to assist in coordinating tours.

- If you will be residing in temporary housing off post, you will enroll in the school district in which you are temporarily housed. If you will be residing in temporary housing on post, and you are able to obtain a 90-day letter from housing (stating that you will be assigned government quarters within 90 days), you are eligible to register your children in Fort Rucker schools, K - 6th grade.
- If you will be residing in temporary housing on post, and you are unable to obtain a 90 day letter from housing, you are ineligible to attend Fort Rucker schools. You will be zoned for Daleville Middle/High School and Windham Elementary in Daleville. Bus transportation to and from on post billeting is provided.

EMERGENCY SERVICES

Family Advocacy Program, Victim Advocacy Program

Soldier Service Center, Bldg. 5700, Novosel Street, Room 350
(334)255-9644/9636

<http://rucker.armymwr.com/us/rucker/programs/victim-advocacy-program>

Victim Advocacy Program provides immediate response for victims of domestic violence.

Information and referral on services available on and off post are provided to victims and survivors. The 24/7 Domestic Violence Hotline is (334)379-7947.

Sexual Harassment/Assault Response & Prevention (SHARP) Program

The Commons, Bldg 8950, 7th Avenue, (334)255-2382/0960

Fort Rucker 24 Hour SHARP Hotline: (334)470-6629

DOD Safe Helpline: 1-877-995-5247

<http://rucker.armymwr.com/us/rucker/programs/sexual-harassmentassault-response-and-prevention-program-sharp>

The SHARP Program applies to reports of sexual assault in which either the victim or the subject is an Active Duty, Army National Guard or Army Reserve Soldiers and to military dependents 18 years of age or older who are eligible for treatment in the military healthcare system when the sexual assault was perpetrated by someone other than a spouse or intimate partner. Soldiers who make a report for an incident that occurred while not in an eligible duty status as defined in Section 101(d)(3) of Title 10, United States Code (U.S.C.), at the time of the incident may only be eligible to receive SHARP victim advocacy support services.

National Suicide Prevention Lifeline 24hr Emergency number

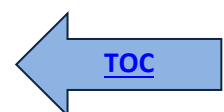
1-800-273-8255, press 1 for Military Crisis Line

American Red Cross

Wiregrass Area Chapter, 1004 Montezuma, Dothan, AL 36303, (334) 792-9852

Emergency after Hours 1-877-272-7337 <http://www.redcross.org>

ARC serves as the link between military and civilian worlds. They provide emergency communications between Soldiers and their Families as well as reporting service for emergency leave, personal and other family problems. This is the link to the national Messaging Center to inquire on



the status of a Red Cross message. Emergency Leave and Army Emergency Relief are usually unavailable without Red Cross validation.

CodeRED EMERGENCY NOTIFICATION SYSTEM

To help protect our Soldiers, Civilians and their Families from the threat of severe weather, Fort Rucker has contracted with CodeRED to provide rapid emergency notification service to all Fort Rucker personnel. Emergency notification is available to all Fort Rucker personnel free of charge. Your participation in the service is voluntary. In order to provide emergency notification, CodeRED requires that you provide personal information, such as your phone number and address. The information is provided solely to CodeRED; neither the Army nor Fort Rucker has access to the information or require that you provide such information. Fort Rucker makes no guarantee regarding the timeliness or accuracy of CodeRED's warnings and bears no responsibility to ensure that participants are timely notified of any pending emergency. To sign up for CodeRED emergency notifications, visit <http://www.rucker.army.mil/codered/message.html>

EMPLOYMENT

Civilian Personnel Assistance Center (CPAC)

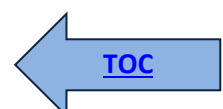
This office handles employment information and opportunities concerning civil service jobs, as well as information on eligibility for spouse preference. For a current list of available GS/NAF opportunities on your post visit <http://www.usajobs.gov/>

Employment

The Department of Defense (DoD) has created programs to help address the challenges faced by military spouses. The three main resources are the Employment Readiness Program at ACS, the Military Spouse Career Center, and Military OneSource. These resources are designed to offer military spouses assistance in reaching their employment and career goals. These programs also provide tools to help address the unique challenges military spouses face when beginning a job search. Because military spouses are invaluable to the health and welfare of military Families and to the retention of those serving, DoD provides many employment and career services to military members and they continuously strive to adapt and improve on these programs as the needs of military spouses change.

The Employment Readiness Program is a resource offered by each of the military branches. These programs provide training and information to military spouses in order to help them to reach their employment and career development goals. Although the programs do not guarantee employment, they provide spouses with the tools and skills necessary to identify and actively pursue employment matching their needs and skills. Some of the services provided include:

- personalized job skill assessment and career counseling
- resume and cover letter preparation
- internet and printer access
- information on local employment opportunities/career seminars
- assistance identifying career goals and conducting job searches
- information on the impact of relocation on employment and coping strategies
- support and encouragement



For additional information on employment, see a list of *local* jobs, or to register for a class, go to <http://rucker.armymwr.com/us/rucker/programs/employment-readiness>

ACS Family Employment Readiness Program

Soldier Service Center, Bldg 5700 Novosel Street, Suite 373, (334) 255-2594

<http://rucker.armymwr.com/us/rucker/programs/employment-readiness>

The Employment Readiness Program provides job search assistance and career counseling. It offers assistance and workshops on resume building, job application, and cover letter preparation. The program also offers a resource library along with small business training, development, and counseling. Services are available to active duty Soldiers, National Guard, reserve, retirees, DoD civilian employees, and their eligible Family Members, to include youth and surviving spouses.

ACS Volunteer Program

Bldg 5700 Novosel Street, (334)255-1429

<http://rucker.armymwr.com/us/rucker/programs/army-volunteer-corps>

The Army Volunteer Corps focuses on supporting Fort Rucker Soldiers, Family members, surviving spouses, and civilian personnel through community involvement. Volunteer opportunities are available both on and off post. Individuals are matched to volunteer positions according to skill, experience and time available. Childcare is offered in some activities. Participants learn new skills, make friends, and become a part of the community. Volunteering can also be a wonderful way to gain job experience. Go to My Army One Source at <https://www.myarmyonesource.com> to register and apply for available positions or contact us to learn more about available volunteer opportunities.

Red Cross Volunteer Program

Lyster Army Health Clinic, Bldg 301, Andrews Ave, (334) 255-7379

Anyone can volunteer on post and serve at Lyster Army Health Clinic as a Red Cross Volunteer. There are several different departments needing volunteers. It is a great way to build your resume and learn new skills. Disaster Services, Health & Safety Services, Services to Armed Forces, Project Share, Blood Services, and International Services are all part of the Red Cross.

Equal Employment Opportunity

Bldg 5700 Novosel Street, (334)255-9558

<http://www.rucker.army.mil/imcom/directorates/eo/index.html>

Provides support and sustains a comprehensive effort to ensure fair treatment of all Family members based on merit, fitness, capability and potential which supports and enhances readiness.

Career Counseling

Soldier for Life Transition (formerly ACAP)

Bldg. 4502, Room 250, Andrews Ave & Kingsman Street, (334) 255-2558

1-800-325-4715 (24/7 transition hotline)

<http://www.rucker.army.mil/imcom/services/acap/>

The Soldier for Life Transition program provides transition and employment assistance to Soldiers and their adult Family members who are transitioning from active duty, veterans and retirees, and DoD civilian employees in a Reduction in Force status. Pre-separation planning includes benefits information, job search skills development, career guidance, job search assistance and other guidance relevant to a thorough transition.

FAMILY READINESS GROUPS (FRG)

Family Readiness Groups (FRGs) are “organizations of Family members, volunteers, and Soldiers belonging to a unit that together provide an avenue of mutual support, assistance, and a network of communication”. Historically, they have been mistaken with coffee gatherings and other social groups; their activities frequently have a social aspect but have a different meaning. FRGs are official command sponsored programs staffed and led by Family volunteers. Their goals include providing information on Army services, schedules and actions, assisting Families in access to these programs, providing Family input to the Command, and most importantly providing a venue where Army Families can develop new friends and informal support structures to replace those they left behind upon entering the service. You will find your Army experience richer and more fulfilling by participating in its activities. For additional information on FRGs contact ACS (334) 255-9578.

Family Readiness Groups phone numbers:

<http://www.rucker.army.mil/family/FRG%20Roster.pdf>

FINANCES

ACS Army Emergency Relief (AER)

Soldier Service Center, Bldg 5700, Novosel Street, Suite 350, (334) 255-2341

<http://rucker.armymwr.com/us/rucker/programs/army-emergency-relief>

Financial Assistance for Active Duty, Family members and retirees. Assistance will be provided as a non interest bearing loan, a grant or a combination of both. Types of emergencies covered include non-receipt of or loss of funds; medical, dental and hospital expenses; funeral expenses for immediate Family members; travel expenses related to emergencies; rent, food, utilities, vehicle insurance and unexpected vehicle repair.

ACS Financial Readiness Program

Soldier Service Center, Bldg 5700, Novosel Street, Suite 350, (334)255-9631

<http://rucker.armymwr.com/us/rucker/programs/financial-readiness>

Provides classes and briefings on a variety of financial subjects and individual financial counseling. Assistance in debt liquidation, consumer advocacy and complaints as well emergency food assistance is offered.

ACS Lending Hanger

Soldier Service Center, Bldg 5700, Novosel Street, Suite 177, (334) 255-3161/2887

<http://rucker.armymwr.com/us/rucker/programs/relocation-readiness-program>

Items such as pots and pans, dishes, irons, car seats, baby cribs, sleeping mats, high chairs, tables and chairs, and electric appliances are available for temporary loan for 30 days. Items are loaned for a limited period. Valid ID card holders and DA civilians are eligible. Soldiers in TDY status and civilians are assisted on a limited basis.

HOUSING/LODGING

A primary Department of Defense (DoD) goal is to assist military members and their Families find safe, affordable housing in the military community. Military housing initiatives have taken many forms over the years ranging from government-funded, owned, and operated housing to public-private partnerships. Today, DoD is taking a comprehensive approach to a total housing solution that includes the Military Privatization Housing Initiative (MPHI). Major initiatives are underway to improve housing and the quality of life for Service members and Families.

A Soldier assigned to permanent duty within the United States, who is not furnished government housing, is eligible for Basic Allowance for Housing (BAH) based on the Soldier's dependency status at the permanent duty station zip code. Those stationed overseas are eligible for an Overseas Housing Allowance (OHA) based on the dependency status. BAH is intended to cover the costs of the current market rent, average utilities, and renters insurance. BAH is based on rental data that reflects the current rental market conditions not the historical circumstances surrounding various mortgage loans.

A homeowner's monthly mortgage payment is not used in the computation because the monthly cash outlay of a homeowner is not a good indicator of the economic costs of home ownership. What this boils down to is that your BAH should be the guide to how much you should spend on a place to live in any given location. If you rent or purchase a home that exceeds your monthly BAH, then you will have to assume the additional costs on your own. BAH will not vary based upon your choices or preferences. BAH is a set amount that varies by assigned duty location. You can look up the BAH rates and learn more about BAH at: <https://www.defensetravel.dod.mil/site/bahCalc.cfm>
The frequent moves of Families from one installation to another, from low-cost rural areas with limited off-post housing availability to high-cost urban areas and back again, is a major source of stress for Army Families. Our Housing Services Offices are tasked with the mission to locate, secure and deliver community housing to approximately 70 percent of Soldiers with Families that will reside in local community housing. For information on Fort Rucker military housing visit <http://rucker.corviasmilitaryliving.com/>

Fort Rucker Housing Services Office (HSO)

Soldier Service Center, Bldg 5700, Novosel Street, (334)255-1854/2224

<http://www.rucker.army.mil/newcomers/housing/>

The Housing Services Office's mission is to assist you with all of your housing needs. We are the Soldier's advocate! HSO provides personalized assistance and instruction to Service Member's and their families on the Automated Housing Referral Network. This DOD program provides contact information for Housing Office's and real estate listings of homes for rent that are close to military installations. The HSO counsels customers on customary real estate practices for this area, rights and responsibilities of the landlords and tenants, standards of conduct and Equal Opportunity in Off Post Housing. Renters insurance is also advised for coverage against the loss of personal effects and household furnishings.

IHG Army Hotels

Bldg 308, 6th Ave. (334)598-5216

Fort Rucker IHG Army Hotels is available for official and unofficial travelers.

<http://www.ihg.com/armyhotels/hotels/us/en/fort-rucker/mfkra/hoteldetail>

Lake Tholocco Lodging

West Beach, Lake Tholocco, Bldg. 24235, (334)255-4234

<http://rucker.armymwr.com/us/rucker/programs/lake-tholocco-lodging>

Lake Tholocco Lodging's team looks forward to welcoming you home to Fort Rucker, Alabama and the magnificent Lake Tholocco! Situated on a 640 acre lake on the Northwest Perimeter of Fort Rucker, Lake Tholocco Lodging transports guests to a world of rustic luxury amid the wilderness that flanks the Home of Army Aviation. Boating, water skiing, hiking, biking, and swimming are among the favorite sports at the lake, which boasts excellent fishing and hunting opportunities as well. Our

cabin features include: 2 bedrooms; furnished, fully-equipped kitchens; front porches, complete with rockers; and spacious screened-in back porch picnic areas. All cabins come furnished with 32-inch flat screen televisions; complete with satellite and DVD Players, and complimentary wireless high-speed internet access. Also available on Lake Tholocco is the RV Park & Family Campground located just past Singing Pines, at the end of a beautifully paved forest trail. The RV Park features 18 Rustic (long-term) Sites and 30 short-term, Modern Sites.

Corvias Military Living

Soldier Service Center, Bldg 5700, Room 160, (334)503-3644

<http://rucker.corviasmilitaryliving.com/>

Corvias Military Living was formed to partner with the U.S. military to address the challenges of providing safe, affordable, quality housing for military Families. The Corvias Military Living team is committed to working with Fort Rucker to provide high quality homes and first-rate neighborhoods. Neighborhood Centers:

- Allen Heights, 22470 Christian Rd, Fort Rucker, (334)503-3642
- Bowden Terrace, 9700 Division Rd, Fort Rucker (334)503-3640
- Munson Heights, 45 Red Cloud Road, Fort Rucker (334)503-3641
- Program Office, 2908 Andrews Avenue, Fort Rucker (334)503-3600

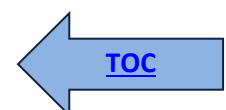
LEGAL

Staff Judge Advocate General (JAG)

The Office of the Staff Judge Advocate (OSJA, JAG, or Legal Office) is responsible for providing legal advice and client services in the five main legal disciplines for the U.S. Army – Military Justice, Administrative and Civil Law (including Contracts and Labor law), Legal Assistance, Claims, and Operational law. The Legal Office offers free legal assistance to ID cardholders on topics such as powers of attorney, wills, trusts, estates, taxes, divorces, adoptions, name changes, and notarizations. One thing you and your spouse should seriously consider is creating a power of attorney. The power of attorney gives legal authority for one spouse to conduct legitimate business on the other's behalf. Powers of Attorney (POA) can be established for a myriad of things ranging from giving one spouse the ability to register a vehicle in the other's name all the way to purchasing a house in their name. The post Legal Office will be able to provide you more detailed information regarding each state's view of POAs and what business transactions require a POA. Additional information regarding the Office of the Staff Judge Advocate General can be found at www.rucker.army.mil/sja/

- **Powers of Attorney and Wills**

Many military spouses may face both personal and financial issues during periods of separation due to deployments or Temporary Duty (TDY). To handle these matters, you should to be prepared. Many military couples use a POA as a legal instrument during geographic separations. Two types of POAs exist. A General POA enables the spouse to conduct all the Soldier's personal affairs, while the Special POA is used for only one specific purpose, (e.g., to sell or register a car or house). Soldiers should authorize POAs for only a limited time so that the document can be reviewed and revised at certain intervals (e.g., for one year). The Legal Assistance Office can assist in drafting, notarizing, and witnessing a POA. The Legal Assistance Office will also assist in drawing up wills. Most Soldiers and spouses should have a will directing disposition of assets, especially if they have children or own real estate.



- **Personal Papers**

It is important to keep the following papers and documents in a safe place, and hand-carry them when PCSing, NOT packed when moving:

1. Current ID cards or passports for all Family members
2. Birth and Marriage certificates
3. Checking and savings account numbers
4. Insurance policies (car, life, personal property)
5. Naturalization papers or Alien registration card (green card)
6. Wills and/or Powers of Attorney
7. Title and car registration
8. Complete household inventory
9. Letters of adoption
10. Divorce papers
11. Immunization and other Medical records
12. School records
13. Veterinarian records (if applicable)

Client Services- Tax Center

Soldier Service Center, Bldg 5700 Novosel Street, Suite 320, (334) 255-3482

<http://www.rucker.army.mil/sja/>

The Tax Center offers free federal and state income tax preparation and electronic filing for active-duty Soldiers, Family members, and military retirees year round.

Traffic Violations - Staff Judge Advocate

Bldg 5700, Suite 336, Novosel Street, (334)255-3308/2547

Anyone issued an on-post traffic ticket requiring administrative corrections (ex: individual is asked to provide proof of insurance) must bring documentation supporting that action to suite 336.

Magistrates Court is held in the court room every other month for adjudication of tickets and misdemeanor traffic violations. Notifications of required appearances will be provided by the Central Violation Bureau.

MEDICAL SERVICES

Fort Rucker has one of the top Military Treatment Facilities (MTF) in the Southern Region. Lyster Army Health Clinic (LAHC), which serves about 17,500 patients, is ranked #1 out of 37 MTFs in the Southern Region Medical Command for continuity of care and clinical management, and #2 for patient satisfaction. Upon receiving a military ID card, spouses are automatically entitled to TRICARE Prime with medical coverage retroactive to the marriage date entered in DEERS, and can enroll at the clinic. Patients can either enroll at the clinic or go online to <http://www.tricare.mil/> to enroll. Lyster Army Health Clinic has embraced the Patient-Centered Medical Home model in its Primary Care Clinic. Each patient is paired up with a Medical Home Team based on their medical needs. The Medical Home Team is made up of doctors and nurses who work together to provide the best comprehensive care for each patient. Should a patient be referred off post to a specialty doctor, they can feel confident that their Medical Home Team works closely with network specialists to ensure they receive the best care possible. LAHC underwent a \$15 million clinic transformation in the last 18 months, including the adoption of Patient-Centered Medical Homes (PCMH), new

behavioral health, physical therapy and chiropractic clinics, a new laboratory, new pharmacy, upgraded equipment, and new glass walls throughout the facility.

Services and facilities include:

- Primary Care
- Behavioral Health Clinic
- Chiropractic Clinic
- Laboratory
- Pharmacy
- Physical Therapy
- Preventative Medicine
- Radiology
- Audiology
- Optometry
- Teleradiology
- Teledermatology
- Two helipads utilized by Flatiron

Lyster offers a variety of free classes to beneficiaries to help improve their wellbeing. Classes include yoga, Zumba, healthy cooking classes, diabetes prevention classes, healthy heart classes, the Army “Move!” comprehensive weight management and physical activity program, and a sleep hygiene class for those suffering from insomnia. Our staff is dedicated to serving the medical needs of our patients and is committed to providing the highest quality healthcare in a friendly and professional environment. The military health benefit is very complex and beneficiaries can avoid mistakes that can cost thousands of dollars by using the resources mentioned above to verify coverage and benefits. Visit our website at <http://www.rucker.amedd.army.mil/>. Be sure to Like us on facebook at Lyster Army Health Clinic and follow us on Twitter @LysterAHC.

Army Substance Abuse Program (ASAP)

Lyster Army Health Clinic, Suit. T-301A <https://www.acsap.army.mil/>

Administration: (334) 255-7509

Employee Assistance Program: (334) 255-7678

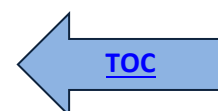
Clinical Services: (334) 255-7509

Prevention Services: (334) 255-7806

Education & Prevention Services: A wide range of prevention/education classes are available for Soldiers. ASAP has a professional staff educated and trained in the education, psychological, and sociological aspects of chemical dependency. Each treatment staff member is licensed and state certified in addictions counseling. Treatment consists of individual counseling, group therapy, couple counseling, Family group therapy, educational classes, and relapse prevention techniques. Additionally, the Employee Assistance Program Coordinator provides short-term counseling and referral services to eligible civilian employees and Family members (both civilian and military).

MOVING (PCS- Permanent Change of Station)

Living in a variety of places is exciting as well as challenging. Moving can be fun if you are well prepared for the move and know what to expect. Every Soldier is given a weight allowance according to his or her pay grade. This weight allowance is the maximum weight authorized to be moved at government expense under the Joint Travel Regulations (JTR). Your total JTR allowance includes the weight of personal property, household goods you ship, things you place in storage and goods you send ahead to your new duty station, but does not include the weight of some professional items. The Soldier pays all charges connected with any excess weight and this can be very costly. Therefore, it is important to stay within the weight allowance. A split shipment means you can ship some household items early so they will be at your new duty station when you arrive.



Your second shipment may arrive after you do. Some transportation offices may provide transportation briefings. You may want to attend one prior to each move. At the briefing, you may be given information about pickup and drop-off scheduling, what items are excluded from shipping, information on the Full Replacement Value (FRV) program for lost or damaged items, insurance coverage limits the US government will reimburse for damage or loss, and lots of other information. Additional coverage can be purchased from outside agencies. This coverage must be purchased prior to the shipment. Soldiers are required to make initial arrangements for the transportation of household goods him/herself on <http://www.move.mil>. Use of this site should be self explanatory. Transportation office personnel will assist Soldiers experiencing difficulty only after the Soldier has made a concerted effort to complete the arrangements him/herself online. Some helpful moving hints:

- Log into <http://www.move.mil/> immediately upon receiving orders in order to initiate the movement of your household goods.
- Hand carry personal papers, expensive jewelry, coin or stamp collections or other valuables. On packing day, make sure everything that is going with you in the car is either already in the car or put in a room that does not need to be packed BEFORE the packers arrive.
- When something is dismantled by the movers such as a crib, put all small parts in a small plastic bag and label it. Make sure the movers put all small plastic bags together and mark the box or have the movers tape the plastic bag to the piece of furniture. This will help the delivery company find your parts and put your items back together.
- Ensure that the packers use the appropriate packing material to prevent breakage.
- Prevent packers from taking items from one room to be packed in another with the other room's contents.
- Since light items may be left in dresser drawers from overseas moves, you may want to put clothing that you are not taking with you in the drawers before the moving company arrives.
- Put all cleaners and liquids in a place where they will not be packed. Be sure to discard trash or it may be moved with you to your new home.
- Save the original boxes and packaging from your high dollar items such as TVs, stereo equipment, computers and other fragile items. You can have the packers put the items back in these boxes and then seal the boxes.
- Wash curtains and linens before you ship them since you will not have time to wash them all at your new duty station before you use them. Simply pull them out of the box at your new location, press and hang.
- To prepare your refrigerator and/or freezer before shipment and/or storage, clean it thoroughly. Place coffee grounds or charcoal in an old sock. Put the sock along with crumpled newspapers inside the freezer and/or refrigerator to help absorb moisture and deter the growth of mold and mildew.
- When unpacking your household goods, make sure to shake out every piece of packing paper. Small items can be inadvertently thrown out with the paper.
- Compile a complete inventory of household goods and keep it up to date. It is recommended that you take photographs of all high value items.
- Remember that ACS has a Lending Closet where you can borrow a multitude of household items to hold you over until your own personal household items arrive. Most Lending Closets will have inflatable mattresses, folding tables and chairs, dishes, pots and pans, small appliances, and highchairs. Use of these items is free.

PUBLIC SAFETY

Fort Rucker CID Office

Bldg 5430, Raider Ave, (334)255-0309

http://www.dodig.mil/map/dcio_maps/cic/cicAL.htm

The Fort Rucker CID Office's core mission is to provide the highest quality criminal investigative support to the following major supported Commands: U.S. Army Aviation Center of Excellence, U.S. Army Combat Readiness/Safety Center, U.S. Army Air Traffic Services Command (ATSCOM), U.S. Army Installation Management Command, U.S. Army Aviation Center Logistics Command, Warrant Officer Career College and Joint Forces Training Center (MSARNG), Camp Shelby, MS. The Fort Rucker CID Office conducts felony investigations in which the Army has an interest within the Southern and Central counties of Alabama, the Southern and Eastern counties of Mississippi and seven counties within the lower portion of Georgia.

Fire and Emergency Services Division

Bldg 5001, (334)255-0044

<http://www.rucker.army.mil/imcom/directorates/dps/>

The Fire and Emergency Services Division, the largest fire department in the Army, serves Fort Rucker, their training sites, and the Wiregrass area when communities request mutual aid and assistance. This division provides emergency services, such as fire suppression and prevention, crash and rescue operation, hazardous material accidents, heavy extrication mission, high-angle and confined-space rescues, high-rise structure maneuvers, and advanced life support paramedic operations. The department also offers Child Safety Seat Inspections, Extinguisher Inspections, Fire Prevention Public Education, Facility Manager Training, information at Newcomer's Brief, Provides Station Tours, inspects Homes of FCC Providers, and Walk-in Blood Pressure Checks. The Fire Prevention Section personnel visit the schools on and off post to show the "Little People's Fire House" and to explain fire prevention with such characters as "Smokey the Bear" and "Sparky the Dog."

Installation Provost Marshal Office U.S. Army MP

Bldg 5001, Lucky Star, (334)255-2511

<http://www.rucker.army.mil/sja/>

Fort Rucker military police do more than law enforcement. They assist military personnel, civilians, visitors, and Families on post around the clock; help individuals locked out of Family housing, aid stranded motorists, and participate in community services and activities. Appropriately, the DPS motto is entitled the "Guardians." The Community Police Section educates community youth on protecting themselves from molestation and abduction, conducts drug awareness training, and conducts an annual bicycle rodeo to stress bicycle safety and update on-post bicycle registration.

Through operation IDENT-A- KID, the community police provides parents with photographs and fingerprint cards of their children. The community police are dedicated to the on-post housing areas where they work with mayors, parents, children, and the chain-of-command as part of the neighborhood watch and Officer McGruff Safe House programs.

The Provost Marshal Office provides unit commanders with assistance in performing Health and Welfare inspections utilizing Military Police Investigations and Military Working Dog assets. The service can be a valuable asset to commander in identifying problems such as possession of stolen

property, and possession of other contraband. The Police department offers Police department tours, provides Crime Prevention Handouts and information, and provides Crime Prevention and DARE information at Newcomer's Brief.

Weapons Registration: Individuals who use or store firearms on post must register them at the MP Station, Bldg 5001. Weapons registrations must be updated every five years. Weapons may be stored in Family housing, BOQ or BEQ, or places of storage at designated firing ranges or hunting areas. Concealed weapons carried on individuals, routinely transported in vehicles, or stored in vehicles are prohibited.

Ozark Police Department

275 N. Union Ave, Ozark, AL (334) 774-5111

<http://www.ozarkalabama.us/ozark/CityGovernment/CityDepartments/PoliceDepartment/tabid/62/Default.aspx>

Daleville Police Department

730 S. Daleville Ave, Daleville, AL (334)598-4222

<http://dalevilleal.com/home/CityServices/PoliceDepartment.aspx>

Enterprise Police Department

501 S Main Street, Enterprise, AL (334) 347-2222

<http://www.enterprisepd.com/>

Dothan Police Department

210 N Saint Andrews St, Dothan, AL (334) 793-0215

<http://www.dothan.org/index.aspx?nid=280>

READY ARMY

Ready Army is the Army's proactive campaign to empower Soldiers, their Families, Army Civilians and contractors to prepare for all hazards. Through outreach and education, [Ready Army](#) calls our Army community to action and aims to create a culture of preparedness that saves lives and strengthens the nation. There are a range of natural and man-made hazards that could affect you, and emergencies often leave little or no time to react. When emergencies occur, military and civilian organizations respond, but it takes time to mobilize, and they focus on the most critical needs first. Remember, emergency preparedness is everyone's responsibility. You should get ready to take appropriate action during an emergency and manage on your own for at least three days afterwards. [Ready Army](#) provides the tools and standardized checklists to support you as you prepare. <http://www.acsim.army.mil/readyarmy/> It's up to you. Prepare Strong!

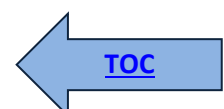
RECREATION & FITNESS

Arts & Crafts Center

<http://rucker.armymwr.com/us/rucker/programs/arts-crafts-center>

Bldg 9205, Ruf Avenue, (334) 255-9020

Some posts may have an Arts & Crafts Center. Arts & Crafts offers equipment for a variety of projects such as framing, stained glass and photography to name a few. Trained staff is on hand to offer individual and group instruction. This is another great place to meet new friends, pick up a new



hobby or skill and to host social functions.

Automotive Skills Center

Bldg 1902, Headhunter Street & 2nd Avenue, (334) 255-9725

<http://rucker.armymwr.com/us/rucker/programs/automotive-skills-center>

Automotive Skills Centers usually have facilities for automotive repairs and maintenance such as fluid changes, alignments and engine rebuilding. The Center may simply provide a space for you to do your own repairs/maintenance or they may perform these services for you for a fee. The Automotive Skills Center may even offer classes on routine vehicle maintenance and repair. Some centers also offer state motor vehicle inspections.

Bowling Center (Rucker Lanes)

Bldg 9227, Ruf Avenue, (334) 255-9503/(334) 598-2695

<http://rucker.armymwr.com/us/rucker/programs/rucker-lanes-bowling-center>

Some posts offer a bowling center with a full line of modern equipment. Leagues and open bowling may be available. If your post has a bowling center, this is a great place to meet with friends, host social functions and enjoy some free time.

Child, Youth & School Services (CYSS)

<http://rucker.armymwr.com/us/rucker/programs/cys-services>

Soldier Service Center, Bldg 5700, Novosel Street, Room 193, (334) 255-9638

Youth Services provides a full range of social, cultural, instructional and athletic programs for youths 3-18 years old.

A K F '7YbhfU'

Soldier Service Center, Bldg 5700, Novosel Street, Room 130, (334) 255-2997/9517

<http://rucker.armymwr.com/us/rucker/programs/mwr-central>

MWR Central provides an extensive schedule of trips and mini vacations to local and regional attractions. Special interest tours may be arranged upon request. Other services include travel information on military recreation areas, Space A air travel and military travel lodging, as well as maps, brochures and train schedules for the local area.

Library

Bldg 212, Ruf Avenue, (334) 255-3885

<http://rucker.armymwr.com/us/rucker/programs/center-library?query=library>

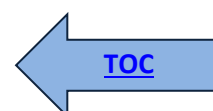
Depending on the size of your post, you may or may not have an on-post library. If you have a library, they may offer a wide array of materials such as books, magazines, newspapers, cassettes, compact discs, videos and software. Most libraries have a coin operated copy machine, children's materials, microfilm/fiche readers, computers and printers available for use by ID cardholders.

Golf Course

Bldg. 20067, Combat Road, (334) 598-2449

<http://rucker.armymwr.com/us/rucker/programs/silver-wings-golf-course>

The Army's MWR maintains and operates 48 separate golf courses around the globe for enjoyment by golfers of all levels. Each course also offers individual and group golf lessons for all age groups and skill levels. In addition, many of the Army Golf Courses offer additional amenities, such as driving ranges, practice greens and restaurants.



Outdoor Recreation (ODR)

Outdoor Recreation Service Center, Lake Tholocco, Bldg 24235, Johnston Road, (334) 255-4305

<http://rucker.armymwr.com/us/rucker/programs/outdoor-recreation>

Around the world, ODR maintains cabins, hunting areas, marinas, paintball fields, picnic sites, private beaches, riding stables and more. Many locations also offer RV and boat storage. Contact your garrison ODR to discover the unique offerings near you.

Warrior Adventure Quest, Outdoor Recreation/ Lake Tholocco Lodging (334)255-4234

Soldiers can participate in a High-Adventure Outdoor Recreation (ODR) Program that will assist in Soldier re-integration, maintaining combat readiness and increasing unit cohesion. Warrior Adventure Quest is only open to Active Duty Soldiers who have returned from deployment. Warrior Adventure Quest Activities include: White Water Rafting, Zip Lining, Deep Sea Fishing, Paintball, 4-man Scramble Golf.

Physical Fitness Centers

Most fitness centers feature fully equipped weight rooms and aerobic exercise programs. Some fitness centers at larger installations may offer basketball and racquetball courts, saunas, tennis courts, fitness classes or personalized training, and even pools. ID cardholders may utilize the fitness centers and sign up for classes. This is a great way to get out and make friends while keeping healthy.

Fort Rucker Physical Fitness Center

Bldg 4605, Andrews Avenue, (334) 255-2296

<http://rucker.armymwr.com/us/rucker/programs/fitness-centers>

The Fort Rucker Physical Fitness Center is a 64,000 square foot facility offering a variety of cardiovascular equipment ranging from treadmills to Concept2 rowers; Life Fitness selectorized equipment; and a free weight and dumbbell area with a Hammer Strength circuit. Patrons are encouraged to stop by the customer service desk to sign out a variety of equipment. The facility is home to a regulation college size basketball court, two practice basketball courts, one court that can convert into a volleyball court, three racquetball courts, a squash court, a 25-meter indoor pool, football, soccer and softball fields, a quarter-mile track, 18-hole disc golf course, disc issue and purchase programs, a mountain bike trail, and mountain bike issue program.

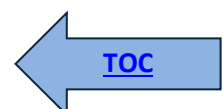
The facility maintains five running/walking trails around Fort Rucker and can provide runners with a map and trail descriptions. Patrons have access to men's and women's locker rooms with all the normal amenities, including sauna, steam room, and lockers for daily use and rental. The facility also offers swimsuit water extractors in each locker room. The Fort Rucker Physical Fitness Center organizes and hosts a variety of fitness programs and events, including personal training, group fitness, competitive running events, weight lifting competitions and health- promotion events.

Fortenberry-Colton Physical Fitness Center

Bldg 5900, Skychief (Behind WOC School), (334) 255-3794

<http://rucker.armymwr.com/us/rucker/programs/fitness-centers>

The Fortenberry-Colton Physical Fitness Center is a 21,400 square foot modern facility that boasts top-of-the-line Life Fitness cardiovascular equipment, Strive selectorized strength equipment, and Life Fitness free weights. The facility includes a fitness room offering Cardio Theater for television viewing, a regulation basketball court, two practice courts, two volleyball courts, and a group fitness room. Also available is a 28-foot climbing wall, which allows four people to climb simultaneously.



The wall has four auto-belay systems and four manual belays. Patrons have access to men's and women's locker rooms with all the normal amenities, including sauna, steam room, and lockers for daily use and rental. The Sports, Fitness, and Aquatic Branch hosts a variety of fitness events which includes: competitive and non-competitive runs, personal training, group fitness classes, Boot Camp, weight lifting competitions, health-promotion events, classes in aerobics and much more.

STORES & SHOPPING FACILITIES

Commissary

Fort Rucker Commissary, Bldg. 9213, (334)255-6671

<http://www.commissaries.com/stores/html/store.cfm?dodaac=hqcsjh>

The commissary provides high quality grocery products at the lowest possible prices. You must have a valid I.D. card to purchase items at the commissary. Items are sold at cost, with only a 5% surcharge added. The surcharge is used for commissary supplies and operating expenses. In general, 30-35 percent can be saved by using the commissary over the local supermarkets. The commissary is a huge cost- saving benefit.

The Exchange

Bldg 9214, 5th Avenue, (334) 503-9044

<https://www.shopmyexchange.com/exchange-stores/United%20States/AL/Ft%20Rucker/Ft-Rucker--1031705>

The Exchange is the re-branded name for AAFES, the Army and Air Force department store sometimes referred to as the PX or BX. You must have a valid I.D. card to purchase items at the Exchange. Other facilities that may be a part of The Exchange include: barber shop, beauty shop, flower shop, gas station, alteration and dry cleaning, class six (aka the liquor store), and theater. Many exchange complexes have concessions or vendors who are allowed to display and sell their wares and who pay a percentage of their sales to AAFES. The Clothing Sales store sells official items of military clothing and equipment to ID card holders.

The Post Exchange Reel Time Theater, (334)255-2408 online movie schedule.

<https://www.shopmyexchange.com/reel-time-theatres/Ft-Rucker-1031705>

VETERINARY/ANIMAL BOARDING

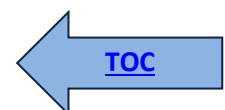
Some military installations offer a Veterinary Clinic which provides preventive veterinary services such as immunizations and health certificates. Animals owned by those residing on post must be micro-chipped and registered with the post veterinarian within 72 hours of arrival in order to legally reside in on-post housing. Many installations have policies on how many, what type and which breeds of animals you may have while living in on-post quarters. It is always a good idea to check with the Housing Services Office of a post prior to moving with any pets in order to verify requirements and limitations. Corvias Military Living (CML) has a three pet limitation on Fort Rucker.

Fort Rucker Veterinary Facility

Bldg 9402, Dust Off Street, (334) 255-9061

<http://www.rucker.army.mil/imcom/services/medical/>

Privately-owned animals are examined, immunized, and treated for diseases that may be transmitted to humans and cause a health problem for the military community. All animals housed on post must be registered at the VTF within three days of arrival and must be microchipped. Pets are seen by



appointment only and must be preregistered. The facility is closed the last working day of each month for inventory. Services are provided to active duty Soldiers, retirees, reservists on orders for active duty 72 hours or more, and Family members.

Fort Rucker Stray and Adoption Facility

Bldg 8829 Andrews Road near Enterprise gate, (334) 255-0766

There are so many friendly animals at the Fort Rucker Stray Facility.. From the time the animals come in, they are tested for everything by the vet. The animals are on flea prevention and heart worm protection, and are up to date on all their shots. Each pet is either spayed or neutered and micro-chipped. Cost is \$81 to adopt, which includes micro-chipping, deworming and defleaing, up-to-date shots, and spaying or neutering for the animal. The facility can hold up to 11 cats and 11 dogs and is a kill shelter. Please visit the Facebook page <https://www.facebook.com/pages/Fort-Rucker-Stray-Facility> to view the available pets

Fort Rucker Riding Stables

Bldg 20090, Hatch Road, (334) 598-3384

<http://rucker.armymwr.com/us/rucker/programs/riding-stables>

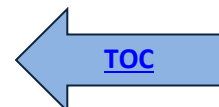
The Fort Rucker Riding Stables is located on Hatch Road just south of the Silver Wings Golf Course, surrounded by over 10,000 acres of beautifully wooded trails. The complex includes a clubhouse with bathroom facilities and an emergency phone. Four community pastures, hay barn, 40 duplex barns with individual tack rooms and paddocks are available on-site as well as 67 stalls for transient and show horses. The Fort Rucker Riding Stables has two regulation dressage rings and two breaking pens. A lighted western arena and lighted jump/show arena, covered farriers' shed and double wash stalls with warm water are also available to patrons. Hay and stall bedding may be purchased from the Fort Rucker Riding Stables office. We also offer a convenient flexible feed service program to patrons.

Fort Rucker Dog Park

Intersection of Artillery Rd & Diamond Ave, Sunrise to sunset

<http://rucker.corviasmilitaryliving.com/residents/bark-park>

Bark Parks are places where dog owners and non-dog owners can delight in the antics and craziness of dogs at play. Studies have shown that people somehow find it easier to start conversational talk to each other, with dogs as the initial focus, breaking down the usual barriers among unfamiliar people. Dog park design, rules of etiquette, and conflict resolution all play an important role in making your visit a positive and safe experience.



WEBSITES

<http://www.myarmyonesource.com/default.aspx>

This website gives you the lowdown on all branches of service: Army, Air Force, Navy and Marines.

<http://www.militaryonesource.mil/>

This website will give you the latest and greatest information on duty locations for all military services. Be sure to check out your new post online here.

<http://csf2.army.mil/>

Comprehensive Soldier Fitness is a structured, long term assessment and development program to build the resilience and enhance the performance of every Soldier, Family member and DA civilian.

www.militaryonesource.mil/

Military Community and Family Policy: Social Media Guide is an ideal site for all military families. Providing confidential help like counseling and language interpretation, resources for controversial topics in military life, and a frequently updated calendar of family-friendly events, this site keeps military families informed and secure.

<http://www.ushistory.org/betsy/flageti.html>

The Flag Rules and Regulations found on this page offer all you need to know about the American Flag and how to use it. The site includes a comprehensive guide on treating the American flag with respect; in it you will find everything from instructions on how to fold it to examples of misuse of the American flag in the media.

www.myarmyonesource.com

My Army One Source is a website mandated by the U.S. Army, on which one can find news about the Army and its notable soldiers, as well as extensive resources for military families' education, youth services, housing, recreation, and more.

<http://www.militaryspouse.com/articles/dos-and-donts-while-in-uniform/?pageNum=1>

This article on Military Spouse educates husbands and wives of soldiers on how to behave while their spouse is in uniform. Within it one can find information on pushing strollers, holding umbrellas, referring to your spouse, chewing gum, and more in accordance with military etiquette.

Websites (Local)

U.S. Army Aviation Center of Excellence and Fort Rucker <http://www.rucker.army.mil/>

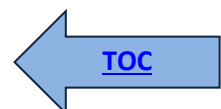
Fort Rucker Family & MWR <http://rucker.armymwr.com/us/rucker>

Fort Rucker Army Community Service <http://rucker.armymwr.com/us/rucker/programs/army-community-service>

Fort Rucker Child, Youth & School Services

<http://rucker.armymwr.com/us/rucker/programs/cys-services>

Lyster Army Health Clinic <http://www.rucker.amedd.army.mil/>



The Exchange <http://shop.aafes.com/shop/>

Chaplain and Religious Support Office <http://www.rucker.army.mil/chaplain/>

Fort Rucker Community Spouses' Club <http://www.fortruckeresc.com/>

Corvias Military Living <http://rucker.corviasmilitaryliving.com/>

SHARP <http://www.rucker.army.mil/sharp/>

Code Red <http://www.rucker.army.mil/codered/>

Facebook links

USAACE and Fort Rucker <https://www.facebook.com/ftrucker>

Fort Rucker MWR <https://www.facebook.com/ftruckermwr>

Fort Rucker Army Community Service <https://www.facebook.com/Fort-Rucker-Army-Community-Service/323789580072>

Fort Rucker Silver Wings Golf Course <https://www.facebook.com/fortrucker.silverwingsgolfcourse>

Fort Rucker FMWR Sports, Fitness and Aquatics Branch <https://www.facebook.com/Fort-Rucker-FMWR-Sports-Fitness-and-Aquatics-Branch/133231670035369>

Fort Rucker BEST <https://www.facebook.com/fortruckerbest>

Lyster Army Health Clinic <https://www.facebook.com/LysterArmyHealthClinic>

The Landing Zone <https://www.facebook.com/thelandingzone>

Area City Facebook and Websites

Enterprise

Facebook: <https://www.facebook.com/pages/Enterprise-Chamber-of-Commerce/120515981304284>

Website: <http://www.enterprisealabama.com/>

Ozark

Facebook: <https://www.facebook.com/Ozark-Area-Chamber-of-Commerce-226649800694208/>

Website: <http://ozarkalchamber.com>

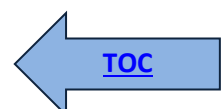
Daleville

Website: <http://www.dalevilleal.com>

Dothan

Facebook: <https://www.facebook.com/Dothan-Area-Chamber-of-Commerce-190635604327722/>

Website: <http://www.dothan.org>



GOOD TO KNOW INFO

Acronyms - What does it mean?

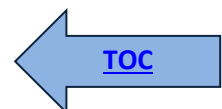
A new military spouse will quickly discover that the military has its own language, which consists of acronyms. Once you understand that these acronyms stand for a phrase or words, you will easily learn to speak military jargon. You may at least attempt to guess what they represent. Following is a list of acronyms.

A

AAAA	Army Aviation Association of America
AAFES	Army/Air Force Exchange Service
ACES	Army Continuing Education System
ACS	Army Community Service
ACU	Army Combat Uniform
AD	Active Duty
ADJ	Adjutant
AER	Army Emergency Relief
AFAP	Army Family Action Plan
AFN	American Forces Network
AFTB	Army Family Team Building
AG	Adjutant General
AGR	Active Guard Reserve
AKO	Army Knowledge Online
ALC	Advanced Leader Course (BNCOC)
AMC	Army Materiel Command
AMMO	Ammunition
AO	Area of Operations
APC	Armored Personnel Carrier
APF	Appropriated Funds
APFT	Army Physical Fitness Test
APO	Army Post Office
AR	Army Regulation
ARC	American Red Cross/Army Reserve Command
ARNG	Army National Guard
ASAP	As Soon As Possible/Army Substance Abuse Program
ASU	Army Service Uniform
ASVAB	Armed Services Vocational Aptitude Battery
AT	Annual Training
ATRRS	Army Training Requirement and Resources System
AUSA	Association of the United States Army
AVC/AVCC	Army Volunteer Corps/Army Volunteer Corps Coordinator
AVN	Aviation
AWOL	Absent without leave

B

BAH	Basic Allowance for Housing
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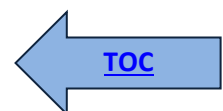
BAS Basic Allowance for Subsistence
 BC Battery/Brigade/Battalion Commander
 BCT Basic Combat Training/Brigade Combat Team
 BDE Brigade
 BN Battalion
 BOLC Basic Officer Leadership Course
 BOQ Bachelor Officer Quarters

C

CASCOM Combined Arms Support Command
 CDC Child Development Center
 CDR Commander
 CDS Child Development Services
 CE Civil Engineer
 CG Commanding General
 CGSC Command and General Staff College
 CID Criminal Investigation Division
 CINC Commander in Chief
 CLEP College Level Examination Program
 CO Commanding Officer/Company
 COB Close of Business
 COLA Cost of Living Allowance
 CONUS Continental United States
 CP Command Post
 CPO Civilian Personnel Office
 CPX Command Post Exercise
 CQ Charge of Quarters
 CSA Chief of Staff, Army
 CWOC Catholic Women of the Chapel
 CY Calendar Year
 CYSS Child, Youth and School Services

D

DA Department of Army
 DACP Department of Army Civilian Police
 DASG Department of the Army Security Guard
 DCSPER Deputy Chief of Staff for Personnel
 DECA Defense Commissary Agency
 DEERS Defense Enrollment Eligibility Reporting System
 DEH Directorate of Engineering & Housing
 DENTAC Dental Activity
 DEROS Date of Estimated Return from Overseas
 DFAS Defense Finance and Accounting System
 DI Drill Instructor
 DLA Dislocation Allowance
 DO Duty Officer



DOB	Date of Birth
DOD	Department of Defense
DOR	Date of Rank
DOS	Date of Separation
DPP	Deferred Payment Plan
DPS	Department of Public Safety
DSN	Defense Switched Network (current term for Autovon)
DZ	Drop Zone
DPW	Directorate of Public Works
DENTAC	United States Army Dental Activity

E

EDRE	Emergency Deployment Readiness Exercise
EER/OER	Enlisted/Officer Evaluation Report
EFMP	Exceptional Family Member Program
EM	Enlisted Member
EN	Enlisted
ERP	Employment Readiness Program
ETS	Expiration of Term of Service

F

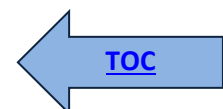
FAC	Family Assistance Center
FAP	Family Advocacy Program
FLO	Family Liaison Office/Foreign Liaison Officer
FM	Field Manual
FOUO	For Official Use Only
FRG	Family Readiness Group
FRO	Family Readiness Officer
FRL	Family Readiness Liaison
FRP	Financial Readiness Program
FRSA	Family Readiness Support Assistance
FSA	Family Separation Allowance
FSSA	Family Supplemental Subsistence Assistance
FTX	Field Training Exercise
FY	Fiscal Year

G

GO	General Officer
GOV	Government Owned Vehicle
GS	General Schedule (Government civilian employee pay grades)
GSA	General Services Administration

H

HHC/D/B	Headquarters & Headquarters Company/Detachment/Battery
HOR	Home of Record
HQ	Headquarters
HQDA	Headquarters, Department of the Army



HRC Human Resources Command
HRO Human Resource Office
HS Home Station

I

I & R Information and Referral
IADT Initial Active Duty Training
IET Initial Entry Training
IG Inspector General
IMCOM Installation Management Command
IRR Individual Ready Reserve
ITO Invitational Travel Order
ITT Information, Tours, and Travel

J

JAG Judge Advocate General
JR EN Junior Grade Enlisted Personnel
JR NCO Junior Grade Noncommissioned Officer

K

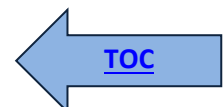
KIA Killed in Action
KP Kitchen Patrol

L

LES Leave and Earnings Statement
LN Local National
LOD Line of Duty
LTS Leisure Travel Service
LZ Landing Zone

M

MEDDAC Medical Department
MEDEVAC Medical Evacuation
METL Mission Essential Task List
MFO Multinational Forces and Observer
MGIB Montgomery GI Bill
MI Military Intelligence
MIA Missing In Action
MILPO Military Personnel Office
MOAA Military Officers' Association of America
MOB/DEP Mobilization and Deployment
MOBEX Mobilization Exercise
MOS Military Occupational Specialty
MP Military Police
MRE Meals Ready to Eat
MWR Morale, Welfare, and Recreation



N

NA	Not Applicable
NAF	Non-Appropriated Funds
NATO	North Atlantic Treaty Organization
NCO	Noncommissioned Officer
NCOER	Noncommissioned Officer Evaluation Report
NCOIC	Noncommissioned Officer in Charge
NEO	Noncombatant Evacuation Operation
NGB	National Guard Bureau
NLT	Not Later Than

O

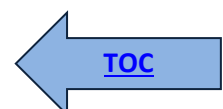
OBC	Officer Basic Course
OCONUS	Outside Continental United States
OCS	Officer Candidate School
OD	Officer of the Day
OHA	Overseas Housing Allowance
OIC	Officer-In-Charge
OER	Officer Evaluation Report
OJT	On the Job Training
OPSEC	Operational Security
OSC	Officers' Spouses' Club
OSJA	Office of the Staff Judge Advocate

P

PAC	Personnel Administration Center
PAM	Pamphlet
PAO	Public Affairs Officer
PCS	Permanent Change of Station
PDA	Public Display of Affection
PEBD	Pay Entry Basic Date
PERSCOM	Total Army Personnel Command
PLT	Platoon
PMO	Provost Marshal Office
PMOS	Primary Military Occupational Specialty
POA	Power of Attorney
POC	Point of Contact
POI	Program of Instruction
POV	Privately Owned Vehicle
PT	Physical Training
PWOC	Protestant Women of the Chapel
PZ	Pickup Zone

Q

QOL	Quality of Life
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QM Quartermaster

R

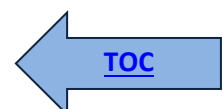
RA Regular Army
RC Reserve Component
RD Rear Detachment
RDC Rear Detachment Commander
R & R Rest and Relaxation
RFO Request For Orders
RIF Reduction In Force
ROTC Reserve Officer Training Corps
RRP Relocation Readiness Program
RSO Religious Support Office
R.S.V.P. Reply whether or not you can attend (repondez s'il vous plait)
REG Regulation
REGT Regiment

S

SARC Sexual Assault Response Coordinator
SATO Scheduled Airlines Ticket Office
SBP Survivor Benefit Plan
SD Staff Duty
SDNCO Staff Duty Noncommissioned Officer
SDO Staff Duty Officer
SES Senior Executive Service (senior civilian employee grades)
SF Special Forces
SGLI Servicemen's Group Life Insurance
SHARP Sexual Harassment/Assault Response Prevention
SIDPERS Standard Installation Division Personnel Reporting System
SJA Staff Judge Advocate
SLC Senior Leaders Course (ANCOC)
SLO School Liaison Officer
SOCOM Special Operations Command
SOP Standing Operating Procedure(s)
SOS Survivor Outreach Services
SRB Selective Reenlistment Bonus
SSS Selective Service System
SSN Social Security Number
SZ Secondary Zone

T

TAP Transition Assistance Program (ACAP)
TDA Tables of Distribution and Allowances
TDY Temporary Duty
TIG Time In Grade / The Inspector General



TLA Temporary Living Allowance
TMO Traffic Management Office
TMP Transportation Motor Pool
TOE Table(s) Organization and Equipment
TPU Troop Program Unit
TRADOC Training and Doctrine Command
TTAD Temporary Tour Active Duty

U

UCMJ Uniform Code of Military Justice
USAF United States Air Force
USAR United States Army Reserve
USARC United States Army Reserve Command
USAWOCC United States Army Warrant Officer Career College
USO United Services Organization
USPFO United States Property & Fiscal Office

V

VA Department of Veterans Affairs (formerly Veterans Administration)
VHA Variable Housing Allowance
VOLAR Volunteer Army

W

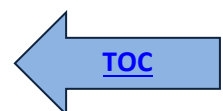
WG Wage Grade
WO Warrant Officer
WOC Warrant Officer Candidate

X

XO Executive officer

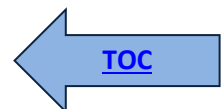
Y

YS Youth Services



LOCAL ACRONYMS

Get REAL	Rucker Experience Army Learning
AVC3	Aviation Captain's Career Course
B.E.S.T.	Better Empowered Soldiers Today
OH-58	Kiowa (Observation)
TH-67	Training Helicopter
UH-60	Blackhawk (Utility)
AH-64	Apache (Attack)
CH-47	Chinook (Cargo)
FRCSC	Fort Rucker Community Spouses' Club
LCT	Leading Change Team
LZ	Landing Zone
USAACE	United States Army Aviation Center of Excellence
USAARL	United States Army Aero-medical Research Lab
USASAM	US Army School of Aviation Medicine
WIND	Worthwhile Information Needing Distribution
WOCS	Warrant Officer Candidate School
WOCC	Warrant Officer Career College
IERW	Initial Entry Rotary Wing
TAOG	164 th Theater Airfield Operations Group
1AB	1 st Aviation Brigade
110 th	110 th Aviation Brigade
128 th	128 th Aviation Brigade
NCOA	Noncommissioned Officer Academy



ARMY RANKS

Enlisted Ranks

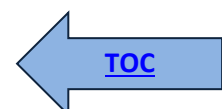
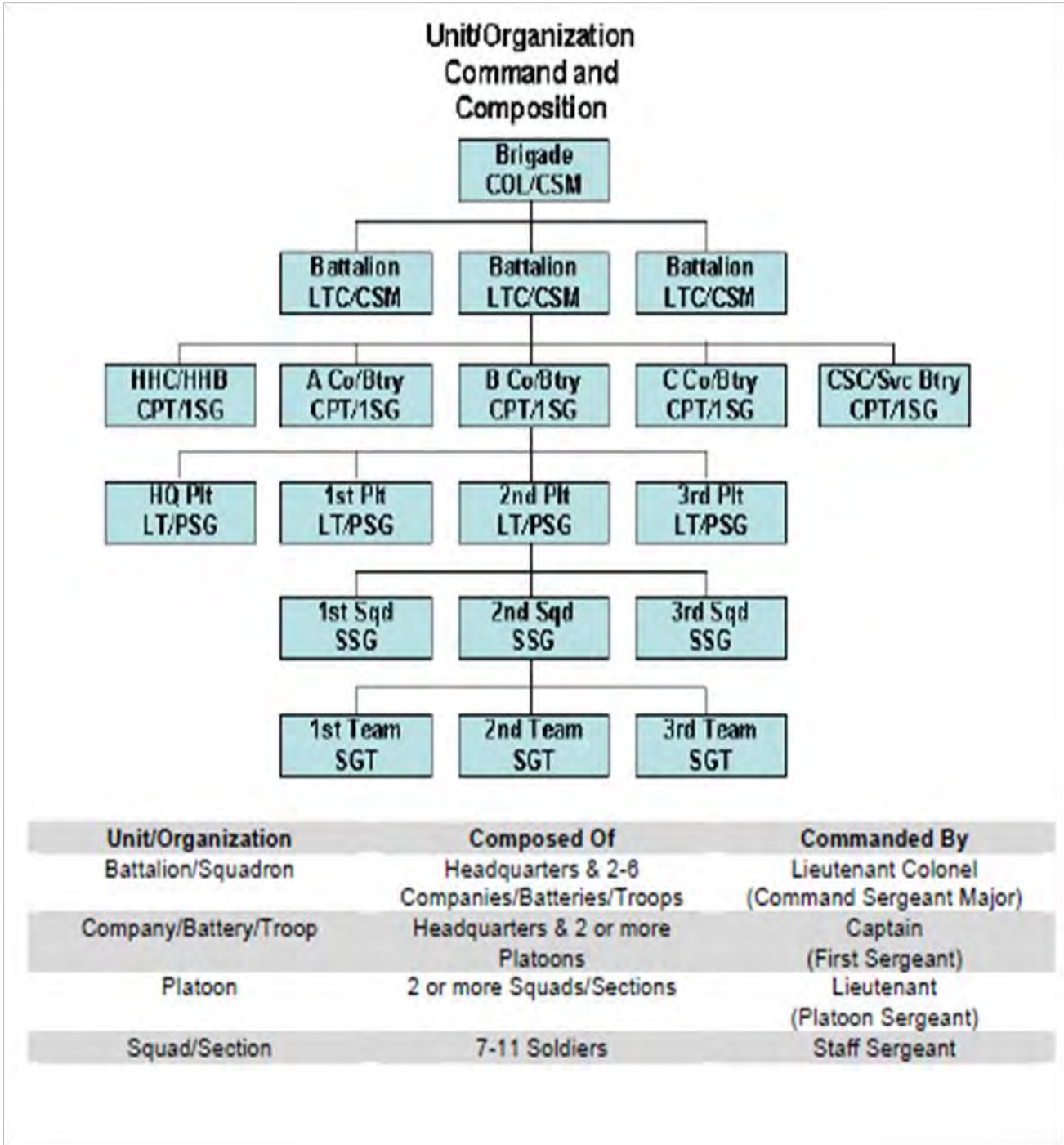
- Junior Enlisted Personnel (E1-E4) enter the military as Recruits, and once they complete their Basic Military Training, they generally attain rank. Some enter as Privates, but depending on education level can immediately attain the rank of PV2 or PFC, and upon completion of basic training, some may attain the rank of Specialist. Enlisted personnel form the foundation of the Army's manpower.
- Non-Commissioned Officers (NCO) are expert Soldiers who have undergone professional military training courses and have proven themselves to be capable and responsible. They serve as the link between the officers and the junior enlisted Soldiers and are referred to as the "backbone of the Army". There are Junior NCOs (E4-E6) and Senior NCOs (E7-E9).

Officer Ranks

- Warrant Officers are referred to as Mr. or Ms. when being formally addressed verbally. Warrant Officers are generally educated technicians on their specified fields. They are considered experts in certain military technologies or capabilities.
- Commissioned Officers serve leadership and staff roles in a variety of different branches of the Army.
- Junior Officers are also known as Company Grade Officers. The Company Grade Officers are Second Lieutenants (2LT), First Lieutenants (1LT) and Captains (CPT). They will command platoons or companies of Soldiers. They oversee the execution of orders and ensure the welfare of the Soldiers in their command. They are most important in small-unit combat and earn the respect of their Soldiers by leading by example.
- Field Grade Officers are the mid-level officers within organizations from battalion up. They are the staff officers of every senior level Headquarters (HQ) from the Pentagon to the combatant commands. Majors (MAJ), Lieutenant Colonels (LTC) and Colonels (COL) make up the Field Grade Officer ranks. They may serve as staff officers and/or commanders. Many have successfully commanded at the company level and, in the ranks of Lieutenant Colonel and Colonel may command battalions and brigades respectively. Field Grade Officers orchestrate the day-to-day activities on most staffs.
- General Officers (GOs) are the Soldiers with the highest ranks in the Army. They are responsible for the planning of policies which affect the entire Army. They will command Divisions, Corps, and Armies. Presently, the five levels of General Officers are Brigadier General (BG), Major General (MG), Lieutenant General (LTG), General (GEN) and General of the Army.

COMMAND STRUCTURE

This chart depicts a brigade (BDE), battalion (BN), and a company (CO) organization generally representative of what you may find in a military unit. There may be more or fewer battalions or companies in the unit with different staff positions.



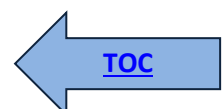
DEPLOYMENTS

Deployments are a normal way of military life. There is much documentation on coping with deployments and reunions. It would be to your advantage to read as much as possible. Never shy away from talking with as many people as you can that have been through deployments. Also, talk with other spouses and Soldiers and keep in mind that you can learn as much from what NOT to do as you can from what TO do. Crawl across the web and read and digest as many websites, blogs, tutorials and trainings as you can cram into any given day. Once you have gathered information and data, then you will want to overlay all of that information over your own unique circumstances and Family. The little plaque which was placed in a classroom was right; you do put the U in unique. No one else has your exact life experiences, preferences and expectations. No one else is married to your spouse and no one else is living your marriage. It is up to you and your Soldier to figure out what your new normal is going to look like and how it is going to function best.

Once your Soldier is notified of an impending deployment, the two of you should immediately begin formulating a plan of attack. In depth discussions and long range planning will ensue. Serious questions need to be asked and answered.

- Who is going to pay the bills?
 - Who is going to manage the bank accounts?
 - Where will the spouse live while the Soldier is deployed?
 - What will you do with the Soldier's vehicle?
 - How will you communicate?
 - What types of powers of attorney will you need while the Soldier is deployed?
- Now, complicate things even further by throwing a child or two into the mix.
- Who will be the backup to the parent that remains at home if the need should arise?
 - Where will the children go to school?
 - How will the children communicate with the Soldier?
 - How will you keep the Soldier updated on the progress of their child's development & achievements?
 - How will you celebrate holidays with the Soldier away?

These and many more questions will need to be considered. Most units will offer training and preparation classes prior to deployment. You are strongly encouraged to participate at every level and to take advantage of every resource you are offered along the way. If your unit is not offering training, ask why.



MILITARY TIME

Telling military time may also confuse the new Army spouse. The twenty-four hour clock is not only used by the military, but it's the standard practice in many countries outside of North America. The military clock starts at midnight, known as 0000 hours. This is called "Zero Hundred Hours." Instead of having a twelve-hour clock that resets twice, in military time, you work with one clock that starts with 0000 at midnight and runs all the way until 2359 hours (11:59 p.m.) until it resets at 0000 hours at midnight again. Note that the military clock does not use the colon to separate the hours and minutes. The hours from 1 am to noon are the same as in civilian time. For hours below 10, you just add a zero in front of it. So 8:00 a.m. becomes 0800. For a military time that's 1300 or larger, subtract 1200 to get the civilian time. For example, if someone says the briefing is at 1645 you would subtract 1200 from 1645 (1645-1200= 445) to get 4:45 p.m.

CIVILIAN	MILITARY	CIVILIAN	MILITARY	CIVILIAN	MILITARY
Midnight	0000/2400	1:00 am	0100	2:00 am	0200
3:00 am	0300	4:00 am	0400	5:00 am	0500
6:00 am	0600	7:00 am	0700	8:00 am	0800
9:00 am	0900	10:00 am	1000	11:00 am	1100
12:00 pm	1200	1:00 pm	1300	2:00 pm	1400
3:00 pm	1500	4:00 pm	1600	5:00 pm	1700
6:00 pm	1800	7:00 pm	1900	8:00 pm	2000
9:00 pm	2100	10:00 pm	2200	11:00 pm	2300

MILITARY CUSTOMS, PROTOCOL, AND TRADITIONS

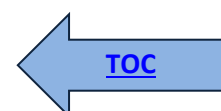
Protocol can be a very imposing word. In the strict sense, it is the formal rules of conduct at high-level government ceremonies. For military spouses it can be defined as etiquette and good manners blended with the rich heritage of tradition and courtesies of military life. Protocol lets us know what to expect in a given situation and can help you feel more comfortable and at ease. Social functions run the gamut from black tie to blue jeans. With the knowledge of some general guidelines, you will be able to enjoy them all.

Social Obligations

There are lots of social functions associated with military life. These social functions allow you a wonderful opportunity to get to know your Soldier's co-workers and their spouses on a more personal level. Military social life is one of our nicest traditions out of which friendships and camaraderie grow. Military social life is characterized by the exchange of visits, invitations and other courtesies. Remember to be yourself, to do what is comfortable for you and to keep it within your budget. In this way you will entertain because you enjoy it and will soon find yourself building lasting friendships.

To Go or Not to Go?

Sometimes you may find a conflict of obligations and interests when it comes to deciding which functions to attend. Of course, your Family is your top priority. Usually your unit Hail and Farewells and spouses' coffees or Family Readiness Group functions will take precedence over other functions scheduled at the same time. These social occasions are great opportunities to get to know the people with whom your Soldier works and to discover new friendships. This leads to esprit de corps, or unit spirit, which is a very special military tradition. As part of his/her job as a professional Soldier, your



spouse must be loyal to the unit and to its commander. Your Soldier will pull duty, go to the field and may someday be called upon to defend our Nation and our Allies. Your support of his/her career will be a great help in a tough job.

Invitations

There are a variety of invitations to choose from depending on the mood of the party and the host or hostess: e-invites, informal notes, boxed invitations or handmade creations. Whether your response is a 'yes' or a 'no', please be considerate and respond to your host or hostess and then follow through.

Types of Responses

Most invitations indicate the type of response requested in a lower corner. Call to say "Yes, I will attend" or "No, I will not be able to attend". *REGRETS ONLY* means the host or hostess is assuming you will attend and you should call when you are unable to attend. Never assume that you will not be missed. When you receive an invitation, remember your old-fashioned good manners and reply promptly, within forty-eight hours. Consider the waste of time and money if the host or hostess prepares food for twenty people and only eight guests show up. If, after receiving an invitation, you meet the host or hostess somewhere, you may refer to the party; however, do not RSVP at that meeting. You must still RSVP by phone, email or by written note. When you decline an invitation, an explanation is not required and should never be requested. Once you accept an invitation and an emergency arises, you may call and decline. However, once you decline an invitation, you should not reverse your response.

Thank You

Thank-you notes for hospitality and courtesies received are a must and a sign of gracious manners. If your host or hostess is a close friend, a phone call is sufficient. A handwritten thank-you is appropriate for any occasion whether it is a meal, a gift received or simply a kind deed. Thank-you notes should be sent within five days.

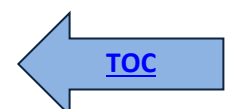
Social Attire - What To Wear

There is always much discussion generated about what to wear to the many social functions you will undoubtedly be invited to. A good rule of thumb to follow is that no matter how friendly the workplace is or how chummy co-workers are, the Army and all of its various functions is *STILL* your spouse's place of work and business. Always maintain a professional image and manner of dress. There are technically only three forms of attire (**Formal, Informal and Casual**). However, you will see many things written on invitations in terms of dress codes. The following is a guide to help you decide *WHAT* to wear to a function.

Formal

Military Personnel: Army Service Uniform (ASU)/bow tie (men) or neck tab (women)
Army white uniform/bow tie or neck tab
Army blue mess or white mess with bow tie or neck tab

Civilians: A ball or dance: White or black tie (men); long or short formal (women). For a formal dinner: Tuxedo/bow tie (men); long dress, blouse and skirt, or evening slacks (women)



Informal

Military Personnel: ASU with four-in-hand tie(men)/ black neck tab (women); when not in uniform, dark-colored business suit preferred
Civilians: Business suit (men); “Dressy” dress or suit (women)

Casual

Military Personnel: May include the Class B uniform or Army Combat Uniform (ACU); check with host/hostess
Civilians: Open-neck shirt (no tie), slacks with sports coat or sweater (men); simple dress, skirt and blouse, or pant suit (women)

Semi-Formal

Although not an official category of dress, the host or hostess that uses this description most likely expects guests to wear a business suit (men) or a cocktail dress (women).

Very Casual

This usually means jeans, shorts or sundresses. There is no military dress for this category.

Country Casual, Beach Wear, etc.

These types of categories are usually “defined” by local custom and policy. It would be best to ask the host or hostess if you are unsure.

SOCIAL FUNCTIONS

Promotion Party

The promotion party, a time-honored tradition, is usually given by an officer or NCO or a group of officers or NCOs with similar dates of rank, shortly after being promoted. It does not have to be a fancy affair but provides a chance to invite friends and their spouses to share the good fortune.

Unit Parties

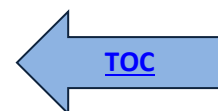
Although the unit is usually the host, unit members and guests share the cost and planning of the party. The most popular unit party is the Hail and Farewell which welcomes the incoming members and farewells the departing members. These parties build the unit spirit and camaraderie and are successful only if everyone supports and participates.

Dining In

The Dining In is an old military tradition that has been passed down from the British. As the most formal event, a Dining In allows all unit members, regardless of rank, to celebrate its successes and to enjoy its traditions and heritage. It is strictly an Army only affair, no spouses are invited.

Dining Out

When spouses are invited to a Dining In, it becomes a Dining Out. This gives the spouses an opportunity to see all the “pomp and circumstance” that goes with the tradition. The spouses will enjoy the opportunity to dress in their dressiest dinner gowns or tuxedos and spend a fun evening with their Soldier and his/her fellow Soldiers.



Receptions

A reception is usually held in honor of a special guest or after a change of command. There may or may not be a receiving line. Guests mingle and visit with the other guests. Conversations are usually light and of short duration. When you wish to move on to greet other guests, a simple “Excuse me...” will do and then leave. Before departing, thank the hostess and host and bid good-bye to the guest of honor.

Parades and Reviews

Certain traditions and courtesies should be observed during these ceremonies. Spectators stand for the playing of the national anthem and the anthems of other countries represented. As troops pass in review, spectators stand as the national colors approach and pass. Depending on post/base policy, spectators may be required to stand for the playing of other songs such as the Army Song. A review is usually smaller than a parade. If the reviewing officer is a General Officer, the spectators will stand at the beginning of the ceremony for the playing of “Ruffles and Flourishes” and/or the sounding of the accompanying gun salute.

These events are an important part of the military. Parades can be held for many reasons, but the following are some of the most frequent:

Change of Command: the outgoing commander officially passes the unit colors to his/her successor.

Change of Responsibility: Key to the ceremony is the changing of position of responsibility between the outgoing and incoming First Sergeants

Presentation of awards and medals: Soldiers are recognized and commended publicly for their achievements or valor in the outstanding performance of duty.

OTHER MILITARY FUNCTIONS & COURTESIES

At all social functions, invited guests should try to speak to the guest (s) of honor and always bid good-bye to the hostess and/or host.

- Always be punctual for social functions, however, do not arrive early. You may arrive early to meetings so that you can socialize before the meeting and the meeting can start on time.
- When entering or leaving an installation with a guarded gate at night, dim your headlights 50 feet before the gate so that you will not blind the guard.
- Although the military has a defined rank structure, spouses have no rank. It is still proper to address senior officers and their spouses by their last name, until they ask you to do otherwise.
- A chaplain may be addressed as chaplain, or if Catholic, by Father. A doctor is addressed by military rank, although in a clinic setting you may find “doctor” more comfortable.
- You are welcome to attend a change of command ceremony without a specific invitation. Attendance at the reception following should be by invitation.
- The topic of children at events is a touchy subject. When children are invited, it will be

specified on the invitation. If an event is intended for adults only, please be respectful of the host and other guests and leave your children at home with adequate supervision or at a childcare facility. Children are welcome at parades and reviews as long as they are quiet and well-behaved.

- When the colors (Honor Guard containing the US flag) “passes in review” during a parade, it is expected that all in attendance will stand and remain standing until the honor guard passes by your location. It is also customary for civilians to place their right hand over their heart in a show of respect and allegiance. Soldiers, both active and retired, and veterans may salute whether in uniform or civilian attire.
- Soldiers are not permitted to do a few things while wearing their uniform in order to lend dignity and honor to the uniform and respect for all that it conveys. Some of the unauthorized actions while in uniform are: chewing gum, showing public displays of affections such as holding hands or kissing, wearing earphones, talking on a cell phone or eating while walking or wearing a backpack or front pouch for a baby to name a few.

Reveille and Retreat

If you are on post in the morning for Reveille (flag being raised) or in the evening for Retreat (flag is being lowered), stop and stand facing the flag or the sound of the bugle call. Soldiers will salute. Family members (to include children) may place their right hand over their heart. Stand quietly until the music has stopped. If you are in a car, stop in a safe location, get out and follow the same procedure. If you have small children in the car, you may remain in the car, however, please stop the vehicle until the music stops playing. Generally, on an Air Force or Navy base, you are only required to stop the car and remain seated inside.

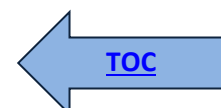
SUPPLEMENT FOR FLIGHT SCHOOL PERSONNEL

Flight School Survival Tips

Flight School will be full of sacrifices for the family as a whole. Your Service member’s time will be spent studying, studying, and yet still more studying. The information Flight School students have to learn is overwhelming and many times must be learned verbatim. It will be hard at first having them home but not being able to spend time with them the way you like. Trying to figure out how to spend time with Family and still manage study time is a difficult task. Set up a Routine: By setting aside “Family time” each day and especially on the weekends, you will be setting yourselves up for success. As an example, after class your flight student goes to the gym and then he or she sits down to dinner with the Family. After that, “he/she belongs to the books.” On weekends, Sunday is “Family day” and you take advantage of the events/activities at Fort Rucker and in the surrounding community.

Assist Your Flight Student with Studying: Be understanding of late nights with a study group or by helping him/her with study flash cards.

Family Readiness Group: Each flight class has a Family Readiness Group (FRG). The mission of the FRG is to provide official command information and a mutual avenue of support. FRGs are a great way to meet other spouses and Family members within your flight class and make new friends. Questions, concerns and suggestions should be addressed by your Class FRG Leader who can also provide support during times of crisis/injury, birth/death, hospitalizations and illness. The friends you will make in Flight School will be friends for a lifetime. It’s almost inevitable that you will end up



stationed together with friends from Flight School at sometime in the future. It is our hope that you will find your time as a Flight School Family one of your most memorable assignments in the military.

Sounds of Flight School

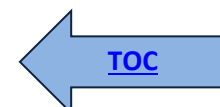
The military has its own special language to provide a quick and easy way of communicating. Flight Schools adds it own dialect to the language. Below are a few of the terms and acronyms you'll hear while your Service Member goes through Flight School.

5 & 9	Chapters from Dash 10 that cover limitations and emergency procedures
Autos	Practice emergency landings in helicopter.
BOLC	Basic Officer Leader Course - Training to provide the fundamentals necessary to being an Aviation Officer
Dash 10	Owner/Operator's manual for the assigned aircraft.
EP's	Emergency Procedures - What to do in case of emergency while flying?
Goggles (NVG)	Learn to fly the aircraft and execute their mission at night using night vision goggles (NVGs).
HOST	Helicopter Overwater Survival Training - Formerly known as DUNKER. Students learn water survival techniques.
IERW	Initial Entry Rotary Wing Course - Includes academics and flying.
Instruments	Students learn to navigate a helicopter in the clouds.
LZ	Landing Zone - Selected area for the helicopter to land.
Nickel Ride	First solo flight.
SERE-C	Survival, Evasion, Resistance and Escape. Survival course covering many different elements
Stick Buddy	Partner your flight student flies with during Flight School.
Training Back-log	Break in the training schedule.

Phases of Flight School

BOLC: Basic Officer Leader Course/WOBC: Warrant Officer Basic Course

Training that provides the fundamentals necessary to being an Aviation Officer. This is Army Aviation 101 and builds on the basic foundation that was laid during ROTC/USMA/OCS or WOCs. Topics range from Army Aircraft and Aviation Missions to shooting the M16 and M9.



HOST: Helicopter Overwater Survival Training

Helicopter Overwater Survival Training prepares aircrew member and their passengers to successfully exit an aircraft in an overwater emergency in both day and night conditions. Students receive the finest in water survival instruction and upon completion of this phase of Flight School students will be prepared for an aircraft ditching.

SERE: Survival, Evasion, Resistance and Escape

A physical and mentally challenging three-week training program providing knowledge and skills relative to survival, evasion, resistance to exploitation and escape from captivity and is a prerequisite to Flight School.

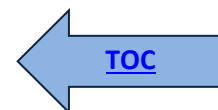
IERW: Initial Entry Rotary Wing

Starts with two weeks of pre-flight where students learn the basic prerequisites for starting to fly. The next phase is primary, which is also referred to as contact. Primary consists of eight weeks of learning the basics of taking off, landing and hovering. Family Day happens during primary. That is soon followed by instruments which will last eight weeks. Instruments, which takes students who know how to fly and teaches them how to fly in a cloud, where they are not able to see where they are going and must rely on multiple systems for navigation. Basic Warfighting Skills (BWS) is the final phase of IERW. It takes all the flight training to date, which is essentially what civilian flight school is, and starts to add Army training such as navigating off a military map, conducting reconnaissance and landing in confined areas. Throughout this phase, the students are broken into two groups, alternating morning and afternoon flight line with academics in the other half of the day. This phase culminates with Aircraft Selection.

FSXXI: Flight School 21

(UH 15 Weeks, CH 15 Weeks, OH 19 Weeks, AH 22 Weeks)

These numbers are estimates as the times change to manage the back log). This phase puts flight students in their “Go to War” aircraft and teaches them its particular characteristics and its role in Army Operations. UH and CH pilots will learn about things like air moves, air assaults, sling loads, etc. AH and OH pilots will learn about attack and reconnaissance missions as well as aerial gunnery as they prepare to fire the aircrafts weapons systems.



HELICOPTERS

UH-60 Blackhawk

Air Assault

Crew: 2 Pilots and 2 Crew Members

- Support
- Aero Medical
- Evacuation
- Command / Control

An entire 11-person fully equipped infantry squad can be lifted in a single Blackhawk.



AH-64D Apache

Attack Helicopter

Crew: 2 Pilots

- Deep Precision Strikes
- Conduct Close, Deep Operations
- Armed Reconnaissance / Security



OH-58D Kiowa Warrior

Reconnaissance

Crew: 2 Pilots

- Security
- Command Control
- Target Acquisition / Designation
- Defensive Air Combat Mission



CH-47 Chinook

Crew: 2 Pilots and 3 Crew Members

Designed for transportation of cargo, troops and weapons during day, night, visual and instrument conditions. Can transport up to 33 troops.



FORT RUCKER FAMILY & MWR



MAP NOT TO SCALE

- | | |
|----------------------------------------------------|------------------------------------------------------------|
| 1 OUTDOOR RECREATION SERVICE CENTER • BLDG. 24235 | 10 AUTOMOTIVE SKILLS CENTER • BLDG. 1902 |
| 2 SILVER WINGS GOLF COURSE • BLDG. 20067 | 11 ARTS & CRAFTS CENTER • BLDG. 9205 |
| 3 RIDING STABLES • BLDG. 20091A | 12 CENTER LIBRARY • BLDG. 212 |
| 4 SCHOOL AGE CENTER • BLDG. 2806 | 13 THE LANDING AND LANDING ZONE • BLDG. 113 |
| 5 YOUTH CENTER • BLDG. 2800 | 14 SPLASHI POOL • BLDG. 113 |
| 6 24/7 MINI CHILD DEVELOPMENT CENTER • BLDG. 8946 | 15 SOLDIER SERVICE CENTER • BLDG. 5700 |
| 7 CHILD DEVELOPMENT CENTER • BLDG. 8938 | 16 FORTENBERRY-COLTON PHYSICAL FITNESS CENTER • BLDG. 5900 |
| 8 RUCKER LANES BOWLING CENTER • BLDG. 9227 | 17 MOTHER RUCKER'S • BLDG. 319 |
| 9 FORT RUCKER PHYSICAL FITNESS CENTER • BLDG. 4605 | |



WWW.FTRUCKERMWR.COM

2016

GET R.E.A.L. Rucker Experience Army Learning



Divots Banquet Room
(Silver Wings Golf Course)

Monday, Feb 29
8:30 am–2:30 pm



CONFUSED BY ARMY LIFE?

Want to learn more about life at Fort Rucker? Interested in making new friends? Then come and join AFTB (Army Family Team Building) for a fun, interactive day of learning!

Spouses Teaching Spouses!

Topics include:

- Acronyms
- Army Customs & Courtesies
- Military Rank
- Community Resources & more!

Advanced registration is required.

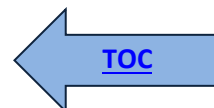
For registration and childcare information, call
Army Community Service at (334) 255-9637.



Fort Rucker Army
Community Service



rucker.armymwr.com





TRADOC



USAACE



Wing & Torch



Wing & Prop



1st AVN BDE



1/13th AVN REGT



1/145th AVN REGT



110th AVN BDE



1/11th AVN REGT



1/14th AVN REGT



1/212th AVN REGT



1/223rd AVN REGT



128th AVN BDE



ATSCOM



164th TAOG



AMCOM



Garrison



IMCOM



WOCC



Army Medical CMD



USASAM



USAARL



USAAMC



NCOA



Military Police



DES



LRC



CRC



CRC

A	PHONE
Airline (Carlson Wagonlit Travel)	800-874-7286
American Red Cross	347-2461
Archery Range	347-4990/(719)685-6520
Army Substance Abuse Program	255-7509
Army Community Service (ACS)	
ACS Director	255-9888
Army Emergency Relief (AER)	255-2343
Army Family Action Plan (AFAP)	255-9637
Army Family Team Building (AFTB)	255-9637
Army Volunteer Corps	255-3645
Deployment and Mobilization Program	255-9578
Employment Readiness Program	255-2594
Exceptional Family Member	255-9277/3643
Family Advocacy Program	255-3898
Financial Readiness Program	255-9631
Information and Referral	255-3817/3670
Landing Hangar	255-2887
Outreach Services Coordinator	255-9641
Relocation Readiness	255-3735/2887
Survivor Outreach Services	255-9637
Army Flier	255-2690
Automotive Skills Center	255-9725

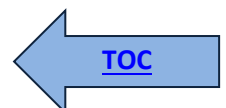
B	PHONE
Banks	
Armed Forces Bank/Main Exchange Location	598-2402
Army Aviation Center Federal	598-4413
Barber Shop (The Exchange)	598-4484
Barber Shop (Mini Mall Express)	598-2494
Base Supply Store	598-1156

B	PHONE
Beauty Shop (The Exchange)	598-4315
Better Opportunities for Single Soldiers	255-9810
Billeting (Holiday Inn Express)	598-5216
Bowling Center/Snack Bar	255-9503
Burger King (The Exchange)	598-1140

C	PHONE
Cairns Snack Bar (The Exchange)	598-8771
Carlson-Wagonlit (Official Travel)	800-874-7286
Casualty Assistance	255-9005/9311
Center Library	255-3885
Central Issue Facility (CIF)	255-9573

Chapel Directory	
Headquarters Chapel (Old Wings Chapel)	255-2989
Garrison Chaplain, Religious Support Operations Office	255-3496
Main Post Chapel	255-3140
On-Call Duty Chaplain	255-3100
Religious Education Center	255-3916
Spiritual Life Center	255-3496
Wings Chapel (New Wings Chapel)	255-9566
Charley's (The Exchange)	503-9044 ext. 255

Child Development Services	
Child Development Center	255-2262/3564
CYSS Parent Central Service	255-9638
Family Child Care	255-3446
Mini Child Development Center	255-3106/3066
School-Age Services (CDC) Pre-Kindler	255-2262
School-Age Services (CYS) 1st - 6th	255-9108
School Liaison Services	255-9812
Youth Sports	255-9105
Christian Mission	393-2607



C	PHONE
<i>Catering</i>	
Divots Restaurant and Grille	598-1632
Five Star Catering	598-2426
The Landing	598-2426
Class Six (The Express)	503-9338
Cobra Bingo (The Landing)	255-9626
Coffee County EMA	334-894-5415/5375
Coffee County Health Department	347-9574
Coffee Zone (The Landing Zone)	255-8025
Commissary, DECA Southern Region	255-6671
Contracting Directorate	255-3407
Corvias Military Housing	503-3644

D	PHONE
Dale County EMA	774-2214
Dale County Health Department	774-5146
Dental Clinics	255-2367/3393
<i>Dining</i>	
Divots Restaurant & Grille (golf course)	598-1632
Mother Rucker's Sports Bar	503-0396
Rucker Lanes	255-9503
The Landing Zone	598-8025
Directorate of Family & MWR	255-2100

E	PHONE
<i>Education Center</i>	
Colleges/Universities (on-post)	
Embry-Riddle Aeronautical University	598-6232
Enterprise Campus	347-2623
Enterprise State Community College	598-3438
Troy University	598-2443

E	PHONE
Exchange Mobile Center	598-1274
Express/Class Six (Mini Mall)	503-9338

F	PHONE
<i>Family & MWR - Director</i>	
Army Community Service (ACS)	255-3817/3670
Arts & Crafts Center	255-9020
Automotive Skills Center	255-9725
Center Library	255-3885
CYSS Parent Central Service	255-9638
Divots Restaurant & Grille (golf course)	598-1632
Family & MWR Marketing	255-2292
Recreation Delivery	255-9810
Lake Tholocco Lodging	255-4234
Mother Rucker's Sports Bar	503-0396
MWR Central (Leisure Travel Services)	255-2997/9517
Outdoor Recreation (ODR)	255-4305
Physical Fitness Centers (PFC's)	255-2296/3794
Riding Stables	598-3384
Rucker Lanes Bowling Center	255-9503
School Age Center	255-9108/9127
Silver Wings Golf Course	598-2449
Special/Annual Events	255-1749
Sponsorship & Advertising	598-3311
The Landing/Five Star Catering	598-2426
The Landing Zone	598-8025
Youth Center	255-2271/2260

<i>Field Food: Snack Bars (The Exchange)</i>	
Cairns Snack Bar	598-8771
Hanchey Snack Bar	598-5279
Lowie Snack Bar	598-2042



F	PHONE
Finance Customer Service	255-3939
Financial Pay Inquiry	255-3939
Fire Emergency	911
Fire Station	255-2217/3487
Firestone Car Center (The Exchange)	598-1566
Fortenberry-Colton PFC	255-3794
Four Seasons (The Exchange)	503-9044 ext. 252

G	PHONE
Gasoline Station/Triangle Express (The Exchange)	598-1295
Gasoline Station/Main Express (Mini Mall)	503-9338
GNC (The Exchange)	598-4843
Golf Course Pro Shop	598-2449/9339
Gym - Fort Rucker PFC	255-2296
Gym - Fortenberry-Colton PFC	255-3794

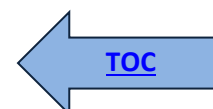
H	PHONE
Hanchey Snack Bar (The Exchange)	598-5279
Health Clinic-Lyster Army	
After Hours Line	866-346-7672
Appointment Lane	255-7000
Community & Environmental Health	255-7930
Dept. of Behavior Medicine	255-7028
Exceptional Family Member Program	255-7431
EDIS	255-7801/7237
Family Treatment Program	255-7028
Front Desk	255-7930
Laboratory	255-7062/7063
Managed Care/Health Benefits Advisor	255-7253
Occupational Health	255-7930
Patient Representative Officer/Managed Care	255-7229

H	PHONE
Pharmacy	255-7173/7178
Preventive Medicine	255-7930
Radiology (x-ray)	255-7156/7155
Tricare Patient Representative	800-444-5445
Hertz (The Exchange)	598-5401
Housing	
Allen Heights Housing	503-3642
Bowden Terrace Housing	503-3640
Family Housing (on-post)	503-3644
Government Maintenance Office	255-9041
Holiday Inn Express Guest House (automated)	598-5216
Munson Heights Housing	503-3641
Off Post Housing	255-2224/1854
UPH/Barracks	255-1205/3705
Hospitals Emergency Dial	911
Houston County Health Department	678-2800

I	PHONE
ID Section DEERS	255-2437
Inprocessing/Outprocessing	255-2869/1814

J	PHONE
JAG-Military Justice	255-2547

L	PHONE
Lake Tholocco Lodging	255-4234
Landing, The	598-2426
Landing Zone, The	598-8025
Laundry (Quartermaster)	255-9101
Learning Center	255-2378
Legal Assistance	255-3482



L	PHONE
Leisure Travel Services	255-9517/2997
Lemon Lot, Registration/Information	255-9020
Library, Center	255-3885
Lowe Snack Bar (The Exchange)	598-2042

M	PHONE
Mail Center	255-3539
Military Police (MP)	255-2222
Military Housing (Corvias)	503-3644
Mini Mally/MCSS/Express/Concessions (The Exchange)	503-9338
Alterations	598-4214
Barber Shop	598-4484
Express/Class Six	598-9338
Firestone Car Center	598-1566
Laundry/Dry Clean	598-3417
Military Clothing Sales Store (MCSS)	255-2180
Mini Child Development Center	255-2262
Morale, Welfare & Recreation	255-2100
Mother Rucker's Sports Bar	503-0396
Museum, Aviation	255-2893
Museum Gift Shop	598-9465

O	PHONE
Outprocessing & Inprocessing	255-2869/1814

P	PHONE
Passports	255-2094
Pensky Equipment Rental	598-3092
PFC Indoor Fitness Center	255-2296
Photo Lab - DA	255-2805/3449

Physical Fitness Centers (PFC)

Fort Rucker PFC	255-2672/2296
Fortenberry-Colton PFC	255-3794
Pike County Health Department	566-2860
Poison Control - Alabama	(800) 222-1222
Pool - Indoor	255-2296
Pool - SPLASH!	255-2096
Pool - Flynn Outdoor (Summer)	255-3998

Post Exchange (PX), The Exchange

Exchange Mobile Center	598-1274
Four Seasons	503-9044 ext. 252
Main Exchange	503-9044

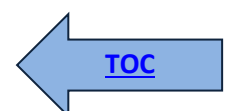
Exchange Concessions:

Barber Shop	598-4484
Beauty	598-4315
GNC	598-4843
Hertz	598-5401

Exchange Food Court:

Charley's	503-9044 Ext. 255
Popeye's Chicken	503-9044 Ext. 253
Subway	503-9044 Ext. 215

ENLISTED	E-1	E-2	E-3	E-4	E-5	E-6	E-7	E-8	E-9	ARMY SPECIAL OPERATIONS
	no insignia Private E-1 (PV1)	 Private E-2 (PV2)	 Private First Class (PFC)	 Corporal (CPL) Specialist (SPC)	 Sergeant (SGT)	 Staff Sergeant (SSG)	 Sergeant First Class (SFC)	 Master Sergeant (MSG) First Sergeant (1SG)	 Sergeant Major (SGM) Command Sergeant Major (CSM)	



FORT RUCKER TELEPHONE DIRECTORY

Area Code /334/

P	PHONE
Post Locator	255-3156
Post Office	598-6446
Post Solicitation	255-9331
Printing Plant	255-1418
Public Affairs Office (PAO)	255-2551

R	PHONE
<i>Recreation</i>	
Archery Range	347-4990/(719)685-6520
Arts & Craft Center	255-9020
Automotive Skills Center	255-9725
Center Library	255-3885
Equipment Issue (ODR)	255-4305
Hunting and Fishing License (ODR)	255-4305
Leisure Travel Services	255-9517/2997
Mother Rucker's Sports Bar	503-0396
MWR Central	255-9517
Outdoor Recreation (ODR) Pro Shop	255-4305
Physical Fitness Centers	255-2296/3794
Riding Stables	598-3384

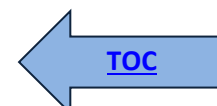
R	PHONE
Rucker Lanes Bowling Center	255-9503
Silver Wings Golf Course	598-2449
Skeet Range	598-4204
Recycling Program	255-0468
Red Cross	1-877-272-7337
AER & Emergency Communication	1-866-878-6378
Retention	255-6512

<i>Retirement</i>	
Retirement Services	255-9124
Retirement Transition Services	255-1815
Transition Point	255-1842

<i>Restaurants</i>	
Divots Restaurant & Grille (Golf Course)	598-1632
Rucker Lanes	255-9503
The Landing Zone	598-8025

S	PHONE
<i>School Liaison Services (CYSS)</i>	255-9812
Daleville City Board of Education	598-2456

	0-1	0-2	0-3	0-4	0-5	0-6	0-7	0-8	0-9	0-10	SPECIAL
OFFICERS											
	Second Lieutenant (2LT)	First Lieutenant (1LT)	Captain (CPT)	Major (MAJ)	Lieutenant Colonel (LTJG)	Colonel (COL)	Brigadier General (BG)	Major General (MG)	Lieutenant General (LTG)	General (GEN)	General of the Army (GA)
	W-1		W-2		W-3		W-4		W-5		
	Warrant Officer (WO1)	Chief Warrant Officer (CW2)	Chief Warrant Officer (CW3)	Chief Warrant Officer (CW4)	Chief Warrant Officer (CW5)						



S PHONE

Enterprise City Board of Education	347-9531
Fort Rucker Schools	398-6396
Elementary (2 nd – 6 th)	255-1607
Primary (Kindergarten – 1 st)	255-2823
Ozark City Board of Education	774-5197

Shoppette The Exchange

Main The Exchange	303-9004
Triangle The Exchange	398-1295
Soldier for Life Transition	255-2558
Solicitation Permit (Family & MWR)	255-9331
Spiritual Life Center	255-3946
Staff Duty Officer (SDO)	255-9777
Subway (The Exchange)	398-9044 ext. 215

T PHONE

Thrift Shop	255-9595
Tire Store/Auto Parts (The Exchange)	398-1566
Training Service Center (TSC)	255-2950
Transportation Office	255-9842

Passenger Travel (PCS)

Accompanied	255-9842
Outbound	255-2343
Personal Property (Inbound)	255-2310
Unaccompanied (Port Call)	255-0294
Triangle Express (The Exchange)	398-1295
TRICARE & Supplemental Care	1-800-444-5445

For Family & MWR Holiday and Day of No Scheduled Activity (DONSA) hours of operation please visit us online at our Facebook, Fort Rucker FMWR, or our website rucker.armymwr.com.

U PHONE

United Concordia (dental)	1-800-866-8499
Unit Funds	255-9331
Utilities Clearing House	255-3554

V PHONE

Veterinary Treatment Facility	255-9061
Veterinary Stray Facility	255-0766
Victim Advocacy	255-9644/9641

W PHONE

Wellness Center	255-9908/9915
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Y PHONE

Youth Services (YS)	255-2375
Youth Services Administrative	255-9108

Military Phonetic Alphabet

A. Alpha	N. November
B. Bravo	O. Oscar
C. Charlie	P. Papa
D. Delta	Q. Quebec
E. Echo	R. Romeo
F. Foxtrot	S. Sierra
G. Golf	T. Tango
H. Hotel	U. Uniform
I. India	V. Victor
J. Juliet	W. Whiskey
K. Kilo	X. X-ray
L. Lima	Y. Yankee
M. Mike	Z. Zulu



NOTES

