

**Information Exchange
September 3, 2008
Talking Points**

BACH Kathy Mathis

798-8158

kathy.mathis@amedd.army.mil

General information about BACH

Please contact the Patient and Family Medical Resource Center if you have any questions or need assistance with programs or want to access the internet for reliable health and wellness information or take a Self Care/Over-the-Counter medication class online. You may stop by the Patient and Family Medical Resource Center inside the "C" building of the hospital in room 2BL01, Monday – Friday from 8 a.m. until 3 p.m. or call, 270-798-8055.

BACH will celebrate Organizational Day, September 26th

On Friday, September 26th, BACH will celebrate Organizational Day. Services throughout the organization will be reduced to allow staff members to participate. A condensed appointment schedule will be available for acute care appointments.

Welcome new Soldiers and Families to Fort Campbell

If you are new to the area, please enroll in one of the primary care clinics, by visiting the TRICARE Service Center. The TRICARE Service Center is located on 22nd & Indiana Avenue, Building 2525. It also is critical that information is current and correct in DEERS.

The Appointment Center is open from 6 a.m. until 7 p.m. To schedule an appointment with one of the Call Center staff, dial 270-798-4677/931-431-4677 or 1-866-524-4677. To cancel an appointment, you may call the same numbers (270-798-4677/931-431-4677 or 1-866-524-4677) or 270-798-VOID(8643) after hours.

Town Center Pharmacy

The NEW Town Center Pharmacy for prescription refills, will be opening on 9 September. A full service pharmacy will be available in the Town Center Pharmacy in October.

TOWN CENTER Pharmacy

Location: building 98, in the former PXtra mini mall

Services: fill off post provider's prescriptions; fill BACH new or renewed prescriptions, and pick-up CALLED-in refills

Hours of operation: Monday - Friday, 8 a.m. - 5 p.m.; **Saturday, 9 a.m.-1 p.m.** (for refill pick-up only, any new prescription needing to be filled on Saturday can be done at the hospital's MAIN Outpatient Pharmacy)

For more information, call (270) 956-0191.

School and Sports Physicals offered

- School and Sports Physical exams are offered in the patients Primary Care Clinic.
- To schedule a school or sports physical, call the central appointments line at 931-431-4677.
- If you cannot make the scheduled school or sports physical appointment, please call the appointment line to cancel.
- Since appointments are in great demand, failure to show-up without prior cancellation will result in your responsibility to schedule an appointment outside of BACH and out-of-pocket expense for the parents.
- Please bring your child's school or sports physical examination forms with you to the appointment. Your child's school should have forms available.
- Children are asked to wear shorts and a short-sleeved shirt to the examination.

- If your child had a physical within the last 12 months, it will not be necessary to receive another physical. You may contact your assigned clinic at BACH to have required school forms completed. Please allow three business days for the process to be completed.
- If your child is involved in youth or school sports, physicals are required annually. A new Tennessee State Board of Education requirement now requires children entering **7th and 9th grade** to complete the ***Interscholastic Sports Examination Form***, a more comprehensive assessment. If you would like to complete these new Tennessee forms prior to your child's appointment, please visit BACH's internet site (www.campbell.amedd.army.mil), and look for *School/Sports Physicals* by clicking on *Clinical Resources N-Z* or use the following address <http://www.campbell.amedd.army.mil/clinicalresources/schoolsportsphysicals.html>.

Physical exams are valid for one year and are required for the following students:

- any child entering Christian County or Clarksville-Montgomery County schools for the first time;
- any student participating in school organized sports; and
- children who enroll in the 6th grade in Christian County Schools.

Fort Campbell Schools no longer require a school physical for students entering the system for the first time or for students entering 6th grade. Although school physicals are no longer required for these students, they are highly encouraged. These students will need to show proof of immunizations.

For children who attend schools other than the three school districts listed, parents are encouraged to call their local school districts to determine physical requirements and obtain necessary forms.

Are you taking medications?

Stop and Think before you mix alcohol and over-the-counter or prescription medications. Mixing medications with alcohol may result in death. Be smart! Listen and most of all comply with the directions your health care provider and pharmacist give you about the medications you are taking. Follow the instructions on both the medication bottle labels and medication information sheets. Ask questions if you are unclear of the risks. Watch your buddies! Speak up if they are making poor choices with alcohol and prescription and over-the-counter medication use. You can help save a life!

September is: Suicide Prevention Month

Suicide is ranked the eleventh common cause of death in the United States. Roughly eight out of ten individuals will give some kind of warning sign that they are thinking about committing suicide. Recognizing the warning signs and taking an individual's call for help seriously are important for suicide prevention. It may even mean the difference between life and death.

Many people who attempt or commit suicide do not want to die – they just want to stop the pain or stress in their lives. The desire to commit suicide often stems from a psychiatric illness, a depressive disorder or living through a traumatic experience.

Warning Signs:

All warning signs should be taken seriously. Without intervention and treatment these individuals may try to hurt themselves or be successful at ending their lives. Look for the warning signs.

- Talk of committing suicide
- Trouble eating or sleeping
- Talk of feeling worthless
- Drastic changes in behavior
- Preoccupation with death and dying
- Reckless or risky behavior

- Detaches from family, friends or social activities
- Loss of interest in personal appearance
- Increased use of alcohol and/or drugs
- Loss of interest in hobbies, work or school
- Previous suicide attempt
- Gives away money or possessions

Taking Immediate Action:

If you sense that an individual is in immediate danger:

- Call 9-1-1 or take them to the nearest emergency room
- Do not leave the individual alone until help is available
- Remove and firearms, weapons, sharp objects or medications from the individual's home that could be used in a suicide attempt

Helping Out:

- Talk and listen – being available to talk and listen in a non-judgmental way can help the person get professional help
- Ask questions – ask direct questions, such as if they have been considering suicide. This can allow your friend or loved one an opportunity to open up and talk, taking pressure off of them and possibly preventing them from acting on their thoughts
- Don't argue – Don't try to talk anyone out of attempting suicide or tell them their problems aren't so bad. Let the person know you care and are concerned about them, and that you'd like for them to get professional help
- Offer to help – Work with the person to help find a provider or mental health professional and offer to go to appointments with them, even if it's just to wait in the lobby. Your support will be appreciated.
- If you need more information or assistance, please call BACH's Behavioral Health Clinic at 270-798-8179 or 270-798-8400 after hours.

September 2008 is: National Cholesterol Education Awareness

Cholesterol is a soft, waxy substance found in the bloodstream and in all of the body's cells. It is something that our body makes on its own. We also get cholesterol from eating animal products like meat, cheese, eggs, butter, chicken and milk. While it is needed to stay healthy, a high level of cholesterol in the body can put you at risk for heart disease. Avoiding or reducing the intake of foods high in saturated fats and cholesterol is one way to manage or maintain normal cholesterol levels.

Risk factors include:

- Consuming too much saturated fat
- Cigarette Smoking
- High blood pressure
- Diabetes
- Obesity
- Physical inactivity

When you have your cholesterol tested, your provider will give **you four cholesterol results:**

- **Total Cholesterol** – measures total amount of cholesterol in your blood (<200 mg/dL)
- **HDL or high-density lipoprotein** – “good cholesterol,” lowers the risk of heart disease. HDL carries excess cholesterol out of the bloodstream to the liver where it is removed. (< 40mg/dL – high risk for heart diseases, > 60 mg/dL, protects against heart disease. The higher the number the better you are to fight heart disease)
- **LDL or low-density lipoprotein** is called “bad cholesterol,” narrows or blocks blood flow by sticking to your blood vessels. (< 100 mg/dL low risk for heart disease)

- **Triglycerides** – most common type of fat in your body. Your body makes them, but they also come from fats in the food you eat. (<150 mg/dL)

Take Action

To reduce your risk for high cholesterol or heart disease, eat foods low in saturated fat and cholesterol, exercise often, don't smoke, limit alcohol, and maintain a healthy weight. If your numbers aren't what they should be, work with your provider to come up with a plan to get those numbers in a healthy range. Get your health care provider's approval before starting any diet or exercise routine. BACH's appointment lines, 931-431-4677, 270-798-4677 or toll free 1-866-524-4677.

Got Ticks? BACH's Environmental Health tests ticks for disease

After removal, you can have the tick tested for disease by placing the live and unpreserved tick inside a disposable container as soon as possible. Take the tick to Environmental Health located at Bldg. 6903 Desert Storm Avenue. The tick will be shipped to a lab for testing. Results are usually obtained within two weeks.

Ombudsman/Wounded Warrior Hotline

BACH offers a local Soldier and Family advocate for wounded and ill Soldiers and their Family members. The Ombudsman provides a neutral and informal process to assist Warriors in Transition (WIT) and their Family members. The Ombudsman representatives will attempt to link the Soldier or Family member with the appropriate subject matter expert or agency. Gregory Griffin and Ron Warrick serve as the local Ombudsman.

Gregory M. Griffin

(270)798-8827 (office)

(931)216-3402 (cell)

gregory.m.griffin@amedd.army.mil

Ron Warrick

(270)798-8827 (office)

(931) 249-4897 (cell)

ronald.warrick@amedd.army.mil

The BACH Ombudsman office is located on BACH's "A" Building, 4th floor in room 4 AA 10.

The National Wounded Soldier and Family Hotline is 1-800-984-8523 and email wfsupport@conus.army.mil. The national hotline number offers Soldiers and Family members a way to resolve medical issues when the chain-of-command route has been exhausted.

Is your weight killing you?

Excess weight can affect your life and your health. Do you wish that you could walk up the stairs without getting short of breath, or wish you could play with your children?

Bariatric surgery is a tool used to assist in helping you reach a healthier weight and achieve a healthy lifestyle. Blanchfield Army Community Hospital's Bariatric Surgery Center offers introductory seminars to all beneficiaries free of charge. BACH Surgeon Maj. Chris Sanborn serves as the speaker.

Informational seminars are provided in the hospital's "A Building, Classroom 1, "0" level at 3 p.m. Seminar dates in 2008 are: Sept. 3, Oct. 1, Nov. 5, and Dec. 3.

Support group offered for grieving parents

BACH offers a Parents Helping Parents Grieving Parents Support Group for anyone who has lost a child. The Support Group meets on the first Monday of each month from 7 until 9 p.m. in the Hospital Chapel, building "A", 0 Level. The Grieving Parents Support Group is designed to be a safe place for those who know your special grief. Everyone there has been where you are now. For more information, contact Chaplain Kim at 798-8777.

Wounded/Injured Soldiers and Family Time

Wounded or Injured Soldiers and their families are invited to lunch every Thursday at 12 p.m. at the Fisher House. Often guest speakers provide valuable information to ill/wounded Soldiers. Immediately following lunch Soldiers and Family members break out into a separate group. The breakout groups begin at 1 p.m. For more information, contact Vivian Wilson 270-798-8330.

Are you eligible for the Shingles Vaccine?

If you are 60 years old or older, you may be eligible for the Shingles Vaccine. BACH, now has the vaccine available. If you are interested in receiving the vaccine, you will need to get a request form from your primary care manager (PCM). If you are enrolled to a primary care clinic at BACH, your primary care clinic will provide your immunization and complete the necessary forms. If you are not assigned to a primary care clinic at BACH, you may receive services in the Immunization Clinic on Monday & Wednesday from 7:30 a.m. until 11 p.m. and 12:30 until 4 p.m. and Friday from 12:30 until 3 p.m.

MWR Melissa Schaffner

798-7535

melissa.a.schaffner@us.army.mil

Operation Rising Star

- Last elimination round: Sept. 4, 6 – 8 p.m.
- Finals: Sept. 12, 6 – 8 p.m.
- All levels of competition will be held at Sportsman's Lodge
- Fort Campbell's winner receives \$500 in cash and opportunity to advance to Army-wide finals
- Most supportive Unit or FRG will win a \$300 cash prize for Unit Fund

Outdoor Recreation trip to RiverFest at McGregor Park

- Sept. 5, meeting at Outdoor Recreation at 4:30 p.m.
- Kids & Teen Zone available
- \$3 event fee, children 12 and under ride for FREE
- Pre-registration required,

Volunteering- Stepping Stones to Your Future

- Sept. 5, 9 a.m. -3 p.m., Cole Park Community Activity Center
- Volunteer Appreciation Seminar

Spades Jamboree

- Sept. 6 at D.W. Recreation Center
- Registration begins at 5 p.m., game begins 6 p.m.
- Music and food available

Super Saturdays and Friday Night Out with CYS

- Super Saturday dates – Sept. 6 and Sept. 20, from 9 a.m. to 5 p.m., reservation required
- Friday Night Out Sept. 26 from 6 p.m. to 10 p.m., reservation required
- MWR Spouse Discount Card required
- Children must be registered with CYS Central Enrollment

Outdoor Recreation trip to Cheekwood Botanical Gardens

- Sept. 7, meeting at Outdoor Recreation at 10 a.m.
- \$12 fee to participate
- Pre-registration required

Post Wide Billiards Tournament

- Sept. 7 at D.W. Rec., 2 p.m.
- Open to all eligible MWR Patrons
- Trophies awarded to top three

Employer Spotlight

- September 9, 0900 to 1100
- Kelly Services the featured employer
- Kelly Services, a temporary employment agency, which provides job such as Substitute Teaching, Substitute Cafeteria Worker, Admin and others
- Kelly Services Manager will answer your questions related to the application process and how to best quality for their positions

Play Auditions

- Sept. 8 & 9 at D.W. Rec., 6:30 p.m. each day
- Auditions for next play which will be performed in October

Employment 101

- September 10, 17, 24, 10 – 11:30 a.m., ACS Building, Room #114B
- Hosted by Family Employment Readiness Program (FERP), held every Wednesday
- Learn how to effectively complete applications such as NAF, Defense Education Activity, Defense Commissary Agency and agencies off post. Receive tips related to dress for success, interviewing skills, and the basics about the FERP program.
- On and Off Post, NAF and Federal job listings available through FERP

Skate Night with D.W. Recreation Center

- Sept. 12 & 26, trip to local skating rink
- D.W. Recreation Center is providing transportation
- Participants pay entry and skate rental fees
- Limited to first 14 who register

Soldier Show

- Sept. 13 & 14 at Wilson Theater
- Show time for Sept. 13: 7:30 p.m., Sept. 14: 2 p.m. & 7:30 p.m.

Ocoee Rafting Trip

- Sept. 13-14 leaving Outdoor Rec. center at 6:15 a.m. Sept. 13
- \$120 covers lodging, transportation, rafting, breakfast on Sunday and a bonfire
- Participants should bring extra money for meals and mementoes, min. \$30
- Pre-registration required, must be 18 or older to participate

So you think you can Dance

- Sept. 13 at D.W. Rec., 5 p.m. – 9 p.m.
- Learn basic dance steps then compete against other participants

Baby Contest

- Sept. 14 at D.W. Recreation Center
- Times: 2 p.m. ages 6 weeks – 6 months,
 - 3 p.m. ages 6 months – 12 months,
 - 3:30 p.m. ages 12 months – 24 months

- 4 p.m. ages 24 months – 36 months
- 4:30 p.m. ages 3 years – 4 years
- Two boys and girls will be selected from each category
- \$5 registration fee, pre-registration is required by Sept. 12, 9 p.m.

Pay Day Golf Scramble

- Sept. 15, Cole Park Golf Course, 1 p.m.
- Entry fee: \$20 members, \$25 non-members, fees due at registration
- Sign up at Pro Shop

Full Moon Hike at Edwin Warner State Park

- Sept. 15, meeting at Outdoor Recreation 5:30 p.m.
- \$10 fee to participate
- Bring water and flashlights
- Moderate difficulty level, must be 10 or older
- Pre-registration required

Evening Walk-in Clinic

- Sept. 16 at Fort Campbell Veterinary Clinic
- Vaccinations, pet registration, micro chipping, heartworm test and parasite exams provided
- No sick calls will be accepted
- Must be Military ID card holder to use services, (Reservists must be Activated)

Drawing for Battalion Christmas Parties

- Sept. 17 at D.W. Rec., 10 a.m.
- Interested Units encouraged to send representative

MWR Fishing Club Stump Jumper's September Meeting

- Sept. 17, 6 p.m. at Fort Campbell Outdoor Recreation Wohali Pavilion
- EVERYONE is welcome to join and club membership is FREE
- Children under age 13 must be accompanied by an adult

RESUMIX and More

- September 18, 10:30 a.m. – 12 noon, ACS Building, Room #118
- Hosted by FERP, held every 1st and 3rd Thursday (will not be held the first Thursday of September due to NSPS training)
- Learn how to maneuver the RESUMIX system and other helpful federal job tips
- On and Off Post, NAF and Federal job listings available through FERP

Fort Campbell Deer Season Begins

- Sept. 20
- Purchase on-post permit and state hunting license at Outdoor Recreation

Halo 3 Tournament

- Sept. 21 at D.W. Rec., 1:30 p.m.
- Open to Active Duty, Retirees, Reservists, National Guard & Family members age 18 and older
- Pre-registration encouraged, trophies awarded to top three

Pre- Deployment Fair

- Sept. 24, 9 a.m. to 9 p.m. at the FRC

- Get your MWR Spouse Discount Card (for eligible Spouses only)
- FREE STACC childcare available while patrons visit information booths

Saturn of Clarksville MWR Family Fun Fair at Destiny Parks & Pavilions

- Sept. 27, 2 p.m. – 6 p.m., Destiny Parks and Pavilion
- Activities available include FREE inflatables, and crafts for kids
- Children under 18 must be accompanied by adult or guardian at all times

MWR Concert Under the Stars features Bueller

- Sept. 27, 6 p.m. Destiny Parks and Pavilion
- Featuring 80's cover band Bueller
- Kids enjoy unlimited bouncing on the Gear-To-Go inflatables for \$5

Pet Show

- Sept. 28 at D.W. Rec., 3 p.m.
- Categories include: smallest pet, largest pet, best trained/behaved and many more
- Owners must verify all vaccinations are up-to-date
- Pets must be leashed or remain in kennel at all times

Caving at Mammoth Cave

- Sept. 28, meeting Outdoor Recreation 11:30 a.m.
- \$35 fee to participate
- Wear long pants, work gloves, boots with thick soles and must be higher than ankle
- Moderate difficulty level, must be 10 or older
- Pre-registration required

ACS Financial Readiness Seminars

- Meetings held every Wednesday in October at ACS Parlor Room, 2 p.m. - 3:30 p.m.
- October 1: Talking about Money
- October 8: Budgeting and Cash Flow
- October 15: Marital Real Estate
- October 22: Investing
- October 29: Retirement and Tax Issues

Jump Start Your Resume

- October 14, 9 – 10 a.m., ACS Building, Room #114B (no Jump Start Your Resume for the month of September)
- Hosted by FERP, held every 2nd Tuesday
- Learn techniques to improve your resume
- On and Off Post, NAF and Federal job listings available through FERP

Dine and Save at MWR's Hooper Bowling Center "Bounce Back"

- Have breakfast at Hooper, keep your receipt, bring back at lunch/dinner same day and save 10%
- Discount only available at snack bar on the same day as the receipt is dated

NAF Job Fair at Sportsman's Lodge

- NAF Job Fairs held on the 1st Tuesday of each month only, from 9 a.m. to 3 p.m.
- Next one is Tuesday, Oct. 7, 2008
- Job Fair usually held on 3rd Tuesday of each month has been cancelled until further notice
- Applicants wishing to use Spouse preference bring copy of marriage certificate and PCS

orders

- Veterans Preference should bring a copy of their DD-214

Guided Trail Rides at Fort Campbell Riding Stables

- At Fort Campbell's Riding Stables
- \$20 per person

Sportsman's Lodge Open for Dinner

- Wed. & Thur. 5 - 8 p.m., Fri. & Sat. 5 - 9 p.m., and Sun. lunch 12 - 4 p.m.
- Lunch service for catered events ONLY, with minimum guarantee of 100 attendees
- Call Tue. – Sun. after 1 p.m. to schedule catered events

Earn a Free Meal at Cole Park Southern Buffet

- For every 10 buffet meals you purchase, the 11th one is free
- Current offer ends Sept. 30

Southern Buffet has Lunch Specials

- Monday- Home Style Pork Chops
- Tuesday- Boarding House Meatloaf
- Wednesday- Country Style Liver and Onions
- Thursday- Roasted Turkey with Cornbread Dressing
- Friday- Finger Lickin' Good BBQ Pork Ribs

CYS Reservation Policy for "Friday Night Out" and "Super Saturday"

- Reservations must be made by 5 p.m. on Thursday preceding event date
- Children must be registered with CYS Central Enrollment to participate in these programs
- MWR Spouse Discount Card required to use Friday Night Out and Super Saturday child care

Spouse Discount Cards

- Discounts and free services offered to Spouses of deployed Soldiers
- Valid for duration of orders
- Obtain at MWR Public Relations office, Building 2577-A. (270) 798-7535

Fort Campbell Schools

Jo Blease, 439-1927, x5001

Jo.blease@am.dodea.edu

Textbook Update

We are currently experiencing some textbook shortages in pockets throughout the school district. We have sent a requisition to purchase textbooks to fulfill our immediate needs, as well as, our projected needs for the remainder of this school year. We estimate the textbooks to arrive within four to six weeks

Soccer Concession Stand, Electricity, and Scoreboard

We have received estimates for a basic 12'x12' replacement structure and have asked the boosters if they have any special requirements that need to be added to the basic structure. Once we have that information, we will seek quotes and proceed to purchase a structure. We have identified a Mechanical Contractor for the electrical upgrade to the concession stand, and the upgrade should begin within a week. Repairing the power to the scoreboard continues to be an issue. As a temporary fix we are using a generator to power the scoreboard.

Important Dates

<u>Date</u>	<u>Event</u>	<u>Time</u>
3 September	Labor Day Holiday NO SCHOOL	
17 September	Professional Development NO SCHOOL	
22 September	School Board Meeting Central Office Boardroom	1600
22-26 September	Homecoming Week FCHS	
25 September	Homecoming Bonfire FCHS	1800
26 September	Varsity Football Homecoming FCHS	1930
27 September	Homecoming Dance FCHS	2000

School Liaison Willa Garrett 798-9874

willa.garrett@mwr.campbell.army.mil

Military Child Education Coalition (MCEC) Training

- Living In The New Normal: Supporting Children Through Trauma and Loss (LINN)
- 24-25 September 2008, Cole Park Commons

Purpose: Living In the New Normal™ will provide community professionals, educators, family members, and other concerned adults with information to help the support of military children during times of uncertainty, trauma, and grief. LINN's™ efforts are predicated on the belief that children are courageous and resilient and that these skills can be strengthened through deliberate encouragement by the adults in their lives.

**Installation Chaplain CH (COL) Ken Brown
Religious Support Office**

270-798-6124

kenneth.n.brown@us.army.mil

UPCOMING EVENTS

September 12, 2008 (Friday), 6:00 - 9:00PM at Memorial Chapel (Indiana and 54th): PWOC September Special Program Night, "At His Feet in Worship." Bring a dish to share and join us in food, fun and fellowship. POC Ursula McCarthy 431-6716 or FtCampbellPWOC@gmail.com

October 2, 2008 (Thursday), 6:00-8:00PM at Memorial Chapel (Indiana and 54th). Carrie McDonnell, author and speaker is coming to Ft. Campbell to share her incredible story of survival and overcoming fear. A book signing will follow. All are welcome! POC Ursula McCarthy 931-431-6716.

RECURRING EVENTS

Military Council of Catholic Women (MCCW) meets every Friday, 9:30 – 11:30, Soldiers Chapel (30th and Desert Storm). POC is Rita Payne, 270-798-2352.

Protestant Women of the Chapel (PWOC) meets each Tuesday 9:00AM - noon at Memorial Chapel 54th and Indiana. Child watch (on-site) and homeschool program (off-site) provided. For information contact FtCampbellPWOC@gmail.com or Sarah Gorsuch (931) 561-6791.

Fort Campbell Grief, Loss and Life Transition Support Group meets every Thursday, 9:00-1200 AM at Fellowship Chapel (Reed St at Forrest Road). Call CH (COL) Mike Britton, 270-412-6011 for more information.

MARRIAGE 101: Premarital Class for Engaged Couples meets on the second Wednesday of each month, 9:00AM – 3:00PM, at the **Community Chapel** (Building # 6721, 15th and Ashau). Lunch is provided. Participants must make their own arrangements for child care. Contact your unit chaplain for details.

Mothers of Pre-Schoolers (MOPS): meets every first and third Wednesdays, at 9:15 at Memorial Chapel (54th and Indiana Ave). We are always looking for Mentor Moms that can help one Wednesday a month. If you've survived the preschool years, consider coming for a visit to see what MOPS is all about. POC is Tina Venditti, (270) 439-2234

Chapel Religious Education Programs Resume

Chapel religious education programs are vital elements in the growth and enrichment of our faith lives here at Fort Campbell. They are provided through the dedication of chapel members. Call the Religious Education Office for any questions, 798-3185.

AWANA resumes on Wednesday, **20 August** in Memorial Chapel at 1730. 4 year olds thru 8th Grade. Childwatch provided for Leaders' underage children.
Call: Mary Spond 931-431-9483

Catholic Religious Education program (K thru Adults) resumes **7 September** at 1100 hours in Wassom Middle School. Teachers and assistants are needed for all grade levels, Preschool thru Adults. Contact: 798-3185.

Gospel Service Sunday School continues **each Sunday** at 0845 in Community Chapel. Teachers are needed. Call 798-3185.

Protestant Post-Wide Sunday School (K thru Adults) (supports all 11 o'clock Services) resumes **7 September** at 0930 in Wassom Middle School. Faculty members are needed for many grade levels and adults. Contact 798-3185.

Club Beyond provides Chapel sponsored youth programs for grades 7-8 and 9-12. Wyldlife (7&8th) meets Mondays at 1600 in Club Beyond Bldg. High School Club meets Mondays at 1830 in CB Bldg. Volunteers are needed for Bible studies and outreach. Contact Gil Carter: 798-6458 or 615-738-0822.

Teacher Training – “Teaching Religion Effectively” is a six part basic training course for new and not so new teachers **beginning 10 September** at the RE Center, Bldg 2206 on Indiana & 15th St. Each segment will be presented twice: 1130 and 1800. For info and request for childwatch, call 270-798-3185.

PROTESTANT WORSHIP OPPORTUNITIES:

ChapelNeXt worships in a contemporary musical environment. Meets each Sunday at 11:00 at Fellowship Chapel (Reed St at Forrest Rd). POC CH Starnes 270-798-2344.

Community Chapel Protestant – Traditional Gospel Service meets each Sunday at 10:00 at Community Chapel (15th and Ashau Valley Rd). POC CH Miller, 270-798-0464.

Memorial Chapel Protestant – blends traditional and contemporary. Meets each Sunday at 11:00 at Memorial Chapel (54th and Indiana Ave). POC CH Brown, 270-798-6124

Soldiers Chapel Protestant – traditional service. Meets at 11:00 each Sunday at Soldiers Chapel (30th and Desert Storm). POC CH Koyama, 270-956-0563

CATHOLIC WORSHIP OPPORTUNITIES:

Catholic Weekend Mass – Saturday, 5:30 PM and Sunday 9:30 AM and 12:30, at Soldiers Chapel (30th and Desert Storm). POC Ms. Rita Payne, 270-798-2352

Catholic Daily Mass – Monday, Tuesday, Thursday, Friday, 1200, at Soldiers Chapel (30th and Desert Storm). Wednesday, 1200, Hospital Chapel. POC Ms. Rita Payne, 270-798-2352

Enlisted Spouses Club **Rebecca Shields** **931-206-1057** becca.shields@us.army.mil

Enlisted Spouses' Club Events-

Come out and have a good time and be a champion in your community. All profits from club events assist the Fort Campbell communities through scholarships and charitable grants. Fort Campbell Enlisted Spouses' Club is open to Active Duty Enlisted Spouses, Retired Enlisted Spouses and Widowed Enlisted Spouses.

Everyone is invited to our events.

Future events are -

- **September 15th 6:30pm - BUNCO - in the Soldier Chapel annex**
- October 20th 6:30pm- Cake Decorating -in the Soldier Chapel annex
- November 17th 6:30pm - Christmas Crafts & Scrapbooking
- December 15th 6:30pm - Christmas Party & Ornament Exchange Locations TBD.

For more information contact us at escftcky@yahoo.com or www.101stESC.com

The Enlisted Spouses' Club Now Has A Book Club! AND IT IS FREE!!

Just email us at escftcky@yahoo.com and tell us to put you on the list. We will be meeting a few weeks after we order the books. Everyone is invited to our events. Individual reading and group discussion is facilitated by the Parent 2 Parent Team. The book is free for every individual who participates.

Best Friends, Worst Enemies: Understanding the Social Lives of Children (Hardcover)
by [Ph. D. Michael Thompson](#) (Author), [Catherine O'Neill Grace](#) (Author), [Ph. D. Lawrence J. Cohen](#) (Author) "My daughter's twelfth-birthday party was a nightmare, a social train wreck..."

PJ Project: -August 20th through September 30th

Sponsored by The Enlisted Spouse's Club of Fort Campbell

In our country there are over 800,000 children in foster care and shelters each year. Many of these children do not have pajamas to sleep in. You can help local children sleep better by just a small gesture of generosity.

Pajamas will be collected from August 20th through September 30th and can be picked up from your home or organization or delivered to the program coordinator. **There will be Enlisted Spouse's Club members located in front of the PX on September 27th from 11-3 to accept donations as well. Additional drop off available at the Clarksville Athletic Club.**

Contact Connie at clarksvillepjproject@yahoo.com for more information.

Fisher House meals – September 9th

The Fisher House offers Soldiers and Families a “home” to reside in while getting treatment at BACH. With the 101st Airborne Division and other numerous units constantly on the go, our new Fisher House located on Ft. Campbell is always a buzzing. Soldiers, their Families, small children and grandparents the Fisher House serves a wide variety. <http://www.fisherhouse.org>

The Enlisted Spouses Club has the pleasure of cooking a home cooked meal once a month for our guests. This may be the only home cooked meal for some as their Families are far away.

If you are interested in cooking for one of these meals email us and let us know. We will be preparing a meal once a month for the Families and Soldiers, second Tuesday of every Month. Your meal can be cooked on site in the Fisher House's fabulous kitchen or by dropping off pre cooked dinners that can be heated by the residents at their leisure.

For more information contact us at escftcky@yahoo.com or www.101stESC.com

OFFICER'S SPOUSE CLUB

Patty Morgan

patty3263@msn.com

OSC's September “Longaberger Bunco” Luncheon is Wednesday, September 17th at Cole Park Commons, 10:00- 1:00.

Over \$ 1,600.00 in Longaberger Baskets and products will be given away. Attendees must be an OSC member to be eligible to win. Please RSVP by noon on September 10th to Tina Englen at 931-431-3200 or on the OSC website, www.fortcampbellosc.com . Child care is available at the CDC . On site Child care (\$12 per child) will be at Cole Park please call reservations chair. Cancellation Policy: Please call or email to cancel reservation. If cancellation is after the deadline we will fill all spaces from the waiting list if possible. **Voting on this board year's budget will take place during this luncheon, so please attend.**

OSC Membership now available online:

You can now register and pay for OSC membership online at our website, www.fortcampbellosc.com, or pay in person at one of our monthly luncheons.

OSC's Thrift Shop :

Business hours are on Mondays, Tuesdays and Thursdays from 9:00 – 2:00 and the first Saturday monthly. Call 270-640-4769 for volunteer opportunities.

OSC's 33rd Annual Craft and Collectables Fair, "A Holiday Sampler" on November 1st thru 2nd at the Family Readiness Center.

Plenty of crafts, gifts, food, door prizes and fun await you at this show. Vendors come from up to 100 miles away to showcase their crafts at this annual event. Timed for Holiday shopping, this event will host a plethora of items and vendors such as sculptors, pottery, jewelry, Americana crafters, candle makers, wood carvers and many more. "The Holiday Sampler" proceeds benefit charitable grants and scholarship programs of OSC at Fort Campbell and surrounding communities. For more information, please visit our website at www.fortcampbellosc.com, or contact Laura Mercier @ 931-206-3112.

OSC's Very Important Charity Event, V.I.C.E. Night is Friday, March 13th starting at 6:30.

Come and have a fun night out and support your community by attending the Fort Campbell's OSC's Annual VICE Night. An evening of festivities includes silent and live auctions, plenty of food, drink and entertainment. Auction items include spa baskets, furniture, golf packages, framed art and travel packages.

All proceeds from this event benefit the Fort Campbell and the local communities through scholarships and charitable grants. More details about this fundraiser and ticket sales information are available on the OSC website, www.fortcampbellosc.com.

Fort Campbell Ed Center Cathy Owens 798-0222 cathy.owens@us.army.mil

Austin Peay Student Appreciation Evenings, September 10 & 11, 4:00 – 7:00 p.m.

The purpose of these events is to highlight APSU programs at Fort Campbell, appreciate current students, and meet prospective students. This is an excellent opportunity to speak with APSU faculty and learn about available programs. Refreshments and door prizes will be available. Everyone is welcome.

U.S. Army Women's Foundation Legacy scholarships

Information is available at the Education Center and the EOC office (in the Education center, Room 118) on these scholarships, which are available to women who have served or are serving, or the child of a woman who has served honorably in the U.S. Army. The information can also be requested by emailing me at the address noted above and I will forward the application. The deadline for applications is 1 February 2009.

Spouses-to-Teachers/Troops-to-Teachers

Thursday, September 18, 8:00 – 12:00, Ed Center lobby

Information on this recent addition to the Troops-to-Teachers programs is available each month when the Troops-to-Teachers representative visits the Education Center or by phone at 1-800-286-5301.

Changes to College Terms

Austin Peay State University (APSU) and Hopkinsville Community College (HCC) will begin offering five terms per year beginning FY 09. Both schools currently offer four terms per year. Embry-Riddle Aeronautical currently offers five terms per year and Murray State University will continue to operate on a semester system. Contact individual colleges regarding registration and other information.

Alex Krohn 270-885-9096

akrohn@commercecenter.org

hopkinsvillechamber.com

Christian County Salutes Fort Campbell Week, September 13-20

- Oak Grove Kick off event, Saturday September 13, 11:00am – 3:00pm
- Freedom Friday, Friday September 19, all day:
 - Kids Zone featuring children's games including bouncers, face painting, rock wall, and more!
 - Create a fun DVD for friends and family for FREE! Military are encouraged to create the DVD to send to their deployed loved one.
 - Chili Cook-Off featuring teams from Fort Campbell and the community competing for cash prizes
 - Music and entertainment provided by media sponsors!