



U.S. ARMY



# Community Information Exchange (CIE)

Fort Rucker, AL



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# January Event Calendar

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<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
06 Jan 21	0900-1100	Tactical Tuesday (Unit Active Shooter Training)	Post Wide
13 Jan 21	1100-1200	ID Card Section Closed for Training	Bldg 5700
18 Jan 21		Dr. Martin Luther King Jr. Holiday	Nation Wide
21 Jan 21	1200-1600	LAHC Closed for Training	LAHC
22 Jan 21	1400-1600	Quarterly Retirement Ceremony	Aviation Museum





# February Event Calendar

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<u>DATE</u>	<u>TIME</u>	<u>ACTIVITY</u>	<u>LOCATION</u>
1 -28 Feb 21		African American History Month/ Black History Month	Nation Wide
03 Feb 21	0900-1100	Monthly Mass Notification System test	Post Wide
04 Feb 21	1000-1200	Community Information Exchange	The Landing
09 Feb 21	TBD	FRSC Monthly Lunch	TBD
10 Feb 21	1415-1615	ID Card Section Closed for Training	Bldg 5700
15 Feb 21		President's Day Holiday	Nation Wide
17 Feb 21	1200-1600	LAHC Closed for training	LAHC





# Lyster Army Health Clinic

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LTC Danielle Rodondi: 255-7359 / [Danielle.k.rodondi.mil@mail.mil](mailto:Danielle.k.rodondi.mil@mail.mil)



LTC Danielle Rodondi  
Lyster Commander



## Appointment Line:

LAHC Appointment Line: (800) 261-7193

After Hours Nurse Line: (800) 874-2273

## TRICARE Online (TOL) Secure Messaging:

<https://app.tolsecuremessaging.com/>

## Referrals - Humana Military:

<https://www.humanamilitary.com/>



## Upcoming Closures:

18 JAN: Martin Luther King Jr Day Holiday

Closed 0600-1615

20 JAN: 3rd Wednesday Training Day

Closed 1200-1615

<https://lyster.tricare.mil/>

**Website**



For the most to update information follow our  
facebook page.

<https://www.facebook.com/LysterArmyHealthClinic/>





# Religious Support Office

255-2989/2012

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## Fort Rucker Chapels' Worship Services:

Saturday, 1700  
Catholic Mass  
Main Post Chapel  
Bldg 8940, Red Cloud Road

Sunday, 1045  
Contemporary Protestant  
Wings Chapel  
Bldg 6036, Andrews Avenue

Sunday, **0830**  
Traditional Protestant  
Wings Chapel  
Bldg 6036, Andrews Avenue

*All worship services are "in person," live streamed on the  
Fort Rucker Chapels Facebook page*

Sunday, 0900  
Catholic Mass  
Main Post Chapel  
Bldg 8940, Red Cloud Road

 YouTube [www.youtube.com/FortRuckerChaplain](http://www.youtube.com/FortRuckerChaplain)

 [www.facebook.com/fort.rucker.chapels](http://www.facebook.com/fort.rucker.chapels)

On the web at: <https://home.army.mil/rucker/index.php/chaplain>

Like us on Facebook: <https://www.facebook.com/#!/fort.rucker.chapels>







# Directorate of Public Safety

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Mr. McDougald at 255-0405

## Safety Reminders For Cell Phone Users.

- Keep conversations short and sweet. Don't use the cell phone for social visiting, hang up in tricky traffic situations - without warning if necessary. Resist dialing a number while in heavy traffic.
- Consider using a "hands-free" speakerphone system, so you can keep your hands on the wheel and your eyes on the road - and still keep talking. These speakerphones are available for many popular telephone models. ***Only hands-free authorized while vehicle in motion on post!!!!***

**Training Area Use.** Fort Rucker training areas are off limits to some recreational activities: running, walking, hiking, dog walking, bike riding, etc... without prior coordination with DFMWR Outdoor Recreation and/or Range Control. It is especially dangerous during hunting season with hunters armed with firearms or bow and arrows. Military training is the priority and unauthorized personnel entering the areas may negatively impact training.

**Primary Cause of Vehicle Accidents on Fort Rucker** - The most frequent cause for accidents on Fort Rucker is due to vehicle backing or turning movements in parking lots. Armed with this knowledge drivers should exercise extreme caution when entering a parking lot and drive slowly, (the speed limit in all post parking lots is 10 MPH) and look out for vehicles backing up. Drivers in parking spaces must look in both directions for oncoming traffic before they back up and then back up very slowly to avoid an accident.





# Directorate of Public Works

334-255-2113

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- Tree replacement. Trees along the old Air Assault Track will be removed and replaced from January into the Spring months of 2021. Intent is to remove dead and dying trees planted in the 1940s and 1950s and replace with more resilient shade trees such as Japanese Maples.
- Demolition. DPW will be demolishing vacant buildings around post such as the old dog training facility on Andrews Avenue across from the solar farm, portions of motorpools at Andrews & Joker Street, and outdated guard shacks near Lake Tholocco. This will clean up unsightly buildings around post and make way for future development.
- Parking lot striping. DPW recently completed parking lot re-striping around building 5700 and crosswalk painting near Ellis Elementary. We are also conducting pothole repair on various roads on post such as on Red Cloud for example.







# Corvias

334-440-8988

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- Corvias Community Centers and Corvias offices are open. Reservations are needed to access the fitness center, computer lab, game room, and laundry room. The multi-purpose room cannot be reserved for any events at this time.
- Reservations can be made at <https://corviasrucker.getomnify.com/>
- All rooms will have signs posted with max capacity (fitness room – 5, computer lab – 1, laundry room – 1, game room – 2)
- Masks must always be worn even while working out. Proper social distancing of at least 6 feet must always be maintained.
- Key fobs will not be activated during this re-opening phase
- Please follow our Facebook page for virtual fun and events  
<https://www.facebook.com/RuckerResidents/>



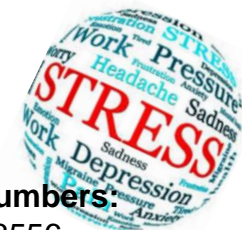


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255-9888

## Are you prepared to repay deferred Social Security Tax?

- Enlisted Soldiers, NCOs, most Officers and DA Civilians saw a 6.2% increase in their take home pay since September's mid-month pay through December 2020, due to the Social Security Tax Deferment. *Regular Social Security taxes will resume mid month JAN.*
- The deferred taxes were not eliminated. This was a TEMPORARY DEFERMENT of Social Security tax, which is scheduled to be RETURNED/COLLECTED from your Military Pay, in most cases, over 24 pay periods (if paid 2x/month) beginning mid-month JAN thru end of the month DEC 2021.
- Additional information may be found at <https://www.dfas.mil/taxes/Social-Security-Deferral/>, or by contacting a financial counselor at ACS (334-9631). **Check your LES and make a plan!**



# NEED TO TALK?



## CALL AN MFLC

MILITARY & FAMILY  
LIFE COUNSELOR

*Providing Help with the Stress of Military Life.*

**MFLC (Military and Family Life Counselors) new email addresses and phone numbers:**

164<sup>th</sup> / TAOG

[RuckerEmbedMFLC-01@SRIMFLCTeam.com](mailto:RuckerEmbedMFLC-01@SRIMFLCTeam.com)

334-369-8556

1AB

[RuckerEmbedMFLC-02@SRIMFLCTeam.com](mailto:RuckerEmbedMFLC-02@SRIMFLCTeam.com)

334-379-6440

110AB

[RuckerEmbedMFLC-03@SRIMFLCTeam.com](mailto:RuckerEmbedMFLC-03@SRIMFLCTeam.com)

334-379-6429

WOC

[RuckerEmbedMFLC-04@SRIMFLCTeam.com](mailto:RuckerEmbedMFLC-04@SRIMFLCTeam.com)

334-379-6453

ACS

[RuckerCDCMFLC-01@SRIMFLCTeam.com](mailto:RuckerCDCMFLC-01@SRIMFLCTeam.com)

334-796-9946

CYS

[RuckerCDCMFLC-02@SRIMFLCTeam.com](mailto:RuckerCDCMFLC-02@SRIMFLCTeam.com)

334-589-0242





# Child & Youth Services

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**255-2375**

- The Child Development Center is open for full day care and returns to normal operating hours on 11 January 2021, Monday – Friday 0530-1800. Part-day and hourly care are not available at this time. For more information please contact the CDC at 255-2262.
- The School Age Center is offering Before and After School hours and returns to normal operating hours on 11 January 2021, Monday – Friday 5:30 a.m.–7:30 a.m. and 2:30 p.m.–6:00 p.m. For information regarding virtual learning care please call the SAC at 255-9108.
- The Youth Center is open for after school hours and returns to normal operating hours on 11 January 2021, Monday – Thursday 2:30–7:00 p.m., Friday 2:30–10:30 p.m., Open Recreation is offered the 1<sup>st</sup> Saturday of each month 1:00–9:00 p.m. Call 255-2260 for more information.
- Youth Fitness Center, Building 8950, will open 19 January 2021- limit to 5 participants at a time. Hours of operation are Monday - Thursday 1600 – 1800.





# School Liaison Officer

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255-9812

- ✓ **Tutor.com for U.S. Military Families, funded by the U.S. Department of Defense and Coast Guard Mutual Assistance, is a program that provides on-demand, online tutoring and homework help at no cost to eligible service members, civilian personnel, and their dependents. With live, expert tutors available 24/7, military-connected students can receive academic help at their moment of need—anywhere they have an internet connection**
- ✓ **Seniors, it's never too early to start thinking about scholarships and preparing for your post secondary education plans. Your school career centers and counselors have plenty of information and advice. Please see attachment for scholarship information and more.**







# Family Morale Welfare Recreation (MWR)

334-255-2100

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## NOW HIRING

COOKS      FOOD & BEVERAGE  
BARTENDERS      ATTENDANTS  
WAITERS      CASHIERS

**AMAZING JOB OPPORTUNITIES  
AT FORT RUCKER WITH MWR!**

**APPLY TODAY AT  
[WWW.USAJOBS.GOV](http://WWW.USAJOBS.GOV)**

**SEARCH KEYWORD  
(FORT RUCKER)**



**CHECK OUR  
FACEBOOK & WEBSITE  
FOR POST-EXODUS  
HOURS, ADJUSTMENTS,  
& CLOSURES**

**Fort Rucker MWR**



[rucker.armymwr.com](http://rucker.armymwr.com)

## POLAR 5K PLUNGE

**LAKE THOLOCCO, WEST BEACH  
SATURDAY, JANUARY 30 at 10 A.M.**

**2021**  
  
**HAPPY NEW YEAR!**

**LIKE US ON FACEBOOK!**



**Fort Rucker MWR**



WHAT'S HAPPENING



# Around the Exchange

334-503-9044 EXT. 210

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The Exchange Helping You Be Healthy, Wealthy and Wise in 2021

## HEALTHY

### Healthier Choices

Take the guess work out of eating on the go! At the Main Exchange and Express locations, military shoppers can identify Healthier Choices BE FIT food and beverage options by “an easy-to-spot” Healthier Choices, Healthier Lifestyle shelf tag.



## BE FIT







# Around the Exchange

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## WEALTHY



WHEN YOU SHOP  
**YOUR EXCHANGE!**

### Tax Free Shopping

On top of already great deals on clothing, electronics and more

### Military – Exclusive Pricing

Military-exclusive pricing offered only to members of the military community



### Military Star Card Rewards

- Support MWR with every purchase
- Save 10% on food purchases at Exchange restaurants
- Save 5% on fuel at the Exchange
- Earn 2 points for every \$1 spent on installation and online
- FREE shipping with online purchases





## & WISE



### Exchange Rewards High-Achieving Military Students

For military children at Fort Rucker, good grades can earn great rewards and a chance at an Exchange Gift Card thanks to the Army & Air Force Exchange Service's You Made the Grade the program .



- **Opening in January!** Cairns Snack Bar will be opening on 4 January 2021
  - Monday – Friday from 0530 – 1400hrs.
- **Main Exchange Upgrade Project** renovations has started in the Food Court and the back portion of the Home & Garden Center. Check our Facebook regularly for updates at [www.facebook.com/ruckerexchange](http://www.facebook.com/ruckerexchange) !





# FORT RUCKER COMMISSARY

**Marisol Hennessey: 255-6671 EXT. 3300/  
Marisol.hennessey@deca.mil**

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## Commissary Hours

Monday-Closed

Tuesday- Friday: 0900-1900 (Priority Shoppers 0900-1000)

Saturday: 0900-1800 (Priority Shoppers 0900-1000)

Sunday: 1000-1700

The following patrons have priority shopping during the first hour of operation (No Priority Shopping on Sundays)

Military in Uniform

62 Years or Older

Immunocompromised

Disabled

Spouses of Deployed Soldiers with Young Children

- Ft. Rucker Commissary has a new Assistance Commissary Officer effective 12/22/2020- Mr. Jess Lira, 334-255-6671 x 3302
- Grocery Manager Selection is in process.
- Visitors are now allowed access into the Commissary
- ALL persons entering the Commissary must wear a facial covering.
- Customers scan their own ID cards so cashiers can provide them touchless transaction
- Reusable bag can be used by patrons but you must bag your own groceries.



MAKING THE COMMISSARY WORTH THE TRIP  
SUMMER TAILGATE POWER BUY BOX

19LBS. OF GRILLING ITEMS  
FROM YOUR MEAT DEPARTMENT

Tailgate special consist of these featured items:  
7 LBS. 81 % Tray Pack Fresh BEEF PATTIES  
5 LBS. Choice Strip Loin Steaks  
7LBS. Pork Baby Back Ribs



**\$80.00**

**37% SAVINGS**

ABOVE DECA'S REGULAR RETAIL PRICE



ASK YOUR COMMISSARY MEAT MANAGER FOR DETAILS



MAKING THE COMMISSARY WORTH THE TRIP  
FALL FAVORITES POWER BUY BOX

APPROX. 15LBS. OF CROCK POT ITEMS  
FROM YOUR MEAT DEPARTMENT

Box Consists of these Featured Items:  
APPROX. 4 LB. CHUCK ROAST  
APPROX. 4 LB. STEW MEAT  
APPROX. 4 LB. LONDON BROIL  
APPROX. 3 LB. 80% CHILI MEAT



**\$38.00**

**25% SAVINGS**

ABOVE DECA'S REGULAR RETAIL PRICE



ASK YOUR COMMISSARY MEAT MANAGER FOR DETAILS

**HEALTHY  
ALTERNATIVE**



MAKING THE COMMISSARY WORTH THE TRIP  
HEALTHY ALTERNATIVE POWER BUY BOX

APPROX. 16LBS. OF GRILLING ITEMS FROM  
YOUR MEAT DEPARTMENT

Premium Healthy Alternative  
Box Consists of these Featured Items:  
4 LBS. 93% LEAN 1 LB. CHUB GROUND BEEF  
APPROX. 2 LBS. LONDON BROIL  
APPROX. 2 LBS. BEEF STEAK  
APPROX. 2 LBS. BEEF KARBON  
APPROX. 2 LBS. USDA CHOICE TOP SIRLOIN  
APPROX. 4 LBS. BONELESS PORK CHOPS

**\$45.00**

**25% SAVINGS**

ABOVE DECA'S REGULAR RETAIL PRICE



ASK YOUR COMMISSARY MEAT MANAGER FOR DETAILS



MAKING THE COMMISSARY WORTH THE TRIP  
ECONOMY POWER BUY BOX

APPROX. 15LBS. OF GRILLING ITEMS  
FROM YOUR MEAT DEPARTMENT

Box Consists of these Featured Items:  
APPROX. 4 LBS. 85% 1 LB. CHUB GROUND BEEF  
APPROX. 3 LBS. BONELESS CENTER CUT PORK CHOPS  
APPROX. 3 LBS. BOTTOM ROUND ROAST OR STEAK  
APPROX. 3 LBS. BEEF CUBE STEAKS  
APPROX. 2 LBS. BONELESS PORK TENDERLOIN



**\$30.00**

**38% SAVINGS**

ABOVE DECA'S REGULAR RETAIL PRICE



ASK YOUR COMMISSARY MEAT MANAGER FOR DETAILS





# Voting Assistance

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**Federal Elections** occur every 2 years!  
2020 Election Season's activities are quickly wrapping up.

**SOON** States will already begin preparing for 2022.

**BUT**... DYK Elections such as Special Elections, County Elections & City Elections continue to be held each year.

**Visit** Federal Voting Assistance Program at [www.FVAP.gov](http://www.FVAP.gov) for Info.



- ✓ Upcoming Election Dates & Deadlines
- ✓ Federal Post Card Application Forms
- ✓ Federal Write-In Absentee Ballot Forms
- ✓ Contact Information for Your Local Election Officials
- ✓ Locate Your Installation Voting Assistance Office



**Contact Your  
Unit Voting Assistance Officers for Help**  
Installation Voting Assistance Office  
Bldg: 5700, Rm: 280 – Phone: 334-255-1839







# Fort Rucker Community Spouses' Club

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Flamingo Flocking Fundraiser is ongoing \$25 to send a flock of flamingos to a yard for 24 hours! Schedule on our website.

Applications for Scholarships and Community Grants  
Now available at <http://www.fortruckercsc.com/>





# Fort Rucker Thrift Shop

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**Don't**



Fort Rucker Thrift Shop  
Donation Shed has Re-Opened  
*and*  
We Need your Generous Donations!



Fort Rucker Thrift Shop  
9207 Ruf Avenue

Donation Shed is OPEN 24/7 for all of your donation needs.  
All donations are Tax Deductible.  
Tax receipts can be obtained inside the shed or  
in the store during normal business hours.







# U.S. Army Aviation Museum

334-598-2508

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# American Red Cross



**American  
Red Cross**

**Lauren White – 205-603-2180**

## **Red Cross Offering 5 New Virtual Resiliency Courses**

Workshops include: Stress Solutions, Effective Communication, Connecting with Children, and Caregiving, and COVID-19 Stress

For more information and to schedule a workshop contact Lauren White at

[Lauren.White@redcross.org](mailto:Lauren.White@redcross.org) – 205-603-2180

## **Red Cross Offices Closed to Public**

Red Cross Offices remain closed to the public for the foreseeable future. Volunteering at Lyster Army Health Clinic is also restricted at this time. If you are in need of Red Cross services please call **1-800-RED-CROSS**

## **SAF Emergency Communication**

**To initiate an Emergency Message call 1.877.272.7337**

Death, illness, Birth, Info and Referral – emergency MUST be for immediate family to initiate message and notifications

