

**Leadership Information Networking Connection (LINC)** 

Fort Rucker, AL



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# **Lyster Army Health Clinic EFMP**



Mrs. Sarah Smith 334-255-7431

- Command Sponsorship Processing
  - Assignment reconsideration
- EFMP Packet Processing
  - Enrollment
  - Updates
  - Disenrollment
- Compassionate Actions
  - Reassignment
  - Stabilization
- LAHC EFMP e-mail:
  - usarmy.rucker.medcom-lahc.list.efmp@mail.mil
- Army EFMP website
  - https://efmp.amedd.army.mil/tools/contacts.html





# **May Event Calendar**



| <u>DATE</u> | <u>TIME</u> | ACTIVITY                       | <b>LOCATION</b>        |
|-------------|-------------|--------------------------------|------------------------|
| 04 May 22   | 0900-1100   | Monthly Mass Notification Test | Post Wide              |
| 05 May 22   | 0630-0800   | National Day of Prayer         | The Landing            |
| 05 May 22   | 0900-1000   | L.I.N.C. Meeting               | The Landing            |
| 10 May 22   | 0900-1100   | Tactical Tuesday Exercise      | Post Wide              |
| 20 May 22   | 0900-1100   | Newcomers Welcome              | The Landing            |
| 25 May 22   | 0930-1100   | Garrison CSM CoR               | <b>Aviation Museum</b> |
| 27 May 22   | 0830-0930   | Memorial Day Ceremony          | Veterans Park          |
| 30 May 22   |             | Memorial Day                   | Nation Wide            |





# **June Event Calendar**



| <u>DATE</u> | <u>TIME</u> | <u>ACTIVITY</u>                | <u>LOCATION</u> |
|-------------|-------------|--------------------------------|-----------------|
| 01 Jun 22   | 0900-1100   | Monthly Mass Notification Test | Post Wide       |
| 02 Jun 22   | 0900-1000   | L.I.N.C. Meeting               | The Landing     |
| 03 Jun 22   | 1200-1600   | CFC Awards Ceremony            | Post Theater    |
| 17 Jun 22   | 1200-1600   | GEMS awards Session 1          | Post Theater    |
| 17 Jun 22   | 0900-1100   | Newcomers Welcome              | The Landing     |
| 24 Jun 22   | 1200-1600   | GEMS awards Session 2          | Post Theater    |
| 30 Jun 22   | 1600-2200   | Freedom Fest                   | Festival Fields |





# **Lyster Army Health Clinic**

RETURN TO TOC

## LTC Danielle Rodondi: 255-7359 / Danielle.k.rodondi.mil@mail.mil



LTC Danielle Rodondi Lyster Commander



SGM Shavonda McLean Senior Enlisted Advisor

#### **Appointment Line:**

LAHC Appointment Line: (800) 261-7193 After Hours Nurse Advice Line: (800) 874-2273

#### TRICARE Online (TOL) Secure Messaging:

https://app.tolsecuremessaging.com/

#### Referrals - Humana Military:

https://www.humanamilitary.com/

#### **Upcoming Closures:**

18 May: 3<sup>rd</sup> Wednesday Training Day, Closing at 1200

30 May: Memorial Day Holiday, Closed

https://lyster.tricare.mil/





For the most to update information follow our facebook page.

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

COVID-19 Moderna vaccinations including boosters are available to Active Duty, DoD civilians, and TRICARE beneficiaries ages 18 and over. Schedule online at <a href="https://informatics-stage.health.mil/LysterCOVIDApp/">https://informatics-stage.health.mil/LysterCOVIDApp/</a>

Beneficiaries and DoD/DA civilians can also visit vaccines.gov to find a COVID-19 vaccine within the local community.













# **Religious Support Office**

POC (334) 255-2989/2012



## **Current Worship Opportunities**

✓ All worship services are "in person":

- Daily Catholic Mass: Tuesday-Friday, 1205-1235, Main Post Chapel, Bldg. 8940, Red Cloud Road
- Islamic Time of Prayer: Friday, 1250-1400, Islamic Time of Prayer, Wings Chapel, Bldg. 6036, Andrews Avenue
- Catholic Confession: Saturday, 1600-1700, Catholic Confessions, Main Post Chapel, Bldg. 8940, Red Cloud Road
- Catholic Mass, Saturday: 1700-1800, Catholic Mass, Main Post Chapel, Bldg. 8940, Red Cloud Road
- Catholic Mass, Sunday: 0900-1000, Catholic Mass, Main Post Chapel, Bldg. 8940, Red Cloud Road
- General Protestant, Sunday: 1100-1200, General Protestant, Wings Chapel, Bldg. 6036, Andrews Avenue
- LDS Service, Sunday: 1100-1200, LDS Service, Wings Chapel, Bldg. 6036, Andrews Avenue





# **Religious Support Office (2)**

POC (334) 255-2989/2012



# Fellowship and Ministry Programs

**✓** Catholic Women of the Chapel (CWOC)

For details, email: ftruckercwoc@gmail.com

Location: Spiritual Life Center, Bldg. 8939, Rm 39/40

Virtual Meetings: Monday, Evenings: 7:30-8:30 PM

In-Person Meetings: Wednesday, Mornings: 9:00-11:00 AM

**✓ Protestant Women of the Chapel (PWOC)** 

Location: Wings Chapel, Bldg. 6036

In-Person Meetings: Tuesday, Mornings: 9:00-11:30 AM

Tuesday, Evenings: 6:30-8:00 PM

✓ For more information and other FAITH GROUP SERVICES, contact the Religious Support Office, 334-255-2989.





# **Religious Support Office (3)**

POC (334) 255-2989/2012



# FAMILY LIFE CENTER

for Counseling & Spiritual Resiliency

All DoD Active, Reserve, National Guard, DoD Dependents, DoD Civilians, Retirees, & Veterans

100% Confidential Counseling



relationship & marital issues

 $social\ difficulties\ -\ depression$ 

anxiety — addictions recovery

grief & loss — trauma

life wellness & spiritual struggles

Chaplain Mike Rhoades USAG Family Life Chaplain



https://www.therapyportal.com/p/fortruckerflc/ Or call (334) 255-3447







# **Directorate of Public Safety (DPS)**

(334) 255-0405



#### Hurricane Season 1 June - 30 Nov

- There are checklists available that help prepare Soldiers and their family members for a storm. Obtain one and review it with your family so they will know what to do when a storm is approaching.
- Prior to a storm, please remember to pick up loose objects outside your home and/or work area that would pose a danger during high winds when they become flying missiles.
- Continue to ensure that you and your family understand the Warning Signal for a Tornado. Monitor potential hazardous weather conditions and plan ahead.
  - Buy non-perishable items on the checklist in advance of a storm so your family is well prepared.

## **Privately Owned Firearms (POF)**

- Registered POFs can only be transported on the installation when the individual is enroute to a bona fide sporting event and must be unloaded when transporting. State concealed weapons permits are not valid on Fort Rucker.
- Personnel living on post (Soldier, retiree or DA civilian) must register their POFs (using DPS Fort Rucker Form 818), on the installation with DPS within 72 hours of their arrival and/or whenever they purchase or otherwise obtain a firearm. All Soldiers must now get unit commander signature on DPS Form 818 when registering weapons with DPS. DPS has limited Chamber Cable Locks Available.
- POFs cannot be stored in the barracks, POVs or work areas. POFs may be stored in the BOQ, quarters and unit arms room. POFs must be stored in a locked container; trigger locks, or chamber cable locking devices should be used.



## **Corvias**

(334) 440-8988



## Scholarships for Spouses of Active-Duty Service Members

- Applications are due by May 13, 2022

- By August 31, 2022 - Scholarship awards announced

https://corviasfoundation.org

**Lawn Care:** Started April 11<sup>th</sup>

**May Resident Events:** 

Mothers Day Event – May 6<sup>th</sup>

30 Day Notice Reminder

Pools open May 20th







334-255-9888

# Mr. Kent Thompson kent.d.thompson.civ@army.mil

Mom & Me: Dad Too Playgroup Every Monday 0930-1100 Bldg 8946, 7<sup>th</sup> Ave

Financial Readiness Orientation Class Every Tuesday 0930-1100 Bldg 5700, Rm 350

Tot Time Wednesdays 0930-1100 Bldg 8946, 7<sup>th</sup> Ave

SFRG Leadership
Training
10 May
0900-1200
Bldg 5700, Rm 284

SFRG Informal Funds Custodian Training 10 May 1300-1430 Bldg 5700, Rm 284

Baby Sign Language 12 May 1000-1100 Bldg 8946, 7<sup>th</sup> Ave

Special Sensory Movie
"Sonic the Hedgehog 2"
14 May (Saturday)
Starts at 3pm
On post theater
\*Lights not so low and sound not so loud to allow children to be expressive\*

AER Fund Campaign
1 March-30 June

Fit to Honor 14 May 0900-1100 Freedom Field

EFMP Social 16 May 1000-1100 Bldg 5700, Rm 350

Newcomers'
Welcome
20 May
0900-1130
The Landing
\*Mandatory for all
newly arriving
soldiers\*

CMT Outbound
Permanent Change of
Station (PCS) Move
Every Thursday
0930-1030
Bldg 5700, Rm 350

TO TOC

DoD Financial
Readiness Common
Mandatory Training
Milestone Courses
are being offered
through ACS
Financial Readiness
Program. Call (334)
255-9631/3765 for
more information





## **Child and Youth Services**

(334) 255-2254/9105/0950



- The Child Development Center is open for full day care. Part-day and hourly care are not available at this time. For more information call the CDC at 255-2262
- The School Age Center is offering Before and After School hours, Monday Friday 5:30 a.m.–7:30 a.m. and 2:30 p.m.–6:00 p.m. For more information call the SAC at 255-9108
- The Youth Center is open for After School hours, 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. For more information call the Youth Center at 255-2260/2271
- Start planning for summer child care, the School Age Center and Youth Center will be offering full day summer camp starting 31 May 2022. If interested please ensure your registration is up to date by contacting Parent Central Services at 255-9638.



# U.S.ARMY

## **School Liaison Officer**

RETURN TO TOC

334-255-9812

- Tutor.com offers tutoring for K-12<sup>th</sup> grade and so much more. Preparations for SAT,
  PSAT/NMSQT, ACT, GED and COMPASS exams, quantitative sections from the GRE exam
  and AP Class exams are offered as well as resources to help with conquering test anxiety,
  setting and achieving educational goals, ways to help k-12 students advocate for
  themselves, improving critical thinking and research skills, social emotional learning and
  so much more. Please check out tutor.com, it's free for military families!
- If you are new or you know someone new to the Ft. Rucker community, please know that I will gladly arrange school tours before deciding where you'd like to live. Please contact me to better assist in making the school district of choice decision. During the summer PCS season, let new families know if they're searching for living accommodations and initially checking out houses from the car, pay attention to the garbage can color outside the dwelling:

**Green Garbage Can- Enterprise City Limits** 

Blue or Brown Garbage Can- Dale County or Coffee County

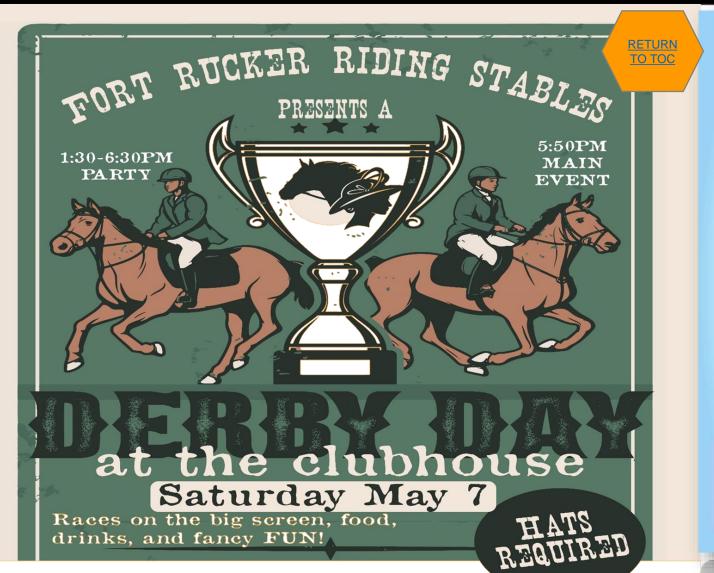
This is just a guideline, but for zoning specifics for all schools, please contact me with an address and I'll gladly let you know which school the home is zoned for.





CAPPENDING

# Family Morale Welfare Recreation (MWR) 255-2100



RIDING STABLES

Bldg. 20150, Hatch Road (334) 255-0021













BAPBENING

# Family Morale Welfare Recreation (MWR) 255-2100



## **BEACH LAKE THOLOCCO**

COME OUT FOR A MORNING OF FAMILY FUN AND FITNESS! 5K RUN OR WALK WITH AN EXCITING DAY AT THE LAKE TO FOLLOW. ALL ACTIVITIES WILL BE AT WEST BEACH LAKE THOLOCCO SWIMMING AREA. ALL FINISHERS RECEIVE A MEDAL!

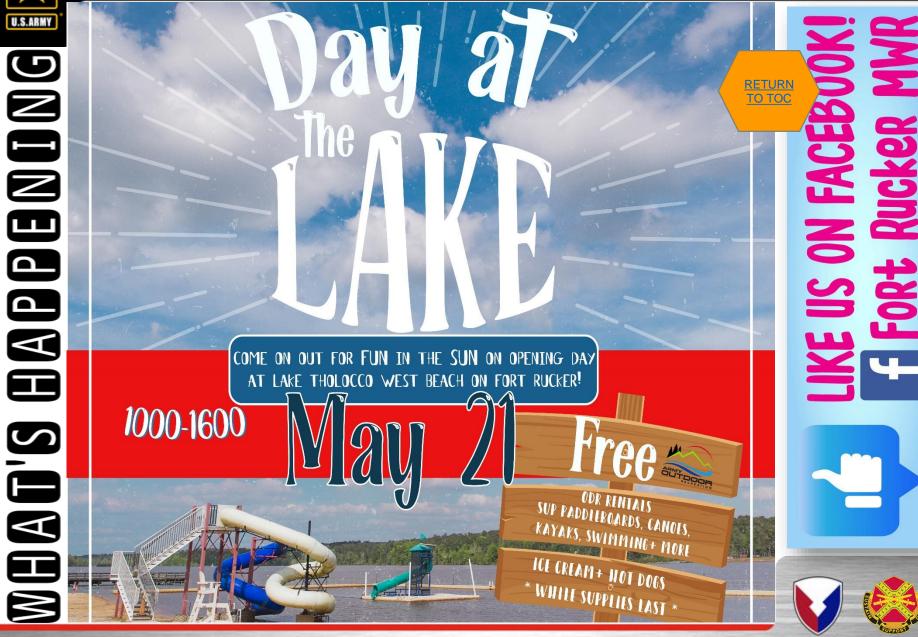








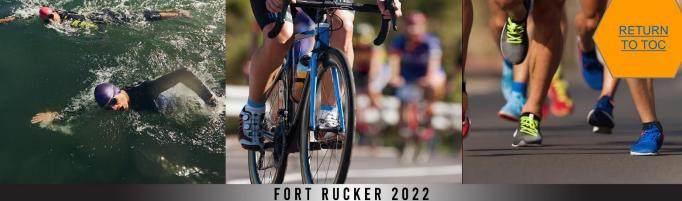
# Family Morale Welfare Recreation (MWR) 255-2100





WEAD'S CAPPENING

# Family Morale Welfare Recreation (MWR) 255-2100



## CASH PRIZES

FOR TOP OVERALL FINISHERS AND TOP RELAY TEAM TO CROSS THE FINISH LINE!

FORT RUCKER TRIATHLON WILL BE
OPEN TO THE PUBLIC/AUTHORIZED
PATRONS. PATRONS (OVER THE AGE
OF 16) WHO WOULD LIKE TO ATTEND
THE EVENT WILL NEED A VISITORS
PASS BEFORE JUNE 18 FOR ACCESS
TO THE EVENT.

# **SPRINT** W. BEACH LAKE THOLOCCO

OPEN
TO THE
PUBLIC



INDIVIDUAL EARLY REGISTRATION \$50 Now- 12 June \$60- 13 June-Race Day

> RELAY TEAM (3 MAX) \$95 NOW- 12 JUNE \$105 13 JUNE-RACE DAY

AWARDS FOR TOP Finishers in Each age category!











CAPPENDNG

Family Morale Welfare Recreation (MWR) 255-2100

# EFORT RUCKER MW JOB FAIR GREAT JOBS GREAT PEOPLE

WEDNESDAY, MAY 18TH 2022 THE LANDING BALL ROOM 3:00 P.M. - 6:00 P.M.



Pay starting at an hour

**USAJOBS.GOV Keyword Fort Rucker** 













# Family Morale Welfare Recreation (MWR) 255-2100





# **Around the Exchange**

TO TOC

(334) 503-9044 EXT. 210

- 29 April 12 May and 13 26 May : PX Firearms Savings Events
- Until 8 May Shop our Mother's Day Gift Guidebook in-store and online at <a href="shopmyexchange.com">shopmyexchange.com</a>.
- 26 April –5 May: PX Mother's Day Gift Basket Giveaway. Enter to win one (1) of three (3) gift baskets filled with goodies for Mom. Drawing held on 6 May.
- 5 May Class Six Cinco de Mayo Fiesta from 1300 1800.
  - Tequila & Corona Seltzer Tasting from 1300 -1700.
  - Huey's Walking Taco Food Truck will be onsite from 1600 1800.
- 6 May "Show Us Your Military Star Card Receipt" (name & number must be written on receipt) for a chance to win Centenario Gold Tequila 750ml at the Mini Mall Express. Must be 21 to enter.
- 13 May Enter to Win Free Hunt Brothers Pizza (one (1) of three (3) winners) must ask associate for entry form at the Mini Mall Express.
- 20 May Rancho Gloria Margarita Tasting from 1500 1700 at the Mini Mall Express
- 1 23 May PX Cutest Pet Facebook Photo Contest. Win a \$25 Exchange gift card with the most "likes"!
- 21 May PX Pet Expo: Join us for door prizes and giveaways, shop on-site vendors and watch a Military Police K9 demo from 1100 -1300! S.O.S. Adopt-a-Pet Photo Board: Take a glimpse of your new pet! Pictures of cats and dogs available for adoption.
- 1 31 May AAFES Patriot Pet Photo Contest. Win up to \$500 Exchange gift cards! Submit your pet's photo entry at <a href="mailto:shopmyexchange.com/sweepstakes">shopmyexchange.com/sweepstakes</a>.

















## **Around the Exchange**



(334) 503-9044 EXT. 210

- 1 31 May AAFES Patriot Pet Photo Contest. Win up to \$500 Exchange gift cards!
   Submit your pet's photo entry at <a href="mailto:shopmyexchange.com/sweepstakes">shopmyexchange.com/sweepstakes</a>.
- 30 May (Memorial Day) PX holiday hours: 1030-1800.
- **We're Hiring!** If you know of anyone who is interested in a fun job in a safe on-post environment serving the greatest customers in the world, please let them know to apply at <a href="www.applymyexchange.com">www.applymyexchange.com</a>. Positions starting at \$15 per hour plus benefits!
- Advanced Tabloids & Sales Flyers: Find low prices and great deals in our Digital Ads by clicking here: <a href="mailto:shopmyexchange.com">shopmyexchange.com</a>
- **Military Star Card Rewards**: Earn 2% Rewards (2 points per \$1 spent!) on every purchase, rewards are sent via email and are valid for 3 months to redeem.





- Main Exchange, Food Court and Mall Renovations Update:
  - Subway and Popeye's work is in progress.
  - Work in the upper portion of the Main Store is underway. As with the Four Seasons, the work will be done in phases to allow for maximum customer access to merchandise, and services. This necessitates some shuffling of fixtures and merchandise, and we apologize for any shopping headaches this may cause.
  - The Four Seasons entrance is nearing completion and the main/front entrance will be next, please monitor our Facebook page for updates.
  - Thank you for your understanding and support during this major undertaking! We appreciate you!







# **Fort Rucker Commissary**

## RETURN TO TOC

# Marisol Hennessey: 255-6671 EXT 3300 marisol.hennessey@deca.mil

The Fort Rucker Commissary is pleased to announce the store will be open seven days a week starting May 16th.

The new Monday opening is part of a Defense Commissary Agency test program and will offer limited services, such as:

- •Self-checkout registers only
- •Debit/credit card payments only
- •Fresh meat will be available, but no meat cutters will be onsite for special orders
- •Deli/bakery will be open, but no Sushi Chef
- •Self-bagging and carry out
- •The commissary is providing this test service to determine how well seven-day shopping will be received by the Fort Rucker community.
- ➤ New hours of operation effective May 16, 2022 are as follows:

Early Bird: Tuesday – Friday 0830-0900 Sunday and Monday 1000-1800 Tuesday-Friday 0900-1900 Saturday 0900-1900

➤ Click 2 Go online Shopping 24/7 up to 6 days lead time. NO SERVICE FEE. Pickup days and time are Tuesday-Friday 1100-1800. Effective May 16<sup>th</sup>, C2G will be available on Mondays from 1100-1700. More additional time slots have been added to include a three-hour lead time verses a six-hour lead time. Commissary CLICK2GO Online Ordering | Commissaries

➤In honor of **Military Appreciation Month**, your Fort Rucker Commissary will be holding a sidewalk sale May 19th – 22nd. During sidewalk sales may include products such as cold cereals, snacks (nuts, chips, candy), flavored water and juices, energy drinks, beverages, pet food, international foods, baking goods, canned goods, non-food items (paper towels, toilet paper, wipes, cleaning products), baby products, and health and beauty products.



## **INSTALLATION VOTING ASSISTANCE OFFICE**

**United States Army Aviation Center of Excellence & Fort Rucker** 



## FIND Voter Resources at FVAP.gov

(334) 255-1839

# State Primary Elections

May 10, 2022

West Virginia

Nebraska

May 17, 2022

Idaho

Kentucky

North Carolina

Oregon

Pennsylvania

May 24, 2022

Alabama

**Arkansas** 

Georgia

May 24, 2022

**Primary Runoff** 

Texas

# State Primary Elections

June 7, 2022

California

Iowa

Mississippi

Montana

**New Jersey** 

New Mexico

South Dakota June 14, 2022

Julie 14,

Maine

Nevada

North Dakota

South Carolina

June 21, 2022

Virginia

June 21, 2022

**District Primary** 

District of Columbia

# State Primary Elections

June 21, 2022

**Primary Runoff** 

Alabama

**Arkansas** 

Georgia

June 28, 2022

Colorado

Illinois

Oklahoma

Utah

June 28, 2022

Federal/State Primary

New York

June 28, 2022

**Primary Runoff** 

Mississippi

South Carolina

# State Primary Elections

July 19, 2022

Maryland

July 26, 2022

Federal Primary Runoff

North Carolina



## Installation Voting Assistance Office

#### Location:

Bldg. 5700, Rm. 220

Hours: M-F

7:30 a.m. - 4:00 p.m.

#### Phone:

334-255-1839

#### E-mail:

usarmy.rucker.avnc oe.mbx.votingoffice@mail.mil

## Special PRIMARY Elections

U.S. House

**Congressional District 1** 

May 24, 2022

Minnesota

U.S. House

**Congressional District** 

June 11, 2022

Alaska

## Special GENERAL Election

U.S. House

**Congressional District 22** 

June 7, 2022

California

## **SPECIAL ELECTION**

U.S. House

**Congressional District 34** 

June 14, 2022

Texas









## INSTALLATION VOTING ASSISTANCE OFFICE

**United States Army Aviation Center of Excellence & Fort Rucker** 

## FIND Voter Resources at *FVAP.gov*

334-255-1839

## **State Primary Elections**

August 2, 2022

Arizona

Kansas

Michigan

Missouri

Washington

August 4, 2022

Tennessee

## **State Primary Elections**

August 9, 2022

Connecticut

**Minnesota** 

Vermont

Wisconsin

August 13, 2022

Hawaii

## **State Primary Elections**

August 16, 2022

Alaska

Wyoming

August 23, 2022

Florida

Oklahoma

## **Territory Primary Elections**

August 6, 2022

Virgin Islands

August 27, 2022

Guam

## **Special GENERAL Elections**

U.S. House

**Congressional District 1** 

August 9, 2022

Minnesota

U.S. House **Congressional District** August 16, 2022

Alaska

#### Voter Registration and This form is for absent Uniformed Service members their families, and citizens residing outside the United Absentee Ballot Request States. It is used to register to vote, request an Federal Post Card Application (FPCA) absentee ballot, and update your contact information See your state's guidelines at FVAP.gov. Print clearly in blue or black ink, please see back for instructions 1. Who are you? Pick one. I request an absentee I am on active duty in the Uniformed Services or Merchant Marine -OR- I am an eligible spouse or dependent ballot for all elections in which I am eligible I am a U.S. citizen living country, and I intend to return ☐ I am a U.S. citizen I ☐ Miss ☐ Ms. Middle name Social Security Number 2. What is your address in the U.S. ting an absentee b City, town, village

hant Marine -OR- I I am an eligible spouse or dependent. end to return. ncertain. United States. ☐ Mr. □ Miss







# Fort Rucker Community Spouses' Club

RETURN TO TOC

POC: (334) 470-7023



## FLOCKING INFORMATION







# **U.S. Army Aviation Museum**

RETURN TO TOC

(334) 598-2508



MUSEUM & GIFT SHOP HOURS:

MONDAY - FRIDAY

9 - 4

SATURDAY

9 - 3

Gift Shop closes at 2:45 on Saturday

Shop with us! IN-STORE & ONLINE

The Museum is undergoing renavations but will be OPEN normal business hours







## **Cub Scout Pack 50 Fort Rucker**



## Cub Scouting is available to:

Kindergarten through 5th Grade

Boys and Girls

And is a *Family Friendly* 

Program!!

## Cub Scouting aims to promote:

Character development

Citizenship training

Personal fitness

• Leadership.





Questions Email:

pack50fortrucker@gmail.com







# **BSA Troop 50 Fort Rucker**





# **BSA Troop 50**

Ft. Rucker, AL

Where do we meet?

Meetings: Tuesday 7pm-8:30pm @ the Spiritual Life Center

- Who can be a Scout?
  - Those who have completed 5<sup>th</sup> grade and are at least 10 years old, or have completed their Arrow of Light and are at least 10 years old, or age 11 -18.

## Contact:

- Boys Troop: <a href="https://www.facebook.com/groups/fortruckertroop50">https://www.facebook.com/groups/fortruckertroop50</a>
- Girls Troop: <u>FRALTroop50girls@gmail.com</u>





## **American Red Cross**



(228) 224-7232



# **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





# Fort Rucker Thrift Shop



# FORT RUCKER THRIFT SHOP

Open 10am-2pm Wed & Fri and 10am-5pm Thu

Consignment Hours Wed 10am-1pm & Thu 10am-3pm





Donations are accepted 24 hours a day in our Donations Shed located behind the TS building with 100% of our profits going right back into the community by way of Community Grants!





# **Emergency Contact Numbers**

## Important Numbers to Add to Your CONTACTS

\*IN CASE of EMERGENCY
Dial 911

## FORT RUCKER CHAPLAIN SUPPORT

334-255-2989/2012 \*After Duty Hours/Weekends 334-255-3100

## NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-8255

# FORT RUCKER BEHAVIORAL HEALTH APPOINTMENT LINE

334-255-7028

