

# ALLEN HEIGHTS NEWSLETTER

November 2011

Fort Rucker, AL

One Company. One Mission. Families First.®



**From the desk of Robert Frazier,**  
*Community Management Director*

## Dear Families:

I would like to take this opportunity to thank each and every one of you for your dedication and service to our great country. We want to extend our thanks to all of you for allowing us the opportunity to serve you and your family, as there are no finer customers we could have the privilege of working for.

As we head into the Thanksgiving holidays, we pause to reflect on the many things all of us can be thankful for during this year. We are thankful to have the opportunity to assist families being placed into our homes and will continue to assist military families with their housing needs as quickly as possible. We are also thankful to be chosen to assist and lead the way in improving the quality of life for Soldiers and their families at Fort Rucker. There is no greater calling than providing great service to the families that sacrifice so much for our country and our way of life.

In Alabama, we pride ourselves on home-cooked meals, in part we love to fry our foods

and turkeys are no exception, however there are risks when cooking a turkey this way. While we love our fried turkeys, we do want you to be safe and to spend your holiday with your family and not in an emergency room or watching the firemen extinguish your dinner as well as part of your yard. Please follow the safety tips provided in this newsletter to ensure you and your family has a safe and fun holiday.

Again, we want to take this opportunity to wish you and your family a happy Thanksgiving. If you are traveling, please do so safely and with the knowledge that we will keep your home safe and secure while you are away. For those of you who are staying at Fort Rucker for the holiday, we hope you enjoy your time with your family and friends and want you to know that we are here for you if you need us.

**Robert Frazier**  
*Community Management Director*

## Military Spouse Employment Partnership

MSEP is a comprehensive IT-based employment and career partnership solution, connecting military spouses to employers who are seeking a twenty-first century workforce with the skills and attributes possessed by military spouses. MSEP promotes long-term, meaningful and mobile career employment between America's employers and military spouses wherever they move. MSEP is an expansion of the Army Spouse Employment Program to military spouses in all the Military Services.

The MSEP web portal provides military spouses with direct access to the Human Resources landing page of seventy-two MSEP corporate partners with over 43,000 jobs posted. For employers, MSEP offers access to a digital recruiting platform of job seeking military spouses and simplifies "search and match" for companies looking to increase hiring of military spouses.

Military spouses can get career exploration assistance, training and education information, licenses and credentials information, and career readiness assistance (e.g., writing a resume, developing interview skills, planning for child care and transportation needs, and researching flexible work options) by calling Military OneSource at (800) 342-9647 or by visiting the Military OneSource website.

## NEIGHBORHOOD NC CENTER

**Manager**  
Bebe Jackson

**Maintenance Supervisor**  
Jim Mock

**Hours of Operation**  
M-F 8:00 a.m. to 6:00 p.m.  
SAT 10:00 a.m. to 5:00 p.m.

\*Holiday Hours Available on Back Page

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## Change Your Clocks, Check Your Smoke Detectors

Daylight Savings Time ends on Sunday, November 6 at 2 a.m. As you reset all your clocks, it's also recommended by fire departments and FEMA to replace the batteries in smoke alarms.

Smoke detectors should also be checked monthly to assure they are working properly. A working smoke detector more than doubles a person's chance of surviving a home fire. All homes on post have smoke detectors. If a smoke alarm does not sound when tested, call your Neighborhood Office immediately. A "chirping" sound from your smoke detector is a low battery warning. If you would like assistance checking your smoke detector, please call your Neighborhood Office.

## Salute to Military Families

November is Military Family Appreciation Month with activities and specials planned throughout the month. This exciting month provides ACS and DFMWR an opportunity to say thank you and show our appreciation to the Military Families serving on Fort Rucker.

ACS will kick the month off with a "Salute to Military Families" in conjunction with the Chili 5K Run and Cook-off on November 5, 2011 at the Fort Rucker Festival Field. ACS and DFMWR businesses will team up together with information booths, cake and games. In addition, CYSS will sponsor two inflatable's to entertain the youth. From 10:45 to 11:15 a.m. nominees for the "Families of Excellence" campaign along with applicants for the youth color and essay contest will be recognized by the Commanding General or his representative.

Army Community Service will be at the PX food court every Tuesday starting 8 November 8, 2011, from 11:30 a.m. to 12:30 p.m. with information and cake to say thank you to our Military Families.

Come to the Youth Center on November 18, from 4 to 10 p.m. to enjoy food, beverages and family skate night.

The DFMWR businesses will be running specials throughout the month of November. Look for the flyer describing all specials being offered or call 255-3817.

## Turkey Fryer Safety Tips

From GrillsDirect.com

An established favorite in the southern United States, deep-fried turkeys have experienced a boom in popularity in recent years due to exposure from celebrities such as Martha Stewart and Emeril Lagasse.

Many say that the quality is increased when you use a turkey fryer, and at the proper temperature the taste is locked within the turkey, making sure every bite is succulent, juicy and bursting with flavor. One turkey fryer advantage is that they are not just for Thanksgiving anymore. You can take a turkey fryer anywhere there is space to safely use it.

Above all, remember the cardinal rule: a turkey fryer should never be left unattended. Frying a turkey is not like baking one. You cannot simply throw it in the oven and leave it to cook. Many people turn turkey frying into a time to bond with friends and family. Turkey frying has evolved into a social event rather than a conventional cooking experience.

Though taste has been a deciding factor in whether or not to deep fry a bird, certain safety issues arise that should be considered to ensure that your turkey frying experience is a memorable one.



## Care Packages for Deployed Soldiers

Thom W. Conroy

One of the worst things a Soldier has to overcome is the sense of separation that occurs when the time for deployment arrives. While the members of a Military Unit tend to gravitate to a level of closeness resembling a family, there is no replacement for those people a Soldier has known and grown to love over a lifetime. Care packages that are sent to a soldier from those left at home can mean more than any words could ever describe, and provide creature comforts generally not available in a combat situation. A care package gives an emotional lifeline to a usually young adult in a brutal and harsh situation, and can reinforce the best attributes of humanity in an inhumane circumstance.

The best idea's for a Soldier's care package are the ones most useful in terms of items included, and those with the most remembrances of home and loved ones. Things most appreciated by a Soldier are personal hygiene items, new undergarments and anything that will pass down time - like paperback books or small novelty items. Keeping good hygiene is difficult in a combat situation and a new pair of underwear may seem like a new Mercedes to someone who has been on patrol for 5 days. Similarly, when the time to relax presents itself, there is not too much to do to occupy oneself, so a paperback or magazine can give entertainment to not only your Soldier, but to their buddies when they have read it.

Snack foods are a rare treat for a Soldier who is deployed, and a stash of goodies from the family are like gold. Small commercially purchased packs of cookies, heat resistant candy and chewing gum are an excellent diversion from MRE's (meals ready to eat). Other good items for a Soldier's care package are stationary items, postage stamps or even a Frisbee or football will be greatly appreciated. In short, anything that can be mailed safely and legally that your Soldier cannot get where they are is an excellent item for a care package.

Finally, photographs are without question the most cherished items included in any care package. Small pictures of children, spouses, parents, friends and pets are a constant reminder of the importance of a Soldier's mission. They are an excellent way to bond and spur a good deal of conversation and good natured teasing between comrades. Including a small, inexpensive camera and film are also a good way to get the most recent pictures of your loved one.

## Winter Energy Saving Tips

When temperatures fall, wallets leak! The leaky drip is your energy dollars flying right out the window, door or roof. If you think you can't do anything to lower your utility usage, take a look at these easy energy saving tips:

- Contact your Neighborhood Office to lower the thermostat on your water heater; water heaters sometimes come from the factory with high temperature settings, but a setting of 120°F provides comfortable hot water for most uses.
- Weather-strip your windows and doorways. Add door sweeps beneath doors for added insulation. If you need to add weather stripping to your home, call your Neighborhood Office and they will add it with no cost.
- Change your heating, ventilating and air conditioning (HVAC) filter every month. Your Neighborhood Office will provide these for free.
- Lowering your thermostat while you are not at home or at night while you sleep can save money. For every degree you lower your thermostat, you can save approximately 3 percent on your heating bill. Generally, lowering your thermostat by five degrees will make an impact on your energy bill.
- Close your drapes or blinds at night to keep the heat inside your premises.
- During cold weather, seal all openings to cooling units (wall and window air conditioners and outside central air units) to keep the heat inside your premises.
- Don't block heating outlets or return registers with furniture or other objects.
- Never let the hot water run continuously when washing your face or shaving.

Following these easy tips will ensure your money stays in your pocket this winter.



The Birthday Club is the 2<sup>nd</sup> Wednesday of every month at your Neighborhood Office from 3 to 4 p.m. Club members will enjoy cake and ice cream, have their picture taken and be recognized in the monthly neighborhood newsletter. For more information, please contact your Neighborhood Office.

### HAPPY BIRTHDAY NEW CLUB MEMBERS!

Alexis Rugwiro, Anne-Marie Bauer, Colton Pankl, Cory Albertson, Kaliyah Juman, Jeremiah Young

The November Birthday Club Celebration is Wednesday, November 9, from 3 to 4 p.m.

Munson Heights Birthdays will be celebrated at the Bowden Terrace Neighborhood Center.

## Green Corner - Thanksgiving Day

by Rachel Lincoln Sarnoff

With all the planning, cooking and cleaning, the last thing you want to think about is greening your Thanksgiving. But this is the perfect time to reflect and reassess your holiday preparations with a nod to sustainability.

It's not as hard as you might think. We've broken it down to make Thanksgiving an easy, eco-friendly and fun holiday for all involved. Follow this countdown and you can make an easy transition to a more sustainable holiday tradition. With extensive tips on menu planning, decorating, shopping, cleaning and more, you'll be covered from now 'til leftovers.

### Know your guests

For most families, tradition sets the precedent for who shares the Thanksgiving meal and a simple phone call can easily confirm the details. But a hand-lettered invitation (on recycled paper, of course), or even a clever Evite can set the tone for a truly special event. Whatever your mode of communication, make sure you determine any special food needs your guests might have. Are they vegan, vegetarian or pescetarian? Do they have food allergies? Simple questions now can save you a world of last-minute headaches. Timeline: Two weeks out.

### Shop for your staples and non-perishable items

Thanksgiving is a wonderful opportunity to hit up your local farmers' market for organic, locally-sourced produce. Since these traditional recipes typically rely on food that's in season, you can pretty much find everything you need in the way of root vegetables (carrots, potatoes, sweet potatoes, yams) as well as specialty items like honey or even beeswax candles to adorn your table. Timeline: One week out.

### Pre-fab as much prep as you can

If you're making stuffing, pre-mix it. If you're mashing potatoes, skin and quarter them (if you leave them in a tub of cool water, they'll be fine overnight). The turkey can be brined or prepped with olive oil, salt and pepper and left in the refrigerator until the next morning. Pies can be baked and set on a shelf. The more you get done today, the less you'll have to worry about on the big day. Timeline: The day before.

These ideas are just the tip of the iceberg for a greener holiday.

## Bulk Trash Reminder

- Mark Dunning Industries, or their agent, will perform bulk trash pickup in each housing area in conjunction with the regularly scheduled household refuse pickup. Picking up bulk items on the same day as regular trash pick-up will eliminate the need for residents to place items at curb side on an additional day.
- Please make sure that all yard debris is placed in a plastic bag instead of plastic garbage cans. Garbage cans should be used for garbage only. There should be no household garbage, i.e., food products, within bulk trash.
- Items placed curbside on bulk trash days will be removed. Please make sure your bulk trash items are distinguishable from other items in your yard such as basketball goals, bicycles and other trash receptacles.
- Please do not use any other facility on post to leave refuse. Take advantage of our bulk trash pickup.
- Recycling pickup will remain on Mondays in all three Neighborhoods (Allen Heights/Silver Wings, Bowden Terrace and Munson Heights).

# Lawn Care Schedule

Lawn Care Schedule: Bi-Weekly

See the Landscape Management Plan online at [www.ruckerpicerne.com](http://www.ruckerpicerne.com)

In the event of a holiday or inclement weather, the cancelled area will be serviced the following Friday.

The following Streets in Allen Heights will be serviced on Monday:

Anderson St., Blackwell St., Foster Circle, George St., Peterson St., Sheridan St., Reese St., Thorne St.

The following Sts in Allen Heights will be serviced on Tuesday:

Epps Street, Dunn Dr., Knight St., Libby St., Mann St., Urell St.

The following Sts in Silver Wings will be serviced on Tuesday:

Crandall Court, Freeman Lane

**Bi-Weekly mow schedule begins in November**  
Active weeks: Nov 7 & 21

## Our Family for Families First scholarship, grant applications available Nov. 1

Our Family for Families First, John G. Picerne's private charitable foundation, was established to support the educational goals of children and spouses of active-duty Service Members. College scholarships in the amount of \$50,000 for the children of active-duty Service Members and educational grants in the amount of \$5,000 are available each year for spouses of active-duty Service Members stationed at Aberdeen Proving Ground, Fort Polk, Fort Bragg, Fort Meade, Fort Rucker, Fort Riley and Fort Sill. Scholarship and grant applications for 2012 will be available November 1. The applications are available online at [www.ourfamilyfoundation.org](http://www.ourfamilyfoundation.org). Please review the information located on the web site for eligibility requirements and to learn more about the Our Family for Families First Foundation.

The Foundation is committed to supporting military families in the pursuit of higher education, instituting a tradition of community service and encouraging professional career paths through education, internships and mentoring programs and has awarded more than \$3 million since 2006. It also serves to further the primary mission of Picerne Military Housing – putting military Families First™.

# Hollyday Mart

Join the Fort Rucker Spouses' Club for their annual Hollyday Mart Saturday, November 5 from 9 a.m. to 5 p.m. at the Enterprise Civic Center. This is the largest fundraiser of the year for the Spouses' Club and it's a great opportunity for you to get a jump start on your holiday shopping. Vendors come from all over offering handmade crafts, jewelry, antiques, toys and much more.

Admission is \$2 and two non-perishable food items. Children 12 and under are free. There will also be an opportunity to have your picture taken with Santa. He'll be arriving by helicopter at 10 a.m.

All proceeds raised from the Hollyday Mart go back into the community in the form of scholarships and welfare donations.

For more information, please visit [www.ftruckerclub.com](http://www.ftruckerclub.com)



# NOVEMBER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

				Pest Control Reps by appointment only		
		1	2	3	4	5
Daylight Saving Time Ends	Recycling (curbside by 7:30 a.m.)		Birthday Club See Page 3 Pest Control Call Backs due to your Neighborhood Office by noon on Wednesday	Pest Control Reps by appointment only	Veteran's Day Office open 9 a.m. to 1 p.m.	
6	7	8	9	10	11	12
	Recycling (curbside by 7:30 a.m.)		Pest Control Call Backs due to your Neighborhood Office by noon on Wednesday	Pest Control Reps by appointment only		
13	14	15	16	17	18	19
	Recycling (curbside by 7:30 a.m.)		Pest Control Call Backs due to your Neighborhood Office by noon on Wednesday	Thanksgiving Day Offices Closed Pest Control Reps by appointment only	Office open 9 a.m. to 1 p.m.	
20	21	22	23	24	25	26
	Recycling (curbside by 7:30 a.m.)		Pest Control Call Backs due to your Neighborhood Office by noon on Wednesday	December Pest Control Reps by appointment only		
27	28	29	30	1	2	3
	Recycling (curbside by 7:30 a.m.)		Pest Control Call Backs due to your Neighborhood Office by noon on Wednesday	Pest Control Reps by appointment only		
4	5	6	7	8	9	10

