

FORT SILL FAMILY AND COMMUNITY TEAM SESSION & TOWN HALL



SILLFACTS
1 JUNE
2021





WELCOME AND OPENING REMARKS

GARRISON COMMANDER



Events and Calendar Review

Community Activities Update

Town Hall Questions

Closing Remarks



3 Jun: Mongolian Lunch, Patriot Club, 1130
4 Jun: Retiree Council Golf Tourney, 0900
6 Jun: Sunday Brunch, Patriot Club, 1100
7 Jun: Vacation Bible School Begins
8 Jun: 3-2 ADA Bn COC, OPQ
9 Jun: 3-13 FA Bn COC, OPQ
10 Jun: 1-19 FA Bn COC, OPQ
11 Jun: DOTD Golf Tourney, 0900
12 Jun: Armed Forces Day Parade, Lawton
16 Jun: 1-31 FA Bn COC, OPQ
17 Jun: 95th AG Bn, COC, OPQ
18 Jun: 1-78 FA Bn, COC, OPQ
23 Jun: 1-40 FA Bn, COC, OPQ
24 Jun: 1-14 FA Bn, COC, OPQ
25 Jun: 75th FA Bde, COC, OPQ

June 2021

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------|------------|------------|------------|------------|------------|------------|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | | | |



July: Library Summer Reading Program

3 July: Sand Castle Competition, LETRA

4 July: Independence Day Holiday 

4 July: Movies on the Beach, LETRA

10 July: Military Appreciation Day, LETRA

10 July: Kayak Day Tour, LETRA, 0800

15 July: 5-5 ADA Bn COC, OPQ

17 July: Bass Tourney, LETRA, 0600

17 July: Steel Pistol Challenge, Rod & Gun

24 July: Night Kayak Tour, LETRA, 2000

28 July: DENTAC COC, OPQ

30 July: MEDDAC COC, OPQ

30 July: Post Retirement Ceremony, 1530

31 July: Movies on the Beach, LETRA

July 2021

| <i>Sun</i> | <i>Mon</i> | <i>Tue</i> | <i>Wed</i> | <i>Thu</i> | <i>Fri</i> | <i>Sat</i> |
|------------|------------|------------|------------|------------|------------|------------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |



2 Aug: SilFACTS (virtual)

5 Aug: Mongolian Lunch at Club, 1130

7 Aug: Night Catfishing Tourney, 1800
(shore line fishing only)

7 Aug: Conceal Carry Class, Rod & Gun

8 Aug: Sunday Brunch, Patriot Club, 1100

13 Aug: Golf Night Tournament, 1930

14 Aug: Kayak Night Tour, LETRA

20 Aug: Stable Call, Patriot Club, 1700

21 Aug: Wine and Paint, Patriot Club, 1800

August 2021

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |





COMMUNITY ACTIVITIES UPDATE

- * **Outdoor Summer Fun**
- * **Youth Summer Camps**
- * **Summer Safety**
- * **Lawton Public Schools Update**
- * **American Red Cross Update**



**COME
ENJOY
THE FUN!**



2021 LAKE ELMER THOMAS RECREATION AREA BEACH INFORMATION

SEASON: MAY 28TH – SEPTEMBER 6TH

DAILY CARLOAD FEE

ACTIVE DUTY / DOD ID CARDHOLDER:

CARLOAD: \$6

CIVILIANS:

CARLOAD: \$8



LETRA BEACH HOURS OF OPERATION:

WEDNESDAY – SUNDAY: 11 AM – 7 PM
MONDAY – TUESDAY: CLOSED

SEASON PASSES

ACTIVE DUTY / DOD ID CARDHOLDER:

INDIVIDUAL: \$60

FAMILY OF 2: \$85

FAMILY OF 3 OR MORE: \$115

CIVILIANS:

INDIVIDUAL: \$80

FAMILY OF 2: \$105

FAMILY OF 3 OR MORE: \$130



Enjoy **\$15 off** your season pass if you
purchase yours **BY MAY 27th!**

For more information regarding LETRA's season passes,
please contact LETRA at (580) 442-5858.

LETRA season passes cannot be used at Quinette Pool.





LAKE ELMER THOMAS RECREATION AREA

Recreational Amenities Available



9-Hole Disc Golf Course
Paintball Course
Movies on the Beach
Lodge Rentals
Hiking
Kayak Tours (Sunrise / Evening Tours)
Holiday Events
Tent Camping
RV Camp Laundry

18-Hole Mini Golf Course
Group Use Areas
Kayak / Paddleboard &
Paddleboat Rentals & Lessons
Bike Rentals
Picnic Areas
Convenience Store
Cabins





- Youth Center is currently offering Summer Camp for CYS registered youth in grades 6th-12th from 7am-1pm.
- Summer Camp includes a variety of activities from building a BMX bike, cooking Caribbean cuisine, hiking LETRA, paintball, swimming, and much more.
- Cost is based on total family income ranging from \$35-\$75/week.
- FREE: Open REC, 1pm-6pm



DISCOVERY SUMMER CRUISE

YOUTH CENTER | 7AM - 1PM

OUR TEMPORARY LOCATION IS: 4123 BRAGG ROAD

May 24-27 | Fort Sill Youth Center: Welcome Aboard

June 1-4 | Caribbean Cruise Cuisine

June 7-11 | China: Tech n' Fun

June 14-18 | Australia: Outdoor Excursions

June 21-25 | Brazil: Sports Shenanigans

June 28-July 2 | California: BMX

July 6-9 | Hawaii: Lagoon Extravaganza

July 12-16 | Route 66: License to RC

July 19-23 | Florida: Game Show Week

July 26-30 | France: Walk the Pallet (Art Creation)

August 2-6 | New York: Shark Tank

August 9-11 | Fort Sill Youth Center: Overboard Team Building

Open to CYS registered youth in grades 6-12.

Enroll the Monday prior to the week camp starts.

Cost is based on total family income category.

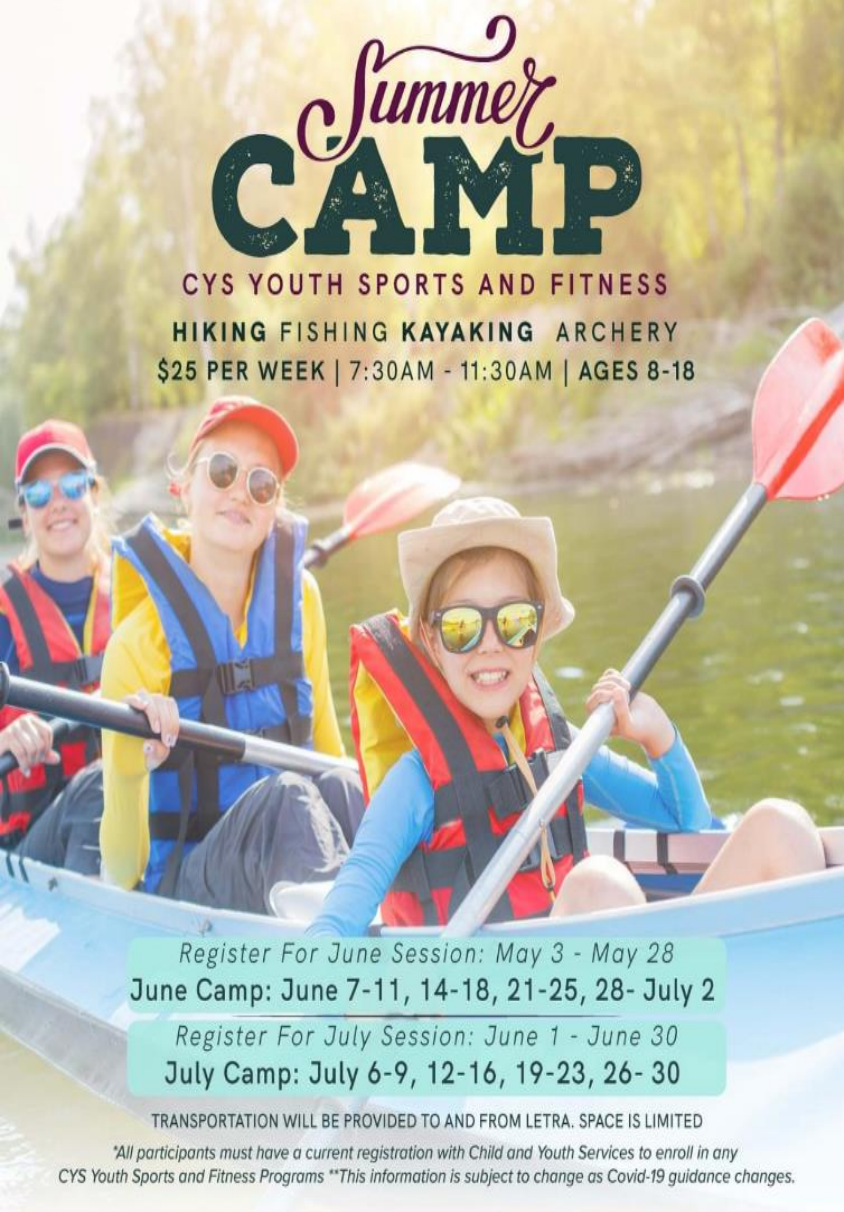
For more information, contact Parent Central Services (580)442-3486

The Youth Center will be closed May 28-31 and July 5.



(580)442-6745/3486
SILL.ARMYMWR.COM





Summer CAMP

CYS YOUTH SPORTS AND FITNESS

HIKING FISHING KAYAKING ARCHERY

\$25 PER WEEK | 7:30AM - 11:30AM | AGES 8-18

Register For June Session: May 3 - May 28
June Camp: June 7-11, 14-18, 21-25, 28- July 2

Register For July Session: June 1 - June 30
July Camp: July 6-9, 12-16, 19-23, 26- 30

TRANSPORTATION WILL BE PROVIDED TO AND FROM LETRA. SPACE IS LIMITED

*All participants must have a current registration with Child and Youth Services to enroll in any CYS Youth Sports and Fitness Programs **This information is subject to change as Covid-19 guidance changes.



- ➔ \$25 a child per week!
- ➔ Different activity everyday with a repeat of the most enjoyed activity on Friday!
- ➔ Campers will receive sunglasses, a water bottle, and a drawstring backpack that we will tie-dye during Archery using balloons!
- ➔ We will accept the children rain or shine! We will take the campers to the bowling center in case of poor weather conditions!

CYS YOUTH SPORTS AND FITNESS

SUMMER WEIGHT TRAINING

REGISTRATION: MAY 3 - JULY 12



JUNE 1 - JULY 29 | 2 - 3PM | HONEYCUTT GYM

FREE AND OPEN TO CYS REGISTERED YOUTH IN GRADES 6TH - 12TH

Workouts will be Monday/Wednesday or Tuesday/Thursday.
Participants will learn proper use of fitness equipment and foundational lifts.
Parents can drop off and pick up directly from Honeycutt gym or transportation will be provided to and from the Youth Center temporarily housed at Grierson CDC.

*All participants must have a current registration with Child and Youth Services to enroll in any CYS Youth Sports and Fitness Programs
**This information is subject to change as Covid-19 guidance changes.

CYS YOUTH SPORTS IS ALWAYS IN NEED OF QUALITY VOLUNTEER COACHES
ENROLL ONLINE: WEBTRAC.MWR.ARMY.MIL OR CALL (580) 442-3486
FOR MORE INFORMATION PLEASE CALL THE YOUTH SPORTS & FITNESS OFFICE:
(580) 442-5926/5420 OR FACEBOOK.COM/GROUPS/FORTSILLCYS

(580)442-5926/5420
SILL.ARMYMWR.COM



After camp, free weight training offered for registered youth in grades 6-12

10 lbs

CYS YOUTH SPORTS IS ALWAYS IN NEED OF QUALITY VOLUNTEER COACHES
ENROLL ONLINE: WEBTRAC.MWR.ARMY.MIL OR CALL (580)442-3486
FOR MORE INFORMATION PLEASE CALL THE YOUTH SPORTS & FITNESS OFFICE:
(580) 442-5926/5420 OR FACEBOOK.COM/GROUPS/FORTSILLCYS





Summer HELLO





If you hear a siren or know a tornado is headed your way, a simple acronym can help you stay safe: **D.U.C.K.**

Down to the lowest level of your home or business.

Underneath something sturdy.

Center of an interior room.

KeeP away from windows.



Severe Weather - Tornadoes

- **Tornado Watch**: Conditions are favorable or expected but not occurring or imminent. Atmospheric conditions are favorable for the development of severe thunderstorms capable of producing tornadoes. Remain alert for approaching storms. Listen to NOAA Weather Radio, commercial TV or radio for weather information.

Tornado Warning: means that a tornado has been spotted, or that Doppler radar indicates a thunderstorm rotation which can spawn a tornado. Stay Informed:

- Signal in Lawton, Oklahoma is a 3-minute siren blast
- KCCU Radio (89.3 or 102.7)
- KSWO-TV (Channel 7) will simulcast



- For those with smart phones, there are numerous early warning applications you can download to your phone to assist in providing early warning of severe weather and warnings

HIGHLIGHTS

Spring 2019



Severe Weather - Lightning

Lightning procedures IAW FS Reg 385-10

Lightning 30 miles away.

- *Notify personnel of increased lightning hazard.
- *Prepare to cease unnecessary outdoor activity.
- *Have nonessential personnel find shelter.

Lightning 15 miles away or thunder heard but no flash observed.

- *Secure outdoor equipment
- *Cease outdoor activities other than securing equipment and critical tasks
- *Personnel not mission essential shall move to hardened shelter

Lightning 8 miles away or flash is observed.

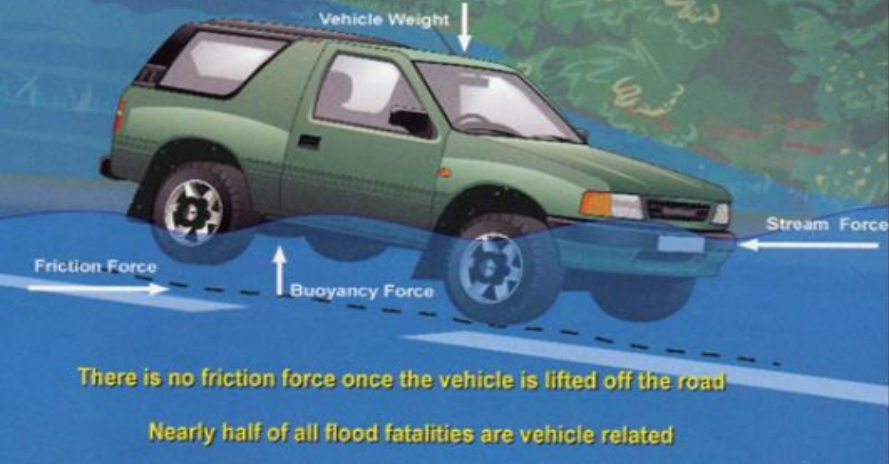
- *Immediate cessation of all outdoor activities, abandon efforts to secure equipment
- *All personnel take cover in hardened shelter, if no shelter is available move to hard top vehicles
- *If on foot find low risk locations and disperse. DO NOT take cover under trees

Multi-Branch
Lightning
OKC 18 MAY 2019



Forces on Vehicles From High Water

The car will be carried when:
Buoyancy Force **Greater Than** Vehicle Weight



Severe Weather – Heavy Rain and Flooding



12th AND LEE BLVD LAWTON



Swimming/Boating



PLR 20-072 - Off-Duty Water-Related Mishap Claims One Soldier's Life

A Specialist assigned to Joint Base Lewis-McChord, Washington, died in an off-duty water-related mishap 15 August 2020 at a lake in the Rainier National Park in Ashford, Washington, at 1900 local. The Soldier was swimming with a group of fellow Soldiers and friends. They tried swimming across the lake and upon the return swim, the Soldier started having trouble swimming. A friend tried swimming out to the Soldier but was unable to reach him before struggling himself. The Soldier was unable to reach the shoreline, went under the water, and did not resurface. Another Soldier notified local authorities. The National Park Rangers responded, established an incident command, and notified the county dive team. Dive teams did not initiate the search until the next morning due to the difficult terrain on the approach to the lake. The National Park Service confirmed recovery of the Soldier's body a couple of days later. The Soldier's body was positively identified by fellow Soldiers from the unit. It was reported that alcohol was not involved. The mishap is under investigation.



PLR 20-067 – Off-Duty Water-Related Mishap Claims One Soldier's Life

Posting Date: Wednesday, August 5, 2020 / Categories: [Preliminary Loss Reports](#), [Sports & Recreation](#)

A 24-year-old Specialist assigned to Fort Hood, Texas, died in an off-duty water-related mishap 1 August 2020 at Stillhouse Hollow Lake in Bell County, Texas, at 1515 local. The Soldier was riding in an inner tube pulled by a boat when he fell into the water and did not resurface. Another Soldier in the group contacted the county sheriff's office. Divers began searching the area immediately following the arrival of law enforcement officers. The Soldier's body was recovered by local authorities the following day and positively identified by unit leadership. The mishap is under investigation.

Since FY16, the Army has lost an average of eight Soldiers a year to off-duty water-related mishaps. This tragedy was the eighth fatal off-duty water-related mishap of FY20 and below the number of off-duty water-related fatalities from this time last year.

PLR 20-058 – Off-Duty Water-Related Mishap Claims One Soldier's Life

Posting Date: Wednesday, June 24, 2020 / Categories: [Preliminary Loss Reports](#), [Sports & Recreation](#)

A Sergeant First Class assigned to Fort Bragg, North Carolina, died in an off-duty water-related mishap 20 June 2020 in Myrtle Beach, South Carolina, at 1200 local. The Soldier was swimming off shore with his child when they were caught in a rip current. The child was rescued and returned safely to the Soldier's spouse. Lifeguards performed CPR on the Soldier but were unable to resuscitate him. Alcohol use is unknown at this time.

PLR 21-005 - Off-Duty Water-Related Mishap Claims One Soldier's Life

A Chief Warrant Officer 2 assigned to U.S. Army Garrison Humphreys, Republic of Korea, and TDY to Hunter Army Airfield, Savannah, Georgia, died in an off-duty water-related mishap 18 October 2020 on Tybee Island, Georgia, at 1510 local. After eating lunch on the beach, the Soldier walked out to a sandbar until he was waist deep in the water. His friends lost sight of the Soldier and notified a lifeguard, who began searching. At approximately 1700, the lifeguard found the Soldier unresponsive in the water. The county coroner pronounced the Soldier dead at 1829. No alcohol use was reported; however, Tybee Island had red beach flags posted, indicating high-hazard conditions.



Heat Illness-Related Mishaps Claim Soldiers' Lives

A Soldier collapsed after completing the 2-mile run portion of an APFT. He reportedly suffered a medical event while being treated for heat injury and was transported to a civilian medical center, where he was pronounced dead.

Three Soldiers fell out for heat stress while conducting weapons-fire training on the range. One Soldier continued to decline and was air-evacuated for treatment and died that evening. Hyperthermia has been cited as the cause of death.

A Soldier collapsed near the completion of a foot march. First responders applied ice blankets and the Soldier was evacuated to a hospital for treatment of kidney failure and a collapsed lung. His core body temperature was brought to normal, but the Soldier died of cardiac arrest the next day.

Heat Injury Prevention

Work/Rest and Water Consumption Table


Applies to average sized, heat-acclimated soldier wearing BDU, hot weather. (See TB MED 507 for further guidance.)

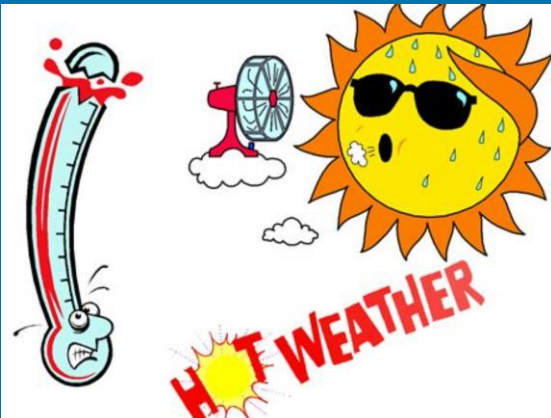
| Easy Work | | Moderate Work | | Hard Work | |
|-------------------------------------------------|-------------------------------------------------|-----------------------------------------------------------------|-------------------------------------------|------------------|--|
| • Weapon Maintenance | • Walking Loose Sand at 2.5 mph, No Load | • Walking Hard Surface at 3.5 mph, > 40 lb Load | • Walking Loose Sand at 2.5 mph with Load | • Field Assaults | |
| • Walking Hard Surface at 2.5 mph, < 30 lb Load | • Walking Hard Surface at 3.5 mph, < 40 lb Load | • Calisthenics | | | |
| • Marksmanship Training | • Patrolling | • Individual Movement Techniques, i.e., Low Crawl or High Crawl | | | |
| • Drill and Ceremony | • Defensive Position Construction | | | | |
| • Manual of Arms | | | | | |

- The work/rest times and fluid replacement volumes will sustain performance and hydration for at least 4 hrs of work in the specified heat category. Fluid needs can vary based on individual differences (± ¼ qt/hr) and exposure to full sun or full shade (± ¼ qt/hr).
- NL = no limit to work time per hr.
- Rest = minimal physical activity (sitting or standing) accomplished in shade if possible.
- CAUTION: Hourly fluid intake should not exceed 1½ qts. Daily fluid intake should not exceed 12 qts.
- If wearing body armor, add 5°F to WBGT index in humid climates.
- If doing Easy Work and wearing NBC (MOPP 4) clothing, add 10°F to WBGT index.
- If doing Moderate or Hard Work and wearing NBC (MOPP 4) clothing, add 20°F to WBGT index.

| Heat Category | WBGT Index, F° | Easy Work | | Moderate Work | | Hard Work | |
|---------------|----------------|-----------------|----------------------|-----------------|----------------------|-----------------|----------------------|
| | | Work/Rest (min) | Water Intake (qt/hr) | Work/Rest (min) | Water Intake (qt/hr) | Work/Rest (min) | Water Intake (qt/hr) |
| 1 | 78° - 81.9° | NL | ½ | NL | ¾ | 40/20 min | ¾ |
| 2 (GREEN) | 82° - 84.9° | NL | ¾ | 50/10 min | ¾ | 30/30 min | 1 |
| 3 (YELLOW) | 85° - 87.9° | NL | ¾ | 40/20 min | ¾ | 30/30 min | 1 |
| 4 (RED) | 88° - 89.9° | NL | ¾ | 30/30 min | ¾ | 20/40 min | 1 |
| 5 (BLACK) | > 90° | 50/10 min | 1 | 20/40 min | 1 | 10/50 min | 1 |

For additional copies, contact: U.S. Army Center for Health Promotion and Preventive Medicine Health Information Operations Division at (800) 222-9698 or CHPPM - Health Information Operations@apgea.army.mil. For electronic versions, see <http://chppm-www.apgea.army.mil/heat>. Local reproduction is authorized. June 2004

CP-033-0404



- Drink plenty of water
- Avoid heavy meals at lunch time
- Maintain a well balanced diet
- Wear appropriate clothing
- Use sunscreen
- Follow recommended work/rest cycles



Lawton Public Schools

1) I'm new to the Lawton area. Where do I start if interested in my child(ren) attending LPS?

District Website: www.lawtonps.org > “Enroll Today”
Student Services – 580-355-2214

2) Tomlinson Middle School transitioning to the district Life Ready Center.

- 3) LPS Mask Policy & Elementary Dress Code Update
- 4) Summer School opportunities
- 5) LPS learning platforms for the upcoming school year:
 - Traditional
 - Virtual



Virtual Resiliency Workshops

- We offer the following topics: Stress Solution, Effective Communication, Connecting with kids, Caregivers of Wounded, and Injured Service Members and Veterans.
- Live, interactive, virtual workshops.
- We invite Active Duty, Reserves, National Guard, Veterans, Family Members, and Caregivers of Military/Veterans to participate.
- Family Readiness Groups, Key Spouse Teams, Ombudsmen... We can set up workshops just for you!
- Ready to attend or schedule a workshop for your command, group or family?

Contact us by email at laura.arias@redcross.org or Samantha.hand@redcross.org to set up your workshops today!



American Red Cross

New Resiliency Workshop for Teens and Families

JOIN US

for a Workshop for Teens and Families!

Support for Military Families

The American Red Cross Service to the Armed Forces (SAF) is offering virtual Reconnection workshops to help guide military and veteran families through a variety of important topics. Join us for a chance to connect with others in a live, virtual and guided conversation where you will have a chance to discuss your biggest concerns and learn and practice new, effective skills.

Available workshop topics include:

Family Laugh and Learn for teens 13–17 with an adult

Calm and Connected: Virtual Chat for Teens 13–17





American Red Cross

Hero Care APP



The fastest way to send an emergency message or find needed resources.

The Hero Care App is available to download for free in app stores, by texting **'GETHEROCARE'** to **90999**.





American Red Cross

Virtual Caregiver Workshops

- This Reconnection Workshop is for anyone who serves as a non-professional caregiver with a military connection, providing for a service member, veteran, retiree or military child with special needs, and includes:
- The module focuses on three main themes:
 - Identity issues, isolation concerns and personal wellness
- Participants will be guided through at least one activity from each of those categories, always ending with a personal wellness activity.
- The module is more flexible than our other modules to accommodate caregiver scheduling needs: Participants can arrive late or leave early if needed.
 - Participants can arrive late or leave early if needed.
 - Participants can leave to take a phone call during group if needed.



To schedule a workshop or attend a workshop, please email Service to the Armed Forces Regional Specialist Laura Arias at laura.arias@redcross.org



Restoring Family Links

Armed conflict, international disasters and migration leave millions of people around the globe in urgent need of humanitarian assistance every year. As the world's largest humanitarian network, Red Cross and Red Crescent teams help reconnect families separated by international crises.

The American Red Cross helps reconnect loved ones when:

- Families are separated internationally as a result of conflict, disaster, migration or other humanitarian emergency.

- Families have already tried normal channels of communication to reconnect.

The family member making the inquiry is able to provide essential information on the sought person.

- The family member making the inquiry is a relative who had been in direct contact with the sought person before the crisis occurred.





Virtual Volunteer Opportunities with Service to the Armed Forces



- Virtual Workshop Tech Hosts
- Casework
- Youth Action Campaign
- MTF Pharmacy Teams
- Virtual Briefing Facilitators
- Remote Office Support



Call Laura Arias at 580-919-3938
Email: laura.arias@redcross.org
Hero Care Network 1-877-272-7337



town hall

TOWN HALL ISSUES

(Submitted prior to 1 June 2021)





INSTALLATION MASK POLICY

Question: Why do some employees in buildings on post still have to wear masks while employees in other buildings do not? Do you anticipate this will change soon?





LETRA PRICES FOR RETIREES

Question: MWR lists LETRA swim prices on their website for Active Duty and DOD civilians. When asking about prices for Retired Military, I was told they are charged as civilians. An additional category that gives a discount to Retirees would suffice and also show honor due for their service. Did I get the correct information?



CITY OF CACHE & FUNDS

Question: Channel 7 news recently broadcast information that Fort Sill is giving the town of Cache a large amount of money to build an animal shelter there. Why is Fort Sill giving money to Cache? Couldn't it be better used to support a need on post?



DO YOU HAVE A QUESTION YOU
WOULD LIKE ANSWERED?



FACEBOOK TOWN HALL

VIA FACEBOOK LIVE STREAM

Today's SillFACTS slides and additional community information are available for viewing/downloading at www.sill.armymwr.com; click on SillFACTS tab at bottom of page.

