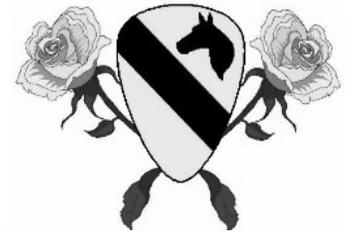


1st Cavalry Division Round-Up Newsletter



March 3, 2004

A Note from Mrs. Chiarelli

Dear First Team Ladies,

My thoughts are with all of you as we face this memorable time in our lives as mothers, wives and friends. We all see this historical event of the First Cav deployment through different eyes. As a spouse it seems incredible that we could face a year without our best friend. As a mother, we can't imagine our children not seeing their father or mother for a year or longer. As a friend we hope we can help a buddy maneuver through this challenging time. But as an American, I can only share with you the pride I feel associated with the decision as a volunteer: to serve my country in the capacity of a family member committed to provide basic fundamental freedom to a nation that would *otherwise* never understand these values. My thoughts and prayers are with you at this important time in our lives. God bless all of you.

Beth
"First Team"

1st CAV GIFT SHOP

News from the Crossed Sabers
Souvenir Shop...

Hours:

Mon – Fri: 9:30 am – 4:00 pm
Sat & Tng Holidays: 12:00 pm - 4:00 pm
Sun & Fed Holiday: Closed

Volunteers receive a 10% discount on shop purchases. All people are welcome to volunteer. The Gift Shop is operated by the Cav Association. Your support is appreciated. All profits go to scholarships and direct support of 1st Cav activities. The website address

is www.crossedsaber-chapter-giftshop.com. They also have a link on the division web page. Please continue your support. POC Rebecca Nethercut 532-2075.

1st CAV MUSEUM

Baby birth statistics will now be located in the 1st Cavalry Museum, and new moms are encouraged to stop by and enter our newest Troopers information. Look for a future Ribbon Cutting Ceremony! The museum recently purchased electronic filing software. In time, they will create an electronic archive of all of their artifacts. The museum needs volunteers, mostly for clerical work in their offices. Don't forget to take your visitors to the museum. The museum can be reached at 254-287-3626.

Mon - Fri	9:00 am–4:00 pm
Sat & Sun	12:00 pm-4:00 pm
Federal Holidays	Closed

AAFES/COMMISSARY

Clear Creek Main Exchange, 532-7200, Hours: 7 days a week 0800-2200
Warrior Way PX, 532-8100
Hours: 7 days a week 0900-2100
Log on to AAFES.com for Food Court coupons
Call 287-3066 for a recording listing the movie schedule on Ft. Hood.
Palmer Theater Admission:
Adults \$3.00 (12 years & older)
Children \$1.50 (3 - 11 years)
3 years and under FREE
NEW** SUNDAY & MONDAY ALL AGES \$1.00
Coming to Fort Hood:

Clear Creek Commissary, 287-5943

Hours: Sun - 0900-1900
Tues-Sat, 0900-2000
Warrior Way Commissary, 287-8401
Hours: Sun: 0900-1900,
Mon: 0900-2000, Tues, Thurs, Fri:
1000 - 2000, Sat: 0800 - 2000.
Log on to www.commissaries.com for cooking tips, scholarship info, and other commissary news.

AFTB Volunteers Wanted for Army Family Team Building

AFTB recently celebrated it's ninth birthday. It has been nine years of helping family members become self-reliant and empowered. New to the Army or just to a new duty station, AFTB has enlightened many. AFTB has been more than just a learning tool since being introduced to the Army; it has been a training aid for deployments, a preventive measure for problem solving, a building block for relationships through better communications, and even a social network opportunity.

AFTB needs YOU to spread the word. Did you know that...
-Units can request specific classes, and we will make a schedule that fits your needs. We can combine level classes and design a program for you.
Remember, child care is paid while attending AFTB classes. We still need volunteers. If you are interested, call 286-6600.

Army Family Team Building Class Schedule:

Upcoming Classes: 22-25 Mar
Level 3, 0845-1400 23 Mar
Teen Workshop, 1800-1930

BAND OF ANGELS
FISHER HOUSE

Units are needed to "Sponsor a Week" (\$25 of fruits, milk and individual serve items) at the Fisher House. It's an easy way to support the soldiers and families staying there.

Fisher House Statistics for January:
Occupancy Rate: 52.5%;
125 occupied bed nights,
Average stay: 4.13 nights,
29 new families.
\$560 waived for families of OIF.

To Sponsor a week or volunteer at the Fisher House contact Laura Read at 698-6921 or Laura.Read@hood.army.mil. For more information call Hope Bird @ 634-4296.

CYSAC

E1-E4 No Cost Child Care – All children must be registered with the CYS to receive care. Active duty junior enlisted (E-1-E-4) families will receive 5 free hours per month for one child or 10 free hours per month for two or more children. The no cost cards for this care are available at CRO (Central Registration Office) with a recent LES verifying eligibility. Call directly any of the three centers to reserve space and time.

Child Care Options for

Deployment Briefings: Upon request, the Outreach Services Director (288-3189) or representative will attend deployment briefings and provide information on the services offered before, during, and after deployment. Emphasis is placed on registering all eligible children and youth to prepare for any type of event to include emergencies. Child care is provided during the deployment briefings either on-site or at the Fort Hood Child Development Center. Care is provided by trained CYS staff with no cost to the unit.

Children cared for at one of the CDCs must be registered with CYS.
Extended Hours Care at the Fort Hood Child Development Center:

Beginning 1 Feb, single and dual military parents of current full day enrolled children, who are mission essential, or deploying/deployed, will receive extended hours care at no additional cost.

Saturday Getaway: CYS will now offer child care on the last Saturday of every month through Sep 04. For children ages 6 weeks to 5 years old, CYS will offer care at one CDC each month, from 1200-1600. Children ages 6-10 years old will be offered activities at the Walker School Age Services site from 1200-1600. All children participating in these Saturday Getaway days will need to be registered with CYS. Services for families of deployed soldiers are free of charge. All other families who wish to participate will be charged the hourly care rate of \$3.00/per hour/per child.

Hourly Care is now available at any of the three CDCs on Fort Hood.

Clear Creek CDC – 288-5222
Comanche CDC – 287-4848
Fort Hood CDC – 287-6037

To obtain information about emergency child care assistance, please contact:

Child and Youth Services 288-3039
Child Development Services 288-3865
Family Child Care 288-3190
Family Advocacy and Prevention 286-6774
Army Emergency Relief 287-8500
For assistance after duty hours, contact the 287-CARE hotline.

ENLISTED SPOUSES' CLUB

The FHA Enlisted Spouses' Club invites spouses of military personnel E1 through E9 active duty and retired to join. Annual membership is \$10.00.

For more information please call Robin Crouse 539-9767 or leave a message at the ESC office 287-3574.

FORT HOOD OFFICERS' CLUB

ATTENTION 1CD: If you are deploying, don't forget to put your account on hold because your dues

are waived during that time. However, if you have not joined the club, your spouse may do so by bringing in a power of attorney.

Check out the **reoccurring and special events** coming up: (members, lets enjoy them while we still can)

Karaoke every Wed & Fri 5pm at Legends

Every Tuesday from 5:30 am – 9:00 pm is "**Beef and Burgundy**" night. Dine in the casual atmosphere of the Mesquite Dining Rm with beef, burgundy and chilled shrimp. Cost: Retired Members - \$11.95, Members - \$12.95 and Non-Members- \$14.95. An excellent bargain. Call 532-5073 for reservations.

First Wednesday of the month from 5-8pm. **All you can eat FAMILY NIGHT. Adults \$5.00 and children \$3.00 (12 and under)**

-Please come enjoy **Sunday brunch** in the Grand Ballroom from 10:00 am – 2:00 pm. The cost is \$10.95 for members, which includes champagne, steamship round and shrimp. This is the best deal in town. Support it or we could lose it.

- A light luncheon (soup, salad, & sandwich) is now being served in the Starlight Terrace from 11:00 am – 1:15 pm every Tuesday through Friday.

-Primo's Express Pizza Delivery: Call 532-4425 for delivery orders. Hours are 11 am-9 pm.

-Lunch in the Mesquite Dining Room 11 a.m. to 1 p.m. Mon -Fri

Barber Shop- Tuesday –Friday, 9 a.m.- 5.m. Walk-ins or appointments. Call 532-2250. \$5.00 Hair Cuts. O-Club membership includes one free haircut coupon in each bimonthly magazine.

LEGENDS PUB: Information: 532-9324

No Reservations. No Cover charge. Hours of Operation: Tues & Wed 4:30 pm – Close, Thursday 3:00 pm – Close, Friday 4:30 pm – Close, Saturday 7:00 pm – Close.

UPCOMING EVENTS FOR MARCH

Reservations: 532-5073 or 532-5329 (M-F 0800 – 4:30pm)

3 Mar-Family Night

5 Mar- Membership appreciation night at Legends Pub with Complimentary Dinner for all members at 5:30 PM, \$5.00 cover charge for non-members

17 Mar-St. Patrick's Day Bash- Legends Pub

19 Mar-Karaoke Contest cash prizes

2 Apr-Membership Appreciation Night-Legends Pub

7 Apr-Family Night

11 Apr-Easter Sunday Brunch-
Make your reservations NOW

HEALTH CONSUMER COUNCIL

If you're interested in receiving prescriptions by mail you can do so now at a low cost. For generic they are \$3 and \$9 for regular prescriptions. For more information you can access on-line or contact the pharmacy. The hospital pharmacy will get better. They are awaiting a few new pharmacists. Please try to be patient. The refill pharmacy is working really well.

As always American Red Cross is looking for volunteers. If you are interested call 287-4745 for more info.

As the division continues to deploy, some families are deciding whether to stay at Fort Hood or move to another location. An important part of that decision involves your TRICARE enrollment. If you are leaving for more than 30 days, it is best to transfer your TRICARE enrollment to the new region if there is TRICARE Prime available in that region. In addition to transferring enrollment, you will need to call the Defense Enrollment Eligibility Reporting System Support Office, (800) 538-9552, to change your enrollment. If DEERS does not have your correct address, the TRICARE contractor could deny healthcare or prescription medication claim costs. Most of the other regions require about two weeks for the coverage to

become effective after the new enrollment. During that time, you are still covered by Region 6 but will need to call your toll free number (1-800-406-2832) to receive an authorization for care. If you move to a location where there is not TRICARE Prime available, it is recommended that you disenroll and provide TRICARE with your new address. You will only be covered under TRICARE Standard, which will include a deductible and co-payment fees when receiving healthcare at a facility other than a Military Treatment Facility.

For more information, visit the TRICARE Service Center, building 36023, across from Darnall's parking lot. Hours are 8 am to 5 pm, Monday through Friday.

IVC

In recognition of National Volunteer Appreciation Week (April 18-24, 2004), Fort Hood will present volunteers with pins and ribbons representing the organizations to which they contribute their time. I will need to get a pin and ribbon count by the 17th of March. I know this doesn't give us much time but Lane Vol. Center needs it by the 19th. Please email your numbers to me at mariamc1234@aol.com or call me at 634--7273. Guidelines for pins and ribbons are on a handout in the back of the room.

President's Volunteer Service award: info on handout

National Military Family Association (NFMA) VIP Award: please pick up guidelines and consider nominating those who you may not have had a chance to nominate for VOY.

Volunteer Management Training workshops offered: "Working with Challenging Volunteers" 11 Mar. 1000, and 17 Mar. 1730. Please call 286-5913 to register.

The database for tracking volunteer hours is up and running. A volunteer can track her own hours on Access and email to Mari at Lane Vol. Center. (I will get email address).

Only report the hours through the organization through which you are volunteering. WHY track hours?? Use on resume, saves the govt. money.

Military spouses appreciation day is 7 May 04.

"Dear Soldier" is a variety show made by kids for deployed soldiers. Auditions will be during spring break. Contact Madeline Lanza or LVC for more info.

The Volunteer of the Year Ceremony will be 29 April 2004, 1830-2100, at the Fort Hood Officers' Club.

For questions about volunteer opportunities call Lane Volunteer Center at 287-VOLS (8657).

LAYETTE

The Layette Program is solely run by volunteers from the Division. Gift bags are available for all 1st Cav babies born at Darnall Hospital. Baby birth statistics will now be located in the 1st Cavalry Museum, and new moms are encouraged to stop by and enter our newest Troopers information. We welcome anyone who would be interested in helping deliver the bags to please contact your unit or Lori Sellards at 518-6816 or Belkeys Quinones at 547-4844 for more information.

MCCW

The Military Council of Catholic Women is dedicated to bringing women of the military community closer to the Church and Christ through prayer, fellowship, book studies, community welfare projects, and supporting parish programs. All women of the community are welcome to join us as we work towards learning and living our faith.

The MCCW meets every Wednesday at the Comanche Chapel from 9 AM to 1130 AM. Free child care is provided for children 5 years of age and under. Please contact Tracy Bailey 526-5460 for more information.

MCEC
(Military Child Education Coalition)

The Local Action Committee (LAC) of the Military Child Education Coalition (MCEC) meets quarterly. It consists of volunteers representing the major commands as well as the local school districts. The LAC is composed of several sub committees and addresses MCEC issues on a local level as well as pushing concerns forward to the national level. Unit representatives are needed.

Contact MCEC's Interactive Counseling Center at Shoemaker High School, Killeen or Copperas Cove High School, Copperas Cove for information regarding other schools. This program is designed to better serve high school students who are changing schools. There are currently interactive centers in 12 states and overseas.

MCEC Online features a section called "Ask Peggie". Peggie will research questions for parents about transitioning issues. The national committee has recently designed a brochure on deployment and reunion. This is provided at no cost and is to be sent to all districts and installations. A "Chart Your Own Course" series for early childhood is also being developed to help answer questions about transitioning issues for young children. Contact the National MCEC headquarters located in Harker Heights for more information.

NEWCOMER'S ORIENTATION

Newcomer's Orientation is the last Tuesday of every month at 10:00am at the Officers' Club.

NEWSLETTER

If you have news to put in the newsletter, please contact me by the 4th Monday of the month.

POC: Brenda Miyamasu, 616-8240
Email: miyamasu5@earthlink.net

NMFA

The National Military Family Association is a predominately volunteer, non-profit organization

dedicated to identifying and resolving issues of concern to military families. Headquartered in Alexandria, Virginia, the organization serves as the voice for Uniformed Services family members by educating legislators and policy making officials about the issues of greatest concern. NMFA keeps military family members informed about issues which affect their lives and about the work of NMFA on their behalf. Key issues are determined by direct communication with our members and field representatives located at military installations worldwide. Membership is open to anyone concerned about military families.

MCEC has a brochure -- "How to prepare our children and stay involved in their education during deployment." The booklet provides flexible suggestions for use by parents and educators during predeployment, deployment, and during the reunion period. It is illustrated by student art and includes student writings about being a military child. The pamphlet can be downloaded from the MCEC web site.

If you have any questions, check out the website www.nmfa.org or contact Sarah Salter, 526-7584.

OFFICERS' WIVES' CLUB

The FHOWC Wild West Night made over \$37,000. this year.

Thank you everyone for all the help to pull this huge event together and for all the wonderful baskets and goodies. The Can Can Dancers did a great job entertaining all the people.

Thank you Ladies for all your hard work.

Welcome To The 80's Luncheon Tuesday March 9th,2004

Wear your favorite 80's outfit there will be a costume contest and a quiz show

Social and Shopping starts 10:30 am Lunch and Program 11:30-1:15pm

Reservations: Due NLT Noon 4 March
502-2211-A-L and 520-2127 M-Z

COOK BOOKS FOR SALE ONLY \$10.67

PWOC

Spring is in the air and there are exciting things going on at the Protestant Women of the Chapel meetings. From the new Bible studies listed below to awesome programs up ahead on the calendar, there are many reasons why you should become a member of the PWOC group. Due to Spring Break, there will be no PWOC on March 15th and 16th. Looking ahead, there will be a free Beth Moore Simulcast on May 15th – you are NOT going to want to miss that. Beth Moore is an awesome speaker and she puts the word of God in understandable, dynamic language. So put that date on your calendar. PWOC meets every Tuesday 0900-1130 at the Main Post Chapel. On non-program days the PWOC offers a time of fellowship, musical worship and Bible studies. The programs take the place of the Bible studies and encourage the hearts of the women who attend.

Pray Hood has started a new initiative PRAY FAST where all the deploying soldiers will have the opportunity to sign up to have a personal prayer partner. WE are in need of committed people to pray for soldiers. It can be children or adults. If anyone is interested they can call Wendy Wolfe @ 547-3647. They are also offering a short prayer seminar to help the prayer partners get started and have focused prayer since initially we will not have direct contact with the soldier we pray for. The training will be the last week of March.

Bible Studies

Faith Lessons On The Early Church:

This is the third in a video series. The triumph of the Christian faith is nowhere more striking than in the ancient Roman province of Asia

Minor. By taking us into that immoral culture where the early Christian missionaries had such a dramatic impact, Ray Vander Laan reveals how Christians today can impact our culture for Christ.

In God's Presence: by T.W. Hunt, Claude V. King, This six-week study will help you develop a meaningful, well-balanced, and daily prayer life. By completing five brief, daily studies each week, you will understand and learn how to use six kinds of prayer to relate to your Father: Confession, Praise, Worship, Thanksgiving, Petition, and Intercession

In My Father's House: by Mary A. Kassian, Women need to get to know God as Father and relate to Him as a blessed daughter. Our relationship with our earthly fathers positively or negatively impacts how we relate to Father God. Mary Kassian encourages women to clear barriers hindering them from seeing their loving Heavenly Father.

Judges: Precept upon Precept, Today, as in the days of the judges, people are doing what is right in their own eyes! Absolutes seem to be gone, traditions are scorned, and many people feel oppressed. Is there hope? Where is God? The answer is found in Judges-God's answer for the day of apathy, apostasy, and anarchy.

To Love With All Your Heart: by Fran Sciacca, "Not perfect," we say, "just forgiven." While true in every sense, sentiments like this can become spiritual junk food, spoiling our appetite for the kind of real nourishment we need for our life purpose-becoming like Christ. We get saved and wait patiently for heaven, rather than pursuing God's redesigning work in our lives. *To Love With All Your Heart* will re-educate you on the subject of salvation, giving you a deep and lasting appreciation for the process of repentance and sanctification. Each chapter in this Bible study will provide you with necessary skills for long-term spiritual growth. Through

compelling questions and in-depth study methods, you will begin to understand how salvation can become an active reality in your day-to-day life.

Transformation: by Rebecca Manley Pippert, Would you like to move from despair to hope? Would you like to transform your feelings of fear to faith? Would **you like to turn** envy into compassion? The Bible shows us how David turned these negative emotions in his life into godly character qualities. By studying his life and choices we can make the same transformation in our own lives.

Don't forget there is free, certified, on-site child care too!! If you have any questions, please contact the PWOC President, Sherry Eifler at 699-7374 or at beifler@earthlink.net.

RED CROSS

Caremobile: DRIVERS NEEDED!!! Any amount of time you can volunteer goes a long way toward helping those in need of assistance. All volunteers must take a class offered by the Red Cross. Volunteer drivers must be at least 18 years of age.

Orientations for Red Cross Volunteers are:
1st Tuesday of the month at 10:00 am,
2nd Thursday of the month at 10:00am
3rd Tuesday of the month at 5:30 pm at the Reynolds House (Red Cross Building next to Warrior Way Commissary)

Contact Laura Reed at 287-0400 with any questions.

SANTA'S WORKSHOP

Santa's Workshop is a private non-profit organization, which distributes toys to the families of soldiers in financial need at Christmas time. This is an ongoing, year-round effort. For more information about Santa's Workshop, please call 287-TOYS.

SCHOLARSHIP COMMITTEE

Applications for the 2003-2004 academic year are still available at all area high school counselor offices, CTC, Tartleton State university, Albe Hall, the Ft. Hood Education Center, the Ft. Hood Thrift Shop, local libraries, and online at the OWC website. The deadline for applications is March 24, 2004, which is rapidly approaching. As of our last meeting, on 10 February, we had received 14 student applications with only 1 being complete. If an application is not complete it will simply be discarded. Please make certain that if your student is applying for a scholarship that he/she takes the time to recheck it for completion. Last year we awarded \$60,000.00 in scholarships and we would certainly hate to see anyone miss out on this great opportunity this year because of an omission in application.

Scholarships are awarded based on academic record, job record, volunteer work, participation in community based activities, letters of recommendation and a brief essay. Financial need is not a consideration.

For more information call (254) 286-2334. This is a voice mailbox. Please leave your name and telephone number and allow at least 48 hours for a response.

SFRC

You can reserve the Soldier & Family Readiness Center for your next meeting by calling 286-6284/5 or drop by anytime Due to the increased number of FRG meetings being held, you will need to reserve your room well in advance. Monday - Friday from 9:00 am - 9:00 pm The center is located at the corner of Old Ironsides and 75th Street.

THRIFT SHOP

\$1.00 Bag Sales*
Every Wednesday/3rd Saturday

10 AM - 1 PM
In the Bargain Area
(Expired Merchandise)
**Certain restrictions may apply*

Help Wanted!!

Looking for energetic volunteers to help tag, stock and straighten merchandise, pull expired items, and more. Hours flexible, great benefits, fun work atmosphere. Must have Military, Retiree or DOD ID card. Call Tina at 532-2948 or stop by the Ft. Hood Thrift Shop for more information

Sales Hours:

Tue & Thurs: 9:00 am – 3:00 pm
Wed: 9:00 am – 4:00 pm 1st/3rd
Sat 9:00 am – 2:00 pm

We are located in Bldg. 50003 on Clear Creek Rd. between the Main PX and Ft. Hood National Bank. Phone: 532-2948
hoodthriftshop@aol.com

Consignment Hours:

Tue, Wed & Thurs: 10:00 am – 1:00 pm 1st/3rd Sat of month: 10:00 am – 12:00 pm

VOLUNTEER CHILD CARE FUND

The Volunteer Child Care Fund is an excellent resource for Ft Hood Volunteers! The VCCF will pay 50 hours a month for childcare while you volunteer. That means 50 volunteer hours, no matter how many children you have. Just register at the Lane Volunteer Center and use any Ft Hood CDC or licensed FCC provider. WOW, now that's volunteer appreciation!
VCCF POC is Laura Read @ 287-0400.

EXTRA INFORMATION

Army Emergency Relief (AER) Campaign is scheduled 1 Mar – 31 May 2004. The installation goal is \$450,000.00. A total of \$627,530.35 was collected during the 2003 AER Campaign. AER provides resources to help commanders maintain the tradition of taking care of soldiers and their families. Last year, the Fort Hood AER section provided more

than 2 million dollars in assistance. For more info call 287-8908.

Apache Arts and Crafts

Scrapbooking - Every 3rd Saturday, from 11 am to 7 pm for \$15 per person, includes lunch, games, prizes and snacks. Bring a buddy and start a new hobby. Now until April 30, two can attend any class under Apache's roof for the price of one. Bring a buddy to classes like glass etching, ceramics, PMC jewelry, framing, leather, stained glass, or floral arrangement and pay only one class fee for both students. For more info call 287-0343

Army One Source (AOC) is a 24-hour, seven days a week toll-free information and referral telephone line and internet/Web based service available to active, mobilized reserves, deployed civilians and their families worldwide. AOS provides information ranging from every day concerns to deployments and reintegration issues. Additionally, if there is a need for face-to-face counseling, AOS will provide referrals to professional civilian counselors for assistance. Confidentiality is assured. No Tri-Care referral needed. To access the Army One Source website, go to www.armyonesource.com. At the user ID, type in **Army**; enter **Onesource** as the password, and proceed to the next page.

The Fort Hood Tax Center will be open from 20 Jan – 26 May 04. Hours of operation are 1000-1800, Tue – Sat. The FHTC will be closed on Sundays, Mondays, federal holidays, and training holidays. The FHTC provides assistance on a walk-in basis during normal business hours. The FHTC is co-located with the Clear Creek Commissary, building 50001, on Clear Creek Road. These services are free to all active duty military, family members, and retirees.

Operation Iraqi Freedom deployment entitlements include:

Family Separation Allowance – for soldiers separated from family members for more than 30 days. Appears as “FSH” on LES. Current rate is \$250 per month (8.33 per day).
Hardship Duty Pay-Location – soldier must perform official duties in a designated location for more than 30 days. Kuwait and Iraq HDP-L is \$100 per month. HDP-L is prorated and paid at a daily rate for partial months. Appears as “SAVE PAY” on LES.
Hostile Fire Pay (HFP) – current rate for Iraq, Kuwait is \$225 per month. Soldier serving one day of a month in the HFP area is entitled to the entire month's pay. Appears as “HFP/IDP” on LES.
Combat Zone Tax Exclusion – for soldiers serving in a designated combat zone are exempt from payment of federal and state income taxes. Exemption for officers is limited to \$6,315.90.
Per Diem – Current rate is \$3.50 per day. Soldier must file a travel settlement upon return from deployment in order to receive per diem.
Fort Hood Group Exercise Schedule
Water Aerobics – Tues, Thurs 0800-0900 Abrams Pool
The following classes are held at the Skating & Wellness Center, 37th St:
Mega Workout – Sat 0900-1030
Cardio Kickbox – Mon 1730-1830
Yoga – Tues 1730-1830
Step – Wed 1730-1830
Step Circuit – Thurs 1730-1830

Classes are designed for all fitness levels.
\$3 per class; 10 class punch card (with one free class) available for \$25. For more information call 285-5942 or 287-5623.

Preventive Medicine Services has changed the Food Service Establishment Sanitation Requirements for Family Readiness Group food booths effective 1 Jan 04. Call Ms. Carter or Mr. Hagood at 288-1665 for information about the new procedures.

Children of Deployed Soldiers Support Group meets monthly to increase the knowledge of children/youth about the deployment process using age appropriate learning task and activities. Call 286-6774 for dates, times, and topics.

Spouses of Deployed Soldiers Support Group meets on the first Tuesday and third Tuesday of each month at the Lane Volunteer Center, Building 16005. The support group offers a forum where family members can share their experiences and expectations. Childcare is free, on a limited basis. For more information please call Martin Bonner at 288-2863 or 288-5155.

MWR Info Number – 288-MWR1. Up-to-date information on Fort Hood's MWR programs, special events and activities.

International Spouse Support Group
Meet other spouses, Door prize. Refreshments. Meetings are held on the 3rd Thursday of every month. For more information call Mary Fitzgibbon at 287-4485.

Spring Break Specials Mar 15-19–
Phantom Warrior Lanes - \$1 per game, free shoes from 8 am to 5 pm
Skating Center - \$2.50 per person from 1 pm – 4 pm.

St. Patrick's Day Bingo –
Community Events Center, 17 March. Call 532-9253 for more info.

Special Notice to Pershing Park Residents
Construction of permanent access control points (ACPs) is underway at several different locations. The ACP at HWY 190 and Hoover Hill is also a regular elementary school access for children. Parents are strongly encouraged to talk to their children about safety while walking past the ongoing construction. Safety fencing will be in place. Encourage children to stay clear of construction vehicles

and machinery. Construction at this ACP will be occurring until the end of the school year.

Women Supporting Women is a faith based support group for wives of deployed and deploying soldiers. Meets every Tuesday, 11:30-13:00 at Comanche Chapel. Childcare and lunch provided. POC is Chaplain Williams, 287-6310 or Dr. Andrea Godwin-Stremmler at 288-1757.

FREEDOM QUILT FEST
WE NEED YOUR FABRIC, QUILT BLOCKS, QUILT TOPS, OR COMPLETED HAND MADE QUILTS!!! (cotton quilting fabric only please. We cannot use polyester or knits) Also--batting, thread, needles, embroidery thread, rotary mats, rotary rulers and rotary cutters, AND people with sewing machines!!
Betty Nielsen, the founder of Freedom Quilts, is coming to Fort Hood March

25th and 26th to help make and present FREE quilts to the families of Fort Hood who have lost their soldiers. The Freedom Quilts site, freedomquilts.net, has a section for soldiers with a wonderful tribute to CSM Blankenbecler, a soldier here from Fort Hood, who lost his life during OIF. The ladies of 4th ID have already donated the money to bring Betty and her husband to Fort Hood for this great event. We will be having a GIGANTIC quilt making day to make quilts for Freedom Quilts on Thursday, 25 March, and MORE quilt making and a presentation by Mrs. Nielsen on Friday the 26th. If you would like to

help (and you don't have to know how to quilt to play!), or if you have questions, or fabric or money to donate, please contact LeAnn Volesky at 200-2995, or Valerie Taber at 526-3853. There will also be several smaller interim quilting events and classes scheduled. At this time we have events planned for Monday, 23 February from 0900 to 1600 at the 1st Cav FRG Center sponsored by the FRG of 2-5 CAV.

Come and enjoy a few hours of an old fashioned quilting bee! You don't need to know how to sew to help. Come for one hour or seven hours!

If you would like to organize a quilting coffee, or FRG event to help, please don't hesitate to call Valerie or LeAnn.

Apache Arts and Crafts' Internet café now offers video-on-demand.

Utilizing the existing high-speed Internet connection, and adding new camera technology, Cyber Surf Café is equipped to offer video messaging.

Video-on-demand is available during open hours at Cyber Surf Café, from 11 a.m. until 3 p.m. on Monday and 11 a.m. until 10 p.m. Tuesday through Saturday. Record a special message for any loved one with an internet connection and access to a computer, and they will receive the video in real time.

This new feature is made possible through an internet communications provider, and all users must sign up on their website prior to recording a message. The service costs \$7.95 per month, and a credit card is needed to sign up on the website prior to use. Pay only \$1 for 15 minutes or \$4 for one hour of computer time at Cyber Surf, plus additional fees for the use of the recording feature.

Please call 532-2586 for additional information.

Stress, Anger and Conflict Management Workshop

Presented by Army Community Service, Family Advocacy Program
Upcoming class dates: Feb 10 & 24 and Mar 9 & 23
9 a.m. to 4 p.m.
Soldier Development Center on 761st Tank Battalion Avenue and Training Road. This workshop can help you deal with the challenges of everyday life. Certificates of

completion are available upon request. For more information, call 618-7584.

A handwritten signature in cursive script that reads "Brenda A. Miyamasu".

Brenda A. Miyamasu
Editor,
1st CAV Round Up Newsletter

