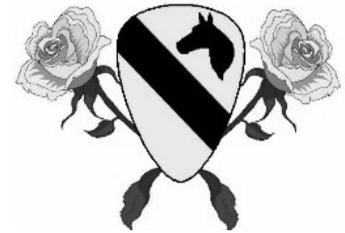


1st Cavalry Division Round-Up Newsletter



February 4, 2004

A Note from Mrs. Chiarelli

Valentine greetings to one and all! Some of us have Valentines who are very far away this year. I guess we are all thinking about the upcoming year and the fact that our families will be separated. Hopefully we can share ways to make the holidays special for our soldiers while they are deployed. Our wonderful Family Readiness Groups are full of energy and ideas to inspire each other to keep those holidays special. I encourage you to talk to one another about what is going on in your group and lift each other's spirits if necessary. We need each other! Your smiling faces are encouragement to all who are around you.

Our Division has suffered losses recently. The caring and compassion of the fellow soldiers and family members is something to behold. There is no other dynamic in this country like the military family. We have a unique and special heritage of taking care of our families. Be proud that you are part of this phenomenon. Your army family does not take the place of your extended family, it gives an extra dimension. We understand each other and our lifestyle.

Our division also includes Guard and Reserve soldiers and their families who are sometimes new to the demands of separation. I hope to forge a very special relationship with our friends in Oregon and Arkansas. They are spread out all over their states and anxious to share information.

The colors have been cased. This incredible tradition has such meaning and such importance. The colors will fly in Iraq, and we look forward to the ceremony when we mark their return.

Be safe, take care of one another, and try to smile. There is always

something to smile about. You will be surprised how contagious it can be!!!

Love,

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. Any one can 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! If you are a teacher consider a field trip to our museum. It helps our children understand the unique place we live and work in. The museum recently purchased electronic filing software that will help create an electronic archive of all of the artifacts. We always welcome volunteers to help out in our office. 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
Feb 28 (Saturday) H. W. BRANDS - Pulitzer Prize Author
Clear Creek Px 1200-1400 hrs
Book signing for his latest release

~~~~~  
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](http://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:

17-20 Feb, Level 2, 1700-2100

24 Feb, Teen Workshop, 1800-1930

3-4 Mar, Level 1, 0845-1400

22-25 Mar, Level 3, 0845-1400

23 Mar, Teen Workshop, 1800-1930

### **BAND OF ANGELS**

#### **FISHER HOUSE**

Fisher House Statistics:

November: 79% fill (143 occupied bed nights) with \$600 waived for OIF families.

December: 20% fill (24 occupied bed nights) with no funds waived.

Last Chance to buy your Fisher House Brick for \$25! We'll stop taking orders the end of February!

Has your coffee group sponsored a week at the Fisher House! It's a fun, easy way to help family members who are staying at the house. Just breakfast items (no more than \$20) and dropped off on Wednesday morning...how easy is that?? Sign up with Laura Read at 698-6921 or [Laura.Read@hood.army.mil](mailto: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.**

Registration for Spring Soccer is 2-27 Feb. Cost is \$35.

### **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**

Once again membership is the top issue at the O-Club. The bottom line is this, if you are not a member, then you have cast your vote to close the club, and if you are a member then you have voted to keep it open. It would be a tragedy to lose our Club. No dues are required of deployed soldiers; a great benefit. Check out the reoccurring and special events coming up

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 spaghetti. Adults \$5.00 and children \$3.00 (12 and under)** This is in response to a 1<sup>st</sup> Cav. Request.

-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 February**

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

**7 Feb.-** Membership appreciation night at Legends Pub with Roast Beef dinner at 5:30 PM, \$5.00 cover charge for non-members

**14 Feb-**Valentine's Day Dinner-Ballroom.

**24 Feb-**Mardi Gras-Legends Pub

**27 Feb-**Murder Mystery Theatre-Who "Done In" the Don?-Ballroom

**5 March-**Membership Appreciation Night-Legends Pub

**17 March-**St. Patrick's Day Bash-Legends Pub

**POC:** Sandy Parker 539-2940

**HEALTH CONSUMER COUNCIL**

The division continues to deploy, and families are making plans for summer vacations as well as visiting family. An important part of that decision is your TRICARE enrollment. If you are leaving for more than 30 days, you MUST transfer your TRICARE enrollment to the new region if there is TRICARE Prime available in that region. In addition to transferring enrollment, you MUST 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. Regions require two weeks for coverage to be 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 no TRICARE Prime is available you need to dis-enroll and provide TRICARE with your new address. You are then covered by 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. Or visit the web site.

**IVC**

Volunteer of the Year recognition will be here before you know it. Do you have an outstanding volunteer that you would like to submit for Volunteer of the Year? Unit and organization nominations are due to the Lane Volunteer Center by 18 Feb 04.

For more information please contact Mari Gonzales at 286-5913 or Doris Arnett at 287-8657.

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 1<sup>st</sup> Cav babies born at Darnall Hospital. Baby birth statistics will now be located in the 1<sup>st</sup> 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 4<sup>th</sup> Monday of the month.

**POC:** Brenda Miyamasu, 616-8240  
Email: [miyamasu5@earthlink.net](mailto:miyamasu5@earthlink.net)

### **NMFA**

The National Military Family Association is our lobby group in Washington. They can change the way we "do business". Please refer to your handouts for important information. (note: current issue involves the upping of our weight allowance for moving!)

If you have any questions, check out the website [www.nmfa.org](http://www.nmfa.org) or contact Sarah Salter, 526-7584.

### **OFFICERS' WIVES' CLUB**

#### **UPCOMING EVENTS:**

Senior Sweetheart Bingo---Ages 55 and up  
Thursday February 12, 2004  
9:00am-12:00pm  
RSVP by 9 Feb, 634-1001 or 690-6222

Basket Bingo – members only  
Tuesday, February 17  
10:30 am Shopping & Social  
11:30 am – 1:15 pm lunch & bingo  
RSVP by Feb 12  
Last Names A-L 520-2211  
Last Names M-Z 520-2127

Hood Heritage Cookbooks on sale for ONLY \$10.67

### **PWOC**

If one of your New Year's Resolutions is to grow closer in your relationship with God, the weekly Protestant Women of the Chapel meetings can help. Not only will you have a time of worship and Bible study but you will also get to know other Christian women who can help you in your walk and also give some much needed friendship and support. Protestant Women of the Chapel meet every Tuesday from 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.

#### **Current Bible Studies:**

MotherWise: Wisdom for Mother: by Denise Glenn (12 week study)  
Choices of the Heart by Mary A. Kassian (6 week study)  
Transformation by Rebecca Manly Pippert (6 week study)  
To Love with All Your Heart (6 week study)  
Spiritual Disciplines (6 week study)  
Living Free by Beth Moore (6 week study)  
Meeting the Spirit (6 week study)  
Faith Lessons: Jesus – Ministry of Messiah by Ray VanderLann (6 week video study)

**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](mailto: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**

Christmas again so soon? YES! Next year many of us will have a different sort of holiday. What better way to celebrate than to start NOW to make sure that generosity and good will remain at the center of our observances at this special time. Please email: [Myemailshop@aol.com](mailto:Myemailshop@aol.com)

### **SCHOLARSHIP COMMITTEE**

The Fort Hood Area Military Family Member (FHAMFM) Scholarship Fund is an independent organization developed for the purpose of providing scholarships. Eligible applicants, high school seniors and military spouses, must possess a current military ID card and live in Bell, Coryell, Lampasas, or Williamson County.

Applications are available for the FHAMFM Scholarship Fund 2003-2004 academic year. **Applications must be postmarked by 24 March 2004.** 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.

Look for application forms at the following locations: Central Texas College, Tarleton State University, the Fort Hood Education Center, Lane Volunteer Center, Casey Library, Thrift Shop, 1<sup>st</sup> Cav Family Readiness Center, 4 ID Readiness Center, and all area high school counselors.

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**

Fort Hood's Installation Volunteer Child Care Fund presents its' Annual Coffee & Chocolate – For the Love of Chocolate, Saturday 7 February 2:00-4:00 pm at the Community Events Center (next to the Clear Creek PX). There will be children's activities, face painting, inflatable bouncer,,enter your chocolate creation for the "People's

Choice" Award. \$5 adults/ 10 & under free.

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.

## **WOMEN'S CONFERENCE**

Women's Conference is a series of workshops designed to uplift, enlighten, motivate and strengthen military women in their various roles as mothers, wives and invaluable contributors to the army and civilian community. It is for ALL military wives and female soldiers, all ranks, active duty or retired. It is Thursday and Friday, March 4th & 5th, 2004 at the Main Post Chapel. The fee is \$15 non-refundable. This covers breakfast and lunch both days, six classes of your choice, the keynote speaker (Mary Ann Meigs) and a canvas bag tote full of goodies from local businesses. The deadline for registration is February 17<sup>th</sup>; however, if there are still openings, we will take reservations up to the day before the conference. The limit is 250 women. There is no childcare available at the conference and no children are allowed. Registration forms are available at Darnall Hospital, Lane Volunteer Center, and can be downloaded from [www.forthoodowc.org](http://www.forthoodowc.org). Keep your eyes open for registration information or call the hotline number at 539-3905.

## **EXTRA INFORMATION**

**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](http://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.

**Hood Howdy** – February 6, Officers' Club, 12:00-5:00. This information fair will host local businesses, agencies

and service organizations. Fort Hood soldiers and families, as well as members of the general public, are welcome to attend this event free of charge. There will be entertainment, door prizes for newcomers and free food sampling. For more information contact Army Community Service at 287-4471.

**Last chance for discounted Phantom Tickets – Feb 8 –**

discounted tickets are available in a special section reserved for the military for performances of Phantom of the Opera, on stage at Austin's Bass Music Hall on February 21 at 2 pm and February 22 at 2 pm and 7:30 pm. Call ITR at 287-7310 for more information.

**NAF Property Auction** – Beginning at 8:30 am on February 21 at the Phantom Warrior Center, bid on assorted office furniture, household goods, sports equipment, industrial and restaurant equipment and much more. Preview the items for auction from February 17-20, between 8:30 am and 4 pm at building 4240 on 70<sup>th</sup> Street. \$1 registration fee includes bidder card and auction listing. For more information, call 287-1460/1459.

**Fort Hood Group Exercise Schedule**

Water Aerobics – Tues, Thurs 0800-0900 Abrams Pool  
The following classes are held at the Skating & Wellness Center, 37<sup>th</sup> 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.

**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.

**Military Officers Association of America (MOAA) 2004 Scholarship** – MOAA will be offering individual \$1,000 grants to 50 dependents of active duty personnel worldwide. To be eligible, a student must be under age 24, working on a first undergraduate degree and a dependent child of an active duty service person – enlisted, warrant officer, or officer. Grant recipients will be randomly selected from among applicants within each of the seven services. No GPA, SAT or essays will be needed. MOAA membership is not a requirement. Apply at [www.moaa.org](http://www.moaa.org). Deadline for submission is Noon EST March 1, 2004.

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

**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-Stremler at 288-1757.

**FREEDOM QUILTFEST**  
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](http://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.

### **Calender of Events**



Brenda A. Miyamasu  
Editor,  
1<sup>st</sup> CAV Round Up Newsletter

## Community Calendar

**Jani Case, Community Liaison, 698-2273 or [mjcase@dashlink.com](mailto:mjcase@dashlink.com)**

### FEBRUARY

- 14 – 15 Fredericksburg - Texas Hill Country - Valentine Weekend - Sixteen Hill Country wineries feature special food and wine pairings, dinners, music and more. 830-868-2321
- 14 – 15 Georgetown - 34th Annual Williamson County Gem & Mineral Show. Features dealers demonstrations and non-competitive exhibits from 10 a.m. to 6 p.m. Admission charged. Community Center in San Gabriel Park - 512-255-7504
- 14 – 15 Round Top - Historical Society Garage Sale. Hours are 9 a.m. to 5 p.m. Town Hall on the Square. 979-249-4042
- 15 Austin - Motorola Marathon - Offers a 26-mile race beginning at Gateway Market. Stonelake Boulevard at Tudor - 877-601-6686
- 19 – 22 Dallas - Dallas County RV Show - Includes a display of more than 500 RV's. Dallas Market Hall 800-880-7303
- 20 – 22 Fredericksburg - Trade Days - More than 300 vendors offer antiques, collectibles, tools, primitives, shabby chic, crafts and other items from 9 a.m. to 6 p.m. Highway 290E across from the Wildseed Farm - 830-990-4900
- 20 – 22 San Antonio - Bexar Regional Agility Dog Show - San Antonio Rose Palace 210-698-3300
- 20 – 22 San Antonio - Mardi Gras Arts and Crafts Fair - Free admission . River Walk Extension - 210-227-4262
- 21 – 22 Austin - Citywide Garage Sale - Presents an antiques and collectibles show. Palmer Event Center - 512-441-2828
- 22 San Antonio - Mardi Gras River Parade - A procession of decorated river barges with costumed revelers transforms the River Walk into a floating Bourbon Street. 210-227-4262
- 27 – 28 Austin - Rhythm - Presents a visual feast with new works in tap, jazz and modern dance. Paramount Theatre. 512-472-5470
- 27 – 29 Dallas - Spring Home & Garden Show - Features everything for home and garden needs. Dallas Market Hall - 800-654-1800

|                                                      |                              |
|------------------------------------------------------|------------------------------|
| Fort Hood Family Assistance Center FAC               | 288-7570 when activated      |
| Fort Hood Information                                | 287-1110 DSN 737             |
| Alcohol and Drug Program                             | 287-7490 / 2892 DSN 737      |
| Ambulance                                            | 288-8111 DSN 738             |
| American Red Cross: Fort Hood                        | 287-4745/46 DSN 737          |
| American Red Cross: Killeen                          | 690-4009                     |
| Apache Arts and Crafts Center                        | 287-2417 DSN 737             |
| Army Emergency Relief (AER)                          | 288-5003 DSN 738             |
| Army Community Services (ACS)                        | 287-4936 / 3663 DSN 737      |
| Bell County Health Department                        | 526-8371                     |
| Billeting                                            | 287-5290 / 2700              |
| Budget Counseling                                    | 287-8979 DSN 737             |
| Bus Schedules (Trailways, etc.)                      | 634-3843                     |
| Casey Library                                        | 288-4921 DSN 738             |
| Chaplain's Crisis Line                               | 287-4357 (HELP)              |
| Child Abuse Hotline                                  | 287-2273 (CARE)              |
| Child and Adolescent Clinic                          | 287-7650 DSN 737             |
| Child Welfare                                        | 526-9011                     |
| Child Care (hourly at Comanche CDC)                  | 287-4848                     |
| Child Development Center (CDC)                       | 287-6037 / 8029              |
| Citizenship/Immigration                              | 287-4485 DSN 737             |
| Civilian Personnel Advisory Center (Job Information) | 288-2084 DSN 738             |
| Commissary (Clear Creek)                             | 288-7560 DSN 738             |
| Commissary (Warrior Way)                             | 288-0845 DSN 738             |
| Community Counseling Center                          | 287-5246 / 2892 DSN 737      |
| Community Health Nurse                               | 288-9393/287-6789 DSN 737    |
| Community Life Program                               | 287-5160/0348 DSN 737        |
| Community Mental Health                              | 287-5131 DSN 737             |
| Domestic Violence                                    | 287-CARE (2273) DSN 737-2273 |
| Education Center                                     | 287-4824 DSN 737             |
| Emergency Room                                       | 288-8113 DSN 738             |
| Emergency Room: Information                          | 288-8000 DSN 738             |
| Exceptional Family Member Program (EMFP)             | 287-6070 DSN 737             |
| Family Housing                                       | 287-3624 DSN 737             |
| Families in Crisis                                   | 634-8309 / 1184              |
| Family Life Center                                   | 287-6310 DSN 737             |
| Food Care Center                                     | 554-3400                     |
| Food Stamp Program                                   | 526-9011                     |
| Guest Housing                                        | 287-7562 / 3067 DSN 737      |
| Guest Housing: Poxon House                           | 532-2100                     |
| "Hood to You" Outreach                               | 287-2814 DSN 737             |
| Hospital: Central Appointments                       | 288-8888 DSN 738             |
| Household Goods (Outbound)                           | 287-4515 DSN 737             |
| Household Goods (Inbound)                            | 287-5516 DSN 737             |
| Housing Referral                                     | 287-7807 DSN 737             |

|                                                |                       |
|------------------------------------------------|-----------------------|
| Immunization                                   | 287-8480 DSN 737      |
| Information, Ticketing, and Registration (ITR) | 287-7310 DSN 737      |
| Legal Aid: 1CD                                 | 287-6060 DSN 737      |
| Legal Aid: III Corps                           | 287-5297/7901 DSN 737 |
| Loan Closet                                    | 287-4471 DSN 737      |
| Military Police (MP)                           | 287-2176/2177 DSN 737 |
| Officers' Club                                 | 532-5329              |
| Pharmacy                                       | 288-8100 DSN 738      |
| Pharmacy: Refills                              | 288-8911/8912 DSN 738 |
| Post Exchange                                  | 532-7200              |
| Post Locator                                   | 287-2137 DSN 737      |
| Post Office: Fort Hood                         | 287-2728 DSN 737      |
| Post Office: Killeen                           | 634-0281              |
| Rape Crimes: Report                            | 287-2746 DSN 737      |
| School District: Copperas Cove                 | 547-1227              |
| School District: Killeen                       | 501-0000              |
| Sports USA                                     | 287-6737 DSN 737      |
| Spouse Abuse Hotline                           | 288-4474 DSN 738      |
| Suicide Prevention                             | 1-800- 888-4036       |
| Thrift Shop (Building 5003)                    | 532-2948              |
| TRICARE Customer Service                       | 1-800- 406-2832       |
| TRICARE Service Center                         | 532-0800              |
| Veterinarian Clinic                            | 287-4675 DSN 737      |
| WIC Program: Copperas Cove                     | 547-9571              |
| WIC Program: Killeen                           | 526-2033              |
| Women's Health Clinic                          | 288-8108 DSN 738      |
| YMCA Killeen                                   | 634-5445/0660         |
| Youth Activities                               | 287-0335/2849 DSN 737 |

The following are useful websites resources for deployment: <http://www.schoolcounselor.org> <http://timeforkids.com/iraq>  
<http://www.pbs.org> <http://familyeducation.com> <http://www.talkingwithkids.org> <http://www.militarychild.org>  
<http://www.nasponline.org/index2.html>

#### **WEB SITES OF INTEREST:**

##### **1st Cavalry Division:**

<http://pao.hood.army.mil/1stcavdiv/default.html>

##### **Mobilization & Deployment:**

[www.hoodmwr.com/mobilization.html](http://www.hoodmwr.com/mobilization.html)

##### **Corps Cares On-Line:**

<http://www.hoodmwr.com/rl.html>

##### **FRG Leader's Online Handbook:**

<http://www.ari.army.mil/frg1/index.asp>

##### **Fort Hood MWR Website:**

<http://www.hoodmwr.com>

##### **The Army Spouse Website:**

<http://www.armyspouse.org>

##### **Fort Hood OWC:**

[www.forthoodowc.org](http://www.forthoodowc.org)

##### **Fort Hood ESC:**

<http://fhaesc.tripod.com>

##### **DPW Service Orders:**

<http://dpw.hood.army.mil>