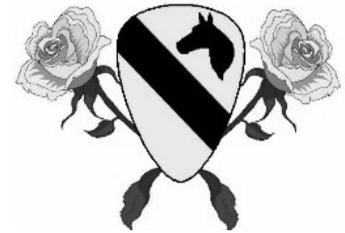


1st Cavalry Division Round-Up Newsletter



January 7, 2004

A Note from Mrs. Chiarelli

Hello to everyone. I first want to express my gratitude for all of your lovely notes, e-mails and flowers after my mother's death. I have been back and forth many times to Portland since the change of command in August and have been in a bit of a whirlwind of emotions. We as military spouses have all experienced the confusion of long distance tragedies. These are the things that give us the special bond with our military family. It is just too hard to explain to others the swirl of emotions we feel, especially in the face of this deployment. Knowing I was coming back to this tremendous place filled with such kind warm people made everything easier. As your military life grows past battalion and brigade command, you will understand more and more what I am trying to express. You are all so special and everything you do for your community and this Division is so appreciated. But we keep on keeping on, don't we? My mother was a lifelong volunteer in her community until the age of 80. I grew up thinking that volunteering is just "what you do". I wish you could have known her. We will continue to work towards this January send off for 2nd Bde. and towards March when the rest of the folks join them. Take heart, my friends. I know you are all doing the best you can to make things go smoothly. Now is the time to start learning about your battle buddy. Hopefully you can complement each other. Bless each one of you Beth.

Fondly,

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. Thanks to everyone for their support and shopping efforts during the Christmas holidays. 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. They 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 in the area, the 1st Cavalry Museum has a wonderful teaching module available based on the Lewis and Clark expedition. It can be used at all grade levels. Give Carrie a call at the museum to get more information. 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. 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

W.E.B Griffin will be signing "Retreat, Hell" (from the 'The Corps' series) on 12 JAN from 1200HRS to 1300HRS at the Clear Creek PX. This is the only book that he will sign.

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 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.

-AFTB is circulating a survey throughout Ft. Hood. If you have a chance, please fill it out so that we better understand how to meet the community's needs and we learn how to more effectively sell our product. - AFTB now sends out a newsletter to our volunteers. As you can see, AFTB is buzzing with activity and new projects. 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:

Level I: 7-8 Jan, 0815-1400hrs

Level I: Spanish--7-8 Jan, 1700-2100hrs

Level III: 21-22, 28-29 Jan 1645-2100hrs

Teens: 27th 1800-1930hrs

AFTB Instructor Training (Bilingual individuals are encouraged, welcome and needed!)

13-16 Jan 1700-2100

Level I 2-3 Feb, 1700-2100

BAND OF ANGELS

FISHER HOUSE

The Brick Sale continues and for \$25 your family or unit can have their brick engraved.

It's not too late to "Sponsor A Week" at the Fisher House; it's just \$20 of food and/or household supplies. Please consider unit or private group sponsorship for the many needs of our wounded. These efforts are best if ongoing. Contact Laura Reed, 698-6921, if you can help out or, send her an email at

Laura.Read@hood.army.mil.

CYSAC

Beginning 15 December 2003, Fort Hood CYS will implement new fees for annual registration, hourly care, and Youth Services (YS) team sports. These fees have been realigned in accordance with U.S. Army Community Family Support center's fee policies and guidance. Increases are as follows:

- Annual Registration Fee from \$15.00 to \$18.00 per child/youth or maximum registration fee of \$40.00 per family.

- The Hourly Child Care Fee increases from \$2.50 per hour to \$3.00 per hour for patrons in CAT II-VI and \$2.25 per hour for patrons in CAT I.

- The YS Sports Team Fees will increase beginning with the Spring YS sports soccer season in April 2004.

CAT A Soccer, Flag Football, Cheerleading - \$35.00

CAT B Baseball, Softball, Basketball - \$35.00

Child and Youth Services (CYS) will implement CYMS on 5 Jan 04. The Child and Youth Services Management System central database will provide CYS with comprehensive management capabilities. This shared database will contain sponsor and spouse information, family member data, financial and statistical information, and a history of all daily transactions. The use of CYMS will enable CYS to offer better customer service by expediting the CYS registration process and processing payments from any location. With the use of a bar code card, parents will be able to sign-in/out of facilities or programs easily..

For additional information, contact the CYS Central Registration Office (CRO) at 287-8029.

As always, volunteer coaches are needed for the winter sports season. Must be at least 16 years old to be an assistant coach. Mandatory classes will be offered for the teenage assistant coach. Primary coach has to be an adult. For more info, please contact the Youth Sports Center at 288.3770.

Fort Hood Child and Youth Services Openings – Both the Child Development Centers and School Age Sites now have childcare openings for a variety of ages. The three CDC's on post offer immediate openings for children ages 3 to 5, for pre-school and full-day care. The six SAS programs accommodate children in kindergarten through fifth grade, and are available for before and after school care as well as full-day care on teacher workdays. Call Central Registration at 287-8029 for more information about enrolling a child at a CDC or SAS.

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

We cannot push membership enough. It would be a tragedy to lose our Officers' Club. Don't think that it can't happen. So join now and enjoy the great benefits that come along with membership. You just can't beat the monthly specials anywhere in town. Check the Club out for your next Hail & Farewell, Dining in, Wedding Reception, Retirement Dinner or Luncheon. George Dickerson and Centralized Catering will work with you to ensure you have a 1st class event.

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.

-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 Tues -Fri

-Grab-N-Go Pizza-Are you tired of waiting in long lunch lines? Pizza by the slice is now available at Primo's Express. \$3 Combo, 1 slice of Pizza and a Soda.

-Continental breakfast, "Red White and Brew": \$3.95 members, \$5.95 non-members. All you can eat breakfast bar with assorted juices, coffee, toast, bagels, muffins, fruit, cereal, milk and donuts. Served daily

at Legends Pub from 7:00 am – 10:00 am. (6:00 am donut shop opens). Showers are open at the pool to allow people to shower and eat breakfast prior to reporting to work.

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.

HEALTH CONSUMER COUNCIL

The Red Cross is still looking for volunteers. They will be expanding the hospital parking and they need mobile drivers. A new parking plan will be in place by February 04. If you're interested in helping please call the American Red Cross at 287-0400.

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? Not sure exactly what the criteria is or how to go about it? Join us for one of our Volunteer of the Year Nomination Writing Workshops and find out how you can make your volunteer's nomination more competitive. The workshops will be on the following dates:

5 Jan 04 – 1730-1800
8 Jan 04 – 1500-1530
4 Jan 04 – 1000-1030
20 Jan 04 – 1500-1530
26 Jan 04 – 1730-1800

All classes are held at the Lane Volunteer Center, corner of Hood Rd & Old Ironsides Ave, Bldg 16005. For more information or to register, please contact Mari Gonzales at 286-5913 or Doris Arnett at 287-8657.

The Volunteer of the Year Ceremony will be 29 April 2004.

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. There is a meeting Jan 21, 2004 for all volunteers who want to deliver layettes. There are 2 meetings, the first one is at 9:30 a.m. and the other one is at 6:30 p.m. The meetings will be held at the Family Readiness Center. 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 prepared a new brochure on "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.

President Thanks Volunteers: In his weekly radio address on December 20, President George Bush thanked volunteers, including uniformed servicemembers, for their community service. "Some of the men and women I have met are members of the armed forces, who volunteer time in their communities on top of their service to the nation," the President said. He noted that overall 63 million Americans were volunteers this year, about 4 million more than in 2002. Volunteers gave an average of 52 hours a week. If you have any questions, check out the website www.nmfa.org or contact Sarah Salter, 526-7584.

OFFICERS' WIVES' CLUB

WILD WEST

FRIDAY, JANUARY 30, 04

7:00pm---1:00am

Fort Hood Officers Club

Come out and have some fun. Tickets on sale now \$5.00. The day of the event they are \$7.00

Please don't forget your donations for the Emporium and the Sugar Tooth Gap.

The Child Care Center will be open 6:30pm-1:30am for people going to Wild West, and the Bronco Youth Center will be open for the older children. If you need the CDC call to make your reservations early.

January luncheon is Tuesday 20th.
SHOOT OUT AT THE OK CORRAL

THE CAN CAN DANCERS WILL BE THERE TO ENTERTAIN YOU.

Pull out your cowboy boots and hats and get ready for some Texas style fun.

UP COMING EVENTS:

Senior Sweetheart Bingo---Ages 55 and up

Thursday February 12, 2004

9:00am-12:00pm

See Flyer for more information.

NEW COMERS WELCOME

22 January 2004

11:00-1:00---Pam Metz home

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.

6 Jan - Bible Studies start back up

23-25 Jan - "Camp Woe Be Gone" Retreat at Camp Balcones Springs in Marble Falls, TX - featured speaker Judy Rossie

27 Jan - Program - Rivers of Living Water: speaker Wendy Wolfe will describe the significance of the Feast of the Tabernacles.

January 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.

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.

Thank you to everyone who made donations as well as those who gave their time. This is an ongoing, year-round effort. For more information about Santa's Workshop, please call 287-TOYS.

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, 1st 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

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 17th; 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. 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. At the user ID, type in **Army**; enter **Onesource** as the password, and proceed to the next page.

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.

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.

ACAP – Army Career and Alumni Program –Job Fair – January 21, 2004, 10:00 – 3:00, Fort Hood Officer's Club
288-ACAP/288-JOBS

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.

Family Readiness Group Training
21-22 Jan, 0900-1430
27-29 Jan, 1730-2030
Call 287 ACS for more information.

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, 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 Tuesday, 27 January and 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: Jan 13 & 17, 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,
1st CAV Round Up Newsletter

Community Calendar

Jani Case, Community Liaison, 698-2273 or mjcase@dashlink.com

DECEMBER

- 1 – 14 Fort Worth - National Cutting Horse Assoc. World Championship Futurity - Will Rogers Memorial Center 817-871-8150
- 1 – 21 San Antonio - Holiday Boat Caroling - Ring in the holidays with traditional carols sung from cruising boats from 6:30 to 9:45 p.m. along the River Walk - 210-227-4262
- 1 – 24 Bryan - Papa Noel Tours - Enjoy a special tour of the Messina Hof Winery celebrating the Sicilian and German heritages. 1- 800-736-9463
- 1 - 31 Dallas - Holiday at the Arboretum - See the winter wonderland created throughout the stately DeGolyer estate. Dallas Arboretum - 214-327-4901
- 1 - 31 Marble Falls - Walkway of Lights - The lakeside is transformed into a winter wonderland. Lakeside Park 830-693-4449
- 1 - Jan. Bastrop - Trail of Lights - bastrop's riverwalk is lit throughout the holiday season. Each night a different group sells various goods. 512-321-2419
- 1 - Jan. 1 Fredericksburg - Hill Country Regional Lighting Trail - Eleven communities light up in their holiday best and hold special events. Call or visit the Web site for a brochure with dates of activities.
www.tex-fest.com – 830-997-8515
- 1 - Jan. 3 Johnson City - Lights Spectacular- The town lights up with more than 1 million Christmas lights. Includes a lighted parade, carriage rides, food, music and more - 830-868-7684
- 1 - Jan. 4 Belton - Nature in Lights - Drive through 5 1/2 miles of illuminated and animated light displays, illustrated sculptures and architectural lighting. Visit Sants's Village to shoop for gifts, warm up with hot chocolate and have photos taken with Santa. Belton Lake Outdoor Recreation Area - 287-2523
- 1 - Jan. 4 San Antonio - Cinderella - The magical fairy tale is reborn with Rodgers & Hammerstein's mark of originally, charm and elegance. Admission charged.. San Pedro Playhouse - 210-733-7258
- 1 - Apr. 24 Dallas - Quilt Mania - Western Tradition, Easter Innovation - Quilting as an art form continues to have an enormous impact on cultural folklore as showcased in these modern Japanese quilts. Trammell & Margaret Crow Asian Art Museum - 214-979-6430
- 2 - 7 San Antonio - Michael Flatley's Lord of the Dance - Admission charged. The Majestic Theatre – 210-226-3333
- 4 Belton - Christmas on the Chisholm Trail - Santa arrives while children's choral groups perform. Find strolling carolers dressed in Victorian attire and sidewalks lined with food and crafts vendors. Historic downtown – 254-939-3551
- 4 - 20 Mission - World Birding Center Birding Basics Field Trip - Join the center staff and expert bird guides for a short orientation followed by three hours in the field. Tours are subject to availability. Reservatons required. Bentsen-Rio Grande Valley State Park 945-519-6448
- 5 Georgetown - First Fridays Celebration of Art - Features artisan demonstrations, live music and refreshments from 5 to 8 p.m. Downtown - 512-864-9822
- 5 Waco - Annual Christmas Parade & Tree Lighting - Parade begins at 6:30 p.m. at 13th and Austin and ends at Heritage Square for the tree lighting - 254-750-5728
- 5 Belton - Hockey - Blackhawks vs. Texarkana Bandits - Bell County Expo Center - 254-933-5353
- 5 – 6 Killeen - Holiday Under the Stars Christmas Parade - Enjoy thousands of twinkling lights, reindeer and good ole St. Nick. Includes local choirs singing holiday favorites. Downtown Killeen, Killeen Community Center - 526-9551
- 5,6,12 - 13 Salado - A Christmas Carol - Presents an adaptation of charles Dickens' famous yuletide story. Begins at 7 p.m. Admission is \$5 for adults and \$3 for children. Tablerock Festival of Salado. 254-947-9205
- 5,6;12.13; 19-20 New Braunfels - Caroling in the Caverns - Local choirs perform holiday carols inside the spectacular underground rooms of Natural Bridge Caverns from 6 to 8 p.m. Natural Bridge Caverns - 210-651-6101
- 5 - 7 Austin - Gem Capers 2003 - Features collections, demonstrations, children's activities, jewelry, beads, gemstones, fossils and more. Crockett Center - 512-458-9546

- 5 - 7 Copperas Cove - Krist Kindl Markt - Openair, German-style Christmas market with handcrafted gift items, food and entertainment. Downtown - 254-518-1612
- 5,7; 12 - 14 Salado - Christmas Stroll - Includes a tour of homes styled in vintage holiday finery, lighting of the community Christmas tree, B & B tour, carolers, carriage rides, good food and merriment. 254-947-5040
- 5,7;12,14;19 -21 San Antonio - Fiesta de las Luminarias - more than 2,500 lunimarias line the San Antonio River symbolically marking the "lighting of the way" for the holy family. Along the River Walk - 210-227-4262
- 6 Georgetown - Christmas Stroll - Includes a hometown parade, arts & crafts, carriage rides, children's area, Entertainment and outdoor cafe from noon to 8 p.m. - 512-868-8675
- 6 Johnson City - A Timeless Christmas in Johnson City - Relive a 1920's small town - Texas Christmas celebration at a presidential home and experience a frontier holiday at Lyndon B. Johnson's grandparents' original cabin. LBJ Boyhood Home and Johnson Settlement. 830-868-7128
- 6 - 7 Belton - Sami Arts & Crafts Show - Expo Center - 254-933-5353
- 6 Belton - Hockey - Blackhawks vs. Springfield - Expo Center - 254-933-5353
- 6,7; 13 - 14 Fredericksburg - Holiday Wine Trail - Wineries have special food pairings, barrel tasting, art shows and special releases for new wines. Purchase a grapevine wreath and receive a ticket for an ornament at each of the wineries. Hill Country Wineries - 830-868-9617
- 6 - 21 Austin - The Nutcracker - Ballet Austin presents an adaptation of this holiday classic. Bass Concert Hall 512-476-2163.
- 12 - 14 San Antonio - River Walk Holiday Arts & Crafts Fair - Shop unque gift items offered by local and regional artists, craftsmen and jewelers. River Walk Extension - 210-227-4262
- 13 - 14 Belton - Little Valley Auto Swap Meet - Expo Center - 254-933-5353
- 14 Belton - Hockey - Blackhawks vs. Wichita Falls Rustlers - 254-933-5353
- 19 Belton - Hockey - Blackhawks vs. Lone Star Cavalry - 254-933-5353
- 29 San Antonio - Alamo bowl - Presents a college bowl game, featuring Big 12 and Big Ten Conferences at 8 p.m. Alamodome 210-207-3663
- 31 Belton - Hockey - Blackhawks vs. Springfield Spirit - 254-933-5353
- 31 Austin - New Year's Eve on Sixth Street - Take part in one of the biggest New Year's Celebrations in the country. Sixth Street 512-441-9015
- 31 San Antonio - Kids Countdown to 2004 - Celebrate a kid-friendly New Year's Eve with the entire family. Begins at 11 a.m. Admission charged. San Antonio Children's museum - 210-212-4453
- 31 Fredericksburg - New Year's Eve Walk - Enjoy a 10K walk through the quiet streets. Free admission - St. Joseph's Halle 830-896-3350

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

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

Fort Hood ESC:

<http://fhaesc.tripod.com>

DPW Service Orders:

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