



1st Cavalry Division Round-Up Newsletter



April 7, 2004

A Note from Mrs. Chiarelli

Hello to the First Cav Ladies. We are all reeling from the recent events in Iraq. Now more than ever we need to keep our focus and be supportive of one another. At the same time, remember to take some special time with each of your children and reassure them that what is going on in their lives is so very important. We never know how each of our children is processing all the information from television and just our back yards. They hear everything. Hold tight knowing we have the most wonderful Rear Detachment and a great communication tree with our senior leaders. One day at a time is the best we can do. I am so proud of all of you. 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. 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 are located in the 1st Cavalry Museum, and new moms are encouraged to stop by and enter our newest Troopers 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. 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

AAFES Welcome Home Celebration for 4th ID 4-12-04/4-18-04 lots of specials and one time buys.

Look for Krispy Kreme donuts at the shoppettes and the Commissary.

Bring your report cards to the Clear Creek PX for the "You Made the Grade" program. Students earning "A" "B" or above will receive a coupon booklet. There is also an entry blank for a quarterly \$5,000 and \$10,000 drawing.

On **SATURDAY 17 April** from 1200-1400 Hip Hop Comedian ROLAND

POWELL will be doing a free 20 minute comedy routine and then will sign his DVD titled "Dat Boy Funny"

On **SATURDAY 17 APRIL** there will be three interactive shows titled MOMMY & ME PLAYGROUP which is intended for mothers and children up to 10 years old, totally free, it will be located in the Clear Creek PX and shows will be 1000/1200/1400

On **SATURDAY 17 APRIL**, there will be a National "Search for the Cool Water Man" contest. This is being sponsored by the fragrance "COOL WATER". Each competitor will be photographed at the Clear Creek PX and must provide personal answers the following three questions: (1) "Who would play "you" in the movie of your life" (2) What is

your best asset" (3) "What makes you sweat". Grand prize is a trip for two to the 2005 Super Bowl, two VIP passes to the Sports Illustrated Swimsuit Party, and an all expenses paid weekend - a grand prize worth \$27,000.

On **WEDNESDAY 21 April** beginning at 1730 COUNTRY SUPERSTAR "TRACY BYRD" will do a free outdoor concert in the Clear Creek PX parking lot with fellow Country Artist "JEFF BATES", immediately after the concert both artists will sign their latest CD's, in addition the NFL New England Patriots Cheerleaders and BIG BROTHER 3 winners "Lisa & Tonya" will be signing.

On **SATURDAY, 24 April**, the famous evangelist and author T D JAKES will be signing his best seller book "COVER GIRL" from 1200-1400. Due to expected heavy turnout it is recommend customers arrive early. Only the above book will be signed by the artist.

On **SATURDAY, 8 May**, Blackhawk pilot "MICHAEL DURANT" will be signing his best selling "In the Company of Heroes: about the mission in Somalia, from 1200-1400

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

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.

Commissary welcome 4th ID 4-16-04
1700-2300 hrs. Giveaways, Free
Bar-B-Q.
1-2 May Case Lot sale at Clear
Creek Commissary.

AFTB
Volunteers Wanted for Army
Family Team Building

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:
13-14 April Level II
0845-1400
Teen Workshop 27 April
1800-20000
28-29 April Level II
0845-1400

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. 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.

**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
which 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**.

Youth Sports:
Baseball Registration –
1-30 April
Season – May – July
Summer Basketball Registration –
1-30 April
Season – May – July
Flag Football Registration –
1-30 July
Season – Aug – Oct
Cheerleading Registration –
1-30 July
Season – Aug – Oct
Fall Soccer Registration –
1-30 July
Season – Aug – Oct

\$35 registration fee per child/per
sport. Call 288-3770 or 288-2214 for
more information.
Volunteer coaches are needed for all
programs.

ENLISTED SPOUSES' CLUB

Enlisted Spouses' Club
invites spouses of E1- E9 to join.
Meetings are held the 3rd Thursday
of every month at the Montague
Community Life Building in West Fort
Hood.

April 15th 7:00 pm
The Fort Hood Area Enlisted
Spouses' Club will be installing its
newly elected board and recognizing
its outstanding volunteers this April
15th. Monthly Humanitarian Project:
Dental Floss for the Red Cross.
May 20th 2004
ESC Annual Crystal Bingo 7:00 pm
Members enjoy an evening of Bingo
for delicate Crystal Pieces. Guests
may attend this meeting for a fee of
\$7.00 Monthly Humanitarian Project
is: Canned Tuna for the Cove
House.

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. To join the Club you may do so by bringing in a power of attorney.

Check out the **regularly scheduled and special events** coming up: (members, let's support and enjoy them while we still can)

Karaoke every Wed & Fri 5pm at Legends Pub

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 **all you can eat 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. - 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, perfect for FRGs.

-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.- 5m. 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

7 Apr-Family Night

11 Apr- Easter Sunday Brunch- Make your reservations NOW

5 May-Family Night

7 May-Membership Appreciation Night-Legends Pub

9 May-MOTHER'S DAY BRUNCH

29 May-Swimming Pool Opens (new snack bar menu with access from pool side!)

HEALTH CONSUMER COUNCIL

For information on any Tri-Care questions you can call the Healthcare Information Line: 1-800-611-2875. Or you can go to our Tri-Care Service Center at BLDG. 36023 there is always someone there to assist you.

Our pharmacy waiting time has decreased. Although if you have a perscription for a controlled substance it could take a little longer. Please be patient. They're really trying to meet our needs.

If you decide to relocate, 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. 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.

In the next several weeks, Darnall Army Community Hospital will begin using a new computer-based patient record system called the Composite Health Care System (CHCS II). This will create an electronic patient medical record that can be sent to other military hospitals as soldiers and families move from installation to installation. Once fully implement, it can store all medical and dental records in a database that allows providers immediate access around the clock and without waiting for records to be delivered. A patient's record will remain in the system during his or her lifetime. There will be no need to worry about transferring records when they PCS, nor will they have to carry records with them if they have multiple appointments on one day. At this time Darnall is busy making this a reality and by **May 6 it should begin to "go live" in various clinics. During this training and learning period, each clinic will have fewer appointments available. This is only temporary. Please be patient during this implementation and learning period.**

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.

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 Volunteer Center. 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. 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 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

Luncheon: Tuesday April 20
Featuring a cooking demo. and the worst Bridesmaids Dress Contest. Social and Shopping starts 10:30 am Lunch and Program 11:30-1:15pm

Reservations: Due NLT noon 4/14
502-2211-A-L and 520-2127 M-Z

The 8th Annual Officers' Wives' Celebrity Golf Scramble is April 23 at Clear Creek Golf Course. There are a total of 144 players and they are made up of sponsors, celebrities, military VIP's, and soldiers. Soldiers are encouraged to sign up at the golf

course clubhouse. Sign up begins March 25 at Clear Creek. Football Legend Roger Staubauch will be playing as well as Famed Baseball player Doyle Alexander. There is no cost to any military personnel playing in the tournament.

This event still needs volunteers so if any one has some free time this sounds like a lot of fun.

COOK BOOKS FOR SALE ONLY
\$ 10.67

PWOC

Are you feeling alone now that the deployment is underway? Even those whose husbands didn't "leave" the premises still feel that their husbands are "gone". PWOC is a great place to meet Christian women that are feeling the same way you are. Best of all it is a place to find the One who can not only understand how you feel but give you the Peace you need to make it through this stressful time. 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. 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.

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.

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

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. 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. **FREE COMPUTER USE!!** 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 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. Direct your questions and concerns to Finance.

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.

Children of Deployed Soldiers

Support Group meets monthly to increase the knowledge of children/youth about the deployment process using age appropriate learning tasks 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. Vans are available for rent – great for small group outings.

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.

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-Stremmer at 288-1757.

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.

April is Child Abuse Prevention Month

Everyone shares responsibility for keeping our children safe from child abuse and neglect. Parents have personal accountability for their children's protection. Command and all community members share with parents the duty to create a

supportive, caring and secure environment for our children. The Army Community Service, Family Advocacy Program and Child and Youth Services will sponsor educational and family activities during the month of April designed to demonstrate support for Fort Hood military children and increase child abuse prevention awareness. Report suspected abuse and neglect to the Fort Hood Installation Report Point of Contact, 287-CARE (2273).

Youth Fishing Derbies: June 12, July 10, August 14, October 9

Held at BLORA's floating fishing dock. All derbies are from 7AM-10AM Prizes awarded in three age groups: 3-6, 7-11 & 12-16 Park vehicle gate fee applies - derby is free Info: 287-5526 or 287-6073

Guided Fishing Tours: June 20, August 21, October 16

Sign up in person at the BLORA Boat Dock or call 287-5526 \$10 per person needed within 48 hours of making reservation to confirm reservation (gate fee is not included). Tour departs BLORA boat dock at 7AM and returns at noon Participants must possess a valid Texas State Fishing License or meet age requirements where license is not required. All tour dates are weather permitting. Reservations must be made ahead of time for tours. Space is limited, call early. 287-5526/6073

Moonlight Cruise: June 5, August 28, November 27

Cruises depart the BLORA boat dock at 7PM and return at 10PM Bring your own snack and beverage and make it a moonlight dinner cruise. Cost is \$30 per person or \$20 per couple. Book your reservation by calling 287-5526 or 287-6073. Open to the public. Must be 21 years of age or older to participate. Cruise fee must be paid within 48 hours of making the reservation. Refunds will be given on cancellations made at least seven days prior to scheduled reservation booking date.

Wanted: Army 10 Miler Runners!!
Do you spend more on Adidas than

Liz Claiborne? Do the seconds fly by for you on a Timex (Ironman Triathlon) rather than a Rolex? Finally, are you a spouse of a 1st Cav Division soldier and like to run long distances? We're looking for 4 to 8 dedicated and motivated 1st Cav spouses to form a long distance running team. We want to travel to Washington D.C. in late October to represent our soldiers at the largest 10 mile race in the United States - the Army 10 Miler. It's a great Army tradition, and since our soldiers can't be there, we'll wear the Patch for them and make them proud! If you're a 10 mile runner who can go the distance with us, contact cavrunner@earthlink.net ASAP. Team will be formed by mid-summer. Please pass the word to any spouses in your groups who would be interested. Active duty spouses welcome, too!

4 historic house museums in Waco that are open to the public on weekends from 2-5 pm. We would like to show our support of our military by offering a coupon for free admission to all military personnel and their family with a military ID. For more information about our organization you can visit our website at www.historicwaco.org
Historic Waco Foundation
810 S. 4th Street
Waco, Texas 76706
254-753-5166 hwf@hot.rr.com

Fort Hood Earth Day and Last Chance Forever
Rehabilitated Bird of Prey Show
Wednesday 21 April
1800-1930
Fort Hood Sadowski Field Parade Ground in front of Building 1001
Call 288-0846 for info
Organized by DPW-Environmental Division

A Chance to Win Tickets to the Brickyard 400
MWR locations are teaming up to offer patrons the chance to win tickets to the biggest NASCAR event of the summer, the Brickyard 400. Just enjoy the menu items at the Courses of Clear Creek, the Sportsmen's Center, Sports U.S.A. or Legends Pub and ask for a

scratch off ticket when making your purchase. Instant win prizes include cool gear like t-shirts, hats and coolers, or win free beverages, instantly. The contest starts on April 1 and doesn't pass the finish line until June 30, so get to the nearest MWR location for your chance to win ticket to this August's big race.

April 8- Flashlight Egg Hunt at BLORA

On April 8, Belton Lake Outdoor Recreation Area holds their annual Flashlight Egg Hunt for kids ages 2-12. Entertainment begins at 6:30 p.m., so arrive early and enjoy puppet shows, visiting with the Easter Bunny, clowns, face painting, a food concession and more. The last egg hunters must be in the gate by 8:10 p.m. then the gate will close, so that everyone has time to get into place for the 8:30 hunt. The cost is \$6 per car at the gate, \$10 for 12-15 passenger vans and \$20 for buses. For more information and directions to BLORA, call 287-2523.

April 13 - 29 Ladies Golf Clinic at the Courses of Clear Creek

Clinic offered on Tuesdays and Thursdays for a total of six 45-minute sessions. Three session times are available to accommodate all schedules. The cost for the entire clinic is \$55. Registration is limited to the first 20 participants per session. Clinic instruction will include terminology, etiquette, swing, chip, and putt basics, scramble play, and much more. For more information on the Courses of Clear Creek Ladies Clinic, call the pro shop at 287-4130.

April 28 - May 9 - Spring Carnival

Enjoy the spring with thrill rides at the carnival. The midway will feature children's and adult rides, games and good. The Carnival hours are Monday through Thursday from 5 p.m. to 11 p.m., Friday from 5 p.m. to midnight, Saturday from noon until midnight and Sunday from noon until 11 p.m.

April 28 - May 1 "The Full Monty" showing at Bass Concert Hall in Austin

Get tickets at ITR for this Broadway Across America show. Call ITR for info at 287-7310.

Below is a list of Chapels available for Family Readiness Groups and other organizations requesting to use the Chapels:

Red Team Chapel 285-5859/5065
Monday thru Friday: 1800- 2100 hrs
Sanctuary: 250
Activity Room: 25-30
Memorial Chapel (73rd St 287-0469
Monday thru Saturday: 1800-2100
(Sat: 0900-2100)
Sanctuary: 250
Activity Room: 25-30
Comanche Chapel 288-6556
Monday thru Friday 1800-2100 (Best days are Monday and Thursday, also best to reserve 30 days out)
Class rooms: 10 Available 20 per class room
Activity room: 250-300
***Reservations must be made in person at the chapel.
****All events occurring in the chapels involving children MUST have CDS personnel on hand.



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