



Warrior Brigade

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Information and Upcoming Events

Military Spouse Career Advancement Account (MSCAA)

As a spouse of an active duty member or active guard or reserve member, you are eligible for up to \$6,000 dollars in financial aid for short term education goals. This includes certifications, licensures, and continuing education courses needed to maintain a level of education. This source of funding is not to be used for long term educational goals. The expiration for this pilot program is September 2010. For more information, contact Ms. Yolanda Johnson at 655-4227 or Ms. Hastina Roberts at 655-4637.

National Prayer Breakfast

On February 3rd from 0700-0830 a prayer breakfast will be held at the Nehelani Main Ball Room. The guest speaker will be Mr. Dave Roever. Tickets will be available on



H1N1 FLU SHOTS ARE NOW WIDELY AVAILABLE. NO APPOINTMENT NEEDED.

Oahu North Town Hall Meeting - is scheduled for 26 January 1830-1930 in the Post Conference Room located across the street from SGT Smith Theater.

Macomb Gate Closure

Macomb gate will be closed from 11-22 January 2010, to complete Macomb Gate security upgrades. McNair, Lyman and Foote Gates will become the 24-hour

be opened 24-hours. Thank you in advance for setting aside additional travel time in light of expected traffic congestion.

Gary Sinise & LT Dan Band

The USO is bringing Gary Sinise and the LT Dan Band back for two concerts, Fri., 29 JAN, 1900-2130 at Kaneohe MCAS Pop Warner Football Field, and Sat., 30 JAN, 1900-2130

January 7th. Please see your appropriate CSM for tickets.

\$8 (E6 and above, suggested donation)

\$5 (E5 and below suggested donation)

Any donations are accepted.



Scholarships for Military Children

Don't forget to pick up a college education on your next trip to the commissary! The scholarships for Military Children Program can help with a \$1,500 scholarship! For information, contact your local commissary, school guidance counselor, or visit the program website at www.militaryscholar.org or www.commissaries.com.

Applications are available now and the deadline will be February 17, 2010.

Store director: Susan Sturgeon-Campbell, 655-5066.

Hui Thrift Shop

Reopening on Thursday, January 7th.

Hours of operation: Tuesday, Thursday, third Friday, and first Saturday of the month from 9:00 am to 1:00 pm. Closed every third Thursday of the month.

Location: Bldg #2107, Ulrich Way, Behind ACS building, phone #: 624-3254.

Consignments accepted from 9:00 am -11:00 am.

Hourly Childcare

Petersen hourly care has been moved temporarily to Helemano Military Reservation (HMR). To make reservations, please call 653-0724. For parents with multiple children who are already registered through Petersen, the Main Post Chapel will have limited slots available. Please call 655-5293 for reservations. Parents night out will still be at Schofield CDC.

HUI O'Na Wahine's

Casino Night 2010 January 29th at the Nehelani from 6:30 pm to 10:30 pm.



at Hickam AFB Freedom Hall. For more info visit usohawaii@uso.org

Military OneSource—Free tax preparation online and via phone with a tax consultant. On 18 JAN 2010, Military OneSource will provide a link to access the account. Do not go to the public H&R Block Website instead of through the Military OneSource site, the H&R block system will treat your account as a public account.

<p>7 Habits of Highly Effective Military Families Workshop</p> <p>4-5 February 0800-1600 Santa Fe Community Center</p> <p>Interactive workshop for couples that focuses on:</p> <ul style="list-style-type: none"> -Speaker-listener techniques -Building a family mission statement & traditions -Learning practical skills for dealing with financial issues -Problem solving and goal creation -Abandoning unhealthy behaviors <p>Childcare provided call 655-5314 to register with CVSS and to secure your slot for the day of the workshop.</p> <p>For more information about the workshop call 655-4779</p>	<p>Family Advocacy Program (FAP)</p> <p>Raises awareness among Service and Family Members to prevent intimate partner violence and child abuse by improving Families through education and prevention.</p> <p>FAP Education Team</p> <p>Provides practical, interactive classes that focus on enhancing life skills and promoting resiliency</p> <p>New Parent Support Program (NPSP)</p> <p>Offers support and services to Families with children 0-3 years old. Whether you are a new family or have just had a newborn check out our classes to make the most out of parenting.</p> <p>Exceptional Family Member Program (EFMP)</p> <p>Offers support to Family members who have special needs. Join any of our support groups or participate in any of our exciting bowling or swimming activities.</p> <p>Army Volunteer Corps</p> <p>Are you looking for a meaningful way to contribute to your Army community? Check out the many opportunities available.</p> <p>Army Family Action Plan (AFAP)</p> <p>The train of change is rolling out, are you on board? Enhance your standard of living by submitting your issue today!</p>	<p>Class Descriptions</p> <p>Army Family Team Building (AFTB) Level I, II, III: Join our multi-phase workshops to learn how to navigate the jungle out there, aka as Army life! Start with the basics and build the leader within</p> <p>All About Credit: Learn how to establish good credit and the impact that bad credit can have on your life and your career</p> <p>Anger Management: This workshop provides information about the basic mechanisms of anger and how to manage it.</p> <p>Autism Support Group: Support group for Soldiers and Family members with an Autistic member of their family. Both locations offer a 5:30 dinner and discussion. Childcare is provided. CVS registration is required.</p> <p>Baby Massage: Babies are intuitive, and their sense of touch highly developed. The time spent massaging your baby greatly increases your communication and helps you to understand your baby's moods, needs, desires and expressions.</p> <p>Breastfeeding Basics: Join us as we learn about getting started with breastfeeding, overcoming challenges and the importance of breastfeeding for your baby.</p> <p>Checkbook Maintenance: Join us to learn the basics of checkbook balancing and take hold of your checkbook balancing act</p> <p>Daddy Bootcamp: Parenting class for dads or soon to be dads to learn how to care for their newborn by a father</p> <p>EFMP Bowling: This is a free activity for special needs Families, the whole family can attend not just the EFMP member. EFMP enrollment and event sign-up are required.</p> <p>EFMP Swimming: This is a free activity for special needs Families, the whole family can attend, not just the EFMP member. EFMP enrollment and event sign-up are required</p> <p>Employment Orientation: If you are looking for a job this course is a must. Learn about job searching and how to develop a resume</p> <p>First Term Financial Training: Mandatory training that teaches financial basics, self reliance and personal responsibility through proper financial planning and increased financial literacy</p> <p>Home Alone Awareness Class: For children aged 9-11 who are preparing to stay at home alone</p> <p>Magic 1-2-3 Parenting for Children Ages 2-12: The program was developed by Thomas W. Phelan, PhD, for parents of children ages 2-12 and offers a humorous look at parenting, with a serious look at discipline.</p> <p>Maintaining Your Checkbook: Learn the basics of checkbook balancing and take hold of your checkbook balancing act</p> <p>Money Management: Learn basic tools for financial success through developing a spending plan, reducing expenses and making your paycheck work for you</p> <p>Newborn Care I and II: Taking care of a newborn for the first time can be scary. From holding, to diapering, to bathing, come learn the basics of newborn care.</p> <p>Newcomers Hoike: All new Soldiers and Families are invited to join us at the Nahaiki for a warm Aloha welcome and community information</p> <p>Newcomers Island Tour: FREE tour for Soldiers and Family members that are new to the island</p> <p>New Parent Support Program - Resource Workshop: Resource Group Workshop provides important information on the Nurturing Parent curriculum, resources, prevention of shaken baby syndrome and basic newborn care. Seating is limited to the first 20 participants.</p> <p>Positive Psychology: Learn to refocus your energy to stress less through humor, hope and optimism</p> <p>Potty Training Your Toddler: Learn all about potty training your child to include tips and signs that your child is ready.</p> <p>Secrets of Car Buying: Learn how to negotiate the best deal and how much you can afford.</p> <p>SHARE Support Group: EFMP support group that focuses on various special needs and encourages Sharing Hints, Accomplishments, Resources and Encouragement. Both locations offer a 5:30pm dinner and discussion. Childcare is provided. CVS registration is required.</p> <p>Stress Solutions: Don't let stress get you down, learn tips on how to identify and manage your stress levels.</p> <p>Umeko Kaeo: If you want to learn more about Hawaiian culture, don't miss this new workshop. Children over 6 are welcome!</p> <p>Understanding Insurance and Financial Scams: Gain info on various types of information and scams that are out there.</p> <p>Understanding Your Tax Benefit: Gain a better understanding of your tax benefits and how you can keep more of your money!</p> <p>Volunteer Management Information System (VMIS): Learn how to record your volunteer hours and carry your experience with you</p> <p>Contact Army Community Service at 655-4227 or 438-4499 to find out more about our classes or go to mwarmy.hawaii.com for 24/7 registration under class calendar</p> <p>Computer Lab Hours Monday, Wednesday, Friday 07:30-2:00 Tuesday & Thursday 12:30-2:00 Saturday 09:00-16:00</p>
<p>Family Strong Series</p> <p>ACS has teamed up with TAMC, SB Health Clinic and chaplains to bring you the best in preparation for all phases of deployment. Check out the brochure on the ACS welcome webpage via www.mwarmy.hawaii.com and contact your FRSA, FRG leader, Commander, CSM or ISG today!</p> <p>Classes When and Where You Want It</p> <p>Our ACS classes are available at the time and location that is most convenient for you! To register go to mwarmy.hawaii.com, click on ACS and then go to class of your choice.</p>	<p>Army Family Team Building (AFTB)</p> <p>Army life can be a jungle: how do you navigate? Join AFTB to share your tips and learn new ones in our 3 phase program that promotes understanding of the Army life, resiliency and development of the leader within.</p>	<p>Employment Readiness</p> <p>Are you looking for a job? Have you maximized your education potential? Employment specialists are available to provide resume critiques and give up to date information on educational benefits and opportunities</p>
<p>Mobilization & Deployment Readiness</p> <p>Deployment is tough on everyone, but with the proper type of training you can develop better resiliency and understanding for the challenges that Families face before, during and after deployment.</p>	<p>Financial Readiness</p> <p>How secure are you in your financial future? Our financial specialists are available to help you budget, invest for the future, walk you through credit repair and so much more!</p>	<p>Relocation Readiness</p> <p>Are you inbound or outbound? Let relocation readiness work with you to ease you into your transition. Newcomers don't forget to check out our FREE Island Tour and get up to speed with the culture with Umeko Kaeo</p>

Dial **433-2778** then press the following options to contact or schedule an appointment at Schofield Barracks Health Clinic

- Press 1 – To schedule a primary care appointment
 - Press 2 – For Schofield Barracks Family Practice & Pediatrics ONLY (quick key: 433-2778, press 1-2)
- Press 3 - For Schofield Barracks Health Clinic Phone Trunk
 - Press 1 – For Family Practice or Pediatrics
 - Press 1 – Family Practice
 - Press 1 - Patient Assistance Line or to leave a message for your provider (quick key: 433-2778, press 3-1-1-1)
 - Press 2 – For hours of operation, directions, address or fax number (quick key: 433-2778, press 3-1-1-2)
 - Press 3 - Allergy and immunization (quick key: 433-2778, press 3-1-1-3)
 - Press 4 – OB nurse (quick key: 433-2778, press 3-1-1-4)
 - Press 5 - To speak to a staff member (quick key: 433-2778, press 3-1-1-5)
 - Press 2 – For Pediatrics appointments (quick key: 433-2778, options 3-1-2)
 - Press 2 – For Troop Medical Clinic, Aviation Medicine or Deployment Health Clinic
 - Press 1 – For 2nd BCT, 3rd BCT or 45th STB appointments (quick key: 433-2778, press 3-2-1)
 - Press 2 - 130th ENG, 225th BSB, and all other unit appointments (quick key: 433-2778, press 3-2-2)
 - Press 3 - Aviation Medical appointments (quick key: 433-2778, press 3-2-3)
 - Press 4 – Flight Physical appointments (quick key: 433-2778, press 3-2-4)
 - Press 5 – Deployment Health appointments (quick key: 433-2778, press 3-2-5)
 - Press 6 - Physical Exams appointments (quick key: 433-2778, press 3-2-6)
 - Press 3 – For All Warriors in Transition Appointments
 - Press 1 – For WTU Primary Care (quick key: 433-2778, press 3-3-1)
 - Press 2 – For WTU Occupational Therapy (quick key: 433-2778, press 3-3-2)
 - Press 3 – For WTU Physical Therapy (quick key: 433-2778, press 3-3-3)
 - Press 4 – For Obstetrics and Gynecology Appointments (quick key: 433-2778, press 3-4)
 - Press 5 – For Orthopedic, Podiatry, Occupational Therapy, Physical Therapy or Chiropractic appointments
 - Press 1 – For Orthopedic, Podiatry or Occupational Therapy appointments (quick key: 433-2778, press 3-5-1)
 - Press 2 – For Physical Therapy
 - Press 1 – For Physical Therapy Appointment (quick key: 433-2778, press 3-5-2-1)
 - Press 2 – For hours of operations and mailing address (quick key: 433-2778, press 3-5-2-2)
 - Press 3 – To speak to the NCOIC (quick key: 433-2778, press 3-5-2-3)
 - Press 3 – For Chiropractic appointments (quick key: 433-2778, press 3-5-3)
 - Press 6 – For Behavioral Health, Counseling or Substance Abuse appointments
 - Press 1 – For Soldier Assistance Center (quick key: 433-2778, press 3-6-1)
 - Press 2 – For Adult Family Member Assistance center or Marriage and Family Therapy (quick key: 433-2778, press 3-6-2)
 - Press 3 – For Child & Adolescent Assistance center (quick key: 433-2778, press 3-6-3)
 - Press 7 – For Concussion Clinic, TBI (quick key: 433-2778, press 3-7)
 - Press 8 - Audiology, Hearing Conservation, Speech, Optometry, Army Public Health Nursing or Occupational Health
 - Press 1 – For Audiology, Hearing Conservation or Speech Therapy (quick key: 433-2778, press 3-8-1)
 - Press 2 – For Optometry at Schofield or Tripler
 - Press 1 – To make an Optometry appointment (quick key: 433-2778, press 3-8-2-1)
 - Press 2 – For location and hours of operation (quick key: 433-2778, press 3-8-2-2)
 - Press 3 – For information on ordering military glasses (quick key: 433-2778, press 3-8-2-3)
 - Press 4 – For information on Lasiks or PRK refractive eye surgery (quick key: 433-2778, press 3-8-2-4)
 - Press 5 – For Triwest, Tricare information on eye care benefits (quick key: 433-2778, press 3-8-2-5)
 - Press 3 – For Occupational Health (quick key: 433-2778, press 3-8-3)
 - Press 4 – For Army Public Health Nursing (quick key: 433-2778, press 3-8-4)
 - Press 9 – Customer Relations, Health Benefits Advisor, Medical Records or Medical Correspondence
 - Press 1 – For Customer Relations (quick key: 433-2778, press 3-9-1)
 - Press 2 – For Health Benefits Advisor (quick key: 433-2778, press 3-9-2)
 - Press 3 – For Medical Records (quick key: 433-2778, press 3-9-3)
 - Press 4 – For Medical Correspondence (quick key: 433-2778, press 3-9-4)
 - Press 0 – Pharmacy
 - Press 1 – Call in refill request (quick key: 433-2778, press 3-0-1)
 - Press 2 – Schofield Barracks pharmacy (quick key: 433-2778, press 3-0-2)
 - Press 3 – Schofield Barracks refill pharmacy (quick key: 433-2778, press 3-0-3)



For more information on all MWR Activities and Events, please log onto www.mwrarmyhawaii.com or find them on Facebook!

Adventure Surfing Lessons - Surf like the pros, or at least look the part with Outdoor Recreation on Jan. 9, 6:30-10:30 a.m. Lessons are only \$48 each and include equipment and round-trip transportation to and from Schofield Barracks. Call 655-0143.

Big Surf Watch Bike Trip - Enjoy a nice relaxing bike ride along North shore beaches with Outdoor Recreation on Jan. 10, 9 a.m.-12 p.m. Check out the world-famous North Shore surfing scene and all the big waves without all the traffic hassles and moving at your own pace. Cost is just \$30 if using your own bike with an extra \$5 if you need to use one of ours. Round-trip transportation to and from Schofield Barracks is available. Call 655-0143.

Big Game Fishing Lure Making Class - Learn how to make lures specialized for big game you can find deep sea fishing in Hawaii on Jan. 12, 5-7:30 p.m. at Outdoor Recreation, Schofield Barracks. This is a free class open to any and all interested parties. Call 655-0143.

Scrap & Pour Madness - Stop by the Schofield Barracks Arts and Crafts Center on Jan. 15, 5-10 p.m. for a scrapbooking and ceramic pouring marathon! Cost is just \$5 for scrappers and \$10 for pourers. Scrappers can work on your own projects, use our Cricut die cutter and socialize with your friends. An instructor will be available for new creative ideas. Pourers can pour up to

10 molds with no user fees. Food, fun and prizes will be available to all! Call 655-4202.

Great Aloha Run Sign-Up - Stop by the Navy Exchange store in the Pearl Harbor area to sign-up for the Great Aloha Run! The sign-up will take place on Jan. 18, 10 a.m.-2 p.m., and everyone who signs up that day will receive a 2010 Great Aloha Run Planner for every paid entry. Call 655-9914.

Family Fun Friday - Family Fun Friday is back at the Tropics Recreation Center on Friday, 8 January, at 1800. Come and enjoy free Papa John's pizza, fun and games, and some of the most hilarious and entertaining contests around. Also on hand will be HDTVs, tons of Nintendo Wii, PS3 and Xbox 360 games for checkout, family table games, pool, darts, air hockey, table tennis, beach volleyball, and much more. Call 655-5698.

Tai Chi Classes - Find your center with the ancient and revered art of Tai Chi on Thursdays, 1900-2000 at the Martinez Physical Fitness Center. The art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and improve general well-being. This class explores the art of Tai Chi and incorporates psychology and philosophy through psychological movement. Learn and benefit from the influence of this ancient practice on physical health, mental well-being, consciousness, and martial arts. These classes are free for active duty Soldiers and Family Members. Call 655-4804.

Chi Gong Classes - Learn how to relieve stress on all levels with new Chi Gong classes available every Thursday, 1800-1900 at the Martinez Physical Fitness Center. Chi Gong is a unique collection of exercise from China designed to help relieve stress on mental, emotional, and physical levels. Even though we may not feel stressed, our bodies - even on an unconscious level - can be under tremendous stress. Learn techniques to relieve stress in your life and improve your health and add quality years to your life. These classes are free for active duty Soldiers and Family Members. Call 655-4804.

Piilila'au Army Recreation Center (PARC) - Located at Pokai Bay in Waianae, 18 miles from Schofield Barracks and 22 miles from Pearl Harbor, PARC has 39 beachfront cabins, an equipment rental center, club facility and a Cove Pavilion area for group outings. Accommodations range from studios to two-bedroom and three-bedroom cabins with kitchens. For reservations, call 696-4158.

Sunset Café - Overlooking the emerald waters of Pokai Bay with breathtaking sunsets, Sunset Café's lanai is an unforgettable Hawaiian setting for your special occasion. Sunset Café at the PARC is also a great spot for retreats or lunch. Call 696-4778. Also, feel free to come by the Sunset Café and experience a traditional Hawaiian Luau held on the 2nd and 4th Friday of each month.

Leilehua Golf Course - A FREE Ladies Golf Clinic is offered at the Driving Range from 1430-1530, every 1st Saturday of each month. Call 655-4653 to sign up.

Kids Korner

The Children's Waiting Room - Have you been putting off your medical appointment? We can help you with some of your childcare needs while you attend medical appointments on Schofield or Tripler. We have a Children's Waiting Room available to provide onsite child care for healthy children while their parents or siblings attend regular medical appointments. **M-F 0800-1200 Tripler Hospital (808) 833-1185 for reservations or Schofield Clinics (808) 624-5645 for reservations**

Hawaii Public School Information: Hawaii public school meal prices increase on 1 January 2010 -- regular student breakfast = 95 cents (from 35 cents); reduced student breakfast = 30 cents (from 20 cents); regular student lunch = \$2.20 (from \$1.25); reduced student lunch = 40 cents (from 20 cents).

Hawaii public school bus rates will increase on 1 January 2010 from 35 cents one-way to 75 cents one-way. The price for quarter 3 and 4 bus passes will be: \$60 round trip and \$30 one-way. Second semester passes will be \$120 round trip and \$60 one-way. Students who have already purchased an annual pass will not be charged the increased bus fare for the second semester; however, they will not be eligible for refunds due to furlough days in the second semester. At some point in the second semester, 6-12th grade students who live less than 1.5 miles from their school will no longer have access to Department of Education (DOE) bus transportation. This distance has increased from the current 1 mile radius. There are talks of all DOE bus service ending in April of 2010; more information will be provided as it becomes available.

Students living on Helemano Military Reservation (HMR) will only attend Helemano Elementary in school year 2010-2011. Those that are currently residing on HMR and who are attending Wahiawa Elementary will be asked to transfer to Helemano Elementary next school year. In addition, families living in Kalakaua I on Schofield Barracks will be assigned to Wahiawa Elementary and Wheeler Middle in school year 2010-2011. If your child is currently attending an On-Post school and will be assigned to Wahiawa next year, you can request an exception to policy from your current school to remain enrolled. Families may visit the Hawaii DOE website at doe.k12.hi.us for more information. The School Liaison Office is also available at 655-9818.

Art and Essay Contest — The Armed Services YMCA's annual art and essay contest invites military children to create artwork and essays on this year's themes, "My Military Hero" and "My Military Family." Entries for the art contest must be postmarked no later than Feb. 19, 2010, and are for children in grades K-6.

Students in grades 1-12 are asked to write their essay about "My Military Hero" and postmark entries no later than March 19, 2010.

Winning entries will be displayed in a number of locations in the Washington D.C. area, and winners will be recognized at a luncheon on Capitol Hill. Entry forms are available at www.asymca.org.

Operation: Military Kids Camp — Operation: Military Kids Camp (OMK), Hawaii, along with YMCA-Camp Erdman are offering two family camps geared toward helping recently redeployed service members and their families reconnect. The camp scheduled, April 9-11, 2010, is open for registration.

Visit www.ctahr.hawaii.edu/4h/omk, or e-mail omk@ctahr.hawaii.edu, or call 956-4125.

Pacific Aviation Museum Offer — The Pacific Aviation Museum Pearl Harbor is offering one free keiki admission (4-12 years old) with each paid adult admission every Saturday and Sunday. Children under 4 are always free. Adult ticket rates are \$14; \$10 for kamaaina and military. The museum is open 9 a.m.-5 p.m., daily. Visit www.PacificAviationMuseum.org, or call 441-1000.

“Dear John” Overall Promotion

Official Rules and Information

No purchase or obligation necessary to enter or win in the local or online promotion.

ELIGIBILITY: All authorized Army Morale, Welfare and Recreation (MWR) patrons over the age of 18 are eligible to participate in the local library prize drawing, the virtual book club and in the online sweepstakes to win a Getaway for two to Charleston, SC. Employees, their family members and other individuals engaged in the development and implementation or direct execution of the promotion, including Army senior leadership, and the marketing staff, may not participate in this promotion. Authorized patrons include Active Duty military, DoD civilian employees, Retirees, members of the Guard, Reserve and Family Members of the above groups with a military/Government ID card.

This promotion is void where prohibited by law, and is subject to federal, state and local laws and regulations. All federal, state and local taxes are the sole responsibility of the winners. There is no cash substitution for prizes awarded. All prize winners are responsible for all local, state and federal taxes associated with winning their prize. The prize is non-transferrable.

Proof of Eligibility will be required of local prize winners as well as the grand prize winner upon receipt of a prize.

HERE’S HOW IT WORKS: There are three opportunities to participate in the *Dear John* library promotion at approximately 51 Army libraries and online from 11 January through 14 February 2010. This Promotion is sponsored by U.S. Army’s Family and Morale, Welfare and Recreation Command (FMWRC) and Screen Gems.

1. Local library promotion:

- a. Screen Gems will provide t-shirts, collector postage stamp sets and movie posters to use as local prizes. (ARV of t-shirts \$15, stamp sets \$20)
- b. From January 11 to February 14th, Army library patrons over the age of 18 will receive an entry form for a chance to win movie-related prizes each time they visit the library and check out a book. Limit one entry per day. Winners will be randomly selected weekly.
- c. Opportunity to win is based on number of local entries received.

2. Virtual Book Club

- a. Authorized MWR patrons may join the virtual book club online at www.ArmyMWR.com and respond to weekly questions provided by the publisher.
- b. One weekly winner will receive either an autographed movie poster or Dear John book.
- c. Weekly winners will be randomly drawn from all who read the book, answer questions and

participate in the book club. (ARV of the book or poster: \$25)

d. Opportunity to win is based on number of online participants in the book club.

3. Grand Prize Sweepstakes

a. Screen Gems will sponsor a Grand Prize Getaway trip for two to Charleston, SC with an approximate retail value of \$4,999 awarded via a random drawing for one winner and spouse or guest. Entry will be via the promotion web page. Grand Prize package is non-transferrable and has no cash redemption option.

b. To enter the grand prize sweepstakes, log on to www.ArmyMWR.com and complete the entry information for a chance to win a *Getaway for Two* in a random drawing that will take place on or about 22 February 2010. Grand prize winner information will be posted on the promotion website on or about 26 February 2010.

c. The promotion is sponsored by FMWRC on behalf of the Army MWR Fund. Screen Gems/Sony Pictures, a promotional entity, is not responsible for the administration of this Promotion or the selection of winners. By participating in the Promotion, each entrant unconditionally accepts and agrees to comply and abide by these official rules and with the decisions of the promotion organizers. For complete sweepstakes rules, please visit your local library or log on to www.mwrpromotions.com.

d. Opportunity to win is based on number of online entries.

All authorized Army MWR library patrons over the age of 18 will have the opportunity to enter a random, online Grand Prize drawing, participate in the virtual book club, and to receive an entry form when they check out a book at their participating MWR library. There is no purchase or obligation necessary to enter or win in the local or online promotions.

GRAND PRIZE PACKAGE: The grand prize includes round trip transportation for two to Charleston, SC, two nights lodging for the winner and spouse or guest (one room), and \$250 cash for miscellaneous expenses. Drawing will be conducted by sponsor (FMWRC) using randomization methods selected at its sole discretion. Approximate Retail Value of the total promotion prize package (ARV \$5,000). There is no cash substitution in lieu of the grand prize package. Prize is non-transferrable. If winner elects not to bring a guest, no additional compensation shall be awarded. If Winner resides within 150 miles of Charleston, SC, roundtrip airfare will not be provided, however, cash in the amount of \$250 to cover travel and rental car expenses will be provided in lieu thereof.

PRIVACY STATEMENT: AUTHORITY: Section 552a, Title 5, United States Code; Section 3013, Title 10, United States Code; Executive Order NO. 9397; Army Regulation 215-1. PRINCIPAL PURPOSES: The primary use of the information provided by promotion participants is to select and contact potential winners, and to determine whether potential winners are authorized participants. The information will also be used to generate required IRS 1099 forms and to comply with other IRS reporting requirements, if any. DISCLOSURE IS VOLUNTARY: There is no obligation to provide any information; however, failure to provide the requested information may

comply with other IRS reporting requirements, if any. DISCLOSURE IS VOLUNTARY: There is no obligation to provide any information; however, failure to provide the requested information may

result in the promotion participant being deemed ineligible to win or to be awarded a prize.

By accepting any of the prizes, the winners agree to hold the United States Government, FMWRC, the Army Morale, Welfare, and Recreation Fund as well as all their respective officers, directors, employees and assigns, harmless against any and all claims arising out of use or misuse of the prize(s). Winners assume all liability for any injury or damage caused, or claimed to be caused, by participation in this promotion or use or redemption of any prize. The Department of Defense and the Army are not responsible for any defective prizes. By accepting a prize, the winner grants the Promotional Entities the right to use winner's name for purposes of advertising in any and all media, now known or hereafter devised, without notice, review or approval, without compensation, unless prohibited by law.

The FMWRC is not responsible for any typographical or other error in the printing of the offer, administration of the promotion or in the announcement of prizes. In the event the FMWRC is prevented from continuing with the promotion, or the integrity of the promotion is severely undermined by any event beyond the Army's control, including but not limited to fire, flood, epidemic, earthquake, explosion, labor dispute or strike, act of God or public enemy, satellite or equipment failure, riot or civil disturbance, war (declared or undeclared), terrorist threat or activity, or any federal, state or local government law, order or regulation, order of any court or jurisdiction, or other cause not reasonably within the Army's control (each a "Force Majeure" event), the Army shall have the right, in its sole discretion, to abbreviate, modify, suspend, cancel or terminate the promotion without further obligation. If the Army, in its sole discretion, elects to abbreviate the promotion as a result of a Force Majeure event, the Army reserves the right, but not the obligation, to award the prizes from among all valid and eligible participants received up to the time of such Force Majeure event.

LIMITATION OF LIABILITY: Participants in the *Dear John* library promotion agree to hold harmless Screen Gems/Sony Pictures and Army, FMWRC, and the host installation MWR Fund for any liability of any kind resulting, in whole or in part, directly or indirectly, from participation in the promotion or acceptance/misuse or nonuse of the prizes awarded. The promotion sponsor, FMWRC, will not be held responsible for entries which may be lost in transit, undelivered, delayed or illegible entries. FMWRC reserves the right at their sole discretion to disqualify any individual who tampers with the entry process and/or void any entries submitted fraudulently; to modify or suspend the sweepstakes; or to terminate the sweepstakes and conduct a random drawing using all eligible non-suspect entries received as of the termination date. Sponsor reserves the right to modify prize award procedures.

WINNERS LIST: Name of the Grand Prize winner will be posted on or around 26 February 2010 at www.mwrpromotions.com. All prizes are registered trademarks and do not imply endorsement by the Army or any other party. Any questions associated with this promotion may be sent to mwrpromotions@conus.army.mil.

Catch NFL Sunday Ticket at the Tropics

Join us to watch your favorite team strut their stuff during the early and late morning games. Tropics will open 30 minutes prior to games scheduled to occur at 6 or 7 am and close at the end of the 10 or 11 am games, Hawaii Standard Time. (1 and 4 pm EST games) Enjoy stadium style food and ice cold beer while you take in all the gridiron action! Call 655-5698 for more information.



The first and third Friday of every month, The fun starts @ 6 pm. Enjoy great drink specials and fun for the whole family. And as a special added bonus, **FREE Papa John's Pizza!** Karaoke, Rock Band, Dance Dance Revolution and a ton of other video games are always available. Also enjoy family table games like pool, ping pong, foosball, air hockey, darts and more. The beach volleyball nets are always open and we're doing fun silly contests for prizes all the time! Dance competitions, eating contests, poker contests have all been crowd favorites and there's more where that came from!

Texas Hold'em - Play Big Win Big!

Garrison Winner: \$500 Cash and advance to the online finals. Plus other great prizes. Online Finalists... win great prizes!

Totally FREE to enter!!!

Tropics Recreation Center

January 21 and 28

February 4 and 11

6 pm all days

For more info Call 655-5698

Educational Scholarship Opportunities



MYCAA Program Description The Department of Defense (DoD) Military Spouse Career Advancement Accounts (MyCAA) program provides up to \$6,000 of Financial Assistance for military spouses who are pursuing degree programs, licenses or credentials leading to employment in Portable Career Fields.

Who Is Eligible Spouses of DoD Active Duty members and federally activated members of the National Guard and Reserve Components are eligible. The period of eligibility for spouses of Guard and Reserve members is from the date of the Alert or Warning Order for Military Recall or Mobilization, through activation and deployment until 180 days following De-Mobilization. Defense Eligibility and Enrollment Reporting System (DEERS) is used to determine if a spouse is eligible. It is the service members or service members commands responsibility to ensure the information in DEERS correct. MyCAA can not correct information contained in DEERS and a spouse will not be determined to be eligible until they pass the DEERS screen.

What MyCAA Pays For MyCAA Financial Assistance (FA) pays for education and training programs, tuition, and licensing/ credentialing fees. This includes degree programs (e.g. associates, bachelors, masters, doctoral and post doctoral), continuing education classes (including those offered through professional associations), Bar, CPA and other similar exams, and state certifications for teachers, medical professionals and other licensed occupations. If the cost of a course includes books, supplies or equipment necessary for the performance of the spouse's chosen occupation (e.g. cosmetology or masonry tools, electrician operations manual, etc.), MyCAA will pay these costs if not billed separately. MyCAA also pays for High School Completion courses, GED tests and English As A Second Language (ESL) classes.

What MyCAA Does Not Pay For MyCAA does not pay for education and training programs that include computers (CPUs or laptops); application, graduation or membership fees; student activity cards; child care; parking; transportation; or medical services. If a spouse enrolls in a course without an approved MyCAA Financial Assistance (FA) document, the spouse will be responsible for paying course costs. MyCAA does not provide reimbursements of any kind.

How to Get Started Eligible spouses can establish a MyCAA Account by visiting the MyCAA website (<https://aiportal.acc.af.mil/mycaa>). Once spouse profile information is provided, MyCAA will verify spouse DEERS eligibility. Eligible spouses will be allowed to create their Career and Training Plan and request Financial Assistance (FA) when they are within 90 days of course start dates. Additionally, spouses are responsible for applying to their selected school or program and enrolling in each course included in their approved MyCAA Career and Training Plan(s).

MSCAA: There is another awesome education pilot program being offered, it is called MSCAA (military spouse career advancement account) which sounds similar to MYCAA however it is a DIFFERENT program. This one is short term, you MUST complete your degree or certification by Sept 2010. You can get \$6000 through this program PLUS you may also use at the same time the MYCAA to get an additional \$6000. Please contact Hastina Roberts at 655-4637 or Yolanda Johnson at 655-4227 for more information on the MSCAA program

The commissary is again offering \$1500 scholarships for all Military dependents in their Senior year of High School. Please visit militaryscholar.org or commissaries.com for the application HOWEVER you must drop the application off at your local commissary.



To register for any of the following classes, please contact ACS at 655-4227

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)_Autism Support Groups - ACS EFMP continues to partner with the Community Chaplains and the Children's Community Council to offer Autism Support Groups. The groups provide Families an opportunity to share experiences, gather new information, and become knowledgeable about community resources. On-site child care will be available but children must be registered with CYSS STACC and sign up is required. 13 January & 2 February 1730-2000 at AMR Chapel.

SHARE Support Group: ACS EFMP has started a SHARE Support Group for EFMP Families. The groups will provide Families the opportunity to share their experiences, gather new information, and become more knowledgeable about community resources. On-site child care will be available but children must be registered with CYSS STACC and sign up is required. 19 January 1730-2000 at AMR Chapel or 27 January 1730-2000 at SB Main Post Chapel.

Place: SB Main Post Chapel

Army Family Action Plan (AFAP) ALL ABOARD!!!! AFAP 2010, "Ride the Train of Change". That's right, get on-board with your quality-of-life issues. Submit your AFAP issue(s) for the 2010 Installation Conference today. Issue submission can be made on-line at www.mwrarmyhawaii.com, via fax at (808) 655-1654, or at the Schofield Barracks ACS, 2091 Kolekole Ave and the TAMC ACS Satellite Center, 127A Krukowski Rd. For more information about this program, contact Michael Briglin at (808) 655-1696 or via email at michael.briglin@us.army.mil.

Army Family Team Building (AFTB) Army life can be a jungle so let AFTB help you navigate through the rough terrain. Whether you are new to Army or have been around awhile, we have something for everyone. We even have opportunities for you to become a part of the AFTB team as a volunteer!

AFTB Level I, Welcome to the Jungle! This class is the beginning of the journey through the jungle and will assist you in obtaining the skills necessary to navigate your way. Level I will discuss expectations and the impact of the Army lifestyle, acronyms, and provide information on Family Readiness Groups and Community Resources. 14 January 0830-1400 at the NCO Academy on SB

AFTB Level II, Explorer! This class will assist you on your journey through the jungle and prepare you to master the most difficult trails and terrain. During this course you'll learn about your communication style, creative problem solving, personal time, stress management and exploring personality traits. Free childcare is offered for these classes with your advance reservation. 8-11 February 0900-1030 at ACS SB

Money Matters Managing Your Checking Account - How many times a day do you swipe your debit card? Learn how to track your purchases and maintain your checking account. This class also covers how to choose the right bank for your needs. 20 January 0900-1030 at ACS, SB

First Term Financial Training - First Term Soldiers and Families undergo several financial changes in a short period of time. This workshop focuses on basic financial skills to help develop self-reliance and personal responsibility. The goal is to encourage these Soldiers and Families to understand their personal finances and learn tools for financial success. This is a mandatory program of instruction for First Term Soldiers. A certificate is awarded to each participant who completes the 8 hours of instruction. 11 & 25 January 0830-1600 at ACS; 7 January 0800-1600 at Tripler Army Medical Center, D Wing; or 21 January 0800-1600 at BLDG 1599, Fort Shafter.



To register for any of the following classes, please contact ACS at 655-4227

FAMILY ADVOCACY EDUCATION DEPARTMENT: Anger Management - This class is designed to help Army Families manage anger. 21 January 1500-1600 at ACS, SB or 21 January 1300-1430 at AMR Community Center

Daddy Boot Camp - This class offers hands-on training so new dads can be confident and effective parents. 16 January 0900-1200 at ACS, SB or 16 February 0900-1200 at ACS, SB

Strengthening Your Love Connection - Won't you be my valentine? Learn new communication skills and develop the ones you already have. Effective communication skills can help improve relationships and break down barriers for quality communication in all your relationships. 9 February 1730-1900 at ACS, SB or 11 February 1730-1900 at AMR Chapel.

Parenting: Love and Logic - Are you looking for a better way to parent? Learn parenting skills to enrich the parenting experience and gain knowledge about how to recognize developmental milestones and understand how to respond to difficult behavior in toddlers and teens. This is a four-week class and each week participants will build on the knowledge and experience of the week before while gaining confidence as a parent. 3 & 10 February 1800-1900 at ACS, SB

Potty Training Your Toddler Classes - Learn all you can about potty training your child including the signs that your child is ready and how to start. 8 January 0900-1100 at ACS, SB

Be on the lookout for **Furlough Friday Home Alone Classes**. FAP will provide Home Alone Classes on selected Furlough Fridays. Classes will be held 12 February and 23 April, 0900-1400, at the Chapel Annex on Schofield Barracks or 29 January, 5 March and 7 May, 0900-1400, at the Aliamanu Military Reservation Chapel. The Home Alone Class is open for children 9-11 years old who will be preparing to stay at home alone. We will equip children with important safety information such as stranger awareness, first aid, fire safety, and stress awareness.

NEW PARENT SUPPORT PROGRAM (NPSP) The NPSP continues its mission to engage Army parents of every newborn at TAMC. TAMC's OBGYN department assists the NPSP in this mission with weekly referrals. The NPSP also meets with post-partum and NICU staff at TAMC to provide weekly follow-up with Families.

Baby Massage I, II, & III - Babies are intuitive and their sense of touch is highly developed. Baby massage is a great activity to increase the bonding between a baby and parents. The time spent massaging your baby greatly increases communication and helps you to understand your baby's moods, needs, desires and expressions. In addition to increased bonding, there are many health benefits for baby. Baby Massage is a three part consecutive series that is offered every month, so if a parent misses a class they can catch it in our other location or just wait until the following month. Babies should be between 4 and 8 months old: 6 January 1400-1600; 7 January 0900-1100; 3 February 1400-1600 at AMR Community Center or 04 February 0900-1100 at ACS, SB

Resource Workshop - NPSP has a Resource Workshop available to all parents which provides important information on the Nurturing Parent curriculum, resources available in the community, and short videos on basic newborn care and preventing shaken baby syndrome. 21 January 1400-1600 at SGT Yano Library; 27 January & 24 February 1400-1600 at AMR Community Center; or 25 February 1400-1600 at Kalakaua Community Center.

Newborn Care I and II - Taking care of a newborn for the first time can be scary for any parent. Come learn the basics of newborn care and make the early months special for you and your baby. Newborn care provides tips about everything from holding your baby, to diapering and bathing. This class is a two part series that is offered every month, so if a parent misses a class they can catch it in our other location or just wait until the following month. Class #1: 4 January 0900-1100 at SGT Yano Library or 5 January 0900-1100 at AMR Community Center. Class #2: 11 January 0900-1100 at SGT Yano Library or 12 January 0900-1100 at AMR Community Center.

Breast Feeding Basics - Breast feeding should be one of the most natural things in the world, but for many moms breastfeeding can be frustrating. Join our breast feeding basics class to learn about getting started with breast feeding, overcoming challenges, and the importance of breast feeding for your baby. 25 January 0900-1100 at SGT Yano library or 26 January 0900-1100 at AMR Community Center.

Relocation Are you new to the island? Check out our free newcomers island tour that will take you around the island. The tour departs from Schofield Barracks ACS the 2nd and 4th Saturday at 0800 and from Fort Shafter Flats ACS the 3rd Wednesday at 0800 every month.

Are you interested in learning more about Hawaiian Culture? Then Umeke (vessel) Ka'eo (knowledge) is the class for you. Join this fun and interactive class and take away a new piece of knowledge to fill your vessel. The 8-week series is held every Wednesday from 1800-2000 at Schofield Barracks ACS. Join us for one class or participate in all 8. Children 6 and up are welcome

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W2's for all Activity Duty Soldiers will be available via the MyPay website starting 20 January 2010. No Soldier will receive a hard copy W2 unless they request one via the MyPay website. The MyPay website is located at <https://mypay.dfas.mil/mypay.aspx>

Tax Assistance Center Opening

The Schofield Barracks Tax Center will open **exclusively for E-1 to E-4** from 20-22 January 2010. Since their returns are relatively uncomplicated and easy to file, this designated time will hopefully dissuade them from seeking assistance from service providers that they have to pay for.

The Tax Center will be open to all other Service members, Family members, and Retirees beginning Monday, 25 January.

Hours of operation are Monday thru Friday, 0800-1800, walk-in only.

The Tax Center is located at Bldg 648. Call 655-1040 for more information.

The Fort Shafter Tax Center will open on 2 February in Bldg 1599, Fort Shafter Flats. Hours of operation are Tuesdays and Thursdays, 0900-1500, by appointment only. Call 655-1040 to schedule an appointment.

Other ways to file Taxes:

AAFES and H&R Block will be offering Tax Assistance (for a fee) in the Schofield Barracks PX beginning mid January. Be on the lookout for more information!

The IRS is teaming up with online e-file agencies to offer free e-filing for those who qualify. This program will begin on 15 January. Please log onto www.irs.gov after 15 January for more information. This service does not provide personal assistance, it just gives you an online tool to file.



Schofield Barracks SGT Smith Movie Theater Schedule:

THU JAN 07 – 1900 A Christmas Carol (PG)	WED JAN 13 - 1900 Armored (PG-13)
FRI JAN 08 - 1900 THE TWILIGHT SAGA: NEW MOON (PG-13)	THU JAN 14 - 1900 NINJA ASSASSIN (R)
SAT JAN 09 - 1600 Planet 51 (PG)	FRI JAN 15 - 1900 The Blind Side (PG-13)
1900 NINJA ASSASSIN (R)	SAT JAN 16 - 1600 Old Dogs (PG)
SUN JAN 10 – 1400 Old Dogs (PG)	1900 The Blind Side (PG-13)
	SUN JAN 17 - 1400 Planet 51 (PG)
	WED JAN 20 - 1900 The Blind Side (PG-13)
	THU JAN 21 - 1900 Everybody's Fine (PG-13)

Hickam AFB Movie Theater Schedule:

THU JAN 07 - 1900 Planet 51 (PG)	WED JAN 13 - 1900 Armored (PG-13)
FRI JAN 08 - 1800 Old Dogs (PG)	THU JAN 14 - 1900 2012 (PG-13)
2030 Ninja Assassin (R)	FRI JAN 15 – 1800 The Blind Side (PG-13)
SAT JAN 09 - 1600 Cloudy With a Chance of Meatballs (PG)	SAT JAN 16 - 1600 Old Dogs (PG)
1900 The Twilight Saga: New Moon (PG-13)	1900 Everybody's Fine (PG-13)
SUN JAN 10 - 1800 The Twilight Saga: New Moon (PG-13)	SUN JAN 17 - 1600 The Blind Side (PG-13)
	WED JAN 20 - 1900 The Blind Side (PG-13)
	THU JAN 21 - 1900 Planet 51 (PG)
	FRI JAN 22 - 1800 The Princess and the Frog (G)
	2030 Brothers (R)



Sharkey Theater is located at: Bldg. 628, Pearl Harbor-From Makalapa gate, turn right at stop light onto North Rd. Turn left on Nimitz St. passing the CDC on the right. Turn left on Moore St.(after Lockwood Hall); the theater is on the right.

Cost: Active duty personnel **FREE** with military ID; General admission - \$3.00. Children ages 6 - 11: \$1.50 and children ages 5 & under are FREE.

Thursday Night Specials: \$1.25 Hot Dog, small drink or small popcorn. Movie Hotline: 473-0726 Visit us at: www.greatlifehawaii.com

Sharkey Theater Movie Schedule:

8-Jan 7:00 PM Twilight Saga: New Moon PG-13
 9-Jan 2:30 PM Fantastic Mr. Fox PG
 9-Jan 4:45 PM Planet 51 PG
 9-Jan 7:00 PM 2012 PG-13
 10-Jan 2:30 PM Fantastic Mr Fox PG
 10-Jan 4:45 PM Twilight Saga: New Moon PG-13
 10-Jan 7:15 PM Pirate Radio R

Parent's Night Out

Child and Youth & School Services (CYS Services) continues to offer a Parent's Night Out to Families in our military community. Reservations will be accepted on a first come first serve basis at the Registration Office or any CDC/SAS center. To enroll in Parent's Night Out, children must be registered with CYS Services no later than Wednesday at noon prior to the event. Reservations may be taken as early as the Monday after the previous event.

PARENT'S NIGHT OUT SCHEDULE AND SIGN UP SCHEDULE

HOURS: 1800 – 2300

South sign up opens	South PNO date	North Sign up opens	North PNO date
21 Dec	9 Jan 2010	11 Jan 2010	23 Jan 2010
25 Jan	6 Feb	8 Feb	20 Feb
22 Feb	13 Mar	15 Mar	27 Mar
29 Mar	10 April	12 Apr	24 Apr
26 Apr	8 May	10 May	22 May
24 May	12 June	14 June	26 June
28 June	10 July	12 July	24 July
26 July	14 Aug	16 Aug	28 Aug
30 Aug	11 Sept	13 Sep	25 Sept

FEES ARE NON-REFUNDABLE

E-5 and below - \$20 for one child
\$5.00 each additional child

E6 and above - \$25.00 for one child
\$5.00 each additional child

Children should have had their supper prior to arriving. No outside food is allowed. A snack will be served. Children ages 6 weeks through 12 years are welcome. CYS Services registration is required, and all children must have a current negative TB Tine (12 months and older) and up-to-date shot records at the time of reservation. Spaces are limited, so come by the CYS Services Registration Office no later than noon on the Wednesday prior to the Parent's Night Out. All children must wear closed toe and back shoes (no sling backs). Please bring your own blankets and/or pillows as it gets cold in the center.

HOURS: 1800 – 2300

To register, please call one of the CYS Services Registration Offices listed below.

Schofield Barracks
CYS Services Registration Office
#655-5314

Aliamanu Military Reservation
CYS Services Registration Office
#833-5393