

## August 2010 Newsletter

### FORT BRAGG & COMMUNITY ACTIVITIES

#### United States Citizenship and Immigration Workshop

08/10/10 9:00am – 12:00pm  
 Soldier Support Center, ACS – 3<sup>rd</sup> Fl.  
 For more information call 396-6120/2808

#### Foreign Born Spouse Workshop

09/09/10 9:00am – 12:00pm  
 Soldier Support Center ACS – 3<sup>rd</sup> Fl  
 For more information call 396-6120/2808

#### Employment Orientation

09/07/10 9:00am - 12:00pm  
 For more information call 396-2390/1425

#### Couple's Communication

08/25/10 9:00am – 4:00pm  
 FAP Classroom, Soldier Support Center  
 For more information call 396-5521

#### Total Self Defense for Women

08/18/10 9:00am – 1:00pm  
 Hammond Hills Community Center  
 For more information call 396-5521

#### Life Choices for Teens

08/28/10 9:00am – 12:00pm  
 FAP Classroom, Soldier Support Center  
 For more information call 396-7951

#### Newcomer's Bus Tours

08/17/10 9:00am-12:00pm  
 ACS Relocation – call 396-8682 for reservation and information

#### Welcome Packet Website

#### MWR Buzz

#### Fort Bragg Strip Map



### **USCIS National Children's Art Project**

Are you between 5 and 12 years old? If so, USCIS is hosting an art project to ask you to put your ideas on paper. This year's theme is "We Are America." Draw a picture to answer the question "People have come from all over the world to become Americans. Why does that make us great?"

USCIS will display your artwork in USCIS offices across the country. We will honor all of the children who submitted artwork during the 2010 celebration of the "September 11 National Day of Service and Remembrance."

#### **Project Guidelines**

Remember to participate in the project, you must be between 5 and 12 years old.

- \* Ask your parents or guardians if you can submit artwork.
- \* Download the [project flyer](#) by clicking the link or you may pick one up at your nearest USCIS office. To find the address of your local office please visit our office locator section of our website or call USCIS at 1-800-375-5283.
- \* Draw your answer to the question "People have come from all over the world to become Americans. Why does that make us great?"
- \* Mail or drop off your artwork to you local [USCIS Office](#).

If you are mailing your submission, please address entries to the "USCIS Children's Art Project." We will not accept entries postmarked after August 16, 2010.

\*\* If you have questions about the National Children's Art Project, please e-mail us at

[USCISartproject@dhs.gov](mailto:USCISartproject@dhs.gov).

We look forward to displaying your vision of what America means to you.

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## Upcoming Event

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### International Spouse Resume Workshop

When: 17 August 2010  
Time: 1:00pm – 2:30am  
Where: ACS 3<sup>rd</sup> Floor, Soldier Support Center

Registration: Call 396-6120 or send email to [brandy.carterharris@us.army.mil](mailto:brandy.carterharris@us.army.mil)  
[awilda.reidcordoba@us.army.mil](mailto:awilda.reidcordoba@us.army.mil)

Come and learn how to write an award winning resume. Learn the difference between Government and Corporate resumes. Have questions?? Bring them with you. All class materials will be provided.

Limited childcare will be provided. Children must be registered with CYS.

**G.I. JANE ...OUT O'BOUNCE**  
"I DON'T DO THINGS JUST A LITTLE"

**AUGUST 14**  
8:30 A.M. - 4:30 P.M.  
SMITH LAKE

**Team Competition**  
Fun and challenging outdoor adventure race competition. Put your skills to the test and race to claim the "Outdoor Queen Team of the Day" award.

Tactical maneuvering, team split and fun is key to succeed in this race. Embrace the outdoors and allow your inner GI Jane instincts to guide you.

All gear, equipment and transportation included.

Open to ID cardholders and guests  
Beginner to Medium fitness level

**\$35**

To register visit [fortbraggmwr.com](http://fortbraggmwr.com)  
396-5979

SPONSORED BY: **Planned Chef**  
MWR

Registration is not complete until registration fee is paid. Registrants will be contacted by Outdoor Recreation representative for payment via debit or credit card in the order the online registration is received. Maximum spaces available is 30.

Visit [fortbraggmwr.com](http://fortbraggmwr.com) to register or call 396-5979.

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## Back to School Month

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August is **National Back to School Month** and a good time to think about how you might give back to make this the best school year ever for at least one student. Consider the following ways to help and then start thinking of other unique ways you can contribute:

**Be a Tutor.** Children can learn so many things at ages that we might not expect. This is great for those that are able to grasp the concepts. However, there are some that need additional help outside the classroom. Consider being a volunteer tutor.

**Be a Teacher's Aide.** Teachers have a significant responsibility. We are all thankful for those that teach. They should not have to do it alone. Ask a school or teacher what you can do. It might be helping to organize a room. It might be to support the school library. It might even be to help plan a school event. There are many ways you can contribute your time and be a tremendous help.

**Donate School Supplies.** The cost of school supplies can be a major burden on some families. Consider donating money for school supplies or purchasing school supplies that will help one or more of these wonderful families.

**Donate clothing.** If you have children in your house, now would be a great time to find clothes that no longer fit. Donate them to a family in need or local charity. If your kids attend a school that wears uniforms, consider providing the uniforms to the school where they can put them to the best use.

**School start dates:** Traditional Year

[Fort Bragg Schools](#) – Wednesday, August 25<sup>th</sup> for Grades 1-9

Kindergarten starts – Thursday, August 26<sup>th</sup>

[Cumberland County Schools](#) – Wednesday, August 25<sup>th</sup>

[More At Four Program](#) – Wednesday, August 25<sup>th</sup>

[Hoke County Schools](#) – Wednesday, August 25<sup>th</sup>



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## Summer Craft

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### Sweet Sandals

Courtesy of: [www.familyfun.go.com](http://www.familyfun.go.com)

These cute cookie kicks are sure to make a splash at your next pool party or when having friends over.



#### Ingredients:

- Oval-shaped cookies (we used Nabisco Cameos and Pepperidge Farm Milanos)
- Frosting
- Sour gummy worms
- Rope licorice
- Gummy candy

#### Instructions:

1. To make a pair, frost two oval-shaped cookies or use a toothpick to dab frosting on each cookie where the straps will be attached.
2. For wide straps, snip the rounded ends from a sour gummy worm, cut it in half, and slice each half lengthwise, leaving one end intact. For thin straps, cut rope licorice into four 1-3/4 pieces, cut one end of each piece on an angle, and pinch together the pointed ends to form two pairs.
3. Press the straps, connected ends first, into the frosting. Use more frosting to add gummy candy jewels. Let the cookies set for 20 minutes. Serve them on a dish towel spread on a beach of graham cracker crumbs.

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## Recipe of the Month

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### Perfect Fruit Punch

Courtesy of: [www.familyfun.go.com](http://www.familyfun.go.com)

Making fruit punch is a bit like playing mad scientist -- which is why it's so much fun to do with kids. You add a little of this and a lot of that to a pitcher until you come up with a drink that's "perfect." We made this version in just that manner, with our kids tasting every step of the way. If you don't have what we used on hand, don't worry. Just let your young scientists experiment with substitutions.



#### Ingredients:

- 2 cups cranberry juice
- 1 cup pineapple juice
- 1 cup orange juice
- 1/4 cup grenadine syrup
- 1/4 cup lime juice
- 1 lemon, cut into thin slices
- 1 lime, cut into thin slices
- 3 1/2 cups club soda, chilled
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#### Directions:

Mix the juices and syrup in a large pitcher. Chill for at least an hour to allow the flavors to blend. Right before serving, add the lemon and lime slices and the club soda, then pour over ice.

Makes 8 cups.

**Don't forget to visit us on our website.**



<http://www.fortbraggmwr.com/mrp.php>