



# Multicultural Readiness Program



## March 2010 Newsletter

### FORT BRAGG & COMMUNITY ACTIVITIES

#### United States Citizenship and Immigration Workshop

04/13/10 9:00am – 12:00pm  
Soldier Support Center, ACS – 3<sup>rd</sup> Fl.  
For more information call 396-6120/2808

#### Foreign Born Spouse Workshop

03/11/10 9:00am – 12:00pm  
Soldier Support Center ACS – 3<sup>rd</sup> Fl  
For more information call 396-6120/2808

#### Employment Tools Workshop

03 /15-19/10 9:00am - 1:00pm  
Creating a “5 Star” Resume  
For more information call 396-2390/1425

#### Relationship Communication & Connection

03/24/10 9:00am – 4:00pm  
FAP Classroom, Soldier Support Center  
For more information call 396-5521

#### Total Self Defense for Women

04/14/10 9:00am – 1:00pm  
Hammond Hills Community Center  
For more information call 396-5521

#### Life Choices for Teens

03/20/10 9:00am – 12:00pm  
FAP Classroom, Soldier Support Center  
For more information call 396-7951

#### Welcome Packet Website

#### MWR Buzz

#### Fort Bragg Strip Map



### Numbers to Call

You can call U.S. Citizenship and Immigration Services (USCIS) toll-free for automated information and live assistance concerning immigration Services and Benefits within the U.S., including Puerto Rico, Guam, and the U.S. Virgin Islands.

Our number is: **1 (800) 375-5283**  
Our TTY number is: **1 (800) 767-1833**

If you are outside the United States and have filed an application or petition with a USCIS Service Center, you can call 785-330-1048 to check the status of your case. This number provides automated information only. There is no live assistance available at this number.

### Request for Emergency Rescheduling of an Appointment

Please make every effort to appear for your scheduled appointment for fingerprinting, interview, or other processing. Failure to appear can delay processing of your case, and can result in your not receiving the benefit for which you applied. However, if an emergency arises and you absolutely cannot make your appointment, call the NCSC to request rescheduling. The NCSC will record the information, and pass it on to the local office, which will make the final decision whether to reschedule your appointment.

An appointment is needed to visit the local USCIS office. You can obtain an appointment by going online to [www.uscis.gov](http://www.uscis.gov) > go to INFOPASS on the left side and click on “make an appointment.”

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## Upcoming Event

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### International Spouse Resume Workshop

When: 20 April 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) or [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 a Government resume and a Corporate resume. Have questions?? Bring them with you.

All class materials will be provided.

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

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## Hearts Apart Program

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Hearts Apart is sponsored by Army Community Service (ACS), for military and family members who are going to be, will be or have been separated because of military commitments (deployments, temporary duties or remote tours). The Hearts Apart program can make separation a little more bearable.

Services offered include on-base and off-base resource information and an annual group activity. If you want to receive the latest information on the Hearts Apart Program, and other pertinent information, you will want to join the e-mail distribution group by calling 910-907-3507 or sending an email to: [sherree.jones@us.army.mil](mailto:sherree.jones@us.army.mil), the Hearts Apart coordinator.

Stay connected with the Hearts Apart Program!!

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## National Nutrition Month

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National Nutrition Month® March 2010  
American Dietetic Association

March is National Nutrition Month. It is sponsored annually by the American Dietetic Association. This year's campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The message is that good nutrition starts with unprocessed, simple foods, such as fruits, vegetables, whole grains, dried beans and peas and lean proteins, without excessive salt and fat and without the stripping of nutrients through over processing. The call also is to return to the "old days" of family-centered meals at home, where you save money and cook more healthfully.

The nutrient-rich-foods way of eating emphasizes choosing foods based on their total nutrient package, including vitamins and minerals, instead of choosing foods based only on what they don't contain – saturated fat, sugar and salt," she adds. "It offers a positive foundation to help build overall healthier eating habits and meet nutrition needs over a lifetime."

Equally important is the time spent with your children, husband or other family or friends, which improves communication and personal connections, but can increase our feeling of well being, which can improve our health.

If you don't know where to start, one of the best resources to tap into is [www.eatright.org](http://www.eatright.org). Since a recent survey indicated that 60 percent of people have trouble finding accurate nutrition information on the Internet, it only makes sense to avoid wasting precious time sifting facts from fiction.

Breakfast is your most important meal of the day so remember to fuel up.

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## Monthly Craft

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### Shamrock Stamp

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

Spread the luck o' the Irish this St. Patrick's Day with a homemade shamrock stamp. Use it to decorate paper place mats, coasters, tablecloths, or anything else your little leprechauns wish to dress in green.



#### Materials

- Heart-shaped cookie cutter (2 1/2 inches wide and long)
- Potato, cut in half
- Paring knife
- Green acrylic paint
- Paintbrush



#### Directions:

1. Press a heart-shaped cookie cutter (ours was 2 1/2 inches wide and long) into the cut face of a potato half.
2. With the cutter still in place, use a paring knife to cut the potato from around the heart (a parent's job).
3. Remove the cutter, then dip the heart into green acrylic paint and press it onto the paper. Repeat to make two more leaves, then use a paintbrush to add a swish for the stem.

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## Recipe of the Month

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### Spicy Chicken Stir-Fry

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



#### Ingredients

- 1 lb. boneless skinless chicken breasts, cut into thin strips
- 1/2 cup KRAFT Asian Toasted Sesame Dressing, divided
- 1 tsp. hot pepper sauce
- 1 pkg. (16 oz.) frozen stir-fry vegetables, thawed, drained
- 1 can (8 oz.) pineapple chunks in juice, drained
- 1/4 cup PLANTERS Lightly Salted COCKTAIL Peanuts
- 2 cups hot cooked whole grain brown rice

#### Directions:

1. Toss chicken with 1/4 cup dressing and hot sauce; set aside.
2. Heat remaining dressing in large nonstick skillet on medium-high heat.
3. Add vegetables; stir-fry 1 min. Add chicken mixture; stir-fry 4 to 5 min. or until chicken is done.
4. Stir in pineapple and nuts; cook 5 min. or until heated through, stirring occasionally.
5. Serve over rice.

Garnish with 1/4 cup chopped cilantro or thinly sliced green onions just before serving.



Don't forget to visit us on our website.



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