



Part I: "Keeping Your Cool"

1

Tuesday 17 JAN 1200-1245
Distance Learning Center
or
Thursday 19 JAN 1800-1845
Pinnacle Clubhouse

Part II: "De-Stress Yourself"

Tuesday 21 FEB 1200-1245
Distance Learning Center
or
Thursday 23 FEB 1800-1845
Pinnacle Clubhouse

2



Dealing with Difficult People
A Four Part Series



Part III: "Relationships"

3

Tuesday 20 MAR 1200-1245
Distance Learning Center
or
Thursday 22 MAR 1800-1845
Pinnacle Clubhouse

Part IV: "Families"

Tuesday 17 APR 1200-1245
Distance Learning Center
or
Thursday 19 APR 1800-1845
Pinnacle Clubhouse

4



Provided by Parks Reserve Forces Training Area Family Advocacy Program
For more information, call: (925) 875-4422 or just drop into a class

Employment Readiness

Reservists, Guard, Military Spouses & Veterans

- Do you want a Road Map for Your Job Search?
- Do you want to present yourself in a way that gets the employers' attention?
- Do you want to get yourself into a career that satisfies you?

It's a Marketing Campaign and YOU are the Product!



At the supermarket, there are hundreds of boxes of cereal. An employer gets hundreds of resumes. How can you get them to pick you? You have a big advantage over those boxes of cereal. Come to the workshops and find out what it is.

Thursdays: 8 and 22 March
1130 – 1230
ACS Conference room, Bldg 312 corner of 9th and Davis

Provided by PRFTA Army Community Service
Call (925) 875- 4678 for more information
Or just drop into the class



Army Community Service Classes—Call (925) 875-4678/4422

Who is Watching YOUR Money?



Monday Evening
12 March, 1800 – 1900
in the Community Activity Center
(Bldg 521)
or
26 March, 1800 - 1900
In the ACS Conference room (Bldg
312 – corner of 9th and Davis)
Community Activity Center
PRFTA

Join us for discussions on Money Management!

- Master your money every pay period
- Find a budget system that works!
- Get on the same page financially with your spouse
- What keeps you up at night?

Presented by Cherie Stueve, MBA, CPA (inactive)
Personal Finance Counselor

Provided by PRFTA Army Community Service
Call (925) 875- 4678 for more information
Or just drop into the class



Mission Statement:

Army Family Team Building empowers individuals, maximizing their personal growth and professional development through specialized training, transforming our community into a resilient and strong foundation meeting today's military mission.

**Army Family Team Building Classes
6 and 20 March 1130—1300
in the ACS Conference room
(Bldg 312, corner of 9th and Davis)**

AFTB Values and Goals

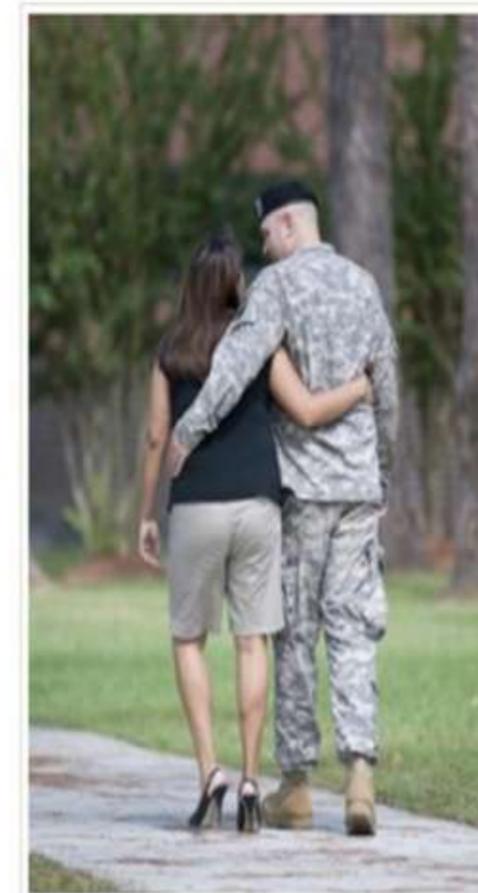
Values:

We value excellence in:

- Quality Training -- it is our signature; it is who we are and what we do!
- Resourcefulness -- The ability to overcome challenges.
- Life-Long Learning -- Opportunities that meet the needs of our community.

Goals:

- Prepare individuals through specialized training generating flexible, adaptive and capable Soldiers, Families and Civilian.
- Enhance personal growth and professional development by leveraging an adaptive curriculum and technology meeting the needs of the transforming military.
- Employ resources to build and strengthen enduring partnerships resulting in resilient strong communities



Army Community Service Classes—Call (925) 875-4678/4422

A Chance to Work From Home!

Ask Me About

FCC

Family Child Care

Training Dates:
March 19-23
 @ PRFTA



- Earn income while staying at home.
- Long lasting, portable career.
- All required training is FREE!!
- Access to an extensive library of supplies.

Call (925) 875-4388 to register.



Your child's "home away from home"



SKIES Unlimited
 Schools of Knowledge, Inspiration, Exploration & Skills

INSTRUCTORS NEEDED

Do you have a talent you would like to share with the youth of our community?

Become a SKIES Instructor today!!

Contact CYSS
 (925) 875-4388
 For more info.

Make your own schedule!
 Bring your kids to work!

U.S. Army Child, Youth
 & School Services

Looking for Quality, Affordable Childcare?

Child, Youth & School Services (CYSS) has what you need with Family Child Care (FCC).



FCC is an option of choice for many families:

- It is conveniently located in the neighborhood.
- Providers undergo rigorous training and background checks.
- It is more than babysitting! Providers follow a curriculum that offers a wide variety of developmental activities geared towards the child's individual needs.
- The FCC home ratio group is small with no more than six children in care.
- Providers hours are more flexible.

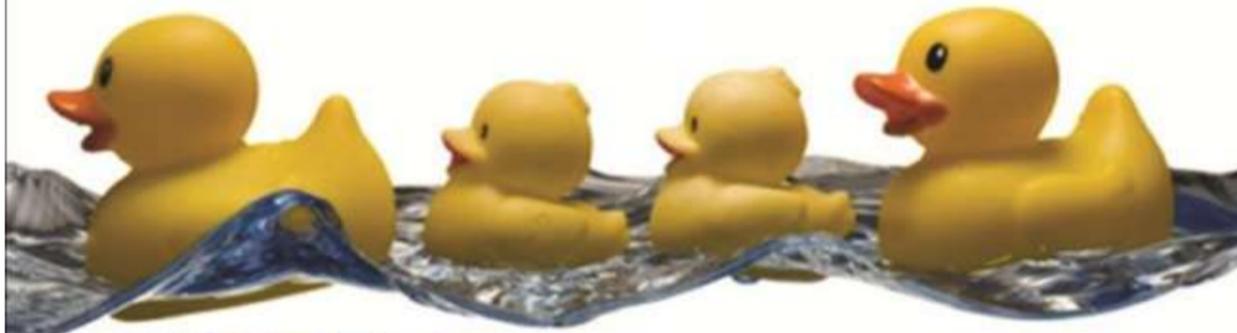
Call CYSS (925) 875-4287 for more info.



Childcare subsidies for Military Families.
 Click to find out more information.

Child, Youth & School Services Presents

Mommy & Me



Arts
&
Crafts

Have some fun with your little one!
Daddy's are welcome too!

Friends

Story
Telling

Tuesday, 13 March 2012
1000
& 1st Tues. Monthly

Music
&
Movement

Pinnacle Clubhouse

Exploration



March' Class:
Join us to celebrate
Dr. Seuss' Birthday!

Fun!



Register Now (925) 875-4287



Be On The



Out For

Other Upcoming Youth Events & Programs:

23 March, 1800, Chapel:

PRFTA Chapel and CYSS Present: Teen Impact

9-13 April, Pinnacle Clubhouse:

Pinnacle Housing and CYSS Present: Spring Break Camp

21 April, 1000-1400, Pinnacle Clubhouse:

Month of the Military Child Carnival

Call CYSS For More Info: (925) 875-4287





March 2012 Family and MWR Community Activities Center Calendar



Family and MWR
Recreation Center B521 Mitchell
(925) 829-1912
Hours of operation
Sunday-Thursday 1100 - 2100
Friday & Saturday 1100 - 2300

- JUST A FEW OF THE THINGS WE OFFER!!**
- Internet/WIFI Access
 - Equipment Rentals
 - Facility Rentals
 - RV Storage Space Rentals
 - Bicycle and DVD Rentals
 - Discounted Movie Ticket Sales
 - Big screen TV's with Cable television
 - Nintendo Wii Stations
 - Arcade with numerous games
 - Ping Pong, Billiards, Air Hockey and Darts.
 - Library Area
 - NFL Televised Games
 - Free Comedy Club Tickets
 - Facility Rentals

**Parks Family and MWR
Community Activities Center**
Friendly Staff:
Ms. Audrey Millar
Ms. Tram Vu
Mr. Jason Owen

For more info contact

Mr. Michael Narvaez
Family and MWR Recreation & outdoor Rec
Manager
(925) 875-4387 Office

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Looking to store your RV, or Boat? Contact us . Spots available now!! Low prices.		HAPPY ST. PATTY'S DAY 		Spades Tournament Great Prizes! Begins at 1800 Hrs	Michael Jackson's The Experience Night on Nintendo Wii Begins at 1800	Televised MMA Match Tate Vs. Rousey Begins at 1900	
Free Bike Rentals 7 days a week!			Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	Go Fish Cards Tournament Great Prizes! Begins at 1800 Hrs	80's Karaoke Night Begins at 1800 Hrs	Televised Boxing Match Lopez Vs. Salido Begins at 1800
March Madness All month long! Ask us about Game times!			Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	Domino's Tournament Great Prizes! Begins at 1800 Hrs	Billboard Karaoke Night Begins at 1800 Hrs	St. Patrick's Day Parade & Party Begins at 0900 & 1800
3 DVD's for \$1.00 All day long			Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base.	Crazy Eight cards Tournament Great Prizes! Begins at 1800 Hrs	Who Wants to be a Millionaire Game Night Begins at 1800 Hrs	Thunder Valley Casino Trip Begins at 1500 Hrs Transportation available Just \$20.00
Looking for a place to host a party? Unit function? Use our facility! Ask us about rates			Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base. away from Base.	Free Tickets to Tommy T's Comedy Club at the MWR CAC B521 Just Minutes away from Base. away from Base	Uno Cards Tournament Great Prizes! Begins at 1800 Hrs	Trivia Pursuit (Genius) Game Night Begins at 1800 Hrs	Looking to host a party? Rent our Sports Bar area in Advance!



PRFTA Family & MWR Fitness Center BLD#303, Activities Calendar MARCH 2012

NATIONAL NUTRITION MONTH

Fitness Center B303

(925) 875-4392

Hours of Operation
Monday through Thursday
0500-2000

Friday
0500-1800

Saturday/Sunday
0530-1400

NEW FY2010 EQUIPMENT

- Treadmills
- Bike Trainers
- Precor Cross Ramps
- Summit Trainers
- Hammer Strength Stations
- Tuff Stuff
- Life Fitness Universal Gym
- Life Fitness Cable Crossover
- Free Weights-plates, benches, bars & dumbbells
- Boxing bag & gloves

FITNESS STAFF

KEVIN McKENNA
Manager
LORRAINE THORSON
Assistant Manager
STEPHANO MARTINEZ
Rec. Aid
COLLEEN JOZAITIS
Rec. Aid
CHRISTOPHER PAHIA
Rec. Aid

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	2 Free Blood Pressure & Body Fat Assessment	3 SPIN CLASSES!!! 0800-0900 & 0915-1015
4 We are Open 0530-1400	5 <u>INSTRUCTOR Spin Class</u> 1700-1800	6 <u>INSTRUCTOR INTERVAL TRAINING</u> @1130	7 <u>INSTRUCTOR Spin Class</u> 1700-1800	8 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	9 Free Blood Pressure & Body Fat Assessment	10 SPIN CLASSES!!! 0800-0900 & 0915-1015
11 	12 <u>INSTRUCTOR Spin Class</u> 1700-1800	13 <u>INSTRUCTOR INTERVAL TRAINING</u> @1130	14 <u>INSTRUCTOR Spin Class</u> 1700-1800	15 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	16 Free Blood Pressure & Body Fat Assessment	17 SPIN CLASSES!!! 0800-0900 & 0915-1015
18 We are Open 0530-1400	19 <u>INSTRUCTOR Spin Class</u> 1700-1800	20 <u>INSTRUCTOR INTERVAL TRAINING</u> @1130	21 <u>INSTRUCTOR Spin Class</u> 1700-1800	22 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	23 Free Blood Pressure & Body Fat Assessment	24 SPIN CLASSES!!! 0800-0900 & 0915-1015
25 	26 <u>INSTRUCTOR Spin Class</u> 1700-1800	27 <u>INSTRUCTOR INTERVAL TRAINING</u> @1130	28 <u>INSTRUCTOR Spin Class</u> 1700-1800	29 AERO-STEP-N-SCULPT @1130 <u>Martial Arts Class</u> TH 1800-2000	30 Free Blood Pressure & Body Fat Assessment	31 SPIN CLASSES!!! 0800-0900 & 0915-1015



Congratulations!

You found this month's hidden link!

This month we feature Ten Tips for Stress-less Parenting



1. **Take time out each day to do something for yourself. Exercise, stretching, listening to soothing music, reading or meditation are some proven ways to reduce stress.**
2. **If you are feeling overwhelmed, arrange for some outside help so you can manage all aspects of your life more effectively.**
3. **Keep your sense of humor when things don't go as planned. No one is a perfect parent—or a perfect child.**
4. **Accept that children sometimes make mistakes, are inconsistent, and act thoughtlessly—this is part of being a child.**
5. **Count to 10 before you react when you get angry.**
6. **Ease tension with a human touch—share a hug, hold hands, or give a pat on the back.**
7. **Listen to your child and show you value your conversations. Good communication can prevent conflict and stress.**
8. **Schedule in family fun and fitness. Laughter and physical activity are great stress reducers.**
9. **Spend time with friends talking about your parenting concerns. Also share your reflections on the joys of parenting.**
10. **Learn how children mature so your expectations for your child's behavior are realistic.**

