

RAVEN'S NEST

Newsletter of the 22nd MPAD Soldiers and Family Readiness Group

Happy Holidays

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NATIONAL INFLUENZA VACCINATION WEEK IS DEC. 1-7

BY: SGT. SHATYRA REED

National Influenza Vaccination Week is a national observance established to highlight the importance of continuing influenza vaccination.

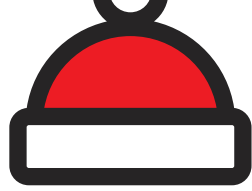
The flu is more than a bad cold and can result in serious health complications like pneumonia, bacterial infections, and hospitalization. Flu can sometimes lead to death.

Few people get vaccinated against flu after the end of November, but flu activity most commonly peaks between December and February and flu activity can last as late as May. If you have not received a flu vaccine yet this season, it's not too late!

Influenza vaccinations are available for TRICARE beneficiaries at your Fort Bragg Primary Care Clinic by walk-in. Please call your clinic for hours of operations for influenza immunization.

Beneficiaries and retirees may also get their seasonal flu vaccine from a participating TRICARE retail network pharmacy. Call your local network pharmacy to make sure it participates in the vaccine program and has the vaccine in stock. To find a network pharmacy near you, call Express Scripts at 1-877-363-1303.

The Emergency Department does not give flu vaccines. Please do not visit the Emergency Department for vaccines.



COMMAND CORNER,



During this holiday season more than ten years ago, I was on a 15-month deployment to sunny Baghdad. Yes, war story coming your way, but not the 'so-there-I-was, knee-deep-in-hand-grenade-pins' type of story.

At the time, I was the photographer for Lt. Gen. Lloyd Austin, the commander of Multi-National Corps-Iraq. I traveled all across Iraq when he would visit troops or meet with leaders, diplomats, etc.

During the holiday season, he traveled to the various smaller forward-operating bases in the country. These locales had little in the way of creature comforts. Think lots of sandbags for protection, no plumbing, and getting attacked regularly. However, these smaller bases would always find a way to have a Thanksgiving or Christmas feast to celebrate a touch of home.

It was humbling to see my fellow service members in a dire situation still making the best of life during the holidays. They had each other for family, they took care of each other, and they were thankful for what they had.

Like those troopers on the frontline over a decade ago, I am thankful to have our small Army family in you, the Soldiers and family members of the mighty 22nd, during this holiday season. Thanks for what you all do support each other, your respective Soldiers, the command, and the Army.

Here's to a great holiday season. I hope you all have a wonderful time with your families. All the best.

- 1SG Jeremy Crisp



**HAPPY
BIRTHDAY!**

Dec. 27 - Elizabeth Hernandez
Dec. 28 - Everly Patoka



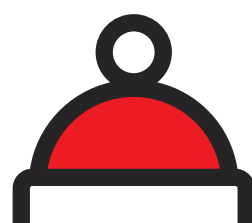
**HAPPY
ANNIVERSARY!**

Dec 23 - Staff Sgt. Antonio Vincent & Tasha
Vincent



**FAREWELL &
GOOD LUCK**

Sgt. Andrew McNeil & Family





SPOTLIGHT & FEATURE OF THE MONTH

KEEP YOUR HOME SAFE WHILE YOU'RE AWAY

There is so much to take care of before going on vacation for the holidays; doing last minute shopping for perfect gift, booking your flight back home, and making sure your leave form was approved.

But there is one important tasks that most of us forget to do -- make sure someone is looking after our empty house.

Coming home from your holiday can be very refreshing. But returning from a memorable trip and learning something has gone seriously wrong at home can be downright devastating.

To make matters worse, a house or apartment left empty while its owners are traveling is a tempting target for criminals and break-ins..

It's imperative that everyone takes basic preventative measures, which take only minutes to complete, to ensure your home safe from power surges, broken pipes, home invasions, and more while you're away.

A simple way to gain peace of mind while traveling is to ask a friend or neighbor to keep an eye on your home while you're away.

Ask them to drive by your home once a day or so and check on the place. Give this person a key so that he or she can bring your mail in, feed your pets, water your plants, etc. If you don't have a garage, you may also want to give this person a key to your car because you never know when your vehicle may need to be moved.

They should also have your contact information and a copy of your itinerary in case of emergencies.

If you live in military housing, you can request for the military police check in on your home.

COMING SOON: RAVEN'S NEST FOOD DRIVE

The 22nd MPAD will begin it's unit food drive very soon. The donations will go directly to the Fort Bragg Armed Services YMCA's food pantry.

The food pantry serves military Families in need. The Armed Services YMCA's food pantry primarily serves lower enlisted Families.

Their goal is to provide Families with the nonperishable food items, and refer Families needing further assistance to their unit's chaplain or Fort Bragg's Army Community Service for financial planning or budgeting classes.



For more information, please email 22ndMPADSFRG@gmail.com or call Sgt. ShaTyra Reed at 904-566-9208

If you would like to donate, please start gathering your items and bring them to the MPAD. On a regular basis, we will send all of the donations to the Armed Forces YMCA.

Donations should be nonperishable, unexpired and unopened. They are also looking for personal hygiene items such as diapers, razors and shaving cream. Volunteer hours will be given to those who donate items during the unit's food drive.

The food pantry is open from 9 a.m. to 3:30 p.m. Monday through Friday in the Fort Bragg ASYMCA building 2-2411 off Rodney Trail.

LOCAL HAPPENINGS

Events Around Fort Bragg & Surrounding Areas

Fort Bragg Christmas Tree Lighting

When: Wednesday, December 4, 2019, 4:30 p.m.

Where: Main Post Parade Field, Fort Bragg 28308

Cost: Free to attend

Kickoff the holiday season with the lighting of the Garrison Christmas Tree at the Main Post Parade Field. This event includes the lighting of the Christmas Tree by the newly selected Family of the Year, Santa, holiday entertainment, Kidz Corner and food trucks.

Trees for Troops

When: Friday, December 6, 2019, 8 a.m.

Where: Smith Lake Recreation Area

Cost: Free

Free Christmas trees for active duty personnel E-5 and below! 350 tree vouchers will be available on a first come first serve basis at Leisure Travel Services beginning on December 2, 2019 and ending when all vouchers have been given out. 1 tree voucher per family. The Christmas trees will be distributed to those with a voucher and a valid DoD ID card on from 8 a.m. to 10 a.m., at Smith Lake Recreation. After 10 a.m., they will be given out to non-voucher holders who are E-5 until all trees are gone.

WWE Smackdown

When: Friday, December 6, 2019, 7:45 p.m.

Where: Crown Coliseum, 1960 Coliseum Drive, Fayetteville, NC 28306

Cost: \$18 and up

See your favorite Smackdown superstars when WWE returns to Fayetteville for one special event this year. This event, broadcast on FOX as part of the "Tribute to the Troops" event, will feature favorite superstars including: Roman Reigns, The fiend Bray Wyatt, Daniel Bryan, The New Day, Braun Strowman, Bayley, Sasha Banks, Shinsuke Nakamura, Dolph Ziggler & Robert Roode, King Corbin, and many more!

Christmas in the Park

When: December 6, 2019 - December 22, 2019, 6 p.m - 9 p.m.

Where: Arnette Park, 2165 Wilmington Highway, Fayetteville, NC 28306

Cost: \$10 per Family Vehicle; \$30 per Commercial Vehicle; \$75 per Motorcoach/Bus

Take a stroll along the festively decorated trail for Christmas in the Park. The ½-mile, paved walking trail there offers visitors the chance to take in sights and sounds of the Christmas season. Marshmallow roasting, train rides, kid's craft projects, and more festivities are available for a small fee. Don't forget to stop by for a picture with Santa (\$5).

9th Annual Green Beret Jingle Jog

When: Saturday, December 7, 2019, 9:00 a.m.

Where: Jordan Soccer Complex - Cape Fear River Trail

Cost: \$30 to \$40

This year's 10K and 5K races will start at Jordan Soccer Complex, with the course being run on the Cape Fear River Trail. It will feature race awards, prizes for creative costumes, and a "Top Dog" award for the fastest dog in the 5K and 10K. For more information:

<https://www.itsyourrace.com/event.aspx?id=8524>

Raleigh Sports Card Memorabilia Comic Book Show

When: December 13 - December 15, 2019

Where: Kerr Scott Building, 1025 Blue Ridge Rd, Raleigh, NC 27607

Cost: \$5 daily; \$8 weekend pass (Kids 12 and younger free)

3-Day Show Featuring 200+ Vendor Tables Enjoy Spectacular Bargains from a Huge Variety of Sports, Hobby, Memorabilia, & Comic Book Dealers from Across the Region. The event will also feature a wide assortment of baseball and other sports cards, sports memorabilia, autographs, comic books, non-sports cards, police and collector's patches and hobby supplies. Hours of operation: Fri. 2 p.m. - 7 p.m., Sat. 9 a.m. - 4 p.m., Sun. 10 a.m. - 4 p.m.

Fayetteville Military Spouse AND Littlest Heroes Care Package Delivery

When: Friday, December 13, 10:00 a.m. - 11:30 a.m.

Where: Manna Church, 5117 Cliffdale Rd #2396, Fayetteville, NC

Cost: Free to register

<https://www.eventbrite.com/e/fayetteville-military-spouse-and-littlest-heroes-care-package-delivery-fort-bragg-tickets-54762660592>

Bring the children and celebrate at our annual Christmas Gift Giving Party. There will be beautiful Christmas presents for you and your little ones. This event is open to ALL military spouses and military children ages 5 & under.

First Night Raleigh at the Museum

When: Tuesday, December 31, 2019, 2 p.m. - 6 p.m..

Where: North Carolina Museum of Natural Sciences, 11 W Jones St, Raleigh, NC

Cost: \$11 <https://firstnightraleigh.com/buy-a-pass/>

While the acorn has become synonymous with WRAL First Night Raleigh, the festival is much more than the countdown to midnight. Your admission pass grants you access to over 20 blocks of downtown Raleigh filled with art, music, comedy, theatre, crafts and more!

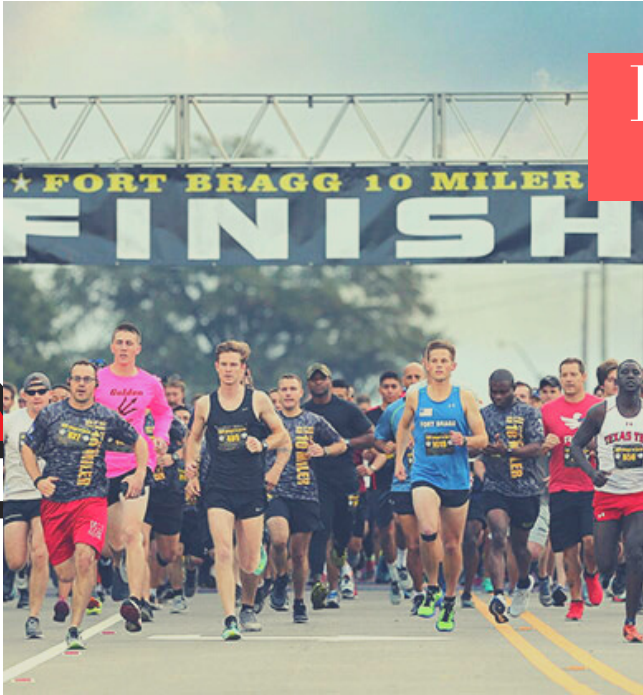
NOTABLE DATES

December 4 - Decorate the MPAD during Lunch (Family invited)
December 6 - Pay Day Activities
December 13 - HHBN, XVIII Airborne Corps Holiday Party
December 16 - Half-day schedule begins
December 23 - Cumberland County School Winter Break Begins
December 24 - Training Holiday (No work)
December 25 - Christmas Day (No work)
December 31 - Training Holiday (No work)

January 1 - New Years Day (No work)
January 2-3 - Half-day Schedule
January 7 - Cumberland County Schools Winter Break Ends
January 14 - 22nd MPAD SFRG Meeting
January 17-19 - Corps Training Holiday (No work)
January 20 - Martin Luther King Jr. Day (No work)

IN CASE YOU MISSED IT

FORT BRAGG 10-MILER



#ICYMI: 1SG Crisp competed in the Fort Bragg 10-miler on November 2, 2019. His official run time was 1:21:50.

SFRG MEETING

#ICYMI: Soldiers and Family members from the 22nd MPAD met with the commander, Maj. Tabitha Hernandez, for the unit's SFRG Meeting on Nov. 13, 2019 at the 22nd MPAD headquarters.



FRIENDSGIVING

#ICYMI: Soldiers and Family members of the 22nd MPAD enjoyed Friendsgiving dinner on November 25, 2019 at the Soldier and Family Readiness Center.



Resource of the Month YMCA Food Pantry

AER is a private nonprofit organization that provides emergency financial assistance in the form of grants and loans to Soldiers and their Families.

AER provides help with emergency financial needs for food, rent or utilities, emergency transportation, vehicle repair, funeral expenses and much more.

For more information visit AER on the third floor of the Soldier Support Center or call (910) 396-2507

<https://bragg.armymwr.com/programs/aer>

Womack Army Medical Center

Christmas Medical Services

24 December – 28 December

No change to essential 24/7 Emergency Medicine and Inpatient Services, 24/7 MHS nurse advice line and military crisis line.

Tuesday, 24 Dec

- **Open** - Urgent Care Clinic; Main Pharmacy; Pharmacy Annex; Consolidated Clinic (0800-1520) – call 907-APPT (2778)
- **Closed** – Primary Care Health Clinics, Community-Based Medical Homes, and Specialty Care Clinics

Wednesday, 25 Dec

- **Open** - Urgent Care Clinic
- **Closed** – Primary Care Health Clinics, Community-Based Medical Homes, and Specialty Care Clinics

Thursday, 26 Dec and Friday, 27 Dec

- **Open** – All Pharmacies, Primary Care Health Clinics, Community-Based Medical Homes, and Specialty Care Clinics

Saturday, 28 Dec

- **Open** - Pharmacy annex (0830 – 1600)









Santa Sightings

- **North Post Exchange**
 - Pictures with Santa - 29 Nov - 24 Dec
 - Monday-Saturday, 1000-1800
 - Sunday, 1200-1800
 - Breakfast with Santa
 - 14 Dec
 - 0830-0930
- **South Post Exchange**
 - Pictures with Santa - 16-24 Dec
 - Monday-Saturday, 1000-1800
 - Sunday, 1200-1800



So You Know Army Emergency Relief

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VOLUNTEERS NEEDED

The SFRG is run solely by volunteers; in conjunction with the commander, Maj. Hernandez and the SFRG Liaison, Sgt. Reed. Volunteering for the SFRG allows you to give back to the Families and community partners who support you.

An SFRG volunteer is someone passionate about supporting others through the trials, tribulations, successes and triumphs of military life. The goal of an SFRG volunteer is to create a community of camaraderie within the military "Family". To some, this will be the only support system they have when a deployment happens. Welcoming new Family members and helping them integrate into military life is an important focus of the SFRG.

Volunteering can be done in formal and informal ways. Formal positions within the SFRG include:

□ SFRG Leader, SFRG Co-leader, Treasurer, Secretary and Key Callers. Informal positions within the SFRG may include (but are not limited to): Welcome/Hospitality Committee, Newsletter Staff, Child Activity Coordinator, Photographer and many, many more!

No matter the amount of time you have, large or small, there is always a position within the SFRG volunteers for you! If you are interested in filling a volunteer position, please come to the monthly SFRG meetings or contact the SFRG staff at 22ndmpadsfrg@gmail.com



**SOLDIERS, FAMILIES, & FRIENDS
ARE CORDIALLY INVITED TO THE**

HHBN, XVIII AIRBONE CORPS HOLIDAY PARTY

**FRIDAY, DECEMBER 13, 2019
BEGINING AT 1700**

**PAX SHED 3
POPE FIELD, NC 28308**



**THERE WILL BE PHOTOS WITH SANTA,
AN UGLY CHRISTMAS SWEATER
CONTEST, A CHILI COOK-OFF,
GAMES, DOOR PRIZES AND MORE!**

**FOR MORE INFORMATION, CONTACT
YOUR UNIT SFRG LIAISON OR LEADER**

