

Family Support Bulletin

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Special points of interest:

- Voting Information
- Win a Trip to New York
- Homework Tips
- Sesame Street Helps with Deployments
- Family Day—25 Sep 06
- Free Kennywood Admission



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Another Type of Family Day

Did You Know????

Eating dinner frequently with your children reduces their risk of substance abuse? Parental engagement is the single most potent weapon in preventing substance use and abuse among youth!

Begin making family dinners a regular feature of your daily routine!

Research by the National Center on Addiction and Substance Abuse (CASA) at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink, or use drugs. The conversations that go hand-in-hand with dinner will help you learn more

about your children's lives and better understand the challenges they face. CASA created *Family Day—A Day to Eat Dinner with*

Your Children in 2001, as a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens.

Starting September 1, military families can make the pledge to eat dinner with their family at <http://www.commissaries.com> and enter to WIN a family dinner cooked by Sandra



Lee of the Food Network in New York.

SOURCE: MilitaryOne-Source

Taking Your Family Along – Flat People

Missing your kid at college? Or your schooling/deployed military member?

Taking a page from the Maine Army National Guard, we suggest making them "flat" or, in other words, make a blow up picture of them and mount

it to a foam board. Then carry them to family events, sports events, and special moments so they are part of them.

Making a scrapbook of the pictures with notes or memorabilia from the event/moment will help you

tell the story of your time apart and facilitate a happy reunion.

Office supply stores will be able to help with this project.

Homework, Homework

Whether you are studying for a college class, professional development or helping a child study math, some basic ideas help with the homework process:

- 1) **Make Homework a Priority**—give it time and resources, with a designated space along with plenty of encouragement and support.
- 2) **Teach Your Child (and Yourself) to Ask For Help**—Use the library, the internet, each other, a tutor, whatever it takes.
- 3) **Get To Know Your Child's Teacher (or Your Own)** - Keep the teacher's contact information handy and know the schedule of the class(es). If the homework is too difficult or easy, let the teacher know.
- 4) **Get Organized**—Use an assignment book. Have your child show it to you daily. Get into a routine with homework time and place.
- 5) **Ask About Homework Every Day**—Send the consistent message to your child and yourself that you care and are committed to the ongoing learning process.
- 6) **When You Can't Be Home**—Set up a schedule for deadlines, call your child to check on their homework progress, and have family and friends help with the homework process by checking in with and helping your child.



November Elections Are Coming: Are You and Yours Registered?

Sep 3 through 9 has Armed Forces Voter mind military per- lies that time is run- voting process and right to vote did not but evolve over the ries, often at great those who secured

Bad officials are elected by
good citizens who do not
vote.

George Jean Nathan

every member of the House of Representatives, a third of the U. S. Senators, 36 State Governors and thousands of state and local officials will be elected and a host of other state and local initiatives and issues will be decided. Each of us has inherited both the fruits of our freedom and the obligation to safeguard this precious right by actually voting at the polls or by the absentee processes—exercising our right to vote will strengthen it and keep it healthy for our children and their heirs.

- **Election Day is November 7**
- **The Installation Voting Action Officer (IVAO) and Federal Voting Assistance Program (FVAP) are key resources for voting information, especially if you need information on voting absentee.**
- **Another source of voting assistance is the “Airmen Votes” website at <http://www.afcrossroads.com/votefund/vote/default.htm>**

been designated Week in order to re- sonnel and their fami- ning short to start the to remind us that our come automatically, course of two centu- cost and sacrifice by it for us. In November,

Library News

September is Library Card Sign Up Month, sponsored by the American Library Association. Launched in 1987, this observance brings national attention to using the local library as a source of lifetime learning. Library Card Sign Up Month is a great time to remember as a family that a library card is a very important school supply and budget saving tool.



Our Great Helpers

At the Family Support Office, we have some incredibly wonderful volunteers. That might sound like overstating the case, but they truly are people whom we count on. ... and they always deliver.

Our volunteer coordinator, Cindy Hillier, has been on the job for years. She is the creative mind behind the cards we send out and the cheerleader for our other volunteers.

Lin Samples has been gracious enough to work with tedious data entry on the computer so that when you look at our SITES file or need help from us, the information is only a click or phone call away. Her daughters get in on the volunteering by helping make cards and organizing the office.

John Sabal is a tireless man who works well with financial issues, since he is retired from the banking industry. His sage advice has encouraged and helped many Airmen and their families.

Cathy Humphries has been instrumental in providing research and resources, including in emergency situations. She is always willing to jump up and help.

Katie Barnes is usually here on the UTA's and, after she delivers brownies, can be found assisting with paperwork, filing, and creative tasks that

need completing.

These are some of the incredible people who give their time and talents to our community.

If you are interested in developing some office skills and/or connecting with other families, please contact Family Support at (330) 609-1201.



Family Time

The Family Day for this month, a commitment to eat dinner with our families on the 25th of Sep, intrigues me—especially the statistics in the research. According to CASA, the top ten benefits for a child to eat dinner with their family include halving the risk of substance abuse, increased likelihood the child will say their parents are proud of them, increased likelihood the child will state they feel they can confide in their par-

ents, better grades, healthier eating habits, lower risk for the child to have thoughts of suicide.

The benefits, to me, outweigh the convenience of not scheduling time daily with my family. Yes, it's a hassle and sometimes, my kids really don't like the vegeta-

bles, but it's worth it.

If we can't eat dinner together, we take a walk, play a game, or chat on the couch. Whatever. Let's let our kids know we care.

The best way to keep children home is to make the home atmosphere pleasant - and let the air out of the tires.

Dorothy Parker

Sesame Street Deployment Assistance

Big Bird, Elmo, Ernie and Bert have come to the aid of children of deployed personnel. Yes, Sesame Street has produced a DVD entitled "Talk, Listen, Connect" in which the Sesame Street characters help with the issues of deployment.

To get a copy of the DVD or to get other parenting/children information,

such as a CD "Parenting in the 21st Century" or a booklet discussing "Talking with Children about Violence and War", go to the Military One-Source webpage: <http://www.militaryonesource.com> or <http://www.sesameworkshop.org/tlc/>



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Readiness Is
Our Mission!



Dance the Night Away

Youngstown Air Reserve Station is hosting a Military Ball with the theme "Proud Heritage, Tradition of Excellence" on Saturday, 4 November at Mr Anthony's Banquet Center in Boardman.

The keynote speaker is Lt Gen John A. Bradley, Chief of the Air Force Reserves.

Music will be provided by the Air Force Reserve Command Band, Generations.

This evening is designed to be a wonderful evening of military pride, connection, and enjoyment. See your unit representative or the Base Community Council for more information and tickets. Look forward to seeing you there!

Free Admission to Kennywood & Other Savings

Kennywood amusement park honors all U. S. Army, Navy, Air Force, Marines, and Coast Guard active duty and reserve military personnel with FREE admission to the park on September 16 and 17.

Armed Forces personnel with a current military ID card will receive a free FunFay Pass at the park on those days. Additionally, military personnel's immediate family, with ID, may purchase a FunDay pass at half-price on those days.

Kennywood is open at 1030 and rides start at 1100. There is free parking and bringing a picnic is acceptable.

Operation Troop Appreciation (OTA) has discount cards that a \$5 donation will entitle the holder to \$10 off any item at any Kaufmann's or Macy's store nationwide on September 16th, 2006. OTA retains 100% of every \$5 from every card obtained through us to use for their good work. This card also entitles the bearer to 20% off the lowest price on hundreds of items like clothing, jewelry, housewares, luggage, etc. and 10% off furniture, rugs, tech items, and more, which is also on September 16th only. The 10% and 20% discounts are applied against regular, sale and even clearance prices too.

Operation Troop Appreciation (OTA) is a tax deductible, nonprofit organization started a little over 2 years ago by a young lady, Kristen Holloway, from Mount Lebanon, PA. She works full time for PPG in Pittsburgh and just wanted to do something to support our military by sending a few things to some of our soldiers. When her friends and neighbors heard what she was doing, it snowballed into something very huge. In the past two years her organization has shipped approximately \$250,000 of items like Under Armour T-shirts, socks, coffee makers, musical instruments, and hundreds of other things for over 12,000 soldiers and Marines in Iraq and Afghanistan. She regularly sends items to 99th RRC soldiers that help improve their quality of life in a combat zone and boosts their morale. OTA has been featured on national television, in many newspapers, and on Y108 radio in Pittsburgh for 2 years. Its founder, Kristen Holloway, was presented a National Volunteer Award by President Bush last year.

These savings cards can be obtained from 99th RRC Family Programs Office by calling Debbie Scott at 1-800-400-2650-ext.8322 or Tom Cannon at ext. 8320.