



Family Support Bulletin

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Phone Home: Communications While Apart

Nobody likes to be away from their parent, child, or sweetie.

Here, at Family Support, we are very aware that being apart is one of the not-so-fun parts of training and deployment in the Reserve and Guard. Our staff has been there too.

We have found several tools to be helpful, whether apart for a short or long time.

Phone Cards: People who are on orders away from their family for more than 30 days, regardless of length beyond 30 days, are entitled to one Air Force Aid Society Phone Card. This program is supported by donations through the Air Force Assistance Fund. YARS is one of

the best donators to this fund. THANK YOU!

Additional phone cards can be obtained directly from the VFW Operation UpLink Program: <https://www.operationuplink.org/>

Morale Calls: Most overseas deployed locations have a morale call capability. Military members can access the morale call phone and dial the base DSN number to be connected to home 2 times a week for 15 minutes each time. If the person overseas wants to reach family after duty hours, they can contact the base operator at any stateside military installation and ask to be connected to a phone card operator. This way the

morale call is only a stateside long distance call, rather than international.

Similarly, family members can contact their deployed member via morale calls. The key pieces of information needed are the DSN phone number and the time that the member will be there to talk. Family members are allowed two 15 minute phone calls a week as well.

For a family member to place that call, they need to contact the Family Support Office at (330) 609-1201 or (800) 278-7046.

Morale calls at YARS can only be completed during the Mon—Fri duty days and

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Toys For Tots: Don't Miss the Fun!

Youngstown Air Reserve Station is big on Toys for Tots, thanks to the leadership of our installation Marines. They have had remarkable success in past years with collecting toys and dollars to support children in the community who would likely not get toys otherwise.

The generosity of the Marines Toys for Tots extends beyond the public informa-

tion that is seen on tv and in the local papers. They are always helping YARS families as requested. We, at Family Support, can't say enough about how special the Toys for Tots program and our Marine family at YARS are.

There are many ways in which to support the program through donations of toys and/or monies. Beware the December UTA

when there will be holiday characters at our gate asking for Toys for Tots donations! It's all good.

In the meantime, **if your family is in need of toys from the program, the Salvation Army is collecting names NOW.** Their national website can connect you to a local area Salvation Army so you can get your name in: <http://www.salvationarmyusa.org/>

**Happy Anniversary,
Marines!
(Nov 10th)**





Call it a clan,
call it a network,
call it a tribe,
call it a family:

Whatever you call it,
whoever you are, you
need one.

Jane Howard

Holidays Approaching: Programs for You & Your Family

The holidays can stress out a family that is already experiencing financial and physical pressure. It isn't necessary to have the holidays create a sense of neediness. There are a variety of holiday programs available in the area:

As mentioned last month, the Cleveland USO sponsors Operation Families First. By going to their website: <http://www.usocleveland.org>

www.usocleveland.org

A program of note for all year round is Angel Food Ministries. This national program (<http://www.angelfoodministries.com>) operates in support of local charities and families. There is no income requirement to participate. The program provides approximately \$70 worth of food for \$25 once a month. Check out

the website for more information on how to participate and stretch your food budget.

Keep an eye on the local papers in your area. Most churches and community centers have holiday programs for a variety of purposes. There are programs specifically for military families of deployed personnel and for deployed personnel overseas.

Who Are Your Family Members?

Bob, on Sesame Street, sings the song "Who are the People in Your Neighborhood" in many of the episodes from the 70's and 80's (I know, I'm old). This is a good question to ask when thinking about family.

Who are the people in your family?

Obviously there are your biological relatives: Mom, Dad, siblings, Grandparents, Aunts, Uncles, etc.

But there are also members of your family that don't share your DNA. Think about the dear friend that is there for all the important, good or bad, family events. Think of people you have traditions with. What about the lady down the street that you talk with every weekend? What about the military family?

Definitions of family can be far and wide. At Fam-

—Director's Corner

ily Support, we consider your family anyone who is important and meaningful to the military member as well as those who are biologically related. There are some services we can only offer military recognized family members (ie Air Force Aid), but generally the "Family" in our name means the military family as a whole: those in the military and those who care about them.

Staying Healthy through the Holidays

- Exercise, even if it's less than usual. Just taking a walk can do a lot for your mental and physical health.
- Place a priority on sleep. Everything is more manageable when you are rested. Adults require seven to nine hours of sleep per night in order to function optimally during the day. Plan for "winding-down" time of at least 30 minutes before you go to bed. You'll fall asleep sooner, and sleep more soundly.
- Though the holidays are a time for traditions, don't try to do it all. Simplifying your holiday will reduce your stress. Rely on family to help with preparations.
- Be realistic about your health goals during the holidays. Accept weight maintenance vs. weight loss.

When it comes to holiday parties, try these strategies:

Snack before you go; don't skip meals to compensate for a party; eat slowly and savor the flavor; take moderate portions of specialty foods you really love; take a dish to pass that you know is healthy; try spritzers or low calorie mixers, and limit use of alcohol.

Financial Resources

[Check out these NEFE sponsored Web sites for a wealth of self-help information on personal finance:](#)

- www.smartaboutmoney.org - an online tool offering practical information to help consumers achieve their financial goals.
- www.ntrbonline.org - a web-based resource designed for and written by teenagers interested in learning more about personal finance.
- www.nefe.org/hsfpportal/index.html - a financial education curriculum designed to integrate into existing high school classes that focus on basic personal finance principles.
- www.nefe.org - a Web site offering personal finance information to members of the public on a variety of topics through the Multimedia Access section and Financial Education Clearinghouse



**Don't forget the Financial Management Class, Sat of the Nov UTA!
Call Family Support at 1201 for details and to sign up.**

Holiday Gift Ideas from smartmoneytips.com

When putting together your shopping list and holiday spending plan, consider that you don't need to spend a lot to show someone you care. Consider these tips for some extra savings:

- Set holiday spending budgets with family and close friends with whom you are exchanging gifts, or discuss a name exchange to help eliminate needless overspending.
- Homemade gifts and/or baked goods make great hostess gifts, office gifts, or gifts for casual friends. But no one has time for hand embroidered holiday napkins, or personalized gingerbread cookies, on the 20th of December. No matter what you are making, baking or creating- get started early so you can enjoy December!
- Start early on your shopping list to avoid the last minute panic attack that often has us all overspending our budgets. If you decide early what you want to get each person on your list, you can take the time to shop for a good price on the item rather than making the close-at-hand, but all-too-expensive choice.
- If shopping online or by catalog, be sure to shop early enough to use economical shipping methods. You don't want to pay pricey overnight shipping costs just to ensure gifts arrive by Christmas Eve.

Family and friends are often spread out around the state, country or even world. This year don't spend your whole holiday budget on the costs of shipping your gifts to those far removed family members.

- Consider having gifts delivered straight to the recipient when shopping online or via a catalog. Most sites and catalogs will usually gift wrap, send a card and a gift receipt. Saves you the time, and money, of another trip to the post office.
- When shipping gifts to far away family and friends, be sure to send them early enough to use economical shipping methods. Shipping a 15-pound box over night on December 23rd isn't economical.
- For gifts that need to be shipped, consider the size and weight of an item when you are deciding what to purchase. A gift card for the amount of the Turkey Roaster your Mother wants, with a short personal note, is just as thoughtful as the Roaster itself, and it doesn't cost a small fortune to ship.

The holidays simply won't be as enjoyable for you, if you are running around at the last minute, running up your credit card bills, worrying about how to pay for all these holiday expenses, and trying to get the 'perfect' gift for each and every person that you know. To help you keep your sanity, don't forget to take some time out for yourself. Alleviate the holiday stress that often leads to over extending yourself, your wallet, or even your family, by scheduling some 'down time' for yourself. Take a 15-minute break each day and simply soak in the tub, go for a walk, or write a personal holiday note to a close friend whom you know is equally as stressed as you. This will help clear your mind and help you make more informed decisions about your holiday spending and your holiday time.

Don't let the holidays season pass without getting into the spirit of the season... giving. However, that doesn't mean running up even larger credit card bills! Charity can definitely begin at home! Clean out those closets and drawers of items you don't wear or use anymore, and donate them to a shelter, salvation army, etc. Your family's gently used clothes, coats, blankets, and toys could be someone else's perfect Christmas gift!

Who's Your Wingman?



The Bupp Family (2006 YARS Family of the Year) were Wingmen for each other during their deployment experience this year

Take some time to come by the Family Support Office (Bldg 128, Rm 103) during the Nov UTA. There will be a

variety of information and resources in the hallway for you (as well as some freebies) to celebrate Wingman Day. While you are checking it all

out, make sure to bring the Wingman form on the opposite page. There will be a drawing of all the named Wingmen Sunday morning of the

Speak Up For Your Destiny: Vote

In 1649, one vote literally cost King Charles I of England his head. The vote to behead him was 67 against and 68 for – the ax fell thanks to one vote.

- State deadlines for returning ballots vary but Absentee Voters Week marks the last safe time to return you voted ballot or use an emergency replacement ballot called the FWAB (Federal Write-In Absentee Ballot, Standard Form 186)

- **What if I did not request a ballot-- Am I too late?** Perhaps not! Don't give up--it all depends on your home state's rules for

UOCAVA law voters and if they are participating in the FVAP's new IVAS program for electronic transmission of materials or ballots. The voting rules and deadlines for military and their spouses /voting-age dependents (and all US civilians who are overseas) are published in the Federal Voting Assistance Program (FVAP) in their 2006-07 Voting Assistance Guide. The guide and the forms used to re-

quest ballots (SF76 Federal Post Card Applications) are available from your Installation Voting Assistance Officer or on line at the FVAP's web site www.fvap.gov. Also at the FVAP web site you will find the Integrated Voting Alternative Site (IVAS) section where you can see if your state allows electronic receipt of the blank ballot and return of the voted ballot.

November elections are Nov 7!

Military Information for Free

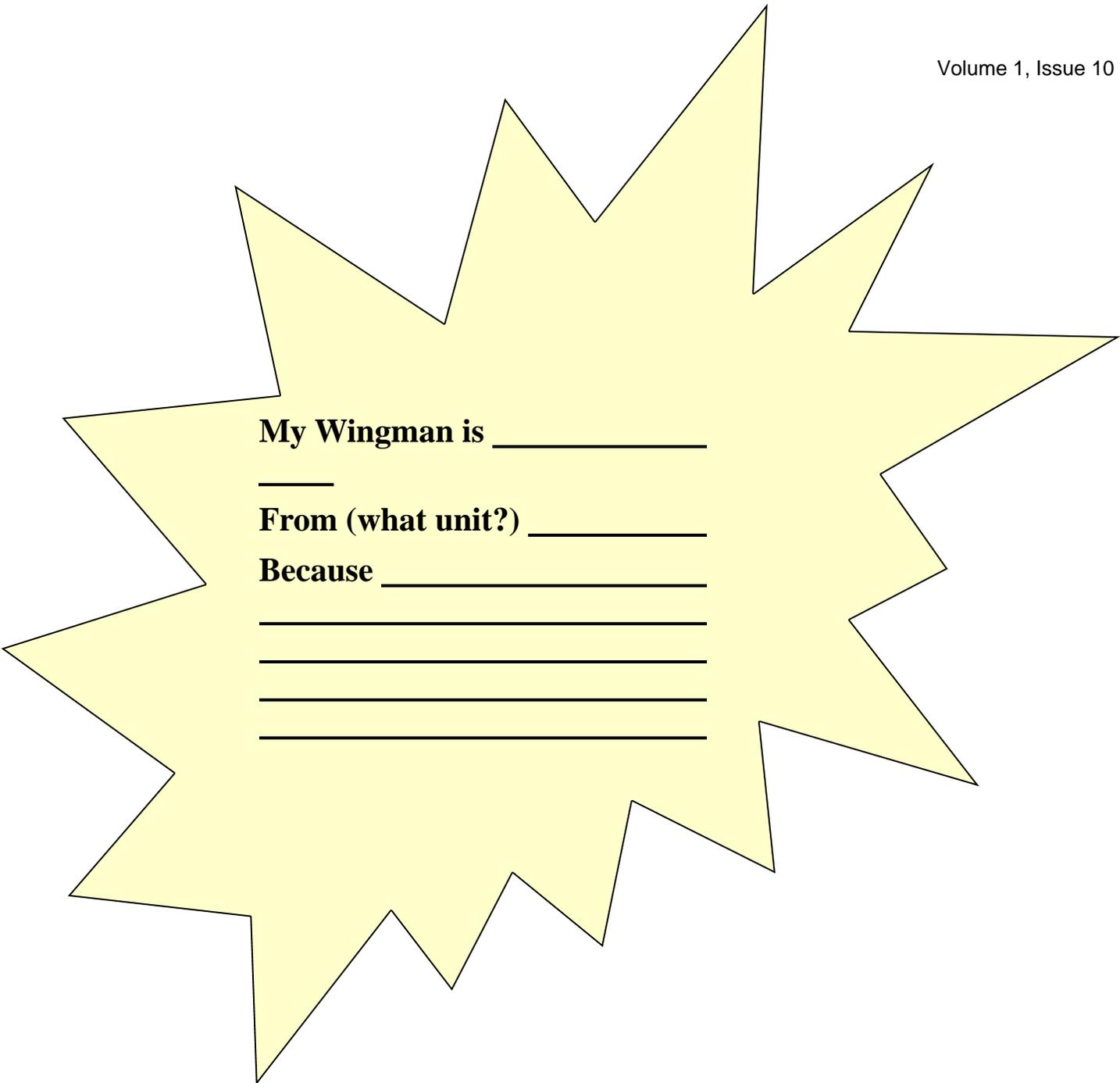


Military Handbooks (<http://www.militaryhandbooks.com>) is an excellent resource for military related materials and information.

The books that are available for free order on their website are:

- **2007 Veterans Healthcare Benefits**
- **2007 Veterans and Dependents**
- **After the Military Handbook**
- **2007 Getting Uncle Sam to Pay for Your College Degree**
- **2007 U.S. Military Retired Handbook**
- **2007 Military Children's Scholarship Handbook**

Awareness of military benefits and entitlements is 80% of the road to receiving them. Please take the time to get the information you need from these resources, or if you need other information, contact the Family



My Wingman is _____

From (what unit?) _____

Because _____

Help Others With the Holidays

There are plenty of opportunities to help others during the holidays:

- **Mittens Protect Fingers Project**—This annual project of the MPF involves placing mittens on a Christmas tree located right outside the MSF Orderly Rm in Bldg 128. Mittens will go to Someplace Safe
- **Someplace Safe Donation Project**—Family Support is taking in donations for Someplace Safe through the Dec UTA. The call is for basic items for living and looking for work.
- **Toys for Tots**—Reindeer at the gate asking for money

and multiple boxes on base and downtown for toys. Need we say more? Yes! THANKS, Marines!

- **Holiday Cheer in Balad**—Family Support is taking in donations of holiday decorations for the hospital in Balad through the Monday following the Nov UTA.
- **If you are Crafty**—there is a program for knitting helmet liners. Go to www.operationhomefront.org/Community/knitters.shtml

THANK YOU ahead of time

YOUNGSTOWN AIR RESERVE STATION

Family Support Office
910 MSG/DPF
3976 King Graves Rd, Unit 40
Vienna, OH 44473

Phone: (330) 609-1201
Emergency Cell: (330) 233-2128
Toll Free to Base: (800) 278-7046
Fax: (330) 609-1511
E-mail: Family.Support@youngstown.af.mil

Readiness Is Our Mission!!



Grocery Shopping within Reason

- Do Your Homework: Not only make a list based on a menu, but check the cupboards to see if you already have what you need. Make a list!
- Plan Portions to Avoid Waste and Waist: For the holidays, the guidelines for turkey is 1 and 1/2 pounds per person if you want leftovers; 1 pound for no leftovers. Do the math.
- Shop Alone: Bringing the kids to the grocery store can inflate your bill. Your little helpers may distract you and add unnecessary items to your cart.
- Eat a Meal First: You'll probably buy more when you are hungry, and may have the urge for more sweets or junk food when you are rushed or tired.
- Entertain with Potlucks: A potluck meal reduces time, stress and added expense when you are the host. Family or friends are usually happy to bring their favorite holiday dishes to a holiday gathering.
- Sauce it Up: Less expensive cuts of meat or poultry can be served with sauces or canned soups. Vegetables with sauce can be mixed with rice or noodles and flavored with herbs, spices or sprinkled with cheese.
- Comparison Shop: Bring a calculator with you to determine the unit prices of canned goods. Compare the costs of fresh, canned, and frozen versions of the same items.
- Stretch for Savings: Grocery stores often market the highest-priced items on the convenient middle shelves. By reaching up or bending down, you may find the generic brands, which are usually cheaper and compare favorably in taste to name brands.
- Clip and Use Coupons: Check the internet, newspaper, women's magazines, the store ads, and in-store displays for money-saving coupons. Many stores offer double coupons too.
- Check your Receipt: Look at your receipt, checking for any unusually high or incorrect prices. Watch for multiple charges for one item. Clerks and computers do make mistakes and catching the mistake sometimes means addi-

We're on the Web!

<http://www.youngstown.afrc.af.mil/units/910thfamilysupportcenter/index.asp>