



The Holidays—Observances

Happy Holidays!!

This month we celebrate:

Sinterklaas Day—6 Dec

Hannukah—Wk of 5—12 Dec

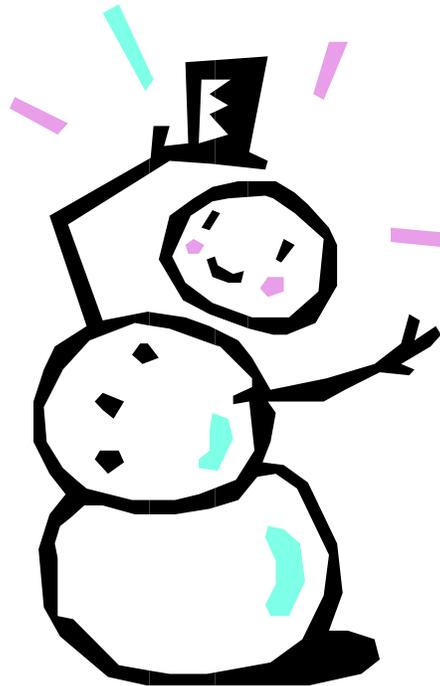
Christmas—25 Dec

Kwanzaa—26 Dec thru 1 Jan

Whatever you celebrate, we hope you enjoy your time together with family and friends, doing so safely and sanely.

Not coincidentally, December is **National Family Low-Stress Holiday** month. Take the time of the holidays and the general flavor of this time of year to find ways to enjoy your friends and family without adding to the everyday stress of life.

Our suggestions for doing so include making gifts, reading holiday favorites together, having a holiday movie night, taking walks together to look at the lights, playing games, enjoying the



Enjoy the Season !

Special points of interest:

- *Disney on Ice*
- *Thank the Deployed*
- *VA Information*
- *Need a New Years Resolution?*
- *Presents For Your Baby*
- *Our Children & Readiness*

Help During the Holidays (or Anytime)

2-1-1 is an easy to remember telephone number that, where available, connects people with important community services and volunteer opportunities. The implementation of 2-1-1 is being spearheaded by United Ways and comprehensive and specialized

information and referral agencies in states and local communities. United Way of America (UWA) and the Alliance for Information and Referral Systems (AIRS) strongly support federal funding so that every American has access to this essential service.

Every hour of every day, someone in the United States needs essential services - from finding an after-school program to securing adequate care for a child or an aging parent. Faced with a dramatic increase in the number of agencies and help-lines,

people often don't know where to turn. In many cases, people end up going without these necessary services because they do not know where to start. 2-1-1 helps people find and give help.

To find your state's 211 capability: <http://www.211.org/ReferWeb/MainForm.aspx>



Director's Corner: Happy Happy



In all of the wintertime holiday celebrations, peace, reflection, and quiet are part of the stories and suggested actions.

Which makes me wonder, why doesn't it feel that way during the day to day of the month of December? Between all the concerts and shows; all the shopping, decorating, shopping, parties, and shopping; and all the making travel arrangements to be with those we love and/or

are obligated to visit, the season can be downright tiring!

But inside all of those things that wear us out are good things. As I type Lisa List, Bruce Hague, and Mrs Stephens are outside the office decorating the Headquarters tree, listening to music, and offering people cider as they pass. It's festive, pleasant, and friendly. When we rush off to our kid's concert that we had to make a costume for, we have a choice to be impatient with the traffic, the process, and the concert itself or

we can focus on the fun of the music, the kids' excitement, and listen to a Christmas book on tape or something on the way (then you may be hoping for red lights! Haha).

One of the best gifts we can give ourselves and everyone around us through this season is to have patience and be happy. In the end, isn't that what it's all about? Being happy, being with each other? So let's do it!

TSgt Foos, SSgt Hickman, SSgt Yerkey, and I wish you the best of the

**There are two ways of spreading light.
To be the candle or the mirror that
reflects it.**

Edith Wharton

Thanking Our Deployed

If you go to the web site <http://www.letsaythanks.com>, you can pick out a thank you card and Xerox will print it and it will be sent to a military member that is currently serving in Iraq. You can't pick out who gets it, but it will go to some member of the armed services. It is free and it only takes a second.

We sent ours, now you send one too!



Your Veteran's Administration: It's More Than You Think!

You don't have to be separated or retired from the military to be a veteran. By serving for more than two years and/or serving in a contingency, you fit that veteran description for VA purposes.

It is important that military members, retirees, and their families check out the federal VA information at least annually to see what is happening legislatively with veteran's benefits and programs as well as what kind of benefits can be taken part in now, whether medical, financial, or otherwise.

It is wise to also check out the state VA homepage annually as each state has benefits for its veteran's citizens and they vary from state to state. A good starting point for the federal information is <http://www.va.gov> State VA pages can be located by going to: <http://www.nasdva.com>



Capt Johnson, Capt Golenberke, and Lt Allen, Three of Youngstown's Proud Veterans



Readiness and Our Children



Another good article and video from the Pentagon Channel team: "Recon, I serve too" is about children coping during deployments, profiling a family where the father (Army Reservist) served 15 months in Iraq. The article also mentioned there's a growing awareness of the challenges and special needs military kids have, **particularly those of Guard and Reserve families.**" It also addresses Operation Purple Camp, Sesame Workshop, Helping Children Cope With a Death of a Parent, ---also mentions Military Child Education Coalition (AF, Reserve locations) are members---and even mentions resources such as Military OneSource.

<http://www.af.mil/news/story.asp?id=123032803> You can download the video clip from the Pentagon Channel site by going to Related Links, clicking on The Pentagon Channel, then Click on "Watch the Pentagon Channel", then Recon "I serve too", then Download this video, and follow instructions.

Bundles of Joy for You and Your Baby

If you are expecting a baby or very recently had a baby, you need to know about some special programs designed to augment what you've purchased for the nursery.

**If evolution really works,
how come mothers only
have two hands?**

Milton Berle

information as well as some ideas for parenting without losing control of your budget. The Society has put together little bundles of basic layette items for you to take home after the class.

bag from the Navy Marine Corps Relief Society. Families will also be given the same kind of parenting and budgeting when having children information when they come to Family Support to do this. Family Support then sends a request to NMCRS to mail the seabag to the sailor or Marine family home.

BUNDLES FOR BABIES: Bundles for Babies is an Air Force Aid Society program that includes parenting and infant

SEABAGS FOR BABIES: Navy and Marine families are eligible to receive nice little layettes in a baby sized sea-

SEABAGS FROM THE USO: The Cleveland USO also provides seabags with layette items in them for any mili-

The Girl Scouts of Lake to Lake River Council are selling tickets to Disney on Ice for Friday, 15 December. Showtime is 7:00 pm. Tickets are \$14.50 each and include a patch as well as a post show clinic.

A portion of the proceeds from the tickets will go to the Girl Scout Council to provide Council Wide programs and scholarships for girls in the communities in the council.

Girl Scouts and non-Girl Scouts are encouraged to call the Niles Office at (330) 652-5877 or (800) 362-9430 to order tickets.

Deadline for ordering tickets is 11 December. Tickets will be available for pick up at the Chevrolet Center call window after 11 Dec. Patches to recognize participation in the event/post show clinic will be given on the night of the event.

Disney on Ice Opportunity



Family Support Office

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

Phone: 330-609-1201
Fax: 330-609-1511

TollFree Base Number: 800-278-7046
E-mail: family.support@youngstown.af.mil

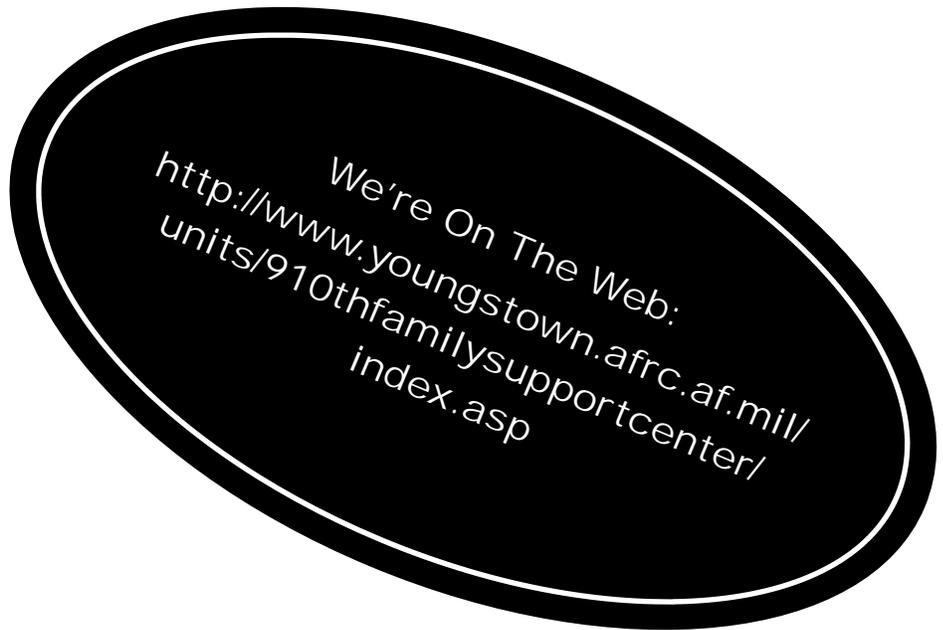


This year make a resolution you can stick to.

New Year's Day is about making a fresh start. Instead of resolving to give up something, how about making a commitment this year to "Get More" out of life? Try starting small and pick a resolution or two that really matters to you and that you will actually enjoy sticking to.

The following resolution ideas are not only good for you, but also for the environment and the people around you. Of course you may have your own ideas. We offer these only as a starting point. Above all this year, make a pledge to get more of what matters in life!

More Memorable Traditions. Make a box into a time capsule and decorate it with pictures of your hopes and dreams for the years to come. In the time capsule, each person in your family or circle of friends can deposit a journal of New Year's Resolutions and goals they want to accomplish in the next year and reflect on accomplishments for last year.



More Time. Slow down to pause and take a moment each day to yourself. Designate one or two nights a week where you turn off the television and make a meal and eat dinner with family or friends.

More Money. Recover from holiday spending by making a plan to stay out of debt and stick with it all year long. Make a plan to increase your savings by setting up a direct deposit from your paycheck to your savings account. You'll quickly adjust to the smaller pay, and your savings will grow year after year.

More Fun. Get to know your neighbors by organizing a community potluck dinner traveling from house to house. **More Adventure.** Let your kids take one weekend a month to try new things or expose them to something they have never tried before. For example, if your teenage son has been begging to go play paint ball, try it together.

More Good Deeds. Rack up your good karma points by doing a good deed for someone else (i.e., pay for someone's toll behind you, shovel your neighbors' walkway, or help them with their yard

work). You can also volunteer at a homeless shelter or a retirement home throughout the year, when those places need the most help -- not just during the holidays.

More Nature. Instead of resolving to go to the gym three times a week, pick one day to go dancing, hiking, skiing, bike riding, or just resolve to spend more time outside.

More Creative. Pick something you have never done before and make sure this is the year you do it. For example, try taking Japanese cooking or white water kayaking lessons. Take all of those holiday catalogs and make paper mache bowls as an art project for you and your kids.

More Fit. Start your new diet by eating more organic and fair trade foods. Instead of punishing yourself with small portions and restrictions, try focusing on improving the quality of the foods you eat.

More Organized. Clean out your closet and organize a clothes swap with friends or donate them to good will.

Got Resolutions?