

AIRMAN AND FAMILY READINESS BULLETIN

VOLUME 2, ISSUE 11

NOVEMBER 2007

YOUNGSTOWN ARS

GIVING THANKS

Over the next couple of months, the Family Support Office will be happily adding to our staff. Wonderful people applied for the technician slots, but in the end there were only three slots.

This Nov UTA, we will gain TSgt Thomas Fizet from Maintenance. Tom has volunteered in our office before and done stellar work, especially with emergency situations.

In the Dec UTA, we will add TSgt Cindy Brode, from Medical Squadron, and TSgt Eric Rine, from Civil Engineer Squadron, to our staff. Cindy has a

public health background and a strong sense of customer service. Eric's financial manager/advisor and banking experience in the civilian realm will be an additional boon to our financial readiness services.

Be sure to come by and welcome all three!

Make a Difference Day has been a wonderful thing this year. There are pictures inside this bulletin, but let me tell you: people are so kind and generous! Through the Scribing to Soldiers program held in the Valley, over 1,500 letters have been written for us to

forward to the desert. Fortunately, donations have been made so we can pay to send them too! Additionally, a local author has donated copies of books he wrote for troops who are deployed.

We also had a good response to people bringing in unserviceable flags. The CAP, Girl Scouts, and Boy Scouts will be retiring them appropriately on Mon, 12 Nov.

We are so thankful for the good people we work with on base and in the community.

**AND WE ARE
THANKFUL FOR
YOU!**

ORE—A PERSPECTIVE

The Operational Readiness Exercise, to be held later this month, can be a lot of fun and learning or it can be a royal pain. What it will be is up to you.

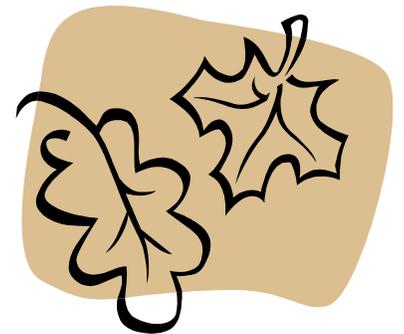
Just a reminder. The ORE is there to help the unit prepare for the Operational Readiness Inspection. Col McGregor and many others

in our leadership have reminded us that we have the skills in a practical sense. The ORE and ORI are just testing what we know.

One area we would like you to use this opportunity for is to evaluate your family readiness for deploy-

ment, whether you are a military member or a family member. Are you ready for the challenges of deployment? Could you go at a moment's notice?

How can we help?



AIRMAN AND FAMILY READINESS BULLETIN

SNUGGLE WITH YOUR LOVED ONE DURING DEPLOYMENT

The Family Support Office now has the materials to be able to make pillowcases for children of deployed personnel. The program works like this:

- Deployed person or their spouse/significant other/parent gives Family Support a digital picture of the military person
- Family Support makes a

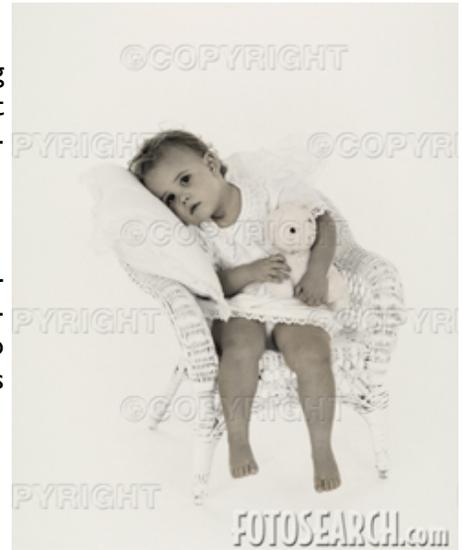
pillowcase for the child with the picture and any special message the member has (such as "Mommy Loves You" or a favorite nighttime saying)

- Two days later, a pillowcase will be mailed to the child

The pillowcase program is noted throughout the Air Force and has had a good

history of making the deployment experience of children better.

Stop by Family Support with any questions you have or to get your pillowcases now.



THE USO STORY

The USO Cleveland (www.clevelanduso.org) is extremely supportive of the military. Perhaps, you only think of them when it comes to a nice place to hang your hat at an airport.

But did you know they have a wide variety of programs?

They are the agency we work with to get Christmas presents to all military children.

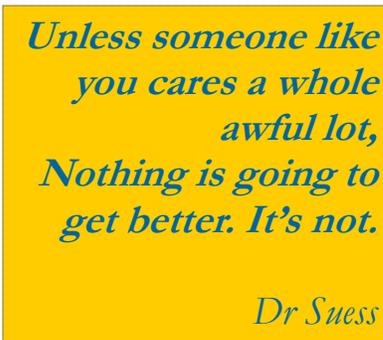
They provide seabags for newborn military children regardless of branch of service

They send care packages to all military personnel in this area who request

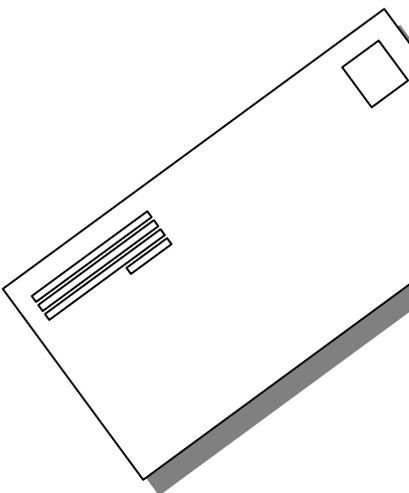
them. The packages contain toiletries, treats and letters/writing materials.

They also provide the nice bags of goodies that are given in a PDF line when you are getting ready to deploy.

They are YOUR USO. Check them out.



MAIL DEADLINES FOR OVERSEAS FAST APPROACHING!



While the holidays may still seem far away, Americans hoping to show their support to deployed troops must be aware of some rapidly approaching deadlines. According to the Military Postal Service Agency (MPSA), mail going parcel post must be sent by Nov. 14 while first class mail must be sent by

Dec. 10 to arrive by Dec. 25.

In addition to deadlines, several other factors must be considered when sending mail downrange. For example, each country has customs regulations that apply to all incoming mail, pertaining to everything from food items to reading materials. Furthermore, military units

may also have additional restrictions concerning incoming mail imposed by unit commanders relative to size and weight to ensure logistics support can handle the heavy mail load.

Finally, all packages and mail must now be addressed to individual servicemembers as required by U.S. Department of Defense regulations.

Operation: Military Kids (OMK), Ohio National Guard, and Ohio 4-H present a special evening for all Military Families at the Columbus Zoo



Wildlights at the Columbus Zoo 2007!



Sunday, December 16, 5-9 PM

Event Features!

5-9 p.m.

- *FREE refreshments & food provided by City BBQ and the Cookie Lady!
- *FREE Holiday Family Photo
- *Event features located in our warming station at the **Education Auditorium** just inside the front entrance of the Zoo and to the right. (Military members will be at the front gate to assist you.)

Cost:

- *Half-Price Admission
- * Children 2 & under free!
- * Children 3-11 \$3
- * Adults 12-59 \$8
- * Seniors 60 & up \$4
- Parking \$3
- * **You must bring your Military ID & tell them you are with Operation: Military Kids to receive discount!!**

For More Information contact:
Sue Ann Carroll, Ohio National Guard Youth Coordinator @ 877-460-2177 or
Operation: Military Kids @ 614-292-3758.
For directions to the Columbus Zoo go to www.columbuszoo.org

Come a little early, we had over 1,400 military families attend last year!!

The Columbus Zoo is also offering the Half Price admission discount for Friday and Saturday, December 14 & 15

COMMUNITY SERVICE: MAKE A DIFFERENCE DAY TOUCHES YOUNGSTOWN ARS



The installation Civil Air Patrol and a Girl Scout fold one of the flags flown on the base flag pole in preparation for the flag's retirement on 12 Nov 07.

BELOW: Rosemary Chance of St Ann's Church Sebring offers over 1,000 letters plus postage to mail them to the troops overseas



Afrodite Altieri models one of the more worn flags brought in on Make a Difference Day for retirement on 12 Nov 07.

FAMILY SUPPORT RESOURCES

LENDING LIBRARY

Did you know that the Airmen and Family Readiness Office has a lending library of videos and books?

The videos and books are for support and education purposes. They include parenting videos, financial education videos, and lifestyle info.

POWER PAY

Want to figure out how to smartly pay off your bills sooner than later?

We have PowerPay, a computerbased bill paying schedule system in our database of information. In this process, we can even show you a nice pie chart of where your money is going each month.

FRIENDS OF FAMILY READINESS

Friends is actually the installation charity (you too can donate to it through the CFC campaign, # 35760, or by bringing a check or cash to Family Support) which is avail-

able to all personnel (military and civilian regardless of branch) assigned to YARS. Assistance is in the form of \$250 grants.

SERVICE EMERGENCY ASSISTANCE AND AID

The Family Support Office works cooperatively with Army Emergency Relief, Navy Marine Corps Relief Society, and Air Force Aid Society, administering emergency financial assistance in your time of need.



MILITARY ONESOURCE—A RESOURCE IN TIMES OF NEED

Whether it's help with child care, money matters, emotional support during deployments, relocation information, or referrals to helpful resources both on and off an installation, Military OneSource is there for military personnel and their families 24/7. In an effort to further increase access to support, Military OneSource now offers Short-term Solution-Focused Telephonic (STSF-T) Consultation. While referrals to non-medical face-to-face counseling sessions continue for those stationed in United States, Puerto Rico and the U.S. Virgin Islands, the new expanded service provides a telephonic consultation option for those who are unable to attend face-to-face counseling sessions due to their overseas location or other circumstances. Both the STSF-T Consultation and the face-to-face

counseling sessions may help individuals with many issues such as: adjustment to situational stressors, stress management, decision making, communication, grief and loss, blended family issues, and parenting skills. As with face-to-face counseling, STSF-T provides up to six sessions of consultation per person, per issue. There are some differences between face-to-face counseling and STSF-T Consultation. Because STSF-T Consultation is provided over the phone, it is not appropriate for children under the age of 18, complex issues, and situations that require a group setting (couples and family counseling). Other issues that exceed the scope of STSF-T include drug, alcohol and other addictions; mental health conditions that require medical treatment (post-traumatic stress disorder,

depression, bipolar disorder, etc.); and other conditions related to trauma. The STSF-T Consultation is not appropriate as part of a patient's Medical Treatment Facility discharge plan. Military OneSource is available anytime worldwide to all active duty, Reserve, National Guard members, their families, as well as deployed civilians and their families. To find out more, call Military OneSource at 1-800-342-9647 (CONUS), or 800-3429-6477 or 484-530-5908 (OCONUS). For more information on calling Military OneSource from overseas visit www.militaryonesource.com and click the "Contact Us" link at the upper right of the page. A consultant can provide more details on STSF-T and discuss your options with you.

*Nothing in life is
to be feared.
It is only to be
understood.*

Marie Curie





We're On the Web!

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

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

Phone: 330-609-1201
Fax: 330-609-1511
E-mail: family.support@youngstown.af.mil



The Enlisted Perspective

By CMSAF Rodney J. McKinley

29 October 2007

Air Force Families

Some lasting memories I will always cherish from my Air Force career are the tarmac reunions of loved ones and our returning Airmen warriors. Witnessing spouses, parents and children with tears of joy running down their cheeks simply leaves one speechless and reminds us what is truly important in life. Those who sit on the other side of the dining room table from us, our Air Force families, are an essential element of our Air Force and we owe them a great debt of gratitude.

Our nation is at war. During this critical time, our Airmen are accomplishing incredible feats in the Global War on Terror fight. We are busy, both our deploying Airmen and those Airmen left behind to carry on the home station mission.

We all know being part of a military family isn't easy. From frequent moves and unpredictable duty schedules, to missed birthdays, anniversaries and holidays, we ask a lot of our families. Their willingness to stand strong in the face of these demands is vital to our success and inspires us to achieve greater things – to go the extra mile.

We would like for things to become easier. The reality is, we continue fighting terrorism and defending freedom. Our nation and our way of life depend on completing these important missions. For victory, we will need our families to stand beside us and provide the confidence, love and unwavering support necessary to finish the tasks that lie ahead of us.

November is National Military Family Month, a time we set aside to honor our spouses, children, and parents for providing the rock-solid foundation on which our great Air Force has stood for more than six decades. Serving our nation takes desire, dedication and determination. We see these qualities everyday in our Airmen and their families. Our families then go above and beyond and provide inspiration, comfort and support. We should all take the time to recognize our family's selfless sacrifice and offer our heartfelt thanks.

So I ask this of all Airmen – be there for your family. Take the extra time to attend your son or daughter's sporting event, school play or parent and teacher night. Get home on time when you can and enjoy some family fun time. Contact your parents and let them know how you are doing. Be there for your family, because they have been there for you.



Rodney J. McKinley
RODNEY J. MCKINLEY
Chief Master Sergeant
of the Air Force