

The Connection

AIR FORCE RESERVE FAMILY MEMBER PROGRAMS

JANUARY & FEBRUARY 2011

SPECIAL POINTS OF INTEREST:

AFR Teen
Leadership Council

Special programs &
services for AFRC
families

Scholarship Opportu-
nities for High School
Students

Operation: Military
Kids (OMK)

Featured Community
Partner: Boys & Girls
Clubs of America

INSIDE THIS ISSUE:

Have You Heard 2
About...

- Returning Home
Care

- 2011 AFR/ANG
Teen Leadership
Summits

Healthy Family 3
Tips

Torch Club at 4
Ramstein AB

We Support 4
Military Families

Scholarships & 4
Grants

Operation: 5
Military Kids

Community 6
Partner: BGCA

2011's Resolution - Family Dinner Time



As we start a new year and begin to make resolutions, we challenge you to make a resolution this year for your entire family - have family dinner time each evening. The National Center on Addiction and Substance Abuse (CASA) at Columbia University has over a decade's worth of research regarding family meal times. Data collected shows that the less often a family eats together, the worse the experience is likely to be, the less healthy the food, and the more meager the talk. Simply put, family dinner gets better with practice. We hope you and your family take time each evening to enjoy a meal together and socialize with one another. Best wishes in 2011!

AFR Teen Leadership Council

By: Kevin Porath, TLC Member
with input from Alix Bikker, TLC Member



As one of the sixteen members of the AFR Teen Leadership Council (TLC), I am honored to be able to share about the TLC and our accomplishments. The council's main obligations include: providing a youth perspective in the planning, implementation, and evaluation of AFR youth programs; speaking on behalf of AFR youth at selected functions; assisting with child/youth programs at Yellow Ribbon events; developing projects that will strengthen AFR youth programs.



The TLC recently met with our advisors, Ms. Kasey Bozeman, Ms. Stacey Young, Ms. Brandi Mullins, and Chaplain Bob Leivers, for a training retreat at Robins AFB. It was an awesome opportunity for us to develop teamwork and solidarity as a council, while receiving the

necessary training for our positions. During the retreat, we were honored to meet with distinguished AFR leadership, including Lt Gen Stenner and Maj Gen Mazick. We participated in leadership and public speaking classes and provided input for future AFR teen programs, including upcoming Teen Leadership Summits. In addition, we received training in Operation Military Kids (OMK) curricula, learned about youth development stages and issues concerning a parent's deployment, and created lesson plans for pre- and post- deployment events for children of service members. Finally, we had the opportunity to utilize what we learned at a Yellow Ribbon event in Hilton Head, SC. We worked with South Carolina OMK to provide programming for over 30 youth, ages 6-18. I think we had as much fun as the kids we were serving.

During our first conference call held just last week, we each shared what we have accomplished thus far and our future plans. Two council members, Lauren Tancer and Gianna Duncan, have already served at a Yellow Ribbon event near their homes in Farmington, PA and Stowe, VT, respectively. While the feedback from each of them was unique, it was interesting and encouraging to hear of their impact on the success of these events. Many of us are contacting community partners, in our local areas to introduce ourselves as a resource for AFR families and to offer assistance with programming for military youth. Other activities include TLC members giving speeches about the TLC mission at high schools and at local Air Force bases, planning events for AFR youth to promote unity and a sense of belonging, organizing a care package drive for military members serving overseas, and coordinating America's Armed Forces Kids Fun Runs at local bases.

These are just a few examples of the beginning of something great, an effort by 16 teens nationwide, ready to make a difference in the lives of Air Force Reserve families and children. The possibilities that lay ahead are endless, and we expect the results to be momentous!

Have You Heard About ...



Returning Home Care

The AF Returning Home Care program offers no cost child care following a deployment of 30 days or longer. Airmen are able to receive 16 hours of free child care per child in a state licensed family child care home within 10 miles of the unit. This is available at all Home Community Care locations based on the provider's availability. AFR/ANG members at active duty installations may use on base Family Child Care homes through the extended duty care program to receive this same service.



2011 AFR/ANG Teen Leadership Summits

Created in 2008, the Air Force Reserve (AFR) and Air National Guard (ANG) Teen Leadership Summit combines high adventure activities with leadership classes to allow for AFR/ANG dependent teens (ages 14-18) to tap into leadership potential, discover their hidden strengths, and most importantly develop a sense of belonging to the Air Force community. For the 2011 summer, there are three AFR/ANG Teen Leadership Summits:

Classic Teen Leadership Summit: Wahsega 4-H Center: Dahlonega, Georgia 19-24 June 2011

High adventure activities include high ropes, zip line canopy tour, white-water rafting, hiking, fishing, archery, survival classes, and more! Leadership classes taught throughout the week include True Colors and the General Hugh H. Shelton Leadership Challenge. Attendees are introduced to Operation: Military Kids (OMK) and will meet the community partners who make-up OMK teams such as 4-H, Boys and Girls Clubs of America, American Legion, Military OneSource and the Military Child Education Coalition. This Summit also includes military traditions and community service projects. Priority will be given to first time attendees.



DC Teen Leadership Summit: National 4-H Center: Washington, DC 24-29 July 2011

Teens will travel to Washington, DC for week long activities focusing on citizenship, character building, and high adventure. Teens will spend a few days exploring the wonders of Washington, D.C. including monuments, memorials, and the Smithsonian museums. Teens will also have the chance to meet with their Congressmen or a member of his/her staff. This summit also includes a visit to Harpers Ferry, WV, for Appalachian Trail hiking and canoeing and kayaking on the Potomac River. In addition, leadership classes will be focused around the General Hugh H. Shelton Leadership Challenge. Please note that Capitol Summit attendees will be responsible for some meals during the week. This summit is for returning applicants only.



Adventure Teen Leadership Summit: Cheley Camps: Estes Park, Colorado 9-14 August 2011

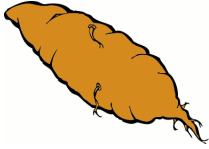
Daily adventure activities include hiking, mountain biking, horseback riding, horse colt training, arts & crafts, woodworking, technical climbing, and archery. Leadership classes taught throughout the week include True Colors and the 7 Habits of Highly Effective Teens. Each evening, teens will gather for programs including campfires and songs, musical performances, and environmental education classes. This Summit also includes military traditions and community service projects. Priority will be given to first time attendees.



What are you waiting for? Apply today! All information can be found at www.georgia4h.org/AFRANGTeenSummit. **Applications are due NLT 8 April 2011.**

Healthy Family Tips

February is National Sweet Potato Month



The sweet potato is a nutritional all-star - carotenoids, vitamin C, potassium, and fiber. Containing both antioxidants and anti-inflammatory nutrients, celebrate these vegetables by making a recipe found at <http://www.sweetpotatorecipes.net/>

Seasonal Influenza

Influenza (flu) is a serious contagious disease that can lead to hospitalization and sometimes death. Different flu viruses spread and affect people differently each flu season. Even healthy children and adults can get very sick from the flu and, in turn, spread the disease to others.



The Centers for Disease Control (CDC) has a three-step approach to fighting the flu:

- Vaccination: Everyone 6 months of age and older should get vaccinated against the flu each year.
- Everyday preventive actions: Washing hands, avoiding contact with eyes, cover mouth/nose with a tissue when coughing and sneezing are simple flu preventive actions. If you do have the flu, avoid contact with other people; stay at home and rest!
- Correctly using antiviral drugs: If you get the flu, correctly use the antiviral drugs your doctor recommends. These drugs can shorten your illness.

More information about the flu along with free, printable materials for you to share with your family and others can be found at the CDC's website: <http://www.cdc.gov/flu/freeresources/index.htm>

Calling all kids...do you have a parent who is deployed? Are you about to PCS? Have you ever been bullied? Are you the only military kid in your community?



In It Together

The Kool Kidz Express Torch Club is here to help! We are a group of military kids ages 10-12 from Ramstein Air Base in Germany and we understand what it is like to be a military child. Sometimes it can be frustrating or scary or confusing, but it can also be great! Send us your questions, ideas or just a note and we will get back to you with our stories and suggestions so you know you are not alone.

www.86fss.com/KMC-torchclubform.html

RAMSTEIN YOUTH CENTER
RAMSTEIN AB, GERMANY



As a part of their National Project for Linking Hearts and Hands, the Torch Club at Ramstein AB in Germany has developed an on-line e-mail submission page where youth can send questions, comments, stories, etc. and they will receive a response from the Torch Club members (ages 10-12).



The goal of the project is to reach out to military youth around the world so they do not feel alone in navigating the unique challenges of being part of a military family, such as parental deployments, frequent moving, adjustment to new schools, bullying, etc.

The form can be found at

www.86fss.com/KMC-torchclubform.html

We Support Military Families

Old Navy & Gap Stores Monthly Discount

Old Navy and Gap stores across the county offer a 10% discount to military members on the first day of each month. Must present valid military ID to receive discount. The offer cannot be combined with other discounts or applied to previous purchases.

Yogi Bear's Jellystone Park



More than 50 Jellystone Park Campgrounds & Resorts are located across the country and many offer special military discounts. Each park offers different amenities; examples include swimming pools, lakes, beaches, gem mining, fishing, hiking, mini golf, playgrounds, and more! To find a park location, visit <http://www.campjellystone.com/locations.html>. Discounts vary by park; contact each park for complete details!

Nickelodeon Suites Resort

Have the slime of your life at the Nickelodeon Suites Resort located in Orlando, Florida. 2011 Military Discount Hotel Package includes 20% off accommodations in a family suite, 10% off food and beverage during your entire stay, 10% off a Ultimate SLIME Experience, and 10% off 4-D Experience films. Visit <http://www.nickhotel.com/html/orlando-military-pkg.asp> for complete details.



Scholarship & Grant Opportunities



Leadership Scholarship for Military Daughters

For the third year in a row, The Julie Foudy Leadership Foundation will continue to honor and support families who are serving our country by offering full scholarships to military daughters interested in attending the Julie Foudy Sports Leadership Academy. These scholarships have been generously funded by TriWest Healthcare specifically for military families. Applications for 2011 will be available the first week of January at the Foundation's Web site, www.foudyleadershipfoundation.org. Contact Kerri McClellan at kerri@foudyleadershipfoundation.org or at (949) 338-5544.

College Grants Available From Air Force Aid Society

The Air Force Aid Society plans to award up to 3,000 grants to dependents of Air Force members for their college education through the General Henry H. Arnold Education Grant Program. The grant program is open to dependent children of active duty, Title 10 Reservists on extended active duty, Title 32 AGR performing full-time active duty, retired, retired reservists and deceased Air Force members. Spouses of active duty members and surviving spouses of deceased personnel are also eligible. For more information, see <http://www.afas.org>.

Defense Commissary Agency Scholarship for Military Children Program

Scholarship applications are available commissaries worldwide and online at www.militaryscholar.org. Since the program was announced in 2000, it has awarded \$8.3 million in scholarships to more than 5,400 children of service members. For more information, see http://www.commissaries.com/press_room/press_release/2010/DeCA_116_10.cfm.

Joanne Holbrook Patton Military Spouse Scholarship Program

Applications are being accepted now until 31 January 2011 for the Joanne Holbrook Patton Military Spouse Scholarship Program. The scholarships are awarded to spouses of all Uniformed Services members: Active Duty, National Guard and Reserve, Retirees and Survivors. The scholarship funds may be used for tuition, fees, and school room and board. For more information, visit the National Military Family Association website at <http://www.militaryfamily.org/our-programs/military-spouse-scholarships/>



Operation: Military Kids

By Trudi Hahn Pickett, New Mexico OMK Volunteer

A toddler clutches a Hug Doll in camo whose face is a picture of a deployed parent; a 10-year-old explores gifts in a Hero Pack; a teen poses for a picture that will be printed on a pillowcase to be sent to mom or dad: These are some of the many ways that children of deployed service members are supported by the outreach efforts of Operation: Military Kids.

About 1.7 million American children have at least one parent in the military. The OMK mission engages them from age 3 to 18, before, during and after deployment, and across the spectrum of armed services: Reserve, National Guard and active duty. The outreach is especially helpful for "suddenly military" kids whose parents deploy from civilian communities.



Started in 2004, OMK is sponsored by Army Child and Youth Services in collaboration with state and local groups. State teams are headed by 4-H military liaisons working from land-grant universities.



OMK has four core support programs:

-- Ready, Set, Go! training: Led by trained facilitators, RSG training is designed to develop insight into military culture and the deployment cycle among youth workers, educators, counselors and community service agencies.

--Hero Packs: These backpacks are filled by non-military youth with mementos and items designed to help connect kids with their deployed family member. The age-specific items might include journals, cameras or stuffed toys.

--Speak Out for Military Kids: Supported by adults, youngsters form speakers' bureaus for presentations, public-service announcements videos and other materials. Illustrating issues faced by the youth of military families, the projects are shared at community events such as school assemblies and service-club meetings.

--Mobile Technology Labs: Laptop computers, digital cameras, video recorders, printers, scanners and software help children and youth send personal messages to their deployed loved one. OMK partner organizations such as the American Legion, Boys & Girls Clubs, schools and 4-H may request and use the equipment.

The strengths and sacrifices of military kids are acknowledged through a wide range of recreational, social and educational programs sponsored by OMK. Along the way, the outreach creates networks of people, organizations and other resources to support those children.

For more information, visit the OMK website at www.operationmilitarykids.org.

**Know of an outstanding
military child that
deserves recognition?**

Nominate him/her for the Operation Homefront 2011 Military Child of the Year Award. This award is given to an outstanding military child from each branch. Nominations are being accepted until 31 January. Additional information is available at

<http://www.homefrontonline.com/article.asp?articleid=1888>

Community Partners: BGCA

Boys and Girls Clubs of America (BGCA) offers free membership at local BGCA chapters for AFR youth ages 6-18 through their program Mission: Youth Outreach. Known as "The Positive Place for Kids," Boys & Girls Clubs are staffed by trained professionals who truly care and are vested in realizing the full potential of each young person. A Boys and Girls Club is located on every active-duty Air Force base and in most communities across America. Clubs offer diversified program activities in five areas: character and leadership development, education and career development, health and life skills, the arts, and sports, fitness, and recreation. Typical clubs have an arts and crafts area, gymnasium, library, and a game room. Applications for membership are found at all clubs. Military families can find a club by using the "Find a Club" feature on www.bgca.org/military or by calling 1-800-854-CLUB.

Contact Information

For more information about the programs mentioned in this newsletter or if you have any questions, please contact AFRC Family Member Programs.

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