



175th Wing FRG Newsletter

Volume 1, Issue 2, May 2008

This month's winning picture (above) is Brig. General Guy Walsh and Lt Col Steve Benden taken at the FRG State Workshop in OC MD.

Wonder what they are doing? Read On...

Recent Events

- ❖ *State Family Readiness Workshop -*
 - *A great time was had by all, more info at right...*
- ❖ *Easter Egg Hunt- March 16th*
 - *This was a huge success! We had over 80 children participate and even had a special visit from the Easter Bunny! Thanks to all who helped. Special thanks to Beth Stoddard, State Youth Coordinator and the Teen Council as well as the Civil Air Patrol*
- ❖ *All SFS members deployed to Iraq made it home safely! Several family members and friends turned out to welcome them home. Thank you everyone for your support!*
- ❖ *The first C130J Rotation left for their current deployment.*

From the Mind of Maureen *A Re-Cap of the Family Readiness Group State Workshop "You're A Star!"*

This year's State Family Program Workshop in Ocean City, MD at the Carousel Conference Center was proof of the team spirit our Air National Guard Family Program has. It was also proof of our command support. What started as a cute idea blossomed into a tribute to the Wizard of Oz for the opening night's icebreaker costume party. From General Walsh, who was an impressive Wizard, Dorothy, (Jennifer Meyer), Auntie Em (Gwen Brown), to the Lollipop Guild (Katherine Watson, Jeanne Benden, Maureen Finley, Ursula Kondo, Betty Bennett and Maryann Jones), we had a great time getting to know other family program members.



Our unit continued to prove we do shine during the Saturday Awards Luncheon as the following volunteers were honored with awards, and even one medal:

- Outstanding Family member: Maureen Finley
 - Outstanding Youth: Hannah Benden and Cory Gluck
 - Community Spirit Award: Teen Council
 - 15 year Service Award: Michele Vogel
 - Civilian Meritorious Service Medal: Laura Gluck
 - Helping Hand Award: Jennifer Meyer
- Congratulations to all of them; well deserved!

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The breakout sessions were invigorating and inspiring. While we left the weekend physically tired, we were mentally energized and ready to use some of those ideas we heard about in our own program.

Miscellaneous Information

In the last few weeks, several volunteers have been coming in at all hours of the day and night to assist Jeanne Benden in supporting the guard members and their families for the deployment to Afghanistan. Our purpose of being present during those times is to give the families a face and name to connect with and become familiar with the volunteers. The volunteers now have light blue polo shirts with the unit emblem on it to make it easy to identify us when we are on the base. So if you see one of us, please stop and say hello. If you are a family member interested in learning more about the family program or joining us, our next meeting is scheduled for Saturday, June 7th at 10 AM in the Security Forces Classroom. We even have reserved parking!

P.S. If your Guard member is getting ready to deploy, please remind them to give Jeanne Benden, the Wing Family Program Coordinator, your contact info and their consent to contact you. We cannot contact you with any info unless we have your info and their consent.

Recipe of the Month

In honor of Cinco de Mayo, this month's cookie recipe is for Mexican Ring Cookies!

INGREDIENTS

- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup butter
- 2/3 cup white sugar
- 3 egg yolks
- 1 teaspoon vanilla extract
- 5 tablespoons multicolored sprinkles

DIRECTIONS

1. Preheat oven to 375 degrees F (190 degrees C). Lightly grease the cookie sheets.
2. Sift together flour, baking powder and salt.
3. Cream together the butter and sugar. Add the egg yolks and vanilla, beating until light and fluffy. Mix in the dry ingredients.
4. Shape into 1 inch balls. Push your thumb through center of each ball and shape dough into a ring. Dip top of each ring in decorating candies. Place cookies on the cookie sheets.
5. Bake at 375 degrees F (190 degrees C) for 10 to 12 minutes or until golden brown. Remove from the baking sheets and let cool on racks.

Resource of the Month: If you are deploying, don't forget about your pet! There are several groups out there that provide temporary foster homes while a service member is deployed. Go to www.netpets.org for information on their Military Pets Foster Project.

Military Spouses Appreciation
"Since 1984, the Armed Forces have set aside a special day to acknowledge the significant contributions of our spouses. This year, Friday, May 9, 2008, has been designated Military Spouse Appreciation Day. The life of a military family is one of unique challenges. Spouses continue to meet these challenges with grace and strength. Take time to thank your spouse for a job well-done."

Taken From: <http://www.military.com/military-report/military-spouse-appreciation-day-may-9th>

Upcoming Events

- ❖ FRG Meeting – 10:00, 7 June 2008 in SFS Conference Room
- ❖ National FRG Workshop – 20 -24 July 2008,

How You Can Help: The FRG needs more volunteers. If interested, please attend the next FRG meeting, or contact Jeanne Benden at (cell) 443-992-8280 or Jeanne.Benden@MDBALT.ANG.AF.MIL.

Youth Corner

The last newsletter's youth corner was a big hit! We received a bunch of entries in our coloring contest. Everyone's entry was put into a hat, and one was randomly selected to be our winner in this article.

Congratulations go out to our winner, 5 year old:

TAYLOR CLEMENT

Son of MSGT Matt Clement, 175th CES

Honorable Mention Goes to the Following:

Adrian Cuevos
Madeline Price
Abigail Galusha
Kylie McGeeney
Roberto Leal III
Emma MacCrehan
Sophia Lewis
Genevieve Lewis

This month, Children are encouraged to draw a picture to show what 4th of July means to them! The winning artist will not only get their name in the next issue, but their drawing will appear as well. So, draw and color carefully! Send your completed drawing to the following, including your full name, age, and military family member or friend's information to:

Elizabeth Bennett
Ref: Children's Corner Color Contest
925 Wampler Road
Baltimore, MD 21220

Maryland National Guard Child & Youth Program
Presents:

HOMEFRONT CHALLENGE 2008!!!

Military Kids! Army & Air
Campers: 7-12 years of age
Camp has finally arrived! Come and join in the fun!

Activities to include:
Helicopter Landing (tentative)

Archery

SWIMMING

And a few other surprises!

Camp Location:

Harford Co. 4-H

@ The Rocks

8 Cherry Hill Road Street
(near) Forest Hill, MD 21154

Dates:

Sunday June 22-Friday June 27

Registration:

Available online @ mdngfamilysupport.com

There is no fee associated with this year's camp
Camp is overnight
Registrations will not be accepted unless 100% complete

For more information contact
the State Youth Coordinator:

Beth Stoddard

410-576-2994

Theresa.stoddard@us.army.mil

