

Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.



March 2012

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I recently agreed to host a dinner party in our home for my husband and his five guests. Dinner was set for 6pm and at 2:45 that afternoon, I was still standing in line at the grocery store. I rushed home with my purchases and a clear mental timeline in which to accomplish the tasks at hand. It was 3:30.

My husband arrived home from Atlanta as I was unloading the groceries and immediately offered his help. I assured him that I had it all under control. No worries. As I moved at warp speed around our home preparing food, setting the table, straightening the house, my husband offered his help for the second time. Boldly, I told him that I was fine. It was 5:15.

At 5:55, I was ready. The appetizers were out, the beer was on ice, the steaks were ready for the grill, the table was set, homemade ice cream in the freezer. And, I did it all myself. Perfect. Or so I thought. When it came time to sit down at my beautifully set table, I was horrified to discover that I had set the table for five and I had no seat for our TAG. My husband and five guests equal dinner for six!

Recognizing situations where you need help is not a sign of weakness. Asking for and accepting help is a sign of courage. It says that you know yourself well enough to recognize your strengths and know your limits; the things you need to do in order to take care of yourself and the people in your life who are important to you.

The Family Readiness Programs for the Georgia Air National Guard are not just entities, but qualified, caring people who want to help you and your families stay strong, healthy, and resilient. Get to know your Family Readiness Programs staff. It is their job to help. They do their jobs well because they care about you and your family.

As I scrambled to set another place at my dinner table, my husband offered his help for the third time. I graciously accepted his offer.



Paula

MG and Mrs. Tom Moore and Family

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For the Spirit:

The Artificial Hydrangea

By Ch, Lt Col Liz Harris-Lamkin

Exercising the Spirit part of 'Mind, Body and Spirit' is fundamental to human existence. Yet, because spirituality is often misunderstood, spiritual exercises are equally the most neglected.

Most Airmen know that spirituality is not the same as religion. Spirituality is a broader umbrella concept of which religion may or may not be a part. Spiritual well being is about our sense of purpose and meaning, the values and beliefs that guide our choices and relationship with our self, others, and for many a higher power.



I think most often our spirit suffers from neglect or a steady diet of anxiety that smothers us into mediocre lives, or feeling stuck. If Sudoku exercises the brain, here are a few very simple things to exercise your spiritual life:

1. Think about what you appreciate about a buddy that helps you be a better you. Tell him/her.
2. Practice prayer or meditation; so many voices are competing for attention, our spirit can't get a word in edge wise.
3. Read something regularly that makes you wonder and ask questions. Sometimes living into the questions is more important than simple, unexamined answers. In major religious traditions, dedicated texts are read, studied and discussed in community. They are central to worship and faith development.
4. Eloise says 'don't believe everything you think.' Ask when was the last time you changed your mind about something really important? What was it? Are you or a relationship better off for it? That is a signal of spiritual exercise.
5. Encourage someone else that is having a difficult time. You don't have to like someone or even know someone to lend your care.

A few weeks ago I watched a little girl approach an artificial tree with a beautiful white, but artificial, hydrangea flower poised just at her pint-size height. She buried her nose in it, breathed in deeply and savored something, but exactly what I don't know. And then she spun around, laughed with abandon, and danced on her tip toes with glee. In that quick moment, I had the thought that affirmed two things I believe -- "everything is going to OK" and "it's not all about me to make it so." Now that was a spiritual exercise...for her and for me.

Let me know what spiritual exercises you practice!

Ch, Lt Col Liz Harris-Lamkin

State/JFHQ Chaplain

eliza.harrislamkin@us.army.mil

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For the Mind & Body:

From the ANG Family Guide: Military One Source

Military OneSource (MOS) is an information and referral service available 24/7. They help you find answers to your questions regarding military life. The services they provide are beneficial to those geographically separated from installation services or those who are unable to seek assistance during traditional working hours.

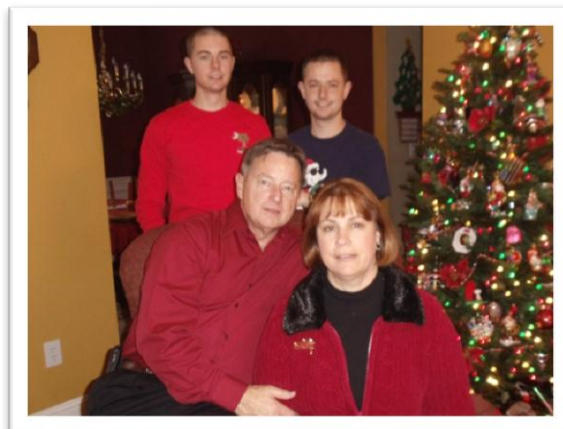
MOS is available by phone, online, and face-to-face private counseling sessions. Highly qualified consultants provide personalized consultations on specific issues such as education, special needs, and finances. They can even get help with language interpretation and document translation.

To learn more about MOS and their services, you can call them or visit their website.



Military OneSource Monthly Communication : MARCH Preparing for PCS

<http://www.militaryhomefront.dod.mil/12038/MOS/FY12%20Annual%20Communication%20Calendar/March2012.pdf>



LT Col and Mrs. Michael Rumsey and Family
116th ACW

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Celebrating the Month of the Military Child



'JUMP START YOUR FUTURE' College & Career Workshop

The Georgia National Guard Youth Program is committed to the development and success of our military youth. "Jump Start Your Future" is designed to provide parents & youth with the opportunity to receive information that will assist in making informed decisions for the future.

DATE:

Tuesday, April 3, 2012

LOCATION:

Georgia State University
Student University Center/Capital Suite
44 Gilmer St.
Atlanta, GA 30302

REGISTRATION & Continental BREAKFAST:

8:00AM-8:45AM

TIME:

8:45AM-12:00PM

*****Workshop sessions will begin promptly at 8:45AM*****

Please complete all items in the registration packet and submit no later than Monday, March 26, 2012.

All registrants must be in grades 8-12.

If you have any questions regarding the registration process, please contact Kara B. Coleman Child or Mark Richards.

Kara B. Coleman, MSW, LCSW
Child & Youth Services Director
Office: 678-569-5860
Cellular: 678-656-4437

Mark Richards
State Youth Coordinator
Office: 678-569-5761
GeorgiaGuardFamilyProgram.org/Youth



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'Celebrating the Month of the Military Child'



WEEKEND

YOUTH CAMP



Camp Cost: \$15.00 (checks payable to Georgia 4-H Foundation)
Dates: April 20-22, 2012
Location: Fortson 4-H Center, Hampton, GA

Applications due by Friday March 30, 2012

For Applications/info visit:

www.Georgia4h.org/omk/

www.GeorgiaGuardFamilyProgram.org/Youth

Mailing Address for Applications:

CNGC/Kara Coleman; 1000 Halsey Ave., Bldg 447;

840 Finch Center; Marietta, GA 30060

Click on the link for applications and registration for Youth Camp or Jump Start Your Future

[Youth News & Events | Georgia Guard Family Program](#)

<http://georgiaguardsfamilyprogram.org/common/content.asp?PAGE=422>

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For the Body:

From the Tricare Community on Healthy Living: March is National Nutrition Month

<http://www.tricare.mil/mybenefit/home/overview/HealthyLiving>

Here are a few ways to “Get Your Plate in Shape” from the food and nutrition experts at the Academy of Nutrition and Dietetics:

- **Make half of your plate fruits and vegetables:** Eat a variety of vegetables, especially dark-green, red and orange varieties. Add fresh, dried, frozen or canned fruits to meals and snacks.
- **Make at least half your grains whole:** Choose 100 percent whole-grain breads, cereals, crackers, pasta and brown rice. Check the ingredients list on food packages to find whole-grain foods.
- **Switch to fat-free or low-fat milk:** Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. For those who are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.
- **Vary your protein choices:** Eat a variety of foods from the protein food group each week, such as seafood, nuts and beans, as well as lean meat, poultry and eggs. Keep meat and poultry portions small and lean. And be sure to choose seafood as the protein at least twice a week.
- **Cut back on sodium and empty calories from solid fats and added sugars:** Compare sodium in foods and choose those with lower numbers, and season your foods with herbs and spices instead of salt. Switch from solid fats to healthy oils like olive and canola oil. Replace sugary drinks with water and choose fruit for dessert.
- **Enjoy your foods but eat less:** Avoid oversized portions. Use a smaller plate, bowl and glass. Cook more often at home where you are in control of what’s in your food. When eating out, choose lower calorie menu options.
- **Be physically active your way:** Adults need at least 2 hours and 30 minutes of physical activity every week. Choose activities that you enjoy, and start by doing as much as you can.



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For the Body:

Clay National Guard Fitness Center

DOBBINS ARB

Facility and classes open to all ANG members and family.

Personal Training by appointment.

No fees.

Althea K. Moser, Fitness Trainer

678 569-3238



March Group Class Schedule

Sun	Mon	Tues	Wed	Thur	Fri	Sat
				1 20 Min Abs 1145	2	3
4	5	6 Pilates & Yoga 1145	7	8 Kettle Bells 1145	9	10
11	12	13 AGT 1145	14	15 Bands Blast 1145	16	17
18	19	20 Pump 1145	21	22 Bosu Balance 1145	23	24
25	26	27 20 Min Abs 1145	28	29 Pilates & Yoga 1145	30	31

Class Descriptions:

Bosu Balance: 30 minutes of strength and balance training on the BOSU ball.

Bands Blast: 30 minutes of full body resistance drills using bands.

20 Minute Abs: 20 minutes of core fitness.

Pump: 45 minutes of full-body weight training.

AGT: 30 minutes of Abs, Glutes and Thighs.

Pilates & Yoga: 45 minutes of core stability and full-body stretching.

Kettle Bells: 30 minutes of Kettle Bell routines.

**** Space is limited! Please call Althea on 678-569-3238 for more information.**

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For the Mind:

From the ANG Family Guide:

Airman and Family Readiness Program

The Airman and Family Readiness office is tasked with assisting Guard members and their families during deployments. **Each base has a paid Airman and Family Readiness Program Manager who coordinates activities for families while their member is deployed.** The AFRM is assisted by Key Volunteers. These can be a group of volunteers that are available to assist in any way possible to make deployments easier of the Guardsman and their family members.



MSgt Sonny, MSgt Tara Judd and Family
116th ACW 202nd EIS

Information and Referral

A&FRPM provides many of the programs and services you need during their deployment. When you need services not available through the family center, they can refer you to additional services both on the installation and in the civilian community.

Deployment Assistance

A&FRPM provides pre-deployment briefings to educate you on what to expect during a deployment and where to go for help. During deployment, these family centers provide you with opportunities to use video teleconferencing equipment, access the internet, and offer ongoing support and assistance.

The Georgia Air National Guard Airman & Family Readiness Program Managers (A&FRPM) are available to support families during all phases of deployment. There are educational opportunities, youth programs, social events and support groups available through the A&FRPM.

Contact your Airman & Family Readiness Program Manager for more information.

Frank Baker

Airman & Family Readiness Program Manager
165th AW, CRTC, 117th, 224th, 165th ASOS

Contact Information:

1401 Robert Miller Jr. Drive
Garden City, GA 31408

Office: 912-966-8363 or 866-812-8363

Fax: 912-966-8104

Email: frank.baker@ang.af.mil

Eileen Byrd

Airman & Family Readiness Program Manager
HQ GA ANG, 202nd, 283rd, 139th, 530th, 116th ACW

Contact Information:

515 Borghese Drive, Bldg 2072
Robins AFB, GA 31098

Office: 478-201-1286

Fax: 478-201-1285

Email: eileen.byrd@ang.af.mil

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Georgia Air National Guard Family Support Resources Points of Contact

On the Net

www.jointservicessupport.org
www.militaryonesource.mil
www.gadod.net
www.retirees.af.mil

Georgia Air National Guard Headquarters
1000 Hasley Ave
Bldg 447
Marietta, GA 30060-5009
(678) 569-5205

GA ANG Airman & Family Readiness Program Managers

Baker, Frank	(912) 966-8363 or (866) 812-8363	frank.baker@ang.af.mil
Byrd, Eileen	(478) 201-1286	eileen.byrd@ang.af.mil

GA ANG Chaplains

Bowman, Brannon Capt	(912) 966-8377	Thomas.Bowman.1@ang.af.mil
Dobbe, Keith LtCol	(210) 1274	Keith.Dobbe.1@ang.af.mil

GA ANG Directors of Psychological Health

Atanmo, Doris	(912) 966-8506	Doris.Atanmo.ctr@ang.af.mil
Donghia, Renate	(478) 201-1333	Renate.Donghia.ctr@ang.af.mil

GA ANG Yellow Ribbon Program Manager

Holcombe, Nelson	(678) 628-6856	Nelson.holcombe@us.army.mil
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Georgia National Guard Family Support Foundation (GNGFSF)

Morgan, Harriet	(678) 569-5704	www.georgiaguardfamily.org
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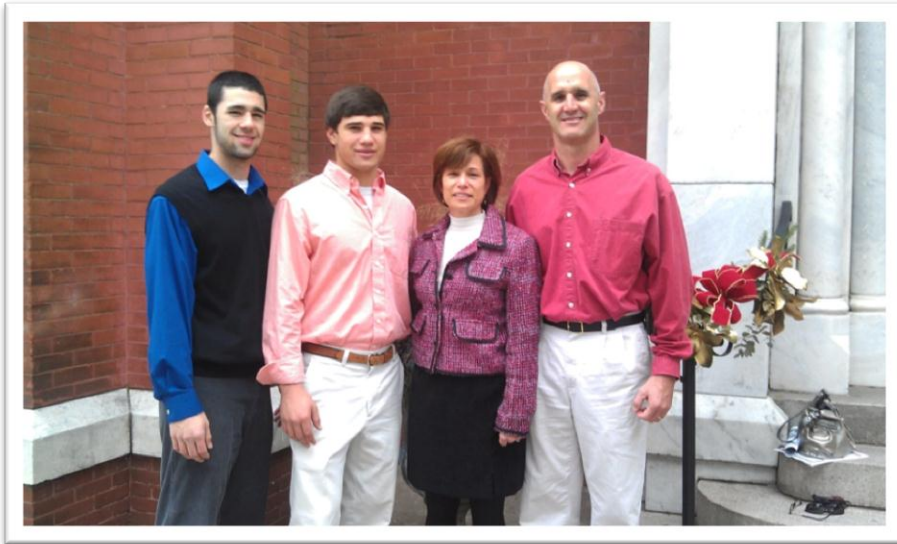
Georgia National Guard Joint Resources

Military One Source	1-800-342-9647	www.militaryonesource.com
Smith, Lynda M. (financial counseling)	(770) 883-7430	lynda.m.smith@healthnet.com
		lynda.m.smith@ctr@us.army.mil

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Family Matters Wants Your Family Photos!



From left: Kenner, T.J., Brigitte, MSgt Kenny Rentiers
165th AW Fire Dept

Please send your family photos to

boarstale@gmail.com

Include members name, rank, unit and family
members names.

Photos will be chosen at random.

To be added directly to distribution list for “Family Matters”, send request email to:

boarstale@gmail.com Subject: Add to distribution list

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