

Family Matters

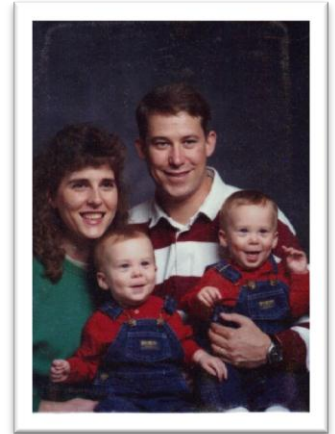
GA ANG Family: (n.) The People You Love; The People Who Love You.



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April 2012



Our sons, Rhett and Tyler, turned 24 a few days ago. It is hard to look at our grown sons with that parental pride for the strong, fine men that they have become and not be a bit wistful of the years that have slipped past. Tom and I still think of them as those little 2nd graders in the Ninja Turtle masks that we packed up and moved from Virginia to Georgia to start their third school in three years.

Growing up a military kid has never been what anyone would describe as easy. It's tough.

But, it isn't something that you, your family, or your child needs to go through alone. The Georgia National Guard Family Programs and the Georgia National Guard Youth Programs are at the ready to help keep your family strong, healthy and resilient.

Get to know your benefits and help your children get to know theirs. For instance, did you know that adult children can remain on Tricare until age 26, and, apparently, your cell phone account forever?

April is the month of the Military Child. The Georgia National Guard Youth Programs celebrate our military kids all year round. With camps, workshops, leadership councils, and support events like Yellow Ribbon, these amazing programs and the dedicated people who direct them are shaping our future leaders.

Find out more about these great opportunities for our kids.

Paula



MG and Mrs. Tom Moore and Family Commander, Georgia Air National Guard

APRIL CELEBRATES THE MONTH OF THE MILITARY CHILD

GEORGIA NATIONAL GUARD State Youth Program



"Kids Serve Too"

The Mission of the Georgia National Guard State Youth Program is to prepare our Guard Youth for success in a dynamic global society by providing leadership responsive to the unique needs of our military youth. We are committed to assisting our Guard Youth by promoting programs and services on emotional, social, educational and character development.

Kids Serve, Too

By Kim Zachman

That's a great slogan. Three little words that sum up the whole concept that military kids deserve support and recognition for the sacrifices they make when a family member is deployed.

For example, Dan left on March 13th for Djibouti. He missed Josie's Father/Daughter dance with her Girl Scout troop (with an ultra cool Harry Potter theme, by the way) that was on March 17th.

Abby's first reaction at the news that Dan was deploying this summer was a horrified look and the words, "But he'll miss my 13th birthday!" It would be all right with me if she waits till he gets back to become a teenager. In fact, it would be fine with me if she waits till next year.

It's not just special occasions that are hard on military kids during deployment, it's also the added responsibility they are expected to handle. Abby and Josie have extra chores around the house now, which is not a bad thing, but they think it is.

Deployment is challenging for the family at home and that's why I'm glad the Guard offers so many programs designed specifically for kids. Like summer camps! The Georgia 4-H and Operation Military Kids (OMK) sponsor a High Adventure Camp at the Wahsega 4-H Center near Dahlonega. It's open to children ages 12-15 who have a parent in the deployment cycle. Activities include whitewater rafting, camping, spelunking and zip line. This camp is being held July 24-28 and for the unbelievable price of \$15.00. Yep, you read it right. There aren't any zeros missing. Fifteen dollars. It's not just the fun factor that makes this camp great. It's also the camaraderie. Campers come from all over the state, but they have something in common that sets them apart from non-military kids. All of the children at camp share the deployment experience.

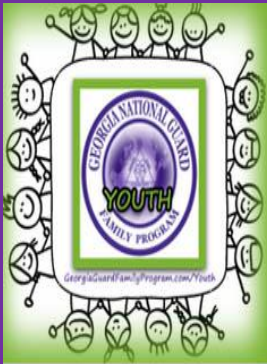
Another program that you might not be aware of is the State Youth Council for teenagers ages 13-17. These guard dependents are the advocates for all of the children whose parents serve in the Guard. They assist in planning and implementing activities at Yellow Ribbon Events and unit events, and help increase community awareness. Working directly with the Child & Youth Services Director and the State Youth Coordinator, Youth Council members gain invaluable leadership experience, as well as networking and public speaking skills.

Applications for the State Youth Council and for the OMK summer camps are being accepted now. For more information for these and other youth programs, contact Kara Coleman, Child & Youth Services Director at kara.b.coleman@us.army.mil or 678-569-5860.

Take time to familiarize yourself with the numerous other programs being offered. A good place to start is www.georgiaguardfamilyprograms.org/youth



Col Dan, Kim, Josie , Abby Zachman
GA ANG State HQ



Programs and Activities Offered

- State Youth Camps
- Teen Leadership Retreats
- Youth Symposiums
- Unit and Community
- Based specific activities
- Operation Military Kids



Click on the links for more information on Youth Programs and Activities

<http://www.georgiaguardfamilyprogram.org/youth>

<http://www.georgia4h.org/omk/>

APPLICATIONS NOW BEING ACCEPTED!

Click
to Apply
Due
by April
30th

Join the...
**Georgia National Guard
State Youth Council**

Qualifications

- ★Must be between the ages of 13-17
- ★Maintain high academic standing at school (3.0 GPA or higher)
- ★Ability to attend quarterly meetings, webinars, and/or conference calls
- ★Must be willing to serve at least one year
- ★Willingness and desire to work with other military youth
- ★Must represent GANGL Youth Council at statewide and community events in a professional and positive manner
- ★Strong written and oral communication skills
- ★Ability to work as a team player and actively participate
- ★Must be a positive role model

FOR APPLICATION PACKETS

Youth News & Events

<http://www.georgiaguardfamilyprogram.org/youth>

OR CONTACT:

<mailto:kara.b.coleman@us.army.mil?subject=State Youth Council Application Packet>

April is the Month of the Military Child

By Renate S. Donghia, MEd, LMHC, NCC
116th Wing Director of Psychological Health

April is the Month of the Military Child. Since resiliency in airmen is stressed as a major factor in good mental health, it follows that the same is true for children. Resiliency is particularly important as it relates to bullying, a topic that has received much attention recently because of the serious consequences of the act, up to and including children who have committed suicide because they were bullied mercilessly.

Children who are resilient feel good about themselves. They have high self-worth and good relationships with their peers and adults. As parents, we are our children's first and most influential teachers.

We teach them to look both ways before crossing a street, to have good manners, how to ride a bike, how to tie their shoes. We can also teach them to become resilient individuals. Here are some tips to help build resiliency in children:

- **Accepting** our children for the unique individuals that they are – this does not mean allowing children free reign in their behaviors, but accepting them while setting limits and boundaries.
- **Putting yourself in your children's shoes** and validating their views and opinions even if you don't necessarily agree with them.
- **Helping** them make good decisions and set realistic goals.
- **Focusing** on the positive whenever possible.
- **Teaching** them to self-regulate their own actions and behaviors.
- **Communicating** respectfully and listening actively.
- **Reassuring** them that mistakes and failures do not make them failures; that they are learning experiences that offer opportunities for growth and understanding.
- **And, most importantly**, let them know you **LOVE THEM UNCONDITIONALLY**, no matter what.



From Left: Antonio, Bruce, Deja and Dalvin
Children of TSgts Bruce & Dawninella Jonson
116th ACW

Kids and Money

By Sherri Goss



There are mountains of books and articles available on this subject, but I am still frequently asked, “Am I doing the right thing?” One of the problems is that our generation has much more “stuff” than any previous generation. And, companies create new versions of this

“stuff” faster than your kids can say, “pleeease???” So, how do you teach your kids financial lessons in this material world? Here are some suggestions.

First, you need a game plan. And, if you are married, it is really, really important that you and your spouse completely agree on all parts of the plan. Kids can sense this lack of agreement, and they will use it to play you against each other. If you don’t believe me, ask around.

Your game plan needs to include how you will handle chores, allowance, spending, saving, and giving. Lots of financial books say, “Your kids should receive a weekly allowance and be able to spend this money any way they want.” The idea is if they spend it too quickly, they will learn not to do this. The other possible outcome is that they spend it all then come to you begging for more. Another option is to pay them to do chores, but this can backfire as well. What if you want them to do an additional chore? Are you going to pay them for every chore you ask them to do? How about paying for good grades? Everyone has an opinion, but nobody knows your kids like you do. You, as a parent, have to figure out what is going to work best.

The next part of the game plan is how any money they receive will be used. Some experts say to divide money as it is given. For example, maybe you agree that 60% can be spent 30% will go into savings, and 10% will go to charity. I absolutely agree that children need to learn about delayed gratification and giving early on.

As your child grows, their financial understanding should increase. For example, at age three a child can identify coins, and at age five they know the value of those coins. A nine year-old can make change, read price tags, return an item at a store, and know how to make money doing extra work. Your 13 year-old should be able to comparison shop. This means that you should be able to sit down and create a shopping list, provide a fixed amount of money to purchase these items, and let them shop on their own. By the time a child is 18, they should have experience with jobs, bank accounts and credit. During their senior year you should be able to shift all discretionary spending (clothing, personal items, haircuts, etc.) to them, and let them manage this money. This will prepare them to live on their own, which is the end goal.

The overall key to this plan is that it must teach them to: think and behave independently, live within boundaries, and to not come to you for a bailout. The lessons you teach to small children, and reinforce over the years, will bloom into smart choices when your child is a young adult. You can teach your kids to be smart with money, even in this material world.

The Importance of Play

By Althea Moser

60 minutes. That's the recommended amount of physical activity that children over 2 need daily to ensure optimal health. Gone are the days when we as parents could rely solely on schools PE programs, or recess to provide our children with their daily requirement of movement. The onus is now on us to set the example, and encourage regular exercise.

Childhood is an ideal period to develop a lifetime of healthy living in our youth, and to set the groundwork for maintaining an active lifestyle. I know that for a lot of families, especially those where deployments are common, we are already struggling to balance our overburdened schedules, let alone find another precious hour to monitor family fitness. However, the pay-off when you do will be enormous!



Althea and Luke Moser

Statistics from the CDC show that in the past 30 years obesity rates have tripled in children, with almost 17 percent of youths between the ages of 2 to 19 being classified as obese. Toddlers and infants are also at risk with 10 percent considered to be gravely overweight. Add to that the alarming increases of risks for cardiovascular disease, type-2 diabetes, and health issues like high blood pressure and high cholesterol which are now being diagnosed in our children. Thankfully, all of these issues can be controlled or prevented with regular physical exercise and a healthy diet.

In addition to weight control, children need exercise for the development of healthy bones and muscle, coordination, and strength. Studies also show psychosocial benefits for kids who are physically fit, including better quality sleep, reductions in anxiety and stress, improved mood, and a greater ability to cope with emotional challenges. Use exercise to help your children get through those demanding circumstances which are a part of military life!

So, what can you do? Motivate kids by keeping exercise fun. Any form of movement counts as exercise for children, so play tag, climb a tree, visit a playground, dance, ride a bike, walk the dog, swim, play sports, jump on the trampoline. Limit screen time, and exchange video games where kids are sedentary for those systems where movement is part of the challenge. Lastly, remember that children watch and learn from you. Make those 60 minutes count!

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



April Group Class Schedule

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

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.**

Praying for ALL Those Who Serve

Chaplain Brannon Bowman
165th Airlift Wing – GAANG
Savannah, Georgia

Any given month at the Manas Air Transit Center (the Gateway to Afghanistan) some 60,000 plus men and women travel in and out of the AOR in support of Operation Enduring Freedom (OEF). These airmen, soldiers, marines, sailors, and coalition forces surge through in waves pulsing in a sea of faithful service and commitment. But, like the waves pounding the shores of my home station in Savannah, we only see the surface of all the commitment required to mobilize such a military force. Underneath the uniforms are fathers and mothers separated from their sons and daughters for months and years.

We are forever indebted to the over 2 million warriors who have served. But, we must NEVER forget that they do not serve alone. Our debt of gratitude is multiplied by all the wives, husbands, sons, and daughters who have given so much. When a father or mother deploys, so too does their spouse and their children.

I have often spoken to groups about the unique challenges of the military family – particularly the families of those who serve in the National Guard. As an Air National Guard chaplain with the 165th Airlift Wing, I have experienced first-hand the unique burden placed upon the shoulders of my wife and my son. My 15-year-old son found himself suddenly the “man of the house” and my bride of 22 years instantly became a single parent as I boarded the plane and winged my way east to minister to a congregation in uniform. They returned to a quieter house. The sat at a table with an empty seat. They, too, began to count the days until my boots were back on Savannah soil. Unlike our brothers and sisters in arms in the active duty components, they lacked the camaraderie of friends in similar circumstances. Our neighbors had no family members deployed. Most in our church family lacked a frame of reference through which to deal empathetically with them during this season of separation.

Please do not grow weary in praying for the men and women who place themselves in harm’s way in service to our country and global peace and freedom. They need our prayers now more than ever. But, I urge you to heed a chaplain’s exhortation – when praying for our warriors, be diligent to pray for their families. Pray especially for the children who sacrifice so much. Pray that they understand why their father cannot be at their baseball game. Pray that they will know that their mother would love to be at their ballet recital. Pray that they would be assured that their deployed parent longs to be tucking them rather than standing watch at a lonely FOB. Pray that they would know that this deployment is an expression of love to them – that they would inherit the blessings of liberty and freedom purchased through this sacrifice. And, do not say “Amen” without praying that the Lord would bring their loved one home safely and soon.

And families – please know, without doubt, that military chaplains are YOUR chaplains also. Do not hesitate to call if we can ever be of service to you.

Blessings to Your All.



Chaplain Brannon, Carol and Thomas Bowman
 165th AW

Jump Start Your Future Workshop

By Kara B. Coleman
Child & Youth Services Director



Military youth, determined to succeed, found their way to a college and career workshop at Georgia State University.

The “Jump Start your Future,” College & Career Workshop held during spring break, had significant impact on the youth and parent participants. One youth participant stated, “This workshop really helped me learn so many things I did not know especially about SATs and ACTs.”

The College/Career workshop was held on April 3, 2012. Sixteen youth and their parents attended and participated in workshops that covered financing college, SAT vs ACT, ASVAB prep, and careers in the military.

All participants were actively engaged in workshop activities thanks to presenters Tanya Walker, Kaplan K12 Regional Director, and Captain Delante Moore who facilitated the morning activities that provided youth with the opportunity to receive information that was critical to their preparation for college or life in the military.

LTC Marc Jean-Pierre, Commanding Officer to Alpha Company’s Army Cadets of America was in attendance and was accompanied by six of his cadets who participated in the workshops. LTC Jean-Pierre stated that he would like to see more of his cadets participate in future college career workshops like this one.

Opportunities such as the college/career workshop will continue to be provided by the Georgia National Guard Youth Program for military youth so that they may have a “Jump Start” as they prepare for their future.

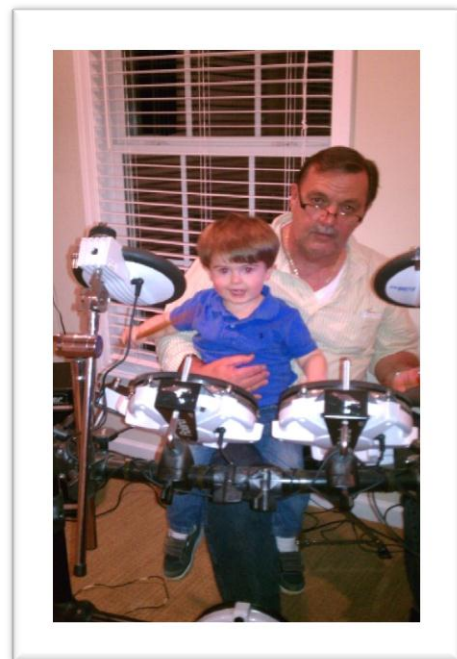


Captain Delante Moore
Jump Start Your Future Workshop

From the ANG Family Guide:

Youth Programs

- National Guard Youth Programs—learn more at this website, www.operationpurple.org
- Operation Military Kids—provide scholarships to teens of deployed parents.
- ANG Youth of the Year Program—this program recognizes an ANG youth of high moral character, good grades, and participates in community services.
- 4-H/Air Force Partnership—military youth can join 4-H clubs and enjoy the programs they offer.



Chief MSgt Don and Cohen Camp
Command Chief, GA ANG

Resources for GA National Guard State Youth Programs

Kara B. Coleman

Child & Youth Services Director
Family Program Office
Office: 678-569-5860

Email: kara.b.coleman@us.army.mil

Marcus Eason

Georgia Operation Military Kids Coordinator
(706) 542-4444

Email: marcuse@uga.edu

Daryl Beard, LPC

Child and Youth Behavioral Military & Family Life Counselor (CYB-MFLC)
706-870-8537

Email: Daryl.X.Beard@healthnet.com



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

www.georgiaguardsfamilyprogram.org/jobs

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

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Dobbe, Keith LtCol (478) 201- 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

Georgia National Guard Family Support Foundation (GNGFSF)

Morgan, Harriet (678) 569-5704 www.georgiaguardsfamily.org

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

Family Matters

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

Family Matters Wants Your Family Photos!



2nd Lt Jennifer Roberts, 165th AW, and her parents
Lovell and Joesph Roberts

Please send your family photos to

boarstale@gmail.com

Include members name, rank, unit and family
members names. Retired families wanted, too!

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

Frank Baker

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

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Eileen Byrd

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