



May Post It Family Newsletter

UTA May 1 & 2, 2010



**OPERATION
HOMEFRONT**

"The sons and daughters of America's service members learn what patriotism is at a very young age," said Jim Knotts, chief operating officer, Operation Homefront. "Children in military families understand sacrifice and live with the concept of service. This is what the Military Child Award honors."

In February 2010, Operation Homefront in collaboration with Lockheed Martin, hosted the 2010 Military Child Award. The award recognizes the service and sacrifices of the nation's youngest heroes. Anyone can nominate a deserving child for the award, but the nominee must be enrolled in the Defense Eligibility Enrollment Reporting System and be between the ages of 8 and 18. The winner will receive \$5,000 and will be flown with a parent or guardian to Washington, D.C., for the award ceremony.

In April, the daughter of one of our key volunteers, Karina Vindiola, was one of 700 nominees from around the world. Although not the national winner of the Award, Karina Vindiola was sent a very special certificate. Here is her nomination package:

Karina Vindiola is a 10 year old who does her community service with our Family Readiness Group. She is homeschooled and her Mom is a key volunteer with our Wing. Karina has put in hours helping set up and break down events at our pre-deployment send-offs, homecoming events, volunteer training and meetings, and even helped recently during our 2009 Benevolence Project in November and December, putting together Holiday Turkey meals (and the fixins) and distributing them to Airmen. She is a well-behaved and well-spoken young lady with manner and focused energy any military parent would be proud of.

I know, I am the Wing Family Program Coordinator who has seen Karina in action. Her initiative and demeanor are a cut above her peer group and she's also a charming young girl with an innate direction for community service. She has an aptitude for leadership and she thinks quick on her feet.

In addition to these, she makes hand-made cards to troops and she has also participated with Operation Care and Comfort (OCC), a troop support organization, stuffing care packages and boxes for items to be shipped to troops overseas. She has extended her OCC support by hosting collection points via her local Awana Club at Church.

I know of no other recognition that would compliment the amount and quality of work she has demonstrated at our unit.



The 2010 Military Child Award

PRESENTED BY



Top Ten Resources

For CA National Guard Children & Youth

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1. California National Guard State Child & Youth Program (CNGCYP) – Developing support systems and identifying resources and opportunities for CNG Children & Youth Referrals, volunteer opportunities, social networking opportunities. Email Rebecca.mcphetridge1@us.army.mil or call (805)431-0335 Also, look us up on Face Book at CNG YouthConnect
2. Members on Title 32 qualify for childcare subsidies. Applications are available at www.naccrra.org or call (703)341-4100. CNGCYP has also developed a best practices sheet to assist you with your child care subsidy application needs. For additional assistance, please email your CNGCYP Outreach Assistant ana.c.mathis@us.army.mil or call Ana Mathis at (818) 402-3296.
3. www.jointservicesupport.org/fp National Guard-Official Family Register here to receive regular communication. Once a month you will receive a newsletter with information on all of the new resources, opportunities, and programs available to support you through the deployment cycle. This provides access to both adult and youth activities. For California child and youth services, please call (805)431-0335 or (805)217-2974 and we will make sure you are connected to services.
4. www.ourmilitarykids.org GRANTS This organization provides \$500 grants to pay for extra-curricular activities or tutoring for children ages 3 and up, every six months of the deployment. It is a very simple process and we are seeing wonderful results.
5. www.myarmyonesource.com/ChildYouthandSchoolServices/CYSServicesFreeOnlineTutoring FREE ONLINE TUTORING AVAILABLE 24/7 - Army National Guard & Reserve children and youth, grades K - College are all entitled to this free, online, real time tutoring from some of the best tutors in the nation. There is a VERY simple registration process and from there you can get homework help, catch up on curriculum you may have missed due to a move or illness, study for SAT, ACT, or ASVAB, upload a paper for proof reading and so much more. It is an outstanding, user friendly service and the tutors know how to get in there and determine the need & get the education going very quickly. Check it out (Also good for adults who are continuing education)!
6. www.stompproject.org This service is for military parents who have children with special needs. Stomp will provide FREE training & assistance with special education planning & development of parent advocacy in accessing resources, regardless of geographic location. You will also find a wealth of online resources & receive referrals and support in connecting directly to local support services.

Top Ten Resources

For CA National Guard Children & Youth

7. California Joint Family Support Assistance Program Military Family Life Consultant: Bill Genthe LIC. MFT can assist with situational counseling and assist in connecting you with local mental health services for your families. Contact him at william.f.genthe@healthnet.com or call (916)533-3719
8. www.militarychild.org - Military Child Education Coalition (MCEC) - MCEC Training & Education - MCEC provides a wealth of resources & opportunities for military students and parents. California will be home to several Guard & Reserve Institute Trainings w/various school districts throughout the state, training counselors and school administrators on the needs of our military children. * California National Guard Child & Youth Program (CNGCYP) is currently seeking Volunteer Youth Advisors who will act as Advisors to their local districts on information and resources relevant to the needs of military kids.
9. www.militaryonesource.com Military One Source (MOS) is a one stop shop for resources and information regarding a variety of children and youth topics. There is assistance for families with special needs, scholarship information, resources on childcare, behavioral issues, parenting support, free books and literature on a variety of children and youth topics, and so much more. They can also connect you with FREE counseling services for you and your children.
10. www.zerotothree.org This website provides a wealth of resources and information for all families with children ages three and under. They also have a tremendous amount of resources and information geared towards effectively serving children and families impacted by deployment related issues. CNGCYP is currently in the process of recruiting volunteers to form Regional Advisory Councils who assist in providing outreach opportunities to CNG Children & Youth. Over the course of the next year, train the trainers opportunities will be available and many outreach activities will be coordinated to provide peer- to- peer opportunities for military kids. Many special state projects need your assistance as well. Together we can meet the needs of our military children and youth. Call us - We're here for you!



Between 1998-2009, more than 445 children died from hyperthermia or heat stroke when left unattended in a vehicle. Warm weather states are at greatest risk but all other states, with the exception of one, have experienced deaths. There was a national webinar on February 16, 2010 convened by Safe Kids USA to bring health and safety professionals together to combat this very preventable risk to children's health.

A national kickoff will be launched on two different dates (March 15 and May 17, 2010) to accommodate warm and cool weather states. There is no safe way to leave a child unattended in a car- even for one minute. Children's bodies heat up 3 to 5 times faster than an adult's. It takes only 10 minutes for a car to heat up by 19 degrees and it continues to heat up quickly because of all the windows in a car. For national information go to www.safekids.org/nlyca

Nomination Period has
been *extended* to
noon, Friday
30 July 2010.



Special Thanks to the men and women of the 129th Rescue Wing who have taken the time to recognize the contribution of their spouses to their families and their careers! Mission readiness really is Family Readiness!

Thank you to Commanders at all levels for encouraging this worthwhile event in the interest of family well-being and retention.

May 2010 Military Spouse Appreciation



Military Spouse of the Year Award

**Year of the Air Force
Family**



Intent of the Military Spouse of the Year Awards

Our Guard Spouses have been compelled to grow through the radical paradigm shift imposed on them by the events of 9/11 and its consequent ramp up of National Guard mobilizations and contingencies lasting periods of times not previously experienced under the former “weekend warrior” mentality of the National Guard. The weight of adapting our own mindset and that of our children through the unwelcome and uncomfortable changes that lay ahead, our National Guard spouses have overcome so much in order to keep their marriages strong, their children safe, their hearts, minds and bodies healthy, on top of finding balance with all that for themselves, has been exhausting.

It is appropriate to recognize military spouses annually for their enduring love and commitment to their family and their Guard member’s careers. They too exemplify a true and honorable sacrifice with selfless acts that go unrecognized. Therefore, our married Guard members, whether they deployed or not, have been afforded this opportunity to submit a loving testament describing the following qualities demonstrated by their spouses in the course of their everyday lives. Qualities that truly exemplify today’s 21st century National Guard spouse:

Only (1) Spouse will be selected from Maintenance Group, Medical Group, Mission Support Group and Operations Group as the 2010 Military Spouse of the Year in celebration of Year of the Air Force Family.

Describe how your spouse demonstrates:

Independence: The capability of leading a fulfilling and meaningful life as a spouse, parent, community servant, student, professional, coach, mentor, and friend to others, while a part of the National Guard family.

Resiliency: The ability to overcome setbacks and obstacles and to maintain positive thoughts during times of adversity (including deployments).

How to Submit Your Spouse Testament

- ✓ Write to the qualities indicated on the previous page and email your one-page document to james.knopf@ang.af.mil before 25 April 2010 for selection by the Group Commander.
- ✓ Group Commanders will receive their nominations from the Chaplain’s office during May Drill and make a selection that weekend.
- ✓ The Winner for each group will be published in the June Rescue e-Gram.
 - Special Certificate from Airmen & Family Readiness Program
 - Military Marriage Packet
 - Special Acknowledgement during Month of the Military Family

SAMPLE

2010 Military Spouse of the Year:
Nominated by: TSgt Allthat N. Thensome, 130th RQS

To Whom It May Concern:

My wife is something special and I don't know if I've ever adequately expressed that. But if I have an opportunity to shout it to the hills, here goes:

Independence: My wife cares for our six year old son. He goes to Preschool and her day starts with herself. She gets up at just before 5am so that she's up when I get ready for work. We spend a little time talking over coffee and lets me know that she and our little love me. Then she reminds me she's working on my weekend "honey-do" list. But I don't mind because she takes care of our operations at home. She gets our little one ready for school each morning, drives him, there and goes to our community library to volunteer for a couple hours. Then she gets home and has a couple hours before our little needs to be picked up. In that time, she straightens up and prepares our evening meal. But she does all the laundry, cooks, checks the oil & fluids in our car on weekends, pays the bills, remembers birthdays and anniversaries, plans our vacations, plans our date nights and makes secures our home at night when I fall asleep. I know it's not much but she does this without much fuss. I'm happy to have my job which has its own stressors, but when I don't have drama at home, coming to work and being able to do my job worry-free of stuff from home, means a lot!

Resiliency: I've been in two deployments since 2007. My wife not only maintained home operations like I described above, but she also had to contend with family members who opposed the war and let her know I shouldn't be over there. During one of my deployments she had to manage negotiating car repair repayments on her own and arrange for towing and someone to pick up our son from daycare when our broke down. Her mother was also very ill that first deployment and she was often calling or visiting her as part of her home care plan. We had just moved to our new apartment and she didn't know the neighborhood well but she coped courageously and was always determined to be positive with me when we spoke on the phone or sent emails to one another. When I got home, she was there for me at Homecoming and was extremely patient with me during my reintegration phase of post-deployment. She's really a tough gal and while she doesn't say much yet gets so much done....I KNOW that not every wife is as resourceful as her and as emotionally strong as she is, and I just want to say I feel THAT lucky to have her. Because she doesn't complain about many things, it's been easy for me to just do what I do at home without realizing that the ease of my lifestyle as a co-parent and husband, is all because she has created that environment and a relationship for us. These things don't fall naturally. I know she works very hard to anticipate everyone's needs and I just hope I give her a reciprocal environment.