

GUARD PRIDE FAMILY WIDE

THE FAMILY "FLYER"

167TH Airlift Wing Family Programs

February 2011

The 167th AW Invites You To Participate

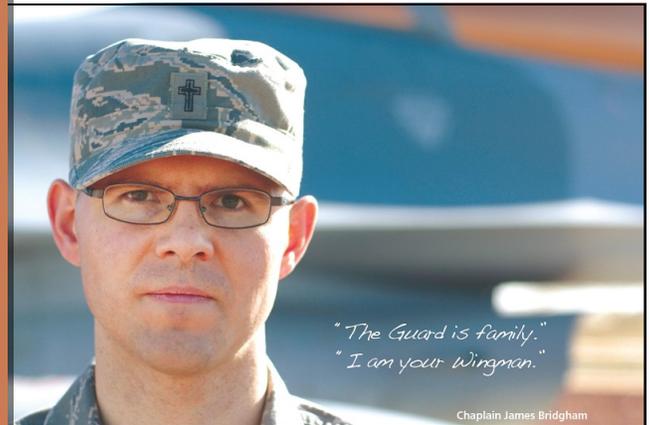
WHO: All 167th Military Members and their families aged 15 yrs +

WHAT: 4 hour Resiliency Training & Team Building Exercise

WHEN: March 5 & 6, 2011 Drill
Time periods TBD by Commanders/Supervisors

WHERE: Flight & Squadron classrooms TBD by Commanders/Supervisors

Families attending must RSVP for space and child care with the Family Programs Office, 304.616.5590.



Winter Wingman Day 2011 Training At The 167th AW

Winter Wingman Day 2011 offers a pause in the day-to-day mission focus of Airmen in order to reinforce the Wingman concept, build resilient Airmen, and focus on unit wellness.

The focus of the Winter Wingman Day 2011 is **Resiliency: The ability to withstand, recover and/or grow in the face of stressors and changing demands.**

Each 167th AW unit member will have the opportunity to enhance their Wingman skills and participate in 4 hour session of Winter Wingman Day 2011 during March Drill.

Spouses/Significant Others and Guard children aged 15 yrs and older are invited to attend the activities and encouraged to participate in the discussions on resiliency and team building exercises.

WVNG Child & Youth Programs will provide child care for children younger than Kindergarten age and Operation Military Kids activities will be available for guard children Kindergarten to 14 yrs during the 4 hour training.

167th AW Family Readiness Group Upcoming Events for 2011

Meetings held second Tuesday of the month

Next Meeting February 8th, 7 PM,
Wing Conference Room, 2nd
Floor Bldg 120

WVNG Child & Youth Program Upcoming Events for 2011

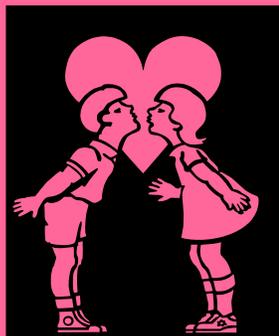
Operation Military Kids Out-Reach
February 17th, 5 to 7 PM,
157th Armory Bldg, Kelly Island
Rd
Open to all military kids ages 7
to 17

Military Kid 4-H Club
February 11th, 6:30 to 8:30 PM,
Heritage Free Will Baptist
Church, Middleway Pike,
Bunker Hill, WV



WVNG Strong Bonds Marriage Enrichment Workshop 18-20 Mar 2011 The Woods Resort, Hedgesville

The West Virginia National Guard Family Program Office and your chaplains have teamed up to offer you a truly outstanding program known as Strong Bonds.



Strong Bonds Marriage Enrichment Workshop begins with teaching couples effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship.

For more information or to register for the workshop, contact the 167th AW Chaplains 304-616-5319 (UTA Weekends), the Family Programs Office, 304-616-5590, or email sherry.lewis@ang.af.mil.



West Virginia National Guard **KIDS KAMP**

Kids Kamp was started during Operation Desert Shield/Storm to provide a positive camping experience for our Military Kids. By providing a safe and caring environment that encourages good feelings and fosters a sense of well being, Kids Kamp allows our Military Kids to form friendships with fellow Military Kids that last a lifetime. Keeping up with tradition, Kids Kamp is going into it's 20th Year!

Activities Include:

- Flag ceremony
- Swimming
- Rock Climbing
- Rifle Range
- Weapons Simulator
- Repel Tower
- Dance
- Drug Dog Presentation
- Helicopter Tour
- Mini C130
- Obstacle Course
- Team Building Exercises
- Arts and Crafts
- Much, much more.



For: **Military Kids Ages 9-14**
When: **18-23 June, 2011**
Where: **Camp Dawson,
Kingwood WV**
How:
Gary Conley
304-561-6449
Gary.Conley@us.army.mil



2011 Military Fatherhood Award

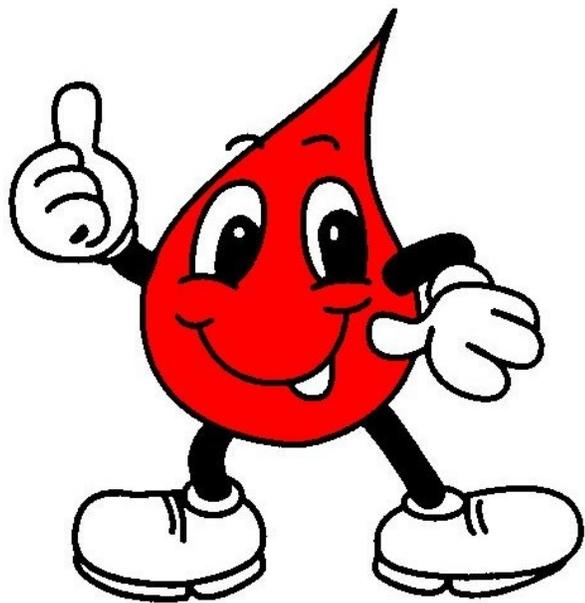
Nominations are open now for the 2011 Military Fatherhood Award. Nominate a service member who has ongoing commitment and dedication to children, who has made an extraordinary effort to father from a distance during mobility separation, who has been able to successfully balance military life and family life, or someone who has made efforts to mentor/strengthen other military fathers and/or military children who are separated from their military father.

For more information, visit
www.militaryfatherhoodaward.org



Applications can be picked up from the Family Programs office or unit members can download them from the Base Sharepoint.

Blood Drive



5 March, 9 AM—2 PM, Bldg 118

WVNG Child & Youth Program 4-H Club

By Donna Truman, WVNG C&Y Program Coordinator

The newly chartered Military Kids 4H club met at Heritage Free Will Baptist Church's Fellowship Hall, on RT. 51 Middle Way Pike, in Bunker Hill, WV, on January 14, 2011. This club is made up of military kids and teen volunteers for the WVNG Child and Youth Program. Four new members were added to the club at this meeting. There are now 13 members, which represent both Air and Army National Guard and US Coast Guard branches of service. During the business meeting the club planned fun and exciting activities for the remainder of the year, completed the 'Glo-Germ' section of a cooking project, and followed with a belated Christmas party. For more information about the club, please contact Donna Truman, WVNG Child & Youth Coordinator at 304-201-3754.



SOCIAL SECURITY OFFERS SAFEGUARDS FOR ALL THE STAGES OF YOUR LIFE

By David J. Melton
Social Security Public Affairs Specialist Washington,
D.C. Metropolitan Area

Each stage of life - youth, middle age, retirement - comes with its own set of financial concerns. Luckily, just by having a better understanding of the Social Security program you should be able to calm some of those concerns.

The first thing you need to know is that Social Security is much more than a retirement program. Of the 57 million Americans receiving Social Security benefits, nearly one-third are not retired workers or their dependents. They are severely disabled workers and their families, or the survivors of a deceased worker covered by Social Security. These non-retirement Social Security benefits can be especially important to young workers because about one in eight young people will die before retirement, and about one in four will become disabled.

While the death of a husband, wife or parent is emotionally devastating, it can often be financially devastating as well. Social Security provides a monthly survivors benefit check to help the family of a deceased worker continue on.

Social Security disability protection is equally valuable. Relatively few workers have an employer-provided, long-term disability policy. (continued on page 5)



2011 Air Force Reserve/Air National Guard Teen Leadership Summits

The AFR/ANG Teen Leadership Summits are open to 14-18 year old dependent teens of current Air Force Reserve or Air National Guard military members.

Applicants will be required to complete an application to include essay questions.

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

Capitol Teen Leadership Summit - 24-29 July 2011
Washington, DC

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

Additional information is provided at the Family Programs Office, Bldg 120, or email sherry.lewis@ang.af.mil. Applications are avail 1 Feb, with a deadline of 8 Apr 2011.

Social Security continued -

With Social Security, however, the average worker has the equivalent of a disability insurance policy that would pay monthly benefits to both the worker and his or her family, based on his or her lifetime earnings. So you can rest a little easier knowing that Social Security provides some measure of security, if life does not turn out as planned.

On the other hand, if you do work and retire as planned, Social Security is the foundation for a secure retirement. For the average wage earner, Social Security will replace about 40 percent of pre-retirement earnings. And you can earn a higher benefit by choosing to retire a little later instead of a little earlier.

The Social Security Statement that you receive in the mail each year provides an estimate of your retirement, survivors and disability insurance benefits. If you'd like to try out some different scenarios and see how different retirement ages and future earnings may change your retirement picture, visit our online Retirement Estimator at www.socialsecurity.gov/estimator. It's a quick, accurate, and easy way to plan for your retirement.

If you would like more information about these Social Security programs you can visit our website at www.socialsecurity.gov.

On-Line Tax Filing for FREE!



Military OneSource will once again provide free tax consultation and free on-line tax filing services to military service members and their families during the tax season. A brief overview of the program:

- Participants must register for Military OneSource and log on to the site for access to the H&R Block At Home Basic product. A separate logon for the H&R Block At Home site is required.
- Those eligible for the program are active duty, Guard and Reserve (regardless of activation status), spouses and dependent children (authorized in DEERS), family members handling the affairs of a deployed service member, and severely injured service members or family members handling their affairs.
- Participants will have free access to the H&R Block At Home Basic product. Those with more complicated returns may incur charges if they upgrade to the H&R Block At Home Premium product.
- Participants can speak with a Military OneSource Tax Consultant if they have tax related questions, or need assistance using the H&R Block At Home Basic product.

Find out more about the program by visiting:

<http://www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx>

Spotlight On



Donna Truman
State Youth Coordinator
WVNG Family Programs

2096 Kelly Island Rd, Martinsburg, WV 25405
 304-201-3754

Mrs. Truman has a Master of Arts in Education, Liberty University, December 2009, plus 20 graduate hours in Counseling, and a Bachelors of Arts, Glenville State College, Business Major, May 1995.

Her experience includes teaching in Berkeley County Schools from August 2008 – June 2010 and in Nicholas County Schools from May 2001 – May 2008.

Fundamentals of the WVNG Family Assistant Center, Child and Youth Program

The West Virginia National Guard Child & Youth Program works together with military members & families, community leaders, organizations & citizens to address the needs & interests of Guard youth within our state. The Child & Youth Program offers & supports activities for children & youth that:

- Encourages positive attitudes that reinforce core National Guard values.
- Assists in the development of life skills.
- Creates a community support network.
- Provides safe, healthy, educational & recreational activities.
- Offers opportunities to pursue sports & recreational activities.
- Informs the public on the impact of the deployment cycle on Soldiers, families, kids & communities as a whole.
- Reduces parental concerns during times of deployment by decreasing the likelihood that youth will engage in risky behaviors.

All military members & their families are eligible to receive assistance with or participate in the Child & Youth Program.