

GUARD PRIDE FAMILY WIDE



THE FAMILY "FLYER"

167TH Airlift Wing Family Programs

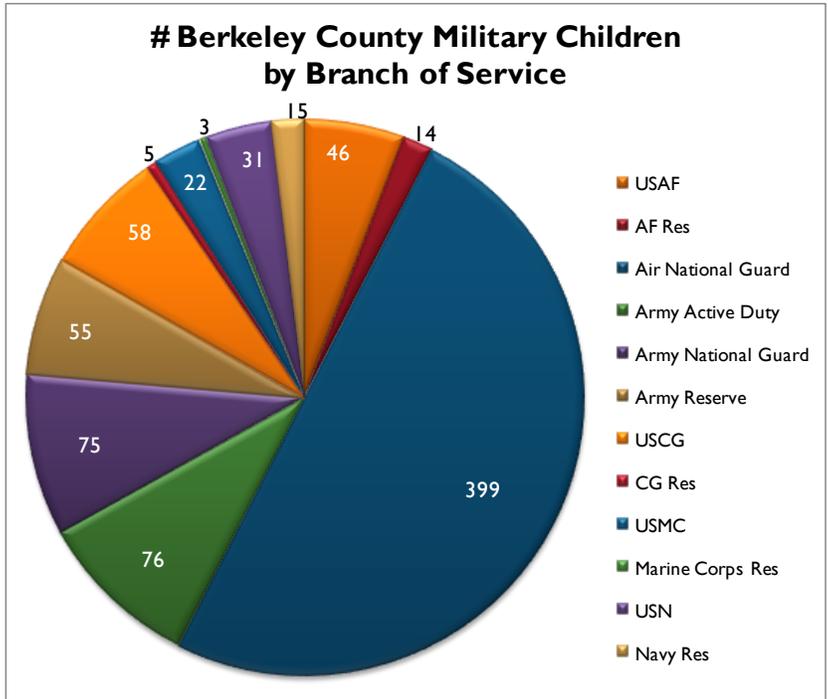
April 2011

April is Month of the Military Child!

April is the time to recognize our military kids and to give them a big salute for all that they've endured during deployments and to recognize the courage they've shown and sacrifices they've made as military children. Being a military child means you're special because you help your county by supporting your moms and dads who serve in the U.S. Military.

There are military children who live all over the globe, traveling to different countries, meeting new people, and making new friends. For National Guard and Reserve children, they have to get used to a lot of changes because when their parents travel with the military, it may be for days, weeks, or even months and the children don't get to travel with their parent. A National Guard or Reserve parent may have to go away for Regular Training for a couple of days or weeks, or for Deployments which lasts for weeks or months. When a parent goes away for the military, military children take on a lot of responsibilities by helping with household chores, taking care of younger siblings, and supporting the parent at home. Military children develop skills that will help them throughout their lives. They gain independence, develop strength and courage, and become responsible young men and women.

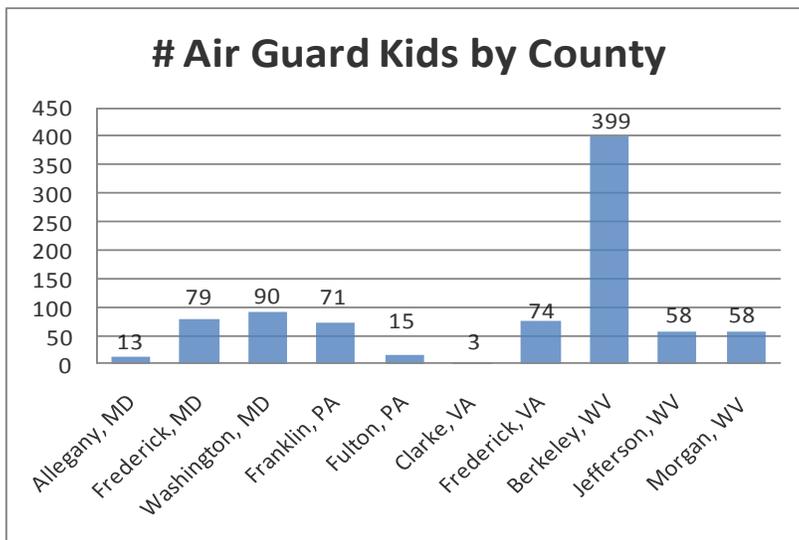
So during the month of April, celebrate and show support for military children—the bravest hearts on the home front.



The National Guard and Reserves for the different military branches make up about half of the military capability of the United States. More than 500,000 children have one or both parents serving in the Guard or Reserves, and about 72 percent of these service members are called up to active duty each year. Having a love one leave on deployment is emotional for the entire family. However, it can often be traumatic for a child. They may feel that their world is spinning out of control and their family is being split apart.

During Deployments, You Can Help Your Kids Cope:

- Communicate and ask questions
- Discuss their feelings with them
- Provide a safe and supportive outlet for your child's feelings
- Listen to your kids
- Model good coping and problem solving skills
- Suggest healthy ways to express anger (exercise, drawing, counting to ten, etc.)
- Assure them that everyone still loves them
- Explain that deployment is temporary
- Be patient with your child—this is a lot to handle for a small plate.



(Residential demographics as of May 31, 2010)

**OPERATION: MILITARY KIDS HERO PACK CEREMONY
FOR SEVENTY-FOUR 201ST B BTRY CHILDREN
KEYSER, WV - APRIL 10, 2011**

Sponsors: WVNG Child & Youth Program, Operation Military Kids, Military Kids 4-H,
167th Family Readiness Programs, Food Lion, & Wal-Greens

CEREMONY

- Posting of the Colors
- Prayer/Invocation
- Welcome

WVNG Youth Presenting Hero Packs to children of the deployed 201st B Btry

RECEPTION/PARTY

Refreshments

- Cup cakes 100 donated by Food Lion Supermarket
- Cookies 100 donated by Food Lion Supermarket
- Punch 6 Gallon (needs donated still)
- Napkins 150 (needs donated still)
- Cups/Plates/Silverware - 150 (needs donated still)
- tablecloths Purple - donated by C & Y program

Games

- Easter Bunny Compliments of 167th Family Readiness Group
- Easter Egg Hunt 500 Filled Eggs (needs donated still)
- Egg Toss 6 dozen eggs (needs donated still)
- Egg Roll 6 dozen eggs (needs donated still)
- Spoon Race 25 plastic (needs donated still)
- Candy Wal-Greens
- Prizes Operation Home Front

If you'd like to participate or make a donation, contact Donna Truman, Child & Youth Coordinator, at donna.truman1@us.army.mil, or call 304-201-3754.



Pictured left to right: Genevieve & Gavin Kerr, Tannor & Brennon Lewis, Hannah Truman, & Chloe Shade

Military kids participate in the preparing of hero packs and writing letters of encouragement to other Military kids who currently has a parent deployed .

*Spring Fling
Dance
April 22,
at the
Heritage FWB Church's
Fellowship Hall
6-8 PM*

*Welcome WVNG Child & Youth
Program*

*for information call:
Donna Truman at 304-268-5320
e-mail: donnatruman@yahoo.com
or donna.truman1@us.army.mil*



167th AW Winter Wingman Day—Resiliency Training
5-6 Mar 2011 WVNG Youth

Pictured Front, left to right: Gavin Kerr, Hannah Reed, Sadie Wright, Genevieve Kerr; Back, left to right: Tannor & Brennon Lewis, Candice Reed, Hannah Truman; Last row: Donna Truman, WVNG Child & Youth Coordinator

Activities included—MK Activities fostered Life skills: Science inquiry, Problem solving, Critical thinking, & Keeping record



Month of the Military Child Certificate Request

Parent's / Guardian's names:

Service Member Unit Number:

Deployed: Yes or No

Home Address:

Phone:

Email Address:

Children's Name	Ages	Birthdate
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

****Please note that by completing this form you will be placed on the Family Programs email/ mailing distribution list and will receive information on upcoming events sponsored by the West Virginia National Guard Family Programs Office.**

If you do not wish to be placed on the mailing distribution list please check here _____

Please Return Form by April 30, 2011 to:
 Child and Youth Program
 1703 Coonskin Dr, Charleston, WV 25311
 304-561-6545 or Toll Free 1-866-986-4326
 Fax: 304-561-6621 Email: Donna or Susan @
Donna.Truman1@us.army.mil
Susan.izzo@us.army.mil



MARK YOUR CALENDARS!

167th AW Family Readiness Group Upcoming Events for 2011

Meetings held second Tuesday of the month

Next Meeting Apr 12th, 7 PM, Wing Conference Room, 2nd Floor Bldg 120

Spring Picnic & Egg Hunt, Apr 16th, 10 AM, Morgan's Grove Park, Shepherdstown. Bring a picnic lunch

FRG Meeting May 10th, 7 PM, Wing Conference Room, 2nd Floor Bldg 120

ARC Blood Drive, May 14th, 9 to 2, Bldg 118

FRG Golf Day, Monday May 16th, Postponed — Being rescheduled for the summer

WVNG Child & Youth Program Upcoming Events for 2011

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

Hero Pack/Spring Party for 201st, Apr 10th, 3 to 10 PM, Keyser, WV. Bus for transportation

Operation Military Kids Reach Out Program Event (ROPE), Apr 21st, 5 to 7 PM, 157th Armory Bldg, Kelly Island Rd. Open to all military kids ages 7 to 17 yrs.

C & Y Spring Fling Dance, Apr 22nd, 6 to 8 PM, Heritage FWBC, Bunker Hill. For youth ages 8+



**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







Select bowling centers and schools around the country are participating in the first ever Kids Bowl Free program. This program is designed by bowling centers to give back to the community and provide a safe, secure, and fun way for kids to spend time this summer.

Children whose age does not exceed a limit by a participating bowling center are eligible to register for 2 free games a day, all summer long, courtesy of the participating bowling centers along with the schools and organizations.

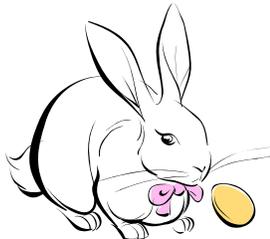
Check out the website www.kidsbowlfree.com to see what bowling centers in your state are participating in this program.



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

Spring Picnic

Bring your family and a picnic lunch and join us for a spring picnic.



Where: Morgan's Grove Park

When: Saturday, April 16th

Time: Starting at 10:00 am

There will be an egg hunt, family games and other activities.

So pack your picnic basket and come out and join us for a day of fun.



NATIONAL GUARD Day at the Park

DATE: 10 April 2011

TIME: 10:00a.m.-6:00p.m.

COST: \$22.00 ages 3 and up (2 and under; Free)

PARKING: FREE

http://tinyurl.com/c8kbg

CODE: 29837

- ❖ **Season passes will not be accepted for this event**
- ❖ **You may need to copy and paste the link to your browser**
- ❖ **Please contact Francois Houde with any problems accessing the link at: fhoude@hersheypa.com**

From the Director of Psychological Health:

Resume writing/internet job search seminar can be available at the next UTA for military members and their dependants at no cost. If interested, inform your immediate supervisor or contact me @ daniela.lupu@ang.af.mil no later than April 8th. This is a great opportunity for us, let's take full advantage of it.

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.



45th Annual West Virginia National Guard Youth Leadership Camp



- Open to military youths ages 15-17.
- 18-24 June 2011
- Camp Dawson, Kingwood, WV
- 20 Slots will be reserved for dependents of deployed members of the West Virginia National Guard until 1 May 2011.
- 65 additional slots will be actively competitive for any camper who meets the criteria.
- \$150.00 per camper

Applications can be downloaded from the Drug Demand Reduction website at www.wvddr.com. Mail sponsorship and camper packets to: MSgt Michelle Barton, 3rd Floor, 1700 MacCorkle Ave SE, Charleston, WV 25314

Remember—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>

FREE Military Handbooks

Downloadable informative 2011 military handbooks are available free on www.militaryhandbooks.com. Topics include:

- Gulf Crisis Resource
- U.S. Military Retired
- After the Military
- Base Installation Directory
- Military Children's Scholarship
- Guard and Reserve
- Veterans Healthcare Benefits
- Benefits for Veterans & Dependents
- And More

Printed hard copies are avail for purchase, for approx \$10, through the web-



Spotlight On



SSgt Brad Burns

**Family Programs Deployment
Cycle Support (Jan-Mar 2011)
& Family MPOC for Medical Group**

SSgt Burns is a graduate of Williamsport High School and is currently a senior at Shepherd University, majoring in Political Science with a minor in Economics. He is scheduled to graduate May 2011 with a Bachelors Degree in Political Science.

SSgt Burns enlisted in the 167th AW on Aug 6, 2006 and was assigned to the 167th Medical Group as a dental technician where he still works today. He's been an active member of the Chemical, Biological, Radiological/Nuclear, and Explosive Enhanced Response Force Package (CERFP) team since 2010.

SSgt Burns was selected to work in the Family Programs Office as Deployment Cycle Support (DCS) for the 167th AW during the period of January thru March 2011.

As DCS, SSgt Burns assisted the West Virginia National Guard's Yellow Ribbon Support Specialist (YRSS), Sherry Grimes, by providing logistical support at events, participant registration and coordination, and acting as the liaison between the YRSS, the families, and unit organizations. His other duties while working in the Family Programs Office were to assist the Airman & Family Readiness Program Manager with preparation of deployments and during deployment tasks such as briefing service members prior to deployment and contacting family members during deployments. He also categorize printed available resources.

SSgt Burns was an asset to the Family Programs Office during his time as DCS support and we wish him the best in his future endeavors.