



The Family Programs Flyer



MARCH 2011

OPERATION READY FAMILIES
MONTHLY NEWSLETTER

VOLUME 1, ISSUE 6

Yellow Ribbon Events

12 March 2011
Fresno, CA

26 March 2011
Rancho Cordova, CA

26 March 2011
Long Beach, CA



On 9 Feb 11, members of the 297th Medical Company, along with Family, friends, and dignitaries, gathered at the San Mateo Fairgrounds to attend the Yellow Ribbon Farewell Event for the 297th Medical Co. Members of the 297th Medical Co are heading out on their first deployment since 1954. Three hundred sixty-six Family and friends came on this beautiful morning to support their loved ones and say their good-byes.

Operation "We Care" - not just a catchy name

Q. What is an Operation We Care Meeting?

A. Operation We Care meetings are opportunities to bring Servicemembers, Families, and communities together on a regular basis to share and support each other to discuss common issues, experiences, and concerns.

Q. How do I find meetings in my area?

A. Look to the We Care Meeting schedule located at the left hand corner of this page; you may also contact your unit or go to our website at www.calguard.ca.gov/readyfamilies for the meeting nearest you.

Consider us your physical social network - we are here to provide you with the tools to empower you in your Military life. In southern California, Congresswoman Lucille Royball-Allard of the 34th District LA County sent Field Deputy Ricardo Mendoza to check in on our Families this past month, and Red Cross Rep. Eric Brubaker stopped by offering FREE CPR courses, scholarships, financial assistance and more. We Care meetings offer job listings, childcare assistance info, fund raising ideas, event planning, youth events, education benefits, military perks, counseling referrals, VA benefits, emergency assistance referrals, and community partnerships.

Get To Know Us Before You Need Us! Make contact with your unit's Family Assistance Network Specialist.

We Care News

Here in Los Alamitos, we had a wonderful evening during our first Family Movie Night. We watched "Lady and the Tramp" and ate chips and popcorn. The children brought blankets and pillows and stretched out on the rug and enjoyed viewing the movie on three big screens! We also shared our edible goodies with a Unit that was drilling that weekend. It was a pleasure to see them walk in, still in uniform, and enjoy some well deserved popcorn. I would like to thank the Families that attended as well as the American Red Cross OC chapter, Gracelyn Hapenny, Rhonda Sparks, Paula Steingiesser, CW3 James Borm and all the other Servicemembers that dropped in. This event was possible because of you. I look forward to our next Family Movie Night!



Ms. Cara Mia Borm, Family Assistance Network Specialist, Los Alamitos

IMPORTANT MESSAGE FOR OUR CNG FAMILIES:

There have been reports of hoax calls & emails being sent to Family members of deployed Servicemembers (Hoax caller's had the SM's rank, name, & deployed location), telling them their SM was injured or dead in Iraq. Families are instructed to block the phone numbers/email addresses from their phones/email accounts and report the situation ASAP to the police, the unit Military point of contact, the rear detachment commander, and the Family readiness support assistant.

Keep it together during your Servicemember's deployment! Learn methods to help cope with unanticipated problems and questions; develop mechanisms to address issues such as separation anxiety and stress; understand unique perspectives and behaviors of children of deployed Servicemember; and discover resources and benefits available to you and your Family. Find out when these events take place and register now at: <http://www.calguard.ca.gov/g1/YRRP/Pages/Registration.aspx>

March We Care Meetings

Tuesday March 8	Thursday March 10
Bakersfield @ 6 pm 559-217-9976 Chico @ 6:30 pm 530-513-0478 Sacramento @ 6 pm 916-416-8320 Santa Rosa @ 6:30 pm 707-974-8004	Walnut Creek @ 6:30 pm 707-580-3319
Saturday March 12	Tuesday March 15
Bell @ 11:30 am 213-503-4472 Escondido @ 12 pm 619-405-7190	Modesto @ 6:30 pm 209-402-4114 Visalia @ 7 pm 559-217-9976
Saturday March 26	Tuesday March 29
Azusa @ 12 pm 818-383-8643 San Diego @ 12 pm 760-828-7116	Fresno @ 6:30 pm 559-994-6102
Wednesday March 30	
Los Alamitos @ 6 pm 562-370-7680 Paso Robles @ 6 pm 805-896-4029 San Bernardino @ 5 pm 909-801-9411 Ventura @ 7 pm 805-431-3866	PLEASE CALL THE NUMBER LISTED TO CONFIRM DATE, TIME, AND LOCATION OF MEETING PRIOR TO ATTENDING





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Call for Submissions



As someone familiar with the military, you know that while one member joins, the whole Family serves. The National Military Family Association's Family of the Year Award recognizes strong military

Families who embrace their service to the Nation, are role models in their community, and understand that together they are stronger. Nominate your Family or a special Family you know. One Family from each of the seven Uniformed Services will be chosen, from the nominations submitted, to represent their Service branch. That's right—we'll pick a Family from the Army, Navy, Marine Corps, Air Force, Coast Guard, NOAA and the USPHS. From these seven outstanding Families, one Family will be named the National Military Family Association Family of the Year!

All Family finalists will receive an all-expense paid trip to Washington, DC for the award ceremony and announcement of the Grand Prize winner. The recipient of the National Military Family Association Family of the Year will also receive a cash prize of \$1,000!

Who is Eligible to be Nominated?

Is your Family eligible? You are if you are one of the millions of military Families supporting our Nation each day. Any active duty, Reserve Component, or retired Family of the Army; Navy; Marine Corps; Air Force; Coast Guard; or Commissioned Corps of the National Oceanic and Atmospheric Administration or the Public Health Service; as well as Families of fallen Servicemember members. Nominate at:

<http://www.militaryfamily.org/our-programs/military-family-award>

DoD Announces Award for Supportive Employers of Guard and Reserve Members' Spouses



Employer Support of the Guard and Reserve (ESGR) announced an expansion of the Patriot Award Program to include employers of Guard and Reserve members' spouses. The Patriot Award was previously presented only to employers of Guard and Reserve members. After learning of the growing number of employers adopting supportive initiatives for military spouses, ESGR embraced the opportunity to recognize these employers with their own DoD award.

The employer of a military spouse has no legal obligation to provide unique support, but Guard and Reserve spouses often share the challenges of military service. Childcare, managing the household, and work schedules often have to be adjusted when one spouse leaves to serve our country. Military spouses value the cooperation and encouragement of their employers just as much as those in the Guard and Reserve. The expansion of the Patriot Award honors

Know a Hero? "DCoE in Action" wants your nominations!

There are many people who work hard to make a difference in the lives of Servicemembers and Military Families each day, and the Defense Centers of Excellence monthly newsletter, "DCoE in Action," wants to recognize them. Each month they will spotlight a Servicemember, veteran, spouse, caregiver, or community member who, by their efforts and support related to psychological, health, and/or traumatic brain injury concerns, is nominated by YOU as a hero. To submit your nominee, you'll need to state why you think he/she should be spotlighted and what makes him/her a hero. If you know someone who would be a great candidate, "DCoE in Action" wants to hear from you. Follow <http://www.dcoe.health.mil/include/exitwarning.aspx?link=http%3A//snipurl.com/1xi266> to nominate a hero today!



The Veterans History Project (VHP) was created by Congress in 2000 to collect, preserve, and make accessible the personal accounts of American war veterans and civilian workers who supported them. These collections of first-hand accounts are archived in the American Folklife Center at the Library of Congress for use by researchers and to serve as an inspiration for generations to come. The project goal is to ensure that future generations hear directly from veterans and better understand the realities of war. The project collects remembrances of veterans who served in World War I, World War II, the Cold War, Korean War, Vietnam War, Persian Gulf War (1990-1995), or Afghanistan and Iraq conflicts (2001-present). U.S. citizen civilians who actively supported war efforts (such as war industry workers, USO workers, flight instructors, medical volunteers, defense contractors, etc.) are also invited to share their valuable stories. VHP relies on volunteers throughout the nation to collect veterans' stories on behalf of the Library of Congress. These stories are made available to researchers and the general public, both at the Library in Washington, D.C., and via the VHP website.

The Long Beach Chapter of the American Red Cross is making it easy for local veterans to participate. Interviews will be conducted by volunteers at the Red Cross Chapter. Each half hour video tape will be sent to the Library of Congress, and vets will receive a DVD copy of the interview. For more information contact Mr. Mike Ferrar @ 562-490-4003. For interested individuals throughout California and the United States, please visit <http://www.loc.gov/vets/vets-home.html> to search the veteran's history project and find more information on how to participate.



"A hero cannot be a hero unless in a heroic world."

~Nathaniel Hawthorne

these patriotic employers and is the only DoD award designated for spouses' employers. The nation has relied heavily on Guard and Reserve Servicemembers since entering continuous operations nearly 10 years ago. These Servicemembers have deployed and fought side-by-side active duty members, each time leaving a spouse behind to do the work of two. Unlike their counterparts on active duty, Guard and Reserve spouses may not live near the supportive network of large military bases. In many cases, an employer is a Guard and Reserve spouse's strongest support community. All spouses of Guard and Reserve members are eligible to nominate their employers. Spouses may log on to www.esgr.org/PA to fill out the **Spouse Nomination Form**. Each nominated supervisor will receive a DoD Certificate of Appreciation, presented by the spouse employee or the local volunteer from the ESGR State Committee.





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Meet your local Child & Youth team:

Jerica Lovett– Northern CA
(Sacramento) 916-854-3713
jerica.e.lovett.ctr@us.army.mil

Victoria Singleton– Central CA
(Camp SLO) 805-217-2974
victoria.a.singleton@us.army.mil

Rhonda Sparks– Southern CA
(Azusa/Los Al) 818-402-3296
rhonda.sparks@us.army.mil

If you have any questions on any upcoming events please contact the POC in your area.

APRIL UPCOMING EVENTS:

Please come join us in Honoring of the Military Child.

* 2 April the CNG Child and Youth Program is hosting a Safety Fair. Sacramento ages 4-12-family welcome, too.

*16 April- Paintball, SLO ages 12-18

*22 April- Bring your child to work day!!!

*30 April- Reagan Museum, Southern CA grades 5 thru 12.

MARCH 2011

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4 Mather Lock-In Event	5
6	7	8	9	10	11	12
13	14	15	16	17	18 Youth Symposium Apps Due	19 "Train The Trainer" Course-Camarillo
20 "Train The Trainer" Course-Camarillo	21	22	23	24	25	26
27	28	Register at http://www.orestoregister.com/cgi-bin/order.pl?ref=Readyfamilies&fm=1 for Train the Trainer Course For Youth Symposium Apps or Mather Lock-In info, please contact Jerica Lovett.				

Partner Spotlight!

Go to MyArmyOneSource– for all of your tutoring needs. Free tutoring for Army National Guard and Reserve children, youth, even adults! This for anyone who is in school, studying in K-College or University. It is very simple to sign up and get started. Why spend your OMK grant on tutoring when you have other options? Not only do they help with school work, they also help with your ACT, SAT, your ASVAB needs. Want help with college or term papers? Sign up and get started 24/7 access. Go to <http://www.myarmyonesource.com/childyouthandschoolservices/CYSServicesOnlineTutoring>

Please note that all events are subject to change. Also, watch for us on Face Book or check out the Ready Families website.





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Family Readiness Courses, Meetings, Etc...

Operation Ready Families
Family Readiness Course
16-17 APRIL 2011
Monterey, CA

Hotel Registration NLT 16 March 2011

This course provides the essentials on establishing and maintaining viable Family Readiness systems within CNG units. Suggested attendees are unit/wing volunteers, military points of contact for Family Readiness, commanders, and other leaders. Topics include Family program essentials, effective and legal fundraising, deployment, and more.

Visit <http://www.calguard.ca.gov/readyfamilies/Pages/default.aspx> to register today!

California National Guard Child & Youth Program
"Train the Trainer" Course
19-20 MARCH 2011
Camarillo, CA

Hotel Registration NLT 4 March 2011

You will learn and acquire all the tools needed to plan and execute a youth activity from start to finish, including a detailed hands-on workshop using the new youth Pinnacle kits. ALL volunteers interested in Child and Youth Activities encouraged to attend.

Visit <http://www.calguard.ca.gov/readyfamilies/Pages/default.aspx> to register today!

Look for the "Upcoming Training and Activities" section.



Army Family Action Plan (AFAP) is a program established to provide a forum for all input from ALL members of the Military community to the Army leadership regarding anything Military related that affects our lives. You can submit ideas to improve QUALITY of LIFE. Submissions are being solicited through **31 MARCH 2011**. For more information contact

Ms. Bonnie Boggles at bonnie.boggles@us.army.mil or Ms. Judy Shannon at judy.shannon@us.army.mil

ISFAC is back! You are cordially invited to the Southern California Inter-Service Family Assistance Committee (ISFAC) Quarterly Meeting. The theme is "Building Community Resources" and presenters will be from different collaboratives in Southern California who cover all branches of the Military. The intent of ISFAC is to bring agencies offering various resources and information together to assist Servicemembers and their Families. There is no cost to your agency for participation in this event. Please reserve your calendar for 16 March 2011 from 0800-1400 at March AFB and **RSVP NLT 4 March 2011** at socal.isfac.group@gmail.com. Contact Ms. Rebecca Lambert, 619-405-7190, Ms. Myra Valle, 818-383-8643, or for more info!



Servicemember Resources



Freedom Dogs offers custom-trained specialty service dogs to wounded members of the military returning from armed conflict. It is reported that 40% of all returning troops suffer from PTSD. Many of these returning men and women are so mentally, physically, or spiritually broken that they have little hope of returning to mainstream life. Our unique Partner Program pairs a specialty service dog/trainer team with these heroes on a short-term, intermittent basis as an adjunct to their rehabilitation. These teams help reintegrate these young men & women back into society and normal activities of daily living. Additionally, we offer custom trained specialty service dogs for permanent placement with these deserving warriors. The assistive behaviors of these dogs may include but are not limited to retrieval skills (such as a leash, keys, or medical equipment); bracing to assist in getting in or out of a chair or the lifting of limbs; human animal bond (psychosocial support); assisted dressing and undressing; assisted opening of doors (appliance doors, cupboards, file cabinets); elevator buttons; handicapped door-opening; holding of items to be worked on (steadies or holds tools, utensils, tote bags); and carrying of items.

For more information on acquiring a Freedom Dog or how to donate to the program, visit <http://www.freedomdogs.org>

"Outside of a dog, a book is man's best friend. Inside of a dog it's too dark to read." ~Groucho Marx



Operation Paperback is a non-profit organization incorporated in the State of Pennsylvania that collects gently used books nationwide and sends them to American troops deployed overseas. Since 1999, we have shipped over 1.3 million books to locations around the globe. Our Servicemember members make sacrifices every day for our country. It takes so little to let them know that we appreciate what they are doing for us. When you donate to Operation Paperback, you will let our troops know that you support them, and you have not forgotten them. For more information on how to donate visit: <http://www.operationpaperback.org/>

If you are deployed overseas, you are eligible to receive our shipments of books, completely free of charge.

We send a variety of fiction and non-fiction, though you may specify your favorite genres. Shipments occur throughout your deployment, so you should have plenty of books to share!

Addresses are never shared outside of Operation Paperback. We maintain a secure database that can only be accessed by registered volunteers who have received an orientation on our policies and procedures. If you have any questions or concerns, you can always contact us at

TroopSupport@operationpaperback.org.





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Opportunities for Growth and Enrichment



The Tillman Military Scholars

program supports our nation's active and veteran Servicemembers and their Families by removing financial barriers to completing a degree or certification program of choice. The scholarships cover not only direct study-related expenses such as tuition and fees, but also other needs, including housing and childcare.

Since the program's inception, the Pat Tillman Foundation has invested over \$1.3 million in financial support. These scholarship funds are just a portion of the Tillman Military Scholar experience which also focuses on guiding an engaged community and providing essential resources that enable Scholars to serve and lead in their local communities.

A portion of all Tillman Military Scholars are selected in cooperation with 12 University Partner institutions leading the way in military support services on their campuses. These partners include: Cleveland State University, Columbia University, Mississippi State University, San Diego State University, Texas A&M University, University of Arizona, University of Arkansas, University of Maryland, University of Michigan – Flint, University of Oregon, University of South Florida and University of Wyoming. Interested in becoming a Tillman Military Scholar? Read more about the criteria and application, meet a few of the current and alumni Tillman Military Scholars or learn more about the Tillman Community at <http://www.pattillmanfoundation.org/>

Many an opportunity is lost
because a person is out looking
for four-leaf clovers.



~ Author Unknown



The Operation Endure

and Grow program is a new online training experience focused on the fundamentals of launching and/or growing a small business, offered by the Whitman School of Management at Syracuse University in cooperation with the U.S. Small Business Administration. The 8-week training program is open to National Guard and reserve members as well as their immediate Family members. The program will include two different tracks that offer training in the following:

Start-up Track

Designed for those with an idea for a business venture and for new and emerging enterprises (in business less than 2-3 years)

Introductory concepts in entrepreneurship will be covered, such as: idea creation, why the business plan matters, accounting for start-ups, securing financing, marketing on a shoestring budget, and more

Growth Track

Designed for established businesses (those who have been in business 3+ years)

Advanced concepts in entrepreneurship will be covered, such as: guerrilla marketing, using social media and technology to grow your business, entering new markets, securing government contracts, planning your exit strategy and more.

Operation Endure and Grow is designed to be flexible to meet the needs of Families with busy schedules. A new offering of the course will begin every 8 weeks, alternating between a start-up focused curriculum and a growth/sustain orientated curriculum. The program registration fee is \$75.00 per student, per term. This includes all courses, materials and books. There are 50 on-line seats available each term.

To apply for this program visit: <http://whitman.syr.edu/EndureAndGrowApplication/>

The Women Veterans Igniting the Spirit of

Entrepreneurship (V-WISE) initiative is a premier training program in entrepreneurship and small business management, offered by the Whitman School of Management at Syracuse University in cooperation with the U.S. Small Business Administration.



The program is open to all women veterans interested in learning about entrepreneurship and starting, running or growing a business. Participants may be from any branch of the military and across any era of service. Entrepreneurship has been an important part of economic growth across the country and is a great way to truly pursue your dreams and to make them a reality.

As women and as veterans, you have the leadership, integrity, focus and drive to excel in entrepreneurship. V-WISE helps you to find your passion and to learn the business-savvy skills you'll need to turn your idea or business into a growth venture.

Through an online training program, on-site conference and a post-event mentorship program to help you progress with your business after the pre-course and on-site learning is complete. V-WISE consists of the following three phases:

Phase 1: An online, self-study course focused on the basic skills of entrepreneurship and the 'language of business.'

Phase 2: A 3-day conference, where participants are exposed to accomplished entrepreneurs and entrepreneurship educators from across the U.S. The conference includes more than 20 hours of instruction focused on topical areas that include opportunity recognition, business concept development, profit models, venture launch methods, guerrilla marketing approaches, entrepreneurial finance and unique funding opportunities for veteran and women entrepreneurs, human resource management, and legal and regulatory challenges. Throughout the conference, delegates are exposed to many guest speakers, including successful entrepreneurs, CEOs of Fortune 500 companies, professional athletes, leaders in government, and national experts in disability education.

Phase 3: Support and mentorship, delivered online and through a robust, comprehensive network of mentor partners.

For more information visit: <http://whitman.syr.edu/vwise/index.asp>

