



The Family Programs Flyer



MAY 2011

OPERATION READY FAMILIES
MONTHLY NEWSLETTER

VOLUME 1, ISSUE 8

Yellow Ribbon Events



May 7, 2011 - Garden Grove, CA
May 7, 2011 - Sacramento, CA
May 14, 2011 - Garden Grove, CA
May 15, 2011 - Garden Grove, CA

Keep it together before, during, and after 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 Servicemembers; 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/YellowRibbonEventRegistration.aspx>

May We Care Meetings

PLEASE CALL THE NUMBER LISTED TO CONFIRM DATE, TIME, AND LOCATION OF MEETING PRIOR TO ATTENDING

| | |
|---|--|
| Wednesday May 4 | Tuesday May 10 |
| * NEW* Moffett Field Wescoat Clubhouse @ 6:30 pm 408-595-9847 | 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 |
| Thursday May 12 | Saturday May 14 |
| Walnut Creek @ 1 pm 707-580-3319 | Bell @ 11:30 am 213-503-4472 Escondido @ 12 pm 619-405-7190 |
| Tuesday May 17 | Wednesday April 25 |
| Modesto @ 6:30 pm 209-402-4114 Visalia @ 7 pm 559-217-9976 | 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 |
| Saturday May 28 | Tuesday May 31 |
| Azusa @ 12 pm 818-383-8643 San Diego @ 12 pm 760-828-7116 | Fresno @ 6:30 pm 559-994-6102 |

This month The Adjutant General's Family Readiness Symposium and Family Readiness Banquet will take place in San Diego on May 20th and 21st. Commands have determined which statutory volunteers will attend on invitational travel orders provided by Operation Ready Families. Statutory Volunteers are volunteers who have attended the Family Readiness Course and have a signed agreement with their command and are actively participating as a volunteer. Operation Ready Families can only reimburse those with a signed volunteer agreement according to AR 608-1.

If you are interested in becoming more involved in Family Programs there is an upcoming Family Readiness Course that will be held in Sacramento at the Delta King. For more information go to: <http://www.prestoregister.com/cgi-bin/order.pl?ref=Readyfamilies&fm=1>

The Family Assistance Network continues to evolve. Deborah Burrow has been promoted to the Northern Regional Coordinator and Sylwia Flaga has been promoted to Family Assistance Network (FAN) Specialist in Sacramento. We will now have two FANs in Sacramento to assist the 1700 troops that reside in the area. Sylwia was the FAN assistant and created this flyer in October. If you're in the Sacramento area and have strong administrative and organizational skills check out the job announcement at: www.Skyline-Ultd.com.

This weekend there is a lot to celebrate including Military Spouses and Mom's. My husband, Chris, gets a kick out of being a military spouse and I love the fact that he does all of our shopping at the commissary. I so appreciate him. Until next month....

Kimberly M. Lalley, State Family Program Director



May 6th Military Spouse Appreciation Day

May 8th Mother's Day



May 21st Armed Forces Day

May 30th Memorial Day





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FAN Fun Across the state!



Thanks to Operation Homefront, Military Families were able to enjoy clowns, goodies bags, face painting, crafts, and a BBQ on April 17th at Los Alamitos JFTB for an annual spring event. Special thanks to Tricia De La Paz for making sure that the majority of children went home with their faces painted.

Also at a recent Los Alamitos We Care meeting, while parents and guardians completed Red Cross training, the children worked on arts and crafts and of course played!



Walnut Creek also hosted a special Month of the Military Child We Care meeting where children's activities included: Wii gaming, "Belly Bumpers," face and arm painting, cupcake and egg decorating. Adult activities included Red Cross training and a Military Family Life Consultant presentation.

CNG Child & Youth program hosted a Safety Fair at Mather AFB which included a travelling petting zoo provided by the 4-H Club, helicopter, police car, fire truck, and ambulance tours. Resource information was provided by Red Cross and Operation Military Kids, and Safety Bill, the Safetyville mascot, made a special appearance.





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California National Guard Child & Youth Program

Upcoming events

The TAG Family Readiness Symposium is upon us and the Child & Youth Program will offer activities for children (8 & up). We look to keep them engaged and give them the opportunity to meet other Guard kids. Please mark the applicable boxes during registration, so we can know how many youth will be joining us.

May 2011 Newsletter

Soldier Readiness Processing will be going on for the better part of the month. In the packet about our program, make sure to fill out an assessment sheet, so that your family may be counted and informed about upcoming events. We know there is a lot of information to process, but we can better notify of camps, events, and other things that are going in your area and around the state if we have your family on the mailing list.

Summer is almost upon usthis means



National Teen Leadership Program (NTLP) is back again with two camps for future leaders.

Loyola Marymount
(June 24-26, 2011) in southern California and

Sac State (July 29-31, 2011) will host the north this summer.

For more information, please contact the NTLP website at www.ntlp.org.



Operation Purple Camp has already announced their four summer camps.

[Angelus Oaks, CA](#)

Camp Dates:
June 20-June 24, 2011

[Fort Bragg, CA](#)
Camp Dates
June 18, - June 27, 2011

[Occidental, CA](#)

Camp Dates:
June 26, - July 02, 2011

[Santa Barbara, CA](#)
Camp Dates:
July 17- July 22, 2011

For more information on camps go to www.nmfa.org.

Registration closes

29 April 2011!

Operation Military Kids has various camps throughout the state:

San Diego
(17-22 Jul),

San Bernardino
(26 Jun- 2 Jul),

UC Davis
(28 Jun- 31 Jul),

Ventura (22-23 Jul)

POC for these camps is Russ Hill
209-385-7418.

Susanville is the site for **Camp Ronald McDonald** for youth with special needs (7-12 August)

POC Crystal O'Hara
530-857-8968

Visit http://www.calguard.ca.gov/readyfamilies/Pages/child_youth.aspx for more information on any of these activities!

Child & Youth team:

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

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

Rhonda Sparks—Southern (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.



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What's Happening in May and beyond...

The Moffett Field Commissary is hosting an on-site sale at **Coast Guard Island in Alameda, California**

**Campbell Blvd
Building #16 in the Gym
Alameda, CA 94501
Friday, May 13, 9 am - 5 pm**

Moffett Field Commissary
Point of Contact:

**Raul Abrego:
(605) 603-9983/9981**

The Lemoore NAS Commissary is hosting an on-site sale at **Camp Roberts, CA**

**Hwy 101
Building 109
Friday May 13, 12 pm - 8 pm
Saturday May 14, 10 am - 4 pm**

Lemoore NAS Commissary
Point of Contact:

**Cynthia Parker:
(559) 998-4667/4669**

**The McClelland Commissary
is hosting a WORLDWIDE CASE LOT
Sale!**



**5507 Dudley Blvd
McClelland, CA 95652**

**Thursday May 12 to Saturday May 14
From 9 am - 5 pm**



Military Children get "A Thousand Thanks!"

Children of deployed Servicemembers will receive a letter from a cartoon character (to include Bugs Bunny, Daffy Duck, Scooby Doo, etc.) to thank them for sharing their Military parent and helping make the world a better place.

Visit http://saluteourservices.org/mgxroot/page_thousand_thanks.html to request a letter for a Military child today!

Save the Date!

Living in the New Normal: Helping Children Thrive in Good and Challenging Times Practicum



June 4, 2011

8 am - 4 pm

Sheraton Ontario Airport Hotel
429 North Vineyard Avenue
Ontario, CA 91764

No cost to participants: funded by OSD



The Military Child Education Coalition Living in the New Normal Institute (LINN-I) is a two-day professional development program that prepares school guidance professionals, educators and community members to recognize and address the issues facing children dealing with separation from a loved one or experiencing trauma, grief and loss due to the loss or injury of a loved one. It provides concerned adults with information to help support children during these times of uncertainty and gives them the framework to enable them to support families to ensure that their children have the tools to bounce back from life's storms and stressors. The MCEC LINN Initiative efforts are predicated on the belief that children's inherent attributes of courage and resiliency can be

Attendance Requirement:

95% attendance is required to receive institute credit and course materials.

Please visit www.MilitaryChild.org to register.



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Money Matters: Financial Advice from Jennifer Armstrong, NGB



The rising price of gasoline -- an unavoidable expense for many -- is a worrisome fact of life that can send your blood pressure up right along with those price hikes. And ongoing turmoil in the Middle East could push gas prices up further to over \$4 a gallon in some parts of the country, experts say. As we learned in 4th grade, where there is supply and demand. We take vacations more and we drive to work. The demand is there. Now, with everything in the Middle East the supply is supposedly short. Hence, the price of gas goes up. Don't despair. We've outlined some simple ways to trim your gas bill to help cushion the blow from pain at the pump.

Tap Small Stations, Early Week Fill Ups for Savings. Knowing where and when to buy gas can help trim your bill. Contrary to common knowledge, your local, independent gas station is likely a cheaper option than the big suppliers. The large gas companies are required to purchase a particular type of gas to meet contract requirements and many times more expensive. You also should consider filling up on gas at the beginning of the week, such as on a Monday or Tuesday. That's because the De-

partment of Energy releases a weekly report on Wednesday, and when the news is sour, gas prices tend to rise which impacts prices on Thursday and Friday. If you're a smart-phone owner, tap free apps from GasBuddy.com and Cheap Gas that guide you to where to buy the least-expensive gas in your area. You can also use tap Fueleconomy.gov's app to calculate gas mileage (MPG), annual fuel costs, annual petroleum use, and the carbon footprint information for your car or truck. If you're buying premium gas when your car only requires regular gas, you're throwing money down the drain -- anywhere from 20 cents to 35 cents a gallon, experts say. Unless you have a luxury or are planning on driving in the Indy 500 that requires premium, stick with regular. Also, don't waste your money on mid-grade gas, which can range from 5 cents to 10 cents more per gallon than regular gas in some states. Mid-grade is so close to regular in terms of octane level that it hardly makes a difference.

Oh, so you're Mario Andretti! Just remember how you drive, as well as how you maintain your car, can also keep your gas bill down. Many cars have tire pressure monitoring systems that will alert drivers when their pressure is low, but some people ignore those warnings. That can be a costly mistake! Indeed, keeping tires properly inflated can improve your gas mileage by up to 3.3%, or save you up to 10 cents per gallon of gas, according to the U.S. Department of Energy. (The correct tire pressure for your particular vehicle can typically be found on a sticker on the driver's side or in your car owner's manual.) Fixing a car that has failed an emissions test and is out of tune can also improve its gas mileage by about 4%, which translates into 14 cents a gallon in gas savings. In addition, defensive -- versus offensive -- driving can save you some gas money. Aggressive driving -- speeding, rapid acceleration and braking -- wastes gas, can lower your mileage by about 33% on the highway and by about 5% in town, and can cost you from 18 cents to \$1.16 per gallon of gas, according to the Department of Energy.

It might seem obvious, but try cutting down on driving to save on gas. If you're commuting to work, consider participating in carpools and ride-share programs, which can chop your weekly fuel costs in half, the Department of Energy says. Also think about using public transportation if it's an option in your area. The American Public Transportation Association offers information about public transportation in California.

*"Money is only a tool.
It will take you wherever you wish, but it will not replace you as the driver."
~ Ayn Rand*

