

**Branch Chief Volunteer
and Child/Youth**

Paula Sumrall
paula.sumrall@us.army.mil

**Assistant Volunteer
Coordinator**

Darla Haines
darla.haines@us.army.mil

**National Volunteer
Outreach and Training
Program Coordinator**

Deanna Cole
Deanna.L.Cole@us.army.mil

**National Volunteer
Newsletter Team
Coordinator/Team Lead:**

Chris Yriarte, Oregon
region10@guardfamily.org

Volunteer Staff:

Susan LaFlame, Massachusetts
S_laflame@hotmail.com
Becca Heffernan, New Hampshire
heffernanfamilly@yahoo.com
Jenny Testerman, Tennessee
Jenny.testerman@us.army.mil

Judy Cook (Member at Large)

**Regional Volunteer
Representatives**

Region 1 – Dee Dee Rice
region1@guardfamily.org

Region 2 – Gordon Lattey
region2@guardfamily.org

Region 3 – Alice Capehart
region3@guardfamily.org

Region 4 – Wallace Paschal
region4@guardfamily.org

Region 5 – Susan Webb
region5@guardfamily.org

Region 6 – Dennis Schroeder
region6@guardfamily.org

Region 7 – Jeanne Zerbonia
region7@guardfamily.org

Region 8 – Arla Ruiter
region8@guardfamily.org

Region 9 – Pati Montemayor
region9@guardfamily.org

Region 10 – Chris Yriarte
region10@guardfamily.org

Tammy Chase (Member at Large)
tammychase.vtt@gmail.com

**NATIONAL
GUARD
REGIONAL
VOLUNTEER
TEAM**



**Chris
Yriarte**

What a rewarding experience this has been meeting volunteers and working with so many wonderful people who have a common goal – “helping military families.”

I have been a volunteer with the National Guard Family Program since 1981. My husband was the Commander for a detachment in Burns, OR and he needed help getting the program underway. I am sure this sounds very familiar to many of you volunteers – “been there done that.” I never envisioned where that path would take me. The program first began as “Family Wellness”, later changed to “Family Support” and then to “Family Readiness” as it is today. I have served in many lead volunteer coordinator positions over the years and trained and mentored numerous volunteers. Today I continue to work closely with our Brigade FRSA.

I am a Charter member of the National Guard Regional Volunteer Team (NGRVT) and have served on that team since December 2008. My term will end in March 2012 and a new member selected for Region 10 will take my place. This TEAM was a dream of Ms Paula Sumrall the National Volunteer Coordinator along with the National Family Program Awards to recognize volunteers for their outstanding accomplishments.

I am from a small rural town in eastern Oregon and a mother of three grown children and three beautiful granddaughters. My husband of 43 years is BG (Ret) Charles Yriarte. My career of 27 years has been with the Malheur National Forest serving in budget and financial positions and the Volunteer Coordinator. I serve as the lead for the Forest Combined Federal Campaign and the County wide health fair co-sponsored with the local health department and hospital.

I took on the task to develop this national newsletter “Air to Ground” and we have proudly brought you 9 issues to date.

**SHARING THEIR VOICES AT THE NATIONAL LEVEL – THE
NATIONAL GUARD REGIONAL VOLUNTEER TEAM**

In December 2008, 10 statutory volunteers from across the nation came together in Washington DC to lay the ground work for what is now the National Guard Regional Volunteer Team (NGRVT). The Member at Large, designated as the Volunteer Training Team leader, was also selected to serve as a member of the NGRVT. As it was then, and remains so today, members may include spouses, parents, grandparents, veterans or community volunteers from either the Air or Army National Guard.

The duties of the NGRVT are to assist the National Volunteer Coordinator by representing the 10 Joint Family Program regions at meetings via webinars and phone conferences to share accumulated information and “best practices”. Through an awards program directed by the NGRVT, the Team determines the criteria for the national Family Program Awards selection process, facilitates and selects the recipients for awards and assists in the presentation of awards at the annual Family Program Workshop and Youth Symposium.

The NGRVT designated 2011 as the first year to rotate members. The call for nominations went out to the states in Regions 4, 6, 8 and 10 in October and closed October 15. New members will be selected and will work with current members through the end of January 2012 in order for them to successfully transition into their new roles. New members will be featured in the January 2012 issue of the national newsletter, Air to Ground.

WHY IS NOVEMBER 11TH VETERANS DAY?

Veterans Day, formerly known as **Armistice Day**, was originally set as a U.S. legal holiday to honor the end of World War I, which officially took place on November 11, 1918. In legislation that was passed in 1938, November 11 was "dedicated to the cause of world peace and to be hereafter celebrated and known as 'Armistice Day.'" As such, this new legal holiday honored World War I veterans.

In 1954, after having been through both World War II and the Korean War, the 83rd U.S. Congress -- at the urging of the veterans service organizations -- amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans." With the approval of this legislation on June 1, 1954, Nov. 11 became a day to honor American veterans of all wars.

In 1968, the **Uniforms Holiday Bill** ensured three-day weekends for federal employees by celebrating four national holidays on Mondays: Washington's Birthday, Memorial Day, Veterans Day, and Columbus Day. Under this bill, Veterans Day was moved to the last Monday of October. Many states did not agree with this decision and continued to celebrate the holiday on its original date. The first Veterans Day under the new law was observed with much confusion on Oct. 25, 1971.

Finally on September 20, 1975, President Gerald R. Ford signed a law which returned the annual observance of Veterans Day to its original date of Nov. 11, beginning in 1978. Since then, the Veterans Day holiday has been observed on Nov. 11.

Did you know that many people confuse Veterans Day with Memorial Day? The difference between the two is that Memorial Day honors servicemembers who died in service to their country or as a result of injuries incurred during battle. Deceased veterans are also remembered on Veterans Day but the day is set aside to thank and honor living veterans who served honorably in the military - in wartime or peacetime.

It would seem that as military families, our children would understand the reasoning behind Veterans Day. However, we should still talk about it with our children and the community so that they understand why we celebrate and how the day is different from Memorial Day. Now is the perfect time to educate your children about the history of this holiday and the sacrifice and dedication of our U.S. veterans. How you celebrate this holiday in a creative and constructive way with your children is up to you, but here are a few ideas according to the Department of Veterans Affairs and EducationWorld.com with a few tweaks:

1. Teach your children about the history of Veterans Day by having them create a time line of events leading to the observance of the holiday.
2. Have your children write short articles or essays of how veterans are honored around the world. Also, propose that your children interview local veterans and family members to learn about what it's like to serve in the U.S. military from the perspective of the service member.
3. Research how American veterans were treated after they returned from various military conflicts, ranging from the French and Indian War to the Persian Gulf War. Ask your children to compare and contrast their findings. Also compare and contrast how women and minorities who served in those conflicts were treated.
4. Have children draw a picture of Veterans Day, and what this holiday means to them. Military children can draw a picture of a parent who is currently deployed, or a relative who has served.
5. Make a thank you card for veterans. Children can give this card to veterans that they know or to veterans who are listed through the local VA medical facility.
6. Ask your children's teacher to invite veterans to their classroom. Veterans can discuss what it's like to serve in the military, and how important it is to observe this holiday. For the more ambitious, organize a school-wide program where veterans of all ages can visit and celebrate together at an assembly.
7. Have your children make a colorful and fun poster with the names and pictures of relatives who are veterans.

As you can see, there are a variety of ways to celebrate Veterans Day with your children. Teaching children about the significance of this holiday will deepen their appreciation of our nation's service members and veterans. Veterans Day is the perfect opportunity to use fun activities to teach your children about the importance of this holiday.

Source: <http://www.military.com/veterans-day/celebrate-veterans-day.htm>

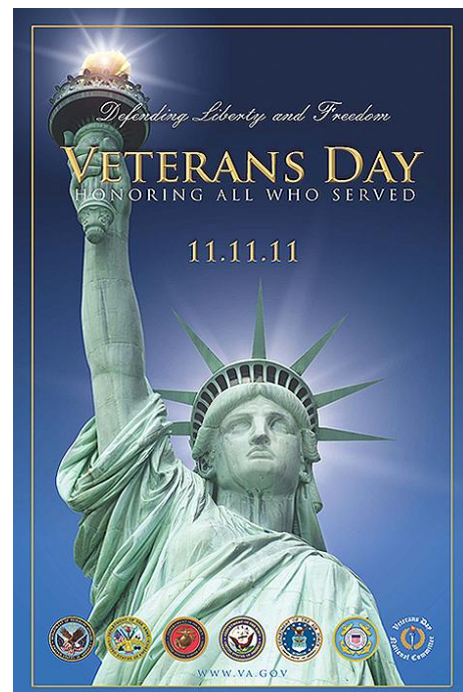
VETERANS DAY ACKNOWLEDGEMENTS ACROSS THE COUNTRY

Every year communities and corporations look for ways to say “thank you” to those who serve; especially on Veterans Day. The following is a brief list of nationwide ways of recognition:

- **Eat Free at Applebee's** - Military veterans and active-duty service members will be able to eat for free at any Applebee's across the U.S. on Veterans Day, Nov. 11, 2011. There will be six entrees from the menu to choose from. Guests will be asked to show one or more of the following as proof of service: a U.S. Uniform Services Identification Card, U.S. Uniform Services Retired Identification Card, Current Leave and Earnings Statement, Veterans Organization Card, a photograph in uniform, or wearing a uniform in person. For more information about Veterans Day at Applebee's, visit the Applebee's website at www.applebees.com/vetsday.
- **Fee Free Day at National Parks** - This freebie is in honor of Veteran's Day but everyone can take part in it. Over 100 national parks will waive admission fees on November 11-13, 2011 in honor of Veteran's Day.
- **Home Depot and Lowe's Military Discount** - Home Depot and Lowe's have long been known to offer a 10% holiday discount to military members and their families, and in many cases veterans and retirees. These promotions were usually limited to the main military holidays such as Memorial Day, Fourth of July, and Veterans Day. Well, no longer! Both companies have just announced these offers are available every day of the week!
- **Salute from Outback Steakhouse** - As an expression of Outback Steakhouse's appreciation to our Country's veterans and active duty military, a **free Bloomin' Onion and beverage of choice** (one non-alcoholic drink or one draft Anheuser Busch beer except where prohibited by law) will be available to them at every Outback in the country on Veterans Day.
- **Knott's Berry Farm Free Admission** - Knott's annual tribute to our Military, past and present, starts November 1st. FREE admission for Veterans or current serving military personnel and one guest with proper I.D. presented at turnstile. (DD214, Veterans Administration Hospital ID or Active Military Service ID.) Plus purchase up to six additional tickets for just \$15 each! Ends Thanksgiving Day.
- **Military Eat Free at Golden Corral** - If you are a veteran, retired, currently serving, in the National Guard or Reserves, you are invited to join us for Golden Corral's Military Appreciation Monday dinner on November 14, 2011. The free meal is a special "thank you tribute" to any person who has ever served in the United States Military. All Golden Corral restaurants nationwide participate in this event benefitting the Disabled American Veterans organization.
- **Disney's Armed Forces Salute** – www.disneymilitarysales.com Discounted ticket sales for active duty service members, guard and reservists, veterans, retirees.
- **Anheuser-Busch Parks “Here’s to the Heroes” Program** - www.herosalute.com/cavatx/index.html Complimentary admission for active duty military representing all five service branches, active members of a reserve or National Guard unit, and/or up to three direct dependants. Valid for one complimentary single-day admission per person, per year, to one of the following Anheuser-Busch Adventure Parks:
 - SeaWorld Orlando, San Diego, or San Antonio
 - Busch Gardens Tampa Bay or Williamsburg
 - Sesame Place
 - Adventure Island
 - Water Country USA

Offer valid through 12/31/2011. Operating days and hours vary by park. Please check with specific park for current operating schedule.

As previously stated, this is a very brief list of confirmed nationwide offers. Please check your local area for any regional offers. A good rule of thumb is, if no discount is publicized; always ask.



HOW EARLY SHOULD I SEND A HOLIDAY PACKAGE OVERSEAS?

Ensuring care packages arrive in time for the holiday season is a priority for friends and family members of military personnel serving around the world. To help get packages on their way, the U.S. Postal Service offers a discount on its largest Priority Mail Flat Rate Box.

Environmentally friendly Priority Mail Flat Rate boxes are available at no cost at any Post Office, or can be ordered online at shop.usps.com. Postage, labels and customs forms can be printed online anytime using Click-N-Ship.

The Postal Service continues to show support to those serving in the armed forces by offering free Military Care Kits, designed specifically for military families sending packages overseas. The mailing kits can be ordered by phone by calling 1-800-610-8734 and asking for the Military Care Kit. Each kit includes two “America Supports You” large Priority Mail Flat Rate boxes, four medium-sized Priority Mail Flat Rate boxes, six Priority Mail labels, one roll of Priority Mail tape and six customs forms with envelopes.

For online ordering of the large Priority Mail APO/FPO Flat Rate boxes featuring the “America Supports You” logo and information about mailing letters and packages to military destinations, go to Supporting Our Troops.

To ensure delivery of holiday cards and packages by Dec. 25 to military APO/FPO addresses overseas, the Postal Service recommends that mail for service members be sent no later than the mailing dates listed below.

Mail addressed to military Post Offices overseas is subject to certain conditions or restrictions regarding content, preparation and handling. APO/FPO addresses generally require customs forms. To see an online table of updated APO and FPO addresses and mailing restrictions by individual APO/FPO ZIP Codes, click [here](#), select “Pull-Out Information” and click on “Other Information.”

Holiday Dates for Military Mail Calculated for December 25, 2011						
Addressed to	Express Mail® Military Service (EMMS)	First-Class Mail® Service	Priority Mail® Service	Parcel Airlift Mail (PAL)	Space Available Mail (SAM)	Parcel Post® Service
APO/FPO/DPO AE ZIPs™ 090-092	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO/DPO AE ZIP™ 093	N/A	Dec 3	Dec 3	Dec 1	Nov 26	Nov 12
APO/FPO/DPO AE ZIPs™ 094- 098	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO/DPO AA ZIP™ 340	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12
APO/FPO/DPO AP ZIPs™ 962-966	Dec 17	Dec 10	Dec 10	Dec 3	Nov 26	Nov 12

HOLIDAY MAIL FOR HEROES

For five years now, American Red Cross and Pitney Bowes have partnered in order to make sure that grateful citizens have an opportunity to send holiday greetings to deployed or wounded service members. This is a wonderful service project with little cost for classes, civic organizations, and FRG's to do. There's not a service member who wouldn't appreciate a touch of home during the holidays.

All mail should be sent to:

Holiday Mail For Heroes

P.O. Box 5456

Capitol Heights, MD 20791-5456

Should your group decide to participate in this worthwhile program, here are a few helpful hints:

Every card received will be screened for hazardous materials by Pitney Bowes and then reviewed by Red Cross volunteers working around the country.

Please observe the following guidelines to ensure a quick reviewing process:

- Ensure that all cards are signed.
- Use generic salutations such as "Dear Service Member." Cards addressed to specific individuals cannot be delivered through this program.
- Only cards are being accepted. Do not send letters.
- Do not include email or home addresses on the cards, as the program is not meant to foster pen pal relationships.
- Do not include inserts **of any kind**, including photos, as these items will be removed during the reviewing process.
- Participants should limit the number of cards they submit to 25 from any one person or 50 from any one class or group. If you are mailing a large quantity, please bundle the cards and place them in large mailing envelopes. Each card does not need its own envelope, as envelopes will be removed from all cards before distribution.

HELPING HEROES AT HOME DURING THE HOLIDAYS

Is your FRG looking for a service opportunity? Operation Homefront and Dollar Tree have teamed up to help military families provide toys for their children at Christmas. Over 3,900 Dollar Tree and Deals stores around the country will be collecting toys from November 1st through December 6th, 2011. They have a goal to collect 6+ million toys and need volunteers to reach their goal.

In order to help, you must first register as a volunteer through the following link:

<http://www.operationhomefront.net/collectionvolunteer.aspx>. Once you have entered the necessary contact information, you will be able to access a listing of Dollar Tree and Deals stores within a 100 mile radius of where you live. You will then be able to select up to 15 stores you would like to serve as the pickup point of contact. Each store will have one point of contact, and that person is responsible for collecting the toys from that store during the collection dates.

Beginning November 1, 2011, store customers will be given the opportunity to purchase toys for military families. Once the items are purchased, they are placed into a drop box located near the checkout counters. The pick-up schedule for the donations should be pre-arranged with the store manager.

Once you have picked up the toys, you can distribute them to the military families you serve, or if instructed, return the items to the Operation Homefront chapter that services your particular state. The collection and distribution process is a great way for even the youngest FRG member to participate. Families needing assistance from Operation Homefront can register for a multitude of resources through the Operation Homefront website. More information regarding the program and types of assistance available can be found at <http://www.operationhomefront.net>



MFLACs AND RESILIENCY DURING THE HOLIDAY SEASON

Military Family Life Consultants (MFLC) provide families with quick access to counseling and appropriate resources. They address issues that occur specifically within the military lifestyle and help service members and their families cope with normal reactions to the stressful situations created by deployments and reintegration. They help families develop action plans to deal with everyday problems and maintain readiness and resiliency.

Since the program was piloted in 2004, MFLCs have helped service members and their families within the continental United States, Alaska, Hawaii, Europe, and the Pacific Rim. They work on installations stateside and overseas, assessing needs, providing support, and referring to appropriate resources as necessary.

The MFLC program provides support for a range of issues including: relationships, crisis intervention, stress management, grief, occupational and other individual and family issues. Psycho-educational presentations on reunion/reintegration, stress/coping, grief/loss and deployment are provided to commands, Family Readiness Groups, Soldier Readiness Processing and other requested locations. MFLC support is also provided to the Child and Youth Program. Support for these issues empowers individuals during the problem-solving process, increases individual and family competency and confidence in handling the stressors of military life and ensures personal resiliency.

Due to the success of the pilot program, the MFLC Program has grown to include additional services and outreach capabilities: Joint Family Support Assistance Program (JFSAP), the Personal Financial Counseling (PFC) Program, the IRR Call Center Program, Child & Youth Services (CYS) Program and Victim Advocacy (VA) Services. By expanding to include these programs, MFLC consultants provide a comprehensive spectrum of behavioral health support to military service members and their families. Please contact your state's Family Programs office to obtain contact information for the MFLC available in your area.

Consider having a MFLC on your FRG meeting agenda during the holiday season.

HAPPY BIRTHDAY NATIONAL GUARD (AND VOLUNTEERS, TOO!)

We're a little early, but we'd like to recognize December 13th, the 375th Anniversary of the National Guard. The National Guard is the oldest component of the United States Armed Forces and one of the nation's longest-enduring institutions. Yes, you are part of something that dates back to 1636! And yes, the volunteer history goes back just as far, with friends and families supporting service members and their missions. Back then, the volunteers did not run concession stands or have phone trees like we do now. For example, during the American Revolution, volunteers are documented to have fed soldiers, provided laundry services, cared for the sick, and even brought water onto battlefields. If you have spent any time around the Field Artillery or the Air Defense Artillery, you may have heard the nickname "Molly Pitcher," who is rumored to have stopped her water delivery and taken over her husband's cannon duties when he collapsed during battle. Today we are proud to follow in "Molly's" footsteps in a different way, but with the same passion. So happy birthday, National Guard! We salute you.



"BE HERE" ATTENDANCE CAMPAIGN LAUNCH

Is school absenteeism a concern in your family? Are you leaving for deployment, and need help composing a letter to your child's school? Does your child have an absenteeism problem and you are not dealing with the complications of deployment? Are you a commander who is unsure of how your unit's schedule is affecting the school performance of your children/those of your subordinates? These and many other issues are addressed in the "Be Here" attendance campaign Toolkits the DoDEA (Department of Defense Education Activity) Educational Partnership Branch recently launched. These toolkits contain downloadable "ready-to-go" briefs, flyers, PSAs, newsletter/newspaper articles, message templates and much more on this complicated subject. The resources are organized into three toolkits:

1. Schools & Teachers
2. Parents & Students
3. Military Leadership & SLOs

Visitors to the website can browse these virtual toolkits, and select what is most helpful. Whenever possible, resources have been provided in WORD or PPT format so that they may be modified and/or revised to meet your specific needs. The toolkits are available at: <http://www.militaryk12partners.dodea.edu/behere.cfm>

Everyone is encouraged to provide this link on your websites, and share the resource with all of your stakeholders and partners in your efforts to improve attendance and inform families about the new DoDEA attendance policy. Check back often as they will continue to update the site with additional resources. You may find these toolkits helpful in your efforts to promote the "Be Here" campaign, and ultimately improve school attendance in your unit.

FOREVER IN OUR HEARTS: INVOLVING GOLD STAR FAMILIES

Has your FRG been looking for new members? A new and different way to do community outreach? Please consider a service project relating to the Gold Star Families in your community. Gold Star Families are those who've lost a family member in combat. In most cases, these families will be the first to arrive at an event in support of troops and often the last to leave. All they ask in return is that their loved one not be forgotten.

Discovering the Gold Star Families in your community isn't as hard as it might seem. There are Gold Star Mothers chapters nationwide . With just a little communication, an FRG could be provided with the contact information of the local chapter president to whom cards of encouragement, Holiday greetings, or a simple thinking of you notes or cards could be sent for distribution. Consider using the opportunity to let local Gold Star Families know that The White House is creating a Gold Star Family tree this year and that local Gold Star families are encouraged to send in a picture(s) of their loved ones to be included through <http://www.whitehouse.gov/webform/holiday-participant-additional-information>.

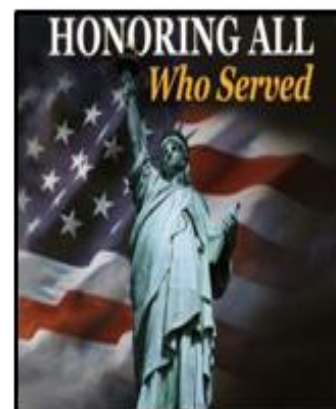
Just as any other family who've lost loved ones the holidays can hold a special loneliness. A simple act of kindness from your FRG may be just the ray of sunlight they need. As relationships are built; make it a point to continue cards or calls for other special days or holidays. Invite them to participate in FRG events or support events in your community. For the sacrifice their family has made; it seems like the least we could do.

Resource Corner:

<http://www.tutor.com> Free online tutoring services and homework help for students of all ages. The eligibility for use of this service has recently been extended National Guard families.

<http://www.militarydisneytips.com> Tips and advice for military members and their families on how to take advantage of all the great military discounts available on Walt Disney World vacations that are exclusively available to the military and DoD community.

<http://www.whitehouse.gov/joiningforces> Presidential initiative highlighting opportunities across the public and private sectors, and lay the foundation for a coordinated approach to supporting and engaging military families for years to come.



VOLUNTEER WEBINARS: ON LINE VOLUNTEER TRAINING



Volunteer Training Team "By Volunteers - For Volunteers"

VTT webinars are online/web-based seminars (visual online and audio with a toll free telephone number) and discussions offering resources and tools for volunteers. Each month is a different TOPIC that consists of 1 to 3 sessions.

For more information on future VTT trainings please go to www.jointservicessupport.org and click on Events and then Calendar, or e-mail Deanna Cole at deanna.l.cole@us.army.mil or Tammy Chase at tammychase.vtt@gmail.com.

NOVEMBER 2011

TOPIC: Just A Click Away: Making the Most of Volunteer Resources on the Web

An overview of how to use web research with selected key volunteerism sites and use those to lead you to quality and new online resources and information.

Session 1

November 1st

10:00 AM -11:00 AM, Eastern

<https://www2.gotomeeting.com/register/581694474>

3:00 PM – 4:00 PM, Eastern

<https://www2.gotomeeting.com/register/287276130>

November 3rd

9:00 PM – 10:00 PM, Eastern

<https://www2.gotomeeting.com/register/424581146>

Session 2

November 8th

10:00 AM – 11:00 AM, Eastern

<https://www2.gotomeeting.com/register/357134706>

3:00 PM – 4:00 PM, Eastern

<https://www2.gotomeeting.com/register/483446650>

November 10th

9:00 PM – 10:00 PM, Eastern

<https://www2.gotomeeting.com/register/255606170>

TOPIC: Resources that are available to you and your FRG

How to find and use the resources that are available to you in your FRG's. This will be a one session webinar.

Session 1

November 9th

10:00 AM – 11:00 AM, Eastern

<https://www2.gotomeeting.com/register/998870010>

9:00 PM – 10:00 PM, Eastern

<https://www2.gotomeeting.com/register/536655498>

DECEMBER 2011

TOPIC: What Have I Gotten Myself Into

Session 1

December 6th

10:00 AM -11:00 AM, Eastern

<https://www2.gotomeeting.com/register/965128346>

3:00 PM – 4:00 PM, Eastern **VOICE OVER IP ONLY**

<https://www2.gotomeeting.com/register/979826490>

December 8th

9:00 PM – 10:00 PM, Eastern

<https://www2.gotomeeting.com/register/317682922>



COORDINATOR/TEAM LEAD: Tammy Chase ~ tammychase.vtt@gmail.com

Volunteer Training Team Leads:

Nicole Campbell ~ ncampbell07@gmail.com

Judy Cook ~ wyngvolunteer@aol.com

DeAnna Gullett ~ r.gullett@insightbb.com

Glory Rossbacher ~ glory.volunteer@gmail.com

Lori Vaughan ~ lori.vaughan@us.army.mil

Volunteer Training Team

Donna Antal

Aquanette Clarke

Elizabeth Flagg

Nia Flannery

Sue Giskaas

April McLean

Pati Montemayor

Kenna Pemberton

Jenny Testerman

Gail Tamaribuchi

Karen Tryon

Gerda Weekley

Cara Wheeler