

UPCOMING EVENTS

Happy Halloween 10/31/2011

Veterans Day 11/11/2011

Remember all of our Service Members on this special day. We thank all of you that are serving our country to help protect us and keep us safe.

172AW Joint Family Day see page 5 for more information.

Silent Auction items needed.

ITEMS CAN BE DROPPED OFF AT THE FAMILY READINESS OFFICE PRIOR TO FAMILY DAY OR YOU CAN CHECK ITEMS IN ON FAMILY DAY!

Everyone is encouraged to bring an item for the silent auction! Please check your closet, attic, and garage for those items you have been threatening to get rid of. REMEMBER- "One Person's junk is another's treasure!" *Silent Auction with ALL proceeds going to the 172d Airlift Wing Family Emergency Relief Fund.*

Yellow Ribbon Events for November
SOD South Pre 19/20 NOV
172-186 Pre 19/20 NOV

Call Ms Erin Freeman about registration for these events at 601-313-6161

Thanksgiving Day 11/24/2011

**STRONG BONDS:
Coming in
February 2011**

SUPPORT OUT TROOPS

Candy Drive For Deploying Service Members

Anyone, schools, FRG's or any organization that would like to contribute to the candy drive please
Contact: Jane Lyon
601-313-6766

The candy will be placed on the SRP floor at Camp Shelby in canisters on each desk while the soldier processes through each department for clearance. Our service members stand in these lines for 3 to 4 hours to process their paperwork. Sometimes they do not have time to eat meals. Be a part of this project, contact us and we will have the chaplains pick up the candy. Please involve anyone or organization to help our troops.

Military Families

Families4Guard

1-888-288-4898

AFTER HOURS NUMBER

For Emergencies

Family Programs wants to hear from your unit.

Any FAMILY DAYS or Special Events

happening with your unit? Send pictures of your event to

olevia.lyon@us.army.mil





172d Airlift Wing FAMILY DAY 2011



LIVE ENTERTAINMENT

SWAMP PEOPLE

Bruce & His Dog Tyler,
Cory Hunt and LIVE gators
The Band "HWY 39"
Son's of Guns Cast
Rap Artist "Steel Bill"



Petting Zoo & Pony Rides
LUNCH & REFRESHMENTS

CASE LOT SALE!

Friday & Saturday

SPACE JUMPS

TRAIN RIDE

**DON'T FORGET
YOUR LAWN CHAIRS FOLKS**

PLUS
OUR ANNUAL



MAGIC SHOW

**NOVEMBER 5
0900-1630**

**PLEASE BRING YOUR
FAVORITE
DESSERT!**



YOUTH!

Look for upcoming events next month!!



“If your actions inspire others to dream more, learn more, do more and become more, you are a leader.”

-John Quincy Adams

How can you be a leader in your home, school, and community??

- * Do some chores around the house without your parents asking you to do them!
- * Stand up for what is right and avoid peer pressure! Bullying in schools has become a major problem!! Tell an adult if this is happening to you or someone you know!!
- * Pick up trash or rake leaves in your community! Help the elderly or a friend in need!

GEARING UP FOR

Fall



UNSCRAMBLE THE WORDS!!

OLAWHENLE _____

MKPISUPN _____

EVLASE _____

OBLALOTF _____

AVIHNTGKGNIS _____

URTYK _____

OUR MILITARY KIDS

Our Military Kids provides substantial support in the form of grants to the children of National Guard and Military Reserve personnel who are currently deployed overseas, as well as the children of Wounded Warriors in all branches. The grants from Our Military Kids pay for participation in sports, fine arts, camps, and tutoring programs that nurture and sustain children while a parent is away in service to our country or recovering from injury.

Email address: OMKInquiry@ourmilitarykids.org.

Phone: (703) 734-6654, or toll free (866) 691-6654

Fax: (703) 734-6503

Address:

Our Military Kids, Inc.
6861 Elm Street, Suite 2A
McLean, VA 22101

Military OneSource

Whether it's help with child care, personal finances, tax preparation and filing, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is available at no cost. The Military OneSource interactive website includes locators for education, child and elder care, online articles, access to free educational books and CDs, referrals to military and community resources, financial calculators, live online Workshops, an option to email a consultant and much more.

Military OneSource is provided by the Department of Defense at no cost to Active Duty, Guard and Reserve Service Members (regardless of activation status) and their Families. It is a virtual extension of installation services.

www.MilitaryOneSource.com

Call 1-800-342-9647

Marshay Lawson

601-874-4641

marshay.lawson@militaryonesource.com

Military Family Life Consultant (MFLC)

Adult Military Family Life Consultant-MFLC:

Kyseta Warner-Armstrong

601-850-0417, kyseta.x.warner-armstrong@healthnet.com

In addition to role of building/enhancing community capacity, provide non-medical, short-term, solution-focused counseling services to individuals, couples, Families, and groups. Facilitate educational groups addressing life skills and military lifestyle topics.

Child and Youth Behavioral (CYB)-MFLC:

Kerry Johnson

601-497-3128, Kerry.C.Johnson@healthnet.com

Provide outreach to Families with children to offer parenting and child development education, non-medical counseling and referral, and raise Family and community awareness about the effects of deployment and reunification on children and youth.

Family Program Personnel

State Family Program Director

MAJ James A Clark

601-313-6379, james.andrew.clark@us.army.mil

Family Programs Specialist

SGM Earnest R Norton

601-313-6169, earnest.norton@us.army.mil

Senior Family Readiness Support Assistant

Olevia Jane Lyon

601-313-6766, olevia.lyon@us.army.mil

State Child and Youth Coordinators

Allen Pope

601-313-6765, allen.pope@us.army.mil

Jan Reeves

601-313-6620, jan.reeves@us.army.mil

Strong Bonds

SSG James Huffman

601-313-6712, james.wade.huffman@us.army.mil

172nd Airlift Wing Family Readiness

Marianne Breland

601-405-8211, marianne.breland@ang.af.mil

186th ARW Airman and Family Readiness

Connie Myers

601-484-9623, constance.myers@ang.af.mil

CRTC Air and Family Readiness

Charles Carrigan

228-214-6018, charles.carrigan@ang.af.mil

Yellow Ribbon Program Director

MAJ Joseph Hardman

601-313-6715, joseph.hardman@us.army.mil

For your financial needs contact :

Military Family Life Consultant-MFLC:

Willie McGriggs

601-214-5230, willie.e.mcgriggs@mhn.com

MSNG FAMILY PROGRAMS NEWSLETTER



Families4Guard

What Can The Family Program Office Do For You?

1410 Riverside Drive

Jackson, MS 39202

The National Guard values the support and contributions of our Families. Family Programs not only benefit Service Members and their Families, but also have a positive impact on a unit's morale and readiness.

The Family Program Office is ready to assist your Family. There isn't a problem, situation or concern that cannot be addressed by this office. You are promised complete confidentiality and professional service in a timely manner.

<http://www.jointservicesupport.org/FP/>
Hours: Monday-Friday 8:00am to 4:30pm



Family Assistance Offices

Essential Services:

Family Assistance Centers provide information regarding entitlements, benefits and support. They help simplify the process of accessing needed services and support.

- 1) [Legal Resource and Referral](#)
- 2) [Financial Resource and Referral](#)
- 3) [TRICARE Resource and Referral](#)
- 4) [ID Cards and DEERS](#)
- 5) [Crisis Intervention and Referral](#)
- 6) [Community Information and Outreach](#)

Family Assistance Center Specialists

Blenda Gann	601-558-2405	Cp Shelby
	blenda.gann1@us.army.mil	
Sumer Works	601-558-2284	Cp Shelby
	sumer.l.pounds@us.army.mil	
Laurie Landry	228-396-4962	St Martin
	laurie.landry@us.army.mil	
Kathie Ladner	228-396-4962	St Martin
	katherine.ladner@us.army.mil	
Betty Lambert	601-558-2405	St Martin
	betty.lambert2.ctr@us.army.mil	
Cliff Olson	662-562-6920	Senatobia
	clifford.olson@us.army.mil	
Ricky Posey	601-696-8751	Meridian
	ricky.posey@us.army.mil	
Bill Shack	662-891-9754	Tupelo
	william.shack@us.army.mil	
Tootsie North	601-313-6501	Jackson
	tootsie.north@us.army.mil	

Family Assistance Coordinator

Paul Purser 601-313-6502 Jackson

Family Assistance Emergency Contact

After Hours Number:
1-888-288-4898

Useful Online Resources

MSNG FAMILY PROGRAM WEBSITE

www.jointservicesupport.org

OPERATION: MILITARY KIDS

www.operationmilitarykids.org

DEERS:

www.tricare.osd.mil/DEERS

TRICARE:

www.tricare.osd.mil

TRICARE DENTAL/UNITED CONCORDIA:

www.ucci.com

MISSISSIPPI NATIONAL GUARD WEBSITE:

<http://ms.ng.mil/Pages/Default.aspx>

POST EXCHANGE/BASE EXCHANGE:

aafes.com

COMMISSARY:

www.commissaries.com

- * Preparation
- * Alert & Call to Duty
- * Separation
- * Mission
- * Reunion
- * Support/Mentor Family Readiness Groups (FRGs)
- * Volunteer Training



**NO FAMILY OR SERVICE MEMBER IS
EVER TURNED AWAY BECAUSE OF
STATUS OR BRANCH OF SERVICE.**

Family Readiness

FAMILY READINESS CAN BE REALIZED THROUGH EDUCATION & TRAINING

QUALITY OF LIFE

- * Family Fitness
- * Nutrition
- * Exercise
- * Stress
- * Parenting Skills

...ALL ELEMENTS OF FAMILY WELLNESS



Vision

To enhance quality of life for National Guard members, their families, and the communities in which they live.

Mission

To assist Family Readiness Groups and their families to cope with the strains associated with the unit deployment and state emergencies, and to receive necessary assistance from military and civilian resources.

What size turkey do I need?

For a large family usually 1 to 1 1/2 lbs per person. Smaller turkeys about 12 lbs allow 2 lbs per person.

How do you defrost a frozen turkey?

Place in the bottom of your refrigerator on a rimmed baking pan. Allow five hours of defrosting per pound.

How to prepare a Turkey for cooking?

Thaw turkey, remove the giblets, and neck, which you can save them to make a gravy. Rinse the turkey under cool water then dry it inside /out with paper towels.

Stuffing the turkey will be up to you and how comfortable you feel about doing it correctly.

It is more flavorful but is not necessary.

Stuff your turkey just before placing in the oven. Stuffing should be cool and not packed in tightly. A 12-15 lb turkey calls for about 10 cups of stuffing; a 15-20 lb can hold up to 12 cups of stuffing.

Always use a thermometer to test the stuffing that it reaches 165 degrees in the center. Alternate plan cook the dressing in a buttered casserole dish at 375 degrees, covered with aluminum foil and baste it occasionally with the turkey drippings. Cook approximately 35-45 minutes.

Thanksgiving

Additional Items to Serve:

Green Bean Casserole or Seasoned Green Beans with Sliced Almonds

Roasted Garlic Mashed Potatoes

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Desserts:

Pumpkin Pie

Easy Apple Cobbler

2 cans of apple fruit pie filling

Pour into baking dish 9x12

Sprinkle one box of yellow cake mix evenly on top. Slice 2 sticks butter and evenly place pieces along top of cake mix. Bake at 350 degrees for one hour.

Option: Add Ice Cream/ala mode



Turkey Cooking Times

Weight	Unstuffed	Stuffed
10-12 lbs	3 1/2 Hours	4 Hours
12-15 lbs	4 Hours	4 1/4 Hours
15-18 lbs	4 1/4 Hours	4 3/4 Hours
18-21 lbs	4 3/4 Hours	5 1/4 Hours

