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**INSIDE THIS
ISSUE:**

Zoo Day	1
Chaplain's Corner	2
FAC Information	2
Kids Kamp	3
Youth Rendezvous	3
Talking w/ Your Child	4



Family Program News

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APRIL 2006

2nd Annual National Guard Appreciation Day (Zoo Day)

Come Join Us at the OKC and Tulsa Zoos

The 2nd Annual National Guard Appreciation Day at the OK Zoos is fast approaching— **April 15, 2006.**

This is a day for Army and Air National Guard members and their families to enjoy the animals at both the Oklahoma City Zoo and the Tulsa Zoo and Living Museum. So mark your calendars folks, and come one, come all.

Everyone will pick up their coupons at the Zoo on April 15th. Simply show your military ID to pick up your discounted coupons at our table outside the ticket booth.

Last April over 1200 guard members and their families enjoyed a day at the Zoo. This year we hope to DOUBLE that number!

Discounted tickets and recognition for the National Guard was a way for the Zoos in Oklahoma to thank us for our service. They recognize the dedication and sacrifice Oklahoma guard members have made both at home and overseas

This year, we will have a big banner for Zoo visitors to sign with messages of safety and support for our troops overseas.

New additions this year include the Recruiting and Retention Command's rock climbing wall at the Tulsa Zoo. The obstacle course or the laser tag arena at the Oklahoma City Zoo.

On April 15th, the **Oklahoma City Zoo is open from 9:00am-5:00pm**, once in, you can stay until dusk. The price is **\$1.00/person** for ages 3 and up. Ages 2 and under are free.

The **Tulsa Zoo will be open from 11:00am-5:00pm**, once in, you can stay in until 6:00pm. The price is **\$1/person** for ages 3 and up. Ages 2 and under are free. At Tulsa, there is the admittance fee for Mohawk Park \$2/car.

Please help us pass the word and come join us for the 2nd Annual National Guard Appreciation Day on April 15th.

**POC: OKC—SSG Laura Motley at 405-475-1970
TULSA—Mrs. Jessica Hurt at 918-832-6543**



Chaplain's Corner

Face Your Fears

1 Kings 19:15-16
Then the Lord said to [Elijah]: "Go, return on your way to the Wilderness of Damascus; and when you arrive, anoint Hazael as king over Syria. Also you shall anoint Jehu the son of Nimshi as king over Israel. And Elisha the son of Shaphat of Abel Meholah you shall anoint as prophet in your place."

Biologists say that fear is not only a universal emotion, but the first of the emotions to be developed in man and beast. If you have ever picked up a baby bird fallen from its nest, you have felt the rapid, terrified beating of its heart. Even though it has had no experience with you or any other person, it is fearful.

All of creation is under the dominion of fear. Man comes into

this world stamped with fear before he is born, and those fears are multiplied as he increases in knowledge and experience. But it can be a mistake to make decisions based on fear.

Elijah made the mistake of giving in to his fears—and he fled from his homeland and his responsibilities. But when he renewed his commitment to God on Mount Horeb, the Lord turned him around and sent him back to face what he left behind. God knew the only way Elijah would conquer his fears was to confront them. Running away would never do it.

Many have fled from their duties because of fears. Soldiers, airmen, sailors and marines have left their posts or duties on the battlefield, some have walked away from their jobs, mothers and fathers have left their families—all because of their fears: fear of failure,

fear of pain, fear of suffering. But we can never overcome our fears if we have our back toward them, running away. We have to face them.

If you have allowed fear to cause you to flee from something you know you should do, turn around and face it. In God's power and by His will, you can have victory over your fears.

Never turn your back on your fears.

Chaplain Hanna can be reached at the Oklahoma Military Department.

FT Support Chaplain
 JFHQ-Oklahoma
 405-228-5178
 DSN 628-5178
 Fax 405-606-7212



Family Assistance Centers:

Family Assistance Centers are here to support guard and family members. Guard and family members may call a Family Assistance Center employee at any time for information and to ask questions.

For families of guard members who are deployed or recently returned, your specific contact is as follows:



245 Aviation, HHC:
 245 Aviation, E Company:
 180th Ada & Durant
 249 Aviation:
 245 MI Company:
 180th Shawnee
 1345 Trans Co
 Med Hold:
 Other:
 158 FA:
 180th Durant
 137th AW:
 138th FW:

Billy Nichols: 918-832-6536
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2006 Oklahoma National Guard Youth Workshop **KIDS KAMP**

Join us at Kids Kamp this Year!

The Oklahoma National Guard Youth Workshop, better known as Kid's Kamp, is a weeklong event that supports families of the Oklahoma National Guard. This year it will be 25 June through 1 July at Camp Gruber. Children from both the Air and Army National Guard may attend.

The focus of the camp is on military type activities in order to help the children gain a greater understanding and appreciation of what their parents do in the military. While at Camp Gruber the children mimic a small portion of military life by living in the barracks, eating in the mess hall, learning to march and sing cadences and doing PT in the morning. They are also required to keep their bays clean, as well as serve on KP duty to learn what day to day activities keep a unit going. Some highlight

activities are weapons firing (usually pellet rifles or the Engagement Skills Trainer (EST), where no real bullets are fired); hands on training with Night Vision Goggles; the rapel tower; crawling through the tunnels down at the MOUT site, and going swimming almost every day.

The children learn pride, self-confidence and esprit de corp, which culminates on the last day with a marching competition and closing ceremonies where various awards were given to the children. Family members are encouraged to attend the final ceremonies.

If you are interested in sending your children or volunteering to help this year, contact:

CPT White at 405-228-5036, lindy.white@us.army.mil or Jessica Hurt at 918-832-6543, jessica.hurt@us.army.mil

National Guard's 2006 Lewis and Clark Youth Rendezvous Essay Contest

National Lewis and Clark Youth Rendezvous Essay Contest is now over.

The essay contest is now over for the Lewis & Clark Youth Rendezvous. We had a total of five entries for our state, so they should all be selected to attend the free trip to North Dakota. The next step is to send all of the essay's to the AMVET that is assigned for scoring, he is in California. He will then send the essays back. Those that entered will receive a letter first of all letting them know that their essay was received, then they will receive a notification letter that they were chosen to attend the Lewis & Clark Youth Rendezvous. Those that entered the essay contest for our state are all 16 years old,

Justin Ladd from Morrison, Zachary Pilkington from Stillwater, Eric Pribil from Edmond, Trent Pribil from Edmond, and James Weese from Tulsa.



Military OneSource

April is the month we celebrate
the well-being of military children!

Talking with Your Child

Getting a conversation going with your child can sometimes seem like a monumental task. Maybe your child doesn't want to talk when you do, or doesn't seem to listen when you do have a conversation. What are some ways to get your child to open up? And how can you create the right atmosphere at home to help your child feel comfortable talking with you?

Learning to Listen

Good conversations begin with good listening. Here are some tips:

- Focus on what your child is saying.
- Show your child you understand.
- Be available to listen when your child is ready to talk.

Getting Beyond One-word Answers

Every parent has been through it: conversations that end in one-word answers to questions. You ask your child, "What did you do at school today?" and your child responds, "Nothing." How can you get beyond one-word answers and start a real conversation? Here are some suggestions:

- Give your child a chance to talk.
- Switch topics if you're getting one-word answers to your questions.
- Try to put yourself in your child's shoes.

Communication Tips

When you are talking with your child, keep these tips in mind:

- Find a comfortable place to talk.
- Don't just ask questions. Talk about your day, too.
- Talk about how you felt as a child.
- Try not to be critical and judgmental.
- Stay away from using the words "always" and "never" in an accusatory way.
- Use "I" statements instead of "you" statements when you are feeling upset.
- Keep conversations focused and brief.
- Be honest.
- Apologize if you have said or done something wrong.
- Find a time to be alone with your child.
- Try not to lose your sense of humor.
- Show your child that people can disagree and resolve their differences.
- Treat your child with respect.
- Remember that the way you communicate will vary from child to child.
- Help your child learn to solve problems. But don't be the problem solver.
- Keep in mind that importance of nonverbal communication. Don't

forget to hug, kiss, smile, or put your hand on your child's shoulder when you're having or ending a conversation.

- Just being with your child and saying nothing can sometimes be a good way to communicate. Sitting next to your child on the couch can be a way to be close.
- Show your love. Write notes. Make sure you tell your child how much you love her.

Family Meetings

Finding a time every week or two to sit down together as a family is a good way to get regular conversation going with your child.

Parents are not perfect and make mistakes for many reasons when communicating with their children. It is important to acknowledge your mistakes and communicate in a better way the next time. This is all part and parcel of good family communication that can help create a positive atmosphere at home and help you better understand your child. It's one of the most important things you can do as a parent.

This article is a reprint of a portion of the Military OneSource article entitled, 'Talking with Your Child'. To view the entire article online visit the Military OneSource website:
www.militaryonesource.com.



Military OneSource.

**Serving American
troops and families.**

