



March Post It

UTA March 5 & 6, 2010

Celebrating Green!

While many like to celebrate St. Patrick's Day this month, the Airmen & Family Readiness Program would like to think of Green as "Jolly Green" or "recycling and reusing" and being environmentally conscious or just "revisiting and remembering" special commitments, renewing commitments or making new commitments. What does going green mean to you?

In this issue, a couple valuable publications from Sesame Street's Talk, Listen and Connect Series is featured as well as a limited promotion for FREE Admission to military members and their families, Year of the Air Force Family at Beale AFB and our featured Volunteer of the Month.

"On some occasions in the 129th Rescue Wing past, retirements and other fun activities featured a costumed person dressed in the Jolly Green Giant garb acting as the theme mascot for 129th Rescue old-timers. Featured here is the "ole jolly" helicopter from Vietnam days and the old commercial icon, the Jolly Green Giant."



Jolly Green Giant



WE SALUTE OUR HEROES February 1 - March 15, 2010

Military, Firefighters, Police, and Teachers get free admission with proof of occupation and valid ID

The Academy will offer free admission to military personnel, firefighters, police officers, and teachers, in honor of their service to our communities and country. To participate, individuals must show proof of occupation and a valid ID at the ticket window. *California Academy of Sciences, 55 Music Concourse Drive, Golden Gate Park. (415) 379-8000. www.calacademy.org.*

Featured Volunteer of the Month

Inspired by her own term of military service and then-deployed son at Operation Iraqi Freedom, Louise Tamayo is co-founder of Operation: MOM of the East Bay, spearheading the troop support packaging effort of this family support group organization in the early days of Operation: Iraqi Freedom.

As a part of the founding team, she gladly accepted my personal invitation to join our volunteer team at a time of urgent volunteer build up and program leadership. She joined our Wing Program in 2005 following her retirement from her family business in San Leandro and has supported the Mission Support Group prior to becoming the MXG Volunteer Coordinator. She has supported the Inaugural Operation: Military Kids Event at Moffett Field, multiple deployment send offs and homecoming receptions, completed two state Family Readiness Courses and TAG Family Readiness Symposiums.

She has been selected to represent the 129th Rescue Wing at the 2010 NGB Volunteer Symposium in New Orleans, Louisiana in August.



Louise is a former Marine, married to a former Marine and has a son -also a Marine- who served in the first wave of Operation Iraqi Freedom.

**Louise Tamayo, 129th Maintenance Group
Airmen & Family Readiness Volunteer Coordinator**

Recycle, Reuse, Revisit, Remember & Appreciate!
What are you doing Green?

Reusing and redistributing Resource news



SesameStreet.org/tlc

Sesame Street's Free Resources for Military Families

Talk, Listen, Connect is a multimedia initiative offering free resources and support to military families with young children.

Talk, Listen, Connect: Deployments, Homecomings, Changes



- This bilingual kit addresses deployments, or when a parent returns home changed due to combat-related injury. Materials include a DVD and print materials for children and adults. Order your free kit from Military OneSource (MilitaryOneSource.com or 1-800-342-9647) or download materials at SesameStreet.org/tlc.

"I never thought that Elmo could make an Airborne Ranger cry... My daughter was 5 months old when I left and she didn't know who I was when I returned. The video brought out emotions in me I never realized I had. It is very powerful and exactly on target."
— Military Dad



- **Coming Home: Military Families Cope With Change** is a 30-minute video highlighting the courage of military families and their children in adjusting to life after a service member's injury. Starring Elmo, Rosita, Queen Latifah, and John Mayer. Check out the streaming video at SesameStreet.org/tlc.



- **We're All Together Again**, a children's storybook about homecomings, allows each child to be part of the story. Order your copy free from Military OneSource (MilitaryOneSource.com or 1-800-342-9647).

"We had a triple amputee come in recently who had not seen his 3-year-old daughter since his injury and was afraid of how she would react. I gave him the Talk, Listen, Connect kit and explained the materials to him. He was so happy that he started to cry."
— Army Staff Sergeant



SesameStreetFamilyConnections.org

This website is a bilingual, child-centered space where families can send messages, create artwork, and post photos and videos to stay connected when distance makes everyday communication difficult. Log on to SesameStreetFamilyConnections.org to create your own free family network.



The Sesame Street/USO Experience for Military Families

This free, live Sesame Street Muppet performance exclusively for military families continues its tour! The show provides your family a chance to sing and dance with the adorable Sesame Street Muppets. To see if the tour is coming to an installation near you, visit: SesameStreet.org/tlc.



Talk, Listen, Connect: When Families Grieve

Coming in April 2010: *When Families Grieve* is a bilingual kit and television special to support children and families coping with the death of a parent. Materials include a DVD and print resources for children and adults.

sesameworkshop.
The nonprofit educational organization behind Sesame Street and so much more.

Sesame Workshop is proud to continue its work of bringing sunny days to military children and their families across the world. For more information, visit sesamestreet.org/tlc or contact tlc@sesameworkshop.org.

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Difficult Subjects Need Special Time



when families grieve™

The Project

When Families Grieve leverages the power of Elmo and the *Sesame Street* Muppets to provide resources in support of families with young children coping with the death of a parent. As part of this outreach initiative, Sesame Workshop is creating a primetime television special and two customized, bilingual (English and Spanish) resource kits: one designed to support the specific needs of military families and one designed for the general public.

Project Goals

When Families Grieve materials helps families with young children ages 2 to 8, to help:

- reduce the levels of anxiety, sadness, and confusion that children may experience following the death of a parent;
- provide families with age-appropriate tools to support and comfort children, including ways to talk about death with a young child; and
- reassure children that they are loved and safe, and that together with their families and friends, they can learn ways of being there for one another and move forward.



The Need

In 2007, the Social Security Administration reported that 1.9 million children under age 18 received benefits from a deceased parent.¹ An estimated 1 in 20 children under age 15 experiences the death of one or both parents due to violence, illness, suicide, war, accidents, or other causes.² Special populations—such as military families—are at even greater risk; approximately 1,345 children experienced the death of a parent serving in the military between 2006 and 2007 alone.³

The death of a parent impacts every aspect of a child's life. Grief encompasses a child emotionally, socially, cognitively, and behaviorally. For children, their emotions may be hard to identify and express. They may exhibit behavioral symptoms and regressive behaviors, anxiety, and/or depression.⁴ For young children in particular, death can be overwhelming and difficult to understand. For this reason, adults may find it difficult to tackle the challenging topic of death in ways that are comforting and developmentally appropriate for a child.

Project Components



- A Primetime Television Special hosted by Katie Couric, *When Families Grieve*, featuring the personal stories of several families with children coping with the death of a parent, will air on PBS April 14th 2010 at 8 pm (check local listings). This powerful and heartwarming 60-minute show, featuring the *Sesame Street* Muppets, will provide families in the military and in the general public a valuable service by making the courageous struggles of parents and children visible, while sharing strategies that have helped them cope with grief.

¹ U.S. Social Security Administration, *Annual Statistical Supplement to the Social Security Bulletin*.

² Stein, JF. (1998). "A comprehensive approach to bereavement." *The Nurse Practitioner*, 23(3), 54-62.

³ Defense Manpower Data Center (DMDC).

⁴ The Barr-Harris Children's Grief Center. (2007). *Helping a Child Cope with Loss: A Teacher's Guide*. Retrieved from http://www.barrharris.org/teachers_guide.html on October 6, 2008.

Re-enforcing Key Program Relationships



Directed by National Guard Bureau Memo, Wing Family Programs has been moving to be better integrated with their Major Command (MAJCOM) Airmen & Family Readiness Centers (A&FRC) in the active duty force. Shown here, Carolann Wunderlin pictured with Ms. Nancy Roberts, Director of the Beale AFB A&FRC, who, like the 129th Rescue Wing, falls under parent MAJCOM Air Combat Command, January 2010.

129th Rescue Wing A&FRP is actively working to promote and provide to Moffett when feasible, programs under the Beale A&FRC as eligible by Guard personnel and families.

Under Year of the Air Force Family Program 2009-2010, Beale AFB has deployed events and services under the DePLAYment Program for Year of the AF Family. Here's an excerpt from

<http://www.bealeservices.com/yotaff.htm>



Deployed Team Beale Family Members!

Take advantage of free or discounted services with the DePLAYment Tag Pass.

As part of the Year of the Air Force Family initiative the DePLAYment Tag Pass program relief and support to the families of deployed servicemen.

Here's How It Works

Eligible* members can pick up their DePLAYment Tag Pass Packs at Beale's Airman & Family Readiness Center. These tag-pass packs contain numbered "dog tags" that can be removed and placed on a key ring; much like the ones used at stores to indicate a frequent shopper. The tag-pass serves as unique identifier for each family and each family member. You simply pick up your DePLAYment Tag Pass Pack, then log on to www.myairforcelife.com to register. Once registered, you may use your tag-pass for discounts or FREE programs at participating 9th Force Support facilities.

Look for the DePLAYment "dog tags" throughout the Beale Stratosphere for more details on these DePLAYment events!

**Air Force active duty members with qualified family members, Deployed Air National Guard (ANG) and Air Force Reserve (AFR) personnel with qualified family members, Air Force Wounded Warrior (AFW2) members with or without qualified family members, DoD ID card family members of Fallen Warriors, and Army/Navy/Marines Active Duty members ONLY when officially assigned (home station) to an active Air Force Base with qualified family members. For details contact the Airman & Family Readiness Center at 634-2863 or online at: <http://www.myairforcelife.com/dePLAYment/index.cfm> rev.012210*

Travis Air Force Reserves Airmen & Family Readiness Office

Air Force Reserves Yellow Ribbon Program Specialist working to integrate Wing Personnel into Yellow Ribbon Events with the Air Force Reserves.

Pictured right: Mr. Jack Watts, Director of 349th Air Mobility Wing Airmen & Family Readiness Center, Air Force Reserves at Travis AFB January 2010.



Beale Air Force Base is an approximate 2 hour drive from Moffett Field and sits adjacent to Marysville, CA. Families of Guard personnel whose deployment orders are still active, are still eligible for the DePLAYment services mentioned above. While this base may be a travel, visiting other military bases and its surrounding communities helps broaden the Guard family life experience. Click on the links above to see if you're eligible.

California