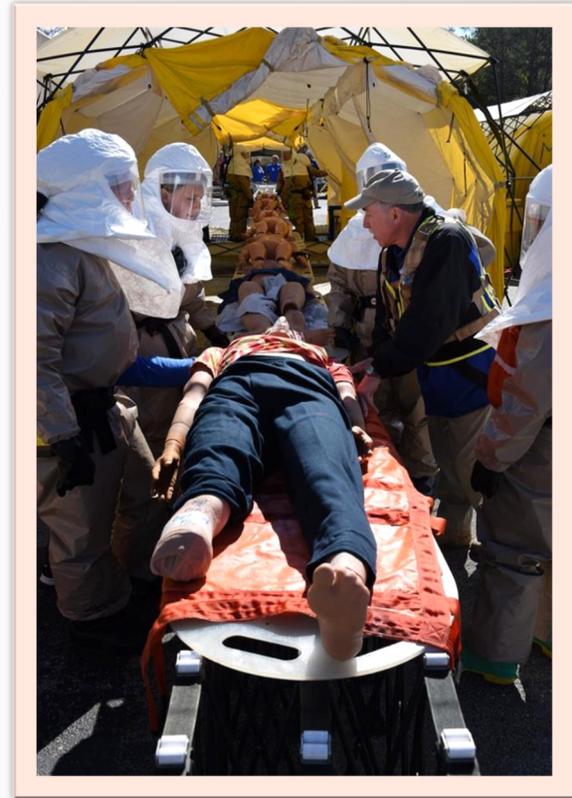


April 2017

# MTANG Family Flyer



*This announcement is provided for the benefit of members of the National Guard.*

*It is intended for informational purposes only and does not constitute an endorsement by the Montana Air National Guard, the state of Montana or the United States Armed Forces. Any participation is solely the responsibility of the individual.*



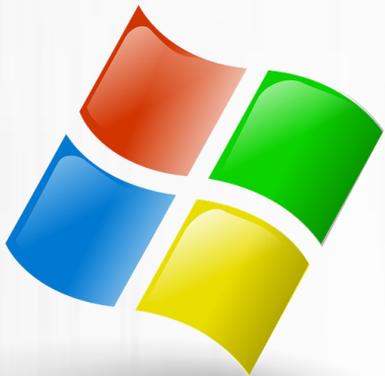
# Good to Know!



## Joint Language University

The Department of Defense (DOD) recently made language learning software previously used only by specialists available to all government & military personnel. It is free to anyone with a .gov or a .mil email address. Over 12 languages available to choose from. Users can also use this program through their mobile app!

Visit the [portal](#) for more information.



## Microsoft Office

Microsoft Home Use Program has an amazing deal right now. For only \$9.95, you can get Office Professional Plus 2016, Office for Mac 2011, Microsoft Project Professional 2016, or Microsoft Visio Professional 2013.

For more information [EMAIL](#) or call Ms. Paige Held at 791-0122.

## Employers Support of the Guard and Reserve

Department of Defense agency, seeks to promote a culture in which all American employers support and value the military service of their employees.

Parker F. Sullivan

Program Support Technician

DoD Contractor; Montana

406.791.0895

[parker.f.sullivan.ctr@mail.mil](mailto:parker.f.sullivan.ctr@mail.mil)



## Free Credit Score

If you are looking for a free credit score report, you have come to the right place.

Visit <https://www.SaveAndInvest.org/CreditScore> to get a recent update. By entering your access code (please contact the Family Programs Office) and completing the registration form, this program will provide one credit score per service member (and spouse if appropriate) and a single follow-up after 90-120 days.

Any questions, [EMAIL](#) or call Paige Held at 791-0122.

# Wait, There's More!



## Veterans Employment Center

The Veterans Employment Center is the first interagency tool to bring both public and private job opportunities, resume builder, military skills translator, and detailed career and training resources together in one place. It incorporates numerous tools and resources for job seekers, as well as employers who want high quality applicants. This website is found at: <https://www.ebenefits.va.gov>

For any questions or issues with the site, call 1-800-983-0937

## Military OneSource

Military OneSource is a confidential Department of Defense (DOD) funded program providing comprehensive information on every aspect of military life at no cost. Information includes, but is not limited to counseling, money matters, children & youth, deployment, spouse employment & education/scholarship information.

To speak with a Military OneSource consultant call: 1-800-342-9647.



Lets Talk

## Free Counseling for Military

Sessions with the base psychological health director are available at anytime. Ms. Elizabeth Crabtree is located in the Headquarters Building at the 120AW. To make an appointment or if you would like more information, please contact Elizabeth at 406-791- 0515 or by **EMAIL**.

## Military and Family Life Consultant

MFLC's provide anonymous and confidential assistance to military members and their families in problem solving issues resulting from deployment, reunions, reintegration, and/or other times of change. Their goal is to prevent family distress by providing education and information on various topics. If you or anyone you know is needing to talk to an MFLC, Sally Seidel is a wonderful resource. Her contact information is 406-750-3605 or [mflc.malmstrom@gmail.com](mailto:mflc.malmstrom@gmail.com).

For Child and Youth M&FLC, please contact: 406-564-2970 or 406-224-3813

# Deals Upon Deals!

A-1 Eastside Storage - Show ID

Applebee's - 10% off

Ashley Furniture - Show ID

AT&T - 15% off

Auto Zone - Show ID

Batteries Plus - 10% off

Baskin Robbins - 10% off

Beef 'O Brady's - Show ID

Big Bear - 5% off everything (Guns and Ammo included)  
Show ID (Veterans Day offers larger discount)

Big Lots - Veterans Day Sale

Buckle - 10% off in store/online

Buffalo Wild Wings - 10%

Café Rio - 50% Mondays in uniform

Carmike Cinema - Reduced tickets w/ ID

Champs - 20% off

Christopher Banks/CJ Banks - 10% off

Dairy Queen - 10% off

Foot Locker - 20% off

Fuddruckers - Show ID

GNC - Show ID

Golden Corral - Free meal around Veterans Day

Goodwill - 10% off

Great Clips - \$1 off

Hardees - 10% off

Hickory Swing - 10% off

Home Depot - 10% off

Hot Topic - \$1 off

Jakers - 10% off

JB's 10% off

Jensen Jewelers - 10% off

Lens Crafters - 25% off

Master Cuts - 10% off

Maurices - 10% off

Michaels - 10% off

Mr. Wise Cleaners - 10% off

Nutrishop - Show ID

Old Navy - 10% off

O'Reilly Auto Parts - 10% off

Payless Shoes - 10% off

PetCo - 10-15% off

Procraft - Show ID

Riddles Jewelry - 5% off

Rocky Mountain Chocolate Factory - 10% off

Sams Club - Free combo in uniform

Schultes - 50% off if in uniform for drinks

SitterCity - Free membership with DEERS verification

Spencers - 10% off

Super 8 - Show ID

Taco Johns - 10% in uniform

Total Nutrition and Tanning - Show ID

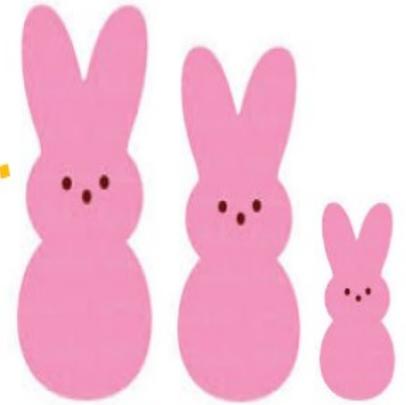
Vanity - 10% off +

**This information is provided because it is of general interest to the military community in the MTANG. It is not a government endorsement or sanction of the activity. MT-NG members are encouraged to research all relevant aspects of every commercial activity before deciding who to patronize.**

# Save the Date!



EASTER



## Eggstravaganza!

Join us for an afternoon of food, games, crafts, Easter Egg Hunts,  
& an appearance from the Easter Bunny!

*Date: Wednesday, April 5th*

*Time: 1500-1700*

*Location: 120th Wing Headquarters, BLDG 64 /Larsen Room*



### Easter Egg Hunt Times/Locations

- ◆ 0-3 years: 3:45 Southside of Larsen Room, BLDG 64
- ◆ 4-6 years: 4:10 Front of Wing Headquarters, BLDG 64
- ◆ 7 and up: 4:30 Front of DFAC, BLDG 62

\*Locations are subject to change based on weather



# Camp Runnamucka!

June 25 - 29, 2017

9-18 years old

**Come meet new National Guard friends, spend the night in cabins, learn some life skills, sing some songs, and eat some s'mores!**

Applications open April 1-30, 2017 with selected campers notified May 15<sup>th</sup>.

Priority tiers: 1<sup>st</sup> = parent currently deployed, 2<sup>nd</sup> = returned or leaving in the next year, 3<sup>rd</sup> = current Youth Council member, 4<sup>th</sup> = Parent volunteers at camp all week, 5<sup>th</sup> = 1<sup>st</sup> come.

## MT National Guard Child & Youth Program

Visit [www.montanaguardfamily.org](http://www.montanaguardfamily.org) for camper and JC application

[sara.l.cease.ctr@mail.mil](mailto:sara.l.cease.ctr@mail.mil)

406.324.3925



# 2017 AIR FORCE/4-H PARTNERSHIP YOUTH CAMPS



U.S. AIR FORCE

*Fun & Resilient - Do it All*

July 6-7, 2017

Ages 7-12 years

KOA Campground, Great Falls



*New Friends*



*Hiking*



*Swimming*

For more information or registration, contact:

Catherine McNeil, 4-H Military Program Coordinator at 406-439-8570 or  
[mcneilcb@msn.com](mailto:mcneilcb@msn.com)

Paige Held, MTANG Airman & Family Readiness Program Manager at 406-791-0122 or  
[paige.j.held.civ@mail.mil](mailto:paige.j.held.civ@mail.mil)



Montana 4-H Center  
FOR YOUTH DEVELOPMENT



U.S. AIR FORCE

The 4-H/Air Force Youth Camping Program is supported by the U.S. Department of Agriculture, National Institute of Food and Agriculture, 4-H National Headquarters; U.S. Air Force Child and Youth Programs; and Montana State University Cooperative Extension 4-H Program through grant funding at Kansas State University under special project number 2013-48696-21184.



# Month of the Military Child!

April 2017

6,500+ Military Kids in Montana!

Do you know a military kid?  
Let's thank them for their "service" during April!



- \*\*Get a certificate of appreciation signed by The Adjutant General!
- \*\*Get your copy of the Governor's Proclamation!
- \*\*Attend an event in your area! ([www.montanaguardfamily.org](http://www.montanaguardfamily.org) for details)
- \*\*Participate in a contest and win prizes!



**PURPLE UP Day! Friday, April 14<sup>th</sup>**

Wear PURPLE to show a military kid you support them!

MT National Guard Child & Youth Program

2 May  
2017

6:00pm -  
7:30pm

# THE BIRDS + BEES

## TALKS FOR THE 21<sup>ST</sup> CENTURY

### RAISING KIDS IN THE AGE OF TECHNOLOGY

Your child will be online — sometimes safely and, frankly, sometimes not. This will influence how they think and learn about sex, love and relationships. In this class you will learn how to make sure you (and not the internet!) are their go-to birds and the bees expert!

*Recommended for parents with children 5 years and older.*

#### You will discover:

- When to start the conversations and how to age-appropriately talk to your kids
- How media is negatively impacting kids
- Simple, low-tech things to keep your kids healthy & safe online
- An easy to use birds & bees talk formula
- Tips for making the talks easy, fun and actually happen!

#### About Amy Lang, MA

Since 2005, award-winning parenting expert, speaker and author Amy Lang, MA, has been helping parents of all beliefs turn conversations they dread into a regular (and fun) part of their family lives.



WHY



WHEN



HOW



to have

The “Talk”



Since this is an “adults only” presentation:

- ❖ Open Recreation will be available for military-connected youth 9 years and up.
- ❖ Free child care will be available for military-connected children under 9 years.

*Please call the Youth Center @ 731-4634  
to reserve your child care space.*

**CHILD CARE/OPEN REC NOT NEEDED?**

**Call 731-4634 to reserve your seat!**



# MT Air National Guard

## FY17 Strong Bonds Events

ANG Strong Bonds curriculums are fully-funded and Chaplain Corps-led by the NGB/HC Strong Bonds Support Team members along with the support of the local ANG Wing Leadership. Airmen and their Families attend with others in the unit who share the same unique challenges. During the State/Wing ANG Strong Bonds Training Events (retreat), Airmen, Couples and Families participate in small group activities that reveal common bonds and nurture friendships. In addition, Airmen and Families gain awareness of community resources that can assist with concerns about health and wellness, even crisis intervention.

### Tentative Dates



- **March 17-19 "Laugh Your Way" & "PREP" Marriage/Singles Events**
- **April 21-23 "PREP" & "Laugh Your Way" Marriage Retreats**
- **July 7-9 "7 Healthy Habits" Family Retreat**

\*Locations will be announced closer to event date

### MTANG Strong Bonds POC

Chaplain McCaffrey  
BLDG 30  
406-498-9448

Ms. Paige Held  
BLDG 64  
406-791-0122

Ms. April Ruckdaschell  
BLDG 64  
406-223-9995



# SCHOLARSHIPS

## Nat. Dependent Scholarships

### Mike & Gail Donley Spouse Scholarship

- ◆ Deadline: April 30th, 2017
- ◆ Amount: \$2,500 (2) recipients
- ◆ Click [here](#) for the application website

### Mike & Gail Donley Spouse Scholarship

- ◆ Deadline: April 30th, 2017
- ◆ Amount: \$5,000 towards STEM degree (1) recipient
- ◆ Click [here](#) for the application website

### Col Aaron Burgstein Memorial Scholarship

- ◆ Deadline: April 30th, 2017
- ◆ Amount: \$1,000 (1) recipient
- ◆ Click [here](#) for the application website

## National Scholarships

### Capt Jodi Callahan Memorial Scholarship

- ◆ Deadline: April 30th, 2017
- ◆ Amount: \$1,000 (1) recipient
- ◆ Click [here](#) for the application website
- ◆ Must be pursuing Master's Degree

### Col Loren J. and Lawona R. Spencer Scholarship

- ◆ Deadline: April 30th, 2017
- ◆ Amount: \$5,000 (2) recipients
- ◆ Click [here](#) for the application website
- ◆ Must be pursuing Master's Degree in Management and Administration

## Thrift Shop Scholarships

### Montana National Guard Camp Scholarship

- ◆ Deadline: May 1st, 2017
- ◆ Amount: \$50 towards summer camp for dependents of Montana National Guard Service Members entering 4th-8th grade, Sep.2017
- ◆ Application: Located in Family Readiness Office

### Montana National Guard College Scholarship

- ◆ Deadline: April 1st, 2017
- ◆ Amount: \$500 towards schooling for dependents of Montana National Guard Service Members attending college, vocational tech school, or trade school in the Fall of 2017 or Spring of 2018
- ◆ Application: Located in Family Readiness Office

For questions on National Scholarships, please contact Whitney Distaso at [WDistaso@afa.org](mailto:WDistaso@afa.org)

For questions on Thrift Shop Scholarships, please contact 406.324.3375

# Scholarship Tips

## **1. Know Your Audience**

Do your research on the organization offering the scholarship. What is their mission? What is the purpose of the scholarship? A professional organization may seek to help students pursue careers in their field. A foundation may offer a scholarship in memory of a person who was passionate about a cause. Your essay should highlight how you represent the values and mission of the scholarship. Context matters.

## **2. Create a Thesis**

Similar to how you create a thesis for your academic essays, your scholarship essays should have a thesis too. What is the objective of your essay? You should be able to express the point of your essay in one sentence. Your whole essay should revolve around your thesis.

## **3. Brag a Little**

Scholarships are awarded based on merit, so it's important that you highlight your accomplishments. Keep in mind tip #2 though; only include achievements that relate to your thesis. Choose your applicable accomplishments & contextualize them. While it is important to boast, never lie or embellish.

## **4. Stand Out**

Write an essay that a judge will remember. You want to stand out from the rest of the crowd. Describe what is unique about you. You should also try and be creative with your essay structure. You could lead a catchy story. Share a piece of yourself. The reader should be able to get a real sense of your personality from your essay without ever meeting you.

## **5. Every Word Counts**

Choose your words wisely. Everything you include in your essay should serve a purpose. You want to present a clear and concise thesis backed up by specific examples. Avoid general statements; show, don't tell. Grammar and spelling always count. A poorly written essay is hard to follow and judges will not look favorably upon sloppy work. Proofread and then proofread again! Have someone look at it too.

## **Other Tips**

- ◆ Adhere to word limits.
- ◆ Always type your essay.
- ◆ When you're done writing, re-read the prompt. Have you answered your questions?
- ◆ Never plagiarize someone else's work.
- ◆ Once you have a good personal statement you can recycle it for other scholarship applications.



## What We Offer

Child Care Centers



Home Daycare



Nanny/Sitters



Child Care Jobs



## About Child Care Centers

Child Care Centers offer the most comprehensive collection of information about childcare in the U.S.

Selecting a childcare center is one of the most important decisions we make as parents. It's important to choose a preschool or home daycare where children love to go and safety is the utmost concern.

Please use the Quick Search box found on the [home page](#) to find the perfect child care solution for your family!



## Child Care

Providers and their homes are different and unique just as families are. Please arrange an interview with a potential FCC Provider to assure compatibility. The FCC Provider you select will play an important role in your child's life. Most of your child's waking hours will be spent with that Provider. The Provider will guide, teach, and nurture your child.

### **Here are some items to check for and questions to ask when interviewing a potential provider:**

- Is the home kept clean?
- Is there room for children to play indoors and outdoors?
- Is there a place for naps?
- Is the home free of safety hazards?
- Does the provider seem to know a lot about child Development and childcare?
- Does the provider seem to truly like children and are they patient with the children?
- What training has the provider had?

### **The FCC Provider sets fees. Prior to starting care families must:**

- Complete a written contract regarding fees and policies.
- Provide proof of immunizations.

### **Here are some other points to remember when you find care:**

- Visit your FCC home anytime during the day. Check to see what kind of care is being provided.
- Discuss your goals and the Provider's goals for your child and work together to accomplish those goals.
- Keep the Provider informed about the health of your child. If your child is ill and will not be going to the FCC home, notify the Provider as soon as possible.
- Pay for fees on time - the Provider deserves your consideration.
- Be thoughtful and considerate of your provider - drop off and pick up your child on time or call if you are delayed.

**[Email FCC HERE!](#)**

FSS Hotline: (406) 731-4713  
DSN: 632-4713

## Air Force Family Child Care Expanded Child Care (AF FCC ECC)

All AF FCC ECC requires approval by AFMC/SVPYC.

All AF FCC ECC availability is based on funding and child care spaces.

AF FCC Subsidy – complete only if applicable

I am requesting enrollment in the AF FCC Subsidy Program. I understand I am required to be on the waiting list for either the CDC or SA Program (if applicable). If I am offered a full-time space in the CDC or SA Program and I decline the space and there is no active waiting list (meaning another child/youth to take the space), then AF FCC Subsidy is discontinued.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

### AF FCC EDC

I am required to work in support of mission requirements. There is no one else in my home available to provide care during the hours that I am required to work. For Missile and Supplemental Care, provide a copy of your monthly work schedule(s).     Extended Duty Care     Missile Care     Supplemental Care

I purchase regular child care from: CDC    FCC    SA Program    Other: \_\_\_\_\_

I meet the requirements to use the following program:

- Home Community Care - I am required to work my primary UTA weekend and there is no one else in my home available to provide care during the hours I am required to work.
- Returning Home Care - I am returning from a deployment of 30 days or more in support of a contingency operation - TDY orders required
- Pre-Deployment Child Care - I am scheduled to deploy within 30 days in support of a contingency operation - TDY orders required
- Deployment Child Care - My spouse is deployed for 30 days or more in support of a contingency operation - TDY orders required
- Missile Care 2 - The sponsor is working in the missile field and the spouse has an approved appointment.
- Medical Care - I am experiencing a medical emergency for a family member. Medical documentation required
- Wounded Warrior Care - I am a Wounded Warrior and I require hourly child care to attend appointments.
- Child Care for Fallen Warriors - I have a fallen military family member and require hourly child care for appointments.
- Permanent Change of Station Child Care - I am an Army, Marine, or Navy member assigned to an active duty AF Installation and I am requesting 20 hours of child care during my PCS move.
- OCONUS Respite Care - I have an Exceptional Family Member (EFM) Child and I am requesting respite care - available only at select OCONUS installations

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's e-mail address

\_\_\_\_\_  
Duty Number

\_\_\_\_\_  
Home/Phone Number

\_\_\_\_\_  
Supervisor's Signature/Duty Phone

\_\_\_\_\_  
Date

CHILD'S NAME: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_  
Month /Day/Year

CHILD'S NAME: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_  
Month/Day/Year

CHILD'S NAME: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_  
Month/Day/Year

DATES AND TIMES NEEDED \_\_\_\_\_

# VETERANS ASSISTANCE PROGRAM



*Free. Fast. Confidential.*

Reliant Behavioral Health (RBH) helps you privately solve problems that may interfere with your work, family, and life in general. Services are confidential, provided by experts, and FREE to you.

## CONFIDENTIAL COUNSELING

24-hour Crisis Help – toll-free access for you if you are experiencing a crisis.

In-person Counseling – up to four (4) face-to-face counseling sessions are available for each new issue. Simply call for access to qualified, local counselors who can help you with a variety of problems such as family, parenting, relationship, addiction, stress, and anxiety issues and other challenges.

Online Consultations – convenient access to online consultations with licensed counselors through RBH eAccess at MyRBH.com. Online consultations are a great way to try counseling for the first time or to get support even when time is limited.

## MYRBH.COM

Access current health news, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and over 50 online trainings for personal and professional development.

MyRBH Access Code: **MTVet**

MyRBH.com | **866.750.0512**





# The U.S. Uniformed Services Blended Retirement System

## Reserve Component



The Fiscal Year 2016 National Defense Authorization Act provides our military force with a modernized retirement plan built for retirement savings. Beginning in 2018, Reserve Component service members can get **automatic and matching Thrifts Savings Plan contributions, a mid-career compensation** incentive, and if they obtain 20 years of service, **monthly retired pay** for life starting at age 60.\* All service members under the current system are grandfathered into today's retirement system.

**Effective Date: January 1, 2018**

### Retirement System Selection



Reserve Component members with more than 4,320 retirement points will remain under the legacy retirement system.



Reserve Component members with less than 4,320 retirement points as of December 31, 2017, will have the choice of whether to opt into the new Blended Retirement System or remain in the legacy retirement system.



New accessions after January 1, 2018, will automatically be enrolled in the new Blended Retirement System.

## Reservists and Guardsmen While Serving

### Thrift Savings Plan Contributions



You Contribute	DoD Auto Contribution	DoD Matches	Total
0%	1%	0%	1%
1%	1%	1%	3%
2%	1%	2%	5%
3%	1%	3%	7%
4%	1%	3.5%	8.5%
5%	1%	4%	10%

The DoD automatically contributes 1% of your basic pay or Inactive Duty Pay to your **Thrift Savings Plan** after **60 days of service**.

You'll see matching contributions at the start of 3 years through the completion of 26 years of service, and...

**You're fully vested — it's yours to keep — after completing 2 years of service and it goes with you if you leave.**

### Continuation Pay

Received at the mid-career point



At the mid-career mark, you may receive a cash payment in exchange for additional service.

## Retired Reservists and Guardsmen Eligible for Retirement Pay

### Monthly Annuity for Life



Calculate your **retired pay base** by averaging **the highest 36 months** of basic pay.

You'll gain this monthly annuity for life after completing 20 qualifying years of service and attaining age 60\*

*\*or earlier based on qualifying active service.*

### Collecting Your Retired Pay

OPTION

1

Full retired pay annuity beginning at age 60 or earlier based on credited active service

OPTION

2



Lump sum

or

+



with

Reduced retired pay as monthly annuity

*25% or 50% lump sum and reduced monthly annuity at age 60\*  
Monthly annuity bumps back up to 100% at full retirement age (67 in most cases).*

You can find additional information at <http://militarypay.defense.gov/BlendedRetirement>

Sources: Fiscal Year 2016 National Defense Authorization Act, sections 631, 632, 634, and 635

Created: 8/2016

THE UNIFORMED SERVICES  
**BLENDED  
RETIREMENT  
SYSTEM**



# ARE YOU OPT-IN READY?

**BRS Opt-In Eligible?**



**Active Component as of  
Dec. 31, 2017, with Less  
than 12 Years of Service?**



**CY 2018: Opt-In Eligible  
Service Members Decide  
Which Retirement Plan  
to Choose**

**There are Resources to Help You:**

- Opt-In Course on JKO
- Installation Personal Financial Managers and Counselors
- [www.militarypay.defense.gov/BlendedRetirement](http://www.militarypay.defense.gov/BlendedRetirement)
- [www.militaryonesource.mil](http://www.militaryonesource.mil)

**Reserve Component in a  
paid status and as of  
Dec. 31, 2017 with Less  
than 4,320 Retirement  
Points?**



**Make an Informed Decision for  
your Financial Future**

- Anyone serving as of Dec. 13, 2017, is grandfathered into the legacy retirement (high-3) system
- The opt-in window for BRS is Jan. 1, 2018 - Dec. 31, 2018

**- Eligibility**

- Active component with less than 12 years of service as of Dec. 31, 2017
- Reserve component who have accrued less than 4,320 retirement points as of Dec. 31, 2017

**- Opt-In Period**

- You can opt into BRS anytime between Jan. 1, 2018 to Dec. 31, 2018

**- Resources:**

- Mandatory opt-in course on Joint Knowledge Online (JKO)
- Installation Personal Financial Managers/ Counselors
- [MilitaryOneSource.mil](http://MilitaryOneSource.mil)
- [Militarypay.defense.gov/BlendedRetirement](http://Militarypay.defense.gov/BlendedRetirement)



# Malmstrom Youth Programs

## ARCHERY HAM SHOOT

Registration: Required by April 5th due to limited space

Thursday, April 6th

Each team will consist of a parent and child. Teams will shoot in one of three categories: parent with child ages 7-9, 10-12 or 13-18. Teams must call and register for a time slot prior to the event.

Each team is given ten minutes to shoot for a combined score. Highest combined score in each age category will win a ham for dinner! One winning team per family. All equipment is provided.

Cost: Free - YP Members, \$5 - Non-Member

## START SMART BASEBALL

Registration: March 13 - April 29 | Girls and Boys (ages 3 -4, must be 3 by May 8)

This excellent program allows parents to take to the field with their child and help introduce them to the basics of baseball. Participants will discover the skills to use a tee ball stand, swing a bat, run the bases, and catch a baseball! Parent participation is mandatory.

A current sports physical and current shot records are required at time of registration.

Please call the Youth Center at 731-4634 if interested.

Cost: \$40

## 4 HIT THE GROUND RUNNING YOUTH TRACK PROGRAM

Saturdays, April 1st, 10th at the Malmstrom Gym from 10:00-11:30 am

Youth Ages 9-18

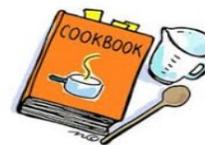
Don't spend winter hibernating in front of your televisions! Instead, join us and stay focused on fitness this winter! *Hit the Ground Running* welcomes entire families, focuses on personal goals and self-improvement over competition, and encourages youth and families to focus on health and nutrition on and off the track.

Cost: Free (Families must register for free at [usaffitfamily.com](http://usaffitfamily.com) to participate)

# Malmstrom Youth Programs



## Continued...



### YP COOKING CLUB

Wednesday, April 5th, 4 pm

Join us for fun cooking projects! Join us for our "Gritty on Grains". Learn how to make whole wheat muffins! Open to all interested youth (ages 6-18); all those under age 9 must be accompanied by an adult or sibling 16 or older.

Cost: Free - YP members.

### TWEEN NIGHT

Fridays, April 7th & 21st 8:00-10:00 pm (teens can stay until 11:00 pm)

Ages: 6-18

Youth ages 9-18 are invited to a "Spring Fling" Tween Night on April 7 and a "Harry Potter" Tween Night on April 21 (dress up as your favorite character).

Cost: YP Members - \$10; Non-members - \$15

### POKE'MON TRADING CARD TOURNAMENT

Saturday, April 8th 1:00-4:30 pm

Bring your best deck and see if you have what it takes to become a Pokémon Master! Enjoy playing the Pokémon TCG with fellow Trainers! Also, for the first time ever, we will be hosting our very own Pokémon Video Game Tournament. Bring your Nintendo 3DS and your copy of Pokémon Sun or Pokémon Moon along with your strongest team and face Malmstrom League Legends! Tournament Champions win fabulous prizes and everyone is eligible to win our "Legendary" raffle prizes. Space is limited to the first 16 brave Pokémon Trainers (per tournament), so register now! Please note: TCG Participants must have a Pokémon TCG legal deck to participate in tournament play..

Cost: \$4 per participant (one or both tournaments; must specify when you register). Must be a YP member to participate

# Malmstrom Youth Programs



## Continued...

### SCOTT'S PITCH, HIT & RUN CONTEST

Saturday, April 8th, 5 pm

Pitch, Hit & Run is a national skills program that provides boys and girls, ages 7-14, the opportunity to showcase their talents on the diamond! Come join us for a day of fun in the sun! Registration forms will be made available at the event! Champions at this event will have the opportunity to compete at sectional and (potentially) national competitions! For more information, call the Youth Center at 731-4634.

### THE ARTS

Tuesdays, at 4 pm

Join us every Tuesday to do a fun art activity. This month, join us for our National Fine Arts Pastel Drawing, our ImageMakers Photography Culture and Tradition, decorate for St. Patrick's Day, and use the IMac computers and the GoPro to make a movie.

Cost: Free for YP members

### SPRING CARNIVAL & PURPLE UP DAY!

Saturday, April 15th 11:00 am-4:30 pm

Don't miss the Spring Carnival & Purple Up Day! There'll be great carnival games, cotton candy, face painting and more. Purple symbolizes all branches of the military - show your support for our outstanding military kids by wearing purple today. Everyone who purchases a wristband will receive a goody bag and a chance to win a prize. Wristbands go on sale April 3. "Hop" to see you there!

Cost: \$5 per wristband



# Know Your Resources!

## Who is your Key Spouse ?

**MXG:** Mrs. Erin Gottlob- 406.579.2321, Mrs. Teresa O’Connell- 406.788.7290,  
Mrs. Tami Grosenick- 406.788.9587

**FSS:** Mrs. Heather Enriquez- 406.781.1354, Mrs. Kim Monroe- 406.899.3566

**SFS:** Mrs. Ashley Davidson- 406.781.6343, Mrs. Bonnie Mulhern– 406.788.8656,  
Mrs. Brittany Nedrow-Blevins– 406. 899.0744

**OPS:** Mrs. Kristie Blackford- 406.560.5157, Melissa Nikolakakos - 406.223.2380

**RHS:** Mrs. Josie Dadej- 406.788.8153

**CE:** Mrs. Heather Wilson- 406.799.2036

**LRS:** Mrs. Keri Leggett- 406.590.0986

**MDG:** Mrs. Francine Palmer- 406.315.2286

**COMM:** Mrs. Stacy Lowry– 406.799.5297

The Key Spouse is the face of unit leadership to families. Their performance directly impacts the quality of life and morale of unit families. Caring for families on the home front allows the war fighter to focus on his/her mission at home and downrange. The Commander appoints the individual in writing, and refers to the Airman and Family Readiness Program Manager for training. The Commander and First Sergeant rely on the Volunteer Point of Contact’s judgment, reliability, and positive attitude in accomplishing the goals of the program. These caring individuals are your “go-to” representatives for all things military/family related whether your service member is deployed, TDY, or on the Homefront.



# MTANG Helping Agencies

## Director of Psychological Health



Ms. Elizabeth Crabtree  
406.788.5334

## Sexual Assault Response Coordinator (SARC)



Ms. Debra Glenn  
406.899.5214



*Airman & Family*  
READINESS



Ms. Paige Held  
406.788.8967



BDOC

BDOC

406.791.0278



## Chaplain

Lt Col Art McCaffrey  
406.490.9448



## Chaplain

Capt Jeff Simpson  
406.231.0967

## Military One Source



800.342.9647  
MOS POC: Vacant

Employee Assistance Program

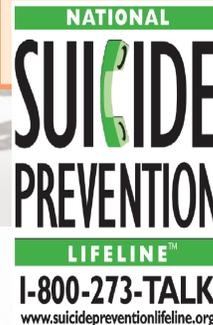


866.750.0512

Access Code: Montana

DoD **Safe Helpline** 24/7 Secure. Worldwide. Confidential.  
Sexual Assault Support for DoD Community

Toll Free Number:  
877.9995.5247



Montana Suicide Hotline:  
1-800-Suicide or 1-800-273-8255

Crisis Text Line:  
Text "MT" to 741-741  
Free 24/7 text line for Montanans

## Base Gate

406.791.0175

## ESGR

Parker F. Sullivan  
Program Support Technician  
DoD Contractor; Montana  
406.791.0895

# Ending Remarks...

## Montana National Guard Family Advisory Council

The Montana National Guard Family Programs Advisory Council unites and empowers all Armed Forces service members and their families. We are responsible for communicating their concerns and making recommendations to the respective chain of command. Interested in more information?

Email [mtngfpac@gmail.com](mailto:mtngfpac@gmail.com)

## MTANG Family Programs Mission Statement

Family Readiness programs will be established at group, squadron, or flight levels to help families prepare for, maintain during and transition after separations resulting from military duty requirements. Additionally, the programs will encourage community building through meaningful family activities. Organized and functioning Family Readiness Programs will strengthen families and increase the guard members ability to give full attention to duty.

## Montana Air National Guard

### Airman & Family Readiness Program Manager

Ms. Paige Held  
MTANG/A&FRPM  
2800 Airport Ave B  
Great Falls, MT 59404  
Phone - (406) 791-0122  
Cell- (406) 788-8967 [paige.j.held.civ@mail.mil](mailto:paige.j.held.civ@mail.mil)



## Joking Around..

Does February like March?

No, but April May!

## Upcoming Events

### Strong Bonds Events

- ◆ **March 17-19**  
**"Laugh Your Way" & "PREP"**  
**Marriage/Singles Events**
- ◆ **April 21-23**  
**"PREP" & "Laugh Your Way"**  
**Marriage Retreats**
- ◆ **July 7-9**  
**"7 Healthy Habits"**  
**Family Retreat**



If you have anything to add to our Family Flyer, please contact SrA Burbach at 406-791-0867 or by [email](mailto:).