

CHARLIE WEST FLYER

Drop-A-Kid Nights Coming Soon!

Drop-A-Kid Movie Night, sponsored by the WVNG Child & Youth program, will take place Friday, February 15, 2013 at Coonskin Armory drill floor. The event is for ages 6-12 and will begin at 6 pm through 9:30 pm. Spots are limited so contact Susan Izzo as soon as possible at 304-561-6720 or susan.izzo@us.army.mil

Additionally, in Parkersburg at the Boys & Girls Club on Saturday, February 16, there will be a Drop-A-Kid Dive In Movie for military kids ages 6-12. This event begins at 6 pm through 10 pm. Children must be good swimmers! To register, contact Amy Long at 304-561-6107 or email: amy.d.long@us.army.mil

Both of these events are FREE to military kids!

Dependable Strengths©

Dependable Strengths © is a unique process to help individuals identify the unique excellence within themselves. It is a planned sequence of experiences to help youth identify their core talents, skills and abilities. This increased self awareness is developed in a supportive environment with their peers and helps them unlock their hidden potential and put them in tune with their "best self."

The heart of the Dependable Strengths© process is story telling. Facilitators are trained to help youth tell the kinds of stories that solidly illustrate each individual's special talent for excellence. If you'd like your child to have this training, it will be offered at the WV Army National Guard War Room, Coonskin Armory, on Saturday, February 23, 2013 from 9 am-4 pm. Lunch will be provided. To register, contact Susan Izzo at 304-561-6720 or susan.izzo@us.army.mil

Hiring Our Heroes Job Fair

There will be a Hiring Our Heroes Job Fair on March 6 at the old Columbia Gas building (now NiSource), 1700 MacCorkle Avenue SE, Charleston, WV. Times are from 10 am to 2 pm. This hiring event is being conducted by the US Chamber of Commerce Foundation, local Chambers of Commerce, ESGR, Department of Veterans Affairs and multiple other agencies/partners. This job fair provides opportunities for employment for veterans, members of the Guard and their spouses. To register for free, go to HOH.Greatjob.net. If you have questions regarding registration, call 202-463-5807 or email: hiringourheroes@uschamber.com

Disney on Ice Discount--Charleston Civic Center: Friday, Feb 22@ 7 pm, Saturday, Feb 23 @ 11 am & 7 pm, and Sunday, Feb 24 @ 1 pm—save \$4 per ticket. Show ID at the box office (no additional fees/ticket) or order at www.ticketmaster.com or 800-745-3000 (use code US44) additional fees/ticket apply.

Ringling Brothers Circus Discount—Charleston Civic Center: Thursday, April 19@7:30 pm, Saturday, April 21 @ 11 am & 7 pm, and Sunday, April 22 @ 1 & 5 pm—save \$4/ticket. Discount is good for the whole family. **NOTE: Offer not valid week of show.** Tickets available at box office window with ID or order from website listed above (code Circus) or 800 number. Additional fees apply.

Commissary Sale

Commissary sales have begun for 2013 and the first one will be on March 2nd and 3rd at the Coonskin Armory in Charleston. Shopping hours will be from 10 am-6 pm on Saturday, the 2nd, and 10am-4 pm on Sunday, the 3rd. A more complete schedule for the year will be provided at a later date.

Check Your Credit Score for FREE

As partners in DoD's Financial Readiness Campaign, the FINRA Investor Education Foundation and SaveAndInvest.org is pleased to continue to make the myFICO(r) credit score and analysis tool available to active duty service members and their spouses free of charge. The program is intended to provide one credit score per service member (and spouse, as applicable) initially and a single follow-up score 90-120 days later.

Effective Friday, February 1st, all service members registering via a Group Access Code (GAC) to receive a free FICO credit score and analysis via the SaveAndInvest.org web site will be required to enter a valid military email address.

Individuals registering during counseling sessions using a Financial Educator's private Financial Educator Access Code (FEAC) will not be required to furnish a military email address and may continue to use their home email address.

For more information, see the detailed instructions at <http://www.saveandinvest.org/ControlDebt/CreditScore/P124696> and frequently asked questions <http://www.saveandinvest.org/ControlDebt/CreditScore/P124697>

Go to the 130th Facebook Airman & Family Wellness page:<https://www.facebook.com/pages/130th-Airlift-Wing/172907016058460>

Three Youth Camps Available

The ***Air Force Teen Leadership Camp*** to be held at the University of Texas in San Antonio is a 5-day residential program which provides youth a glimpse of what university life is like while developing their leadership skills. Activities include team building, high/low ropes course, conflict resolution, public speaking, and more.

Participants should arrive in San Antonio, Texas on Monday, 8 Jul 13 no later than 3pm and depart between 1-5pm on Friday, 12 Jul 13. Participants driving to the camp should arrive between 1-3pm on Monday, 8 Jul 13 and depart between 1-3pm on Friday, 12 Jul 13.

Lodging, meals, and activity fees are centrally funded beginning with dinner on Monday, 8 Jul The applicant must meet the following requirements:

- A dependent of Active Duty Military assigned to or living on an AF/JB installation, AF Retired Military, AF Civilian Employees, ***Air National Guard or AF Reserve who have been activated within the last 12 months***
- High school students who've completed their freshmen year prior to the camp and are interested in developing leadership skills

Air Force Space Camp is hosted by the US Space and Rocket Center in Huntsville, AL. While at camp, youth will experience, imagine, and interact through Space Shuttle mission simulations and tours of the center. The camp is an inspiring week of fun and enriching space activities.

Participants arrive in Huntsville, AL on Sunday, 28 Jul 13 and depart on Friday, 2 Aug 13.

Lodging, meals, and activity fees are centrally funded beginning upon arrival to Space Camp.

The applicant must meet the following requirements:

- A dependent of Active Duty Military assigned to or living on an AF/JB installation, AF Retired Military, AF Civilian Employees, ***Air National Guard or AF Reserve who have been activated within the last 12 months***
- Must have a minimum GPA of 2.8 (must provide documentation)
- Must be ages 12-14 to attend Space Academy or Robotics Academy, which is an intense experience designed to immerse middle school students in the science and technology of the space program.
- Must be ages 15-18 to attend Aviation Challenge®. This tract will immerse teens in science, technology, engineering and math. More information is available at www.spacecamp.com.

The ***Air Force Teen Aviation Camp*** will be held at the United States Air Force Academy in Colorado Springs, CO. Participants may arrive on Friday, 31 May 13 and depart on 6 Jun 13. The intent of the program and scheduled tours are designed to give all attendees an experience that will help them determine if aviation or the Air Force Academy is a career choice.

Lodging, meals, and activity fees are centrally funded beginning with dinner on Saturday, 1 Jun 13

The applicant must meet the following requirements:

- A dependent of Active Duty Military assigned to or living on an AF/JB installation, AF Retired Military, AF Civilian Employees, Air National Guard or AF Reserve who have been activated within the last 12 months
- Youth entering their Sophomore or Junior year in the Fall of 2013
- Previous Teen Aviation Camp attendees may not apply

NOTE: Only applications in their original format with digital signature will be accepted. Scanned applications will not be accepted. Applications should be labeled with first initial, last name, and camp preference. For example, if Con Fisher's first choice is Teen Aviation Camp, then Space Camp, and finally Teen Leadership, the document would be labeled cfisherTA1SP2TL3.doc.

In all cases, Air Fare or POV costs to the camp are the responsibility of the attendee. Spending money for other miscellaneous expenses is the responsibility of the participant.

Deadline for all submissions is March 29, 2013. Final selections for all camps will be by April 19, 2013.

GUARD APPLICANTS ONLY: All Guard applications, interviews, and questions should be directed to the following: Ms. Barbara Lohr, NGB/A1SA, 3500 Fetchet Ave, Andrews AFB MD 20762-5157

barbara.lohr@us.af.mil



Atch 1 - Summer
Camp Nomination Req

Reminder that Sittercity is a fully paid membership provided by Department of Defense and is of no cost to you! Sittercity can help you find local sitters and nannies that fit your family's needs whether that is before/after school care, infant or senior care, pet sitting, or school closings. For more information, go to www.sittercity.com



Eat Healthy for Less Money When Dining Out

In these days where everyone is concerned with watching their weight, Military One Source offers some good pointers on eating out. Restaurant and fast-food meals can be high-calorie money-wasters, but they don't have to be. By learning about the menu beforehand and knowing what to ask for, you and your family can have tasty, nutritious meals for little money.

It is a standard practice for chain restaurants to offer nutritional information on menu items. You should be able to find data on calories, fat and sodium. Whether you plan to eat at a chain restaurant or a stand-alone eatery, check online for a menu to find healthy choices and what they cost.

You may be surprised at what you find. Not all salads fit the "healthy" label (that is, high nutritive value with relatively low fat and calorie counts). Nor does poultry always beat beef as a healthy choice. And

pasta dishes, like salads, can be all over the map. You may also be surprised by the prices of the healthier dishes—they can be among the cheapest entrees on the menu.

“If we eat in a restaurant, we are usually given more than we eat at home,” says Heather Mangieri, a Pittsburgh, Pa.-based registered dietician and a spokesperson for the Academy of Nutrition and Dietetics. When we’re served more, she adds, “we usually eat more”—even if it’s more than we would be comfortable eating at home. The problem is not just portion sizes but the extras, like the bread restaurants put in front of you.

One way to avoid stuffing yourself is to ask for smaller portions or splits (see below). You can also help prevent overeating at the restaurant by *not* working up an appetite. Kelly O’Connor, R.D., an outpatient dietician at Mercy Medical Center in Baltimore, Md., suggests eating a snack at home before going out and making sure that your previous meal is the normal size. “You don’t want to go ravenous to a restaurant,” she says. “You’ll eat a lot of bread.”

Cut portion sizes by opting for half-size dishes. Sometimes these are listed as such on the menu, or featured as part of a combination (like a half-sandwich and soup). If the menu doesn’t offer these portions, ask for them. If two or more of you are dining, ask to share an entrée, salad or other item. Restaurants may charge a split fee for this, but you still end up paying less than you would if you ordered two full-sized items. Splitting desserts, not just two ways but three or four, is routine nowadays and you normally won’t be charged a fee.

Given the general scaling-up of portion sizes, appetizers can be as big as a normal main dish at home. A soup and salad can likewise make a meal. If the restaurant has side dishes, such as vegetables normally served with entrees, these might also help fill out your dinner.

Don’t limit yourself to just the dinner menu. Lunch portions are usually smaller and less expensive than the same food offered on the dinner menu, so choosing mid-day meals for eating out is one way to save money. Even later in the day, you should look to see if lunch items are still being served.

Fish and poultry can be Jekyll-and-Hyde menu items, depending on how they’re prepared. Grilled, they can be lean, healthy and a nutrition bargain. Breaded and fried, they can turn into overpriced fat and calorie bombs. You can usually tell the difference from the restaurant’s nutritional data (see above), but if you’re eating where this information isn’t available, stay on the right track by keeping “grilled, not fried” in your mind as a sort of menu mantra. Though some fish, in particular, can be pricey, Mangieri says “you can still get a basic white fish like tilapia or cod fairly inexpensively.”

A good rule for pasta, salads and soup is to avoid anything creamy. With pastas, this means choosing red over white—marinara sauces over high-fat concoctions such as Alfredo sauce. Mangieri says marinara is also a good alternative to oil-based sauces that lack the creamy texture but still pack plenty of fat. With soups, avoid “cream of...” varieties. When ordering salads, avoid ranch or other creamy dressings, and ask to have your dressing served on the side so that you use only what you need.

“Value menus” or “all-you-can eat” buffets aren’t good deals on the healthy eating scale. They encourage you to eat too much food of low nutritional quality. “You’re getting a cheaper product, but it’s also high in fat,” says Mangieri. The same warning goes for “super-size” menus and meals. Parents should apply the same rules to kids’ menus as they do to the grown-up dishes. If it’s food that would be good for an adult, it’s good for the kids. You might avoid fried chicken fingers or macaroni and cheese, although spaghetti with marinara sauce might be fine.

Why not go a step further and get the kids interested in the good stuff you're eating? You could split a regular entrée two or three ways among the youngsters, or share some of your own food with them. It's not a bad idea to widen the menu choices for your kids at home, too. The only way to tell if you're saving money on eating out is to know how much you're spending and then compare it to what you've budgeted.

Resources

The Academy of Nutrition and Dietetics has some tips for healthy eating when dining out at www.eatright.org/Public/content.aspx?id=5671

***REMEMBER—MISSION READINESS BEGINS WITH
FAMILY READINESS!***