



BUCKEYE FAMILIES

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OCTOBER—DECEMBER 2014

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Fall into Fall with great programs from Family Readiness and Warrior Support- CPT Franz State Family Programs Director

The fall season has reached us and we have been blessed with great weather to date. As I write this, it is 80 and we are into October. The leaves are changing and it is a great time to get outdoors and enjoy the fall season. Family Readiness has completed the majority of our yearly programs, but we still have a few fall events available for you to enjoy. We have events taking place at the Cincinnati and Columbus Zoos, October 26th and November 2nd respectively, that are designed to engage both children and parents in curriculum based discussions for a few hours. Then you will be treated to an animal encounter, served a light lunch and have the remainder of the day to explore the zoo on your

own. The cost is only \$12 a person. That is cheaper than the normal cost of zoo admission! I challenge you to take advantage of these events and enjoy the fall weather while it lasts. You will have all winter to stay indoors and catch up on those Netflix reality shows, so get outside and create your own family reality event this autumn.

We will also host the annual Columbus Zoo Wildlights Military Appreciation night on 20 December from 6-9pm. Mark your calendars and join us for another great year of holiday entertainment. Complete details will be available shortly.

To wrap things up, if you find yourself with

extra time on your hands, we always have volunteer opportunities available. Contact any of our staff for opportunities that interest you. I also want to highlight the efforts of all our volunteers, who provided over 12,500 hours of service this year! You can find the top five volunteers on page 7, who donated a combined 1,264 hours! That's amazing! Great people like this are what make our programs world class. Thanks for everything you do!



Senior Family Readiness Support Assistant, Janet Corbi—OUTSTANDING VOLUNTEERS, THANK YOU!

The 2014 National Volunteer Workshop was held in Norman, Oklahoma on Aug 12-15th. The workshop was attended by statutory volunteers and a representative from the State Family Program Office for each state and territory. I and four of Ohio's statutory volunteers attended the workshop. The keynote speaker was General Frank J. Grass. GEN Grass serves as the 27th Chief of National Guard Bureau. During his talk he gave highlights of the various National Guard missions and the locations that Guardsmen have or are currently deployed to as well as a few statistics that I thought you might find interesting:

- 463,000 Guardsmen across the United States
- 767,000 Guardsmen have deployed at least once
- 115,000 Guardsmen have deployed 2 or more times
- 675,000 hours have been logged by statutory and gratuitous volunteers over the last year



The second speaker was COL Steve Parker, Executive Director of Joining Community Forces. Joining Community Forces focuses the efforts of local providers with a common goal: to strengthen the local military community. Because Community Forces work in communities around the country, they are uniquely positioned to find and consolidate the best local resources, and that means providing better and faster assistance to Service members, Military families, and Veterans when they need it. This initiative is spearheaded by First Lady Michelle Obama and Dr. Jill Biden.

All attendees at the workshop were trained in Personal Growth and Resiliency or Instructor Training Course. The trip was very beneficial not only for the training but also for the camaraderie and learning from other volunteers from across the United States. Our volunteers that attended the workshop are: From left to right: Margaret Campfield, 174th ADA BDE; Jennifer Randolph, Special Troops Command; Lindsey Peters, 16th Eng BDE; Noel Fonseca, 73rd Troop Command.



Have you found your **BATTLE BUDDY?**



What is a Battle Buddy? In the military, a Battle Buddy is your battlefield partner with whom you accomplish a common mission. They stand ready to assist one another. Battle buddies know the other soldiers they are going into battle with, and they focus on each other's strength and skills. They acknowledge each other's common reactions in different situations and they watch out for thinking traps — patterns of looking at activating events that can prevent them from seeing things realistically. They listen to each other. Most warriors say that they made it through deployment because of their battle buddies, and continue to utilize them in their daily lives.

Sometimes Battle Buddies come in and out of your life and some at just the right moment and they can last a lifetime. The Army has a policy that supports the Battle Buddy view and Specialist James Dunz was told how one person's Battle Buddy saved his life. "We should never underestimate the power of our actions. With one small gesture, we can change a person's outlook...So what does it mean to be a Battle Buddy to someone? It could mean saving a life." We need to take advantage of every opportunity to make a positive impact on others, if you need help your Battle Buddy may be your nearest and most valuable source of support. You can sustain each other through stress, loss, and other trauma by showing you care. Take the time and look to your left and to your right, have you found your Battle Buddy?

<http://www.wood.army.mil/enr/mag/PDFs%20for%20May-Aug%2010/Dunz.pdf>



BATTLE BUDDIES can be found in your FRG!

YES! Your Family Readiness Group (FRG) can be your Battle Buddy, become active in your FRG and you can get some of the same benefits that your Service Members receives from their Battle Buddy.

- Battle Buddies in your FRG understand the ups and downs just like you, they have your back
- Battle Buddies keep each other informed about key instructions and information
- Battle Buddies promote cooperative problem solving
- Battle Buddies increase morale in both family members and service members
- Battle Buddies decrease stress
- Battle Buddies ease the transition into military lifestyle
- Battle Buddies improve communication between military and civilian life
- Battle Buddies can become your best friend, especially when service member is at a month long school or on deployment.

The FRG is your opportunity to connect with people who understand what Annual Training is and what it means when your service members says they have drill this weekend. FRGs also provide you with the opportunity to meet the people your service member spends so much time with and they allow you to connect and meet your Battle Buddy. So, contact your unit's FRG Leader or Unit Commander and volunteer for events and meet your extended Ohio National Guard Family!

<http://lovingasoldier.com/my-first-battle-buddies/>

Training Opportunities for Family Members and the FRG

Wellbeing Workshops

Have you attended a training or professional development workshop in the past year? If you answered No, then please consider attending our 3-day resiliency or 2-day ASIST course and get some great skills under your belt to help your family, soldiers, and your FRG!

Family Readiness & Warrior Support also provide these amazing workshops that are available to your FRG for events, meetings, and drill weekends. Try one of them out, contact your Brigade FRSA for more information and ideas. (See pg___ for FRSA contact information)

Workshop Options:

- Positive Wellness Health Workshops—how to effectively deal/handle everyday stress
- Financial Workshops—work on creating effective budgets and developing money management skills
- Education & Employment Workshops—develop your resume and cover letters to get the right job for you.
- Operation Lets Roll Workshops—consists of submission grappling and Military Combative classes while improving your resilience.

RESILIENCY Training Assistance (RTA) Course



The RTA Course, is a DA program based on the principals of positive psychology. Service members and Families will enhance resilience competencies of Self Awareness, Self Regulation, Optimism, Mental Agility, Strengths of Character, and Connection.

Resiliency Outcomes:

- Improved Soldier performance and readiness
- Improved Communication and Listening Skills
- Courage to stand up for one's beliefs
- Compassion to help others
- Stronger relationships
- Maximized Potential
- Confidence to lead

Who: Service/Family members can attend these courses

When (all classes will be at the DSCC BLDG 1 in Columbus)

Oct. 8-10th

Nov. 21-23rd

Dec. 10-12th

How to Register:

Service Members—contact your unit

Family Members—contact Janet Corbi, Senior FRSA (614)-356-7918



Applied Suicide INTERVENTION Skills (ASIST)

This training prepares caregivers to recognize individuals who are at risk and how to intervene to prevent the risk of suicidal thoughts/behaviors. ASIST focuses on suicide first aid, on helping a person at risk stay safe and seek help. This training is for more than just service members.

Who: Service/Family members

How to Register: Service Members—contact your unit. Family Members—contact Janet Corbi, Senior FRSA for OH (614)-356-7918

When & Where:

- Oct. 5-6th—Cancelled
- Nov. 15-16th—DSCC/RTI, Columbus
- Dec. 8-9th—DSCC/RTI, Columbus

ASIST Refresher Courses will be on Nov. 6th and Dec. 9th

Operational Security (OPSEC) — Discuss with your Family and Friends



Attention Service Members (SM) and Families: OPSEC is a vital element in protecting the Army's Soldiers, missions, and yes you. With the recent events this past year in the news, it is very important that you share OPSEC information with your family and friends.

As a Family member or friend of our military community, you are a vital player in our success, and we couldn't do our job without your support. By being Family or Friends of our military community, you will often know some bits of critical information. Do not discuss them outside of your immediate Family, over the telephone and especially not on social media websites.

With the rise of Social Media Websites in our everyday use it is important to know how you can keep yourself and family safe when online. The security risks that social media websites pose are enormous that the DoD has invested special interest to inform friends and family of the dangers of posting certain information. The best defense of information exposed to those who want to cause us harm is to safeguard it.

What Is Not Acceptable To Post?

- Specific Dates—Posting the month something is to occur is ok.
(June—OK/ June 16, 2014—Not OK)
- Specific Location of SM—Posting the country your SM is deployed is ok.
(Iraq—OK/Camp Taji Iraq—Not OK)
- Specific Unit Information—Name of the unit and the commander are acceptable.
Size and function are NOT
- Names of Any SM or pictures in uniform—This means editing photos with name tags before posting.
- Unit Movements or Actions—Posting info prior to actions being implemented could compromise the mission, while posting after actions have taken place may help the enemy reorganize.



- Enemy Attacks—Posting about enemy attacks will either confirm success (no matter how small) and use it to rally their forces. (This includes the spread of rumor mills that can create anxiety and fear in our community)

Using your best judgment is always a good start. If it seems like it is too much information, it probably is. Please contact your BDE FRSA for more information or go to www.army.mil/Media/socialmedia/.

This information includes what you put on your car, in your yard, on your windows, and license plates.



Budgeting for the HOLIDAYS

The average American spends more than \$1,000 during the holiday season. Much of that spending is on credit cards, which means that many people face big bills in the New Year. The key to keeping holiday spending (or almost any kind of spending) under control is planning and sticking to a budget. By planning your holiday spending carefully, you can save money and still keep the holidays happy. Remember to start early! Sometimes bargains can be found months in advance.

Setting a Holiday Budget—

The first step in controlling a holiday expenses is deciding exactly how much you can afford to spend. There are four main areas in which most people spend: gifts, entertaining, travel and decorating. And each one comes with hidden expenses. Take the time to make a list of everyone you want to buy a gift for and then double check the list to see who could get a card instead of a gift. Next try setting a price limit for each gift, such as family gets a \$30 limit, co-workers \$10, etc. and don't forget to add the cost of wrapping paper and supplies into your budget.

Ways to Spend Less—

Many people blow their holiday budgets because they get carried away by the excitement of the season. It's important to remember that you can still have a joyous holiday season without busting your budget. Try and focus on the true spirit of the season rather than the more commercial aspects. Here are some ways to save money during the holidays: Set expectations with friends and family, Look for ways to cut back on the number of gifts you buy, Consider homemade gifts, Make a shopping plan, Look for bargains, Brainstorm for ways to cut entertaining costs, Be sure to use your Exchange, Cut back on mailing expenses, Make careful travel plans, Keep it simple, and Use your credit card wisely.

For the full article please go to http://www.militaryonesource.mil/pfm/budgeting-and-basic-money-management?content_id=267397, this page provides lots of great tips and ideas for the Holidays!



UPDATES
800-342-9647



Personal FINANCIAL Management Resources



Military OneSource has many resources available to families and service members to assist with personal financial management. We will discuss a few today.

Financial Specialty Consultation—

Specialty consultations are online or telephonic meetings provided by a trained professional in an area of expertise. Financial consultants can assist with financial planning; provide financial counseling; help one understand their retirement, 401K, TSP, and investment options; provide information on credit management, budget analysis, loans, home buying, and credit cards; and make referrals to state tax preparers on one's behalf. Besides online and telephonic financial specialty consultations, MOS provides face-to-face financial counseling.

Call MOS today and ask for a financial counseling appointment, these are limited to 12 sessions per issue, per calendar year — just dial 800-342-9647! http://www.militaryonesource.mil/pfm?content_id=267031

Ohio's TOP FRG VOLUNTEERS for TY14—Great Work!



- 1) **Melanie Diaz, 751 volunteer hrs | 945th ENGR CO (16th EN BDE)**
- 2) **Lindsey Peters, 541.5 volunteer hrs | 837th EN CO (16th EN BDE)**
- 3) **Robin Fraedrich, 541 volunteer hrs | 638th ASB CO B (73rd TC)**
- 4) **Anna Deiters, 388.75 volunteer hrs | 1192nd EN CO, 291st EN DET, 292nd EN DET (16th EN BDE)**
- 5) **Cassie Haberman, 321.25 volunteer hrs | 73rd TC HHD (73rd TC)**

FRG TEAMS—RISFAC MEETINGS

Please consider attending the next Regional Inter-Service Family Assistance Committee Meeting (RISFAC) near you for great ideas, tips, or to find new community partners for assistance with your next FRG event!

Check out which region you live in at <http://www.homefront.ohio.gov/>, under the RISFAC tab at the top of the page are each of the Regions and under each region it will tell you all the counties that it services.

Attend with your Military Liaison or Commander!

Region 1 RISFAC

Oct. 23, 2014-Garfield Hts.

Region 2 RISFAC

Oct. 15, 2014-McConnelsville

Region 3 RISFAC

Oct. 21, 2014-Cincinnati

Region 4 RISFAC

Oct. 28, 2014-Sidney

Region 5 RISFAC

Oct. 7, 2014-Mansfield

Region 6 RISFAC

Oct. 8, 2014-Columbus



Families are the strength of our Soldiers—GAT 2.0

Your service member already takes the Global Assessment Tool (GAT) 2.0 once a year and now the families can as well! What is GAT 2.0 and Why should you take it? It is a confidential, self-assessment tool through which you are able to confidentially assess your physical and psychological health based on the five dimensions of strength: Social, Emotional, Spiritual, Family, and Physical. Families are the strength of our Soldiers, knowing how fit and resilient you are, and where you can improve enables you to be strong for those you love most. GAT 2.0 is all about truly knowing yourself—knowing your strengths and areas to improve, it is completely confidential! To take the GAT 2.0 go online to <https://armyfit.army.mil> and register for a ArmyFit account.



ARMYFIT™
COMPREHENSIVE SOLDIER AND FAMILY FITNESS

- CAC Login
 AKO Login
 ArmyFit™ Login

Family Readiness Support Assistants (FRSA)

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Programs. They provide administrative assistance to the Family Readiness Groups (FRGs) and their Leadership Teams. Please reach out to your Brigade (BDE) FRSA for assistance with your Family Readiness Program.



Contact Information for BDE FRSA:

- 16th EN BDE—Lisa Mann | 614-336-6352 | lisa.m.mann18.ctr@mail.mil
- 174th ADA BDE—Danny Dicaire | 614-336-6000 x2039 | danny.r.dicaire.ctr@mail.mil
- 37th IBCT—Billy Madden | 614-336-6855 | billy.g.madden.mil@mail.mil
- 73rd Troop Command—Candy Stephenson | 614-336-1557 | candice.l.stephenson.ctr@mail.mil
Emily Cunningham | 614-336-4915 | emily.l.cunningham2.ctr@mail.mil
- 371st SUST BDE—614-336-7681
- Special Troops Command (STC) - Nancy Kary | 614-336-7314 | nancy.j.kary.ctr@mail.mil
- Senior FRSA—JFHQ—Janet Corbi | 614-356-7918 | janet.s.corbi.ctr@mail.mil

State & Local Resources

Finance/Employment/Transition

Jobs and Family Service

Phone: 877-852-0010 or 614-466-2100
Website: www.jfs.ohio.gov/

Military Pay

Phone: 614-336-7225
Website: <https://mypay.dfas.mil/mypay.aspx>

Employment Support Services

Phone: 614-336-7378

ONG Transition Assistance Advisors

Phone: 614-336-7349 or 614-336-4192

Ohio Department of Veterans Services

Phone: 614-644-0898
Website: www.dvs.ohio.gov/

Librarian—Military Records

Phone: 614-336-7038

AMVETS

Phone: 614-431-6990

ONG Education Office

Phone: 514-336-4165

American Red Cross

Phone: 877-272-7337

Medical

TRICAR Benefits Assistance

Phone: 614-336-6000 ext. 1778

OHARNG Health Services

Phone: 614-336-4194 or
614-336-7271

Military OneSource

Phone: 800-342-9647
Website: www.militaryonesource.mil

Drug/Alcohol Abuse Prevention

Phone: 614-336-6444

Sexual Assault Response

Phone: 614-336-7159

Sexual Assault Hotline

Phone: 877-751-5628

JAG Office—Legal

Phone: 614-336-7022

DEERSIID Cards

Phone: 614-336-7087

OHARNG Retention Office

Phone: 877-685-7660

Behavior/Mental Health

Director of Psychological Health Army National Guard

Phone: 614-336-1413 or 614-623-2625

Chaplain Services

Phone: 614-336-7246

Director of Psychological Health 178th Air National Guard

Phone: 1-800-851-4503 ext. 2583

Veteran Crisis Center

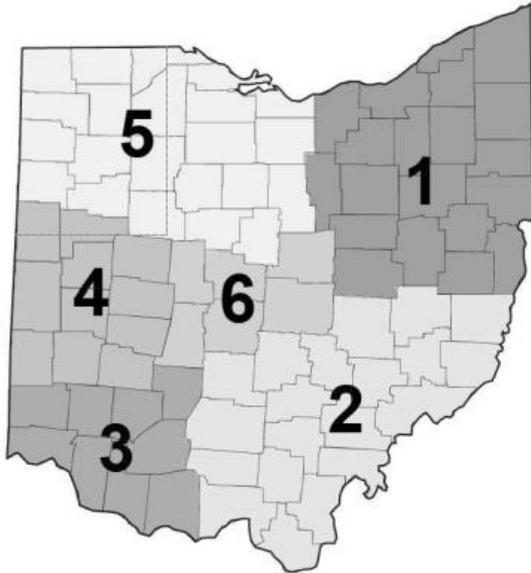
Phone: 1-800-273-8255 Press 1

Resiliency Programs

Phone: 614-336-7192



Troop and Family Assistance Centers (TFAC)



Region 1 TFAC- North East Ohio-Canton/Akron
 Joyce Stingel | joyce.e.stingel.ctr@mail.mil | 614-336-6337
 Rita Stahl | rita.a.stahl.ctr@mail.mil | 614-336-4310

Region 2 TFAC- South East Ohio– Chillicothe/Portsmouth
 Jennifer Moore | jennifer.l.moore2.ctr@mail.mil | 614-336-6943
 Caroline Johnson | caroline.m.johnson@us.army.mil | 614-336-4311

Region 3 TFAC- South West Ohio– Cincinnati/Hamilton
 Lauren Martinez | lauren.a.martinez.ctr@mail.mil | 614-336-6550

Region 4 TFAC- Western Ohio– Dayton/Kettering
 Phyllis Miller | phyllis.a.miller3.ctr@mail.mil | 614-336-6357
 Ashton Houseman | ashten.o.houseman.ctr@mail.mil | 614-336-4483

Region 5 TFAC- North Western Ohio– Toledo/Bowling Green
 Margret Szymanski | margret.r.szymanski2.ctr@mail.mil | 614-336-4312
 Patricia Markowski | patricia.markowski.ctr@mail.mil | 614-336-6615

Region 6 TFAC- Columbus Ohio– Columbus
 Syreeta Long | syreeta.d.long.ctr@mail.mil | 614-336-4232
 Heather Smith | heather.d.smith3.ctr@mail.mil | 614-336-7358

What is a TFAC?

The acronym TFAC, stands for Troop & Family Assistance Center. In Ohio there are 10 offices, staffed with TFAC specialists. We are a part of the Family Readiness & Warrior Support program of the Ohio National Guard. These centers provide direct support to all past/present service members, their families, serving all in any branch of the military. The main purpose of the TFAC office is to provide assistance and/or resources relating to crisis intervention, legal, financial, Tricare, ID Cards/DEERS, Community information to any service member, military family, or veteran. Assistance can be sought by a family/service member before, during, and after a deployment, or whenever there is a need.

The TFAC offices work with county agencies, organizations, or individuals who support the military in specific regions. For example, if a service/family

member is having an issue paying the rent/mortgage, we review your eligibility for any program that is available and help you apply for assistance when and if applicable. By working together, we can get assistance to the service member quickly and accurately. Accordingly, you would contact the TFAC that is closest to where you live, not necessarily where your service member drills.

Besides assisting the service member, our goal is to raise awareness of military and civilian support networks in our local community. By recognizing the issues our military and their families face today, we can work together to provide and recommend the appropriate services for each individual.

TFACs can assist FRG's with guest speakers for their meetings, or you can request a TFAC to attend your meeting and brief your families on potential resources available to them (steady state or in deployed status).

Youth & Family Programs



OHNG Youth Programs and Operation: Military Kids (OMK) in Ohio reaches out to youth with a deployed family member/s to create community support networks through a variety of educational, social, and recreational program:

The following are just some of the programs that are offered throughout the year. Be sure to watch for new opportunities and information about registration using the ways to “Stay Connected” on the next page.

This Fall enjoy a day of Educational Fun through some of our HERO Camps.

These camps are designed to allow youth to build relationships with other military children while improving skills in resiliency, communication, leadership, self expression and team building skills.

Strong Family Workshops engage parents in hands on activities, share experiences as a part of an adult round table discussion group, create resourceful toolkits and gain valuable insight and parenting tips from their peers and presenters. This year’s parent workshops will be focusing on your “whole brain” Using some of today’s most credible research, we will explore how to engage youth holistically and create flexible, stable,

adaptive , and energetic children! You will also discover how critical the role of play is to the future success of your youth or teen.

Contact Information:

Andrew Seward

Lead Child & Youth Program Coordinator
614-336-7274
andrew.j.seward.ctr@mail.mil

Theresa M. Ferrari, Ph.D.

State 4-H Military Liaison
614-247-8164
ferrari.8@osu.edu

FALL EVENTS—SAVE the DATES!

October 11, 2014

Ages 6-17

Fieldstone Farm—Chagrin Falls, OH: Youth will learn the basic care of equine, discover how to read their emotions and in turn how to express themselves. Groom, walk, pet, paint and learn to love all of their hooved friends!

Cost: \$10 per youth

Parents are FREE!

Regonline.com/HCFeldstone

October 26, 2014

Ages 5-Up

Cincinnati Zoo—Cincinnati, OH: You’ve been to the zoo but have you ever experienced a close animal encounter?

Come to Cincinnati for the parent and family camaraderie and leave with new friends—just not the animals please.

Cost: \$12 per participant

Regonline.com/HCCincizoo

November 2, 2014

Ages 5-Up

Columbus Zoo—Columbus, OH: Experience the Columbus Zoo in an all new fashion! We are offering an animal encounter, lunch and all of the on your own walking you can stand!

Cost: \$12 per participant

Regonline.com/HCColzoo



Future Events:

December 20, 2014

Winter Wildlights at the Columbus Zoo

The Venue of Your Discovery, Towns Across Ohio—We are always looking for new places to go, new things to try, new businesses to work with! If you have a connection or want to host an event, let us know your idea!

Stay connected with Ohio Military Kids

We want to interact with Ohio's military families to find out how we can serve you better!

Use the social media links below to access up-to-date events, resources, and photos.



ONG Family Readiness Program Youth Programs

Lists all youth opportunities available to ONG families.

http://www.ong.ohio.gov/frg/FRG_youthprograms.html



Ohio 4-H Youth Development

For all of your month of the military child resources, program information and volunteer opportunities.

<http://www.ohio4h.org/omk>



Facebook

For upcoming OMK event info

[Facebook.com/OhioOperationMilitaryKids](https://www.facebook.com/OhioOperationMilitaryKids)



Twitter

For immediate fun military kids activities to do and resources for your family.

[@OhioOMK](https://twitter.com/OhioOMK)



You Tube

For a glimpse into some of the crazy good times offered through OMK.

<http://www.youtube.com/user/OhioOMK>



Instagram

Instagram

For photos that inspire you about military family life.

[#omkohio](https://www.instagram.com/omkohio)



Operation Military Kids 4-H Fund , Fund Number: 311984

Supports Various Youth Development Projects being Coordinated through 4-H's Partnership with the Military

<https://www.giveto.osu.edu/igive/onlinegiving>



There are so many fun things to do this time of year with your family. We have provided you with a list of 30 Fall activities for you to enjoy with your kids! These are simple, affordable, frugal friendly ideas that will create lifelong memories for you and your children! So, get your camera

ready because you are about to have one action-packed Autumn!

- 1) Go apple picking at a local orchard.
- 2) Bake an apple pie, apple sauce, or any other yummy recipe with the apples picked from the orchard!
- 3) Rake leaves, make a huge pile, and jump right in! (This is my favorite one)
- 4) Visit your local metro park and hike the trails.
- 5) Go bike riding, either around the block or on a bike trail.
- 6) Watch a fall night sky...check out the stars.
- 7) Go on a fall picnic.
- 8) Go on a hay ride.
- 9) Roast marshmallows over a bonfire, create a yummy s'more concoction.
- 10) Play a neighborhood game of touch football.
- 11) Enjoy a mini tailgating party before the football game!
- 12) Attend one of the many fall festivals or street fairs near you.
- 13) Organize a chili cook-off with family and friends!
- 14) Go through a corn maze—and get lost.
- 15) Collect colorful leaves and iron between two sheets of waxed paper and display on fridge.
- 16) Start your holiday shopping.
- 17) Donate to your local food bank.
- 18) Create paper plate masks.
- 19) Stuff a scarecrow, give it a name, and set it on a lawn chair out front for Halloween.
- 20) Discuss Halloween Trick or Treating safety tips with your children.
- 21) Enjoy a cup of hot apple cider or hot cocoa.
- 22) Tour a scary local haunted house.
- 23) Visit a pumpkin patch and get enough to carve and bake a treat.
- 24) Create your own Halloween Costume.
- 25) Do some fall cleaning around the house.
- 26) Make a pinecone bird feeder covered with peanut butter and birdseeds.
- 27) Visit a local farm or vegetable stand.
- 28) Participate in a local charity walk/run as a family.
- 29) Put together a puzzle as a family!
- 30) Learn about the pilgrims and Indians while taking a scenic fall foliage drive.

SAVE THE DATE—Winter Wildlights at the ZOO!!!!

On December 20, 2014 the annual Military Family Night will be held at the Columbus Zoo. Families can enjoy a fun filled evening with family and friends, walk the lights or enjoy the festivities that will be organized by the Ohio National Guard Youth Programs and Operation Military Kids!