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● ISSUE 1 | ● VOLUME 1 | ● October 2013

# Buckeye Families

*fall.  
into  
fun*

ADDRESSING THE NEEDS OF OHIO ARMY NATIONAL GUARD FAMILIES AND THEIR SERVICE MEMBER

**SOLDIER READINESS + FAMILY READINESS = MISSION READINESS**

*The State Family Programs Office provides the Commander's and Family Readiness Groups with the most up to date information, assistance, and programming and/or trainings that are put out through ONG Family Programs Office*

## Greetings from the State Family Programs Director: CPT Doug Franz

October brings with it all the changes of the fall season: temperatures drop, leaves change colors, and daylight hours get shorter. October also brings the new fiscal year and budget guidance from National Guard Bureau. Just as the daylight hours get shorter, so has our Family Programs budget.

You might be wondering how this affects you, the family members, volunteers, or Service Members. Overall, you will not notice any specific changes to our trainings that we offer, but we will focus on ways to reduce travel costs when applicable. Travel costs are the largest expense we have

each year. Youth and Yellow Ribbon Reintegration programming will continue as normal but with a focus on low-cost or no-cost facilities and venues. We are fortunate in Ohio to have Community Partners who support us financially and enable us to have quality events at reduced costs to our military families.

Currently we are reviewing our funding to determine if we can support the Joint Family Readiness Professional Development Workshop, scheduled for April 5-6 in Columbus. If you are a statutory volunteer and have not attended this event in previous years, I

encourage you to do so. This is the signature event for Family Readiness and you will find the programming educational and the social time enlightening. As of this printing, things look promising so I ask that you save the dates on your calendar and plan to attend.

Thank you for the continued support of your Service Member and allowing them to be part of this outstanding organization!



CPT Doug Franz  
 State Family Programs Director  
 Family Readiness &  
 Warrior Support Programs



## UNCLE SAM'S VOLUNTEER WATCH

When it comes to building community, Ohio National Guard units provide a unique challenge to the FRGs because unit members are spread out all over the state. This is where you, the family member or FRG Leader, can step up and volunteer or recruit volunteers. Volunteering gives family members an opportunity to share their talents and time, contact your BDE FRSA for a Family Talent Survey. Volunteering can be very rewarding and a boost to your resume through the skills and training one develops, as well as the hours spent volunteering for your FRG.

Record Hours at [www.jointservicesupport.org](http://www.jointservicesupport.org)



## Resources for Service Members and Families During Tough Economic Times

- [www.ong.ohio.gov/family](http://www.ong.ohio.gov/family)
- <http://homefront.ohio.gov/>

If the government shutdown has caused any financial hardships, the Family Readiness and Warrior Support Programs are available to help you through these difficult times. For help in seeking assistance, please contact your regional Family Assistance Center or your Airmen and Family Program Managers at the telephone numbers listed below.



## Family Readiness & Warrior Support Resources

TROOP AND FAMILY ASSISTANCE CENTERS

**To reach the Troop and Family Assistance Center Specialist in your region call**

**1-800-589-9914**

Region 1: Canton/Akron (Prompt 1)  
 Region 2: Chillicothe/Portsmouth (Prompt 2)  
 Region 3: Cincinnati/Hamilton (Prompt 3)  
 Region 4: Dayton/Kettering (Prompt 4)  
 Region 5: Toledo/Bowling Green (Prompt 5)  
 Region 6: Columbus (Prompt 6)

24 Hour Joint Operations Center 888-637-9053

*Our regional Troop & Family Assistance Specialists and Airmen & Family Readiness Program Managers are highly trained professionals who provide information, resources, referrals and assistance to all Service Members and Families before, during and after deployments, or whenever there is a need.*

**Airmen & Family Readiness Program Locations:**

Mansfield—179th AW 800-642-8365 x5206600	Toledo—180th FW 800-495-4250 x8684550
Springfield—178th FW 800-851-4503 x2583	Columbus—121st ARW 800-377-5570 x5

Stay up to date on programs and events by following us at [www.ong.ohio.gov/family](http://www.ong.ohio.gov/family) or search for "Ohio National Guard Strong Families" on Facebook

<b>OHIOCARES</b> 800-761-0868	<b>Military Family Life Education &amp; Counseling</b> 614-336-7479 or 614-336-6000 ext 1413	<b>Ohio National Guard Employer Outreach Program</b> 614-336-7077
<b>Military OneSource</b> 800-342-9647	<b>Personal Financial Education &amp; Counseling</b> 614-336-4212	<b>Civilian Employment Support</b> 614-336-7152
<b>Drug &amp; Alcohol Intervention</b> 614-336-6444	<b>State &amp; Federal Veteran Benefits</b> 614-336-7349 or 614-336-4192	<b>Employer Support of the Guard &amp; Reserve</b> 614-336-7444
<b>American Red Cross</b> 877-272-7337	<b>Youth Programs</b> 877-460-2177 or 614-336-7456	<b>Sexual Assault Response Coordinator</b> 877-751-5628

RESOURCES

**Below are links to other organizations that are available to provide emergency assistance:**

**County Veteran Service Offices**

<http://dvs.ohio.gov/tabid/58/Default.aspx>

County Veteran Service offices provide emergency financial assistance to veterans and their spouses, surviving spouses, children and parents on a short term basis for basic living needs. These needs include mortgage, rent, utilities and food vouchers. Other financial assistance is provided on a case by case basis. Veterans must contact the Veteran Service Office in the county they reside for further information and assistance.

**County Job and Family Services Veteran Representative**

<http://jfs.ohio.gov/>

The Ohio Department of Job and Family Services is responsible for developing and supervising the state's public assistance, workforce development and unemployment compensation.





# Are You Involved In Your FRG ...Why Not?

Do you know who or what your FRG is? Your FRG is your Family Readiness Group and we welcome your participation in all of our events. To get in contact with your FRG please contact your unit commander or your Family Readiness Support Assistant (FRSA) for contact information.

The FRG is an organization of Family members, civilians, and Soldiers belonging to the unit that together provide information and assistance to others in the group during periods of separation, thereby, reducing stress. This includes both non-deploying and deploying units and their families.

- FRGs provides a network of communication between the family members, chain of command, and community resources.
- FRGs creates a climate of mutual support within the group. They have the potential for improving unit's readiness.
- The FRG program involves organization, training, administrative support, and command interest for military organizations, in conjunction with support from volunteers, oriented toward assisting unit family members during times of stress and deployments.



*These pictures were taken at Ohio National Guard events.*



## Why Join...

The FRG opens up a communication and resource link between military and families. It provides parents, siblings, friends, significant others, children, and grandparents with a place to gather and share valuable community resources and information to help solve problems.

We need volunteers to help us organize fundraisers, special events, and various Family Day programs. Getting involved with the FRG allows

you to become a part of a military unit's Family support system helping to reduce social isolation or stress among service members and family members. This community or better put new family that one forms as a part of the FRG enables each other to provide a close personal mutual support for each other. As a volunteer with the FRG you get to enhance the military family member's feeling of belonging, control, self-reliance, and self esteem thereby allowing their service member to stay focused on their unit's mission.

Joining the FRG does not mean that you are committed to every single meeting that the FRG Leader hosts or every activity or fundraiser, all that we ask is that you help participate when called upon just as your service member dedicates their weekends and services to the Ohio National Guard. Giving back to your service member and community is one of the best ways that you can honor him or her in their services to our country. Please contact your FRSA or Unit Commander to get started with your FRG today!

# WHY LOGGING YOUR HOURS MATTERS IN JSS



The National Guard Bureau determines funding to each States Family Programs by the number of hours that our Volunteers report on Joint Services Support (JSS). This funding pays for training, travel reimbursement, and hotel accommodations for Statutory Volunteers (FRGL, AFRGL, Secretary, and Treasure).

All hours are to be reported on [www.jointservicesupport.org](http://www.jointservicesupport.org) or submitted to your BDE FRSA with your hours and descriptions so that they may register or log the hours. Volunteers must log-in to JSS, click on tools, and then Volunteer Activity Tracker. Complete category, activity, date, hours and comments. For further questions please contact your BDE FRSA

## Ohio ISFAC



## Ohio Inter-Service Family Assistance Committee

### State and Regional Partners Joining Forces in Support of Ohio's Military Community

Each Region in Ohio has quarterly meetings with local and regional community partners. The quarterly RISFAC meetings continue to be a vital asset in the support of our Service Members and their Families. Below are some of the ways that community partners have assisted with the needs of our Service Members and their Families.

**\*\*During the holidays, over 150 military families in Ohio received some sort of holiday assistance or gifts in kind. This included food baskets over Thanksgiving; families being adopted for Christmas; military children enjoying the Polar Express experience.**

*Inter-Service Family Assistance Committee (ISFAC) is a state level committee or regional (RISFAC), state, and federal agencies and organizations that meet quarterly to collaborate and align resources in support of Ohio troops and military families.*

- Region 1: Oct. 24<sup>th</sup> @ 6:30, Garfield Hts
- Region 2: Oct. 16<sup>th</sup> @ 6:00, McConnellsville,
- Region 3: Oct. 22<sup>nd</sup> @ 6:30, Cincinnati
- Region 4: Oct. 29<sup>th</sup> @ 6:30, Sidney
- Region 5: Oct. 22<sup>nd</sup> @ 6:30, Mansfield
- Region 6: Oct. 9<sup>th</sup> @ 6:30, Columbus

#### Region 1

#### **Northeast Ohio**

Troop and Family Assistance Center  
1-800-589-9914, x1

#### Region 2

#### **Chillicothe & Portsmouth**

Troop and Family Assistance Center  
1-800-589-9914, x2

#### Region 3

#### **Cincinnati**

Troop and Family Assistance Center  
1-800-589-9914, x3

#### Region 4

#### **Kettering**

Troop and Family Assistance Center  
1-800-589-9914, x4

#### Region 5

#### **Bowling Green**

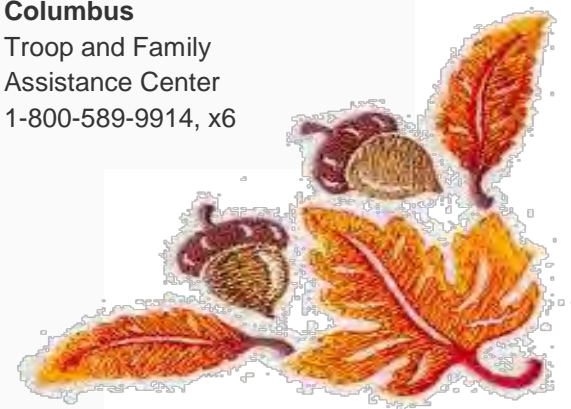
Family Assistance Center  
1-800-589-9914, x5



#### Region 6

#### **Columbus**

Troop and Family Assistance Center  
1-800-589-9914, x6





*“Generations pass like leaves fall from our family tree. Each season new life blossoms and grows benefiting from the strength and experience of those who went before.”*

*-Heidi Swapp*



## Family Readiness – Regional Foundation Course (RFC)

Please check out the TY14 RFC training dates below and mark them on your Calendar (at home and work) and in your phone! Register for this event through the Joint Services Support web page at [www.jointservicesupport.org](http://www.jointservicesupport.org) or contact your Brigade Family Readiness Support Assistant (FRSA)

The RFC is required training for Commanders, Military Liaisons, and Family Readiness Group Leadership Teams (FRGL, Secretary, Treasurer)

Dates & Regions are as follows:

Date of Course	Location	Registration Close
02 November 2013	Cincinnati Area	25 October 2013
22 February 2014	Columbus Area	14 February 2014
22 March 2014	Akron or Cleveland Area	14 March 2014
28 June 2014	Toledo Area	20 June 2014
09 August 2014	Columbus Area	01 August 2014

## Getting Connected...

There are a lot of ways to get connected. If you are not receiving information via email from your FRG Leaders or BDE FRSA, please get in touch with Janet Corbi Senior FRSA at 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil). She will get you in contact with the appropriate person in order to help you get the information you are trying to obtain. There are numerous resources listed on the Ohio National Guard Family Readiness Page Check it out at [http://ong.ohio.gov/frg/FRG\\_index.html](http://ong.ohio.gov/frg/FRG_index.html)

## Staying Connected...*Family Readiness Support Assistants*

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Program. They provide administrative assistance to the FRG. Please reach out to your Brigade FRSA for assistance with your Family Readiness program.



- 16<sup>th</sup> EN BDE – Adam Kaufman | 614-356-7997 and Lisa Mann | 614-336-6352
- 174<sup>th</sup> ADA BDE – Lindsey Lauber | 614-336-2039
- 37<sup>th</sup> IBCT – Lezlie Garcia | 614-356-7912 and Billy Madden | 614-336-6855
- 371<sup>st</sup> SUST BDE – Melissa Davis | 614-336-7681
- 73<sup>rd</sup> Troop Command – Please contact Lisa Mann with the 16<sup>th</sup> EN BDE
- Special Troops Command – Emily Cunningham | 614-336-7314
- Senior FRSA – JFHQ – Janet Corbi | 614-356-7918

# Resource Contact List

**24 Hour Joint Operations Center** – 888-637-9053

**ONG Transition Assistance Advisors** – 614-336-7349  
or 614-336-4192

**TRICARE Benefits Assistance** – 614-336-6000 x1778

**Employment Support Services** – 614-336-7152

**Military Family Life Consultant** – 614-336-7479

**OhioCares** – 800-761-0868

**Personal Financial Consultant** – 614-336-4212

**Military OneSource Consultant** – 614-336-7319

**Director of Psychological Health** – 614-336-7246

**Drug & Alcohol Intervention** – 614-336-6444

**Sexual Assault Response Coordinator** – 877-751-5628

**American Red Cross** – 1-800-696-3873

**Employer Support of the Guard and Reserve (ESGR)** –  
614-336-7444

**Veterans Benefits Administration** – 800-827-1000

## Financial Fitness

### *Programs to Help Service Members Stay Financially Fit*

Knowing all the ins and outs of today's complex financial environment is no easy task. For service members, military life can make that job even tougher. Service members and their families may be at high risk for potential financial crises, credit issues or the pitfalls of predatory lenders. What's more, financial readiness can directly affect mission readiness, as service members with financial problems may not be able to concentrate on the mission at hand. To help service members and their families to plan and control their financial future, the Department of Defense provides financial information, training and counseling through the Personal Financial Management program and other



programs and services. Please check out Military OneSource's Money Management page at <http://www.militaryonesource.mil/pfm>, this page contains all sorts of financial resource links. Service members and their families prosper when they can manage their own finances and save money for the future. Working with partners throughout the government and private sector, the DoD's Financial



Readiness Campaign is designed to improve personal readiness by reducing stress related to financial problems.

It is very important to be financially fit as you are mentally and physically fit, please look into the many program that offer financial assistance.

- Financial Readiness Campaign's Military Saves – [www.militarysaves.org](http://www.militarysaves.org)
- Financial Readiness Campaign's Military Youth Saves – [www.militarysaves.org/military-youth-saves](http://www.militarysaves.org/military-youth-saves)
- Personal Financial Counselor for Ohio Military Members – 330-314-5323  
[bnieman@mflc.zeiders.com](mailto:bnieman@mflc.zeiders.com)
- Military OneSource Financial Consultation - [http://www.militaryonesource.mil/counseling?content\\_id=267031](http://www.militaryonesource.mil/counseling?content_id=267031)
- DoD Savings Deposit Program - <http://www.dfas.mil/dfas/militarymembers/payentitlements/sdp.html>
- Thrift Savings Plan - <https://www.tsp.gov/index.shtml>

# Employment Support Resources

## Career Centers:

Ohio Dept. of Job and Family Services-888-296-7541  
AMVETS Career Center-614-431-6990

## Career Exploration:

- <http://ohiolmi.com/jobs/careers.htm>
- [www.careeronestop.org/](http://www.careeronestop.org/)
- <http://www.mynextmove.org/vets/>

## Job Searching:

- **Federal Job Search:**
  - [www.usajobs.opm.gov/](http://www.usajobs.opm.gov/)
  - [www.fedshirevets.gov/](http://www.fedshirevets.gov/)
  - <http://www.ong.ohio.gov/jobs/Jobs.asp>
- **Military Friendly**
  - <http://my.ohiomeansjobs.monster.com/vetcenter/home.aspx>
  - <http://www.ohiovetscan.com>
  - <http://www.h2h.jobs/>
- **Resume Writing:**
  - <http://www.dol.gov/vets/programs/tap/main.htm>
  - <http://www.turbotap.org/register.tpp>

## Interviewing Tips and Techniques:

- <http://www.dol.gov/vets/programs/tap/main.htm>
- <http://www.turbotap.org/register.tpp>

## MOS Skills Translation:

- <https://www.online.onetcenter.org>
- <http://www.dmdc.osd.mil/vmet>

## Networking:

- <http://www.dol.gov/vets/programs/tap/main.htm>



## FREE Tutoring for Military Kids K-12 @ Tutor.com

As parents we strive to provide the “best” for our kids. We want them to go to the best schools, have the most friends, be the most involved, etc. One of our struggles is giving them all they need within our budgets. Tutor.com is one of the ways we can give our kids something special for FREE. Tutor.com is a web based tutoring system that works individually with each child. You do not need to sign up as a class or have permission from a teacher. It is totally free to military kids and totally personalized for them.

### Who will benefit from tutor.com?

Every child in every grade K-12 will and can benefit from Tutor.com. If you have a child who is struggling with a specific class, project or subject, tutor.com is perfect for them. The one-on-one tutoring gives your child the attention they need and deserve.



*“I was getting a D in calculus and after using Tutor.com I was able to raise it to an A by the end of the semester. I even found a tutor that I loved and favorited her so that I could work my schedule with hers and get to work with her as often as I could. I loved that tutor.com is available 24/7 because I have a weird schedule with work and school. Sometimes I am studying at midnight to be ready for the next day.”*

If you have a child who is an honor student and is involved in everything, tutor.com can help them get personalized lessons so they do not need to study as hard once test time comes around.

*“Tutor.com is different because it revolves around you. You don’t have to rely on your class, or your classmates, or your teacher, or your school time. It is personal to you and your own schedule and whenever you need help even if you need it 20 minutes at a time.”*

**For more information on Tutor.com, how to get free help and how it works go to: [www.tutor.com/military](http://www.tutor.com/military)**



October



Family Wellness

Healthy Eating and Exercising



## Military OneSource Monthly Focus

Our focus for the month is on offering assistance in either maintaining a healthy weight or returning to a healthy weight. It should come as no surprise that each requires the same thing: a healthy diet, daily exercise and a long-term commitment to your physical well-being. But as everyone who has struggled with weight knows, this can be more difficult than it sounds. That's why Military OneSource uses

different approaches to help you with weight management based on your individual needs and preferences. Let us help you maintain or rediscover a healthier you! [www.militaryonesource.com](http://www.militaryonesource.com)

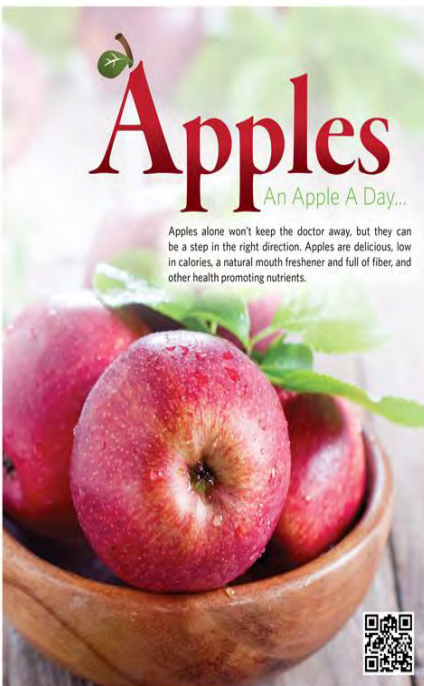
Healthy Families – ensuring that you and your family are making healthy decisions is an important part of your family's overall well-being. But with busy schedules and a million and one things to do,

preparing healthy foods and finding time to exercise can be challenging. It often seems easier to pick up fast food on the way home from a long day or sit in front of the television after work. It's making the small decisions to steer your family in a healthy direction that can make a big difference in the long run. All it takes is a little healthy food and some activity!

Go to [http://www.militaryonesource.mil/monthly-focus?content\\_id=269488](http://www.militaryonesource.mil/monthly-focus?content_id=269488) for great ideas and tips for how to eat well and exercise as a family!!

The most important thing to remember as you begin or continue your healthy journey is that your family is unique. You know best what will work for your family and what won't. Start somewhere, find something that works with your family, and improve from there. If you stick with healthy food choices and an active lifestyle you'll all see and feel results that you can be proud of!

# Apples – Super Food of the Month



Portion size: 1 1/2 Cup



### Apple Pie Smoothie with Almonds and Soy

Yield: 1

- 1 cup Fresh Apples, Chopped
- 1/2 each Banana, Fresh, Sliced
- 1 tbsp Almonds, Chopped
- 1/2 cup Vanilla Soy Milk
- 1/8 tsp Ground Cinnamon
- pinch Ground Nutmeg
- 1 cup Ice Cubes



Place all ingredients into a blender and puree until smooth. Serve immediately.

Chef's Note: You can use regular milk, almond milk or yogurt.

Calories (kcal)	Protein (g)	Carbohydrate (g)	Total Fat (g)	Cholesterol (mg)	Sodium (mg)	Dietary Fiber (g)	Sat Fat (g)
199.6	5.4	35.4	5.5	0	51.8	5.7	0.6

Check out more Delicious and Nutritious Monthly Super Food Recipes at the DSCC MWR Recipe Box <http://dscmwr.com/home/cafeterias/recipe-box/>





# Youth Programs & OMK

The Ohio National Guard provides wonderful youth programs with its partner **Ohio: Operation Military Kids**. The Youth Program's goal is to empower and support the social, emotional, and academic needs of Ohio National Guard Youth.

**Education Outreach Program** – With the help of our community partners at the Ohio Department of Education, the Ohio PTO, the Ohio Teachers Union, and the Military Interstate Compact committee, we are very pleased to announce the upcoming mass distribution of our education Outreach Program DVD/Webinar and brochure to ALL of the public school districts throughout the state.

- If you are in a position to help distribute these items to key individuals such as principals, teachers, and especially school counselors, please contact Len Klakulak at 614-336-4161 or [leonard.r.klakulak.ctr@mail.mil](mailto:leonard.r.klakulak.ctr@mail.mil)
- **Support the Murray Amendment!** Contact your local representative. This amendment would create a report – only subgroup for military-connected students, generating precise data about their classroom success and the schools they attend. The amendment would help federal, state, and local entities eventually target resources for this vulnerable population, and it is supported by organizations supporting military families across the country. To read more on this landmark piece of legislation, please use the link below.  
[http://www.murray.senate.gov/public/index.cfm/newsreleases?ContentRecord\\_id=e7dd19c8-dad2-4049-b403-8529362cfe4a](http://www.murray.senate.gov/public/index.cfm/newsreleases?ContentRecord_id=e7dd19c8-dad2-4049-b403-8529362cfe4a)

## ONG OMK Youth Program Upcoming Events:

- Beachwood Ceramic Guild presents **FROGS, FROGS, FROGS** – Saturday, Oct. 26<sup>th</sup> from 10:00-12:30pm, Beachwood, OH
- Teen Winter Survival Camp – November 1<sup>st</sup>-3<sup>rd</sup>, Military Youth Ages 13-17, Camp Joy, Clarksville OH
  - \$30 per camper, register at [www.regonline.com/teenwintercamp](http://www.regonline.com/teenwintercamp)

## Current Volunteer Opportunities:

- Barn Reorganization – in need of 5 volunteers on October 18<sup>th</sup> to help clean up from the camp season.
  - Time – 10am to 5pm
  - Location – Beighter Armory in Columbus, OH

Please contact Amanda Fogle Sigmon if you are interested in Volunteering at 614-336-4241 or [amanda.m.fogle.ctr@mail.mil](mailto:amanda.m.fogle.ctr@mail.mil)

## ➡Up Coming Trainings◀

- **ASIST(Applied Suicide Intervention Skills Training)**

**What is ASIST?** This training prepares caregivers to recognize individuals who are at risk and how to intervene to prevent the risk of suicidal thoughts becoming suicidal behaviors. The emphases of the ASIST workshop is on suicide first aid, on helping a person at risk stay safe and seek further help.

**When** – October 21-22<sup>nd</sup> and November 2-3<sup>rd</sup>

**Cost** – FREE

**Who** – Any Service Member or Military Family Member

**How to Register:**

Service Members – contact your unit

Family Members – contact Janet Corbi, SFRSA, 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil)

- **RTA (Resilience Trainer Assistance)**

**What is RTA?** The RTA course uses the principals of positive psychology to enhance resilience competencies to maximize their potential and face the physical and psychological challenges of sustained operations and everyday stressors in life.

**When** – November 22-24<sup>th</sup>

**Cost** – FREE

**Who** – Any Service Member or Military Family Member

**How to Register:**

Service Members – contact your unit

Family Members – contact Janet Corbi, SFRSA, 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil)

# CALENDAR OF EVENTS



## October – November



A complete guide with detailed information of all the events going on in Ohio this fall can be found at <http://www.homefront.ohio.gov/>

### Region 1 – NE Ohio Counties

Please check out

<http://www.homefront.ohio.gov/RISFAC/Region1RISFAC.aspx>  
for Event Flyers and Resources



### OCTOBER

#### Women Warriors Project:

When – Tuesday, October 8<sup>th</sup> 6:30-8:00pm

Where – First Grace UCC in Schroer Hall, 350 S. Portage Path, Akron, OH

\* We are a gathering of women – In active duty, Veterans, Married to current Service Members or Veterans, and Friends of those in the Military. We gather to share our stories in an accepting and supportive community to share our stories and make a stronger community. Please contact [vetartproject@gmail.com](mailto:vetartproject@gmail.com) or 330-835-9488 to RSVP & for more information

#### USO of Massillon Toiletry Drive Collection:

When – Fri. October 4, 11:30 – 12:30pm

Where – Massillon USO Military Food Pantry  
Contact Information – 330-696-0016

#### Fall Fun Weekends and Pig Races at Ridgeview Farm:

When – Saturday Oct. 5, 2013



Where – Ridgeview Farms  
5488 Kinsman Rd,  
Middlefield, OH

\* Ridgeview Farm offers fall fun weekends every Saturday and Sunday in October. Experience the farm! Enjoy the corn maze,

hayrides; pick your own pumpkin, petting zoo, and an Amish bake stand. Pig Races every Saturday and Sunday in October. Free Admission. \$5.00 for corn maze or hayride, \$9.00 for both; check us out at <http://www.ridgeviewfarm.com/>

#### Christmas in October to Benefit our troops and families:

When – Thursday, Oct 10, 2013 6pm-8pm

Where – Freedom Hall 1060 E. Waterloo Rd, Akron, OH

\* Cost: \$10 per person,

Food provided by: Chick-Fil-A of Montrose, Lembo's Italian Restaurant & Catering by Mark DiFeo.

Please contact Lenny Morella for reservations at 330-418-5482 or [lmorella@neo.rr.com](mailto:lmorella@neo.rr.com)

#### RISFAC Meeting:

When – Thursday, October 24, 6:30-8:00pm

Where – Garfield Heights, OH



#### Operation Military Kids & Families – Frogs, Frogs. Frogs:

When – Saturday, Oct. 26<sup>th</sup> 10-12:30pm

Where – Beachwood Ceramic Guild, Beachwood OH

\* Have a “Ribbiting” time making ceramic frogs with military families. Contact Judy at 440-729-1218 or [judyjdog@aol.com](mailto:judyjdog@aol.com) to register for the event!



### NOVEMBER

#### Akron Arrows Football Military Appreciation Day:

When – Saturday, Nov. 2, 2013

\* Please contact 1-888-99-AKRON for more information

#### Women Warriors Project:

When – Tuesday, November 5<sup>th</sup> 6:30-8:00pm

Where – First Grace UCC in Schroer Hall, 350 S. Portage Path, Akron, OH

\* We are a gathering of women – In active duty, Veterans, Married to current Service Members or Veterans, and Friends of those in the Military. We gather to share our stories in an accepting and supportive community to share our stories and make a stronger community. Please contact [vetartproject@gmail.com](mailto:vetartproject@gmail.com) or 330-835-9488 to RSVP & for more information

### Region 2 – SE Ohio Counties

Please check out

<http://www.homefront.ohio.gov/RISFAC/Region2RISFAC.aspx>  
for Event Flyers and Resources



### OCTOBER

#### Amps 4 Ohio:

When – Tuesday, Oct 1<sup>st</sup> at 6:30-8:30pm

Where – Ross County YMCA

100 Mill Street, Chillicothe, OH

\* Amputee Support Group for amputees, family or friends.  
For more information call Juanita Mengel, 740-777-8180  
[www.amps4ohio.com](http://www.amps4ohio.com)

#### Appalachian “Color in the Hills” Festival:

When – Oct 4-6<sup>th</sup>, 2013

Where – Glouster Community Park located on State Route 13 in Glouster, OH

\* Enjoyment. Hours Fri 10-11, Sat 9-11, Sun 10-5  
Webpage: [www.appalachiancolorinthehillsfestival.com](http://www.appalachiancolorinthehillsfestival.com)



# CALENDAR OF EVENTS



## Sorghum Festival:

When – Oct 4-6<sup>th</sup>

Where – John R. Simon Farm  
8721 Pond Creek-Carey's Run Road  
Portsmouth, OH

\* Located in rural Scioto County, the "Sorghum Festival" has become one of the area's favorite events. Each year you are taken back to the 1800's when Sorghum was the leading sweetener made from Sorghum Cane. Admission and Parking are FREE. Please contact 740-259-6337 for more information,

<http://consumer.discoverohio.com/searchdetails.aspx?detail=70442>

## Terror in the Trees Haunted Trail:

When – Friday, Oct 4<sup>th</sup> 8-11pm

Where – 444 Jacobs Cemetery Rd, Lucasville OH

\* Admission is \$7.00

[www.TerrorInTheTrees.com](http://www.TerrorInTheTrees.com)

## Pioneer School Harvest Days:

When – Sunday, Oct 6<sup>th</sup> 12-5pm

Where – 847 Adena Road, Chillicothe, OH

\* This harvest homecoming is a fundraiser for the Pioneer School and features a bean dinner with your choice of navy or pinto beans, corn muffin, drink and dessert. There will be artisans throughout the grounds of Adena Mansion & Gardens demonstrating period crafts like shearing sheep, shoeing horses, and woodworking. Music, horse drawn wagon rides, and children's games will add to the fun.

<http://www.adenamansion.com/index.htm>

## Grandma Gatewoods Fall Colors Hike:

When – Saturday, Oct. 12<sup>th</sup> 1-5pm

Where – Old Mans Cave Visitor Center Naturalist Cabin  
Rt. 664 South Logan, OH

\* Bring along a cool drink and celebrate the season's colors. Meet with the naturalist at the Old Man's Cave Visitor Center for a strenuous hike that spans roughly 6 miles of the Grandma Gatewood trail.

## Fall Festival of Leaves:

When – Oct 18-20<sup>th</sup>

Where – Bainbridge, OH

\* The Fall Festival of Leaves is an October celebration of the beauty of season and region. Festivities include arts, crafts, entertainment, flea markets, midways, parades, pedal tractor pull, and an opportunity to experience times past, or drive the four self-guided scenic Paint Valley Skyline Drives. Admission is FREE



## Circleville Pumpkin Show:

When – Oct. 15-18<sup>th</sup>

Where – 159 E Franklin Street  
Circleville, OH

\* Admission is free. For more information, please contact:

[email@pumpkinshow.com](mailto:email@pumpkinshow.com)

<http://www.pumpkinshow.com/>



## 19<sup>th</sup> Annual Little Cities of Black Diamonds:

When – Sunday Oct. 20<sup>th</sup>

Where – Southern Local Schools Campus  
116 West Main Street Shawnee, OH

\* Don't miss the 18th Annual Little Cities of Black Diamonds Day in the historic district of the southern Perry County village of Shawnee. This year's event will celebrate clay, an underground mineral that joined with coal mining and oil discovery in this "mineral region" a century ago to create dozens of thriving communities in the renowned Hocking Valley Coal Fields.

<http://www.athensohio.com/events/outdoor-events/18th-annual-little-cities-of-black-diamonds-day>



## NOVEMBER

### Election Day:

When – Tuesday, Nov. 5<sup>th</sup>

### Amps 4 Ohio:

When – Tuesday, Nov. 5<sup>th</sup> at 6:30-8:30pm

Where – Ross County YMCA  
100 Mill Street, Chillicothe, OH

\* Amputee Support Group for amputees, family or friends.  
For more information call Juanita Mengel, 740-777-8180

[www.amps4ohio.com](http://www.amps4ohio.com)

### 3<sup>rd</sup> Annual Salt Fork Gospel Jubilee:

When – Nov. 14-15<sup>th</sup>

Where – Salt Fork State Park Lodge  
State Route 22 East Cambridge, OH

\* Attend to hear some of the best Gospel groups from around the country. Admission is FREE

### 16<sup>th</sup> Annual Wine Tasting and Art Show:

When – Saturday, Nov. 23<sup>rd</sup> 12-4pm

Where – Grande Restaurant & Tavern  
104E. Emmitt Avenue, Waverly, OH

## Region 3 – SW Ohio Counties

Please check out

<http://www.homefront.ohio.gov/RISFAC/Region3RISFAC.aspx>  
for Event Flyers and Resources



## OCTOBER

### "U-Pick" at A&M Farms:

When – Sep 15-Oct 15<sup>th</sup>

Where – A&M Farm 22141 SR 251 Midland, OH

\* "U-Pick" your own delicious, fresh apples right from the orchards at the farm and you pay for what you pick.

### Jack-O-Lantern Junction:

When – Sep. 21- Oct. 31st

Where – 7379 Squire Court, West  
Chester OH

\* [http://www.entrainmentjunction.com/cincinnati\\_entertainment\\_and\\_attractions\\_calendar](http://www.entrainmentjunction.com/cincinnati_entertainment_and_attractions_calendar)





# CALENDAR OF EVENTS

## Ohio Sauerkraut Festival:

When – Oct 12-13<sup>th</sup>

Where – Downtown 10 B North Main Street  
Waynesville, OH

\* Hours: Sat. 9am-8pm, Sun. 9am-6pm Admission: FREE  
<http://www.sauerkrautfestival.com>

## Bonnybrook Farms' Pumpkin Chuckin':

When – Saturday, Oct 26-27<sup>th</sup> 12:00-6:00pm

Where – Bonnybrook Farms 3779 State Rout 132  
Clarksville, OH

\* Bonnybrook Farms' Pumpkin Chuckin' offers family fun for all ages. "Pick your Own" Pumpkin Patch; Pumpkin Chuckin'; Adventure Hayride with professional theater actors; Clodhopper Golf; Crazed Corn Maze; friendly farm animals to pet and brush; guided Pony Rides

## Pioneer Trick or Treat Night:

When – Saturday, Oct. 26<sup>th</sup> 3-6pm

Where – Caesar's Creek Pioneer Village  
3999 Pioneer Village Road,  
Waynesville OH

\* <http://www.caesarscreekpioneer-village.org> Bring the children for a fun time! There will be plenty of goodies and spooky stories for all to enjoy. This is a special event for the children and free admission. Admission: FREE



## NOVEMBER

## PNC Festival of Lights:

When – Nov. 29, 2013 – Jan. 2, 2014

Where – Cincinnati Zoo & Botanical Garden  
3400 Vine Street Cincinnati, OH

## Region 4 – SSW Ohio Counties

Please check out

<http://www.homefront.ohio.gov/RISFAC/Region4RISFAC.aspx>  
for Event Flyers and Resources



## OCTOBER

## Cowvins Corny Maze:

When – Aug. 3 – Oct. 27<sup>th</sup>

Where – Young's Jersey Dairy, Yellow Springs OH

\* For more information go to <http://youngsdairy.com/>

## Midwest Outdoor Experience:

When – Oct 4-5<sup>th</sup>

Where – Eastwood Metro Park  
1385 Harshman Road, Dayton OH

\* Dayton, Ohio, is the home of the region's largest outdoor recreation festival. The Midwest Outdoor Experience, presented by Subaru, celebrates everything the Gem City has to offer, including mountain biking, kayaking, fishing, geocaching, tree climbing, cycling, backpacking, and more!

## 6<sup>th</sup> Annual Ghost Tours of Downtown Sidney:

When – Oct 16-17<sup>th</sup>

Where – Shelby OH

\* Contact Shelby County Historical Society at 937-498-1653 for more information

## Family Day – Spooktacular Aerospace Fun:

When – Saturday, Oct. 26<sup>th</sup> 10am – 3pm

Where – National Museum of the United States Air Force

\* Admission is FREE, Go to <http://www.nationalmuseum.af.mil/education/family.asp> for more information



## NOVEMBER

## Wright-Patterson Air Force Base Fall Job Fair:

When – Nov. 6<sup>th</sup> 10:00-3:00pm

Where – Wright State University's Nutter Center

\* For more information call the Airman and Family Readiness Center at 937-257-3592 – This event is open to all

## Legendary Lights of Clifton Mill:

When – Nov. 28, 2013 – Jan. 1, 2014

Where – Clifton Mill 75 Water Street Clifton OH

## Region 5 – NW Ohio Counties

Please check out

<http://www.homefront.ohio.gov/RISFAC/Region5RISFAC.aspx>  
for Event Flyers and Resources



## OCTOBER

## Walk with a Soldier Memorial Road March II:

When – Tuesday, Oct. 1<sup>st</sup>

Where – Fort Meigs Battlefield, Perrysburg, OH

\* Walk with a Soldier Memorial Road March II is a 2, 5, or 9 mile non-competitive walk/march in support of fallen and physically and/or mentally wounded servicemen and women through the Wounded Warrior Project.

## Harvest Happenings:

When – Saturday, Oct. 5-6<sup>th</sup> 11-5pm

Where – Osborn Park, Huron, OH

\* Admission is FREE

## Region 6 – Central Ohio Counties

Please check out

<http://www.homefront.ohio.gov/RISFAC/Region6RISFAC.aspx>  
for Event Flyers and Resources



## OCTOBER

## Short North Harvest Festival:

When – Saturday Oct. 5<sup>th</sup> 8:00am – 5:00pm

Where – North Market, 59 Spruce St. Columbus, OH

\* Admission is FREE





# CALENDAR OF EVENTS

## RISFAC Meeting

When – Thursday, October 9<sup>th</sup> 6:30pm – 8:00pm  
Where – Columbus, OH

## Dublin 5K in Honor of CPT Nick Rozanski:

When – Oct. 12<sup>th</sup> at 8:45am  
Where – Glacier Ridge Metro Park  
\* Register at [www.dublinalumni.org](http://www.dublinalumni.org)

## Pumpkin Hike:

When – Saturday, Oct. 26<sup>th</sup> 6:30pm to 8:30pm  
Where – Lancaster Parks & Recreation, Lancaster OH  
\* [http://www.lancasterparks.com/Special\\_Events/Pumpkin\\_Hike/pumpkin\\_hike.html](http://www.lancasterparks.com/Special_Events/Pumpkin_Hike/pumpkin_hike.html)

## Columbus Crew – Military Discount Night:

When – Sunday, Oct. 27<sup>th</sup> at 4:00pm  
Where – Lancaster Parks & Recreation, Lancaster OH  
\* \$15.00 Upper Sideline Seats (Regular \$28.00)  
\$23.00 Lower Sideline Seats (Regular \$33.00)  
If you have questions about the Military Discount please call Sam Beall for the Columbus Crew front office at (614) 447-4189 or [sbeall@thecrew.com](mailto:sbeall@thecrew.com)  
To order tickets click the link below:  
<https://oss.ticketmaster.com/html/go.html?l=EN&t=crew&o=88&g=1588>

## Mayhem & Mystery Dinner Theater Presents –

### Tailgate Threats:

When – Oct. 1-29<sup>th</sup> only Tuesday's 7-9:30pm  
Where – The Columbus Spaghetti Warehouse  
397 W. Broad St. Columbus, OH  
\* Admission is \$29.95, Please call 614-464-0143 or [www.mayhemmystery.com](http://www.mayhemmystery.com) for more information

## Doll & Bear Show and Sale:

When – Sunday Oct. 27<sup>th</sup>, 10:00-4:00pm  
Where – Aladdin Shrine Center, Columbus, OH  
\* Antique, Collectible, Modern, Artist Dolls, Bears and Related Items. For more information go to <http://www.olentangyvalleydollclub.net/doll-show.html>

## The Haunted Hoochie:

When – Sept. 26<sup>th</sup>-Nov. 2<sup>nd</sup>  
Where – 13861 East Broad St. SW, Pataskala, OH  
\* Dead Acres is home to the Haunted Hoochie, an extreme haunted attraction. Tickets are \$20.00  
<http://www.deadacres.com/>

## Ohio Renaissance Festival:

When – Sat. & Sun. Aug. 31<sup>st</sup>  
– Oct. 20<sup>th</sup>, 10:30-6:00pm  
Where – Renaissance Park,  
Harveysburg, OH  
\* For more information call 513-897-7000 or <http://www.renfestival.com/>  
Knights, comedy, daring stunt shows, giant roasted turkey legs, bread bowl stews, handmade arts and crafts abound in the authentically recreated 30-acre 16th Century English village.



## The Columbus Italian Festival:

When – Oct. 11-13<sup>th</sup>  
Where – Italian Village, Hamlet St Columbus, OH  
\* Admission is \$5.00 (children under 12 are free). For more information contact 614-294-8259 or [www.columbusitalianfestival.com](http://www.columbusitalianfestival.com)  
Enjoy live entertainment, open-air markets, Italian dancing, a children's area and plenty of fabulous Italian food. Taste of Italy event is Oct. 7<sup>th</sup>.

## Fall Heritage Festival:

When – Saturday Oct. 12<sup>th</sup> 11am to 5pm  
Where – Historical Village at Weaver Park, Hilliard, OH  
\* Step back into the 1800's and enjoy homemade food, tours of authentic historic buildings (one room school house, chapel, caboose, train station, privy, barn, covered bridge and museum)! For more information call 614-644-3290 | [www.franklincountyhistoricalsociety.org](http://www.franklincountyhistoricalsociety.org)

## Fall Fun Days Harvest Festival at Circle S Farms:

When – Oct. 1-31<sup>st</sup>, 8:30am till dusk  
Where – 9015 London Groveport Rd,  
Grove City, OH  
\* For more information call 614-878-7980 or INFOLINE at 614-878-9462. Our festival features hayrides to pick a pumpkin, a six acre corn maze, sunflower maze, Fun Hay Barn with slides, Scarecrow Cave, Fodder Lane, petting zoo, weekend entertainment and much more. [www.circlesfarm.com](http://www.circlesfarm.com)



## NOVEMBER

## The Haunted Hoochie:

When – Sept. 26<sup>th</sup>-Nov. 2<sup>nd</sup>  
Where – 13861 East Broad St. SW, Pataskala, OH  
\* Dead Acres is home to the Haunted Hoochie, an extreme haunted attraction. Tickets are \$20.00  
<http://www.deadacres.com/>