



USAOTC Family Program's Community Binder of Events and Information

March/April: Issue III

ONE...

One tree can start a forest;
One smile can begin a friendship;
One hand can lift a soul;
One word can frame the goal;
One candle can wipe out darkness;
One laugh can conquer gloom;
One hope can raise your spirits;
One touch can show you care;
One life can make the difference,
be that one today.

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Scan the USAOTC Family Program's QR code



CALL, CLICK, CONNECT:

For more information contact the
USAOTC Family Program Assistant:

Email:

usarmy.hood.atec.mbx.otc-frg@mail.mil

Office: (254) 288-9964

Cell: (254) 368-3650

Visit:

www.facebook.com/USAOTC

[USAOTC Family Program Events](#)

Community Resource Links:

Resources and Information at your fingertips!

Fort Bragg:

www.bragg.army.mil/fbr/pages

Fort Sill:

sill-www.army.mil/pages/AtoZ.htm

Fort Bliss:

www.bliss.army.mil/Communityresourceguide

Fort Huachuca:

www.army.mil/info/organization/huachuca/

Fort Hood:

www.hood.army.mil/resources

FMWR:

Fort Bragg:

Fortbraggmwr.com

Fort Sill:

www.sillmwr.com

Fort Bliss:

Fortblissmwr.com

Fort Huachuca:

mwrhuachuca.com

Fort Hood:

Hoodmwr.com

NATION WIDE SPOTLIGHT SECTION:

Introducing the Blue Star Scholarship! A first of its kind program to enhance education and career prospects for military spouses by connecting them with high quality online education programs. Learn more about an MSW@USC during a webinar on April 2 at 8 p.m. EST. Register at <http://info.msw.usc.edu/BlueStarFamiliesWebinarApril2.html> & learn more about the University of Southern California's MSW@USC and on campus options.

Everyone Serves: A new, free e-book is available from Blue Star Families to assist military family members, friends and civilians cope with the emotional toll of deployments and reintegration. Everyone Serves: A Handbook for Family and Friends of Service Members During Pre-deployment, Deployment and Reintegration is now available for online viewing at BlueStarFam.org/EveryoneServes, and will be available for download from Amazon, Apple, Barnes & Noble, Google, Kobo and Sony platforms For more information visit www.everyoneservesbook.com

Standard academic transcript to reflect military academic credit recommendations: The Sailor Marine Corps American Council on Education Registry Transcript (SMART), the Army American Council on Education Registry Transcript System (AARTS) and the Coast Guard Institute (CGI), were aligned to implement one collaborative transcript program, now called the Joint Services Transcript (JST). With this collaboration, service members and veterans have one officially recognized military transcript. The Navy, Marine Corps and Army JST are currently available online at: <https://jst.doded.mil> . For additional information and discussion about the JST, contact the JST Program Manager by e-mail: jst@doded.mil or call (850) 452-1001, Opt 3, Ext. 1097.

Upcoming FREE Lowes Build and Grow Workshop: Build the Croods Planter! Saturday, April 13 at 10:00am! The Croods are back at Lowe's but you must register to attend! Your child will love building this planter and decorating it with their favorite creatures and characters from the movie!

Visit the [Lowes Build and Grow webpage](#) , enter your zip code, then register for FREE at your local Lowe's store!

Stay connected and informed with up to date nation wide information, programs, contests, events and more:
[Fliers, Information, Events \(Nation Wide\)](#)



A Platform For Good

Is it time to start spring cleaning your digital footprint? From updating passwords to building a positive online reputation, take some time this spring to clean-up your digital footprint. Need ideas for where to start? Check out **A Platform For Good** at <http://aplatformforgood.org> for resources such as mobile safety tips for staying safe on your cellphone, WebWiseKids for Adults (learn commonly used acronyms teens and kids use on their cell phones- **NOTE:** List contains sexual explicit language and profanity; however, it's imperative that adults have this information), Apps 101: What to know before you download, Lookout Mobile Phone Family Safety Contract, Lookout Mobile Security (Confused about mobile safety? Check out this smartphone guide for parents!).



LEARN MORE ►



F **Sweet Berry Farm in Marble Falls, TX now open:** The Farm is now open for the 2013 season and the Strawberry harvest has begun and should last through mid May. Hours of operation are 8:30 to 5:30 Monday, Tuesday, Thursday, Friday, Saturday and Sunday from 1:00pm - 5:00pm. The farm will be open normal hours through Easter Weekend. Feed the goats, see the horses and donkeys, let the kids jump on the Berry Bouncers (giant jumping pillows) or ride the Sweet Berry Express barrel train (runs Thursday through Sunday). NO parking charge or entrance fee. For more information visit <http://sweetberryfarm.com>



Bluebonnet Festival, April 12-14, 2013: In Burnet, downtown Square area, 229 S Pierce Ave. Vendors open Friday and Saturday from 9:00 am to 6:00pm, Sunday from 11:00 am to 3:00pm. 200+ vendors, air show, rubber ducky races, grand parade, live music, street dances, carnival, kids activities, weiner dog races, dog house races, free chuckwagon breakfast Sunday morning. 5K run, kid's fun run, Birding and Wildflower show, Bluebonnet Golf Tournament, Gunfighter's shoot out. Local entertainment during the day at main stage and Good old Texas bands for Sat night. For more information visit <http://bluebonnetfestival.org>



Texas Wine Festival: April 13th from 12-4pm. Come get a taste of Texas! With 15 featured Texas wines you will get a tour of the variety Texas has to offer. \$15 Per Person. For more information visit www.thevineyardatflorence.com

R **Celebrate Killeen Roller Derby Mash Up, hosted by Wicked City Derby Damez:** Saturday, April 27, 2013, 12:00pm - 5:00pm, at Killeen Parks & Recreation, 2201 E Veterans Memorial Blvd, Killeen, Texas 76543. For more information call (254) 217-6517 or visit the [Wicked City Derby Damez events page](#).



Army Community Service Comprehensive Soldier and Family Fitness (CSF2) Resilience for Couples, Open to Soldiers, Family Members, and Civilians: 29 March 2013, 1200-1430; 23 April 2013, 1800-2030; 29 May 2013, 1200-1430; 28 June 2013, 1200-1430 at Lane Volunteer Center, Bldg 16005. Put the "bounce" back in your relationship! Join other military couples (married or not) in addressing the challenges (communications, personal changes, coming together, etc.) of building/recharging your relationship. For more information, call or visit : Army Community Service, (254) 287-8355.

T **Greater Killeen/Ft. Hood and Copperas Cove, May 5, 2013 is Lemonade Day:** Lemonade Day is a FREE, community- wide, educational initiative designed to teach children how to start, own and operate their own business - a lemonade stand. Register online at <http://forthood.lemonadeday.org>



H **Fort Hood Residents:** Children living at Fort Hood Family Housing now have an opportunity to receive educational scholarships. High school seniors, high school graduates and GED graduates living in communities managed by WinnCompanies, or its affiliates, and are pursuing some form of higher education, in community college, college, university or trade/professional school are invited to apply for scholarship grants! To check eligibility, download application and details click here: [Community News](#) . All completed applications must be submitted to Fort Hood Family Housing no later than April 12.

H **It's Military Spouse Appreciation Day!** Our Military Spouses "Make a World of Difference" Family & MWR, Army Community Service will host a luncheon for Active Duty, Retiree and Surviving Spouses on Thursday, 9 May 2013, 11:00am -1:00pm at Club Hood 24th & Wainwright Street, Fort Hood. Reservations will be taken 1 April-3 May (or until all seats are reserved). Reservations: (254) 286-6600.



O **Month of the Military Child Flash Mob:** On April 1, Fort Hood will kick-off a month of festivities with our very first Month of the Military Child Flash Mob! Don't miss this historic opportunity for some real memory making fun! We encourage children and adults to learn this easy routine, which will be per-formed in local schools, CYSS centers and at a soon-to-be-announced location. More details will be posted weekly here: [Facebook.com/HoodCYSS](https://www.facebook.com/HoodCYSS) For more information, please call 254-553-3341.

O **Month of the Military Child Bingo:** For \$5, children play bingo for age appropriate prizes and enjoy a happy meal for lunch. Month of the Military Child Bingo takes place at Community Events and Bingo Center on April 13. Doors open at 10 am, bingo starts at 11 am. Tickets on sale now (advance ticket sales only, limited seating) Open to all children, 2 - 12 years of age. In order to ensure that every child has a seat, please limit additional adult guests. For more information, call 254-532-9263.

O **Free Coupon Class and Swap hosted by Savealotmom:** Wednesday, April 17 at 6:00pm at the City of Killeen Parks & Recreation. For more information about the Coupon class and swap or to register for these FREE classes visit [Savealotmom's Events](#) **SAVINGS** [page](#) or call 254-258-8016.

D **Celebrate the Boot Walk with a FREE concert by Granger Smith:** To celebrate the Boot Walk, Granger Smith will hold a FREE concert from 7:00-10:00pm on April 11th at Fort Hood Harley Davidson in Harker Heights, TX.



For more information, flyers, events and freebies visit: [Fort Hood/Central Texas: Events, Information, & Announcements](#)

F **Fort Bliss Watering Schedule:** Per the city of El Paso, lawns can be watered up to 3 days a week, excluding Mondays, between the hours of: 6:00Am - 10:00Am, and 6:00PM - 10:00 PM for no more than 45 minutes in any one area. EVEN number addresses are allowed to water Tuesdays, Thursdays, and Saturdays ODD numbered addresses are allowed to water Wednesdays, Fridays, and Saturdays. This schedule is good for MAY through SEPTEMBER. For April and October please limit your watering to one time per week observing same times. Please contain water to the yard assuring that it does not run into the streets, sidewalks, and driveways. Excessive watering is not permitted.

O **Fort Bliss Military child appreciation specials:** In recognition of the Month of the Military Child, Desert Strike Lanes will offer bowling specials for all military children every weekend in April. All military children, with proper ID, will receive a buy one game, get one free rate April 6-7, April 13-14, April 20-21 and April 27-28. Desert Strike Lanes is located at 2949 Carter Road on West Fort Bliss. For more information about military child appreciation specials or any bowling program, visit blissmwr.com/bowling or call (915) 568-6272.



R **Starlight Movie Night:** Head to the Fort Bliss Rod and Gun Club for an evening of family fun and catch Starlight Movie Night from 6-9 p.m. Friday, April 12. Bring a blanket, pull up some ground and enjoy a night out with the entire family as you catch the animated favorite How to Train Your Dragon on the big screen, under the stars. Be sure to come hungry – your favorite movie concessions will be available, along with the club’s rotating menu of Friday-night favorites. The Fort Bliss Rod and Gun Club is located at 3730 Roy Johnson Lane in northeast El Paso. For more information, visit blissmwr.com/rodandgun or call (915) 565-4867.



T **Play Comforts toy giveaway for military children:** Milam Youth Activity Center will host a Play Comforts toy giveaway for military children from 4-6 p.m. Wednesday, April 17. The giveaway is open to all military children ages 6 weeks to 18 years, including families of active-duty Soldiers, National Guard and Reservists. There is a limit of one toy per child. Toys will be distributed on a first-come, first-served basis. Entertainment and refreshments will also be available. The Play Comforts program is an initiative of the Toy Industry Foundation and Boys and Girls Clubs of America Military Services. It took off in 2012, when TIF partnered with Boys and Girls Clubs of America Military Services to give back to the sons and daughters of our nation's troops. Since the partnership launched, TIF's Toy Bank has provided more than \$3 million worth of toys, and TIF has granted more than \$200,000 in funds to BGCA. The program has reached families on more than 65 military installations. Milam Youth Activity Center is located at 10960 Haan Road on East Fort Bliss. For more information, call (915) 744-2449.

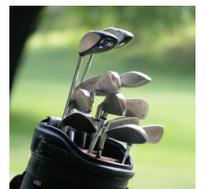


B **Wagon Trails Market at Old Fort Bliss:** Shop for crafts, services, produce and food items, and more at the Wagon Trails Market at Old Fort Bliss. From 4-6 p.m. every Friday from April 19 through September 27 (except those associated with a federal holiday weekend), head to the Old Fort Bliss Replica at the corner of Pershing and Pleasonton for a fun family shopping experience. Browse vendors, enjoy entertainment and find a great way to spend a Friday evening ... you might even find something to take home for dinner! Vendors and entertainers of all sorts are welcome to contact the replica’s education program manager for more information on setting up at the market. To become a vendor, or to learn more, call (915) 568-4518 or (915) 588-8482.

I **Postwide Yard Sale April 20:** The next Postwide Yard Sale will take place from 8 a.m. to 2 p.m. Saturday, April 20 in all post housing, including Beaumont, Biggs, Logan Heights, Hayes and 801 Housing. Fort Bliss residents who want to participate in the yard sale may simply display their items during the designated times; no formal permission is required. All Fort Bliss residents are encouraged to participate. **Don't live on post? No problem! You can rent a table at the Trading Post and set up in the parking lot. Tables are available on a first-come, first-served basis.** The Trading Post is located at 1717 Marshall Road on West Fort Bliss. To learn more about setting up a table, call 568-1712. **Shopping is open to the El Paso and surrounding communities.** All guests entering Fort Bliss property will be required to have a valid driver's license, proof of insurance, and valid car registration and safety inspection sticker, and will be subject to vehicle search.



S **Fort Bliss PGA Free Fittings Month:** Your clubs are the only thing between you and the golf ball - shouldn't you be sure you're using the right ones? Find out what size club you should really be using during PGA Free Fittings Month, through April 30 at Underwood Golf Complex. Call the Pro Shop at Underwood Golf Complex to schedule your free club fitting today. Club fittings are available by appointment only, during regular business hours. Underwood Golf Complex is located at 3200 Coe Ave. in the Logan Heights housing area. For more information, visit www.blissmwr.com/golf or call (915) 568-1059.



FORT SILL

LAWTON*FORT SILL: UPCOMING EVENTS

2nd Annual Lawton Race for the Cure at the Southwestern Medical Center, Saturday, March 30, 2013 from 7:30 – 9:00 a.m. Registration: 8:45 a.m., Opening Ceremony: 9:00 a.m., 5K Run/Walk and 1 Mile Family Fun Run: 10:30 a.m., Kids' Dash Easter Egg Hunt: 10:45 a.m., Survivor Ceremony: 11:00 a.m. Visit the [Susan G. Komen Race for the Cure website](#) for more information and to register.



Family Member Resilience Academy: 24-26 April, 9am to 3pm daily at the Graham Resiliency Training Campus. Childcare spots, for those registered with Child, Youth and School Services, are limited. To ensure childcare availability please register for this course by 8 April. Register at <http://www.formstack.com/forms/?1418910-QuocluC3ry> or call 580-442-4916 for more information.



Planes from History Event: April 3 - 5, 2013 from 9:00 am - 4:00 pm. Come out and view the B-17, B-24 and the P-51 Mustang planes that will be at LaSill Aviation. Bring your camera's to get pictures! April 3-5 from 9:00am to 4:00pm. Please call prior to coming so you will be let in the gates. This is a Free viewing! Location: LaSill Aviation, 3401 SW 11th St, A-3, Lawton, OK, 73501. For more information or gate access call 580-354-0789



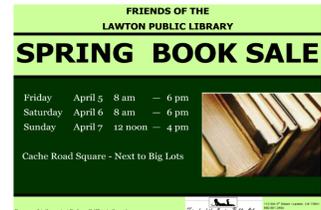
The Friends of the Library Book Sale at Lawton Public Library: April 5 - 7, 2013.

April 5: 8AM-6PM

April 6: 8AM-6PM

April 7: 12P-4PM

For more information call:(580)246-3343



Fort Sill has placed new restrictions on water use due to the continued drought: Outdoor water usage including watering of lawns, trees, shrubs, gardens and bedding plants, vehicle washing, washing or hosing down of sidewalks, driveways and streets, and recreational uses are restricted to use from Midnight to 9 a.m. on Wednesdays and Saturdays until further notice. For more information visit <http://sill-www.army.mil> or www.cityof.lawton.ok.us .

City of Lawton "Trash-Off" Event: Saturday, April 27, 2013 from 8:00am to 3:00pm at the McMahon Auditorium parking lot. Are you tired of seeing trash along your city streets? Do you cringe when you see someone throw litter out a car window onto the highway? Does litter really bug you? If so, this is the event for you! TRASH-OFF is the Department of Transportation's statewide cleanup day. Many groups have expanded TRASH-OFF Day into TRASH-OFF week, or even TRASH-OFF month! Cities often participate by arranging free dump days or curbside pickups. Many groups combine cleanups with other fun events such as picnics, contests or trash parades to encourage participation. View the flyer here: [2013 Trash - Off](#). All events are coordinated statewide efforts to "KEEP OUR LAND GRAND"! For more information call (580) 581-3467 or email agriffith@cityof.lawton.ok.us .



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New hours for AER office: The hours of operation for the Army Emergency Relief office are now from 8 a.m. to 4:30 p.m., Monday through Friday. The office is closed on weekends and federal holidays. For more information about AER visit the **Fort Bragg AER homepage**



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Cape Fear River Canoe Float: April 20, 2013, 0900-1600. Meeting Point: Smith Lake Recreation Area, off Honeycutt Road. Registration Fee: \$45.00 per person (for first two participants, third participant per canoe is \$10.00 for all ages). Registration is not complete until registration fee is paid. Registrants will be contacted by an Outdoor Recreation representative for payment via debit or credit card in the order the online registration is received. Participant # 1 MUST BE A DOD ID Card Holder and must be at least 17 years of age or older. If participants # 2-3 are between 6-16 years old, then a guardian must be present at the time of the trip and a waiver for each child will have to be signed. Check out the [River Canoe Float flyer](#) or call 910-396-5979.

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Fort Bragg-FREE STUFF link: Don't forget to check out the [Fort Bragg MWR Free Stuff web link!](#) Announcements: Free admission to ["The March" Ladies Night in Fayetteville](#), on April 13, 2013. FMWR is also giving away tickets to ["Our Main Squeeze" Wine & Music Festival](#), April 20, 2013, 11 am – 7 pm at the Duplin Winery in Rose Hill, NC. 2 free tickets per DOD ID Cardholders, 21 & up. Get your free tickets at Leisure Travel Services, located inside the Mini Mall off of Reilly St. For more regarding the Festival visit ["Our Main Squeeze Wine & Music Festival"](#) homepage.

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2013 Carolina Strawberry Classic Golf Tournament: Come out and enjoy a round of golf at the 2013 Carolina Strawberry Classic Golf Tournament Sponsored by The Greater Wallace Chamber of Commerce on April 12, 2013 at the River Landing Golf Club, from 8:00am to 2:00pm. For more information call 910-285-4044.



Free Admission & Free Trees on April 20 Sustainable Saturday at Cameo:

Saturday, April 20, 2013, from 11:00am to 1:00pm at the Cameo Art House Theater, 225 Hay Street, Downtown Fayetteville. Join the Fayetteville Public Works Commission and Sustainable Sandhills for the screening of Chasing Ice, a documentary by acclaimed environmental photographer James Balog. Chasing Ice has won over 43 awards at film festivals around the world including Best Documentary Award at the Sundance Film Festival. Admission to Chasing Ice is free and attendees will receive a free tree seedling courtesy of PWC's Tree Power program. For more information visit www.chasingice.com.



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Open Mic Oldies Music: Hope Mills Recreation Center hosts open mic oldies music every first and third Friday of the month at 6:00pm. The next open mic oldies music event will be on Friday, April 5, 2013. Enjoy live Rock, Country and Blues music from local artists. Registration to perform is the day of the event. Sign-up is open to everyone on a first come first to perform basis. For more information call (910) 426-4109.

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Fayetteville-Cumberland Parks and Recreation Free Fishing Basics: Come learn the basics of fishing at the John E. Pechmann Fishing Education Center next door to Lake Rim Park. A park ranger will discuss fish identification and ecology before you try your luck on the ponds stocked with catfish and bream. Fishing poles and worms will be provided. Catch and release only, no fishing license required. Space is limited. Ages 8+, under 15 must be accompanied by an adult; Tuesday, April 2, 2013 from 9:00am to 12:00pm. Call Lake Rim Park at 910-433-1018 by April 1 to register.

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The **2013 Festival of the Southwest** will be held April 19 – 21 at Veterans' Memorial Park, Fry Boulevard, Sierra Vista. The festival is open to the public and there is no admission charge. There will be attractions for the entire family including the City of Fun Carnival, with rides for all ages. Advance carnival tickets will go on sale April 1st at Murr Community Center, Fort Huachuca, Buffalo Wild Wings, Sierra Vista and Sierra Vista Ace Hardware at the price of \$9 for 10 tickets. During the carnival, the cost will be \$12 for 10 tickets. Wrist bands will also be available at all locations, for the price of \$22 per day. Wrist bands will cost \$25 during the carnival. For more ticket information, call 533-2404.

FESTIVAL of the SOUTHWEST

FRIDAY 19 APRIL 7-11 p.m. "J's Blues" 8th and 9th Sts., 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st

SATURDAY 20 APRIL 7-11 p.m. "Yesterday's Child" A tribute to the memory of those who served in the military. Proceeds from this event will be donated to the Sierra Vista Veterans' Home.

SUNDAY 21 APRIL 12-2 p.m. **FAMILY DAY** Free Events Including: Barney & Backyard Barnyard, Walks, Petting Zoo

CARNIVAL RIDE TICKETS SAVE \$3! BUY IN ADVANCE! Advance Price: 10 Tickets for \$9 ON SALE EARLY APRIL Carnival Price: 10 Tickets for \$12

GET TICKETS AT Murr Community Center, Fort Huachuca and Buffalo Wild Wings, Ace Hardware, Sierra Vista

ALL DAY WRISTBANDS available at all locations SAVE - SAVE - SAVE \$22 FOR ALL-DAY WRISTBAND! Carnival Price \$25 Call 533-2404 for Ticket Information.

Mutt March: As part of the Festival of the Southwest, the 5 kilometer Mutt March will be held April 20 starting at 7:30 a.m. Bring your pet and participate in this event. Cost is \$10 for pet and human. Refreshments and a t-shirt will be included, while they last. Sign up at the southwest side of Veterans' Memorial Park, Sierra Vista. For more information, or to pre-register, call 538-0836 or 533-5714.

Celebrate the **"Month of the Military Child,"** Saturday, April 13 from 9 a.m. to 2 p.m. at the Thunder Mountain Activity Centre. There will be activities for the entire family, including games, jumping castles, paintball, giveaways, information booths, free lunch, popcorn, Barney's Backyard Barn-yard Petting Zoo, and more. For more information, call 533-0710.



Mountain Vista Coloring Contest: All MVC Children are invited to color any one (or all) of the pictures listed at www.mountainvistacommunities.com/the-news/237-spring-coloring-contest to be entered to win a coloring package! There will be 3 winners. Please submit all entries in person to the Mountain Vista Housing Office by April 12, 2013. All entries will be displayed at the Wind Chime Painting event on the 13th. Winners will be contacted and announced on Tuesday, April 16th. Coloring sheets are also available at the housing office. To qualify make sure you put your address on each entry along with the child's name and age and submit by April 12th. For more information visit www.mountainvistacommunities.com/the-news/237-spring-coloring-contest.

Earth Day at the Sierra Vista Farmers Market: April 18, 2013 from 10:00 am to 2:00pm. Special expanded farmers market will celebrated Earth Week. See the solar cooking demo and rain water harvesting demo. This year's theme is Gardening for Sustainability. Get lots of information from the Master Gardeners. The Sierra Vista Garden Club will hold a plant sale, VinWar Greenhouse will have lots of seeds and starter plants, not to mention great information. Find out how to get a garden plot at the Sierra Vista Community Garden at their booth! The US Forest Service, US Dept. of Agriculture, AZ Trail Association, WaterWise and more will attend. Enjoy a hot lunch and the music of the Simmons Family Band! The Sierra Vista Farmers Market also hosts FREE blood pressure checks the first Thursday of each month courtesy of the Cochise County Health and Social Services and don't forget to check out the [Sierra Vista Farmers Market newsletter \(March 28, 2013\)](#)! For more information visit the Sierra Vista Farmers Market webpage at www.sierravistafarmersmarket.com.



Motorcycle Safety Training Class Offered: Outdoor Recreation has scheduled Weekend Motorcycle Safety Training Basic Riders' Course for March 30 and 31, and April 6 and 7 at the MWR Rents Building 70914, Irwin Street. The two-day training is presented by "RideArizona." Cost is \$225 per person for military ID card holders or \$250 per person for the general public.

To register, go online to www.ridearizonamtc.com



America pays tribute to Spouses, Family members of Fallen Military:



An act of Congress established the gold star lapel pin (left) for issue to immediate family members of service members killed in combat. The next-of-kin pin (right) signifies a service-related death or suicide during active duty other than combat. America will pay respect April 5 to the spouses and families of fallen members of the U.S. Armed Forces.

A resolution to designate Gold Star Wives Day was approved March 20 by the U.S. Senate in recognition of the sacrifices made by these spouses and family members.

The Senate resolution states the military service members and veterans "bear the burden of protecting the freedom of the people of the United States and the sacrifices of the families of the fallen members and veterans of the Armed Forces of the United States should never be forgotten."

Gold Star Wives Day was first celebrated Dec. 18, 2010, through a Senate resolution with support from the Gold Star Wives of America, Inc., a nonprofit organization of about 10,000 members that provides services and support to the spouses of fallen service members.

Remembrance days like Gold Star Wives Day specifically honor the sacrifices of some of the individuals a Fallen Soldier has left behind," said Donna Engeman, Survivor Outreach Services Program Manager, U.S. Army Installation Management Command. "The sacrifices of a Gold Star wife reach beyond losing the person she considers a life partner - it is a loss of goals and expectations, it impacts her identity within the Army culture and completely changes the path of her future.

"The importance of Gold Star Wives Day is that it brings acknowledgement to and honors the many sacrifices of these incredibly courageous and resilient women," she added.

The Department of Defense presents one of two lapel pins to Gold Star Family members. The pins are worn by the survivors to recognize their sacrifices and as a way for others to pay tribute to them.

The first pin is the Gold Star Lapel Pin, which was established by Congress in 1947 and is presented spouses and family members of service members killed in combat.

The second pin is the Next of Kin Lapel Pin, which is presented to immediate family members of service members who die while serving outside of combat operations. This pin features a gold star on a gold background.

For more information visit www.army.mil/article/99789/America_pays_tribute_to_spouses_family_members_of_fallen_military

ODE TO SMARTPHONE APP'S :

Check out the NEW Provider Resilience App: App gives health care providers tools to guard against burnout and compassion fatigue as they help service members, veterans, and their families. Your responses to a short self-assessment create ratings of your risk for compassion fatigue, burnout, and secondary traumatic stress. These ratings can also be viewed as graphs so you can monitor them over time. A clock showing time since your last day off, inspirational cards, stretches, and Dilbert comics all encourage you to take restful breaks critical to avoiding burnout. Finally, videos by service members describing the positive impact health care providers had in their lives are there when you need a reminder of the value of what you do. Download the app at www.t2health.org/apps/provider-resilience