

# Parent Advisory Committee (PAC) Newsletter

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## CONTENTS

Spring Safety	1
A & FRC Avenue	2
MFLC Bits	2
Upcoming Events	3
Parking Lot Safety	3
Delicious Recipe	3
PAC Info	3
Editor Comments	3



### PAC Committee:

MSgt Sarah Smith, Chairperson  
TSgt Stephanie Ives, Co-Chair

## Spring Safety

Spring time is now here. For most children, this means more outdoor activities (swimming, camping, bike riding, etc.). For all parents, this means being extra vigilant to keep your child safe and healthy.

- Avoiding and Treating Spring Allergies, which can cause your child to have a lot of sneezing, plus a clear runny or stuffy nose, itchy and watery eyes and a cough, especially when he has spent a lot of time outside.

- Water Safety to protect your children when they are swimming or boating. Most importantly, always supervise your children around the water.

- Sun Safety to prevent damage from too much exposure to the sun. Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%. But remember that sunscreen only works if you use it correctly and it does not substitute for limiting too much sun exposure. Many parents make the mistake of using sunscreen and then allowing unlimited sun exposure.

- Using Insect Repellents Safely to prevent bites from mosquitoes, etc. which can make your child miserable.

Allergic rhinitis, or hay fever, is a common problem in infants and children. The most common symptoms include a stuffy or runny nose with clear drainage, sneezing, itchy eyes and nose, sore throat, throat clearing and a cough that may be worse at night and in the morning. These symptoms usually occur during certain times of the year for people with seasonal allergies, corresponding to being exposed to outdoor allergens, such as tree pollens, grasses and weeds. Other people may have perennial allergies, with problems occurring year round from exposure to indoor allergens, such as dust mites, pets, second hand smoke and molds.

Having uncontrolled allergies can put your child at risk for getting a secondary sinus infection, ear infections, and for

having poor concentration at school. It can also make asthma symptoms worse.

It is now well known that exposure to sun puts people at risk for skin cancer and premature aging and that most of that exposure comes during childhood (80% of a person's lifetime sun exposure occurs before they are 21). Regular use of sunscreen in children can lower their risk of skin cancer by almost 78%.

There are many sunscreens available for safe use in children over six months old. Pick one that offers UVA and UVB protection and that has a SPF of 15 or higher (especially if your child has light skin). Apply the sunscreen in a thick coat at least 30-45 minutes before going outside and reapply every two hours (or more often in he is swimming or perspiring heavily).

Insect repellents with deet are probably the best and most commonly used. Although it is absorbed through your child's skin, it is generally safe as long as the product has less than 10% deet. You should apply the deet product to all exposed skin, except near the eyes, mouth, open cuts or hands of small children (who may rub their eyes or put their fingers in their mouth). Deet is absorbed through the skin, so you may want to limit how much you put on younger children, wash it off as soon as possible, and apply it more to clothing than skin.



**A&FRC Avenue**

The Goal of the Airman and Family Readiness Center is to enhance quality of life and increase family well-being and readiness by providing programs and services available to all DoD customers and their families.

**PROGRAMS & SERVICES OFFERED:**

**Family Life Education**

Learn life skills on how to be a better person, better couple, and better parents. Civilian spouses can learn benefits of being a military spouse. They help keep our AF families strong.

**Personal and Family Readiness**

Assistance is available to families before, during and after a deployment, TDY, or remote tour.

**Relocation Assistance**

Visit the loan closet free for use for those PCSing in or out. Child Care for PCS - 20 Free hours of child care is available.

**Spouse Employment and Education Opportunities**

Offers spouses who PCS in with assistance in streamlining job search, resume writing, interview and local area connection.

**Volunteer Opportunity**

Join the volunteer work force. Volunteer work counts as employment experience and skills earned can lead to a great job.

**Personal Financial Management Programs**

All the information you need on Credit Management, Effective Budgeting, and Investments.

**Hours of Operation:**

Monday-Friday 7:30 a.m.- 4:30 p.m.  
(803) 895-1252

**Scholarship Info: Military Spouses & HS Seniors**

The Shaw ESC (Enlisted Spouses Club) and Shaw OSC (Officers' Spouses Club) are offering college scholarships to military spouses and high school seniors who are military dependents. The plan is to give away \$5500 in scholarships this year! Applications can be picked up at the base Ed Center, A&FRC, or at high school counselors' offices.

Applications must be postmarked by March 31st. For more information or an electronic copy of the application, please contact Deborah Sloan at [sloanmdj3@hotmail.com](mailto:sloanmdj3@hotmail.com).

For more information, you may visit <http://www.20thservices.com/AFRC.html> or call 895-1252 for more information.

**MFLC Bits**

(MFLC = Military Family Life Consultant)

**GOAL SETTING FOR LIFE**

Setting goals provides a roadmap to get where you want to be. It can program your mind to achieve what you want and provide purpose and meaning to life. Additionally, it can also make your work and personal life more exciting and fulfilling.

However, there are roadblocks that can hinder the achievement of goals.

Some hindrances include a perfectionist attitude, fear of success, fear of failure, and over achieving.

Creating a life plan focuses attention in all areas of your life and creates balance. An individual should start by creating a life plan from which to set specific goals.

Examine the different areas of your life:

- Career/Financial
- Family and Home
- Social Network
- Mental/Educational
- Physical/Health
- Spiritual/Personal Growth

Goals must be **SMART**:

- Specific
- Measurable
- Attainable
- Realistic
- Time targeted for completion

The goal must be motivating. Finding motivation gives you power to pursue the goal.

- What does the goal mean to you?
- Why do you need it in your life?

A long term goal is the ultimate destination of where you want to be.

Short term goals are the stops you make along the way that lead to the final destination. Within the short term goals are smaller steps to reach that goal.

Both long and short term goals should have a specific target date for completion.

When setting a goal, ask yourself the following:

- What skills do I need to achieve this?
- What information and knowledge do I need?
- What help, assistance or collaboration do I need?
- What resources do I need?
- What can block progress?

Writing down goals:

- Shows that you have made a commitment
- Makes the goals more real
- Allows you to review your goals daily
- Enables you to make revisions to your goals as circumstances change

Write down goals in the positive, read your goals every day, and check off the steps to your goal as you accomplish them.

Reaching a milestone on your goals is an accomplishment no matter how small. You deserve to congratulate and reward yourself. Rewarding yourself gives you additional motivation and something to look forward as you accomplish each step.

When goals are met, celebrate!



**Upcoming Events**

**8 Mar: Mardi Gras**

**9 Mar: Ash Wednesday**

**13 Mar: Daylight Savings Time**

DST begins at 0200. Turn clocks ahead by one hour, ideally at bedtime on the Saturday night before. The purpose of DST—also known as Summer Time—is to extend daylight by an hour in the afternoons during spring, summer, and much of the fall.

**16 Mar: PAC Mtg**

1200, Youth Center Cafe. Light lunch will be served. Please refer to the newsletter article for more information.

**17 Mar: St. Patrick's Day**

**1 Apr: GPAB/KNO**

Parent's Night Out/Give Parent's a Break will begin at 1830 and last until 2230. Cost is \$4.50 per hour if unable to provide a GPAB certificate.

**6 May: Provider's Appreciation Day**

Appreciation Day is fast approaching. This is a day to say "thank you" to your child's teacher for all of their dedication throughout the year! Special events will be determined.

**Parking Lot Safety**

With the arrival of warm weather, construction has picked up around the base.

Please be aware of the construction work zone located in the middle parking lot between the Youth Center and the CDC. The contractors are utilizing this area for storage of parts and equipment.

In addition, this area is a construction zone and should not be used a thoroughfare to and from the facilities when picking up or dropping off children.

If you have any questions, please contact the 20 FW Safety office at 895-1985.



**Irish Soda Bread Recipe**

**Ingredients:**

- 4 cups all-purpose flour
- 1/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons shortening
- 1/2 cup raisins
- 1 tablespoon caraway seeds
- 1-1/4 cups buttermilk
- 1 egg, lightly beaten
- 2 tablespoons butter, melted
- Cinnamon-sugar

**Directions:**

In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in shortening until mixture is crumbly. Stir in raisins and caraway seeds. Combine buttermilk and egg; add to the crumb mixture. Turn onto a lightly floured surface and knead gently 5-6 times.

Divide dough in half; shape into two balls. Place on a lightly greased baking sheet. Pat each ball into a 6-in. round loaf. Using a sharp knife, cut a 4-in. cross about 1/4 in. deep on top of each loaf. Brush with butter and sprinkle with cinnamon-sugar. Bake at 375° for 40-45 minutes or until golden brown. **Yield:** 2 loaves.

**Nutrition Facts:** 1 serving (1 piece) equals 165 calories, 5 g fat (2 g saturated fat), 14 mg cholesterol, 174 mg sodium, 25 g carbohydrate, 1 g fiber, 4 g protein.



**How YOU Can Help!**

The PAC meets every 3rd Wednesday of the month at 1200 in the CDC building. The Director's of each program are there to discuss upcoming events and parent concerns. Occasionally, we have guest speakers that give us great information to use as parents! We understand and recognize that everyone has busy work schedules and that you may not attend every meeting. We are asking that if you could, please stop by and see the great work that our wonderful programs are doing for our children. You can also meet other parents as well! Each meeting will also provide you with a light lunch.



**From the Editor...**

This newsletter is mainly designed to keep parents and caregivers informed of upcoming events and other information that could be beneficial! Due to my daughter transitioning to pre-school, I am in search of a new editor for the newsletter. If you are interested, please contact me promptly. As always, if you have any suggestions on how to improve this newsletter or have news to broadcast, feel free to email pacnewsletter@20thfss.com or call 895-1634.

~2Lt Renea Skelton

