



Armed Services YMCA of the USA
7405 Alban Station Ct, Suite B 215
Springfield, Virginia 22152
Phone: (703) 455-3986
Fax: (703) 455-2181
www.asymca.org

October 2012

Dear Friends of Military Families,

Since 1996, the Armed Services YMCA has been pleased to send you our annual Military Family Month package. The package contains materials that you are encouraged to use in developing a program to salute our resilient military families during Military Family Month.

In view of the continuing hostilities around the world and their effect on military families, I believe that extra effort should be put into recognizing the many sacrifices and challenges this 1% of the population face everyday.

We have provided materials that will enable you to begin planning your Military Family Month festivities. And, in an effort to go green, this packet is being sent electronically.

Attached you'll find:

- Program suggestions for highlighting the Month. Included is a certificate that you may present to families you would like to recognize.
- The 2012 MFM Poster for display in key areas of the installation, such as family centers, schools, libraries, commissaries, exchanges, MWR facilities, and chapels. The art contest is made possible through the generous support of GEICO Direct.
- News releases are included to announce the requirements for the 2013 Armed Services YMCA Art and Essay contests.
- Additional forms for Art Contest 2012 and Essay Contest 2012 which include flyers and entry forms. These forms will enable you to promote these contests to military children in your area.

You may also download extra copies of all the information in this package for reprinting from our website at www.asymca.org. For additional information or assistance, please contact ssimms@asymca.org.

Best wishes for a successful Military Family Month program, and thank you for continued support of our incredible military families!

All the best,



Mike Landers
President/CEO

Military Family Month


Program Suggestions

You may be asking yourself, “What is Military Family Month, and how do I support it?” It’s a month where we who support our military service men and women, take time to thank their families for their often-unheralded dedication. The Armed Services YMCA polled its branches and affiliates, and these are some of the things they do to celebrate in the month of November as Military Family Month:

- A family Volksmarch. Take a long evening walk with hot cider and donuts at the end.
- A craft night. Family members make centerpieces and napkin rings for Thanksgiving.
- “Family of the Year” selection. Involve the commissary or exchange to generate a worthy prize.
- Small family group seminars, including parenting, financial management, self-esteem, family separations, etc.
- Family movie night.
- Healthy family activities at the health or fitness center.
- Bowling night for families.
- Encourage ticket donations from restaurants, local theaters or concerts, and hold a drawing presenting them to a family of four.
- Check with local community and family organizations and see how they can support your program.
- Conduct a mini-art contest - maybe a coloring contest (see enclosed artwork as an example)
- “Family Fair”. Create T-shirts from MFM poster. Have a “healthy lifestyle” station; a genealogy station; family games station; face-painting station.
- Set up a table at the commissary and/or exchange and pass out flowers and certificates to families who come to shop. Ask the commissary and/or exchange to contribute item(s) for a raffle.
- Family Game Night. Get area merchants to donate prizes and/or items for raffle
- An all-day quilting party at which volunteers make quilts for Operation Kid Comfort (visit <http://www.asymca.org/what-we-do-3/national-programs-services/operation-kid-comfort/> for more information).

If your program has an innovative suggestion you would like to share with other installations, and be included on this list in next years Military Family Month packet, write to ssimms@asymca.org so we can tell others about it.





**Military Family Month
November 2012**
This certificate is presented to

**For being recognized
As an outstanding
American Military Family!**



Program Coordinator

*The Armed Services YMCA
Is proud to announce the*

2013 ASYMCA Essay Contest!



“My Military Hero”

- ❖ Volunteers will be reading all of your essays and will award the 1st prize in grades 1-8 category with an iPod Touch! Winners in Grades 9-12 will receive an IPAD.
- ❖ Children of all Active Duty or retired (with 20+ years of service) military personnel from Army, Navy, Marine, Air Force, Coast Guard and National Guard/Reserve families in first through twelfth grade are eligible to enter.
- ❖ Grades 1-8 should write an essay of at least 100 words but not more than 300 words!
- ❖ Grades 9-12 should write no less than 300 words and no more than 500.
- ❖ All mailed entries must have an essay entry form found in this packet and also at the ASYMCA website: www.asymca.org
- ❖ All entries must be postmarked by March 15, 2013.



Mail Entries to:
ASYMCA

Attn: 2013 Essay Contest
7405 Alban Station Court, Suite B 215
Springfield, VA 22152



- ❖ Email Entries may be sent to MFM2013@asymca.org by March 15, 2013. Entries must include all the information that is on the entry form!
- ❖ If you have any questions at all, please feel free to email Susan Simms -- ssimms@asymca.org

All of the Essays become property of the Armed Services YMCA
and will not be returned.

Visit the Armed Services YMCA website at www.asymca.org
for complete rules and extra entry forms.





'My Military Hero'

Armed Services YMCA Essay Contest 2013 Entry Form

Due to the fact that some of your entries may be used for display and publicity purposes, all information must be attributable to the author. This form must accompany all entries and must be filled out completely (either typed or printed). Entries submitted via email must contain ALL of the information requested below. Incomplete forms will automatically disqualify your essay and it will not be accepted.

Contestant's name: _____

Age: _____ Grade: _____ School: _____

Home address: _____

City: _____ State: _____ Zip: _____

Home Phone (must include area/country code): _____

Military parent's rank and name: _____

Other parent's name: _____

Parent's Work Phone: _____ Parent's Email: _____

Military branch (please circle):

Army Navy Marines Air Force Coast Guard National Guard/Reserves

The ASYMCA essay contest promotes reading and writing among **dependents of active duty or Reserve/Guard military personnel**. One first place (**IPod Touch**) will be awarded in each grade category 1/2, 3/4, 5/6, 7/8. Students winners in two high school categories, 9/10 and 11/12, will be awarded an **IPAD**. Students are asked to write about "My Military Hero". The essay can focus on any person who is/has served in the US military. As an example, the essay could be about a parent, sibling, son/daughter, grandfather, etc. They could have been an Army cook during Korea, an Ensign in WW2, a medic in Vietnam or a truck driver in the Gulf. As long as the individual served in the US military the student can write about them.

This is a contest; not a book report. **Grab our attention!** Grades eight and below should submit entries with a minimum of 100 words and maximum of 300 words. High school students' (9-12) entries should be no less than 300 words and no more than 500 words. For additional information, visit the Armed Services YMCA web site at www.asymca.org, or Email questions may be sent to ssimms@asymca.org.

Deadline for entering is Friday, March 15, 2013. All entries must be postmarked no later than this date. However, entries **will not** be accepted before November 1, 2012. Email entries to: MFM2013@asymca.org

Mail entries to:
Armed Services YMCA
7405 Alban Station Court, Suite B 215
Springfield, VA 22152

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EMBARGO: Media may not announce this until 1 November 2013.

Armed Services YMCA announces guidelines for annual essay contest.

ALEXANDRIA, Va. – The Armed Services YMCA **Essay Contest 2012** seeks students who can write about their **Military Hero** for its annual contest.

Co-sponsored by Lockheed Martin, the essay contest promotes reading and writing among children and teen dependents of active duty military or retirees from the Army, Navy, Marines, Air Force, Coast Guard, or National Guard/Reserve families.

A first prize of an **IPod Touch** will be awarded in categories for first and second grade; third and fourth grade; fifth and sixth grade; and seventh and eighth grade. Students winners in two high school categories, ninth and tenth, and eleventh and twelfth, will be awarded an **IPad**.

Students are asked to write about '**My Military Hero**'. Grades eight and below should submit entries of at least 100 words but no more than 300 words. High school students (9th through 12th grade) should write essays of not more than 500 words but no less than 300. The essay can focus on any person who is/has served in the U.S. military. As an example, the essay could be about a parent, sibling, son/daughter, grandfather, etc., or an unrelated figure from U.S. military history such as Dwight Eisenhower, George Patton, George Washington, etc. The person need not be well known. They could have been an Army cook during Korea, an Ensign in WW2, a medic in Vietnam or a truck driver in the Gulf. As long as the individual served in the U.S. military the student can write about them. So, from the founding of America to the present, anyone who served can be the focus of the essay. Judges like **creative entries**, where the writer has put some thought into his or her entry. Poetry, stories, and news articles are different formats that have caught judges' attention in the past.

Entries should be **postmarked no later than March 15, 2013** to be eligible. Send them to:

Armed Services YMCA
Attn: Essay Contest
7405 Alban Station Ct, Suite B 215
Springfield, Virginia 22152

All entries should include the official entry form **completely** filled out and found on the Armed Services YMCA website: www.asymca.org .

For any additional information not found on the website email the questions to ssimms@asymca.org.

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. Celebrating 150 years, the Armed Services YMCA, an affiliate of the YMCA of the USA and headquartered in Alexandria, Virginia has more than 80 program locations around the world. ASYMCA – *Making Military Life Easier*.

-END-

It's time for the Armed Services YMCA

2013 Art Contest!

“My Military Family”



2012 Military Family Month Poster

- An Elementary School age child from an Army, Navy, Marine, Air Force, Coast Guard & National Guard/ Reserve family will win a iPod Touch!
- The winning entries will be used on the Military Family Month Poster for November 2013.

You could win an iPod Touch!



Who can enter? Kindergarten through sixth grade children of Military Families in the Army, Navy, Marines, Air Force, Coast Guard & National Guard/Reserves. The military parent must be active duty or retired (with 20+ years of service).

What to do? Drawings should be of the student's family and in color on a 6 by 8 inch template. Oversized and three-dimensional entries will not be judged. Entries should illustrate the student's military family. Please do not identify family members on the drawings.

Facts to know! Art contest entry forms are included in this packet and may also be found on our website: www.asymca.org and should be included with the entry. Entries without an Entry Form will not be judged, so make sure it is filled out completely and sent in with your artwork.

When is the deadline? All drawings *must be* postmarked by February 15, 2013.

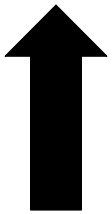
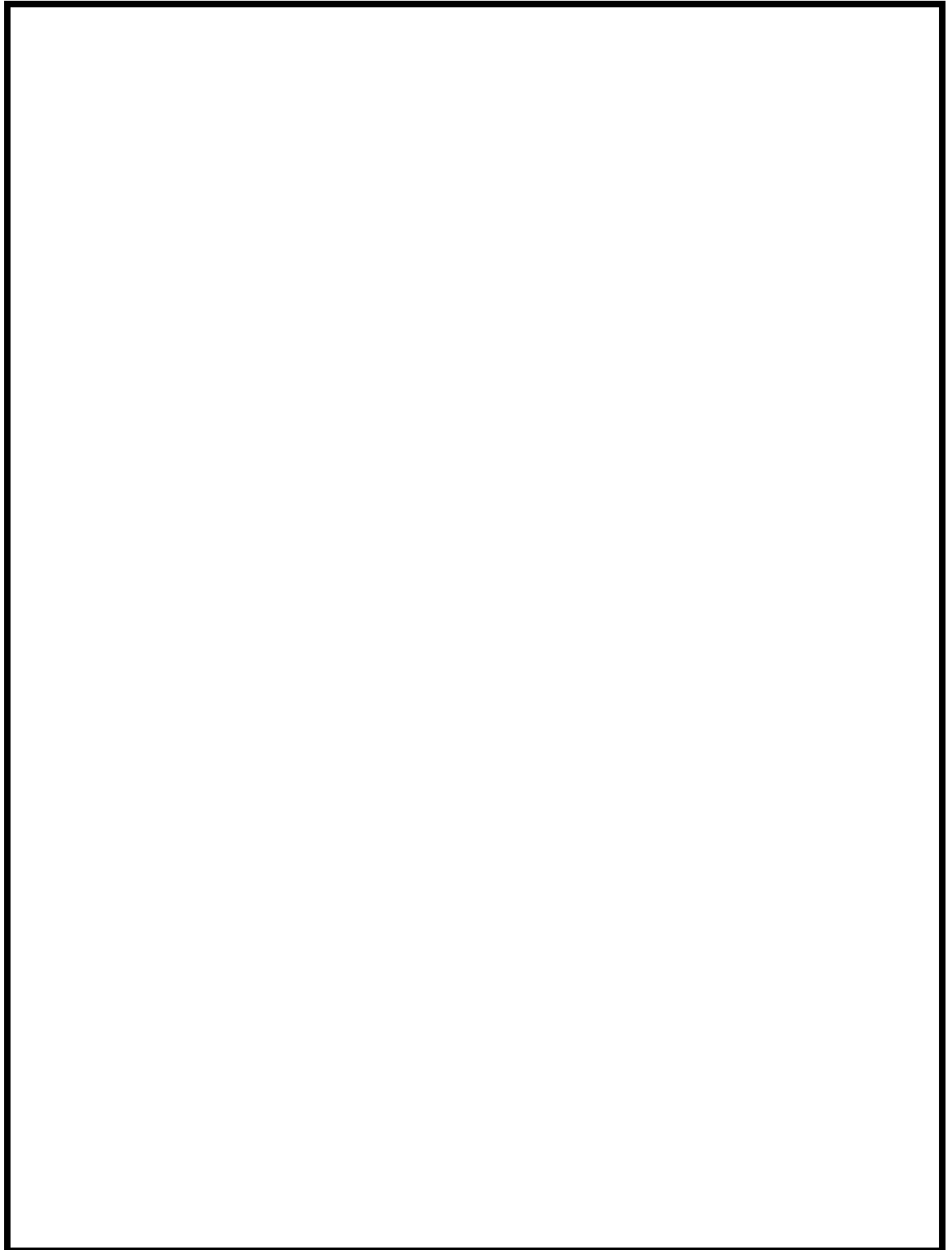
Questions? Email to ssimms@asymca.org.

All artwork becomes property of the Armed Services YMCA and will not be returned.

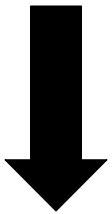
Completed Entry forms with 6" x 8" artwork may be sent to:
ASYMCA

Attn: Art Contest - 2013
7405 Alban Station Ct, Suite B 215
Springfield, Virginia 22152





Artwork must
be submitted in
vertical format.



Artwork should be 6 inches by 8 inches. Use *this* template for the artwork.

Armed Services YMCA Art Contest 2013

'My Military Family'

Armed Services YMCA Art Contest 2013 Entry Form

Due to the fact that some entries may be used for display and publicity purposes, all information must be attributable to the artist, so this form must accompany all entries (attached/taped to the back of the original entry) and must be filled out completely (either typed or printed). Entries should be of the student's military family. Drawings should be in color, and the artwork should be 6 by 8 inches in size. Black and white drawings may be entered but are less likely to be selected as top winners. Oversized and three-dimensional entries will not be judged. Please do not identify family members on the drawing.

Contestant's name: _____

Age: _____ Grade: _____ School: _____

Home address: _____

City: _____ State: _____ Zip: _____

Home Phone (must include area/country code): _____

Military parent's rank and name: _____

Other parent's name: _____

Parent's Work Phone: _____ Parent's Email: _____

Military branch (please circle):

Army Navy Marines Air Force Coast Guard National
Guard/Reserves

The Armed Services YMCA will award an *iPod Touch* as the prize for the winner in each Service.. **Dependents of active duty military or retired (with 20+ years of service) from the Army, Navy, Marines, Air Force, Coast Guard or National Guard/Reserves, in kindergarten through sixth grade, are eligible to enter.** The top military entries will be used on the 2013 Military Family Month poster sponsored by GEICO Direct.

For additional information, visit the Armed Services YMCA web site at www.asymca.org, or Email questions may be sent to ssimms@asymca.org

Deadline for entering is Friday, February 15, 2013. All entries must be postmarked by this date.

**Mail entries to:
Armed Services YMCA
Attn: 2013 Art Contest
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Springfield, Virginia 22152**

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Armed Services YMCA announces guidelines for annual art contest.

ALEXANDRIA, Va. – The Armed Services YMCA **Art Contest 2013** seeks young artists for its annual contest titled “**My Military Family**”.

Co-sponsored by GEICO Direct, the art contest promotes art among children of active duty or retired (with 20+ years of service) from the Army, Navy, Marines, Air Force, Coast Guard, National Guard/Reserves families. Children in grades Kindergarten through sixth are eligible to enter. Winning artwork will receive an ***iPod Touch***. One winner will be awarded in each service category. Top six winners (one from each service) will be highlighted on the Armed Services YMCA annual Military Family Month Poster.

Students are asked to **draw a picture of their military family**. All entries should be drawn on a **6 X 8**-inch template included with the entry form. Entries with great use of color and patriotic theme have caught judges’ attention in the past.

Entries should be **postmarked no later than February 15, 2013** to be eligible.

Send them to:
Armed Services YMCA
Attn: Art Contest
7405 Alban Station Ct, Suite B 215
Springfield, Virginia 22152

All entries should include the official entry form **completely** filled out and attached to the backside of each entry. The entry form can be found on the Armed Services YMCA website: www.asymca.org .

For any additional information not found on the website email the questions to ssimms@asymca.org

Since the Civil War, the Armed Services YMCA has consistently provided educational, recreational, social and spiritual programs to military members and their families. Celebrating 150 years, the Armed Services YMCA, an affiliate of the YMCA of the USA and headquartered in Alexandria, Va., has more than 80 program locations around the world.

-END-