

4th QTR/Issue 2
August 2020



USARCENT Family Readiness Program



USARCENT Volunteer of the Year 2020!

Volunteers are critical to the United States Army Central (USARCENT) mission. The USARCENT is fortunate to have a great group of dedicated volunteers who give their time and talents to providing information, resources and maintaining connections with our Soldiers, Families and Civilians.

On 28 May the USARCENT Commanding General, Terry Ferrell, announced the 2020 Volunteer of the Year (VOY).

This year's VOY was presented to Mrs. Lori Rozhon from 1st Theater Sustainment Command (1st TSC), Fort Knox, Ky.

Mrs. Rozhon has provided 20 plus years of service with military communities and has volunteered over 1,490 hours for this year alone. She has assisted in raising over \$3,000.00 for her Soldier and Family Readiness Group (SFRG). She has served in every capacity of the SFRG to include, Leader, Key Caller, CARE Team Member and deployment/redeployment support. Mrs. Rozhon's contributions go beyond the 1st TSC team members and Families, she also volunteers within the local Fort Knox and surrounding area communities.

This volunteer and her team have called 116 deployed Soldiers' Families to reassure them that their Soldiers downrange are safe and well cared for. In addition, she calls and texts all TDY and OCP Families each month, ensuring communication and connections are maintained and reinforcing the message that the 1st TSC genuinely cares for their well-being.

Mrs. Rozhon's dedication and selfless service have been nothing short of extraordinary and she leaves an indelible footprint of extensive service as she touches the lives of Soldiers, Family members, and Civilians with her personal approach, reliability and zeal for volunteerism. Her unfailing support has measurably enhanced the unit and local community. Her tireless efforts have contributed greatly to the quality of life for all members of the USARCENT Family and are a direct result of personal dedication to the Army, its Soldiers and their Family members.

Honorable Mentions:

There were seven nominees submitted for the USARCENT 2020 VOY.

It was not an easy task for the VOY committee to pick one volunteer, as all our nominees are deserving of the highest recognition.

Our seven nominees and recipients of Certificates of Appreciation are as follows;

HHBN	Mrs. SaraJane Arnett
513 th MI BDE	CPT Merrill Soundararajan
	CW2 Aaron Epstein
Task Force Spartan	Mrs. Amy Watson
	Mrs. Elizabeth Bradshaw
1 st TSC	Lori Rozhon
	Natoshya Reed

Thank you for your service to the USARCENT mission and our Families!
Third Always First!

Women's Equality Day

Celebrate the Vote!
Mrs. Robbie Ferrell

On August 26th, we celebrate the 100th Anniversary of the adoption of the 19th Amendment to the US Constitution. This Amendment gave women the right to vote, and with it came the right to hold public office – rights we take for granted today.

The story behind women's right to vote is one we can use as a lesson in change. It came after a seventy-two-year political movement, one of the most successful nonviolent civil rights efforts to date. The 19th Amendment was first proposed in Congress in 1878, but the House and Senate did not vote on it until 1919. The Suffragists, both women and men, proved that perseverance was the key to success. They worked state by state circulating petitions, giving speeches, staging peaceful protests, and publishing articles and newspapers. Lobbying the male only state legislatures wasn't always easy. Suffragettes faced ridicule and humiliation, and some were thrown into jail. But they celebrated victory each time a state granted equal rights to women. When the US declared war in 1917, hundreds of thousands of women embraced the idea of public service, further demonstrating their commitment to the country, despite the inability to vote. It became a national objective, and after the war, Congress passed the 19th Amendment. It took another 15 months to have three-fourths of the states ratify the Amendment. Finally, on August 26, 1920, the 36th state ratified the 19th Amendment, making it law.

Since 1973, the United States has recognized Women's Equality Day on August 26th of each year. This year, as we look at the Centennial recognition, we should reflect on the long years of effort that went into bringing about major change for half the U.S. population. The persistence in moving forward the cause of equality and the success in making such a significant change peacefully gives us an example to emulate in our democracy.

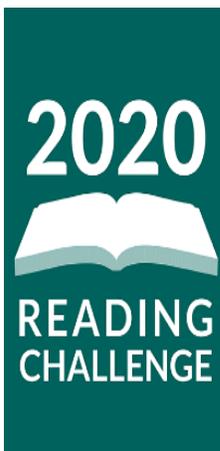
We honor the commitment of so many Americans in their determined fight by exercising our right to vote. So, in this Centennial year of the 19th Amendment, whether in person or by mail, VOTE!

Please visit www.fvap.gov to request your Federal Post Card Application. Register and request your absentee ballot with the Federal Post Card Application (FPCA). Requesting an absentee ballot is easy.

You will need a printer to complete the process.

You'll need Adobe Read version 6.0 or higher.

No personal information will be archived.



Let's lean forward together! The Family Readiness Program is challenging our Soldiers, Family Members and Civilians to read books that coincide with our monthly observances.

Every quarter a list of recommended books for varying ages and topics will be provided.

We would love to hear your take on any book you read or if you have a recommendation please let the USARCENT Family Readiness Program Manager (FRPM) know. We will add recommended reading to our list of books.

This is a great opportunity for our Soldiers, Family Members and team members to maintain connections and read with their children whether deployed or not, or with your spouse or team members by having periodic check-ins to discuss your book of choice!

<i>Age</i>	<i>Title</i>	<i>Author</i>
<i>School Age</i>	She Persisted	Clinton, Chelsea
	13 Women Who Changed the World	
	Little Leaders	Harrison, Vashti
	Bold Women in Black History	
<i>Teens</i>	Malala's Magic Pencil	Yousafzai, Malala
	Yes, She Can	Dillon, Molly
<i>Adults</i>	Making Our Way Home	Imani, Blair
	Suffragette	Pankhurst, Emmeline
	My Beloved World	Sotomayor, Sonia

July-Sep Observances

July - Independence Day. It was not our traditional 4th of July celebrations, and our focus was not on fireworks and mass social gatherings, instead we set our sights on creating new memories with our immediate Family members from our own backyards. Our nation has recognized the 4th of July for the past 79 years. However, our independence has been observed for over 244 years dating back to 1776.

August - National Family Fun Month. August is also that time of year when we are preparing for our children to go back to school. Operation Homefront - Back-To-School Brigade is currently underway with collecting and distributing school supplies for our military communities. Visit operationhomefront.org or your local Army Community Service/Airman and Family Readiness Center for more information and to find out how you can participate.

National Women's Equality Day. On August 26th the USARCENT will observe Women's Equality Day at the Carolina Skies and Conference Hall, Shaw AFB, SC, 2:00PM EST.

September - National Suicide Prevention Month. This is an opportunity to raise awareness and provide suicide prevention education and resources. One loss of life for a Soldier, Family member or Civilian is one too many. By building connections through communication and support we will make a difference in the lives of our Soldiers, Family members and the people in our communities.



Suicide Prevention Resources:

REACH – Suicide is preventable: wearewithinreach.net

National Suicide Prevention Lifeline – 800-273-8255

Military OneSource – 800-342-9647

Signifying the unofficial end of summer is Labor Day, 7 September. This day is dedicated to the social and economic achievements of the American worker.

The first Labor Day holiday was celebrated in 1882 in New York City. Again, this year's event will be anything but traditional, however, this is a time to thank any one of our American workers for what they do, from food service, grocery stores, maintenance workers, hospital and safety personnel, farmers, public works, teachers, any person working in any profession right up to our military members across the globe.

We need to thank them for keeping us moving forward, especially during these uncertain times. This is also a time to take a break and focus on our Families before we enter the next three months of our "current normal".

Keep in mind and make conscience efforts to build connections and support lines, take a needed knee to build and encourage resilience in our homes, communities and work environments.

Together we build resilient communities that stand strong!

Family Friendly Labor Day Weekend Ideas:

Camping in the back yard or visit a local camp ground

Hiking

Movie night in the backyard

Picnic/BBQ

Fly kites/Bubble bash

Fishing

Back Yard waterpark with sprinklers

Get the kids involved with preparing food;

Gummy worm Kool-Aid popsicles

Frozen fruit popsicles (watermelon with a stick)

Make ice cream with a container (no ice cream maker needed)

For more ideas visit:

Militaryparenting.org

MilitaryOneSource.mil

Dailyparent.com

Parents.com



We are under construction. The USARCENT Family Readiness Program website is changing to better serve our populations and ensure all-inclusiveness for our Soldiers and Families who serve in Active Duty, Reserve and National Guard components.

We need your input and feedback on how we can improve and ensure we are providing relevant resources and information for all our units, their Families and team members.

Please visit our site at: usarcent.army.mil under the Families tab.

Email comments and recommendations to the Family Readiness Program Manager at virginia.a.cooper.civ@mail.mil.

Additional Resources;

The Red Cross offers on line courses and help at redcross.org, Hero Care App or text “GetHeroCare” to 90999.

Available Workshops:

Coping with Deployment

Pre-deployment Preparedness Tools for Family Members

Reconnection Workshops

Mind-Body Workshops

Post-Deployment Support Resources



The USARCENT Family Readiness Program wants to recognize and congratulate the Class of 2020. We have graduates starting from grade school through to college spanning all our units, (HHBN, 513th MI BDE, 1st TSC, TF Spartan, 4th BCD, 2503rd DLD, 335th Signal, 3rd Medical CMD, ASG-K, ASG-Q, and ASG-J) who have worked hard and stayed focus on meeting educational goals across the USARCENT.

Thank you for your hard work and dedication, in the words of Dr. Seuss “Oh the Places You Will Go!” Congratulations!