



PHOTO BY JANET TAYLOR-BIRKEY

Homefront Quilters

Crafters use skills to serve

Comprised of local chapters, Operation Homefront Quilts makes quilts for the parents, spouse and children up to age three who had a loved one die in the war effort.

Caprock Quilters, Cannon's local chapter of Operation Homefront Quilts, have made and sent more than 174 quilts in two years, making them the largest single contributor to the project.

Most of the Caprock chapter's work is done at the Cannon Family Support Center, though some prefer to quilt at home. This is not a "women's only" club: male dependants are welcome to join the group.

Quilters do not see the quilt after it is shipped, but they have seen letters from recipients on the Operation Home Quilts Web site.

"They are very appreciative. It has brought a little bit of comfort. You can see that in the words," said Ms. Martha Brister, local volunteer.

Quilting fabric is provided free for those wanting to participate. While the patterns range from very simple to more intricate, quilting panels are a good choice for those who do not like to piece or do not have room to lay out a quilt. Caprock Quilters stress sewing skills are not needed, as the group can teach those who want to learn.

Those who do not enjoy sewing are encouraged to join and use their skills to iron, cut and put kits together or hand sew labels on the back of the finished quilts.

Anyone wanting to get involved with OHQ should call 784-4228 for more information.

Compiled by Janet Taylor-Birkey

AEF ready overseas, at the home station



Family Support Center:

Offering activities for families during deployments

The Family Support Center offers the Hearts Apart program for stateside families during a deployment. The purpose of the Hearts Apart event is to bring families and base support personnel together, and it encourages communication with families in similar situations, said Tech. Sgt. Tory Gard, 27th Family Support Squadron.

In addition to Hearts Apart, the FSC also offers morale calls for deployed and stateside family members, Give Parents a Break, Car Care Because We Care, and a quarterly deployed/remote family meal.

Jean Cole, 27th Family Support Squadron, urges stateside dependants to use the FSC's Discovery Center, which is a career and personal enhancement center. Offering resources covering a variety of interests from cake decorating to professional image polishing, FSC personnel like to tell Airmen and spouses, "We are the first place to come [because] we are creative."

Ms. Cole encourages spouses to use a deployment time to make and reach goals. So many say there is nothing to do at Cannon, but there is plenty of time and many resources to improve yourself, said Ms. Cole. Call the FSC at 784-4228 for events schedule.

Compiled by Janet Taylor-Birkey

Deployment Checklist

General

- Attend mobilization meetings and take notes
- Know the exact name of unit
- Know the names and ranks of chain of command
- Have a copy of your service member's orders
- Know service member's travel itinerary
- Know service member's full name, social security number, and complete military address
- Have emergency plans in place

Finances

- Plan ahead
- Discuss what and when bills are due, where receipts are kept, etc.
- Have enough saved
- Create family budget

Around the house

- Extra set of car keys
- List of repair persons to call
- Location of utility (water/electricity/gas) shut off valves
- Know your neighbors
- Family matters
- Child care plan
- Elder care plan
- Emergency plan for pets

Legal affairs

- Have Will
- Have Power of Attorney
- Have Military I.D.

Communications

- Pre-addressed, stamped post cards, pens
- Seek counseling if necessary

A special concern for single parents is to accomplish a will and a power of attorney granting someone to take care of their children (so the agent can make child care arrangements here). Cannon's legal office can help with all of these items, said Capt. Richard Kim, Chief of Civil Law at Cannon. It is also suggested that single parents have an alternative family plan in case preferred child care arrangements need to be modified.

Stateside families needing to reach overseas deployed servicemembers need to contact their unit's first sergeant. Information courtesy of the Cannon Legal Office and www.redcross.org



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PT Uniforms:

Jacket	\$57.30
Pants	\$36.95
Shorts	\$11.15
T-shirts	\$6.40

Many deployed locations require PT uniforms.

Uniforms can be purchased from Cannon Clothing Sales. Clothing Sales is open Monday through Friday 10 a.m. to 6 p.m. and Saturday 10 a.m. to 2 p.m.