



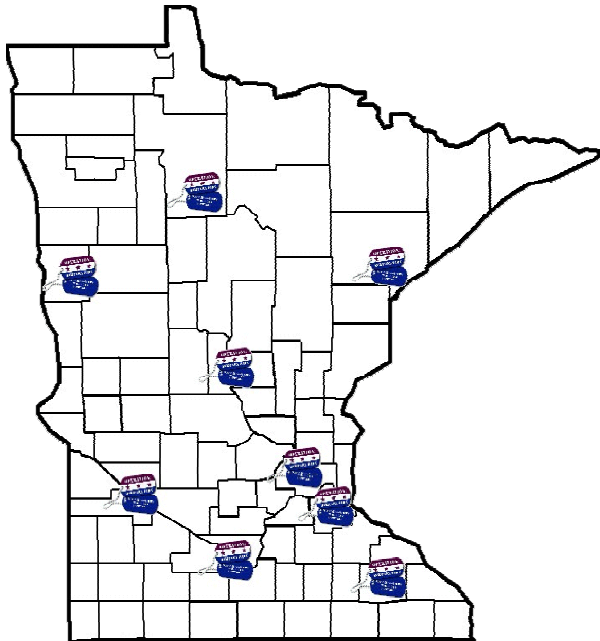
Operation Military Kids Growing in Minnesota!

Operation: Military Kids (OMK) is the U.S. Army's collaborative effort with America's communities to support children and youth of National Guard, Army Reserve and Active Duty families impacted by the Global War on Terrorism. This effort is politically neutral with the focus on the children of deployed servicepersons. State 4-H Military Liaisons lead OMK State Teams in 34 states in

partnership with the National Guard, Army Reserve, the Military Child Education Coalition, Boys and Girls Clubs of America, the National Association of Child Care Resource and Referral Agencies, The American Legion, Schools. These and other community organizations are joining Army Child & Youth Services to support "Suddenly Military" youth before, during, and after the deployment of a parent or loved one.

Regional OMK Activity Coordinators have started work

Nine activity coordinators have been hired and are in place at sites across the state to plan and carry out programs for young people in grades K-12 throughout the spring and summer. They are located in offices throughout Minnesota and look forward to making links to regional teams, Family Readiness Groups and others who can help them connect with suddenly military



Regional Activity Coordinators

Bemidji – Lynn Ahern 218-444-8115 or mnahern@paulbunyan.net

Brooklyn Park/Minneapolis – Marilyn Grandstrand 763-571-7080 or candilyn2@hotmail.com

Camp Ripley/Brainerd – Jodi Schons 320-693-5275 or schon056@umn.edu

Duluth – Jennifer Armstrong 218-865-0112 or jen3344@gmail.com

Mankato/New Ulm – Sheila Rahn 507-380-7714 or srahn1@isd77.k12.mn.us

Marshall/Montevideo – Jerry Ludwig 507-430-2195 or ldwg@redred.com

Moorhead – Sharon Smith 218-846-7328 or smit1214@umn.edu

Rochester – Ruth Neil 507-696-3387 or ruth.m.neil@gmail.com

Rosemount/Cottage Grove – Carissa Akpore 651-480-7772 or akpor003@umn.edu

Regional OMK Contacts

Need local and regional information on OMK activities? Five regional extension educators coordinate the efforts of nine regional OMK teams around the state from the Center for 4-H & Community Youth Development or one of the Extension Regional Centers:

State Coordinators:

Jim Deidrick, deidr001@umn.edu

Amber Runke, runk0014@umn.edu
800-444-4238

Regional Extension Educators:

Ann Walter, Albert Lea
888-241-0781/walte015@umn.edu

Sherry Boyce, Cloquet
888-241-0724/sboyce@umn.edu

Eric Vogel, St. Cloud

888-241-4591/vogel007@umn.edu

Penny Dale, Moorhead

888-241-4635/pdale@umn.edu

Kia Harries, Worthington

888-241-4635/kharries@umn.edu

Hidden Heroes Workshops

Hidden Heroes workshops (formerly known as Ready, Set Go!) are meant to build awareness of the unique needs of “suddenly military youth” as they go through the five stages of the deployment cycle during the time that their parent(s) are called to service. Workshops are meant for any youth or family professionals as well as other community members concerned about the well being of children affected by deployment.

Participants will:

- Hear about the unique needs of the children of military families.
 - Learn how to recognize and help youth coping with stress, separation anxiety and the fear of having a parent or other family member “in harm’s way.”
 - Discover how the community can support youth before, during and after the deployment of a loved one.
- Become more knowledgeable about the support needed for service members and their families upon their

For information or to register for the following sites, contact the Extension Regional Center in Albert Lea at 888-241-0718

Owatonna	16-May	10 am - Noon	4-H Community Center
Fairmont	23-May	10 am - Noon	Martin County Library
Mankato	13-Jun	1 - 3 pm	Mankato Armory
Farmington	20-Jun	10 am - Noon	Farmington Library
Rochester	8-Aug	10 am - Noon	Heintz Center Room HB117
Albert Lea	18-July	6:30-8:30 p.m.	Fairlane Building
New Ulm	15-Aug	6:30 - 8:30 pm	New Ulm Armory
Winona	12-Sep	2 - 4 pm	Winona Exten Off Conf Rm

For information or to register for the following sites, contact the Extension Regional Center in St. Cloud at 888-241-4591

St. Cloud	24-May	1 - 3 pm	St. Cloud Federal Credit Union
Alexandria	4-Jun	1 - 3 pm	Douglas County Extension Off.
Sauk Centre	5-Jun	9 - 11 am	Gerard's Dining
Hutchinson	7-Jun	9 - 11 am	McLeod County Fairgrounds
Bloomington	26-Jun	10:30 am - 12:30 pm	Penn Lake Library
Anoka	27-Jun	6:30 - 8:30 pm	Zion Lutheran Church, Anoka
Brooklyn Park	27-Jun	2 - 4 pm	Elks Lodge

For information or to register for the following sites, contact the Extension Regional Center in Worthington at 888-241-4635

Marshall	14-Jun	9 - 11 am	SMSU
Redwood Falls	15-Jun	9 - 11 am	Public Health Building
Willmar	15-Jun	1:30 - 3:30 pm	Health & Human Service Bldg
Worthington	21-Jun	6:30 - 8:30 pm	Gov. Center, Farmers Rm

For information or to register for the following sites, contact the Extension Regional Center in Moorhead at 888-241-4527

Moorhead	28-Aug	9 - 11 am	Clay County Family Service Cntr
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Trainings will also be held in Albert Lea July 18, Crookston June 19, Wadena August 28, Detroit Lakes September 18, St. Paul September 25, Duluth August 28, Grand Rapids September 19, Stillwater September 20 and Brainerd September 27. Additional Hidden Heroes training sessions will be held in Bemidji, Fergus Falls, Ely, Cambridge and Hibbing. Times and locations will be announced later.



This is the first of our OMK newsletters. Look for newsletters on a bimonthly basis. For more information on what’s happening with OMK in Minnesota or nationally visit the website at www.operationmilitarykids.org. Click on “states” to find Minnesota based activities.

