



Washington National Guard Family Programs

Weekly Update

Family Assistance Coordinators

Camp Murray

Tia (253) 512-7755

Denise (253) 512-8367

Centralia

Jacqueline (360) 628-7195

Everett

Garey (425) 317-3527

Longview/Vancouver

Julie (360) 577-2120

(360) 750-4075

Kent/Seattle

Deborah (253) 945-1869

Moses Lake

Doug (509) 630-0701

Olympia

Diana (360) 704-6707

Pasco/Walla Walla

Betsy (509) 546-4384

Port Orchard

Ron (360) 356-2407

Spokane

Buzz (509) 532-2775

Yakima

John (509) 469-4638

Wing Family Program Coordinators

141st ARW - Spokane

Mary (509) 247-7009

194th RSW - Camp Murray

Angela (253) 512-3397

The State Family Programs Office is pleased to announce that registration is now open for the:

2009 Washington National Guard Volunteer & Reunion Workshop *Shining Stars...Our Heroes at Home*

April 24-26, 2009
The Hyatt Regency Hotel
Bellevue, WA

All Army and Air Force National Guard Families and Volunteers are Welcome.
This workshop is JUST for you!

This year's focus is working with families who are in a deployment cycle (just returned, getting ready, or coming home); and recognize the hard work our volunteer's have done to support them.

Come and spend a FREE weekend with us as we inspire you with topics that can empower your family and raise your deployment awareness level and learn about Realistic Reunion expectations; Adjusting to the New Normal; and Positive Growth out of Deployment.

Additional Family Readiness break out sessions and updated FRG training opportunities are a few more ways we plan to encourage your attendance.

Still not motivated to come yet? How about **Free Childcare and Youth Events!** We're going all out to provide fun and exciting activities for kids. We want parents to attend and know childcare is a determining factor. So come, drop your kids off for the day, and enjoy yourself as we fill you up with great topics that can positively affect your family dynamics.

ONLY 300 seats available. Register ASAP to ensure you have a spot on www.guardfamily.org under 'State Workshop:

Washington National Guard Volunteer & Reunion Workshop.'

The complete Workshop packet is included in this email. You can also download a copy at <http://familyprograms.washingtonguard.org> under the 'events tab'.



Family Programs Toll Free 1-800-364-7492

Books for Brats™

Books for Brats, Home of the first children's picture books for military brats, "Daddy, You're My Hero!" and "Mommy, You're My Hero!" Titles written and illustrated by an adult military brat help military families coping with deployment. Books for Brats has been working with educators, Family Readiness Groups and military families since 2001 to help support and advocate for children of military personnel.



For more information go to: <http://www.booksforbrats.com>

CinCHouse.com

CinCHouse.com is the Internet's largest community of military wives and women in uniform. Pronounced 'sink- house', we represent the "Commanders in Chief of the House", including girlfriends, fiancées, mom, sisters and all other women who live the military lifestyle. CinCHouse's mission is to provide information, resources, and a community of friends to help you survive the toughest times and enjoy the adventures of military life. You CAN do all this while progressing in your career, continuing your education, raising your children and pursuing your dreams.

To register at this website or for more information go to: <http://www.cinchouse.com/>

American Legion VetCam

Because you can't always be there, The American Legion is making it easier for you, your friends and your loved ones to stay in touch.



THE
AMERICAN LEGION
VETCAM

The American Legion offers you VetCam: Free one-on-one video conferencing – to enable you to talk face-to-face with friends and family across town or overseas. One-on-one. Or with several people at a time. You decide.

Members of The American Legion, as well as members of the United States Armed Forces (active duty, Reserve and National Guard), their families and friends, are welcome to use this complimentary technology to remain connected with those people most important to you.

To register for this service go to: <http://vetcam.ncbintl.com/>

Update Your Volunteer Agreement Today!

In an effort to efficiently track Volunteer Agreement Form (DD Form 2793) expiration dates, all Washington National Guard Statutory (official) Volunteers will update forms annually on March 15th of each year. So mark your calendars as a reminder. If you have just completed your Statutory Volunteer Orientation Packet or have updated your form after February 1, 2009, you do not have to update your form this year.

**Volunteer Agreements Expire on
March 15th each year**

How do I know if I am a Statutory Volunteer ? Volunteers who serves in an official volunteer position within the FRG (i.e. Lead, Co-Lead, Secretary, Treasurer, Phone Tree POC, Newsletter Editor, Events Coordinator), Youth Program (i.e. Youth Council), or any other Family Programs (i.e. Teaching Team, Admin Assistant) related activities.

Why do I need to update this form each year? As a Statutory Volunteer, you are required by regulation to complete the form annually. This form not only recognizes that you're an official volunteer but it allows us to reimburse you for your travel for any state level training or events which apply to your role.

Where do I get the form ? The form is attached to this announcement

Who do I send my form to? - Be sure to keep a copy for your self

FRG Volunteers

1. All volunteers within a unit level FRG, forward forms to the FRG Lead.
2. FRG Lead will obtain the commander or rear detachment commander approval on the forms.
3. Once all forms are approved by the commander, submit To Family Programs by fax (253) 512-7623

Youth Volunteers

Submit to State Youth Coordinator by fax (253) 512-7623 for approval.

State Family Programs Volunteers

Submit to State Family Readiness Assistant by fax (253) 512-7623 for approval.

For more information call (253) 512-7753

Upcoming Volunteer Training

We invite all volunteers, Family members, service members, military point of contacts, commanders, rear detachment commanders and community members to participate in these training/workshops.

Please note that only Statutory (official) volunteers are eligible for travel reimbursements when attending these events.

March 14	Basic Volunteer Training	Everett *Cancelled
March 15	Phone Tree POC Training	Everett *Cancelled
March 15	Treasurer Training	Everett *Cancelled
March 21	CARE Team Training	Spokane
March 28-29	Instructor's Trainer's Course	Spokane
April 17	CARE Team Training	Ft. Lewis

To Register:

Log onto
www.guardfamily.org
Click EVENTS

If you have problems
registering or have
questions contact:

Veronica Sanchez
Family Readiness Assistant
(253) 512-7753



Family Programs Contact Information

Administrative Staff

Building 33, Camp Murray
Tacoma, WA 98430

State Family Programs Director

MAJ Anne Marie Peacock (253) 512-7600

Family Programs Specialist

Connie (253) 512-7880

Administrative Assistant

SPC Andrea Walker (253) 512-7881

State Family Readiness Assistant

Veronica (253) 512-7753

State Youth Coordinator

Robbin (253) 512-7985

Computer Assistant

SGT Freda (253) 512-8903

81st Brigade

Family Readiness Support Assistant

Korina (253) 512-8506

Chaplains

CH COL Hegtvedt (253) 377-5882

FR. Anderson (253) 377-2508

FR. Pratt (253) 377-9278

Military Family Life Consultants (MFLC)

Youth MFLC - Kim Larkey (253) 355-9939

Lisa Tice (253) 682-7792

Websites

State Web-site

familyprograms.washingtonguard.org

National Web-site

www.guardfamily.org

Family Assistance Coordinators

Camp Murray

Tia (253) 512-7755

Denise (253) 512-8367

Centralia

Jacqueline (360) 628-7195

Everett

Garey (425) 317-3527

Longview/Vancouver

Julie (360) 577-2120

(360) 750-4075

Kent/Seattle

Deborah (253) 945-1869

Moses Lake

Doug (509) 630-0701

Olympia

Diana (360) 704-6707

Pasco/Walla Walla

Betsy (509) 546-4384

Port Orchard

Ron (360) 356-2407

Spokane

Buzz (509) 532-2775

Yakima

John (509) 469-4638

Wing Family Program Coordinators

141st ARW - Spokane

Mary (509) 247-7009

194th RSW - Camp Murray

Angela (253) 512-3397