



## 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

## County Veterans Assistance Programs Now Available to Washington National Guard Members on 1st Enlistment

On April 9, 2009, Governor Christine Gregoire signed a bill that closed a small loophole in Washington law that prevented access to local county veterans assistance funds by members of the National Guard and Reservists on their first enlistment.

During the late 1890s, each county in Washington state has been required to set aside a small portion of property tax for assisting veterans in need (formerly known as the Soldiers and Sailors Relief Fund).

According to Leif Bentsen, coordinator for the Kitsap County Veterans Assistance Program, the law went through a major change in 2005. "Unfortunately, an inadvertent omission prevented current members of the National Guard or the Reserves who had no prior service from accessing the funds."

The new amendment, EHB 1049, changed the definition of veteran to include current National Guard or Reserve members who have been deployed to serve in an armed conflict.

The change in the law was prompted by the Kitsap County Veterans Advisory Board and sponsored by Rep. Christine Rolfes, (Bainbridge). It passed unanimously by both legislative houses.

"We saw the impact on families during the first mobilization and unfortunately could not help those on their first enlistment. It took a couple of tries to get this amendment passed. Now we can at least help those families whose spouse has been deployed to, or has returned from, a combat zone, and is still on his or her first enlistment."

However, Bentsen cautions that every county in Washington state runs their program slightly differently. Consequently, income eligibility requirements, the amount of money that might be available and what it can be used for can differ from county to county. "What might work in Kitsap, might be entirely different in San Juan, Pacific, or Garfield counties," said Bentsen

The new law becomes effective 90 days after the Legislature adjourned in April.

To find more information about your local county program, go to [CVCwashington.org](http://CVCwashington.org) or check your local county website. Bentsen also said deployed guard members who need help in locating their local county program can contact him at [lbentsen@co.kitsap.wa.us](mailto:lbentsen@co.kitsap.wa.us).

Media contact: Leif Bentsen (360) 394.3950, [lbentsen@co.kitsap.wa.us](mailto:lbentsen@co.kitsap.wa.us)

## May 16: 21st Annual Armed Forces Day Festival

Honor the military at the 21st Annual Armed Forces Day Celebration on May 16 at Watkins Parade Field from 10 a.m. to 6 p.m. rain or shine. Free and open to the public. Enjoy Military K-9 demonstration, 2 parachute jumps, military vehicle and equipment displays, battle reenactments, giant inflatable games and rides, a new car show, the Northwest Military Star competition and a performance by the 56th Army Band. There's also a [5K Mud Run](#) that starts at 9 a.m. at Soldiers Field House. The fun is open to both the military and civilian communities. Those without valid DoD ID cards and vehicle decals must access Fort Lewis via Exit 119. You may be asked for driver's license, proof of insurance and vehicle registration. All persons and items are subject to inspection. Sponsored by: [Comcast](#), [Funky Monkey 104.9](#), [Kube 93.3](#), [Q-Country 102.9](#), [Northwest Motorsports](#), [Fort Lewis Ranger](#), [America's Credit Union](#), [Pepsi](#), and [USAA](#).

For more information go to <http://www.fortlewismwr.com/> or call 253-967-4294

## The Children's Museum of Tacoma is open for play!

**The Children's Museum of Tacoma offers a range of permanent play spaces and rotating exhibits that foster the power of play in the a life-long journey of learning.**

Playful environments are geared to children age eight and under. Hands-on exhibits allow children to test their independence and gain self-confidence through the arts, sciences and creative play while presenting adults and parents with the tools to understand and support the children in their lives. See web site for more information.

<http://www.childrensmuseumoftacoma.org/home> or call Phone: (253) 627-6031

## VetJobs Veteran Eagle

[VetJobs.com](#), Inc. (dba VetJobs) is owned and operated by veterans and headquartered in the Atlanta suburb of Marietta. VetJobs is the premiere military related job board on the Internet. The VetJobs website connects transitioning military personnel, veterans and their family members with organizations who are searching for highly trained, reliable and mission-oriented employees. The VetJobs resume database contains resumes exclusively from officers and enlisted personnel (and their family members) who have served in the United States Air Force, Army, Coast Guard, Marine Corps, Merchant Marine, National Guard, Navy, NOAA, Public Health Service and the Reserves.

To view the current issue of the Veteran Eagle, VetJobs monthly newsletter go to: [VetJobs.com](#)

## Washington National Guard Chaplains In Partnership with Family Programs Present

### Marriage Enrichment Retreats

Go to [www.guardfamily.org](http://www.guardfamily.org)  
to register for this event and  
to check out other events  
Family Programs has to offer.

June 12-14, 2009  
August 28-30, 2009  
September 11-13, 2009



*These retreats will be held in  
Leavenworth, WA*

This is a wonderful opportunity for you and your spouse to spend a weekend away, get some quality time together, and learn some skills that will help you enrich your marriage.

Open to all married Service Members of the Washington National Guard who have not yet attended a Marriage Retreat. Registration is now open, only 30 couples per retreat. If you have questions please call SPC Walker at (253) 512-7881 or e-mail [INT-WNGFP-A@ng.army.mil](mailto:INT-WNGFP-A@ng.army.mil).

## Exchange Online Mall Now Taking Vacation Reservations

The Exchange Service's Exchange Online Mall has partnered with the U.S. Army Family and Morale, Welfare and Recreation to help troops take a break without going broke.

Now, any authorized exchange shopper can log on to the Exchange Online Mall and book a vacation, including 7-night Alaskan Cruises from \$399, Cozumel from \$28 per night and an 11-day European Dream vacation, through FMWRC's Government Vacation Rewards program.

Beyond convenience, the partnership makes it possible for military shoppers to book vacations using the Exchange Service's proprietary Military Star® card or Military Star® Rewards MasterCard®.

"The competitive interest rate available through the Military Star® card, combined with the buying power that only Government Vacation Rewards can offer, means travel is more affordable than ever before," said the Army & Air Force Exchange Service's Chief Marketing Officer Mat Dromey. "Packed with vacation values, the adventure begins when troops and their Families log on through the Exchange Online Mall."

To read this article in full please go to: <http://www.aafes.com/pa/news/09news/09-034.htm>

# Seeking CARE Team Volunteers

Family Programs is currently seeking volunteers to serve on the WA National Guard CARE Team.

### What is a CARE Team?

A Casualty Response (CARE) Team is a group of 2-3 trained individuals who volunteer to offer emotional support and practical assistance to Family members of injured and fallen service members. This team is designed to assist and support Families, filling the gap between notification and arrival of their own personal support system.

CARE Teams in no way take the place of a FRG, but help to effectively harness the energy and support of the group by assessing the Family's individual needs.

### What is required to be a CARE Team Volunteer?

To volunteer on this team you need to be flexible and know that it requires a strong commitment to confidentiality and a willingness to attend training. Attending this training does not commit you to being part of the CARE Team. Please note that CARE Team volunteers are not trained as grief counselors, but rather to provide assistance and comfort.

### Who can be a CARE Team Volunteer?

Anyone concerned for the well-being of WA National Guard Family members including the following:

- ★ Community Members
- ★ Air/Army National Guard Family Members
- ★ Air/Army National Guard Service Members
- ★ Retired Service Members

### How do I become a CARE Team Volunteer?

Contact Veronica, State Family Readiness Assistant (253) 512-7753. You will need to attend training which is offered through out the state as requested (at least 5 participants). We currently have a couple scheduled, see calendar below.

# Upcoming Volunteer Training

May 16	Basic FRG Training	Yakima
May 17	Phone Tree POC Training Treasurer Training	Yakima
May 19	CARE Team Training	Ft. Lewis
June 2	CARE Team Training	Ft. Lewis
June 7	CARE Team Training	Ft. Lewis
June 26-28	FRG Workshop	Leavenworth
August 15	Basic FRG Training	Kent
August 16	Phone Tree POC Training Treasurer Training	Kent

To Register:

Log onto  
[www.guardfamily.org](http://www.guardfamily.org)  
Click EVENTS

If you have problems  
registering or have  
questions contact:

Veronica  
Family Readiness Assistant  
(253) 512-7753

## FRG Leadership Workshop

**Join us on  
June 26 - 28, 2009  
In  
Leavenworth, WA**

*"Washington's Bavarian Village"*

Open to ALL Statutory (official) FRG Volunteers,  
Commanders, and Military Point of Contacts



- ★ Learn the latest information
- ★ Ask the questions
- ★ Network with other FRG Volunteers & Family Programs Staff
- ★ Brigade/Wing Break-Outs

## Living In the New Normal Summary

This course is designed to provide Family Readiness Group Leaders with information to help support military children during times of uncertainty, trauma, and grief. The course instructs on how to recognize and address issues of concern and to provide valuable resources for dealing with these situations. The course strives to promote the natural resiliency of children through discussion on methods to help children cope.

**\*\*All Statutory Volunteers will be reimbursed for travel, lodging, and meals (set per-diem rate)\*\***

**REGISTER on  
[www.guardfamily.org](http://www.guardfamily.org)  
NO LATER THAN JUNE 12TH  
under **EVENTS****

# Army Family Team Building (AFTB)

At Army Family Team Building (AFTB) we promote unit and Family readiness. We offer three levels of classes that give Army (including Guard) Families the tools and resources necessary to be self sufficient and self-reliant. Our classes will help you understand the Army's mission as well as how your Family fits into the big picture.



AFTB contributes to the Army mission by educating and training the Army family to be self-sufficient. AFTB Level I focuses on the basic knowledge needed to live the military life. Level II allows the participant to grow into a community leader. Finally, Level III goes into inspiring and mentoring others into leadership positions. See Fort Lewis training calendar below:

For those of you that don't have time to attend classes, AFTB offers training online. It's an easy way to start learning about how to survive and thrive in today's Army. Level I and II lessons are available online in both English and Spanish! It is also possible to download lessons and review them at your convenience. Simply visit <http://www.myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/ArmyFamilyTeamBuilding/default.aspx> to find out more information about on-line training.

## AFTB Training Calendar

May 11 - 15	Level II	1730 - 2030
June 4	<u>Alphabet Soup &amp; Condiments</u>	0900 - 1130
	This class incorporates Military Terms & Acronyms, Military Customs & Courtesies and Basic Protocol	
June 22	<u>Got Lemons? Let's Make Lemonade</u>	0900 - 1230
	Basic, intermediate and Advanced Problem solving Techniques	
July 8	<u>Change can be Good-Time to De-Stress:</u>	1300 - 1600
	Stress Management, Acknowledging Change and Time Management	
July 14-15	Level I	

### **Army Family Team Building**

Bldg 2166  
 (Corner of 12th St & Liggett)  
 Fort Lewis, WA 98433  
 (253) 967-2382

Please call to register for classes and for childcare information.

\*\*If you are interested in instructor training, please call office for more information regarding this training.

## YMCA Respite Child Care

**Eligibility: Active Duty Title 10 Only (Title 32 personnel not authorized due to funding constraints)**

1. Authorized for families of Deployed Guard and Reserve personnel along with Active Duty families assigned to Independent Duty locations
2. Free respite child care for children up to age 12 at authorized YMCA locations
  - o 16 hours of respite child care per month, per child
3. The following locations in Washington are currently eligible to participate in the respite child care program:

- Clallam County Family YMCA
- YMCA of Greater Seattle - Downtown
- YMCA of Greater Seattle - Auburn Valley
- YMCA of Greater Seattle - Bellevue Family
- YMCA of Greater Seattle - Sammamish
- Kitsap Family YMCA
- YMCA of Greater Seattle - Dale Turner Family
- YMCA of Greater Seattle - Northshore
- YMCA of the Inland Northwest - Downtown Spokane
- YMCA of Greater Seattle - Lake Heights
- YMCA of Greater Seattle - West Seattle/Fauntleroy
- YMCA of Greater Seattle - Highline
- South Sound YMCA - Child Care Services
- Whatcom Family YMCA

4. A military ID card and copy of deployment orders or Independent Duty approval form (see section on [\(Active Duty Assigned to Independent Duty locations\)](#)) are required for enrollment.
5. Ready to Go? [Download the respite care eligibility form](#) and take it to your local participating YMCA.



# 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 Brewer (253) 512-8534

FR. Anderson (253) 377-2508

FR. Pratt (253) 377-9278

## Military Family Life Consultants (MFLC)

Child & Youth MFLC - Kim Larkey (253) 355-9939

Adult MFLC - Lisa Tice (253) 682-7792

## Websites

### State Web-site

[familyprograms.washingtonguard.org](http://familyprograms.washingtonguard.org)

### National Web-site

[www.guardfamily.org](http://www.guardfamily.org)

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