



Washington National Guard Family Programs

Weekly Update

Family Assistance Coordinators

Camp Murray

Tia (253) 512-7755

Denise (253) 512-8367

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/Centralia

Jacqueline (360) 628-7195

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

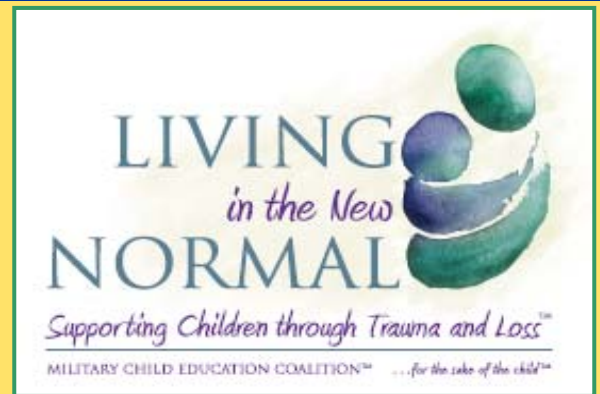
194th RSW - Camp Murray

Angela (253) 512-3397

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, Youth Program Volunteers or those that may be interested in volunteering with the Youth Program.

- ★ **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
NO LATER THAN JUNE 12TH
under **EVENTS**

For more information contact Veronica (253) 512-7753

Lowe's & Home Depot Offer Military Discount

The nation's two largest home improvement stores, Lowe's and Home Depot, are again offering a 10-percent military discount for Memorial Day, starting Thursday.

Active-duty personnel, National Guard and reserve members, retirees, honorably discharged veterans and immediate family members of all those groups are eligible. Customers who request the discount should show a valid military ID card or other proof of service.

The stores differ in their offers:

Lowe's discount is offered from Thursday through May 25 on purchases up to \$5,000. That means the maximum discount will be \$500. The offer is good for in-store purchases only and it does not apply to online sales, previous sales, purchase of services or gift cards.

The Home Depot's discount is offered in stores from Thursday through May 27 on purchases up to \$2,000, for a \$200 maximum discount.

Free Webinar: Support Military Dads and Strengthen Families

Support Military Dads and Strengthen Families will be conducted on May 28, 2009 2-3PM Eastern Standard Time (EST) Want to start working with military fathers and families? They will introduce you to our military programming offerings and provide basic tips on how to start a fatherhood program targeted for military dads.

Cost: Free

Time: 60 minutes

Level: Basic (recommended for individuals just starting a program)

Presenters: Tim Red, Director of Military Programming

Register Now: <https://www2.gotomeeting.com/register/824620707>

Family Readiness Groups

Definition

A Family Readiness Group (FRG) is a unit affiliated organization of National Guard service members and family members who utilize volunteers to provide social and emotional support, outreach services, and information to families before, during, and between family separations, deployments, extended tours of temporary duty, field training exercises, and annual training.

Purpose

the main purpose of an FRG, is to educate families on the resources available to them as military families. This is an on-going education and mentoring process.

Family Readiness Group Framework

It may be helpful to view Family Readiness in this way. Starting with families at the center of all family readiness events, there are three main goals of the FRG.

1. **Preparing** families for separation from the National Guard Service Member
2. **Educating** families on the mission and responsibilities of National Guard Service Members
3. **Communicating** regularly with all families are all an integral part of maintaining healthy family relationships.

If the FRG is structured so that one or more of these goals is being met with every planned event, both planning and execution of the event will be more successful.

PREPARATION

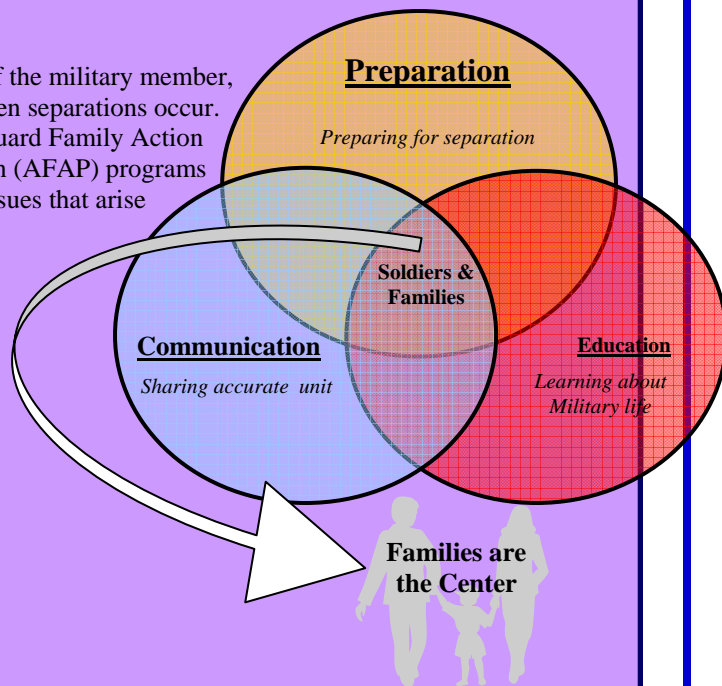
The primary goal of any Family Readiness Group should be to maintain readiness for any type of separation - field exercise, deployment, schools, etc. Through regularly scheduled FRG meetings, newsletters, phone tree messages, classes, and deployment readiness briefings, all families should be better equipped to deal with the stresses associated with separation.

EDUCATION

Educating families on the military way of life, responsibilities of the military member, and unit mission can help alleviate frustration and confusion when separations occur. Organizations such as Guard Family Team Building (GFTB), Guard Family Action Plan (GFAP), Operation READY, and Army Family Action Plan (AFAP) programs are great ways to educate families on how to better handle the issues that arise in the military.

COMMUNICATION

Communicating regularly with all military families helps create unit cohesion and can eliminate many problems that arise due to gossip, misinformation, and/or rumors that may circulate within your unit.



Volunteer Opportunities

Volunteer for your unit today!

The success of each unit Family Readiness Group depends on Volunteer Energy. Anyone who cares about the well-being of the unit can volunteer including retirees, community members, friends, significant others, family members, employers / co-workers, church members.

Below are typical (not limited to) FRG positions.

- ★ Brigade FRG Coordinator
- ★ Battalion FRG Coordinator
- ★ FRG Leads
- ★ FRG Co-Lead
- ★ Secretary
- ★ Treasurer
- ★ Alternate Treasurer
- ★ Key Caller (Phone Tree POC)
- ★ Event Coordinator
- ★ Youth Coordinator
- ★ Fundraising Coordinator
- ★ Newsletter Editors
- ★ Welcoming Committee
- ★ Photographer

To find out what opportunities are available in your unit, contact your unit FRG or Commander. If you need unit contact information, call the State Family Readiness Assistant (253) 512-7753.



Are you looking for a Volunteer opportunity? Perhaps you are interested in gaining work experience to put on your resume or maybe you want to learn new skills. Below is a list of Volunteer opportunities available through the Family Programs Office.

★ **Administrative Assistant**

Work Schedule: 2-3 days per week

Location: Camp Murray

Duties: Provide administrative support to the State Family Readiness Assistant and Youth Coordinator.

★ **CARE Team Volunteers**

Work Schedule: As needed

Location: In Volunteer's local community

Duties: Provide emotional support and practical assistance to family members of injured and fallen service members.

Training Required: CARE Team Training

★ **Teaching Team Instructors**

Work Schedule: At the Volunteer's Discretion

Location: In Volunteer's local community

Duties: Provide Training to National Guard Volunteers and Family Members.

Training Required: Instructor's Trainer's Course

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

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

June 2	CARE Team Training	Ft. Lewis
June 7	CARE Team Training	Ft. Lewis
June 25	CARE Team Training	Longview
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
Click EVENTS

If you have problems
registering or have
questions contact:

Veronica
State Family Readiness
Assistant
(253) 512-7753



Summer Events 2009

ALL Events require advance registration.
 Questions: call / e-mail Point of Contact or visit website listed.
 Some events do require a registration fee.

Operation Military Kids Outdoor Adventure

One Day Outdoor Adventure / Ropes Course
 \$10 Registration Fee / bring sack lunch
 Wear long pants & sneakers

June 13 Panhandle Camp (Mason)
 June 20 Twin Lakes (Ferry) UPDATED
 July 11 North Bend (King)
 July 11 Leavenworth (Chelan)
 July 18 Tri-Cities (Franklin)

For more information contact:
 Darleen Munson / 253-445-4557
edmunson@wsu.edu
www.operationmilitarykids.org

Camp Courage

Camp for youth of Wounded Warriors
 July 12-16 Black Lake Camp, Olympia
 For more information contact:
 Darleen Munson / 253-445-4557
edmunson@wsu.edu
www.operationmilitarykids.org

Summer 2 Day—Day Camp

Day Camp event for military youth
 July 20-21 Spokane Ages 7-9
 July 23-24 Spokane Ages 10-12
Teen Leaders needed for both camps
 For more information contact:
 Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil
www.operationmilitarykids.org

PX2

Pacific Institute Teen Leadership Training
 July 18-19 Camp Murray, WA
 \$25 Registration Fee
 For more information contact:
 Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil
www.guardfamily.org

National Youth Symposium

Teen Leadership Event for National Guard youth ONLY
 Must complete application & be selected to attend
Application deadline is May 22nd
 ** Only open to National Guard Youth
 ** one Air and one Army
 July 26-30 Dearborn, MI
 For more information contact:
 Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil

Speak Out on the Road

3 state bus journey for teens
Teens will have the chance to speak to others about their experiences of being a military youth
 July 26—August 1
 \$50 Registration Fee
 Starts in Bremerton, WA to Portland, OR to Boise, Idaho and back to Bremerton
 For more information contact:
 Darleen Munson / 253-445-4557
edmunson@wsu.edu
www.operationmilitarykids.org

WANGY Camp

Overnight camp for youth who have parents in the WA National Guard and other military services (ages 8—18)
 August 16-20 YMCA Camp Reed, Spokane
 \$125 for 1st camper / \$25 for each sibling
 For more information contact:
 Mary Thomas / 509-247-7009
Mary.thomas@wafair.ang.af.mil

Family Retreats

Camp experience for military families
One camp in Eastern, WA and one camp in Western, WA location TBD
 August 28-30
 September 18-20
 \$25 Registration Fee per family
 For more information contact:
 Robbin Seeberger / 253-512-7985
Robbin.seeberger@us.army.mil
www.operationmilitarykids.org



breaking barriers



building bridges

TEEN CONFERENCE

June 28–30, 2009
for grades 8–12

What are the barriers holding you back from a positive future? College, finances, skills, career choices? This conference will help you break those barriers with information and guidance.

Attend the WSU Teen Conference to be held at the WSU campus in Pullman, WA

Scholarships are available.

For more information visit <http://4h.wsu.edu/>

WASHINGTON STATE UNIVERSITY
EXTENSION
4-H Youth Development Program

Check out <http://4h.wsu.edu/conferences/teenconf/index.htm> for more information.

Volunteers Wanted

The **Washington Air / Army National Guard Youth (W.A.N.G.Y.)** Program is looking for adult volunteers to work with youth throughout Washington State.

Volunteers are needed as :

- Volunteer Coordinator for Youth Program
- Workshop Presenters / Trainers
- Youth Event Support
- Camp Counselors / Support
- Event Planners
- Parent Workshop Trainers
- Youth Council Support
- Administrative Support



If you are interested in working with youth and supporting the WANGY program, please contact me (Robbin Seeberger at 253-512-7985) and we can discuss the options and what might be the best fit for you. In order to provide more opportunities to our youth, volunteers are needed. Looking for long term and short term volunteers.

Please NOTE—All *Adult Youth Volunteers* must complete a finger-printed background check prior to volunteering. Volunteer status is subject to approval based on background check results.



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

National Web-site

www.guardfamily.org

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