



Washington National Guard Family Programs

Weekly Update

Male Spouses Often Overlooked

Family Assistance Coordinators

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(360) 750-4075

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Deborah (253) 945-1869

Moses Lake

Doug (509) 630-0701

Olympia/Centralia

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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

By Tara Crooks and Starlett Henderson - Special to the Times

When it comes to the term “military spouse,” there’s an immediate assumption that you’re talking about women. But, more than 6 percent of military spouses are men. And they have unique views and concerns that affect military families.

Understandably, you’re hard-pressed to find support services catering to military husbands compared with those supporting military wives. Consequently, the lack of such programs leads to guys feeling unsupported and unempowered.

The Defense Department needs to recognize that male spouses have unique needs and create resources to meet those needs. Male spouses also must be proactive.

“Attending your unit’s family meetings and your installation’s activities is hard, especially when you’re the only male, but you really can gain some great information,” said Luke, husband of Army Sgt. 1st Class Tina Flatebo.

Male spouses have noted that it would be easier to feel included if unit leaders and female spouses would participate in support groups and make efforts to craft a less-sexist environment.

“The ombudsperson and other spouses might consider that there may be military husbands in the command, and events like flower arranging, a sushi making party, or a book club might not be suitable for everyone,” said a husband of a Navy officer stationed at Annapolis, Md., who asked not to be named.

Responding to male spouses’ concerns means identifying and understanding their needs. Some are similar to those of female spouses, such as the emotional strife of dealing with separation. Other needs are completely opposite.

“I still have issues with things around the house, like when to change sheets, shampoo carpets, clean bathrooms and buy supplies for the house,” said Jefferson, husband of Army Capt. Stephanie Cediell.

Another concern that resonated among male spouses was about relationships. “Your husband goes to work with a bunch of guys. My wife goes to work with your husband and all his buddies. Even though I trust my wife completely, to say that doesn’t bother me would be a lie,” Luke said.

The number of male spouses is growing, and their voices are being heard. With everyone’s help, eventually the disparity will diminish.

In the meantime, here’s Luke’s recipe: “Male spouses have to be proud of their wives and their [own] individual accomplishments. Display confidence in both yourself and your wife’s career.”

That speaks volumes, not only to the men, but also the women, about how to find support. <http://www.fieldproblems.com/http://www.armywifetalkradio.com/>

Crooks and Henderson are military spouses and co-authors of the syndicated column and Web site <http://fieldproblems.com>. Crooks hosts the online broadcast Army Wife Talk Radio.

To read more articles from the Army Times written specially for Military spouses and Family Resources go to <http://www.armytimes.com/community/family/>.

Washington National Guard Chaplains In Partnership with Family Programs Present

Marriage Enrichment Retreats

Go to 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 . Registration is now open, only 30 couples per retreat. Registration will close two weeks prior to each event. If you have questions please call SPC Walker at (253) 512-7881 or e-mail INT-WNGFP-A@ng.army.mil.

Real Warriors Campaign

The Real Warriors Campaign is an initiative launched by the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE) to promote resilience, facilitate recovery, and support reintegration of returning service members, veterans and their families.

The Real Warriors Campaign combats the stigma associated with seeking psychological health care and treatment and encourages service members to increase their awareness and use of these resources.

The campaign features stories of real service members who have sought treatment and are continuing to maintain successful military or civilian careers. In addition, DCoE established the DCoE Outreach Center, a 24/7 call center staffed by health resource consultants to provide confidential answers, tools, tips and resources about psychological health and traumatic brain injury.

For more information on the Real Warriors Campaign, please visit their website, launched on May 21, 2009 at www.realwarriors.net. For more information on the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury, please visit <http://www.dcoe.health.mil/default.aspx>.

Resources: Got problems? Where to find aid

No matter how well you manage your life, problems sometimes arise that you can't fix alone. There are organizations out there ready to help. Here's how to get in touch with the private military relief societies and other aid organizations:

Private organizations

The [Armed Services YMCA](#) is a social service agency focusing on help for young enlisted families.

The [Operation Homefront](#) network, with some 33 chapters around the country, provides assistance with day-to-day issues for families of deployed service members in areas such as food, crucial car repair, home and appliance repair, refurbished computers, moving and transportation and furniture.

[American Red Cross](#) Armed Forces Emergency Services provides a vital link to home for those serving in remote areas. The Red Cross relays messages. Emergency messages can be initiated by service members or their families and relayed quickly to virtually any community or military installation, even to ships at sea.

[USA Cares](#) problems during deployments and mobilizations. Much of their help involves getting families through a financial crunch, helping them find resources in their local communities for food, car repair, and other assistance such as help to avoid foreclosure on the mortgage because of deployment-related problems.

Military relief societies

Private military relief societies can help service members solve emergency financial problems. There are four private, nonprofit societies: [Army Emergency Relief](#), [Air Force Aid Society](#), [Navy-Marine Corps Relief Society](#) and [Coast Guard Mutual Assistance](#). Each has local representatives on military installations, usually in family centers. Each operates under different policies and procedures. They offer education assistance programs for spouses and children. They also can help service members and families with debt management and offer other programs depending on the location.

Article from http://www.armytimes.com/community/family/family_aid_resources_061213/

FRG Training Course Descriptions

Basic FRG Training

Target Participant: New FRG Volunteer, New FRG Lead, New Military POC, and New Commander/Rear Detachment Commander

This training will give you an understanding of what a Family Readiness Group is and how it functions. This training is the foundation that you model your program from and will give you the knowledge to run an efficient Family Readiness Group with confidence that you are operating within the rules and regulations.

Phone Tree POC Training

Target Participant: Phone Tree POC, FRG Lead, Military POC, and Commander/Rear Detachment Commander

This course will teach you how to handle all types of calls to and from Family Members. This course will also teach you how to use the phone tree and utilize resources around you.

Treasurer Training

Target Participant: FRG Treasurer/Alternate, FRG Lead, Military POC, and Commander/Rear Detachment Commander

This course will teach you how to establish and maintain an FRG fund while operating within the regulations and will provide you with guidance on fundraising procedures.

FRG Quarterly Workshops

Target Participant: all FRG Volunteers, Military POC, and Commander/Rear Detachment Commander

Event filled with classes and activities that help FRG Leads and volunteers to be successful in maintaining an effective FRG. The days will include FRG oriented classes and activities, each workshop will have a different focus and theme. These workshops provide an opportunity for FRG Volunteers to network with other volunteers within the state and to meet with all the volunteers within the same organization.

Instructor Trainer Course

Target Participant: Volunteers who are interested in gaining confidence in public speaking.

This course prepares you to return to your unit Family Readiness Group and conduct classes and presentations. You will learn skills to conquer your fear, gain confidence and be more comfortable speaking in public. The completion of this course will certify you to become a part of the State Volunteer Teaching Team if you desire.

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

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

FRG Leadership Workshop

Join us on
June 26 - 28, 2009

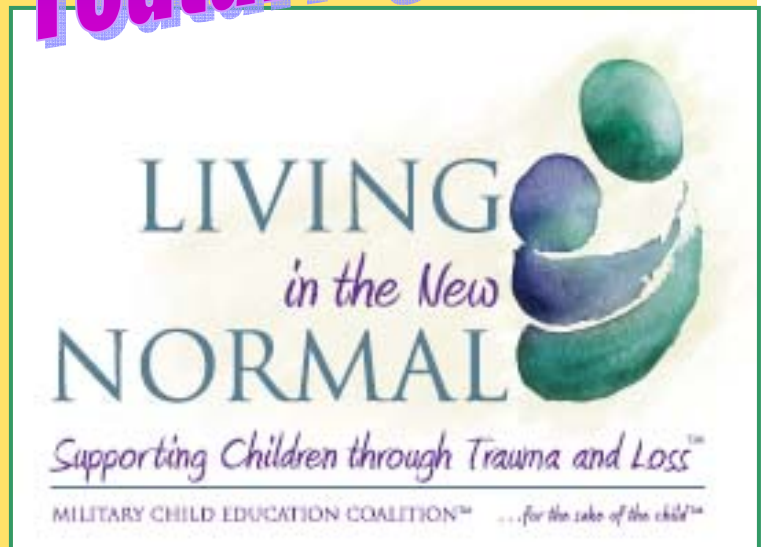
In

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.

Featuring



- ★ **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



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



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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Tia (253) 512-7755

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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