



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

DoD is expanding Military Spouse Career Advancement Accounts

The Department of Defense is expanding the Military Spouse Career Advancement Accounts - MyCAA - for military spouses of active duty and activated Guard and Reserve service members and will officially open its doors in mid-May 2009 although spouses may begin registering on the MyCAA website in April 2009.

MyCAA provides up to \$6,000 of financial assistance for eligible spouses directly to participating schools or other programs. MyCAA financial assistance will pay for expenses such as post-secondary education and training, tuition, licensing, and credentialing fees. It does not pay for computers, school application fees, graduation fees, student activity cards, child care, parking, transportation, medical services or testing fees.

Check back to www.MilitaryOneSource.com/MyCAA regularly to find out the exact MyCAA launch date.

In the meantime, keep exploring your Portable Career options and working on your Career Plan with your school or other program counselor.

Once MyCAA is launched, call a Military OneSource Career/Education Consultant (1-800-342-9647) for an appointment. The MOS Consultant can answer questions you might have and provide assistance as you explore career fields of interest, job markets and salary ranges, choose a relevant course of study from a recognized school or program, learn more about the licensing and certifications necessary to meet your Career Goal, and complete your Career Plan.

MOS Consultants can explain how assistance is paid directly by MyCAA to your school or other program. They can also help you find additional sources of financial assistance if necessary.

<http://www.militaryonesource.com/MOS/FindInformation/Category/MilitarySpouseCareerAdvancementAccounts.aspx>

Washington National Guard Chaplains In Partnership with Family Programs Present

Marriage Enrichment Retreats

Only 8 slots left for the August
Marriage Retreat and 9 for
September! Register soon to
reserve your slot!

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.

Hunting Essay Contest Can Win Youth of Military Families Big Game Hunts

CRAIG, COLORADO- Dick Dodds, owner of Elkhorn Outfitters, and Jim Zumbo, television host of Jim Zumbo Outdoors on the Outdoor Channel are reaching out to military families and are challenging youngsters to write a story and win a guided pronghorn antelope, mule deer or bull elk hunt this season. In 1000 words or less, entrants must answer "What hunting means to me and my family." Each candidate should also describe his/her hunting experiences (if any) and are invited to include their parents' military service and what it means to them. Photos are accepted to accompany essay, but not required.

Youth 12 to 17 years old are invited to submit their essay. Participants must have a parent currently deployed on active duty, wounded in combat or honorably discharged in any branch of the United States armed forces. They must have completed a hunter education course and be available to hunt during the 2009 season.

Many military children have become victims and face their own battle here at home dealing with the absence of a parent, an injured parent or the loss of their loved one. They face grief, loneliness and the burden of carrying on with life's responsibilities.

To read the this article in its entirety and for more information go to:
<http://www.theoutdoorwire.com/story/1243581589jczjh9j6yyt>



John Middleton Parker Memorial Scholarship Summer Camp Opportunity for Daughters of Disabled Military Personnel



Who is eligible? Girls in grades K-12 who are daughters of disabled military personnel and would like the chance to attend Girl Scout camp. Applicants do not have to be current Girl Scouts. Eligibility is based on household income and family size. Applicants must be able to provide disability and income documentation. Girls who have already been determined eligible for financial assistance, through Girl Scouts of Western Washington (GSWW), are still eligible for this scholarship, provided they meet the other qualifications.

What is this all about? GSWW has received funds from a very generous donor who would like this money to be available for girls wishing to attend a GSWW summer resident camp.

Where is this opportunity available? GSWW has three resident camps and numerous volunteer-run camps. Each camp provides girls with the chance to learn, grow, explore, and build relationships, all while having fun! Recipients can apply the scholarship to the GSWW camp of their choice. A complete listing of GSWW resident camp programs is available at: www.girlscoutsww.org/aboutus/camp_properties.

When is this happening? Scholarship and GSWW financial assistance applications are being accepted NOW for camp sessions during the summer of 2009.

Why is this such a great opportunity? Every girl deserves the opportunity to participate in the incredible programs that Girl Scouts has to offer. Camp is a great place for fun, but it is more than that; camp is a place to build lifelong skills that are often overlooked in other learning opportunities. What better way for girls to be involved in an organization dedicated to building girls of courage, confidence, and character?!

To apply or if you have questions, please:

*Contact Laura Luttrell, Financial Assistance Coordinator, by email at lluttrell@girlscoutsww.org or by phone at 253-475-0307 or 800-541-9852 ext. 455.

*Check out our website at: www.girlscoutsww.org for summer camp sessions, financial assistance forms and other opportunities.

Family Readiness Groups (FRG)



Family Readiness Groups (FRGs) help National Guard Families meet the challenges of military life. Below are some common questions that Families have regarding The FRG.

★ **What is the difference between FRG and Family Programs?**

A FRG is an official National Guard group established by volunteers and the commander at the unit level. The FRG provides communication and information from the unit to the family members. The FRG also establishes a direct line from the families to the unit. The unit command wants to know about families and the FRG is a perfect way to hear family concerns.

Family Programs is a State level program which provides direct assistance to National Guard family members, service members, and FRG Volunteers through out the state. Family Assistance Coordinators are available regionally to provide resource referral and guidance on family issues. Family Programs does not provide unit specific information.

★ **How do I know if my service member's unit has an FRG?**

The FRG contact information is typically published in the unit newsletter. If you do not receive a unit newsletter or have not received a phone call or email from a FRG representative, you can call our office (number at the bottom of this page) and we will provide you with your unit FRG information.

★ **How come I haven't heard from my FRG?**

Below are the typical reasons families don't hear from the FRG.

1. No contact information: Service members are asked to provide the FRG with Family Member's contact information. Sometimes the information provided is incorrect. If your Service member is new to the unit, the FRG may not have collected the information yet.

2. No Volunteers - Your FRG depends on volunteer energy. Some units don't have volunteers. Without volunteers there is no FRG. Even if there is one volunteer, it is very hard to communicate with 100 or more family members on a regular basis, it takes a team to run an effective FRG.

★ **How can I volunteer for our FRG?**

Contact your FRG Lead to find out about volunteer opportunities. If you don't know who your FRG Lead is or if there is not an FRG Lead, contact our office at the Number listed below.

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 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

FRG Leadership Workshop

Join us on
June 26 - 28, 2009

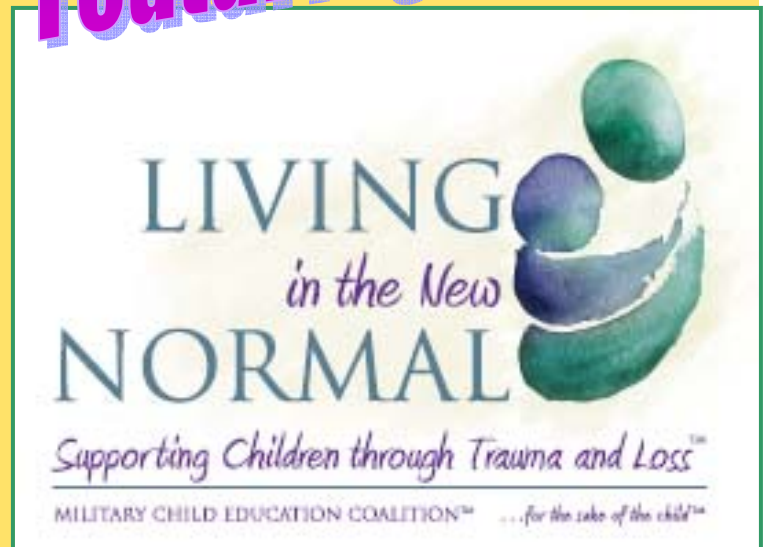
In

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

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



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

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