



Washington National Guard Family Programs

Weekly Update

2009 Woman's Veterans Summit "Celebrating Woman's Veterans Legacy of Service"

Family Assistance Coordinators

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Moses Lake

Doug (509) 630-0701

Olympia/Centralia

Jacqueline (360) 628-7195

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Yakima

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Wing Family Program Coordinators

141st ARW - Spokane

Mary (509) 247-7009

194th RSW - Camp Murray

Angela (253) 512-3397

The Washington State Department of Veterans Affairs, Women Veterans Advisory Committee is hosting a Women Veterans Summit. If you served in the military or are currently serving, this will be your day!

Greater Tacoma Convention and Trade Center
Tacoma, Washington
(1500 Broadway, Tacoma, WA 98402)

Saturday, September 12, 2009
7:30 a.m. – 5:00 p.m.

Join us to celebrate a legacy of proud military service, renew old acquaintances and form new ones. This Summit will provide comprehensive information regarding federal and state benefits and managing the challenges women veterans of all ages and services face today. Registration is free for all veterans and current members of the armed forces, but donations and sponsorships will be gladly accepted.

Information and Registration are available at:

http://www.dva.wa.gov/women_vets.html



2009 Woman's Equality Day Celebration

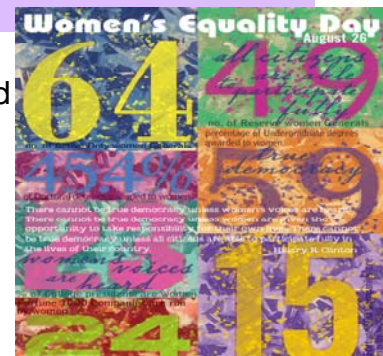
Guest Speaker: MG Patricia D. Horoho
Commanding General, Western Region Medical Command
Commander, Madigan Army Medical Center

I Corps and Fort Lewis Celebrates
Women's Equality Day
21 August 2009, 1130-1300,
American Lake Community Center

To view the invitation please click the link below.

If you are unable to click on the link please copy and paste the address into your web browser.

<https://invitations.afit.edu/WomensEqualityDayCelebration/anim.cfm>



Operation Rising Star

Come to the American Lake Community Center every Wednesday in August at 7 p.m. to watch Operation Rising Star! Watch competitors try and win the ultimate recording music experience! The prize includes an all expense paid trip for him/her and a guest for 3 days in Los Angeles, CA to create their own demo cd. Installation Competition: \$850 in cash prizes awarded and a chance to advance to the televised finals. Audience: come vote and win prizes too! \$300 awarded locally to the most supportive Unit or FRG. For more information visit www.oprisingstar.com or call 253-967-2539. Sponsored by: GM Military Discount.

Military Long Drive Championship, Aug. 28

Come down to the Eagles Pride Golf Course at Fort Lewis for the Military Long Drive Championship! The Overall Grand Prize winner will take home \$10,000 and title of Military Long Drive Champion! Local Winner will get an all expense paid trip to compete in Mesquite Nevada at the RE/MAX World Long Drive Championship. Entry Fee: \$10.00 for 6 Balls. Sponsored by: 7up

For more information call the Pro Shop at 967-6522 or visit the [Military Long Drive Championship website](#).

Fort Lewis Country Fair

Looking for fun for the entire family? Join the Northwest Adventure Center at Shoreline Park for tons of activities and free entertainment on August 23, from 11 a.m. to 4 p.m. There will be a live Teen Idol singing competition, food, games and more. Purchase Duck Derby certificates for a chance to win great prizes like Great Wolf Lodge Gift Certificates, a Honda CRF50, an iPod Touch and more! The event also features a 25-foot rock climbing wall (\$3/climb or two climbs for \$5). Reasonable accommodations can be made for individuals with special needs.

For more information call 253-967-4294.

U.S. Army Soldier Show, Aug. 28

Enjoy a high energy musical variety show at Carey Theater featuring talented U.S. Army Soldiers. Showtimes: 2 p.m. and 7 p.m. Free Event! For more information visit the [Soldier Show website](#). Sponsored by:



Upcoming Events

FRG

BOOT CAMP



Join us for an all new FRG Boot Camp. This training will focus on Team Building and FRG Survival. We will also have time for camp fires, water activities, and lots of fun!!

Grab your sleeping bag, hiking boots, and FRG ideas in time for this exciting event. We hope to see you there!

REGISTER BY MONDAY, AUG 13th on www.guardfamily.org

FRG

After Deployment Workshop

September 11 – 13

You made it through the deployment!

Join us as we celebrate your achievements and focus on the role of the FRG now that the unit is back. This workshop will also provide you with self-care tips and tools to re-energize you for the upcoming year. Register today for this one-of-a-kind workshop!!

Register no later than August 31st on www.guardfamily.org

Questions regarding these event contact: Veronica (253) 512-7753



Family Programs Contact Information

Administrative Staff

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Tacoma, WA 98430

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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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