



Washington National Guard Family Programs

Weekly Update

Family Assistance Coordinators

Camp Murray

Eva (253) 512-8812

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Doug (509) 630-0701

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Jacqueline (360) 628-7195

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John (509) 469-4638

Wing Family Program Coordinators

141st ARW - Spokane

Mary (509) 247-7009

194th RSW - Camp Murray

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2010 Secretary of Defense Employer Support Freedom Award

The National Committee of Employer Support of the Guard and Reserve (ESGR) sponsors an awards program designed to recognize employers for employment policies and practices that are supportive of their employees' participation in the National Guard and Reserve.



All employer recognition and awards originate from nominations by individual Reserve component members. If you believe your employer has provided exceptional support, please consider nominating them for a "2010 Secretary of Defense Employer Support Freedom Award".

Who is eligible?

Employers qualify for recognition when they practice personnel policies that support employee participation in the National Guard and Reserve.

How do you nominate your employer?

It's free and easy to recognize your employer. To nominate your employer for the *2010 Secretary of Defense Employer Support Freedom Award*, just complete and submit the online form using the link below before 6 pm (1800) Eastern Standard Time (EST) on January 19, 2010.

www.freedomaward.mil/nominate.aspx.

About the Freedom Award.

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their support of their employees who serve in the National Guard and Reserve. Only 15 employers receive the award each year.

Nominations must come from a Guard or Reserve member who is employed by the organization they are nominating, or from a family member.

The award was created to publicly recognize employers who provide exceptional support to their National Guard and Reserve employees.

Employers will be honored in Washington D.C. at the annual Secretary of Defense Employer Support Freedom Award ceremony in September 2010.

For additional questions about the Awards Program or ESGR in general you can contact the Washington Committee at 253-512-8468 or 1-877-306-1971 or by e-mail bryon.burgess@us.army.mil.

Position Available for Personal Financial Counselor

Applicants can apply now at:

www.careersathealthnet.com

Job Description

Personal Financial Counselor- MHNGS- Tacoma, WA-09001835 Description

Health Net, Inc. (NYSE: HNT) is among the nation's largest publicly traded managed health care companies. Health Net's mission is to help people be healthy, secure and comfortable. The company's POS, HMO, insured PPO, behavioral health and government contracts subsidiaries provide health benefits to more than 7 million individuals. For more information on Health Net, Inc., please visit the company's Web site at www.healthnet.com

JOB SUMMARY:

The Personal Finance Counselor (PFC) counsels, educates and creates personalized strategies for Military Service members on personal financial readiness, money management, and budget management, enabling them to maintain or reach financial health. The PFC provides in-depth evaluation and analysis of the client's financial history, identifies resources and provides counseling individually, to couples, in group situations, face-to-face or through telephone consulting. The PFC develops networks of resources and new and experienced financial counselors, and may oversee work distribution and related administrative duties of assigned contract counselors. The PFC assists in the selection process of new counselors. The PFC works with the military liaisons and provides input/recommendations for training programs, resource development and program development.



Weekly Financial Tips (2009-48)

TIME – With the holidays fast approaching and the “to do” list getting longer, it is important to save not only money but time. Here are some ideas to save you some time not only during the holidays, but throughout the year:

1. **Make a list** – this will enable you to combine errands and plan your route.
2. **Postage** – make trips to the post office a thing of the past. Visit www.usps.com to order postage and ship package from start to finish. This site helps you plan a shipment, order supplies, print postage, put a hold on mail, put in a change of address, and request a free package pickup.
3. **Deposits** – If you drop off deposits at the bank or the ATM and consistently fill out deposit envelopes, consider filling them out in advance. Next time you’re there pick up a few extra to fill out in advance. Also ask your bank or credit union if they provide online check deposits. Some institutions offer services that permit you to use your home computer to scan checks and upload them via their websites. This service can save you from making a trip to your bank at all.
4. **Bill pay** – Whether you have bills that vary monthly or are the same amount, consider online bill pay. Once you register your accounts online, you can then simply go in and make your payments with a few clicks of the mouse. This saves you postage and time, since you no longer have to write out checks, fill out payments slips or pay for postage. However, ensure you include the correct account number when filling out the online data.
5. **Cash back** – Most stores now allow you to get cash back if you are using your debit card. Taking advantage of this service will save you a trip to the bank. Just remember to use it wisely; it’s only a savings if you don’t take out extra funds. Also, remember to log it in your checking ledger.
6. **Self-checkout lanes** – Most stores now offer self-checkout lanes to assist customers in saving time. However, often these lanes go unused. Take the time to learn how the process works; this will enable you to breeze through the checkout line when the full-service lines are full. Since the lines are usually shorter, people have less time to buy impulse items such as gum and magazines. Statistics show that impulse item dropped over 27 percent when using the self-checkout line.
7. **Leftovers** – The next time you are making dinner, go ahead and double the recipe. This will only add a few minutes to both prep and cook time, but will give you leftovers to freeze for either lunches or another dinner. If it will be a while before you eat the leftovers, consider vacuum sealing the leftovers to help avoid freezer burn.
8. **Traveling** – When traveling there are various ways to save time.
 - a. **Luggage tags** – Ensure your luggage has tags prior to going to the airport. This will save you time in line also save you time in collecting your luggage if you have ones that are easy to identify from a distance. If you want to make some inexpensive tags check out: <http://familyfun.go.com/crafts/homemade-bag-tags-669315/>
 - b. **Checking in** – With most US airlines you can check in 24 hours in advance and print your boarding pass. This not only saves you time, but may give you higher priority in boarding on such airlines as Southwest.

WA National Guard Family Programs Events



www.jointservicesupport.org

CARE Team Training

January 15 Wenatchee

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.

Members of this team 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.



To Register

1. Log onto
www.jointservicesupport.org

2. Click: EVENTS

Point of Contact

For more information or for help registering for any of these events contact

Veronica Sanchez
(253) 512-7753

FRG Basic Training

January 23 Tacoma

FRG Basic Training is designed to provide FRG Volunteers with a foundation for building an effective FRG. Participants will be provided with tools necessary to be successful in maintaining an effective FRG while following established guidelines and regulations.

- ★ Introduction to FRG
- ★ Steps to Building a FRG
- ★ Latest Rules/Regulations
- ★ Contacting Families
- ★ FRG Fund Guidelines
- ★ Resources

We invite all new FRG Volunteers, current FRG Volunteers, and anyone who has a desire to learn about Family Readiness Groups.

Register Today!

FRG

★ WINTER ★ BOOT CAMP



JANUARY

29-31

Unique & FUN
FRG Training
experience...



FRG SUCCESS



TEAM BUILDING

Are you a FRG Volunteer or are you thinking about joining the FRG Team? If so, join us for this unique and exciting FRG Training Event . At FRG Winter Boot Camp, we will focus on FRG Success, FRG Teambuilding, Networking, and Sharing FRG Ideas.

Activities will include outdoor teambuilding exercises, sharing ideas around the fire place, and lot's of fun! So...grab your winter wear, your sleeping bag, and FRG ideas in time for this exciting event.

We hope to see you there!

REGISTER NO LATER THAN DECEMBER 31st

Log onto www.jointsservicesupport.org (you must have a profile on the website to register)

SPACE IS LIMITED !

Training Calendar

- **January 8-10, 2010 - Spokane**
7 Habits of Highly Effective Military Families
****CANCELLED****
- **January 15, 2010 - Wenatchee**
CARE Team Training
- **January 23, 2010 - Tacoma**
FRG Basic Training
- **January 29-31, 2010 -**
Location to be determined
FRG Winter Boot Camp

How to Register for Training

Please register no later than 10 days prior to the training

1. Log onto www.JointServicesSupport.org (Click REGISTER NOW if you don't have a profile on the web-site)
2. Once logged on Click: **EVENTS** then select **LIST VIEW**
3. Once the list appears, click on the training you wish to register for
4. Click: **REGISTER** at the top
5. Complete the Registration Form
6. Click: **REGISTER** at the bottom of the page
7. If your registration was complete, your screen will say "Thank you! Your event registration request has been successfully submitted!"

You Can Make A Difference!

You can "MAKE A DIFFERENCE" for the National Guard Community by becoming a Volunteer. Without Volunteers, this wonderful network of mutual assistance and communication flow would not exist.

It requires a TEAM effort to ensure that all Families are benefiting by receiving information and education. If everyone pitched in just a little, imagine how strong the National Guard Community can be.

There are many volunteer opportunities within the National Guard Community. Contact the State Family Readiness Assistant, Veronica Sanchez (253) 512-7753 to learn all about the available opportunities.

★ Family Readiness Groups

★ Teaching Teams

★ Planning Committees

★ CARE Teams

★ Youth Program

★ Administrative Support Team

★ Marketing Team





Family Programs Contact Information

Administrative Staff

Building 3, Camp Murray
Tacoma, WA 98430

State Family Programs Director

MAJ Anne Marie Peacock (253) 512-7600

Family Programs Specialist

CPT Marianne Hegg (253) 512-8712

Budget Analyst

SPC Chris Martin (253) 512-7755

Administrative Assistant

SPC Andrea Walker (253) 512-7881

Computer Assistant

SGT Freda (253) 512-8903

State Family Readiness Assistant

Veronica (253) 512-7753

State Youth Coordinator

Robbin (253) 512-7985

81st Brigade

Family Readiness Support Assistant

Korina (253) 512-8506

Chaplains

CH Steele (253) 512-8790

CH Ong (425) 390-4064

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

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Camp Murray

Eva (253) 512-7755

Denise (253) 512-8367

Seattle

Sara (206) 473-2896

Longview/Vancouver

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