



Washington National Guard Family Programs

Quarterly Newsletter

February 2006

Happy New Year Guard Members & Families!

It's a brand new year and Family Programs is busy planning for spring and summer family events. There are going to be some new and exciting events & workshops this year, details are listed in this newsletter. For more information visit our website: familysupport.washingtonguard.com or call our office (800) 364-7492.

Family Assistance Centers (FAC) are located through out the state for your convenience. Each center serves as a base for family assistance operations. Every location has a Family Assistance Coordinator (FACC), who provides information & resources to the Guard family members & military members in the local area. If you need assistance, please call the FACC in your area.

Tacoma - Denise 253-512-8367 or (800) 364-7492
Building 97, Camp Murray 98430

Longview / Vancouver - Julie 360-577-2120
819 Vandercook Way, Longview 98632

Olympia - Wendy 360-704-6739
515 Eastside St SE, Olympia 98501

Everett - Garey 425-317-3527
2730 Oakes Ave S, Everett, 98201

Kent - Jennifer 253-945-1869
24410 36th Ave S, Kent, 98032

Yakima - John 509-469-4638
2501 Airport Lane, Yakima 98901

Pasco/Walla Walla - Betsy 509-546-4384
127 W Clark St, Pasco 99301

Moses Lake - Doug 509-766-2551
6500 32nd Ave NE, Moses Lake 98837

Spokane - Buzz 509-458-5416
8700 W Electric Ave, Spokane, 99224

Port Orchard - Jacqueline 360-895-4746
1950 Mile High Drive, Port Orchard, WA 98366

Air National Guard Wing Coordinators

Camp Murray- Angela 1-888-268-3608 x 3397
Building 107 Camp Murray 98430

Spokane - Mary 509-247-7009
1403 W Wainwright Blvd Fairchild AFB Spokane

Family Programs Mission:

“Supporting and Assisting Families”

Family Programs is a readiness and retention tool used to enhance unit cohesion and increase family readiness. Family Programs supports soldier & airman effectiveness by building family self-reliance and through the development of programs and services that support family members before, during and after deployment. We provide on-going support regardless of service member's military component, duty status, or family need.

How the Program Works

- Education
- Support Services
- Family Readiness Network
- Family Activities and Involvement

We provide training to volunteers and families such as Guard Family Team Building (GFTB), Ropes, Volunteer Training, and Quarterly Training.

Our Youth Development Programs provides youth activities and training. The Youth Program has developed a partnership with 4-H, Operation Military Kid (OMK), Drug Demand Reduction Force (DDR).

For more information on training and youth events, please visit our web site:

familysupport.washingtonguard.com

or call

1-800-364-7492

Partnership with Fort Lewis

Camp Murray and Fort Lewis Youth Volunteers teamed up in support of Camp Murray's Holiday Celebration in December. The partnership proved to be a huge success.

The next venture for the partnership will be February 25th, when the youth team up to host Fear Factor on Fort Lewis (look for further details in this newsletter).



Ft. Lewis Youth Volunteers help with piñata duty at Camp Murray's Holiday Celebration.



Camp Murray & Ft. Lewis Youth Volunteers get a chance to play musical chairs at Camp Murray's Holiday Celebration.



Fort Lewis Teen Center Director, Antoinette joined in on the fun at Camp Murray's Holiday Celebration.

Holiday Celebrations 2005

Family Programs along with volunteers hosted several Holiday Celebrations throughout the state. Many children and their parents enjoyed these events. Families got to visit with Santa, make crafts, play games, and open gifts. Each location had different activities for the families to enjoy.



Santa & Holly Elf visited the children at Camp Murray's Holiday Celebration



Olympia families huddle around Santa at their Holiday Celebration



Children in Pasco were busy with fun crafts during their Holiday Celebration.

Upcoming Events

Valentine's Celebrations

Come and join us for lots of *FUN* at our Family Assistance Centers throughout the state. There will be many Family /Youth activities such as games, karaoke, crafts, musical chairs, and much more! Activities vary by location.



This event is open to all service members and their families.

Valentine's Celebrations Locations

Port Orchard	January 28 th
Bremerton	February 5 th
Kent	February 10 ^h
Olympia	February 11 th
Longview/Vancouver	February 11 th
Camp Murray (Ft. Lewis)	February 25 th

For more information please visit our website at:
familysupport.washingtonguard.com
or contact the Youth Coordinator,
Betty (253) 512-7985

Annual Volunteer / Youth Workshop

Please Join us at the upcoming Washington National Guard Family Programs Annual Volunteer Training Workshop and Youth Symposium on

April 21-23, 2006
At the Yakima Convention Center

For more information visit our website:
familysupport.washingtonguard.com
or contact
Taisha, Volunteer Coordinator
1-800-364-7492

Fear Factor

Fear Factor has made it's way to Fort Lewis! Youth Volunteers from Camp Murray and Fort Lewis will be teaming up to host Fear Factor 2006.

All Middle School and High School aged youth are invited to participate in this event. Family members are encouraged to come out and cheer on the youth!



February 25, 2006
Teen Zone Center
Bldg 2295 12th & Bitar Ave
Fort Lewis, WA 98433

Agenda

12:30 –1300	Check In
1300 – 1310	Fear Factor Overview
1310 – 1330	Life Skill Class
1330 – 1630	Fear Factor Activities
1630 – 1700	Prizes / Conclude

Transportation will be provided from
Camp Murray to Fort Lewis

To register please contact:
Betty (800) 364-7492
or visit our website:

familysupport.washingtonguard.com

****You must register no later than
February 17, 2006****

Marriage Enrichment Retreats

WNG Chaplains in partnership with Family Programs will be conducting two Marriage Enrichment Retreats for married service members of the Washington National Guard

on
February 24-26, 2006
&
March 24-26, 2006

In beautiful Leavenworth, WA



Marriage Enrichment Retreats are a great investment in your marital relationship! This event is designed to help good marriages become great marriages! Take time for a weekend away, fun, great food, and romance in a beautiful and relaxed setting.

Each retreat will accommodate 40 couples. Reservations are accepted on a first come first serve basis. Service members who have deployed in support of Iraqi Freedom or Operation Enduring Freedom will have priority. Couples who attend will be reimbursed mileage, two nights lodging, and meals.

To register, please visit our website
familysupport.washingtonguard.com
or contact
Veronica (253)-512-7753
WNGFP-A@wa.ngb.army.mil

*****You must register no later than two weeks prior to the retreat.*****

Chaplain's Corner

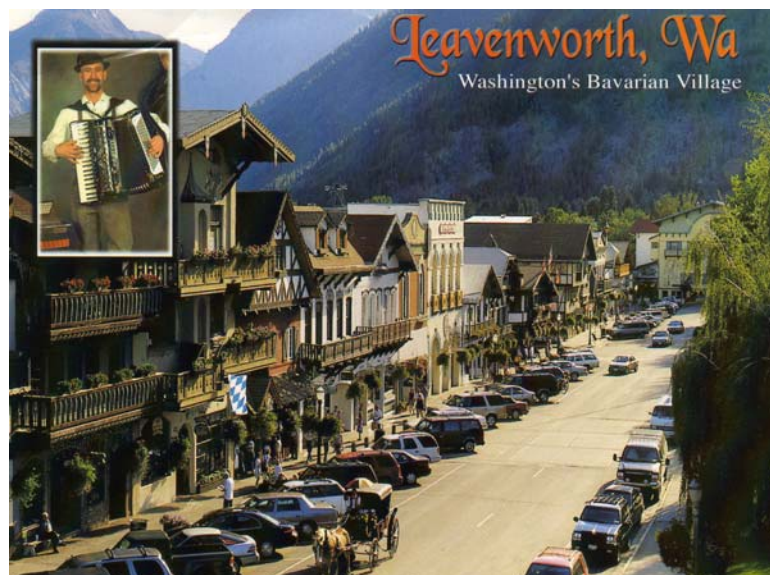
Romance is in the air as we approach Valentines Day. Chaplain Steele has offered some advice to keep that romance strong all year.

Romance 101

- ♥ *Tell your spouse that you love them.*
- ♥ *Do something out of the ordinary for them.*
- ♥ *Spend time doing what they want to do.*
- ♥ *Write your spouse a love letter.*
- ♥ *Complement your spouse every day for a week.*
- ♥ *Take a walk on the beach, in the mountains or through your neighborhood.*
- ♥ *Make something for your spouse.*
- ♥ *Leave little love notes around the house.*
- ♥ *Hold your spouses hand.*
- ♥ *Plan a romantic weekend away.*

LTC Steel
WNG Family Chaplain
Building 97, Camp Murray
253-512-7534

NGWA-SFPC Chaplain@wa.ngb.army.mil



National Guard Recognition Day

Governor Gregoire proclaimed January 25th as National Guard Recognition Day in Washington State.

It is important to recognize the value and dedication of a strong Washington National Guard to the economy, safety, security, and well-being of this state, through the outstanding performance of its state emergency and disaster relief missions.

The Washington Army and Air National guard have provided critical mission support to Operation Iraqi Freedom and Operation Enduring Freedom in Iraq and Afghanistan. They have also provided outstanding support here on the home front, Operation Noble Eagle.

On this day citizens of the state of Washington should also extend appreciation to the devoted families and dedicated employers for their support of the Washington National Guard soldiers and airmen.



Aberdeen Honors Wounded Soldiers

The Aberdeen community including Mayor Voege gathered at the Aberdeen VFW hall to honor twenty-three service members wounded in the war in Iraq and Afghanistan. The soldiers arrived in style, complete with a police and fire engine escort. On-lookers yelled and screamed as they arrived outside the hall.

Community members became involved in organizing the event when an Aberdeen woman's daughter, Denise (Family Programs Family Assistance Coordinator) expressed a desire to do something for wounded soldiers in rehabilitation at the Madigan Army Medical Center at Fort Lewis.

Hermie, who agreed with her daughter, obtained a list of items that would help

make the wounded soldiers' stay at Madigan more comfortable and enjoyable.

Aberdeen community got together and pulled off this great event. The local school choir came and sang songs to the troops, the local Boy Scouts were there with their color guard. The community donated funds to buy gifts for all the injured service members. Many community members donated snack food items for them to take back to the med hold for all to share.

It was a wonderful event for the community and the injured service members!



Cell-Phone Usage Restricted in Moving Vehicles on Military Bases

The U.S. Department of Defense (DoD) now requires drivers to use hands-free devices when using cell phones in moving vehicles at any military installation or base.

****Violators may be subject to a \$50 fine.****

Vehicle operators on a DoD Installation and operators of Government owned vehicles should not use cell phones unless the vehicle is safely parked or unless they are using a hands-free device. The wearing of any other portable headphones, earphones, or other listening devices (except for hand-free cellular phones) while operating a motor vehicle is prohibited. Use of those devices impairs driving and masks or prevents recognition of emergency signals, alarms, announcements, the approach of vehicles, and human speech. DoD Component safety guidance should note the potential for driver distractions such as eating and drinking, operating radios, CD players, global positioning equipment, etc. Whenever possible this should only be done when the vehicle is safely parked. {re: Electronic Code of Federal Regulations

<http://ecfr.gpoaccess.gov>

Resources

Military

One Source

is provided by the Department of Defense at no cost to members of the National Guard and their families. It is the newest member of your military community support team.



Whether you're preparing for a new baby or looking for childcare, experiencing the stress of deployment, or simply looking for a good plumber – Military One Source is there for you. No question is too small, no issue is too big.



Online tax preparation provided at **no cost** to active duty, guard or reserve service members, spouses and eligible dependents by the Department of Defense. To take advantage of this benefit visit the website below.

AVAILABLE 24 HOURS 7 DAYS A WEEK

1-800-342-9647

www.militaryonesource.com

User ID: **military** / Password: **onesource**



For Enrollment, Eligibility, Benefits, Authorizations, and Claims questions, call

1-888-TRIWEST
(1-888-874-9378).

Hours of Operation:

TriWest customer service representatives are available Monday-Friday 8 a.m. to 6 p.m. local time.

VFW Unmet Needs

was developed to meet unanticipated financial demands on our service members' families. This program helps families of **deployed** (title 10 status) service members with some of these common but critical expenses:

- | | |
|----------------------|---------------------|
| *Home Repair | *Vehicle Repair |
| *Mortgage Assistance | *Rent Assistance |
| *Medical costs | *Medical Costs |
| *Infant formula | *Prescriptions |
| *Eyeglasses | *Groceries |
| *Diapers | *Transportation |
| *Appliance Repair | *Childcare |
| *Children's Clothing | *Education Expenses |

HOW TO APPLY FOR HELP

Go to unmetneeds.com and select *Apply* for Assistance. Complete the on line application as instructed

For more information call:
1-866-789 NEED (6333)

Operation: Military Child Care

Is a Department of Defense (DoD) initiative to support the childcare needs of parents who are **activated/deployed**.

How does it work?

Helps Eligible families locate care options in local communities.

Reduces childcare fees of eligible families who are already using licensed or legally operating sponsored community childcare programs and providers.

How do you apply for Operation: Military Child Care reduced fee childcare?

Military member, spouse, or legal guardian contacts Child Care Aware toll-free at 1-800-424-2246 or via the web at www.childcareaware.org