

October 2008



Message From The State Family Programs Director

From Diane Williams



By the time this newsletter is published I will have completed my duties as the Interim Family Programs Director and officially returned to retirement. I have had the pleasure of training and working with Major Anne Marie Peacock, who began her transition into Family Programs on Aug 18th. She is an energetic, enthusiastic officer who has the ability to support you. She is a focused individual with a direct yet laid back management style who will take Family Programs to the next level. Major Peacock has commented several times that I will be on 'speed-dial retirement' if she should need to reach out and ask for my opinion. No problem! It's truly been an honor and a privilege to temporarily come out of retirement and be a member of the team, assist with the transition and work with all of you again. I look forward to staying in touch and wish you all and Major Peacock success. Warmest Regards, Diane Williams

From Major Anne Marie Peacock

I'd like to thank Diane Williams for all her hard work and contributions she has made to Family Programs over the years and for coming out of retirement. She has taken the time to set me up for success, which in turn will benefit everyone. I'm honored Colonel Mary Forbes selected me as the State Family Programs Director and look forward to working with everyone.



Family Programs has grown significantly over the past few years and a lot of that growth has been in just this year alone. It's my job to incorporate all the new program enhancements and personnel additions as smoothly as possible into our network of operations. I have many focuses right now; the most important was hiring five new additional Family Assistance Coordinators (FAC). Since this summer there have been a total of six new additions to the Family Programs team: five new FACs: Diana for the Olympia location; Deborah for the Kent/Seattle location; Ron for the Port Orchard location; Tia as an addition to the Tacoma location; Jacqueline for the Centralia location; and one addition to the Joint Family Support Assistance Program (JFSAP) team, Mark Hatfield is the Military OneSource Consultant working out of Camp Murray.

JFSAP is a new Family Program team enhancement you will be hearing more about. It's vision is to provide mobile, high-quality family services to augment current Family Programs' ability to meet the needs of National Guard and Reserve family members. Primary focus is to bring these services to families who are geographically dispersed from a military installation and who might otherwise be unable to access much needed support. The JFSAP staff will eventually consist of: a Military OneSource Consultant; an American Red Cross Representative; a Military Family Life Consultant (MFLC), a Child & Youth Consultant, and an Operation Military Kids Representative. I look forward to sharing more about this team as it develops and the exciting resources it will provide for our military family members.

In addition to building the Family Programs team it is also my focus to ensure we stay connected with all our military counterparts and keep us focused on our joint operations. With all these new and exciting, worthwhile program enhancements it will be important to understand each others roles and responsibilities and work together. Its my intent to effectively communicate these new resources to families directly, in conjunction with FACs and unit FRGs and proactively support them throughout the mobilization process. The bottom line...we are here to serve our military families.

WASHINGTON NATIONAL GUARD

Family Programs Newsletter

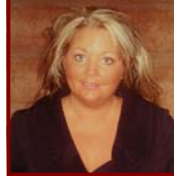
New Family Programs Team Members



Olympia Family Assistance Coordinator

Diana is the new Olympia Family Assistance Coordinator (FAC). She has an extensive background of professional and volunteer experience as an Active Duty spouse. She has served multiple times as a unit and battalion FRG Leader, and most recently as a Brigade Family Readiness Support Assistant. She comes to us already trained in family readiness courses. Diana has been supporting military families for many years and will be a great addition to the Family Programs Team.

If you need assistance and you live in the Olympia or surrounding area please call Diana at:
(360) 704-6707



Kent/Seattle Family Assistance Coordinator

Deborah is the new Kent/Seattle Family Assistance Coordinator (FAC). She has been a licensed foster care parent for seventeen years and understands how to deal with families in crisis and with sensitive information and assessment. She was a Support Leader in Germany during Saudi Arabia and Bosnia. She has vast experience, as a previous military spouse, working with families and helping in times of need. She is already familiar with military resources and knowledge of military benefits and will be a great addition to the Family Programs Team.

If you need assistance and you live in the Kent/Seattle or surrounding area please call Deborah at:
(253) 355-5124



Port Orchard Family Assistance Coordinator

Ron is the new Port Orchard Family Assistance Coordinator (FAC). He is retired from Hewlett Packard and makes his home in Kitsap County. He has vast experience working with families and the public as a volunteer with the Washington State Patrol. He has worked with special needs individuals and assisted families and care givers with numerous issues. Ron has served in the military as a Military Police Patrolman and will be a great addition to the Family Programs Team.

If you need assistance and you live in the Port Orchard or surrounding area please call Ron at:
(360) 356-2407



Tacoma Family Assistance Coordinator

Tia is the new Camp Murray/Pierce County Family Assistance Coordinator (FAC). Her position is an additional FAC working from the Camp Murray location to help support the resource need that has increased with recent deployments. She had been volunteering for Family Programs as the 96th Troop Command BDE FRG Coordinator and has also been volunteering for the Red Cross on the Disaster Action Team for the Pierce County area. She has been married for five years to a National Guard AGR currently serving in the 96th Troop Command. She has a vast knowledge of how the military works and the military benefits. Tia will be a great addition to the Family Programs Team.

If you need assistance and you live in the Tacoma or surrounding area please call Tia at:
(253) 512-7755



Centralia Family Assistance Coordinator

Jacqueline is the new Centralia Family Assistance Coordinator (FAC). She has previous experience as a FAC and also FRG volunteer experience during her husbands Active Duty and National Guard deployments. Jacqueline has grown up in a military family and understands how to assist families in times of needs. She is already familiar with military resources and comes to us trained in family readiness courses. She is looking forward to working with Soldiers families again and will be a great addition to the Family Programs Team.

If you need assistance and you live in the Centralia or surrounding area please call Jacqueline at:
1-800-364-7492



Military OneSource Consultant for the Joint Family Support Assistance Program team.

Mark retired from the Army Reserve after 30 years of service as an Infantry Officer. Attained the rank of Colonel and Commanded the 1st BDE 95th Division (IT) and served as the Division Chief of Staff in Oklahoma City, OK. Deployed to Afghanistan as part of Combined Joint Task Force Phoenix with the 41st BCT Oregon National Guard. While there served as the CJTF Chief of Staff and as the senior mentor to the 205th Corps Commander of the Afghan National Army. Upon retirement served as the Family Program Assistant for the 301st MEB, 416th ENCOM USAR. Mark was hired in July as the Military One Source Consultant. He is married to CW3 (P) Meaghan Hatfield, an Army Reserve AGR, with the 301st MEB, Ft Lewis WA.

If you need assistance please call: (253) 973-7017

FRG Leadership Workshop

Harvest full of Resources & Ideas

November 15-16
Camp Murray

Who should attend:

- **All FRG Volunteers**
- **Military POCs**
- **Commanders**
- **Rear Det Commanders**
- **Community Resources**

Workshop will include:

- Supporting Military Kids
- Resources
- Networking & Connecting
- Brainstorming
- Guest Speakers
- Training



Volunteer Opportunities

Teaching Team

Join our Teaching Team today! With the frequent deployments occurring in our state, the need for FRG & Family training has increased. Our goal is to be able to provide effective training throughout the state on a regular basis with qualified instructors.

If you are interested in joining our Teaching Team, then register for the Instructor Trainer's Course.

The Instructor Trainer Course prepares you to conduct classes and presentations in your region. You will learn skills to conquer your fear, gain confidence and be more comfortable speaking in public.

This course is available to volunteers who have completed basic volunteer training within the last two years.

CARE Team

Family Programs is currently seeking volunteers to join our Casualty Response (CARE Team). A Care Team is a group of volunteers trained to offer emotional support and practical assistance to Family members of injured and fallen service members.

To be a volunteer on this team you need to be flexible and know that it requires a strong commitment to confidentiality and a willingness to attend training. Attending the training does not commit you to being a part of the CARE Team.

Please note that CARE Team volunteers are not trained as grief counselors, but rather to provide assistance and comfort.

Unit FRG Positions:

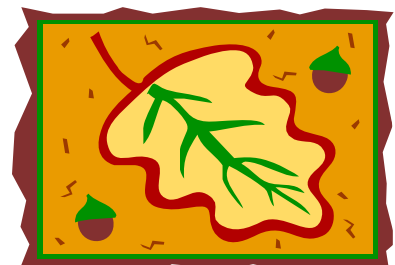
Unit level Family Readiness Groups (FRG) depend on your volunteer energy. The FRG can't function or be effective without a strong team effort. Help your fellow unit Family members be self-reliant.

The volunteer opportunities within your FRG are endless.

- **Lead/Co-Lead**
- **Secretary**
- **Treasurer/Alternate**
- **Phone Tree POC**
- **Newsletter Editor**
- **Event Coordinator**
- **Youth Coordinator**
- **Volunteer Coordinator**

**See training opportunities on next page*

For more information on volunteer opportunities please contact Veronica, Family Readiness Assistant



State Family Programs Overview Army & Air National Guard

With so many new resources and improvements to Family Programs many are wondering who they need to call for assistance. **When in doubt family members should call the State Family Programs 800# and you will be directed to a person that will support you. Call 800-364-7492, 24 hours a day, 7 days a week.**

The bottom line...there are lots of people and resources available to assist family members. Below is a working relationship overview of how the State Family Programs Family Assistance Coordinators and WING Coordinators work with FRSAs and unit FRGs throughout the mobilization cycle.

Family Assistance Coordinators (FAC) & Wing Coordinators – Full time staff that assist Family Programs with services and resource outreach to families in need in all branches of service. Their purpose in life is to help families and are usually the main point of contact between outside resource organizations and the family when they link them up with the assistance they are looking for. Coordinators are located throughout Washington State to ensure better access to families. Family Assistance Coordinators and Wing Coordinators are to assist Family Programs in caring for military families of deployed troops. Some personal issues may require counseling and referral to an area Chaplain, legal matters may require reference to a military Judge Advocate General, and military pay problems require help from the military pay section at the Sate HQ. Coordinators can manage these types of actions. Coordinators may also receive a variety of family calls and questions that relate to insurance, financial debt, or a variety of maintenance issues, etc. Coordinators are familiar with local resources and can answer general questions that relate to military deployment. Each Coordinator is familiar with the families and units assigned in their region to understand and provide information as it relates to the troops and their area of deployment.

Family Readiness Support Assistant (FRSA) and Family Readiness Group (FRG) – Family readiness is a Commander's program that enhances unit/Soldier readiness. FRSA is a Brigade Commander's family readiness program that oversees and assists FRGs. The 81st Brigade Combat Team is currently the only unit with an FRSA. An effective FRG, a Company Commander's family readiness program, will assist the chain of command in identifying family concerns before deployments occur. The goal is to help Soldiers and their families to deal with issues before they affect unit readiness. The unit family members and volunteers provide social and emotional support, information and outreach services to military families before, during, and after family separation because of deployment or extended training exercises. FRGs can also refer families to their local FAC/Wing Coordinator for on-going resource outreach and services.

Family Programs Training 2008



October 7

Care Team Training, 1 pm - 3 pm, Fort Lewis

October 24-26

Marriage Enrichment Retreat Leavenworth, WA
To register for the Marriage Retreat please call (253) 512-7881
or e-mail: INT-WNGFP-A@ng.army.mil

October 18

Basic Volunteer Training, 9am - 5pm, Spokane

October 19

Phone Tree POC Training, 9am - 12pm, Spokane
Care Team Training, 1 pm - 3 pm, Spokane
Treasurer Training, 1 pm - 4 pm, Spokane

October 25-26

Instructor Trainer's Course, Camp Murray
Day 1 8am - 5pm
Day 2 8 am - 12 pm

November 15-16

FRG Leadership Workshop, Camp Murray
Day 1 9am - 5pm
Day 2 9 am - 12 pm

December 2

Care Team Training, 1 pm - 3 pm, Fort Lewis

December 13

Basic Volunteer Training, 9am - 5pm, Camp Murray

To register for training log onto www.guardfamily.org
or call
(253) 512-7753

Child & Youth Programs



W.A.N.G.Y.

Washington Air / Army National
Guard Youth



Robbin, the Family Programs Youth Coordinator attended the National Guard Youth Symposium in St Louis. The picture above is Region 10 which represents Oregon, Idaho, Alaska and Washington.

Operation Purple Camps®

100 weeks of camp = 10,000 campers across the nation

The National Military Family Association (NMFA) recognizes the need for more resources for military youth. NMFA is dedicated to serving military families. With the overwhelming need for military youth who have experienced a parent being deployed, NMFA offers Operation Purple Camp free of charge to youth.

During this past summer, 4 weeks of Operation Purple camps were available to youth throughout the state of Washington. Approximately 380 youth who have or are currently dealing with a parent's deployment, attended a week of Operation Purple Camp in Washington or Idaho. Youth have parents in the National Guard, Reserves, Coast Guard, Marines, Air Force, and Army.

At one of the Operation Purple Camps in Washington, youth deployed on a white water rafting venture. Youth participated in ropes course activities, water activities, paintball, motocross, and quite a bit more.

Potential campers must complete an application and be accepted to attend. Applications typically come out during March and April. The deadline to apply is normally May.

If you are interested in more information on Operation Purple Camps, check out www.nmfa.org and keep an eye out around spring time for application information.

2nd Annual Washington State Military Kids and Families

On **November 14, 2008**, we are hosting an event that will reach out to not only our military families but to educators, community leaders and anyone who wants to learn more in understanding and supporting military kids. There will be resources, networking, dynamic speakers, and outreach opportunities.

8am—3:30pm

The Greater Tacoma Convention and Trade Center

1500 Broadway, Tacoma, WA 98402

REGISTER NOW AT: www.regonline.com/MilitaryKids

The Positive Place For Kids



BOYS & GIRLS CLUBS
OF AMERICA



Free Membership

The Boys & Girls Club and YMCA are offering FREE MEMBERSHIPS for National Guard and Reserve families. For more information on how to register go to their websites or visit your local club.

Boys & Girls Club – www.bg-clubs.com

YMCA – Free memberships start Oct. 1, 2008. www.ymcaexchange.org

National Guard Title 10 Activated

*We'd be **Happy** to give you a **Hand** with your **Child Care** needs!*

Call 1-888-NGCCP-99 today.

National Guard Child Care

Program www.guardfamily.org

Youth Council

There is an open position—**Recruiting & Retention Officer** for Western Washington. If you are in grades 6th—12th and have a parent in the National Guard & Reserves and are interested in the council, please feel free to contact Robbin, the State Youth Coordinator for more information.

Scholarship Opportunities

The news is full of stories that speak to the rise in the cost of a college education and potential cuts in future funding. Military Families will find with research there are many scholarships earmarked for military Families. With some scholarships, you can start applying as early as the sixth grade. Check out these websites for more information.

- <http://www.vfw.org> go to Programs / VFW Scholarship Programs
- www.legion.org – go to Legion Programs / Youth Programs
- www.ladiesauxvfw.org – go to Programs / Awards & Scholarships
- <http://sat.eknowledge.com/military.asp>. Free SAT – ACT Software for Military Families

Military OneSource

Real help, Anytime, Anywhere, 24 Hours a Day, 7 Days a Week:

CONSULTATION and REFERRALS

INTERPRETATION and TRANSLATION: 140 languages

COUNSELING: Counselors are available in your community. You have access to six (6) in-person counseling sessions PER ISSUE with a licensed counselor. They can help with

issues such as: coping with deployment; adjusting to your new location; parenting and family matters, grief and loss, stress management, and much more.

www.militaryonesource.com, 800-342-9647, En espanol llame al: 877-888-0727



TRICARE Frequently Asked Question!

What is TRICARE? If I'm eligible for TRICARE during my spouse's deployment why do I get medical bills in the mail to pay?

TRICARE is the health care program serving active duty service members, National Guard and Reserve members, retirees, their families, survivors and certain former spouses worldwide. TRICARE brings together the health care resources of the uniformed services and supplements them with networks of civilian health care professionals, institutions, pharmacies and suppliers to provide access to health care services. To be eligible for TRICARE benefits, you must be registered in the Defense Enrollment Eligibility Reporting System (DEERS). TRICARE offers several health plan options to meet the needs of its beneficiary population.

In most cases, your provider will file your medical claims for you, and you'll receive an explanation of benefits detailing what was paid. There may be times, however, when you'll need to pay for care and then file the claim to receive payment. You will be reimbursed for TRICARE-covered services at the TRICARE allowable amount, less any co-payments, cost shares or deductibles. There are special rules for filing claims if you're involved in an accident with possible third-party liability. The claims information you need is different depending on who you are and which TRICARE plan you are using. Pharmacy, Dental or Continued Health Care Benefit claims are handled differently than medical claims. For TRICARE questions please call your local Family Assistance Coordinator (FAC) and they can assist you with your personal needs and/or get you in touch with a TRICARE representative and tell you more about the claims process and what to do in your specific situation.

www.triwest.com

If you do not have computer access you can call 1-888-874-9378 for assistance.

For questions about enrollment, eligibility, benefits, authorizations, and claims, call 1-888-TRIWEST (874-9378) M-F, 8:00 a.m.-6:00 p.m (all U.S. time zones)

Family Programs Hotline Number

1-800-364-7492

Available 24 Hours A Day 7 Days A Week!

Family Members should call the Hotline Number whenever they have a question about resources available to them or are in need of assistance. This is the number to call when you don't know where to go or who to turn to for help. You will be connected with a Family Programs Representative that will privately assist you with your individual resource or referral needs.

<http://familyprograms.washingtonguard.org>

Family Programs Administrative Staff

MAJ Anne Marie Peacock – State Family Programs Director
(253) 512-7600

Connie – Family Programs Specialist
(253) 512-7880

SPC Andrea Walker-Administrative Assistant
(253) 512-7881

Robbin – State Youth Coordinator
(253) 512-7985

Veronica – Family Readiness Assistant
(253) 512-7753

Dave – Web Master
(253) 512-8903

Olympia– Diana (360) 704-6707
515 Eastside St SE, Olympia, WA 98501

Kent/Seattle– Deborah (253) 355-5124
24410 Military Rd. Kent, WA 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 / Wenatchee / Ephrata– Doug
(509) 630-0701 6500 32nd Ave NE, Moses Lake, 98837

Spokane– Clarence “Buzz” (509) 532- 2775
1626 N. Rebecca, Spokane 99224

Port Orchard– Ron (360) 356-2407
1950 Mile High Drive, Port Orchard 98366

Air National Guard Wing Coordinators

Camp Murray– Angela 253-512-3397
Building 107, Camp Murray 98430

Spokane– Mary (509) 247-7009
1403 W Wainright Blvd.
Fairchild Air Force Base, Spokane 99224

Family Assistance Coordinators

Tacoma– Denise (253) 512-8367 and Tia (253) 512-7755
Building 33, Camp Murray 98430

Centralia– Jacqueline 1-800-364-7492
309 Byrd St. Centralia, 98531

Longview / Vancouver– Julie (360) 600-8186
819 Vandercook Way, Longview 98632

Everett– Garey (425) 317-3527
2730 Oakes Ave. S, Everett, 98201