

January 2009



WASHINGTON NATIONAL GUARD

Family Programs Newsletter

Message From The State Family Programs Director

Want to know about **FREE** services and **GREAT** deals!?

The State Family Programs Office receives numerous emails about great deals and free services available to Service Members and their Families. In an effort to consolidate our information we have started a weekly email update.

The intent of the e-newsletter is to effectively send out up-to-date information. The email is published every Friday on a weekly basis. The Guard Family web site portal is an excellent tool for Soldiers/Airmen, Family Members, Volunteers, Youth and our Community Partners. In order to receive the State Family Programs weekly emails you need to register on www.guardfamily.org. It is my intent to streamline our information and outreach to everyone effectively and we look forward to keeping you updated on a regular basis.

An exciting announcement I'd like to call special attention to is the launch of our Family Programs Webinar. Our Webinar is an on going monthly event. The intent is to keep Service Members and their Families informed and up-to-date on current events and issues surrounding deployments.

In the past not all Family Members have been able to attend pre-mobilization briefs. This is a new way in which we can reach out to families, in their own home, and gain access to information they are interested in. Look for the flyer in this newsletter for all the details and help spread the word!

The next Family Programs Webinar is this month on January 15, 2009 from 7-8 p.m. The January Webinar discussion points will focus on TriWest/TriCare. Special Guest will be Pam Eisfeldt from TriCare and she will review the new reduced health care rates and answer any of your questions. Chaplin Don Brewer will also briefly share what Chaplin resources are available to Family Members and how you can easily access them for assistance.

There are 12 Family Assistance Coordinators (FACs) throughout Washington State. These FACs are here for one purpose only – to serve Family and Service Members in the Army and Air National Guard. It's their sole purpose in life to help you – REALLY! No matter how significant or insignificant you think your assistance is FACs are spread all over the state in an effort to be close to Families and make it easily accessible for you to reach them if you need too.

You should call your local FAC whenever you have a question about resources available to you or are in need of assistance. These are the people you can turn to when you don't know where to go for help. FACs will privately assist you with your individual resource or referral needs. They are paid to be in the know and work for you – please use them! Reference the last page of this newsletter to locate the FAC that is near you.

Take Care,

MAJ Anne Marie Peacock

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 Volunteers



Mary Sheeley
2007 Volunteer of the Year
Award

Volunteer Award Nominations now Open!

Nominate an outstanding Volunteer today! Volunteers are truly the heart of Family Programs. Our mission would not be successful without the dedication of Volunteers. In an effort to recognize our truly OUTSTANDING volunteer team, Family Programs is now accepting Nominations for 2008 Volunteer Awards.

Nominees will be recognized at the 2008 State Volunteer Workshop on April 24 -26 (location is still to be determined).

We encourage you to nominate those Volunteers who have made a difference in the lives of National Guard members and their Families.

Nomination Process

Anyone can nominate a volunteer. All nominees must be a Statutory (official) Volunteer with a current Volunteer Agreement DD Form 2793 on file with our office. Requirements of the award must be met prior to nomination.

The effective dates for consideration of Volunteer service are January 1, 2008 - December 31, 2008.

Commands will be notified of all nominees within their organization.

To nominate a volunteer, log onto www.guardfamily.org, click ANNOUNCEMENTS, then click 2008 AWARD NOMINATIONS. Print the nomination packet. Directions for submission are on the website.

A selection board will select one Air and one Army guard recipient for each category.

2008 Award Categories

- Outstanding Volunteer of the Year
- Family of the Year
- Family Readiness Group of the Year
- Family Programs Spirit Award
- Performance Award
- Military Point of Contact Award
- Adult Youth Volunteer Of the year



Conrad Family,
2007 Family of the Year Award

WA National Guard Family Programs Monthly Webinars for Families

The State Family Programs Office is proud to launch a new Webinar service to all Families of deployed Service Members. The intent is to keep Service Members and their Families informed and up-to-date on current events and issues surrounding deployments.

January Webinar will focus on TriWest/TriCare.

Held every third Thursday of each month from 7-8 p.m. Upcoming Webinars: Jan. 15th, Feb. 19th, and Mar. 19th.

- * Great opportunity to ask questions on any issues you may have
- * Learn about topics of interest family members most care about

Register online at www.guardfamily.org under events/Family Programs Webinar. Log in instructions are available on the website and are extremely easy to follow. All Webinar topics come directly from Family Members. So log in for the January Webinar and check it out!

State Family Programs Volunteer Workshop 'Shining Stars...Our Heroes at Home'

Save The Date!

April 24-26, 2009



All FRG Volunteers, Unit Leadership, and Family Members are invited to attend.

This year's workshop will be bigger than ever as Family Programs partner with the Yellow Ribbon Team to add breakout session's focused on Family Members preparing for their Service Member returning home from a deployment in 2009.

Workshop breakout topics are:

1. Family Programs FRG training breakout sessions will focus on Unit FRG Leads and Volunteers.
2. Yellow Ribbon breakout sessions will focus on:

Reunion - Defining realistic expectations; planning activities to include children and extended family; incorporating acceptance into your welcome home.

Reintegration - Returning to daily life, the 'new' normal. Communication and coping skills to successfully deal with the changes following deployment; re-establish relationships at work and in the community; managing the stress these actions generate; identifying how/when to access assistance.

Family Dynamics – Positive communication techniques and reinforcements; personal growth; redefining roles; recognizing appropriate actions/reactions; strengthening marriages as a basis for strong families; dealing with children, boundaries, and conflicting emotions.

Free Child Care and Youth Events!!

To ensure maximum participation there will be Youth Events and Free Child Care available throughout the entire weekend. We want as many Family Members in attendance as possible. The Yellow Ribbon Team will be hosting additional reunion and reintegration seminar's for Family Members in May, but the State Family Programs Annual Volunteer Workshop is going to be the largest venue to participate in this year...you won't want to miss it!

Stay tuned for continued Workshop updates at <http://familyprograms.washingtonguard.org>. Workshop location, detailed breakouts and youth events will be posted soon.

Seats are limited to approximately 350 Family Members and registration will be on a first come first serve basis. Register online at www.guardfamily.org under Events/State Family Programs Volunteer Workshop.

Child & Youth Programs



W.A.N.G.Y.

Washington Air / Army National
Guard Youth

Youth Council holds First Joint Meeting

The Washington National Guard and Reserves Youth Council held their first meeting in November at Camp Murray. There were 10 youth from different areas of Washington in attendance. The Youth Council have begun developing a process on how to get more youth involved in activities and to let them know there is a support network available to them. The Youth Council mission is "To Support Military Kids." During the meetings the council decided to add Regional Reps to the council who would be able to represent their area of the state. **There are 11 regions / positions available.** There is also an open position—**Recruiting & Retention Officer** for Western Washington. If you are in grades 6th—12th and have a parent in the National Guard or Reserves, please feel free to contact Robbin, State Youth Coordinator for more info regarding youth council at (253) 512-7985.

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 –

<http://www.bgca.org/partners/military/>

YMCA – Free memberships

<http://www.ymca.net>



The Positive Place For Kids



BOYS & GIRLS CLUBS
OF AMERICA

Operation Give A Hug Dolls Available

Providing military children a way to hug their deployed parents until they can do it for real!!

Operation Give a Hug Dolls are available to youth who are missing Mom or Dad during deployment. Each doll provides a place to put the photo of the deployed parent and gives a child a tangible way of relating to the parent. If you are interested in dolls for your unit, FRG, families, etc. please contact Robbin for more information.



PROJECT PEN PAL

Join other military Children from across the globe!!

With Project Pen Pal you will meet other military children around the world. You can make friends, learn about their traditions, culture's, how they feel about their schools and their hobbies. In addition, Project Pen Pal encourages you to write about the challenges you face being a Military Youth, and share those feelings with children from different backgrounds who are dealing with similar issues like, military life, deployments and relocation, just to name a few.

All ages are welcome to participate. Project Pen Pal is maintained by the New York State Youth Coordinator for the National Guard. Please contact Robbin Seeberger, WA National Guard State Youth Coordinator for application form.

Volunteers Wanted

Washington Air / Army National Guard Youth (W.A.N.G.Y.)

Program is looking for adult volunteers throughout Washington State.

Volunteers are needed as Regional Youth Volunteer Coordinators, Family Readiness Group Youth Volunteer Coordinators, Youth Council Leaders, Basic Adult Youth Volunteers, and MORE!!

If you are interested in working with youth (assisting with events, teaching workshops, helping at camps, resource & referral, etc.), please contact Robbin Seeberger at (253) 512-7985 to discuss the options and what might be the best fit for you. In order to provide more opportunities to our youth, volunteers are needed. Please NOTE—All Adult Youth Volunteers must complete a finger-printed background check prior to volunteering. Volunteer status is subject to approval based on background check results.

Family Programs Trainings & Events

Family Readiness Group (FRG)

February 21-22, 2009

FRG Workshop

Location tbd

March 14, 2009

Basic Volunteer Training

Everett

9 am - 5 pm

March 15, 2009

Phone Tree POC Training

Everett

9 am - 12 pm

Treasurer Training

Everett

1 pm - 4 pm

March 28-29, 2009

Instructor Trainer's Course

Spokane

Day 1 - 8 am - 5 pm

Day 2 - 8 am - 12 pm

CARE Team Training

January 24, 2009

Bellingham

1 pm - 3 pm

February 3, 2009

Fort Lewis

6:30 pm - 8:30 pm

February 7, 2009

Olympia

1 pm - 3 pm

March 21, 2009

Spokane

1 pm - 3 pm

Youth Council

January 6, 2009

February 3, 2009

March 3, 2009

West Youth Council

Conference Call

6:30 pm

January 20, 2009

February 17, 2009

March 17, 2009

East Youth Council

Conference Call

6:30 pm

March 27-30, 2009

Joint Youth Council Meetings

Spokane

Youth Events

January 17-19, 2009

Low Ropes Facilitator Course

Camp Murray

8 am - 4:30 pm each day

February 8, 2009

Freedom Calls by

Motivational Pro

Vancouver

1 pm - 3 pm

March 14, 2009

Red Cross Babysitting Class

Ages 11 & up

Everett

9 am - 3:30 pm

March 15, 2009

Basic Adult Youth

Volunteer Training

Everett

February 7, 2009

Freedom Calls by

Motivational Pro

Moses Lake

1 pm - 3 pm

February 14-16, 2009

Low Ropes Facilitator

Course

Spokane

8 am - 4:30 pm each day

March 14, 2009

Red Cross Home Alone Class

Ages 8 - 11

Everett

4:30 pm - 6:30 pm

Family Programs Team Members

Family Assistance Coordinators

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

Centralia– Jacqueline 1-800-364-7492
309 Byrd St. Centralia, 98531
Serves **Pacific and Lewis County**

Longview / Vancouver– Julie (360) 600-8186
819 Vandercook Way, Longview 98632
Serves **Wahkiakum, Cowlitz, Clark and Skamania County**

Everett– Garey (425) 317-3527
2730 Oakes Ave. S, Everett, 98201
Serves **Whatcom, Skagit, Island, San Juan and
Snohomish County**

Olympia– Diana (360) 704-6707
515 Eastside St SE, Olympia, WA 98501
Serves **Grays Harbor, Mason and Thurston County**

Kent/Seattle– Deborah (253) 355-5124
24410 Military Rd. Kent, WA 98032
Serves **King County**

Yakima– John (509) 469-4638
2501 Airport Lane, Yakima 98901
Serves **Kiltitas, Yakima, and Klickitat County**

Pasco / Walla Walla– Betsy (509) 546-4384
127 W Clark St, Pasco, 99301
Serves **Adams, Franklin, Benton, Walla Walla, Columbia,
Garfield, and Asotin County**

Moses Lake / Wenatchee / Ephrata– Doug
(509) 630-0701 6500 32nd Ave NE, Moses Lake, 98837
Serves **Okanogan, Chelan, Douglas, and Grant County**

Spokane– Clarence “Buzz” (509) 532– 2775
1626 N. Rebecca, Spokane 99224
Serves **Ferry, Stevens, Lincoln, Pend Oreille, Spokane,
and Whitman County**

Port Orchard– Ron (360) 356-2407
1950 Mile High Drive, Port Orchard 98366
Serves **Clallam, Jefferson, and Kitsap County**

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

Joint Family Support Assistance Program

Military OneSource– Mark (253) 973-7071
Building 3, Camp Murray 98430

Operation Military Kids– Darleen (253) 445-4557
Building 3, Camp Murray 98430

Chaplains

CH COL Hegtvedt- (253) 377-5882
Bldg 1, Camp Murray 98430

FR. Anderson- (253) 377-2508
Bldg 33, Camp Murray 98430

FR. Pratt- (253) 377-9278
Bldg 33, Camp Murray 98430

Family Programs Administrative Staff

MAJ Anne Marie Peacock – State Family Programs Director
(253) 512-7600
Building 33, Camp Murray 98430

Connie – Family Programs Specialist
(253) 512-7880
Building 33, Camp Murray 98430

SPC Andrea Walker-Administrative Assistant
(253) 512-7881
Building 33, Camp Murray 98430

Robbin – State Youth Coordinator
(253) 512-7985
Building 33, Camp Murray 98430

Veronica – Family Readiness Assistant
(253) 512-7753
Building 33, Camp Murray 98430

