

South Dakota National Guard

Service Member & Family Support Services

Call: 1-800-658-3930

Information: <https://sdguard.ngb.army.mil>

Order from **Army & Air Force Exchange (AAFES)** catalog
www.aafes.com

ID CARDS

Do your spouse and children (10 & over) have one?

Many businesses give military discounts with an ID card

Contact your unit for more information

Employer Support of the Guard & Reserve:

CPT Lona Christensen -605-737-6540/605-431-5424

Employment Transition Coordinator:

Dan Popowski - 605-357-2913/605-695-9742

TRICARE – www.triwest.com or 1-888-874-9378

TRICARE Reserve Select (Jan 2013 – premiums)

Service Member monthly premium \$54.35

Soldier and Family monthly premium \$192.89

Armed Forces Recreation Centers

- Reduced cost vacations
- Available world wide
- Cost based on rank

www.govarm.com

www.afvclub.com

www.shadesofgreen.org

www.armymwr.com

www.armedforces.com

www.military.com

www.halekoa.com (1-800-367-6027)

www.herosalute.com

Commissary

(Military Grocery Store)

www.commissaries.com

- Unlimited Access
- Big Savings
- No Tax

SGLI - Service member's Group Life Insurance Family Coverage

- Maximum of \$100,000 of insurance coverage for spouses
- Not to exceed the amount of coverage the insured service member has
- \$10,000 at no cost for each dependent child

MILITARY FAMILY LIFE CONSULTANTS

Renee L. Oler

Military Family Life Consultant
Rapid City
Phone: (605) 393-5953

Military One Source

www.militaryonesource.com

Call - 1-800-342-9647

Amy LaBay

Child and Youth Behavioral - Military Family Life Consultant
Watertown
Phone: (605) 660-5636

2013 Strong Bonds Events

1. January 19-20 in Rapid City

*PREP/Prevention Relationship Enhancement

*PICK (Pre-martial Interpersonal Choices & Knowledge for Singles)

2. February 9 in Pierre

*Strong Bonds for Leaders

3. March 9-10 in Sioux Falls

*Got Your Back For Single Soldiers

*Laugh Your Way to a Better Marriage

4. June 14-16 in Watertown (ANG)

*Laugh Your Way to a Better Marriage

5. July 19 -20 in Sioux City, IA

*Laugh Your Way to a Better Marriage

6. August 17-18 in Rapid City

*7 Habits for Highly Effective Families

*7 Habits for Highly Effective Singles

Call Gordy Hedges – 605-737-6658

Email james.hedges@us.army.mil

Director, Soldier & Family Support Services - Lieutenant Colonel Bryan Jacobson
605-737-6728 / 605-415-3131

Deputy Director, Soldier & Family Support Services – Major Brendan Murphy
605-737-6206 / 605-391-2724

Youth – Taryn Broomfield
605-737-6919 / 605-377-8244

Family Readiness - Lynn Wright
605-381-5761 / 605-737-6089

Family Assistance - Sheri Bartunek
800-658-3930 / 605-737-6079

Yellow Ribbon – SFC Penny Dickes
605-737-6947

Youth – Candice Tvinnereim
605-988-5965 / 605-787-3312

Chaplain Support –
Lieutenant Colonel Lynn Wilson
605-737-6009

Transition Assistance – Bill Meirose
605-737-6669

Military Funeral Honors
605-737-6927 / 6945