

S.D. Family Focus



An update for South Dakota
Service Members &
Families!

November 2012

1-800-658-3930

Restaurants with Veterans Day Free Meals

Applebees Free Meal

Applebees is offering a free signature entree on Sunday November 11th, 2012 at participating locations. Must present valid Veteran's form of identification.

Denny's All You Can Eat Pancakes

Get all you can eat pancakes for all active duty military and veterans with a valid ID on Monday, November 12, 2012.

Golden Corral Free Meal

Get a Veterans Day free meal to any veteran who has served in the United States military or is a current active duty service member. All Golden Corral locations will be participating On Monday, November 12, 2012 from 4 PM to 9 PM. No identification is required to get your free Veterans day meal.

Veterans Day Recreational Events

1,000-ton blast at Crazy Horse Mountain — Time: 11:11am. Admissions will be 3 cans of food per person to benefit Kota Care & Share Food Drive.

American Legion Veterans Day Dinner — 4 pm. Free to Legion members, \$5 for public. Thanksgiving style food with entertainment.

Veterans Golf Tournament — Prairie Ridge Golf Course in Box Elder is hosting a four person scramble starting at 9am \$45 for green fees, cart and lunch. Call 923-4999 to register, and call William Griffiths at 923-2245 for any questions.

Rapid City Veterans Parade — 11:01 am (after a moment of silence) - Will begin on 2nd St. and proceed down Main St. turning left on 7th St. then will continue down St. Joseph St. Following the parade there will be live music at Main St. Square and a luncheon at the VFW.

***THIS IS NOT ALL INCLUSIVE. CHECK THE INTERNET FOR FREE MEALS AND OTHER VETERANS DAY FREEBEEES**



Happy Thanksgiving from Service
Member & Family Support.

Emergency Financial First Aid Kit

We live in a vulnerable world where it's likely that we — or someone we know — will be affected by a disaster, public health event, crime, or terrorism. Emergencies often come when we least expect it, yet many of us do not think to prepare our financial interests in advance. The Emergency Financial First Aid Kit (EFFAK) is here to help. For more information on how to create a EFFAK visit operationhope.org.

Teens and Suicide

What Can Parents Do?

Many teens who commit or attempt suicide have given some type of warning to loved ones ahead of time. So it's important for parents to know the warning signs so teens who might be suicidal can get the help they need.

Some adults feel that kids who say they are going to hurt or kill themselves are "just doing it for attention." It's important to realize that if teens are ignored when seeking attention, it may increase the chance of them harming themselves (or worse).

Getting attention in the form of ER visits, doctor's appointments, and residential treatment generally is not something teens want — unless they're seriously depressed and thinking about suicide or at least wishing they were dead. It's important to see warning signs as serious, not as "attention-seeking" to be ignored.

Helping Teens Cope with Loss

What should you do if someone your teen knows, perhaps a family member, friend, or a classmate, has attempted or committed suicide? First, acknowledge your child's many emotions. Some teens say they feel guilty — especially those who felt they could have interpreted their friend's actions and words better.

Others say they feel angry with the person who committed or attempted suicide for having done something so selfish. Still others say they feel no strong emotions or don't know how to express how they feel. Reassure your child that there is no right or wrong way to feel, and that it's OK to talk about it when he or she feels ready.

When someone attempts suicide and survives, people might be afraid of or uncomfortable talking with him or her about it. Tell your teen to resist this urge; this is a time when a person absolutely needs to feel connected to others.

Many schools address a student's suicide by calling in special counselors to talk with the students and help them cope. If your teen is dealing with a friend or classmate's suicide, encourage him or her to make use of these resources or to talk to you or another trusted adult.

For more information on teen suicide visit:

<http://kidshealth.org/parent/emotions/behavior/suicide.html#cat146>

Free Online Training for Military Families

Inspired by Joining Forces, [Positive Parenting Solutions](#) is proud to sponsor *Pay It Forward Parenting*, a program designed to give back and give thanks to military families for their service and sacrifice.

Through *Pay It Forward Parenting*, Positive Parenting Solutions provides complimentary 1-year access to the award-winning **Positive Parenting Solutions Online** course (\$199 value).

This comprehensive online training teaches parents of toddlers to teens step-by-step solutions to put an end to backtalk, whining, tantrums, sibling rivalry, battles over homework & chores and just about any power struggle your kids can dream up! Since the training is on-demand, you can access the program 24/7 and learn at your own pace when it's convenient for you.

Pay It Forward Parenting is available to all eligible military service members. This includes Active, Veteran, Reserve or Guard service members of the Army, Navy, Air Force and Marines.

To enroll: <http://www.positiveparentingsolutions.com/giving-back>



Strong Bonds

Strong Bonds is a Chaplain lead program for service members and their families. There are specialized programs for married couples, singles and families. The weekend events are free and feature:

- ~Time away to rediscover yourself, spouse and family
- ~An opportunity to meet fellow SDNG members
- ~Proven relationship, communication and problem solving skills lead by the trained instructors
- ~Practical skills that will help at home, work and in your personal life

Dates Through March 2013

- 19-20 Jan PICK for Singles– How to not marry a jerk (ette) & PREP for Married Couples— Marriage Enhancement for Couples
- 9 Feb Pierre, SD—Strong Bonds for Leaders
- 9-10 Mar Sioux Falls, SD—Got Your Back for Singles & Laugh Your Way to a Better Marriage

For more information on Strong bonds contact
SGT James Hedges at (605) 737-6658 or james.hedges@us.army.mil

THE RIDES OF THE LOBOS

The rides of the “Fighting LOBOS,” is a limited selection of numbered prints featuring the military fighter aircraft flown by the South Dakota Air National Guard. Starting with the P-51 Mustang when SDANG was first established in 1946 at Joe Foss Field through the current fighter aircraft, the F-16 Fighting Falcon. This print features the artwork of South Dakota aviation historian and artist, John Mollison.

The print proceeds are to go the “excellent” work of the South Dakota Air Guard Family Volunteer Group for supporting the airman and family training, youth programs, emergency distress, scholarships, airman and family deployments and reunions. This is a special way to raise awareness in the local community regarding the SDANG and support the family volunteer group through these print sales.

ACE Hardware in Sioux Falls was a huge supporter of helping to facilitate the advertisement and sales of these prints. The Air Force Association, Dacotah Chapter, currently has the numbered prints for sale. The price for the unframed prints, are \$20.00 each, and the current inventory of framed prints are selling for \$60.00 each. The point of contact for current print sales at the SDANG is Michael Haugen and he can be reached at 605-988-5934 or his e-mail address: michael.haugen.ctr@ang.af.mil

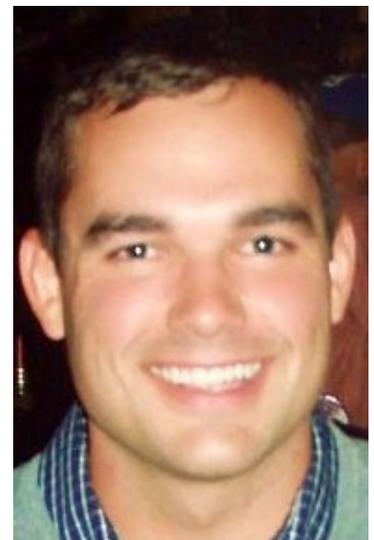
Meet Our New Employment Transition Coordinator

Please help welcome Dan Popowski, who recently joined the Hero2Hired (H2H) / ESGR team as the Employment Transition Coordinator (ETC) working out of the Sioux Falls Army National Guard armory. Dan has experience in the staffing and recruiting industry. As the ETC he will help Guard and Reserve members and their spouses with any questions regarding the H2H program and the job search process. He will be able to provide resources and on-site help with resumé, cover letter writing and interview preparation.

Dan is a South Dakota native, born and raised in Milbank. In 2004, Dan initially enlisted in the United States Army Reserve, as a Transportation Management Coordinator (88N). He attended South Dakota State University where he received his degree in History, and commissioned as a second lieutenant in 2008. Upon commissioning he was transferred to the South Dakota Army National Guard and served with Charlie Battery, 1/147th Field Artillery (MLRS) in Yankton. He attended the Field Artillery Officer Basic Course in Lawton, OK where he received orders sending him to Fort Benning, GA for a three year tour with the 3rd Heavy Brigade Combat Team, 3rd Infantry Division.

During this tour Dan spent one year deployed to Iraq as a Platoon Leader, escorting the US State Department Provincial Reconstruction Team; and as an Assistant Project Manager, assisting with the reconstruction of the Iraqi infrastructure. In December, after completing his active duty tour at Fort Benning, he returned to the South Dakota Army National Guard. On November 3, he will assume command of Headquarters and Headquarters Battery, 1/147th Field Artillery.

He now resides in Sioux Falls with his fiancée Katie, two cats Addy and Lucy, and has hopes of getting a dog. You can contact Dan at daniel.popowski@us.army.mil or 605-357-2913.



Military Child Education Coalition Training

Supporting Children of the National Guard and Reserve Institute

Date and Time: Place:

December 10-11, 2012 Best Western Plus Ramkota

Registration & Breakfast: 8:00 to 8:30 3200 West
Maple Street

Institute Training: 8:30 am to 4:00 pm Sioux Falls, SD

Living in the New Normal Institute

Date and Time: Place:

December 4 and 5, 2012 Hilton Garden Inn Rapid City

Registration & Breakfast: 8:00 to 8:30 815 East Mall
Drive

Institute Training: 8:30 am—4:00 pm Rapid City, SD
57701

Cost: Funded by Office of the Secretary of Defense/Department of the Army; No Cost to Participants

Contact Information:

For more information about this training, other professional development opportunities, or learner support, **please contact Joe Clever at 254-953-1923 x 1110 or joe.clever@militarychild.org.**

Veterans Corner

Dr. Bill Meirose— Transition Assistance Advisor— william.meirose@us.army.mil — Phone: 605-737-6669

Safeguard Your DD214

DD Form 214 is the capstone military service document, as it represents the complete, verified record of a service member's time in the military, awards and medals, and other pertinent service information, such as promotions, combat service or overseas service, and record of training and schools completed.

This document is the official record of all your service in the military, for this reason it is very important to keep it safe and protected. It is important to take the document to your county's Register of Deeds and have them file it and to give you two certified copies. By doing this act, that will take about ten minutes of your time, you have safeguarded the document for the future. Most of the benefits that you have earned through your service on active duty require the DD 214 for verification.

I, personally, recommend that you take one further step and write your family a "Love Letter". This letter will be the place where the family members can go and find out the location of the important information that they will need if something would happen to you. It is a good idea to put a copy of your DD 214, will, and insurance information in the letter. This "Love Letter" will help to reduce the stress on your family that will be there if they need this information. Take the few minutes that this action will take and show the love you have for your family.