



The Guard 360



South Dakota Army and Air National Guard o State Family Readiness Office o May 2009 Issue

Every Soldier, Airman and Family Member Counts

Dear Families,

Gloria and I remain inspired by the dedication of our Guard members and their families. No task too large, no mission impossible. What we ask from our Guard members and their families and what they endure is almost unbelievable. And they do this with little or no complaints and with a pride which few can imagine. In return, I ask our leadership to do everything in their power to give our Guard members and their families what it takes to accomplish their mission, whether it is stateside, overseas or on the home front. I know our leadership does that, but even that dedication to duty does not guarantee all missions will be accomplished without casualties.

Recently, our military has seen an increase in suicides and attempted suicides among our Guard members or their families. Both in the Active Component and in the National Guard, both deployed and non-deployed, we have Guard members that are hurt and need assistance. The scars may not be seen, but are there. Some family members are in need of assistance as well. Our military continues to take a proactive approach to helping our Guard members and their families. Our National Guard leadership is dedicated to provide the education and resources to every service member and their families. My State staff, both Army and Air, are determined to provide the needed education, motivation and resources to every member of the NG of South Dakota and their families.

We have created a Support Services Branch and expanded our full time personnel and their responsibilities to cover a wide range of resources to all our Army and Air personnel. Over the past two years we have hired personnel to fill the following positions in the Military Family Life Consultant, Military One Source, Army One Source, Transition Assistance Advisor, and Funeral Honors. In our Family Programs Office, we have hired personnel in the Yellow Ribbon Reintegration Program, additional Family Assistance Center specialists, a Trauma Crisis NCO and Post Deployment Health Re-Assessment NCO. All of these professionals add to the world class support already being provided. Our Support Services Branch team is here to provide a wide range of holistic support to our Guard members and their families.

Whether you are a wing man, a battle buddy, spouse or friend, continue to care for each other. Thank you for your continuing efforts both on and off the battle field.

Major General Steven R. Doohen
The Adjutant General



Memorial Day May 25th



Hello, I'm LTC Tim Moran, new State Family Program Director for the South Dakota National Guard. I am very excited and honored to be able to work in this assignment. Besides deploying and actually fighting in the Global War on Terror, I can think of no better assignment than to work with the families of those deployed. I'd ask you to pay attention to the color of the headings of each article. If the heading is blue, it's an article primarily for Airman, green for Soldiers, and purple for all National Guard members. The coloring should provide you an easy quick reference to the articles important to you. You probably have noticed our newsletter title has changed as well. "A 360 in military terms symbolizes a complete, secure, enclosed area, mutually supported by all those within the circle." I think this title accurately describes the intent of the SDNG Family Programs. I look forward to serving with you and for you. I hope you find the information in this newsletter helpful.

Lieutenant Colonel Tim Moran
State Family Program Director, SD National Guard





Emergency processing for Service Member notification attending Annual Training, School Training or Mobilization

Red Cross is an emergency notification tool. Please do not inform your Service Member of emergency information over the phone or email. Red Cross will validate emergencies and provide Command with validated information pertaining to the emergency. Choosing Red Cross as your method of notification allows Command to establish proper support networks for your impacted Service Member as well as making arrangements (if approved) for return travel.

The role of the Red Cross is to verify and relay emergency information to the impacted Service Member's Command. Red Cross does not have the authority to determine Service Member return. Once the message has been received by the Service Member's Command, it is the Command's responsibility to respond to the notification by advising the Service Member.

PLEASE also contact the Family Assistance Center if you are impacted by an emergency 1.800.658.3930. Our Family Assistance Center is available to assist and support in emergency processing. Red Cross will not notify the FAC directly and we encourage you to contact us (FAC) if you make contact to the Red Cross. We are often times able to notify the Commander in advance so they can be advised of the case prior to the receipt of notification. The Service Member will NOT be notified until the validated Red Cross Message is received.

Have the following information available when you are calling the Red Cross:

- 1.** Know your soldier's name, rank, social security number and date of birth.
- 2.** Know your soldier's unit name (for example: Btry A; Btry C; HHB 1/147th FA) as well as deployed location if deployed or annual training location.
- 3.** Have available the validation information and contact person/office phone numbers. (for example: hospital, funeral home, etc)

RED CROSS PHONE #'S

Beadle/Jerauld Chapter Huron, SD 605-352-4361	Black Hills Chapter Rapid City 605-342-4010
Brookings Co. Chapter Brookings, SD 605-692-6772	Brown Co. Chapter Aberdeen, SD 605-225-9664
Davidson/Hanson Mitchell, SD 605-996-3087	Oahe Chapter Pierre, SD 605-945-0400
Lake/Kingsbury Madison, SD 605-256-0550	Sioux Empire Sioux Falls, SD 605-336-2448
North East Glacial Lakes Watertown, SD 605-886-3420	Yankton Co. Yankton, SD 605-665-7572

Outside of the areas above the
National Red Cross # is: 1-877-272-7337

The ARNG Multimedia Learning Center. In the ARNG, we understand the many challenges that can face our deployed soldiers and their families. Stress, personal relationships, finances and a host of other topics can become a concern. Our new Multimedia Learning Center is designed to help you address areas in your life you would like to improve. We have assembled hundreds of audio books, videos and books here as your "one stop shop" to enable you to learn and grow using whatever tools best fit your lifestyle. Best of all, this lending program is provided to the Soldier and their Families completely FREE (not available for contractors)! No rental charges, no late fees, and a postage-paid, pre-addressed return mailer is included with each order.

Directions on how to get started:

Go to www.arng.3leafgroup.com. Click the log-in button at top, go to the new user link if it's your first time visiting the website, enter your shipping information and create your password. From there you create an online list of all audios/videos you would like to receive. CDs will be shipped as they become available.

Disney Parks Celebrate U.S. Military With Free, Multi-day Admission to Theme Parks in 2009

LAKE BUENA VISTA, Fla. / ANAHEIM, Calif. (Jan. 5, 2009) – As Disney Parks ask “What Will You Celebrate?” and invite guests to turn their personal milestones into magical family vacations in 2009, America’s military personnel will have one more reason to celebrate: Free multi-day admission to Disney’s U.S. theme parks. With the “Disney’s Armed Forces Salute” offer, active and retired U.S. military personnel, including active and retired members of the United States Coast Guard and activated members of the National Guard or Reservists, can enjoy complimentary, multi-day admission into Disney’s U.S. theme parks, great rates at select Walt Disney World Resort and Disneyland Resort hotels, and additional special ticket offers for family members and friends.

Anheuser-Busch Adventure Parks - Free Admission Program Complimentary admission for active duty military representing all five service branches, active members of a reserve or National Guard unit, and/or up to three direct dependants. Valid for one complimentary single-day admission per person, per year to one of the following Anheuser-Busch Adventure Parks: SeaWorld-Orlando, San Diego or San Antonio, Busch Gardens, Tampa Bay or Williamsburg, Sesame Place, Adventure Island or Water Country USA.

For further info - here is the website! <http://www.herosalute.com/> <<http://www.herosalute.com/>

For an application to go: http://commerce.4adventure.com/store/os_application.asp

HEALTH TIPS

As of April 2009, there have been 14,103 blood pressures taken at the blood pressure kiosks located throughout the state! Just by knowing your numbers you can significantly decrease your risk for heart disease. Take a moment sometime to stop at one of those machines and "Get Cuffed." For more information visit the Decade of Health website at www.decadeofhealth.com. This year’s 2009 theme is "ARNG Ready & Resilient." Watch for more information as this program launches.

Kathy Hill
1LT, AN SDARNG
Occupational Health Nurse
605-737-6613
605-737-6989 (fax)

Military One Source Offers More Sessions

Military OneSource announces that effective 1 April 2009, we will increase the number of non-medical behavioral health counseling sessions offered for Service Members and their Families from six to 12 sessions per person per issue. The new 12 session limit applies to face-to face counseling through our Affiliate Providers, Short-Term Solution-Focused Telephonic Consultations, and Online Consultations.

We are actively developing an aggressive roll-out plan to ensure the information about this new guideline is appropriately reflected throughout our operational systems, information platforms, policies and procedures, marketing materials, and communications.

For participants already authorized for six sessions of counseling before 1 April 2009, requests for six additional sessions will be authorized on a case-by-case basis when the Network Affiliate Provider requests the additional sessions.

The Military & Family Life Consultant Program has provided short-term non-medical counseling to Service Members and their Families to augment existing military support programs worldwide since 2004. Through the MFLC program, licensed clinical providers assist Service Members and their Families with issues they may face through the cycle of deployment- from leaving their loved ones, to working in harm’s way, to reintegrating with their community and family. The MFLC program provides support for a range of issues including relationships, stress management, grief, occupational and other individual and family issues. Psycho-educational presentations on reunion/reintegration, stress/coping, grief/loss, and deployment are provided to commands, Family Readiness Groups, Soldier Readiness Processing and other requested locations. MFLC support is also provided to the Child & Youth Program and for the summer enrichment program. Support for these issues empowers individuals during the problem-solving process, increases individual and family competency and confidence in handling the stressors of military life and ensures that issues do not impair operational readiness.

Jean Gliedt-Peter is the Military & Family Life

Consultant in South Dakota.

Jean graduated from Black Hills State University in 1996 and earned her Masters Degree in Community Counseling in 2004, from Prescott College in Prescott, Arizona. Jean worked in the elementary school setting and the clinical setting at STAR Academy in Custer, South Dakota, during her 9 month internship. Jean continued to work for four years with the youth, developing transition skills and plans, at STAR Academy. Following that experience Jean worked with youth and their families at Lutheran Social Services and Wellspring Family Services, working with complex behavioral issues in the home, teaching life skills, parenting skills and developing transition skills and plans. She is a Licensed Professional Counselor after completing her counseling supervision in 2006. Jean served a year in the AmeriCorps VISTA program at Big Brothers Big Sisters of the Black Hills and assisted in the development of a new mentorship program, a faith-based initiate called AMACHI, in which children of incarcerated parents were matched with caring members of the community.

THE AIR NATIONAL GUARD IS FLYING HIGH

The 114th Family Program Office has been busy preparing and motivating families. We started our Christmas Holiday off with sending 50 of our Civil Engineer members over seas for a six month period. As the families gathered to say their good-byes in the early morning hours, the 114th dining hall filled with other community supporters and news crews. They boarded a plane to carry out their mission abroad. Along with the 50 that were sent the day after Christmas a few fellow members left a week later to join their crew.

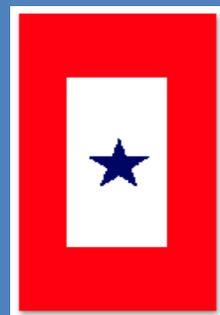
The Civil Engineer family members have been busy planning events throughout the months. They have attended Red Cross events and were able to send a message through a short video, attended a swim/pizza party, an adventure party and will be planning an upcoming picnic. The members also attended Military OneSource, TriCare and Red Cross briefings for their informational review.

The 114th Fighter Wing has also been busy preparing for upcoming and continual deployments. We are blessed that we have a great group of supportive community providers and members. Along with the 53 Civil Engineer members we have a few one and two members that have deployed with other units. All members alike are served by the Family Program Office, so please call our office with questions or concerns. Remember, the Family Program Office is there to help family members in their demanding times as they accomplish their mission at home.

Our Family Volunteer Group for the Air had a wonderful children's Christmas Program. We had 75 kids join in on the Christmas fun. Santa and Mrs. Claus were able to grace us with their presence and take pictures with the kids. All children received a gift basket and snacks were provided. Our annual Easter Egg Hunt was a great success, snow storm and all. We had over 100 kids turn up for the event. Children lined up outside the door to get in and play games and put their name in the drawing for the fabulous prizes, all donated by community organizations and base personnel.

Would you like to join in on the Christmas fun, Easter Egg Hunt or help with a welcome home ceremony? Please join our Family Volunteer Group for the Air. This is a great way to share your talents and support your local guard unit. We cannot operate without YOUR expertise! Call our office today (605) 988-5962!

Again, we welcome and encourage all to get involved with your National Guard. As the Wing Family Program Coordinator my duty is to educate family members on their entitlements, benefits and services that are available to them. I value your thoughts and questions. My office is located at the South Dakota Air National Guard in Sioux Falls. I am located in Building 60 room 128; phone is 605-988-5962.



FACTS on FACs

What is a FAMILY ASSISTANCE Center (FAC)? Family Assistance provides a focal point of information through Six Essential Services (crisis intervention; legal & financial resources; TRICARE; ID cards, DEERS & Community information). Family Assistance Centers are critical in providing help to all military families during long or short term deployments and peace time. This holds especially true for geographically dispersed families who are unable to access services at a local base, installation, or fort. In other words, Family Assistance personnel are the “One Stop Shop” for assistance and referral for families. **1.800.658.3930**

YOUR FAMILY ASSISTANCE STATE COORDINATOR is Michele Anderson. Your **FAMILY ASSISTANCE SPECIALISTS** are: Taryn Broomfield, Kim Chase and Candice Tvinnereim. **Your Wing Family Program Coordinator is Nikki Wajer.**

The State Office Family Programs contact is: **1-800-658-3930** email: familyprogram@sd.ngb.army.mil

MILITARY ONE SOURCE

As most of you know, Military OneSource is a free 24/7/365 information and referral service available via toll-free telephone and Internet access to Active Duty, Reserve and Guard (regardless of activation status) and their immediate family members. The services of Military OneSource are especially beneficial to those geographically separated from installation services or those who are unable to seek assistance during traditional working hours. The Military OneSource program improves the quality of life of military families and the overall effectiveness of the military community.

What you might not know, is there are many different subjects that you can research and find articles, books and publications on a variety of subjects. In this issue of the Guard 360, I thought I would take one of those tip sheets and share it with you. This particular tip is on Managing Stress.

Learning how to handle stress can help you stay positive and get the most out of life. These tips can help:

- **Recognize when you're stressed.** Physical signs include neck or back pain, trouble sleeping, muscle tension, and shortness of breath.
- **Learn to relax.** Take a few slow, deep breaths, go for a 10-minute walk, or listen to soothing music.
- **Concentrate on the things you can control.** Ask yourself, “is there anything I can do to change this situation?” If the answer is no, try to let it go.
- **Take care of yourself.** Get enough sleep and exercise, eat healthy foods, and be sure to drink water throughout the day.
- **Make time for activities you enjoy.** Spend time with friends or family, read a book, or try a new hobby.
- **Laugh often.** Watch a funny movie, share jokes with friends, and look to the humor in everyday life.
- **Get organized at home.** File old paperwork and get rid of things you don't need anymore.
- **Simplify your life.** Learn to say no to activities that will overload your schedule.
- **Have a positive outlook.** Focus on the part of your life that feels good and avoid wasting anger or negative energy on trivial things.
- **Seek expert help if you need it.** If stress starts to overwhelm you or lasts for an extended time, seek expert help.

For a presentation to your unit, family support group or organization, contact Todd A. Otterberg, SD Military OneSource Consultant, 605-737-6292.

Military OneSource is a free 24/7 service from the Department of Defense, available to all active-duty, guard and Reserve members and their families, provides information and referrals plus face-to face counseling. Call 1-800-342-9647 or access www.militaryonesource.com.

NATIONAL GUARD VOLUNTEER TEAM

Have you heard about the newest ALL VOLUNTEER team that is now on the national level? Allow me to tell you a little about it.

Hi Volunteers! Many of you may know me but for those of you that don't, my name is Arla Ruitter. For several years, I have volunteered with the South Dakota Air National Guard. Now most of my volunteer time is spent working on the national level. Mrs. Paula Sumrall, National Volunteer Coordinator (NVC) decided she would like to see a National Guard Volunteer Team (NGVT) and asked if I would be willing to be a part of that team. Our first meeting was held last December 2008. Following are some things that happened during that meeting.

*
The National Guard Family Program recognizes the importance of recruiting, training, motivating and maintaining their volunteers. One of the goals of the NGVT is to be the eyes, ears, and voice of the volunteers on the national level.

*
The NGVT will assist the NVC by serving as representatives of our respective regions at meetings and via phone conferences and webinars. The NGVT will also serve as Points of Contact (POC) for volunteer concerns from our regions.

* The NGVT is comprised of 10 statutory volunteers, one representing each of the 10 Joint Family Program regions. Our region is region 8 and includes the states of South Dakota, North Dakota, Montana, Wyoming, Colorado, and Utah.
*

One of the main things we worked to establish this year were the "National Volunteer Awards." For more info about this you can contact your State Family Program Director, Wing Family Program Coordinator or myself.

As someone said, "If you could be the National Volunteer Coordinator for one day, what would you like to see changed? What would you like to see remain in place?" These are the type of issues that we are looking for from you, the volunteers. We value your concerns and appreciate your input into the National Guard Family Program. If you have any questions or concerns about the NGVT, please feel free to contact me.

Thank You for all that you do for the program!
Keep up the good work!

Arla Ruitter
druiter@frontiernet.net or
Region8@guardfamily.org

The National Guard Child Care Program (NGCCP) is pleased to announce the National Guard:

Child Care Used During Deployment Survey

Survey Link:
<http://www.zoomerang.com/Survey/?p=WEB228AQH9A7LQ>

(click on link or cut and paste into your internet browser)

Survey Target Audience: National Guard families with children, who are currently preparing for deployment, in a

deployment phase, or recently returned from deployment (up to 2 months after return).

PRINCIPAL PURPOSE: Information collected in this survey will be used to research perceptions and child care needs of military members. This information will assist in the formulation and improvement of policies for programs that benefit military families. Reports will be provided to the National Guard Family Programs Division. Findings may be used in reports and testimony provided to Congress and other Government Agencies. Some findings may be published in professional journals, or presented at conferences, symposia, and scientific meetings. **In no case will individual identifiable survey responses be reported.**

Providing information on this survey is voluntary. Most people take 10-15 minutes to complete the survey. Feel free to share with other interested families.

Survey may only be taken once per computer. If this presents a problem (particularly for deployed service members), please request an alternate link by email. Please take the time to complete this survey. Thanks in advance.

Army Spouse Employment Program (ASEP)

Army National Guard spouses now have access to the ASEP. Approximately 70 percent of spouses now work outside the home. Army National Guard members and their Families have unique challenges from organizing life around training weekends to dealing with deployment issues while geographically separated from Active Duty support resources on installations. ASEP is a resource that gives spouses increased career options and flexibility.

The website, www.militaryspousejobsearch.org offers training, job search capabilities and additional resources to support successful job search and employment.

The ASEP website offers a job search capability by zip code, a very attractive tool for ARNG spouses that are geographically dispersed throughout the states and territories. The Military Spouse Job webpage offers a wide variety of support to make your employment search successful (creating customized resumes and covers letters).

MILITARY FUNERAL HONORS

The South Dakota National Guard Funeral Honors program provides final Military Funeral Honors for our Armed Service Veterans. The Military Funeral Honors team coordinates with Veteran Service Organizations and Funeral Homes to provide final respect and honors, including flag folding and presentation to the family, Taps and a rifle volley, if available. Any Service Member who has completed an initial enlistment or has an Honorable Discharge is eligible for Funeral Honors. Teams are currently located in Mitchell, Miller, Sioux Falls and Rapid City. For more information contact MSG Mary Mallow at 605-737-6945 or State Coordinator Mr. Robert Sack at 605-737-6927 or 605-593-6662.

Got Dental Insurance?

United Concordia is an available dental benefit for you and your family. 1.888.622.2256 or www.TRICAREdentalprogram.com

TRICARE RESERVE SELECT (TRS)

TRS is a premium – based health plan that offers health insurance to National Guard and Reserve Service Members.

- Family coverage is available
- MUST be in a drilling status
- Exclusion if you are enrolled or eligible to be enrolled in the Federal Employee's Health Benefits (FEHB).

2009 TRS Premiums (subject to change annually):
Service Member only coverage **\$47.51** a month
SM and Family coverage **\$180.17** a month

Annual Deductibles (1 Oct – 30 Sep) do apply.

Catastrophic Cap (maximum amount you pay each year 1 Oct – 30 Sep) is \$1000.00 per Family.
Premiums do not apply towards the cap.

TRS is a comprehensive coverage:

Emergency and Urgent Care
Maternity Care Eye Exams
Immunizations & Health Screenings
Behavior Health Prescriptions Coverage

Care is sought from civilian providers with a space available option at some Military Treatment Facilities.

Enrollment is **REQUIRED!**

<https://www.dmdc.osd.mil/appj/esgr/privacyAction.do?jsessionid=ac12801fbbbc470112ad87d04a22a6429c38b7563279>

For more information contact TRIWEST at 1.888.TRIWEST or www.triwest.com

Your Family Assistance Center is also available to assist you in obtaining more information 1.800.658.3930 or Michele.m.anderson@us.army.mil

Family Readiness – Evolving to Empower Families!

*By: Bethany Erck, (Contractor)
Family Readiness Support Assistant for the 196th Maneuver Enhancement Brigade*

Historically, families in the armed forces have banded together due to the fact that they encounter many of the same challenges not typically faced by non-military families. This created a “support network” of people bonded by experience that would teach and learn from each other, and hopefully provided an emotional element benefitting the greater good of the group. Sometimes, projects and fundraising were elements in these groups.

Nationally through time and experience, the focus of these groups has evolved.

The change is evident in the name. The name changed from Family Support Groups to Family Readiness Groups.

Catch the word “Readiness,” and hold on to it. It takes the mission of these groups to a whole new dimension.

One of the greatest improved dimensions of Family Readiness is in the training available to families to enhance family readiness. The mission of Family Readiness is to bring our families to a mission level of readiness. In short, the more we train, the fewer the surprises, and the greater chance of our families’ mission success!

Families are encouraged to train for their mission, just as a soldier trains for their mission.

We encourage our Family Readiness Groups to take an active role in providing an environment for education on resources available, from Active Duty-Eligible Child Care Resources to Zero to Three. Experts can be provided to your group on a multitude of topics to enhance the readiness of your families.

We encourage all families to be a part of the network of education available to you through Family Readiness Group in your unit. Empower your family by being involved with Family Readiness! It’s never too early to be ready for anything!

For more information about speakers your group could host, or to find a Family Readiness Group in your area, please contact Lynn Wright, (Contractor MPSC) Family Readiness Assistant at (605)381-5761 or Bethany Erck (Contractor 2020, LLC), Family Readiness Support Assistant, 196th MEB at (605)415-1706.

Yellow Ribbon Reintegration Program

The Yellow Ribbon Reintegration Program provides information, services, referrals, and proactive outreach programs to soldiers and their families through all phases of the deployment cycle.

The goals of the Yellow Ribbon Reintegration Program is to prepare soldiers and their families for mobilization, sustain Families during mobilization, and reintegrate soldiers with their families, communities and employers upon returning home.

The program includes information on current benefits and resources available to help overcome the challenges of reintegration. The 30, 60, and 90 day post deployment requirements are for reintegration purposes only and are performed in IDT status for the soldiers. Family members are authorized to travel on Invitational Travel Orders. (ITO) Family members include spouse or significant other, father or mother, brother or sister.

The ARNG Yellow Ribbon Program will provide a robust, preventive, proactive support program for soldiers and families that will promote preparedness through education, by conducting effective family outreach, leveraging resources, and supporting their needs. This will provide a continual avenue of care needed to ensure successful soldier and family reintegration.

MAY FOCUS

The month of May is “Better Sleep Month”

May 8 is Military Spouse Appreciation Day

May 16 is Armed Forces Appreciation Day

FREE MONEY FOR CHILD CARE

NATIONAL GUARD CHILD CARE PROGRAM

Don't wait until child care costs and military commitment take a toll on your finances, or your spouse's career or education. We can help you determine which supplements are available to help you pay for child care.

Child care supplements have been available to Guard families through the Office of the Secretary of Defense since 2004, but only a small portion of eligible Guard families have received them. Through the National Guard Child Care Program, we are changing that. Our advocates assist families of service members on orders — activated, deployed, Active Guard and Reserve, etc. to understand the available supplements, and to help them through the application process. We also keep National Guard leadership abreast of the needs that are not met by supplements.

WHO ARE WE?

We are advocates who appreciate the sacrifices that a military family makes, and we recognize the impact the deployment cycle has on families. We are real people helping you to find the best child care solutions for your individual needs, and the available supplements to help you pay for it.

WHAT WILL WE DO FOR YOU?

- We will conduct a brief phone interview to determine your family's needs and eligibility. Ten minutes or less!
- We will answer your questions and research your options.
- We will help you locate eligible care.
- We will fill in the applications for you.
- We will work with your provider and explain the process so that you won't have to.
- We will advocate for your family's unique situation when necessary.

Supplement rates are based on several factors including child care costs and family income. All income levels may be eligible to receive a minimum of \$100 per child per month for full time child care while the spouse is working, going to school full time, or looking for work. Guardians may also apply.

2008 Examples

E4 with two children is receiving \$200 per month for toddler and school age care.

E4 with one child is receiving \$210 per month for full time infant care.

E7 with three children is receiving \$310 per month for full time day care.

O3 with two children is receiving \$100 while spouse attends school part time.

ALL MEMBERS OF THE NATIONAL GUARD ON TITLE 10 OR TITLE 32 SUPPORTING THE GLOBAL WAR ON TERROR ARE ELIGIBLE FOR THIS PROGRAM. CALL TODAY TO DETERMINE YOUR ELIGIBILITY!

**1 888 642 2799 or
NGCCP@GuardFamily.org**

Family Readiness Awards

The State Family Readiness Advisory Council is seeking nominations for the Family of the Year, Volunteer of the Year and Family Program Military Member of the Year for 2008.

Deadline for submissions is August 1, 2009 to the Family Readiness Office. Anyone can nominate a family, volunteer, or service member. A selection board will select one Army and one Air Guard recipient from each category.

As a minimum, nomination packets must include the cover sheet and nomination worksheet (found on the website). Also encouraged for inclusion in the packet are pictures, newspaper articles, letters of recommendation and anything else which would enhance the nomination packet.

Information and forms can be found at <https://sdguard.ngb.army.mil>, then click on the Family Readiness Program, then Family Readiness Awards (on the left-hand side of the screen). Contact the State Family Readiness Office if you have further questions or need assistance, at 1-800-658-3930 or 605-381-5761, or email at familyprogram@sd.ngb.army.mil

**APPLICA
South Dakota Youth L**



For Camp use only

Check # _____
Application Complete ____

June 22nd – June 26th, 2009
(ages: 10-13)
Camp Bob Marshall

Must be completed and submitted by June 2, 2009 (PLEASE TYPE OR PRINT)

YOUTH NAME: _____

Address: _____ City: _____

State: _____ Zip: _____ E-mail Address: _____

Home Phone: () _____ Male ___ Female _____ Age (as of June 1st)

Date of Birth: _____ SS#: _____ - _____ - _____

T-shirt size (adult): S M L XL (circle) First time Guard camper: Yes No (circle)

Is there a camper you would like to be with (optional) _____

PARENT(S) GUARDIAN NAME: _____

Phone #: Daytime: () _____ Evening: () _____

Cell #: () _____ E-mail: _____

Military Sponsor Information:

Name: _____ Rank: _____ Currently Deployed: Yes No

Unit: _____ Relationship to camper: _____

Youth Camp: 10 – 13 year olds (as of June 1st) ~ June 22nd – June 26th Rapid City

Your return packet is due June 2nd and should include:

1. **Application:** Please make sure application is filled out completely and signed where indicated.
2. **\$75.00:** registration Fee. Payable to **SDNG Camp**. Recommend bringing no more than \$20 for Youth Camp spending money.
3. **Mail to:** SDNG Youth Camp
2823 West Main Street, Bldg 520
Rapid City, SD 57702

We will be unable to process packets with incomplete information. Packets will be returned if incomplete.

I certify that I am the legal parent/guardian of the child listed on this application.

*I grant permission to the South Dakota National Guard Camp to approve emergency medical treatment for my child.

*I give my permission of the release of my child's name, address and phone number to be provided to fellow campers and staff for the purpose of future communications. It will not be sold or distributed for any other use. Any photos or videos may be used for the promotion of the South Dakota National Guard Camp.

*I hereby waive any claim against the South Dakota National Guard, the Department of Military Affairs, the State of South Dakota, or the United States of America for any causes which may arise in connection with the participation of in the South Dakota National Guard Camp

(Parent / Guardian) **Signature**

Date

(Child's name)



**Essay Question
(One to two pages)**

Not Applicable if family member is not **CURRENTLY DEPLOYED**

What does the South Dakota National Guard mean to me and my family?



Family Readiness Needs You!



The South Dakota National Guard Family Readiness Program helps provide the tools for our families to be prepared for mobilization or the day to day challenges that being a military family brings.

If you are interested in helping to create ready and resilient families or just want more information, please complete the following information:



NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

EMAIL ADDRESS: _____

NAME OF YOUR SERVICE MEMBER: _____

UNIT YOUR SERVICE MEMBER BELONGS TO: _____

____ I WOULD LIKE MORE INFORMATION, PLEASE CALL ____ OR EMAIL ____.

I WOULD BE INTERESTED IN VOLUNTEERING WITH: (Please check all that apply)

____ WITH MY UNIT'S FAMILY READINESS GROUP

____ TELEPHONE TREE CALLER ____ NEWSLETTER

____ TREASURER ____ YOUTH ACTIVITIES

____ SPECIAL PROJECTS ____ SPONSORSHIP ____ OTHER

Other areas that would interest you _____



PLEASE COMPLETE AND RETURN TO:
Family Readiness Office,
2823 West Main St., Bldg 509, Rapid City, SD 57702
OR Fax to: 605-737-6088 - ATTN: Lynn





2010 Family Readiness Training REGISTRATION FORM

PLEASE PRINT -legibly

Please complete the **front and back** of this form and:

Mail to: Family Readiness Office, 2823 West Main St., Bldg 509, Rapid City, SD 57702

OR Fax to: 605-737-6088

Please Check

If Attending

OR complete online and email to: lvnn.wright@us.army.mil

BASIC VOLUNTEER TRAINING – 9:00 AM – 12:30 PM in **Sioux Falls** (For All Volunteers)
October 24, 2009

ADVANCED VOLUNTEER TRAINING – 1:30PM to 4:30PM in **Sioux Falls** (For All Volunteers)
October 24, 2009

Unit Military Family Readiness Representative Training – 7-10 PM (Friday evening) in **Rapid City**
November 6, 2009 (For Military Members)

BASIC VOLUNTEER TRAINING - 9AM – 12:30 in **Rapid City** (For All Volunteers)
November 7, 2009

ADVANCED VOLUNTEER TRAINING – 1:30PM to 4:30PM in **Rapid City** (For All Volunteers)
November 7, 2009

LEAD VOLUNTEER TRAINING - **Networking** 7-9 PM (Friday evening) & 9:00AM to 3:30PM (Saturday)
in **Pierre, SD** November 20 & 21, 2009 (Class for appointed Lead Vols of FRGs)

Unit Military Family Readiness Representative Training – **7-10 PM** (Friday evening) in **Pierre**
January 15, 2010 (For Military Members)

BASIC VOLUNTEER TRAINING - 9AM – 12:30 in **Pierre** (For All Volunteers)
January 16, 2010

ADVANCED VOLUNTEER TRAINING – 1:30PM to 4:30PM in **Pierre** (For All Volunteers)
January 16, 2010

BASIC VOLUNTEER TRAINING - 9AM – 12:30 in **Sturgis** (For All Volunteers)
February 6, 2010

ADVANCED VOLUNTEER TRAINING – 1:30PM to 4:30PM in **Sturgis** (For All Volunteers)
February 6, 2010

Unit Military Family Readiness Representative Training – 0800-1100 in **Sturgis**
February 7, 2010 (For Military Members)

BASIC VOLUNTEER TRAINING - 9AM – 12:30 in **Chamberlain** (For All Volunteers)
March 6, 2010

ADVANCED VOLUNTEER TRAINING – 1:30PM to 4:30PM in **Chamberlain** (For All Volunteers)
March 6, 2010

Unit Military Family Readiness Representative Training – in **Chamberlain**
 March 7, 2010 from 8:30 – 11:30 AM (For Military Members)

LEAD VOLUNTEER TRAINING - Networking 7-9 PM (Friday evening) & 9:00AM to 3:30PM (Saturday) in
Chamberlain, SD April 2 & 3, 2010 (Class for appointed Lead Vols of FRGs)

NAME

Social Security # (Required for non military travel orders)

(Mailing) Address City State Zip Code

Email Address

Phone # Round Trip Mileage From Home to Training Location

Unit Representing or Affiliated With

Please check those that apply.

I am a Civilian I am a Military Member

I will need to stay overnight on FRIDAY

I have have not registered on the guardfamily.org website

Training is primarily for civilian volunteers but military members are also **always** welcome. Whether you are a new volunteer, military member, or just need to refresh your Family Program knowledge, you are welcome to attend.

If volunteers live 50 or more miles away from training, you will be placed on Invitational Travel Orders for reimbursement of mileage, food and lodging. If you live less than 50 miles away from training, your mileage only can be reimbursed.

Day care will NOT be provided but you can be reimbursed your cost during training per Family Readiness Guidelines. (Guidelines allow reimbursement for \$2 per hour, per child during the time spent in the classroom.) Reimbursement forms will be completed during training.

Attn: Military members - Family Readiness dollars are authorized for Volunteers only; we have no funding authority to cover pay and allowances for service members. Arrangements for pay and per diem must be coordinated with the unit. For questions, please call the Family Readiness Office at 737-6089.

All classes & workshops are free and materials provided. This office is also available to conduct Family Readiness training at your location for either volunteers or military personnel or a **combination of both.**

***NOTE: Dates for training are subject to change based on funding and enrollment numbers. Please enroll as soon as possible for planning purposes. Room reservation deadlines are 1 month earlier. For the most current dates and locations, please go to the website – <https://sdguard.ngb.army.mil> then the Family Readiness link.**

For Staff Use Only	
Est. Amount	_____
Information letter sent	_____
Called	_____
Other info	_____

Strong Bonds Workshop 2009 Registration Form

The South Dakota National Guard State Chaplain's Office is excited to offer National Guard service members an opportunity for a **"free weekend of fun and education"**.

To reserve your spot – Please complete this form and:

Mail to: State Chaplain's Office, 2823 West Main St, Rapid City, SD 57702-8186

OR Fax to: 605-737-6088

√ date and location of your choice

The Premarital Interpersonal Choices and Knowledge (PICK) Program is for young singles and uses the book How to Avoid Marrying a Jerk by Dr. John Van Epp.. It is a fun approach to finding the right mate.

_____ **July 11-12, 2009 – Sioux Falls, SD**
PICK for Singles in the Guard
(Saturday noon until Sunday noon)

"Laugh Your Way to a Better Marriage" is a program which explores a variety of subjects including the myth of a "soul mate," the different ways men and women think, the conflicting levels of libido, and the necessity to forgive. Gungor proves that the key to marital bliss is not romance or destiny - it's work and skill. The program is based on the book Laugh Your Way to a Better Marriage by Mark Gungor.

_____ **September 4-5, 2009 - Sioux Falls, SD**
"Laugh Your Way to a Better Marriage"
For Married Military Couples
(Friday evening and Saturday)

Registration Deadline: As soon as possible for planning purposes
Room Reservation Deadlines are 1 month prior to workshop

Service Member's Name(s) _____

Your Mailing Address _____

Your Phone (include Area Code) _____ Your e-mail _____

Your Military Unit _____

Round-Trip mileage from home to workshop location _____

"Laugh Your Way to a Better Marriage" ONLY (Below)

Name of military member? _____

Non-Military Spouse's SSN # _____ (required for Travel orders – for lodging, mileage, per diem costs)

If you are both military members which one will be on Travel Orders in a non-military status?)
_____ (If you are both AGR, please call.)

A follow up letter confirming your registration and further details will be sent to you upon receipt of this registration.

Questions or additional information - Contact MSG Leah Braun.

Email her at leah.j.braun@us.army.mil or call 605.381.7820

More information also available at <https://sdguard.ngb.army.mil> and go to the Family Readiness link, click on training/workshops



**South Dakota National Guard
Family Support Program
2823 West Main Street, BLDG 520
Rapid City, SD. 57702-8186**

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RAPID CITY, SD**

guardfamily.org

Not just for families

This exclusive, member-only site is for members of the National Guard Community to include: Families, youth, service members, family program paid staff and educators. Go there to find exclusive content, local and national resources, and to access documents and training materials helpful for your unit, community and Family Readiness Group. Once you are registered on the site, you gain access to information pertinent to National Guard Families and units. Additionally, the Family Readiness Office can accomplish email campaigns and workshop and training registrations more simply with the capability for you to do it online.

It is also an access point to online courses. Guard Family Training modules are a specially designed education and training program for and about the National Guard community. Program modules cover a wide variety of topics most often requested by families and National Guard leadership.

The Youth section is awesome providing engaging games and activities for children relevant to National Guard Youth. Additionally, view the latest events and announcements of what's happening nationally. There is also a discussion board available to chat with others from across the nation. Further, links to other helpful resources and websites are located here for your convenience. Log on today and have fun learning and exploring the site: www.guardfamily.org