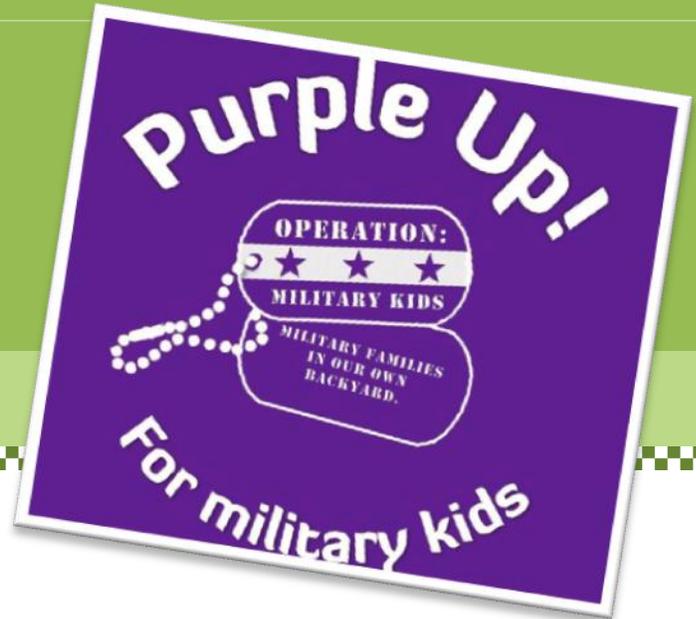


S.D. Family Focus

An update for South Dakota Service Members and families!

April 2012



Save the Date

- 4-6 June** **STARBASE Advanced PTC** from 9:00 a.m. – 4:00 p.m. This is for students that are entering the 7th grade and love designing on the computer!
- 25-28 June** **STARBASE Summer Academy** from 9:00 a.m. to 3:15 p.m. This is for students entering or leaving 5th grade.
- 9-13 July** **2012 Military Youth Camp** at Storm Mountain. This camp is open to military kids ages 10-13. Stay tuned for more information!

April: Month of the Military Child

Please join us in thanking your children for all that they do!

This is the time to recognize the character, strength, and sacrifices of our military youth. There are over 7,000 military children in South Dakota - over 3,600 are directly affiliated with the South Dakota Army and Air National Guard.

Our youth are impacted on a daily basis, whether their Service Member is home, deployed, at training, or attending a school.

As a valuable part of our families and communities, they serve too!

Continued on pg 2



We've changed our name!

We need your help! As our organization changes its name we need to update our official logo. [Go to page four for more](#)

See more on pg 4

Month of the Military Child *(continued)*



Please remember and honor the military children in your life. The theme for this year's Month of the Military Child is "Military Kids: Heroes for the Future." Please contact Taryn at 605-737-6919 or taryn.m.broomfield.ctr@us.army.mil for a personalized certificate to present to your child.

Join the SDNG Youth Program, Operation: Military Kids, and communities nationwide in wearing purple on **April 13th** for "Purple Up! For Military Kids Day." Everyone is encouraged to wear purple as a visible way to show support, respect, and thanks to military children for their strengths and sacrifices.

Celebrate the military children in your family, your unit, and your community!



eKnowledge
CORPORATION

Free \$200 SAT & ACT Test Prep Program

eKnowledge has donated more than \$33 million worth of SAT and ACT Test Preparation Programs to military service members and their families worldwide. This valuable donation from eKnowledge is in its seventh consecutive year. The Military Donation Project is in alliance with the Department of Defense and supported by professional athletes from the NFL and MLB, as well as over 100 organizations, groups and non-profits.

About the SAT and ACT PowerPrep™ Programs

The SAT or ACT PowerPrep™ Program comes in a single DVD and includes more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations. Students select the training they need and can study at their own pace.

Who is eligible to receive the donated software?

Eligible recipients include service Members from all branches of the military who are active duty, retired, veterans, Guard, Reserve, all DoD employees, and civilians performing military support. Also eligible are relatives and dependants of anyone who otherwise qualifies from the prior list.

Continued on pg 3

SAT & ACT Test Prep Program *(continued)*

How to order:

The eKnowledge Sponsorship covers the complete \$200 purchase price for the SAT or ACT Test Preparation Program. There is a nominal charge of \$17.55 (per standard program) for the cost of materials, support and shipping. Each SAT or ACT Test Preparation program has a one-year license from the day the product is shipped. The DVD may be renewed for an additional twelve months at the same donation rate.

Through Operation Military Kids, families may order the sponsored educational programs by visiting: www.eKnowledge.com/OMK or by telephone 951-256-4076 (reference Operation Military Kids)

For further information contact: Lori Caputo, Director, Military Donation Project
LoriCaputo@eKnowledge.com 951-256-4076



National Guard Family Member,

I wanted to ensure our family members know that they are eligible and encouraged to nominate the employer (of their service member) who has provided exceptional support to military employees above the federal law requirements. The Pro Patria Award is the highest recognition given by the South Dakota Employer Support of the Guard and Reserve to one employer annually for their outstanding support of their employees who serve in the National Guard and Reserve.

Nominations will be accepted April 1 - August 1, 2012. I would highly encourage you to take time to nominate your service member's employer for this award as we all know the vital role those employers are currently undertaking to support their employees that serve in our Armed Forces.

The nomination is quite simple. The service member or family member completes the form, returns it to me, and SD ESGR will conduct interviews with the service member, employer and family members (if SM agrees) in order to put the best packet forward.

To obtain a form please contact me at: lona.christensen@us.army.mil or 737- 6540. Please feel free to contact me with any questions that you might have.

Thank you!

CPT Lona Christensen
SD ESGR Executive Director
lona.christensen@us.army.mil
605-737-6540 (office) 605-431-5424 (cell)



EXAMPLE LOGO



New Logo Competition!

WE NEED YOUR HELP!
Get involved with the Service Member and Family Support branch by helping us find our new logo.

We have changed our name to Service Member and Family Support (SMFS) to accurately reflect the depth and breadth of our support to enhancing the lives of ALL service members, their families and veterans throughout the South Dakota. The services we provide in SMFS have not changed...just our name.

In addition, SMFS will be kicking off a logo contest in the near future... we will be looking for a new "fresh look" and we need your talents to design our new logo. Be watchful for the details and spread the word to anyone with artistic abilities. Help us create our new appearance!

Yellow Ribbon Updates!

Don't forget to attend the upcoming Yellow Ribbon events in **April**:

- 14th → 200th/139th/189th – Reunion Event – Sioux Falls
- 14th → Early REFRADs/Individual Mob's/Makeup
- 30 Day Reintegration Event – Sioux Falls
- 21st → 200th/139th/189th – Reunion Event – Rapid City
- 21st → Early REFRADs/Individual Mob's/Makeup -
- 30 Day Reintegration Event – Rapid City

Also mark on your calendars the following changes for later this year:

- May 19 → Early REFRADs/Individual Mob's/Makeup -
- 30 Day Reintegration Event – **CANCELED**

- June 9 → 927th Survey Team/1978th Acquisition Team
Pre-mobilization Event – Sioux Falls





STARBASE academies are free to attend!

Participants must have their own transportation, lunch and snacks. Registration will be open on April 20th at

<https://sites.google.com/site/starbaserapidcity/>

For questions about STARBASE, please contact

Sarah Jensen at
sarah@starbase.org



VA Caregiver Support Program

VA's Caregiver Support Program develops programs and support services for family members and others who ensure that Veterans have emotional and physical support, access to health care, and the opportunity to remain in their homes when they can no longer completely care for themselves.

If you or anyone that you know qualifies for this program you can contact the Caregiver Support Program for more information, please visit: www.caregiver.va.gov which provides a wealth of information and resources for Veterans, families and the general public or **Dr. Bill Meirose, TAA-South Dakota, 605-737-6669.**

Am I Eating Right? Signs of Nutritional Trouble

Being overweight is the telltale sign of nutritional trouble. According to Heidi Reichenberger, MS, RD, a registered dietitian and spokesperson for the American Dietetic Association, all people—even those with a trim waistline—need to ask the question “Am I eating right?” Doing so does much more than keep your weight in check. A healthy diet promotes optimal functioning of all the body’s systems and protects against many life-threatening diseases.

Harvard University physician Walter Willett, MD, in his book *Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating* writes, “A healthy diet teamed up with regular exercise and no smoking can eliminate 80 percent of heart disease and 70 percent of some cancers.”

That’s encouraging—but requires action. Reichenberger advises: “People must become aware of their diets. Doing so will help you to make deliberate healthy food and drink choices rather than eat merely out of convenience or habit.”

Check out these signs of nutritional trouble and what you can do about it:

Do you eat too little of the foods that keep you healthy? Foods that should be the foundation of your diet are: vegetables; fruit; whole-grain complex carbohydrates (like whole-grain bread, oatmeal, barley and brown rice) and beans; lean proteins (like fish and poultry); and dairy products that are low in saturated fat.

Do you always take second helpings? Do you eat until you feel stuffed? Overeating is leading to a national epidemic—obesity. Obesity is linked to stroke, heart attack, hypertension, diabetes and many other diseases. If portion control or overeating at mealtime is a problem for you, take appropriate serving sizes and slow down! Eating slowly will allow you to enjoy your initial serving and give you a chance to feel satisfied before you’re tempted to reach for seconds.

Do you skip meals? Reichenberger says skipping breakfast is a bad idea for 2 reasons. First, your body needs fuel to perform at its best. Second, skipping breakfast—or any meal—may lead to overeating at later meals or excess snacking.

Do you know how to read and interpret food labels? Food packaging can sometimes mislead consumers on the healthfulness of a product. The only way to really know what you’re getting is to read the label. The list of ingredients is particularly useful to people who simply want to avoid “junk” and maximize good-for-you foods.

If you need help analyzing your diet, Reichenberger suggests seeking help from a registered dietitian. They are a highly qualified source of reliable nutrition information, and can help you determine if your diet is lacking and how to resolve any issues.

Resources

Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willett, MD. Free Press, 2001.

ADA Complete Food and Nutrition Guide. The American Dietetic Association, 2002.

American Dietetic Association and www.eatright.org

By Christine P. Martin

Source: Heidi Reichenberger, MS, RD, registered dietitian; Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating by Walter C. Willett, MD. Free Press, 2001; ADA Complete Food and Nutrition Guide. The American Dietetic Association, 2002; American Dietetic Association

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