



South Dakota Family Focus

A Monthly Update for South Dakota National Guard Service Members and Families

SDNG Family Programs

1-800-658-3930

<https://sdguard.ngb.army.mil/sites/famsup/default.aspx>

STATE FAMILY PROGRAM DIRECTOR

I'm looking outside my office window this morning and it is STILL SNOWING! Imagine that?! There has been no shortage of snow and other precipitation this year. Don't get me wrong, my family enjoys downhill skiing, therefore, though I may be one of the few in SD, I love the snow and winter in general. But, I do appreciate spring!

To some of you, spring 2011 might not be as welcome as in the past. I understand, much like last year, we are anticipating flooding in eastern SD. Once again, the South Dakota National Guard is ready to assist with State Active Duty missions. No doubt some of you will volunteer to support the Guard's involvement with any State mission we receive.

Our Service Members proudly serve overseas, attend unit training and professional development schools, and assist in State emergencies. Regardless of the situation, they leave families behind. Please remember our Family Programs team is always here ready to assist and support you when your Service Member is away. Let me highlight a couple of resources that are available.

Michele, Kim and Rachel head up our Family Assistance Center (800-658-3930). This team understands the challenges of military life and have resources established to assist your family as you transitions in and out of active duty status, whether serving overseas or in the States. When you don't know who to call, call our Family Assistance Office.

Our Military Family Life Consultants (MFLC) can provide counseling to your youth or teen that is struggling with Mom or Dad's absence. Our MFLCs are some of the best listeners I know – and can offer some practical suggestions for getting past the stress of your Service Member's time away.

The bottom-line is to not be afraid to ask for help. If not through your Family Programs Office – than through a friend, a church, a counselor or someone!

In the meantime, ENJOY THE SNOW! Take your kids sledding (be sure to call that family whose parent is deployed and take their youth with you). Or I invite you to join me and my family on the slopes – we're there most Saturday's!

Serving you, LTC Jacobson

PS. April is Month of the Military Child – our Youth Program is sponsoring a photography contest (another great winter activity). Check out page 2 for more information!

AIRMEN AND FAMILY PROGRAMS

As we talk about what family programs can do to build a resilient family, the 114th Air National Guard is getting geared up to have their annual Wingman down day Saturday March 5, 2011. The objective of Winter Wingman Day 2011 is to reinforce the Wingman concept as the foundation to building resilient Airmen. With this concept we are able to start with the Airman and then focus on the family and the community.

The Airman and Family Readiness Center is supporting a training session for all our volunteers on March 19th. We will be doing Joint Service Support training, 4 lenses, Military OneSource briefs, and a resiliency presentation from our Military Family Life Consultants. Our annual awards will also be given to our outstanding volunteers and military members.

The Family Volunteer Group for the Air is also preparing their annual "Spring Fling." Here kids of all ages from the 114th will hunt for hidden eggs, play family games and receive prizes! Fun is had by all who attend!

We continue to strive to support our Military members and their families. Everyone has a mission to serve. Please let us assist you in your efforts of family and military life. Our office is open Tues-Fri 6:45-5:30 and we are available by phone during non work hours at (605) 310-6487 or (605) 595-7652.

Nikki Wajer
(605) 988-5962
Cell- (605) 310-6487
nicole.wajer@ang.af.mil

FAMILY ASSISTANCE

May your month of March be a *Lucky* one! This month our Family Assistance Team would like to offer some tips on your medical and dental benefits. As a National Guard Service Member did you know that you have health and dental insurance options? It is TRUE you do ! TRICARE Reserves Select (TRS) is an *affordable* premium based health care benefit available to Service Members and their Families of the National Guard and Reserve.

United Concordia (UCCI) provides dental insurance to Service Member and their Families. UCCI is premium based and *unlike* many other dental insurance UCCI has an orthodontic benefit.

National Guard Service Members retiring from the Guard with 20 years of service but under the age of 60 *TRICARE Retired Reserve* (TRR) is available to fill in the gap from your retirement until you reach the age of 60.

***Service Members placed on ACTIVE DUTY orders for 31+ days or more qualify for Active Duty TRICARE coverage (Families will also be eligible for the Active Duty TRICARE). TRS, UCCI and TRR require enrollment and premium for coverage. If you are interested in more information please contact our Family Assistance Office.

IT IS WITH GREAT HONOR TO ASSIST AND SUPPORT YOU! HOW MAY WE BE OF ASSISTANCE?

Michele Anderson
Family Assistance Coordinator
Contractor, HRCI
800-658-3930
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CALENDAR OF EVENTS

MARCH

- 5– Wingman Day- Sioux Falls, SD
- 12-13– 139th BSB Pre Mob Strong Bonds– Sioux Falls
- 13– Life Ties Training– Sourced Units – Mobridge
- 13– Youth Council Conference Call– Rapid City
- 19– Air Guard Volunteer Training- Sioux Falls, SD
- 27– Life Ties Training– Sourced Units– Brookings
- 30-1– 200th ENGR Final SRC– Rapid City

APRIL

- 1– Zero to Three Training– Chamberlain
- 2-3– Family Readiness Volunteer & Military Training– Rapid City
- 3– Youth Council Conference Call– Rapid City
- 7-10 Region 8 Youth Leadership Conference– Salt Lake City, UT
- 9-10– 139th BSB Final SRC– Brookings
- 16-17– 139th BSB Yellow Ribbon Pre Mob Event – Watertown
- 28– Junior Officer Development– Mod Flash Forward – Sioux Falls
- 29-1– 200th ENGR Strong Bonds and Yellow Ribbon Pre Mob Event – Huron

MAY

- 7– C Co 189th AVN Yellow Ribbon Pre Mob– Rapid City
- 7-8– 4H Summit Training for Teen Camp– Brookings
- 15– Spring Fling Event– Sioux Falls, SD
- 15– Youth Council Assisting with Air Guard Spring Fling– Sioux Falls

HAPPY ST. PATRICK'S DAY!!!

Find us on FACEBOOK at www.facebook.com/southdakotationalguard

YELLOW RIBBON PROGRAM

The DoD Yellow Ribbon Reintegration Program provides support in preparing Service Members and their families for mobilization, sustaining families during mobilization and reintegrating Service Members with their families, communities and employers upon their return from deployment. The Yellow Ribbon Program hosts multiple events throughout a units mobilization where Service Members and their families can access providers, information and services available to them. The Yellow Ribbon Program will be hosting the following events:

139th BSB Pre-mobilization Event - April 16th & 17th in Watertown

200th ENGR Pre-mobilization Event - April 29th 30th & May 1st in Huron

C CO 189TH AVN Pre-mobilization Event – May 7th in Rapid City

For more information please contact the Yellow Ribbon Team at: yellowribbon@sd.ngb.army.mil

ANG YELLOW RIBBON PROGRAM

I just returned from the Yellow Ribbon Professional Development Seminar held in Atlanta, Georgia. The weather was so much warmer! Overall, the academic information was very informative and gave a decent snapshot of the continuing development of the Yellow Ribbon Program. As in most instances, the NET-WORKING aspect with other Yellow Ribbon members helps to reassure me that we are not alone in the challenges to extend our resources and provide more solid programs.

Networking is a highly intriguing part of the conference in developing new ideas and generating good solutions for some of the challenges that we currently face. Of course, budgeting concerns brought on a lot of discussion and the intent is for each of us to look at more prudent ways in which we can involve our local community, become cost effective with the dollars that we currently have, and to provide something of “value” to our military members and their families.

Without a doubt, FY 2011 looks to be an interesting year, full of fun and surprises for the Yellow Ribbon Program. I am confident that we can continue to provide “value” to our Yellow Ribbon Programs and collectively work together to ensure that time and resources are used productively to enhance the lives of our military members and their families.

- Mike Haugen, ANG Yellow Ribbon Program

YOUTH PROGRAM

SAVE THE DATE – applications to follow

SD Military Youth Leadership Camp

Camp Bob Marshall near Custer, SD 18-22 July

SD Military Teen Camp

SDSU in Brookings, SD 6-10 June

(in conjunction with the 4H Teen Leadership Conference)



Month of the Military Child

April is Month of the Military Child. Please take the time to honor and to thank all military children!

Month of the Military Child Photography Contest

In celebration of Month of the Military Child, the SD National Guard Youth Program and Operation Military Kids (OMK) are sponsoring a photography contest. This is open to all children, ages eighteen and under. Your photo should illustrate the theme “Proudly Supporting Our Military Children and Families” and can be in color or in black and white. Please submit your photo in an 8x10 format. Prizes will be awarded. Entries are due by May 15, 2011, and can be sent to:

Taryn Broomfield
State Youth Specialist
2823 W. Main St. Bldg. 509
Rapid City, SD 57702

For an entry form or if you have questions, please contact 605-737-6919 or taryn.broomfield@us.army.mil.

ARMY FAMILY ACTION PLAN, ANOTHER WAY TO BE HEARD

The Army Family Action Plan (AFAP) is an Army-wide program that seeks to improve the quality of life for military Families. Through AFAP, all members of the Army, including Active, National Guard and Reserve Service and Family members, retirees, surviving spouses, Department of the Army Civilians, and military technicians have a forum to voice their concerns to the Army’s leadership and make recommendations for change. The Army is the only branch of the Department of Defense that has such a program.

In the late 1970s, Army spouses organized a forum to discuss their concerns and develop suggested resolutions. AFAP was formally adopted at the first Department of the Army planning conference in July 1983.

In its 26 year history, AFAP has had a major influence on 112 legislative changes, 159 revisions to policy, and 178 improvements to programs and services. Many of the improvements resulting from past AFAP initiatives have, in fact, been adopted across the Department of Defense, thus benefitting all branches of the military service. Some examples of the benefits Service and Family Members receive today as a result of past AFAP efforts include:

- Increased Service members’ Group Life Insurance benefits - from \$50,000 to \$200,000 to \$400,000
- Thrift Savings Plan was authorized and implemented for Military members
- Department of Defense Reserve Component Family Member ID cards were established
- Family Support Groups were institutionalized
- Transfer of GI Bill benefits to dependents was approved
- Family Readiness Support Assistants Program was established
- Adoption of TRICARE for Life

All are encouraged to submit issues for consideration at any time, but where to begin...

Visit www.myarmyonesource.com; click Family Programs and Services, then select Army Family Action Plan Issue Management System. Army One Source allows you to enter and monitor AFAP issues.

Initially, all issues are forwarded to the state’s AFAP Program Manager so they can be reviewed at the State level to seek resolution first. If the issue cannot be resolved at the State level it will then be forwarded to the AFAP Conference for delegates to review semi-annually. For further information or to submit an issue please contact the SDNG AFAP Program Manager at 737-6089 or familypro

FAMILY PROGRAM SPOTLIGHT



My name is Candice Twinnereim and I am very excited to be the National Guard Deployment Youth Specialist for South Dakota. I began working full-time with the Youth Program in January of 2008, and since then I have also held a position with the Family Assistance Center for a period of about 6 months. This position spiked my interest, as I was South Dakota’s very first National Guard Youth Representative and

have spent many years as a Youth Volunteer, helping with Soldier Readiness Processing. I have been a part of the National Guard Youth Program since I was 13, and have had many rewarding experiences stem from that opportunity. As the National Guard Youth Representative I attended three National Conferences and helped start the very first Youth Symposium, right here, in South Dakota in 2001. I have undeniably generated a passion for working with military youth because of that role. For the past few years I have been a part of the South Dakota National Guard Family Programs Advisory Council as well. My role as the Youth Deployment Specialist includes coordination of all Youth and Teen activities during Yellow Ribbon Deployment Events. Other resources I am available to assist with include but are not limited to; advocate and assist with the National Association of Child Care Resource and Referral Agencies (NACCRRRA) application process, Our Military Kids (OMK) Scholarship Program, and Resiliency Retreats. The Deployment Youth Program offers a gamut of resources for parents as well, with references to Youth and Teen substance abuse, pregnancy, nutrition and health issues, and important conversations to have with teachers or administrators during a deployment. I look forward to continuing my work with our young heroes of the South Dakota National Guard Youth Program, for they are our future and hope for tomorrow.