

Fort Pickett, VA

# Families in Focus

# American Red Cross



Just like active duty military members, civilian-based military members also benefit from American Red Cross services. The Red Cross supports the nearly 1.2 million members of the Reserves and National Guard when they are living in their local communities and when they are mobilized. Red Cross services are also available to members of the Reserve Officers Training Corps, U.S. Coast Guard, Commissioned Corps of the U.S. Public Health Service, U.S. Army Corps of Engineers, recruiters, retirees and to their families.

The American Red Cross wants members of the National Guard, Reserves and other community-based military personnel to get to

know us before you need us. All too often, members of the Reserves and National Guard don't know about available Red Cross services until they are mobilized. Knowing in advance that communication links, access to financial assistance and counseling will be available in an emergency brings peace of mind to the military and to the families from whom they are separated. Similarly, knowing that Red Cross services are available to inactive service members and their family members provides a safety net in times of need.

Red Cross services for members of the Reserves and National Guard includes emergency communication, access to emergency financial assistance, counseling, veterans

services, and information and referral provide by Armed Forces Emergency Service.

Members of the National Guard and Reserves and their families should contact their local Red Cross chapter, which is listed in local telephone directories and at [www.redcross.org](http://www.redcross.org), under "Find Your Local Red Cross."

Active duty service members on overseas military installations may access Red Cross reporting and communication assistance by contacting base/installation operators for the listing of the on-base Red Cross office or information on how to access Red Cross assistance if there is not a representative on the local installation.

Source: American Red Cross Website.

## Family Programs Staff

- MAJ Myers  
Family Programs Director  
(434) 298-6365 [lc.myers@us.army.mil](mailto:lc.myers@us.army.mil)
- Angeli Wade  
Family Wing Coordinator (804) 864-7036  
[angeli.wade@varich.ang.af.mil](mailto:angeli.wade@varich.ang.af.mil)
- 1LT Kyle Duffer  
State Family Assistance Center OIC  
(434) 298-6260 [kyle.a.duffer@us.army.mil](mailto:kyle.a.duffer@us.army.mil)
- SGT Von Ferreira  
State Family Assistance Center NOIC  
(434) 298-5336 [von.s.ferreira@us.army.mil](mailto:von.s.ferreira@us.army.mil)
- Julia Alaric  
Family Readiness Assistant  
(434) 298-6336 [julia.alaric@va.ngb.army.mil](mailto:julia.alaric@va.ngb.army.mil)
- Kay Baber  
Youth Program Coordinator  
(434) 298-6129 [kay.baber@us.army.mil](mailto:kay.baber@us.army.mil)
- Dana Ivory  
Family Programs Assistant  
(434) 298-5330 [dana.ivory@us.army.mil](mailto:dana.ivory@us.army.mil)
- Dorian Bell  
State Benefits Advisor  
(434) 298-5315 [dorian.m.bell@nus.army.mil](mailto:dorian.m.bell@nus.army.mil)

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# August 2006

## Schedule of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
<b>1/116th Pre-Deployment</b>						
6	7	8	9	10	11	12
<b>Youth Summer Camp</b>						
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### 1/116th Pre-Deployment Family Readiness and Assistance Exercise

Location: Lynchburg, Lexington,  
Christiansburg

Dates: 2-4 August 2006

### Youth Summer Camp

Location: Camp Pendleton,  
Virginia Beach

Date: 6-11 August 2006

# ChildCareAware™

## Child Care for Military Families

Child Care Aware is a non-profit initiative committed to helping parents find the best information on locating quality child care and child care resources in their community. We do this by raising visibility for local child care resource and referral agencies nationwide, and by connecting parents with the local agencies best equipped to serve their needs.

NACCRRRA is working with DOD to help those who serve in the military find and afford child care that suits their unique needs. Through several innovative civilian/military efforts among DOD, NACCRRRA & Child Care Resource & Referral agencies, we are building the quality and capacity of child care throughout

the country.

#### **Military Child Care in your Neighborhood:**

For National Guard and Reserve service members living in geographically dispersed areas where on-base military child care is not available. Active Guard and Reserve (AGR) personnel, Recruiting Specialists, ROTC instructors, Military Entrance Processing personnel and service members on independent duty assignments. Federal technicians are eligible for assistance.

**Operation Military Child Care:** For Children of activated National Guard and Reserves, activated or deployed in the Global War on Terror. A subsidy for licensed child care that is based on total

family income and child care expenses. All income levels and ranks are eligible.

**Operation: Child Care:** For families of service members participating in Operation Enduring Freedom and Operation Iraqi Freedom. Child Care providers have volunteered a minimum of 4 hours of free service for service members home on R&R.

To apply for any of these great services, families & service members can call 1-800-424-2246 ext 341 or <http://www.ChildCareAware.org>

Source: [www.childcareaware.org](http://www.childcareaware.org) website.

# Virginia National Guard Soldiers & Airmen to Serve on Southwest Border



**RICHMOND, Va.** – Maj. Gen. Robert B. Newman, Jr., the Adjutant General of Virginia, announced that Soldiers and Airmen of the Virginia National Guard have volunteered to

serve on the Southwest Border in support of Operation Jump Start. Newman said that approximately 350 Soldiers and Airmen from the Commonwealth volunteered to serve on a Virginia National Guard task force that will be supporting the United States Customs and Border Protection in Arizona. He said that Operation Jump Start is a National Guard mission to support federal law enforcement. Newman went on to say that the volunteers will begin entering duty around June 30, 2006.

According to Newman the mission for the Joint Force Headquarters – Virginia is to alert, marshal, train, deploy, and support a Joint Task Force, or JTF, made up of volunteer Soldiers and Airmen of the Virginia National Guard. Once that JTF arrives in Arizona it will support Operation Jumpstart and operate under the control of the Governor of Arizona.

Newman said initially the plan was to have Virginia National Guard Soldiers deploy in support of Operation Jump Start after the hurricane season which ends November 1 but this opportunity for volunteers came up. He said that the call went out across the Commonwealth seeking Soldiers and Airmen to support this requirement. In the strongest tradi-

tion of the Virginia National Guard; Soldiers and Airmen came forward willing take this mission on.

Newman stated the Virginia National Guard will remain capable of meeting the potential challenges of the upcoming hurricane season even with these Soldiers deployed on the Southwest Border. He said when Hurricane Isabel struck in September 2003 approximately 2,000 Soldiers and Airmen of the Virginia National Guard were deployed in support of their federal mission and Gov. Mark Warner was able to summon 1,100 Soldiers and Airmen to state active duty in support of hurricane recovery operations. Newman noted that these volunteers could be recalled to Virginia in the event an emergency strikes the Commonwealth while they are serving in Arizona.

Newman said there are approximately 475 Soldiers and Airmen deployed overseas in support of Operation Enduring Freedom and Operation Iraqi Freedom with another 488 Soldiers preparing to deploy in support of the NATO Kosovo Force, or KFOR, mission in the Balkans.

Col. Robert Simpson, Director of the Joint Staff of the Virginia National Guard said the Soldiers and Airmen will come from units throughout Virginia. Simpson said "About one third of the volunteers will begin entering duty at their home stations on June 30 where they will complete preliminary processing requirements and then travel to Ft Pickett. There they will complete various administrative and training tasks in preparation for this mission."

Simpson went on to say when the volun-

teer Soldiers and Airmen arrive in Arizona they will receive an orientation and specific mission training from the Customs and Border Protection Service. He said that as a result of their previous military training the volunteers have the basic skill sets necessary to successfully accomplish this mission. The Soldiers and Airmen are currently scheduled to arrive in Tucson where they will be received by representatives of the Arizona National Guard.

Lt. Col. Thomas Morgan, the Virginia National Guard Director of Military Support said current planning provides for the volunteers to report for duty on June 30, July 15, and July 25 and "a phased deployment by group ending with all forces in Arizona by July 30<sup>th</sup>." Morgan also pointed out while Soldiers and Airmen will take their individual equipment with them, unit equipment such as vehicles will remain in Virginia.

For Additional Information Contact:

CHESTER C CARTER III  
Lieutenant Colonel, Va. Army National Guard  
Public Affairs Officer  
434.298.6107 DSN 438.6107  
e-mail: [chester.carter@va.ngb.army.mil](mailto:chester.carter@va.ngb.army.mil)



## Military OneSource Provides Information About Identity Theft

Service members, military families and installation staff concerned about identity theft should call Military OneSource toll free at 1-800-342-9647 or visit <http://www.militaryonesource.com>. Military OneSource will immediately provide troops and families with information about identity theft and how to obtain a free credit report. On the site they can download or have mailed to their home address information on: protecting oneself against identify theft; what to do if one is a victim of identity theft; what one should know about your credit record; and quick tips for ordering a free copy of your credit report. Military OneSource counselors are available to talk with military members and their families 24 hours a day, seven days a week. Source: Military Onesource website.





Pharmacy



## Home Delivery for your Medications

**Are you taking the same medications every day? Are gasoline prices, shorter pharmacy hours, and traffic making your trip to the military pharmacy more expensive and inconvenient? Want to get a 90 day supply of medication for the same price you pay for a 30 day supply at your local retail pharmacy?**

If you answered yes to any of these questions, then it's time for you to try home delivery of your medications through the TRICARE Mail Order Pharmacy (TMOP). The TMOP, administered by Express Scripts, Inc. (ESI), is a cost effective and convenient way for

military families to receive their prescription medications. Using the TMOP also helps the Department of Defense (DoD) contain health care costs and sustain a first class health care benefit.

By opting for home delivery through the TMOP, beneficiaries may save as much as 66 percent of the cost for maintenance medications for such conditions as high blood pressure, asthma, and diabetes. Many patients also find a significant savings when using the TMOP for allergy medications or other prescriptions they take daily, such as birth control pills. These significant savings result because TRICARE Mail Or-

der Pharmacy mails beneficiaries up to a 90-day supply of most medications for the same cost as a 30-day supply at a retail pharmacy. Beneficiaries may refill their prescriptions by telephone, mail, or on-line and prescriptions are delivered directly to their home. You can usually receive your medications in less than ten days from the time you order a new prescription. Refills come even quicker!

Step-by-step directions can be found on the TRICARE website at

[http://www.tricare.osd.mil/pharmacy/tmop\\_howuse.cfm](http://www.tricare.osd.mil/pharmacy/tmop_howuse.cfm)

Source: TRICARE website.



## Affordable Weekly Condos

Department of Defense ID cardholders are eligible for weekly condominium rentals at 3,500 resorts in 80 countries worldwide. The Armed Forces Vacation Club (AFVC) offers space-available condominiums for \$299 a week. The AFVC is available to active-duty and reserve members, adult military dependents, retired servicemembers and their families, Department of Defense civilians, non-appropriated civilians, retired DoD civilians, foreign exchange servicemembers on permanent duty with DoD, DoD dependent school teachers, 100-percent disabled veterans and some contractors working on a military installation. For more information visit the Armed Forces Vacation Club website at <http://www.afvclub.com>. Source: AFVC website.

## United Through Reading

The USO, in partnership with Family Literacy Foundation, is proud to offer the United Through Reading® program at select USO centers worldwide. This program helps deployed service men and women stay connected to the children in their lives through the medium of reading aloud. This program allows service members visiting participating USO centers to videotape themselves reading a children's book. The DVD, a copy of the book, instructions, as well as information on the United Through Reading program, are mailed to the child and family back home. All recording equipment, books and packaging materials are supplied by the USO.

The parent or caregiver is encouraged to photograph or videotape the child's excitement as they watch the DVD and follow along with the book. The photograph or DVD then can be sent to the deployed family member, boosting the morale of the entire family and enhancing the feeling of connectedness. Article and pictures from <http://www.uso.org/> website.





## DOD Makes Changes to Qualifications for TRICARE Reserve Select

The Department of Defense announced the eligibility determination period for the new TRICARE Reserve Select (TRS) program, and as a result, every member of the selected reserve will now have the option to purchase their health coverage from TRICARE.

Health coverage for selected reserve members who want TRS and complete all the required steps begins Oct. 1, 2006.

The new TRS program eligibility determination period runs from July 1, through Sept. 25.

TRS is a premium-based, three-tier TRICARE health plan for certain se-

lected reserve members and their families that is authorized under section 1076(b) and (d) of Title 10, United States Code.

Selected reserve members must work with their service personnel offices to determine which one of three TRS tiers they qualify for. They must have their eligibility verified by their service personnel office and complete the Department of Defense Form 2895, "Agreement to Serve in the Selected Reserve for TRICARE Reserve Select" before they can submit their application to purchase TRS coverage.

Only qualified selected reserve members may submit an enrollment form

with the first month's premium payment to purchase coverage. Service members can review TRS program eligibility requirements at <http://www.defenselink.mil/ra/>.

For additional information about the TRS benefit for members of the selected reserve, including open enrollment dates for TRS tiers two and three, visit <http://www.tricare.osd.mil/reserve/reserveselect/index.cfm>.

Article from: [http://www.tricare.osd.mil/pressroom/article\\_06-13.aspx](http://www.tricare.osd.mil/pressroom/article_06-13.aspx) website.

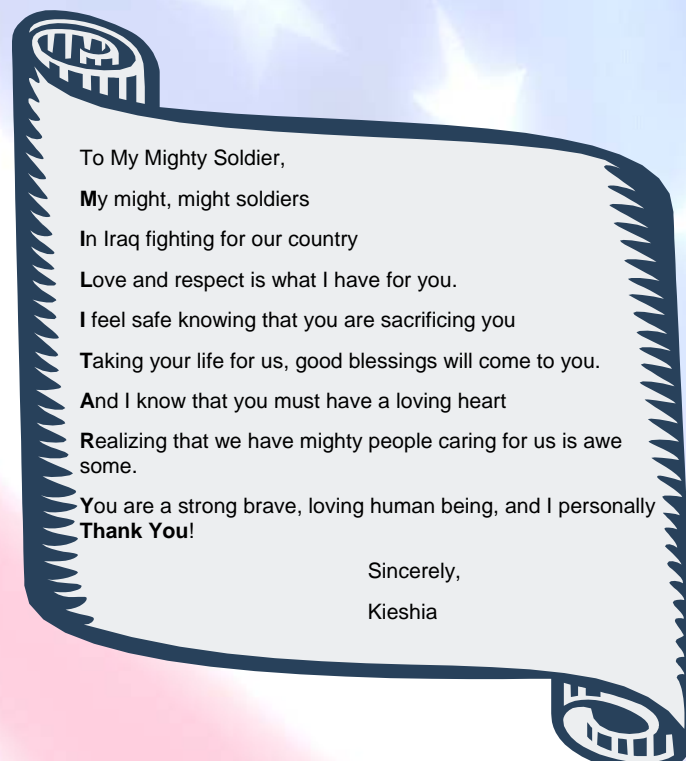
## Renters Insurance

Would you buy a house without getting insurance? In fact unless you're paying cash you do not have a choice. All mortgage companies require you to purchase some type of Home insurance. So why do millions of apartment dwellers each year lose it all and have no way to replace their property and personal items because of a fire, break in or natural disaster? Did you know that you could purchase renters insurance for so little.

An average policy for \$10,000 property replacement can cost just \$13 a month and a \$50,000 liability for \$20 a month. Make sure you get a policy that covers full replacement value and you have documented proof such as photos or videos of more expensive items.

Renters Insurance may never be used but having the piece of mind that if your apartment is destroyed by a fire you can afford to start over is worth so much more. Check with your current car insurance carrier as most also have renters policies. Starting over is never easy but having money to do so will certainly help.

Submitted by Tricia Riggs  
Sandston Family Assistance Center



To My Mighty Soldier,  
My might, might soldiers  
In Iraq fighting for our country  
Love and respect is what I have for you.  
I feel safe knowing that you are sacrificing you  
Taking your life for us, good blessings will come to you.  
And I know that you must have a loving heart  
Realizing that we have mighty people caring for us is awe some.  
You are a strong brave, loving human being, and I personally  
**Thank You!**

Sincerely,  
Kieshia

## Answers to last Issue's

4	1	6	7	9	5	3	8	2
2	3	7	1	4	8	6	5	9
8	9	5	6	2	3	1	7	4
5	8	9	2	3	4	7	6	1
6	4	3	5	1	7	9	2	8
1	7	2	8	6	9	4	3	5
9	6	1	3	8	2	5	4	7
7	2	4	9	5	6	8	1	3
3	5	8	4	7	1	2	9	6

# Sudoku

			3		6	8		
	8		1			5		3
	4			2				
	3	7						
8				9				4
						6	3	
				7			9	
2		8			5		7	
		1	9		4			

Was this information helpful? Do you have a best practice or story you will like for us to highlight? Email your request, comments and/or practices to [dana.ivory@us.army.mil](mailto:dana.ivory@us.army.mil).

The goal is to fill in the empty cells, one number in each so that each column, row, and region contains the numbers 1 through 9 only once. Answers will be in the next upcoming issue. Source: U-Turn; Winter 2005

# Family Assistance Centers

## Family Assistance Centers (FAC) State FAC

1LT Duffer  
SSGT Von Ferreira  
Ms. Cheryl Moses  
Emergency: (800) 542-4028  
(434) 298-6114

[kyle.a.duffer@us.army.mil](mailto:kyle.a.duffer@us.army.mil)

[Von.ferreira@us.army.mil](mailto:Von.ferreira@us.army.mil)

[Cheryl.moses@us.army.mil](mailto:Cheryl.moses@us.army.mil)

## Lynchburg FAC

Mrs. Annette Prough  
(434) 582-5167 \*13  
(540)521-0966 (M)

[Annette.prough@us.army.mil](mailto:Annette.prough@us.army.mil)

## Manassas FAC

Mrs. Kat Higgins  
(703) 392-8858 \*41  
(703) 554-5520

[Kat.higgins@us.army.mil](mailto:Kat.higgins@us.army.mil)

## Norfolk FAC

Mrs. Tina Harrison  
(757) 455-0829 \*812  
(434) 294-1237 (M)

[Tina.harrison@us.army.mil](mailto:Tina.harrison@us.army.mil)

## Chatham, Danville, Martinsville & South Boston

Ms. Knyla Robin Harris  
(434) 432-7228  
(434) 770-3284 (M)

[Knyla.harris@us.army.mil](mailto:Knyla.harris@us.army.mil)

## Sandston FAC

Mrs. Tricia Riggs  
(804) 328-3004 \*811  
(804) 380-6343 (M)

[Tricia.riggs@us.army.mil](mailto:Tricia.riggs@us.army.mil)

## Staunton FAC

Mr. Maurice Harrison  
(540) 332-7859  
(540)292-2636 (M)

[Maurice.harrison@us.army.mil](mailto:Maurice.harrison@us.army.mil)

## Virginia Beach FAC

Mrs. Tammy McGuigan  
(757) 961-6545  
(757) 353-9621 (M)

[Tammy.c.mcguigan@us.army.mil](mailto:Tammy.c.mcguigan@us.army.mil)

