

# Families in Focus

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## NATIONAL GUARD BUREAU FAMILY PROGRAMS



The National Guard Bureau Family Program is a Joint Force initiative that serves as the foundation for support to families of Army and Air National Guard Members. As the guard faces an unprecedented increase in military activity and extended deployments, the highest priority of the National Guard Family Program is to provide families with the assistance they need to cope with mobilization, deployment, reunion, and reintegration.

A strong Joint service family support network, organized in each State and Territory by State Family Program Director at the State Joint Force Headquarters and reinforced by a Wing Family Program Coordinator at each Air National Guard Wing, ensures that all units and states can readily communicate with one another and that no family "falls between the cracks." The 54 State Family Program Directors and 88 Wing Family Program Coordinators are the Family Program's primary resources for providing on-the-ground family readiness support to commanders, Soldiers, Airmen, and their families. State Family Readiness Group Assistants now further enhance and support the link between the Mission Commanders, Rear Detachment Commanders, and volunteer Family Readiness Group Leaders. Finally, at the heart of the program –working from the unit level to the national level –are our dedicated Volunteers, without whom the program could not function.

The events of September 11, 2001, have forever changed the world in which we live. Never before have so many of our Guard Member been in so many different stages of deployment at the same time, and families are forced to deal with a way of life that has drastically changed. Extended deployments have increased the need for 100% outreach, with personal contact to all deployed Guard Member Families. Our State Family Program Directors, Wing Family Program Coordinators, Youth Coordinators, and Volunteers are going beyond the call of duty and, in spite of stretched resources, are meeting the ongoing challenges of continuous deployments with skill, dedication, and pride.

## MILITARY ONE SOURCE

In February 2005, each service branch began to transition their specific OneSource services to a single brand called Military OneSource (MOS). Each service branch will still retain its OneSource logo and branch-specific OneSource name. The CFSC Family Programs Directorate completed the transition to Military OneSource in October 2005. MOS continues to supplement existing family programs by providing a 24-hour, seven days a week toll free information and referral telephone line and internet/Web

based service available to active duty, National Guard, Reserve Soldiers, deployed civilians and their families worldwide. MOS provides information ranging from everyday concerns to deployment and reunion issues. If there is a need for face-to-face counseling, MOS still provides referrals to professional civilian counselors for assistance in CONUS, Alaska, Hawaii, Puerto Rico and Guam. The CONUS number for MOS is 1-800-464-8107. The OCONUS number for the MOS is (access code) 800-

464-81077 (dial all eleven digits). Callers may call collect if toll free service is not available by calling 484-530-5889. Callers may also use the additional phone numbers provided by MOS. Callers in CONUS may also call 1-800-342-9647. OCONUS (access code) 800-3429-6477 (dial all eleven digits). Callers may call collect if toll free service is not available by calling 484-530-5908. For more information, go to:

[www.militaryonesource.com](http://www.militaryonesource.com)

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## VIRGINIA ALLIANCE OF INFORMATION

2-1-1 VIRGINIA is the national abbreviated dialing code for free access to health and human services information and referral (I&R). 2-1-1 is an easy-to-remember and universally recognizable number that makes a critical connection between individuals and families in need and the appropriate community-based organizations and government agencies. 2-1-1 makes it possible for people in need to navigate the complex and ever-growing maze of human services' agencies and programs by making services easier to access. 2-1-1 encourages prevention and fosters self-sufficiency.



The Virginia Alliance of Information & Referral Systems (VAIRS) is spearheading the 2-1-1 effort in the Commonwealth. The Virginia Statewide Information & Referral System, the Virginia Department of Social Services (VDSS) and VAIRS have partnered to provide 2-1-1.

2-1-1 Virginia became available to all people in Virginia on February 10, 2006 except those located in the Northern Virginia region. People needing information and referral services in the Northern Virginia region can still call 1-800-230-6977 for assistance.

Hours of operation for 2-1-1 VIRGINIA are from 8:30 a.m. - Midnight, seven days a week with plans to operate 24-hours a day as funding to support the expansion become available. For more information, visit <http://www.vairs.org/>.



### MARK YOUR CALENDARS

**Youth Family Team Building**

Date and Time: 25-26 March 06  
Location: Charlottesville, VA

**Basic Family Readiness Group Leader Training**

Date and Time: 8-9 April 06  
Location: Homewood Suites RIC Airport, 5996 Audubon Dr., Sandston, VA 23150

**Officers Association Conference**

Date and Time: 21-23 April 06  
Location: Virginia Beach, VA

**Enlisted Association Conference**

Date and Time: 28-30 April 06  
Location: Roanoke, VA

**National Volunteer Week**

23-29 April 06

**Marriage Enrichment Seminar**

Date and Time: 20-21 May 06  
Location: TBA

**Advance Family Readiness Group Leader Training**

Date and Time: 20-21 May 06  
Location: TBA

### MORE TO COME

**Guard Family Team Building-Instructor Training**

Date and Time: TBA  
Location: TBA

**State Volunteer Workshop**

Date and Time: TBA  
Location: TBA

### HIGHLIGHTS: MILITARY FAMILY TAX RELIEF ACT



On Nov. 11, 2003, President Bush signed into law the Military Family Tax Relief Act of 2003. Among its provisions are deduction for overnight travel expenses of National Guard and Reserve members

Reservists who stay overnight more than 100 miles away from home while in service (e.g., for a drill or meeting)

may deduct unreimbursed travel expenses (transportation, meals and lodging) as an above-the-line deduction. The deduction is limited to the rates for such expenses authorized for federal employees, including per diem in lieu of subsistence. For 2004, taxpayers will use Form 2106 or 2106-EZ to figure the deduction amount

and include it in the total of Form 1040, line 24.

IRS Publication 3, "Armed Forces' Tax Guide," has information on various tax issues affecting the military. It is available at the IRS Web site or by calling 1-800-TAX-FORM.

## CONGRESS PASSES STUDENT LOAN RELIEF FOR DEPLOYED TROOPS

A bill to provide student loan relief for Servicemembers whose college educations were disrupted by deployments to Iraq or Afghanistan has cleared both Houses of Congress and will be sent to the President for signature. A provision of S. 1932, passed on February 1 by the House of Representatives, would defer student-loan payments and the accrual of any interest on student loans for troops deployed to Iraq or Afghani-

stan called to military service before they are able to earn course credits. Refunds are not part of S. 1932. Under the bill, student loan payments can be deferred for up to three years for someone who is mobilized during a war, military operation or other emergency. Mobilization in either federal or state status could qualify a Servicemember for deferred payments on loans and interest accrual. Active-duty members

temporarily assigned away from their permanent duty station qualify as well as Reserve Component Soldiers. The legislation applies to loans made since July 1, 2001. For complete story go to <http://www.armytimes.com/story.php?f=1-292925-1506966.php>



## PROPOSED TRICARE FEE INCREASES UPDATE

The proposed premium increases to TRICARE for the retirees under age 65 beneficiary group faces a tough uphill battle in Congress. At the TRICARE Conference earlier in the week, Congressional staffers from both the House and Senate Armed Services Committee announced that

they would have to examine any DOD proposals closely. A HASC staffer stated that Members of Congress understand the importance of the health care benefit to service members, retirees, and their families. AUSA was a co-signer on a letter from The Military Coalition (TMC) in

opposition to the proposed fee increases early in December. To view a copy of the TMC letter go to <http://www.themilitarycoalition.org/library/05letters/08Dec05Warner.pdf>

*TRICARE for the retirees under age 65 beneficiary group faces a tough uphill battle in Congress.*

## AAFES RESTRICTS PURCHASED MEDICINES CONTAINING DEXTROMETHORPHAN

Dextromethorphan (DXM) is a common cough-suppressing ingredient contained in more than 140 over-the-counter cough and cold medicines. When taken as directed and used properly, DXM is safe, but recent media reports and research indicate abuse of DXM is becoming more of an issue than previously thought. While there is not yet a legal requirement to flag products with this ingredient, as of Jan. 24 AAFES is



voluntarily limiting sales of products with DXM to customers over

the age of 18.

A message on the cash register will alert cashiers to verify the age of the person buying products with

DXM. Customers can still find cough and cold medicines with DXM in the

Health and Beauty Care department of their BX/PX. The only difference customers will encounter will be at checkout. "AAFES wants to be proactive when it comes to the health of military service members," said AAFES Senior Vice President Sales Directorate Maggie Burgess. "It is our hope that monitoring DXM sales will ensure our military families are not susceptible to abuse."

## HERE'S TO OUR HEROES

A tribute program that provided free admission to Anheuser-Busch theme parks to more than 900,000 members of U.S. and coalition armed forces and their families has been extended through 2006. Anheuser-Busch launched "Here's to the Heroes" in February 2005 to acknowledge the service of military men and women and the sacrifices made by their families.

*"It is gratifying to all of us at Anheuser-Busch that so many members of our armed forces took advantage of this program and honored us with a visit," said Keith M. Kasen, chairman and president of Busch Entertainment Corp., the family entertainment division of Anheuser-Busch. "This is a difficult time for our men and*

*women in uniform, and we are honored to give them something back."*

Any active duty, activated or drilling reservist, or National Guardsman is enti-



tled to free admission under the Here's to the Heroes program. He or she need only register, either by web at [www.herosalute.com](http://www.herosalute.com) or in the entrance plaza of a participating parks, and show

a Department of Defense photo ID. As many as three direct dependents of military personnel also are entitled to free admission. Dependents may take advantage of the offer without their service member, though an adult must accompany minor dependents.

Busch Gardens Williamsburg and SeaWorld San Antonio are seasonal operations that will remain closed until spring 2006. Military personnel interested in visiting those parks should check operating schedules. The remaining parks, SeaWorld Orlando, Busch Gardens Tampa Bay and SeaWorld San Diego are open year round.

## AMVETS IS PROUD TO ANNOUNCE THE ESTABLISHMENT OF THE DR. AURELIO M. CACCOMO FAMILY FOUNDATION MEMORIAL



The scholarship is in memory of and honoring Dr. Caccamo, an immigrant to the United States, who gave of himself both in his chosen profession as a physician and in his service to the U.S. Army Reserves. First awards will be made this May. Deadline for filing is 15 April.

Two \$3,000 scholarships will be awarded, per year, for the duration of the grant. The scholarships are for veterans, including members of

the National Guard and Reserves, seeking new skills in order to be more competitive in the job market. The one time \$3,000 award may be used for undergraduate courses, accredited degree or certificate programs, including online schools.

The purpose of this scholarship is to provide financial assistance for veterans/guardsmen/reservists who have exhausted government aid, or who might not otherwise

have the financial means to further their education. Applicants must meet all of the eligibility requirements and submit the completed application post-marked on or before April 15. For application and eligibility requirements, visit <http://www.amvets.org/>. For questions regarding the application, required documents, or application process, please contact AMVETS toll free at 877-726-8387.

## RED CROSS- A VALUABLE RESOURCE

Written by: Tricia Riggs  
Sandston FAC

"While providing services to 1.4 million active duty personnel and their families, the Red Cross also reaches out to more than 800,000 members of the National Guard and the Reserves and their families who reside in nearly every community in America" (from the [www.redcross.org](http://www.redcross.org) website).

Have you ever had a family emergency and went into a panic because you did not know what to do? Keeping a level head is one of the most important things to do.

The Richmond area Red Cross Armed Forces Emergency Services department in conjunction with the Family Assistance Centers can help you do just that.

We all think of Red Cross as the one to call when our soldier is deployed and we need to send a message but they can help in so many other ways. Camille Gaffney of the Richmond chapter is putting together a day where all military families can come together and learn about First aid and what to do in a disaster or other urgent situations.

Ever wondered how to react in an emergency? Come and learn with other military families in a

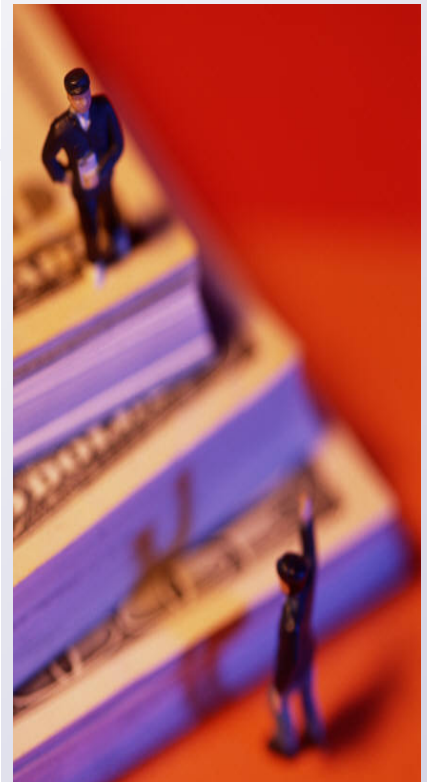
relaxed and fun 2 hour class for adults and children. You will receive a certificate of completion in the end. The first sixteen lucky participants will also be able to be CPR certified in an 8 hour class. Both classes will be offered Saturday June 3, 2006 at various times throughout the day. Classes will be held at the armory at 5901 Beulah Road Sandston, VA 23150. POC is Camille Gaffney 804-780-2270 or Tricia Riggs 804-328-3004 x 811.

## NEW CAMPAIGN BY NASD FOUNDATION TO PROVIDE FINANCIAL EDUCATION TOOLS AND TRAINING TO MILITARY

The NASD Investor Education Foundation launched a comprehensive new campaign to deliver financial education tools and training to members of the military and their spouses. The campaign is designed to help military personnel and their families manage their money with confidence by providing financial education programs, information and publications, as well as a new Web site — [SaveAndInvest.org](http://SaveAndInvest.org).

Many servicemembers report having difficulty covering expenses and saving for the future. Research conducted in June 2005 found that only 29 percent of military personnel who currently invest received a passing grade on a quiz about basic financial knowledge. However, 58 percent of survey respondents said that it was very important to them that they become more knowledgeable about saving and investing. Sixty-two percent indicated that they plan to increase their investment levels in the next year.

The Foundation, through partnerships with organizations already working with the military community, will provide financial training programs for spouses as well as for on-base financial counselors. The Foundation will also fund the development of publications and resources aimed at providing military personnel with information relevant to their unique needs and lifestyles. A new Web site, [www.SaveAndInvest.org](http://www.SaveAndInvest.org), will cater to the military community and provide useful tools and up-to-date information. (Source: NASD website)



## NATIONAL GUARD BUREAU OFFICER WIVES CLUB ANNOUNCES SCHOLARSHIP

The National Guard Bureau Officer Wives Club offers academic and need-assessed scholarships to be awarded in 2006. Completed application must be postmarked on or before March 31.

Applicants must be a high school senior or presently enrolled as a full-time college student who has not received a scholarship from an area Officer Wives Club. The applicant's parent or spouse must be an individual, either officer, enlisted or civilian in one of the following categories: Army or Air Guard assigned to the National Guard Bureau on the long-tour program; active Army or Air Force personnel assigned to the National Guard Bureau; retired or deceased personnel whose previous assignment was

National Guard Bureau; Civilian personnel working full-time for National Guard Bureau. Academic achievement is the most important criteria in determining the selection of recipients for the academic scholarship. The need-assessed scholarship will be awarded based on the special needs (adversity or challenge over-



come) of the candidate in conjunction with academic ability. Scholarship funds will be awarded through the academic institution's financial aid office to be used for educational needs including tuition, books and related fees. A nationally recognized accreditation body must accredit the institution. Applications are confidential and if selected, verification of all information will be required. Completed application must be postmarked on or before March 31, 2006. To request an application call or write: Anne R. Stiller 2130 Military Road, Arlington, VA 22207, Anne.Stiller@US.Army.mil <<mailto:Anne.Stiller@US.Army.mil>> or 703-243-2686.

## Chicken Supreme III

Prep Time: 20 Minutes  
 Cook Time: 40 Minutes  
 Ready In: 1 Hour  
 Servings: 6

### INGREDIENTS:

4 skinless, boneless chicken breast half - cut into cubes  
 1 onion, chopped  
 3/4 cup butter, melted  
 1 1/3 cups water  
 6 ounces dry bread stuffing mix  
 1/4 cup water  
 1 (10.75 ounce) can condensed cream of chicken soup  
 1 cup shredded Cheddar cheese

### DIRECTIONS:

1. In a non-stick skillet over medium heat, cook and stir the chicken and onion until the chicken is no longer pink and juices run clear.
2. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 2 quart casserole dish.
3. In a medium bowl, blend the melted butter, 1 1/3 cups water, and dry stuffing mix. Place 1/2 the chicken and onion mixture in the prepared dish, and cover with the stuffing mixture. Cover with the remaining chicken mixture. In a small bowl, mix the 1/4 cup water and cream of chicken soup, and pour into the dish. Top with the cheddar cheese.
4. Bake 30 minutes in the preheated oven or until bubbly and lightly browned.

# Sudoku

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

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.

## VIRGINIA FAC LOCATIONS AND PERSONNEL

### Family Assistance Centers (FAC)

#### State FAC:

1LT Duffer  
 SSGT Von Ferreira  
 Emergency: (800) 542-4028  
 (434) 298-6114  
[Von.ferreira@va.ngb.army.mil](mailto:Von.ferreira@va.ngb.army.mil)

#### Lynchburg FAC

Mrs. Annette Prough  
 (434) 582-5167 \*13  
 (540)521-0966 (M)  
[Annette.prough@va.ngb.army.mil](mailto:Annette.prough@va.ngb.army.mil)

#### Manassas FAC

Mrs. Kat Higgins  
 (703) 392-8858 \*41  
 (703) 554-5520 (M)  
[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@va.ngb.army.mil](mailto:Tina.harrison@va.ngb.army.mil)

### Richmond FAC

Ms. Cheryl Moses  
 (804) 228-5106  
 (804) 380-6342 (M)  
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### Chatham, Danville, Martinville & South Boston

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### Roanoke & Rocky Mount

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