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State Family Program Director's Message

May is National Military Appreciation Month with Military Spouse Day (9th), Armed Forces Day (20th), and Memorial Day (29th). This very important month honors, remembers, recognizes and appreciates all military personnel: those men and women who have served throughout our history and all who now serve in uniform and their families as well as those Americans who have given their lives in defense of our freedoms we all enjoy today. It recognizes those on active duty in all branches of the services, National Guard and Reserves plus retirees, veterans, and all of their families – well over 90 million Americans and more than 230 years of our nation's history. Let us celebrate the other important entities that make up this wonderful country of ours.

As we approach summer, activities in the Family Program Office are in full swing and will not be slowing down! We have so many units returning from deployments this summer and several more in various stages of their tours. We have many events going on from reunion briefings, FRG trainings, sendoffs, returns, Marriage and Single Solider Retreats, youth camps, and National and State Volunteer Conferences. Page 2 of this newsletter contains Up Coming Events. Please pass the word on!

The Family Program in the Virginia National Guard continues to grow and improve due to the wonderful feedback that we are given from all of you. Thank you and please do not hesitate to contact myself or the Family Program office with any ideas you may have for future training or events.

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Please note that the Family Programs newsletter will no longer be issued on a monthly basis. As of 1 July 08 the newsletter will be issued on a quarterly basis.

Family Resource Corner

Zero to Three	http:// www.zerotothree.org
Operation A Bit of Home	http://www.operationabitofhome.com
ThanksUSA	http://www.ThanksUSA..org
American Red Cross	http://www.redcross.org
Over Seas Voting	http://www.overseasvotefoundation.org
DEERS/ID Cards Site Locations	http://www.dmdc.ods.mil/rs/
Military Saves	http://www.militarysaves.org
Employer Support of the Guard and Reserve	http://www.esgr.org
Military One Source	http://www.militaryonesource.com
American Legion	http://www.americanlegion.com
Military Student	http://www.militarystudent.org
Transition Assistance Program	http://www.turbotap.org
NACARA	http://www.NACCRRRA..org
National Call Center 211	http://www.211.org
American Savings Education Council	http://asec.org/
National Center for Post Traumatic Stress Disorder	http://www.ncptsb.org
Force Health Protection and Readiness	http://fhp.osd.mil/fhponline/
Save and Invest	http://www.saveandinvest.org/
Our Military Kids	http://www.ourmilitarykids.org
Operation Military Kids	http://www.operationmilitarykids.org
TRICARE	http://www.tricare.mil/
Veteran Jobs	http://www.vetjobs.com
Military Home Front	http://www.militaryhomefront.org

Upcoming Events

Spouses Spa Event	20 May 08	Langley AFB	Angie Wade
Abingdon Day Camp	24 May 08	Abingdon	Dana Ivory
Marriage Retreat	20-22 June 08	VA Beach Resort & Hotel	Kay Baber
Wilderness Adventure Teen Camp	22-26 June 08	Eagle Landing New Castle	Dana Ivory
Marriage Retreat	18-20 July 08	Wintergreen Resort	Kay Baber
Marriage Retreat	25-27 July 08	Omni Downtown Richmond	Kay Baber
Jr Youth Camp	03-08 August 08	VA Beach, Camp Pendleton	Dana Ivory
* Singles Retreat	08-10 August 08	To be Determined	Kay Baber
State Family Volunteer Workshop	15-17 August 08	To be Determined	Vickie Sais
Marriage Retreat	15-17 August 08	Founders Inn & Spa VA Beach	Kay Baber
Marriage Retreat	22-24 August 08	Stonewall Jackson, Staunton	Kay Baber

Virginia National Guard

Summer Camps 2008

The Youth Program will host two summer camps this year. Our first event is a Teen Wilderness Adventure Camp that will be held 22-26 June 2008. This camp is located in New Castle, VA, and is open for youth aged 13-17 years old. Our second event is the third annual Summer Camp from 3-8 August 2008, at the State Military Reservation (SMR), in Virginia Beach, VA. This camp is open to youth aged 8-13 years old. Both Camps will be packed with interactive classes and youth team building activities!



3rd Annual Summer Camp

- **When:** 3-8 August 2008
- **Where:** Camp Pendleton, Virginia Beach
- **Ages:** 8 -13 years old
- **Who:** Dependent children or siblings of the Virginia Army and Air National Guard
- **Cost:** \$100.00 per child



Teen Wilderness Adventure Camp

- **When:** 22-26 June 2008
- **Where:** Wilderness Adventure at Eagle Landing in New Castle, VA
- **Ages:** 13 -17 years old
- **Who:** Dependent children or siblings of the Virginia Army and Air National Guard
- **Cost:** \$106.00 per child*



If you are interested in volunteering for the Summer Camp or would like more information about the Camps, please contact:

Dana Ivory
Virginia State Youth Coordinator
1-888-483-2682 Ext 5330
Fax: 434-298-6281
dana.ivory@us.army.mil



Virginia National Guard

Summer Camps 2008

Child Name: _____ Age: _____ Youth Camp Teen Camp
Last First Middle

Child Name: _____ Age: _____ Youth Camp Teen Camp
Last First Middle

Child Name: _____ Age: _____ Youth Camp Teen Camp
Last First Middle

Child Name: _____ Age: _____ Youth Camp Teen Camp
Last First Middle

Parents Name: _____ Youth Camp Teen Camp
Last First Middle

Address: _____

Home Phone: _____

Work Phone: _____

*E-mail: _____

Cell Phone: _____

* Most communication via email

_____ Yes, I am interested in the Summer Camps and would like more information.

_____ No, I am not interested in the Summer Camps, but would like more information on other upcoming Youth Activities.

Please complete this form and return it no later than **9 May 2008**. If you have any questions, please contact Dana Ivory at 1.888.483.2682 ext.5330. Please fax your completed form to 434.298.6281 or mail to:

Virginia National Guard
Attn: Dana Ivory
BLDG 316, Fort Pickett
Blackstone, VA 23824



Laugh Your Way to a Better Marriage!

Strong Bonds Retreats

Who: Married couples of the Virginia National Guard

What: Marriage Enrichment Retreat

Where: *Wintergreen Resort* 18-20 July 2008
Omni Downtown Richmond Hotel 25-27 July 2008
The Founders Inn & Spa 15-17 August 2008
Stonewall Jackson 22-24 August 2008



Why: Marriage Enrichment Retreat is specially designed for returning soldiers and their spouses. Through the partnership with the Family Programs Office and the State Chaplain's office, this program offers tips and guidance on keeping a marriage strong and nurturing a lasting love after a long deployment. The retreat will serve as a platform for couples to communicate and spend time together in a very comfortable setting. Come and **"Laugh Your Way to a Better Marriage"** with your spouse during this wonderful resort weekend get-away. On Friday evening there will be live music by folk artist Wayne Morrison and fun fellowship! Plenty of time will be provided for you and your love one to reconnect. This is not therapy. The Marriage Enrichment Retreat is a way to enhance what already is good in your individual relationship!

I encourage all couples to attend. I have a wonderful marriage, but it was good to learn some new techniques to make it better. It was wonderful to be able to spend time as a couple in a beautiful place." A.T.

"A valuable and enjoyable investment of time in our family's future." C.D.

"This seminar is a wonderful way to help reintegrate previously deployed soldiers with their spouse." Anonymous

For more information on how to register or if you have questions, please contact Kay Baber via email kay.baber@us.army.mil or by phone 1-888-483-2682 ext 6129 or 434-298-6129.

For Air Guard questions and registration contact Angie Wade via email angeli.wade@us.af.mil 757-764-2388 or 804-338-4152



Strong Bonds Retreat Registration Form

<i>Wintergreen Resort, Nellysford</i>	<i>18-20 July</i>	<input type="checkbox"/>
<i>Omni Hotel, Downtown Richmond</i>	<i>25-27 July</i>	<input type="checkbox"/>
<i>The Founders Inn & Spa, VA Beach</i>	<i>15-17 August</i>	<input type="checkbox"/>
<i>Stonewall Jackson, Staunton</i>	<i>22-24 August</i>	<input type="checkbox"/>

We're doing pretty well. Why should we consider attending a Marriage Enrichment Retreat?

Every couple starts off their relationship committed to make it work. The Marriage Enrichment Retreat provides concrete strategies and tools to help building strong relationships for married couple after deployments. Go on line to www.laughyourway.com to get more information about "Laugh Your Way to a Better Marriage".

Soldier's Name _____

Last

First

Middle initial

Rank: _____ Unit: _____ Soldier's SSN: _____

Spouse's: _____ Spouse's SSN: _____

Last

First

Middle initial

Address: _____ Home Phone: _____

Street

City

State

Zip

Work Phone: _____

*Soldier's Email: _____ *Spouse's Email: _____

*Registration confirmation and correspondences will be sent via email.

Please complete and return by 10 June 2008

Please fax this form to Kay Baber at 434.298.6281 or mail to:

Virginia National Guard
ATTN: Family Programs Kay Baber
Building 316, Fort Pickett
Blackstone, VA 23824



Staff Spotlight



Hello my name is Kay Barber. I am the Family Programs Assistant for the Virginia National Guard Family Programs Office. To many of you I am a familiar face, to others maybe not. I have been involved with Family Pro-

grams for a little more than 11 years, 7 of which were as a volunteer, the remaining 5 or so as a paid staff member. During the past 5 or so years I have had many roles including the Youth Coordinator, volunteer trainer and now as I stated previously, the Family Programs Assistant.

As the Family Programs Assistant I am responsible for a lot of administrative duties, including but not limited to

the budget, working with contracting, ordering supplies and of course the Family Programs Newsletter. I also work very closely with the State Chaplain's office to provide administrative support of the Marriage Enrichment Workshops that are offered to married soldiers and their spouses upon return from deployments. In addition I work very closely with Mrs. Vickie Sais, the State Family Program Director assisting her as needed.

A little personal information about me would be that I am married to a retired Virginia National Guard Soldier, who gave 26 years to this great organization. I am the mother of 3 children, 2 daughters, both who are currently away attending college and a son in 6th grade. Needless to say, I am very proud of all of them, as I know they are proud of me and my dedication to the Virginia National Guard Family Programs.

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 website)

If you are the family of a deployed service member in Virginia and need to send a Red Cross Emergency message after 4pm, the numbers have changed. You now call [1-866-326-6272](tel:1-866-326-6272). This number will work anywhere in Virginia and parts of NC. If you are anywhere else in the country you can call the National Red Cross Headquarters at [1-877-272-7337](tel:1-877-272-7337). When calling Red Cross you will need to have the following information for them to proceed with the message:

- Service Members Full Name

- Rank
- Branch of Service
- Social Security Number or Date of Birth
- Military Address

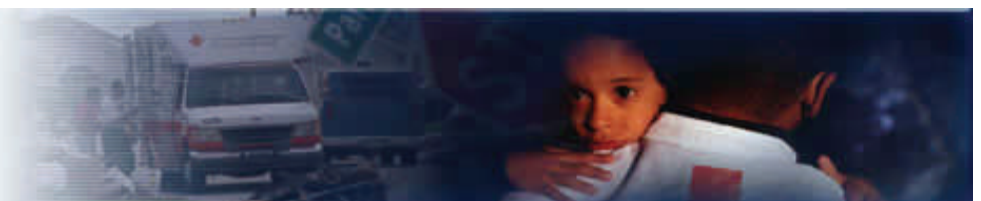
Information about the deployed unit and home base unit (for deployed service members only). Also keep in mind that Red Cross will verify the following information prior to any message being sent:

Verify the circumstances of a death, critical illness or injury, or other emergency affecting a service member's immediate family

Send an emergency communication message to the service member's location

Ensure delivery of the message

Follow up with the family back home



AAFES Holds Contest

The Army and Air Force Exchange Service (AAFES) will hold a Patriot Family Salutes the "Military Spouse" Calendar contest from May 11- July 28.

Entrants are invited to write an essay of 300 words or less explaining what the nominee has done to support the military community during a deployment. Nominees must be authorized AAFES shoppers.

The 12 winners will receive a \$500 AAFES shopping spree and have their essays published, along with their photos, in a "Military Spouse" calendar that will be available at all AAFES BXs/PXs in early November.

"I can't wait to read the entries," said AAFES' Chief Marketing Officer Richard Sheff. "This is a great opportunity to highlight the difference military Families are making in their communities."

A complete description of the "Military Spouse" contest rules can be found online at

AAFES.com <http://www.aafes.com/Patriot_Family/videocontest.asp> .

The contest is open to all authorized exchange shoppers. Entries must be postmarked or emailed to Patriot Family at aafes.com no later than July 28, 2008. No purchase is necessary to win.

The Army & Air Force Exchange Service is a joint command and is directed by a Board of Directors which is responsible to the Secretaries of the Army and the Air Force through the Service Chiefs of Staff. AAFES has the dual mission of providing authorized patrons with articles of merchandise and services and generating non-appropriated fund earnings as a supplemental source of funding for military Morale, Welfare and Recreation (MWR) programs. To find out more about AAFES' history and mission or to view recent press releases please visit our Web site at <http://www.aafes.com/pa/default.asp> <<http://www.aafes.com/pa/default.asp>> .

Using SPAWAR MWR Network to Call Home

Troops deployed to Iraq and Afghanistan can use the SPAWAR MWR network to call the US at a very economical four cents per minute. There are currently over 600 internet cafes dispersed throughout these two countries with more locations planned. The cafes offer VoIP phone service and Internet access with web cams. Minutes are purchased online via the SPAWAR web site - <http://oif.spawareurope.net>. At the end of their purchase, the troops or family members are provided a personal identification number (PIN) that is used each time they place a call. With each call a greeting updates the caller on their remaining account balance. Accounts can be set to automatically recharge when the balance goes below a predetermined balance.

Free Call Day Program - The Veterans of Foreign Wars' Operation Uplink program is currently sponsoring 12 Free Call days through the year. On these days, all calls to the US from both Iraq and Afghanistan are toll free. Those who do not have SPAWAR MWR net-

work accounts can still make toll free calls to the US over the MWR network using Free Call Day PINs that are available from their café manager.

Becoming a Free Call Day Sponsor - Free Call Day sponsorship is open to any individual, business or other organization who would like to express their gratitude in this way to our military families for the sacrifices they make on our behalf. Not only do sponsors have the comfort of knowing they are helping to keep families communicating by providing them toll free lifeline, but sponsors can share a word of encouragement with the families as well. During the call processing time, both the troops and those they call will receive the sponsor's personal greeting letting them know that their call is free and that they have their support. To inquire about how to become a Free Call Day sponsor, please call Gene Carter at 703-896-7299 or gcarter@drs-tsi.com.

President's Proclamation Honors Troops' Spouses

By American Forces Press Service

WASHINGTON, May 5, 2008 - Military spouses embody the courage, nobility of duty, and love of country that inspire every American. On Military Spouse Day, we pay tribute to the husbands and wives who support their spouses in America's Armed Forces during times of war and peace.

The legacy of military spouses began when colonial Americans were fighting for independence. Martha Washington boosted the morale of her husband's troops by visiting battlefields and tending to the wounded. Since then, members of our Armed Forces have served our Nation accompanied by the steadfast love and support of their spouses and families.

While our men and women in uniform are protecting our country's founding ideals of liberty, democracy, and justice, their spouses live with uncommon challenges, endure sleepless nights, and spend long periods raising children alone. Many military spouses are also committed volunteers, serving other military families and local communi-

ties. Our Nation benefits from the sacrifices of our military families, and we are inspired by their courage, strength, and leadership.

On Military Spouse Day and throughout the year, we honor the commitment spouses have made to freedom's cause. To learn about ways to support our troops and their spouses and families, I encourage all Americans to visit www.americasupportsyou.mil.

NOW, THEREFORE, I, GEORGE W. BUSH, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim May 9, 2008, as Military Spouse Day. I call upon the people of the United States to observe this day with appropriate ceremonies and activities and by expressing their gratitude to the husbands and wives of those serving in the United States Armed Forces.

Family Programs Staff send you all "Military Spouse Day" wishes.

2008 ThanksUSA Scholarship

All dependent children, age 24 and under (as of the **5/15/08 application deadline**), and all spouses of active-duty U.S. military service personnel are eligible to apply for scholarships with ThanksUSA®.

ThanksUSA defines "Active-duty U.S. military personnel" as those who have served in active duty for at least 180 days since 9/11/01, including all those who have been killed or wounded in action. "U.S. military personnel" are defined as members of the Army, Navy, Air Force, Marines and Coast Guard. Members of the military reserves who have been activated to full-time duty and members of the National Guard who have been federalized and who otherwise meet the requirements are both eligible.

Children's Website

The American Academy of Pediatrics (AAP) has recently redesigned and updated their Military Child and Youth Deployment Support website. With new information and resources, this site provides needed mental health support to military children, families, and youth professionals who serve the military community. Areas of interest include: advocacy and awareness; research; best practices; links to

Dependent children are defined as natural and legally adopted children or stepchildren living in the military service member's household and/or *primarily* supported financially by the service member.

Applicants must plan to enroll full-time in an accredited two-year or four-year college, university, vocational school or technical school. They must also have at least a 2.5 cumulative grade point average (GPA) on a 4.0 scale or its equivalent on their relevant academic record (e.g., high-school record for incoming freshmen or post-secondary school record for those already enrolled in a college, university or vocational/technical school).

resources for parents; and video support programs such as, "Military Youth Coping with Separation: ["When Family Members Deploy"](#) and ["Mr. Poe and Friends Discuss Reunion after Deployment"](#).

Visit the AAP website at: www.aap.org/sections/uniformedservices/deployment/index.html

Healthy Habits Coaching Program

The Military OneSource program continues to expand our support to service members and their families with the addition of the Military OneSource Healthy Habits Coaching Program. This new support will enhance the overall readiness of the military community offers service members and their families the tools to take charge of health. I'd like to take this opportunity to describe the features of the program.

Who is eligible? Active duty, National Guard and Reserve service members (regardless of their activation status) and their families are eligible for health coaching. As with all Military OneSource services, the program is offered at no cost to the user.

What is Healthy Habits Health Coaching? Participants will receive personal, telephonic coaching from a dedicated health coach with expertise in nutrition, exercise physiology, and behavioral health. Coaching takes place over a number of scheduled coaching sessions as needed (average use is seven sessions). Participants can also access their coach at any time via voice messaging service. Callers can receive coaching in three areas:

Weight Management (iCanChange): Callers learn to set goals and put new eating and physical activity habits into place. The coach provides follow-up over a course of months, as needed. The iCanChangeT weight management toolkit includes an educational workbook, pedometer, tape measure, and motivational magnet.

Stress Management (iCanRelax): Callers learn about stress triggers and coping methods. The coach provides follow-up over a course of months, as needed. The iCanRelaxT stress management toolkit contains an educational work-

book, relaxation CD, stress-relieving "stress" putty, and a motivational magnet.

Cardiovascular Health (iCanThrive): Callers learn to set fitness goals and make lifestyle changes. The coach follows up over a course of months, as needed. The iCanThriveT cardiovascular health toolkit offers an educational workbook, plastic cutting board, heart-shaped stress ball, and a motivational magnet.

>How do members access the program? Participants can call into Military

OneSource and request enrollment in the program. A Military OneSource

Consultant will complete an assessment and arrange for a health coach to

contact them within three business days. Participants can also access the

program by taking an online Life Health Assessment (available after April

15). If assessment results reveal potential health risks, a coach will reach out to the participant and introduce the coaching programs and enroll them if desired.

Other Resources. The Healthy Habits Web site features online line tools and trackers, and educational materials. Coaches will direct participants to the site for downloadable materials or assist them in the ordering process.

To find out more, visit the Healthy Habits Health Coaching Program Web page <<https://www.militaryonesource.com>

TRICARE Committed to Military Children

The Deputy Assistant Secretary of Defense for Clinical and Program Policy and Acting Chief Medical Officer, TRICARE Management Activity, recently issued a statement recognizing the strength of military children and encouraging military parents to take advantage of TRICARE

child health initiatives. TRICARE is committed to taking care of nearly 2 million military children year round. The statement can be read in full at

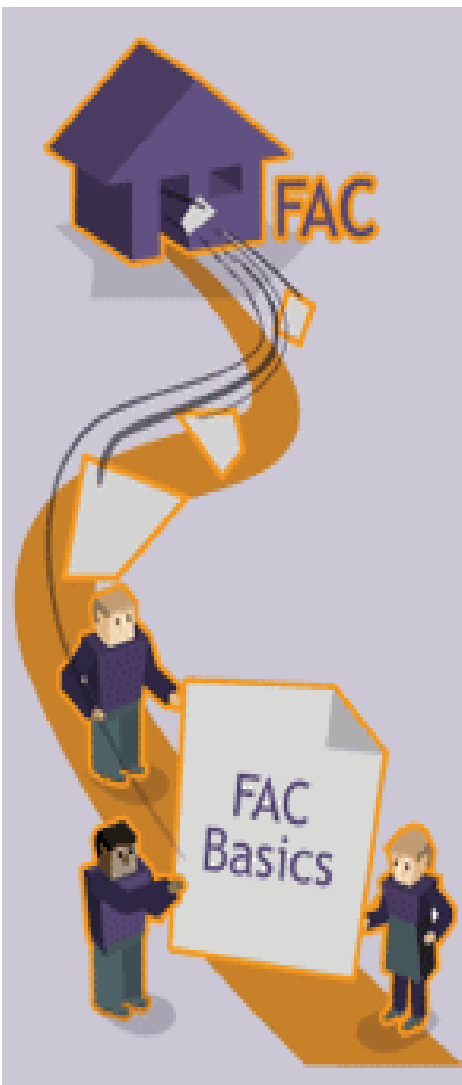
http://www.tricare.mil/pressroom/doctor_is_in.aspx?fid=68.

Family Assistance Centers

Family Assistance Centers (FAC) were originally established to provide assistance and support to soldiers and their families at times of contingency call-up, mobilization and large scale deployment. However over the past years the FACs have branched out to assist any and all military members and their families during times of need regardless of deployment status or branch affiliation. Each FAC is staffed with a professionally trained FAC Specialist who is dedicated to providing assistance to service members and their families. Each of Virginia's FAC specialists has the added first hand experience of what it means to be either a military service member or member of a military family.

The FACs are considered one-stop shopping for those who need services and support. Through partnerships with agencies such as Veterans of Foreign Wars (VFW), The American Legion, The Red Cross and other local and national organizations and working closely with military personnel such as chaplains, commanders, JAG officers and family readiness group leaders, the FAC specialists are able to provide the very best assistance possible. Some of the areas in which a FAC specialist can provide assistance includes but is not limited to; TRICARE, DEERS, ID cards, financial and legal assistance, service and family member employment/re-employment and crisis intervention referral.

Family Assistance Centers are located through out the state. FAC specialists are available to soldiers and family members experiencing a crisis or emergency no matter when it may occur.



State FAC Coordinator

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(757) 416-2095 (M)
tina.a.harrison@us.army.mil

Abingdon FAC

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(276) 634-7386 (M)
jami.kinkead@us.army.mil

Chatham/Southwest VA FAC

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(434) 770-3284 (M)
knyla.harris@us.army.mil

Manassas FAC

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Powhatan FAC

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Emergency

1.800.542.4028