



Families in Focus

Family Programs Staff

Virginia Army and Air National Guard

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Message From the J1

I have truly enjoyed meeting several Family Readiness Group volunteers over the past month at the training in Staunton and the exceptional Holiday performances in Abingdon, Staunton and Danville. The finale in Midlothian tonight promises to accentuate the uplifting talents of the spectacular cast and thoughtful support of the local citizens evident at each venue.

Discussions with my staff and our unit volunteers during my travels consistently identified five issues that we must address in order to help you provide the support our Families deserve and

require. The need for a database of Soldier contact and assignment information must be met with a standard program accessible to all. A handbook that encompasses the information, standardized forms and resources available to family readiness groups and commanders must be provided. We need to advertise the purpose and assets our family programs bring to increase support to our Families through increased participation. An improved understanding of the notification and support process for the families of deceased and wounded Soldiers is required. Finally, a

method of funding the minimum requirements of a unit Family Readiness Group should be established.

My staff and I anticipate an especially busy but very productive year working with our volunteers to accomplish this work we need completed in every unit. Our collective efforts in the New Year will guarantee that our Families and Soldiers receive the best possible service as they continue to sacrifice for our collective good. My family and I wish you a safe and joyous time preparing for the Holidays and a Happy New Year.

LTC Thomas Morgan
J1 Director

thomas.morganiii@us.army.mil

1LT Karen Guadalupe
Interim SFPD/ SARC Coordinator
(434) 298-6260

karen.bland@us.army.mil

Angeli Wade
Wing Family Coordinator
(804) 864-7036

angeli.wade@langley.af.mil

Julia Alaric
Family Readiness Assistant
(434) 298-6336

julia.alaric@us.army.mil

Kay Baber
Youth Program Coordinator
(434) 298-6129

kay.baber@us.army.mil

Tina Harrison
FAC Coordinator
(757) 455-0829 *812

tina.harrison@us.army.mil

Dana Ivory
Family Programs Assistant
(434) 298-5330

dana.ivory@us.army.mil

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DECEMBER 2007

SUN	MON	TUE	WED	THU	FRI	SAT
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2	3	4 Hanukkah Begins	5	6	7 Pearl Harbor Remembrance Day	8
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23	24	25 Christmas	26 Kwanzaa	27	28	29
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Upcoming Events

Marriage Retreat

January 2008

Army Microsoft Home Use Program

Under the Army Microsoft Enterprise Agreement (MS ELA), the Army is entitled to Microsoft's Home Use Program (HUP) as a volume license owner with Software Assurance. The Microsoft (MS) Home Use Program allows individuals to get a licensed copy of Microsoft Office desktop applications to install and use on a home computer.

The Microsoft Home Use Program (HUP) is eligible to all Army personnel. This includes, Active Duty, Reserve, Guard, and Civilians currently employed by the Army. Contractors ARE NOT eligible.

The HUP shall continue for the term of the agreement and Army personnel may partake in this offering as long as they are employed by the Army and abide by the Home Use Right End User License Agreement (EULA). The Army is not responsible for indi-

vidual employee compliance. Those terms are between Microsoft and the employee. For additional information regarding the Home Use Program and the Home Use EULA, please visit the following website:

http://www.microsoft.com/licensing/sa/benefits/home_use_rights.mspx

Note, you must logon to the ASCP using your CAC. You may experience delays as the site is very busy! Lots of Guardsmen are using it. You can get the latest versions of the Microsoft Office Suite as well as the operating system. There is a minimal fee for shipping and handling. Please refer to the Microsoft Home Use Program page on the ASCP Web site: <https://ascp.monmouth.army.mil/scp/software/hup.jsp> for details and procedures.

Happy Holidays

From the Family Programs Office

Military OneSource Announces Short-Term Solution-Focused Telephonic Consultation

Military OneSource is pleased to announce a new extension of specialty consultation services available by phone. Whether it's help with child care, money matters, emotional support during deployments, relocation information, or referrals to helpful resources both on and off an installation, Military OneSource is there for military personnel and their families 24/7. In an effort to further increase access to support, Military OneSource now offers Short-term Solution-Focused Telephonic (STSF-T) Consultation. While referrals to non-medical face-to-face counseling sessions continue for those stationed in United States, Puerto Rico and the U.S. Virgin Islands, the new expanded service provides a telephonic consultation option for those who are unable to attend face-to-face counseling sessions due to their overseas location or other circumstances.

Both the STSF-T Consultation and

the face-to-face counseling sessions may help individuals with many issues such as: adjustment to situational stressors, stress management, decision making, communication, grief and loss, blended family issues, and parenting skills. As with face-to-face counseling, STSF-T provides up to six sessions of consultation per person, per issue.

There are some differences between face-to-face counseling and STSF-T Consultation. Because STSF-T Consultation is provided over the phone, it is not appropriate for children under the age of 18, complex issues, and situations that require a group setting (couples and family counseling). Other issues that exceed the scope of STSF-T include drug, alcohol and other addictions; mental health conditions that require medical treatment (post-traumatic stress disorder, depression, bipolar disorder, etc.); and other conditions related to

trauma. The STSF-T Consultation is not appropriate as part of a patient's Medical Treatment Facility discharge plan.

Military OneSource is available anytime worldwide to all active duty, Reserve, National Guard members, their families, as well as deployed civilians and their families.

To find out more, call Military OneSource at 1-800-342-9647 (CONUS), or 800-3429-6477 or 484-530-5908 (OCONUS). For more information on calling Military OneSource from overseas visit www.militaryonesource.com and click the "Contact Us" link at the upper right of the page. A consultant can provide more details on STSF-T and discuss your options with you.

Source: AUSA website: <http://www.ausa.org/webpub/DeptFamilyPrograms.nsf/byid/LLOG-78WLNQ>

Holiday Deadline is Rapidly Approaching for Troops Support

The holidays are here and many Americans are showing their support to deployed troops by sending cards and gifts via mail. Those who are interested in sending mail to deployed troops and have not done so, should be aware of the rapidly approaching deadline. According to the Military Postal Service Agency (MPSA), the deadline for mail going parcel post was November 14 to arrive by December 25. First class mail must be sent by December 10 to arrive by December 25. In addition to this deadline, several other factors must be considered when sending mail downrange. For example, each country has customs regulations that apply to all incoming mail, pertaining to everything from food items to reading materials. Furthermore, military units may also

have additional restrictions concerning incoming mail imposed by unit commanders relative to size and weight to ensure logistics support can handle the heavy mail load. Finally, all packages and mail must now be addressed to individual Servicemembers as required by U.S. Department of Defense regulations.

In order to help facilitate the mailing process and avoid many of the obstacles that come with the traditional care packages, the Army & Air Force Exchange Service (AAFES) created "Gifts from the Homefront," a campaign that allows anyone to make a direct and tangible contribution to military morale with a gift certificate that can be redeemed for nearly anything a specific Servicemember wants.

"Gifts from the Homefront" can be sent to deployed troops by logging on to <http://www.aafes.org> or by calling 877-770-4438. From there, the gift certificates are sent to individual Servicemembers (designated by the purchaser) or distributed to "any Servicemember" through the Air Force Aid Society, American Red Cross, Coalition to Salute America's Heroes, Fisher House, Navy-Marine Corps Relief Society, Operation Homefront, Operation Interdependence R or USO. "Gifts From the Homefront" gift certificates can be redeemed at exchange facilities worldwide.

Source: <http://www.army.mil/news/2007/10/17/5637-holiday-deadlines-rapidly-approaching-for-troop-support>

Useful Internet Resources for Military Families

The internet offers a wealth of resources for the military community. The following is a list of links to government agencies, private organizations and unofficial sites that may be useful to military families. These links are recommended by AUSA Family Programs which, prides itself on researching each of these links, however, the AUSA Family Programs and the Virginia National Guard Family Programs Office do not necessarily endorse the information provided on each of the web sites.

[Adoption Resources](#)

[Charities Supporting Soldiers and their Families](#)

[Children and Youth](#)

[Department of Defense and Department of the Army Sites](#)

[Deployment and Family Readiness Resources](#)

[Government Resources](#)

[Guard and Reserve Resources](#)

[Health and Wellness](#)

[Insurance and Benefits](#)

[Legal Assistance](#)

[Military Life](#)

[Military Shopping](#)

[Military Spouse Education and Employment](#)

[Military Survivor Support](#)

[Money Matters](#)

[Post Traumatic Stress Disorder](#)

[Relocation Information](#)

[Resources for Parents of Soldiers](#)

[Retirees and Veterans Resources](#)

[Scholarship Information](#)

[Soldier Topics](#)

[Travel and Recreation](#)

[Voter Assistance and Legislative](#)

[Wounded Warrior and Family Support](#)

Family Assistance Center Locations

FAC Coordinator

Norfolk FAC

Mrs. Tina Harrison

(757) 455-0829 *812

(757) 416-2095 (M)

tina.a.harrison@us.army.mil

Manassas FAC

Mrs. Kat Higgins

(703) 392-8858 *41

(703) 554-5520 (M)

kat.higgins@us.army.mil

Sandston FAC

Mrs. Tricia Riggs

(804) 328-3004 *811

(804) 380-6343 (M)

tricia.riggs@us.army.mil

Staunton FAC

Mr. Maurice Harrison

(540) 332-7859

(540) 292-2636 (M)

maurice.harrison@us.army.mil

Chatham FAC

Ms. Knyla Harris

(434) 432-7228

(434) 770-3284 (M)

knyla.harris@us.army.mil

Roanoke FAC

Melody McGhee

(540) 983-6838

(540) 521-0966 (M)

melody.mcghee@us.army.mil

Abingdon FAC

Jami Kinkead

(276) 628-7698

(276) 698-8213 (M)

jami.kinkead@us.army.mil

Virginia Beach FAC

Amy Wingfield

(757) 961-6545

(757) 686-9621 (M)

amy.wingfield@us.army.mil



Emergency 1.800.542.4028

New FAC Location coming soon

Powhatan Armory