



BUCKEYE FAMILIES

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Tutor.com for U.S. Military Families is a DoD-funded program that allows eligible students in U.S. military families to connect to a live tutor online at any time for one-to-one help with homework, studying, test prep, proofreading and more.

The service is available at no charge to all grades K-12 students and some adults in Active Duty, National Guard and Reserve families.

Follow this link:

<http://military.tutor.com/home>

Then, click your family's branch of service at the top to determine your eligibility and to create an account.



Around the Clock Help

Students worldwide can connect to a tutor from any internet-enabled device, including smart phones and tablets 24 hours a day, seven days a week. Tutors are available every day of the year except January 1, July 4, U.S. Thanksgiving Day and December 25. On those four annual holidays, Tutor.com tutors are unavailable for 24 hours starting at 2:00 a.m. the day of the holiday (U.S. Eastern Time).

All Core Subjects, All Skill Levels

Students can get personalized help in 40 Math, Science, Social Studies, English and World Language subjects, including Algebra, Statistics, Biology, Essay Writing, Spanish, German

and French. Tutors can also help students prepare for the SAT, ACT or other standardized tests. Native Spanish speakers are also able to work with Science, Math and Social Studies tutors in their native language.

Expert Tutors You Can Trust

Each of our more than 3,100 tutors is a carefully screened subject matter expert who must complete a rigorous application process and background check. Our tutors include certified teachers, college professors, graduate students, select undergraduate students from accredited universities and other professionals

Safe, Anonymous Learning Environment

Every tutoring session is anonymous, and takes place in a secure online classroom. No personal information is shared between the tutor and the student.

Youth & Family Programs

What's Happening

Troop and Family Camps

Troop & Family Camps are designed for the whole family to spend a fun-filled weekend together strengthening ties and building camaraderie with other military families. Be sure to check the specific details for each camp on our website, as each camp has different activities, then pick the camp that best suits your family. Who defines your family? You do. Each camp will provide a unique experience. Activities that may be available at your selected camp are: waterskiing, sailing, kayaking, bike riding, family games, crafts, campfires, high ropes, zip line, canoeing, hiking, basketball, archery, fishing, and more. *\$75.00 per family for first 4 people then \$10 per additional person.*

Next Camp: September 25-27, 2015 in Scioto County

Registration Open (<https://www.regonline.com/builder/site/Default.aspx?EventID=1683015>)

Other Family Events

HERO Camp/Strong Families Workshop: September 20, 2015 in Warren County

This hero camp is located in Warren county. It's a hands on horse experience for all to enjoy! Parents are required to stay for this event. This awesome program is fun and interactive for the whole family. *Cost: \$10 per person*

Registration Open (<https://www.regonline.com/builder/site/Default.aspx?EventID=1681954>)

HERO Camp/Strong Families Workshop: September 26, 2015 in Cuyahoga County

If you enjoy the great outdoors, learning about plants and animals in their natural habitat your family. Crafts, round table discussions and then enjoy the venue with your entire family for the rest of the afternoon on your own! *Cost: \$10 per person*

Registration Open (<https://www.regonline.com/builder/site/Default.aspx?EventID=1683024>)

Youth & Family Programs



Ohio Military Kids (OMK)

OMK 5K Fun Run: September 11, 2015 in Columbus (Scioto Audubon Metro Park)

It is as easy as one foot in front of the other to support military youth and teens in Ohio. Bring your family and friends out to run or walk in support of Ohio Military Kids. *Registration Open* (<http://www.racepenguin.com/event/be-a-hero-for-military-kids/>)

OHIO STATE UNIVERSITY EXTENSION



Be a Hero for Military Kids 5 k Run/Walk & Kid's Fun Run!

Friday, September 11, 2015 at 7 pm.

Scioto Audubon Metro Park (400 W. Whittier St. Columbus, OH 43215)

Proceeds benefit the Ohio Military Kids program.

Registration includes a T-shirt & a meal.

- \$15 military (must show military ID on race day)
- \$15 Citibank employee (must show employee ID on race day)
- \$10 Kid's Fun Run
- \$25 non-military
- \$80 for a team of four
- \$30 on race day (military & Citibank discounts still apply)

Register at: <http://www.racepenguin.com/event/be-a-hero-for-military-kids/>
Brought to you by The Ohio State University Extension, the Ohio National Guard and Citibank.

Contact Candie Glover for more details: glover.94@osu.edu or 614-292-3758.



O THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

Contact Information:

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614-336-7274

andrew.j.seward.ctr@mail.mil

Amy Lee

Child & Youth Program Coordinator
614-336-4214

amy.l.lee47.ctr@mail.mil

Theresa M. Ferrari, Ph.D.

State 4-H Military Liaison
614-247-8164

ferrari.8@osu.edu



WE NEED YOU!!

When it comes to building community, Ohio National Guard units provide a unique challenge to Family Readiness Groups (FRGs), because unit members are spread out all over the state. This is where you, the family member or FRG Leader, can step up and volunteer or help recruit volunteers. Volunteering gives family members an opportunity to share their talents and spend time with other military families. Contact your Brigade (BDE) Family Readiness Support Assistant (FRSA) to get started. Volunteering can be very rewarding and a boost to your resume through the skills and training one develops, as well as the hours spent volunteering for your FRG. (see page 11 to view your BDE FRSA's contact information)

Going Back to School

It is that time of year and school is just around the corner. Make your life (and your children's lives) easier by purposely planning their return to school and a routine. Here are a few tips:

- Plan daily activities. Let your child pick out clothes for the next day, pack lunches, etc.
- Re-establish bedtime and mealtime routines. Remember to wake them up on a normal schedule as well.
- Encourage activities that inspire learning. Limit their use of technology and start with activities your child already likes to do. Encourage your child to read, do puzzles or complete an art project to reinforce a learning mindset.
- Take a school visit and discuss the first day. Participate in orientation if your school has one or ask to visit the school before the summer ends to find classrooms, practice locker combinations, etc. A familiar environment can help children be less apprehensive about their first day.
- Emphasize the positive things about going back to school. A new school year is a chance to reconnect with old friends and get involved with sports and other activities. For students attending a school for the first time, it's an opportunity to meet new people and try different things. If your child seems nervous, listen to those concerns and address them in a constructive way.

Once classes have started be sure to build a relationship with their teachers and school. Trade contact information with their teachers and get involved in the classroom. Offer positive feedback. If your child needs extra help in a certain area ask your local library for a tutoring program. Many libraries offer them and they are usually free.

If your child has special needs remember Military OneSource Special Needs consultations. Check out this four minute recorded webinar http://www.militaryonesource.mil/social/webinar-archives?program=efmp|content_id=280828

Going back to school is not just for children. If you are a service member or spouse thinking about going back to school or changing careers do not forget about Military OneSource. Use Military OneSource's EAP site to help you find scholarships. The Spouse Education and Career Opportunities website is able to assist spouses search for more scholarships, import your LinkedIn profile, conduct market research on your chosen career field, etc.

Adam Kaufman,

Military OneSource

adam.kaufman@militaryonesource.com

614-336-7997

Troop and Family Assistance Centers (TFAC)



Region 1 TFAC- North East Ohio- [Canton/Akron](#)

Joyce Stingel | joyce.e.stingel.ctr@mail.mil | 614-336-6337

Rita Stahl | rita.a.stahl.ctr@mail.mil | 614-336-4310

Region 2 TFAC- South East Ohio- [Chillicothe/Portsmouth](#)

Jennifer Moore | jennifer.l.moore2.ctr@mail.mil | 614-336-6943

Brian Giesey | james.b.giesey.ctr@mail.mil | 614-336-4311

Region 3 TFAC- South West Ohio- [Cincinnati/Hamilton](#)

Amanda Humerick | amanda.c.humerick.ctr@mail.mil | 614-336-6550

Region 4 TFAC- Western Ohio- [Dayton/Kettering](#)

Phyllis Miller | phyllis.a.miller31.ctr@mail.mil | 614-336-6357

Ashten Houseman | ashten.o.houseman.ctr@mail.mil | 614-336-4483

Region 5 TFAC- North Western Ohio- [Toledo/Bowling Green/Mansfield](#)

Margret Szymanski | margret.r.szymanski2.ctr@mail.mil | 614-336-4312

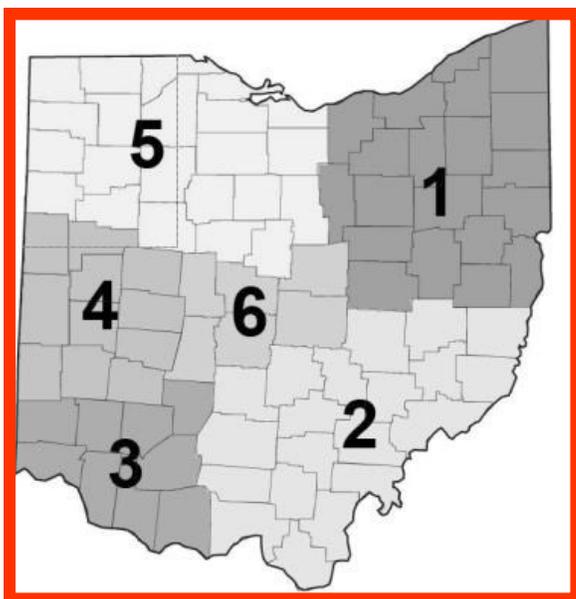
Patricia Markowski | patricia.markowski.ctr@mail.mil | 614-336-6615

Tabitha Hoke-Mujihad | tabitha.hokemujihad@gmail.com | 614-336-4466

Region 6 TFAC- Columbus Ohio- [Columbus](#)

Heather Smith | heather.d.smith3.ctr@mail.mil | 614-336-7358

Cory Schleyer | cory.j.schleyer.ctr@mail.mil | 614-336-42332



What is a TFAC?

The acronym TFAC, stands for Troop & Family Assistance Center. In Ohio there are 11 offices, staffed with TFAC specialists. We are a part of the Family Readiness & Warrior Support program of the Ohio National Guard. These centers provide direct support to all past/present service members, their families, serving all in any branch of the military. The main purpose of the TFAC office is to provide assistance and/or resources relating to crisis intervention, legal, financial, TRICARE, ID Cards/DEERS, community information to any service member, military family, or veteran. Assistance can be sought by a family/service member before, during, and after a deployment, or whenever there is a need.

The TFAC offices work with county agencies, organizations, or individuals who support the military in specific regions. For example, if a service/family member is having an issue paying the rent/mortgage, we review their eligibility for any program that is available and help them apply for assistance when and if applicable. By working together, we can get assistance to the service member quickly and accurately. Accordingly, they would contact the TFAC that is closest to where you live, not necessarily where your service member drills.

Besides assisting the service member, our goal is to raise awareness of military and civilian support networks in our local community. By recognizing the issues our military and their families face today, we can work together to provide and recommend the appropriate services for each individual. TFACs can assist FRGs with guest speakers for their meetings, or you can request a TFAC to attend your meeting and brief your families on potential resources

YOUR TROOP AND FAMILY ASSISTANCE CENTER SPECIALIST (TFACS)



Get to know your TFAC Staff where we are as varied and diverse as the State itself. Stop by or call your local office, we are here for you!

Region 1 (Northeast) is a very diverse region with large metropolitan areas as well as a lot of rural counties. We have the Browns, the Cavs, the Indians, and the Pro Football Hall of Fame and of course LAKE EFFECT SNOW!

Joyce Stingel is the Northern Ohio Lead TFAC and has worked at the North Canton TFAC office since April 2007. Joyce was born and raised in Region 1, Tuscarawas County. Graduated from Kent State University, moved around with her active Army husband and then moved back home to Tuscarawas County and the Ohio National Guard. She is married to CSM Jon Stingel and has three children, two dogs, a cat, a goat, 7 chickens and 2 calves.

Rita Stahl has worked in the North Canton TFAC office since January 2011. Born in Akron, Rita has spent most of her life in Northeast Ohio, after finishing school in Connecticut. Rita is married to Chris Stahl, who retired from the military after 22 years. Rita's daughter, Darcie, and husband deployed to Iraq in 2004 with the 1484th for 13 months.

Region 2 (Southeast) is the most rural region in the state and is in the foothills of the Appalachian Mountains bordering Kentucky, West Virginia and Pennsylvania to the south and east. Much of the region boasts beautiful forests to include Shawnee State Forest and Wayne National Forest. Winding roads, rolling hills, rivers and creeks, plus some of the best food in the Midwest - it can all be found in Ohio's Appalachian Country! Did I hear somebody say soup beans and cornbread?

Jennifer Moore is the Southern Ohio Lead TFAC and has worked in the Portsmouth and Chillicothe TFAC offices for over a decade. She earned her degree at Shawnee State University in Portsmouth Ohio. Jennifer is the daughter of a WWI veteran and the wife of a Gulf and Iraq war veteran and has also been blessed with a daughter and three grandchildren. She and her hubby live on 28 acres in rural southern Ohio where they garden, raise a few chickens, and enjoy the simple life.

Brian Giesey has worked in the McConnelsville TFAC position since June 2015. He enlisted into the Ohio Army National Guard after graduating from Cambridge High School in July 1990. Retired from OHARNG after 25 years of service, 20 years as an AGR. Brian is a veteran of Operation Iraqi Freedom (2003-2004) and Operation Clear Skies (2011-2012). He is married to his extremely supportive wife April. They have 4 children: Cheyenne, Savannah, Laramie and Liberty.

Region 3 (Southwest) is most known for being the home of the Cincinnati Bengals, and the Cincinnati Reds. Most of Region 3 consists of large cities, and suburbs, however it does have its rural farm counties as well.

Mandy Humerick, is the TFAC for Region 3 (Southwest, Ohio). She is the wife of SSG Nathanael Humerick Support Company 216 EN BN OHARNG, and the mother to five beautiful children. Prior to starting her position with Troop and Family Assistance, she worked as the FRG Treasurer for the 637th Chemical Company, which recently allowed her the honor of receiving the Ohio Accommodation Medal. Mandy is dedicated to providing support and resources to the brave men and women (past, present, and future) that stood ready to serve our great nation.

Region 4 (West Central) Affectionately deemed the Miami Valley, Region 4 lies within the Greater Dayton region assisting Military Families and Service members working and living in Dayton, Kettering, Springfield on up 75N to Wapakoneta, St. Marys, and Celina in the outlying areas to name a few. This area has a strong Military presence housing Wright Patterson Air Force Base alongside many Army National Guard Armories and Reserve Units

Ashten Houseman, Region 4 Troop and Family Assistance Center Specialist (TFACS) in Springfield. Ashten is a great-granddaughter of a WW II Veteran and has a long family history of Armed Services. Mrs. Houseman has been happily married to her husband Jared for over 9 years and they have three children together. She has enjoyed her time as a TFAC since February of 2013, and looks forward to continued service in this role. What brings the most enjoyment about this position is engaging with community leaders and having the pleasure to link groups, organizations, and individuals with the Military Families and Service Members those groups so eagerly seek to support within West Central Ohio.

Phyllis Miller is a Region 4 TFACS, based at the Leo. M. Kreber Armory in Kettering, OH. She's a proud military (veteran) spouse, mom to a son and daughter and grandmother to two with one on the way! She is truly grateful for the position she holds. Not only is she "serving" in her own way, she gets to help those who protect us daily and those who have sacrificed over the years to help maintain our freedoms and way of life. She knows that she is not alone in that sentiment, which makes partnering with those organizations who support our military members and their families such a joy.

Region 5 (Northwest) is comprised of 22 counties in Northwest Ohio. We have three (3) TFAC's who are ready, willing and able to assist you with your questions, concerns and needs. Our region is home to 14 National Guard units, 2 Air Wings, a training facility at Camp Perry, Army Reserve units, Coast Guard, Navy Reserve and Marine reserve units.

Margret Szymanski was a former FRG Leader for her husband's units and accepted a position as a TFAC in October 2007. She is the spouse of a retired combat veteran (Infantry) and the mother of three boys, one of whom is also an active duty Army soldier (Air Defense Artillery). She has an appreciation and commitment for all who have worn the uniform, and is dedicated and devoted to ensuring the best resources are available for any service members, veterans and their families anytime there is a need.

Region 5 (Northwest) CONTINUED...

Patricia Markowski is a TFAC and has been married for 22 years to Robert Markowski a Soldier of 22 years. She has three children and her oldest is now in the Army. She has been a TFAC for 4 years now and have found her passion in life which is helping others be all they can be.

Tabitha Hoke-Mujihad is one of the newest members of the TFAC group having come on board in May 2015. She was born and raised in the Richland county area. Tabitha is a Navy veteran and the daughter of an Air Force veteran. Her brother is also a Chief Warrant Officer in the Army. She earned her degree from Mount Vernon Nazarene University in Mount Vernon, Ohio. Having extensive experience with working with military personnel and families, she is honored to be working closely with the military once again. Tabitha is married with four children and a dog.

Region 6 (Central) Columbus Ohio is the 15th largest city in the United States and the home base of Region 6. We are home to "The Ohio State University" and "The Champion Ohio State University Buckeyes Football Team." Need I say more??? The Columbus Zoo and Aquarium is the #1 zoo in the country And COSI is the #1 science center!! We proudly serve Central Ohio Military Families including Franklin, Delaware, Union, Madison, Licking, and Knox Counties!!!

Heather Smith lives in Reynoldsburg Ohio. She is the mother of three children, Aliyah, a sophomore at Capital University. Jonah, a senior at Reynoldsburg High School, and Myah who is 7 years old. She was a nurse for several years but changed careers in 2012 and came to work for Family Readiness and Warrior Support. She has been a TFAC for 3 years in Region 6 and is located at Rickenbacker/73rd Troop Command. She comes from a long line of Service Members and loves being able to give back to those who have sacrificed so much. Outside of work, she enjoys spending time with her kids and her 15 year old dog Bailey Sue. She loves to read, bookstores are her weakness!! She says, "I am a big nerd at heart!".

Cory Schleyer is a TFAC in Central Ohio since May, 2015. This is a career that gives him a lot of satisfaction, considering the fact that he is in the Air National Guard himself. He loves the fact that he gets to experience military life from both sides of the fence. He and his wife have been married for nearly two years (and have been together for 9 1/2), they have two four legged kids (our dog Lilly and our cat that thinks he is a dog... his name is Truman) and are expecting their first human child February of 2016. He is excited to grow as a person and learn as much as possible to help service members, veterans and their families when they really need help the most.



RISFAC Meetings

Region 1 RISFAC

October 22, 2015—Garfield Hts.

Region 2 RISFAC

October 14, 2015—McConnelsville

Region 3 RISFAC

October 15, 2015—Cincinnati

Region 4 RISFAC

October 27, 2015—Sidney

Region 5 RISFAC

October 13, 2015—Mansfield

Region 6 RISFAC

October 8, 2015—Columbus

JOBS!!! More resources to help in your job Search



Ohio Dept of Job and Family Services Ohio Means Jobs Centers

<http://jfs.ohio.gov/owd/wia/wiamap.stm>
888-296-7541 (select Option #2)

Ohio has local Ohio Means Jobs Centers that assist job seekers, employers and youth with job search assistance, employee recruitment, job training, and much more. Veterans with challenges to employment maybe eligible for more extensive employment support and services.



ACP AdvisorNet

<https://acp-advisonet.org/>

ACP AdvisorNet is an online community assisting Veterans in developing and achieving their professional goals by connecting them with business leaders from companies nationwide. Through their Q&A forum, Veterans can ask questions about career development, employment, and small business.



Hiring Our Heroes.US Chamber of Commerce Foundation

<http://www.hiringourheroes.org/>

Hiring Our Heroes, a program of the U.S. Chamber of Commerce Foundation, is a nationwide initiative to help veterans, transitioning service members, and military spouses find meaningful employment opportunities.



Military Spouse Employment Partnership

<https://msepjobs.militaryonesource.mil/>
800-342-9647

MSEP seeks to strengthen the education and career opportunities of military spouses by providing resources focused on career exploration, education and training, licensing, or credentialing requirements that can help them reach their career goals and employment assistance and employment connections that help them find and maintain a rewarding career.



Veterans Employment Center

<https://www.ebenefits.va.gov/ebenefits/jobs>

Access tools and resources designed to help Veterans and transitioning Service members translate their military skills into new public or private sector careers. Learn how to identify your professional strengths, create and post résumés, achieve success in your next job, and more.



Show Your Stripes

www.showyourstripes.org/

iHeartRadio's campaign to help you find ideal civilian employment opportunities. On this site you will gain access to thousands of employers committed to seeking veterans for positions all over the world.



USAJOBS

www.usajobs.gov

USAJOBS is the Federal Government's official one-stop source for Federal jobs and employment information.



US Small Business Administration - Office of Veterans Business Development

<http://www.sba.gov/vets/> - 800-827-5722

SBA's Office of Veterans Business Development is dedicated to serving the veteran entrepreneur by formulating, executing and promoting policies and programs that provides assistance to veterans seeking to start and develop small businesses.

Family Readiness Support Assistants (FRSA)

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Programs. They provide administrative assistance to the Family Readiness Groups (FRGs) and their Leadership Teams. Please reach out to your Brigade (BDE) FRSA for assistance with your Family Readiness Program.

Contact Information for BDE FRSA:

- 16th EN BDE—Lisa Mann | 614-336-6352 | lisa.m.mann18.ctr@mail.mil
- 174th ADA BDE—Candy Stephenson | 614-336-6000 x2039 | candice.l.stephenson.ctr@mail.mil
- 37th IBCT—Billy Madden | 614-336-6855 | billy.g.madden.mil@mail.mil
- 73rd Troop Command—Emily Cunningham | 614-336-4915 | emily.l.cunningham2.ctr@mail.mil
- 371st SUST BDE—Jennifer Knoop | 614-336-6000 x7681 | 371stfrsa@gmail.com
- Special Troops Command (STC) - Nancy Kary | 614-336-7314 | nancy.j.kary.ctr@mail.mil
- Senior FRSA—JFHQ—Janet Corbi | 614-356-7918 | janet.s.corbi.ctr@mail.mil

State & Local Resources

Finance/Employment/Transition

Jobs and Family Service

Phone: 877-852-0010 or 614-466-2100
Website: www.jfs.ohio.gov/

Military Pay

Phone: 614-336-7225
Website: <https://mypay.dfas.mil/mypay.aspx>

Employment Support Services

Phone: 614-336-7378

ONG Transition Assistance Advisors

Phone: 614-336-7349 or 614-336-4192

Ohio Department of Veterans Services

Phone: 614-644-0898
Website: www.dvs.ohio.gov/

Librarian—Military Records

Phone: 614-336-7038

AMVETS

Phone: 614-431-6990

ONG Education Office

Phone: 614-336-4165

American Red Cross

Phone: 877-272-7337

Medical

TRICARE Benefits Assistance

Website: www.tricare.mil/
Phone: 1-877-874-2273

OHARNG Health Services

Phone: 614-336-4194 or
614-336-7271

Military OneSource

Phone: 800-342-9647
Website: www.militaryonesource.mil

Drug/Alcohol Abuse Prevention

Phone: 614-336-7319

Sexual Assault Response

Phone: 614-336-7159

Sexual Assault Hotline

Phone: 877-751-5628

JAG Office—Legal

Phone: 614-336-7022

DEERS/ID Cards

Phone: 614-336-7087

OHARNG Retention Office

Phone: 877-687-7660

Behavior/Mental Health

Director of Psychological Health Army National Guard

Phone: 614-336-7393

Chaplain Services

Phone: 614-336-4117

Resiliency Programs

Phone: 614-336-7192

Veteran Crisis Center

Phone: 1-800-273-8255 Press 1

Director of Psychological Health Air National Guard:

178th Phone: 1-800-851-4503 ext. 2583

179th Phone: 419-520-6700

180th Phone: 419-868-4333

121st Phone: 614-492-3568

