



Ready Families... Anytime, Anywhere

# BUCKEYE FAMILIES

## January 2007

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*Larry Hale Contracted FAC Coordinator*  
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*Educate, Communicate and Market Family Readiness*

### Contracted Family Assistance Centers

|                                 |              |
|---------------------------------|--------------|
| Gary Reed – Columbus*           | 800-589-9914 |
| Cyndi Caron – Walbridge         | 866-278-5755 |
| David Chrzanowski – Cincinnati  | 866-278-5757 |
| Jennifer Moore – Portsmouth     | 866-270-8283 |
| Stephanie Bragg – Mansfield     | 866-278-5409 |
| Diane Whatmough – Akron/Canton* | 866-278-5756 |
| Jerry Wiggins – Kettering       | 866-278-5759 |

### After Hour or Emergency Contacts:

|                  |              |
|------------------|--------------|
| Diana Whatmough  | 330-523-0055 |
| 1LT Katie Enochs | 614-302-8228 |

### Contracted State Youth Coordinator

|                 |              |
|-----------------|--------------|
| Sue Ann Carroll | 877-460-2177 |
|-----------------|--------------|

### Air Wing Program Coordinators

|                               |              |
|-------------------------------|--------------|
| Carolyn Ebert – Rickenbacker* | 614-492-4417 |
| Jane Esprit – Springfield*    | 937-525-2583 |
| Faline Rowland – Mansfield*   | 419-520-6600 |
| Judy York – Toledo*           | 419-868-4550 |

### Key Support Volunteers

|                       |              |
|-----------------------|--------------|
| Tina Lee – Treasurer* | 614-878-2634 |
|-----------------------|--------------|

#### Army

|                               |              |
|-------------------------------|--------------|
| Angie Dyer – Columbus*        | 614-332-3620 |
| Bonnie Swaney – Cincinnati*   | 937-436-3505 |
| Michelle Buck – Toledo*       | 419-265-4663 |
| Lillian Collins – Portsmouth* | 740-707-6743 |

### Air GSU (Geographically Separated Units)

|                           |              |
|---------------------------|--------------|
| Amy Hernandez – Blue Ash* | 513-936-2949 |
| Sara Wilson – Zanesville* | 740-345-4959 |

### Transition Assistance Advisor (State Benefit Advisor)

|            |              |
|------------|--------------|
| Terry Dean | 614-336-7349 |
|------------|--------------|

\* Denotes: – Joint Family Council Member

*If you would like to contribute to the Buckeye Family Newsletter about what's happening in your unit, please forward your submission to the editor. The next edition is scheduled for April 2007.*

**Marriage Enrichment – 2007 PREP flyers are posted on our website - There are 6 workshops scheduled for February – May 2007. This year it is open to members of any of Ohio's reserve components... and to committed couples (not just spouses)!**

**1 MARCH – Annual Reports and FR award nominations are due! We have extended the deadline from 1 FEB. This is a FRGL and Cdr responsibility. Please understand that the monies FR gets to run our APR conference, our Regional Foundation Courses etc. are based on data from these reports. See our website for blank templates.**

**13 – 15 April 2007 is the Annual Family Readiness State Conference in Columbus! Registration information will be out by the end of January. Invitees include: FRGL and officers, Cdrs, Military Liaisons, and 1SG.**

**Habitat for Humanity is a wonderful program that builds new homes for families in need financially that have shown or proven that they are doing all they can to rebound and build a wonderful life for them and their family. Habitat for Humanity in the Greater Columbus area is reaching out to our military members to encourage them to submit an application. There is a 7 question application that will help a member determine if they are eligible. One example: there is a minimum and maximum family income requirement. For a 3 person family, the minimum is income is \$17,350 and the maximum income is \$29,000. The application is on our website. If you do not live in Columbus, you may submit an application and it will be forwarded to the closest Habitat chapter in Ohio.**

*From the  
State Family Program Director  
Lieutenant Colonel (LTC) Robert Bramlish*

### **One Call Now Phone Tree Activated for Ohio Army National Guard**

Thanks to the hard work of our Commanders, Military Liaisons, and Family Readiness Group Leaders the One Call Now automated phone message system is active and on line. MG Wayt delivered the first message to the state wide calling tree on Christmas Eve. If you will recall from the October newsletter, One Call Now is a system that a Family Readiness Group Leader can use to leave a 45 second message. One Call Now dials the phone and delivers that message to everyone who is on the phone tree.

This system has a delay that sounds similar to a telemarketing call. Instruct your FRG members to wait for at least 2 seconds before hanging up as the automated system is verifying that someone answered the phone. If you receive more than one call with the same message, it may be that you are listed on multiple rosters. Let your FRGL know.

Deployed units have used this extensively. Now all Army Guard units have this wonderful capability. How cool will it be for FRGL's to call the One Call Now service and let the families know that the unit has arrived safely at Annual Training or a duty location like the Hurricane Katrina mission?

What a benefit for FRGLs to be able to send a phone call reminder out 30 days prior to the unit picnic or holiday party, etc. You will come up with many uses to take care of our families... and I will use this system in times of need like Hurricane Katrina to push out information important to families. For example, recall how the pay status for soldiers changed in the first few days of Katrina from State Active duty pay status to full-time National Guard pay (title 32)..

Please abide by the following rules when using One Call Now:

- Only the first person listed on the Privacy Act Statement should be included on the One Call Now Roster. That one person is then responsible to inform other loved ones of the message.
- FRGL may use it to inform families of upcoming FRG functions, safe arrival of troops to training locations/deployment stops and reminders of important events (Reunion Briefs, Holiday Party, etc.).
- One Call Now will never be used for "bad news" (seriously wounded, etc.). Use of the Manual/Traditional Phone Tree along with a

coordinated script will be employed for those situations if necessary.

- Steady-state/Non-Deployed units may use One Call Now up to 10 times per year. If a unit decides to use it more than the allotted amount, the unit and its FRG will be required to pay for calls above the allotment. Deployed units may use it more often if necessary when coordinated with the State FRO. (FRGL - please be judicious in its use.)
- This service will be available beginning January 12, 2007 – see the FRG Toolkit on our website for an information paper – Automatic Phone Tree

Again, a big thanks to all involved in updating unit phone trees and privacy act statements to make this project a reality for the State!

### **News From the Field**

#### **RSP Holiday Celebration**

Submitted by LTC Chip Tansill  
Cmdr, Recruiting & Retention BN

I am in route home from Akron-Canton where I attended the holiday IDT with Co E. In attendance were BG Lee and wife Tina, CSM Gilliam, 838th Co Cdr and several others. But that is not the important message I want to relay. What I really was impressed by was the 125 soldiers, their family and friends, and Scott Hutt's NCOs. There were between 500-600 people at this RSP holiday celebration. Twenty-five soldiers were promoted; four received recruiting ribbons, and one an AAM. These awards were presented in front of their family and friends. This was the most impressive event I have seen in 24 years of military service. And every bit of it was planned, resourced, and executed by NCOs and the FRG.

The motivation these soldiers displayed today made me remember what it was like for me when I enlisted and had my entire future ahead of me. I spoke to so many family members today who were so thankful their family member is part of our great organization.

One last comment.....ISG Hutt and his leaders have set the standard today. If I were at the Co/Btry/Trp level, I would be asking this group of leaders to show me what right looks like. I have seen what "right looks like" today.

## **Girl Scout Troop # 256 makes Christmas cards for soldiers in Iraq**

Submitted by Paula R. Fisher Troop leader for Girl Scout troop # 256 Zanesville, Ohio



***L-R Terry Dean, Gary Reed, Troop Member Alexis, and SSG Lewis Ohio Army National Guard***

I am so very proud of our troop with this community service project that was done for the month of December. The troop asked the East Muskingum schools to help out by having the 3rd, 4th, & 5th graders color Christmas pictures, and the 6th 7th & 8th graders to write a little thank-you to the soldiers in Iraq in Christmas cards. These Christmas cards were purchased with troop funds. Each card was hand signed from a troop member, stamped with a beautiful design on the front of the card, addressed to a soldier, and a yellow ribbon attached to the back of the card. Each card was stuffed with a colored picture and a thank-you flyer (donated by Staples) from us. We delivered them to the National Guard in Columbus, Ohio and various FRG's of deployed units are sending in care packages to Iraq to deliver to each of the soldiers. They had a total of 650 Christmas cards and 153 extra thank-you flyers. Way to go girls!!!! What a wonderful way to say you care.

## **Operation Holiday Joy**

Submitted by Larry Hale

Woman's Day Magazine and the Armed Services YMCA (ASYMCA) (a non profit organization) partnered for the third consecutive year to provide toys to children of military men and women who risk their lives every day in Iraq, Afghanistan and other trouble spots around the world. This extensive, nationwide toy drive benefits service members and their families in all branches of the military, in all 54 states and territories. The Ohio National Guard Family Programs (both Army and Air) received 3600 toys as part of the initial distribution. Children (ages 3-11) of deployed, and recently deployed service members, were the target recipients. The Assistant State Family Program Director, 1LT Katie Enochs provided oversight and

guidance for prioritization and allocation of the toys to our military families. Six sites (Maumee, Mansfield, Columbus, Kettering, Cincinnati, and Canton) were designated as receipt, storage and distribution points for the toys. Individual unit distribution was accomplished in early December 2006. A big "Buckeye" Thank You to Woman's Day Magazine and the Armed Services YMCA for once again planning, coordinating and championing this great event for our military families.

## **Reunion Briefs/Welcome Homes in the News**

### **641<sup>st</sup> Quartermaster Detachment returns from Iraq**

Submitted by Jerry Wiggins

The soldiers of the 641<sup>st</sup> Quartermaster Detachment (Water Purification) returned to their home base in Kettering, Ohio on 29 September 2006. CPT Aaron Vaubel and his "waterdaws" served their country, state, and fellow service members for a one-year tour in Iraq. During their deployment, they established several records in the production of potable water for their area of operations. The unit members were given a very patriotic welcome home celebration by their families and friends as well as a great turn-out from the community of Kettering, Ohio. The most heart-felt moment occurred when the soldiers arrived in front of the Kettering elementary school. The elementary students filled from their classrooms and lined the sidewalk waving flags and carrying welcome home signs. BG Kambic greeted the students by giving them "high fives" as he made his way into the welcome home ceremony. The City of Kettering provided two police officers (on motorcycles) who escorted the soldiers as they crossed into Montgomery County on Interstate 70 west of Dayton, Ohio concluding at their arrival at the Kettering elementary school. It was a great day for the Ohio Army National Guard!

### **More Homecomings**

Submitted by Stephanie Bragg

On Thursday, 10 November, we were happy to welcome home the 16<sup>th</sup> EN HHC! The Vineyard on Cooper Road was a wonderful location and the weather was warm and sunny for a November day. The Brigade Headquarters were escorted home by Patriot Guard and by Gold Wings from Camp Atterbury to Westerville. Several law enforcement and fire fighting organizations had flags and welcome home signs along the way. We are glad to have them home from Iraq and wish them the best as they reintegrate back into life in Ohio!

Saturday, 16 December was a great day to welcome home 1-174 C Battery from an extended deployment to Fort Bliss. Families and friends were in attendance at Bellefontaine High School for a joyous reunion. We hope they can adjust to being back in the Buckeye State and wish them well!

## **Benefits for National Guard and Reserve Retirees and Their Families**

If you are a retired National Guard or Reserve member, you and your family members may be eligible for TRICARE medical and dental benefits. For the purpose of these benefits, you may fall into one of the following categories:

- Retired Reserve not eligible for retired pay until age 60, often called, "Gray are retire;"
- Retire between age 60 and 65 receiving retirement pay; or
- Retire age 65+ receiving retirement pay and social security benefits.

If you meet any of these criteria, you can view the full fact sheet at:

<http://www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=350> . The guide will help you understand your medical and dental benefits.

## **From the FRG Tool Box**

### **Tis the Season - Tax Season that is**

Tax season is just around the corner. Make this New Year's resolution a pledge to get an early jump on your tax preparation. Your Family Assistance Center has financial booklets that can also assist you throughout the tax season. You can also obtain a CD through Military.com entitled "Personal Finance for Everyone" that offers a simple approach to financial planning that can work for anyone, whatever you age or income.

### **Free tax assistance available for deployed Ohio military personnel**

The Ohio Society of Certified Public Accountants, a professional association representing 24,000 Ohio CPAs, is once again offering *Operation CPA* – a statewide program to assist deployed Reserve and Guard service members and their families with free tax preparation assistance.

Under the *Operation CPA* program, Reserve and Guard service members who are currently deployed and who are Ohio residents will qualify for free preparation of their 2006 individual or joint local, state and federal personal tax returns. The qualified service member, their spouse or family member simply needs to contact The Ohio Society of CPAs to request assistance.

To take advantage of this program, call The Ohio Society of CPAs toll-free at 888.959.1212 or e-mail the Society at [cpanswers@ohio-cpa.com](mailto:cpanswers@ohio-cpa.com).

Operation CPA is part of The Ohio Society of CPAs' Financial Fitness program, which provides personal

financial management information to a variety of audiences. In addition to helping military families, Financial Fitness Ohio features programs and resources to help college students, disaster victims, children, and the general public become more aware of fiscal responsibility, money management and other financial issues. To learn more about Financial Fitness Ohio, including a section specifically for military families, go to [www.financialfitnessohio.com](http://www.financialfitnessohio.com).

## **How to Avoid Identity Theft**

With one unfortunate incident, 26.5 million U.S. veterans had their personal information compromised. Nothing you can do will guarantee protection against identity theft in all circumstances. However you can minimize your exposure to identity theft by managing your personal information with care and caution and by adhering to the following tips:



### **10 Tips to Prevent ID Theft:**

1. Memorize your Social Security number. Never carry your Social Security card in your wallet or purse.
2. Store your wallet or purse in a secure location while at work or public places such as fitness centers.
3. Buy a cross cut shredder. Use it as a secure means of disposal for documents with personal information – such as unsolicited credit card applications, credit receipts or utility bills.
4. Memorize your PINS. Do not write them down unless you must. Never keep them with their cards, and do not share them with anyone. If possible, do not give the same PIN for multiple cards or services.
5. Do not provide personal information over the phone, email, or internet unless the recipient is a known and trusted source.
6. Make sure the web site uses encryption technology to safeguard your information. Most web sites provide some acknowledgment that they are using encryption to transfer financial information. This acknowledgement may appear as a yellow padlock symbol in the status bar of your browser or a pop-up window indicating an encrypted or secure site.
7. Call the credit reporting agencies at 888-657-8688 to remove your name from all mailing lists the agencies supply to direct marketers.
8. Deposit checks directly to your bank account. Do not mail checks from your home mailbox if it is unsecured.
9. Do not have unnecessary personal information, such as Social Security or drivers license numbers printed on personal checks.
10. Do business with responsible companies that take steps to protect their customers from identity theft.

## Tools for Fathers

The 24/7 Interactive Dad CD ROM available from Military OneSource provides tools to help dads improve their parenting skills. Developed by the National Fatherhood Initiative, this CD ROM is **free** while supplies last. Dads will learn:

- How children develop and grow
- How to balance work and family
- How to talk to children so they will understand
- How to work with mom to raise great kids

Call Military OneSource at (800) 342-9647 to order a free copy!

## New Military Pay Hotline

A new Military Pay Hotline has been established for Ohio Army National Guard soldiers. The toll free number is 1-877-940-0708 and can be called anytime, anywhere! Be sure to have your LES with you when you call. The technician will ask you for specifics and your unit will be notified so they can assist with any problems at that level. The hotline technician will either provide a solution or an answer that will solve the problem.

## Calculating Postage for packages

The US Postal Service has a postage Calculator on its website (see the link below). You'll need both zip codes (sender and receiver) and an estimate for the weight and it will calculate 4 different prices, depending on which level of service one desires.

<http://www.usps.com/tools/calculatepostage/welcome.htm?from=home&page=0061calculatepostage>

## Department of Defense Special Needs Parent Tool Kit

The [Department of Defense \(DoD\) Special Needs Parent Tool Kit](#) contains 110 pages of comprehensive information and tools geared towards helping military families with special needs children navigate the maze of medical and special education services, community support and benefits and entitlements. Each module contains valuable resources and important facts; record keeping tools and sample letters have also been incorporated. The Tool Kit is divided into six colorful modules that can be easily downloaded and printed or saved on to a CD.

Whether you need to learn about early intervention services or want to learn how to be a more effective advocate for your child, you will find the information in

the DoD Special Needs Parent Tool Kit modules <http://www.militaryhomefront.dod.mil>.

## Our website is improving

Our Family Programs website is under construction... please visit to see the new look. We still have some bumps to smooth over. [www.ong.ohio.gov/family](http://www.ong.ohio.gov/family)

## OHIOCARES

OHIOCARES is a collaboration of the VA, State and local agencies to provide behavioral healthcare (mental health, addictive services, family counseling, etc.) for OIF/OEF veterans and their families. For information on these services call CH (CPT) James Sizemore at 800-761-0868.

# KID'S KORNER

## Ohio National Guard Youth Program

The Ohio National Guard Youth Program continues to stay very busy with all of our programs, activities and events. To highlight just a couple of our most recent events... Lets start with our November 3-5 Youth Council Workshop! We started the weekend on Friday evening at the OSU Hockey Game with 14 teens from all over the state. From there we spent the rest of the weekend getting to know each other. Additionally, our youth made a reunion video to be shared at Family Reunion Briefs. They also had the opportunity to elect officers! They worked on their by-laws and really made some progress on how they want the Youth Council to look. It was a great weekend and we will be meeting again on December 29 & 30 to begin planning for the Youth Symposium that will be held this April 13-15 in conjunction with the Family Readiness Conference.



If you know a youth that would like to make a commitment to be involved in this new dynamic group please contact Sue Ann Carroll, your State Youth Coordinator.

Another recent event that was a huge success was our Wildlights at the Columbus Zoo on December 16<sup>th</sup>. Thanks to the hard work of many people and the

Columbus Zoo for offering the ½ price admission for military families, we had nearly 1,300 military members and their families take advantage of this special event! We had FREE hot beverages, sandwiches and cookies at our “Warming Station” and we also took lots of “Fun Family Photos”. This was another great event that offered our families the opportunity to come together with other military families and share in a wonderful evening of family fun at a great price!

## Upcoming Events

### OSU WOMEN’S BASKETBALL OPERATION: MILITARY KIDS

Sunday, Jan. 21, 2007 at 2 p.m.  
Ohio State vs. Illinois  
Value City Arena

We have had over 600 tickets purchased by Ohio National Guard and Reserve personnel and their families for the OSU Women’s Basketball game. This was at a savings of \$7 per adult and \$2 per student and special group seating. All fans are required to have a ticket. Other activities at the game. • Experience historic Ohio Stadium during a one-hour behind the scene tour prior to the basketball game. See the 2006 Big Ten Football Champion’s locker-room, press box, club level and much more. • Meet Brutus the Buckeye at the basketball game. • Shoot post game lay-ups on the court. • Meet Brandie Hoskins during a post game autograph session. Please one item only. • Receive FREE parking. If you are a FRGL and were not aware of this event, please contact your local FAC or Wing Family Program Coordinator to ensure you are on their mailing list.

For more information, call Sue Ann Carroll at 1-877-460-2177.

### Jen’s Culinary Corner Super Bowl Recipes



#### RECIPE:

#### Buffalo Chicken Wings

For a low-fat, healthy alternative to this traditional party favorite, try [Buffalo Chicken Strips](#).

**Serving:** Serves: 4

**Cook Time:** About 5 min. **Total Time:** About 30 min

#### INGREDIENTS:

12 chicken wings (about 2 pounds)  
Salt and Pepper  
3 cups vegetable oil, for deep frying  
2 tablespoons margarine  
2 tablespoons Tabasco or other hot sauce  
1 teaspoon white wine vinegar

#### DIRECTIONS:

1. Cut chicken wings in half at the joint. Discard wing tip or save for another use. Rinse, pat dry, and sprinkle with salt and pepper to taste.
2. Heat oil in a deep fryer or deep-sided pot to 350 degrees F. Add half the wings and cook until golden brown, about 10 minutes, stirring occasionally. Drain. Repeat with second batch.
3. Meanwhile, melt margarine in small saucepan. Stir in hot sauce and vinegar. Remove from heat. Pour hot sauce over fried chicken wings and toss to coat. Serve with blue cheese dressing and sliced celery sticks.



#### Quick Taco Dip

*A great dip for a party table.*

**Serving:** 10

**Prep Time:** 120 minutes **Cook Time:** 20 minutes

**Total Time:** 35 minutes

#### INGREDIENTS:

1 package taco seasoning  
1/2 cup Lt plain yogurt  
½ cup Miracle Whip Lt salad drsg  
1/2 cup light sour cream  
1 package light cream cheese  
optional salsa  
garnish with: shredded lettuce, chopped tomatoes and grated cheese

#### DIRECTIONS:

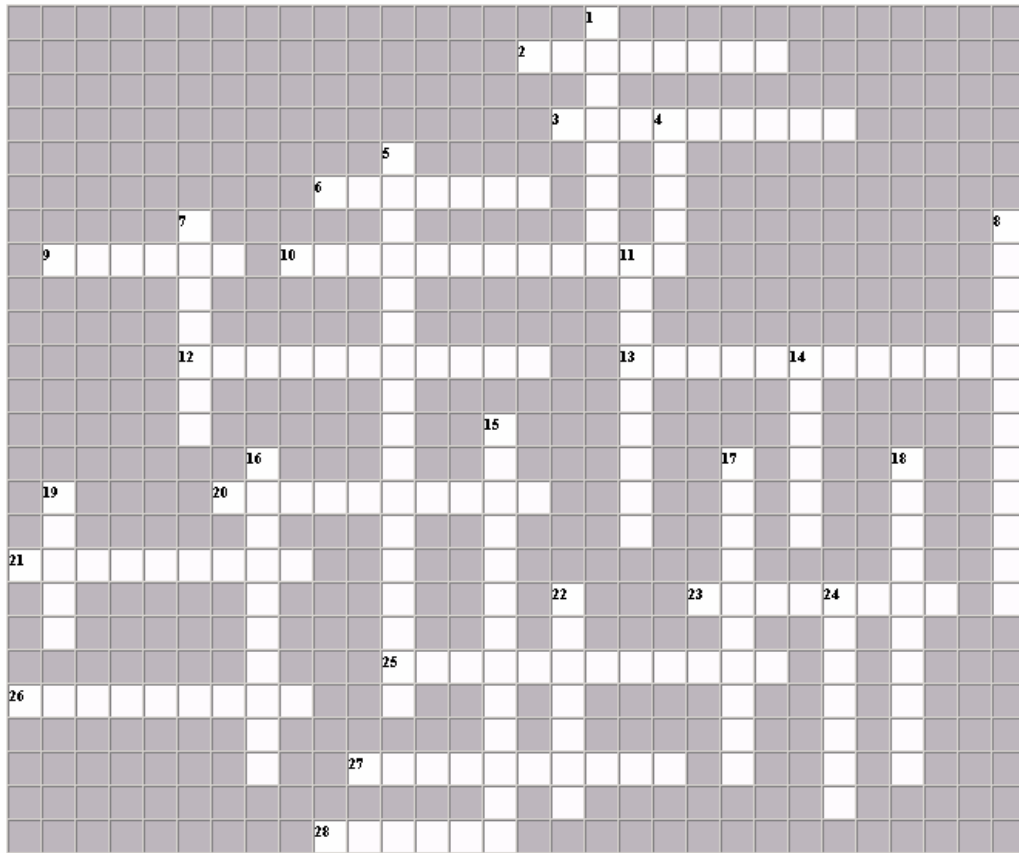
1. Blend first four ingredients together.
2. Spread into a glass serving dish and chill, covered, for at least 2 hours to allow flavors to blend and dip to set.
3. When ready to serve, top with salsa, lettuce, tomatoes, and cheese. Enjoy!

### YOU KNOW YOU ARE A MILITARY WIFE WHEN: - (TOP TEN)

1. When all of your husband’s fresh white underwear has his “last four” stamped on the waistband.
2. When you understand that APO is not a type of dog food.
3. When you realize that “haze grey and underway” is not a song by Neil Young.
4. When the sight of “U.S. Government” on your caller ID no longer freaks you out.
5. When your husband’s best friends have names like: “Wooki”, “Rat Boy”, “Marble”, and “Dancing Bear”...
6. When you know the smell of JP-5.
7. When have had five new best friends in fours years.
8. You have had five different jobs and five different addresses in four years.
9. When you think that when your husband eats in the mess hall, it’s right where he belongs.
10. When you have had the same husband for five years, but haven’t seen him in three.



## Family Readiness Crossword



### Down

1. Yearly Training \_\_\_\_\_
4. \_\_\_\_\_ Families - Any Time, Anywhere!
5. 24/7 resource for Service Members and Families
7. person who acts on behalf of the Commander
8. group that coordinates state-level FRG training
11. person who manages FRG funds
14. person who facilitates FRG meetings
15. people who do presentations at FRG meetings
16. lengthy service away from home
17. key people that make FRG work!
18. automated phone tree service
19. younger dependents of Service Members
22. smaller opportunities for learning
24. when loved ones return from deployment

### Across

2. skill-building/learning activity
3. person who takes minutes of FRG meetings
6. \_\_\_\_\_ Act Statements
9. summer family activity
10. winter activity for Troops and Families
12. method of welcoming new families
13. Due yearly by 1 February
20. snail mail method of sharing information
21. frequency of steady state/non-deployed FRG Meetings
23. only type of fundraising allowed by a FRG
25. items shipped to deployed loved ones
26. Service Member that "owns" FR at Unit/Wing level
27. annual training in April
28. prizes for jobs well done

Answers posted on our website under **Newsletter**