



Ready Families... Anytime, Anywhere

BUCKEYE FAMILIES

October 2008

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Educate, Communicate and Market Family Readiness

Contracted Family Assistance Centers (FACs)

Angela Dyer*/Gary Reed* – Columbus 800-589-9914
 Michelle Gire/Andrew Seward 800-589-9914
 Cyndi Caron/Margret Szymanski –
 Bowling Green 866-278-5755
 Brian Via – Cincinnati 866-278-5757
 Jennifer Moore – Portsmouth/Chillicothe 866-270-8283
 Joyce Stingel/Melissa Wise/Kelly Dominic –
 Akron/Canton 866-278-5756
 Jerry Wiggins/Robin Robbins –
 Kettering 866-278-5759

After Hour or Emergency Contacts

CPT Katie Enochs 614-302-8228
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Contracted State Youth Program

Sue Ann Carroll – State Coordinator 877-460-2177
 Erin Berry – OMK Specialist 614-336-7314

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Carolyn Ebert – Rickenbacker* 614-492-4417
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Key Support Volunteers

Tina Lee – Treasurer* 614-878-2634

Army Regional Volunteer

Phillipa Smith – Columbus* 614-946-3710
 Bonnie Swaney – Cincinnati* 937-436-3505
 Lillian Collins – Portsmouth/Chillicothe* 740-707-6743
 Bonnie Baughman – Akron/Canton* 330-494-3489

Air GSU (Geographically Separated Units)

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American Red Cross Partner

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* 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 January 2009.



The 2009 Calendar of Family program events will be delivered to every Soldier and Airman in the Ohio National Guard in December/January. This helpful guide will list programs scheduled throughout the year from marriage enrichment and single service member weekends to all our youth events and family program training seminars.

- ✓ **ML, Commanders and FRG Leader Teams - Mark your Calendars for the 2009 Annual Family Readiness Conference, 3-5 April 2009, in Columbus.**
- ✓ **Annual Reports and Volunteer Award Nominations due 1 February (reports are based on annual training year of Oct. 1, 2007 to Sept. 30, 2008).**

Military One Source Offers New Service

Mid-September, MilitaryOneSource will expand services to service members and their families with online consultations. Online consultations, in which the user and consultant conduct their sessions in a secure, real-time “chat” format, join face-to-face counseling and telephone consultations as our program’s third counseling option.

If a service member or family member can't attend in person counseling sessions or participate in telephone consultations—or just prefers online communication—online consultations are an option. Like face-to-face counseling and phone consultations, online consultations are short-term and solution focused, and free to active duty, Guard and Reserve members, and their families. For a complete description of this cutting-edge service, including how it works, appropriate issues, and confidentiality provisions, go to www.MilitaryOneSource.com and click “Counseling” in the 24/7 Help Center box (starting September 15).

Family Programs adds New Staff

Jim Strause is the Ohio state program manager for American Red Cross Service to Military Families. He is based in the family readiness program office at Beightler Armory, where he is a member of the Ohio Joint Family Support Assistance Program (JFSAP). His primary role is to serve as a liaison between the family readiness program and the 52 local American Red Cross chapters located throughout Ohio.

From 1978 through 1996, Jim managed Red Cross operations on military installations in CONUS and Korea, Germany, Japan, Iceland, Saudi Arabia and Kuwait. He's worked with all branches of the military. From 1996 through 2008 he worked in Red Cross chapter operations in Upstate New York.

To contact Jim, please call (614) 251-1798 or email StrauseJ@usa.redcross.org

Phone Tree Rosters and Auto Calls Information

Phone trees are a mechanism to disseminate information to Soldier's and Families as part of the Family Readiness Group (FRG) at the unit level (Air National Guard units may also be using this service). Examples include unit safe arrival at annual training site, unit departure from out of state annual training site, 30 day reminder of upcoming unit picnics or meetings, and passing information to families in case of State Active Duty mobilization – especially a no notice mission such as our experience during Hurricane Gustav.

If a unit is currently deployed, the FRG Automatic Phone Tree is to be used monthly to maintain communication and provide updates from the Commander. If you want to repeat the message, push the pound sign (#) then 3. **The automated call will never be used to pass bad news such as wounded or injured Soldiers or troops.**

Why Is It So Important To Attend Your Family Reunion Brief?

One of the most critical goals for the state family readiness program is to ensure that service members Families receive the highest quality Reunion Brief prior to their loved one returning from deployment. The purpose of the Reunion Brief is to prepare Family members for reunion with the service member considering the different perspectives of both the deployed service member and the Family during the separation. Service members will be receiving a similar briefing for their preparation at the mobilization station.

The brief will include an introduction by a Family Readiness staff. This introduction will include a brief explanation of some TRICARE/VA benefit, a professional counselor and a Chaplain will have a short reunion presentation followed by an informal group question and answer "town hall" type meeting. This format has proven to provide the right blend of critical information and opportunity for sharing prior to Soldier – Family reunion without overwhelming Families with too much information. * Reunion briefs vary slightly between Army and Air National Guard.

A Special Day in Cincinnati

Submitted by Robin Robbins, Region 4 FAC

Rebecca Drobnick from Operation Home Front contacted me a few weeks ago about a gentleman who had contacted her about donating 12 Cincinnati Reds suite tickets. The only stipulation was that he wanted them to be used by families of deployed soldiers. I just happened to be at the B Btry 1-134th FRG meeting the week before and learned that a soldier coming home on leave from Iraq had just been informed that their 12 yr old daughter had cancer. So....they were first on my list to contact and used 7 of the tickets. 2 other tickets were given to family members of the same unit and then 3 were given to family members of the 371st Sus Bde.

I got permission to order these families \$500.00 worth of food and drinks for the game. When they arrived in their suite, there were souvenirs in the room and then half way thru the game another cart of souvenirs were brought in for the families to take home.

The touching part was the little girl with cancer had walked back into the suite and the hostess was in there and asked the girl if she was cold and the little girl told her yes. The hostess asked the mother if she could go and get her a blanket and the mother said yes. She came back in with a Cincinnati Reds Blanket (brand new) and gave it to the girl.

The families were so grateful and had a terrific time. I'd like to join the families by thanking The Cincinnati Reds and the gentleman/company that donated such a special time for these families. Their kindness and consideration will be remembered for a long time to come.

Free YMCA Membership for Families of deployed service members

The DoD signed a new contract with the National YMCA that will provide free family YMCA memberships to families of National Guard or reserve members at the more than 2,000 participating centers in local communities.

Beginning in October, free family memberships will be available for 18 months -- while the service member-spouse is deployed -- and for three months before and after the deployment. YMCAs offer fitness centers with free child-watch while the parent works out, as well as family and youth programs, swim lessons, personal development classes and more. For a list of participating YMCA locations go to www.militaryonesource.com beginning October 1.

Sleep Problems?

New CD from Military One Source can help

Lack of sleep can affect your mood, judgment, and reactions. It can also hurt your health. But with our new CD, *Sleep Better Now: 5 Weeks to Improving Your Sleep*, Dr. Gregg Jacobs sets you back on the path toward a good night's sleep. Dr. Jacobs, a specialist at the Sleep Disorders Center at the University of Massachusetts and author of *Say Good Night to Insomnia*, offers an easy-to-follow, clinically based program to improve sleep without prescription drugs. Dr. Jacobs presents his self-guided program in five sessions, each featuring new strategies and techniques for sleeping better. The five sessions are:

- Understanding healthy sleep
- Sleep scheduling and stimulus control
- Changing the way you think about sleep
- Stress and sleep
- Lifestyle changes that can improve sleep

Like all MOS educational materials, *Sleep Better Now* is free to Military OneSource users. Download or listen to the CD at www.militaryonesource.com (enter "Sleep Better Now" in the search box), or order a CD to be sent to you.

Thinking Ahead to Save Money on the Holidays

Often, the early-winter reminders about how to save money during the holidays come too late -- at that point, we've already started spending money and don't have time to do things like "make presents." Below you'll find tips and ideas on how to plan far enough in advance to actually save some money on the 2008 holidays.

The first thing you should "give" this year is some very careful thought to how you're going to handle gift-giving with family and friends. Here are some money-saving ideas.

- Give one meaningful, thoughtful gift to each person.
- Make presents if you can.
 - Frame a fun photograph from a vacation or special event that you enjoyed together.

- Make a photo album of your children, along with some photocopies of their recent artwork, to give to grandparents, aunts, and uncles.
- Make gift certificates of things you can do for your loved ones throughout the year. For example, "This certificate entitles you to one free [30-minute massage][night of babysitting][weekend of dog-sitting][girls' night out] at a time of your choosing in 2009."
- Give the gift of soup, hot chocolate, mulled cider, or cookies -- without baking or cooking! Pick up some low-priced baskets at a bargain store. Then, purchase the dry-good ingredients for several batches of your favorite recipes. Line the baskets with colorful fabric or tissue paper; put the ingredients in each basket.
- Do your shopping online and place your orders early.
- If you really enjoy shopping in person, make plans to go bargain hunting in a carpool with friends.
- Be sure to use your Exchange.
- If you're planning to ship gifts to anyone this year, be weight-conscious.
- Use an "America Supports You" Priority Mail APO/FPO Flat Rate Box when shipping to military personnel serving overseas. The [Priority Mail APO/FPO Flat Rate Box](#) features predetermined rates regardless of weight (domestically) or destination.

QUIET HERO'S

She wakes very early, he's leaving today, She will stand tall and proud as he's walking away.

He glances back warmly at his children and wife, knowing they will bravely carry on with their life.

Her strength and her courage only one understands, He is walking away with her heart in his hands.

For he knows that without it he would be lost, but they both know freedom comes at a cost.

She walks away holding her children so close, Swallowing tears for the one she loves most.

This quiet hero does not walk into war; she soldiers on behind her front door.

She will move through her life the wind at her back, determined to keep her family on track.

Her tears fall in silence while she lies in her bed, her fear is right there but nothing is said.

She will ask that no metals be pinned to her chest.
Her husbands safe return her only request.

Few understand her commitment, her life; she is the quiet hero,
the brave soldier's wife.

(Author Unknown)

KID'S KORNER

Ohio National Guard Youth Program

Upcoming Events

Hero Camps!

Our final Hero Camp for 2008 will be held on October 18, 2008 in St. Louisville, Ohio. (Region 6, Central Ohio) Youth ages 6-17 will enjoy a full day of camping fun planned just for them with a special session built into give them some extra tools to help them deal with the unique challenges of being a military child. Parents will have the opportunity to participate in a day of interactive, fun sessions intended to give them some tools to help them deal with the challenges that can occur when you are part of a military Family.

Some of our parents who participated in the STRONG Families workshop said

"Take your kids, bring yourself and expect to gain a new reflection on life" - Service member and Dad

"This was very informative, and a good way to meet other families that are in the same boat."

"GO, JUST GO! You will not regret it! Service members should make sure to attend with their spouse."

So don't wait, you can register now just go to our website and click on the link for Hero Camps or contact Erin Berry, our Operation: Military Kids Specialist at 614-336-7314.

Military Appreciation Day!
Ohio State Men's Hockey Game
Saturday, November 8, 2008 7:05

The Ohio State University is offering an evening of Family Fun at the Value City Arena!

Event Features Just For YOU!

- \$6 discounted admission for you and your family
 - Buck a Brat night!
 - Special Half-time Show – Musical Chairs on ICE – ("Friendly" Competition between all Branches of the Service!)
 - Brutus will visit our section for a t-shirt toss!
- Order your tickets by October 24th to secure seating in our section! You may get more info about this event on our website beginning October 1.
<http://www.ong.ohio.gov/family/>

Wild Lights at the Columbus Zoo **Saturday, December 13, 2008 6pm to 9pm**

Over 2000 over the past 2 years! Join us at the Zoo during Wildlights, a spectacular celebration of winter. Brighten your holiday season with more than two million twinkling lights, ice skating, activities for children, Santa Claus and a variety of festive activities for the family. Contact Sue Ann Carroll for additional ticket information at 877-460-2177 or on our website beginning October 10th.

Event Features Just for YOU!

- FREE Hot Chocolate & Cookies
- FREE Holiday Family Photo
- Admission Tickets ½ price
- Parking \$3.00

Our Military Kids Grant Program **UPDATE for Deployed Families!!!** **Our Military Kids Announces Program Expansion**

McLean, VA -- Our Military Kids, a program that provides grants to children of deployed and severely injured Reserve and National Guard military, has expanded its program eligibility in two ways. The program which had been open to children in grades K – 12, will now be offered to 3 and 4-year-olds. Additionally, children may be eligible for a second grant award if their parent is deployed for 365 days or more.

Linda Davidson, Executive Director of Our Military Kids, stated "We are excited about being able to expand the program to preschoolers and to second grantees. We have had many requests from parents of preschoolers asking that we consider offering grants to this age group. We are pleased that funding from our very generous donors has allowed us to take this next step in the growth of the program."

Our Military Kids grants cover six months of an activity to a maximum award of \$500.00. Children who have a parent deployed for 365 days or more will now be eligible for a second grant award provided the parent has

60 days remaining on the deployment orders and 6 months has elapsed since the first grant award.

Our Military Kids provides grants for sports, fine arts and tutoring so that children may start or continue participation in an activity while the parent is away or recovering from serious injury. To date, over 3000 children have received awards from Our Military Kids.

To find more information on the program or to download an application, go to <http://www.ourmilitarykids.org>
Toll Free: 1-866-691-6654 or 703-734-6654

CHILDCARE COSTS GOT YOU DOWN?



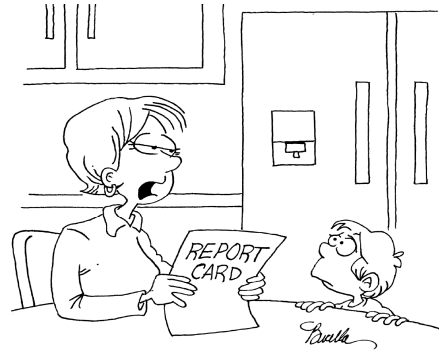
WOW! \$100 per month minimum for eligible service members!

Operation: Military Child Care: (OMCC) is childcare fee assistance for families of activated or deployed National Guard and Reserves for childcare service by a licensed provider. All income levels and ranks are eligible. If your Service Member is currently deployed or getting ready to deploy, you'll **WANT TO CHECK THIS OUT!!**

Military Child Care in your Neighborhood: (MCCIYN) is childcare fee assistance for families of AGR, ADSW, Technicians or any Title 32 Service member. To find out if you are eligible for any of these programs contact the number below and one the National Guard Child Care Program Advocates will help walk you thru the process.

The National Guard has funded a program called **National Guard Child Care Program (NGCCP)**. This is a place you can call that will serve as an advocate for you. They will walk you through the sometime cumbersome process of applying for the NACCRA child care programs.

To apply for this program, Families and/or Service Members can call NGCCP; they are available 24/7 and can be reached at 1-888-642-2799



"If you think it will help, yeah, let's hear your spin."

Pizza Toppings

M E A T B A L L S N O J D
P I N E A P P L E N N A C
G L P A E N K K A C I L Z
A O J M B K C M R F O A U
R C A J I I O H B Z N P C
L C N T H R S H O A S E C
I O F C C P H N C V C N H
C R H E E H A S W I Y O I
O B D S E S E A F E T A N
V G T T E B L E L I O R I
K O A M R N M V S S P Q A
T U R K E Y H A H E R B S
S A U S A G E Q H V M A I
P R O V O L O N E I P S A
H C A N I P S P N L J I G
A T T O C I R K E O C L O

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|-------------|-----------|
| ANCHOVY | OIL |
| ARTICHOKE | OLIVES |
| ASIAGO | ONIONS |
| BACON | PARMESAN |
| BASIL | PESTO |
| BEEF | PINEAPPLE |
| BROCCOLI | PROVOLONE |
| CHICKEN | RICOTTA |
| FETA | ROMANO |
| GARLIC | SAUSAGE |
| GOAT CHEESE | SHRIMP |
| HAM | SPINACH |
| HERBS | TURKEY |
| JALAPENO | ZUCCHINI |
| MEATBALLS | |