



Ready Families... Anytime, Anywhere

BUCKEYE FAMILIES

October 2009

Lieutenant Colonel Robert Bramlish, State Family Program Director

CPT Katie Enochs, Assistant State Family Program Director

Larry Hale, Contracted FAC Coordinator

Diana Whatmough, Family Readiness Assistant 866-278-5756

Jennifer L. Moore, Editor, jennifer.l.moore2@us.army.mil

2825 West Dublin Granville Road, Columbus, Ohio 43235

Toll Free number 800-589-9914 Website: www.ong.ohio.gov/family

Educate, Communicate and Market Family Readiness

Contracted Family Assistance Centers (FACs)

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

After Hour or Emergency Contacts

CPT Katie Enochs	614-302-8228
Diana Whatmough*	330-523-0055

Contracted State Youth Program

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

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

Army Regional Volunteer

Phillipa Smith – Columbus*	614-946-3710
Bonnie Baughman – Akron/Canton*	330-494-3489
Mary Muntz – Toledo/Bowling Green*	330-416-7140

Air GSU (Geographically Separated Units)

Amy Hernandez – Blue Ash*	513-936-2949
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Transition Assistance Advisor

Terry Dean	614-336-7349
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Military One Source Consultant

Mike Magnusson	614-336-7319
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Military Family Life Consultant

Tom Whiteman	614-336-7479
Kate Burke	614-336-6000 Ext. 1413

* 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 2010.

√ **Commanders, FRML, and FRG Leader Teams - Mark your Calendars for the 2010 Annual Family Readiness Conference, 9-11 April 2010, in Columbus.**

From LTC Buck Bramlish...

Much of the growth and success in the Family Readiness program for the Ohio National Guard (ONG) is directly linked to the efforts of volunteers and community organizations. We have a new program in Ohio that endeavors to connect community organizations and individuals wanting to support military units and Families, with our unit and Family Readiness Group Leaders. This regionally based initiative called a RISFAC (Regional Inter-service Family Assistance Committee) serves families and service members in all branches of service.

Each of the ONG Family Readiness regions will have their own RISFAC facilitated by our Family Assistance Center. These meetings will take place every three months one weekday evening. The goal is simply to bring together units and local organizations with programs serving military members and Families in a forum that builds community support at the unit level. Sound complicated? Well, call your local FAC and see when the next meeting is scheduled, I am betting it will help your unit build a stronger FRG and provide more support to the entire Soldier / Airman / Family Team.

SAVE THE DATE 2010 State Conference!

The 2010 Annual State Family Readiness Conference is only 7 months away (9-11 April) and this year the theme will be: A Costume Party, come as anyone but you! As we move into the Fall season, Halloween is the perfect time to start thinking about and looking for your costume. We are looking forward to all the great costumes; beautiful, scary or hairy.

Family Readiness Stories from the Field

Cleveland Indians Banner makes it to IRAQ

Operation Homefront Ohio in partnership with the Cleveland Indians recently hosted all Ohio Service Members past and present and their families at the Indians game on August 20th. One of the highlights of the game was that all the fans got a chance to sign a banner that was sent overseas to the 1192nd Horizontal Engineer Company. Gregg Flowers, a veteran and volunteer with Operation Homefront Ohio shipped the banner to his brother Kyle who is attached to the 1192nd. Check out Gregg's comments and photo below!

Well here it is ...the banner that the fans signed made it to Iraq!!!! Gave me chills when I opened this email this morning and I saw my brother (SPC Kelley) center stage with an Indians hat on too.

Thanks soooo much for making this happen. One of the first stops Kyle & I are making once he returns next summer is to see the Tribe!!!



From left to right: SGT Kendall Burres, SGT Tim Wellington, SGT Paul Simpson, SPC Kyle Kelley, SPC Brian Hance, PFC Tyler McKinnon, SPC Jim Altomare, and SGT Zack Caudill **1192nd Horizontal Engineer Company**; a few members of 1st platoon in Baghdad, Iraq

Family Assistance Center Helps Military Children with School Supplies



The Region 1 FAC (Northeast Ohio) recently wrapped up a collaborative project to provide backpacks and school supplies to military children. The FAC staff, over the last several weeks, gathered, stuffed, and distributed 343 backpacks/bags with school supplies to military children in Northeast Ohio. This project was made possible with generous donations from Operation Homefront, Holmes County Red Cross and National College. During a period of three days these donations were sorted and stuffed into



backpacks and bags by volunteers from Warriors Journey Home (these volunteers ranged from high school juniors to two inspiring WWII Veterans). These bags are reaching children from the Ohio National Guard, Army Reserve, Marine Corps Reserve and Coast Guard.

Author Visits 1192nd FRG Meeting

Janie Reinhart author of "Love You More Than You Know" was the guest speaker for the August Family Readiness Group meeting. In 2004, her then 22 year old son Joe Reinhart deployed to Iraq with Charlie Company 216th Engineers. During his deployment, Janie needed to put her feelings and emotions somewhere and decided to write them down. That was reason number one. She also wanted to give guidance to others, and to give back to the veterans. Her book includes 45 stories collected from mothers of soldiers, helpful hints for care packages, and a touching letter her own son had written to her. Janie read the letter to us and by the time she was finished the tissues were being handed out! Her book is available at Amazon.com and Northeast Ohio Book Marts. A portion of the proceeds go to the Bob Woodruff Fund. Thank you Janie for sharing your ideas and compassion with us!

Helpful Resources

VA Warns Veterans of Telephone Prescription Scam

WASHINGTON (Sept. 17, 2009) - The Department of Veterans Affairs (VA) is warning Veterans not to give credit card numbers over the phone to callers claiming to update VA prescription information.

"America's Veterans have become targets in an inexcusable scam that dishonors their service and misrepresents the Department built for them," said Dr. Gerald Cross, VA's Under Secretary for Health. "VA simply does not call Veterans and ask them to disclose personal financial information over the phone." Veteran Service Organizations have brought to VA's attention that callers are misrepresenting the VA to gain personal information over the phone. They say VA recently changed procedures for dispensing prescriptions and ask for the Veteran's credit card number.

"VA has not changed its processes for dispensing prescription medicines," Cross said. "Nor has VA changed its long-standing commitment to protect the personal information of this nation's Veterans." Veterans with questions about VA services should contact the nearest VA medical center or call, toll-free, 1-877-222-8387.



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HAPPY LISTENING! Provided by the Army National Guard. www.arng.3leafgroup.com

H1N1 Flu - What You Can Do to Stay Healthy

Stay informed. This website <http://www.cdc.gov/h1n1flu/> will be updated regularly as information becomes available. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Take everyday actions to stay healthy.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective. Avoid touching your eyes, nose or mouth. Germs spread that way. Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them. Follow public health advice regarding school closures, avoiding crowds and other social distancing measures. Find healthy ways to deal with stress and anxiety. Call 1-800-CDC-INFO for more information.

Helmets to Hardhats

Making a successful transition from the military into the civilian workforce can be difficult. Transitioning military veterans face the same challenges as any other job hunter – getting their résumé to the right people, learning how to sell themselves, tracking down promising leads, following-up with employers, headhunters, job placement agencies... etc. Not many people are comfortable with this process and veterans

have the added stress of trying to translate the skills they learned in the military into language that civilian employers can understand.

Helmets to Hardhats (H2H) was formed for this reason and is dedicated to helping National Guard, Reserve, retired and transitioning active-duty military members connect to quality career and training opportunities in the construction industry. For additional information on the Helmets to Hardhats program visit <http://info.helmetstohardhats.org/content/infocenter/>

A Word from the Chaplain



THE MUSIC STOPPED

I recently attended a showing of 'Superman 3' here at LSA Anaconda. We have a large auditorium we use for movies, as well as memorial services and other large gatherings. As is the custom back in the States, we stood and snapped to attention when the National Anthem began before the main feature. All was going as planned until about three-quarters of the way through The National Anthem the music stopped. Now, what would happen if this occurred with 1,000 16-22 year-olds back in the States? I imagine there would be hoots, catcalls, laughter, a few rude comments; and everyone would sit down and call for a movie. Of course, that is, if they had stood for the National Anthem in the first place.

Here, the 1,000 Soldiers continued to stand at attention. The music started again. The Soldiers continued to quietly stand at attention. And again, at the same point, the music stopped. What would you expect to happen? Even here I would imagine laughter, as everyone finally sat down and expected the movie to start. But here, you could have heard a pin drop. Every Soldier continued to stand at attention. Suddenly there was a lone voice, then a dozen, and quickly the room was filled with the voices of a thousand soldiers, finishing where the recording left off: "And the rockets red glare, the bombs bursting in air, gave proof through the night that our flag was still there. Oh, say does that Star Spangled Banner yet wave, o'er the land of the free, and the home of the brave." It was the most inspiring moment I have had here in Iraq... I wanted you to know what kind of Soldiers are serving you here

Written by Chaplain Jim Higgins

LSA Anaconda is at the Ballad Airport in Iraq

Hey there! Military1Source is using Twitter.

Twitter is a free service that lets you keep in touch with people through the exchange of quick, frequent answers to one simple question: What are you doing? Join today at www.militaryonesource.com to start receiving Military1Source's tweets.

KID'S KORNER

Ohio National Guard Youth Program

Upcoming Events

Wild Lights at the Columbus Zoo!

Saturday, December 12, 2009 6pm to 9pm

Over 3000 over the past 4 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 Andrew Seward for additional ticket information at 614-336-7274 or Sue Ann Carroll 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

TUTOR.COM: 24/7 On-Demand Access to Tutoring and Homework Help

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Our Services:

Tutor.com offers families individual accounts with access to our tutors 24/7. Institutions may choose to offer the Tutor.com Learning Suite which includes a K-12 Student Center, College Center and Adult Career Center. Each Center includes Live Homework Help® or LiveTutor™, one-to-one tutoring; ProofPoint™, real-time writing help; and, the 24/7 SkillsCenter™ Resource Library with thousands of vetted materials searchable by subject and keyword.

How it Works:

The minute a student needs help with homework, studying for an exam, or simply wants to review concepts learned in class, he or she enters their grade level and subject. In just a few minutes, the appropriate tutor connects to the student inside the secure online

classroom. The student and tutor chat using instant messaging, draw problems on an interactive whiteboard, share a file to review essays and papers and browse educational resources on the Web together. With individual accounts, sessions are saved so that students and parents can review them at any time.

Grade Levels: Consumers: 4th – 12th grades. Students taking introductory college courses. Institutions: K-12, college courses and adults returning to school or searching for a job

Subjects: Math: Elementary, Mid-Level, Algebra I, Algebra II, Geometry, Trigonometry, Calculus, and Statistics **Science:** Elementary, Earth Science, Biology, Chemistry, Physics **English:** Elementary, Essay Writing, Book Reports, Grammar **Social Studies:** American History, World History, Political Science **Resume Help, GED Prep and Citizenship Test Help** is available for adults using our services through institutions. En Espanol, bi-lingual support in all subjects is available.

Hours: Tutors are available in all subjects 24/7. Institutions choose their hours.

Pricing: **FREE** to Army Military Families

Sesame Street Family Connections Website

Sesame Street is pleased to announce the launch of their latest resource for military families, the Sesame Street Family Connections' website at <http://www.sesamestreetfamilyconnections.org/login/> Sesame Street Family Connections is a bilingual (English and Spanish), child-centered online space where both children and adults can interact and stay connected when distance makes everyday communication difficult. With the help of their favorite Sesame Street friends, family members can compose encouraging messages to each other, share artwork and videos, upload photos, and get answers to some questions they may have but did not know how to ask. Sesame Street Family Connections will serve as the common and private online place to keep military families connected across the globe.