



Ready Families... Anytime, Anywhere

BUCKEYE FAMILIES

October 2010

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Educate, Communicate and Market Family Readiness

Contracted Troop & Family Assistance Centers (TFACs)

Susan Bogan/Andrew Seward/Toni Duncombe – 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 Angela Bailey	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

Airman & Family Program Manager

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
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
Mike Magnusson	614-336-4192

Military One Source Consultant

Gary Cooper	614-336-7319
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Military Family Life Consultant

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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 2011.

Family Readiness Staff Changes

New Director Selected

It is with great pleasure that I announce the selection of LTC Julie Blike as the new director of Family Readiness and Warrior Support (FR&WS). She is a dynamic leader with unlimited potential and a heart of gold. Julie has both deployed herself and experienced a deployment as a spouse of a warrior. She brings energy, commitment and strategic thinking talents to the FR&WS program and the Ohio National Guard. We all wish her well and I look forward to watching this program continue to grow in pursuit of supporting our troops and their families.

As I have served the last six years in this position, let me say thanks to all of you. So many of you have committed untold hours of your time to build the nation's best Family Readiness program. It has been the most rewarding job of my career and I am thankful that you all included me in this venture. I will still be around working in the personnel world - so please always feel free to stop by or shoot me a note.

Congratulations LTC Julie Blike, our new Family Readiness and Warrior Support Director effective 1 OCT 2010!

LTC Buck Bramlish

Military OneSource News

OSD has announced the new MyCAA Program Guidance and a re-opening date of October 25, 2010. Significant changes have been made to eligibility, benefit and fiscal year cap, time-limit, and programs of study.

New Financial Assistance Guidelines:

The program is available to spouses of active duty service members in pay grades E1-E5, W1-W2, and O1-O2.

The maximum financial benefit will be \$4,000 with a fiscal year cap of \$2,000. Waivers will be available for

spouses pursuing licensure or certification up to the total maximum assistance of \$4,000.

The program is limited to associate degrees, certification and licensures. Effective immediately, National Guard & Reserve members must be on active duty for their spouses to receive the MyCAA benefit.

Spouses who currently have an active account will be allowed to request financial assistance until Thursday, October 21, 2010. Beginning September 1, 2010, spouses may request financial assistance for classes that have a start date up to January 15, 2011. All currently approved financial assistance documents will be honored.

The program will be closed from Friday, October 22nd to Monday, October 25th so that we may ensure the infrastructure is in place to implement the new program.

Additional program details will be posted at www.militaryonesource.com/caa as they become available. We encourage you to check the site often.

October is Domestic Violence Awareness Month



It is not too early to prepare to observe Domestic Violence Awareness Month (DVAM).

Find out what your local community and installation are doing to observe DVAM by contacting your [Family Advocacy Program](#) and Victim Advocates. To locate military-specific domestic abuse resources and public service announcements, visit [Military OneSource](#) and [MilitaryHOMEFRONT](#). Learn from other organizations that are commemorating DVAM and addressing domestic violence in communities nationwide:

TRICARE Retired Reserve Launches

For the first time, members of the Retired Reserve who are not yet age 60, the so-called "gray area" retirees, can purchase TRICARE health coverage for themselves and their eligible family members with the 1 September 2010 launch of TRICARE Retired Reserve (TRR).

This new program offers a health coverage opportunity for "gray area" Guardsmen and Reservists who served America honorably, setting a proud example for today's forces. Retired Reservists may qualify to purchase TRR coverage if they are under the age of 60 and are not eligible for, or enrolled in the Federal Employees Health Benefits (FEHB) program. They must also be members of the Retired Reserve of a Reserve component and qualified for non-regular retirement. For instruction on

how to qualify for and purchase TRR go to www.tricare.mil/trr.

Ohio Veterans Bonus Officially Launches

In November 2009, Ohio voters resoundingly passed Issue 1 providing a one-time Veterans Bonus for Ohio service members and surviving families. On August 24, 2010 a news release from the Ohio Attorney General's office made it official.

Eligibility requirements do vary. All questions should be directed to 1 -877-OHIO-VET (1-877-644-6838) or go online at: www.veteransbonus.ohio.gov. Assistance is also available through your County Veteran Service Office.

Ohio Military Family Medical Leave Act

The Ohio Military Family Medical Leave Act provides qualifying Ohio employees the opportunity to take unpaid leave linked to the military service of certain family members of the employee. The law became effective July 2.

Most employers with 50 or more employees are currently required to comply with the federal Family and Medical Leave Act, which provides certain employees - including spouses, sons, daughters, parents or next-of-kin of service members - with up to 12 weeks of unpaid, job-protected leave annually. However, the Ohio Military FMLA takes military-related employee leave further.

Under the Ohio law, all Ohio employers with 50 or more employees are required to provide two weeks of unpaid leave for employees who are spouses, parents or individuals who have or have had custody of a uniformed services member, when that member is called for an active duty period of longer than 30 days, or injured or hospitalized while on active duty. Employees are able to take up to 10 days or 80 hours, whichever is less, once annually, under the Ohio Military FMLA.

Additionally, under the law, employers must comply regardless of whether they have 50 employees within 75 miles of the worksite - a pre-requisite of the federal FMLA.

There are some important social reasons for the law, including providing support for military members and their families.

To qualify for the Ohio Military FMLA, employees must meet several qualifications, including being employed by their employers for at least 12 consecutive months and for a minimum of 1,250 hours during the 12 months immediately preceding commencement of the leave.

Employees taking leave under the new law must also first exhaust all available forms of leave, other than sick leave or disability leave; take leave no more than two weeks prior to or one week after the date of deployment; and provide employers with 14 days of notice of intended leave for active duty deployment or two days notice of intended leave for injuries (notice is not required for leave taken due to critical or life-threatening injuries).

The Ohio Military FMLA also includes extra protections for employees - it prohibits employers from interfering with, restraining or denying an employee from taking leave under the law, and from discharging, fining, suspending, expelling, disciplining or discriminating against employees who exercise their rights provided by the law. Ohio employers also must restore the employee to the position he or she previously held, or to a position with equivalent seniority, benefits, pay and other terms and conditions of employment, once the leave concludes.

**Exclusive offer from JC Penney for families
of deployed Military Members
September 1 – October 31, 2010**

Send some love to a loved one



FREE:

- Sitting fees
- One traditional portrait sheet (additional traditional portrait sheets 3.99 ea.)
- One portrait sheet shipped

to your service member's APO

See a studio team member for details or visit www.jcpenney.com/portraits for more information. Must show valid military I.D. at sitting. Schedule appointments at jcpenney.com or for studio locations 1.800.59.SMILE

Your Finances
Roth IRAs

A Roth individual retirement account (IRA) is a personal savings plan that offers tax benefits to encourage retirement savings. You can contribute up to the lesser of \$5,000 in 2009 and 2010, or 100 percent of your taxable compensation to a Roth IRA. In addition, individuals age 50 or older can make an extra "catch-up" contribution of up to \$1,000 in 2009 and 2010. Contributions to a Roth IRA are not tax deductible, but the funds grow tax deferred and distributions are tax free under certain conditions.

Prerequisites;

You have taxable compensation (i.e., wages, self-employment income) during the year of the contribution. Your modified adjusted gross income (MAGI) for 2010 must be:

- \$105,000 or less for a full contribution if your tax filing status is single or head of household (partial contribution allowed, up to MAGI of \$120,000)
- \$167,000 or less for a full contribution if your tax filing status is married filing jointly or qualifying widow(er) (partial contribution allowed, up to MAGI of \$177,000)
- \$10,000 or less for a partial contribution if your tax filing status is married filing separately and you lived with your spouse at any time during the year (full contribution not allowed)

Note: These income ranges are for the 2010 tax year, and are indexed for inflation.

Key Strengths

- Qualified distributions are completely tax free (and penalty free)
- You can contribute after age 70½ (as long as you have taxable compensation)
- You have flexibility in withdrawing your funds prior to retirement
- You are not required to take any distributions while you are alive
- Contributions can be made even if you are covered by an employer-sponsored retirement plan
- IRAs offer a wide range of investment choices \$1,171,650 (as of April 1 2010) (and in some cases more) of IRA assets are protected in the event of bankruptcy under federal law

You can open a Roth IRA with a bank, financial institution, mutual fund company, life insurance company, or stockbroker. You may also select types of investments to fund the Roth IRA (e.g., CDs, mutual funds, annuities). Lastly you can make contributions up to the due date of your federal income tax return for that year (usually April 15 of the following year), not including extensions. If you have any additional questions, please contact your financial institution.

Happenings Around the State

Military Family Fun Night Scheduled

Please join us for our third annual Military Family Fun Night at the Butterfly House on WED, OCTOBER 20, 2010 from 4pm-7pm at 11455 Obee Road, Whitehouse, Ohio 43071. The Ohio National Guard Family Programs Office in Northwest Ohio in conjunction with the 180th Fighter Wing Air National Guard, Army Reserve units, OMK, USO and many, many others will be hosting a trick-or-treating event at the Butterfly House and Corn

Maze. Admission is a reduced rate of \$5.00 per person, and children 5 and under will be FREE. As our DJ rocks the field, children dressed in their Halloween costumes will go through the corn to all the candy stations located throughout the maze. In addition to all of the freebies we will have for the children, we will also have a drawing for Toys R Us gift cards **AND** a s'mores station by the campfire! All branches of service are welcome!!! For more information contact Margret Szymanski at 866-278-5755 or by email at margret.szymanski@us.army.mil.

KID'S KORNER

Ohio National Guard Youth Program

Wild Lights at the Columbus Zoo!

Saturday, December 11, 2010 6pm to 9pm

3500 Service Members and families have participated in this great event over the past 5 years! Join us at the Zoo during Wildlights, a spectacular celebration of winter. Brighten your holiday season with more than two million twinkling lights, activities for children, Santa Claus and a variety of festive activities for the family. Special thanks to USO of Central Ohio for their continued support of the event. 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 20th.

Event Features Just for YOU!

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



The Operation: Military Kids (OMK) program held its 6th annual camp at Kelleys Island on August 9-13, 2010. Youth ages 9 to 15 were housed at the two camp sites with

the Erie County 4-H Camp hosting our 9-11 year old campers and Camp Patmos hosted the 12 to 15 year olds. This enabled us to offer a program of activities geared more specifically for the two age groups. At camp, the youth experience all of the activities that are traditional at any 4-H camp, such as swimming, canoeing, campfires, crafts, and sleeping in cabins.

Set on the shores of Lake Erie, campers took advantage of the beautiful natural surroundings. Teen campers had the opportunity to go biking, boating, swimming, sailing, kayaking, wakeboarding, and water skiing. Other program features included a climbing wall staffed by members of the Ohio National Guard Recruiting and Retention Battalion.

Other activities were aimed to help children develop teamwork and leadership skills. One of these activities is a community service project to benefit the Kelleys Island community. Teams of campers continued a community service project that began in 2009. This year they laid the second part of a paver sidewalk to improve access to the local Veterans' Memorial in the center of town. The sidewalk was dedicated in a short ceremony on the last day of camp.

A unique aspect of the camp is the participation of military service members in the camp program. Each day the "Military Moments" portion of the program is devoted to discussing and demonstrating military values such as honor, loyalty, courage, commitment, integrity, and selfless service. A highlight of the week was when Major General Matthew Kambic, Assistant Adjutant General for the Army, led a team of military leaders from all five branches of the service that landed in a Chinook helicopter on the camp field. Other donors and supporters attended this day, which included a BBQ lunch provided by Smokin Brothers BBQ on the beach. General Kambic spoke to the campers about loyalty and selfless service.

Back by popular demand, members of a Navy Special Warfare team (aka Navy SEALs) conducted a rescue demonstration and led PT activities. One of the all-camp activities was the camp version of Amazing Race, which had the campers rotating to different stations throughout camp and engaging in various fun challenges (e.g., marshmallow catching, cup stacking, flag folding). All of these activities are geared towards building camaraderie, connections, resilience, and pride in being part of a military family.

Another special highlight of the week was also on Wednesday, as we hosted nearly 60 of our VIP's that day that included many of our donors and special supporters of OMK. They all came to take in the great experience of our camp and see for themselves the great impact that this event has on the youth that are able to participate. The USO of Central Ohio held the title of our single largest donor with a donation in the amount of \$22,000 to Operation: Military Kids for this event. Without the support of the USO of Central Ohio and many others this camp would not be possible.