



Ready Families... Anytime, Anywhere

BUCKEYE FAMILIES

October 2006

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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
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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
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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

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

State Benefit Advisor

Terry Dean	614-336-7349
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* Denotes: Volunteer – Joint Family Council Member

You may have noticed some staff changes at the State Family Programs Office. Please note that Stephanie Bragg will be returning to the Mansfield FAC office and Gary Reed will be moving to the Columbus FAC office. Both Stephanie and Gary are excited about this change and will soon be in contact with the Family Readiness Groups in their new regions.

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 2007.

From the

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

Privacy Act Statements and Phone Trees: The Most Important Tools in the Box

Many of you are familiar with the One Call Now automated phone message system. It is a system that a Family Readiness Group Leader or Unit Commander 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.

The State Family Readiness Office currently pays for this service for deployed units. We have obtained funding which will allow me to fund all Army National Guard Family Readiness Groups for 2007.

For example, wouldn't it be helpful if an FRGL could record a message using One Call Now and let all families know their unit arrived safely at a training site? If there was a local flood or out of state mission like Katrina, One Call Now would be a quick and efficient way to get information to our families.

I am asking all FRGL's to update their phone trees, which are derived from current privacy act statements, within the next 60 days. Unit Commanders and Military Liaisons should be able to help with this initiative.

Upcoming Regional Foundation Course Workshops near You

This year we will offer (10) one day Family Readiness Group (FRG) Foundation Courses at various locations throughout the state. This workshop targets training for FRG leaders, key volunteer officers, unit commanders and military liaisons. Foundation course objectives include: defining rules, roles and responsibilities of an FRG, how to manage your meetings, as well as providing guidance, goals and tools for a successful FRG. Workshops will start at 9:30 a.m. and end at 4:30 p.m. Please check the State Family Programs website for registration materials.

Training dates, suspense dates and locations are as follows:

Rickenbacker ANGB

Bldg 875 Minuteman Way
Columbus, OH 43217

7 OCT 06

Suspense date: 22 SEP

3 FEB 07

Suspense date: 19 JAN

Chillicothe Armory

2154 Narrows Rd
Chillicothe, OH 45120

4 NOV 06

Suspense date: 20 OCT

Woodlawn Armory

10050 Woodlawn Blvd
Woodlawn, OH 45215

4 NOV 06

Suspense date: 20 OCT

AASF 1 N. Canton Armory

5999 Airport Dr. NW
North Canton, OH 44720

3 MAR 07

Suspense date: 16 FEB

8 SEP 07

Suspense date: 24 AUG

Bowling Green Armory

1241 W. Newton Rd
Bowling Green, OH 43402

3 MAR 07

Suspense date: 16 FEB

8 SEP 07

Suspense date: 24 AUG

Kettering Armory

2555 County Line Rd
Kettering, OH 45430

8 SEP 07

Suspense date: 24 AUG

Ohio Army National Guard Quick Desk Reference (QDR)

The Ohio Army National Guard Quick Desk Reference (QDR) has been published in draft form since February 2006. The document is being finalized and should be completed within the next two weeks. The QDR is a 40 page "One Stop Shopping" informational document designed to assist FRG's, Military Liaisons, and Unit Commanders. It is the #1 reference tool for the Ohio Army National Guard Family Readiness Program. A PDF version of the QDR will be ready and on the web in November of this year. Printed copies will also be distributed at all upcoming Regional Foundation Course Workshops. The Ohio National Guard Family Readiness Program Regulation - AGOR 600-12 (ARMY) will be updated in the next month to reflect the QDR.

Reunion Briefs/Welcome Homes in the News

B 2/19th Special Forces FRG had their Family Reunion Brief on Saturday, 8 July, at 1:00 with LTC Bramlish as MC. A representative from OHIO CARES presented a brief on PTSD and Readjustment Issues and CH (Maj) Daniel Burris presented on Family and Reunion - "A New Normal". Additionally, Troop & Family Services had a representative present. Refreshments were provided by the Assistant FRG Leader, Nancy Cochran. A Formal Welcome Home Ceremony was held for the

unit 10 September 2006 at Groveport Madison HS. Governor Taft and MG Wayt were keynote speakers at the event thanking the service members for their service in Iraq.

Kettering was the location for the 641 QM (WP) FRG Family Reunion Brief on Saturday, 26 August. MAJ Anthony Lam welcomed the families and MC'd. CH (CPT) Jim Sizemore and an OHIO CARES representative shared their information with the families. A formal Welcome Home Ceremony was held 29 September 2006 in Kettering, Ohio, welcoming the unit home from Iraq.

26 August was the day that C BTY 1-174 had their Reunion Brief in Bellefontaine. MAJ Anthony Lam MC'd the event with an OHIO CARES representative and CH (CPT) James Sizemore speaking to the families about reunion issues. COL Deborah Ashenhurst was also present to show her support for the families.

16th EN HHC FRG held their Family Reunion Brief at Genoa Baptist Church on 16 Sep. MAJ Anthony Lam was the MC with 3 OHIO CARES Representatives and CH (MAJ) Daniel Burris sharing pertinent information. In addition, Heather Seurkamp and Nina Swartz, two of our National Guard Youth Representatives, spoke with the adults about Youth and Reunion and held break-out sessions with the youth in attendance.

Retirees Eligible for G-RAP

On September 12, 2006 an announcement was made that **effective immediately**; Army National Guard Soldiers retired for a minimum of six (6) months are eligible to apply for the Guard Recruiting Assistance Program (G-RAP). Those interested should refer to the G-RAP website (www.guardrecruitingassistant.com).

Army Knowledge Online Gets New Look

Army Knowledge Online at <http://www.army.mil/ako/> recently launched a new homepage to help users easily navigate the site and find information quickly. Users now see a new design; easier navigation tools like scrolling tabs, drop-down menus and picture icons; important news items on the top of the page and a change in how information is organized. Users visiting AKO for the first time, (since the modification), can click on the "AKO Homepage Upgrade Page" link for more information on all the changes.

Reserve Income Boost Begins Sept. 1

Eligible reserve component members will be receiving Reserve Income Replacement Program payments beginning Sept. 1. The RIRP applies to members of the National Guard and Reserve who are involuntarily serving on active duty -- including full-time National Guard duty -- and who are experiencing a monthly active duty income differential of more than \$50. For eligibility requirements or for more information visit <http://www.dod.mil/ra/> click on the "Income Replacement" tab, then click on "Points of Contact" for your service representative.

From the FRG Tool Box

AAFES Gift Cards and Gift Certificates for the Holidays

Army and Air Force Exchange Service (AAFES) gift cards benefit not only the recipient, but also military Morale, Welfare and Recreation programs. The cards can be used the same as cash at AAFES facilities around the world. To find out more about the AAFES Gift Card, see any cashier, log on to aafes.com or call 888-481-1550.

Anyone who wants to support troops deployed to Operations Iraqi or Enduring Freedom can show how much they care by sending "Gifts from the Homefront" gift certificates. These gift certificates, are available for purchase by anyone (even those not in the military). "Gifts from the Homefront" gift certificates are redeemable for merchandise at all Exchange facilities worldwide, and can be purchased by logging on to the

[Army and Air Force Exchange Service website](#) or calling 877-770-GIFT (4438), 24 hours a day, 7 days a week, every day of the year. AAFES gift certificates, which can only be redeemed by authorized AAFES customers, come in denominations of \$5, \$10, \$15 and \$20.

Servicemember Discount Center

Did you know that over 700 companies post discounts for service members and their families on military.com? Browse by category and take advantage of your discounts today.

<http://web50.military.com/cgi-bin/outlog.cgi?url=http%3A//benefits.military.com/misc/DC/DealIndex.jsp&code=mrtxt.nl>

Transformation and FRG Bank Accounts

With transformation facing a large number of units within the state, there have been many questions about existing FRG bank accounts and Employer Identification Numbers (EIN). Some have asked, "How does this affect our FRG" and "How do we change or request a new EIN". The IRS has been contacted and has provided the following guidance:

The FRG needs to write a letter on official letterhead describing the change and that this is ONLY a name change. This letter would then be sent to: Internal Revenue Service Indemnity Office P.O. Box 80102, Cincinnati, OH, 45280-0002. If your FRG still has questions about this change, please contact your local FAC, Regional Volunteer or the State Family Programs Office.

Helping Wounded Troops Return to Work

Officials from the Defense Department and military services got together recently for the first "From Deployment to Employment" conference to discuss ways to better serve America's severely injured servicemembers. Among the programs featured was the computer/Electronic Accommodations Program (CAP) at <http://www.tricare.osd.mil/cap/>, which provides technology and services to people with disabilities. The Military Severely Injured Center also provides support 24 hours a day by telephone at 888-774-1361

TRICARE Warns of Telephone Fraud

Recently a TRICARE beneficiary reported a possible telephone scam. Personal or financial information should never be given to anyone who calls you or comes to your home uninvited. If you receive a call of this nature from someone identifying themselves as a TRICARE representative, contact TRICARE by writing to: TRICARE Management Activity, ATTN: Privacy Office, 5111 Leesburg Pike, Suite 810, Fall Church, VA

22041. For tips on protecting your identity, visit the TRICARE Website at <http://www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=346>.

KID'S KORNER

Ohio National Guard Youth Program

The Ohio National Guard Youth Program has been very busy! We just finished a full slate of summer activities, including our capstone events, two 5 day youth camps with over 150 campers. A host of very happy campers can't wait to come back next year. Some of the highlights from camp this year included canoeing, sailing, archery, line dancing, crafts, digital photography, and much more!

The week focused on Character Counts curriculum. The youth were taught the Seven Pillars of Character and strategies for using those pillars in every aspect of their lives. We started a "Counselor in Training" (CIT) program during camp this year. Special thanks to **Heather Seurkamp, Zach Caron and Billy Hanna!** They were our CIT's this year and did an outstanding job. We plan to build our CIT program this year and will offer several additional opportunities. If you have a youth, 15 or older, who you think might be interested in this program, please have them contact your Family Assistance Coordinator or your State Youth Coordinator, for more details.

Ohio National Guard Youth Council

Goals:

- 2 Youth representatives from each FAC region (ages 12 & up)
- Plan, organize and participate in youth events, activities and programs across the state
- Build a team of youth who are the voice of Ohio's National Guard Youth

If you know of any youth that might be interested in participating in this program please have them contact YOUR Youth Coordinator, Sue Ann Carroll @ 877-460-2177.

Youth Steering Committee (Adults)

Goals:

- Provide guidance and direction to our Youth Council
- Plan and execute Youth Programs regionally throughout the state
- Serve as conduit to Ohio's youth at the local level throughout the state

We are still accepting applications for our Youth Steering Committee. Please contact your Youth

Coordinator, Sue Ann Carroll @ 877-460-2177 if you are interested in joining us in this important segment of our Youth program.

Upcoming Events

Military Appreciation Day! Ohio State Men's Hockey Game Friday, November 3, 2006 7:15 pm

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

Event Features Just For YOU!

- \$4.50 discounted admission for you and your family
- Buck a Brat night!
- Special Chalk Talk Session before game (6:30)
- Brutus will visit our section for a t-shirt toss!

Order your tickets by October 20th to secure seating in our section! You may get more info about this event on our website <http://www.ong.ohio.gov/family/>

Wild Lights at the Columbus Zoo! Saturday, December 16, 2006 5pm to 8pm

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.

Event Features Just for YOU!

- Warming Tent for military members and their families attending (Adjacent to Entry Plaza)
- FREE Hot Chocolate & Cookies
- FREE Holiday Family Photo
- Admission Tickets ½ price
- Parking \$3.00

Our Military Kids Program Making a Difference

Our Military Kids, Inc. is a 501(c)(3) non-profit corporation, dedicated to funding essential extracurricular activities for school-aged (K-12) children of deployed and severely injured Reserve and National Guard military personnel.

Important Facts

- ONE PAGE APPLICATION!
- To date not one eligible applicant has been rejected!
- Each eligible child could receive up to a \$500 (one time grant)
- 10 day turn around for decision on application
- Money is mailed directly to the organization.
- Contact them Toll-Free: (866) 691-6654

OMKInquiry@ourmilitarykids.org

- Website <http://www.ourmilitarykids.org/>
- Eligible activities:
 - Youth sports activities, Tutor programs and Fine Arts programs (see website for complete list of eligible activities)

Military Child Education Coalition (MCEC)

Recently, MG Wayt, The Adjutant General, LTC Bramlish, SFPD and Dr. Theresa Ferrari, Operation: Military Kids Program Director met with the State Superintendent for Ohio Schools.

They plan to bring MCEC to Ohio for a two day workshop for educators and counselors from all over Ohio to attend. The workshop will provide educators with the tools and information they need to support our military youth before, during and after deployment. For more information on the Military Child Education Coalition, visit its website at <http://www.militarychild.org/>.

Quick Reference to Hot Sites:

- **Ohio National Guard Family Readiness** - <http://www.ong.ohio.gov/family/> for up to date information about Family Readiness and the Youth Program
- **Operation: Military Kids** - <http://operationmilitarykids.ohio4h.org> partners with the Ohio National Guard Youth program to provide programming and activities for “Suddenly” Military guard and reserve youth in Ohio.
- **Child Care Initiative** – www.NACCRRRA.org/MilitaryPrograms offers child care programs for National Guard service members. Call 800-424-2246 ext. 341 to get more information about these wonderful programs.
- **Our Military Kids** - <http://www.ourmilitarykids.org/> for more information about grant program for children of deployed guard members
- **Military Home Front** - <http://www.militaryhomefront.dod.mil/> or MilitaryHOMEFRONT for more information about how to help children deal with deployment
- **National Guard Child and Family Programs** - <http://www.guardfamily.org/Youth/> this New innovative site was designed for National Guard youth across the nation to have a venue to safely interact with other youth who are in their same or similar situation in relation to deployment and other issues they might face

“JEN’S CULINARY CORNER”

2 – Hot, Seasonal Recipes



Pretzel Topped Sweet Potatoes

- 2 Cups chopped pretzels
- 1 Cup chopped pecans
- 1 Cup fresh or frozen cranberries
- 1 Cup packed brown sugar
- 1 Cup butter, melted, divided
- 1 Can (2 ½ lbs) sweet potatoes, drained
- 1 Can evaporated milk
- ½ Cup of Sugar
- 1 Teaspoon vanilla extract

In a large bowl, combine the pretzels, pecans, Cranberries, brown sugar, and ½ cup butter, set aside. In a large mixing bowl, beat the sweet potatoes. Add the milk, sugar, vanilla and remaining butter; mix well. Spoon into a greased shallow 2 quart dish; sprinkle with pretzel mixture. Bake, covered at 350 for 25-30 minutes or until the edges are bubbly. Makes 10-12 servings.
Enjoy..

Love Potion

- ½ Cup frozen strawberries, slightly thawed
- ½ Cup frozen raspberries, slightly thawed
- 1 Cup white grape juice (or apple juice)
- Maraschino cherries, for garnish

Place the first 3 ingredients in a blender and mix on High until you have a uniform color
To make the potion thicker, add more fruit, to make it thinner, add more juice. Garnish extravagantly with cherries, and *sip, sigh, and swoon...*



Some Funnies:

- Shin: A device for finding furniture in the dark
- Laughing Stock: cattle with a sense of humor
- Beauty – Is in the eyes of the beer holder
- 24 hours in a day – 24 beers in a case...coincidence?
- I used to have an open mind but my brains kept falling out
- Photographic memory: Everyone has one, some don't have film

Useful Phrases:

- I don't work here. I'm a consultant.
- I'm already visualizing the duct tape over your mouth.

- I don't know what your problem is, but I'll bet it's hard to pronounce.
- Does this nose ring make me look fat??
- "Thank You, we are all refreshed and challenged by your unique point of view".



AUTUMN GETAWAYS – SOUTHERN OHIO

Fall foliage peaks in southern Ohio during the second and third weeks of October. Whether you travel along the sinuous Ohio River, trek through a steep gorge near Cincinnati or head to some of Ohio's most remote forests, Southern Ohio's fall color blends marvelous shades of red, yellow, orange and even purple into a scenic marvel. Many tours are available and include the following: Appalachian Tour - 56 Miles, . East Fork Fall Foliage Tour - 44 miles, Hocking Hills Fall Foliage Tour - 37 miles, Hopewell Trail Fall Foliage Tour - 49 miles, Little Miami Fall Foliage Tour - 33 miles, and the Shawnee Fall Foliage Tour - 66 miles. Contact your local travel agent or AAA for additional information.

Family Readiness Word Search

Find each of the following words.

QDR	TRICARE	REUNION	READINESS
PRIVACY ACT	FAC	DEPLOYMENT	TRANSFORMATION
AIR WING	YOUTH COUNCIL	FOUNDATION COURSE	PHONE TREE

O N A U N O I N U E R D O E F V T U I E A D
 R E A D I N E S S O A Y N A N C N E E T E F
 N O N T I T R A N S F O R M A T I O N F C I P
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