



TFAC



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# Buckeye Families

ADDRESSING THE NEEDS OF OHIO ARMY NATIONAL GUARD FAMILIES AND THEIR SERVICE MEMBER

## SOLDIER READINESS + FAMILY READINESS = MISSION READINESS IN 2014

The State Family Programs Office provides the Commander's and Family Readiness Groups with the most up to date information, assistance, and programming and/or trainings that are put out through Ohio National Guard's Family Programs Office

## HAPPY NEW YEAR FROM THE STATE FAMILY PROGRAMS DIRECTOR: CPT DOUG FRANZ



The Holidays are over and the decorations have been taken down and put away for the year. Statistics show that most people make a few New Year's Resolutions, but the success rates for completion of those resolutions are less than 50%.

I encourage you to set a few attainable goals and see them through. The most effective way to do this is to place items on a schedule or calendar. Again, statistics show that items placed on a schedule are more likely to be completed. Sounds simple enough, right?!?

Now that you have the productivity

model for completing resolutions, what do you want to accomplish in 2014? Hopefully you have some time set aside for volunteering. Volunteers who support National Guard programs have been improving our force readiness for many years and have really had an impact on the readiness of our families. Volunteering with our program goes far beyond participation in Family Readiness Groups. We have dozens of events during the year that, with the help of volunteers, have grown to amazing levels and are truly world class.

If you have an interest in volunteering with some of our programs, contact

your Brigade's Family Readiness Support Assistant to discuss opportunities. I hope to see you at future an event, as doing so support our programs and complete my New Year's resolutions, which is growing our volunteer force!

Thanks for what you do to support Service Members and strengthen the Ohio National Guard!

CPT Doug Franz  
State Family Programs Director  
Family Readiness &  
Warrior Support Programs



## UNCLE SAM'S VOLUNTEER WATCH

When it comes to building community, Ohio National Guard units provide a unique challenge to the FRG, because unit members are spread out all over the state. This is where you, the family member or FRG Leader, can step up and volunteer or recruit volunteers. Volunteering gives family members an opportunity to share their talents and time, contact your BDE FRSA for a Family Talent Survey. Volunteering can be very rewarding and a boost to your resume through the skills and training one develops, as well as the hours spent volunteering for your FRG.

Record Volunteer Hours at [www.jointservicesupport.org](http://www.jointservicesupport.org)

# What is a Family Readiness Group (FRG)?

A Family Readiness Group (FRG) is a key component of mission readiness. As a command-sponsored organization, the FRG is an important entity to network, communicate and support our soldiers and families.

There are many ways that an FRG can connect families and grow a network of support:

- ❁ Family Picnics
- ❁ Holiday Parties
- ❁ General FRG Meetings
- ❁ Newsletters
- ❁ Phone Tree and Auto Call Updates/Reminders
- ❁ Email Communications

*"Ready Families...Anytime, Anywhere!"* is the key focus of the FRG. A successful FRG boosts the morale of its Soldiers and their Families by allowing Families to connect with one another in mutual support. This support allows Soldiers to feel secure in the readiness of their Family thus allowing them to focus on their unit's mission as a member of the Ohio Army National Guard.



Family in terms of Family Readiness is not *"just"* the Family within your household. We know that your closest support could be your parents, aunts, uncles, siblings, friends or coworkers. Whoever this Family or Support Network is comprised of is an integral part of the FRG. The more families that are active in your unit's FRG the more your support network grows.

## Can you Volunteer?

Your Family Readiness Group Leader is always on the lookout for volunteers. FRG events cannot be put on without the assistance of others and the more the merrier in regards to planning events and keeping the FRG running smoothly.

If time is an issue, not a problem, we look for any amount of time that you can give even if it is for one hour on a drill weekend to assist with a FRG fundraiser. Let your FRGL know if you have a particular talent or skill that you would like to assist with or volunteer to the FRG!



### REWARDS for your time:

- ❁ You make a difference in your FRG Family, Unit, and Community
- ❁ Foster Relationships and create new connections
- ❁ Increase your understanding of the Ohio National Guard
- ❁ Enhance your resume
- ❁ Gain valuable skills with these Training Opportunities – Applied Suicide Intervention Skills Training (ASIST), Resiliency Trainer Assistant (RTA), and Volunteer Conference and Annual Training Seminar (at no cost to you as the volunteer)



# WHY LOGGING YOUR HOURS MATTERS IN JSS



The National Guard Bureau determines funding to each States Family Programs by the number of hours that our Volunteers report on Joint Services Support (JSS). This funding pays for training, travel reimbursement, and hotel accommodations for Statutory Volunteers (FRGL, AFRGL, Secretary, and Treasure).

All hours are to be reported on [www.jointservicesupport.org](http://www.jointservicesupport.org) or submitted to your BDE FRSA with your hours and descriptions so that they may register or log the hours. Volunteers must log-in to JSS, click on tools, and then Volunteer Activity Tracker. Complete category, activity, date, hours and comments. For further questions please contact your BDE FRSA.

## Ohio ISFAC



### Ohio Inter-Service Family Assistance Committee State and Regional Partners Joining Forces in Support of Ohio's Military Community

\*Check out the ISFAC website for more information and event dates in your Region <http://www.homefront.ohio.gov/>

Each Region in Ohio has quarterly meetings with local and regional community partners. The quarterly RISFAC meetings continue to be a vital asset in the support of our Service Members and their Families. Below are some of the ways that community partners have assisted with the needs of our Service Members and their Families.

**\*\*During the holidays, over 150 military families in Ohio received some sort of holiday assistance or gifts in kind. This included food baskets over Thanksgiving; families being adopted for Christmas; military children enjoying the Polar Express experience. \*\***

#### Region 1

**Northeast Ohio**  
Troop and Family Assistance Center  
1-800-589-9914, x1

#### Region 2

**Chillicothe & Portsmouth**  
Troop and Family Assistance Center  
1-800-589-9914, x2

#### Region 3

**Cincinnati**  
Troop and Family Assistance Center  
1-800-589-9914, x3

#### Region 4

**Kettering**  
Troop and Family Assistance Center  
1-800-589-9914, x4

#### Region 5

**Bowling Green**  
Family Assistance Center  
1-800-589-9914, x5

#### Region 6

**Columbus**  
Troop and Family Assistance Center  
1-800-589-9914, x6



Inter-Service Family Assistance Committee (ISFAC) is a state level committee or regional (RISFAC), state, and federal agencies and organizations that meet quarterly to collaborate and align resources in support of Ohio troops and military families.

- Region 1: Jan. 23<sup>rd</sup> @ Akron
- Region 2: Jan. 15<sup>th</sup> @ Chillicothe
- Region 3: Jan. 28<sup>th</sup> @ Woodlawn
- Region 4: Jan. 28<sup>th</sup> @ Dayton
- Region 5: Jan. 14<sup>th</sup> @ Findlay
- Region 6: Jan. 8<sup>th</sup> @ Columbus



# Housing Assistance Resources

**Step 1:** Contact your local Troop and Family Assistance Center Specialist (TFAC). They can help guide you to the best resource based on your circumstances. To find out which Region you live in go to <http://www.homefront.ohio.gov/> or call 800-589-9914

**Step 2:** Check these resources to see if you qualify for their assistance:

🌀 **Homeless Veteran Resources:**

- 🌀 VA: <http://www.va.gov/homeless>
- 🌀 National Coalition for Homeless Veterans: <http://nchv.org/>
- 🌀 Ohio Department of Veterans Services: <http://dvs.ohio.gov/home/homelessness.aspx>

🌀 **Foreclosure Help:** <http://www.savethedream.ohio.gov>

🌀 **Help with Rent/Mortgage (for Title 10 Veterans Only):** <http://jfs.ohio.gov/veterans/locate/index.stm>

🌀 **Furniture Bank of Central Ohio – Turning Empty Houses into Homes:** <http://www.furniturebankcoh.org>



# Employment Support Resources

**Career Centers:**

🌀 Ohio Dept. of Job and Family Services-888-296-7541

**Career Exploration:**

- 🌀 <http://ohiolmi.com/jobs/careers.htm>
- 🌀 [www.careeronestop.org/](http://www.careeronestop.org/)
- 🌀 <http://www.mynextmove.org/vets/>

**Job Searching:**

🌀 **Federal Job Search:**

- [www.usajobs.opm.gov/](http://www.usajobs.opm.gov/)
- [www.fedshirevets.gov/](http://www.fedshirevets.gov/)
- <http://www.ong.ohio.gov/jobs/Jobs.asp>

🌀 **Military Friendly**

- <http://my.ohiomeansjobs.monster.com/vetcenter/home.aspx>
- <http://www.ohiovetscan.com>
- <http://www.h2h.jobs/>

🌀 **Resume Writing:**

- <http://www.dol.gov/vets/programs/tap/main.htm>
- <http://www.turbotap.org/register.tpp>

**Interviewing Tips and Techniques:**

- 🌀 <http://www.dol.gov/vets/programs/tap/main.htm>
- 🌀 <http://www.turbotap.org/register.tpp>

**MOS Skills Translation:**

- 🌀 <https://www.online.onetcenter.org>
- 🌀 <http://www.dmdc.osd.mil/vmet>

**Networking:**

- 🌀 <http://www.dol.gov/vets/programs/tap/main.htm>



**Excellent Career Growth Opportunity:**

The ONG Public Affairs and the Community Outreach Office invite you to participate in speaker training on **Tuesday, March 25, 2014** from 0830-1500 at the Emergency Management Agency building in Columbus.

**ONG Transition Assistance:**

*Mission – To provide service members transitioning from active duty assistance and advocacy related to State and Federal Veteran Benefits, Employment Support and Resources, Emergency Financial Assistance, Wounded Warrior Support...*

Check out ONG Transition Assistance Facebook page for employment workshops and the latest job postings. <https://www.facebook.com/pages/ONG-Transition-Assistance/181532691897339?id=181532691897339&sk=info#/pages/ONG-Transition-Assistance/181532691897339>

**Contact TFAC Employment Specialists for more assistance:**

Phyllis Miller – [Phyllis.a.miller31.ctr@mail.mil](mailto:Phyllis.a.miller31.ctr@mail.mil)  
Melissa Wise – [Melissa.m.wise2.ctr@mail.mil](mailto:Melissa.m.wise2.ctr@mail.mil)





# INTERVIEWING TIPS FOR MILITARY SPOUSES

Going on a job interview can be intimidating for anyone. As a military spouse, you may have to interview for a new job every time you move. Knowing what to expect at the interview, how to field the questions and how to follow up will help you land the right job at your next duty station.

There are several areas to consider when applying for new jobs and landing an interview and Military OneSource has put together a list of tips for interviewing. A few we have chosen to highlight, but please go to [http://www.militaryonesource.mil/search?content\\_id=270513](http://www.militaryonesource.mil/search?content_id=270513) to view the full article. This article covers the planning stages of an interview, types of interviews, interview strategies, interview questions, and what to do after the interview.

## Planning for the interview –

The interviewer will be looking for a good match between your skill set and the company’s needs. Your goal is to effectively demonstrate that your abilities, as well as your work ethic, are a good fit for the company. Preparation is key, be sure to complete the following:



- ✿ **Research the company** – By researching the company you will be able to come up with intelligent, solid questions to ask during the interview
- ✿ **Review your resume** – Be prepared to expand on your resume, particularly your accomplishments
- ✿ **Get your references together** – Bring copies of letters of references from previous employers and a list of names, addresses, phone numbers and email addresses of personal and professional references
- ✿ **Prepare your portfolio or work samples**
- ✿ **Plan what you will wear** – First impressions can have a positive – or negative – effect on your interview. Plan to dress conservatively and appropriately for the type of organization you are interviewing with, Avoid excess in jewelry, makeup, perfume or cologne, and be sure your hair and nails are well groomed

## Interview questions –

You can’t prepare for all the questions you’ll be asked during the interview. But you can go to the interview feeling confident if you’ve taken the time to prepare for the most predictable questions. It’s important to think about these questions before the interview, but make sure your answers sound real and not over-prepared.

- ✿ **Common questions:** Many interviewers have a script that includes versions of these questions:
  - Why did you leave your last job?
  - What do you like about your current position?
  - What do you dislike?
  - Where do you see yourself in five years (or one year, two years)?
  - What professional mistakes have you made?
  - What are your strengths?
  - What are your weaknesses?
  - How do you handle deadlines or job stress?
  - What is your biggest accomplishment?
  - Why should I hire you?
- ✿ **Tell me about yourself**
- ✿ **Situational questions**
- ✿ **How to answer**
- ✿ **What to ask to interviewer**
- ✿ **Salary questions**



MOS Link: [http://www.militaryonesource.mil/search?content\\_id=270513](http://www.militaryonesource.mil/search?content_id=270513)



## Family Readiness Support Assistants (FRSA)

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Program. They provide administrative assistance to the FRG. Please reach out to your Brigade FRSA for assistance with your Family Readiness program.

- ✿ **16<sup>th</sup> EN BDE** –and Lisa Mann | 614-336-6352 | [lisa.m.mann18.ctr@mail.mil](mailto:lisa.m.mann18.ctr@mail.mil)
- ✿ **174<sup>th</sup> ADA BDE** – Lindsey Lauber | 614-336-2039 | [lindsey.a.lauber.ctr@mail.mil](mailto:lindsey.a.lauber.ctr@mail.mil)
- ✿ **37<sup>th</sup> IBCT** – Lezlie Garcia | 614-356-7912 | [lezlie.a.garcia.ctr@mail.mil](mailto:lezlie.a.garcia.ctr@mail.mil)  
Billy Madden | 614-336-6855 | [billy.g.madden.mil@mail.mil](mailto:billy.g.madden.mil@mail.mil)
- ✿ **371<sup>st</sup> SUST BDE** – Melissa Davis | 614-336-7681 | [melissa.r.davis3.ctr@us.army.mil](mailto:melissa.r.davis3.ctr@us.army.mil)
- ✿ **73<sup>rd</sup> Troop Command** – Adam Kaufman | 614-356-7997 | [adam.j.kaufman.ctr@mail.mil](mailto:adam.j.kaufman.ctr@mail.mil)  
Sherise Thompson | 614-336-6589 | [sherise.k.thompson@us.army.mil](mailto:sherise.k.thompson@us.army.mil)
- ✿ **Special Troops Command** – Emily Cunningham | 614-336-7314 | [emily.l.cunningham2.ctr@mail.mil](mailto:emily.l.cunningham2.ctr@mail.mil)
- ✿ **Senior FRSA – JFHQ** – Janet Corbi | 614-356-7918 | [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil)

## Family Readiness & Warrior Support RESOURCE List:

### Finance/Employment/Transition

- ✿ **Jobs and Family Services**  
Phone: 877-852-0010 or 614-466-2100  
Website: [www.jfs.ohio.gov/](http://www.jfs.ohio.gov/)
- ✿ **AMVETS**  
Phone: 614-431-6990  
Website: [www.ohamvets.org/](http://www.ohamvets.org/)
- ✿ **ESGR**  
Phone: 614-336-7444
- ✿ **Employment Support Services**  
Phone: 614-336-7152
- ✿ **ONG Transition Assistance Advisors**  
Phone: 614-336-7349 or 614-336-4192
- ✿ **Ohio Department of Veterans Services**  
Phone: 614-644-0898  
Website: [www.dvs.ohio.gov/](http://www.dvs.ohio.gov/)
- ✿ **Military Pay**  
Phone: 614-336-7225  
Website: <https://mypay.dfas.mil/mypay.aspx>
- ✿ **Personal Financial Counseling**  
Phone: 614-336-4212
- ✿ **ONG Education Office**  
614-336-4165
- ✿ **American Red Cross**  
Phone: 877-272-7337

### Medical

- ✿ **TRICARE Benefits Assistance**  
614-336-6000 Phone: ext 1778
- ✿ **OHARNG Health Services**  
Phone: 614-336-4194 or 614-336-7271
- ✿ **Drug/Alcohol Abuse Prevention Coordinator**  
Phone: 614-336-6444
- ✿ **Military OneSource**  
Phone: 800-342-9647  
Website: [www.militaryonesource.mil](http://www.militaryonesource.mil)
- ✿ **Sexual Assault Response Coordinator**  
Phone: 614-336-7159
- ✿ **JAG Office – Legal**  
Phone: 614-336-7022
- ✿ **DEERS/ID Cards**  
Phone: 614-336-7087
- ✿ **OHARNG Retention Office**  
Phone: 877-687-7660
- ✿ **Sexual Assault Hotline**  
Phone: 877-751-5628
- ✿ **Librarian – Military Records**  
Phone: 614-336-7038

### Behavior/Mental Health

- ✿ **Military Family Life Consultant**  
Phone: 614-336-7479
- ✿ **OhioCares**  
Phone: 800-761-0868
- ✿ **Chaplain Services**  
Phone: 614-336-4117
- ✿ **Director of Psychological Health Army National Guard**  
Phone: 614-336-7246
- ✿ **Director of Psychological Health 178<sup>th</sup> Air National Guard**  
Phone: 1-800-851-4503 x 2583
- ✿ **Veteran Crisis Center**  
Phone: 800-273-8255 Press 1
- ✿ **Resiliency Programs**  
Phone: 614-336-7192



# Attention Parents

# FREE

Children +  = Date Night

**Welcome Military Families – Sittercity membership at No Cost to you!**

Sittercity memberships are funded by the DoD to help you find local sitters and military subsidized child care providers. Memberships are available to Army, Marines, Navy, Air Force, Guard, Reserve, and Surviving Spouses.

3,000,000 Caregivers Nationwide | 24/7 | 365 Days a Year Access  
Babysitters \* Nannies \* Pet Sitters \* Senior Care \* Special Needs Care  
To activate your membership visit [www.sittercity.com/DoD](http://www.sittercity.com/DoD)



Stay Connected!  



**Check Out MilitaryOneClick @ <http://militaryoneclick.com/>**

This site pulls together the Best Military Resources...in One Click and is a Military Spouse owned business!

MilitaryOneClick's mission is to enhance the lives of military families and friends of the military community in just one click! The site connects you with the latest news, job opportunities, deals, and countless other valuable resources.

## Cook's Corner

### Roasted Cherry Tomato Bruschetta – YUM!

*\*Makes about 14 servings*

**Ingredients:**

- \* 3 pints cherry tomatoes
- \* 1 tablespoon extra-virgin olive oil
- \* 3 cloves minced garlic
- \* ½ teaspoon salt
- \* ½ teaspoon freshly ground pepper
- \* ¼ cup sliced fresh basil
- \* 1 tablespoon red-wine vinegar
- \* 14 slices of whole-wheat baguette toasted
- \* Kalamata olives or sliced fresh basil for garnish



**Preparation:**

1. Preheat oven to 325 °F
2. Toss tomatoes with oil, garlic, salt and pepper. Place on a baking sheet and roast until broken down, 45 to 55 minutes
3. Combine the roasted tomatoes with basil and vinegar
4. Top baguette slices with the roasted tomato mixture. Garnish with Kalamata olives or sliced fresh basil

# Training Opportunities

**Applied Suicide Intervention Skills Workshop (ASIST)** – This workshop provides training for caregivers to prevent the immediate risk of suicide. Participants will increase their knowledge and confidence to respond to a person at risk of suicide.

❁ **2<sup>nd</sup> Quarter 2014 ASIST Dates:**

<u>Date</u>	<u>Time</u>	<u>Location – Columbus, OH</u>
January 13-14 <sup>th</sup>	0800	Regional Training Institute (RTI)
February 22-23 <sup>rd</sup>	0800	RTI
March 10-11 <sup>th</sup>	0800	RTI



❁ **Cost – FREE**

❁ **Who may Register** – Any Service or Military Family Member (*Service Members can register through their unit and Family Members can contact Janet Corbi, SFRSA to register, 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil)*)



**Resilience Trainer Assistant Workshop (RTA)** – The RTA course uses the principals of positive psychology to enhance resilience competencies within each attendee in order to better prepare them for the obstacles in life. It is the ability to bounce back in the face of adversity - developing the skills needed to bounce back from the stressors of everyday life.

❁ **2<sup>nd</sup> Quarter 2014 ASIST Dates:**

<u>Date</u>	<u>Time</u>	<u>Location – Columbus, OH</u>
January 15-17 <sup>th</sup>	1000	Regional Training Institute (RTI)
February 21-23 <sup>rd</sup>	1000	RTI
March 12-14 <sup>th</sup>	1000	RTI



❁ **Cost – FREE**

❁ **Who may Register** – Any Service or Military Family Member (*Service Members can register through their unit and Family Members can contact Janet Corbi, SFRSA to register, 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil)*)

**Family Readiness Group Regional Foundation Course Workshop (RFC)** – This course will introduce you to the ins and outs of the Family Readiness Group. It is a mandatory training (with a refresher every 4 years) for Unit Commanders, Military Liaisons, and the Family Readiness Group Leadership Team (Leader, Secretary, Treasurer...). This course will provide baseline guidance on establishing, maintaining and operating FRGs at a unit level. Objectives: Defining rules, roles and responsibilities of an FRG, how to manage your meetings, fundraising guidelines, communication and providing guidance, as well as, goals and tools for a successful FRG.

❁ **2<sup>nd</sup> Quarter 2014 ASIST Dates:**

<u>Date</u>	<u>Time</u>	<u>Location</u>
February 22 <sup>nd</sup>	0900	Columbus Area
March 22 <sup>nd</sup>	0900	Akron/Cleveland Area



❁ **Cost – FREE**

❁ **Who may Register** – Unit Commander and Military Liaison and FRG Leadership Team (*Service Members can register through their unit for DTS and online for the course. Volunteers can contact your BDE FRSA for registration or go to [www.jointservicessupport.org](http://www.jointservicessupport.org) and click the Events tab on the tool bar to locate the RFC by date and register online.*)

# Calendar of Opportunities and Events



## JANUARY

### **Artwork by U.S. Veterans**

When: Now – Jan. 5, 2014, 2 to 5pm

Where: Massillon Museum



### **Amps 4 Ohio**

When: Tuesday, Jan 7<sup>th</sup> 6:30pm to 8:30pm

Where: Ross County YMCA, 100 Mill Street, Chillicothe, OH

\*Amputee Support Group for amputees, family, or friends. Check out [www.amps4ohio.com](http://www.amps4ohio.com) for more information.

### **Region 6 RISFAC Meeting**

When: Jan. 8<sup>th</sup> @ 6:30pm

Where: OSU 4-H Youth Development Building, Columbus, OH



### **Resiliency Trainer Assist Workshop (RTA)**

When: Jan. 15<sup>th</sup>-17<sup>th</sup>

Where: Regional Training Institute (RTI), Columbus, OH

Who may Register – Any Service or Military Family Member *(Service Members can register through their unit and Family Members can contact Janet Corbi, SFRSA to register, 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil))*

### **Military Veterans Resource Center – New Year, New Career**

When: Jan. 10<sup>th</sup> @ 10:00am to 2:00pm

Where: Hope Hotel & Richard C. Holbrooke Conference Center, 10823 Chidlaw Rd, Wright-Patterson AFB, OH

Contact Kelley Koons at 937-329-9559 for more information.

*\*A career fair driven towards veterans and active duty personnel searching for employment or looking to undergo a career transition. Bring several copies of your resume and dress for success!\**



### **Applied Suicide Intervention Skills Workshop (ASIST)**

When: Jan. 13<sup>th</sup>-14<sup>th</sup>

Where: Regional Training Institute (RTI), Columbus, OH

Who may Register – Any Service or Military Family Member *(Service Members can register through their unit and Family Members can contact Janet Corbi, SFRSA to register, 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil))*



### **Region 5 RISFAC Meeting**

When: Tue. January 14<sup>th</sup> @ 6:30pm

Where: Hancock County Red Cross Chapter, 125 Fair St., Findlay, OH

### **Region 2 RISFAC Meeting**

When: Jan. 15<sup>th</sup> @ 6:00pm

Where: Camp Sherman Joint Training Site, 2154 Narrows Rd., Chillicothe, OH





### **Region 1 RISFAC Meeting**

When: Jan. 23<sup>rd</sup> @ 6:30pm

Where: Veterans Service Commission of Summit County, 1060 E. Waterloo Road, Akron

### **Region 3 RISFAC Meeting**

When: Jan. 28<sup>th</sup> @ 6:30pm

Where: Woodlawn Community Center, Cincinnati, OH

### **Region 4 RISFAC Meeting**

When: Jan. 28<sup>th</sup> @ 6:30pm

Where: Dayton Area American Red Cross, Dayton OH

### **AAA Car Care Plus Military Appreciation \$9.99 Oil Change**

When: Columbus Area Car Care Plus Auto Repair Facilities – *Offer good till Jan. 31, 2014*

Where: Polaris, Dublin, Grandview, Columbus Northwest, and Columbus Southeast



### **Amps 4 Ohio**

When: Tuesday, Feb. 4<sup>th</sup> 6:30pm to 8:30pm

Where: Ross County YMCA, 100 Mill Street, Chillicothe, OH

\*Amputee Support Group for amputees, family, or friends. Check out [www.amps4ohio.com](http://www.amps4ohio.com) for more information.

### **Men's Hockey – Military Appreciation Night**

The Ohio State University vs. Wisconsin

When: Saturday, Feb. 15<sup>th</sup> @ 8:00 PM

Where: The Schottenstein Center, Columbus

\*Order your tickets online for \$6.60,

<https://oss.ticketmaster.com/aps/buckeyes/EN/promotion/home>, PROMO CODE: Family

### **Pedal For Heroes Fundraiser**

When: Sunday, Feb. 23<sup>rd</sup>

Where: Form a team at any fitness center following the steps at [www.PedalForHeroesUSA.org](http://www.PedalForHeroesUSA.org)

\*The pedal for Heroes event raises awareness and honors fallen heroes

### **Resiliency Trainer Assist Workshop (RTA)**

When: Feb. 21<sup>st</sup>-23<sup>rd</sup>

Where: Regional Training Institute (RTI), Columbus, OH

Who may Register – Any Service or Military Family Member (*Service Members can register through their unit and Family Members can contact Janet Corbi, SFRSA to register, 614-356-7918 or*

[janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil))



## **Applied Suicide Intervention Skills Workshop (ASIST)**

When: Feb. 22<sup>nd</sup>-23<sup>rd</sup>

Where: Regional Training Institute (RTI), Columbus, OH

Who may Register – Any Service or Military Family Member *(Service Members can register through their unit and Family Members can contact Janet Corbi, SFRSA to register, 614-356-7918 or [janet.s.corbi.ctr@mail.mil](mailto:janet.s.corbi.ctr@mail.mil))*



## **Strong Bonds Retreat – Laugh Your Way**

When: Feb. 15-16<sup>th</sup>, 2014

Where: Deer Creek Lodge & Conference Center in Mt Sterling, OH (South of Columbus)

\*Gain fresh insight into why men and women see life so differently. Laugh Your Way helps couples deal with tough issues in a way that is fun and non-threatening. To register for this event, click on the attached link and complete your registration by Sunday 05JAN.

[https://www.research.net/s/15-16 Feb 2014 LYW Columbus](https://www.research.net/s/15-16_Feb_2014_LYW_Columbus)

## **Military Family Retreats at Teton Science Schools – Annual Winter Retreat**

When: Feb. 14-18<sup>th</sup>, 2014

Where: Grand Teton National Park, Jackson Hole, WY

\*Learn to cross country ski and snowshoe while exploring the wildlife and the winter wonderland of Jackson Hole, Wyoming. See thousands of elk and other wildlife up close on a sleigh ride through the National Elk Refuge. For more information visit [www.tetonscience.org](http://www.tetonscience.org) or contact

[joe.petrick@tetonscience.org](mailto:joe.petrick@tetonscience.org)



## **Family Readiness Regional Foundation Course (RFC)**

When: Feb. 22<sup>nd</sup>

Where: Columbus Area

Who may Register – Unit Commander and Military Liaison and FRG Leadership Team *(Service Members can register through their unit for DTS and online for the course. Volunteers can contact your BDE FRSA for registration or go to [www.jointservicessupport.org](http://www.jointservicessupport.org) and click the Events tab on the tool bar to locate the RFC by date and register online.)*

## **Operation Military Kids (OMK) Serve and Stay**

When: Feb. 22<sup>nd</sup> @ 9:30 am to 4:00 pm

Where: Camp Sherman, 2154 Narrows Road, Chillicothe, OH 45601



## **Amps 4 Ohio**

When: Tuesday, March 4<sup>th</sup> 6:30pm to 8:30pm

Where: Ross County YMCA, 100 Mill Street, Chillicothe, OH

\*Amputee Support Group for amputees, family, or friends. Check out [www.amps4ohio.com](http://www.amps4ohio.com) for more information.

## **Strong Bonds Retreat – PREP (Prevention and Relationship Enhancement Program)**

When: Mar. 8<sup>th</sup>-9<sup>th</sup>, 2014

Where: Sheraton Capital Square in downtown Columbus

\*PREP® is a skills based curriculum designed to help partners say what they need to say, get to the heart of problems, and increase their connection with one another. Couples also learn



the secrets of keeping busy lifestyles from crowding out the fun in your relationship.\*  
To register for this event, click on the attached link and complete your registration by Friday 10JAN.  
<https://www.research.net/s/8-9 March 2014 8Habits Columbus>

### **Family Readiness Regional Foundation Course (RFC)**

When: March 22<sup>nd</sup>

Where: Akron/Cleveland Area

Who may Register – Unit Commander and Military Liaison and FRG Leadership Team

*(Service Members can register through their unit for DTS and online for the course.*

*Volunteers can contact your BDE FRSA for registration or go to*

[www.jointservicessupport.org](http://www.jointservicessupport.org) and click the Events tab on the tool bar to locate the RFC  
*by date and register online.)*

