



Ohio Adjutant General's Department

Major General John C. Harris Jr., Adjutant General

A day to show our spouses how much they're appreciated

I am a firm believer that in order to sustain a strong and vibrant National Guard we must have a support system of dedicated people who are engaged and invested in our success. The bedrock of that support system is our Military Families and spouses.

On Friday, May 10, we celebrate National Military Spouse Appreciation Day. Ever since President Ronald Reagan made a proclamation in 1984, the Friday before Mother's Day has been a day to honor the contributions and sacrifices made by military spouses. They are the backbone of our families during missions, training and deployment.

Please tell your spouse or significant other "thank you" for supporting you during your time in the Ohio National Guard. They are essential to the strength of our organization.

There are ways to connect with your loved one and encourage them to engage through programs sponsored by the Family Readiness and Warrior Support Program office. Military Life 101 is a class for spouses, families and friends to learn more about the Ohio Army National Guard and military life. Register for the June 22 course to be held in Columbus at <https://www.surveymonkey.com/r/2019Military101> or the October 5 course in northeast Ohio at <https://www.surveymonkey.com/r/5Oct19Military101>.

Strong Bonds Marriage Enrichment Weekends also offer military couples a fun and refreshing time to reconnect. Look for Strong Bonds event dates and other family programs online at https://onq.ohio.gov/frq/FRG_retreats.html.

While we don't need to wait for a date on the calendar to show our loved ones how much we appreciate everything they do for us, let's all make an extra effort on May 10 to thank them for standing with us in service to our communities, state and nation.

Major General John C. Harris, Jr.
Ohio National Guard,
The Adjutant General