



Nebraska National Guard - Family Program Office  
Family Program Office Newsletter

April 2007



## FPO State Conference - MAJ Ihm

I want to thank everyone that attended the State Family Conference, "National Treasure", this year. Your participation and feedback were valued. I want to congratulate the 167th RTSA Family Readiness Group (FRG) for being the first FRG to receive the new annual FRG Award. All presentations are available on our web site at [www.neguard.com](http://www.neguard.com), click on family assistance and scroll down the jump menu. All the Easter Events that took place this year were a wonderful thing. I know the kids out west must have had a fun time having to weather the late snow fall. I just want to say to all FRG's across the state that I know your welfare and well being are huge contributing factors in our ability, the National Guard's ability, to effectively perform our mission. From the bottom of my heart and from all Unit Leadership "THANK YOU" for all that you do!!



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## Prevention and Relationship Enhancement Program-PREP

Gain skills to enrich your marriage. This program is designed to help service members and their spouses cope with the adjustments necessary due to separation by deployment. The next workshop is 13-15 July 07. Please RSVP no later

then two weeks prior to the PREP date. The chain of command from the Nebraska National Guard will support any soldier wishing to attend this seminar with their spouse. Questions or for more information, please contact MAJ Ihm at (402)

309-7331 or 7332. Leave with a whole new appreciation for who you are and whom you love!

You will gain specific skills to achieve the kind of relationship you want.

## Region 3 ~ Carey Wilson (Tri-Cities)

Volunteering can help you build new skills, ones that can be a lifelong valuable resource. These skills can be used to gain job experience or to enhance a resume, or just for your own personal benefit. You can feel good knowing that you have helped other family members by giving them the strategy for success.

Here are some other reasons:

- Helping to contribute to your family members unit
- Contributing to your community
- Supporting your family members military commitment

- Gaining a sense of achievement
- Personal development training in leadership and in other areas.
- Learning to be resourceful.

*"Those who can, do. Those who can do more, volunteer". ~ unknown*

Military Families have a great resource near them and that is their Family Assistance Center. (FAC) These centers enhance family readiness by providing resources to

assist your family and the FRG's while fostering your independence.

FAC's can refer you to civilian community resources that are available to help your family. Awareness and understanding of the resources available and how to access them can empower you to more easily manage your life during times of deployment and separation.

FAC's also furnish information, problem solve, and help with crisis management. They are the "one stop shop" that helps ANY family member no matter what branch of service.

## Region 2 ~ Layne Beza (Wayne/Norfolk)


- Any organizations interested in learning more about our military community, what family readiness does and more they may receiving a Family Program briefing. Just contact me at (402) 833-8940 or layne.beza@us.army.mil
- On 28 April 07 there will be a Post Deployment Health Re-assessment process con-

ducted at the Norfolk armory. The soldiers will go through a question and answer process concerning their health and at the same time will be entered into the Veterans Health care system.

- During the month of May there will be a pilot project brought to the Wayne armory from the VA. The VA will be

bringing a mobile team to the Wayne armory to take care of waiting VA appointments. There are approximately 600 plus veterans in the Wayne and Norfolk area that are waiting to be seen by the VA. This mobile team concept is new and needs the support of the guard and the veterans to come in and be seen. Exact time frame details will be forth coming.

## Region 5 ~ Don Miller (North Platte)

 Google has implemented a new feature that enables you to type a telephone number into the search bar and hit enter and you will be given the person's name and address. If you then hit map quest, you will get a map to their house. It's a nationwide reverse telephone book. Be

aware of the safety issues with this, especially if your child gives out your home phone number. You can have your phone removed or blocked by filling out a form. You can go to [www.google.com](http://www.google.com), type in your phone number in the search bar, click on your phone number and the removal form. It takes approximately 48 hours to process.

Dates to look forward to in Region 5: 14APR07—Half way done Party  
POC Jennifer.peters3@us.army.mil

28APR07 Mac's Creek Winery  
(tasting & Dinner) -POC  
chris.r.davey@us.army.mil

## Region 6 ~ Amy Reinpold (Scottsbluff/Gering)

Spring and spring fever. They go hand in hand. But it's not all that bad to sit and day dream once in awhile. You need to let your imagination roam and give it a chance to breath. It's never too late for you to start thinking more creatively. Often it is just a lack of imagination that keeps a person from their potential. Have a constant flow of new, exciting and powerful ideas on which you act immediately. Do some daydreaming today!

Activities on the schedule for Region 6 Family Center - Scottsbluff National Guard Armory

April 24<sup>th</sup> - ESG Meeting. Meet with the Chaplains and the Leadership. 7:00 pm.

My address; Amy Reinpold 2810 1<sup>st</sup> Ave Scottsbluff, Ne. 69361 or e-mail them to me.

[amy.reinpold2@us.army.mil](mailto:amy.reinpold2@us.army.mil)

Take care of yourself and your family

Amy Reinpold

*"Our community still supports our soldiers"!*

### Family Readiness

#### Group Training 101

- What is a FRG?
- Roles and Responsibilities in the FRG
- Getting Started—
- How to get your FRG off the ground.

- Communication
- Events
- Resources

This is a great class for those folks new to the FRG or those that want a refresher.

Don't wait, book a class now with our new (as of 21MAR07)

## Family Readiness Assistant News

Family Readiness Assistant, Ann Reicks. You may contact (402) 309-7341 or [ann.reicks@ng.army.mil](mailto:ann.reicks@ng.army.mil).

Hope to hear from you soon!!



## April is Month of the Military Child!

Flat Daddies are here! (And Flat Mommies)

Flat Daddies and Flat Mommies are life-size printed posters of parents who are actively serving overseas in the military.

These posters are made available free\* to the spouse of a deployed

service person through the generous support of sponsors.

FlatDaddies.com is dedicated to helping make this possible.

\* \$9.50 for shipping & handling

Visit [www.flatdaddies.com](http://www.flatdaddies.com) to see how you too can get your very own.

*"Nothing will be like being there, but you've got to be able to keep these connections as tight and as strong as possible during a deployment".*

# Mental Health Self Assessment Program

## Submitted by Bonnie Bessler, Transition Assistance Advisor

[www.MilitaryMentalHealth.org](http://www.MilitaryMentalHealth.org)

Military life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Some are manageable, some are not. Many times we can successfully deal with them on our own. In some instances matters get worse and one problem can trigger other more serious issues. At such times it is wise to check things out and see what is really happening. That's the purpose of these totally anonymous and voluntary self-assessments.

The questions on the self assess-

ment program are designed so you can review your situation with regard to some of the more common mental health issues. The screening will not provide a diagnosis – for that you need to see a professional. But, it will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance as to where you might seek assistance.

Local assistance:

For the Veteran:

VA – PTSD/Mental Health Clinic –  
Mrs. Lori Wardlow (402) 480-1801

or [lori.wardlow@va.gov](mailto:lori.wardlow@va.gov)

Vets Center: Lincoln – (402) 476-9736, Omaha – (402) 346-6735, Rapid City, SD 1-800-743-1070 ext 97296 or [www.va.gov/RCS](http://www.va.gov/RCS)

Veteran and Family

Military One Source – 1-800-342-9647 or  
[www.militaryonesource.com](http://www.militaryonesource.com)

Military Life Consultants – 1 888-755-9355

The Nebraska Rural Response Hotline: 1-800-464-0258

## State Youth Coordinator ~ Sara Cease

July 30—August 2,  
2007  
Halsey, NE

It will soon be camp season! I am hoping to provide the National Guard youth with many free and reduced cost camping opportunities this summer!

Operation Military Kids is hosting a Guard and Reserve camp this year! We are excited to bring this camp to the 4-H camp at Halsey, NE.

There are several day camps and 4 day camps available at reduced fees through 4-H, please email me for more details.

If you are interested in a youth events, and would like to be on my mailing list, please send me an email!

[sara.cease@us.army.mil](mailto:sara.cease@us.army.mil)



### 1<sup>st</sup> Annual National Guard

#### Nebraska Youth Bass Fishing Championship

May 6, 2007

Summit Lake State Recreation Area, Tekamah, NE

Check in at 6:30 am

Launch at 8:00 am

Weigh In at 2:00 pm

Open to any age. \$15 entry fee includes membership dues.

Age divisions: 10 & under, 11-14, and 15-18.

State Champions in 11-14 and 15-18 divisions advance to the National Championships in Hot Springs,

Arkansas and the opportunity to compete for up to \$5,000 in scholarship money.

For more information, contact Ed Penton at 402-613-1814 or at [ed\\_penton@yahoo.com](mailto:ed_penton@yahoo.com)

## Region 1 ~ Bob Reichwein (Omaha/Lincoln)

**Pancake Man:** The Blizzard of 2007 caused the postponement of The Pancake Man; but he will be appearing on 20 April 2007. This is a benefit to raise funds for the Heartland Fund to support Military Families administered

by the Salvation Army. Plan to come out from 5 to 7 pm for supper and entertainment as well.

**ROUGH RIDERS CALL TO DUTY RIDE:** Plan to enjoy an early summer time ride starting in Lincoln on 2JUN07 to support our military com-

munity by donating \$10 or a phone card to support our troops that are currently deployed or serving overseas. This event has been organized by Rusty Frazier who works at Cashways Dist. He has coordinated the following sponsors: Brandl Cycle Works in Lincoln, Sparetime Bowling in Seward, 9th Street Grill in Crete, Risky's II in Beatrice, Mary's Place in Lincoln, and Rays Tattoo in Lincoln.

Registration and start time are at 10AM from Brandl's Cycle Works in Lincoln. All 2, 4 and more wheeled vehicles are welcome. Keep your eyes out for more details soon to come.

**Armed Forces Day 2007: Montgomery Gentry Concert 19 May 2007.**

I also want to take this opportunity to thank all the family readiness group members and volunteers. Without you we would not be able to do our job as well as we do and our soldiers are so lucky to have each and every one of you.

Bob.

## Operation Hidden Egg!

### The bunny came despite the weather!!

Thank to all who made this year's region 1 annual Easter Event another fun filled success. We had friends, families, Operation Military Kid, Elks, and Lieutenant Governor were all present and accounted for this event.



## Pen Pal Program!

Introduced at this year's State Family Program Conference was the beginning of our National Guard Pen Pal Program!

We are VERY excited for this opportunity for our youth!

How it works: Email your FAC, or the SYC for an application. Complete application with youth's contact information. Send back to Sara.

I will then match up youth depending on age, and other



factors to start communicating!

Having someone to share experiences with is a great thing!

## Region 4 ~ John Moyes (O'Neill)

We just concluded the O'Neill communities "Big Day" (some folks call it St. Patrick's Day!) and had a great time. I would like to thank all the FRG members that helped put the float together for the parade and to send a special THANK YOU!! to the local Boy Scouts for their support in that effort and to Nancy Modrell for the pictures. Without their help this float would not have been the special item that it was. The parade theme this year was 'Patriotism' so the Nebraska Army National Guard was given the first spot in the parade following the color guard! As the float passed the grand stand the Star Spangled Banner was played and the Boy Scouts lead the crowd in the Pledge of Allegiance. WOW! I've enclosed some pictures of the parade and of our FRG entry in the Mrs. Leprechaun contest (thanks to Ella and McKenna Moyes for helping with that).

April is Volunteer Recognition Month so I'd like to recognize the efforts of the volunteers that I've had the pleasure of working with this year.

First is Kim Stenka – 755<sup>th</sup> FRG Leader (she thinks she is not doing a good job, but I beg to differ!!!!)

Next is Beth Tielke. She is a grandmotherly lady who has a huge heart, a positive attitude, strong feelings toward military personnel and tons of ideas. She keeps us on our toes and involved in a multitude of support projects. She currently sends out about 50-75 care packages a month!!!! to local service members and to several of the Military Hospitals around the world.

Many thanks go out to our co-leaders for the 755<sup>th</sup>: Lora Markham (173<sup>rd</sup>), Valerie Zezulka (HHD & 754<sup>th</sup>), Sue Keenan (173<sup>rd</sup>), Michelle Matlock (173<sup>rd</sup>), Emily Webb (173<sup>rd</sup>). These volunteers help by keeping the south eastern end of our unit involved and in the know. With soldier members and family members from such a large area it would be impossible to support the family members in these areas without the help of these leaders.

For the great work in putting the news letter together I want to thank Jodie Wiese and Ann Tucker. They take the tid bits of information and make news out of them! If you have something of interest, let us know and we'll make sure they get it.

A big responsibility in keeping our families prepared and informed goes to all of the phone tree toppers out there. Sometimes they are the only ones you have contact with and it is very important that they keep their phone trees current. Please remember to keep these folks informed if your contact information changes.

To all of you members of the Family Readiness Group(s), thank you also for your volunteer time. With out members who care for their soldiers there would be no group and no support!

Respectfully,

John L. Moyes.



## Region 4 ~ John Moyes (O'Neill)



## Other Noteworthy News

### Grantham University Blue Star Flag—Free Blue Star Flag for Army National Guard Members:

In honor of all the brave men and woman in uniform, Grantham University would like to offer every service member a FREE Blue Star Flag that your family can display to pay tribute to your hard work, dedication, and service to our country.

The Blue Star Flag first appeared in 1917 when an Army Captain who had two sons serving on the front line designed it as a tribute to their dedication and service. The flag quickly became the unofficial sym-

bol of a child in the service. Today, families who have a loved one serving in the military display a blue star flag inside front window of their homes to show the family's pride in their loved one who is serving and to remind others that preserving America's freedom demands much. You may visit their web site to complete the request for your free flag at [www.grantham.edu/promo/bluestar4](http://www.grantham.edu/promo/bluestar4).



**Golf for the Troops:** The Enlisted Auxiliary is working with Time Warner Cable, NelNet and Union Bank to conduct a golf tournament on 3-4JUN07 at the Wilderness Ridge Golf Course. The proceeds will go towards 10 \$1,000 scholarships for eligible military members and their dependents.

They are looking for volunteers to be present at the event to show support on Sunday from 1100-1730 and Monday 0900-1500. For details or to sign up contact Pam Whisenhunt at [pam.whisenhunt1@us.army.mil](mailto:pam.whisenhunt1@us.army.mil) or (402) 465-0192.

## Wounded Soldier and Family Hotline

The implementation of a new hotline called the Army Wounded Soldier and Family Hotline initiated 19MAR07. This hotline provides wounded soldiers and their family members with another way to resolve medical issues. They can be reached from 7AM until 7PM Monday through Friday at 1-800-984-8523. The hotline also provides an informational channel for Soldiers' medical related issues to go directly to the senior Army Leadership in

order to improve the way the Army serves the medical needs of Soldiers and their families. The call center was designed to be able to collectively hear what Soldiers say about their health care issues so as issues are raised, they can identify systematic or problematic areas. Navigating through the mili-

*"In this particularly challenging time, our senior Army leadership looks to ways to improve our service to wounded and injured Soldiers and their families"*

tary medical system can be tricky and many times the family must be their to assist. This hotline is just another step in the direction of improvement to provide the best care our Soldiers and their families deserve.

### Spouses to Teachers:

This program is a Department of Defense project designed to assist spouses of active duty and reserve component members to become public school teachers and was originally piloted in: California, Colorado, Florida, Georgia, Kansas, Louisiana, Nebraska, Nevada, New Mexico, North Carolina, South Carolina, Texas, Utah, and Virginia. The program provides counseling and guidance on state specific certification requirements, certification options, scholarships available, and state employment resources. Up to \$600 is also available via a voucher process to reimburse the cost of testing fees associated with teacher certification/licensure. The Spouses to Teachers program is managed by the Defense Activity for Non-Traditional Education Support (DANTES). For more information visit the web site at:

<http://www.spousestoteachers.com/>. Or call 1-800-438-6851 for CO, KS, NE, NV, NM, and UT residents.

## TRICARE NEWS:

## Steps for Newly or Previously Activated Reservists/National Guard Soldiers:

## 1. Understand USERRA Rights

In order to prevent a break in coverage, you and your family are strongly urged to consider retaining your employer's health plan coverage until you actually report for active duty (Title 10 Active Duty Status). You and your family are fully covered by Uniformed Services Employment Reemployment Rights Act (USERRA) protections. Under USERRA, the protections for members that are ensured by an employer-sponsored health plan do not go into effect until the member actually reports for active duty (Title 10 Status)

## 2. DEERS Enrollment

To be eligible for TRICARE, you and your family MUST be enrolled into the Defense Enrollment Eligibility Reporting System (DEERS). Your Service personnel office (i.e.: Automated Records Branch) is responsible for determining TRICARE eligibility. You may verify your TRICARE eligibility through the secure Guard and Reserve Web Portal.

You can update your DEERS information by the calling (402) 309-7320.

## 3. Manage TRICARE Online

While you are away from home, you can manage your family's TRICARE benefits easily at [www.triwest.com](http://www.triwest.com). As a registered member, you can check claims status, update other healthcare insurance information.

## Keep Kids Current In DEERS

To enroll a newborn or adopted child in TRICARE, you must get them enrolled quickly. You have up to 90 days from your child's date of birth or adoption to enroll your child into either TRICARE Prime OR Prime Remote.

To register your child into DEERS, you MUST obtain a copy of:

-The child's Birth Certificate; OR

-Certificate Of Live Birth; OR

-Adoption papers

AND

-DD Form 1172 (Application For Uniformed Services Identification Card and DEERS

enrollment). This form MUST be notarized IF THE NEW ENROLLEE DOES NOT RESIDE WITH THE

SPONSOR. In addition to the sponsor, another parent or guardian should be prepared to show power of attorney if the sponsor is deployed or TDY.

SFC Tracey A. Eitel

State TRICARE Representative

1776 N. 10th St.

Lincoln, NE 68508

Office: (402)309-7336

E-Mail: [tracey.eitel@ng.army.mil](mailto:tracey.eitel@ng.army.mil)



## Other Noteworthy News:

Very moving poem written by BG Bailey. Read to the families and staff present at the opening session of the 2007 State Family Program Conference in North Platte, NE this last month. Thank you BG Bailey for sharing this with us!

He's home  
He's back  
I made it, we made it.  
I missed him greatly, but I have changed;  
Will he notice?  
Not my hair or my dress- but inside.  
I am stronger, yet at times I felt weak.  
He's home  
He Changed  
It's in his eyes; he's seen things he won't say – yet.  
No hurry  
I have new friends – a military family.  
He has new friends too – comrades.  
My friends and I join in a circle at the armory;  
His are in convoys.  
I worry I will cry before the group; please don't call on my first Chaplain.  
I feel weak when I cry, but I see strength when others do.  
Pass the Kleenex  
I tell the circle how I'm doing and how my soldier is doing too.  
It feels good to talk; they listen.  
The cashier at Wal-mart asked how I was holding up.  
Then she looked down to scam in a box of wood screws  
Before I could answer her.  
What am I doing with wood screws?  
I can do anything now.  
I made it, we made it.

