

January 2007

FAC-N-Bull

Family Assistance Center News Bulletin



**FRG Training
Kearney, NE for
more information
Contact: Jana
Paczkowski
Family Readiness
Assistant 402-
309-7341**

PREP -You'll leave with a whole new appreciation for who you are and whom you love

Expectations of attendees:

Couples are invited if the service member MAJ Drey L. Ihm – has returned from deployment since 11 State Family Program Director September 2001

Couples are expected to participate in the Relationship evening registration and the entire day Enhancement Program (PREP). It is a Saturday and Sunday

Marriage enrichment workshop that will be hosted at various sites for all military personnel

Couples will be expected to provide for child care at their own expense in a manner purpose of this workshop is to help service most appropriate to the family; child care members and their spouses cope with the will NOT be available at the site. adjustments necessary due to separation by

deployment. Attendees will be trained with the Attendees must RSVP no later than one week prior skills to enhance their relationship prior to or to the PREP date. You will need to register between following deployment. 6:00 p.m. and 8:00 p.m. on Friday evening. Saturday and Sunday sessions will begin at 8:00 a.m. The workshop is offered 21-23APR07 and 13

15JUL07. It will offer instruction on ways to The Nebraska Army National Guard can offer this build upon and improve your marital seminar to other military organizations. We relationship, cope with separation, and promote encourage all other service members and their successful reunification. The workshop features spouses who have experienced separation due to short sessions and allows for dialogue between deployment to attend. All other services soldiers and participating couples. It is instructed by our spouses wishing to participate will have to work trained Chaplain staff. through their respective chain of command for orders, travel, lodging and meal



The Chain of command from the Nebraska National Guard will support any soldier wishing to attend this seminar with their spouse. It is the Nebraska National Guard Family Program Office's intent to provide these seminars throughout the year. A wait list will be established for future seminars. POC for this is MAJ Ihm at (402)309-7331 or 7332.

The Adjutant General's (TAG) Iraq

Michigan Lempke will visit armories and brief soldiers and families about his latest visit to Iraq. The brief will last approximately 30 minutes and include a slide show with pictures of Iraq and soldiers that the General had a chance to visit with while in country. The units include 167th CAV, 734th Bn, and 867th Bn. All family members are welcome to attend on the briefings at the location of their choice. Locations are as follows: 13JAN07 1100 Kearney Armory 18JAN07 1900 Omaha - North Armory

Monthly Hot Topic-Wounded Warriors

Brought to you by Army Reserve Family Programs. Each month ARFP covers a topic of interest for Military Families with the intent to raise awareness and share information. Each topic is summarized with many handy links for you to visit the Family Programs Portal or an associated web site to get more information about these or other topics you may be interested in.

In this month's issue, you can read about: Wounded Warriors

Homecomings are what every deployed Soldier looks forward to. However, sometimes there are conflicting emotions. Soldiers are happy to see their friends and families but they miss their fellow warriors that stood by their side during their deployment. Soldiers are guardians of freedom and the American way of life but oftentimes come home to families or home lives that have changed in their absence. Those with injuries or disabilities are likely to face additional challenges. In this issue, we'll explore some of the support resources available to Soldiers and their families.

Please visit the Army Reserve Family Programs Portal to view January's Monthly Hot Topic.

Visit CONNECTIONS: <http://www.arfp.org/connections> Visit Portal: <http://www.arfp.org>

Coping With Eldercare Issues

Eldercare has become a unique hallmark of our generation. The result can be a nightmare of stress and financial insecurity which degrades our productivity, dulls our senses and threatens our capacity to enjoy our own lives. Everyone with elderly parents knows what the issues are: How long can he or she stay on their own? Where will he or she go? What can we afford? What resources are available? What will happen to his or her assets? And, of course: Will he or she have to move in with us?

Problems Strike Quickly

For most people, the worry of eldercare comes on suddenly after an accident or illness, and they find it necessary to move quickly with little preparation. They have no feeling for the scope of the problems, no knowledge of community or government resources, no expertise in judging a parent's ability to live safely and no idea where to turn for help.



Sometimes there are signals which anticipate eldercare problems. If an aging parent begins to eat poorly or skip meals, it may mean she has become insecure about going out alone and doesn't shop for food as often as she should, or she may be too tired to fix dinner. The resulting poor nutrition leads to further loss of energy and physical problems. She may forget to take medication regularly, which **Warning Signs** both physical and mental problems such as memory loss. It can become a downward spiral from which it is difficult to recover.

Can she still live at home? Are there in-home services that can help? Everyone wants only the best for their parents, but at what cost? None of us wants to deal with the guilt of having a relative "put away." But for many of the sandwich generation, the stress of dealing with daily parental care threatens to engulf their own personal, work and family lives. To avoid becoming additional casualties themselves, caregivers must find alternative means to address these issues.

Help Is Available

ElderCare Advocates provides care management for the elderly which can help keep them healthy and independent in their own homes for as long as possible. And when this is no longer feasible, we will let you know and provide objective evaluations and assistance in making other arrangements. We can take the care management load off your shoulders and give you back your own life. If you are just beginning to learn about eldercare issues, the Eldercare Resource Center can help you understand the many factors influencing this complex problem. Feel free to make use of the articles and links to gain a better understanding of your own situation and

call us. We'll help you find the best solution to your unique problem.

Local Resources

LIFE (Lincoln Information For The Elderly)- 402-441-7070
-Caregivers Support Group -Information & Referral -
Senior Care Options -Senior Companion Program

For more information on support services in your local area check the blue pages in your phone book



Top Ten New Year's Resolutions

New Year's Eve has always been a time for looking back to the past, and more importantly, forward to the coming year. It's a time to reflect on the changes we want (or need) to make and resolve to follow through on those changes. Did your New Year resolutions make the top ten list? 1) **Spend More Time with Family & Friends** Recent polls conducted by General Nutrition Centers, Quicken, and others shows that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year. 2) **Fit in Fitness** The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known to man. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. 3) **Tame the Bulge** Over 66 percent of adult Americans are considered overweight or obese [by recent studies, so it is not surprising to find that weight loss is one of the most popular New Year's resolutions. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program, and the key to success for those millions of Americans who made a New Year's commitment to shed extra pounds. 4) **Quit Smoking** If you have resolved to make this the year that you stamp out your smoking habit, over-the-counter availability of nicotine replacement therapy now provides easier access to proven quit-smoking aids. Even if you've tried to quit before and failed, don't let it get you down. On average, smokers try about four times before they quit for good. Start enjoying the rest of your smoke-free life! 5) **Enjoy Life More** Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! 6) **Quit Drinking** While many people use the New Year as an incentive to finally stop drinking, most are not equipped to make such a drastic lifestyle change all at once. Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even learn to moderate their drinking. If you have decided that you want to stop drinking, there is a world of help and support available. 7) **Get Out of Debt** Was money a big source of stress in your life last year? Join the millions of Americans who have resolved to work on their finances. It's a promise that will repay itself many times over in the year ahead. 8) **Learn Something New** Have you vowed to make this year the year to learn something new? Perhaps you are considering a career change, want to learn a new language, or just how to fix your computer? Whether you take a course or read a book, you'll find education to be one of the easiest, most motivating New Year's resolutions to keep. Challenge your mind in the coming year, and your horizons will expand. 9) **Help Others** A popular, non-selfish New Year's resolution, volunteerism can take many forms. Whether you choose to spend time helping out at your local library, mentoring a child, or building a house, there are many nonprofit volunteer organizations that could really use your help. 10) **Get Organized** On just about every New Year resolution top ten list, organization can be a very reasonable goal. Whether you want your home organized enough that you can invite someone over on a whim, or your office organized enough that you can find the stapler when you need it, these tips and resources should get you started on the way to a more organized life.



Ready to Run?

You see them pounding the pavement at lunch or after work, sweating away the cares of the world. They make it look so easy, as if nothing could be more natural than running for miles or minutes on end.

But the last time you tried it, all you received were blisters and shin splints for your troubles.

Sound familiar? Running (or jogging, which some see as simply a slower form of running) is one of the most effective, time-efficient workouts around, but if you, well, get off on the wrong foot, it's hard to stay motivated and easy to get discouraged.

But starting — and sticking with — a running program doesn't have to be difficult. It's simply a matter of doing the right things at the right time.

Step by step

First things first: check with your doctor to be sure that running is the right activity for you. Individuals who should probably bypass running in favor of walking include those with orthopedic or heart problems, or those who are more than 20 percent overweight.

Nothing can derail a running program faster than sore feet. Though they often carry a hefty price tag, good-fitting running shoes can help prevent shin splints, blisters and sore muscles. Aside from comfortable clothing, little else is required.

Once you're suited up, simply head out your front door or take a drive to a nearby park. Asphalt or dirt surfaces are preferable to concrete; be sure that where you run is safe and well lit.

Jog your memory

As a child, you probably didn't think about how you ran. You just did it. Your muscles took over while your brain concentrated on more important things, like hopscotch or baseball cards.

But as you've grown older, your muscles may have forgotten how to run effortlessly. To help jog both your and your muscles' memories, here are a few tips:

Keep your head level, avoid bouncing and lean forward slightly from the ankles, not the waist.

Keep your shoulders down and relaxed. Strike the ground first with your heel, then roll to the ball of the foot, pushing off from the toes.

If you don't enjoy it, don't do it. But if you do, take your time, progress slowly and allow your muscles to adapt to the rigors of running.

F.I.T. tip Frequency, Intensity and Time (FIT) are the elements you need to put together an effective beginning running program. The accompanying table offers a program for those who are less fit, but may be adapted for those who have been exercising aerobically for some time.

The best way to halt a running program in its tracks is to do too much too soon. A minimum of 20 to 30 minutes, three days per week (with days off in between) at an intensity of 50 percent to 85 percent of maximum heart rate is the standard recommendation, but may be manipulated to suit individual speed or endurance goals.

Here are a few more things to keep in mind:

- Take time to warm up before, and cool down after, a run.
- Never increase mileage more than 10 percent per week.
- If anything hurts, take time off until it feels better.
- Follow a strength-training program on alternate days to help reduce upper-body fatigue.
- Like any activity, running isn't for everybody: If you don't enjoy it, don't do it. But if you do, take your time, progress slowly and allow your muscles to adapt to the rigors of running.

Training basics*

Week	Time	Intensity
1	20	Walk 30-60 sec
2	30	jog 5 min walk
3	40	Same as #3 30-60 sec jog 4 min
4	50	walk Same as #5 30-60 sec jog 3 min
5	60	walk Same as #7 30-60 sec jog 2 min
6	70	walk Same as #8 Jog 2 min
7	80	walk 1 minute
8	90	12+ 30
9	100	Gradually progress to continuous jogging

*Individuals who are in good shape may progress at a faster rate by increasing time and intensity simultaneously, while those who are less fit may opt to progress more gradually.





Scholarships for Military Children

Helping you reach your goals:

The Scholarships for Military Children Program was created to recognize the contributions of military families to the readiness of the fighting force and to celebrate the role of the commissary in the military family community.

Who can apply: If your mother or father is active duty, reserve/guard, or retired military personnel or you are the survivor of a deceased member, and you have a military dependent I.D. card you can apply! You must be planning to attend a college or university on a full-time basis.

Questions? Visit www.militaryscholar.org/ or contact Sara Cease, State Youth Coordinator

Groundhogs Day Celebration at the Omaha Boys and Girls Club!

Who: Military and Non-Military Youth ages 8-18, you must RSVP to attend
When: Friday Feb 2, 2007 8:00pm – Saturday Feb 3, 2007 8:00am Where: Omaha Boys and Girls Club 5051 N 22nd Street 402-733-8333 Why: To have fun! Bring your friends, both military and nonmilitary for a night of free fun and activities! _ Swimming _ Pool & Fooseball _ Basketball _ Movies, Games _ Food, Food, Food! The event is sponsored by Operation: Military Kids. The staff of the Omaha Boys and Girls Club and community volunteers will be at the facility all night to supervise the youth. A certified lifeguard will be on duty for designated swimming hours. Adult/Parent volunteers are welcome to attend and assist with supervision. A charter bus** will start in Kearney making stops in Grand Island, York, Lincoln and Gretna before heading to the club! Chaperone's will be on the bus at all times. Time of pick up/drop off will be confirmed with RSVP. No one will be allowed to enter or exit the Club after 8:30pm without written permission. Please RSVP by Wednesday January 31 to: Nicole Effle Operation Military Kids Representative

neffle2@unlnotes.unl.edu

**Seats on the bus are limited and available first come, first served. Parent/Guardian releases will be given out with RSVP confirmation.

Elmo Makes Music

Mark your calendar for this once-in-a-lifetime event – monsters becoming musicians! New for 2006-2007!

Elmo, The Count, Cookie Monster, Big Bird, Bert & Ernie and all their funny and furry friends are taking to the stage to share the magical world of music with children in your neighborhood.

Don't miss this opportunity to count along with The Count, visit Elmo's World and do the Crumb-A-Rumba with Rosita—all this, and much more awaits you at Sesame Street Live's "Elmo Makes Music."



Special Group Discount! Special Discount coupons available! Discount coupons available at the Family Program Office. Questions call Sara Cease, State Youth Coordinator (402)309-7338

Friday, January 12, 7PM: \$12.50, \$8.50, & \$6.50 Saturday,
January 13, 10:30 AM & 2PM \$14.50, \$10.50 & \$8.50 Sunday,
January 14, 2PM: \$14.50, \$10.50 & \$8.50

Regular ticket prices: \$22.50, \$17.50, \$13.50, & \$11.50

www.seasamestreetlive.com



Region 1

As we close out 2006 and reflect on all that has happened in this last year, we also have the pleasure of looking forward to 2007 with much anticipation. Much has happened in the last 365 days and many exciting things will be occurring in the next 365 days. Every day is a present; our goal is to use each day wisely and productively. Some exciting things will be taking place in Region 1 to include:

Common Sense Parenting Class: January- February 2007.
This program is designed to help parents to:

- Effectively communicate with their children.
- Teach children important skills that will prevent problems and promote success.
- Remain calm and teach their children to calm themselves when they are upset.
- Use clear specific teaching and effective consequences to increase acceptable behavior and decrease problem behaviors.

Valentine Greetings: The Heartland Harmonizers, a Barbershop choir from Beatrice, has several quartets within the membership who perform "Singing Valentines" throughout February. They do a variety of styles and are willing to perform, record, and send a singing message for you to deployed military personnel from Southeast Nebraska February 1-14. If you are from the Beatrice area, and your Soldier requests this, please contact me by January 20, 2007. I will have some additional information available, but at this point the most important item is determining a first and second choice as to when they will perform.

Video Valentines Greetings: AKO Video Messaging: The AKO

Video Messaging Service is now available to soldiers and their families. If you are a deployed soldier, or deployed soldier sponsored family member, simply log in to AKO and click on the Video Messaging image to record your message and send it to friends and family. If you create a video, you must use your AKO email address in the FROM line of the email; however you do not have to SEND the video to an AKO email addressee. You must have or have access to a web cam. See AKO for more details. **Families and Friends of the 867th CSB**, The Brigade that the 867th CSB is with put together a Holiday Greeting Video. You can watch the video by going to the 867th Unit web page and click on the "Holiday Greetings" link on the left hand side under the Linksection. Here is the link to the unit web page if

you don't have it already.
<http://www.neguard.com/UNITS/NEARGUnits/867QMBN/867QM.htm>
Armed Forces Day 2007- Watch for details about an exciting event coming May 2007.

**Region
1
Family
Assistance
Center
Coordinator
Bob
Reichwein
402-
309-
7086**

Region 4

Well, mark off another milestone! The soldiers from the 755th SECFOR are training in Kuwait in preparation for their move to Iraq. They are in Phase 3 of that 5 Phase mission I talked of last month. By the time you read this they will have joined with their advanced party and the unit they will be replacing in Iraq (that is Phase 4 in my way of tracking this deployment). It's an interesting perspective to be able to look BACK at the start of the deployment and see how time has proceeded; swiftly for some, more steady for others. Already some of the soldiers have discovered that phone cards do not last as long overseas as in this country. Some of the soldiers have found a way to hook into the computer ethers and send e-mails. There is nothing as ingenious as a soldier who wants something! Most of the news has been scanty and second hand from family members, however, it sounds as though everyone is glad to finally start putting 'boots to the ground'. The trip over was long but overall un-eventful. Everyone's internal clock was all messed up since they are now 9 hours ahead of us! As our day begins they are headed into the evening of their day. I wanted to share this information with all since I'm not sure all of the soldiers remember this from their mobilization briefings they received some time ago. Soldier members can make a DSN (Defense Switch Network) call to local armories during normal business hours (M-F 0800 – 1600) that can be forwarded to the recipient. Preferably the armory should be in the general location of the destination of the call (home, family, friends, etc.) – this keeps long distance calls to a minimum. This will probably be more available once the unit settles into their permanent duty station. The DSN number for the O'Neill armory is 312-279-7952 (the 312 number is the country code for the United States.) Please contact the armory nearest you for their DSN number if your soldier is interested in conducting these types of calls. Not all armories are manned full time nor are their personnel available all the time.

Respectfully, John L. Moyes

Region 4
Family Assistance
Center Coordinator
John Moyes
402-309-8882



Region 5

I salute every family for making it through the holiday season with flying colors. Some of you thought you couldn't make it without your soldier but you did. Some are planning to have Christmas when the soldier comes home on leave which is a great. We have just passed the day I always look forward to and that's the first day of winter. It's not that I like the cold. It is that the sun is at its lowest point in the southern sky and starting to inch its way back north to warm us back up and bring on the new growing season. One activity that I have always liked is to sit down with the youngsters and plan some type of gardening activity be it just a clay pot on the corner of the patio or a larger area around the house. Planning what you are going plant can increase your chances of growing a prize winning pumpkin, (for a jack-o-lantern be to carve when your soldier comes home). Setting up some posts and stringing wires between them for vine plants such as; gourds, sweet peas, etc. can add some real curb appeal, select flowers and plant them in a pattern like welcome home or maybe a large yellow ribbon.

By starting this planning now you can research when to plant, the best variety and the just right color. Talking from experience with youngsters and a seed company catalog (we didn't have access to computer) this can consume a lot of time on cool winter evenings. Our project went from planting tomatoes to a vine fort made using bird house gourds and butternut squash. The fort had a lot of color to it as we made areas for windows where we installed window box planters for flowers. That fall after the frost we harvested the squash and gourds. When the gourds dried we built birdhouses out of them which brought a whole new project the following summer (trying to identify all the different birds that used the bird houses we made). The time table is great for a project like this because about time the gourds are dry, the soldiers will be coming home, it would be a great bonding time for our soldiers and the little ones painting and getting them ready for spring migration of birds.

Have you made your New Years Resolution? Have you already broken your New Years Resolution? I would be raising my hand to the second question – how about you? Look in the dictionary – resolution does mean a few things – here they are;

1. Finding a solution to a problem
2. A course of action determined or decided on.
3. The mental state or quality of being resolved or resolute; firmness of purpose.
4. The subsidence of swelling or other signs of inflammation (this must be the reason for my weight gain) What ever your resolution is I hope that it will be one that will better the life of not only you but also those you love.

Region 5
Family Assistance
Center Coordinator
Don Miller 402-
309-8602

Region 6



Region 6 Family Assistance Center Coordinator

Amy Reinpold
402-309-7987

The Roller Skating Rink in Scottsbluff donated the building and the skates for our children to enjoy games, skating, and music on December 16th. A few of the parents even got out there and rolled around – saying later “I should not have done that!” We are so blessed to have businesses that support our efforts in making sure our military kids are able to come together and have some fun. The VFW Women’s Auxiliary donated a meat and cheese tray to snack on. Every military kid got a present from Santa – it was a good day.

Happenings Region 6 Family Assistance Center January 9th
FRG Meeting 6:00 pm – SB National Guard Armory January 9th
ESG Meeting 7:00 pm - SB National Guard Armory January 9th
Youth ESG_m – same time, same place as the ESG.
January 20th FRG Meeting – Scrap your stories 2:00 -4:00 pm
Please RSVP so we have enough materials

January 25th ESG Meeting 7:00 Chadron – please call SGT Dehling for meeting place. 308-760-2224, or e-mail him at carl.dehling@ne.ngb.army.mil On a personal note; I want to thank everyone for the cards, prayers and hugs after the passing of my son on Thanksgiving Morning – we truly are blessed to know a great group of people. Shane and Amy Reinpold

Special Extra Earnings For Military Service

Very important information for those who have served on active duty. Please share with those who may have served active duty.

Under certain circumstances, special extra earnings for your military service from 1940 through 2001 can be credited to your record for Social Security purposes. These extra earnings may help you qualify for Social Security or increase the amount of your Social Security benefit. Special extra earnings are granted for periods of active duty or active duty for training. Social Security cannot add these extra credits to your record until you file for Social Security benefits (the program was done away with in January 2002). Up to \$1200 per year of earnings credit (see below website for more detail) Credited at time of application. Bring in DD-214 to Social Security Office. You will need to contact your local SSN office to ask for directions. Soc Sec website: <http://www.ssa.gov/retire2/military.htm>

Military One Source Offering Free Tax Preparation and Filing Step-by-Step Interview

The online program asks simple questions to quickly walk you through the tax preparation process. The virtually seamless process quickly and easily allows you import last year’s tax and financial data from TaxCut Online, TaxCut Software, and H&R Block offices. OneSource offers advice for changing tax situations receive tax guidance on changes in your life, such as getting married, having a baby, buying a home and more. Get Your Refund Fast E-file your return, and get your refund in as little as 8-15 days.

Peer-to-Peer Support and Refresher Training

Due to World events over the last five years, and the Natural Disasters of last summer, a larger percentage of the Nebraska National Guard has been called to duty to support both National and State missions. It is very possible that our soldiers and airmen have been exposed to situations that they normally would not have been exposed to causing them to potentially need to discuss these situations with a fellow soldier or airmen. In an effort to ensure all members of the Nebraska National Guard are given multiple sources to discuss any issues they might have as a result of duties they have performed in support of operations Enduring/Iraqi Freedom, and supporting Hurricanes Katrina and Rita, the Nebraska National Guard is going to conduct Peer to Peer Support Training.

New Peer to Peer Support training – 10-11 February 2007, Building 50, Camp Ashland, NE, sign in Saturday 0900 hours. Hours of training will be Saturday 0930-1800 hours, Sunday 0800-1600 hours. Peer-to-Peer Support Training is designed to provide the peer with all the necessary training and resources to adequately perform his or her duties.

Peer-to-Peer Support Training is designed to provide the peer with all the necessary training and resources to adequately perform his or her duties.

Criteria for selecting a peer include: good listening skills, good communication skills, problem solving skills, willingness to share experiential knowledge and skills, referral skills.

Refresher Peer-to-Peer Support Training is for peers that have been previously trained will be required to attend refresher training at one of the locations listed below:

10-11 March 2007 – Camp Ashland, Sign in Saturday at 1200 hours. Hours of training will be Saturday, 1230-1800 hrs and Sunday 0800-1200 hours.

17-18 March 2007 – North Platte Armory, Sign in Saturday at 1200 hours. Hours of training will be Saturday, 1230-1800 hrs and Sunday 0800-1200 hours.

All attendees are required to complete a registration form and return it to Bonnie Bessler our State Benefits Advisor by 1 February 2007. For more information contact is Ms Bessler via phone at 402-309-7433 or email at bonnie.bessler@us.army.mil.

Nebraska National Guard

Family Program Office

1776 N 10th St.
Lincoln, NE 68508

MAJ Drey Ihm State Family Program Director 402-309-7331

SPC Michelle DeGarmo State Family Program Specialist 402-309-7332

SFC Tracey Eitel State Tricare Representative 402-309-7336

Jeanne Felker State Family Assistance Coordinator 402-309-7333

Sara Cease State Youth Coordinator 402-309-7338

Jana Paczkowski Family Readiness Assistant 402-309-7341

Bonnie Bessler State VA Benefits Advisor 402-309-7433

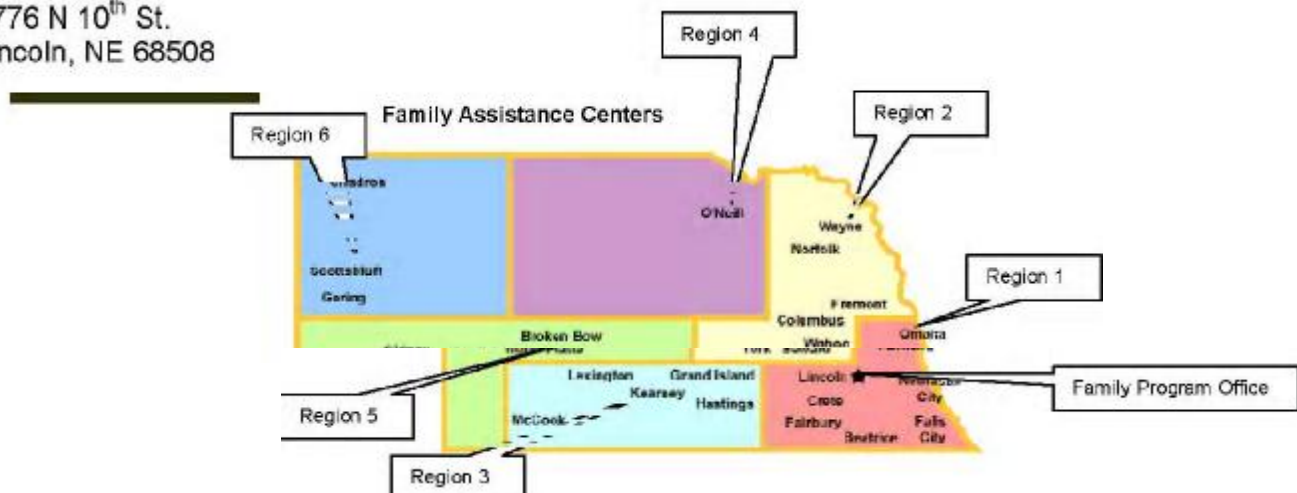
We're on the Web!

See us at:

www.neguard.com

Nebraska Army National Guard Family Program Office

1776 N 10th St.
Lincoln, NE 68508



January FAMILY EVENTS Calendar - ALL REGIONS

Kearney FRG Unit: All Units, Region - 3 From: Saturday, January 13, 2007

To: Saturday, January 13, 2007
 Time: 11:00 am
 Location: Kearney Armory, 5710 Airport Road
 Contact: Carey Wilson - Telephone: 402-309-7747
 Remarks: *Chili will be provided, bring what you like to eat with chili.*

867th FRG Unit: 867th FRG, Region - 1 From: Thursday, January 18, 2007

To: Thursday, January 18, 2007
 Time: 7:00 P.M.
 Location: North Omaha Readiness Center, 11650 Rainwood Road, Omaha, NE
 Contact: SSG Will Jacobsen (RDO) - Telephone: 402-326-2352

O'Neill ESG Meeting Unit: 755th Chemical Company (R/D), Region - 4 From: Monday, January 22, 2007

To: Monday, January 22, 2007
 Time: 7 PM
 Location: O'Neill Armory, 635 N. 4th St., O'Neill, NE 68763-1325
 Contact: John L. Moyes - Telephone: 402-309-7953

Lincoln Area Emotional Support Group Unit: From:

Monday, January 29, 2007
 To: Monday, January 29, 2007
 Time: 7 pm
 Location: Penterman Armory, Room 205, 2400 NW 24th Street, Lincoln, NE
 Contact: SGT Daniel Fullerton - Telephone: 402-309-7449

Omaha Area Emotional Support Group Unit: From:

Tuesday, January 30, 2007
 To: Tuesday, January 30, 2007
 Time: 7:00 P.M.
 Location: Omaha Armory, 6929 Mercy Road
 Contact: SGT Daniel Fullerton - Telephone: 402-309-7449

From: **Region 6** Unit: All Units , Region - 6 Scottsbluff
 : To: **FRG** t: National Guard Armory , 2810 1st
 Time: **Meeting** Loc atio n: Ave Mary Ann Closson/ Amy
 Monday, Reinpold - Telephone: 308-631-
 January 09, n: 7519 / 308-672-1056 Remarks:
 2006 6:00 Co nta ct: *Agenda will be presented at*
 pm meeting

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Youth ESG Unit: All Units , Region - 6 Scottsbluff
Meeting Locat ion: National Guard Armory , 2810
 Tuesday, ion: 1st Ave Dr. Toby Canning -
 January 09, 2007 Cont act: Telephone: 308-632-1284 ext
 7:00 pm act: 7778

F **Region 6 FRG** Unit:
 r **Meeting** Locat
 o Tuesday, ion:
 m January 09, 2007 Cont act: All Units , Region - 6 Scottsbluff
 : 6:00 pm act: National Guard Armory , 2810
 T 1st Ave Mary Ann Closson/
 o Amy Reinpold - Telephone:
 : 308-631-7519 / 308672-1056
 T Remarks: *Agenda will be*
 i *presented at meeting*