

Nebraska National Guard - Family Program Office Family Program Office Newsletter

March 2007



Conference topics:

- Volunteerism
- Tricare
- Veteran's Topics
- Youth Program
- Deployment Cycle
- Family Readiness
- Military OneSource
- Many, many, more!

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FPO State Conference

March 30, 31, and April 1, 2007

Sand Hills Convention Center-Quality Inn and Suites, North Platte, NE

Families on the
home front...
are a National
Treasure!



Learn what re-
sources are avail-
able for you and
your family. Learn

about National
Guard family pro-
grams. Set in
North Platte, NE
site of the infamous
North Platte Can-
teen. Home front
treasures helping
those on their way



to the front lines
during WWII.

Friday: Informational
booths, mini presenta-
tions, and social
gathering.

Saturday: Command
and exciting speakers,
and great breakouts!

Sunday: General
Session packed full of
information and col-
laboration!

Please call:

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 20-22 April 07 with additional dates of

13-15 July 07. Please RSVP no later than one week 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 informa-

tion, please contact MAJ Ihm at (402)309-7331 or 7332.

Leave with a whole new appreciation for who you are and whom you love!

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

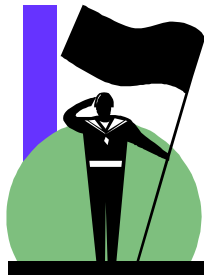
assist your family and the FRG's while fostering your independence.

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)

- On 28 April 07 there will be a Post Deployment Health Reassessment process conducted 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 ap-

proximately 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 forthcoming.

Region 5 ~ Don Miller (North Platte)

The snow just keeps coming and everyone is beginning to suffer from the effects of cabin fever! I can see it very well in myself. I thought it was just me, but at a recent ESG meeting, I could see that it was taking its toll on several. I will almost bet with in



100 days from now that we will be complaining about how hot it is!

Planning a vacation?

Try: www.afvclub.com

(Arm Forces Vacation Club)
They have some super deals!

Anyone interested in an Easter Egg Hunt in the North Platte area, please call Terri O'Brien at

(308)772-3286 to assist her or if you have ideas to help.

Region 6 ~ Amy Reinbold (Scottsbluff/Gering)

A local Community Home School group is sponsoring a project called "Stand By Me".

This group realized that the support for our soldiers has gone way down within the last year, and they wanted to do something about that.

The group has placed boxes in different locations throughout Scottsbluff and

Gering for people to donate items to be sent to our troops who are from Western Nebraska.

When you see a "Stand By Me" box, make it a reminder to yourself:

" Our community still supports our soldiers!"

"Our community still supports our soldiers"!

Lieutenant Governor Shehy will be with the Chaplains at the April ESG. He is making it a point to get to every ESG meeting across the state and meet with our military families and deployed soldiers. Thanks Lt. Gov.

Family Readiness

Group Training 101

March 17th is the next session of FRG training. Come learn the basics of the Family Readiness Group:

- What is a FRG?
- Roles and Responsibilities in the FRG

Family Readiness Assistant News

- 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.

Where: Omaha FAC~11650 Rainwood Rd, Omaha, NE 68142

When: 10:00-2:00

RSVP to Sara Cease at (402) 309-7338 or

Common Sense Parenting Nebraska National Guard Counterdrug

A Free program, developed by Boys Town, instructed by Counterdrug, that gives parents a means to:

- Effectively communicate with their children
- Teach children important skills that will prevent



problems and promote success

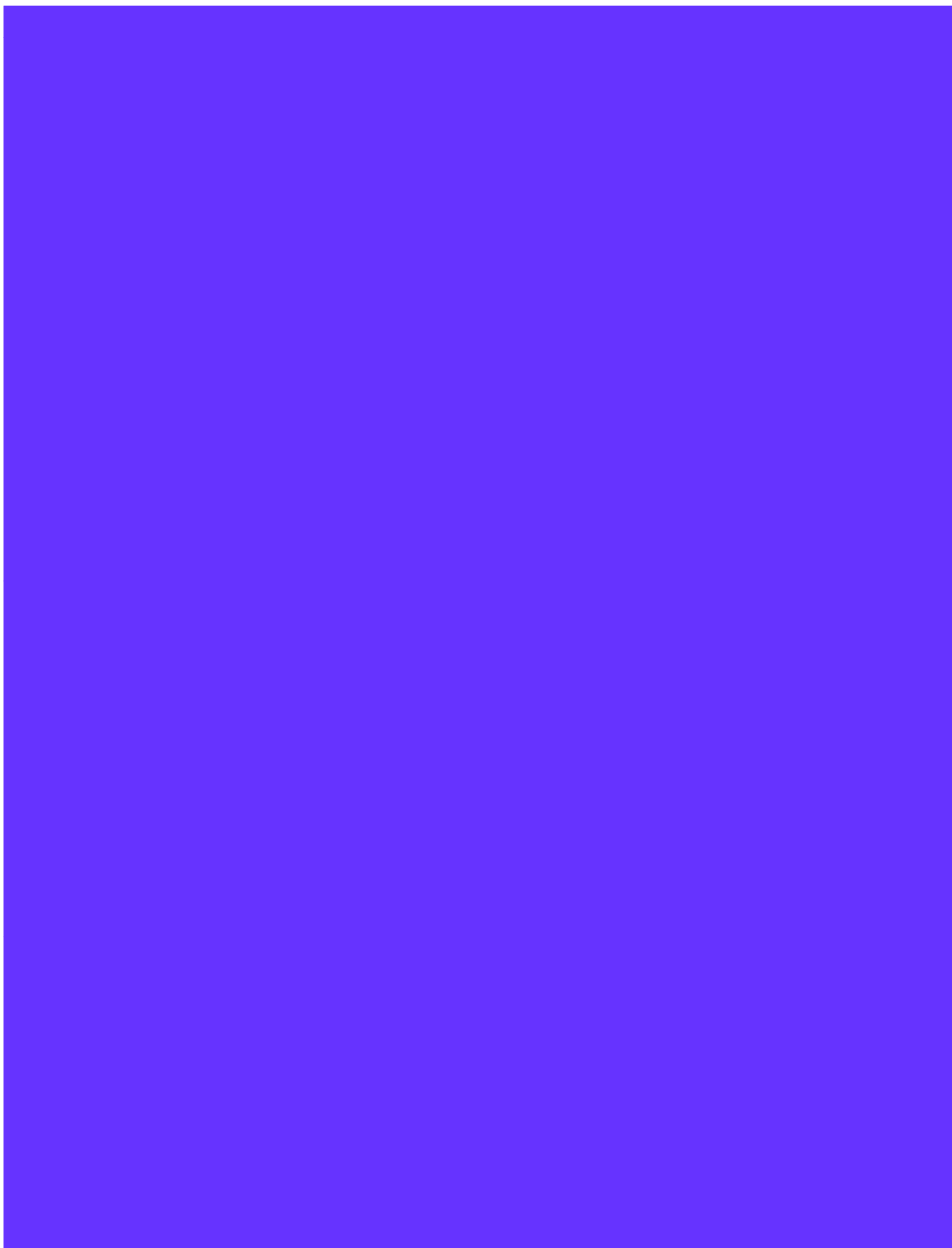
- Use clear teaching and effective consequences to increase acceptable behavior and decrease problem behaviors

If interested, please contact: Bob Reichwein at (402)309-7086

Thursday evenings from 6:00-8:00

March 22nd" May 3rd

Penterman Armory



Region I ~ Bob Reichwein (Omaha/Lincoln)



Websites of the Month:

The 1/34 Brigade Combat Team has a website that includes the 1-167th Cav/134th LRSD

<http://www.redbullweb.com/>

<http://www.neguard.com/UNITS/1-167cav/index.htm>

Keep up with LT Chuck McWilliams (755th Recon/Decon) while he is serving in Iraq in the Lieutenant's Lounge: <http://www.ketv.com/lieutenantsloungeblog/index.html>

Armed Forces Day 2007

Watch for details about an exciting event coming May 2007.

Thanks for all the responses to the challenges families face during mobilization. It will be incorporated into a letter.

Being sent to the local community to request support for an event sponsored by KJ's Carts for Kids, scheduled for September. Visit their web site at www.kjscartsforkids.com/ for more information.

Operation Hidden Egg!

[The bunny is coming!!](#)

When: April 7th, 2007

Where: Lincoln ANG Base Mall

Time: 11:00–12:00



Hunting and then stay for potluck lunch!

Join families from the area for a day of fun and egg hunting!

Entertainment, family, and fun!

Please contact Jeanne Felker at (402)309-1588 or

jeanne.felker@nelinc.ang.af.mil for information or questions or to help!

Check with your FAC for an Egg Hunt in your area...

Families are encouraged to bring treats for the egg hunt, item for the potluck meal, and a blanket.



Douglass Theatres

Douglas Theatre Company has begun offering a "Military discount" on evening admissions. The price is the same as the "student discount" admission, or \$7.00. All types of Military

ID cards will be accepted. Active Duty, National Guard, AGR, DoD dependent, and Retired.

The soldier merely presents his military ID card to obtain the discount. The discount is only good for the

ID card holder, and that card is not transferable. Spouses must also show an ID card to obtain the discount.

Region 4 ~ John Moyes (O'Neill)

Tunnel Vision, we all get it at one time or another and sometimes it's a good thing, and sometimes it isn't. The reason I'm bringing it up is I am having tunnel vision right now as I try to write this article. The positive side of it is I'm focusing on completing this requirement. That is the good side of tunnel vision, it can cause us to cut out other distractions and concentrate on the task at hand. Many of you are using this technique to avoid hearing all the "bad news on the TV and radio". You may even have friends, relatives or co-workers that you have "tunneled around" to avoid talking about your soldier members because they may be saying the wrong things to you. This can also be a good thing. You need to decide for yourself the areas that you are comfortable with thinking and talking about your soldier.

The bad side of tunnel vision is that you may be tunneling around information and others that can help you to cope with this separation. I ask you each to continually monitor and evaluate yourselves. There are many people out there, friends, family and community resources that would love to be there for you, put some windows in the tunnel. Friends and family may feel awkward about talking with you, but I think you will find that most of the time that awkwardness does not last long. Sometimes it is even good to handle the tough subjects head on. It can relieve a lot of stress if you deal with them and take away the power they have by working through them. One good outlet is to attend an ESG (Emotional Support Group) meeting in your local area. Calendars are available by visiting www.neguard.com/FAMILYASSISTANCE/ or contacting one of the Family Assistance Center Specialists at 1-800-432-6778 and selecting the option for your area.

Yes, there is a light at the end of the tunnel – with help from those around you, you are getting along just fine and your soldier will return at the conclusion of this deployment! Also, let there be some windows in your tunnels so that you do not find out that the light at the end of the tunnel is a train!

Join Us as the
National National Guard Family Program
Hosts the 2nd Annual

OPERATION HIDDEN EGG

The Easter Bunny will be available for pictures!

Families are also welcome to participate in a potluck lunch.

Open to children of Nebraska National Guard members.



Saturday, April 7, 2007
Lincoln Air Base
11:00 am - 2:00 pm

Potluck will begin once the hunt is over.
Please bring:

1. one dozen decorated eggs or candy for the hunt.
2. A basket for each child.
3. Covered dish / item for the optional potluck - at the Lincoln Air Base Mall.

Please RSVP NLT April 5 (for planning purposes):
Jeanne Felker at 402-309-1588 or
jeanne.felker@nelnc.ang.af.mil

WE ARE IN NEED OF VOLUNTEERS!
Basic contact us to help hide eggs, assist with check in and run the prize table!



Sponsored in part by the
Lincoln Elk Club and Operation Military Kids.



Visit us at:

www.neguard.com/FAMILYASSISTANCE/
OR

www.guardfamily.org/



March 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Scottsbluff ESG 7:00pm - Armory	6	7 Sidney ESG 7:00pm - Armory	8	9	10 Lincoln FRG 1:00 Penterman Retiree Breakfast 8:00am Village Inn North Platte
11	12 Kearney ESG 7:00pm - Armory	13	14 O'Neill ESG 7:00pm - Armory	15 Grand Island ESG 7:00pm — Red Cross Youth Symp. Aps. Due	16	17
18 Omaha FRG 1:00 Omaha Armory	19 North Platte ESG 7:00pm - Armory	20 Lincoln ESG 7:00 pm - Armory	21 Chadron ESG 7:00pm - Armory	22	23	24
25	26	27	28 Omaha ESG 7:00pm - Armory	29	30 State Con- ference North Platte	31 State Con- ference North Platte