

G E A R E D U P !



BUILDING RESILIENCE, SELF RELIANCE AND SATISFACTION WITH MILITARY LIFE THROUGH PREVENTION, EDUCATION AND TRAINING.

2010

WINTER

FROM CHIEF DAWN PEET, STATE FAMILY PROGRAM DIRECTOR

Dear Guard Family,

Let me begin by thanking Pat Crilley for producing our Family Newsletter! Pat puts a lot of her heart and hard work into selecting pertinent information to be shared with you. I encourage you to access the resources offered by our Program.

In March, we will have a new asset to our Program. Mr. Jarrod Barton who will work full time as a Financial Counselor for our Delaware National Guard. He will work from our Family Assistance Center at 1401 Newport

Gap Pike. He will be available to meet one on one with those who need guidance around the topics of money management, investments, budgets, hardships, credit counseling and general interests on finances. He will be doing trainings and workshops in coordination with our Quality of Life workshops. He will also assist Commanders who may have troops who have financial management issues. We welcome Mr. Barton, and look forward to his support services.

Our Joint Family and Service Members Readiness team is always at the ready to assist

you with the challenges of deployments and reintegration's. We have a large pool of resources that we can match your need with their service. Please contact us either by phone or by email. Please take a moment to fill out and return the Family Program Survey enclosed in this newsletter. It will help us strive toward a better program where we offer what you need. We hope that 2010 is a year of renewal and resiliency! God bless you and all you do for our State.

SPECIAL POINTS OF INTEREST:

- Volunteer Training Weekend
- Family Assistance Program
- Seeking volunteers for Youth Program
- New Resources for Families and Service Members

FAMILY PROGRAMS OFFERS VOLUNTEER TRAINING WEEKEND FEBRUARY 26-28, 2010

For the first time ever, Family Programs is presenting a full weekend of Family Readiness Training. The weekend, February 26-28, 2010 is being held at the Bethany Beach Training Site, Bethany Beach, Delaware. The training starts Friday evening with a session on "FRG Best Practices" and meet and greet the JFSAP (Joint Family Support Assis-

tance Program) team. On Saturday, Military Child Education Coalition will bring to Delaware a training "Living in the New Normal". Saturday is a resource expo. Sunday will have breakout sessions from our JFSAP team members and Red Cross offers "Coping with Deployment". The cost of lodging at BBTS will be covered as well as

most meals. To learn more about this training opportunity, please contact the Family Readiness Assistant, Judi Pelkey.

Office: 302-326-7267

Email: judi.pelkey@us.army.mil

Register online!

www.jointservicesupport.org

Employer Support of the Guard and Reserve



Your Job is Protected!

As a uniformed service member, you have rights under USERRA (Uniformed Services and Employment and Reemployment Rights Act). Call the local ESGR office for a wallet card to be mailed to you. Keep it handy, when you need to refer to requirements you must do to maintain job protection rights! ESGR is here to assist you with any questions you might have regarding USERRA and your civilian employment rights and responsibilities.

ESGR Delaware	Point of Contact: Christine Kubik
MAIL	103 Artisan Drive, Smyrna, DE 19977
email	christine.kubik@us.army.mil
PHONE	302.326.7582
WEB	www.ESGR.mil

**KNOW YOUR JOB RIGHTS
AND RESPONSIBILITIES**

YELLOW RIBBON REINTEGRATION PROGRAM



The Yellow Ribbon Reintegration Program (YRRP) will provide National Guard Members and their Families with information, services, referral and proactive outreach opportunities throughout the entire deployment cycle. It is the intent of the National Guard Bureau to establish a Department of Defense Yellow Ribbon Reintegration Program that provides a continuum of support and high standard of care for Army and Air National Guard members and their families.

Your YRRP Points of Contact:
 Yellow Ribbon Support Specialist
 (Currently vacant)
 Delaware Army National Guard
 Office: 302-326-7042

 Liza A. Orlando
 Yellow Ribbon Support Specialist
 Delaware Air National Guard
 Office: 302-326-7079
 Cell: 302-670-9074
 Email: liza.orlando@us.army.mil

The Yellow Ribbon Reintegration Program has been offering quality programs for our Service Members and their Families for over a year now.

Military OneSource continues to provide DNG Service Members and their Families with resources by website and toll free telephone

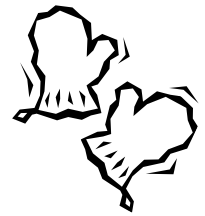
Military OneSource is provided by the Department of Defense at no cost to Guard and Reserve (regardless of activation status) and their families. It is a virtual extension of installation services. Visit Military OneSource today at www.militaryonesource.com or call 1-800-342-9647.

Local contact is Dan Young
 office: 302-323-3358 or mobile:302-494-3825

Daniel.Young@militaryonesource.com

Have you seen on Military OneSource lately?

- Free Books and mini digital portable books
- Free online Tax Filing
- “Adjusting to Change” Podcasts
- Healthy Habits Health Coach
- Weight loss tool kit



Did you know the Delaware National Guard has resources within our Guard Family to provide the Service Member and their Family with free one on one counseling?

Jane Anderson, the Director of Psychological Health for the Delaware Guard, invites contacts from service members and families regarding any psychological challenges that arise personally or in the family. She can see you privately and can be reached by phone any time.

(302) 326-7097 (office)

(302) 256-7234 (Blackberry/24/7/365)

Helpful WEBSITES:

Joint Services Support - This portal, and its program sub-portals, is designed to give you a "one stop shopping" location where you can get important information on a variety of programs that have been created to support you - <http://www.jointservicesupport.org>

Military HOMEFRONT - is the official Department of Defense web site for reliable Quality of Life information designed to help troops and their families, leaders and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need! - <http://www.militaryhomefront.dod.mil/>

Turbo Tap - is Department of Defense's official website providing information for service members on transitioning from military service (retirement and release from active service). This site is also supported by the Departments of Labor and Veterans Affairs. TurboTAP.org is intended to supplement the services offered by the Transition Assistance Offices and other groups. - <http://www.turbotap.org>

SURVIVOR OUTREACH SERVICES

Survivor Outreach Services (SOS): Losing a loved one is one of the most difficult things anyone can go through. SOS connects you with people who can help you move forward and find strength.

Many times after you have lost a loved one, there are unresolved issues or questions that may surface months or years after the loss. We understand that new issues and questions may surface long after the Casualty Assistance Officer has concluded his or her duties.

Survivor Outreach Services

demonstrates the Army's commitment to the Families of the Fallen. SOS is a holistic and multi-agency approach to delivering services to Survivors by providing services closest to where the Families live. SOS will allow the Army to better identify the needs of others touched by the loss of a Soldier.

Point of Contact:

Dan Arena (SOS Coordinator)
Joint Force Headquarters
302-326-7787

daniel.arena@us.army.mil

www.delawarenationalguard.com

NACCRRRA and the United States Military Services

Supporting Our Nation's Military Families and Strengthening Child Care

Are you a Service Member or Family member with young children paying the high cost of child care? If you are **deployed, on Title 10 or Title 32** then you are eligible for subsidy to help defray the cost of child care. There are two programs for both our Army and Air Guard Service Members and Families. Military Child Care in Your Neighborhood and Operation: Military Child Care are the developed programs. Please visit their website for Military Partnerships: <http://www.naccrra.org/MilitaryPrograms/> or call 1800-424-2246

Books to Borrow

Title	Author (Last, First)	# of pages
24 Hours to the Perfect Interview : Quick Steps for	DeLuca Matthew J. &	192
Achilles in Vietnam: Combat Trauma and the Undoing of	Shay, Jonathan	246
Are You Really Listening?: Keys to Successful	Donoghue, Paul J. &	224
Armed Forces Guide to Personal Financial Planning, 6th	Belknap, Margaret H. &	336
Army Wives: The Unwritten Code of Military Marriage	Biank, Tanya	288
Assisting Survivors of Traumatic Brain Injury: The Role of	Hux, Karen (ed.)	359
At Freedom's Table: More Than 200 Years of Receipts and	Tillery, Carolyn Q.	336
Chicken Soup for the Military Wife's Soul: Stories to Touch	Canfield, Jack; Hansen,	400
Coping with Anxiety: 10 Simple Ways to Relieve Anxiety,	Bourne, Edmund J. &	150
Courage After Fire: Coping Strategies for Troops Returning	Armstrong, Keith; Best,	239
CrazyBusy: Overstretched, Overbooked, and About to	Hallowell, Edward	256
Dealing with Your Anger: Self-Help Solutions for Men	Donovan, Frank	240
Don't Sweat the Small Stuff About Money: Spiritual and	Carlson, Richard	240
Don't Sweat the Small Stuff at Work	Carlson, Richard	272
Don't Sweat the Small Stuff for Men: Simple Ways to	Carlson, Richard	288
Don't Sweat the Small Stuff with Your Family: Simple Ways	Carlson, Richard	272
Down Range: To Iraq and Back	Cantrell, Bridget & Dean,	160
Federal Resume Guidebook: Strategies for Writing a	Troutman, Kathryn K.	368
Fighting for Your Marriage: Positive Steps for Preventing	Markman, Howard J.,	384
From a Pebble to a Rock	Correa, Patti A.	80
Going Overboard: The Misadventures of a Military Wife	Smiley, Sarah	288
Grief: The Mourning After: Dealing with Adult Bereavement,	Sanders, Catherine M.	316
Grieving Mindfully: A Compassionate And Spiritual Guide To	Kumar, Sameet M.	157
Healing Crisis and Trauma with Mind, Body, and Spirit	Wainrib, Barbara R.	168
Help! I'm a Military Spouse--I Get a Life Too!: How to Craft a	Hightower, Kathie &	184
Heroes Among Us: Firsthand Accounts of Combat from	Larson, Chuck (ed.)	352
Heroes at Home: Help and Hope for America's Military	Kay, Ellie	208
Homefront Club: The Hardheaded Woman's Guide to Raising	Eckhart, Jacey	224
How To Go On Living When Someone You Love Dies	Rando, Therese A.	352
How to Say It to Sell It: Key Words, Phrases, and Strategies	Hershkowitz-Coore, Sue	224

The Borrow a Book Program is part of the DNG Family Assistance Program. All of the books are loaned out through the Family Assistance Center in New Castle County, but arrangements can be made to be picked up at other locations. If you are interested in reviewing any of these titles or dozens more (including children's titles), please call JoAnn Brooks at 326-7269 or email Joann.brooks@us.army.mil.



Youth Programs is seeking volunteers to assist in all aspects of the Child and Youth Program. Some of the programs we provide are teambuilding and educational and some are deployment cycle related.

Cooking (for our Youth Camp or out Teen Weekends)

We have a few teen weekends throughout the year and a weeklong youth camp that is seeking volunteers that can prep, cook, clean up, make menus etc.

Prepping for Events (stuffing envelopes, filling binders)

This could be several times a year, especially around deployments and youth program events.

Laborers (Setting up and breaking down tables, carrying heavy boxes, loading vehicles)

This could be several times a year, especially around deployments and youth program events.

Mentors and Adult Leaders (working with our Teen Council at meetings, weekend events, youth camps)

We have a few teen weekends throughout the year and a weeklong youth camp that is seeking volunteers that can work with the youth directly. This might involve anything from hiking the state parks, bowling, and over-night camping trips.

Crafters (providing activities and crafts during our youth camp or youth events)

This could be several times a year, especially around deployments and youth program events.

Administrative Support (coordinating volunteers, assist with training of volunteers)

This would be year round support to Youth Program Director and volunteers.

Professionals (During deployment briefings have support group sessions, guest speakers on materials relative to youth, teens and parenting, performers and entertainers for events)

This could be several times a year, especially around deployments and youth program events.

Child Care Professionals (Licensed and Accredited Child Care Centers/Professionals) Child Care Staff and or Facilities are needed to provide quality care to our youngest children of Delaware National Guard Families. This could be on both a hire as needed basis or volunteer during our Yellow Ribbon Events and Family Readiness Group Programs.

Patricia Crilley

Child, Youth and School Support Program Director

Delaware National Guard Family Programs

MPSCRC Contractor

Office: (302) 326-7518 Cell: (302) 943-0752 Email: patricia.crilley@us.army.mil



**Youth
Program
Events!**

Teen Weekend: March 26-28, 2010 Cape Henlopen State Park
Junior Counselor and Teen Council Meeting, Feb 21, 1pm Smyrna RC
CPR and Army Babysitting Curriculum Training April 16, 17 NCC
Spring Break Robotics Day Camp April 5-9, Univ. of Delaware Paradee Center
Kent and Sussex County both offer Military 4-H Clubs

Call or Email for more information, registration or to volunteer!

BUILDING RESILIENCE, SELF
RELIANCE AND SATISFACTION

CMSTG Dawn Peet
State Family Program Director
1401 Newport Gap Pike
Wilmington, DE 19804
Ph: 302-326-7268
Cell: 302-379-5793
E-mail: dawn.e.peet@us.army.mil

TO THE FAMILY OF:

Presorted Standard
US POSTAGE PAID
PERMIT #908
WILMINGTON, DE

www.delawarenationalguard.com or www.guardfamily.org

Family Assistance Program

The Family Assistance Program provides six essential services to families and service members in need during times of a contingency call up, mobilization, and large scale deployment. The information and referral service helps to facilitate well being while providing necessary assistance to families in times of need or crisis.

Keep in mind; the Family Assistance Program is critical in providing additional support to families in long and short term deployments. This is especially true for the geographically dispersed families from all branches of service that are unable to access services at local bases. In other words, family assistance is the “One Call Does It All” for support, aid, information and referral for our families.

These six essential services are:

1. Crisis Intervention and Referral
2. Legal Resource/Information and Referral
3. Financial Resource/Information and Referral
4. TRICARE Resource/Information and Referral
5. ID cards and DEERS Information and Referral
6. Monthly “Outreach” to families of deployed service members.

**National Guard
Family Assistance**



Family Assistance Personnel:

JoAnn Brooks, New Castle County 326-7269 / joann.brooks@us.army.mil

Richard Elliott , Sussex County 854-7630 / Richard.e.elliott@us.army.mil