

Spring Issue:
April 2013

BUCKEYE FAMILIES

EDUCATE, COMMUNICATE AND MARKET FAMILY READINESS



Ready Families...
Anytime, Anywhere

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A NOTE FROM THE STATE FAMILY PROGRAMS DIRECTOR: CPT DOUG FRANZ

Winter is over...Get off the couch! With the arrival of Spring, Family Readiness moves into the busy season of conducting programs, events and camps. This year we have over 18 events for families and youth to attend! Our events are inexpensive and fun to attend so take the time to plan a short get-a-way for you and your family. If we don't have what you are looking for, check out

one of Ohio's State Parks. No matter where you live, there is a State Park within an easy drive. The State Parks make nice day trips or easy overnights, have a variety of offerings and have lodging at affordable rates. Most of the Family Readiness events and many of the State Park lodging sites fill up fast so make reservations now. No matter where you decide to spend

your get-a-way, get it scheduled, take advantage of the nice weather and get off that couch!

www.dnr.state.oh.us/parks/

CPT Douglas Franz
State Family Program
Director
Family Readiness &
Warrior Support

Family Strength and Military Community

The family is just as much a part of the military as the service member they support. Their care and devotion is integral to the continuing efforts of our men and women in uniform. This support is not without cost, however. The sacrifices made by military families are great: relocation, deployment and reintegration, in particular, pose tremendous challenges, and often negatively affect the well-being of the family unit and,

consequently, the community in which they reside. In order to strengthen our communities and repay their devoted service, we must ease the difficulties faced by military families.

-Community Blueprint
Network

Family
THE ONES YOU LIVE WITH
Laugh WITH AND LOVE



"When Called, We Respond With Ready Units to Execute Federal, State, and Community Missions."

The Family Readiness Group: Who are we?



The goal of an FRG (Family Readiness Group) is to establish a network that enables unit members to effectively gather and distribute information, resolve problems, and maintain family mutual support. The FRG is a command organization of volunteer family members, civilian employees, service members and other individuals associated with your unit. (FRGs should strive to include

all unit members: officer, enlisted and civilian.) The mission of the unit FRG is to:

- Foster knowledgeable and resilient families- Using local resources
- Act as the extension of the unit - Providing official and accurate command information
- Provide family mutual support - Connecting unit families with needed assistance

- Provide the vital link between command and family – Building unit morale and cohesion
- Provide feedback to the command - Closing the loop between command and personnel
- Directly support rear detachments - Ensuring that no one gets left behind or forgotten.

Volunteering in your FRG

Let's start with the Rewards for volunteering!

- You make a difference!
- Foster relationships
- Increase your understanding of the Ohio Army National Guard and your unit
- Enhance your resume
- Volunteer Recognition Awards

Frequently Asked Questions about Volunteering:

Q: What are volunteers called?

A: Family Readiness Groups (FRG)

Q: Who can volunteer with the FRGs?

A: Parents, spouses, significant other, siblings, best friend.

Q: How does volunteering work?

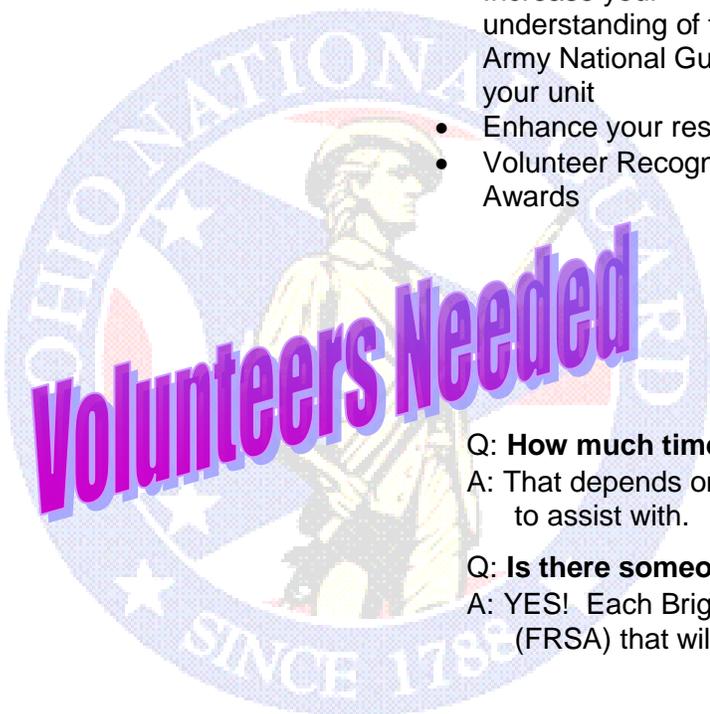
A: You can hold an official position on the FRG Leadership Team or you may choose to be an unofficial volunteer and help on a case by case basis.

Q: How much time does it take to be a volunteer?

A: That depends on your volunteer position and what events you choose to assist with.

Q: Is there someone that will train and assist the volunteers?

A: YES! Each Brigade has a Family Readiness Support Assistant (FRSA) that will be there to help you succeed.



Benefits of Family Readiness Groups

The Family Member--

Unit Family Readiness Groups (FRGs) foster a sense of belonging to the unit and community, and provide a vehicle for families to develop friendships while they gain information about the unit and community. In addition, they provide information and referral, and share support during deployments. Through successful FRG efforts, many spouses have developed a more positive attitude toward themselves, a better understanding of why deployments are necessary and the Army mission to maintain readiness.

The Soldier--

FRGs provide support that communicates command caring, integrity of care, and

as open and honest communication as possible. This allows Soldiers to trust in that care, which enables them to concentrate on the mission at hand, and have the emotional readiness to carry out that mission. FRG's help develop a confidence in soldiers that family members will receive reliable and friendly support when the soldier is away. This can be a meaningful stabilizer for Soldier performance in the unit, and an enhancer of training and psychological readiness to fight.

The Unit Commander--

FRGs and the resources they have available to them in the command structure can assist in developing resilient families that are better able to cope and function in times of

separation and/or crisis. A unit FRG affords increased levels of confidence, commitment, and a sense of well-being among soldiers and family members, and the potential for fewer training distracters. The FRG can contribute to unit cohesion and soldier readiness. A well functioning FRG can minimize family distracters conserving the unit commanders' time and resources (psychological, social, and budgetary) for military purposes by making referral to other agencies. Through prevention and education programs and family activities, FRGs can help families overcome problems that are likely to impact adversely on Soldier performance.



“A family in harmony will prosper in everything.”

-Chinese Proverb-

Regional Foundation Course TY13 Dates

This year Family Readiness & Warrior Support (FR&WS) will offer six Family Readiness Group Regional Foundation Course (RFC) workshops at various statewide locations. The RFC is “basic training” for FRG Leadership Teams, Commander and Military Liaisons.

Both military and civilian attendees must register through the Joint Services Support website. To register for the website go to www.jointservicesupport.org.

Dates and Region Areas are as follows:

23 March 2013: Toledo or Bowling Green Area

- Registration closes 16 March 2013

22 June 2013: Dayton or Cincinnati Area

- Registration closes 15 June 2013

17 August 2013: Columbus Area

- Registration closes 10 August 2013

Contact your FRSA for more information regarding RFC.

*“Other things may change us, but we start and end with the family.”
~Anthony Brandt*

Employment Support Resources

Career Centers:

Ohio Dept. of Job and Family Services-888-296-7541
AMVETS Career Center-614-431-6990

Career Exploration:

- <http://ohiolmi.com/jobs/careers.htm>
- www.careeronestop.org/
- <http://www.mynextmove.org/vets/>

Job Searching:

- **Federal Job Search:**
 - www.usajobs.opm.gov/
 - www.fedshirevets.gov/
 - <http://www.ong.ohio.gov/jobs/Jobs.asp>
- **Military Friendly**
 - <http://my.ohiomeansjobs.monster.com/vetcenter/home.aspx>
 - <http://www.ohiovetscan.com>
 - <http://www.h2h.jobs/>
- **Resume Writing:**
 - <http://www.dol.gov/vets/programs/tap/main.htm>
 - <http://www.turbotap.org/register.tpp>

Interviewing Tips and Techniques:

- <http://www.dol.gov/vets/programs/tap/main.htm>
- <http://www.turbotap.org/register.tpp>

MOS Skills Translation:

- <https://www.online.onetcenter.org>
- <http://www.dmdc.osd.mil/vmet>

Networking:

- <http://www.dol.gov/vets/programs/tap/main.htm>



Youth and Family Camps

Operation Military Kids:

Initiative conceived and designed in January 2004 to support "Suddenly" Military Kids thru activities and programming specifically targeted to Youth of the guard and reserve component directly affected by the Global War on Terror. Ohio became an OMK State officially in March of 2005. Since its inception, OMK has been involved with and has supported every event/activity executed by Ohio's Youth Program.

Youth and Hero Camps:

Check them all out at www.operationmilitarykids.org/hio4h.org/programs/camps.html

Troop and Family Camps:

Designed for the whole family to spend a fun filled weekend together strengthening ties and building camaraderie with other military families. Activities may include: Water-ski, Wakeboarding, Pool, Fishing, Island Bike Tours, Family Games, and more! Open to anyone ages 0-99 and all of the programs that are offered are open to



current National Guard, Reserve and Active Duty service members. You may attend Troop and Family Camps without your service member.

Check out the list of 2013 Events online at http://www.ong.ohio.gov/frg/FRG_youthprograms.html



Planning for Emergencies: Build your Emergency Savings

Building and maintaining an emergency savings account should be the first step in any financial plan, and is a great way to avoid falling into debt due to an unexpected emergency, or loss of income. Having \$500 to \$1,000 in a savings account for emergencies can make a difference when unexpected expenses arise. What constitutes an emergency? Some examples might be:

- Car repairs
- Medical expenses
- Emergency home repair
- Family illness

Understanding the difference between a true emergency and discretionary spending is the key to successfully building and maintaining your emergency fund. Sorry that new smart phone or outfit you just have to have does not meet the criteria of an emergency. Those will be saved for in your go getter fund which is a topic for another day. Listed below are a few ideas to start saving \$500 to \$1,000 for emergencies.

- **Pay Yourself First:** Save automatically have your check direct deposited into a savings or share account, or have regular electronic transfers from your checking to savings account scheduled. Depending on your military status have an allotment set up so a portion of your pay goes directly to your emergency savings.
- **Save your change:** Get a change jar and drop your loose change in it every day, then periodically deposit it into your emergency savings account. This can add up to several hundred dollars in a year depending on how much you save. (This also is a great way to save for vacations and other goals.)
- **Track what you spend:** Keep a spending log to help you identify, and control unnecessary, or excessive spending. Stopping to buy that \$4 cup of coffee in the morning on your way to work, or going out for lunch daily can really add up. If buying lunch at work cost \$6 - \$7, versus \$3 to make your lunch at home to take with you that is a difference of \$15 - \$20 a week. Over a year's time this one step may be enough to achieve your \$1000 emergency fund.
- **Pay your bills on time and balance your checking account:** Avoid late fees due to late payments, also avoid overdraft fees on your checking account. A typical overdraft fee is around \$30 - \$35; having one overdraft a month can equal hundreds of dollars a year.

These are just a few ideas. There are countless ways to start to build your emergency saving. The important thing is to start. There is never going to be the perfect time to save, but with a little effort and planning you can take that first step in building a more secure financial future. We may not know when an unexpected financial challenge will occur but we can be assured they will occur; don't be caught unprepared start saving now. To discuss this or other financial questions you may have please contact Mr. Bruce Nieman Personal Financial Counselor at office: 614-336-4212 / cell: 330-314-5323 / email: bnieman@mflc.zeiders.com. Mr. Nieman is part of the (JFSAP) Joint Family Assistance Program. This Department of Defense program offers free, confidential solution based financial counseling to military members and their families, and is administered through the Ohio National Guard Joint Force Headquarters Family Readiness and Warrior Support Program.

Resource Contact List

Troop & Family Assistance Center – (800) 589-9914

Region 1: Prompt 1
Region 2: Prompt 2
Region 3: Prompt 3
Region 4: Prompt 4
Region 5: Prompt 5
Region 6: Prompt 6

24 Hour Joint Operations Center – 888-637-9053

ONG Transition Assistance Advisors – 614-336-7349 or 614-336-4192

TRICARE Benefits Assistance – 614-336-6000 x1778

Employment Support Services – 614-336-7152

Military Family Life Consultant – 614-336-7479

OhioCares – 800-761-0868

Personal Financial Consultant – 614-336-4212

Military OneSource Consultant – 614-336-7319

Director of Psychological Health – 614-336-7246

Drug & Alcohol Intervention – 614-336-6444

Sexual Assault Response Coordinator – 877-751-5628

American Red Cross- 1-800-696-3873

Employer Support of the Guard and Reserve (ESGR) – 614-336-7444

Veterans Benefits Administration – 800-827-1000

FAMILY READINESS SUPPORT ASSISTANTS

The FRSA mission is to provide day-to-day support, guidance, and assistance to Commanders in their Family Readiness Program. They provide administrative assistance to the FRG. Please reach out to your Brigade FRSA for assistance with your Family Readiness program.

16th EN BDE – Adam Kaufman/Lisa Mann
614-356-7997

174th ADA BDE – Lindsey Lauber
614-336-6000 ext 2039

37th IBCT – Lezlie Garcia/Billy Madden
614-356-7912 and 614-336-6855

371st SUST BDE – Rita Kreitzer
614-336-8820

73rd Troop Command – Shallon Mathews
614-336-6589

Special Troops Command – Emily Cunningham
614-336-7314

Senior FRSA – JFHQ – Janet Corbi
614-356-7918

2825 West Dublin Granville Rd
Columbus, OH 43235



We're on the Web!

See us at:

www.ong.ohio.gov/frg/frg_index.html