

MONTANA NATIONAL GUARD FAMILY PROGRAMS

Summer is Here! It's Time to Play!

Free Annual Park Pass for Military

A pass is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management and Bureau of Reclamation. A pass covers entrance and standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). Please go to <http://www.nps.gov/findapark/passes.htm> for more information on how to get your families FREE park pass!



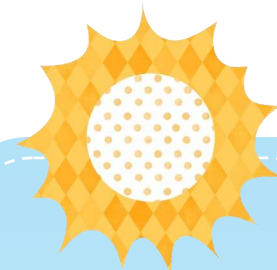
\$99 3-Day Park Hopper Tickets for Members of the U.S. Military — Now Extended through September 28, 2012

The Disneyland Resort is offering 3-Day Park Hopper tickets for just \$99 each for the Service Member and Family Members, through September 28, 2012. That's a savings of 55%* off our ticket booth price!

The 3-Day Park Hopper tickets may be purchased at participating US military sales outlets or by calling the Morale Welfare Recreation (MWR) Office at Camp Pendleton, CA at 760-725-5805. The Service Member or the spouse may purchase up to six tickets during a week, and can purchase no more than 12 tickets during this promotion. To be eligible you must be active or retired members of the US military, including the National Guard, Reserves and the Coast Guard. You will need to show your military ID at the time of purchase and time of admission.

The MWR office can also help with hotel reservation in or near Disneyland.

The discounted tickets cannot be used on the following dates: 4 July 2012.



Newsletter June 2012

Volume 7 Issue 5

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Important Dates:

Yellow Ribbon:

6/2-6/3 YR 60-Day Det 41 OSA,
190th CRD, and Individual
Deployers - Helena

7/14-7/15 YR 30-Day Det 1 Co C
189th and Individual Deployers -
Helena

8/11-8/12 Yellow Ribbon 60 Day
Det 1 Co C 189th and Individual
Deployers - Helena

9/22-9/23 YR Pre-Deployment
495th & Individual Deployers -
KalisPELL

Marriage Enrichment:

8/17-8/19 "Laugh Your Way to a
Better Marriage" - Location TBD

Family Programs:

6/5-6/7 Family Volunteer
Resiliency Course - Ft. Harrison

9/28-9/30 FRG Leadership Retreat
@ Great Falls



**U.S. Post Office Bars
Shipment Abroad of
Gadgets with Lithium
Batteries: No Laptops,
iPads for Troops
Overseas**

The U.S. Postal Service is banning international shipments of electronics with lithium batteries such as smartphones, laptops and iPads, citing the risk of fire.

Beginning on May 16th, 2012, consumers may no longer make the shipments, including to Army and diplomatic post offices. That means friends and family will have to use more expensive private companies such as UPS and FedEx to ship electronics to U.S. Troops based abroad.

Officials expect the U.S. consumers can resume shipments in most cases after Jan.1, 2013, once the agency develops a new policy "consistent with international standards."

Lithium batteries are believed to have caused at least two fires on cargo planes since 2006.

~ Huff Post Tech

Welcome to Blue Star Museums!

Blue Star Museums is a collaboration among the National Endowment of the Arts, Blue Star Families, the Department of Defense, and more than 1,500 museums across America. First launched in the summer of 2010, Blue Star Museums offers free admission to all active duty military personnel and their families from Memorial Day, May 28, through Labor Day, September 3, 2012. See the list below for Montana museums participating this summer. Please visit <http://www.nea.gov/national/bluestarmuseums/> for more information and to find other participating museums across the country. Leadership support has been provided by MetLife Foundation through Blue Star Families.

Yellowstone Art Museum

Billings, MT

Children's Museum of Bozeman

Bozeman, MT

The Children's Museum of Northeast Montana

Glasgow, MT

C.M. Russell Museum

Great Falls, MT

Ravalli County Museum

Hamilton, MT

Montana Historical Society

Helena, MT

Hockaday Museum of Art

Kalispell, MT

Families First Children's Museum

Missoula, MT

Historical Museum at Fort Missoula

Missoula, MT

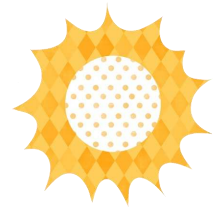


**Commissary Case Lot Sales, Billings – June 8th–10th
Friday 9am–4pm and Sat/Sun 9am–6pm
Guard & Reserve Center – 2915 Gable Rd.**

Watch for more dates later this fall for the Kalispell and Helena areas. Always remember if you happen to be in the Great Falls area or just passing through you can go onto Malmstrom Air Force Base and shop at the on base Commissary anytime and save an average of 30% or More! For more information and Commissary hours please visit www.commissaries.com.



2012–2013 Military Teen Adventure Camps



June 2012

10th–16th Bozeman: Purdue Camp – Wilderness Survival in MT Backcountry Ages 14 –18

Teens will ride horses, or hike if they wish, to the backcountry base camp where they will learn about survival in the backcountry.

15th – 17th Helena: OMK – Camp Pee Wee (Camp Child) Ages 6–10

Youth will get a great overnight experience! Build your resilience skills in a fun and supportive environment at Camp Child in Ellingston.

24th –30th Neihart – Camp Rotary: Camp Runnamucka! Ages 9–17

Traditional camp experience with our personal MT Guard twists! Priority given to Guard youth with a parent currently deployed, recently deployed, or preparing to deploy.

July 2012

6th–11th Glacier Park: Purdue Camp – Saddle & Paddle in Glacier National Park Ages 14–18

The group will horseback, camp and river raft in Glacier National Park

11th – 13th Cascade: OMK – Wilderness Camp Ages 11–18

Learn resiliency through wilderness survival skills, horseback riding, campfire cooking and more!

16th– 20th Helena: Fort Harrison Day Camp Ages 6–12

Come on an adventure together! Join us for a week of new friends, trying new things and fun. Make robots, rockets and more! Enjoy a walking tour of Ft. Harrison and learn about the National Guard.

27th – 29th Billings: OMK – Resiliency on the Trail Ages 10–18

Become a member of the “Corp of Discovery” learn about Lewis & Clark expedition and how they survived the long journey.

Jul 30th –Aug 3rd Big Sky: Rockhaven Teen Leadership Adventure Camp Ages 13–17

This camp will provide opportunities to accomplish things you never thought you could. Spend the week on the high rope courses, hiking, white water rafting, and zip lining with new friends! Registrations online at

www.rockhavencamp.org.

August 2012

6th–10th Big Sky: Rockhaven Youth Adventure Camp Ages 9–14

Push yourself to the limits in Big Sky country! This camp will provide opportunities to accomplish things you never thought you could. Registration online at www.rockhavencamp.org

6th–10th Yellowstone: Purdue – Backpacks and Sea Kayaks in the Park Ages 14–18

Youth will enjoy a refreshing hot springs swim, learn to set up camp at Mammoth Hot Springs, learn about the early history of Yellowstone at the park history museum

15th Great Falls – MANG Wing: Air Guard Kids Mobility Day Ages 6–12

Youth will experience a mock deployment with the Wing.

17th–19th Loon Lake: Family Resiliency for Military Families with Youth 5–18

Bring your entire family and enjoy adventures based on family challenges designed to enhance family bonds, all in a lovely mountain camp setting. Enjoy family time around the campfire, canoeing, swimming and paddle boating on the lake.

December 2012

28th – Jan 1st Big Sky: Purdue – Snowboarding and Rockin’ in New Years Ages 14–18

Teens will get the chance to snowboard, ski or take lessons! Snow coach in to Yellowstone Park in winter and ring in 2013 with military kids from across the nation!

For information and registration information on all of these great **FREE** opportunities see www.montanaguardfamily.org or email Sara Cease, State Youth Coordinator MT National Guard (406)324–5120 or sara.cease@us.army.mil.



FRG Corner – FRG Contacts

1-163rd CAB Battalion

HHC Company 1-163rd—Belgrade

Nicole Ekegren—Chairperson (n_ekegren@hotmail.com)

A Company 1-163rd—Billings

Kendra Peterson—Chairperson (Piranahq9701@msn.com)

E Company 145th FSC 1-163rd—Helena

Annie V Parker—Chairperson (bird-lady4@hotmail.com)

190th CSSB Battalion

484th Military Police Company—Billings

Jamie Moran—Chairperson (moranj77@gmail.com)

484th Military Police Company—Malta / Glasgow

Sheila Doll—Chairperson (doll2422@yahoo.com)

443rd Signal Company—Billings

Heidi Kenney —Chairperson (kenneyh06@yahoo.com)

1063rd Maintenance Support Company

Lynn Reiland—Chairperson (dnlireiland@nemontel.net)

260th Engineering Company—Miles City

Karen Poe—Coordinator (poe.karen3@gmail.com)

Kathy Bentley—Chairperson (carefree_16_1983@yahoo.com)

1-189th GSAB Battalion

A Company 1-189th—Helena

Faye Eidt—Chairperson (wolftrack2000@hotmail.com)

B Company 1-189th—Helena

Angela Blixt—Chairperson (capt-jacks@hotmail.com)

C Company 1-189th—Helena

Amber Guge—Chairperson (adguge@yahoo.com)

C12 Unit 1-189th—Helena

Cathy Fandrich—VPOC (cathyfandrich@mac.com)

495th CSSB Battalion

HHC Company 495th CSSB—Kalispell

J.P. Breitbach—Chairperson (only_jens@yahoo.com)

190th Chemical Recon Det—Helena

Colleen Hudspeth—VPOC (c_dosland13@yahoo.com)

Air Guard

Force Support Squadron

Kim Bangen (kimbangen@aol.com)

Wing Headquarters

Barbara Carroll (wbcarroll@bresnan.net)

Medical Group

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Red Horse

Josephine Dadej (josieaok@gmail.com)

Logistic Readiness

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Sheila Vig (himsng4@bridgemail.com)

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Traci Hronek (hronek10@bresnan.net)

Communications

Jayne Keighley (jalynna@hotmail.com)

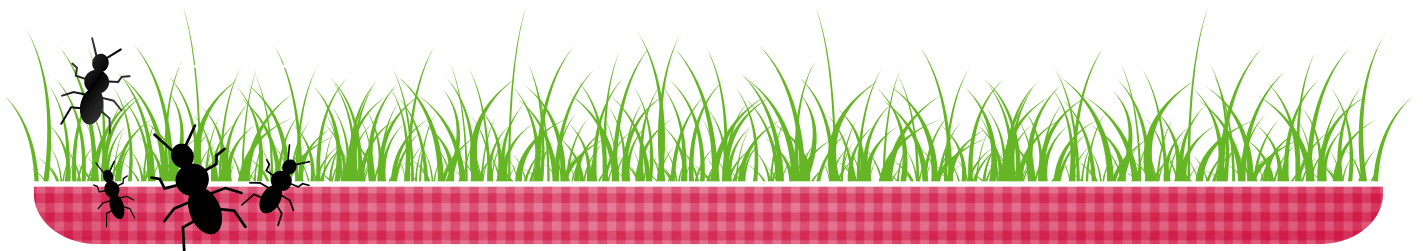
Security Forces

April McLean (mtang.sfs.vpoc@gmail.com)

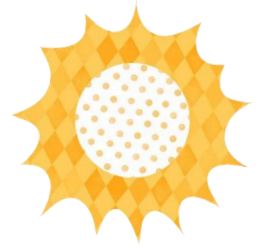
Amy Runner (mtang.sfs.vpoc@gmail.com)

Operations

Toni Rice (vigilantes15@gmail.com)



FRG Corner – Annual Training



Annual Training: That Time of Year Again

For those of you new to Annual Training, or AT as it is most commonly referred to, is two weeks long and is an opportunity for your Service Member to train more extensively in their MOS (military occupational specialty). For most in Montana this means travel to Fort Harrison in order to utilize the assets had at the Fort.

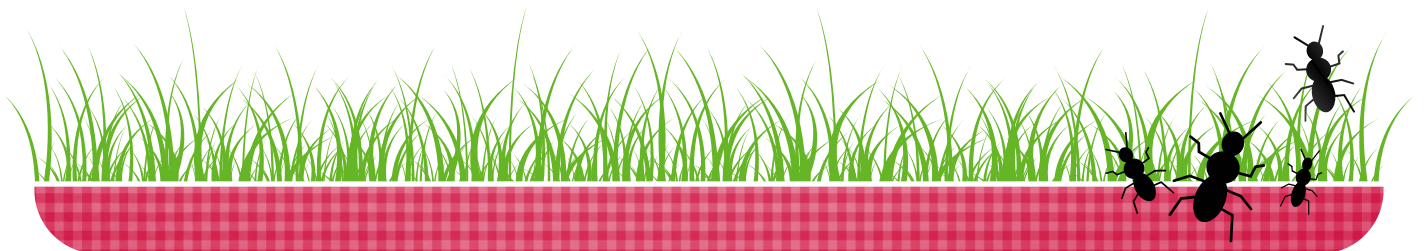
During this time, the National Guard will take care of your Service Member. They will be transported from their normal duty station (where they drill each month) to their destination for AT. Rarely will the Service Member be allowed to drive their POV (Privately Owned Vehicle), this needs to be approved by Command first. They will be fed while on AT, this is usually MREs (Meal Ready to Eat) and hot meals. Where sleeping is concerned, they are most often sleeping in barracks at the Fort. It is uncommon for the Service Members to be allowed to go home to their Families at night.

In some instances, your Service Member may be sent to another state for their AT. At these locations your Service Member will be taken care of just as they would if they were here in Montana.

While Service Members are participating in their Annual Training, Families at home must be prepared. Just as with a deployment, the ones left at home will need to prepare themselves for taking on their Service Members chores and responsibilities.

Here are some tips to help you through this time.

- Ensure you know which bills need to be paid while your Service Member is away, and how to pay them.
- Prepare to find someone to watch children when that responsibility would normally fall on your Service Member.
- Ask for help. We tend to think that we are completely self-sufficient. It does not mean that you are weak if you ask for help, it means you are wise enough to understand that you cannot do it alone.
- Make time for yourself. Once you have put the children in bed, make time to do something to help yourself let go of the stress of the day. (e.g. scrapbooking, reading, watching TV, etc.)
- If you do not have the time to do your Service Members chores as well as your own, see if you can get some help. For example, if your Service Member normally mows the lawn find someone who may be able to do this for you.
- Take it all one day at a time.
- Contact your unit / local FRG or your local FAC because they can point you in the right direction if you need assistance.



Family Programs Team

State Family Programs Director
1LT Kevin Dighans – 406-324-3239
kevin.dighans@us.army.mil

Senior Family Readiness Support Assistant
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Family Assistance Coordinator
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1889th Family Readiness Support Assistant
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Family Assistance Specialist – Helena
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Lead State Youth Coordinator
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Family Assistance Specialist – Missoula
Holly Swartz, Contractor – 406-324-5121
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State Youth Coordinator
Michelle Mullhill – 406-920-2759
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Family Assistance Specialist – Kalispell
Christina Ryan, Contractor – 406-324-5180
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Joint Family Support Assistance Program Team

Military Family Life Consultant (MFLC) – Contractor
Kerrie Wheeler, LCPC 406-696-5202

Family Assistance Specialist – Glasgow
Linda Sundby, Contractor – 406-324-5530
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Military Family Life Consultant (MFLC) – Contractor
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Family Assistance Specialist – Billings
Russell Pettit, Contractor – 406-324-5450
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Child & Youth Behavioral (MFLC) – Contractor
Heidi Spritzer, LCPC 406-438-3736

Airmen & Family Readiness Program Manager
Holly Wick – 406-791-0867
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Director of Psychological Health (DPH) – Contractor
Carol Josephson, LCSW/LAC 406-422-6131

Military OneSource Consultant (MOS) – Contractor
Bill Carroll 406-781-4986

Free Summer Workshops Through Veterans Upward Bound

Helena – Apple iPad Workshop (Evening) – June 5th

Helena – Apple iPad Workshop (Day) – June 6th

Across the state – Accelerated College Prep Classes – June 11th-28th

Computers * College Success * Math * Writing

Call 1-877-356-8387 or email admissions@vubmt.com for more information and other workshops available throughout the summer across the state.

www.vubmt.com

