

OKLAHOMA
NATIONAL GUARD
FAMILY PROGRAM
OFFICE

CONTACT THE
FP STAFF:

- State Family Program Director,
MAJ K. Shane Iverson
405-228-5591
- 137 AW Family Program Coordinator,
Jennifer Lain
405-686-5683
- 138 FW Family Program Coordinator,
Connie Hurt
918-833-7732
- Family Assistance Centers,
OKC 405-228-5841
Tulsa 918-832-6543
Lawton, 580-595-4455
- FRG Assistance
918-832-6539
- Newsletter Editor
Jessica Hurt
918-832-6543

INSIDE THIS
ISSUE:

FP Workshop	1
Chaplain's Corner	2
FAC Information	2
Youth Rendezvous	3
Operation ChildCare Aware	3
Military OneSource	4
TRS Increase	4



Family Program News

VOLUME 2, ISSUE 1

FEBRUARY 2006

OKLAHOMA NATIONAL GUARD FAMILY PROGRAM WORKSHOP & YOUTH SYMPOSIUM

In February we are hosting our annual Oklahoma National Guard Family Program Workshop in Oklahoma City. This is a great opportunity to receive training and learn more about the Family Program. I would like to highlight some of what you can expect to gain from attending this workshop:

INFORMATION. Information is the biggest key to making the transition from home, to the mission, and back to home. At the Workshop, you will receive information that can be used at home as well as in your Family Readiness Groups.

NETWORKING. Networking is a major key in surviving a deployment. Nothing can help you survive a crisis quite like a good friend. It is important to stay involved with your FRG while your soldier is gone, and the more people you know, the more fun it can be.

TRAINING. Training is yet another key to keeping your sanity while your soldier is deployed. Any task is easier to accomplish if you have had the right training. During the Workshop, you will have the opportunity to learn how to work with other volunteers. Everyone has a place in the Family Readiness Groups, and here is your opportunity to find out where yours is.

WHAT ARE WE TO DO?

The Workshop is a weekend event that begins on Friday evening and concludes around noon on Sunday.

FRIDAY On Friday evening, our guests check – in to the hotel and then participate in a reception, with refreshments, and an ice breaker to give everyone the chance to catch up with old friends and make some new ones.

SATURDAY On Saturday, we start the day off with a Joint Opening Session. This is followed by the first round of Training Sessions. The Training Sessions continue throughout the day with occasional joint sessions being held according to the agenda. Things are wrapped up around 5:30 and everyone is released until the next morning.

SUNDAY. Sunday begins with a Chapel Service, Training Sessions and Closing remarks. Travel Vouchers are completed during the closing session and everyone is released.

TRAINING SESSIONS

Training sessions are the highlight of the Workshop. During each Training Session, you are given the opportunity to pick from at least 3 different subjects that you would like to know more about. Training Sessions are presented by different speakers, for a variety of styles. We strive to provide a useful variety of options for each Training Session. Training Sessions cover a wide range of topics ranging from Military Command and the FRG, Basic FRG information, Finance and Fundraising, Stress Relief, etc.

YOUTH SYMPOSIUM

For the second year, we are proud to present a Youth Symposium that will coincide at the hotel with our State Volunteer Workshop. This symposium will be tailored specifically for our youth ages 13 – 18 years old. Using Sean Covey's "Seven Habits of Highly Effective Teens", this opportunity will be a fun approach for youth to discuss the timeless issues that kids face to include schoolwork, peer pressure, and balancing friends and family.

For more information and to get the registration forms for the Workshop and/or the Youth Symposium, please go to the Family Program Website at:

<http://www.ok.ngb.army.mil/FamProg/>

Or contact:

MAJ K. Shane Iverson
WK. (405) 228 – 5591
DSN 628 – 5591
Kenneth.Iverson@ok.ngb.army.mil



Chaplain's Corner

Contentment

A businessman bought popcorn from an old street vendor each day after lunch. He once arrived to find the peddler closing up his stand at noon. "Is something wrong?" he asked.

A smile wrinkled the seller's leathery face. "By no means. All is well."

"Then why are you closing your popcorn stand?"

"So I can go to my house, sit on my porch, and sip tea with my wife."

The man of commerce objected. "But the day is still young. You can still sell."

"No need to," the stand owner replied. "I've made enough money for today."

"Enough? Absurd. You should keep working."

The spry old man stopped and stared at his well-dressed

visitor. "And why should I keep working?"

"To sell more popcorn."

"And why sell more popcorn?"

"Because the more popcorn you sell, the more money you make. The more money you make, the richer you are. The richer you are, the more popcorn stands you can buy. The more popcorn stands you buy, the more peddlers sell your product, and the richer you become. And when you have enough, you can stop working, sell your popcorn stands, stay home, and sit on the porch with your wife and drink tea."

The popcorn man smiled. "I can do that today. I guess I have enough."

"I'm rich enough"—a phrase on the verge of extinction. Wise was the one who wrote, "*Whoever loves money never has money enough; whoever*

loves wealth is never satisfied with his income." Ecclesiastes 5:10 NIV*

PRAYER: Lord, you told us to ask for "our daily bread." Thank you for providing the sustenance of life each day. Help me to see everything else as a blessing and as a means to be a blessing to others. May I never become so materialistic that my pursuit of material things gets in the way of those things/people that really matter most. Amen.

*From Cure for the Common Life
Copyright 2005, Max Lucado

Chaplain Hanna can be reached at the Oklahoma Military Department.

FT Support Chaplain
JFHQ-Oklahoma
405-228-5178
DSN 628-5178
Fax 405-606-7212

Family Assistance Centers:

Family Assistance Centers are here to support guard and family members. Guard and family members may call a FAC employee at any time for information and to ask questions.

For families of guard members who are deployed or recently returned from a deployment, your specific contact is as follows:



245 Aviation, HHC:
245 Aviation, E Company:
249 Aviation:
245 MI Company:
Med Hold:
Other:
158 FA:
137th AW:
138th FW:

Billy Nichols: 918-832-6536
Jessica Hurt: 918-832-6543
Peggy Campbell: 405-228-5387
Peggy Campbell: 405-228-5387
JoAnne Evans: 405-228-5841
JoAnne Evans: 405-228-5841
Gerda Weekley 580-595-4455
Jennifer Lain: 405-686-5683
Connie Hurt: 918-833-7732

National Guard's 2006 Lewis and Clark Youth Rendezvous Essay Contest

WASHINGTON, D.C. – The National Guard Bureau announces a unique opportunity for the youth of America. Students who will be high school juniors or seniors by August 2006 are eligible to participate in the National Guard's Youth Rendezvous essay contest. Ten students from each state and territory will be involved in this once-in-a-lifetime experience, and earn an all-expenses-paid trip to North Dakota August 13-18, 2006.

"Throughout its involvement in the Lewis and Clark Bicentennial Commemoration, the National Guard has emphasized the educational applications of this extraordinary American adventure. To culminate its involvement in the Bicentennial, the National Guard is sponsoring this Lewis and Clark Youth Rendezvous. By way of an essay contest, our nation's high school junior and seniors will be afforded the opportunity to compete for one of the 540 spots in this immersion into history. The Lewis and Clark Expedition will come alive through a week-long series of events and activities in the Bismarck, North Dakota area," said Steven L. Stearns, Lewis and Clark Bicentennial Commemoration project officer.

Students need to write a Lewis and Clark focused-essay in order to be a state finalist. Through multiple activities and events, selected students will follow the Lewis and Clark trail, experience American Indian culture of yesterday and discover military history firsthand.

The Lewis and Clark-focused essay needs to address the following question:

"In your opinion, what military value most describes the Lewis and Clark Corps of Discovery journey and why?" (Military values are outlined on the website below.) The essay must be a minimum of 1,000 words, but not more than 1,500 words; and can be submitted online or by mail and must be received between **Nov. 12, 2005, and midnight Feb. 28, 2006.**

Students will be immersed in the experience by walking in the footsteps of the Lewis and Clark expedition. Through multiple activities and events, selected students will follow the Lewis and Clark trail, experience American Indian culture of yesterday and discover military history firsthand.

The hands-on activities and events will take place throughout western North Dakota. The adventure will showcase daily activities of the original Lewis and Clark expedition that will create a unique educational opportunity. To submit an essay or learn more about planned events, activities and essay contest rules, go to www.lcyouthrendezvous.com.



Child Care Aware—Operation Child Care

Free Child Care for National Guard and Reserve

Choosing child care is one of the most important decisions families make, but all too often they must rely on word-of-mouth. Local Child Care Resource and Referral (CCR&R) organizations help parents take the guesswork out of choosing care—giving them referrals to local child care providers, information on state licensing requirements, availability of child care subsidies, and other pertinent information. CCR&Rs provide guidance

by phone, in person, and in other ways, such as the internet, that are tailored to each individual family.

The child care community is ready and eager to support you and your family by providing volunteer child care services. If you've returned home (or if your spouse will be returning home) from Operation Iraqi Freedom or Operation Enduring Freedom for two

weeks of R&R leave, you are eligible to receive a minimum of four hours of free child care.

For more information check our website:

<http://childcareaware.org/en/operationchildcare/>

ChildCareAware™

Military OneSource Can Help!

Money Matters

It's easy to let your financial house fall into disrepair over the busy holiday season. Now that the holidays are over, it's a good time to take a look at your finances, realign your priorities, and focus your budgeting goals. Maybe you need to consolidate debt or prepare your 2005 taxes. Or, maybe you're interested in making some investments or buying a new home. Whatever your financial needs, Military OneSource can help.

Through Military OneSource, at no cost, you can:

- Prepare and file your taxes online with TurboTax
- Call to speak with a financial planner or CPA



- Use calculators for mortgage, car and debt payments
- View video tips and workshops online
- Order and receive relevant booklets and CD's
- Find installation and community financial services

You might also find the following articles useful:

- [Ideas for Living Within Your Means](#)
- [Filing Taxes When a Service Member is Deployed](#)
- [Choosing a Financial Planner](#)

Order your free copy of the CD [Personal Finance for Everyone](#), along with other financial materials that can be ordered

online or by calling one of our consultants, available 24/7.

Call a consultant

From the United States: 1-800-342-9647
En espanol llame al: 1-877-888-0727
TTY/TDD accessible: 1-866-607-6794

From overseas: *800-3429-6477
Overseas collect: Contact an international operator; request a collect call to 484-530-5909

*Use access code before dialing the toll free number. Access codes can be found in the "contact us" section online.

Military OneSource.
Serving American
troops and families.



Tricare Reserve Select Premium Increase!

Premiums for the Tricare Reserve Select (TRS) Health Care plan have increased 8.5% as of January 1, 2006. The monthly premiums for 2006 are \$81 for an individual National Guard or Reserve member and \$253 for a family. The rate increases are \$6 for an individual and \$20 for a family.

TRS coverage is available to eligible

Guard members who were called or ordered to active duty, Under Title 10, in support of a contingency operation on or before September 11, 2001 and served continuously on active duty for 90 days or more under those orders.

Tricare Reserve Select (TRS) coverage must be purchased. TRS members pay a monthly premium for health care

coverage (for self-only or for self and family). TRS premiums are adjusted January 1st each year.

Additional information can be found by going to the following website:

[http://tricare.ods.mil/reserve/
reserveselect/index.cfm](http://tricare.ods.mil/reserve/reserveselect/index.cfm)