



# At THE READY

*"Quarterly newsletter for the well informed at The READY FRG Volunteer"*

Volume I Edition II

Feb 2010

**Best Wishes and Farewell to Major General Joseph Taluto on your 44 years of service to the NY Army National Guard. We want to thank you and your wife, Susan Taluto, for your support.**

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**Congratulations  
To our newly appointed  
Adjutant General of New York  
Brigadier General Patrick Murphy  
BG Murphy is a 32-year veteran  
of the Army National Guard**

**Save the date!!!**

**NYNG SYMPOSIUM  
16-18 SEP 2010**

**Saratoga, NY  
POC: Stephanie Duell  
518-786-4904**

The National Guard Family Program strives to make sure that Service Members and their families are prepared for whatever may be ahead of you, no matter what phase you are currently traveling through. Through training and education with the National Guard Family Program, Guard members and Guard families are fully prepared for that challenge, whether it is before, during or after deployment.

## **6 Steps to Family Readiness**

### **Step 1: In Processing**

#### ***A Communication Foundation...***

In -Processing kicks off your partnership with the National Guard. During In Processing, each family should be assigned a sponsor.

### **Step 2: Welcome Briefing**

#### ***Building Teamwork...***

The Welcome Briefing introduces you to the basics of working with the unit command and the Family Readiness Group (FRG)/Key Volunteer Program.

### **Step 3: Training**

#### ***The more you know, the better...***

Training, or Military Lifestyle, is an ongoing process that permeates each step of your Guard Member's military career.

### **Step 4: Pre-Deployment**

#### ***Putting it all in order...***

While you await your Guard Member's potential deployment, it is critical that everyone understand the responsibilities and challenges that lie ahead.

### **Step 5: Deployment**

#### ***Planning Makes It Easier...***

We all know that this step is a stressful and hectic time. It's a time of changes and challenges, and you'll need to ensure that all the information you organized in Step 4 is readily available and clear for every member of your family.

### **Step 6: Reunion & Reintegration**

#### ***Easing the Transition...***

The military offers Reunion briefings to both you and your Guard Member that can assist in this process.



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## Family Programs staff:

### State Family Program Director

LTC Kelly Hilland

### Deputy Director

Andy DePalo

### Operations Officer

WOC Scott Walker

### Youth Coordinator

Shelly Aiken

### Family Assistance Center Coordinator

Jeanna Clark

### Family Assistance Specialists

Betty Eissfeld     Anne Marie Lara  
Dyette Putnam     Peter Pilc  
Amy Maniscalco     Joanne Murphy

### Family Readiness Assistants

Stephanie Duell  
Theresa Barone-Lopez

### Family Readiness Support Assistants

Laraine Figliuolo     Kelly Oram  
Suzanne Beaton     Brandi Lyness

### Wing Family Program Coordinators

Terri Scanlin     Jeanne Goetze  
Jeanne Dion     Lisa D'Agostino  
Beverly Keating

### Family Program Specialists

SSG Erich Schmidt  
SPC Karen Stephens

Contact a Family Program Staff member near you:

<http://www.dmna.state.ny.us/family/famredi.php>

**1-877-715-7817**

### Transition Assistance Advisors

Mike Gill ~ 315- 438-3046  
Eugene Murphy ~ 518- 786-4678

### Employer Support for the Guard and Reserve

Bill Tracy ~ 518 786-4911

### Director of Psychological Health

Dr. Joan Sincavage ~ 1-877-715-7817

## Joint Family Support Assistance Program (JFSAP)

### Military OneSource

Alicia Russo ~ 518-265-2901

After hours ~ 1-800-342-9647

### Military Family Life Child and Youth Consultant

Jolene Kent-Stanley ~ 518-538-0894

After hours ~ 1-800-342-9647



Yellow Ribbon Team

Victoria DiMura

Carl Jeremie

Marisol Bonilla

Serena Barone

For information, contact the Yellow Ribbon Team:

**1-866-876-3276**

[yellowribbonny@ng.army.mil](mailto:yellowribbonny@ng.army.mil)

**The Joint Services Support (JSS) system is a suite of Information. A one-stop site for Yellow Ribbon, ESGR, Warrior Support, Sexual Assault prevention and response program, National Guard psychological health program & the National Guard Family Program Portal.**

**Register to get up to date information & contacts**

<http://www.jointservicesupport.org/>

**To join the Joint Services Support community,**

**click on "register now" on the home page,**

**Complete the form and click "Submit"**



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**FRG Leaders must encourage soldiers & family members to participate in programs that increase individual Soldier & Family member readiness.**

**“Strong Relationships mean a Stronger Army”**

*The FREE “getaway” provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors.*

The **Strong Bonds Single Soldier** program is designed to help you establish relationship goals and gain essential skills to help you make a good choice prior to picking a partner for life.

The **Strong Bonds Couples** weekend retreat is designed to strengthen relationships inspire hope and rekindle marriages — even start the journey of healing for relationships under fire.

The **Strong Bonds Family** weekend is designed for your family and others from your unit will gain skills to help sustain healthy interactions throughout the trials of Army life.

The **Strong Bonds Pre- and Redeployment Program** weekend is designed to help single Soldiers, couples, and Families cope with this struggle.

<http://www.strongbonds.org/skins/strongbonds/display.aspx>

For dates & registration

<http://www.dmna.state.ny.us/family/famredi.php>



### Talk Kit

Kits for everything you need to know about keeping your child healthy during transition periods. <http://www.timetotalk.org/military/>

### Military OneSource

FREE tax consultation & E-Filing: Go to <http://www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx> to file your federal & state taxes.

### Sears Portrait Studio

Promotion: Military Family Portrait Special Offer  
Details: Sears Portrait Studio wants you to share smiles with family and friends on active duty anywhere in the world. Simply show your military ID at time of session for this special Military Family Offer, which includes: 20% off your in-studio and online portrait purchases.

For more information, visit:

<http://www.searsportrait.com/cpi/en-US/offers/Military/Military.htm>

### Barnes & Noble.com

Promotion: FREE standard ground shipping and an additional 6% off the online price, valid thru 12/31/2010. For more information visit:

[www.bn.com/militarycity](http://www.bn.com/militarycity)

### Lorraine Michaels Dance Studio

Package benefiting all Soldiers and their families that provides affordable, professional dance lessons, many styles at all levels.

POC: [Thomas.volcheck@us.army.mil](mailto:Thomas.volcheck@us.army.mil)

Michelle Volcheck: 518-432-4328

### Contact us: At The Ready

State Family Program Office  
330 Old Niskayuna Rd  
Latham NY 12110

518-786-4774/518-786-4904  
[stephanie.duell@us.army.mil](mailto:stephanie.duell@us.army.mil)

[theresa.k.baronelopez@us.army.mil](mailto:theresa.k.baronelopez@us.army.mil)



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## 10 Commandments for Volunteers and Volunteer Coordinators

Ken Culp, III, Ph. D

- I. Thou shalt be true to yourself.
- II. Thou shalt not steal
- III. Thou shalt share your success with your neighbors
- IV. Thou shalt be a builder
- V. Thou shalt build bridges.
- VI. Thou shalt make a difference
- VII. Thou shalt seek the best in others
- VIII. Thou shalt serve your Master well.
- IX. Thou shalt make someone's dream come true.
- X. Thou shalt use your Master's touch to benefit others.

## Combating Volunteer Burnout

*"If we all tried to make other people's paths easy, our own feet would have a smooth, even place to walk on."* Myrtle Reed

### CAUSES

- Role ambiguity
- Psychological stress
- Depersonalized relationships with clients
- Feeling of lack of success
- Feeling of no organizational support
- Feeling out of control of the situation.
- Personal circumstances

### SOLUTIONS

- ✓ Monitor the scope of work
- ✓ Create sense of manageability: training, support, clear priorities.
- ✓ Create "hand off" options
- ✓ Redesign work-team committees
- ✓ Create a sense of "shared success" & celebrate what "we" have accomplished

## Useful links...

### Division of Military and Naval Affairs

<http://www.dmna.state.ny.us/>

### Army National Guard Multimedia Learning Center

<http://www.arng.3leafgroup.com/1.html?sm=57889>

### Military Child Education Coalition

[www.MilitaryChild.org/](http://www.MilitaryChild.org/)

### Guard Family Portal

<http://www.jointservicesupport.org/fp/>

### TRICARE

<http://www.tricare.mil/tronorth/default.cfm>

### Military Words

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

### Free Blue Star Flags

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

### Operation Home Front

<http://www.operationhomefront.net>

### Joint Family Support Assistance Program

[http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF\\_HOME\\_1?section\\_id=20.80.500.300.0.0.0.0](http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_HOME_1?section_id=20.80.500.300.0.0.0.0)

### Tutor .com

<http://www.myarmyonesource.com/childyouthandschoolservices/CYSServicesOnlineTutoring/default.aspx>

### Military Saves

<http://www.militarysaves.org/>