



# At THE READY

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

Volume I Issue III

June 2010



## Mark Your Calendars

**17-19 SEPT 2010  
Saratoga Springs NY**

### **NYNG Family Programs Volunteer & Youth Symposium**

- Guest speakers
- Group discussions
- Learning fun day for our Youth
- All attendees will be on Invitational travel orders
- Registration will open this month, contact family programs for more information

518-786-4774/518-786-4904

stephanie.duell@us.army.mil



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

Register today and receive up-to-date information, contacts, and links to resources. To join the Joint Services Support community, click on "register now" on the home page, complete the form and click "Submit". Once your registration is approved, you will have an all access pass to everything under the JSS umbrella.

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



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## Military Handbooks Available Online:

Military Handbooks was launched with one simple goal – to give the Military community the very best information available about pay, benefits, retirement planning, education benefits, career decisions, and much more! And to provide it to you in a series of straightforward, easy-to-understand handbooks – all available on our FREE player!

Once you register, you can download them in PDF version. [www.militaryhandbooks.com](http://www.militaryhandbooks.com)

Available books:

- \* Getting Uncle Sam to Pay for Your College Degree
- \* 2010 U.S. Military Retired Handbook
- \* 2010 after the Military Handbook
- \* 2010 Military Children’s Scholarship Handbook
- \* 2010 Base Installation Directory
- \* Guard and Reserve Handbook
- \* Veterans Healthcare Benefits
- \* Benefits for Veterans and Dependents
- \* U.S. Military Handbook

### Contact us: *At The Ready*

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330 Old Niskayuna Rd  
Latham NY 12110  
518-786-4774/518-786-4904

[stephanie.duell@us.army.mil](mailto:stephanie.duell@us.army.mil)

[colleen.e.casey@us.army.mil](mailto:colleen.e.casey@us.army.mil)

## Congratulations and Welcome



**Ryker Russo**  
Son of Family Programs Military OneSource Representative Alicia Russo and her husband Col John Russo born on February 10



**3<sup>rd</sup> Annual Hometown Heroes Run  
Fundraiser to Benefit  
NY NG Family Readiness Council Inc**

**SATURDAY JUNE 12 ~ 9:15  
FREE FUN RUN FOR KIDS 8:45  
Online Registration: [www.AREEP.com](http://www.AREEP.com)**



\$20 Early Registration



\$25 After June 10 up to Race Day



T-Shirt First 250 Paid Registrations



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## Let's Talk About the Structure of the FRG

### AKA/ Chain of Concern



- Commander
- Military Point Of Contact (MPOC)
- FRG lead /co leads
- FRG Treasurer/ co Treasurer
- Secretary
- Communication Chairperson /Key Caller
- Gratuitous volunteers, families, unit members, community organizations, etc....

#1 FRG concern from Commanders?  
**Finding the right volunteers**

#1 FRG Concern from Family Programs?  
**Providing strong training**

#1 Concern from the FRG volunteers?  
**Fundraising**

**Q:** How does the Commander find the best volunteer for the FRG key positions?

**A:** The commander can recruit volunteers to fill the key positions by hosting a family readiness meeting with all of the unit families and extended families.



**Q:** How can Family Programs provide the best training to prepare our Volunteers?

**A:** Through up-to-date information on regulations, guidance, and support organizations. Hosting various types of training events for all volunteers.

\$

**Q:** What is the key to proper FRG fundraising?

**A:** Understand and follow these tips:

- Commander has control of fundraising and fund account cap
- FRG fundraising is done in Armory among its own units and families ONLY
- Statutory appointed volunteers cannot fundraise for the FRG outside of the Armory
- Gratuitous volunteers fundraise as private citizens and donate to the FRG
- The FRG may accept unconditional donations of \$1,000. or less from an individual, business or private organization with Command approval
- Fund usage requires Command approval and should benefit the entire FRG



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**FREE**

## SUMMER CAMP

**FREE**

### CAMP TRANQUILLITY

*"A Children's Camp with a Heart"*

Tranquility Camp would like to offer FREE scholarships for the summer of 2010 to all Military children. Children must be in good health and between the ages of 8-15. Camp is 25 miles south of Albany.

Transportation is provided from Queens, NY or parents can drive their children directly to camp. The Camp is situated on 1,000 rolling acres in Earleton, NY just 20 miles south of Albany, NY. Each summer hundreds of children find friendship, fun and personal growth in our camp program, which gives them a healthy, happy and memorable summer experience.

Two-Week Free Session for Military Kids:  
August 11-24 2010

If you are interested in camping at Tranquility Camp, parents can contact Richard S. Lerner directly.

**Contact: Richard S. Lerner 518-634-7650**  
**Email: [campty@msn.com](mailto:campty@msn.com)**



## Useful links...

**Division of Military and Naval Affairs**  
<http://www.dmna.state.ny.us/>

**National Guard Family Programs Portal**  
<http://www.jointservicessupport.org/fp/>

**Military Saves**  
<http://www.militarysaves.org/>

**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/)

**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>

**Tutor .com**  
<http://www.myarmyonesource.com/chilyouthandschoolservices/CYSServicesOnlineTutoring/default.aspx>



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## FAMILY SUMMER FUN IDEAS

Whether your family is staying close to home or traveling this summer here are some affordable tips to make your vacation time enjoyable and safe.



### Create a "Summer Fun Bag"

Everyone can cut clippings from magazines of fun free or low cost activities, crafts, fun family things to do, fold them up and put them in your "Summer Fun Bag." Take turns drawing a weekly activity for the whole family. The family can also write a few simple ones to go in there, like having a picnic, sidewalk chalk party, a neighborhood walk, or going to the park.



### Learn more about where you live

Head towards the nearest big city and take in the sites! Visit the museum, take in historical sites, or the local festivals. Watch for fun seasonal happenings.



### Picnic in the Park

Pack a lunch and head to your local park for a relaxing meal. Bring along a Frisbee and engage the whole family. Need some time alone with your significant other? Surprise them with a sunset picnic dinner.



### Have your own drive-in movie.

On a clear, dry night, bring the television set outdoors and watch a movie on blankets under the stars. For added fun, invite the kids to drive-in on their bicycles to enjoy the movie.



### Geo-caching

This is a free activity for the entire family. Visit this website: <http://www.geocaching.com/> and enjoy a high-tech treasure hunt!

## Plan for a successful fun vacation



Just like you do with your mail carrier and neighbors, let your FRG know you will be away.



When making reservations ask for a military family discount.



Confirm your vacation reservations, including hotel, air, car, train, dining and activities. A few phone calls before you leave can save you from vacation stress later on.



Remember to cancel your home newspaper delivery since newspaper companies usually require you to cancel several business days ahead of time.



Before you leave, check the weather at your destination ([www.weather.com](http://www.weather.com)) for last-minute wardrobe adjustments.



Charge your camera and video equipment batteries at least 24 hours before leaving your house. This way you won't miss that great photo op.



Remember emergency cash or credit card and your credit card company's emergency phone number.



If you are flying, pack a small carry-on bag of essentials, you will need in case your bags are delayed.



If you are driving, pack snacks and drinks. Fast food is expensive and not usually healthy.



Put your "welcome home dinner" in the freezer so there is a no fuss family dinner ready for your return.



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## Family Programs staff:

### State Family Programs Director

LTC Kelly Hilland

### Deputy Director

Andrew DePalo

### Operations Officer

WO1 Scott Walker

### Youth Coordinator

Shelly Aiken

### Family Assistance Center Coordinator

Jeanna Clark

### Family Assistance Specialists

Betty Eissfeld      Anne Marie Lara      Joanne Murphy  
Peter Pilc              Amy Maniscalco

### Family Readiness Assistants

Stephanie Duell      Colleen Casey

### Family Readiness Support Assistants

Laraine Figliuolo      Kelly Oram      Matthew Diehl  
Suzanne Beaton      Brandi Lyness

### Wing Family Programs Coordinators

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

### Family Programs Specialists

SSG Erich Schmidt      SPC Karen Stephens

### To contact a Family Programs Staff member :

<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)

## See Your Families & FRG featured in the next issue of "At the Ready"

Send your pictures, and stories for consideration.



[stephanie.duell@us.army.mil](mailto:stephanie.duell@us.army.mil)