

# SD Family Focus

# AUGUST

## 2016

Every Member Counts  
SOUTH DAKOTA NATIONAL GUARD

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## Joint Services Transcript (JST)

Did you know college credit can be awarded for your military training and work experience? The Joint Services Transcript (JST) contains a record of your military educational experiences, including those for which there are evaluated college credit recommendations. This document helps college registrars award college credit for learning experiences gained while in the military, provides a supplement to a Soldier's resume, and provides employers with a good understanding of the scope of responsibilities and skills acquired while serving in the military. The acceptance of American Council on Education (ACE) credit recommendations varies depending on an institution's policies, procedures, and degree requirements. To request a transcript visit the JST Web site at <https://jst.doded.mil/>

JST is the Joint Services Transcript that has replaced the Army/American Council on Education Registry Transcript System (AARTS) and the Sailor/Marine American Council on Education Registry Transcript (SMART).

JST is an academically accepted document approved by ACE to validate a service member's military occupational experience and training along with the corresponding ACE college credit recommendations.

All enlisted, officers and warrant officers, both active and veterans from all Army components, Coast Guard, Marine Corps and Navy.

For more information on JST contact:

Christian Johnson  
Transition Assistance Advisor  
605.737-6669  
[christian.m.johnson.ctr@mail.mil](mailto:christian.m.johnson.ctr@mail.mil)



Disclaimer: The announcements that appear on this page(s) or attached are intended to inform Soldiers, Airmen, veterans, and their families of special offers provided to Service Members, veterans and their families and are not intended to constitute an endorsement by the South Dakota Army and Air National Guard, the United States Army, the United States Air Force, or the Department of Defense. It is strictly intended to be used for informational purposes only.



Rickkie Martinmaas  
 Family Assistance Center Specialist  
 Camp Rapid ~ Part-time  
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Hello all! I am excited to be starting my new position as a Family Assistance Center Specialist and here is a bit about me. My husband is Andrew Martinmaas, he is part of JFHQ and has been in the military for fourteen years. We have been married for a year now and together for five. We have three wonderful children. Shiann (5), Ryder (3), and Hudson (2), we also have two fur kids Soldier (German Shephard) and our newest addition Ginger (Papillion). We live in Box Elder and just purchased our new home. Prior to becoming a FAC Specialist, I was the 109th RSG Family Readiness Support Assistant (FRSA) for about seven months before deciding to venture on into the FAC. I am ready to start my new adventure and excited to meet everyone!



Christian Johnson  
 Transition Assistance Advisor  
 Camp Rapid  
 Office: 605-737-6669  
 christian.m.johnson.ctr@mail.mil



Christian has 15 years of military service in the SDARNG, 10 of which are fulltime. His last fulltime assignment was as the Education and Incentives Officer where he was responsible for ensuring service members received their benefits like tuition assistance, GI Bill, Student Loan Repayment and bonuses. He is currently a traditional member of the 881st Troop Command in Sturgis, SD where he serves as a Chief Warrant Officer in the S-1 section. He is a veteran of Operation Enduring Freedom - Afghanistan, in which he deployed with the 109th Engineer Group (now the 109th RSG). He holds a Master of Science degree in Administration from the University of South Dakota and recently completed the Leadership Rapid City program. He is married to his wife Nicole who is a Nurse Practitioner and is an instructor for the University of South Dakota's Bachelors in Nursing program. They have two children, Rex and Jane and live in Rapid City, SD.

## Job Searching & Social Media

Do you use social media such as Facebook, Twitter, Snapchat or other like Apps? Knowingly or unknowingly you may be telling the story of who you are to potential employers. We've all seen the reports in the news of people being fired for what they posted to social media. New job prospects can come to a screeching halt for the same reason. According to the web site [Job-Hunt.org](http://Job-Hunt.org), over 70% of employers have rejected job seekers based on inappropriate photos, comments, and sharing on Facebook.



Whether you are looking for employment or not, what you post to social media in the way of opinions, posters, pictures, etc. identifies you and how the rest of world sees you as fitting in with their social norms. This is especially true for companies that are looking to hire new personnel. The Human Resource (HR) personnel will search the social media sites relating to applicants for anything that may be inconsistent or detrimental to the company's reputation. The same holds true if you are looking for a promotion within a company.

Just because you are looking for employment doesn't mean you have to "go dark" and not communicate with others on social media. You just need to consider a few things before you post because there are no do-overs once your post has been read. Here are some very simple rules to follow that can help you not become a behind the scenes casualty in the job search market.



1. Don't post any material that you wouldn't want to be discussed in a job interview or by the HR office and their bosses.
2. Use social media smartly. Concentrate on the positive aspects and achievements in your life. Keep material that could be considered obscene, vulgar or any otherwise potentially offensive material between you and your trusted friends. Better yet, keep it for face to face conversations. By others sharing or re-tweeting your information, it can be just as harmful if you are identified as the author of the material.
3. Keep contentious political or religious entries out of the public domain. Denigrating political figures and other public officials will only put you in a bad light with potential employers.
4. Your freedom of speech is not being suppressed, you're just being smart about when and where to express your opinion. When in doubt, refer back to rule 1.
5. Consider starting a Linked-In account to establish a professional network for sharing data and expanding your job search.

Social media can be a double edged sword. Make sure you're using it to your advantage. Please contact Mr. Scott MacDonald or Mr. Tim Ries for further information on techniques to improve your job search.

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 Employment Support Program Support Specialist  
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South Dakota National Guard  
 Service Member & Family Support

2823 West Main St  
 Rapid City SD 57702

**Every Member Counts**  
 SOUTH DAKOTA NATIONAL GUARD

*Mission: The mission of our program is to promote healthy Military Families who are self-reliant during both deployment and non-deployment. We do this through education, outreach services and partnerships with community organizations.*

Family Assistance  
 Phone: 800-658-3930



"Like" us on Facebook

[www.facebook.com/sdfamilyassistance](http://www.facebook.com/sdfamilyassistance)





# Dollars \$ Cents

By Bonnie Spain, Consumer Credit Counseling Services of the Black Hills

## Having Good Credit Saves You Money

**Q.** My family has been harping on me for years to pay my bills on time, telling me that I need to work on having good credit. As far as I can tell, my imperfect credit hasn't harmed me at all. I've been able to get the loans I need, when I need them. How important is "good credit" in your opinion?

**A.** I'm siding with your family on this one. You may have been able to get loans for what you wanted in the past, but you can't always count on this in the future. What's more, your credit record will have a significant influence on how much you pay for those loans and will trickle down to other aspects of your life as well.

You have to ask yourself if you are willing to pay more for the exact same thing someone else buys. How would you feel if you learned that a poor credit record can cost you thousands of dollars? Under current market interest rates, for example, a person with poor credit who takes out a \$20,000 car loan for five years will pay \$3,360 more for his or her car, compared to a person who has a solid credit record.

Similarly, a person with poor credit will pay substantially more on other major purchases, including a house. Let's say you took out a \$200,000, 30-year home mortgage. Based on current market rates, you could expect to pay \$66,184 more in interest over the life of your loan, compared to someone with excellent credit.

Let's break down the numbers a little bit more to see how poor credit can cost you. In these two examples, a person with excellent credit would spend \$2,878 less each year than you do. What could you do with an extra \$2,878 every year? If you have excellent credit, you get to decide where that \$2,878 goes. If you have poor credit, you just willingly gave the money to someone else every single year.

If you put just \$2,000 in a savings account for the next 10 years, you would have accumulated \$20,000, plus interest. If you spent the remaining \$878 every year for the next ten years, you would have enjoyed \$8,788 in purchases (without accumulating any debt). Most

people purchase multiple cars, homes, campers, motorcycles, furniture and much more over their lifetime. Think of the cumulative effect of building good credit.

Your credit is tied to other aspects of your life, too. Having poor credit may mean you cannot get the insurance you need, or may result in you having to pay significantly higher rates than a person with good credit. You could also miss out on a job opportunity because your prospective employer requires you to have good credit. Some utility companies will even base the size of your deposit based on your credit record.

With all this said, however, you don't have to continue living with poor credit if you don't want to. You can turn your credit around faster than you may think by doing four simple things: pay your bills on time, pay down your debt, avoid letting your debts go to collections and do not apply

for any more credit.

*For more information contact the Family Assistance Center at 1.800.658.3930.*

## Military OneSource

Check out the August edition of the Military OneSource eNewsletter!  
([www.militaryonesource.mil/enewsletter](http://www.militaryonesource.mil/enewsletter))

Topics:

- Tackle your kids' back-to-school needs.
- Compare child care options.
- Check out MoodHacker & CoachHub mobile solutions.

And let Military OneSource help you look ahead to retirement. It's not too early to learn more about the new Blended Retirement System before it launches in January 2018!



## Military Funeral Honors

40 hours Funeral Honors Course  
18 - 23 September 2016  
Sioux Falls, SD

Please contact Mary Mallow for more information. 607-737-6945



## TRICARE Managed Care Support Contract to Change

DOD Awards TRICARE Managed Care Support Contracts  
July 21, 2016

The Department of Defense (DoD) announced today the next generation of TRICARE Managed Care Support Contractors. The new contracts, which go into effect nine months after the award, establish two TRICARE regions

in the United States – East and West - instead of the current three. The East Region contract goes to Humana Government Business, Inc., Louisville, KY, and in the West Region the new Managed Care contractor is Health Net Federal Services LLC, Rancho Cordova, CA. These contracts are replacing current arrangements under which health care is provided

to eligible members of the uniformed services, their families, retirees and their families.

Read more here:  
<http://www.health.mil/changes>.



## Service Member Family Force Protection Awareness

With the many recent attacks in the US and around the world, we are asking our military families to be vigilant and alert to anything out of the ordinary.

Recent incidents have involved direct confrontation to real-world incidents and intimidation through social media venues. The unpredictable nature of recent events makes it extremely difficult to predict and prevent future incidents.

This message is intended to promote a heightened awareness and the SDARNG would ask that you review, reflect, and discuss with your military family member the following thoughts.



**Social Media:** Think before you post. Always assume everyone in the world will be able to see what you are posting, limit who can view your social media sites, avoid posting your home or work address and phone numbers, and avoid providing detailed accounts of your day (e.g., when you leave for or return from work).

**Awareness:** Be aware of your surroundings at all times and remain vigilant. If you sense something is out of the ordinary, it probably is. If you encounter a situation which does not feel right, remove yourself from the situation and report it. If possible, vary your routine activity such as going to the gym, hobbies outside the home, and shopping/entertainment events.

**Physical/Home Security Precautions:** Ensure you take time to discuss security with your loved ones. Simple precautions (i.e. locking doors, well-lighted home, walking in groups, establish a safe-haven, family meetings on security plans) will provide safety from most situations.

**Suspicious Behavior:** Through your awareness of normal day-to-day activities, if you suspect something is suspicious, report it immediately to your local law enforcement, military family member, or call the SD Joint Operations Center (JOC) at 605-737-6032.

**If you see something - say something!**

**Always be alert and aware of your surroundings.**

**Don't be afraid to notify someone with your concerns.**

# 2017 Strong Bonds Events

SAVE THE DATE!

15-16 October 2016  
Watertown  
5 Love Languages Couples

14-15 January 2017  
Rapid City  
7 Habits of Families/Singles  
Army Families

18-19 February 2017  
Pierre  
Resiliency Skills for Singles

18-19 March 2017  
Sioux Falls  
Active Military Families

## FOR ADDITIONAL INFORMATION

**POC: SDARNG Chaplain**  
**CH Lynn Wilson 605.737.6009**  
(lynn.j.wilson.mil@mail.mil)  
**TSgt Regina Staufer 605-737-6222**  
(regina.e.staufer.mil@mail.mil)

## Run Crazy Horse Half Marathon & Marathon Relay - Oct 9th

The sound of native drums will send you on your way for a run through the sacred land of the Lakota people. Your adventure will begin in the shadow of the world's largest mountain carving...Crazy Horse Memorial, and end in The Heart of the Hills.....Hill City, South Dakota. Begin making plans now to be part of this unforgettable experience.



### TO REGISTER:

Please visit:

[https://secure.getmeregistered.com/get\\_information.php?event\\_id=122841](https://secure.getmeregistered.com/get_information.php?event_id=122841)

**Military Discount of \$10!** Enter **CH2016** in the Discount Code box on the registration form.

Event information: [www.RunCrazyHorse.com](http://www.RunCrazyHorse.com)

Other Question? Send an email to:  
[Director@RunCrazyHorse.com](mailto:Director@RunCrazyHorse.com)



### EDUCATION FAIR HIGHLIGHTS:

- Chat live with colleges and universities
- Connect with military education counselors
- Get questions answered by financial aid and Post 9/11 GI Bill experts
- Learn about credentialing opportunities
- Watch videos on selecting education options and high growth career fields



### GOVERNMENT PARTNERS:

- Air Force Voluntary Education
- Army Voluntary Education
- Marine Corps Voluntary Education
- Navy Voluntary Education
- Coast Guard Voluntary Education
- DANTES
- Troops to Teachers
- Dept. of Education Federal Student Aid
- Dept. of Veterans Affairs GI Bill & Education Services
- DoD Credentialing (COOL & USMAP)

### SOC CAREER & TECHNICAL CERTIFICATE AREAS:

- Business Management & Administration
- Health Sciences
  - Healthcare Practitioners & Technical Occupations
  - Healthcare Support Occupations
- Information Technology
- Law, Public Safety, Corrections, Security
- Science, Technology, Engineering & Mathematics
- Transportation, Distribution & Logistics



### REGISTRATION:

- [www.dodeducationfair.com](http://www.dodeducationfair.com)
- Advance and day of registration
- Quick and easy
- Recommend use of mobile devices, if unable to access the site on government computers



## 3 Mobile Solutions to Boost Quality of Life

Mobile solutions now go way beyond sweet-smashing games. Military OneSource is offering three new mobile tools — MoodHacker, CoachHub and Love Every Day. Try MoodHacker to improve your mood. Use CoachHub to reduce your stress. Give Love Every Day a try to rekindle the romance. Access these mobile solutions to help improve the quality of your life, all on the go.

### MoodHacker

Tracking your mood with a mood ring made a comeback in the 90s, but there's a new kid in town called [MoodHacker](#). It's a mobile, self-management tool that helps you track, understand and improve your mood. When you open MoodHacker, you're asked to rate your mood from 1 to 10. The mobile intervention then provides a list of activities that can potentially improve your mental well-being. Since relationships and stress often drive our level of satisfaction in life, this mobile solution can get you headed in the right direction. So track your mood and give it a boost with this free tool brought to you by Military OneSource.

### *Learn*

how MoodHacker can [give your mood a boost](#).

### CoachHub

Kick stress to the curb with a personal online coach. Use [CoachHub](#) to take MoodHacker to the next level. With CoachHub, you can partner with an online coach to meet your goals and keep them on track with online support. You can browse coaches, send messages, request appointments, post questions and more.

### *Kick*

stress to the curb with a [personal online coach](#).

### Love Every Day

Even if your relationship is already rock steady and strong, the [Love Every Day](#) mobile solution can improve the quality, stability and resilience of your connection. This mobile game helps to reduce disharmony and the problems associated with it. If you text often, but say little, take a few minutes to connect in a fun and meaningful way using Love Every Day. Spark some fun or rekindle your romance. Go crazy with it and earn some points while you're at it. Give Love Every Day a try.

### *Connect*

in a new way every day. Give [Love Every Day](#) a try.

So jump in. Boost your quality of life with free mobile solutions. Log in and visit Military OneSource's mobile tools if you are ready to take control while on the go.



The South Dakota Humanities Council celebrates literature, promotes civil conversation, and tells the stories that define our state.

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## 2016 Veterans Writing Prize

**Call for submissions.**

**Share your story with South Dakota.**

**Who:** Veterans of or current service members in any branch of the United States military currently living in South Dakota.

**What:** A story. New, unpublished material on any aspect of the military experience. Individuals may submit up to five pages of material. Material can be in any form: poetry, prose, fiction, non-fiction, etc.

Include a cover page with the author's name, address, military branch/service dates, and the words "Veterans Writing Prize Submission." In addition to the cover page, submissions may be up to 5 pages (1-inch margin, single-space paragraphs, and 12 point font).

**When:** The submission period is July 1, 2016, through August. 20, 2016.

Finalists will have the option to publish their work on the SD Humanities Council website.

Three finalists will be invited to the South Dakota Festival of Books for a reading at an event with Ron Capps, creator of the Veterans Writing Project. The SDHC will pay travel to finalists to attend the Festival event on Sept. 24, 2016 in Brookings. Writers do not need to be available to attend the Festival to submit work; a representative can read the author's work on the finalist's behalf. One finalist will be selected as the winner and will receive a cash prize of \$1,000.

**Send submissions to:**

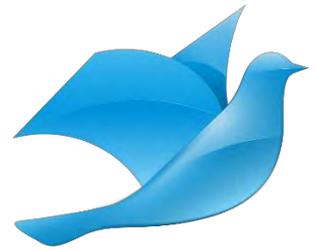
Kyle Schaefer, Program and Development Officer  
South Dakota Humanities Council  
1215 Trail Ridge Road, Suite A  
Brookings, SD 57006

OR in digital format as a single PDF sent to [kyle@sdhumanities.org](mailto:kyle@sdhumanities.org)

With questions, contact Kyle Schaefer at the South Dakota Humanities Council, [kyle@sdhumanities.org](mailto:kyle@sdhumanities.org), or 605-688-4530.

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# take life in a new direction



Life INC is a great place for people from all walks of life to find the support, knowledge and encouragement to move forward. Join the hundreds of people who have found financial freedom, parenting help and life skills. **Free** tuition, children's program and activities, and groceries for completing weekly assignments. **Free** meal for students and their families before class. **Learn more & register at [www.loveinonline.com](http://www.loveinonline.com) or call Love INC at 718-LOVE. (5683)**

Apply now! A new 9-week quarter will be starting soon.  
Registration for all classes ends one week before the dates listed below.

2016 Class Offerings	Life INC EAST	Life INC SOUTH	Life INC WEST
	Tuesdays Word of Hope Church 1351 Jolly Lane  Dinner at 5:15 Class at 6 pm	Wednesdays South Maple Methodist 202 East Indiana Street  Dinner at 5:30 pm Class at 6:15 pm	Thursdays Canyon Lake Methodist 3500 Canyon Lake Drive  Dinner at 5:30 pm Class at 6:15 pm
Financial Freedom	Sep 20	Sep 7	Sep 15
Bridges to Freedom	Sep 20	Sep 7	Sep 15
Star Quilting 101 Class (class size limited & fee)	Sep 20		
Strengthening Families	Sep 20		
Common Sense Parenting		Sep 21	
Concerned Person's Study		Sep 7	
Jobs Class			Sep 15
Nutrition on a Budget			Sep 15
Christianity Explored			Sep 15
Rebuilding Your Broken World			Sep 15
Stepping Into Freedom – Men's Group			Sep 15
Storyline			Sep 15

## **Master Class Descriptions 2016**

**Bridges to Freedom: (1 hr.)** Address life issues that sabotage success. Topics include conflict resolution, forgiveness, setting boundaries.

**Christianity Explored: (2 hrs.)** Who was Jesus? Why did he come? What does it mean to follow him? Find answers in an open environment. This is a 7-week class.

**Common Sense Parenting: (2 hrs.)** Proven tools for building family relationships, improving behavior and self-control in children ages 2-12.

**Concerned Person's Study: (2 hrs.)** Explores the type of emotions experienced while trying to understand addiction. The class will help you respond correctly to behaviors of addictions.

**Financial Freedom: (2 hrs.)** Tired of living paycheck to paycheck? Learn the A-Z essentials of getting out of debt and managing money. Must be employed or have some type of income (SSI, Child Support, etc.)

**Jobs Class: (2 hrs.)** Getting ready to apply for work or advance in your employment? Through classroom instruction, coaching and mentoring learn what employers expect from employees; realize employment interest; identify your roadblocks to employment; collect and organize work history; education and personal data; set an initial employment goal; prepare a skeleton resume.

**Nutrition on a Budget: (1 hr.)** Learn to provide healthy, affordable meals for your family. In class cooking demonstrations.

**Rebuilding Your Broken World: (2 hrs.)** Lives today are filled with pain. Either through stress, pressure, unfortunate circumstances, or bad decisions, many of us find ourselves living in a world that has fallen apart. This series found in James 1 is designed to help you begin where you're at and rebuild your broken world.

**Star Quilting 101 Class (2 hrs.)** Learn the art of making Lakota Star Quilts. *The estimated cost for materials is \$30.00.* Bring your own sewing machine if you own one. Class is limited to 6 students.

**Strengthening Families: (2 hrs.)** Builds on family strengths, improves relationships between parents and their 10-14 year olds, and decrease the likelihood of family conflict and risky adolescent behaviors. *The class involves the 10-14-year-old children.*

**Stepping into Freedom (Christ Centered Twelve Step Program) (2 hrs.)** This is a 13-week class. After the first week it will be a closed group of no more 12 students. If you struggle with any life controlling problems (addictions), this is a class for men only this quarter.

**Storyline: (2 hrs.)** This class is based on the formula that screenwriters and novelists use to create stories. Storyline will help you live a better story; a more meaningful life. It provides clarity and will become a decision filter for important decisions.



## **beefSD Class 3 - 2016-2018** Program Description and Application

beefSD is an intensive educational program designed to take participants to the next level in beef production. Participation in the beefSD program is an excellent opportunity for beginning producers to increase knowledge and understanding of all aspects of the beef industry and develop the skills needed to be successful. The program is open to people with 10 years or less of management experience in beef production. If not currently involved in beef production, participants must possess a strong desire to be involved in beef production in the future.

### **There are 6 major components of the beefSD program:**

1. Interactive workshops
2. Case studies of successful beef enterprises
3. Post-weaning calf performance evaluation
4. Web-based interaction
5. Travel study trips
6. Mentoring

Please contact one of the following for an application:

Ken Olson, SDSU Extension Beef Specialist; 605-394-2236; [Kenneth.Olson@sdstate.edu](mailto:Kenneth.Olson@sdstate.edu)

Stacy Hadrick, beefSD Coordinator; 605-347-1195; [Stacy.Hadrick@sdstate.edu](mailto:Stacy.Hadrick@sdstate.edu)

Adele Harty, SDSU Extension Cow/Calf Field Specialist; 605-394-1722; [Adele.Harty@sdstate.edu](mailto:Adele.Harty@sdstate.edu)

Robin Salverson, SDSU Extension Cow/Calf Field Specialist; 605-374-4117;  
[Robin.Salverson@sdstate.edu](mailto:Robin.Salverson@sdstate.edu)

Amanda Blair, SDSU Extension Meats Specialist; 605-394-2236; [Amanda.Blair@sdstate.edu](mailto:Amanda.Blair@sdstate.edu)

South Dakota State University, South Dakota counties, and USDA cooperating. South Dakota State University adheres to AA/EEO guidelines in offering educational programs and services.



United States  
Department of  
Agriculture

National Institute  
of Food and  
Agriculture