

Every Member Counts

SOUTH DAKOTA NATIONAL GUARD



THE FOCUS IS FOR SERVICE MEMBERS & FAMILIES, VETERANS, RETIREES & SURVIVORS

A Small Christmas Truce

[Adapted From a Story](#) by David Hunt

December of 1944, during the Battle of the Bulge, while the Americans fought for their lives against a massive German onslaught, a tiny shred of human decency happened on Christmas Eve. A German mother made it so.

Three American Soldiers, one badly wounded, were lost in the snow-covered Ardennes Forest as they tried to find the American lines. They had been walking for three days while the sounds of battle echoed in the hills and valleys all around them. Then, on Christmas Eve, they came upon a small cabin in the woods. The Soldiers knocked and found Elisabeth and her 12-year-old son, Fritz, had been hoping her husband would arrive to spend Christmas with them. Elisabeth didn't speak English and they didn't speak German, but they managed to communicate in broken French.

Later there was another knock at the door, but this time it was four German Soldiers. Elisabeth was sure that she would be executed for harboring the enemy. A German Corporal stared at her hard and she replied "It is the Holy Night and there will be no shooting here." After agreeing to leave their weapons outside the Germans entered.

Understandably, there was a lot of fear and tension in the cabin, but the warmth and smell of food began to take the edge off. The Germans produced a bottle of wine and a loaf of bread. One of the Germans, an ex-medical student, examined the wounded American. In English, he explained that the cold had prevented infection but he'd lost a lot of blood. He needed food and rest. As Elisabeth said grace, Fritz noticed tears in the exhausted all of the Soldiers' eyes.

DECEMBER Family Focus

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Phone: 1-800-658-3930

The truce lasted through the night and into the morning. Looking at the Americans' map, the corporal told them the best way to get back to their lines and provided them with a compass. Elisabeth returned all their weapons and the enemies shook hands and left, in opposite directions. Soon they were all out of sight; the truce was over.

For years Fritz tried to locate any of the Soldiers without luck, hoping to corroborate the story and see how they had fared. President Reagan heard of his story and referenced it in a 1985 speech he gave in Germany as an example of peace and reconciliation. In 1995 Unsolved Mysteries broadcast the story and it was discovered that a man living in a Maryland nursing home had been telling the same story for years. Fritz flew to meet with Ralph Blank, one of the American soldiers who still had the German compass and map. Ralph told Fritz "Your mother saved my life". Fritz said the reunion was the high point of his life.

Disclaimer: The information that appears in these page(s) or attached are intended to inform service members, veterans, retirees, survivors and their families of special offers provided 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.

Only One Month Left To Recognize Your Employer

The Secretary of Defense Employer Support Freedom Award is the highest recognition given by the U.S. Government to employers for their outstanding support of employees serving in the Guard and Reserve. Each year, Guard and Reserve employees, or a family member acting on their behalf, have the opportunity to nominate their employer for the Employer Support Freedom Award.

Nominate your employer during nomination season (October 1-December 31 each year) by logging on to www.FreedomAward.mil and clicking Nominate Employer at the top of the web page.

QUESTIONS?

Contact MAJ Lona Christensen at 605-737-6540 or at lona.m.christensen.mil@mail.mil



How to Be Healthy Through the Holidays



Don't let the go-go-go-grinch steal your holiday health. It's time to reclaim your health through the holiday season by putting your health before the go-go-go of preparing for, hosting and attending all of the events through work, church, sports, arts, families and friends. Here are four steps to take you through a healthier and happier holiday season.

Be committed. There is nothing more important than your health. Without it you can't do all you need to for your loved ones. This is your body, your health. The only person who can make a

difference is you. Commit to exercising at least 30 minutes a day, every day. Commit to eating a healthier diet.

Be choosy. Instead of thinking of how to cram in the exercise around your schedule, work your schedule around the exercise. You can choose to add in tons of extra activities and run around stressing about getting it all done, or you can choose to do fewer activities well and stress less. Say no to events and requests for help that will make your life too busy for healthy living.

Be flexible. The holiday season tends to be busier and all the extra events alter your schedule from the norm. Rework your exercise options. Prepare for the busy times and bad weather with exercise DVDs (borrow them from your local library) that you can do from home. Reshape your workout from your regular 30-minute chunk to two 15-minute exercise sessions.

Relearn to eat by grazing when presented with a buffet of rich and delicious holiday food. Take small portions of the various dishes so you have a little taste of everything.

Be creative. Find ways to combine your exercise and time with your friends and family. Take a hike! If the kids or your significant other have a sports practice or music lesson, take that time to walk around the area instead of reading or gaming from your smartphone. Use what you've got! If it snows, forgo your regular exercise and get out in the snow and play.

Remember that even though you have to choose to live a healthier life, you don't have to make the changes alone. Contact a [Military OneSource](http://www.MilitaryOneSource.com) health and wellness coach for help developing a plan for exercise and healthy eating. You can make an appointment for a phone or online session by calling 800-342-9647 or [click here](#).

Financially Surviving the Holidays

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



Q. I love the holidays, but I always overdo it and end up with debt I didn't plan on. What can I do to keep this from happening this year?

A. Recognizing that you have a tendency to overspend at the holidays is a good place to start. The best way to combat overspending is to make a holiday spending plan.

First, make a list of everyone you plan to buy gifts for. If you have a significant other or a spouse, make this list together. As you create your list, think back to last year. Who did you buy a gift for? Did you purchase gifts for extended family members, teachers, co-workers, or neighbors? What about people who provide services for you, such as your mail carrier? Will you plan to give him or her a gift? Once you have a complete list of names, the next step is to write down a tentative amount you plan to spend on each person. You aren't done with your list yet, though. Next, you need to consider a number of other expenses as part of your holiday spending plan. What do you plan to spend on holiday decorations? Will your utility bills increase when you light up your house and tree this year?

Will you be traveling during the holidays? Where will you stay, and what will this cost? How much do you think you will spend on travel expenses? How much extra will you spend on gas during the holidays? What about food? All of the extras for a holiday meal can quickly add up. Are you planning to bake holiday goodies?

Will you host a holiday party or send out cards? Add these expenses to your list.

Now add up the total of your anticipated holiday expenses. How do you plan to pay for all them? Will you pay cash or charge them? If you plan to charge your purchases, how long will it take you to repay what you borrow?

Review your list and pause. Ask yourself what you remember most about last year's holiday season. Ask your family, too. Do you remember what you gave and received, or do you have other, stronger memories?

Given these reflections, it's time to consider if you need to adjust your list. Be realistic as you consider what you plan to spend in the season ahead. Are you spending your hard-earned money on things you value? Are you going into debt for gifts that people don't remember? Are there alternatives that will let you celebrate the season without overspending?

If you are going to charge your expenses this holiday season, use only one card. Otherwise, it is easy to fool yourself about what you are spending; spreading out expenses over several cards can make it easy to break your budget. Use one card so that you can stay in control of your finances and follow your plan.

When you shop, keep your list with you—and stick to it! Sticking to your list is your great defense against overspending. If you do deviate from your list, know that you will need to modify your spending elsewhere.

The better you plan, the more you'll be able to relax and enjoy the holiday season. Come January, you'll be glad you did.

Financial Peace University classes in Sioux Falls and Rapid City starting 10 JAN 2017



Have you heard of Dave Ramsey? Do you want to be debt free in 2017? Then this is for you!

From January 10 through 7 March you can get your finances in order.

DATE SUBJECT

10 JAN	Super Saving
17 JAN	Relating With Money
24 JAN	Cash Flow Planning
31 JAN	Dumping Debt
07 FEB	Credit Sharks In Suits
14 FEB	Buyer Beware
21 FEB	Clause & Effect
28 FEB	From Fruition to Tuition
07 MAR	Real Estate and Mortgages

The following *optional* online classes are also available:

- That's Not Good Enough!/Working in Your Strengths/Of Mice And Mutual Funds
- Military Bonus Lesson
- Military Edition of The Dave Ramsey Show on FOX Business Network

Interested? Please direct questions to CH (COL) Lynn Wilson at:

605.737.6009/605.431.5182 or
lynn.j.wilson.mil@mail.mil



Top 10

Ways to Stay Stress-Free

- Get plenty of endorphin-boosting exercise.** This can be as simple as a 20-minute walk or following along with a yoga DVD.
- Eat a healthy diet.** Make sure you get plenty of vegetables, fruits, whole grains, lean protein and water in your daily diet. Enjoy holiday treats, but go easy on them!
- Do something kind for someone.** Pick up groceries for an elderly neighbor, take on an extra chore for your spouse or volunteer for charity.
- Take some quiet time for yourself.** You can practice meditation, deep breathing or progressive relaxation techniques to calm your nerves.
- Find a new hobby.** Studies show that repetitive activities such as knitting, crafting and latch-hook have a calming effect.
- Reach out to a good friend and talk about what is going on in your life.** Sometimes it helps your stress level to get things off your chest.
- Spend quality time with your family.** You can watch a favorite holiday movie together or go on a tour of local holiday lights.
- Get at least eight hours of sleep.** Try not to drink caffeine late in the day and take time to unwind in the evening so you can go to bed with a calm mind.
- Take time to laugh.** Plan a fun activity, watch a comedy or read a funny book.
- Make a list of positive things in your life and practice gratitude every day.** Counting the good things in your life can put the stressful things into perspective.



Monthly Focus

Transition Assistance Advisor (TAA) Program



The Transition Assistance Advisor (TAA) Program serves Active and Reserve Component service members of ALL branches of the military AND Veterans who have dedicated themselves to serving our nation. The program's principal role is to provide direction to service members so that they can secure all benefits, entitlements, and services earned through their military service with the compassion of someone who's been there. You may not need assistance at this time, but you may have a friend or family member that could use some assistance. Common services provided are:

- Requesting Military Service records
- Enrollment into the VA Healthcare
- Counseling on Education Benefits
- Supporting deploying units
- State specific benefits
- Navigating local, state and federal programs

Christian Johnson is the TAA for South Dakota and is a current service member in the SDARNG, an OEF-Afghanistan veteran, former full-time Soldier.

Contact your TAA today at 605-737-6669 or

christian.m.johnson.ctr@mail.mil

Strong Bonds



Strong Bonds is conducted in an offsite retreat format in order to maximize the training effect. The retreat or "get away" provides a fun, safe, and secure environment in which to address the impact of relocations, deployments, and military lifestyle stressors

14-15 January 2017 – Sioux Falls
7 Habits of Families or 7 Habits of Singles

25-26 February 2017 – Deadwood
Ski Weekend for Singles

18-19 March 2017 – Sioux Falls
Active Military Families

For additional Information contact Chaplain (COL) Wilson at 605-737-6009 or lynn.j.wilson.mil@mail.mil

SPOTLIGHTS



Red Cross Winter Survival

See page 11



Heroes. Hunting. Healing.

See page 12



Applied Suicide Intervention Skills Training (ASIST)

Information on page 10



Military Mentor Program Opportunities in Rapid City

page 13



Service Member & Family Support
Family Readiness Training
 South Dakota National Guard Connecting Families

January 6, 2017
 Brookings Armory, SD
 300 5th St. South
 Brookings, SD 57006

Friday January 6th - 10:00 a.m.-12:00 p.m.
Registrations due by 24 December 2016

If you are wanting to learn more about what the FRG is and whether it is a program you want to be involved with, join us to find out more. If you are needing to recertify your FRG training or would like to receive ideas on rejuvenating your group, this is the place to be. (Treasurer's Training will need to be scheduled at a later date and time)

FRG Volunteer Training Topics:

FRG VOLUNTEER OVERVIEW: Defines the mission, role, and structure of FRG program, expectations and roles of FRG Volunteers, communicating with Families, Newsletters, getting started and logging volunteer hours on JSS website. We will also discuss creating an FRG Yearly Calendar & Event planning.

FAMILY READINESS ANNUAL BRIEF: Programs and Resources available to your Soldiers, Families and FRGs through Service Member & Family Support. This briefing is a National Annual Requirement for Soldiers and Families that may be presented by Commander or the FRG Lead Volunteer.

Contact Family Readiness Support Assistant with any Questions & registration.

Jared Thomas
 MEB Family Readiness Spt Asst.
 Phone: 605-357-2974
 E-mail: jared.r.thomas8_ctr@mail.mil

Priscilla Harkin
 Family Readiness Support Services Trainer
 Phone: 605-357-2970
 E-mail: priscilla.h.harkin_ctr@mail.mil

Wendi Albers
 RSG, JFHQ, RTI Family Readiness Spt Asst.
 Phone: 605-737-6310
 E-mail: wendialbersfrsa@gmail.com

.....

Name

Phone #: Cell & Home

Address

Email

Unit your representing

FRG role



Please return registration form by 24 December 2016

To:
 Priscilla Harkin, FRSS Trainer
 @
ng.sd.sdarng.list.frsa@mail.mil Or

801 W. National Guard Dr.
 Sioux Falls, SD 57104

Please refer to page 2 of this registration form for more information-->

Please complete this form and return by **24 December 2016** to:

Family Readiness

ATTN: Priscilla Harkin

801 W National Guard Dr.

Sioux Falls, SD 57104

OR complete online and email to: ng.sd.sdarng.list.frsa@mail.mil

Travel Reimbursement

- If you live over 50 miles from the training (1 way), mileage will be reimbursed. Additionally, Friday night's lodging can be covered plus per diem.
- Volunteers residing less than 50 miles but over 20 miles from the training event, mileage only can be reimbursed.
- **Military Members will need to make pay and per diem arrangements with your unit.**

Childcare Reimbursement

- Childcare may be reimbursed only for the amount of time spent at the training. Please notify your FRSS Team if you will be needing childcare reimbursement.

A follow up email confirming your registration and further details will be sent to you upon receipt of this registration. Please address your questions to: your Family Readiness Support Services (FRSS) Team below.

Jared Thomas

MEB Family Readiness Spt Asst.

Phone: 605-357-2974

E-mail: jared.r.thomas@ctr@mail.mil

Priscilla Harkin

Family Readiness Support Services Trainer

Phone: 605-357-2970

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Wendi Albers

RSG, JFHQ, RTI Family Readiness Spt Asst.

Phone: 605-737-6310

E-mail: wendialbersfrsa@gmail.com

Volunteers...the  of our program!

NEED HELP WITH FINANCIAL MATTERS?



MAKE THE MOST OF YOUR MONEY

The Military and Family Life Counselor (MFLC) Program includes Personal Financial Counseling (PFC) to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

SUPPORT AND COUNSELING SERVICES

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for family members during deployment
- Help with credit management and budgeting
- Help navigating benefits



TRAINING AND WORKSHOPS

- Money Management
- Budgeting and Developing Spending Plans
- Debt and Credit Card Management
- Consumer Rights and Obligations (dealing with creditors)
- Financial Planning: Reaching Life Goals
- Financial Readiness and Economic Security
- Financial Readiness for Deployment
- Transitioning to Civilian Life
- Home Buying
- Understanding Mortgages
- Preventing Foreclosure
- Kids and Money: Raising Financially Savvy Kids
- Military Benefits, Pay and Entitlements
- Savings and Investments
- Retirement Planning
- Estate Planning
- Taxes



PFC services are no cost, private and confidential.

Your contact is:

Andre V. Milteer, M.A., AFC®
Sioux Falls, SD
Personal Financial Counselor
(M) 605-496-5288 [voice/text]
PFC.SD.ANG@zeiders.com

MFLC
Military & Family Life Counselor Program



Employment Support Program (ESP) Replaces Hero 2 Hired

Many of you may be familiar with the Hero 2 Hired program which has provided employment services to our National Guard and Reserve members in South Dakota. As of November 10 this program will end in South Dakota and nationwide on November 23.

As a National Guard member you have access to the National Guard Bureau Employment Support Program (ESP). My name is Scott MacDonald, a Program Support Specialist (PSS) contractor with the National Guard Employment Support Program. My office is located at Camp Rapid and provides services statewide.

I am available to assist all SD National Guard Service Members, National Guard prior service/veterans and their immediate family members in their search for employment opportunities. There is an ESS/PSS located in each state and territory providing me with a network of professionals that are available to assist service members who may not reside in the same state as their unit of assignment.

- I can help bridge the gap between the job seeker and the employer and provides employment assistance in the following areas:
- Unemployed or under employed looking to make their next career move
- Employment search counseling for job seekers
- Assistance in resume/cover letter writing, interview preparation and translating military skills to civilian terms
- Referrals to other employment assistance agencies i.e., South Dakota Dept. of Labor, South Dakota State Department of Veterans Affairs, Veterans Administration, and other professional organizations
- Networking with other National Guard ESS/PSS

Please contact me if you have any questions at (605) 737-6011 or scott.macdonald.ctr@mail.mil

Scott MacDonald
South Dakota Program Support Specialist, AMYX, Inc
National Guard Employment Support Program Contractor



The **Mission** of Service Member and Family Support is to enhance and empower the lives of our customers with consistently exceptional service.

The **Vision** of Service Member and family Support is to be the most effective Service Member and Family Support Branch in the National Guard.

Service Member and Family Support is based on six core **Values**: Professionalism, Passion, Empathy, Customer Focus, Dedication, and Collaboration



*South Dakota Army National Guard
G-1 / Suicide Prevention Program*



Applied Suicide Intervention Skills Training

If you want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide, this two-day workshop is for you.

ASIST is the most widely used intervention skills training in the **United States**.

There are four ASIST courses scheduled for FY17 and the hours of each class are from 0800-1600 both days.

- 14-15 December 2016, Camp Rapid , Building 802, Rooms 113/114
- 1-2 April 2017, Sioux Falls RTI, Rooms 127/128
- 18-19 June 2017, Camp Rapid, JFHQ Readiness Center, Rooms A134/A135
- 7-8 September 2017, Sioux Falls RTI, Rooms 127/128

Everyone 16 and older is welcome

Be part of a team improving the community

Help someone when they need it most

For more information about upcoming training or to RSVP please contact:

SSG Mike Strang

G-1 / Suicide Prevention Program Manager (SPPM)

605-737-6949 or Michael.l.strang.mil@mail.mil

Winter Storm Safety Checklist

Winter storms can range from a moderate snow over a few hours to a blizzard with blinding, wind-driven snow that lasts for several days. Some winter storms are large enough to affect several states, while others affect only a single community. Many winter storms are accompanied by dangerously low temperatures and sometimes by strong winds, icing, sleet and freezing rain.

Know the Difference

Winter Storm Outlook

Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory

Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch

Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning

Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

What should I do?



- Dress in several layers of lightweight clothing, wear mittens and a hat (preferably one that covers your ears).
- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
- Minimize travel. If travel is necessary, keep a disaster supplies kit in your vehicle.
- Listen to a NOAA Weather Radio or other local news channels for critical information from the National Weather Service (NWS).
- Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
- Insulate your home by installing storm windows or covering windows with plastic from the inside to keep cold air out.
- Maintain heating equipment and chimneys by having them cleaned and inspected every year.
- Bring pets/companion animals inside during winter weather. Move other animals or livestock to sheltered areas with non-frozen drinking water.
- Running water, even at a trickle, helps prevent pipes from freezing.
- All fuel-burning equipment should be vented to the outside and kept clear.

Cold-Related Emergencies

- Frostbite** and **hypothermia** are two dangerous and potentially life-threatening emergencies. Learn how to care for these emergencies by taking a first aid class.

What supplies do I need?



- Water—at least a 3-day supply; one gallon per person per day
- Food—at least a 3-day supply of non-perishable, easy-to-prepare food
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Baby supplies (bottles, formula, baby food, diapers)
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Tools/supplies for securing your home
- Sand, rock salt or non-clumping kitty litter to make walkways and steps less slippery
- Warm coats, gloves or mittens, hats, boots and extra blankets and warm clothing for all household members
- Ample alternate heating methods such as fireplaces or wood- or coal-burning stoves

What do I do after a storm?



- Go to a designated public shelter if your home loses power or heat during periods of extreme cold.
- Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
- Before tackling strenuous tasks in cold temperatures, consider your physical condition, the weather factors and the nature of the task.
- Protect yourself from frostbite and hypothermia by wearing warm, loose-fitting, lightweight clothing in several layers. Stay indoors, if possible.
- Help people who require special assistance such as elderly people living alone, people with disabilities and children.
- Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Caution: Carbon Monoxide Kills

- Never use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside a home, garage, basement, crawlspace or any partially enclosed area. Locate unit away from doors, windows and vents that could allow carbon monoxide to come indoors.
- The primary hazards to avoid when using alternate sources for electricity, heating or cooking are carbon monoxide poisoning, electric shock and fire.
- Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas to provide early warning of accumulating carbon monoxide.
- If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window or door.
- Call for help from the fresh air location and remain there until emergency personnel arrive to assist you.

Let Your Family Know You're Safe

If your community experiences a severe winter storm, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call 1-866-GET-INFO to register yourself and your family.



On November 12, Sanford Health and Warriors Never Give Up hosted a group of Heroes for a day of pheasant hunting and fellowship at North Stream Outfitters, approximately eight miles west of Pierre. Here is an account given by Bob Dejong (back row 3rd from the left) of his and Andy Heymens (back row 4th from the left) experience:

The day spent with Warriors Never Give Up was nothing short of stellar! Andy Heymens was in my office when I was reading November edition of The Family Focus and I asked Andy if he hunted. With excitement, we looked through the website and called Mark Johnston, the point of contact for the event to see if he still had open spots for the Warriors Never Give Up pheasant hunt at [Northstream Outfitters](#) outside of Fort Pierre, SD.

Andy and I arrived at the motel and met up with the majority of the participants for refreshments and a bite to eat. Brett Bastian, Co-founder of WNGU, and Mark Johnston, WNGU board member, spoke about the faith based group and their passion about changing the lives of the nation's heroes through their outdoor adventures. While listening to the history of the group and where they want to take it, I knew we were in the right place.

The next morning we met the lodge owners and guides after brief introductions and handshakes. We were then treated to hot coffee and homemade caramel rolls that were mouthwatering. After a safety brief and a short drive out to the field, the warrior hero hunt for the elusive ring neck pheasant began. Not 20 yards into the walk, I was asking myself if I had enough shells for the day's event. All I could say was Wow! This is incredible! All wild birds! I have never ever seen a more professional Outfitter as the owners, guides, and volunteers at [Northstream Outfitters](#).

Andy and I were glad to take part in such an amazing event. After the hunt, the group had lunch while Brett and Mark talked about the organization...and shared how their faith and Gods inspirational idea has helped the pieces fall into place for this God inspired nonprofit. I was humbled to receive a Bible, gun sling, cross, etc. from the organization while reflecting on how great it was hunting with a special group of sponsors and heroes; who I can easily now call friends.

Please visit www.WarriorsNeverGiveUp.org to learn more about this nonprofit dedicated to changing the lives of our nations heroes through their outdoor adventures.



Military Mentor Program Opportunities Available in Rapid City

Are you interested in giving back to your community? Many communities across South Dakota have a mentorship program that has partnered with the Military members that live within the school district. If you live in the Rapid City area, Pinedale Elementary is interested in starting a Military Mentor program for some of its at risk students. This idea came about after many brainstorming sessions about reoccurring behavior issues. The PBIS (Positive Behavioral Interventions and Supports) team at Pinedale is tasked with coming up with ways to respond to behavior issues. The team came to the realization that some of these students may need more positive role models in their lives outside of the school setting. This is when we came up with the idea of the Military Mentor program. We thought this would be a great opportunity for some of these kids to be able to build positive relationships and hopefully, decrease negative behaviors.



MENTORING WORKS

If you are interested in participating in this opportunity, please contact Emily Janke, at emily.janke@k12.sd.us

DECEMBER Family Focus

Service Member and Family Support
South Dakota National Guard

2823 W. Main St, Rapid City SD 57702

1-800-658-3930



We also recommend that you like and follow us on [Facebook](#) as we continuously update new and exciting information.

Have suggestions of things you would like to see in a future issue of the focus? [Please contact us!](#)

Disclaimer: The information that appears in these page(s) or attached are intended to inform service members, veterans, retirees, survivors and their families of special offers provided 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.