

SD Family Focus



July 2016

Every Member Counts
SOUTH DAKOTA NATIONAL GUARD

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SAVE THE DATE!

2017 Strong Bonds Events

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 Stauer 605-737-6222**
(regina.e.stauer.mil@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.

SDNG Youth Council

SDNG C&YP YC

Why Youth Council??

- Be the Voice of the Guard Youth in SD
- Help plan programs and events for Guard Youth
- Gain certifications for resumes and college applications
As well as easy volunteer hours toward graduation
- Empower the Guard Youth of SD and have fun
- Travel for state meetings
- IT'S UP TO YOU! Guard Teen driven program! As big or small as YOU make it...

SDNG C&YP YC

SDNG Youth Council

In addition....

- Develop leadership skills
- Enhance life for other military children and youth
- Are you 14-17?

You could be a member of a group of young leaders who mentor younger youth experiencing the same unique challenges and opportunities all military youth face... educate your community about your experiences... and have fun!

SDNG C&YP YC

SDNG Youth Council Planning takes many steps!

We will be here to help you get through them!

Please know, this is all YOU! The Youth Council is what you make of it....

Stage 1
• Core group votes in new members
• Close out previous year, annual report & reviews

Stage 2
• Charter, meeting plans, group design
• Receive first certification

Stage 3
• Core group work on marketing plan
• Receive second certification

Stage 4
• Core group work on recruiting plan
• Receive third certification

SDNG C&YP YC

SDNG Youth Council Are you on target to join the SDNG Youth Council?

If you are interested in being a part of the SDNG Youth Council, contact Child & Youth Program Coordinator Candice Tvinnereim!

Office: 605.882.9376 | Cell: 605.737.3312
Email: candice.l.tvinnereim.ctr@mail.mil

INTERESTED IN JOINING THE YOUTH COUNCIL? APPLY BY AUGUST 1ST, 2016 FOR CONSIDERATION

SD Military Youth Camps

Explore! - Campers ages 12-14

25-29 July and Location TBD (Black Hills area)

Contact Taryn Broomfield for Registration information!!

Camps fill quickly

If you are interested in volunteering for Youth Camp, please contact Taryn Broomfield for further information.

Taryn Broomfield, Lead Child & Youth Program Coordinator, Contractor
taryn.m.broomfield.ctr@mail.mil / 605-737-6919



"Every Member Counts"





Service Member & Family Support

Family Readiness Training

South Dakota National Guard Connecting Families

July 23rd, 2016

Huron, SD

Saturday July 23rd - 8:00 a.m.-4:00 p.m.

Registrations due by 16 July 2016



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 and getting started and logging volunteer hours on JSS website.

FRG INFORMAL FUNDS: Review Army regulation on funding of FRG operations; identifies the tasks and responsibilities of unit leader, FRG Lead and FRG Treasurer and Alternate Treasurer.

MOCK FRG MEETING: Activity to plan and execute an FRG meeting.

SOCIAL MEDIA: General Operational Security and Privacy Tips.

THE FRG AND DEPLOYMENT: Review FRG's Tasks in the Deployment Cycle, Dealing with the Media, FRG's Role in Unit Casualty, and Crisis Intervention, Family Assistance and the FRG.

MILITARY ONESOURCE : Program Overview

FAMILY RESILIENCE- HUNT THE GOOD STUFF: Countering the negativity bias, creating positive emotions and helping you notice and analyze what is good.

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

Rickie Martinmaas

RSG, JFHQ, RTI Family Readiness Spt Asst.

Phone: 605-737-6310

E-mail: rickie.a.martinmaas.ctr@mail.mil

U.S. Army
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





Dollars \$ Cents

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

Plan a Memorable vacation without incurring debt

Q. My husband and I are discussing what we should do for this year's summer vacation. I want to take the kids somewhere memorable, but my husband thinks this will be too expensive. How can we come to a consensus?

A. You don't necessarily need to travel to faraway places or need a big budget or to have a memorable vacation. A willingness to think outside of the box can result in a vacation none of you will ever forget. Your options, in fact, are virtually limitless.

With that being said, however, I would caution you about going into debt in order to go on your vacation. In my experience, the most common financial regrets that people have are wishing that they would not have incurred so much debt or that they would have saved more money. A vacation, as welcomed as it might be, is a luxury, not a necessity. Be honest about what you can afford to spend and start planning from there.

Since Memorial Day weekend is the unofficial start to summer, there's not much time to save

more for your vacation. So to avoid debt, you will have to plan your vacation based on what you have already saved. This doesn't mean, however, that you have to sacrifice fun in the process.

Have friends or relatives you haven't seen in a while? Maybe you could combine your vacation with a visit to them and save money on lodging in the process. Of course, you'll still have the cost of travel and entertainment, but saving on your accommodations can help you keep your budget intact.

Camping is another way to save on lodging. You can make the campsite your home base and plan day trips from there. Don't have camping equipment of your own? Consider borrowing it from a friend or research rental options.

If you're flexible, you can find last-minute hotel rooms and discounted entertainment online. Sometimes cruise lines offer incredible deals for unfilled rooms and all-inclusive resorts drop their prices to attract more last-minute travelers. Make sure to read all

of the fine print with any deal, so you aren't surprised by additional fees or expenses.

Even if you determine that you can't travel outside the area, you can still enjoy a memorable family vacation. How about planning a scavenger hunt vacation where you look for certain plants, animals and rocks in places like Devil's Tower, the Badlands, Custer State Park and Mt. Rushmore. How many caves can you visit in a week? Or how many different lakes can you visit? Hit every ice cream shop in town. Plan a series of themed picnics. Take night hikes with glow sticks as your primary source of light.

Ask your kids for their ideas, too. If they have a say in your vacation and get to help choose the activities, the trip will be memorable for them. Be intentional with your planning, and you'll make good memories that won't stress your budget.



Summer Reading Program

Summer Reading 2016 at DoD-MWR libraries will be a celebration of sports and achievement with the theme: Read – For the Win!

In partnership with iREAD Summer Reading, library programs will include activities, graphics, crafts, reading lists, incentives, and much more for children, teens, and adults.

The benefits of summer reading are clear. National research finds that students who participate in library summer reading programs scored higher on reading achievement tests at the beginning of the next school year than those who did not participate. Our mission at DoD-MWR libraries is to provide the resources and experiences to bridge this summer gap, while inspiring literacy and life-long learning.

For more information, please contact your installation library or email us at:

Army:

usarmy.mwr.library@mail.mil

Navy: NGLP@navy.mil

Air Force:

elizabeth.arias.2@us.af.mil

Marine Corps:

usmclibraries@usmc.mil



TRICARE Dental Program Changes Coming Soon

Military dental benefits for active-duty families, [National Guard](#) and Reserve members and their families will see expansions under a new contract set to go into effect next year.

United Concordia is slated take over [Tricare's](#) dental contract Jan. 31, 2017, military officials announced this month. The company had previously provided dental insurance from 1996 until 2012, when the contract was switched to MetLife.

Under the new contract, the annual maximum benefit for users will expand from \$1,300 to \$1,500, according to contract documents.

Sealants, which currently carry a 20-percent cost share, will be completely covered at zero out of pocket cost. Beneficiaries, who must pay monthly premiums to use Tricare's dental program, will continue to receive two free cleanings a year, while pregnant users will be able to receive three.

About 1.8 million beneficiaries are enrolled in Tricare's dental program through MetLife, United Concordia officials said in a press release. The newly awarded five-year contract, potentially worth \$2.9 billion, is under protest – a typical step after a major government contract decision.

While some benefits will expand, users could be forced to find a new dental provider after the change, since individual dental practices determine which providers they will accept – and which they will not.

Tricare officials said they cannot comment on the award until the protest has been settled. United Concordia officials said additional coverage details are still under development.

"We don't have specifics to offer on our coverage at this time, as we are still working out details with the government," a company spokesperson said in an email.

The 2012 change in contractor from United Concordia to MetLife brought an expansion in many categories, including an increase in the annual maximum covered, an increase in the lifetime orthodontic maximum, the addition accidental dental injury coverage, an additional cleaning for women during pregnancy and the coverage of white fillings.

by Amy Bushatz

Military.com



EFMP Family Outdoor Day Camp

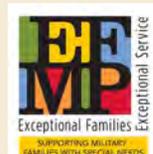
(Open to ALL families)

23 July 11:00 AM-4:00 PM

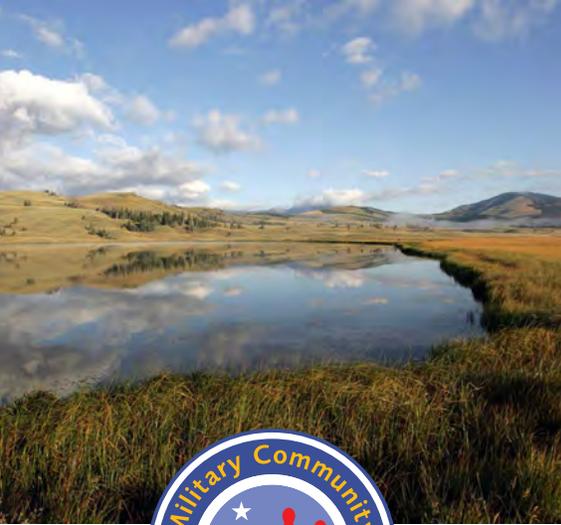
Outdoor Campus West

Please come out, bring a picnic lunch/
snacks, and the whole family for an activity
filled day of kayaking, canoeing, fishing
(catch it-clean it-cook it), archery, and
hands-on experiences with frogs, turtles,
and fish.

Please call Brandy Wyatt at 385-1381 or email
brandy.wyatt@us.af.mil



NOTE: Event is open to all Families, not just those with Exceptional Family Members!



Military Community and Family Policy Fact Sheet

America the Beautiful Military Pass Program

No-cost admission dates

All military families, regardless of activation status, can enjoy access to national parks at no cost on key dates throughout the year:

- Jan. 18: Martin Luther King Jr. Day
- April 16-24: National Park Week
- Aug. 25-28: National Park Service birthday
- Sept. 24: National Public Lands Day
- Nov. 11: Veterans Day

Additional information

The National Park Service
<http://www.nps.gov/findapark/passes.htm>

Background

The Department of the Interior, in partnership with the Department of Defense, has made a commitment to support military families and expand their opportunities to engage in outdoor experiences in national parks by establishing the America the Beautiful military pass program. This program provides access, at no cost, to more than 2,000 federal recreation sites — all national parks and national wildlife refuges, national forests and grasslands, and lands managed by the Bureau of Land Management, Bureau of Reclamation and Army Corps of Engineers. It is available to all active-duty, National Guard and reserve members of all armed services to include the Coast Guard.

Highlights

The America the Beautiful military pass program and installation Morale, Welfare and Recreation programs provide military families with outdoor opportunities to be active, learn and have fun together. They also promote the following key messages:

- Active living, positive self-esteem and esprit de corps contribute to mission readiness.
- Feeling healthy and fit — physically and emotionally — helps build resilience and contributes to personal and professional success.
- National parks provide a variety of educational, recreational, cultural and conservation experiences in locations across the country.
- Park activities, like hiking and camping, help families stay active and can strengthen family relationships.

