

# April is Sexual Assault Awareness and Prevention Month

Sexual Assault Awareness and Prevention Month (SAAPM) is recognized in April by both civilian and military communities. The Department of Defense observes SAAPM by focusing on creating the appropriate culture to eliminate sexual assault and requiring a personal commitment from all Service members. We all have a role in preventing sexual assault and localizing SAAPM activities is a great way to extend this



message. The 2019-2021 SAAPM theme is "Protecting Our People Protects Our Mission." Together, we can work to further reduce, with the goal to eliminate, sexual assault from the Armed Forces. Our military is the most trusted institution in America and our Service Members have signed a blank check to the American people, payable with their lives. This crime must not threaten those who have volunteered to serve.

For more info, please go to: [https:// www.sapr.mil/saapm](https://www.sapr.mil/saapm) or contact your MSC SARC/ Victim Advocate  
**WAARNG JFHQ SAPR Hotline (24/7): 253-307-6483**  
**DoD SAFE Helpline (24/7): 1-877-995-5247**



## INSIDE THIS ISSUE

01

April is Sexual Assault Awareness Month  
Director's Message

02

Is Springing Forward Bringing You Down?  
Corbett Cares-W4W Adds Dimension to its Performance Staff

03

Military Spouse Day Slated for May 3-6! Give us a Facebook "Shout-Out"  
Family & Soldier Readiness Group to Host "Essential Pieces" Workshop

04

JSS Recognizes Month of the Military Child  
Decisions-Decisions-PFCs Host Car Buying Dos & Donts

# Joint Services Support



# Cares

April  
2021

Joint Services Support.....Service When You Need It.....The Support You Expect!

## The Month of April Recognizes Two Very Important Topics

Make Sure to Recognize the Sacrifices Your Child Makes & Reaching Out for Help Through Your Unit Victim Advocate for Sexual Assault Awareness Month

I would like to write about two things this month. April is Month of the Military Child and Sexual Assault Awareness Month.

**Month of the Military Child:** Do something special this month to honor a military child. Why? I think of one military child that I know. He was born during the first week of the month which meant his dad would miss a handful of birthdays. During the summer even though his dad coached his baseball team he had to be gone for two weeks of the season. When he graduated from High School his dad was in Iraq. He did call while he was waiting to walk across the stage. His dad promised he would be there for his college graduation. A "pie crust promise, easily made easily broken", (Mary Poppins) he was back in Iraq. There were some benefits like using night vision goggles, climbing on all kinds of Army stuff. Bringing a Soldier to show and tell. And best of all eating MREs. The child grew up to be a

great young man and adult. Make sure you thank your children for their sacrifice for your service. Military kids are "A resilient force in a changing world".

**Sexual Assault Awareness Month:** There is no place for sexual assault inside or outside our ranks. What should you be aware of? Sexual assault can happen to anyone, the age group most at risk is 19 – 25. Most people know their attacker. Alcohol is a contributing factor in many cases. Take care of the people in your formation. Look at your right and left make it a priority to get everyone home safe, from drill, annual training, school, or where ever you are. You should also be aware of who your Sexual Assault Response Coordinator (SARC) is and who your unit Victim Advocate (VA) is. Each unit has people

trained to help guide you through the process if you are assaulted. There is a 24 hour hotline 253-307-6483.



*Carl N. Steele*  
Carl N. Steele, Director-  
Joint Services Support



## Is the Promise of Spring Bringing You Down? 5 Tips for Reversing Spring Blues

The primary reason people experience anxiety is simply because of the change in weather. Most people fear change to an extent, so any change brings on a certain level of anxiety.

### Exercise

Research shows that people who work out are more cheerful than those who do not exercise at all.

### Spring cleaning

Being organized relieves stress and saves time, and the act of cleaning is therapeutic.

### Spend time outdoors

If you're feeling anxiety or stress due to the changing weather, try going outside and soaking up some Vitamin D from the sunlight.

**Make time to relax** Read a book, write in your journal or create something. Mental and creative stimulation is important to keeping an active mind and being present.

### Check in with your diet

Spring asthma is when our bodies have difficulty adapting to the changing weather due to the low levels of fresh fruit and vitamins we take in during the winter.

Want more information? Check out this Link:

<https://www.lifespan.org/lifespan-living/how-beat-spring-blues>

Monique Jordan, M. Ed., LMHC | Military Family Life Counselor  
jordanm@magellanhealth.com | 253.310.1919



## Work for Warriors Transition Team Spotlight: Ty Corbett



Ty is our eastern Washington Work for Warriors Employment Transition Coach located at the Spokane NG Readiness Center. He's an enthusiastic member of the team who's thankful for the opportunity presented him to assist WA National Guard, Reservists and all military members and their families with their employment and career goals. It's a successful day if he is able to help at least one person on their employment journey. Before joining the JSS, Ty served 28 years in the Air Force and the WA Air National Guard as a Navigator on B-52 and KC-135 aircraft at Fairchild AFB. Currently, he serves as the State Vice Chair on the WA committee for Employer Support of the Guard and Reserve (ESGR). During his downtime, Ty and his wife Wendy enjoy binge watching interesting television series and working on projects around the house and yard. They also recently took a big leap as "newbies" to the world of RV travel.



Work for Warriors is taking appointments virtually! Take the first step towards finding gainful employment by contacting us today and get set up with your own Employment Transition Coach to work with one-on-one. To schedule an appointment, please reach out by emailing: [shannon.lleacy.ctr@mail.mil](mailto:shannon.lleacy.ctr@mail.mil).

## Military Spouse Appreciation Month Recognizing the Important Role the Military Spouse Provides

In 1984, President Ronald Reagan established Military Spouse Appreciation Day with Proclamation 5184, recognizing the countless sacrifices and contributions made by military spouses since the days of the Continental Army.

In 1999, Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month to recognize the many sacrifices a military spouse makes, as they put their personal and professional aspirations aside for their service member.

This year, Military Spouse Appreciation Day is observed May 7 and we honor their commitment and support in helping to keep our country safe. They're the silent heroes and they serve our country, just like their loved ones.

Military Spouses take on different roles like teacher, financial planner, culinary specialist, and much more. Many sacrifice their own career in order to keep their

family unit together. They fill critical job roles in the government, hospitals, and in their local communities. Some volunteer as coaches, in local schools/ churches, as Key Spouses, in base services, and in peer support roles.



America's military spouses are the backbone of the families who support our armed forces during the mission, deployment, reintegration and reset.

The role of the military spouse can be very challenging, as they relocate the family and attend military events when called on and often with little notice. Being a military spouse is not just a description based upon a husband or wife's job — it's a total lifestyle commitment that requires each spouse to have his or her own sense of duty, honor and patriotism.

**Military Spouse Appreciation Day**  
Give a shout out to your spouse on our JSS Facebook page  
<https://www.facebook.com/JSSWA/>  
May 3 – 6, 2021  
And you'll be entered into a drawing for a gift for your spouse!  
Shout out and the live drawings will be held on Military Spouse Appreciation day, May 7th  
QUESTIONS? CONTACT:  
Phillip M. Vitela,  
Soldier and Family Readiness Specialist  
Office: 360-704-6707  
Cell: 360-628-7195  
Email: [Phillip.m.vitela.civ@mail.mil](mailto:Phillip.m.vitela.civ@mail.mil)

Elizabeth Johnston, SFRS  
Soldier and Family Readiness Specialist  
360-604-7303 Office  
253-355-6239 Mil Cel  
[Elizabeth.a.johnston46.civ@mail.mil](mailto:Elizabeth.a.johnston46.civ@mail.mil)  
800-364-7492 after hours  
24/7 Hotline: 800-364-7492



## Soldier & Family Readiness Group Hosts a One-Day ESSENTIAL PIECES Workshop Saturday, April 24, 2021 9:30-12:30 PM

**(9:30-10:05) Emotional Resiliency Self-care For Caregivers** - As Volunteers and Caregivers we give to many people at a deep emotional level. Monique Jordan offers encouragement, inspiration and some tips to maintain our personal motivation as she gives information about "Emotional Resiliency Self-Care for Caregivers."  
**(10:05-10:35) Introduction to Resilience** - This training will discuss resiliency skills

that make Soldiers/Family Members stronger by building their mental toughness and strengthening their relationships through communication strategies. Our specific goals will be to promote optimism and to demonstrate the effects of sharing positive experiences.  
**(11:05-11:35) 2 Weeks Ready** - Focuses on the importance of being prepared for a minimum of two weeks should a natural

disaster occur. This training provides actions that individuals and households can take to increase their readiness to be two weeks ready.  
**(11:35-12) Life In A Box - A life organizer** - Introduction to organizing personal and legal documents to ensure easy access should a natural disaster or crisis happen.  
**(12-12:25) Awards Ceremony** - Celebrat-

ing all National Guard volunteers in their continued support of soldiers and families. Award winners for FY 2019 and 2020 nominations will be presented.

**RSVP For This Event With:**  
**Dorie Sprague**  
253.355.6388  
[doryuan.r.sprague.civ@mail.mil](mailto:doryuan.r.sprague.civ@mail.mil)

## Washington National Guard Child & Youth Services Celebrate the "Month of the Military Child"

April is designated as the Month of the Military Child, underscoring the important role military children play in the armed forces community. Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and the challenges they overcome.

The Month of the Military Child is part of the legacy left by former Defense Secretary Caspar Weinberger. He established the Defense Department commemoration in 1986.

JSS joins the Department of Defense and the military community

in celebrating April as the Month of the Military Child. In National Guard communities around the state, our most essential strategic imperatives are: establishing an educational system that progressively builds the college and career readiness of all Guard students; and establishing the organizational capacity to operate more effectively and efficiently as a model, unified school system. We aim to challenge each student to maximize his or her potential and to excel academically, socially, emotionally and physically for life, college and career readiness.

Washington National Guard Youth  
**WANGY**  
APRIL  
**MONTH OF THE MILITARY CHILD**  
Join us during April for a variety of opportunities to say THANK YOU to our National Guard Youth!!

**RECOGNITION ACTIVITY BOXES**  
REGISTER TO REQUEST ONE PER CHILD.

Based on state restrictions, we will host pick up events across the state or mail boxes. Details will be emailed to you in a timely manner.

1 APRIL MOMC VIRTUAL KICK OFF  
3 APRIL WANGY WEEKEND VIRTUAL WORKSHOPS  
7 APRIL VIRTUAL STUDY HOUR  
9 APRIL YOUTH COUNCIL LED VIRTUAL MYSTERY EVENT  
15 APRIL PURPLE UP CEREMONY & VOLUNTEER RECOGNITION VIRTUAL EVENT  
21 APRIL VIRTUAL STUDY HOUR  
22 APRIL WANGY EARTH DAY PROGRAM

REGISTER FOR APRIL EVENTS AT  
[CYSWANGYOMC2021.EVENTBRITE.COM](https://cyswangymomc2021.eventbrite.com)

Robbin Seeberger, 253-548-4942  
[robbin.a.seeberger.ctr@mail.mil](mailto:robbin.a.seeberger.ctr@mail.mil)  
Shalin Wulf, 509-464-9392  
[shalin.t.wulf.ctr@mail.mil](mailto:shalin.t.wulf.ctr@mail.mil)

Register to join us as we say "Thank You" to our National Guard Youth!  
Registration now open @:  
[cyswangymomc2021.eventbrite.com](https://cyswangymomc2021.eventbrite.com)  
Questions? Call: 253.546.4942/509.464.9392



## MONTH OF THE MILITARY CHILD EVENT CALENDAR

Thursday, April 1  
Month of the Military Child Virtual Kick-off

Saturday, April 3  
WANGY Weekend Virtual Workshops  
(register separately @: [wackyweekend.eventbrite.com](https://wackyweekend.eventbrite.com))

Wednesday, April 7  
Virtual Study Hour

Friday, April 8  
Youth Council LED Virtual Mystery Event

Thursday, April 15  
Purple-Up Ceremony & Volunteer Virtual Event

Wednesday, April 21  
Virtual Study Hour

Thursday, April 22  
WANGY Earth Day Program

ROBBIN SEEBERGER | 253.548.4942 | [robbin.a.seeberger.ctr@mail.mil](mailto:robbin.a.seeberger.ctr@mail.mil)  
SHALIN WULF | 509.464.9392 | [shalin.t.wulf.ctr@mail.mil](mailto:shalin.t.wulf.ctr@mail.mil)

**You Already Know How Much We Like You; Now, How About Liking Us!**

**Like us on Facebook**



When you like us on the Joint Services Support Facebook page, you'll get up-to-date content related to current event activities; access to need to know department information; posts of current event pictures; links to useful resources as they relate to each department's specialty, plus much, much MORE!

Simply click on the Facebook icon above, visit the JSS Facebook page and if you like what see, then by all means "Like Us"!

### Soldier & Family Readiness Training Opportunities

*The Soldier & Family Readiness Training are VIRTUAL training sessions building the skills and tools to successfully meet the challenges of the military lifestyle. Readiness is a continuous motion. These sessions are open to any family member, including extended, close friends, parents, and grandparents.*

24 Apr 2021	Conference – Dorie Sprague 360-436-2423	0900-1200
1 May 2021	Family Readiness Group Treasurer Training Mark DeAndrea 253-912-3143	1300-1400
2 May 2021	Family Readiness Group Treasurer Training Mark DeAndrea 253-912-3143	1300-1400
15 May 2021	MilitaryOneSource Overview Matthew Davidson, Deb Discolo 253-512-7869	1000-1200
16 Jun 2021	Family Readiness Group Matt Rupp 509-532-2775	1300-1530
17 Jun 2021	SFRG Commander/Lead Training Matt Rupp 509-532-2775	1300-1400
26 Jun 2021	Family Readiness and Your Youth Deb Discolo 253-512-7969	1000-1100
21 Aug 2021	Family Readiness Group Treasurer Training Ken Schwarm 253-512-8345	1000-1100
18 Sep 2021	SFRG Commander Training Ray Andringa 360-473-2411	1000-1200

For more information or to enroll, contact the Soldier & Family Readiness Specialist (SFRS) listed above. For general information regarding the Soldier & Family Readiness Group program, please contact Deb Discolo at 253-512-7869.

## ESGR Recognizes Employees of Pacific Northwest National Laboratory

Civilian employer support is vital to reservists and guardsman. Civilian employers who encourage a culture of supporting reservists and guardsman make sure that it is not a singular effort by just a direct supervisor, but that there is a team of supervisors and employees supporting those who serve.



In recognition of such a team effort, Bob Runkle, Diana Van Pelt, Kerrie Rohlfing, and Cindy Henderson, all of Pacific Northwest National Laboratory received the Employer Support of the Guard and Reserve Patriot Awards for the extraordinary support they provide their employee Washington National Guard Sgt. 1st Class Keithan Rogers. Thank you PNNL for having a supportive culture for those who serve!



8

**LUNCH & LEARN WITH ANDY & DANA!**  
Financial Education: Car Buying  
Looking to buy a car?  
Not sure whether to buy a new or used one?  
Join us for a course on Car Buying  
Thursdays at Noon in April,  
Beginning Thursday, April 8th!  
12 NOON - 1 PM  
Open to servicemembers and their families!  
Log-in from anywhere with your personal device!

**CAR DEALERSHIP**

**QUESTIONS?**  
Andy Fagan, AFC @ Camp Murray, WA  
Personal Financial Counselor (PFC)  
Cell Phone: 253.242.0721  
E-mail: pfc1.wa.ng@zeiders.com

Join Zoom Meeting  
<http://bit.ly/JSSLunchandLearn>  
Meeting ID: 979 2096 6260  
Passcode: 764367

**NEW VS USED?  
Looking at Buying A Car?  
Not Sure What Your Options Are?**  
Then join the Joint Services Support Personal Financial Counseling Team Thursday, April 8, 2021 @ NOON on ZOOM and They'll Help Guide You to Making the Right Decision!

Andy Fagan, AFC ® | Camp Murray, WA | Personal Financial Counselor (PFC)  
Cell Phone: 253.242.0721 | E-mail: pfc1.wa.ng@zeiders.com

When shopping for a new versus used car, you need flexibility and patience. A new vehicle gives you the reassurance knowing that you're the only person who has owned the car, while a used car is easier on your wallet. Examine the pros and cons of either type before purchasing your next vehicle

## ASIST Course Added to May Schedule! Coping with COVID-Your Best Way to Handle it



# ASIST

The next ASIST class is 6-7 May in Yakima. Don't miss this opportunity to enjoy spring in "The Palm Springs of Washington" and learn valuable suicide intervention skills. Email Erin McMichael to reserve a seat [erin.m.mcmichael.ctr@mail.mil](mailto:erin.m.mcmichael.ctr@mail.mil)

Continue taking care of yourselves in this stressful time by following these simple tips:

- Take breaks from the news
- Make time to unwind
- Set goals and priorities
- Take care of your body
- Connect w/others
- Focus on the facts

For more on this check out these links:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

<https://www.nimh.nih.gov/health/education-awareness/shareable-resources-on-coping-with-covid-19.shtml>

<https://www.hhs.gov/coronavirus/mental-health-and-coping/index.html>

## Useful Numbers

Jennika Cardenas R3SP  
Program Coordinator  
253-512-1357  
[jennika.m.cardenas.civ@mail.mil](mailto:jennika.m.cardenas.civ@mail.mil)  
<https://www.facebook.com/pg/JSSWA>  
Call the National Suicide Prevention Lifeline (Veterans and Military Crisis Lines)

North America:  
1-800-273-TALK (8255); Press 1

Online chat:  
<https://www.veteranscrisisline.net/get-help/chat>  
or <https://suicidpreventionlifeline.org/chat>

Text: 838255

Emergency Support:  
800.364.7492



Angela Taylor, SHARP  
WAARNG JFHQ State SARC  
Program Manager  
o: 253.512.1365  
[angela.c.taylor33.civ@mail.mil](mailto:angela.c.taylor33.civ@mail.mil)

Sean "Smitty" Smith  
WAARNG JFHQ State,  
Victim Advocate Coordinator  
Camp Murray, WAANG  
o: 253.512.7881  
[sean.m.smith166.civ@mail.mil](mailto:sean.m.smith166.civ@mail.mil)

WA State Hotline:  
253.307.6483  
24/7 DoD SAFE Helpline  
1-877-995-5247  
[www.safehelpline.org](http://www.safehelpline.org)