

Join Operation Homefront, Elks and Joint Services Support as we Invite you to attend the Drive-thru School Supply & Resource Fair event of the YEAR!

Back-to-School

FREE School Supplies for Children of the National Guard/Reserve/Retired Military and Veterans

Camp Murray | Marysville | Vancouver | Yakima | Spokane

Some Locations by Appointment Only
Check date and location near you



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Joint Services Support



Cares

August
2021

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

SFRG's are There to Make Sure You are Ready Not Only for Overseas Deployments, but also State Active Duty Missions

Soldier and Family Readiness Groups come in all shapes and sizes. I have heard about some of the things groups have done the last 18 months as everyone moved through a COVID environment, from virtual meal preparation to art classes. The SFRG is there to make sure you are ready not only for overseas deployments but also state active duty missions, annual training, schools and drill weekends. The SFRG is the way command stays in touch with Families through phone calls, newsletters and other programs. Most important it is a way for spouses, parents, and others to stay connected to each other and the unit. Soldier and Family Readiness leaders are usually one of the first people to know about issues that Families are having. They can be a great conduit to local community resources that will help out. I was in another state where

the Soldiers were deployed overseas on a short term mission and many of them had sheep. They were scheduled to return right at the start of lambing season, no problem they would be home. They got delayed by a week and now we had a problem, spouses started calling not one or two multiple spouses, "I have sheep about to give birth what should I do". The SFRG was able to connect them with other farmers in the community that were willing to help out. I want to encourage you to get involved with your units SFRG if you are not already involved. You can take an official role or just be there to help out. The JSS has started quarterly meetings with SFRG leaders and will be offering a short training during the up-

coming meetings. You will see this month the first SFRG corner where we will highlight what Soldier and Family Readiness Groups are doing to support Families.



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



ARE YOU LIVING WITH ANTS (AUTOMATIC NEGATIVE THOUGHTS)?

The benefits of positive thinking are vast. How do you train your brain to think positively?

Here are 5 Tips for Reducing Those ANTS

1. Check in With Yourself: Not sure whether you're a negative nelly? Take this well-being quiz, which not only gives you a score on "positivity," but can help you identify the other skills that can most help you improve your happiness and well-being.

2. Remember Gratitude: Be thankful for the positive steps you took to make it this far. The truth is that there are also an infinite number of things to feel passionate, joyful, and excited about. It's up to us to decide what we want to focus on.

3. Remember it's Your Choice: Give yourself permission to think both positively and negatively about an

issue.

4. Remind Yourself to Pause and Reflect: Appreciate and Celebrate Your Successes.

5. Strive For Balance: This helps us to actively reduce "All Or Nothing" Thinking.

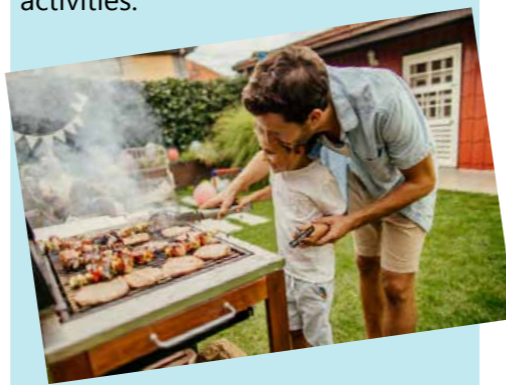
For More information about Positivity click: <https://bit.ly/ThinkPositiveJSS>



10th CST- Camp Murray

Lucci Griswold & Betsy Plunkett assembled kid's baskets for Halloween and Valentines Day in order to provide a sense of normalcy for the children during the pandemic
Rosie Watson-Maintains on going communication with families and

soldiers via social media, etc. Manages day to day SFRG activities, including coordinating events, resource and referrals, etc. Recently, due to high levels of vaccination in their unit, and improving state COVID hospitalization rates, they were able to host their first in-person summer BBQ in almost two years! It was a lovely "Family Day" event spent lakeside with lots of good food, great company and activities.



Elks Receives Certificate of Appreciation for Commitment & Dedication as a Supporting Community Partner of the National Guard Family Programs

Michael Berndt, Soldier & Family Readiness Specialist, recently had the opportunity to speak with statewide representatives about their respective veteran programs during an annual Elks' workshop in Pasco, Washington, "I was pleasantly surprised by the overwhelming turnout," said Berndt. "It was such a positive experience to be surrounded by so much support, it was encouraging to learn that every location around the state wanted more information regarding their veteran programs." Berndt added, "It's very reassuring to know that the Elks Association understands the importance and the impact they make on our military members, veterans, and their families".

Mr. Berndt also presented a Certificate of Appreciation to Skip Barnes (Past State President) in recognition of the Association's dedicated support as a National Guard community partner.

Guard members and their families typically do not qualify for any active Army programs or assistance. With a limited number of "internal" resources within the National Guard, it is critical for Family Programs to rely on its community partners, like the Elks Association, to offer assistance to its service members, their families, and veterans when and where there is a need, but limited options. Each year, the Elks Association donates hundreds of gift cards and "welcome home kits", backpacks and school supplies to the children

of Guard families, they provide volunteered time at all hours of the day regardless of weather conditions and they assist our members and their families during periods of transition and in times of need.



Pictured here: SFRS Michael Berndt, (right) presents past Elks state President, Skip Barnes with a "Certificate of Appreciation" recognizing the Elks' continued support to the National Guard Family Programs as one of its most active and committed community partners.

Millions More Veterans Now Eligible to Access AFT!

"Sixteen million veterans will now be able to access the American Forces Travel website, joining the 10 million active duty, Guard and reserve service members, family members, DOD civilians, and other patrons who are already receiving the



benefit," said Deputy Assistant Secretary of Defense for Military Community and Family Policy Patricia "Patty" Montes Barron. "We are committed to providing quality-of-life programs to our military community, which includes our honorably discharged veterans."



Elks USA, Operation Homefront and Joint Services Support, invite you to the annual 2021 Back to School Resource Fair! This event is for children attending Kindergarten through 12th Grade. The drive-thru event will allow registered attendees to simply drive their vehicles up to a designated location where they will pull up, sign in, and one of our many volunteers will be placing backpack(s) full of school supplies into the trunk of your vehicle! Each of our six state-wide locations require pre-registration to confirm eligibility. So, please sign up, (see links and registration requirements by location below)

to attend if you have not received school supplies from another organization for the coming school year. National Guard and Reservists have priority, Veterans may register on a space available basis after meeting with a Family Assistance Specialist.

Only children registered in DEERS qualify for this event. Please include your child's grade level they will be in for the 2021-2022 school year upon registering to speed up the check-in process.



Event locations, Dates, Times and how to Register:

Camp Murray: Register Here

Backpack Event: 18 August 2021. 11:00-17:00.

Open to: Children of the National Guard/Reserve/Retired Military & Veterans. POC: Wafamilyprogramevents@gmail.com
Register Online @: <https://bit.ly/2021CampMurrayBack2School>

Spokane: Register Here

You must have an account in this system in order to register for the event. If you do not yet have an account, please go to: <https://my.operationhomefront...> to begin the registration process.

Vancouver:

POC: vanc.familyprogramsevents@yahoo.com

Free school supplies for dependent Children of the National Guard/Reserve/Retired Military and Veterans.

Marysville:

Event Date August 15, 2021 Note: Registration Required POC: marysvillengfp@gmail.com

Free school supplies for dependent Children of the National Guard/Reserve/Retired Military and Veterans

Kent:

13 and 14 August 2021

Note: Registration Required POC: kent.familyprogramsevents@gmail.com

Free school supplies for dependent Children of the National Guard/Reserve/Retired Military and Veterans.

Yakima:

Event Date August 8, 2021

POC: michael.w.berndt.civ@mail.mil

Free School Supplies for dependent Children of National Guard/Reserve/Retired Military/Veterans if you live in the following counties: Yakima, Kittitas, and Klickitat. We will be doing things a little different this year with prepackaged bags for each child, provided during the unit family day and resource event.

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"!

Join us for WANGY Campfire!
Summer 2021 Scavenger Hunt and Events open to WA National Guard families

WANGY Campfire Summer Scavenger Hunt & Walking Challenge



-Join this self paced adventure this summer. Scavenger hunt opportunities with the some added challenges to earn WANGY Badges. Sign up to get the packet of materials and your supplies via mail.

WANGY Family Camp Out - Camp Murray, camp tenting events

-Bring your tent, snacks, and family to join us for this one night tent camping experience with other WANGY families. Activities will be offered for families to participate in, as well as some time to enjoy camping with your family. Activities may vary per location. We are hoping to offer dinner and breakfast...more details will be provided closer to the date.

Camp Murray #1 - 1600 13 August - 1100 14 August
Camp Murray #2 - 1600 14 August - 1100 15 August

*Register by scanning the above QR code



NATIVE Project Receives Employer Support of the Guard and Reserve Patriot Award!



"Thank you" goes out to "The NATIVE Project" for being supportive of your employees who serve in the National Guard and Reserves. Maureen Rosette, chief operating officer of the NATIVE Project received the Employer Support of the Guard and Reserve Patriot Award recently for the extraordinary support she provides her employees who serve in the Reserve Components.



Meet the Team Spotlight: Rey Villarreal

Rey is our Central Washington Work for Warriors Employment Transition Coach Lead. He has been working in the Work for Warriors program since 2010. He has two offices, one in Moses Lake Armory and the other in the Pasco Armory. He handles the largest territory from Wenatchee to Walla Walla to Yakima from the Canadian Border into Oregon State. Rey

comes from a small town in Central Washington and had a graduating class of 37 and out of those, 9 joined the military. The son of migrant farm workers, Rey joined the Army in 1987 during the Cold War and was able to see the Iron Curtain Fall and was in the Gulf War in 1991. Honorably discharged and served the Washington State Army Guard from 1992 to 1995 and fought fires in 1994. Got out of the Guard from 1995 to 2002 and rejoined the Army Guard after 9/11. Rey went into the Iraq War in 2003 serving

15 months. While in the Guard he served on the Arizona border from 2006 to 2008 and was seeing another wall being built. You could say that he has gone a full circle in the Army. Retired in 2013, is a lifetime member of the VFW, American Legion, DAV, AMVET, and the Wounded Warrior Project. He enjoys helping those who serve and their families. Rey also knows he has done a good job when those he helps can help others. Work for Warriors is taking appointments! 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 to reyes.villarreal.ctr@mail.mil



Keeping You in the KNOW

Training Events

Useful Numbers

Free PTSD/PTSI Training open to all First Responders, Military, Veterans & their Families
Thursday, September 30, 2021 0800-1400
Camp Murray, WA PCRC

Jared Nesary
A Former Marine and retired Yakima Police Officer Jared Nesary will share his personal battle with PTSD and recovery. He will speak about the courage needed to reach out in his darkest hour that saved his career and his life.

Matt Quackenbush, LMFT
LMFT Matt Quackenbush has spent the last 15 years crafting a unique and powerful approach to trauma focused therapy combining EMDR, CPT, MME, IFS and DBT. His discussion will include understanding PTSD/PTSI and how it affects us all.

Amy Crawford PhD, LMFT & Trauma Specialist
Although this is a free event, registration is required through eventbrite:
<https://bit.ly/PTSDPTSItraining2021>
Complementary lunch & social hour provided by: Deer Hollow Recovery & Wellness Centers.
For questions please contact:
Erin McMichael 253-512-1342
erin.mcmichael.ctr@mail.mil

Presented by: Deer Hollow Recovery & Wellness Centers
Hosted by: Washington National Guard



*location may change
If you are interested in attending? Please contact the R3SP Ms. Jennika Cardenas Email: jennika.m.cardenas.civ@mail.mil for ARMY and for AIR please contact the DPH Mr. Gilberto Maldonado Email: gilberto.maldonado@us.af.mil

Jennika Cardenas R3SP Program Coordinator
253-512-1357
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

Family Programs After Hours:
800.364.7492



Angela Taylor, SHARP WAARNG JFHQ State SARC Program Manager
o: 253.512.1365
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

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

4 If you are struggling with thoughts of suicide and need immediate assistance: Dial 911 (U.S.)