

Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

Summer 2012

Dear Family and Friends,

When I think of family, it not only includes my wife and children, but also the individuals that I work with, their family members and the community. As the Commander of the Georgia Air National Guard I am committed to supporting the Georgia National Guard Family Readiness programs that allow us to take care of our own.



Homefront support is vital for our military members, allowing them to focus on the fight and know that family members at home are well taken care of. To do this we need our guard members and their family to be aware of the programs that are available thru the Family Readiness Office. These programs include much more than the preparation of sponsor's deployments. They also cover preparing for natural disasters, evacuation of home, accounting for personal, financial and legal affairs of sponsors in the event of an emergency or fatality.

I encourage each member and their family to become familiar with their local programs and become involved. There are several volunteer opportunities for those wishing to get involved. You can find these opportunities and training at www.165aw.ang.af.mil/ or www.116acw.acc.af.mil/ under the resources tab to access the Georgia Air National Guard Family Readiness page.

I feel the Family Readiness Program is vital to the success of the Georgia Air National Guard. Our family members deserve the best support possible. I stand ready to provide assistance to support our Air National Guard members and their family.

Very Respectfully,

A handwritten signature in black ink, appearing to read 'T. Moore', written over a white rectangular background.

THOMAS R. MOORE, Maj Gen, GA ANG
Commander, Georgia Air National Guard



Georgia Air National Guard Airman & Family Readiness Program

The Family Readiness Program provides a range of services to contribute to readiness and retention in the Air National Guard and to enhance the quality of life for all guard members, their families, and the communities in which they live. Family readiness encompasses more than just the preparation for their sponsor's deployment. It includes responsibility for preparing for natural disasters, evacuation of home incidental to disasters and accounting for personal, financial and legal affairs of their sponsor in the event of an emergency or fatality. Through involvement in the program and self-learning via online resources like www.guardfamily.org, The National Guard Bureau Family Program hopes to develop 21st century National Guard families into resilient, resourceful, and ready families.

The Georgia Air National Guard Airman & Family Readiness Program Managers (A&FRPM) are available to support families during all phases of deployment. There are educational opportunities, youth programs, social events and support groups available through the Family Programs Office.

Get Involved. Get Connected. Stay Connected.

Contact your Airman and Family Readiness Program Manager
for more information or visit:

www.165aw.ang.af.mil/ or **www.116acw.acc.af.mil/** under the resources tab
to access the **Georgia Air National Guard Family Readiness** page.

Eileen Byrd

Airman & Family Readiness Program Manager
HQ GA ANG, 202nd, 283rd, 139th, 530th, 116th ACW

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Frank Baker

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GA ANG Airman & Family Readiness Program Manager

Frank Baker is the Airman & Family Readiness Program Manager for the 165th Airlift Wing, Savannah, Georgia and its Geographically Separated Units (GSUs), which include the 117th Air Control Squadron at Hunter Army Airfield, the 165th Air Support Operations Squadron and the 224th Joint Communications Support Squadron both in Brunswick. He was hired into this position in February 2002.

In this position he is responsible for advising the Wing and Geographically Separated Units (GSUs) leadership on implementation and development of ANG family support programs. He provides advice, briefings and assistance to accommodate family needs during full or partial mobilizations to alleviate concerns of unit members about the families welfare during a deployment.

He coordinates information for seminars, conferences and orientation workshops for family members and Wing/GSU volunteers. He maintains a database allowing him contact with family members and volunteers.

A native of Charleston, South Carolina, he earned a Bachelor of Science degree in business administration from the Citadel in 1969 and a Masters degree in Professional Accountancy from Georgia State University in Atlanta in 1978. He completed Air Command and Staff College, Air University, through correspondence in 1985.

Frank received his commission as a Second Lieutenant, USAF, in 1969 through the ROTC program upon graduation from The Citadel. His military career includes active duty assignments as Aircraft Maintenance Officer, Barksdale AFB, Louisiana; Aircraft Maintenance Officer, Air Force Reserves, Charleston AFB, South Carolina. He joined the Georgia Air National Guard in October 1980 as an Aircraft Maintenance Officer in the 165th Consolidated Aircraft Maintenance Squadron. In 1992, he was appointed 165th Airlift Wing Public Affairs Officer. In April 1995, he was named Staff Public Affairs Officer, HQ GA ANG. He retired as a Lieutenant Colonel in June 1997. His military awards include the Meritorious Service Medal, Air Force Commendation Medal, Air Force Achievement Medal, National Defense Service Medal with device, Humanitarian Service Medal, Republic of Vietnam Gallantry Cross with Palm, Georgia Meritorious Service Medal with Bronze Boar's Head device, Georgia Achievement medal.

He retired after 32 years of service from Lucent Technologies in September 2001. In the community, Frank serves on the St. Patrick's Day Parade Committee - Executive Committee and is a member of numerous other service, religious and fraternal organizations.



Mr. Frank Baker

GA ANG Airman & Family Readiness Program Manager

Eileen Byrd is the Airman and Family Readiness Program Manager for the 116th Air Control Wing, Robins AFB, Georgia and its Geographically Separated Units (GSUs), which include the Georgia Air National Guard Headquarters and the 283rd Combat Communications Squadron, Dobbins Air Reserve Base, the 202d Engineering Installation Squadron, Robins Air Force Base, and the 139th Intelligence Squadron, Fort Gordon. Eileen has held this position since December 2001.

In this position she is responsible for advising the Wing and Geographically Separated Units (GSUs) leadership on implementation and development of ANG family support programs. She provides advice, briefings and assistance to accommodate family needs during full or partial mobilizations to alleviate concerns of unit members about the families welfare during a deployment.

She coordinates information for seminars, conferences and orientation workshops for family members and wing/GSU volunteers. She also maintains a database allowing contact with family members and volunteers.

A native of New York City, New York and the daughter of a NY Police Officer and an Army Lieutenant Colonel, (both retired), Eileen graduated from High School in Tucson AZ. Upon graduation she enlisted in the U.S. Navy as an Aviation Support Equipment Technician Mechanic. She was stationed at Naval Technical Training Center, Corry Station Pensacola Florida, at the Marine Corps Air station and Naval Air Facility, Yuma Arizona, and the Naval Air Facility, Atsugi Japan. After 10 years in the Navy she was honorably discharge, becoming a military spouse. She spent several years volunteering as the 116th Bomb Wing's Family Support Coordinator until the job became a paid position in 2001.



Mrs. Eileen Byrd

Volunteers

“Wherever a man turns he can find someone who needs him.”
Albert Schweitzer

Through volunteering, we make new friends and build strong families and strong communities.

Who can be a volunteer?

- Spouses
- Parents
- Grandparents
- Siblings
- Friends
- Significant Others
- Retirees

The role you play as a volunteer is your choice. There are many ways that you can help and all are equally important.

Contact your Unit or your Airman and Family Program Manager for more information on becoming a volunteer.



TSgt Stefanie Oxendine and triples McKeever Ann Oxendine, Adon Jeremiah Oxendine, and Mckenzie Simone Oxendine
165th MXS

Key Spouse/Key Volunteer Program

The logo features a yellow key with the words "Key Spouse" written in blue on its shaft. The key is positioned horizontally, with the head of the key on the left and the teeth on the right.

“Everyone can be great, because everyone can serve.”

Martin Luther King, Jr.

The Key Spouse/Key Volunteer Program is an official unit and family program designed to enhance readiness and establish a sense of Air Force community. It is a Commander’s program that promotes partnerships with Unit leadership, Key Volunteers appointed by the unit’s Commander, families, the Airman and Family Readiness Center and other Community agencies. The program has been standardized across the Air Force to address the needs of all military families with special emphasis on support to families across the deployment cycle. Adopting the Key Spouse/Key Volunteer program into the Air National Guard allows:

- Establishment of continuous contact with spouses/families
- Provides links to leadership
- Promotes individual, family and unit readiness
- Increases sense of Unit support
- Improves quality of life among ANG families

Key Spouse/ Key Volunteer Computer Based Training (CBT)

Visit www.usafservices.com/Home/SpouseSupport.aspx for more information about this program and online training.

Contact your Unit or your A&FPM to find YOUR Key Volunteer



MSgt Sonny, MSgt Tara Judd and Family
202nd EIS



Georgia National Guard Family Readiness Conference
Stretch your mind and your body. Renew your volunteer spirit. Get connected with your fellow volunteers and stay connected with your Family Readiness resources. Building strong, resilient, ready families with GA NG Family Programs.

BREAKOUT SESSIONS/COURSE DESCRIPTION**Credit Report Class**

Hands on "Pull and Review Your Credit Report."

Presenter: Lynda M. Smith, Military & Family Life Consultant, Finance

Financial Readiness & Economic Security

Understanding personal finance is one of the first steps to attaining economic security. During this presentation participants will examine personal and family resources and discuss the steps necessary to achieve financial success. Topics will include reviewing spending habits, money management, investments planning, tax management, the use of credit, risk management, retirement and estate planning.

Presenter: Lynda M. Smith, Military & Family Life Consultant, Finance

My Life in a Box

Family emergencies and natural disasters happen when you least expect them. Do you have a personal emergency tool box? Can you quickly locate your legal, financial and personal documents within minutes and be able to rebuild your life if something happens to your home? If you were injured could your family or close friends locate your documents quickly? Does anyone know your end-of-life wishes? If the power goes off in your community, do you have enough supplies to shelter in place for 7 days? My Life In A Box...A Life Organizer can help you say "YES" to those tough questions. Using a simple plan, you will be able to build an emergency tool box so that everything needed to successfully survive a family emergency or natural disaster will be easily accessible.

**Presenters: Sharon Coleman, Senior Readiness Support Assistant and
Tinie Stringfield, Family Assistance Specialist, Tifton**

BREAKOUT SESSIONS/COURSE DESCRIPTION

Military Benefits Panel

State of Georgia TAAs, Georgia Department of Veterans Services, American Veterans Services and OEF/OIF Transition Team will discuss benefits and claims requirements for combat veterans and their families. We can help you navigate through the numerous benefits and entitlements in the DoD and VA systems. We will take the time to assist you and not toss you into the “800 number desert!” Some topics include:

Services offered by the State of Georgia including Veterans Drivers Licenses, Vehicle Tags, State ID Cards, and Hunting and Fishing Licenses, all free of charge to combat veterans.

OEF/OIF Transition Team will discuss additional services offered by the Veterans Administration Hospital.

Access for health care in both the DoD and Veteran Affairs medical facilities.

TRICARE benefits while you are on active duty and when you return as an OIF/OEF veteran.

Important deadlines that require your action while still on active duty and as a veteran so you do not miss these time sensitive opportunities.

Dental care programs (time sensitive).

Referral for counseling services for you and your family that will not affect your career.

Referral for possible compensation for injury or illness sustained in OEF and OIF.

Processing claims for compensation.

Insurance information such as SGLI and TSGLI, Rehabilitative care management needed to help you return to a normal lifestyle.

Assistance with job search and connection with ESGR for rights of employment.

Assistance in connecting you to the Veterans Benefits Administration and Veteran Service Organizations to file disability claims.

Assistance in the event of financial hardship, healthcare issues, or unemployment needs.

Assistance with locating your medical records, DD 214s and other needed documents.

Presenters: Amador Rodriguez, Health Benefits Advisor; Marvin Thomas, Transition Assistance Advisor; Department of Veterans Services

BREAKOUT SESSIONS/COURSE DESCRIPTION

Key Volunteer Program for ANG Military Members (One time only on Saturday)

The Key Volunteer Program is the official Air National Guard family readiness program that supports Airmen and their families during deployment, separations, and emergencies, as well as enhancing the communication network between units and families. This breakout session will provide an overview of this program from the Command Team's perspective and discuss the importance of an active program and beneficial outcomes.

Presenter: Chaplain Brannon Bowman (Time permitting: there will be a question and answer session with Major General Moore and Command Chief MSgt Camp)

Key Volunteer Program for ANG Spouses, Volunteers, and Family Members (One time only on Saturday)

The Key Volunteer Program is the official Air National Guard family readiness program that supports Airmen and their families during deployment, separations, and emergencies, as well as enhancing the communication network between units and families. This breakout session will provide an overview of this program for the Volunteer's perspective and discuss the many benefits of an active program and the opportunities to get involved.

Presenter: Chaplain Liz Harris-Lamkin and Julie Camp

Joint Services Support Volunteer Registration and Tracking

This class will provide step-by-step instructions for all national and state program volunteers on how to:

- Register on the Joint Services Support Portal
- Add volunteer activity hours in the Activity Tracker
- View volunteer hours entered in the Activity Tracker

The Activity Tracker facilitates the tracking and maintenance of volunteer hours online. By recording activity hours online in the Activity Tracker, volunteers can ensure their hours are accurate and up-to-date at all times.

Presenters: Yele Olaniyi, Family Readiness Support Assistant, 48th IBCT and Penny Schneider, Family Assistance Specialist, Newnan

BREAKOUT SESSIONS/COURSE DESCRIPTION

Time Management

Does it seem like you never have enough hours in the day? Does your "to do" list keep getting longer? Would you like to spend more quality time with your loved ones? These issues are common to most military families, but come learn how to plan your time more efficiently, make the most of the hours you have, and build quality family time into your busy schedule! Good time management skills relieve stress, allow for more fun activities and build a healthy balanced life.

Presenter: CH(CPT) Leslie Nelson, Joint and Family Services Chaplain

Family Assistance Specialist (FAS)/Family Readiness Support Assistance (FRSA), Airmen Family Readiness Centers (AFRC) and You: Who we are, what we do and how to use us?

Military leaders have procedures in place to give clear orders, communication and instruction to military members conducting missions, especially those serving in combat zones. The military family also has a way to receive communication and information about military issues and available support: the Family Readiness Groups (FRG), Family Assistance Specialists (FAS), and Family Readiness Support Assistants (FRSA). FRG groups are volunteers who are ready and able to assist, educate and support families in a specific unit. FASs are paid staff strategically located in different parts of the state to assist individual families with resources and to help answer questions and deal with challenging situations. FRSA's are paid staff who assist the Command in delivering the total family program. In doing this they educate, inform and empower FRG's to build strong and resilient families.

With an increase in the number of military members experiencing multiple deployments, the need for support, information and resources continues to grow. As duty calls our service members to locations around the world, the family that remains stateside must navigate the changes that deployment brings. In the case of the activation of a National Guard and Reserve member, the member's family will often experience changes in insurance, a multitude of paperwork and new processes. Even if the family has experienced a previous deployment, new regulations are continually implemented. The FRG, FAS, and FRSA can assist with communication from Commanders and military leaders by creating a bridge to supply the needed information to the family members.

Presenters: Sonya Recker, Family Readiness Support Assistant, 48th IBCT and Christine Schwartz, Family Assistance Specialist, Kennesaw

BREAKOUT SESSIONS/COURSE DESCRIPTION**FIT STOP: Stretch Away Stress (Will be in Vendor's Location)**

Take advantage of this great opportunity to unwind, re-energize, and de-stress during your conference experience. Learn the proper technique for simple stretches that undo all the stresses related to too much sitting. Clear your mind and strengthen your body with a Fit-Stop.

Presenters: Stephen Clark and Danielle Farthing

Fit to Go (Saturday only)

This interactive workshop is designed to help you develop an effective, head-to-toe workout that will reduce stress, improve flexibility, build muscle, and burn calories. No gym required. (Participants should wear comfortable clothing and shoes)

Presenters: Althea Moser and Paula Moore

Corelates (One time only on Sunday morning)

Start your day with this beginner's class based on Yoga and Pilates designed to invigorate your body and mind and improve core strength. This class is great for a fit family and participants 10 years and older are welcome. Appropriate attire is required. Please no bare mid-drifts or boy-shorts.

Presenter: Althea Moser

Healthy Eating and Snacking

Preparing food for your family that is fast, cheap, and nutritious may seem like the stuff of legend, but it is not only possible, it is practical and surprisingly easy! This comprehensive food and nutrition workshop will focus on menu planning for convenience, nutrition, and cost savings. The U.S. Department of Agriculture MyPlate Dietary Guide, which focuses on healthy eating for all individuals, will be discussed and we will explore methods for helping to deal with picky eaters.

Terri Black, University of Georgia

Dealing with Stress through Humor

Dealing with Stress through Humor: This program is designed to define stress; look at the side effects of stress in our lives; and to provide the participants with ideas on how to deal with their stress. The program concludes with humor, because laughter is the best medicine.

Presenter: Heidi Flowers, University of Georgia

Georgia Air National Guard Family Readiness Resources

GA ANG Airman & Family Readiness Program Managers

Baker, Frank	(912) 966-8363 or (866) 812-8363	frank.baker@ang.af.mil
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GA ANG Chaplains

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Dobbe, Keith LtCol	(478) 201- 1274	Keith.Dobbe.1@ang.af.mil

GA ANG Directors of Psychological Health

Atanmo, Doris	(912) 966-8506	Doris.Atanmo.ctr@ang.af.mil
Donghia, Renate	(478) 201-1333	Renate.Donghia.ctr@ang.af.mil

GA ANG Yellow Ribbon Program Manager

Holcombe, Nelson	(678) 628-6856	Nelson.holcombe@us.army.mil
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Georgia National Guard Family Support Foundation (GNGFSF)

Morgan, Harriet	(678) 569-5704	www.georgiaguardfamily.org
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Georgia National Guard Joint Resources

Military One Source	1-800-342-9647	www.militaryonesource.com
Smith, Lynda M. (financial counseling)	(770) 883-7430	lynda.m.smith@healthnet.com lynda.m.smith@ctr@us.army.mil

Visit the **Georgia Air National Guard Family Readiness** page at:
www.165aw.af.mil/ or www.116acw.acc.af.mil/ under the resources tab for more
 information on Family Readiness.



With great appreciation and many thanks to Lt Col Randy Goss, Mr. Jon Paskett, MSgt Roger Parsons and TSgt Charles Delano for their work in establishing the GA ANG Family Readiness page.
 Special thanks to MSgt Roger Parsons and TSgt Charles Delano for their expertise and patience.



Family Matters

GA ANG Family: (n.) The People You Love; The People Who Love You.

Family Matters Wants Your Family Photos!



2nd Lt Jennifer Roberts, 165th AW, and her parents
Lovell and Joesph Roberts

Please send your family photos to
boarstale@gmail.com

Include members name, rank, unit and family
members names. Retired families wanted, too!

Photos will be chosen at random.

To be added directly to distribution list for “Family Matters”, send request email to:
boarstale@gmail.com Subject: Add to distribution list



Special thanks to Major Jacqueline Gibson
and the PA affairs representatives: MSgt Barbara Smith,
MSgt Danyal Colbert-Gaiters and TSgt Darenda Rogers at HQs GA ANG without whom
“Family Matters” would not be possible.



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