

SOLDIER AND FAMILY READINESS

Office of the Deputy Chief of Staff , G1 - Military Programs and Policy



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SOLDIER AND FAMILY SUPPORT

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Welcome!

Rosemarie Rose-Spencer, Chief, Soldier and Family Readiness, USAREUR G1

It is indeed a pleasure to be given the unique opportunity to lead the Soldier and Family Readiness Team. I arrived at HQ USAREUR G1 in January of 2012. Soldier and Family Readiness is vital to the well-being of our USAREUR Family. The Soldier and Family Readiness team includes the Family Readiness Support Assistant (FRSA), Army Values, and Well-Being Programs.

As the new chief of the team, I value communication. As one of our avenues of communication, we will publish a web based news-

letter quarterly. In the newsletter we will share useful and updated information. We will provide FRSA's with information which will be relayed to the Family Readiness Group (FRG) and ultimately to our Family Members.

As a second avenue of communication, we would like you to share your success stories and to promote what you do in your community. We will include "good news" stories in each edition.

I would like your assistance in naming our news-

letter. Please email your suggestions by 13 July 2012 to, Ms. Sonya Brown-Lathan at sonya.v.brown-lathan.civ@mail.mil. The Soldier and Family Readiness Team will review your newsletter name suggestions and we will include it in our next edition.

I want to thank you for the opportunity to serve as the leader of the Soldier and Family Readiness Team. Enjoy reading your "first edition" of our newsletter.

Email: rosemarie.r.rosespencer.civ@mail.mil

The Family Readiness Team - It Takes A Village

Sonya Brown-Lathan, Family Readiness Program Manager, USAREUR G1

You may have heard the proverb, "It Takes a Village to Raise a Child". This means that a group effort is needed to achieve a successful outcome. This term can be applied to the Family Readiness Program. The "village" or Family Readiness Team (FRT) assists the Commander in establishing and maintaining an effective Family Readiness Program.

The FRT consists of the Commander/Rear Detachment Commander (RDC), FRG Leaders, FRG volunteers, FRSA's, Family Readiness Liaison (FRL), and Army Community Service (ACS). Commanders are responsible for planning and implementing programs to support Soldiers and Family Members. As the FRG "team" lead, the FRG Leader works closely

with the Commander/RDC, FRL, and FRSA to the identify social and official needs of Family Members. FRG Volunteers provide assistance by serving as the phone tree point of contact, treasurer, and secretary. The FRSA's primary role on the FRT is to provide administrative and logistical support to the Commander and FRG. FRSA's serve as the

It Takes A Village

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nucleus of support for the FRG and Commander. The FRSA provides referrals to community agencies, establishes and updates FRG rosters, prepare and maintains the FRG budget, virtual FRG site, Facebook page, coordinates meetings and events, assists with pre-deployment and reunion activities, and schedules ACS training. The FRSA may also support the USAREUR Sponsorship Program by obtaining contact information from incoming Soldiers, DA Civil-

ians, and Family Members and connecting them to the FRG.

As the principle source of resources and services for the military community, ACS is an essential partner on the FRT. ACS conducts training for the FRT and offers programs and services such as Family Advocacy, Employment Readiness, Exceptional Family Member Program, and Relocation Assistance. These programs and services contribute to the well being of

Soldiers and Family Members. The coordinated effort of the FRT provides essential services and support of Soldier and Family Readiness.

For more information on Family readiness go to: <http://www.armyfrg.org>

“ Man has two supreme loyalties – to country and to family... So long as their families are safe, they will defend their country, believing that by their sacrifice they are safeguarding their families also.

But even the bonds of patriotism, discipline and comradeship are loosened when the family itself is threatened.”

~CPT Sir Basil Liddell Hart ~

*King's Own Yorkshire
Light Infantry
Thoughts on War, 1944*

Army Values - Embodiment of the Warrior Spirit

Walter Turner, Values Program Manager, USAREUR G1

In 2005, the Army began a campaign to reemphasize the importance of the Army Values throughout the force.

The Army Values are **Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage (LDRSHIP)**.

Our Army Values defined:

Loyalty: Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other Soldiers.

Honor: Live up to all the Army Values

Integrity: Do what's right, legally and morally

Personal Courage: Face fear, danger, or adversity (physical

or moral) - overcome them

Respect: Treat people as they should be treated

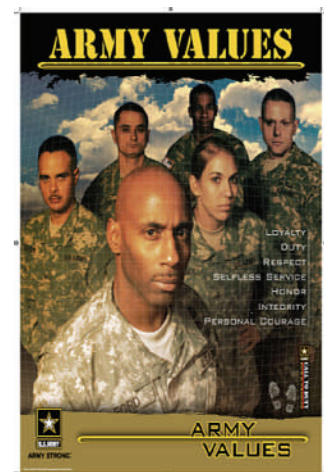
Selfless Service: Put the welfare of the Nation, the Army, and your subordinates before yourself

Duty: Fulfill your obligations

Army Values must represent our baseline, our foundation, and our core. **They define who we are, what we do, how we do it, and what we stand for.**

In USAREUR, leadership at all echelons will continue to emphasize the importance of Army Values as we follow the spirit and intent of our CG's Campaign Plan —advancing USAREUR towards a standards-centric community.

For the latest on Army Values go to; <http://www.eur.army.mil/g1/content/Programs/cmdValues/index.html>



Total Army Sponsorship Program

Jennifer Staley-Murphy, Chief, Military Policy, USAREUR G1

Many of us have experienced the challenges of a PCS move: the uncertainty, the anticipation, and let's not forget the associated stress with such a big change to our lives — especially when you're moving across an ocean to another continent with a huge array of cultures and customs!

Additionally, while Soldiers may be excited and anxious about their new OCONUS duty station, those with families are probably just as concerned about getting their families here and settled in. This is exactly why Commanders must implement and maintain an effective Sponsorship Program — it is the unit's first opportunity to make a positive impression and welcome the new member/family to the unit.

Although we can't totally

eliminate all the stress, we can tell you that the Army in Europe has phenomenal command teams, extraordinary garrisons, and FRG's that are ready to assist with a first class sponsorship program.

While there may be other online relocation programs available, if you are coming to USAREUR, the *European Assignment and Sponsorship Integrated Gateway or EASI-GATE is the way to go*. EASI-GATE provides Soldiers transitioning to Europe with a one-stop, real-time, web-based information portal containing the latest information on their assignment and sponsorship information.

EASI-GATE employs the same type of accessibility as the AKO web site: it uses a secure HTTPS connection which can be accessed from

any public domain computer by the Soldier after successful authentication with their AKO or Common Access Card credentials.

Last but not least, unit sponsors play a big role in sponsorship. Good sponsors make newcomers feel welcome and at home in their new unit and community. Good sponsors set the stage for a successful assignment to the USAREUR!

The following publications are recommended as useful references:

- AE Regulation 600-8-8, Military and Civilian Sponsorship.
- AE Regulation 600-10, IMCOM-Europe Orientation of New Civilian Employees.

Jennifer Murphy, DSN 370-3243 or Jennifer.j.murphy17.civ@mail.mil



EASI-GATE is a one-stop assignment and sponsorship information service portal for Soldiers who are on orders to Europe!

Sexual Harassment/Assault Response and Prevention (SHARP) Program

Michelle Fonseca, SHARP Program Specialist, USAREUR G1

The Department of Defense (DoD) Safe Helpline is a crisis support service for members of the DoD community affected by sexual assault. The Safe Helpline provides live, one-on-one support and information to the DoD community. The service is confidential, anonymous, secure, and

available worldwide, 24/7 by click or call - providing victims with the help they need, anytime, anywhere. This service empowers victims of sexual assault to receive help and obtain information about available services such as, crisis intervention, emotional support, referrals to both civilian and

military resources, information on military reporting options (Restricted vs. Unrestricted), and information for family and friends of victims. To receive help, victims may contact the Safe Helpline by calling 001-877-995-5247 or at the website; <https://www.safehelpline.org/>





Can you really get help over the phone? The truth is nothing can really substitute for personal contact however, if you find yourself alone and feeling depressed or have thoughts of anger toward the world, talk to someone. USAREUR has a toll free suicide prevention hot line which connects a caller in Europe to the US National Suicide Prevention Lifeline and Veterans Crisis line. It is a way to get help

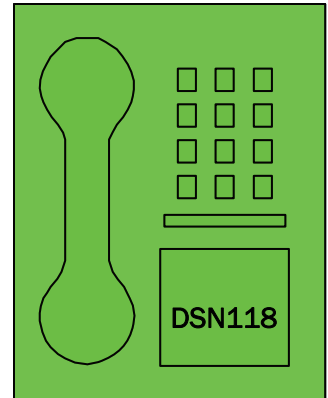
Suicide Prevention Hotline Available in Europe

Dr. Joy Summerlin, Well-Being Program Manger, USAREUR G1

All active-duty military, DoD civilians, DoD contractors and their Family Members can reach the Lifeline by merely dialing DSN 118 or commercially via a toll-free European number, CIV. 00800-1273-TALK (8255). The toll-free number can be dialed from fixed-line telephones and most cell phones in USAREUR, USAFE, and NAVEUR including sites in Spain, Por-

tugal, and Norway. A live Internet-based chat service is also available at www.suicidepreventionlifeline.org. Calls are confidential and will be answered by trained crisis counselors.

For information contact Scott Harris, IMCOM-Europe at scott.harris@us.army.mil or Dr. B. Joy Summerlin, USAREUR at betty.j.summerlin.civ@mail.mil



Elizabeth G.

*Family Readiness Support Assistant
Germany*



Children of deployed Soldiers cuddle with their "Battalion Buddies"

Operation Gratitude is a non-profit organization that provides "Battalion Buddies" to children of deployed Soldiers as well as sends individual care packages to deployed Soldiers.

The "Battalion Buddies" are a special gift to children during this emotional and stressful time. The message that comes with each Buddy reads: "Hi Brave Young Warrior: I am your Battalion Buddy! I am here to cuddle and play with you while Mommy or Daddy is away!

And my friends at Operation Gratitude will be sending a little something to Mommy and Daddy too!"

Operation Gratitude works with your unit to ensure that each deployed Soldier also receives an individual care package to follow up on that promise. Each care package contains an assortment of snacks, entertainment and hygiene items, as well as personal letters of appreciation. Operation Gratitude supported the deployment of the 172d Separate Infantry Brigade to

Afghanistan, and this unit has appreciated their tremendous efforts and outreach.

Additional information can be obtained by contacting the Operation Gratitude staff at www.opgratitude.com or by e-mailing opgrat@aol.com.