

# 108th Training Command (IET)

Army Reserve Family Programs

Connecting Soldiers \* Families \* Communities



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## What Is the Difference Between Veterans' Day and Memorial Day?

Many people confuse Memorial Day and Veterans Day. Both holidays were established to recognize and honor the men and women who have worn the uniform of the United States Armed Forces. But Memorial Day, which is observed on the last Monday in May, was originally set aside as a day for remembering and honoring military personnel who died in the service of their country, particularly those who died in battle or as a result of wounds sustained in battle.

While those who died are also remembered on Veterans Day, which is observed on November 11, Veterans Day is intended to thank and honor all those who served honorably in the military - in wartime or peacetime. In fact, Veterans Day is largely intended to thank living Veterans for their service, to acknowledge that their contributions to our national security are appreciated, and to underscore the fact that all those who served - not only those who died - have sacrificed and done their duty.



## Monthly Highlights

- November 3rd—Election Day
- November 11th—Veteran's Day
- November 26th—Thanksgiving
- December 25th—Christmas
- December 31st—New Years' Day

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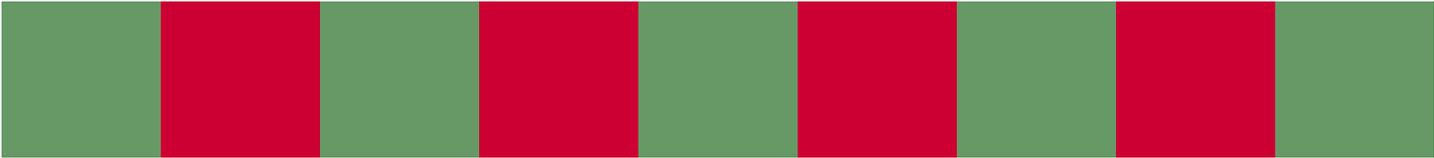


## Transition Workshops & Career Opportunities

The USO, in collaboration with Hire Heroes USA (a Transition 360 Alliance member), hosts a number of career transition workshops throughout the year. The workshops focus on resume writing, mock interviews, professional work practices and translating prior military experience into a civilian career. As a follow up to the workshops, the USO works with Hire Heroes USA to host Career Opportunity Days. These non-traditional career transition events connect employers with participants based on interest and background, the USO requires the companies that participate to be actively seeking candidates for open positions. Employers conduct introductory interviews and provide feedback to these men and women who, in many cases, have never participated in a civilian interview.

See the upcoming workshop event dates to the right. Contact Elda Auxiliare with the USO for more information at [eauxiliare@uso.org](mailto:eauxiliare@uso.org).

Date	Location
November 2-3	Ramstein Air Force Base, Germany
November 3-4	Fort Gordon, GA
November 3-4	San Diego, CA
November 3-4	Fort Buchanan, PR
November 5-6	Ramstein Air Force Base, Germany
November 16-17	New York, NY
November 17-18	Colorado Springs, CO
November 17-18	Fort Belvoir, VA
November 17-18	Lakewood, WA
November 17-18	San Antonio, TX
November 17-18	Las Vegas, NV
December 8-9	MCB Camp Pendelton
December 8-9	Fort Bening, GA
December 8-9	Tampa, FL



## How to Budget for the Holidays

There's nothing quite like finding that perfect gift. From the purchase, to the unwrapping, to the look of happiness, gift giving is a wonderful way to show how much you appreciate the special people in your life.

However, gift giving shouldn't be at the expense of your own financial well-being. Avoiding holiday debt will mean a lot less stress in the New year. Luckily, with a little planning and creativity, you can reduce the pressure of gift giving and keep your finances in check. You might even find that taking the focus away from gifts makes the holidays even more meaningful.

### How to Set a Holiday Budget

The first step in controlling holiday expenses is deciding how much you can afford to spend. There are four main areas in which most people spend:

- **Gifts:** In addition to the actual price, you also need to consider wrapping and shipping costs if you aren't able to deliver presents in person.
- **Entertaining:** If you're having people over for the holidays, you'll need to consider food and drink costs to accommodate your guests.
- **Travel:** If you're the one doing the visiting, you'll need to factor in travel costs, like gas money, plane tickets or hotels.
- **Decorating:** This can be a significant expense if you do a lot of decorating.

Think about your plans for this holiday season and estimate an affordable budget for each category. Then, think about how you can get creative to spend less.

### How to Spend Less This Holiday Season

Once you figure out where you'll be spending the most money, you can begin to reduce your budget. Here are a few ideas to help cut costs:

- Go in on a gift with a friend, family member or group to minimize your portion.
- Suggest a gift swap with your friends and draw names out of a hat instead of buying presents for everyone.
- Set a price limit for each person so you'll be forced to get creative and won't get carried away. You can ask your friends and family to take part in a price limit to make sure everyone is on the same page.
- Consider making a charitable donation as a group instead of exchanging gifts.
- Get crafty with a thoughtful and homemade gift like baked treats, a photo album or coupons promising child care or a date night.
- Watch for sales and shop around for the best deal on specific items you know you want to purchase.
- Use your Exchange for tax savings, price-matching and special holiday discounts.
- Mail gifts early so you don't have to pay extra for rush shipping, or consider sending items that are less expensive to mail, like gift certificates.
- Make your holiday travel plans early so you can get the best deal.

Above all, remember that you don't have to spend a lot of money to show the people in your life that you care about them. When it comes to gift giving, it truly is the thought that counts.

Source: Military One Source





**WHO:** Wreaths Across America (WAA) is a nonprofit organization founded to continue and expand the annual wreath laying ceremony at Arlington National Cemetery. WAA was founded by Maine businessman, Morrill Worcester, in 1992 by providing remembrance wreaths which were purchased and donated to honor the service and sacrifice of our veterans.

**WHAT:** Wreaths Across America Annual Wreath Laying Event

**WHERE:** The event occurs in ALL 50 States and in other areas. To see where the closest WAA event will be held near you, go to <http://www.wreathscrossamerica.org>.

**WHEN:** This year WAA will be celebrated at various locations on December 12, 2015 at 11:00am.

**WHY:** The mission of WAA is to Remember, Honor, and Teach. This mission is carried out by coordinating wreath laying ceremonies on a specified Saturday in December at Arlington National Cemetery, as well as Veteran's cemeteries and other locations in ALL 50 States and beyond. In addition to the Annual WAA Event, the organization provides a week of events including but not limited to international veteran's tributes, ceremonies at State Houses and a week-long "Veterans Parade" between Maine and Virginia. During the "Veterans Parade", planned stops along the way, help spread the message about the importance of remembering our Fallen Heroes, honoring those who serve and teaching our children about the sacrifices made by Veterans and their Families to preserve our freedom.

### Candy for the Troops!

If you have a lot of leftover candy after your Halloween festivities, please consider donating it to the troops! Here's what to do. Send all unwanted candy NO LATER THAN NOVEMBER 15TH to

**Operation Gratitude**  
17330 Victory Boulevard  
Van Nuys, CA 91406-5438  
ATTN: Halloween Candy/  
Angel Cuevas

Separate chocolate and non-chocolate candy. Make sure to line your boxes with big bags to safely ship loose candy or place the candy into zipper bags. Make sure to include a completed Donation Form (can be found

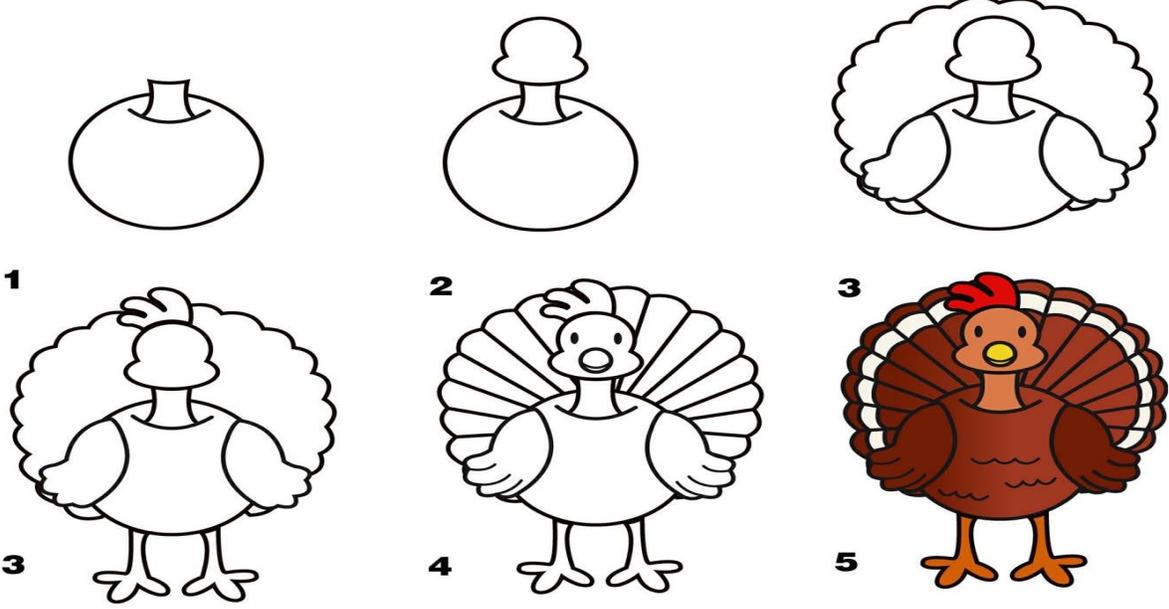
at [http://www.operationgratitude.com/wp-content/uploads/2014/08/Donor-Form\\_2014-2\\_fillable.pdf](http://www.operationgratitude.com/wp-content/uploads/2014/08/Donor-Form_2014-2_fillable.pdf)).

For more information on donating your Halloween candy, please visit Operation Gratitude for more information.





# Learn to Draw a Turkey



1

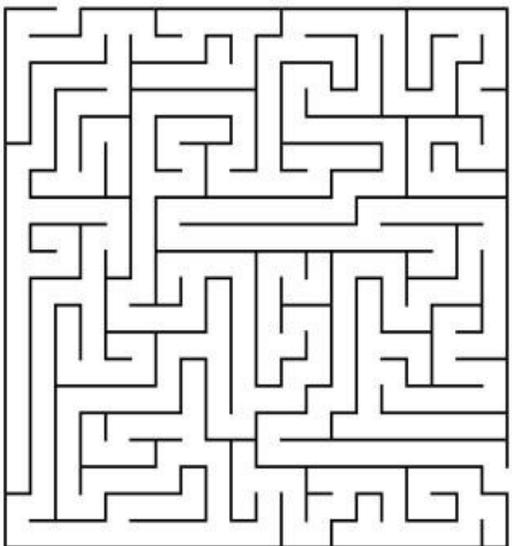
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## Family Programs Training Events

**Soldier Lifecycle Training:** Tentatively Scheduled from 17-19 APR 2015

**Description:** This will be a training designed to educate Family Readiness Liaisons on the needs of and responsibilities to Families during all phases of the Soldier's Life Cycle - New to the Army Reserve - New to the Unit - Assuming a Leadership Role - Mobilization, Sustainment and Reunion - Transition: ETS, PCS, Retirement or Wounded Warrior. Resources to support Families during each phase will be highlighted.

**Audience:** Family Readiness Liaisons

**Chain of Command Training:** Tentatively Scheduled from 20 –26 APR 2015

**Description:** This training will provide participants with information relevant to Command Teams on the administration of a unit Family Readiness Program designed to address needs throughout the Soldiers Life Cycle. Participants will be able to distinguish between the various roles and responsibilities of Command Team Members and identify Family Programs and staff positions to assist with the implementation of a healthy, holistic Family Readiness Program. This training facilitates the development of a unit Family Readiness Plan.

**Audience:** Commander, Executive Officer, Sergeant Major, First Sergeant, Family Readiness Liaison (FRL), Unit Administrator (UA), Supervisory Staff Administrator (SSA), Active and Experienced FRG Leaders may attend at the Commanders discretion.

**FRG New Era Training:** Tentatively Scheduled from 20-26 APR 2015

**Description:** This training is designed to provide FRG Volunteers with the knowledge, tools and skills required to build and maintain an effective FRG. Participants will explore the definition and mission of the FRG. FRG operations, exploration of regulatory guidance and supporting Soldiers and Families during their entire life cycle are major focuses of the training. Finally, participants will be able to distinguish between the various roles and responsibilities of Command Team members and Volunteers.

## Volunteer Orientation Teleconference

**Dates:**

14 November 2015

3 December 2015

**Description:** This briefing provides new volunteers and/or potential volunteers with an orientation of opportunities, expectations and requirements of volunteering with the Army Reserve Family Programs.

**Audience:** New Statutory Volunteers, Potential Statutory

**For More Information,  
Click [Here!](#)**



## 108th Family Programs Staff Information

Staff Member's Name and Position	Telephone Number	Email Address
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Tell us how we are doing!

Snowball Express is a program that remembers fallen heroes, and honors their sacrifice. Snowball Express caters to children who will never be reunited with their mom or dad. The purpose of this program is to provide hope and happy memories to the children of the fallen who died while on active duty since 9/11. The children and their parents experience four days filled with sporting events, dances, amusement parks and more. This is the opportunity to make the children of the fallen feel special and talk about losing their mom or dad.

For more information about the Snowball Express, please contact Ms. Shronda Eason at 704-227-2820 x 5010 or [shronda.r.eason.ctr@mail.mil](mailto:shronda.r.eason.ctr@mail.mil).



### Fort Family Outreach and Support Center

Fort Family is providing a single gateway to responsive Family Crisis Assistance, available 24/7, 365 days a year. It provides a unit and community based solution to connect people to people. By pinpointing Families-in-need and local community resources, the AR can quickly connect the Soldier or Family member to local resources thus providing installation-commensurate services in the geographic location of the crisis. Fort Family has established a community based capacity by engaging our Nation's "Sea of Goodwill" to support Soldiers and Families closest to where they live. Receive information and referral from Fort Family Outreach and Support for needs such as:

- Temporary Housing
- Emergency Funds
- Disaster Relief
- Debt Management
- Emergency Home Repair
- Assistance with locating nearest installation
- Separation or Coping issues
- Need information on how to find a CAC office



You may contact Fort Family at 866-345-8248 or [help@fortfamily.org](mailto:help@fortfamily.org).