



MIRC Family Programs Newsletter

This newsletter contains official information

Volume 1, Issue 5, January 2015



Commander's Corner



I hope our entire MIRC family had a very enjoyable and safe holiday season. The holidays provide us a chance to spend some quality time with friends and family as we recharge our batteries for the challenges we may face in the upcoming year. Across our formations we accomplished a great deal in 2014, and this is in large part due to the love and support our Families have been gracious enough to give us and our endeavors. Thank you.

As we begin 2015, the MIRC is moving full steam ahead. We will officially stand up our newest unit, the 505th MI Brigade in San Antonio with its accompanying battalions, the 383rd and the 549th. Additionally, we will activate the 372nd Interrogation Battalion and the 337th MI Battalion in support of US Army Africa. We will say a fond farewell to the 208th Regional Support Group as it is deactivating in September, and will begin the process to activate two Expeditionary MI Brigades, one on each coast, in early October. As you can see it will be a very busy year.

Both CSM Lambert and I recognize that the strain on our forces and Families will be great during this time period. We have placed a renewed emphasis on our Family Readiness Programs so that our Soldiers and their Families have mechanisms to remain resilient and find balance in their personal, professional, and military lives. Aside from the many great programs our Family Programs staff provides to our force, we will be expanding it further. In April, during the Month of the Military Child, the MIRC will pilot the first USAR Teen Resiliency Program. We are very excited about this program for a host of reasons, and believe it will be invaluable to our MIRC family and the standard for other commands to emulate.

As I conclude, I want to express my heartfelt wishes for a happy, healthy, and successful 2015. The Soldiers, Civilians, and Families within the MIRC are the finest our Nation have to offer. I have no doubt that the MIRC will be extremely successful this year and look forward to visiting our units and their families in my travels.

ALWAYS ENGAGED!
Brigadier General Gabriel Troiano

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Chain of Command Leadership

CDR
BG Gabriel Troiano

DCO
COL Stephen E. Zarbo

CCWO
CW4 James Bullock

CSM
CSM James Lambert





Command Sergeant Major Shout Out



Denise and I are very excited to be part of the MIRC Team. Since we arrived in July 2014, we have felt very much at home and have had some great experiences. I really enjoy visiting with our units and Soldiers as we travel across the country. I have even had a chance to meet some of our great Family members and volunteers. It is very refreshing to see robust support throughout the Command. Thank you for what you do.

At the headquarters we have had great activities for our Families, especially our children. Our journey started with a traditional Family Day, followed by sponsorship of a Maker Fair, a Halloween “Trunk-or-Treat”, and co-sponsor of Kid Tech University activities. We ended the year with another great Family Holiday Party. 2015 brings even more opportunities, as we bring new activities to the Command.

With colder weather affecting most of our Families across the Command, I encourage you to pay close attention to winter weather advisories and take steps to protect yourself and you’re Families. Dress in layers to stay warm, hydrate, and allowing extra time for travel are only a few actions to remember. I also encourage you to have a winter care kit in your vehicle and to keep extra blankets and flashlights (with batteries) available at home in case the power goes out.

Lastly, I want you to know that I have a true appreciation for our Families. I know from my own experience, that it is much easier to be the Soldier than the supporter. In my Family, the military lifestyle is a “WE” thing. My wife and daughters continue to be an integral part of our success. I thank all of you for providing that support to your Soldier and ask you to get involved with your unit’s Family activities.

Have a GREAT 2015!

“ALWAYS ENGAGED”

Chaplain's Message "A Prayer for Starting Over"

By CH (LTC) Randy Fannin



I remember having a conversation with a friend who was noticeably discouraged due to some unwise personal decisions she had made. Rather than add to her emotional beatings and the otherwise natural consequences of her actions, I gave her a little prayer card I found with the following words to serve as a simple reminder of our Lord's patience with His Children:

"Dear God, give me the courage to begin again -to overlook the difficulties, to overcome the obstacles and to stay open to the moment as best I can.

Help me be patient enough to know it takes time to start over, and wise enough to ask for help from friends and family when I need it.

As I look to the future, may I reflect on the past and remember the lessons it's taught me. And God, may I always look to you for strength and guidance."

Our Army puts significant emphasis on "resilience." Certainly, resilience starts from within, but what a difference each of you make with your caring gifts and graces!

Happy New Year!

CH (LTC) Randy Fannin
Command Chaplain
Military Intelligence Readiness Command



The StrongBonds schedule of events is available at: WWW.STRONGBONDS.ORG





Family Programs Information

Family Programs POC's

Family Programs Director

Ms Anette Ellis, (703)806-6934

anette.ellis.civ@mail.mil

Family Programs Coordinator

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School Services Specialist

Ms Karol Williams , (703)806-7248

karol.williams.ctr@mail.mil

Youth Services Specialist

Ms. Jasmine Hart, (703) 806-5308

jasmine.d.hart.ctr@mail.mil

Community Outreach Assistant

Ms Alesia Taylor, (703)806-5308

alesia.taylor.ctr@mail.mil

Yellow Ribbon Specialist

Ms Melva Anderson, (703)806-6915

melva.l.anderson.ctr@mail.mil

Family Readiness Support Asst

EUCOM, CENTCOM, AROA

Mrs. Rose Mitchell , (703)459-3727

rose.e.mitchell2.civ@mail.mil

Setting The Most Important Goals for 2015

The beginning of a New Year is a great time for setting personal goals. Many of us decide to join a gym or start a new diet to get healthy, however, don't limit that thinking to your physical health, also think about your financial health. Start 2015 off right by setting some financial goals for you and your Family. The best way to achieve your goals is to write them down and set up a schedule for monitoring your progress. So during this first month of the New Year, take the opportunity to sit down in a quiet place or have a family meeting and determine what your financial goals are for 2015 and beyond. Allow each member of your Family to have a part in helping achieve the goals, whether it is a short term goal to save for a Family vacation or a long-term goal of setting up a college fund or saving for retirement.

The SMART method is a great tool for guiding the goal setting process. Set **S**pecific, **M**easurable, **A**chievable, **R**ealistic and **T**ime-bound goals. Take the time to outline the steps you need to take to reach your financial goals and set dates for which these steps must be achieved. Without setting these goals, you are driving through life without a roadmap (or GPS)!

Being in the Military and Family Members of the Military, you have free access to many great financial resources to help you achieve your financial goals. There are personal financial counselors that can provide you assistance with budgeting, financial planning, investments, retirement, etc. In the private sector, people pay substantial money for the advice and guidance of these qualified professionals, however, the services are free to our Army Reserve Families. If you would like to take advantage of these resources, please contact Fort Family Outreach, Military One Source, Survivor Outreach Services or just simply contact your Family Programs office and we will put you in touch with the appropriate resources in your area.

2015 can be the start to a lifetime of financial readiness!

Upcoming FY15 Family Readiness Training Events

Training	Dates	Location
FRG in the New Era Training	March 20-22	San Diego, CA
Chain of Command Training	June 22-25	Orlando, FL

For more information on these trainings or to register, please contact the Family Programs Director or Family Programs Coordinator.



Confidential help for Veterans and their families

The Veterans Crisis Line is a toll-free, confidential resource that connects Veterans in crisis and their families and friends with qualified, caring U.S. Department of Veterans Affairs (VA) responders.

Veterans and their loved ones can call 1-800-273-8255 and Press 1, chat online at VeteransCrisisLine.net, or send a text message to 838255 to receive free, confidential support 24 hours a day, 7 days a week, 365 days a year, even if they are not registered with VA or enrolled in VA health care.

The professionals at the Veterans Crisis Line are specially trained and experienced in helping Veterans of all ages and circumstances — from Veterans coping with mental health issues that were never addressed to recent Veterans struggling with relationships or the transition back to civilian life. Veterans Crisis Line responders provide support when these and other issues — such as chronic pain, anxiety, depression, sleeplessness, anger, and even homelessness — reach a crisis point. Many of the responders are Veterans themselves and understand what Veterans and their families and friends have been through.

Since its launch in 2007, the Veterans Crisis Line

has answered more than 1.25 million calls and made more than 39,000 lifesaving rescues.

In 2009, the Veterans Crisis Line added an anonymous online chat service and has engaged in more than 175,000 chats. In November 2011, the Veterans Crisis Line introduced a text-messaging service to provide another way for Veterans to connect with confidential, round-the-clock support, and since then has responded to more than 24,000 texts.

In 2011, the National Veterans Suicide Prevention Hotline was renamed the Veterans Crisis Line to encourage Veterans and their families and friends, who may be the first to realize a Veteran is in emotional distress, to reach out for support when issues reach a crisis point, even if it is not a suicidal crisis.

VA is working to make sure that all Veterans and their loved ones are aware of the Veterans Crisis Line. To reach as many Veterans as possible, VA is coordinating with communities and partner groups nationwide, including community-based organizations, Veterans Service Organizations, and local health care providers, to let Veterans and their loved ones know that support is available whenever, if ever, they need it.

In order for Reserve Soldiers to be eligible for these VA services, the Soldier must have been previously activated and deployed but cannot be currently on active duty. Soldiers can contact their local VA eligibility center to register for VA services by providing a copy of their DD214. To locate your closest VA center, please visit www.va.gov.

Whether you are a Veteran or a friend or family member concerned about one, confidential assistance is only a call, click, or text away.

Information in this article is provided by www.VeteransCrisisLine.net
For more information about VA's mental health resources, visit www.mentalhealth.va.gov

Army Reserve Child, Youth & School Services

<https://www.arfp.org/cyss>



Upcoming Event at Mosby Reserve Center, Teaching Youth About Money is FUN!!

By Karol Williams and Jasmine Hart, CYSS Specialists

“You need to learn the value of a dollar.” Have you ever said that to your children? Have you tried talking with them about wise investing and saving...only to watch their eyes glaze over. Bring them to the “Earn It, Learn It, the Value of a Dollar” workshop on Saturday, 25 April from 0900-1200 at the Mosby Reserve Center, Ft. Belvoir, VA. This hands-on, interactive seminar will get your youth ages 8-17 excited about saving and spending money responsibly!

Financial Coach Shannon Tackett will demonstrate the difference between “wants” and “needs” by playing the M&M Budgeting Game...certain colors represent income and others represent an expense. The goal is to stay within budget...and then discuss how to do it in real life. Virginia Cooperative Extension Agent Jennifer Abel will then facilitate the “Reality Store.” Youth will be divided into two groups by age. Youth ages 8-12 will be in one room while teens ages 13-17 will be in another. They will be given imaginary lifestyles, incomes, and expenses....and then go from station to station “paying” imaginary bills while trying to stay within their budget. Stations include housing, food, clothing, transportation, health insurance, entertainment, and of course, “chance...” which could be either unexpected money or unexpected expense! For the culminating activity, a lively discussion will be led reinforcing the need to save early and often in life, wise investments, and responsible spending.

“Earn It, Learn It, the Value of a Dollar” is FREE in honor of the Month of the Military Child

This event is open to all Military Connected Youth ages 8-17 (To include Reserve, National Guard, All other branches, and Retired)

Saturday, 25 April from 0900-1200

Mosby Reserve Center, 8831 John J. Kingman Rd, Ft. Belvoir, VA

Register online at <https://www.cyssevents.com> beginning 26 January. Limited Space Available

POCs: Karol Williams, Army Reserve Child, Youth, and School Services Specialist Contractor: Odyssey TCI-JV, LLC karol.williams.ctr@mail.mil or 703-806-7248 or

Jasmine Hart, Army Reserve Child, Youth, and School Services Specialist Contractor: Odyssey TCI-JV, LLC jasmine.d.hart.ctr@mail.mil or 703-806-5308.



Army Reserve CYSS Information & Updates

SCHOLARSHIPS FOR MILITARY CHILDREN APPLICATION.....DEADLINE FEB 13

Applications for the 2015 Scholarships for Military Children Program are available at commissaries worldwide or online at <http://www.militaryscholar.org>. The program awards at least one \$2,000 scholarship at each commissary with qualified applicants. An applicant must be a dependent, unmarried child, younger than 21 (or 23 if enrolled as a full-time student at a college or university) of a service member on active duty, Reserve or Guard member, retiree or survivor of a military member who died while on active duty, or survivor of a retiree. Applications must be turned in to a commissary by close of business Feb 13, 2015. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods...not emailed or faxed. Applicants should ensure that they and their sponsor are enrolled in the Defense Enrollment Eligibility Reporting System database and have a military ID card. For more information, call Scholarship Managers at 856-616-9311 or email military-scholar@scholarshipmanagers.com.

Update for Fairfax County Schools

At this time, it is specific to Fairfax County Public Schools (FCPS), VA. FCPS has added a webpage specifically targeted to military families. It can be found at <http://www.fcps.edu/dss/ips/military>. There are a variety of tabs on the right side of the webpage that address specific needs like "Beyond the School Day," "School, Community, and Military Support Resources," and "Special Education Information." The Military Interstate Children's Compact Commission has now been adopted in all 50 states! It is designed to address the concerns of transitioning military families in transferring credits from one state school to another. You can visit that website at www.mic3.net.

For more information contact:

Karol Williams

School Services Specialist

Child, Youth, & School Services

Military Intelligence Readiness Command

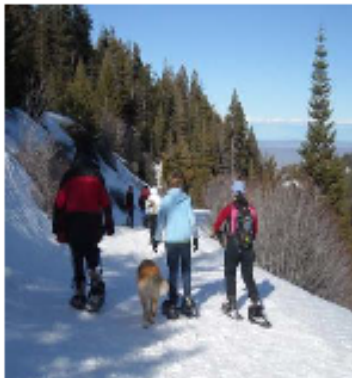
Ft Belvoir, VA 22060-6208

Office: 703.806.7248





JANUARY CAMPS



January 2015 Military Youth Camping opportunities are listed below. Youth have the opportunity to participate in unique experiences at little or no cost. Winter Camping Opportunities are provided by Military Teen Adventure Camp grants, Operation Military Kids, and YMCA locations. These camps are open to Military-connected youth regardless of Branch of Service who have a parent/loved one in any phase of the deployment cycle; priority is given to children/youth from geographically dispersed families. Camps for youth with special needs (physical disabilities) are also listed. There are spaces still available. Register your youth today!

Name of Event	City	State	January Dates	Ages/ Grades	POC Contact
White Mountain Adventure Camp (Youth with physical Disabilities)	Bretton Woods	New Hampshire	2-5	Ages 14-18	Charlotte Cross militaryteen.camp@unh.edu 603.862.0876 www.nhmilitarykids.org \$20 Registration Fee
Summer Camp Reunion	Sewickley	Pennsylvania	4	Ages 6-17	Baierl Family YMCA www.campsoles.org 814.352.7217
Military Kids Youth Summit	Sheboygan	Wisconsin	9-10	Ages 11-13	Shawna Wyman shawna.m.wyman2.ctr@mail.mil 608.242.3483
Super Science Saturday	Fort Wayne	Indiana	10	Grades 4-12	Heather Rosbrugh heather@starbasein.org 260.478.3712
Outdoor Winter Survival Camp	Croghan	New York	16-20	Ages 14-18	Lisa Vaughn lgv6@cornell.edu 315.788.8450, ext. 261 www.cceiefferson.org \$25 registration fee
Intense Winter Wilderness Survival Primitive Skills	Versailles	Kentucky	16-18	Parents and youth ages 14-18	Kerri Ashurst kgoodman@email.uky.edu 859.257.3032 Kelly Ulm Kelly@lifeadventurecenter.org 859.873.3271

CONTINUED ON



This information has been provided by Army Reserve Child, Youth & School Services.
For more information on resources and programs, please visit:
[HTTPS://WWW.ARFP.ORG/CYSS](https://www.arfp.org/cyss)

Fort Family Outreach & Support Center assistance is available 24/7 at 866-345-8248 or visit: WWW.ARFP.ORG



JANUARY CAMPS CONTINUED

Name of Event	City	State	January Dates	Ages/Grades	POC Contact
Winter Survival Adventure	TBD	Washington	16-18	Ages 14-18	Kevin Powers kcpowers@wsu.edu 509.667.6540 http://county.wsu.edu/chelan-douglas/youth/youth/mtac/Pages/index.aspx
OMK Winter Warrior Games Teen Retreat	Rockwood	Pennsylvania	16-18	Grades 7-12 DEERS Enrolled	Susan Smith sjs52@psu.edu 814.865.2264 http://www.cvent.com/events/omk-winter-warrior-games-teen-retreat/event-summary-6212519cddda44529327e85f42e9ef21.aspx Registration Ends JAN 5, 2015
SnoFest Military Ski and Ride Camp FREE Event for Wounded Warriors	Keystone	Colorado	21-25	Injured Veterans Family and Friends	David Schmid dave@adaptiveadventures.org http://adaptiveadventures.org/event/2015/snofest-military-ski-and-ride-camp
OMK "Lego Robotics" Camp	Lehi	Utah	24	Grades 6-8	Rachelle Greenhalgh Rachelle.greenhalgh@usu.edu 435.632.4608 http://utah4h.org/html/omk Registration Ends JAN 21, 2015
Art Lab at Upham Woods	Wisconsin Dells	Wisconsin	30-31	Grades 9-12	Sue Curtis Sue.curtis@ces.uwex.edu 608.342.1308 Registration Deadline—6 JAN \$10 registration fee



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For more information on resources and programs, please visit:
[HTTPS://WWW.ARFP.ORG/CYSS](https://www.arfp.org/cyss)

Fort Family Outreach & Support Center assistance is available 24/7 at 866-345-8248 or
visit: [WWW.ARFP.ORG](http://www.arfp.org)

Military Maker Festival

Hosted by the 80th Training Command and the
Virginia National Guard Youth Program



FEBRUARY 7, 2015

(SNOW DATE—MARCH 7TH)

10:00 AM - 2:00 PM

This is a FREE event!!

Open to ages 5-15, when accompanied by an ID card holder

**Location: Frank Lotts Conference Center
8000 Jefferson Davis Highway, Richmond
I Road, Building 31 G Bay**

NOTE: For directions and gate information visit www.vamyn.wordpress.com

Have you ever wanted to:

- Fly a blimp?
- Make a new instrument?
- Draw with a marker robot?
- Race a balloon-powered car?
- Take a computer apart?
- Play computer games with celery as the 'mouse'?
- Make Play-Doh light up?



All of this . . . and much more!



For more information, contact Nancy Schaff: nancys57@vt.edu



OMK Winter Challenge Camp

Feb. 13th - 15th, 2015



Located at the Northern VA 4-H Center
600 4-H Center Drive
Front Royal, VA 22630
(540) 635-7171

**Looking for opportunities to challenge yourself and build life skills?
This camp is for you!**

Spend the weekend participating in hands-on activities geared towards healthy living and creativity. You will be challenged mentally and physically while coming together with your teammates. **This camp is open to Army National Guard and Army Reserve youth ages 9-13.**

Camp consists of:

- Hands-on activities
- Focus on healthy living
- Fitness education
- Brain teasing activities
- Teambuilding and games



Registration will include all meals and lodging. The camp will start at 7:00 PM on Friday, February 13th and will end Sunday, February 15th at 11:00AM.

Registration will open January 16th, and will be available online at: www.nova4h.com.

Don't miss this fun camp! Space for only 25 campers!

For more information contact Nancy Schaff: nancys57@vt.edu.

Army Reserve CYSS Information



University of New Hampshire
Cooperative Extension



2015 NH White Mountain Winter Adventure Camps for Teens in Military Families!

Join the University of New Hampshire's Cooperative Extension Military Youth and Family Program for our winter adventure camp in the White Mountains of NH. Bretton Woods will serve

as base camp, providing easy access to all of our exciting winter adventure activities!

ALL INCLUSIVE! A **\$20** registration fee includes lift tickets, lessons, equipment rental, food/lodging and a camp memento. There are NO additional fees.

Transportation allowance of up to, but not exceeding \$200 per camper is available from anywhere in the United States!



Register now, as spaces are limited - two sessions available!

(Please register for one session only)



February 15–18

February 22–25

Ages: 14–18

20 military teens per camp

Teens will enjoy winter sports like alpine skiing, dog sledding, ice skating, snow tubing, and a winter hike. Participation in these opportunities will help increase self-esteem, competence, confidence, leadership skills, skill development, social skills, and communication techniques and promote an active, healthy lifestyle. Campers will work together, socialize, play, and learn through a variety of adventure-based activities.

For more information visit us at www.nhmilitarykids.org, or email militaryteen.camp@unh.edu

Military Youth and Family Program (603) 862-0876

Army Reserve CYSS Partners & Resources

Army Fee Assistance is working through the General Services Administration (GSA) to help those who serve in the military find and afford child care that suits their unique needs. Through the fee assistance program, families are eligible to receive monthly fee assistance to help offset the cost of child care in their communities. For more information visit, www.armyfeeassistancenaccrra.org/

Army Respite Care The Army Respite Child Care will provide the family between 8 to 16 hours of hourly child care each month for each of the eligible children. Parents can use this time to run errands, attend appointments, or just take some well-deserved time out for themselves. The Army recognizes the challenges and extraordinary stress the parents and their families may be experiencing, and wants to help support them in meeting their unique child care needs. Eligibility: Deployed; Temporary Change of Station; Unaccompanied Permanent Change of Station; Temporary Duty; Wounded, Ill or Injured Status; Survivors of Fallen Warriors.

Boys and Girls Clubs of America's (BGCA) is a network of safe, neighborhood-based facilities, for children/teens to come together. Visit: www.bgca.org

Military Kids Connect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age- appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. Visit: www.militarykidsconnect.org

Military Mentoring: Operation Bigs- is a new mentoring program created by Big Brothers Big Sisters that is specifically for military kids. The Big Brothers Big Sisters MMP supports children of the deployed and non-deployed, children of the fallen and children of the wounded and disabled. The program serves children of veterans at selected locations. The MMP also engages Active Duty, Reserve or Retired/Separated Military personnel, as well as civilians as volunteer mentors. Visit: www.bbbs.org

Operation: Military Kids (OMK) - provides support and resources to military youth before, during, and after parents are deployed. Visit: www.operationmilitarykids.org

Sittercity Welcomes Military Families- Sittercity membership at no cost for military families and offer access to a database of local babysitters, nannies, pet sitters, elder caregivers, etc. Memberships are funded by the DoD to help you find local sitters and military subsidized child care providers, and are available to Army, Marines, Navy and Air Force families, including Active Duty, Reserve, and Guard. Activate your membership today! Visit: www.sittercity.com/dod

Military Child Education Coalition (MCEC) - is a non-profit organization focusing on academic and school-related needs of military-connected youth. Visit: www.militarychild.org

SOAR- is designed for military families, and is easily accessible worldwide. Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Visit: <http://www.soarathome.org/> or www.militaryimpactedschoolsassociation.org

Tutor.com for U.S. Military Families - Get help from a professional tutor anytime you need it. FREE for Active Duty, National Guard and Reserve members in the Army, Marines, Navy or Air Force and their dependents. Tutors are online 24/7 and available to help in more than 16 subjects. Visit: www.tutor.com/military

Additional Resources

HEALTH CARE

Tricare - www.tricare.mil – Healthcare program for Uniformed Service members, retirees and their families worldwide.

Met Life - www.metlife.com/dental - Offering the Tricare Dental Program to Army Reserve members and their families.

EMPLOYMENT

Veterans Employment Center (VEC) (<https://www.ebenefits.va.gov/ebenefits/jobs>) Hero2Hired (H2H.jobs) has transitioned its online capabilities to the Department of Veterans Affairs (VA) Veterans Employment Center. Each State, Territory and the District of Columbia has an H2H Employment Coordinator assigned who can assist with VEC enrollment and local employment resources.

Joining Forces- www.whitehouse.gov/joiningforces -Joining Forces is dedicated to connecting our servicemen and women, veterans and military spouses with resources they need to find jobs at home.

Employer Support of the Guard and Reserve ESGR- www.esgr.mil – A DOD agency that seeks to promote a culture in which all American employers support and value military service of their employees. Increasing awareness of the law resolving conflict through mediation and recognizing outstanding support.

GENERAL INFORMATION

Fort Family Outreach- www.arfp.org. Or call 1-866-345-8248 - Fort Family is a resource designed to provide resources to Soldiers and their Families ranging from help finding jobs to housing and financial resources or just simple information and referral services.

Military One Source- www.militaryonesource.com Military OneSource supports every phase of military life including deployment, parenting, financial management, education, child care, spouse employment, moving, and much more, 24/7.

Army One Source - www.myarmyonesource.com - Healthy Families make strong Soldiers. Strong Soldiers make a successful Army and that's what Army OneSource is all about.

ARMY STRONG COMMUNITY CENTER—One stop resource and assistance centers designed to connect Soldiers, Families and communities. For more information visit: www.arfp.org.

This newsletter is distributed periodically and contains official and unofficial information published in support of the Military Intelligence Readiness Command Family Programs activities. Its contents do not necessarily reflect the official view of the Department of the Army or this command.