



# MONTANA NATIONAL GUARD

## FAMILY PROGRAM NEWS LETTER

AUGUST 2011

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## JOB BOARD

Spouse Tip – MSEPJobs! Connecting Military Spouses to Employers it's finally here! An online portal that connects military spouses directly to employers who want to recruit, hire, retain and promote military spouses into current job openings at their facilities around the world. By visiting the Military Spouse Employment Partnership – MSEP – jobs portal at <http://www.MSEPJobs.com> military spouses can get on the fast track to sustainable portable careers and employment with 72 Fortune 500 Plus Employers. Here's how it works:

- Establish your MSEP account: Your MSEP account holds your employment information, including resumes, and other information that makes it easy to submit job applications directly to participating MSEP employers with current job openings.
- 'I'm a military spouse:' Links you to Military OneSource's Spouse Career Center where spouses can explore portable career fields, occupations, licenses, credentials, and salaries; access education and training information including sources of financial assistance; become "job ready" by developing child care and transportation plans, resumes, job applications and interview skills; and learn how to make career connections to public and private sector employers.
- Search for job matches: Here, you can search for current job openings by job title, CONUS and OCONUS locations, most recently posted, and most viewed job openings. There is also a job match function that matches spouse account employment profile information to posted jobs to help take some of the guesswork out.
- 'I'm an employer:' Allows employers to post current job openings; access MSEP partnership information and applications; and see the growing list of participating MSEP employers by type of employer: finance, healthcare, retail, staffing, technology, and other.

So – help spread the word throughout the military spouse community: MSEPJobs.com is up and running. It's ready to help active duty, Guard and Reserve Component military spouses from the Army, Navy, Marine Corps, Air Force and Coast Guard make the connections they need for portable career employment, especially when they relocate to new duty locations worldwide.

Call our 24/7 toll free number to contact the Family Assistance Center Staff after hours if urgent assistance is needed.

1-877-706-7598

*“We must ensure each Soldier is equipped and trained to fight and win. We must also provide for our families.*

*We will not be successful if we fail to care for our loved ones waiting for their Soldiers to return.*

*We must fight for their healthcare, children, housing, and Well-Being with the same vigor we fight with on the battlefield. They deserve nothing less”*

*SMA Kenneth O. Preston  
Sergeant Major of the Army  
Retired 2011*



## Stop Loss Special Pay Program Continues to Accept Claims

The deadline to submit claims for Retroactive Stop Loss Special Pay was recently extended to October 21, 2011. This marks the sixth time the deadline has been extended by Congress. According to Army officials, more than 100,000 claims from Soldiers, Veterans and beneficiaries have been adjudicated and about \$300 million has been disbursed. Currently, there are about 6,000 claims pending review in the Army’s system. Army officials are hoping that the remaining candidates for Retroactive Stop Loss Special Pay take action and apply. The Army estimates a total of 120,000 Soldiers, veterans and beneficiaries may be eligible for the pay. Those eligible for Retroactive Stop Loss Special Pay receive \$500 for each month the Soldier held a stop-loss status. For more information on eligibility criteria and to submit a claim, visit <http://www.stoplosspay.army.mil> or [www.defense.gov/stoploss](http://www.defense.gov/stoploss). To read the article in full, please go to: <http://www.armytimes.com/news/2011/06/militaryarlington-records-abandoned-in-storage-unit-062311w>

## “After Deployment” Wellness Resource

Soldiers returning from deployments may face many challenges. AfterDeployment.org has set their mission to help Soldiers and their loved ones manage these challenges. On this website you can find self-guided solutions for dealing with topics such as; PTSD, stress and war memories, conflict at work, depression, anger, sleep problems, marital issues, etc. This site is designed for everyone; Soldier, Spouse, Parents, and loved ones of any sort.

Please visit [www.afterdeployment.org](http://www.afterdeployment.org) for more information.

## You Know You’re a Military Mama If

1. Your baby’s delivery was broadcast via Skype so your spouse or family could participate
2. You posed your newborn in your spouse’s helmet for a patriotic baby photo
3. Your diaper bag contains hand-held flags for waving at homecomings and parades
4. Your child runs onto the stage after the base’s “Military Idol” competition and sings the Air Force (or Army, Navy or Marine Corps) song for the audience
5. Your preschooler knows the difference between a destroyer and an aircraft carrier — and she didn’t learn it playing “Battleship”
6. Your child refers to the flight line as “my airport”
7. Taking your child’s photo in the driver’s seat of the moving truck is a beloved family tradition
8. Your child stops in his tracks and places his hand over his heart every night at 1700 when retreat sounds on post
9. You’ve warmed baby formula or food using the hot water produced by a hotel-room coffee maker
10. When you tell your child to stop talking sassy, he says, “Yes, Ma’am,” and salutes you

by Heidi Smith Luedtke, Air Force spouse



## Fort Harrison Day Camp!

MT National Guard Child & Youth Program partnering with Operation Military Kids is offering an active, healthy environment where children ages 6-12 will enjoy: **Discovery, Friendship, and Teamwork!**



Where: Fort Harrison ~ Helena, MT

Building #799

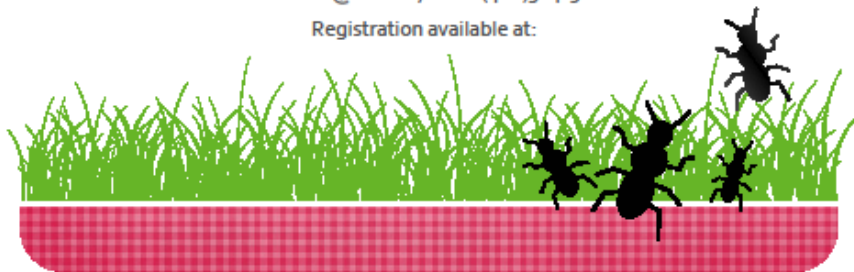
Time: 9am-4pm each day

Date: August 9-12

POC: Sara Cease, MT NG State Youth Coordinator

sara.cease@us.army.mil ~ (406)324-5120

Registration available at:



Contact your FAC regarding Back to School Supplies.

*(Contact information is on the back page for all the Family Assistance Centers.)*



# Save the Date!

## Supporting Children of the National Guard and Reserve Institute

Please mark your calendar for the upcoming professional development training!

The purpose of this course is to reach out in a support network to the children and families of the National Guard and Reserve. This training is open to guidance professionals, school administration and other caring adults interested in learning more about the military child.

### Supporting Children of the National Guard and Reserve Institute

*Date:* August 16-17, 2011

*Registration and Breakfast:* 8:00 a.m.—8:30 a.m.

*Institute Training:* 8:30 a.m.—4:00 p.m.

*Place:*

Holiday Inn Conference Center Downtown

Elkhorn Room

22 North Last Chance Gulch

Helena, MT 59601

95% attendance is required to receive  
institute credit and course materials

Funded by OSD/DA.  
No cost to participants.

For more information about this training or other professional development opportunities, please contact Jaime Cahn at 254-953-1923 or [Jaime.cahn@MilitaryChild.org](mailto:Jaime.cahn@MilitaryChild.org). Please visit [www.MilitaryChild.org](http://www.MilitaryChild.org), click the [Upcoming Trainings](#) tab to register.

**Log on to [MilitaryChild.org](http://MilitaryChild.org) to register!**

*Participants will have the opportunity to earn educational credits in the form  
1.2 CEU's for \$25.00 and/or 1 hour of graduate credit from Texas A&M— Central  
Texas for \$175.00, payable at the completion of the training.*

***Limited Seats Available! Register Early!***



# Save the Date!

## The Military Child Education Coalition's Professional Development Institutes coming soon to your area!

You are invited to the Living in the New Normal Institute: Helping Children Thrive Through Good and Challenging Times . The Military Child Education Coalition is a nonprofit organization addressing the educational needs of military-connected families. The LINN is a two-day institute outlining specific community resources, deployment information, and practical strategies for encouraging resilience in all children.

### Living in the New Normal Institute: Helping Children Thrive in Good and Challenging Times

*Date:* October 4-5, 2011

*Registration and Breakfast:* 8:00 am—8:30 am

*Institute Training:* 8:30 am—4:00 pm

*Place:*

Heritage Hall  
Montana State University—Great falls  
2100 16th Ave South  
Great Falls, MT 59405

95% attendance is required to receive institute credit and course materials

No cost to participants. Funded by OSD/DA

For more information about this institute,  
please contact Jaime Cahn at 254-953-1923 or [Jaime.Cahn@MilitaryChild.org](mailto:Jaime.Cahn@MilitaryChild.org).  
Please visit [www.MilitaryChild.org](http://www.MilitaryChild.org) click the Upcoming Trainings to register.

**Log on to [MilitaryChild.org](http://MilitaryChild.org) to register!**

*Participants will have the opportunity to earn educational credits in the form 1.2 CEU's for \$25.00 and/or 1 hour of graduate credit from Texas A&M— Central Texas for \$175.00, payable at the completion of the training.*

*The Military Child Education Coalition is accredited through IACET and NBCC, along with many other state professional development agencies*



# Great Fun at Camp Runnamucka!!

Article By Crystal Bailey

Camp Runnamucka is outside Great Falls - For those kids wanting to have fun  
It's a week at Camp Rotary for military kids - Wide open spaces where kids can run  
Everyone is sleeping in cabins - With a lodge with a fireplace for eating and crafts  
There's running water for drinking and the toilet - But also, JC's and a wonderful camp staff!!

It's not really roughing it- But trust me, it's a memory that will stick in your mind

There was nature hikes and Kitchen Patrol - Delicious food that's one of a kind

There was bathroom detail - And we had to keep our cabin clean

For if you don't we'll have critters - Bats, rats & spiders, if you know what I mean!!

There are certain traditions - That happen each and every day

We raise and lower the flag morning and night - And the Pledge of Allegiance, we say

We have Goofy Olympics - Frisbee Throwing, Crab Walk and a Hula Hoop Contest

To name just a few of many - There's also Skit Night, with

Lady Gaga and Mini Dee, imagine how you'll be dressed!!

There was Smores and a hot dog roast - At meals your manners we had to watch

No hats or elbows on the table - For non polite manners there is a catch

You'll be running around the table - Before our dance and movie night

Where we dance to the Cupid Shuffle - To the left and then to the right!!

We also pulled fun pranks on the other cabins - Cabins covered with toilet paper might appear

We also sent Smiley Grams to other cabins - Sending compliments, full of good cheer

Monkey Warriors, Social Butterflies, Neutrals and 8 Bits - Are just some of the cabin names

Sara is our leader, who's just Fabulous - We have misfit Medics for scrapes, bruises and sprains!!

Dee, from Rhode Island - Team Building she will teach us all

Don't worry about getting home sick - But when the bell rings, you better answer the call

It means it's time for the next event - And believe me the week will go fast

The General flew in, on his helicopter - And he thought it was a blast!!

He wishes he were a kid again - But maybe he's a kid at heart

Camp is a great way to make new friends - And it'll be fun to take part

We've gone to great lengths - For you to have fun as you can see

And the best part of the week at camp - For you all, it's absolutely "FREE"!!



**Sara Cease**  
State Youth  
Coordinator  
Montana National  
Guard  
(406)324-5120  
sara.cease@us.army.mil

# Military OneSource Webinars



## College Admissions Boot Camp

Thursday, August 18, 2011 at 12:00 p.m. Eastern Time Are you ready to dig deep and push yourself to limits you didn't think you could reach? Does the college admissions process scare or confuse you? The Spouse Career Center is here to provide you with a 360-degree understanding the college admission process. The admission process is one of the most important parts of obtaining your post-secondary degree. It is important to know and be comfortable with your own educational situation as well as how to get what you need for your institution of choice. Join us as we discuss admission applications, school selection, transfer credit opportunities, admissions counseling, and more.

## Fixing Your Credit

Wednesday, August 31, 2011 at 11:00 a.m. Eastern Time "Let us erase your bad credit — 100% guaranteed." "We can remove bankruptcies, judgments, liens, and bad loans from your credit file forever!" Claims like these are often the sign of a scam. Companies target consumers who have poor credit histories, promising to clean up bad credit reports so consumers can get a car loan, a home mortgage, insurance, or even a job — once the consumer pays a fee for the service. Nix the quick credit fix! Let the Federal Trade Commission (FTC) tell how you can improve your credit, choose a credit counselor, and stay away from credit scams.

## Survival Strategies for New Parents

Wednesday, August 24, 2011 at 3:00 p.m. Eastern Time Becoming a parent can be exhilarating and exhausting at the same time. How do you manage with too little sleep and too many diapers? Get the binky ready and join other moms and dads for a chat focusing on new parenthood.

Also, here is the link to archived webinars on MOSOL:

<http://www.militaryonesource.com/tabid/238/default.aspx>

## Montana Yellow Ribbon Events

August 6th & 7th - Billings  
(67th 60 Day Event)

August 20th - Great Falls  
(C Co 163rd During Event)



Yellow Ribbon contact numbers are  
406-324-3985 or 406-324-3984

2011 MTNG Family  
Readiness Leadership  
Retreat

Contact Misti  
Dauenhauer  
@ 324-3234  
for info on the  
Leadership  
Retreat.

Childcare  
available 0-5.

Great Falls, MT



2011 MTNG CYP  
Youth Leadership  
Retreat

Contact Sara  
Cease @  
324-5120 for info  
on the Youth Re-  
treat.

Youth Retreat is  
for those  
kids in  
grades  
1st—12th.

For more event information:  
[www.montanaguardfamily.org](http://www.montanaguardfamily.org)



# FAMILY PROGRAMS CONTACTS



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