



MONTANA  
NATIONAL GUARD  
FAMILY PROGRAMS

# MONTANA NATIONAL GUARD FAMILYS PROGRAM NEWS LETTER

October 2011

## Hunting Season Military Recognition Licenses



In accordance with 87-2-803(12) MCA, Montana resident members of the Montana National Guard, Federal Reserve or Active Duty who participated after September 11, 2001 in a contingency operation as provided in 10 U.S.C. 101(a)(13) that required the member to serve at least 2 months outside of the state are eligible for a free sportsman without bear licenses or a free fishing license for up to **five years**.

To take advantage of these licenses you must obtain the license in the year that you returned from military service or in the following year. If you were released from active duty on or before 2007 and did not take advantage of this license by 2008, you are no longer eligible.

These licenses are available at any regional FWP office or at FWP headquarters in Helena. You must provide proof of residency and your DD form 214 verifying your release from active duty and documentation showing that you participated in a contingency operation as provided in 10 U.S.C. 101(a)(13). Free sportsman without bear licenses require a payment of the resident hunting access enhancement fee of \$2.00.

Once certified in the system, you can obtain the military recognition licenses at any FWP license provider in the stat for the next four years.

FWP has had many calls from returning Soldiers to get their free license; they tell them that they need a copy of their DD214 to prove they are off Active Duty.

Explanation of DD 214 Release from Active Duty:

Proof of release from Active Duty with your DD214 means that you have to be totally off Active Duty not home burning up leave. **YOU MUST BE TOTALLY OFF ACTIVE DUTY AS PER THE DATE ON THE DD 214.** If your date is still in the future you are still on Active Duty. Your five years of free license will start the year following your release from Active duty. This is a onetime offer so any Soldier that is coming back from his or her 2nd, 3rd or whatever tour if they started the 5 years before from a previous deployment they do not get to start over again.

### 7 Deer hunting safety tips

1. Wear the bright orange hunting clothing gear so you can be easily seen and not confused with a deer.
2. Do not pull the trigger unless you are sure without doubt, that your target is a deer. Sounds like a no-brainer but you would be amazed that the most hunting accidents are from hunters shooting other hunters by accident.
3. Let your family and/or friends know when you're going hunting, where, and what time you're expected to be back home.
4. Check the weather forecast.
5. If at all possible, avoid hunting alone.
6. Use your own tree stand and make sure it's installed or built safely before you climb up on it.
7. Take care of your hunting equipment before and after the hunt.

#### Hunt Safe - Have Fun

Hunting is a fantastic and fun outdoor activity. Not only is it a great form of getting exercise but it allows you to spend time outdoors with your friends and family and even your dog.

By following the hunting safety tips outline above not only do you ensure your safety but that of your fellow hunters (both the two and four legged hunters). Please keep those hunting safety tips in mind each time so we can all have a safe and fun hunting experience.

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*(Thomas Edison)*

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*(Ezra Taft Benson)*

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<http://www.tutor.com/>.



The First Lady is asking military children from around the globe for some personal contributions to the finishing touches on the White House decorations this holiday season. The request is for military children to submit 5x8" handmade holiday cards with words of appreciation for their military parents, as well as pictures and drawings. The White House will display as many of the cards as possible.

Participants are asked to send holiday cards to the following address along with information from where they are sending it by **November 16, 2011**:

Reservation Attn: Social Office PO Box 8070 Washington DC, 20032

Please spread the word to your units, Family Readiness Centers, and whatever means you can think of to best advertise this opportunity for military children to express love, admiration and appreciation for their military parents this holiday season.



## Military Appreciation Weekend



**BIG SKY, Mont.** —Big Sky will host a military appreciation weekend December 16th-18th offering free skiing for active, reserve, and retired military personnel as well as great deals on lodging. Lodging specials are valid December 16th and 17th and include \$129 Huntley Lodge rooms, \$159 one-bedroom Stillwater condos, \$179 Summit Hotel rooms, and \$205 Shoshone Hotel rooms. Free skiing will be offered both Saturday and Sunday for military members. Half price skiing will be offered for their immediate families as well.

Big Sky offers discounts to active military personnel throughout the season by providing full day lift tickets at a \$48 rate with a current military ID. All spouses and family members will receive a daily ticket for \$74 with a current military ID. This program has been developed with the encouragement of Big Sky local, Dick Fast, a retired Air Force officer who now works for the resort at the Snowsports School. For more information call (406)995-5895

## United Concordia Dental

As of October 1, 2011 any Guard/Reserve member placed on Early Activation/Early Eligibility for TRICARE will automatically be coded as 234 Remote Dental upon their orders being uploaded to DEERS. This means they can make their own appointment requests for civilian network dental care by visiting the ADDP website [www.addp-uccci.com](http://www.addp-uccci.com) regardless of proximity to Military Dental Clinics. This update replaces the Command Memorandum



## Marriage Enrichments

for the 2012 Fiscal Year

February 17-19 Lewistown (possibly the Yogo Inn) – couples

March 10-11 Fairmont Hot Springs – singles

May 18-20 Whitefish, MT (possibly the Kandahar Lodge) – couples

August 17-19 Red Lodge, MT (possibly The Rock Creek Lodge or The Pollard Hotel) – couples

These FREE weekends are full of information and fun!

Army Guard Point of Contact Chaplain DuVall at 406-324-3307 ~ Air Guard—Holly Wick at 406-791-0867



# Holiday Cards and Letters

## Holiday Cards and Letters



Safety and security reasons **no longer allow packages to be addressed to “Any Soldier” or to an entire base in general.** The American Red Cross is sponsoring a national **“Holiday Mail for Heroes”** campaign to receive and distribute holiday cards to service members, veterans and their families in the United States and abroad. The card campaign includes those working and receiving care at Walter Reed National Military Medical Center. A special P.O. Box address may be found at <http://www.redcross.org/holidaymail>. Cards must be postmarked **no later than Friday, December 9.**

## Thanking Our Veterans and Military Families



# Great Holiday Care Package Ideas



### It's beginning to look a lot like Christmas...

- Santa hat
- Stuffed reindeer
- Christmas movie
- Kid's craft — paper snowflakes
- Fake snow
- Fake tree
- Lights
- Handmade ornaments
- String popcorn and cranberries
- Tiny wrapped packages (use gum, mints, or small items to go under the tree)
- Advent calendar
- Picture book (include pictures from past holiday gatherings)
- Small wrapped items to the theme of the “Twelve Days of Christmas”
- A box of Christmas Cards stamped and addressed to the soldier's family

### Just hear those sleigh bells ringaling....

- CD of you (and your children) singing Christmas carols
- CD of Christmas music
- Jingle bells

**Suggested last date to mail Holiday packages  
NOV 12th.**

### Jack Frost nipping at your nose...

- Holiday scented candle (pine, cinnamon, baking)
- Holiday scented oil
- Pine cones (scented)

### Now bring us some figgy pudding...

- Fresh baked cookies
- Eggnog
- SPAM (Christmas “ham”)
- Sausage and cheese
- Holiday RITZ crackers
- Mixed nuts (in shell) with a nut cracker
- Candy canes
- Christmas boxed chocolates
- Advent calendar
- Holiday coffee & creamer
- Hot cocoa or cider

### I'll be home for Christmas, if only in my dreams ...

Even though your soldier is far from home and needs pampering, you and your children need something to feel connected to him or her too. Craft a tradition for your family: buy an ornament each year, write a letter to Santa Clause, hang a special stocking, or read a special story and make sure you do it regardless of anyone's location. Make every effort to share this tradition across the miles by video-taping, calling, or even having your soldier available via webcam to participate.



## Don't Forget to sign up!

To get your child signed up go to the website and select the county that you reside in.

<http://www.toysfortots.org/donate/toys-city-conty.asp>

Once on the site select the “Request Toys” button at the top of the page and follow the instructions on that page for your area.

Toys for Tots are available to ensure that children throughout the United States experience the joy of Christmas.

Maybe you would like to volunteer— this would be the website that you would register at as well.

### United States Postal Service Holiday Date for Military Mail

In anticipation of a busy holiday shipping season, the United States Postal Service is announcing recommended holiday mailing dates and a discounted, flat rate price of \$12.95 on packages sent to military service personnel worldwide. The price includes a \$2.00 per box discount on Priority Mail Flat Rate Boxes for military mail being sent to APO/FPO (Air/Army Post Office, Fleet Post Office) destinations worldwide. In addition to a lower cost per package, customers can be assured that shipping with the Postal Service will provide reliable, trusted and secure delivery to military personnel stationed worldwide.

The recommended last day to mail the most economical postage to overseas military destinations, including Iraq and Afghanistan, is **Nov. 12, 2011**.

Also... With the announcement that 43,000 U.S. troops left in Iraq will leave by the end of the year, the U.S. Postal Service will soon stop accepting mail addressed to military post offices in country. After Nov. 17, USPS will delete the ZIP codes for Iraq military post offices from its databases, Defense officials announced Wednesday. Items en route to Iraq as of Nov. 17 still will be delivered.



Sara Cease

State Youth Coordinator ~Montana National Guard

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**Military Child Education Coalition (MCEC) brought 2 GREAT trainings to MT in the last 30 days. The trainings designed for educators, counselors, and such bring great resources to school communities in MT!**



The first in Helena was attended by 35 caring and wonderful folks! This was a “Guard and Reserve Institute”. Educating the educators on issues that Guard children face, encouraging them to be the catalyst in their schools to help Guard kids!

The second in Great Falls was a “Living in the New Normal Institute”. Just over 40 teachers and counselors from the area learned coping mechanisms and ways to help military kids adjust to a “new normal” that happens in their lives due to a military deployment, schooling or change of station.

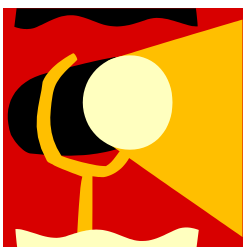
For more information or help in deciding where to hold future trainings... please contact Sara Cease.

**THANK YOU to the great folks of MCEC and especially to our MT educators for their willingness and dedication to supporting our Guard kids!**

### Pen Pal Program:

Who doesn't like to receive mail?? Who doesn't like to talk to someone that has similar experiences and interests?

The MTNGCYP is starting the first Pen Pal Program!! To encourage military youth across the state to communicate with each other! Regardless of deployment status... kids need connections with other military kids!



### Resource Spotlight: Zero to Three

Zero to Three works to increase awareness and collaborate with community, parents and professional for the care of very young children and families.

Military Family Projects

Click on the “Military Family Projects” for resources, study guides, flyers, information and so much more for your little military dependent...

Sooo much for babies and toddlers! This website and all that is available to you is FREE! Check it out!

To support the SOCIAL, EMOTIONAL, and ACCADEMIC needs of National Guard children and youth...

[www.montanaguardfamily.org/html/youth.php](http://www.montanaguardfamily.org/html/youth.php)





# Fighting Holiday Blues and Stress

The weeks between Thanksgiving and New Year's Day can be especially tough for military families. As a member of a Guard or Reserve family, you may be experiencing for the first time how the demands of military service can complicate the holidays. Maybe your family:

- ✦ will be separated during the holidays because of a deployment
  - ✦ is struggling to get back on an even keel after a deployment
  - ✦ is coping with a service member's mental or physical combat injury
- is having difficulty making ends meet because a call to military service reduced your income

Any of these situations can create stress, making it difficult to have the joyful family experience everyone wants during the holidays. Now is a good time to look ahead and come up with a strategy to make this year's holiday season the best it can be — even if you're coping with challenges. These tips can help:

- ✦ **Try to focus on what you have, not on what you don't have.** Being grateful for what's good about your life right now (good health, the fact that your child has just learned to read) makes it harder to dwell on what's not good.
  - ✦ **Set limits and stick to them.** If you decide in advance how much you're going to spend, or how much entertaining, decorating, and baking you're going to do, you'll have less stress and fewer regrets when the holidays are over.
  - ✦ **Resolve to be flexible if things don't go as planned.** Think about what could happen that would interfere with your plans — for example, if you can't get through to your deployed spouse by e-mail on Christmas Eve. Then think about how you'll adapt without letting disappointment bring you down — maybe by making a scrapbook with photos, cards, and scraps of holiday paper to have ready when your loved one returns.
  - ✦ **Don't try to hold in feelings of sadness, anger, or fear; or expect the holidays to make these feelings disappear.** It's better to go ahead and share your feelings openly and let trusted adult family members and friends provide their support.
  - ✦ **Take time for yourself.** You need some form of daily exercise and relaxation now more than ever. A brisk half-hour walk every day can help you feel better all day and sleep better at night.
- Use the holidays to strengthen your connections to family and friends.** The holidays provide an opportunity to put aside old grievances, forgive past hurts, and revitalize your relationships. Think about engaging in some low-key activities like board games or watching a funny movie together at home. It's less expensive than going out to a restaurant or movie and provides more opportunity to relax and enjoy each other's company.

Military One Source at [www.MilitaryOneSource.com](http://www.MilitaryOneSource.com) has many resources to help service members and their families get through the holidays. If you're heading into this holiday season already feeling overwhelmed by stress or anxiety, you may need more support than these tips provide. Don't forget that you can receive counseling free of charge through Military OneSource. Just call 1-800-342-9647 and a consultant will refer you to a counselor in your area.

## Montana Yellow Ribbon Events

November 5 & 6 - Missoula

*E Co 145th & B Co 1-163rd*

November 19 & 20 —Billings

*A Co 1-163rd*

November 19 & 20—Bozeman

*C Co 1-163rd & HHD 1-163rd*

Yellow Ribbon contact numbers are

406-324-3985 or 406-324-3984





# FAMILY PROGRAMS



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