

#### Idaho National Guard Service Member & Family Support





April 2024

Idaho Military Retiree

Quarterly Newsletter

#### Upcoming Events



#### **April:**

Month of the Military Child, Sexual Assault & Prevention, and Volunteer Appreciation Month

20th- Ride for 22 (Veteran Suicide Awareness Rally)

24th- Sexual Assault Awareness & Prevention 5k / Denim Day

#### May:

#### **Spouse Appreciation Month**

1st-TAG Gowen Field Area Beautification Day (2-4pm)

2nd- National Day of Prayer Hike & N. Idaho Retiree Social

9th-Gowen Food Baskets Giveaway & TV Joining Forces Meeting

15th-Gowen Retiree Social

27th Memorial Day Ceremony at Idaho State Veterans Cemetery

#### June:

6th- N. Idaho Retiree Social & Gowen Field Blood Drive

13th- Gowen Food Baskets Giveaway & Joining Forces Meeting

19th-Gowen Retiree Social

28th- Veteran Appreciation Fair

#### July:

11th- Gowen Food Baskets Giveaway & Joining Forces Meeting

17th- Gowen Retiree Social

20th-Golf Scramble

27th-Boise Military Family Appreciation

Visit our events calendar for more details at: <a href="https://www.imd.idaho.gov/events/">https://www.imd.idaho.gov/events/</a>

#### **APRIL**

We had a great time at our Retiree Socials in Northern Idaho and the Treasure Valley this April! Thank you to all who attended. Click **here** to view these events and who attended them on our Idaho National Guard Service Member and Family Support Facebook group!





#### April Retiree Social's











# Showing support for our Military Youth!

# April is

# **Sexual Assault Awareness**& Prevention Month

Sexual Assault 24/7 Response Line 208-447-6166



Denim Day April 24th



Sexual Assault Prevention and Response Program (SAPR) Presents:

#### Sexual Assault Awareness and Prevention 5K

**GOWEN FIELD RECREATION COMPLEX** 

WEDNESDAY, APRIL 24TH

@ 1500

FOR BASE ACCESS PLEASE CONTACT (208) 272-8300 BY 22 APRIL

Virtual participants: take photos at the end of your run and submit them to Haily

For More Info Contact: 208-272-8400 HAILY.R.BARLEY.MIL@ARMY.MIL



Want to volunteer? The Idaho National Guard J9 - Service Member & Family Support has opportunities for you to get involved in various volunteer efforts! Contact us for more information at famiyprogramsmarketing@gmail.com!







It is National Volunteer Appreciation week!

Each day this week we will showcase some of our volunteers to say...

Thank you Jacque Ockerman for being willing to use your remarkable skills and talents to fuel our mutual objectives. We acknowledge the time and effort you are willing to put into improving the readiness of our organization and the experiences of our Idaho National Guard members, families, and retirees.

#NationalVolunteerAppreciationMonth #VolunteerAppreciationWeek #IDAHONATIONALGUARD #servicememberandfamilysupport #Volunteer #SMFS #sfrg





324 post reach



Samantha Rex, Keesha Showers - West and 8 others

1 comment



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Comment



√ Send













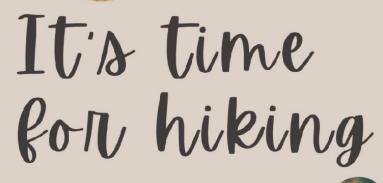
Want to see more volunteer spotlights? Visit our Facebook group: Idaho National Guard Service Member and Family Support





POC: idngsmfsegmail.com

IDNG J9 - Service Member & Family Support and the Idaho State Chaplain's Office



The Idaho State Chaplain's Office invites you on a fellowship adventure to recognize and celebrate the National Day of Prayer. Join us for breakfast and refreshments followed by a hike up Table Rock. All are welcome!

MAY
2ND 8AM

#### REGISTER NOW

- 2421 E Old Penitentiary, Boise, ID, 83712
- 208-272-4311 | colton.j.sabala.mil@army.mil
- https://www.cognitoforms.com/Personal2039/\_2024NationalDayOfPrayerHike







#### MILITARY RETIREE SOCIAL

FOOD | DRINKS | GAMES | MUSIC

2 MAY | 6-8PM

NORTH IDAHO RETIREE SOCIAL - AMERICA LEGION POST 143

FOR QUESTIONS CONTACT:
ROPROUGEONEIDAHO@GMAIL.COM





Visit www.veterans.idaho.gov/cemeteries for more information

JUNE







#### COMMUNITY, CAMARADERIE AND CONNECTION

Join us for a day of connection and inspiration. Registration is free and Lunch is included!



苗 June 8th, 2024



9:00AM - 3:30PM



Warhawk Air Museum Nampa Idaho



To Register, scan the QR code



www.eventbrite.com/e/2024idaho-women-veteransconference-tickets-851907547407

#### **Questions, Contact:**



Marisa.McCarter@ veterans.idaho.gov

#### with Keynote Speaker:

Chief of Staff-**ID Army National Guard** 

Col. Nicole Washington





**JULY** 





# GOWEN MILITARY RETIREE SOCIAL

JULY 17TH, 2024 | 4:30-6:30 PM RALLY POINT

Alcoholic and Non-Alcoholic Beverages Free Snacks | Dinner for Purchase





REGISTRATION/PAYMENT WILL BE ONLINE at this QR Code

ATT: 1SG Wes Obenauer 3634 W. Guard Street, Bldg 500 Boise, ID 83705-8047 Questions call 1SG Obenauer at 208-870-9190 or email wes.l.obenauer.mil@army.mil



#### OTHER THINGS TO KNOW



#### Save the Date!



The 116th BCT OIF III Reunion Committee is preparing plans to commemorate the 20th Anniversary of the largest and most historic deployment of the Idaho Army National Guard. This reunion will be a three-day event.

**Friday, August 9, 2024:** Battalions will host local socials at various locations across many states.

**Saturday, August 10, 2024:** Enjoy a family day and dinner at the Hayden Beverage Company concert area in Boise, Idaho.

**Sunday, August 11, 2024:** Remembrance Brunch/Ceremony for Idaho's fallen at Gowen

Register by clicking the link, or scanning the QR code:

https://forms.wix.com/f/7175605820942451608



Details are forthcoming, but you can get the most up-to date info by visiting the 116th BCT OIF III

Deployed Veteran's Facebook Page





#### WORKING FOR A CAUSE.... NOT FOR APPLAUSE

Is there a uniform in your closet gathering dust? Do you miss the ties you had when you were in the military? Can you volunteer a few hours a month to a worthy cause? If the answer is yes than the Idaho ESGR volunteer team would love to have you join us.

Established in 1972, the ESGR is a Department of Defense organization made up of volunteers that come from all walks of life to develop and promote a culture in which employers support and value the military service of their employees.

Idaho's volunteers meet this mission head-on by educating bosses, supervisors, and company leaders in events like Bosslifts and employer briefings throughout the state. We keep service members informed of their rights and responsibilities through unit briefs, the Yellow Ribbon program and other events. And when there is conflict, we provide free Ombudsman services to resolve it quickly.

But the thing we get to do most often is present awards to great bosses and companies throughout Idaho. Take a look at the Idaho ESGR Facebook page to see what we do. Then ask yourself — what am I waiting for? Join us - do it today!

#### www.esgr.mil

ESGR Support Technician (208) 272-3346 ESGR State Chair – Karla Draper, kadraper@outlook.com

Nominator Master Sgt. Kelly Goodman, Lt. Col. Gerber, ESGR Volunteers, Veterans Affairs Team



# Are you a veteran seeking resources for yourself and your family?

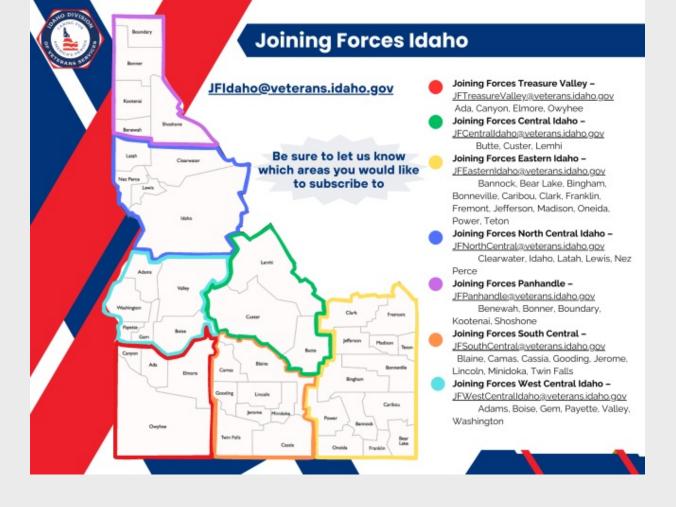
On April 11th 2024 at the inaugural 2024 Joining Forces Idaho conference there were one hundred seventy people that came together to learn more about resources in Idaho for veterans and it was done under the banner of Joining Forces.







Let's get you connected!





Joining Forces is a "coalition of communication" between veteran service organizations helping our Veterans, Active-Duty Military, Guard Members, and Reservists. If you would like to know about events or resources in your region, please email that region (see map) to be put on the distribution list. You can sign up for as many regions as you like, and everyone is automatically enrolled in Joining Forces Idaho to receive information pertinent to all Idaho Veterans.

For more information you can contact Mitzi Cheldelin

Joining Forces Treasure Valley – Gowen Field – 2nd Thursday of each month from 7:45-9:00 a.m.

Joining Forces Eastern Idaho – State Hospital South in Blackfoot – 1st Friday of each month from 9:00-10:00 a.m. (except July because of Independence Day).

Joining Forces Magic Valley – County West Offices in Twin Falls – 3rd Tuesday of each month from 7:00-8:00 a.m.

Mitzi Cheldelin
Idaho Division of Veterans Services
Community Resource Coordinator
"Caring for America's Heroes"
www.veterans.idaho.gov
Cell: 208-957-3633

Fax: 208-780-1381

Mitzi.Cheldelin@veterans.idaho.gov--





# 2024 VETERANS LEGAL CLINICS

FREE TO ATTEND FOR VETS & SPOUSES

\* \* \* \*

Legal Clinics are held from 2PM to 4PM in Bldg. 54 at the Boise VA Medical Center 500 W. Fort St. Boise, ID 83702.

Assistance with Estate Planning & Wills are not included at these Legal Clinics.

Please contact Amanda Pentland, LCSW at (208) 422-1064 for additional information.

January 18, 2024 February 15, 2024 March 21, 2024 April 18, 2024 May 16, 2024 June 20, 2024



MilitaryOneSource offers service members, eligible family members and survivors. Eligible service members include retirees who are within 365 days of their retirement date, end of tour of service, or discharge date. New to 2024 is an eligibility screening verified through the Defense Enrollment Eligibility Reporting System. Unfortunately, eligibility requirements have changed for Veterans and retirees past 365 days of retirement.

This information is found here: https://www.militaryonesource.mil/financial -legal/taxes/miltax-military-tax-services/

**INTRODUCING OUR NEWEST RESOURCE:** 



#### **OUR SERVICES**

#### **RESUME PREPARATION**

- The labor force is changing; learn what is new and how to navigate the Applicant Tracking System (ATS)
- -Every skill matters and can be translated to the civilian sector
- Ensure your resume stands out to employers
- Life happens; we want you to be ready when it does

#### CAREER DEVELOPMENT/TRANSITION

- Underemployment is a major contributing factor to financial stress
- -You work hard to earn your check. Is your check earning you?
- -Joining forces with Mission 43, Hire Heroes USA

#### TRADE CERTIFICATION OPPORTUNITIES

- Professional/Skill Development is the key to Career Growth
- Collaborating with EQUUS Workforce Solutions, Idaho Transportation Department, Mission 43, and others

#### **WHEN**

Monday-Friday 0700-1630 \*Following AGR (5-4-9) Schedule

#### **WHERE**

4250 W Cessna St Boise, ID 83705 BLDG 270 Room 118

#### HOW

martin.j.vejar.mil@army.mil

(208) 519-2959









Mission 43

**GET FREE FINANCIAL ASSISTANCE:** 



A Personal Financial Counselor (PFC) provides financial literacy and education across the military lifecycle to Service Members and Families enabling them to achieve financial readiness in support of mission readiness. The no-cost financial counseling services ensure military consumers receive the consumer protections afforded to them by Congress and reduces the risk of financial challenges and associated stress that may impact individual performance and mission readiness.

Financial education includes but is not limited to:

- Money Management
- Budgeting
- Retirement Planning & the TSP
- Credit Building & Repair
- Military Pay & Benefits
- ✓ Homebuying
- ✓ Taxes

#### **Contact your PFC Today**

- **Q** 208-272-8332





https://www.imd.idaho.gov/ personal-finance-counseling/





### LEARN MORE ABOUT WHAT IS GOING ON WITHIN OUR COMMUNITIES THROUGH THESE RESOURCES:

Monthly J9 Drill Letters are distributed to our drilling units and can also be found on our website:



#### SERVICE MEMBER & FAMILY SUPPORT **NEWSLETTER**

•APRIL 2024

1-800-479-7006

4250 Cessna St BLDG 270 Boise, ID 83705 Visit us online at:

https://imd.idaho.gov/family-programs/

#### A Message From the SAPR Team

Throughout the month of April, the Idaho National Guard recognizes Sexual Assault Awareness and Prevention Month (SAAPM). This year's theme from the Department of Defense is "Step Forward. Prevent. Report. Advocate."

Within J9's Service Member and Family Support there are dedicated professionals trained to support sexual assault survivors whenever they are ready to seek assistance. Additionally, to better support the Idaho National Guard's members and their families. the program has expanded services to include individuals who have experienced sexual harassment or domestic violence. Confidential assistance is available 24/7 by calling 208-447-6166. Staff can discuss options for reporting, safety planning, and provide referrals to mental health, medical, legal, and chaplain services. Friends and family members of survivors are also encouraged to call if they would like more information on how to support a loved one

Sexual assault is a crime that impacts too many people within our communities, but everyone can take steps to enact prevention measures and support survivors. Building a culture of prevention starts with ensuring our workplaces foster a sense of respect for every team member. All are encouraged to intervene or report situations that may lead to an unhealthy workplace climate, sexual harassment, discrimination, or sexual assault.

Individuals can also show support for the program by participating in Sexual Assault Awareness and Prevention Month activities. At Gowen Field, a Denim Day Ceremony and 5K event will be hosted on April 24th; a virtual 5K option is available to any members who do not reside in the Treasure Valley. Event details can be obtained by calling 208-272-8400 or going to https://www.imd.idaho.gov/events/. We hope to see you in April and remember, when in doubt- reach out!

-Julie Whirlow, State Lead SARC

#### APRIL UPCOMING EVENTS

April is Month of the Military Child (MOMC) as well as Sexual Assault Awareness and Prevention Month (SAAPM) and Volunteer Appreciate Month

- 4th Retiree Social (Northern Idaho)
- 5th Blood Drive (Gowen)
- **5th-7th** Free VITA Tax Assistance (Gowen/Online)
- 11th- Free Food Baskets (Gowen)
- 17th-Retiree Social (Gowen)
- 24th- Sexual Assault Awareness/Prevention 5K (Gowen)
- 27th -Secret Garden Tea Party (Gowen)

#### https://www.imd.idaho.gov/events/month/

for more information and registration links!

Stay up-to-date with events and opportunities by following us on social media.



COMPREHENSIVE LIST OF RESOURCES







#### nvironmental Healt

Look for our new Total Health recaps in every drill letter. This is meant to be a refresher so you can remember to practice healthy habits in all aspects of your life.

#### WHAT IS ENVIRONMENTAL HEALTH?

Creating and preserving a space to promote optimal learning, contemplation, and/or relaxation that supports well-being. Caring for belongings by performing regular preventive services to maintain functionality and quality.



#### KEY POINTS

- Environmental health relates to our surroundings the things we hear, see, the air we breathe, water quality, climate, and safe accessibility in outdoor areas
- Creating awareness around the areas that can improve our health and the longevity of the planet
- Example: being aware of climate conditions and what safety measures to follow. Heat conditions - be aware of flag condition, have sufficient water source, electrolytes, protective clothing (loose/light), hat, eye protection, sunscreen
- · Stewardship of environment and belongings means caring for the environment and maintaining our belongings
- Example: vehicle maintenance to improve longevity and quality (oil change, changing air filters, balancing and rotating tires, replacing old windshield wipers, etc.)

#### ALL 8 PODCAST THE ULTIMATE "F" WORD

- Check out our episode of the all 8 podcast to learn about food, fitness, and your body
- Learn the difference about disordered eating and an eating disorder the army height and weight standards healthy?

#### **ALL 8 PODCAST**

For more ways to learn about your Total Health check out our podcast All 8 on Spotify.



Click Here

Introducing: **Employment Resource** Åssistance

SGT Martin Vejar J9, State Employment Specialist martin.j.vejar.milearmy.mil 208-529-2959

Resume Preparation Trade Certification Opportunities tewide Employer



Download our mobile app featuring amazing new updates! Scan the code below or click here



Join our Facebook group below by clicking here



VISIT OUR WEBSITE AT https://www.imd.idaho.gov/idaho-national-guard/family-programs/



#### Idaho National Guard J9 - Service Member & Family Support Resources:

Events:

https://www.imd.idaho.gov/events/



Service Member & Family Support (Idaho Military Division) Website:

https://www.imd.idaho.gov/idaho-national-guard/family-programs/



J9 Resources of Care

https://www.imd.idaho.gov/wp-content/uploads/2024/02/Resources-of-Care-Feb-Updates-1.pdf



#### Idaho National Guard Mobile App:

https://apps.bfacmobile.com/var/apps/browser/index-prod.html#/6475a6337b9d0



19 Facebook

Idaho National Guard Service Member and Family Support https://www.facebook.com/groups/2905476619553560



J9 Instagram:

@idng\_support



J9 LinkedIn: IDNG SMFS

https://www.linkedin.com/in/idng-smfs-2b171b223





#### 2023 YEAR IN REVIEW

Want to see what happened last year in the Idaho National Guard? Visit the Idaho Military Division website to view the entire publication or click **here** (https://www.imd.idaho.gov/wp-content/uploads/2024/02/2023-Year-in-Review.pdf)



A MESSAGE FROM YOUR RETIREE OUTREACH PROGRAM

## RECRUITING REGIONAL REPRESENTATIVES FOR RETIREE OUTREACH PROGRAM

The Retiree Outreach Program (ROP) was established in 2012 as a way to keep retired Idaho Army National Guard Members informed and connected to each other and the organization. Initially it was a Treasure Valley-centric effort, but expanded to the entire state with regional representatives in Twin Falls, Idaho Falls, Lewiston, andPost Falls. In 2020, the Idaho Air National Guard joined the program. Retirees from both services are now briefed about the program during their retirement out processing. Currently there are over 2,200 registered retirees in the ROP database.

In the spring of 2020, during the coronavirus shutdown, the ROP paused its activities. At that time, several of the founding members of the ROP stepped away from the program. The loss of regional representatives is where the program was most impacted. The Retiree Outreach Program Advisory Council meets quarterly for about an hour. Regional representatives are members of the council who share information about the interests and needs of those in their area. Additionally, we ask that representatives coordinate with units and Service Member & Family Support Specialists, to organize annual Retiree Appreciation Day briefings. Typically, these are done in conjunction with family day activities at battalion headquarters, though each is tailored to local needs. We have a team of representatives who work together in Post Falls, which has worked very well for them. We are looking for one or more folks to represent retirees in areas around Lewiston, Twin Falls, Pocatello, and Idaho Falls.

If you would like more information or are interested in helping your fellow retirees, please contact either Bill Fackler, our Retirement Services Officer at (208) 272-3815, or by email at william.e.fackler.nfg@mail.mil, or the ROP Outreach Coordinator Dean Hagerman at (208) 608-3353 or by email at deanchagerman@gmail.com.

# Hello There!

Thank you so much for taking the time to read and look through our quarterly newsletter.

With that being said... We would like to hear from you!

Is there anything you would like to see on future newsletters?

Please email us back with any suggestions.

P.S We hope to see you at our upcoming events!



# A note from your Service Member & Family Support Team

The Idaho National Guard Service Member & Family Support Division encompasses a vast range of programs designed to help Service Members, Dependents, Veterans, Retirees and Family Members with any issue they may encounter. We invite you to take a look at our website and join our Facebook group to stay up-to-date with the latest resources and offers that may benefit you and your Family. Additionally, we always welcome feedback on how we can improve our programs to better serve you.

Service Member & Family Support | 4250 Cessna St BLDG 270, Boise, ID 83716

<u>Unsubscribe familyprogramsmarketing@gmail.com</u>

<u>Update Profile |Constant Contact Data Notice</u>

Sent byservicemember&familysupport@idngj9.ccsend.compowered by

