



# Father's Day Discounts

This newsletter contains official and unofficial information. The inclusion of unofficial information has not increased the cost to the Government, in accordance with DOD 4525.8M

June 2015



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Senior Family Readiness

Assistant

402-309-7435

Kristyn Frei

Lead Child and Youth Program Coordinator

402-309-7330

**Amazon:** Up To 80% Off Father's Day Gifts + Free Shipping

Up to 50% Off Father's Day Electronics Gift Guide

**Best Buy :** Great Gifts for Father's Day

**eBay:** Save Up To 60% Off Gifts For Dad + Free Shipping

**Lands' End:** Shop The Father's Day Collection + Free Shipping On Orders \$50+

**Macy's:** Father's Day Gift Guide + Extra 10-20% Off w/Code: **HOORAY** (Valid through 5/25)

**Sears:** Up To 50% Off Father's Day Gifts + Extra 5-10% Off Sears Sale w/Code: **SEARS5OFF50**

**Eddie Bauer:** Up to 50% Off Father's Day Gifts + Free Shipping on Orders \$99+ w/Code: **GOOSE**

**Ace Hardware :** Up to 20% Off Great Gifts For Great Dads + 10% Off \$100+ w/Code: **SPRING2015** (Valid through 6/30)

## Is anyone interested?

Have you ever felt left out from what's going on with your spouse's commitment to the National Guard? Are you interested in meeting new people and become involved?

If you answered yes, then volunteering may be the perfect fit for you!

Volunteering has been shown to increase self-confidence and com-

bat depression as well as lessen chronic pain symptoms.

There are current openings in most of the units for various positions based on your interests. It doesn't matter if you are a friend, boyfriend, girlfriend, mom, dad, spouse, aunt , uncle , etc. Everyone is welcome!

We would love to have your

help! If you are interested please call or email.



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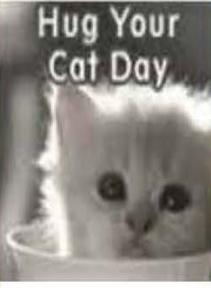
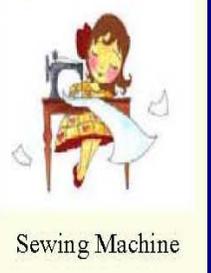
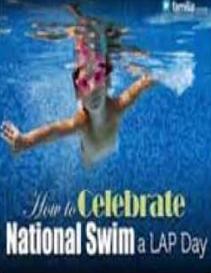
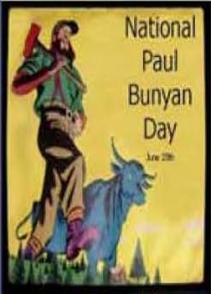
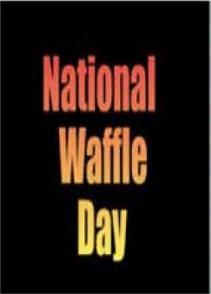
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# June 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  D.A.R.E. DAY!	2  Rocky Road Day	3  Repeat Day	4  Hug Your Cat Day	5  NATIONAL DONUT DAY	6  National Yo-Yo Day
7  national trails day June 7	8  Happy Best Friends Day	9  Donald Duck Day	10  Happy Iced Tea Day!	11  National Corn on the Cob Day!	12  Happy Rose Day	13  Sewing Machine Day
14  14 JUNE FLAG DAY	15  Smile Power Day	16  Veggie Day	17  GO FISHING DAY	18  INTERNATIONAL June 18 PICNIC DAY	19  National Splurge Day	20  Hollerin' Day
21  FIRST DAY of SUMMER	22  HAPPY CHOCOLATE ECLAIR DAY!	23  NATIONAL PINK DAY JUNE 23	24  How to Celebrate National Swim a LAP Day	25  National Catfish Day	26  FORGIVE Forgiveness Day	27  National Sunglasses Day
28  National Paul Bunyan Day June 28th	29  National Waffle Day	30  Meteor Day	 June Dairy Month		 Celebrate National Candy Month	

# Horses for Heroes

**Where-** American Legacy Stables 7193 County Rd 40, Omaha

**What-** Youth Development Activity where we will learn more about horses, how to be a leader and a better communicator

Horses for Heroes charges a \$1 fee in order to participate



**When:** Wednesday, June 24, 2015

**3:30-5:30 PM**

**Who:** All Military School Age Youth age 9-18

**RSVP by Friday June 19**



With Questions please contact:

Kristyn Frei,

Lead Child and Youth Program Coordinator

(Contractor)

402-309-7330

[kristyn.e.frei.ctr@mail.mil](mailto:kristyn.e.frei.ctr@mail.mil)

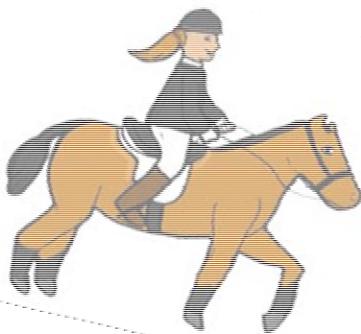
Jennifer Schall

Child and Youth Program Coordinator

(Contractor)

402-309-7338

[jennifer.m.schall.ctr@mail.mil](mailto:jennifer.m.schall.ctr@mail.mil)





# 3rd Annual Two-Mile Walk and Fun Run

## Surviving the Stigma: A Journey for Hope

**Saturday, May 30, 2015 at 10:00am**  
**Holmes Lake Park, Lincoln, NE**

This event benefits the Lincoln/Lancaster County Local Outreach to Suicide Survivors (LOSS) Team; a volunteer group consisting of trained survivors and mental health professionals who support persons whom have lost a loved one to suicide.

**Registration Fee:**  
\$20 for Adults  
\$10 for Youth

**Make checks payable to:**  
Interchurch Ministries of  
Nebraska

**Registration:**

RSVP at <http://go.unl.edu/d4h9> or fill out the form on the back of this flyer and send to:

Interchurch Ministries of Nebraska  
2012 South 13th Street  
Lincoln, NE 68502

Registration is \$20 for adults and \$10 for youth. Register before May 15 to guarantee shirt size. Day of event registration begins at 9:00am.

For more information please contact Terri Marti at 402-430-5582 or Interchurch Ministries at [AdminAssist@interchurchministries.org](mailto:AdminAssist@interchurchministries.org)

**Sponsors:**



**LOSsteam**  
Consult & Associates  
Facilitator Workshops & Training

**Bryan Health**



# Parent-Child Swim Lessons

WEST CENTRAL PARTNERSHIP CHILDREN.  
AND FAMILIES ALLIANCE  
NORTH PLATTE RECREATION CENTER

Beginning  
dates for each  
8 week session

- Mon. June 8,  
6:30 pm
- Thursday  
June 25  
3:00 pm
- Mon. Aug. 3,  
6:30 pm
- 1 meeting/  
week for 8  
wks.
- Space for  
up to 10  
families
- All families  
welcome
- Call:

Caroline Sabin

Child Well-  
Being Coor.

520-3743

## Parenting Skills-Water Safety

Forming a close relationship with your child at an early age can start a bond that will last a lifetime. It's a bond that can last through all the stages of life. Children who feel trust and care through that bond learn to explore their world with belief in themselves. Learning water safety skills together makes for a perfect setting for a child and parent to foster happy family ties.



### **Free Admission** Parenting/Swim Program for Families

Parent and child (between age 1-3 yrs.) pairs may sign up. Admission paid by grant funds. \$24 class fee paid by family, but scholarships are available. Family admission assistance considered on case by case basis.

# FAMILY vs. WILD

Outdoor activities & Parent Skill Building Program  
sponsored by NE Game & Parks and  
West Central Partnership-Children & Families Alliance

**Who:** Dad, Mom and children 4-10 years old, other siblings welcome

**What:** Parent Skill Building through Fishing, Camp Set-Up, Outdoor Cooking, Canoe down the Platte, Trail rides

**When:** Thursdays June 4-Aug. 6, 2015 6:30 pm-8:00 pm

**Where:** NE Game & Parks Headquarters, 301 E. State Farm Road

**Why:** Building positive family relationships to strengthen families

Space limited to 15 families-free NE state parks pass to those enrolled.

For more information call:

Caroline Sabin, Child Well-Being Coordinator

West Central Partnership 520-3743

# Teaching Our Children Mindfulness

According to Psychology Today mindfulness is “a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.”

Simply stated, mindfulness is awareness. It is noticing our thoughts, feelings, bodily sensations, and anything that is around us and happening *right now*.

Why teach mindfulness to our children? To help them develop an awareness of their inner and outer experiences, to recognize their thoughts as "just thoughts," to learn how their emotions feel in their bodies, to recognize when their attention has wandered, and to provide tools for impulse control. It is not a fix all, it is simply a technique to help our kiddos understand and identify what's going on with them.

Below are some ideas on how to start practicing mindfulness:

1. Help them focus on paying attention to what they can hear. You can use a bell, a set of chimes or a phone app that has sounds on it etc. Tell your children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute).
2. For young children, an instruction to simply "pay attention to the breath" can be confusing. To help them learn this tell them to grab a “breathing buddy” (stuffed animal) lay on their back and put their buddy on their belly. Ask them to focus their attention on the rise and fall of the stuffed animal as they breathe in and out.
3. Take a walk around the block or in a park and ask them to point out what they notice for one minute. Be silent during this time and pay attention to what they see, hear, smell. After that one minute have them tell you what they noticed.
4. **Establish a gratitude practice or well wishes.** Talk about what you're grateful for and people they want to wish well. Pick a time during the day; at dinner, bedtime, when they wake up.
5. Shake up a glitter stick or snow globe and watch until all the objects settle.
6. Have them draw a picture of an object of their choice. Remind them this is not about their ability to draw, and to do the best they can. After they complete the drawing ask them to take five minutes to study the object, finding every small detail. Then have them draw the picture again and compare the two. Talk about the differences in the drawings.

Some helpful hints: Practice what you preach...if you do not practice mindfulness it is difficult to teach children how to do it.

Practice these skills when not upset or stressed out. If you practice these skills before becoming upset it will become more of a habit when things are not going well.

Krystyn Schmidt, MA, LIMHP, LADC

# Child & Youth Tentative Schedule

**JUNE 24: Youth Development Activity, Horses for Heroes  
(American Legacy Complex 7193 County Rd 40) Omaha, NE  
3:30-5:30pm**

**\*\*JUNE Camps TBD\*\***

**JULY TBD: Youth Regional Symposium**

**AUGUST 4: Teen Council Ice Cream Social**

**AUGUST 22: Youth Development Activity & Teen Council  
Meeting**

**AUGUST 29: State Teen Assembly**

**SEPTEMBER 10: Teen Council Service Learning Project**



**FOR MORE INFORMATION PLEASE CONTACT:**

**Lead Child & Youth Program Coordinator  
Kristyn Frei, Contractor  
Kristyn.e.frei.ctr@mail.mil  
BUS: 402-309-7330  
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**Child & Youth Program Coordinator  
Jennifer Schall, Contractor  
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# A Salute to Veterans



Thursday, July 2, 2015

TD Ameritrade Park Omaha  
[collegehomerunderby.com](http://collegehomerunderby.com)

You have been selected to join us for an on-field Veterans Salute before the TD Ameritrade College Home Run Derby & Omaha World-Herald fireworks where you'll be recognized for your service with the U.S. military.

7:15 p.m. Veterans Salute

7:30 p.m. TD Ameritrade College Home Run Derby followed by the Omaha World-Herald's 31<sup>st</sup> annual Independence Day fireworks display

Please complete and return this form to register and receive your tickets. A limited number of spots are available and will be filled on a first-come, first-served basis.

Name \_\_\_\_\_

Branch _____	Rank _____	Years of service _____	
Address _____	City _____	State _____	Zip _____
Phone _____	Email _____		

Veteran ticket (complimentary) = \$0      Number of friends/family tickets x \$6/each = \_\_\_\_\_

Total = \$ \_\_\_\_\_

Method of payment

Visa    Mastercard    American Express    Discover

Card number _____	Expiration date _____	Security code _____
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Signature \_\_\_\_\_

Check made payable to MECA

Send this form along with payment to: Veterans Salute c/o Intersport, 20 W. Kinzie St. Suite 1600, Chicago, IL 60654 or fax to 312-661-0622. Orders must be received by Friday, June 12. Tickets will be mailed the week of June 23 with detailed instructions for the Veterans Salute.

Contact [asmith@intersportnet.com](mailto:asmith@intersportnet.com) or call 312.467.2824 with any questions.

# Family Programs Contact Information

## **State Family Program Director**

CPT Melissa Kramer  
2000 N. 33rd St, Lincoln  
(402) 309-7331

## **Child & Youth Coordinators**

2000 N. 33rd St, Lincoln  
Kristyn Frei (Lead)  
(402) 309-7330  
Jennifer Schall  
(402) 309-7338

## **SFRSA**

Amanda Kushen  
2000 N. 33rd St, Lincoln  
(402) 309-7435

## **67th BfSB FRSA**

Jill Kuzelka  
1776 North 10th St, Lincoln  
(402) 309-7357

## **92nd Troop Command**

Jenik Davis  
2400 Northwest 24th St, Lincoln  
(402) 890-4428

## **Airman & Family Readiness**

Karen Jordan  
2420 West Butler Avenue, Lincoln  
(402) 309-1588

## **Region 1 Family Assistance Coordinator**

Brandi Gettert  
2000 N. 33rd St, Lincoln  
(402) 309-7333

## **Region 2 Family Assistance**

Bob Reichwein  
11650 Rainwood Road, Omaha  
(402) 309-7086

## **Region 3 Family Assistance**

Layne Beza  
800 East 7th St, Wayne  
(402) 309-8940

## **Region 4 Family Assistance**

Mary Matthiessen  
789 County Road J, Mead  
(402) 309-8074

## **Region 5 Family Assistance**

Carey Wilson  
5710 Airport Road, Kearney  
(402) 309-7747

## **Region 6 Family Assistance**

Scott Halsted  
1700 N. Jeffers St, North Platte  
(402) 309-8602

## **Region 7 Family Assistance**

Amy Reinpold  
2810 1st Ave, Scottsbluff  
(402) 309-8566

## **Military OneSource**

Saarah Wales (Lincoln)  
(402) 314-6955

## **American Red Cross**

1-877-272-7337

## **Psychological Health Coordinator**

Krystyn Schmidt, MA, LIMHP, LADC  
(ARNG)

2000 North 33rd St, Lincoln

(402) -309-7434

## **Tricare/Medical Manager**

SSG Travis Garrett

(402) 309-1541

## **Transitional Assistance Advisor**

Bonnie Bessler (Lincoln)

(402) 309-1543

## **Chaplains**

COL Armon (402) 326-4246

LTC Houser (402) 326-4254

MAJ Ehler (402) 326-4258



# FRG CONTACT INFORMATION



## Joint Force Headquarters

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## 209th RTI

Vacant

## 1-134 CAV A Troop

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## 72nd Civil Support Team

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## 1-134th CAV B Troop

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## 1-376 BN/HHC

Carisa McGreer      carisamcgreer@gmail.com

## 1-134th CAV C Troop

Vacant

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## 402nd MP

## 1-376 D CO

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## 192nd MP

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## 2-135 C CO

## Det 2 165th QM CO

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## 1167th BSC

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# FRG CONTACT INFORMATION



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## Training Site Command

Vacant

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Bruce Husted bdhusted@cox.net

## 189th Transportation CO

## 623rd Engineering CO

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## 1074th Transportation CO

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Amber Montoya montoya1074@gmail.com

## 754th Chemical CO

## 43rd Army Band

Clayton Lewis

Loretta Homan llhoman35@yahoo.com

## 110th MED BN

## 313th Med CO

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Gina Vanderheiden gkrumland@hotmail.com

## 734th Transportation BN

## MED DET

Vacant

Kimberly Garner kgarner@nctc.net

## 1195th Trans CO

## 1057th Trans CO

Vacant

We are always looking for volunteers! Please contact us if you would like to help, we can find the perfect fit for you!

SFRSA: Amanda Kushen, 402-309-7435

92nd Troop Command: Jenik Davis, 402-309-1716

67th BFSB: Jill Kuzelka, 402-309-7357

