



## 2021 PROGRAM OF EVENTS AND RESOURCE GUIDE



# FAMILY READINESS AND WARRIOR SUPPORT PROGRAM

For the most up to date information on military Family events,  
visit us online at [http://www.ong.ohio.gov/frg/FRG\\_index.html](http://www.ong.ohio.gov/frg/FRG_index.html)







*Dear Soldiers and Families of the Ohio Army National Guard;*

*On March 9th 2020, the great State of Ohio documented its first COVID-19 case marking our entry into the global pandemic. From that point on, our Soldiers answered the Governor's call to support our fellow Ohioans. Our support to the community was and still is a monumental undertaking. To date, over 1,200 Soldiers supported the State of Ohio by delivering over 35 million pounds of food, warehoused and distributed hundreds of thousands of pieces of PPE to first responders, and conducted testing throughout the state's prison system and also within the community via pop-up testing sites.*

*Our mission has always been two-fold; Support Ohio when called upon by our Governor to assist our fellow citizens, and deploy federally when called upon by the President of the United States to protect our interests at home or overseas. Ohio continues to mobilize and deploy the best trained and equipped Soldiers in the National Guard despite what the pandemic continues to throw at us. From protecting the national capital with Air Defense assets, providing support to the southern border, and deterring threats in southwest Asia with M1 Abrams tanks and M2 Bradley fighting vehicles, our global presence is significant and impactful.*

*Given how much has been asked of our force this past year and the stress that the pandemic has put on all of our families, I would ask you to become familiar with and utilize to the fullest extent, every resource available. The concierge to helping you connect to these resources are our Soldier & Family Readiness Specialists and this guide. If you are a new family to the Ohio National Guard, I ask that you become involved with your unit's Soldier & Family Readiness Group (SFRG) to network with others who have successfully navigated military careers.*

*I am so very appreciative of the sacrifices Families make when their Soldier signs up to defend this great Nation. I stand firm that our Soldiers and their Families will have the resources and information they need to overcome any obstacle they might face. The sacrifices Families make do not come without a cost and certainly do not go unnoticed, I'm humbled and grateful for your continued commitment.*

Thomas E. Moore II  
Colonel  
Assistant Adjutant General for Army

# EMPLOYMENT SUPPORT

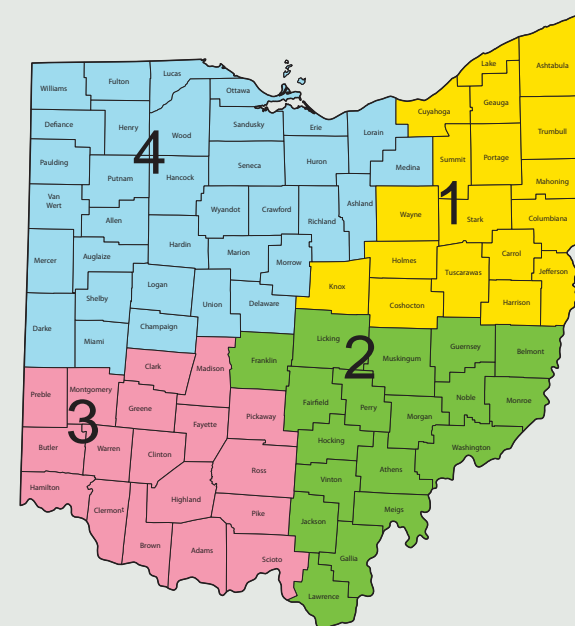
## Ohio National Guard Employment Enhancement Program (NGEEP)

NGEEP has employment support specialists throughout Ohio who develop relationships with employers, apprenticeships, and businesses seeking to train and hire veterans, Service members, and Military Family members. We connect you with new opportunities, employment networks, training, apprenticeship programs, and can help with employment preparation.

**Entering the Workforce?** If you are unsure which career or education path to pursue, we can assist you in finding employment whether temporary, part-time, or full-time.

**Headed to College?** Through partnerships with state and local employment programs we can assist you in determining which industries, careers, and emerging job opportunities are available throughout Ohio. If you are looking to use your Ohio National Guard Scholarship Program or GI Bill, we can provide you assessments on how your degree fits into the job market and a career.

**Looking for a Skill?** Skilled trades are some of the most sought after professions in Ohio. Through partnerships with state and local apprentice programs we can assist you in determining which industries meet your interests and needs.



### Region 4

Bowling Green / Northwest Ohio  
CHERYL HAGAN  
Employment Support Specialist  
Mobile: 380-206-7565  
Email: [chagan@interactivegov.com](mailto:chagan@interactivegov.com)

### Region 1

Cleveland / Northeast Ohio  
HANNAH SMITH  
Employment Support Specialist  
Mobile: 380-206-7558  
Email: [hsmith@interactivegov.com](mailto:hsmith@interactivegov.com)

### Region 3

Cincinnati / Southwest Ohio  
NITA ANN RENFROW  
Employment Support Specialist  
Mobile: 380-206-7556  
Email: [nrenfrow@interactivegov.com](mailto:nrenfrow@interactivegov.com)

### Region 2

Columbus / Southeast Ohio  
MICHELE PERSHING  
Employment Support Specialist  
Mobile: 380-206-7557  
Email: [mpershing@interactivegov.com](mailto:mpershing@interactivegov.com)

### Program Manager

BRADLEY MOELLER  
Employment Support Specialist  
Mobile: 380-206-7559  
Email: [bmoeller@interactivegov.com](mailto:bmoeller@interactivegov.com)

Website: [https://ong.ohio.gov/frg/frg\\_employment.html](https://ong.ohio.gov/frg/frg_employment.html)

## Employer Support of The Guard and Reserve



ESGR informs and educates Service members and their civilian employers regarding their rights and responsibilities governed by the Uniformed Services Employment and Reemployment Rights Act of 1994 (USERRA). ESGR does not have statutory authority to enforce, but serves as a neutral, free resource to employers and Service members. ESGR's trained ombudsmen provide mediation of issues relating to compliance with USERRA.

There are ways to say "thanks for your military service," and ways to say "thanks for your support." ESGR offers a Statement of Support program where employers can sign a pledge to support the military service of their employees. Simultaneously, ESGR offers a progressive awards program starting with the Patriot Award so you or your spouse can nominate a supportive supervisor or employer for support that goes above and beyond what is required by law. Nominate your employer at <https://www.esgr.mil/Service-Members-Family/Nominate-your-Employer>.

OHIO ESGR OFFICE: 614-336-7378

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<https://www.linkedin.com/company/esgrohio>



# FAMILY OPPORTUNITIES

## Month of the Military Child

With over 30,000 military connected youth in Ohio, community awareness and involvement is key to the support of these youth and Families.

April is federally recognized as the Month of the Military Child. Each year one day in April is designated as "Purple Up" day, with purple to represent the colors of each military branch mixed together in support of the youth and Families. The official Purple Up day is announced early each year. Ways that you can increase awareness of military Families:

- Wear purple and post your photos to our Facebook page during April to let everyone know you support military youth.
- Encourage your place of worship, employment, school, and social group to participate in awareness raising activities.

## Family Days and Holiday Parties

Do you have an upcoming event? Our youth team would like to add to your Family event! At no additional work to you, our team would bring supplies and volunteers to add resources and activities to your day. Activities would be simple make and take items, games, and other activities. Support is based on a first come first serve basis, and staff availability. Contact Andrew Seward, 614-336-7274 or [andrew.j.seward.ctr@mail.mil](mailto:andrew.j.seward.ctr@mail.mil) for more information. Please request support a minimum of 45 days prior to event.

## Become a Volunteer

Are you interested in supporting youth and Family events? Do you know a high school or college student who needs volunteer hours?

Becoming a volunteer with our program is easy and we assure you that the benefits are abundant! As a volunteer, you will receive the opportunity to attend fun events, gain practical experience, enhance professional development skills, and give back to amazing military Families around the state. Our opportunities range from one-day events, to week-long residential camps, making it flexible enough to accommodate your schedule. Please take a look at our "camps" page to see which activity(s) you would like to sign up for!

Interested in taking the first step and learning more? Please visit our website at <http://www.ohio4h.org/operation-military-kids>. For more information, contact Andrew Seward 614-336-7274 or [andrew.j.seward.ctr@mail.mil](mailto:andrew.j.seward.ctr@mail.mil).

## Ohio Military Teen Council

Ohio Military Teen Council (OMTC) exists so that teens can have a say in what they need and want from our programs.

Joining OMTC will give teens a voice! Quarterly meetings provide open discussions, hands on activities, and connections to others who live the military connected lifestyle.

Teens will gain confidence in leadership skills, mentoring others and becoming role models in their schools, Families, and communities.

OMTC offers teens a way to give back to the OMK program, gain experience for college applications, resumes, and social services in a fun, inspiring environment.

Contact Mark Scherer about how you can become part of OMTC today! Phone: 614-336-4214

## Education Outreach

The mission of the Education Outreach Program is to identify military connected youth in the schools to provide them, their Families, and their educators with resource training, information and opportunities to ensure their success in school and in life.

## Tool-Kits

"ToolKits"(information packets) are available and customized for parents, students, and educators. They will include resources, educational materials, contacts, and helpful information. Contact your Education Outreach Specialist for more information, Mark Scherer at 614.336.4214, or [mark.a.scherer7.ctr@mail.mil](mailto:mark.a.scherer7.ctr@mail.mil)



# STUDENT RESOURCES

## Military Interstate Compact Agreement (MIC3)

The MIC3 addresses educational transition issues that are encountered by military Families including enrollment in schools, placement in classes, attendance, eligibility in sports, and graduation requirements. This covers any K-12 student enrolled in the household of a full-time duty status in the active uniformed service of the United States, including members of the National Guard and Reserve on active duty orders pursuant to 10 U.S.C. Section 1209 and 1211. Visit: <http://mic3.net/>

## Resources for Students and Families

### Tutor.com

[www.tutor.com/military](http://www.tutor.com/military)



Every tutoring session of more than 40 subject areas is conducted in a secure online classroom, one-on-one and available 24/7 even from your phone!

### Our Military Kids

[www.ourmilitarykids.org](http://www.ourmilitarykids.org)



Our military kids provides a one time, up to \$300 grant per child to wounded warrior and overseas deployed service members' Families for sports, fine arts, camps, and tutoring programs.

### March2Success

[www.March2Success.com](http://www.March2Success.com)



March 2 Success provides materials needed to help improve scores on standardized tests such as state exit exams, SAT, ACT, and ASVAB.



## Military Child Education Coalition (MCEC)

[www.militarychild.org](http://www.militarychild.org)

MCEC provides quality educational opportunities and resources for all military children affected by mobility, Family separation, and transition.

## Federal Impact Aid Funding

<http://www2.ed.gov/about/offices/list/oese/impactaid/index.html>

Impact Aid provides funding to local school districts with concentrations of children residing on military bases or in low-rent housing or to federal employees for increased expenditures due to enrollment of federally connected children.

## YOUTH AND FAMILY EVENTS

This is an outline of event types. The actual events are listed on the next page.  
Find the type of event that fits your Family.

### Family Day:

A short, (2 hour or less) event that typically does not require pre-registration. Often held at a local attraction with reduced admission.

### Hero Camp:

A one day event that typically lasts about 6 hours and includes lunch. Pre-registration is required with a nominal fee. Normally held at a local venue to capitalize on what it has to offer paired with Youth Program specialties.

### Family Overnight:

Spend the night at a local zoo, science center, aquarium, etc. Your family will sleep at the venue with breakfast provided. Exact hours and activities vary, and the fun never stops.

### Family Camp:

Located at a camp near you, your Family will enjoy Friday evening through Sunday morning participating in numerous activities. You bring the Family and your personal items and we will provide the food and activities, all included in the registration price.

### Teen Leadership Events:

These events take full advantage of all the venue has to offer paired with intentional and focused leadership and resilience lessons.

### Residential Camps:

These 5 day and 4 night camps are a great way for youth and teens to connect and build lifelong connections while enjoying the enriching experiences of camp.





# OHIO YOUTH AND FAMILY EVENTS

EVENT NAME	OPEN TO	LENGTH	PRICE	2021 DATES	LOCATION	SAMPLE ACTIVITIES	REGISTRATION OPENING DATE	REGISTRATION LINK
Marmon Valley Family Overnight Event	Military Kids AGES 5-12	7:00 P.M.-10:00 A.M.	\$30 per person*	27-28 March	Bellfontaine	Lessons about how animals adapt and how the farm works. Stay the evening and enjoy an evening campfire then the next morning learn more about how the farm works.	4 February	Watch our websites and Facebook for links and updates.
Field of Dreams, Equestrian HERO Camp and Strong Family Workshop	Any Military Youth Ages 6-12 + Parent Program	One Day	\$10 per youth*	10 April	Columbus	Participants will learn about and help with grooming, horse painting, and equine assisted games. Embedded with learning about the animals will be learning about emotional awareness and resilience.	4 February	
Pegasus Farm, Equestrian HERO Camp and Strong Family Workshop	Any Military Youth Ages 6-12 + Parent Program	One Day	\$10 per youth*	17 April	Akron	Participants will learn about and help with grooming, horse painting, and equine assisted games. Embedded with learning about the animals will be learning about emotional awareness and resilience.	4 February	
Toledo Zoo Family Overnight Event	Military Kids AGES 5-12	7:00 P.M.-10:00 A.M.	\$20 per person*	24-25 April	Toledo	Engage the staff to teach adaptations and how we all must adapt to our surroundings. Attendees will spend the night and explore further in the morning.	4 February	
Boonshoft Museum, HERO Camp and Strong Family Workshop	Military Kids AGES 5-12 + Parent Program	Day Camp	\$20 per person*	1 May	Dayton	Resilience and emotional wellness based program that utilizes an equestrian program.	4 March	
Imagination Station, HERO Camp and Strong Family Workshop	Military Kids AGES 5-12 + Parent Program	Day Camp	\$20 per person*	15 May	Toledo	A day of STEM and Resilience activities that will be hands on to keep the interest of the participants.	4 March	
Fieldstone Farm Equestrian Hero Camp and Strong Family Workshop	Any Military YOUTH AGES 8-12 + Parent Program	One Day	\$10 per youth*	5 June	Chagrin Falls	Participants will learn about and help with grooming, horse painting, and equine assisted games. Embedded with learning about the animals will be learning about emotional awareness and resilience.	4 March	
Teen Leadership Camp	Military Teens AGES 12-17	5 days and 4 nights	\$50 per teen*	5 - 9 June	Newark	Teens will participate in a variety of sessions and discussions focused on developing leadership skills all while exploring all that the camp has to offer.	4 March	
Museum Family Overnight Event	Military Kids AGES 5-12	7:00 P.M.-10:00 A.M.	\$20 per person*	26 - 27 June	Cincinnati	Engage the staff to teach adaptations and how we all must adapt to our surroundings. Attendees will spend the night and explore further in the morning.	4 March	
Teen Leadership Weekend	Military Teens AGES 12-17	Weekend Camp	\$30 per teen*	June or July	Southern Ohio	Teens will participate in a variety of sessions and discussions focused on developing leadership skills all while exploring all that the zoo has to offer.	4 March	
Family Overnight Event	Military Kids 6-12 and Plus Parent(s)	7:00 P.M. - 10:00 A.M.	\$20 per person*	July	Southwestern Ohio	Engage the staff of the venue to teach adaptations and how we all must adapt to our surroundings. Attendees will spend the night and explore further in the morning.	18 March	
HERO Camp	Military Kids AGES 5-12 + Parent Program	Day Camp	\$15 per person*	July	Central Ohio	A day of STEM and Resilience activities that will be hands on to keep the interest of the participants.	18 March	
Family Overnight Event	Military Kids 6-12 and Plus Parent(s)	7:00 P.M. - 10:00 A.M.	\$20 per person*	September	Eastern Ohio	Engage the staff of the venue to teach about how the world around us works and the way we all play a part in it. Attendees will spend the night and explore further in the morning.	18 March	
OMK: Camp Kelleys Island TEEN CAMP	Any Military TEEN AGES 12-15	5 days and 4 nights	\$75 per teen*	2 - 6 August	Kelleys Island	Wakeboarding, sailing, waterskiing, tubing, boat rides, swimming, rafting, island bike riding, sand volleyball, soccer, softball, crafts, group games, mini golf, team challenges, bonfires, and much more!	18 March	
OMK: Camp Kelleys Island YOUTH CAMP	Any Military YOUTH AGES 9-11	5 days and 4 nights	\$75 per youth*	6 - 10 August	Kelleys Island	Swimming, crafts, line-dancing, hiking, basketball, miniature-golf, snorkeling, campfire cooking, boating, skits, talent shows, night hikes, and much more!	18 March	
Family Day Event at a Pumpkin Patch	The Entire Family	One Day	Varies by venue	TBA	Statewide	Feed the Friendly Farm Animals, Climb on Tractors, Wagon Ride, Putt-Putt Golf, Driving Range, Batting Cages, Fast Slide, Kiddie Corral, Barrel Ride, Cowvin's Corny Maze, and more! Don't leave without picking a pumpkin from the Pumpkin Patch!	18 March	
"Troop & Family Camps	Any Military Family	Weekend Camp	\$85 for the first 4 people then \$10 for each additional person*	20-22 August	Camp Willson, Bellefontaine	These camps will allow families to build stronger bonds during the "easy times" therefore building family resilience for the "hard times". Each camp will provide a unique experience. Activities that may be available at your selected camp are: waterskiing, sailing, kayaking, bike riding, family games, crafts, campfires, high ropes, zip line, canoeing, hiking, basketball, archery, fishing, and, more.	18 March	
				27-29 August	Camp Whitewood, Windsor			
				10-12 September	Camp Campbell Gard, Hamilton			
				24-26 September	Camp Ohio, Newark			
				4th Qtr	Northern Ohio			

\*Plus a non-refundable service fee

## Questions??

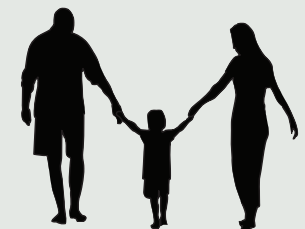
Andrew Seward  
Lead Child and Youth Program Coordinator  
614-336-7274 or email: [andrew.j.seward.ctr@mail.mil](mailto:andrew.j.seward.ctr@mail.mil)

Mark Scherer  
Child and Youth Program Coordinator  
614-336-4214 or email: [mark.a.scherer7.ctr@mail.mil](mailto:mark.a.scherer7.ctr@mail.mil)

Kayla Oberstadt  
Ohio Military Kids, Program Manager,  
614-292-3758 or email: [oberstadt.1@osu.edu](mailto:oberstadt.1@osu.edu)

For the most current listing of events please visit our website:  
[ong.ohio.gov/frg/FRG\\_youthprograms.html](https://ong.ohio.gov/frg/FRG_youthprograms.html)

Never let cost be the reason your Family does not participate - scholarship or registration waivers may be requested.  
All camps and events are subject to change dependent upon funding.







### Wellness (R3SP)

The Resiliency, Risk Reduction, and Suicide Prevention (R3SP) team's mission is to enhance force resilience through a combination of training and improved fitness, in order to decrease the incidence of undesirable and destructive behaviors. The end state is a healthy organization that is drug free, resilient, and knowledgeable regarding high risk behaviors, educated on stress reduction measures, and aware of available Soldier support network resources.

### Resilience Training Assistant

The RTA course is dynamic and interactive, with large and small group training. This training consists of a 25-hour block of Master Resilience Training core competencies focusing on resilience and performance enhancement skills. You will be taught resilience skills, how to apply them, and how to instill these skills in others. You will complete this course with a deeper sense of self-awareness and optimism. As a leader, you will also gain the ability to recognize and capitalize on your strengths and the strengths of others, while being resilient in all areas of life. This training is available to all Soldiers and Family members.

**Service members** contact your unit and ask to be put into a course.

**Family members** contact Amy Seward at (614) 356-7918 or [amy.b.seward.civ@mail.mil](mailto:amy.b.seward.civ@mail.mil)

RTA Training Dates in 2021:

January 13-15
February 10-12
March 10-12
April 14-16
May 5-7
June 9-11
August 11-13

All classes will be conducted at DSCC, BLDG 2 beginning at 9:00 am.



### Army Substance Abuse Program (ASAP)

The Army Substance Abuse Program (ASAP) is a command driven program that emphasizes readiness and personal responsibility, along with aiming to decrease high-risk behaviors to ensure that every Soldier understands the dangers associated with drug and alcohol abuse.

Military Family members, as well as civilian employees, veterans, and their Families, are eligible to receive support from the ASAP. By providing individuals with consultations and resources, the Ohio Army National Guard recognizes that military Families can be greatly impacted by the frequent transitions and separations associated with military life. This is why we offer this great resource for military members and their Families. Families are able to speak with trained substance abuse personnel who are familiar with military life and are able to provide support, consultations, and, if appropriate, support the Family member by connecting them to resources in their area.

For support and resources, please contact the Installation Alcohol and Drug Control Officer (ADCO).

**Jenice Tate** -Risk and Reduction Coordinator 614-336-7319  
[jenice.e.tate.ctr@mail.mil](mailto:jenice.e.tate.ctr@mail.mil)

**Patrick Jackson** -Prevention Coordinator (PC) 614-336-6239  
[patrick.m.jackson22.ctr@mail.mil](mailto:patrick.m.jackson22.ctr@mail.mil)

**Stephanie Stephens** -Prevention Coordinator (PC) 614-336-3644  
[stephanie.r.stephens10.ctr@mail.mil](mailto:stephanie.r.stephens10.ctr@mail.mil)

**Audrey Peters** -Prevention Coordinator (PC) 614-336-6244  
[audrey.c.peters2.ctr@mail.mil](mailto:audrey.c.peters2.ctr@mail.mil)

### Applied Suicide Intervention Skills Training (ASIST)

The ASIST workshop provides training for caregivers to prevent the immediate risk of suicide. Participants will increase their knowledge and confidence to respond to a person at risk of suicide. The ASIST workshop uses different and engaging learning processes to create a practice-oriented and interactive learning experience.

Point of contact is

**Gloria Stewart** at [gloria.i.stewart.ctr@mail.mil](mailto:gloria.i.stewart.ctr@mail.mil) or by phone at 614-336-6000 ext 7512.

ASIST Workshop Dates  
Held at DSCC Bldg 2 at 0900

January 25-26	Rm 1020 & 1027
February 22-23	Rm 1020 & 1027
March 15-16	Rm 2115 & 1028
April 19-20	Rm 1020 & 1027
May 17-18	Rm 1020 & 1027
June 21-22	Rm 1020 & 1027
July 19-20	Rm 1020 & 1027
August 16-17	Rm 1020 & 1027

ASIST Refreshers Held at  
DSCC Bldg 2 at 1300

March 16	Rm 2003
June 22	Rm 1028
August 17	Rm 1028

### Psychological Health

It takes courage to ask for help for you, a loved one, or a battle buddy. Please know you can reach out to your Psychological Health Coordinator confidentially. He or she is a licensed and trained mental health professional and will be able to assist.

We can assist with:

- Post deployment adjustments
- Couples conflict
- Children's behavioral concerns
- Anger management
- Work place stressors
- Communication concerns
- Substance use/abuse
- Suicidal ideations
- Depression/Anxiety symptoms
- Traumatic Brain Injury

### PSYCHOLOGICAL HEALTH COORDINATORS

#### Director of Psychological Health

**MAJ David Kirker, LISW-S**

[david.i.kirker.mil@mail.mil](mailto:david.i.kirker.mil@mail.mil)

614-336-7393

#### 371st SUS BDE

**Karey Thompson, LISW-S**

Office: 614-336-8999

#### 73rd TC

**Colin Fowler, LPCC-S**

[colin.b.fowler.ctr@mail.mil](mailto:colin.b.fowler.ctr@mail.mil)

Office: 614-336-6000 x4291 Mobile: 614-572-8783

#### 174th ADA BDE and STC

**Monica Szonn- Lillard, LISW-S**

[Monica.m.szonn-lillard.ctr@mail.mil](mailto:Monica.m.szonn-lillard.ctr@mail.mil)

Office: 614-336-4292 Mobile: 614-639-0337

#### 16th ENGR BDE

**Madelyn Scarberry, LISW-S**

[madelyn.m.scarberry.ctr@mail.mil](mailto:madelyn.m.scarberry.ctr@mail.mil)

Office: 614-336-6000 ext. 6899 Mobile: 614-357-5107

#### 37th IBCT

**Kellie King-Feciuch, LPCC**

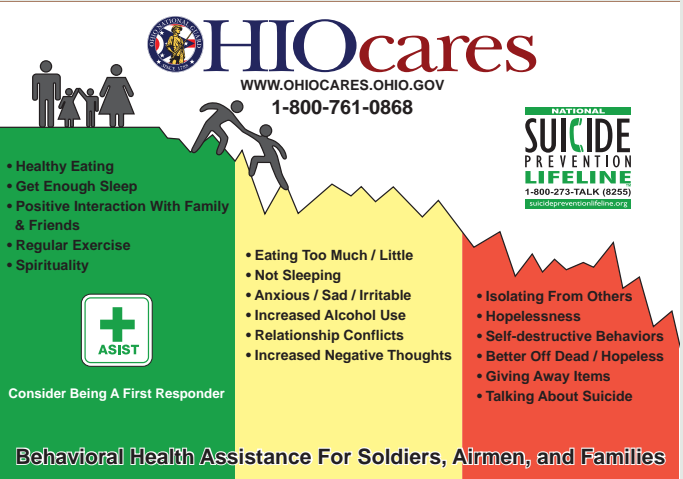
[Feciuch.k.king.ctr@mail.mil](mailto:Feciuch.k.king.ctr@mail.mil)

Office: 614-336-5996 Mobile: 614-307-1810



### OHIOCARES

OhioCares is a resource and referral call line manned by licensed mental health professionals during normal business hours and beyond. Available to all Soldiers, Airmen, their Families, and leadership teams, OhioCares provides a quick response to non-emergency needs and can assist with stress, trauma, depression/anxiety, substance abuse concerns, and more. A licensed professional stands by to answer your questions and make referrals to definitive care when appropriate - Call 1-800-761-0868 or go to [www.ohiocares.ohio.gov](http://www.ohiocares.ohio.gov).



### Mental Health First Aid



Mental Health First Aid (MHFA) is a workshop designed for any community member to learn how to help others in distress. MHFA provides Service members, veterans, & their Families with the skills to recognize peer distress, provide support, and refer individuals to mental health services when needed. This is a great opportunity for first line leaders and can be brought to your unit by a mobile training team.

Topics covered include depression and mood disorders, anxiety disorders, trauma, psychosis, and substance use disorders. Trainees are taught how to apply the 5-step action plan in a variety of situations such as helping someone through a panic attack, engaging with someone who may be suicidal, or assisting an individual who has overdosed. An important component of the Mental Health First Aid course is the opportunity to practice the intervention strategy rather than just learning about it. This simple experience can make it easier to actually apply the knowledge in a real-life situation.

To register and for more information please visit

<https://www.ohiospf.org/about/programs-trainings> or contact [colin.b.fowler.ctr@mail.mil](mailto:colin.b.fowler.ctr@mail.mil)



# STRONG BONDS

## Virtual Relationship Education Courses

The Strong Bonds Program now offers year round virtual relationship education courses that Soldiers and Family Members can take online at their convenience. Virtual courses focus on relationship enrichment for singles, premarital/newly married couples, and married (or unmarried) couples. One popular course, Financial Peace University, even focuses on finances which is often a source of relationship conflict.

**Funding Covers:** In addition to free access to the online courses and printed course materials (dependent on the specific program), some courses may offer pay orders for completing the course (dependent on funding). Soldiers may also complete training on SUTA status with command approval.

See below for more information on each of the virtual programs.



### Head Meets Heart (HMH)

What if you could take the guesswork out of relationships? Are you a single Soldier who has been unlucky in love? Or are you currently in a relationship and want to make

sure you don't mess up a good thing? The JFHQ Chaplain's Office might have the solution for you! HMH is an online course for Single Soldiers who are looking to make wise relationship choices by following their hearts without losing their minds! Learn more about HMH at:

*About Love Thinks* - <https://online.mylovethinks.com/>

*About "Head Meets Heart"* - <https://online.mylovethinks.com/courses/head-meets-heart-free>

**How it works:** After registering, registrants will receive an access code to the online HMH course. HMH provides six hours of self-paced online training. Chaplains are available to discuss personal applications and offer confidential pastoral counseling. While these mentoring discussions are not mandatory, they help to reinforce the training and identify personal applications.

TO REGISTER: <https://www.surveymonkey.com/r/HMH20>



### Saving Your Marriage Before It Starts (SYMBIS)

Engaged or recently married? Do you want to build a strong foundation for your relationship? The JFHQ Chaplain's Office might have the solution for you! SYMBIS provides engaged or newly married couples an exciting opportunity to prepare for a strong and passionate marriage. In SYMBIS, couples take an online assessment to discover more about each other by identifying their similarities and differences. The assessment covers personality, upbringing, attitudes towards money, sex, and much, much more. Even couples who have been together for years will learn new things about each other. Learn more about SYMBIS at:

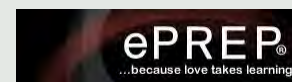
*About* - <https://www.symbis.com/couples/>

*FAQ* - <https://www.symbis.com/faq/>

**How it works:** After registering, registrants will receive an

access code to the online SYMBIS Couples Assessment. After completing the assessment one of our certified OHARNG Chaplains will receive the results and set up virtual or in person mentoring sessions to go over any strengths, weaknesses, or caution flags that the assessment tool identifies.

TO REGISTER: <https://www.surveymonkey.com/r/SYMBIS>



### Prevention and Relationship Education Program (ePREP)

Has being cooped up at home made you a little crabby and hard to get along with? The JFHQ Chaplain's Office might have the solution for you! ePREP is an online virtual couples enrichment course for both married or unmarried couples. ePREP teaches couples how to talk without fighting, keep friendship and fun alive, and beat the odds of relationship difficulties. The skills and strategies presented in ePREP has helped over a million couples around the world. ePREP also increases the level of dedication and commitment couples have for each other which protects the relationship from the inevitable problems that arise. Learn more about ePREP at:

*About* - <https://www.lovetakeslearning.com/about.php>

*FAQ* - <https://www.lovetakeslearning.com/faqs.php>

**How it works:** After registering, registrants will receive an access code to the ePREP course. ePREP provides six hours of self-paced online training. Participants may take the course as self-study or with virtual coaching sessions (through video conferencing) with a Chaplain. Coaching sessions greatly increase what couples get out of the course as they provide couples the opportunity to practice some of the skills the course teaches.

TO REGISTER: <https://surveymonkey.com/r/ePREP20>



### Rock Solid Marriage (RSM)

Falling in love is easy . . . staying in love requires regular recalibration. RSM teaches couples the skills they need to nurture a lasting love. RSM shows couples how to regularly revitalize the dynamic links in their marriage with the Relationship Attachment Model (R.A.M.). This model illustrates how couples grow closer by meeting one another's needs for an open, trusting, and fulfilling relationship. Learn more about RSM at:

*About Love Thinks* - <https://online.mylovethinks.com/>

*About "Rock Solid Marriage"* - <https://online.mylovethinks.com/courses/rock-solid-marriage-free>

**How it works:** After registering, participants will receive an access code to the online RSM course. RSM provides six hours of self-paced online training. Chaplains are available to discuss personal applications and offer confidential pastoral counseling. While these mentoring discussions are not mandatory, they help to reinforce the training and identify personal applications.

TO REGISTER: <https://www.surveymonkey.com/r/RSM21>



### Financial Peace University (FPU)

Have recent events set you back regarding your financial goals? Is financial stress weighing you down? This program will help you to dump debt, save for emergencies, and build wealth. Turn financial stress into financial peace! FPU teaches participants how to handle money and to grow in financial independence. Through Christian faith based principles, you will learn how to get out of debt, stay out of debt, and how to make your money work for you. Stop living paycheck to paycheck!

*Learn more about FPU at:* <https://www.daveramsey.com/fpu>

**How it works:** FPU is a nine-week virtual course that will be held from AUG-OCT 2021. Optional Regional "Kickoff" Dinners will be scheduled in August (dependent on funding). Each week, participants will view a 50-minute video on their own and participate in a one-hour weekly online meeting through Microsoft Teams video conferencing.

TO REGISTER: <https://www.surveymonkey.com/r/FPU21>

DEADLINE TO REGISTER: 15 JUL 2021

### QUESTIONS ABOUT VIRTUAL STRONG BONDS PROGRAMS?

Contact SPC John Owen at [john.m.owen18.mil@mail.mil](mailto:john.m.owen18.mil@mail.mil) or 614-336-6941 (office)/440-420-2462 (cell)

For more information about ong strong bonds programs click on the "chaplain" tab on the ong app or click on the link below: [https://ong.ohio.gov/frg/FRG\\_retreats.html](https://ong.ohio.gov/frg/FRG_retreats.html)

## Strong Bonds Marriage Enrichment Weekends

Strong Bonds Marriage Enrichment Weekends are open to married couples who are members of the Army National Guard. Family members must be enrolled in DEERS.

**ABOUT MARRIAGE EVENTS:** These events offer military couples a fun and refreshing time to reconnect with the love of your life! The retreats are designed to strengthen relationships, inspire hope and rekindle marriages. You and your spouse will gain skills that fortify your marriage as you enjoy a time of relaxation, recreation, fellowship, and fun. Four curriculums are periodically offered. They are Laugh Your Way to a Better Marriage, PREP, LINKS, and Speed of Trust.

**BE NOTIFIED ABOUT UPCOMING EVENTS:** If interested, please complete the survey below to be notified about upcoming events. <https://www.surveymonkey.com/r/SBMarriageInterest>

## Strong Bonds Family Enrichment Weekends

Strong Bonds Family Enrichment Weekends are open members of the Army National Guard and their dependents. Family members must be enrolled in DEERS.

**ABOUT FAMILY EVENTS:** From diapers and night feedings to recitals and soccer games, the responsibilities of child-rearing can be especially difficult for military families. Daily routines can become overwhelming when families are faced with long separations, frequent relocations, and deployment. Strong Bonds Family events teach effective communication and parenting skills for parents and children. In addition to relevant teaching and skills training, there is time for relaxation, recreation, fellowship, and fun. Family members must be enrolled in DEERS. Children 8 years or older are active participants during Strong Bonds Family Events. Child care is

available for children 7 years old or younger. Two curriculums are currently offered. They are Family Wellness and The Speed of Trust.

**BE NOTIFIED ABOUT UPCOMING EVENTS:** If interested, please complete the survey below to be notified about upcoming events. <https://www.surveymonkey.com/r/SBFamilyInterest>

## Strong Bonds Singles Enrichment Weekends

Have you ever heard the saying, "An ounce of prevention is worth a pound of cure"? Strong Bonds Singles Enrichment Weekends are open to unmarried Service Members in the Army National Guard. Service Members may bring a fiancée/significant other as long as there is no cost to the military and based on availability (check with POC noted below).

**ABOUT SINGLES EVENTS:** These events focus on developing healthy personal and relational habits so that you are better prepared to make that next big life decision. These life skills help attendees navigate transition times in life. Times of transition might include but is not limited to: redeployment, the beginning/ending of key relationships, or simply an up and coming significant life decision. The curriculums are designed to be highly engaging, fun, and meaningful for today's young adults. These events also offer single Service Members an opportunity to interact with other Service Members in a fun and interactive setting. Each event includes a recreational outing compliments of the USO of Central Ohio. Past outings have included trips to: Dave & Busters, Hocking Hills Canopy Tours (zip lining), and go cart racing. The two curriculums currently offered are Head Meets Heart and The Speed of Trust.

**BE NOTIFIED ABOUT UPCOMING EVENTS:** If interested, please complete the survey below to be notified about upcoming events. <https://www.surveymonkey.com/r/SBSinglesInterest>

## WEEKEND ENRICHMENT EVENT FAQs

**ARMY GUARD WHERE & WHEN:** Army Guard members should check the ONG App under the "Chaplain" Tab for posted events or click on the link below. [https://ong.ohio.gov/frg/FRG\\_retreats.html](https://ong.ohio.gov/frg/FRG_retreats.html) Registration closes 45 days before each event. So register early!

**IS THERE FUNDING FOR ORDERS TO ATTEND IN A PAY STATUS?** Service Members may attend Strong Bonds events in a pay status. Publishing of orders is dependent upon program funding.

**CAN I ATTEND IN LIEU OF DRILL?** Some Army National Guard units may allow you to attend in lieu of drill. Please check with your unit.

**LODGING:** Lodging is available regardless of driving distance.

**COST: IT'S FREE.** The total cost of this retreat including lodging, meals, child care, and workshop materials could easily exceed several hundred dollars. Thanks to Strong Bonds funding, this retreat is provided at no cost; though incidentals such as mileage reimbursement, room service, movies and food are not included.

**QUESTIONS:** Contact SPC John Owen at [john.m.owen18.mil@mail.mil](mailto:john.m.owen18.mil@mail.mil) or 614-336-6941 (office)/440-420-2462 (cell).





#### What is a Soldier Family Readiness Group?

A Soldier Family Readiness Group (SFRG) is a key component of mission readiness. As a command-sponsored organization, the SFRG is an important entity to network, communicate, and support our Service members and Families.

There are many ways that an SFRG can connect Families and grow a network of support:

- Family Picnics
- Christmas Parties
- General Meetings
- Newsletters
- Email Connections

“Ready Families...Anytime, Anywhere!” is the key focus of the SFRG. A successful SFRG boosts the morale of its Service members and their Families by allowing Families to connect with one another in mutual support. This support allows Service members to feel secure in the readiness of their Family.

Family in terms of Family readiness is not “just” the Family within your household. We know that your closest support could be your parents, aunts, uncles, siblings, friends, and many more. This Family is an integral part of the SFRG. The more Families active in the SFRG the larger this support system grows.

If you are not already in contact with your SFRG Leader and need more info on attending SFRG events contact Lead Soldier & Family Readiness Specialist Amy Seward, [amy.b.seward.civ@mail.mil](mailto:amy.b.seward.civ@mail.mil).



#### How Does an SFRG Run?

The SFRG is run solely by volunteers; in conjunction with the Commander and Military Liaison. Volunteering for the SFRG allows you to give back to the Families and community partners that have supported you in the past.

A SFRG volunteer is someone passionate about supporting others through the trials, tribulations, successes, and triumphs of military life. Your goal as a SFRG volunteer is to create a community of camaraderie within the military “Family.” To some Family members, this will be the only support system they have. Welcoming new Family members and helping them integrate into military life is an important focus of the SFRG. Volunteering can be done in formal and informal ways.

Formal positions within the SFRG include:

- Soldier Family Readiness Group Leader (SFRGL)
- Assistant SFRG Leader (ASFRGL)
- SFRG Treasurer
- SFRG Secretary

Informal positions within the SFRG may include (but are not limited to):

- Welcome/Hospitality Committee
- Newsletter Editor
- Child Activity Coordinator
- Refreshment Organizer
- Photographer

#### Soldier Family Readiness Group Training

**Who:** Training is for unit Commanders, Military Liaisons, and SFRG Statutory Volunteers.

What do you learn from this training?

- ✓ Roles and Responsibilities
- ✓ Regulations and Rules
- ✓ SFRG 101

The outcome of this training is to make sure you have all the tools and connections to be successful in your new role.

**WHERE AND WHEN:** Schedule with your Regional Soldier and Family Readiness Specialist.



## FAMILY RESOURCES

#### Family Assistance Centers

The Family Assistance Centers provide a “One Stop Shop & Resource” to help Soldiers and Family members cope with any issue they encounter. These centers were established to serve the needs of Service Members, Veterans, Retirees and their Families. Regional Soldier and Family Readiness Specialist (SFRS) offer a place to receive reliable information and referrals. Services include, but not limited to: crisis intervention, financial resources, legal, community information, TRICARE, ID cards and Defense Enrollment Eligibility Reporting System (DEERS).

To contact your Regional SFRS, please call **1-800-589-9914**, then select prompt associated with your region, or visit <http://homefront.ohio.gov>

#### Community Info

Community Services  
Child care  
Veteran organizations  
Family Readiness Groups

#### TRICARE

General info on benefits  
Eligibility verification  
Finding local providers  
hallenging claim denials  
TRICARE medical & dental applications

#### ID Cards & DEERS

Initial DEERS enrollment  
Add a Family member  
Renew/replace ID cards  
Obtain an ID card  
Update contact info

#### Financial Resources

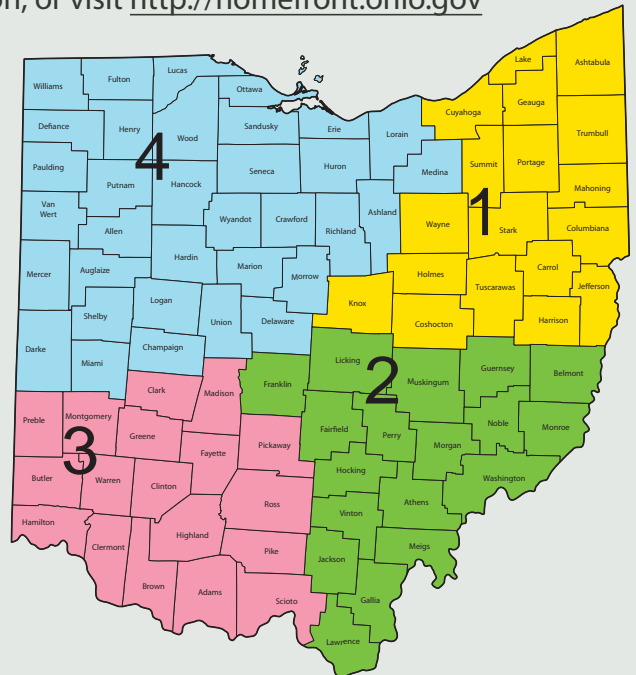
Counseling & budgeting  
Emergency fund requests  
Military pay issues  
Tax assistance  
Financial assistance applications

#### Legal

Power of Attorneys  
Wills  
ESGR  
employment related issues  
Civilian related issues

#### Crisis Intervention

Shelters  
Abuse & neglect  
Counseling services  
Danger to self/others



#### SOLDIER AND FAMILY READINESS SPECIALISTS

Region 1	Region 2	Region 3	Region 4
Brendan Uhlir <a href="mailto:brendan.j.uhlir.civ@mail.mil">brendan.j.uhlir.civ@mail.mil</a>	Harold Rowland <a href="mailto:harold.e.rowland2.civ@mail.mil">harold.e.rowland2.civ@mail.mil</a>	Mark Baseman <a href="mailto:mark.w.baseman.civ@mail.mil">mark.w.baseman.civ@mail.mil</a>	Amber Stevens <a href="mailto:amber.d.stevens3.civ@mail.mil">amber.d.stevens3.civ@mail.mil</a>
Lead SFRS: Amy Seward <a href="mailto:amy.b.seward.civ@mail.mil">amy.b.seward.civ@mail.mil</a>			

#### Ohio Inter and Regional-Service Family Assistance Committee

##### Celebrating over 10 Years of Meaningful Community and Military Partnership

The town hall meetings engaged communities throughout Ohio to discuss today's military mission, its impact on military families and solutions for connecting military need with local and regional support resources and services. Ohio has four RISFACs meetings quarterly, facilitated by the Ohio National Guard Regional Soldier and Family Readiness Specialist. There is one ISFAC meeting held quarterly, hosted by the State Family Programs office.

Ohio's ISFAC and RISFACs are well established and represent the optimal platform to coordinate a collective military/community support system for Ohio service members, military Families, and Veterans. In order to expand the capability of the program and provide a true network of support, the full participation of state government, community agencies, and military leaders is critically essential.

To receive more information about ISFAC and RISFAC dates and locations, please visit [www.homefront.ohio.gov](http://www.homefront.ohio.gov), or contact your Regional SFRS.





## Personal Financial Counselors

### MAKE THE MOST OF YOUR MONEY

Personal Financial Counselors (PFC) are available to help you and your family manage finances, resolve financial problems and reach long-term goals such as getting an education, buying a home and planning for retirement.

### SUPPORT AND COUNSELING SERVICES

- Confidential financial consultations for individuals and families
- Referrals to military and community resources
- Support for Family members during deployment
- Help with credit management and budgeting
- Help navigating benefits like the Blended Retirement System and Thrift Savings Plan

*PFCs are professionals with experience and specialized training. They have a minimum of a bachelor degree and hold National certifications for financial counseling and education.*

**Contact an ONG – PERSONAL FINANCIAL COUNSELOR near you for a FREE consultation!**

<b>Cincinnati</b> <b>Paula Abbott, CFP®</b> 513-431-1300 <a href="mailto:PFC.Cincinnati.USAR@zeiders.com">PFC.Cincinnati.USAR@zeiders.com</a>	<b>Columbus</b> <b>Lawrence Adeyeye, CFP®</b> 614-600-8355 <a href="mailto:PFC.OH.NG@zeiders.com">PFC.OH.NG@zeiders.com</a>	<b>North Canton</b> <b>Lori Mann, AFC®</b> 740-447-3727 <a href="mailto:PFC5.OH.NG@zeiders.com">PFC5.OH.NG@zeiders.com</a>
<b>Springfield</b> <b>Scott Pelfrey, CFP®</b> 937-917-6778 <a href="mailto:PFC2.OH.NG@zeiders.com">PFC2.OH.NG@zeiders.com</a>	<b>Toledo-Bowling Green</b> <b>Chip Basel, CFP®</b> 419-277-6721 <a href="mailto:PFC6.OH.NG@zeiders.com">PFC6.OH.NG@zeiders.com</a>	<b>Wooster-Mansfield</b> <b>Denise Fesel, AFC®</b> 330-201-9834 <a href="mailto:PFC3.OH.NG@zeiders.com">PFC3.OH.NG@zeiders.com</a>

PFC services are no cost, private, and confidential.

## Informed, Empowered, and Engaged Families – Evidence based steps you can take to save a life

### “START” Talking about Suicide

**No one ever thinks suicide could happen in their Family.**

**Talking about suicide can and does save lives.**



“START” online training program, is where Soldiers and their Family members learn how to recognize the signs of suicide and develop the skills to connect someone to help and support. During START training, the Soldier and or Family

member will learn a powerful four-step model to keep someone safe from suicide and have a chance to practice it with impactful simulations.

Spouses, parents, and other Family members play a vital role in building this community-wide safety net. National Guard Soldiers spend approximately two days a month (and two weeks a year) with the OHARNG. When Soldiers are in a military duty status, they are at their very best and actively hide problems. A Soldier’s at home support systems (i.e., Family members, friends, employers) are with them the other 28 days. Family members know when a Soldier is thriving and when they might be struggling. Family members have a much greater opportunity to identify challenges, stressors, risk factors, and early signs of behavioral/mental health concerns

In 90 minutes LivingWorks START Can Help You:

- Become more comfortable talking about suicide
- Keep a loved one safe in times of distress
- Support friends and co-workers
- Have peace of mind knowing you’re ready to help

Sign up for this Free training at  
[https://www.surveymonkey.com/r/OHARNG\\_START](https://www.surveymonkey.com/r/OHARNG_START)

Have questions? Contact Erin Van Gorden at  
[erin.m.vangorden.ctr@mail.mil](mailto:erin.m.vangorden.ctr@mail.mil)

### Save a Life: Lock Your Gun!

Suicide: No one thinks it can happen in their family - make the ones you love lock their guns. Though all Soldiers are well-versed in gun safety, all owners should understand that during emotional or stressful times, limiting access to their firearms could prevent suicide. Many suicide attempts take place during a short-term crisis - putting time and space between a decision and action, during a crisis, can prevent suicide and save lives. Gun locks CAN prevent a crisis from becoming fatal. It takes a few minutes to install a gun lock. ACT NOW—Have a FREE gun lock mailed to your home.

Request your Free Gun Lock:

<https://www.surveymonkey.com/r/freegunlocks>

Guns in the home, in and of its self, is a risk factor for suicide. Understand suicide risk factors and be intentional about locking up guns especially when one or more of the following risk factors are present.

- Social Isolation
- Diagnosed Mental Health Disorders
- Lack of Behavioral Health Care
- Major Physical Illness
- Alcohol or Substance Abuse Disorders
- Job Loss
- Financial Hardship
- Broken or Stressed Relationships
- Exposure to Others Who Have Died by Suicide
- Death of a Loved One



*Buy time to intervene and access resources that can reduce the incidence of death by suicide. Locked guns put time between decision and action- Five minutes can make a difference between life and death. . Familiarize yourself now with life saving information: don't wait till a crisis occurs.*



## Military One Source (MOS)

### MOS - National Guard

<https://www.militaryonesource.mil/national-guard>

Confidently navigate life in the National Guard, and find the support you need as you serve home and country. From financial counseling to family relationships, you can access resources as you serve your country in the guard.

### Health and Wellness Services

Military OneSource considers your health and wellness a top priority! If you are eligible for the program, you and your family have access to many health and wellness services. Here are a few to consider:

#### • Health and Wellness Coaching

Need help exercising more or eating better? Partner with a coach on the phone, by video, or online for help reaching your health goals.

#### • Military OneSource Member Connect

Log in to access countless health and wellness resources such as articles, videos, quizzes, slideshows, and podcasts. Be sure to check out these popular items:

#### • Health Library

Explore this resource adapted from the world-renowned Mayo Clinic to find exercise videos, nutritious recipes, and health tips.

#### • Training Videos

Watch videos for tips to lose body fat, relax with mindfulness, improve your sleep, and more.

#### • Neighborhood Navigator

New to your location? Use this tool to find gyms and fitness programs near you.



*Real help - anytime, anywhere, at no cost to you*

### Non-Medical Counseling

Military OneSource counselors are available for free, short-term, confidential non-medical counseling services for a wide range of issues from marital conflicts and stress management to coping with a loss and deployments. Sessions can take place in person, over the phone, or via secure video or online chat. Trained to work with the military community, military and family life counselors deliver valuable face-to-face counseling services, briefings and presentations to the military community both on and off the installation.

For more information, please visit: <https://www.militaryonesource.mil/confidential-help> or call 800-342-9647

Discover more of what  
Military OneSource has to offer by  
visiting [www.militaryonesource.mil](https://www.militaryonesource.mil) or  
calling 800-342-9647.

### MILTAX – BENEFITS

Tax prep and e-filing software from MilTax is built to address scenarios like deployments, combat pay, multiple moves and more to help you account for the credits and benefits you’ve earned. MilTax is 100% free from the Department of Defense. There are no fees for any eligible service member or family members at any point in the filing process. Plus, software calculations are backed by the provider’s accuracy and maximum refund guarantee.

Call Military OneSource anytime, 24/7 to schedule an appointment. Our tax consultants are specially trained to help with unique tax situations specific to service members and their families.

Eligible service members and families can access MilTax anytime, go to [MilitaryOneSource.mil](https://www.militaryonesource.mil) and search “MilTax ” to begin, or call 800-342-9647.

### Parenting Resources

Military OneSource has a wide range of resources designed to help parents with children of any age, including articles, resources and tools to help you answer all of your parenting questions and make sure your family is safe, happy and healthy.

To learn more about what resources are available, please visit <https://www.militaryonesource.mil/leaders-service-providers/parenting>

## Guard and Reserve (regardless of duty status), active-duty, and their families

## American Red Cross

The Red Cross helps members of the military, veterans and their families prepare for, cope with, and respond to, the challenges of military service. The American Red Cross Hero Care Center is available 7 days a week, 24 hours a day, 365 days a year, with two options for requesting assistance: online and by phone. To speak to a Red Cross Emergency Communications Specialist call 1-877-272-7337, or to submit a request online <https://saf.redcross.org/css>

Whether your family is facing its first deployment or the next of many, the American Red Cross has developed workshops, information and support services to help you with the practical and emotional challenges. <https://www.redcross.org/get-help/military-families/deployment-services.html>

Course Name	Course Description
Coping With Deployments	Spouses, parents, siblings and significant others learn skill-building techniques that help them respond to the challenges of the deployment cycle.
Pre-Deployment Preparedness Tool for Family Members	Make sure your family is prepared with information they may need throughout the deployment.
Reconnection Workshops	Reconnection Workshops enhance the likelihood of positive reconnections among family members and successful re-engagement of service members and veterans in civilian life.
Mind-Body Workshops	Mind-Body Workshops offer an alternative method of healing that engages both the mind and body to address common stress reactions that occur within military families and communities.
Post-Deployment Support Resources	Information and workshops to help families re-adjust to being together after a loved one’s deployment.

Download the FREE Hero Care App  
Access vital emergency and non-emergency resources for military members, veterans and military families. Or text: “GETHEROCARE” to 90999





2825 W. Dublin Granville Rd.  
Columbus, OH 43235

(800) 589-9914

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STEADY... TRAINED... RESILIENT... OHIO... NATIONAL... GUARD...  
**STRONG**



**ALWAYS READY, ALWAYS THERE**

Website - [ONG.Ohio.gov](http://ONG.Ohio.gov)  
ONG mobile app  
Social Media outlets



For current information and stories  
on the Ohio National Guard, watch the  
Buckeye Guard video newscast or read  
the digital Buckeye Guard online publication:  
[ONG.Ohio.gov/Buckeye-Guard/index.html](http://ONG.Ohio.gov/Buckeye-Guard/index.html)