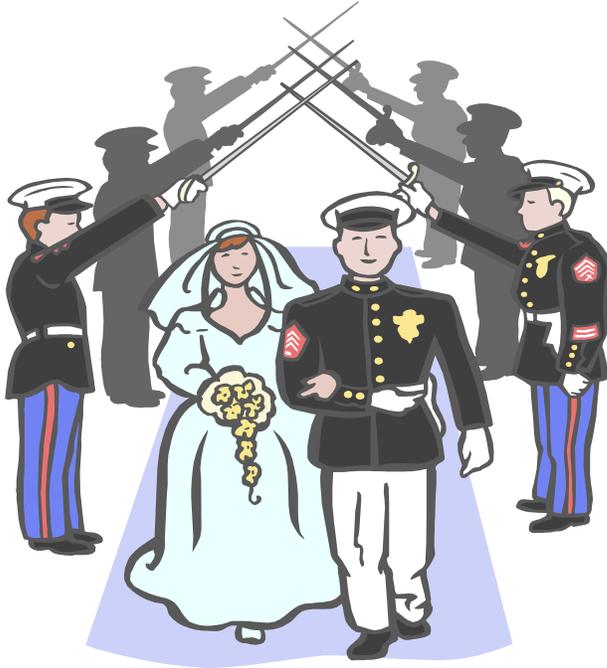


Handbook For A NEW MILITARY SPOUSE



**ARMY COMMUNITY SERVICE
RELOCATION READINESS /
OUTREACH PROGRAM
5661 SCREAMING EAGLE BLVD
FORT CAMPBELL KY 42223
(270) 798-9322/956-2676**



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INTRODUCTION

First of all, **WELCOME** to Military Life. You are about to travel on a journey that will change your lifestyle in many ways. The Military Life is different from Civilian Life. Even though there are some similarities, you will find being a Military spouse is one of the hardest jobs in the military. There are times when you will be alone for months to a year, when you will be mother and father to your children, when you will move two times in one year, and when you feel alone and stressed.

Army Community Service (ACS) Relocation Readiness/ Outreach Programs have put together a Handbook for the New Military Spouse. This handbook consist of information that is vital to your military experience.

You will find resources to assist with understanding Military Ranks, and Structure, TRICARE, Legal, First Term Checklist, and many more. You will also find articles that will help get you through difficult situations, support group information, and poems written to show appreciation to the hardest position you may hold in this marriage.

ACS Mission Statement:

ACS will assist Commanders in Maintaining Readiness of Individual, Families and Communities with America's Army by developing, coordinating and delivering service which promotes self reliance, resiliency and stability during War and Peace.

MILITARY CUSTOMS, TRADITIONS AND PROTOCOL and FLAG ETIQUETTE

Protocol can be a very imposing word to many. In the strict sense it is formal rules of conduct at high level government ceremonies. For us as military wives of the 21st century it can be defined as a combination of etiquette and good manners blended with the rich heritage of traditions and courtesies of military life. It is designed to let us know what to expect in a given situation and can help us feel more comfortable and at ease.



SOCIAL OBLIGATIONS



Military social life is one of the nicest traditions. Friendships and camaraderie grow out of this tradition. It is characterized by the exchange of visits, invitations and other courtesies. The thoughtful and conscientious military couple realizes that when they accept an invitation to a dinner, party or any social function, they have a responsibility to return the hospitality. Remember to be yourself, to do what is comfortable for you and to keep it within your budget

TO GO OR NOT TO GO?

Frequently you may find a conflict of obligations and interests when it comes to deciding which functions to attend. Of course, your family is your top priority.

Usually your unit Hail and Farewells and the spouses' coffees take precedence. These social occasions are opportunities to get to know the people with whom your spouse works and to discover new friendships. This will lead to unit "Esprit" which is a very special military tradition. As a part of his/her job as a professional soldier, your spouse must be loyal to their unit and to its commander. Your soldier must pull duty, go to the field and may someday fight a war. He/she has chosen to defend our nation, not an easy task. We use these things not to separate but rather to unite. Our love and support can offer a refuge in a tough job.



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INVITATIONS

There are a variety of invitations to choose from depending on the mood of the party and the hostess - informal notes, boxed invitations or hand made creations. On an invitation use only ONE of the following responses: 1) RSVP 2) Regrets Only. If using two or more telephone numbers include the corresponding name or names.

THANK YOU

Thank you notes for hospitality and courtesies received are a must and a sign of gracious manners. If your hostess is a close friend, a phone call is sufficient. A handwritten thank you is appropriate for any occasion whether it be a meal, a gift received or simply a kind deed. When writing a note to a couple, address it to the wife and send it within 5 days.



SOCIAL FUNCTIONS

COURTESY CALLS - This is one of the oldest of Army traditions. A newly arrived officer would make a social call upon his commanding officer. Today it is rarely used in the traditional sense. However, some units still have some form of a courtesy call which enable the commanding officer or senior NCO to personally welcome a new soldier to the unit. In today's military, the unit's "Hail and Farewells" serve as the welcome for the new officers and NCOs. Most units encourage their officers and NCOs and their spouses to attend these functions.

COFFEES

Unit coffees are usually held monthly and provide a wonderful opportunity to greet new arrivals, to farewell departees, to get acquainted with the other spouses in the unit, and to find out what's happening in the post/base. Coffees support network enjoy.



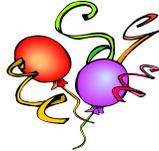
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TEAS

A tea is held in the afternoon and is the most formal of daytime functions. It is usually given in honor of a person or persons such as a departing or incoming commander's or senior NCO's spouse.

PROMOTION PARTY

A time-honored tradition is the promotion party which is given by an officer or NCO or a group of officers or NCOs with similar dates or rank, shortly after being promoted. It does not have to be a fancy affair but provides a chance to invite friends and their spouses to share the good fortune.



UNIT PARTIES

Although the unit is usually the host, unit members and guests share the cost and planning of the party. The most popular unit party is the "Hail and Farewell" which welcomes the incoming members and farewells the departing members. These parties build the unit spirit and camaraderie and are successful only if everyone supports and participates.

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DINING IN

The dining in is an old military tradition that has been passed down from the British. As the most formal of events, a dining in allows officers and NCOs of a unit to celebrate its successes and to enjoy its traditions and heritage. It is strictly an Officer/NCO affair, no spouses are invited.



DINING OUT

When spouses are invited to a Dining In, it becomes a Dining Out. This gives the spouses an opportunity to see all the "pomp and circumstance" that goes with the tradition. The spouses will enjoy the opportunity to dress in their dressiest dinner gowns or tuxedos and spend a fun evening with their soldier spouse.

Parades and Reviews

These events are an important part of the military. They can move a spectator to instant patriotism and pride in our country.

Parades can be held for many reasons, but the following are some of the most frequent:

1. Change of Command: The outgoing commander officially passes the unit colors to his/her successor.

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2. Presentation of awards and medals: Soldiers are recognized and commended publicly for their achievements or valor in the outstanding performance of duty.

3. Retirement: Every soldier who retires after 20 years or more of service is honored by a parade to give tribute to his/her years of loyal service.

Certain traditions and courtesies should be observed during these ceremonies. Spectators stand for the playing of the National anthem and anthems of other countries represented. As troops pass in review, spectators stand as the national colors approach and pass. Depending on the post's/base's policy, spectators may be required to stand for the playing of other songs such as the Army song.

A review is usually smaller than a parade. If the reviewing officer is a General Officer, the spectators will stand at the beginning of the ceremony for the playing of "Ruffles and Flourishes" and/or the sounding of the accompanying gun salute.



OTHER MILITARY FUNCTIONS AND COURTESIES

At all social functions, all invited guests should try to speak to the guest(s) of honor and be sure to bid goodbye to the hostess and/or host.

Always be punctual for social functions, do not come early. You may come early to meetings, however, so that you can socialize before the meeting and the meeting can start on time.

At a ball or dining out, the ladies stand for the posting and retiring of the colors. They also stand and drink for all the toasts except the toast "to the ladies". If you do not drink alcoholic beverages, you may lift your glass for the toasts as a token. Ladies may stand for a standing ovation for a speaker.

When entering or leaving an installation with a guarded gate at night, dim your headlights 50 feet before the gate so you won't blind the guard.

Although the military has a defined rank structure, spouses have no rank. It is still proper to address senior officers and their spouses by their last name, until they ask you to do otherwise.

A chaplain may be addressed as chaplain or if catholic by "Father".

A doctor is addressed by military rank, although in a clinic setting you may find "doctor" more comfortable.

You are welcome to attend a change of command ceremony without a specific invitation. Attendance at the reception following should be by invitation.

CHILDREN

When children are included it will be specified on the invitation. Children are welcomed at parades and reviews as long as they are quiet and well-behaved.



Every loyal American Citizen, in uniform or not, should have an awareness of the history of our country's flag, what to do when the flag passes in parade or what is expected when you are in the area of the flag at reveille and retreat.

HISTORY IN BRIEF

Prior to 1775 the colonies had their own flags but on 2 December 1775 Continental Congress approved the design of a flag which was first hoisted aboard the Alfred by Lieutenant John Paul Jones. This flag was first called the Continental Flag and later, the Grand Union. The first act of Congress establishing the Stars and Stripes, 14 June 1777, ordained the present arrangement of stripes which stand for the thirteen colonies and had thirteen stars. The thirteen stars were in a circle so that no colony would take precedence. With the addition of a star for each new state it was recognized the flag would soon become too much so during the War of 1812 it was suggested to Congress that the stripes be fixed at thirteen for the original colonies and that a star be added to the blue field for each state.





AT A PARADE

Stand whenever the American Flag goes by.

Stand when ruffles, flourishes and General's March are heard.

Stand whenever the National Anthem is played.

Stand as a courtesy, when a foreign national anthem is played.



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AT RETREAT OR REVEILLE

The flag is raised ceremoniously each morning at reveille and lowered each evening at retreat; the actual time is determined by the post commander. If you can hear the music or see the flag: Stop the car; the driver only gets out and stand facing the flag—military in uniform salute. If you are walking: Stop, face the flag, until the music has stopped. Teach this to your children as they are never too young to learn respect for our country's flag. Usually a cannon salute precedes the lowering of the flag at retreat. At approximately 5:30 a.m., reveille is preceded by a bugle call, and taps is played about 11:00 p.m.



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FOLDING THE FLAG

A distinctive American custom is that of folding the national flag into a triangular shape—stars showing. The shape is supposed to represent the “cocked hat” of the American Revolution.



WHEN TO SALUTE THE FLAG

? Civilian Attire
? In Uniform

	INDOORS	OUTDOORS
When The National Anthem is played	?Stand at Attention ?Salute if under arms and in Uniform	?Salute 1,2,3,4 ?Salute 1,2,3,4
When the Flag passes by in a Parade or Review	?Stand at Attention ?Salute if under arms and in Uniform	?Salute 3, 5 ?Salute 5
When the Flag is Hoisted or Lowered or Colors are Posted	?Stand at Attention	?Salute 3, 4 ?Salute 4
When the Pledge of Allegiance is Recited	?Stand at Attention	?Salute 3 ?Salute

For Information in Reference to Numbers 1, 2, 3, 4, and 5 see page 14.

1-Flag, if visible, is faced and saluted; if not visible face music and salute; if music is recorded face front and salute.

2-Salute is rendered at first note of music and held until last note.

3-When civilian attire: MEN—remove headdress, hold at left shoulder with right hand over heart; without hats, place right hand, palm open, over heart. WOMEN—place right hand, palm open, over heart.

4-When in athletic clothing face flag or music. Remove headdress and stand at attention.

5-Salute is rendered when flag is six paces from viewer and held until it has passed six paces beyond.

SPECIAL NOTES: Photographers and cameramen render the appropriate honors outlined above, except when they are specifically directed to photograph others rendering honors. Flag and national anthems of friendly foreign countries are shown the same marks of respect.

RETREAT

“SOMETHING MORE THAN DUTY”
SOMEWHERE A BUGLE SOFTLY SOUNDS
ITS MESSAGE OF RENOWN
AND MEN INSIDE THEIR BUILDINGS WAIT
UNTIL THE FLAG COMES DOWN.
AND OTHERS RUN TO GET TO THEIR CARS
QUITE HARROWED OR DISMANDED
AFRAID THEY WILL NOT REACH THE GATE
BEFORE RETREAT IS PLAYED.
NOT THINKING OF THE FLAG OR MEN
WHO FOUGHT TO KEEP IT FLYING.
HOW MANY WOULD BE GLAD TO STAND
WHOSE BODIES NOW ARE MUTE.
OR HAVE NO HAND THAT THEY MIGHT RAISE.
AND STAND IN PROUD SALUTE?
SO ACCEPT IT NOT AS DUTY
BUT A PRIVILEGE EVEN MORE.
AND RECEIVE IT AS AN HONOR INSTEAD OF
JUST A CHORE
UNKNOWN

MILITARY RANKS

COMMISSIONED OFFICER

Officers receive their commissions from four sources; United States Military Academy, ROTC (Reserve Officer Training Corps), OCS (Officer Candidate School) and by Direct Commission. The following list of officer ranks is from high to low. Company grade officers are pay grades 0-1, 0-2, and 0-3. Field grade officers are pay grade 0-4 and 0-5 while senior officers are pay grade 0-6. General Officers are pay grades 0-7 and above.

ABBREVIATION	RANKS	PAY GRADE	INSIGNIA
GEN	General	0-10	4 Silver Stars
LTG	Lieutenant General	0-9	3 Silver Stars
MG	Major General	0-8	2 Silver Stars
BG	Brigadier General	0-7	1 Silver Star
COL	Colonel	0-6	Silver Eagle
LTC	Lieutenant Colonel	0-5	Silver Oak Leaf
MAJ	Major	0-4	Gold Oak Leaf
CPT	Captain	0-3	Two Silver Bars
1LT	First Lieutenant	0-2	Silver Bar
2LT	Second Lieutenant	0-1	Gold Bar

WARRANT OFFICECERS

Warrant Officers are commissioned leaders who possess technical skills and are addressed as Mr. or Ms.

ABBREVIATION	RANKS	PAY GRADE	INSIGNIA
CW4	Chief Warrant	W-4	Silver Bar w/4 pips
CW3	Chief Warrant	W-3	Silver Bar w/3 pips
CW2	Chief Warrant	W-2	Silver Bar w/2 pips
WO1	Warrant Officer	W-1	Silver Bar w/1 pip



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ENLISTED

Non-Commissioned officers (NCOs) are soldiers in the pay grades of Corporal (CPL, E-4) and above. They have the authority to issue orders.

ABBREVIATION	RANKS	PAY GRADE	INSIGNIA
CSM	Command Sergeant Major	E-9	6 Stripes w/Crest Star
SGM	Sergeant Major	E-9	6 Stripes w/Star
1SG	First Sergeant	E-8	6 Stripes w/Diamond
MSG	Master Sergeant	E-8	6 Stripes
SFC	Sergeant First Class	E-7	5 Stripes
SSG	Staff Sergeant	E-6	4 Stripes
SGT	Sergeant	E-5	3 Stripes
CPL	Corporal	E-4	2 Stripes
SPC	Specialist	E-4	Triangle Pointing Down
PFC	Private First Class	E-3	Triangle Pointing up- 2 Stripes
PVT	Private	E-2	1 Stripe
PVT	Private	E-1	No Insignia

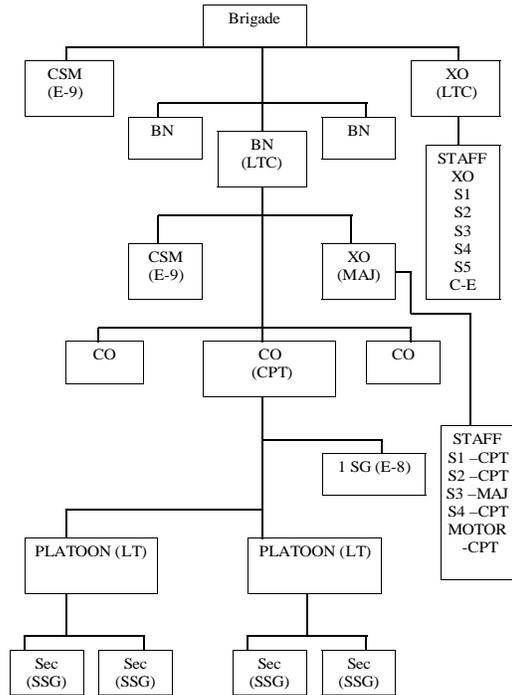
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MILITARY TIME



CIVILIAN TIME	MILITARY TIME
1 AM	0100
2 AM	0200
3 AM	0300
4 AM	0400
5 AM	0500
6 AM	0600
7 AM	0700
8 AM	0800
9 AM	0900
10 AM	1000
11 AM	1100
12 AM (NOON)	1200
1 PM	1300
2 PM	1400
3 PM	1500
4 PM	1600
5 PM	1700
6 PM	1800
7 PM	1900
8 PM	2000
9 PM	2100
10 PM	2200
11 PM	2300
12 PM (MIDNIGHT)	2400

COMMAND STRUCTURE



ID/DEERS

The Defense Enrollment Eligibility Reporting System (DEERS) is a military database that lists everyone who is eligible for TRICARE benefits. Make sure your DEERS record is up-to-date. This will help us process your claims quickly and accurately.

DEERS is a computerized database of military sponsors, families and others worldwide who are entitled under the law to TRICARE benefits. DEERS registration is required for TRICARE eligibility.

Registration in DEERS

- Active-duty and retired service members are automatically registered in DEERS, but they must take action to register their family members and ensure they're correctly entered into the database.
- Once registered in DEERS it is important to keep your DEERS records updated when personal eligibility information changes. This includes changes in military career status; addresses; and family status (marriage, divorce, birth, and adoption) etc. For basic information on eligibility, review our [Eligibility Fact Sheet](#).
- Mistakes in the DEERS database can cause problems with TRICARE claims, so it is critical to maintain your DEERS information.
- Retail network pharmacies check TRICARE eligibility through DEERS. Prescriptions will be filled only for beneficiaries who are listed as eligible in DEERS.
- Each family member's eligibility record must be updated separately when changes occur.

TRICARE



Eligibility

The TRICARE programs are available to family members of active duty military members and also to military retirees and their dependents. These dependents include:

- ?Spouses
- ?Unmarried children under age 21
- ?Unmarried children under age 23 who are full-time students
- ?Stepchildren adopted by the sponsor

Those who are eligible must be listed in the Defense Department's worldwide, database, the [Defense Enrollment Eligibility Reporting System \(DEERS\)](#).

Prime Enrollment

The enrollment period for TRICARE Prime is 12 consecutive months. The active enrollment period is the fiscal year (October 1 through September 30). Enrollment of all other beneficiaries begin with the date of enrollment.

Privacy Act

myTRICARE.com by PGBA fully complies with the federal law protecting the medical records of the TRICARE Beneficiaries. According to this law, if you are over age 18, we cannot discuss your medical history with others, including your family, without your permission.

Portability

If you're enrolled in TRICARE Prime and move from one TRICARE region to another, you can take TRICARE Prime with you. With portability, your enrollment fees and anniversary dates with transfer along with you.

You may transfer enrollment twice during an enrollment year. There is no limit on transfers for active duty families.

Here are more TRICARE Programs you may be interested in:

- ? Continued Health Care Benefit Program (CHCBP)
- ? Dental Services
- ? Federal Long Term Care Insurance
- ? Military Reserves
- ? Pharmacy Options
- ? Program for Persons with Disabilities (PPPWD)
- ? Supplemental Health Care Program (SHCP)
- ? TRICARE Extra
- ? TRICARE Plus
- ? TRICARE Prime
- ? TRICARE Prime Remote for ADFM
- ? TRICARE Prime Remote Program (TPRP)
- ? TRICARE For Life (TFL)
- ? TRICARE Standard
- ? USFHP



Child and Youth Services

Child and Youth Services (CYS)

- ? Supports parents with their parental responsibilities.
- ? Meals and snacks offered in CDC, SAS, FCC, and Eagles Club
- ? Conducts a variety of routine background checks on ALL STAFF and providers.
- ? Provides STAFF with extensive on-going training

Child Development Center (CDC)

Provide services for ages 6 weeks to 5 Years

- ? Hourly Care
- ? Full Day Care
- ? Part Day Preschool



Family Child Care (FCC)

Provides services for ages 4 weeks to 12 Years
Childcare is provided by certified providers in family homes on and off the installation.

- ? Full Day Child Care
- ? Part Day Child Care
- ? Extended Care Homes
- ? Hourly Care

For Weekend Care call providers.





School Age Services (SAS)

Before and/or After School Program
Walk-Ins Welcome

- ? Daily enrichment activities
- ? Field Trips
- ? Summer Camp
- ? Full Day Care during School closures
- ? Nutritious meals and snacks
- ? Transportation provided daily to instructional classes

Youth Services (YS)

Taylor Youth Center (TYC)

- ? Boy & Gils Club
- ? Middle School/Teen Activities
- ? Computer Lab
- ? Youth Sports
- ? Instructional Classes
- ? Volunteer Opportunities
- ? Workforce Preparation
- ? Mentoring



Army Community Service (ACS) Programs



INFORMATION, REFERRAL & FOLLOW-UP: 798-9322. Provides commanders, soldiers and families with information regarding military and civilian community resources. It helps link soldiers and families that have particular needs, with the services available to them.



OUTREACH SERVICES:798-0609.

Provides the vital link between a variety of military and civilian support agencies and the soldiers and families within the Fort Campbell community. Services promote the development of community spirit and mutual networking through community visitation efforts, neighborhood councils, and training. Coordinates and implements a program of comprehensive outreach initiatives designed to facilitate delivery of existing services within the community.

RELOCATION: 798-6313/956-2676. Provides assistance needed to cope with the mobile military lifestyle. Services offered are:

Relocation Resource Center

- Library of welcome packets
- Foreign language tapes
- Videos of other installations
- Trip itineraries
- International drivers permit
- USAREUR License Manual
- SITES automated information



Newcomer and Re-entry Orientation

- Community information

- Community bus tour
 - **“Eagle Welcome”**
- Individual Relocation Counseling**
- One-on-one counseling specific to client’s needs
- Smooth Move Orientation**
- Essential information and guidance on preparing for a PCS move
- Services to Multicultural Families**
- Referral to English as a Second Language
 - Foreign-born spouse orientation
 - Citizenship class
 - International spouse support group
- Services to Waiting Families**
- Awaiting spouses briefing and support group
- Sponsorship Training**
- Quarterly “train the trainer” classes
 - Unit sponsorship
- Lending Closet:** 798-0513/9322.
- Loans a wide variety of basic household items to transitioning soldiers and their families.

ARMY EMERGENCY RELIEF (AER): 798-5518. AER is a private, non-profit organization established to assist soldiers, retirees and their family members in emergency financial situations, due to no fault of their own. Loans are interest free and repaid by Class T allotments. To apply for AER assistance, soldiers need to contact their unit commander. Annual contributions made to the AER Campaign are used to support this service to the military.



- FINANCIAL READINESS:**
- Financial Assistance Planning:** 798-5518. Assists soldiers, family members, reserve components, DA civilians and their family members.
- Provides personal financial readiness
 - Individual budget counseling
 - Refresher training and counseling for abuse and misuse of check-cashing privileges

- Budget development classes
- Debt reduction
- 8-hour mandatory training to all first-term soldiers
- Debt liquidation program
- Money management class
- Check-writing class
- Family Subsistence Supplemental Allowance (FSSA)

Consumer Affairs Office (CAO) :
798-5528

- “One-Stop” services for preventive assistance
 - Reviews vehicle values and interest rates
 - Assists with vehicle and reviews other large purchases and lease contracts (Car Fax)
 - Acts as a consumer advocate assisting in resolution of consumer complaints
 - Educates consumers on Rights and obligations
- Educational classes on consumer issues

FAMILY ADVOCACY PROGRAM (FAP): Building 2556, 24th & Indiana Ave., 798-4191/2045. Provides education, prevention of family violence and family issues. Services include:

- Parenting classes
 - Couples Communication classes
 - Step-family information
 - Mandated unit briefings
 - Stress management classes
 - Victim Advocate Program
956-3737
- Provides support and
- information to victims of Domestic violence
- New Parent Support Program
956-3850
 - Promotes parenting information and emotional support to families with children ages birth to three
 - Play Morning
 - Home visits
 - Expectant Parent Workshop



Exceptional Family Member

Program, (EFMP): 5661 Screaming Eagle Blvd. 956-3738. The EFMP is a mandatory enrollment program that is based on public law and Department of Defense mandates. It works with other military and civilian agencies to provide comprehensive and coordination with:

- Advocacy
- Enrollment information
- Information & referral
- Relocation assistance
- Child/youth placement assist.
- Special education rights & responsibilities

Special needs support groups



FAMILY EMPLOYMENT READINESS PROGRAM (FERP):

5661 Screaming Eagle Blvd., 798-4289. FERP Helps non-transitioning FAMILIES (adults and teenagers) of active duty military, Department of Defense civilians, retirees and their families get READY for EMPLOYMENT. OUR GOAL is to EMPOWER YOU to take control of your personal employment services and resources., We teach you basic job search skills that can be used effectively regardless of where you are located.

ARMY VOLUNTEER CORPS: 1501 William C. Lee Rd., 798-3843.

- Centralized location for all information regarding the non-paid professional
- A job bank is maintained for available clerical, technical and managerial volunteer positions
- Specialized portfolios
 - o Job descriptions
 - o Awards
 - o Training and volunteer hours

- 100 hours or more at Fort Campbell entitles volunteer to apply for the Trained Business Consultant Program (TBC)
 - o 2 weeks of computer classes
 - o stress management
 - o business management
 - o marketing
 - o dress for success
 - o limited free childcare

Army Family Team Building (AFTB): 1501 William C. Lee Rd., 798-4800. This program is dedicated to providing education, guidance, family readiness, empowerment, and volunteer opportunities. AFTB offers 43 different classes in 3 levels free of charge to soldiers and family members. Day and evening classes are offered to accommodate the entire community. A Spanish Level I class is offered every other month. Unit level classes are offered upon request. AFTB is available to assist members of the Army to adapt to Army life, manage change, and accept challenges.



Army Family Action Plan (AFAP): 1501 William C. Lee Rd., 798-2063.

- Designed to improve the quality of life for the Total Army Family
- Facilitates many positive changes that enhance the Army experience
- Allows your voice to be heard
- Issues are generated and collected from the Fort Campbell community and are addressed at the annual installation conference
- Issues not resolved at Installation level are forwarded to MACOM and then Department of Army for resolution



Family Resource Center (FRC):

1501 William C. Lee Rd., 798-3849. A resource center for Family Readiness Groups, Commanders, leaders and their members. The FRC offers Operation R.E.A.D.Y. classes monthly. Specialty classes are offered when requested. Children are welcome. The center has mailboxes for each registered FRG on Fort Campbell, where Post information is disseminated. The resource library maintains brochures on military life and deployment issues for use at your FRG meetings and unit deployment briefs.

Family Readiness Groups (FRG)

The modern Family Readiness Group (FRG) is part of a tradition of voluntary self-help that goes back to the American Revolution. FRGs are part of a larger system that helps families cope with the rigors of Army life. At a minimum, it is a system for rapidly transmitting information during deployments to those who consider themselves part of the "unit family." Other services often include a unit newsletter, unit handbook, sponsorship functions, point of contact and phone tree, and various types of meetings and social gatherings. FRGs also find themselves providing social and emotional support (particularly during times of deployments and trauma). Provision of direct, continuing support to individuals (e.g., childcare, transportation, or lending money) does occur but is not recommended because it tends to slow the development of coping skills in individual families and to overburden FRG volunteers.



TIPS FOR THE ARMY FAMILY

1. Define your family expectations in terms that are real for your military life.

Examples that are real:

I want the time we spend together to be quality time. I want us to talk, really talk about how we feel. I will use our hours apart to challenge myself to be real, to be honest with myself about my thoughts and feelings. I will use our time together to focus on the good things we have together, to say what I mean, mean what I say.

Examples that are NOT real:

I want to spend all our time together just like my sister and her husband have. I want to sleep in every morning until 7 am and get up together and have coffee. I want a cooked breakfast every morning. I expect us to be together on important occasions like birthdays, anniversaries, holidays, and the birth of our children.

2. Focus on the positive. Establish the "you gotta believe" principle in your military life.

Examples that are positive:

I know you love me, and that I love you. I believe in us. There are times when you say you'll be home at a certain time, on a certain day, and you don't make it, maybe you don't even call. I know you can't control what happens. I know that. I will choose to believe that's just the way it is. I will not choose to believe you are not standing up for yourself, I will not choose to believe that you could change things if only you would. I will not choose to believe that every thing in your unit is all screwed up and thereby add to your stress, I will not choose to believe there is someone else you are seeing in the way home. I will choose to focus on the positive. I will be happy when you are home safe. That is, after all what I am worried about, that you come home, that you are safe. I know that no news and no calls are OK, that if there were bad things there would be calls. I AM IL, YOU ARE OK, WE ARE OK. Who cares that the best meal in the world is now going to be microwave left-overs. We are more important than getting bent about something like that.



Examples that are negative:

So, you really don't care about how I feel, that I worked all day, came home and fixed your favorite supper, you were late and never even called to tell me. Now I suppose you'll tell me you have duty on Christmas EVE. Great! We were supposed to go home, you know. That's the way it should be. Our families are expecting us home for Christmas, you know. It just won't be Christmas without being home. Maybe I'll go by myself. That way you can go ahead and see that honey you have on the side. I know that's it. You Army guys are all the same. You just don't care. You say you're in the field, that you have to clean your gear, that there's an inspection, right! Just how dumb do you think I am? All you want to do is be with your buddies. We are not important anymore. And why didn't you return my phone call when I called to see when you were coming home? Don't tell me AGAIN that no one gave you the message. They promised they would.

3. Get with the program. Learn about the mission of your husband's unit. Understand. That helps everything make sense.

Examples that are positive:

OK, so you're an Airborne grunt. That means you have to go out in the bushes and woods to practice being a fighting man, to learn about trenches and fighting in urban areas, how to fight alongside tanks, and do air assaults, OK, so that's why you are tired. The trucks didn't come to get you because they were late because there was no gas because the soldiers who run the pumps were not there. OK, sounds messed up, but it probably happened. You must have been angry and tired. What's a typical career like for grunts? Why do the same guys and same units always get deployed? Separations are just part of it all. OK. Not ideal, but OK.

Examples that are negative:

I don't care what you do as long as the pay comes in on time. I want you here with me when the baby comes, by the way. It's not fair that you go to Panama and Saudi. Why do you have to go to the field again? Can't you learn that stuff in class? Why can't you get it right the first time? No wonder they call you dumb grunts. You can't be tired if all you did was walk around outside all day. That business about cleaning your gear and cleaning your rifles sounds crazy to me.

4. Count your blessing. We have lots of these in our military life-style. Free health care with TRICARE and the Hospital. Be Real.

Education benefits. Few companies are offering these nowadays. Security. At least if I can't reenlist I will know it ahead of time. I can make some plans. A lot of companies are laying off people right now on 2 weeks notice or less.

Pay. My pay can't be cut, unless I mess up really bad. Can't say the same for civilian companies.

Moves. When I get moved, it is paid for. True, I need to be careful on weight allowances, setting up costs, but at least, the BIG moving bill is paid. What other companies allows employees and family members to move all over the country. The ability to make friends wherever you may go.

Advancement. I can get ahead with hard work. The rules are pretty clear. There is a chance to get ahead. It is equal opportunity. Other people make it. So can I.

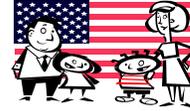
Services. There are a lot of free and discount services and I can use if I want to, like the Commissary and Exchange, and Family Services and The Chaplains.

Rehabilitation. If alcohol is a problem I can get top notch treatment for free. If I go along with the program, my career won't be effected. That's a second chance.

Allowances. They may not be great, but they are there, they are tax free. They help.

Superwomen. We learn when our husbands are gone that we can make it. We can manage the house, the money, the car, the children, a job, friends, family back home. Feels like power. Feels good. We are superwomen. No matter the world throws at us, we can be OK.

5. Have fun. Don't get so wrapped in making plans that you can't stop and smell the roses. Let's go, be silly. Just being together is enough. Enjoy. Chill out. Smile. Laugh. Love is a gift—give it, share it



TEN COMMANDMENTS FOR MILITARY SPOUSES



- I Thou shall not write in ink in thy address book.
- II Love thy neighbor, cause military quarter walls are paper thin.
- III Honor thy Commissary during tent sales, except on pay days.
- IV Thou shall never float a check before a pay period (AUTOMATIC PROCESSING).
- V Thou shall take family portraits regularly, only way for family members to watch you and children grow up.
- VI Thou shall send greeting cards to every friend made in military. Never knoweth when you or your friends are relocating.
- VII Thou shall be extremely healthy. (TRICARE)
- VIII Thou shall plan HUGE birthday parties for your children. Never knoweth how many neighborhood children will show up.
- IX Thou shall be prepared and up to date on POAs and ID/DEERS. (One word: ORDERS)
- X Know that if it can go wrong, break or blow up it will happen 15 minutes after thy spouse is gone TDY or DEPLOYED! **BE PREPARED TO COPE!**



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LEGAL ASSISTANCE / JAG

Active-duty members of the Armed Forces, retirees and family members may receive no-cost legal assistance regarding personal civil legal affairs from their local military installation or unit legal office.

U.S. Army Judge Advocate General's (JAG) Corps informs military members on personal legal affairs and preventive law.

Information:

- ? Automobiles
- ? Consumer & Contract Matters
- ? Estate Planning
- ? Family Law Matters
- ? Housing & Real Estate
- ? Immigration
- ? Insurance
- ? Landlord & Tenant
- ? Military Matters
- ? Mobilization & Deployment and Demobilization
- ? Money Matters
- ? Reserve Component
- ? Servicemembers' Civil Relief Act
- ? Tax
- ? Federal Income Tax Topics for Military

Personnel

- ? Veterans
- ? Voting



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First Term Spouse Checklist



- ? Vehicle Registration - Valid Tags and Insurance
- ? Billeting/Guest House - Reservation for 10 days Temporary Lodge Expense (TLE)
- ? Military I.D. - Authorization to use all facilities on post
- ? Enroll in DEERS/TRICARE - Military Medical Insurance
- ? Enroll in United Concordia - Dental Insurance
- ? Housing Office - Request Government Housing/Waiting List
- ? Service Member's personal file needs to amend from single/married
- ? Request Life Insurance for Spouse
- ? Visit Army Community Service (ACS)/Welcome Packet/Lending Closet-loan basic items/Army Emergency Relief (AER) for financial emergency assistance
- ? Request information on Units Family Readiness Group (FRG)
- ? Child Development Center/Information on Child Care
- ? Employment Opportunities for Family member
- ? Legal/Family Care Plans, Wills, Power of Attorney, Property Claims and Citizenship

DEPLOYMENT INFORMATION

Coping during a deployment

There are several stages of emotion you may go through when your spouse or partner has been deployed. When they first learn about a deployment, many people begin thinking about what it will be like to live without their partner, which may cause feelings of confusion, anger, resentment, or depression.

If you experience any of these emotions, you can

- talk to your spouse about your feelings
- work to create opportunities for lasting memories during the separation
- talk with other people from your military community who are going through the same experience
- involve your entire family in getting ready for the deployment

As the time of departure comes closer, some people may begin to feel detached or withdrawn. Feelings of hopelessness, impatience, and a decrease in emotional or physical closeness are all common reactions to an impending deployment.

When a loved one leaves, family members may go through a difficult adjustment period. On the "up" side, many people feel an increased sense of independence and freedom. The "down" side could include periods of sadness and loneliness.





If you have trouble adjusting to the absence of a spouse or partner, you can

- *Try to find things to look forward to.* Take a class, volunteer, or start a project you've always wanted to do. Set some personal goals for yourself during the deployment period and be open to new experiences and friendships.
- *Reach out to others who are in the same situation.* Remember that you are not alone. Plan an event with other families who are coping with a deployment or find a support group through your military community.
- *Don't try to hide your feelings.* It's normal to feel sad, lonely, or angry when you've been separated from your spouse. You don't have to hide these feelings -- that may just make it harder to deal with them. Talk about how you feel with people whom you trust.
- *Do something special for yourself and your family.* Rent a movie or cook a meal that your spouse wouldn't necessarily enjoy. Plan fun outings with children during free time. Make time to read a book you've been wanting to read or visit with a friend.

- *Try to concentrate on the things you can control.* It's normal to worry about your spouse's safety during a deployment or about when he or she will come home, but this is something that you can't control. Try to focus on things that you can control, like spending time with family and friends or signing up for a class or volunteer opportunity.
- *Ignore rumors.* The military may not be able to give detailed information about the whereabouts and activities of specific units during a deployment. Without that kind of information, rumors and gossip can get started. It may be difficult to ignore rumors or gossip, but you'll be much better off if you do. Rely on official sources of information when a family member has been deployed.
- *Learn some stress management techniques that work for you.* The stress of living without your partner can take a toll on the way you feel and think. Try out some different ways to relieve stress, such as an exercise class, keeping a journal of your thoughts and feelings, or practicing meditation or deep breathing.
- *Seek support from your faith community.* Many people find comfort and solace from their faith communities during difficult times.
- *Take care of yourself.* Get enough sleep and exercise and eat healthy meals.

You Can Do It!

STRESS

Stress affects almost everyone. Sometimes, it can be a good thing because it can energize us to meet new challenges or changes. But if it's not managed, stress can affect your physical and emotional health, your relationships, and your life. Below you'll find tips for managing stress.

Recognizing the signs of stress

The first step in managing stress is learning how to become aware of it in yourself.

Some common physical and emotional symptoms of stress include

- difficulty sleeping
- headaches
- neck or back pain or muscle tension
- stomach pain
- irritability
- anger
- depression
- mood swings



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Managing stress



Sometimes, the best way to deal with stress is to confront it at the source. If you're worried about what your boss thinks about your performance, you could ask and find out. If you feel overwhelmed by your to-do list, you could block out some time to tackle it. But not all stresses can be handled so directly. Some sources of stress can't be eliminated, such as a sick older relative or a child who is having difficulty in school. To manage those kinds of stresses, you may need to use other techniques. Here are some suggestions:

- Relaxation techniques are often successful for managing stress. You might try deep breathing, meditation, or just sitting quietly for a few minutes each day to gather your thoughts.
- Taking care of yourself is also an important tool for managing stress. Eating a nutritious diet and getting enough sleep and regular exercise are vital for dealing with stress.
- Research shows that social relationships make you feel better and have a positive effect on your health. Be sure to set aside time for friends and family.

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Military OneSource is designed to help you deal with life's issues. Our consultants are available 24 hours a day, 7 days a week, 365 days a year. You can call in and speak to a master's level consultant or you can go online to access information or email a consultant. Consultants can translate up to 150 languages. Your calls, requests, referrals, and counseling sessions are free services and stay confidential (Does not involve chain of command). Each Soldier and family member is able to have up to 6 free counseling sessions with a counselor in their area. The counseling sessions can also be designed to assist in every area. For example, marriage, stress management, debt consolidation, budgeting, domestic violence, and alcohol addiction to name a few. Soldiers and Family Members may request materials free of charge to be sent to them for a particular situation.

Materials Include:

- | | |
|--------------------|--------------------------|
| Newspaper Articles | Booklets |
| CDs | Magazines |
| Cassettes | Links to assist agencies |

How Army One Source HELPS YOU!

- | | |
|-------------------------------|------------------------|
| ? Parenting & Child Care | ? International |
| ? Personal & Family Readiness | ? Managing People |
| ? Education | ? Health |
| ? Midlife & Retirement | ? Emotional Well-Bing |
| ? Older Adults | ? Addiction & Recovery |
| ? Disability | |
| ? Financial | |
| ? Legal | |
| ? Everyday Issues | |
| ? Work | |



Army Families Online



www.armyfamiliesonline.org



This robust and dynamic web site provides accurate and up to date news, information and resources. This is done through dedicated topics presented on a web based "SMART BOOK" that provides data and links to a wealth of material related to Army Life. The web site offers constituents an opportunity to provide feedback via email to ArmyFamilyLink@hqda.army.mil



**ARMY INFORMATION LINE
1-800-833-6622**

The ARMY INFORMATION LINE is staffed by experience military spouses, veterans, and retirees, who are available from 0800—1630 EST, Monday—Friday, to provide accurate information, useful resources and helpful referral services to those with issues or concerns pertaining to Army Life, such as spouses/child support, locating Military Installations, deployment, finance and Family Readiness Groups, as well as a variety of other topics.



WEB SITES

Fort Campbell Information

Ft. Campbell MWR www.fortcampbellmwr.com
Ft. Campbell ACS www.fortcampbell.mwr.com/ACS/index.html
Ft. Campbell Army Family Action Plan (AFAP) www.fortcampbell.mwr.com/afap
Housing Lease Information www.actusmilitaryhousing.com
ACS Welcome Packet www.dmdc.osd.mil/sites
School Information www.ddess.org/campbell
Screaming Eagle Homepage www.campbell.army.mil

Local Information

Hopkinsville www.commercecenter.org
Hopkinsville Schools www.Christian.k12.us
Clarksville www.clarksville.tn.us
Clarksville-Montgomery County Schools www.cmcss.net
Local Information www.pscampbell.com

Helpful Sites

American Red Cross www.redcross.org
Army Community Service www.goacs.org
Army Emergency Relief www.aerhq.com
Army Family Team Building www.aftb.org
Military One Source www.militaryonesource.com
Army Information Online www.armyfamiliesonline.org
Army Spouse Info www.armyspouse.org
Association of the US Army www.ausa.org/family
Civilian Personnel Online www.wpol.mil
Military Legal Info www.jagcnet.army.mil/legal
Military Money Issues www.militarymoney.com
TRICARE Info www.tricareonline.com
TRICARE General www.tricare.osd.mil
National Military Family Assoc www.nmfa.org
Family Subsistence Sup Allowance www.dmdc.osd.mil/fssa
Cycles of Deployment www.hooah4health.com/deployment/familymatters/emotionalcycle.html
Military Assistance in Purchasing a Home www.militaryhousingassistancefund.org/index.html

Silent Ranks

I wear no uniforms, no blues or army greens.
But I am in the military in the ranks that are rarely seen.

I have no rank upon my shoulders.
Salutes I do not give,
but the military world is the place where I live.

I am not in the chain of command orders I do not get,
but my husband does this I can not forget.

I am not the one who fires the weapon,
who puts my life on the line,
but my job is just as tough I am the one that is left behind.

My husband is a patriot a brave and pride filled man.
And the call to serve his country not all understands.

Behind the lines I see the things needed to keep this country free.
My husband makes the sacrifice, but so do our kids and me.

I love the man I married. Soldiering is his life,
but I stand among the silent ranks known as the military wife.

Author Unknown



I Love a Soldier

I love a soldier
With all of my heart.
I see him almost never; We are always apart.
We may not be together, but love does not give in.
To let something like this go would be such a sin.
He is courageous and, He is a man,
Protecting his country as best as he can.
The last time I saw him?
Seven months past.
But I feel his love for me, and know it will last.
Perhaps there will be peace;
Perhaps there will not.
I hold on to hope; It's all that I've got.
My love for him grows. It gets stronger each day.
The distance between us, can't hold it at bay.
He calls;
I write.
We both hold on with all of our might.
I cry often,
I will not lie.
Sometimes smiling is hard,
But I sure do try.
I love.
I hope.
I dream.
I cope.
His heart is strong; His feelings are true.
He loves me and I love him too.
Yes, I love a soldier, and though we are apart,
We're always together--
Together at heart.



by Rosemary Olenski,
February 20, 1998

101st Screaming Eagle Song



Rendezvous With Destiny
We have a rendezvous with destiny.
Our Strength and courage strikes the sparks
that will always make man free.

Assault right down through the skies a blue.
Keep your eyes on the job to be done.
We the soldiers of the 101st will fight til the battle won.

U.S. Army Anthem

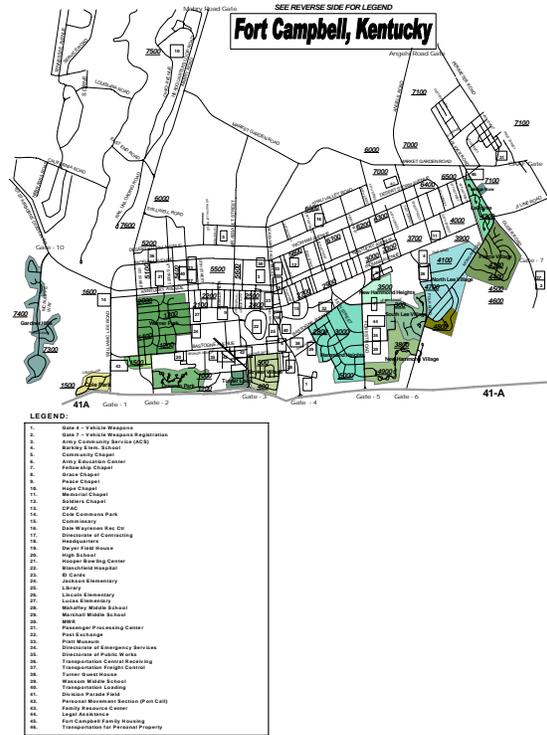
Intro: March along, sing our song, with the Army of the free
Count the brave, count the true, who have fought to victory
We're the Army and proud of our name
We're the Army and proudly proclaim

Verse: First to fight for the right,
And to build the Nation's might,
And The Army Goes Rolling Along
Proud of all we have done,
Fighting till the battle's won,
And the Army Goes Rolling Along.

Refrain: Then it's Hi! Hi! Hey!
The Army's on its way.
Count off the cadence loud and strong (TWO!
THREE!)
For where e'er we go,
You will always know
That The Army Goes Rolling Along.

Verse: Valley Forge, Custer's ranks,
 San Juan Hill and Patton's tanks,
 And the Army went rolling along
 Minute men, from the start,
 Always fighting from the heart,
 And the Army keeps rolling along.
 (refrain)

Verse: Men in rags, men who froze,
 Still that Army met its foes,
 And the Army went rolling along.
 Faith in God, then we're right,
 And we'll fight with all our might,
 As the Army keeps rolling along.
 (refrain)



**Real-Life
Solutions**
for
**Successful
Army Living**



“PARTNERS IN READINESS”