

REGIONAL FAC NEWS

Chatham, Bryan and Effingham Counties

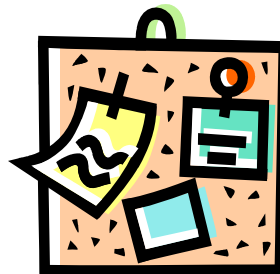
GA-ARNG

First Quarter 2008

FAC NEWS!

The State Family Readiness Office recently said goodbye to CPT Wm. George Arp as he moved on to another role in the Georgia Army National Guard. But, we said hello to a new State Director, CW5 Darrell Partee! Mr. Partee comes to the Family Readiness side of the Guard with many years of service to the GAARNG and many years of experience to help us grow as a Family Readiness Program. The Family Readiness Program can only benefit from the experiences that Mr. Partee will bring with him to the Program. So if, or should I say when you see CPT Arp wish him well with his new role with the Guard and when you see Mr. Partee welcome him into the Family Readiness Program. And lets all help to make this a great year of growth and well-being for the Family Readiness Program.

Tommy Eaton, FAC Specialist



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FREE TAX HELP

MilitaryOneSource is offering FREE tax preparation assistance to service members and their families for the 2007 tax season. For more information visit www.militaryonesource.com user ID military, password: onesource.

MilitaryOneSource is provided by the Department of Defense at no cost to all active duty Service members and members of the National Guard, Reserve and their families.

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MyArmyBenefits

Article from The ONGUARD Jan 2008

- The MyArmyBenefits Web site is the official Army benefits resource for regular Army, Army National Guard, Army Reserve, family and retirees. Active duty Soldiers with AKO accounts can access personalized reports on the survivor, disability, and retirement benefits through MyArmyBenefits.
- Visit the site at :
- <http://myarmybenefits.us.army.mil>

Thrift Savings Plan

Article from The ONGUARD Jan 2008

The DoD recently began a push to let the Guard and Reserve members know about the Thrift Savings Plan (TSP) and Savings Deposit Program (SDP) - a special program available to service members specifically while they are deployed to a combat zone. To help get the word out , the DoD will visit mobilization sites to conduct financial planning briefings during command-sponsored pre-mobilization programs and offer customized one-day train-the-trainer sessions.



[Www.tsp.gov/uniserv/features/index.html](http://www.tsp.gov/uniserv/features/index.html)

All Transition Resources in One Place

TurboTAP is an easy to use, interactive Web portal that provides life-long support to separating military service members (Active Duty, Guard and Reserve) and their families. It is a single source starting point for accessing key resources available for service members transitioning out of the military at any point in their military career – these include Department of Defense, Department of Labor, Department of Veterans Affairs, Department of Education, Small Business Administration, the National Veterans Corporation and the National Guard Bureau.

For more information go to www.TurboTAP.org or email TAPHelp@military-inc.com.

HAVE YOU SIGNED UP ?

WE ARE ENCOURAGING ALL SOLDIERS AND FAMILY MEMBERS, FRG OFFICERS, and VOLUNTEERS TO REGISTER AT

www.guardfamily.org

FRG officers and volunteers can track your volunteer hours, find information that will help your FRG and family members.

Don't wait — REGISTER TODAY!

BE GOOD TO YOUR HEART WITH WHOLE GRAINS FROM YOUR COMMISSARY



By Maj. Karen E. Fauber, karen.fauber@deca.mil
DeCA dietitian

FORT LEE, Va. – Want to lose weight, help your heart or just feel better? Then choose whole grains when shopping in the commissary. Eating as little as two and a half servings of whole grains daily has been found to reduce the risk of heart disease according to research. A serving is about one slice of bread or a half cup of a whole grain such as brown rice, oatmeal, wild rice, quinoa, barley or buckwheat. So be good to your heart and your waistline and go for the whole grains.

Choose whole grains while shopping and save 30 percent or more at the commissary.

- Look for the words “whole grain” in large letters on the package. On foods that have 51 percent or more of whole grain ingredients by weight and limited amounts of fat, cholesterol and sodium, there may also be the FDA-approved health claim: “Diets rich in whole grain foods and other plant foods, and low in total fat, saturated fat and cholesterol, may reduce the risk of heart disease and certain cancers.”
- Whole grain oat or psyllium foods may contain the claim: “Soluble fiber, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease.”
- On the list of ingredients shown on the package, look for the word “whole” in front of a grain to find a food that is high in whole grains, such as “whole wheat.”

Get your grains

Eating brown rice for the first time and a little unsure of it? When cooking it, go half and half with white rice to break it in easily. Try cooking brown rice with low sodium broth and garlic in place of half the water for a special flavor. Add some wild rice to your brown rice for more whole grains with a nutty flavor.

Add bulgur, also known as cracked wheat or barley, to soups and salads. It’s a good way to boost the fiber and protein in your diet.

Try quinoa in place of rice at your next dinner. Quick and easy to prepare, cook with low sodium broth and garlic or any herb you like. For something different, add some raisins, dried cranberries or nuts to the quinoa to get a little more fiber.

For more information on nutrition visit the DeCA Dietitian at <http://www.commissaries.com>.



GA-ARNG

**Family Assistance Center
1248 Eisenhower Drive
Savannah, GA 31416**

The Savannah Regional Family Assistance Center serves Chatham, Bryan and Effingham Counties. We offer all service members and their families a place to find information, resources and help available. We are a “one-stop shop” for our Service Members and families.