



West Virginia National Guard Family Programs

Things to Remember!

- > Follow our team on Social Media
- > Deadline to transfer GI Bills is approaching





Let's be friends, follow us!

[@wvmilitaryfac](#)

# The Informer

## A Note from our Director

### Purple Heart Day

On August 7, Purple Heart Day, the nation pauses to acknowledge and remember the sacrifices made by brave men and women in the military. The Purple Heart medal is presented to service members who have been wounded or killed as a result of enemy action while serving in the U.S. military. According to the National Purple Heart Hall of Honor, more than 1.8 million Purple Heart medals have been presented to service members since the award was created in 1782.

In honor of Purple Heart Day, here are six facts about the history of the Purple Heart Medal and its recipients:

#### 1. It's the Oldest Military Award Still Presented to American Service Members

In 1782, President George Washington created the Badge of Military Merit. According to Washington, who designed the badge in the form of a cloth purple heart, the medal would be given to soldiers who displayed "not only instances of unusual gallantry in battle, but also extraordinary fidelity and essential service in any way." The Badge of Military Merit later became known as the Purple Heart, which is still presented to U.S. service members today.

#### 2. By the People, For the People

In the years before 1782, when the Purple Heart's predecessor was first created, most military awards were only given to officers who had secured grand victories in battle. The Purple Heart was one of the first awards in military history that could be given to lower-ranking, enlisted soldiers or noncommissioned officers for their outstanding service.

#### 3. Today's Purple Heart

Thanks to Army Gen. Douglas MacArthur, the Purple Heart officially received its modern-day look and name in 1932. The revived medal was designated primarily as a combat decoration, recognizing commendable action as well as those wounded or killed in combat. MacArthur, who wanted to refresh and rename the award in time for the bicentennial of George Washington's birthday. A few years later in 1944, the qualifications for receiving a Purple Heart changed to what we know today: an award given only to those wounded or killed in enemy action.

#### 4. First Woman Recipient

In 1942, Army Lt. Annie G. Fox became the first woman to receive a Purple Heart for her heroic actions during the Japanese attack on Pearl Harbor in 1941. Fox, who was serving as the chief nurse at Hickam Field, Hawaii, remained calm throughout the attack on Pearl Harbor and successfully directed hospital staff to tend to the wounded as they came in from harbor.

#### 5. Only One Presidential Recipient

President John F. Kennedy is the only U.S. president with a Purple Heart. Kennedy, who served in the Navy during World War II, injured his back when a Japanese destroyer collided with his patrol torpedo boat near the Solomon Islands. As his boat sank, Kennedy refused to let his injury stop him from towing a badly burned crew member to safety. Kennedy swam with the man's life jacket strap clenched between his teeth for three miles before reaching an island and bringing the man safely to shore. Kennedy was also awarded the Navy and Marine Corps Medal for his actions.

#### 6. A Perfect 10

Curry T. Haynes currently holds the record for the most Purple Hearts bestowed upon a single service member. Haynes, who served in the Army during the Vietnam War, was awarded his first Purple Heart after an ambush in the jungle, where he was shot in the arm. After surgery in Japan, he returned to the front where his actions would later result in being awarded his nine additional Purple Hearts. In the span of *one* assault – which involved dodging multiple grenades – Haynes sustained a series of injuries, including the loss of two fingers. He later received nine Purple Hearts – one for each wound – and passed away in July 2017 from cancer.

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## Region One—Charleston Family Assistance Center

### Region 1 FAC Coverage



Mike Lowry  
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304-561-6718  
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### Veterans Resource Fair

**VETERANS RESOURCE FAIR**  
**SATURDAY, AUGUST 24<sup>TH</sup>**  
**1PM-4PM**  
**Charleston Moose Lodge 1444**  
**2805 Kanawha Blvd East, Charleston WV**

**All Veterans, service members and military connected families are invited to connect with local and national organizations that provide assistance or services for all branches of the military and Veterans**

**FREE hotdogs, haircuts and dental screening**

**HOSTED by:**  
 Charleston Moose 1444 and  
 WVARNG FAMILY PROGRAMS

**INFORMATION:**  
**Amy Long 304 561-6107**

## Region Two—Parkersburg Family Assistance Center

### Region 2 FAC Coverage



Amy Long  
Parkersburg Armory  
304-561-6107  
amy.d.long.nfg@mail.mil



Helping Heroes Inc. is a center for veteran resources located in Moundsville. They provide support services and resources to homeless and near homeless as well as any other veterans in Brooke, Hancock, Marshall, Ohio and Wetzel counties in order to transition them to, or maintain self-sufficiency.

Helping Heroes Inc. assists with rental and utility assistance, obtaining VA benefits, employment counseling, food, and clothing. If you would like to learn more or need assistance they are located at 256 Jefferson Avenue Moundsville WV 26041 or call 304-810-4291. You can visit their website at <http://www.helpingheroesinc.org/>

**Are you in need of School Supplies?**

Contact Amy to schedule a time to pick up FREE supplies donated by Operation HomeFront

## Region Three—Kingwood Family Assistance Center



### Sandboxx App

Over 700,000 Sandboxx members have sent more than 2 million Letters to support our military. Get connected with your recruit automatically and send Letters with ease and speed. Sandboxx overnights your Letters to all recruiting bases and is the fastest way to support your loved ones.

Book everything for graduation travel and beyond, from flights and hotels to rental cars. Refer friends to earn free Letters or sponsor your recipient to boost morale. Stay up to date with weekly content as your recruit progresses through basic training. With Sandboxx, you'll never miss a moment.

Developed by veterans with decades of service, Sandboxx connects service members to their loved ones, to each other and to expert military knowledge, illuminating the entire military life journey.

### SEND LETTERS TO BOOT CAMP AND BEYOND

Send Letters to basic training or overseas faster and easier than ever. We physically print your mail, include a return envelope, provide tracking and overnight it to your recipient at any recruiting base.

### GET WEEKLY UPDATES

Stay up to date on your recruit as they progress through basic training. Never miss a moment as they prepare for critical milestones and challenges in their military training.

### BOOK FLIGHTS and HOTELS

Book your next flight or hotel with Sandboxx. Our Travel team is a dedicated tribe of military family members expertly trained to guide you through all of your travel needs, on and off base.

### JOIN UNITS

Connect with units you've served with. Stay engaged and up-to-date with your former and current unit members.

### BECOME A KIN

Connect with other military families on their journey to encourage, share and discover information and helpful advice.

- OPSEC and PERSEC compliant
- Automatically connect with your service member to easily send Letters
- Get up to date Letter tracking
- Book flights, hotels and rental cars for your recruit's graduation or next trip
- Get pro tips for travel on and off base
- Browse recommended travel partners and get access to exclusive travel benefits like Travel Plus
- Boost morale by sponsoring your military service member

Sandboxx App is available for Apple and Android phones

### Region 3 FAC Coverage



Lisa Dixon  
Kingwood Armory  
304-791-4055

## Region Four—Martinsburg Family Assistance Center

### Aide and Attendance Special Pension Benefit for Veterans

If you are a veteran overwhelmed with the high cost of long-term elder care, such as paying for assisted living facilities, home care aids, adult daycare, or skilled nursing, the Veterans Aid and Attendance benefit could be the solution to help offset these rising care costs. A wartime veteran or their surviving spouse with limited income may be eligible to receive a non-service connected pension (this means that the need for care does not have to result from one's military service).

There are three levels of VA Pensions:

Basic Pension / Improved Income – for healthy veterans over the age of 65 with low incomes

Aid & Attendance – for veterans over the age of 65 that require assistance with their activities of daily living

Housebound – for veterans with a disability rating of 100% that prevents them from leaving their home, but does not have to be related to their military service.

The Aid & Attendance and Housebound pensions provide additional monthly income over and above the Basic Monthly pension. To be eligible for either of these pensions, one must also meet the requirements for the Basic Pension. The Aid and Attendance benefit is a monetary benefit which helps eligible veterans and their surviving spouses (or just the spouse in case of the veteran's death) to pay for the assistance they need in everyday functioning (eating, bathing, dressing and medication management).

Readers should know that the Aid and Attendance benefit is often referred to by other names. One will sometimes hear the names "improved pension", "VA assisted living benefit" or "veterans elder care benefits". These are various names for the same program, which, as mentioned before, is an additional benefit added to the basic VA pension.

### Region 4 FAC Coverage



Lou Anne Kramer  
Martinsburg Armory  
304-201-3753



Contact a Veterans Service Officer  
at a regional VA office  
or call toll free 1-800-827-1000

## Region Five—Lewisburg Family Assistance Center

### Region 5 FAC Coverage



Kelli Higginbotham  
Lewisburg Armory  
304-201-3830  
kelli.s.higginbotham.nfg@mail.mil



Have you heard of Operation HomeFront or their Back-to-School Brigade? Its an annual nationwide school supply collection and distribution campaign. Since its inception the program has distributed over 350,000 packets of school supplies to military children. The program partners with the Dollar Tree Stores for school supplies in all areas.

All of our Family Assstances Specialist are pick-up volunteers and all of our Family Assistance Centers are pick up locations. Our Family Programs personnel works tirelessly to pick up from dozens of stores around the state and we make every effort to deliver those supplies to each armory. We pick up thousands of pieces each week from various stores and take them back to our centers to sort and distribute.

If you or your children are needing school supplies please contact your local FAC today to arrange a pick up time and location!

## Region Six—Glen Jean Family Assistance Center

### Region 6 FAC Coverage



Heather Neal  
Glen Jean Armory  
304-201-3221  
heather.l.neal.nfg@mail.mil

### Sixth Annual Summersville Lake Lighthouse Festival and Car Show

Artisans and crafters from across the state will be showing off their skills, and there will be live Appalachian music, great food, entertainment, raffles, and a Classic Car Show. The Humane Society and local Animal Shelter will have kittens and puppies available for adoption, and there will be archery games and lighthouse tours available as well, as well as a number of activities for children like face painting and balloon animals. So much more fun can be had, so head on over.



## Family Readiness Support (FRSA)

### Have you heard about...

The WV FRSA Team has a new member. Welcome to the WV Family Programs Staff, Kasie Chastain!! Kasie will be working out of the Moundsville Armory and will cover all counties in Region 2. She is super excited to begin working with our WVNG Military Units and Families. You can reach her at 304-561-3915.



#### Region 1

Brandi Buckland  
Senior Family Readiness Support Assistant  
Millwood Armory  
304-201-3885

#### Region 2

Kasie Chastain  
Family Readiness Support Assistant  
Moundsville Armory  
304-561-3915

#### Region 3

Mark Dunbar  
Family Readiness Support Assistant  
Lewisburg Armory  
304-201-3837



On 17 Aug 2019 we will be hosting a Back to School Supply Giveaway at the Eleanor Armory from 1:00pm - 3:00pm for all school age Military Kids! To make sure we have enough school supplies, you must RSVP at the following link.

[www.jointservicesupport.org/Reg/25L372](http://www.jointservicesupport.org/Reg/25L372)

If you want to have a Back to School Supply Giveaway Event at your location, reach out to the FRSA Team!

The FRSA Team has our own Facebook page. We will be posting daily so make sure you like and follow the page so you stay up to date on all things WVNG Family Readiness! <https://www.facebook.com/WVFRSA/>





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## Child and Youth Program

### [Department of Defense-MWR Summer Reading Program](#)

Reading is an adventure of the imagination and lets you unplug and unwind from your daily stressors. It also makes you a role model for your children. That's why children, teens and adults are invited to enroll in this year's DoD- MWR Summer Reading Program.

#### Why the summer reading program?

Morale, Welfare and Recreation develops all kinds of enrichment programs to support force readiness and military community. The mission of the [Department of Defense-MWR Summer Reading Program](#) is to help families bridge the "summer learning gap" while inspiring literacy and life-long learning. The benefits of summer reading are clear:

- Students who participate in the library summer reading programs score higher on reading achievements tests.
- Students who read often are higher achievers than students who seldom read.
- Skillful reading is one of the most important habits that leads to a successful academic career and happy, productive life.

The program's theme this year is "It's Showtime at Your Library." MWR libraries will feature all types of performances, from movies and theater to puppetry, dance, poetry, videos and more. You and your child can read books and complete activities to earn prizes at your installation library.

## Enroll – It's free and easy for Guard and Reserve Members

[https://dodvirtualsrp.beanstack.org/summer\\_reading](https://dodvirtualsrp.beanstack.org/summer_reading) <https://dodvirtualsrp.beanstack.org/reader365>



Follow us 😊



Facebook: WV National Guard Child & Youth Program

Instagram: @wvguardkids





Leigh Ann Hill  
Tackett House JFHQ  
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## Survivor Outreach Support

### 5th Annual Ride for Fallen Service Heroes

On Saturday August 17th, join U.S. Senator Joe Manchin, service members, veterans, and military supporters for the 5th Annual Ride for Fallen Service Heroes. The ride is sponsored by the Capitol City WV Chapter #5439 H.O.G., and benefits the WV National Guard Foundation and the families of Fallen West Virginia service members. Senator Manchin will serve as a Special Guest Road Captain.

For more information, please contact Harley-Davidson of WV at 304-768-1600, 4924 MacCorkle Avenue, South Charleston.

See full flyer at the end of this issue.



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## Education Services



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Education Services Director  
JFHQ  
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### Benefit Deadline Extension

The ability to transfer Post 9-11 GI Bill benefits (TEB) has officially been extended. The new deadline has been set for January 12, 2020. This delay is especially important to older Service members as it allows additional time to transfer benefits to eligible dependents.

Per DoDI 1341.13 (published on 12 Jul 2018), Service Members must have at least 6 years but not more than 16 years of total creditable military service (active duty and/or Selected Reserve service) to be eligible to transfer Post 9/11 GI Bill education benefits to TEB eligible dependents when the new suspense goes into effect. Total years of creditable military service is calculated based on the date of the transfer request, not the date the transfer request was processed. Furthermore, submission of a transfer request within the new eligibility parameters does not guarantee approval.

Service Members are encouraged to submit a transfer request via milconnect at <https://www.dmdc.osd.mil/milconnect/> as soon as they reach six creditable years of military service. It is important not to wait!! The earlier an eligible transfer request is submitted and receives approval for TEB, the earlier Service Members will start fulfilling the four-year additional duty service obligation.

Why is the transfer important? According to the Congressional Budget Office in 2019, the Post 9-11 GI Bill program spent \$1.6 billion on children and \$0.4 billion on spouses in 2018. A larger proportion of these beneficiaries enrolled in four-year undergraduate programs. The average benefit payment in 2016 for spouses was \$11,400 and for children \$17,400.

Do not miss out on this important benefit! For more information, contact the WVNG Education Service Office at 304-561-6361.



## TRICARE—Health Benefits Advisors

### Premium Rates update for 2020

See the below chart for the approved Calendar Year 2020 Monthly Premium Rates for TRICARE Reserve Select (TRS), TRICARE Retired Reserve (TRR), and TRICARE Young Adult (TYA), and Fiscal Year Quarterly Premium Rates for the Continued Health Care Benefit Program (CHCBP).



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Beneficiary Counseling and  
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Sherry Cantrell  
Beneficiary Counseling and  
Assistance Coordinator  
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Type of Coverage	2019 Monthly Rate	2020 Monthly Rate	Change
TRICARE Reserve Select (Member Only)	\$42.83	\$44.17	+ 3.1%
TRICARE Reserve Select (Member & Family)	\$218.01	\$228.27	+ 4.7%
TRICARE Retired Reserve (Member Only)	\$451.51	\$444.37	-1.6%
TRICARE Retired Reserve (Member & Family)	\$1,083.40	\$1,066.26	-1.6%
TRICARE Young Adult - Select	\$214.00	\$228.00	+ 6.5%
TRICARE Young Adult - Prime	\$358.00	\$376.00	+ 5.0%
Type of Coverage	2019 Quarterly Rate	2020 Quarterly Rate	Change
Continued Health Care Benefit Program (Single)	\$1,453.00	\$1,553.00	+ 6.9%
Continued Health Care Benefit Program (Family)	\$3,273.00	\$3,500.00	+ 6.9%

Call Toney or Sherry with any questions you may have on new or existing coverage!



Rosa Lee McNeal, MA, AFC  
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## Personal Finance Counselor

### Equifax Data Breach Settlement: How to Claim Your Benefits

Consumer Education Specialist, FTC

Earlier this week, we told you that roughly half the people in the country can get benefits under a [settlement that the FTC and others reached with Equifax](#). Now, you can now find out if you were affected by the September 2017 breach and make your claim for benefits.

Start at [ftc.gov/Equifax](https://ftc.gov/Equifax). There, you can use a tool to find out if your information – like your Social Security number (SSN) – was exposed in the breach, learn about benefits, and start your claim to get free credit monitoring and maybe even cash. If your info was exposed in the breach, the settlement will give you **up to 10 years of free credit monitoring**. That means you'll get an alert whenever somebody checks your credit history,



opens a new loan or credit card in your name, or says a payment is late. So if somebody has, say, your SSN and tries to use it to get a loan, this free credit monitoring service would let you know right away. That's the kind of information that might make a real difference when you apply for a job, try to rent an apartment, or apply for credit.

And a word on the cash: there are several ways to get reimbursed for the time or money you spent dealing with the after-effects of the breach. Read more at [ftc.gov/Equifax](https://ftc.gov/Equifax), but here's something to consider. To get paid back for up to ten hours of your time, you just need to say what you were doing for those ten hours.

Check out [ftc.gov/Equifax](https://ftc.gov/Equifax) to learn more, and be sure to file your claim by January 22, 2020.

To get more information about the free credit monitoring, go to the claim site: [www.EquifaxBreachSettlement.com](https://www.EquifaxBreachSettlement.com). The website has a link to FAQ (Frequently Asked Questions) at the top of the page. The FAQ have information about the settlement benefits, including credit monitoring.

by Alvaro Puig



## Citizen Soldier for Life

### Resume Basics Part 1

When you are seeking a job, the first thing you need to do is to create a resume. You can think of a resume as your first impression to that potential employer, it highlights your experience and lets the employer know if you meet the criteria to be called in for an interview.

There are several sections that make up a resume: header, objective, education, skills, experience.



#### Header

The header is the very first section an employer should see on your resume. It is most often placed at the top. A header simply tells the potential employer your name and how to contact you. When you are creating your header, it is important to make sure that your header is visible, you include all contact information, you use a professional email – avoid email address that use nicknames or inside jokes, you do not use your nickname as your name on your resume.

#### Objective

Below the header is the objective. An objective tells the employer your goals regarding the type of employment desired and how your skills are a good fit for the position. An objective statement is usually 1-2 sentences. Some key things to remember: one size doesn't fit all. Typically, each job you apply to should have a different objective. The more specific you can be the better.

#### Education

Stating your education is an important part of resume development because some positions require certain education/credentials. Education highlights knowledge you have obtained. Just note: your most recent degree/education should be stated first. It may also be important to note any military education or certificates you have received.

#### Skills

The unique thing about skills is that you can obtain them throughout every facet of your life. You can gain skills at school, in a volunteer positions, in the military and job experience. When you are creating a resume, it is important to include two types of skills: hard skills and soft skills. Hard skills are specific, teachable knowledge and abilities that can be defined and measure. Soft skills are character traits and interpersonal skills.

#### Experience

Work experience is any experience gained while working in a specific field or occupation. If you do not have work experience but you have volunteer experience, you can still include volunteer experience in your resume.

When you are listing your experience, it is important to state what company you worked for, your position and how long you worked there. You will then highlight experience, skills and accomplishments you have achieved during your time at the job. Be sure to list all relevant work experience.

#### Other Things To Consider

There may be a certain job that you are applying for and you need to add more components for the employer to clearly see that you are a good candidate for an interview. Other components that you can include in a resume are: awards – recognition given in honor of an achievement, language skills – ability to speak multiple languages, memberships – being a part of an organization (other than your job), volunteer work – experience where you give of your time and talents to an organization for free.



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For a full list of civilian, technician and AGR job openings within the WV National Guard please visit:

<https://www.wv.ng.mil/HRO/>



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## Transition Assistance Advisor

### West Virginia Veterans Nursing Facility

The West Virginia Veterans Nursing Facility is a 120,000-square-foot, 120-bed, modern facility located in Clarksburg, West Virginia. The facility opened in 2008 and is considered one of the finest veterans-only nursing homes in the United States.

The West Virginia Veterans Nursing Facility features private and semi-private rooms, as well as a 20-bed unit reserved for residents in need of specialized care because of Alzheimer’s Disease or Dementia.

The innovative design of the facility and the most advanced equipment available allow the staff to provide a full range of care to West Virginia’s veterans. Nurses and a physician are available around the clock. The Nursing Facility also features a pharmacy, as well as breezeway-connected access to the Louis A. Johnson VA Medical Center.

The West Virginia Veterans Nursing Facility features security cameras both inside and outside that are monitored continually for the safety and security of residents.

All rooms feature full-function hospital beds and an installed nurse-call system. Amenities include free Wi-Fi, cable television and telephones with long distance-calling enabled. There are four congregate whirlpool walk-in tubs, an exercise room and a therapy room for residents’ use. Two wheelchair-capable buses are available to transport residents to medical appointments and recreational activities.

The facility employs a recreation director, 10 recreation assistants and a chaplain.

Cost of care at the West Virginia Veteran Nursing Facility is significantly less expensive than the national average.

To be eligible for admission, a veteran must have served on active duty or performed active service for a period of 12 consecutive months or been medically discharged for a services connected injury prior to 12 month services. Veterans who enlisted after September 7, 1980 must have served 24 continuous months or the full period for which they were called to active duty, unless they were medically discharged for a service connected injury prior to 24 months service. Veterans must hold an honorable discharge status and be a citizen of the state for 30 days or a resident of the state at the time of entering active service.



## Chaplain Services

The WV National Guard Chaplain Services will hold a Strong Bonds Family Events in the near future. The event will be August 23-25 at Glade Spring Resort.

You can register for the event by visiting <https://strongbonds-prod.jointservicessupport.org/events/>

Registration deadlines:  
Glade Springs—16Aug



CPT Justin Elliott  
304-201-3947—Office  
304-885-6002—Cell  
justin.m.elliott2.mil@mail.mil



# CAPITOL CITY WV CHAPTER #5439



## RIDE FOR FALLEN SERVICE HEROES

**SATURDAY, AUGUST 17, 2019**

*With Special Guest Road Captain U.S. Senator Joe Manchin III  
& Special Guest Road Warrior Hershel "Woody" Williams*

REGISTRATION 9 am-10 am

H-D of WV Pavilion ~ 5000 MacCorkle Ave. South Charleston

**\$25 REGISTRATION per person**

**Includes Picnic at WV Nat'l Guard Armory in Charleston**

*Pre-registration also includes guaranteed Ride T-shirt!*

Pre-registration cut-off is **August 3rd**

Registration after **August 3rd** cannot guarantee a Ride T-shirt

*All proceeds donated to the WV National Guard Foundation  
benefitting the families of our Fallen Heroes and to the  
Gold Star Families Memorial Monument in WV*

Group Ride / Kickstands Up..... 10 am

Two-Hour Escorted Ride..... 10 am-12 pm

Arrive at WV Air Nat'l Guard in Charleston..... 12 pm-12:30 pm

Participant Picnic at WV National Guard..... 12:30 pm-3 pm

Picnic includes parachute demonstrations, aircraft displays, and  
special operations equipment displays!

Pre-register **NOW** at Harley-Davidson of WV  
4924 MacCorkle Ave. South Charleston 304.768.1600

Thanks to our partners:

U.S. Senator Joe Manchin, Harley-Davidson of WV, WV National Guard,  
WV Vietnam Veterans of America, Gold Star Families, iHeart Radio, and the  
Hershel "Woody" Williams Medal of Honor Foundation

## Important Numbers

Family Program Director	SFC Jayme Persinger	304-561-6480 (D) 304-541-1023 (C)
Chaplain	MAJ David Johns	304-561-6490 (D) 304-437-4429 (C)
Chaplain	CPT Justin Elliott	304-201-3947 (D) 304-552-6002 (C)
Family Assistance Center Coordinator	Kelli Higginbotham	304-201-3830 (D) 304-932-8561 (C)
Charleston Family Assistance Specialist	Mike Lowry	304-561-6718
Parkersburg Family Assistance Specialist	Amy Long	304-561-6107
Kingwood Family Assistance Specialist	Lisa Dixon	304-791-4055
Martinsburg Family Assistance Specialist	Lou Anne Kramer	304-201-3753
Glen Jean Family Assistance Specialist	Heather Neal	304-201-3221
Senior Family Readiness Support Assistant	Brandi Buckland	304-201-3885
Family Readiness Support Assistant (north)	Kasie Chastain	304-561-3915
Family Readiness Support Assistant (south)	Mark Dunbar	304-201-3837
Lead Child and Youth Program Coordinator	Susan Izzo	304-561-6720
Child and Youth Program Coordinator (east)	Donna Truman	304-201-3754
TRICARE Health Benefits Advisor	Toney Colagrosso	304-552-2938
TRICARE Health Benefits Advisor	Sherry Cantrell	304-561-6606
Yellow Ribbon Reintegration Program	SGT Hannah Rehm	304-561-6755
130th Airman and Family Readiness Program Mgr	Beth Melton	304-341-6625
167th Airman and Family Readiness Program Mgr	Sherry Lewis	304-616-5590
Personal Finance Counselor	Rosa Lee McNeal	304-561-6784
Survivor Outreach Support	Leigh Ann Hill	304-561-6784
Transition Assistance Advisor	Allan Mollohan	304-561-6711
Resilience, Risk, Reduction and Suicide Prevention	Jenny Colagrosso	304-561-6816
Citizen Soldier for Life Counselor (west)	Rachel Moles	304-561-6741
Citizen Soldier for Life Counselor (south)	Steven Ellison	304-921-6995
Citizen Soldier for Life Counselor (north)	Kevin Cook	304-561-0277
Child Development Center	Front Desk	304-561-6468



**FAMILY PROGRAMS**

**24 hour Toll Free Number  
866-986-4328**

**MILITARY  
ONE SOURCE**  
Call. Click. Connect.  
**1-800-342-9647**



**American  
Red Cross**  
**877-272-7337**



**Veterans  
Crisis Line**  
1-800-273-8255 **PRESS 1**

**WV Behavioral Health  
24 hour Crisis Line  
304-561-6640**



**304-201-3579**



**877-4AID-VET**  
va.gov/homeless | (877) 424-3838

### ID Card Locations:

Charleston Air Guard	M-F 8a-3:30p	304-561-6822	Fairmont Armory	By Appointment Only	304-201-3821
Camp Dawson	M-F 9a-3p	304-791-4308	Glen Jean Armory	By Appointment Only	304-201-3220
Martinsburg Air Guard	Tues & Thrus 7a-3p	304-616-5295	Cross Lanes Armory	M-F 8a-3:30p	304-721-0615
Parkersburg Armory	By Appointment Only	304-561-6100	Martinsburg USCG	By Appointment Only	304-264-3824

You can schedule your own ID Card appointment by going to RAPIDS Self Service Portal at

<https://rapids-appointments.dmdc.osd.mil/>

Click "make an appointment" and select "WV" in the drop down box.