INSIDE FOLD

~~Homecoming~~ Work!

Another part of your return is the fact that you will eventually have to go **back to your civilian job.** This transition could be just as difficult as the one at home. To help you in this process you need to know that there are laws set up to protect your **rights and privileges as a returning reservist.**

Check out the "Defense Link" and these Department of Labor (DOL) sites for both employee and employer facts and information at: www.esgr.com (Employer Support of the Guard & Reserve), www.dol.gov/elaws/userra0.htm (Uniformed Services Employment & Reemployment Rights Act), and www.dol.gov/ebsa/newsroom/pr011003.html (Employee Benefits Security Administration).

back to SCHOOL?

Are you one of the many who interrupted school to answer the call? Having course credit, tuition refund, or reenrollment problems? Help with these problems on covering all sorts of educational benefits and opportunities can be found at the "Education" tab at :

VIRTUALARMORY
THE WORLD'S LARGEST ARMORY
www.virtualarmory.com

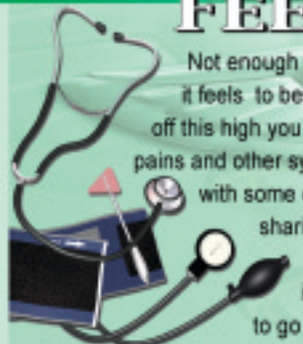
Here you'll find demobilization specific information about the G.I. Bill and the new Higher Education Relief Opportunities for Students (HEROES) Act . You can also contact the Servicemembers Opportunity Colleges (SOC) directly for help and information:

Phone – 1-800-368-5622
Email - socmail@aascu.org
Web Site - www.soc.aascu.org.

Another valuable site is the U.S. Department of Education at: http://www.ifap.ed.gov/dpcletters/GEN0113.html

BACK

how ya feeling? FEELING?



Not enough words out there to describe how great it feels to be home, right? When you come down off this high you might start experiencing some aches, pains and other symptoms associated with your contact with some of the smaller yet equally nasty critters sharing the sandbox with you. If you or your family begin to notice a change in your health, there are lots of places to go to get some help. Three of the best sites to visit include: www.pdhealth.mil, www.tricare.osd.mil, and http://deploymentlink.osd.mil. These three websites contain information covering both the physical as well as the mental aspects of the redeploying process.

PARTING SHOTS

War souvenirs are *strictly* regulated and some, like Unexploded Ordinance (UXO), **can *kill* you.** LEAVE THEM ALONE!

SOME OTHER THINGS TO THINK ABOUT:

How did we do? Did you feel prepared for your experience? Did you have the right and proper ***tactical training?*** Was safety and the ***Risk Management*** process trained and used? Did you have the ***right*** and ***proper*** amount of equipment?

This information and anything else you can think of can be of great benefit. Share this information with **your leadership**, pass your recommendations along to the safety staff, and make sure that you always remember that you are and continue to be our greatest asset. ***Welcome home and enjoy the fruits and benefits of the freedom you have helped secure!***

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MMB

ARMY NATIONAL GUARD

YOU CAN YOU CAN YOU CAN YOU CAN

FRONT

WELCOME HOME

HOMECOMING MEDICAL AND HEALTH
TIME, MONEY, MENTAL CHALLENGES
PERSONNEL ISSUES
FAMILY SUPPORT
SAFETY ISSUES
POINTS
LINKS
TIPS

The unit's most valuable asset is back at home station... YOU!

A guide for soldiers returning from Mobilization / Deployment which includes tips, resources and information for an easier transition.

INFO

http://www.arng.army.mil

ARMY NATIONAL GUARD

SIDE B

So you're back home and now it's time to get on with your life as a Citizen-Soldier again. This helpful pamphlet is chock full of useful information to help you make the most of the services and benefits you've earned with your deployment.

Take a quick look at some of the great offerings here and don't forget to share it with your family and friends! Keep it some place handy like the night stand or tacked to the fridge so that you can get to it whenever you need it.

Now, check this stuff out!!

ALL sand ain't bad!

How about a beach trip to sunny Florida or better yet Hawaii? Maybe you'd like to try and blast your way out of a sand trap at a beautiful Hilton Head golf course! Whether it's more sun and sand *(in a lot more relaxed atmosphere!)*, the cool quiet of a more natural setting or the excitement of big city life, make sure you take time to relax and unwind.

Cheap Stay!

Check out the Armed Forces Vacation Club at: www.afvclub.com

For world- wide resort locations

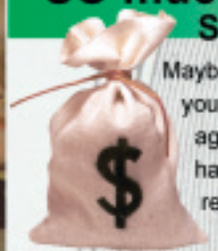
7 nights for $249…not a person, ***$249 a week total!***

Cheap Flight!

Try the Morale, Welfare and Recreation (MWR) site at: www.armymwr.com for more special offers on travel, leisure and recreation & "Operation Hero Miles" at: www.heromiles.org for free airline tickets to reunite OIF & OEF hospitalized soldiers.

If you go, don't forget your sun block and remember your tolerance for alcohol will be down so, TAKE IT EASY!

SO much $$$, SO little TIME?!



Maybe you've got the cash but you and Uncle Sam don't exactly agree on how much leave you have available to take during your great rest, relaxation and reunion rush. Leave questions can be checked out at either the DFAS "My Pay" website or at: http://www.defenselink.mil

And if you're spending any of this well deserved time off doing things like boating or camping, don't forget to protect yourself from the hazards associated with these kinds of outdoor activities. You made it through the war, don't get hurt doing something fun!

SO much TIME, SO little $$$?

You're back and you've got some time to head out and start the family and friend reunion thing. But then you discover that you don't seem to have all the funds you thought you had. Returning soldiers with pay problems can get help at arng-milpay@arng-fsc.ngb.army.mil, or call:

1-877-ARNGPAY (276-4719)

Help can also be found at the DFAS pay site: https://mypay.dfas.mil

Everyone is going to want to see you! If you're doing the family reunion thing by traveling long distances in your car, remember that fatigue is one of the BIGGEST killers on the road. Don't forget to -

BUCKLE UP! BUCKLE UP! BUCKLE UP!

new ride IN YOUR FUTURE?

Time to trade in your old ride for a shiny new car or motorcycle? Got a littl extra exposable cash thanks to payroll tax free status in theater? But if you do plunk down a chunk of change for a shiny new set of wheels, remember you haven't been driving in traffic and weather like this for a awhile. So as you are checking out your new car or motorcycle remember to wear your seatbelt or protective gear and ***Make It Home!***

Speaking of $$ and cars, if you didn't get a chance to complete the ARNG Defensive Driver's Course (DDC) before you deployed, you can still enroll and possibly ***save some $$*** on those new insurance payments you're making.

Check it out at: www.safetyserve.com/arng

Homecoming!

When you return, some of the things you'll find going on back home may take a little getting used to. Just remember that like all things, a little patience and understanding goes a long way!

Trouble *Adjusting?*

Besides the usual military and local civilian sources (chaplains and clergy, counseling centers and support groups), another great place to find some support is through your State Family Program Directors at: www.guardfamily.org

Another site for this kind of help and everything else you could possibly think of can be found at the aptly named ***"Army One Source"*** at www.armyonesource.com or call: ***1-800-346-9188***.

More help is also just a phone call or mouse click away at the DoD Deployment Health Center: call ***1-800-796-9699*** or visit www.pdhealth.mil and DoD Deployment Connections at: www.deploymentconnections.org.

MAKE IT HOME - From Overseas, From Drill, From Work... FROM ANYWHERE