



Transition to Home – After Deployment

Have you or a family member served since 2001?
Did you experience a deployment?

Would you be interested to come and:

Meet others who have been deployed?
Find a place to help answer the questions you may have?

As a family member, would you:

Like to meet other families who had someone deployed?

Do you wonder:

Am I the only one feeling like this?
Can I help someone else?
What works for others?

Would you like to:

Connect with others?
Get advice from peers?
Share your stories?



If you answered yes to any of the questions above, we invite you to join us for **Transition to Home – After Deployment**. Military Families Connect (MFC) has created this group to provide an opportunity to meet and connect with others sharing the same journey. Meetings are held on the third Wednesday of each month, 6–7:30pm. Pre-registration is appreciated for meeting planning. Childcare is available with registration. Contact the Family Resource Center at (920)892-6706 or mfc@excel.net to register, for meeting location or for additional information.



Flu Shots for TRICARE Beneficiaries

Influenza vaccines are covered by Medicare at no cost to TRICARE for Life beneficiaries as long as they are administered by a Medicare provider who agrees to accept the Medicare-approved amount as full payment. Flu shots also are covered by TRICARE if obtained at participating TRICARE network pharmacies in the U.S. Beneficiaries should call ahead to their pharmacy to determine if it participates in the TRICARE program and has vaccines available. To find a participating pharmacy, go to www.express-scripts.com/TRICARE or call Express Scripts at 1-877-363-1303. For more information about seasonal vaccines and TRICARE, visit the flu page at the Tricare website: www.tricare.mil/flu/

Military Families Connect offers *Flag Etiquette & Facts* and *Patriotism & Military Life* presentations to school and youth groups.

- **Flag Etiquette & Facts** offers the opportunity to learn proper protocol in displaying the U.S. flag and interesting facts about the flag and its history.
- **Patriotism & Military Life** provides information about the branches of the Armed Forces, jobs within the military among other interesting facts.

Presentations are 30-60 minutes and are interactive with the youth.

For more information or to request a presentation, contact Karen at 920.892.6706 or mfc@excel.net.



Care Packages to Troops

Do you know someone in the military who is serving outside the United States?

- ★ MFC would like to include troops from the Sheboygan County area who are serving on Active Duty, in the National Guard or Reserves, of any branch of the service, in our troop care package mailings.
- ★ Contact Karen at the FRC with their APO or FPO information to have your loved one included in our next mailing!
- ★ All information submitted is confidential and not shared.



www.frc-sc.org
email: mfc@excel.net



'Tribute to Our Troops'

Gov. Jim and Jessica Doyle will again honor Wisconsin's deployed service members with a "Tribute to Our Troops" holiday tree, and are inviting Wisconsin military families to send in a holiday Ornament dedicated to their service members here and abroad. The Executive Residence will display the ornaments on one of the large evergreen trees on display during December's holiday tours. "Our whole state is very proud of the men and women who serve our country throughout the year," Gov. Doyle said. "This holiday season we want to acknowledge the sacrifices that these brave men and women make each and every day."

"This tree also represents the sacrifice so many families must make so we can live safely and in peace," Jessica Doyle said. Hundreds of Wisconsin service members continue to serve around the world and will be away from home this holiday season. This "Tribute to Our Troops" Holiday Tree honors all those who serve, whether currently deployed or not. Families of all Soldiers, Sailors, Airmen, Marines, and Coast Guard members are welcome and encouraged to participate by sending ornaments - plain, fancy, and/or personalized - no later than Nov. 27 to:

Service Member Support Branch Special Projects

**ATTN: Carolyn Morgan
2400 Wright Street
Madison, WI 53704**

Individuals submitting ornaments are asked to include their name and return mailing address, along with the name of the service member being honored. Ornaments will be returned after the holidays.



Websites of Interest:

www.tricare.mil
www.militaryonesource.com
www.militaryfamily.org
www.wicvso.org
www.military.com
www.ourmilitarykids.org
<http://wisconsinmilitary.org>
<http://dva.state.wi.us/benefits.asp>
www.yellowribbon.mil

Exchange Sponsors "Hero" Contest

Military members and all military ID card holders who are 18 years old or older may submit an essay on their hero, including what makes the nominee unique or what accomplishment or influence they have achieved, in the Army & Air Force Exchange Service's "My Hero" Essay Contest. Essays of 300 words or less must include name, address, daytime phone number, rank or occupation as well as information regarding the nominee (name, address and contact information) and may be submitted through Nov. 19 to PatriotFamily@aafes.com in one of six categories: "community crusader," "young wonder (under 18)," "family champion," "peacemaker," "earth keeper" or "animal wonder."



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