



Soldier & Family Readiness

It is the goal of the Soldier & Family Readiness program to empower our Hawaii National Guard 'ohana to meet the challenges of military and civilian life.

Soldier and Family Readiness Specialists (SFRS) provide resource and referral for whatever challenges you or your family may be facing. We also assist in the setting up and maintaining of Soldier and Family Readiness Groups (SFRGs).

Please contact any of the SFRS below to find out how we can help you through a difficult situation, or if you may be interested in supporting your unit's SFRG.

Christine Rawls
(808) 672-1687
29th IBCT Readiness Center - Kapolei
christine.l.rawls.civ@mail.mil

Rochelle Marzo
(808) 844-6614
Armed Forces Reserve Center - Hilo
rochelle.n.marzo.civ@mail.mil

Stacey Peppers
(808) 672-1441
103rd Troop Command – Pearl City
anastasia.m.peppers.civ@mail.mil

Traci Kaopua
(808) 672-1454
29th IBCT/Diamond Head
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Follow us on Facebook for more resources and announcements!

<https://www.facebook.com/HIARNGsfrs>

Aug '21

OMK for Deployed and Stateside Activated National Guard and Reserve

Our Military Kids offers grants to pay for extracurricular activities (including sports teams, music lessons, tutoring, and summer camp) for children, ages 3-18.



Eligibility Requirements:

- For overseas or stateside missions of 90-179 days (cumulative within 12 months), each child (ages 3-18) is eligible for ONE (1) grant up to \$300 for one extracurricular activity to start before the service member returns home.
- For overseas or stateside missions of 180+ days (cumulative within 12 months), each child (ages 3-18) is eligible for TWO (2) grants up to \$300 each for the same or different activities, each to start before the service member returns home.

<https://www.ourmilitarykids.org/community2021/>

Are You Ready Hawaii?

Visit each county's emergency management website for more information about county-specific **preparedness tips** and measures. Sign up for free **text-based notifications** for the latest updates on natural disasters and man-made emergencies.

<https://dod.hawaii.gov/hiema/get-ready/>

Check out Hawaiian Electric's free and Emergency Preparedness Quick Tips and Checklist

https://www.hawaiianelectric.com/documents/safety_and_outages/storm_center/emergency_preparedness_checklist.pdf



Veteran Crisis Line

Call 1-800-273-8255 **Press 1**
Text: 838255

Connect with a caring, qualified responder

This free support is **confidential**, available 24/7, and serves **all Veterans, Service Members, and their families and friends.**

Veterans
Crisis Line

