



New Battlemind Video To Be Released

By the Army News Service

The Army Medical Department Center and School, co-developers of Battlemind training, will release a new Battlemind video next year to help foster resiliency in deploying Soldiers.

Battlemind training is the U.S. Army psychological resiliency-building program, first developed by the Walter Reed Army Institute of Research in Washington, D.C.

The new movie-like training video, developed with AMEDD

Television, was created to cover the deployment portion of Battlemind training.

The training, to be given prior to deployment, will cover the seven deployment phases and promote resilience in dealing with the psychological impacts that Soldiers could face during combat and other military deployments.

For more information, visit the Battlemind website at <http://www.battlemind.army.mil>.

Free YMCA Memberships for Reserve and Guard Families

The Department of Defense announced October 1 that families of deployed members of the National Guard and Reserve will be eligible for free family memberships at participating YMCAs in their local community.

The free YMCA memberships for Guard and Reserve families will be available while the service member is deployed for a minimum of six months. The deploying service member will also be eligible for three months pre- and post-deployment membership to help promote family participation.

Additionally, 32 hours a month of free respite childcare will be available for families of deployed National Guard and Reserve and geographically dispersed active duty service members in 10 states with YMCA child care programs preapproved by DoD.

Respite Child Care is currently available at participating

YMCAs in the following ten states: Indiana, Maryland, Montana, North Carolina, New York, Ohio, Pennsylvania, Tennessee, Virginia and Washington.

Participating YMCAs have agreed to cap their monthly fees and waive all joining fees so there is no cost for service members and their families for membership. Some classes may have fees associated with them and if so, the service member will be responsible for those costs.

Signing up for the program requires an YMCA/DoD eligibility form, a copy of deployment orders and military ID. The YMCA/DoD eligibility form is available at <http://www.militaryonesource.com>. A completed eligibility form, a copy of deployment orders (where applicable) and the military ID are all that are needed for the local YMCA to process memberships.

New Debt Relief Law Helps Guard and Reserve Members

The National Guard and Reserve Debt Relief Act of 2008 will ease bankruptcy rules for Guard and Reserve members who have served as active duty Soldiers. The law prevents courts from dismissing bankruptcy cases based on means-testing if the Guard or Reserve member is on active duty or performed such homeland defense for at least 90 days, and during the 540 days following the end of such period, and has served after September 11, 2001. For the full text, go to:

<http://thomas.loc.gov/cgi-bin/bdquery/z?d110:s.03197>:

DeCA Brings the Commissary to the Reserve & Guard

The Defense Commissary Agency (DeCA) is making the benefit more useful to citizen-soldiers and Airmen. DeCA is bringing the commissary to the Guard member. The following are the dates and locations where the Commissary will be coming directly to the Reserve/Guard:*

DECEMBER

Dec. 3-4: Flagstaff, Ariz.;

Dec. 5-7: Bismarck, N.D.; Charlotte, N.C.; Chattanooga, Tenn.;

Dec. 6-7: Tuscaloosa, Alab.;

Dec. 7: Colleville, Nev.; Port Hueneme (USN), Calif.;

Dec. 12-14: Myrtle Beach, S.C.;

Dec. 13: McConnelsville, Ohio; Fort Wadsworth, N.Y.;

Dec. 13-14: Phoenix, Ariz.

JANUARY

Jan. 17: Fort Wadsworth, N.Y.

FEBRUARY

Feb. 14: Fort Wadsworth, N.Y.

**All on-site sales are subject to change without notice.*