



NATIONAL GUARD 101

A Handbook for Spouses

Mary Corbett
with Jon Roscoe

"For any National Guard spouse who never imagined how much of his or her life would be affected by the military."

— Jennifer G. Williams, Editor, *Reserve and National Guard Magazine*

National Guard 101 A Handbook For Spouses

Stephen V. Bowles, Paul T. Bartone



National Guard 101 A Handbook For Spouses:

National Guard 101 Mary Corbett, 2011-11-21 The first time I attended a National Guard family event in 1999 I felt like I had been abducted by aliens recalls Mary Corbett author of National Guard 101 A Handbook for Spouses I didn't understand anything I had never been in an armory before I didn't know the difference between an officer and an enlisted soldier I didn't even know how to address the commander or his wife Corbett decided to wing it rationalizing that since her husband was just a Guardsman she wasn't a real military wife After all military spouses lived on bases operated within a strict structure of rank and dealt with long deployments Thank goodness she didn't have to worry about those things Of course she could have never guessed and neither could anyone else that in less than two years four hijacked airliners would forever alter the purpose and public profile of National Guard soldiers and those who love them forever On September 11th 2001 Corbett became a military wife But as she realized later she had always been one Written in a lively and informal style National Guard 101 A Handbook for Spouses demystifies the Guard's unique hybrid civilian military lifestyle It is a must read book for every National Guard family member Corbett's book covers a broad range of topics from the history of the National Guard and understanding rank to Guard social life and Family Programs Corbett also details the benefits and assistance resources available to Guard families and guides readers through the process of setting up a Personal Assistance League PAL to provide support during both short and long term deployments Ten years after National Guard 101's original publication National Guard spouses are still holding down the fort In fact in 2020 more National Guard troops were activated than any time since World War II due to the COVID 19 pandemic wildfires and civil unrest Year after year the National Guard evolves to meet different threat environments What doesn't change is the vital role that family members play in supporting soldiers

US National Guard Marcia Amidon Lusted, 2014-08-01 Each branch of the US armed forces has a unique job to do and important contributions to make This title highlights the history and achievements of the US National Guard Easy to read engaging text explores the military branch's key missions and important roles in protecting the United States Learn about cutting edge technology and weapons and discover what it is like to join the US National Guard and have a career as a soldier Well placed sidebars vivid photos helpful maps abundant charts and a glossary enhance readers understanding of the topic Additional features include a table of contents a selected bibliography source notes and an index plus a timeline and essential facts Aligned to Common Core standards and correlated to state standards Essential Library is an imprint of Abdo Publishing a division of ABDO

1001 Things to Love About Military Life Tara Crooks, Starlett Henderson, Kathie Hightower, Holly Scherer, 2011-11-02 A first of its kind celebration of military life 1001 Things to Love About Military Life chronicles some obvious and not so obvious traditions advantages and experiences military members veterans and their families share Full of heart warming vignettes laugh out loud lists stories and quotes from military members and family members and photos that speak a thousand positive affirmations this inspirational look at those who dedicate their lives to

serving perfectly illustrates why it is a profession and lifestyle to love You ll find practical truths most service members wouldn t want to live without and learn the unique outlooks services and advantages military life provides Military or civilian you ll experience the community and personal growth that the military offers Whether you have a friend or loved one in the military you re a service member ready to head out on duty a spouse gearing up to take charge of the household a veteran in need of a few good laughs or a new recruit looking for encouragement this book provides inspiration and insight into the lives of today s dedicated and courageous military families *The CSRS and FERS Handbook for Personnel and Payroll Offices* ,1995 **Handbook of Counseling Military Couples** Bret A. Moore,2012 Handbook of Counseling Military Couples provides expert analyses of the special issues that come up for military couples and guides clinicians through the process of addressing them productively **Federal Personnel Manual** , **Monthly Catalogue, United States Public Documents** ,1989 **Monthly Catalog of United States Government Publications** ,1988 **Monthly Catalog of United States Government Publications** United States. Superintendent of Documents,1991 Enlisted Soldier's Guide 7th Edition CSM Robert S. Rush USA (Ret.),2006-08 Invaluable information for a successful tour as an American soldier Includes Army Website Directory and full color section on Awards Decorations Badges **The Guide to Processing Personnel Actions** ,1995 **Legal Guide and Case Digest** United States. Solicitor of the Department of Labor,1979 Legal Guide and Case Digest United States. Department of Labor. Office of the Solicitor,1964 *Guide to the Holdings of the Still Picture Branch of the National Archives* United States. National Archives and Records Administration. Still Picture Branch,1990 **United States Official Postal Guide** United States. Post Office Department,1927 A Family's Guide to the Military For Dummies Sheryl Garrett,Sue Hoppin,2009-01-06 Expert advice on all aspects of military life A Family s Guide to the Military For Dummies is for the millions of military dependents family members and friends who are looking for straightforward guidance to take advantage of the benefits and overcome the challenges unique to life in the military This comprehensive guide covers such key topics as introducing military life to readers new to the armed forces financial planning relocation deployment raising kids alone while a partner is away and taking advantage of the available benefits It offers tips and advice for dealing with emotions that surround events like deployments deciphering the acronyms used in daily military life forming support groups keeping track of a loved one s whereabouts and surviving on a military base in a foreign country *Chronicle Financial Aid Guide* ,2005 Handbook of Military Psychology Stephen V. Bowles,Paul T. Bartone,2017-12-05 This expert compendium surveys the current state of military psychology across the branches of service at the clinical research consulting and organizational levels Its practical focus examines psychological adjustment pre and post deployment commonly encountered conditions e g substance abuse and the promotion of well being sleep mindfulness and resilience training Coverage pays particular attention to uses of psychology in selection and assessment of service personnel in specialized positions and training concerns for clinicians and students choosing to work with the military community

Chapters also address topics of particular salience to a socially conscious military including PTSD sexual harassment and assault women s and LGBT issues suicide prevention and professional ethics Among the specific chapters topics covered Military deployment psychology psychologists in the forward environment Stress and resilience in married military couples Assessment and selection of high risk operational personnel processes procedures and underlying theoretical constructs Understanding and addressing sexual harassment and sexual assault in the US military Virtual reality applications for the assessment and treatment of PTSD Plus international perspectives on military psychology from China Australia India and more Grounding its readers in up to date research and practice Military Psychology will assist health psychologists clinical psychologists psychiatrists and clinical social workers in understanding and providing treatment for military populations veterans and their families as well as military psychologists in leadership and consulting positions *Complete United States Infantry Guide for Officers and Noncommissioned Officers* United States. War Department,1917 **The Complete Guide for the Serviceman's Wife** Elizabeth Land,Carroll V. Glines,1956

National Guard 101 A Handbook For Spouses Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has been much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **National Guard 101 A Handbook For Spouses**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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