

[Get Info](#)[Speak Up](#)[Participate](#)[Your Benefits](#)[Our Programs](#)[Publications](#)**Publications****eNewsletters**

[Military Family Topics](#)

[The Voice for Military Families](#)

[Monthly Bulletin](#)

[Spouse Club eNews](#)

Publications

[Home](#) > [Publications](#) > [eNewsletters](#) > [The Voice for Military Families](#)[ShareThis](#) [Print](#)

Advocacy in Action: Members Making a Change – Debbie Fryar

By Angie Palmer, National Military Family Association Volunteer, Newark, OH

Some people get tired of being in a military family because of the hassles that come with frequent moves. On the other hand, some are proud of their military heritage and continue the legacy by being a strong advocate for military families. Debbie Fryar, a longtime volunteer with the National Military Family Association, is a prime example of this. "I am the daughter of a deceased Air Force retiree, the sister of both a Reservist and a National Guardsman and the proud spouse of a Soldier," Debbie said.

Her understanding of and pride in the different military branches landed her in a variety of programs, including Army Family Team Building, the Military Coalition's Veterans and Health Care Committee, the Navy Force Management Oversight Committee, and the Working Group of the Injured Marines and Sailors Program.

Debbie has been involved with the Association since 1996, and became a Representative while she and her family were stationed in Germany. She continued her service in various other locations including Korea, Ft. Lewis, Ft. Sam Houston, Walter Reed Army Medical Center, Fort Hood and Ft. Belvoir, where she is currently located. From 2004 to 2006, she served as the Deputy Director of Government Relations for the Association where she presented testimony about military families before Congress.

Debbie continues to work tirelessly to make a difference in the lives of military families. Her work has clearly done that. In 2006, she was appointed to work on the Department of Defense Task Force on Mental Health and was the sole family member representative. As a result of the report the Task Force submitted in 2007, there has been a strong emphasis on and sense of urgency about the psychological health of military service members and their families. This is an increasingly important issue because of the nature of the global wars in Iraq and Afghanistan.

Since arriving back in the Washington DC area, Debbie has continued her work on quality of life issues affecting military families with a particular focus on mental health. She currently chairs the Department of Defense Pharmacy Formulary Beneficiary Advisory Panel. Debbie's work is far-reaching and has a direct impact on military families. She is indeed a prime example of someone who is proud of her military heritage.

[Return to Full Issue](#)**Donate**

Your contribution helps us promote our mission and reach our goals to strengthen and protect military families.

[DONATE](#)**Sign Up**

Sign up to receive periodic eNews and alerts.

Enter email [SUBMIT](#)**Connect**

Want up-to-date information and a community of people that care about military families?

[Find us on Facebook](#)**For You**

[Spouses](#)

[Children](#)

[Service members](#)

[New Military Families](#)

[Survivors](#)

[Retirees](#)

[Veterans](#)

[Siblings + Friends](#)

[Parents + Grandparents](#)

[Civilians](#)

Links

[Adoption](#)

[Children's Resources](#)

[Deployment](#)

[Education](#)

[Employment](#)

[Family Assistance](#)

[Family Friendly Sites](#)

[Family Readiness](#)

[Finances](#)

[Health Care](#)

[Mental Health](#)

[Military Statistics](#)

[National Guard + Reserve](#)

[Relocation](#)

[Retirement](#)

[Scholarships](#)

[Survivors](#)

[Voter Information](#)

[Wounded Warriors](#)

[All](#)