



Airman & Family Readiness Program Newsletter

"Family Readiness - A Key to Mission Readiness"

132d Wing / Iowa Air National Guard



September 2015 Issue

Save the Dates

Air Force Leadership Adventure Camp

Date: September 12 - 13, 2015

Where: Iowa 4-H Center, Madrid, IA

What: Open to youth age 12 – 18. This two-day overnight camp will feature educational programs and activities to develop citizenship, leadership, and self-efficacy. Youth will participate in hands-on-learning activities to learn skills to work together as a team, understand one another's differences and strengths, and how to be an effective leader. Campers will also participate in the social aspects of camp such as: cabin meetings, a campfire, night hike, and much more! More information and registration can be found at:

<http://www.extension.iastate.edu/4h/camping>

Air Force Birthday TAG Fun Run

When: September 18, 2015 3:00pm

Where: 132nd Wing, Des Moines Iowa

Who: Members and families of the Iowa National Guard

What: 5K Run/Walk to celebrate the 68th birthday of the United States Air Force.

Iowa Remembrance Run

Date: Sept 27, 2015 10:00 a.m.

Where: Raccoon River Park

What: A 5K Run/Walk to honor and remember Iowa's fallen service members.

Register at

www.IowaRemembranceRun.com

Wingman Support Team
Family Readiness Group
Meeting Schedule for FY15/FY16

20 Sept – Meeting 1:30pm

4 Oct – Meeting 1:30pm

8 Nov – Meeting 1:30pm

6 Dec – No Meeting (Holiday Party)

10 Jan – Meeting 1:30pm

7 Feb – Meeting 1:30pm

6 Mar – Meeting 1:30pm

10 April – No Meeting (Easter Egg Hunt)

Meetings are held in the Force Support Squadron Conference Room, Bldg. 110.

Childcare is available.

Please contact Ashley Wood for additional information and if you are interested in attending a meeting!

Airman & Family Readiness Office
Bldg. 110 Rm 170
(515) 261-8786

Veterans Stand Down – HELP NEEDED

When: September 18-20, 2015

Where: Des Moines Capital Grounds

What: Help is needed for the Homeless Veterans Stand Down. Show support for those that have previously served! If you are willing to assist please contact Justin Coop at (515) 261- 8395 or email

Justin.coop@ang.af.mil

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Tutor.com is Back!

Effective August 1, 2015, traditional drilling/part-time National Guard service members and their dependents are again eligible to use the Tutor.com for U.S. Military Families program at no cost through funding by the Yellow Ribbon Reintegration Program.

Tutor.com provides one-to-one academic tutoring in 40+ subjects with expert, background-checked tutors. Tutoring is available 24/7 through the secure and interactive Tutor.com online classroom. Eligible students in part-time National Guard families can create an account and get started using Tutor.com at no cost by:

1. Going to www.tutor.com/military
2. Selecting the blue button that corresponds to the family's service branch
3. Confirming eligibility and completing the account sign-up process

Those part-time Guard families who previously had a Tutor.com account and who meet the DoD eligibility requirements will be able to access their accounts again.

If you no longer wish to receive this newsletter, please contact the Airman & Family Readiness Program at phone: 515-261-8786 or email ashley.wood@ang.af.mil



TRICARE Rep Availability

The Tricare representative will be available in the Force Support Squadron Waiting Room (bldg. 110) from 9:00am-2:00pm to address any individual questions or concerns.

September 23, 2015

October 28, 2015

TRICARE REMINDER:

If a sponsor goes on Active Duty orders for 30 days or more, the family will go on Tricare Standard. That coverage ends the day the orders end and the sponsor must re-enroll in Tricare Reserve Select or their previous insurance. If you would like to enroll your family in Tricare Prime Remote while on orders, it must be done by the 20th of the month to begin coverage the 1st of the following month.

HERO 2 HIRED

The 132nd Wing will have a Hero 2 Hired Coordinator available each Friday from 7:30 a.m. – 4:30 p.m. Mr. Marvin Dixon is available for employment assistance, resume writing, interview preparation, and career support to members, spouses, and veterans. He will offer services on a first-come, first-serve basis. Mr. Dixon will be located in building 100, room 226. He can be contacted at (515) 371-2714 or email marvin.l.dixon.ctr@mail.mil

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HUNTERS- Veterans Helping Veterans

English River Outfitters was formed in May, 2008 by 23-year military veteran Chuck Geertz. He was joined on the Board of Directors by his brother Cyle, who also has over 23 years of military service, and Karen Fisher, a Gold Star wife whose husband served in the military for over 17 years. Their goal was to offer a quiet, relaxing recreation area for our veterans and their families, with a particular focus on accommodating disabled veterans and serving Blue Star, Silver Star and Gold Star families. Veterans and families served at English River Outfitters experience a variety of therapeutic, group-based activities designed to re-establish confidence, hope, and health. In addition to their weekend retreats for veterans, they also hold special programs to serve children from Gold Star families, as well as ladies-only veteran camp-out events. ERO believes there is healing in nature, and therefore they emphasize an outdoor experience where veterans can fish, hunt, and hike in the woodlands surrounding their facilities. Veterans with physical disabilities are able to participate fully using provided all-terrain wheelchairs. The veterans served participate in sporting activities that challenge and empower them, all while immersed in Iowa's natural, refreshing wilderness.

English River Outfitters is holding an Open House on September, 26, 2015 from 12-5pm at their facilities located at 2564 305th St,

Washington, IA. Included in the events is a free will donation BBQ, raffles, door prizes, 50/50 and music. Can't make the event, please visit their website

www.englishriveroutfitters.org.

HUNTING OPPORTUNITIES:

With Labor Day coming and the summer coming to an end, now is the time to book your hunting trip with English River. We have 6 slots per season so book today!

1-4 Oct Early Bow Hunt (6 slots)

20-22 Nov Bob Briggs Memorial Goose Hunt (1 slot)

5-9 Dec 1st Shot Gun Season (5)

1-4 Jan Late Muzzleloader (5)

We supply the lodging, meals shotguns, black powder rifle and ammo. All you have to cover is the transportation. Please email us or give us a call: 563-357-4923 chuck-geertz@englishriveroutfitters.org

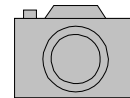


Photo of the Month



Families of the 132nd Wing march in the Veterans Parade at the Iowa State Fair.

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SELF-DEFENSE & SAFETY AWARENESS CLASS

- **LEARN SELF-DEFENSE MOVES, SAFETY AWARENESS TIPS, AND HOW TO PROTECT YOURSELF**
- **HOSTED BY HHC 1-168 IN FAMILY READINESS GROUP AND PRESENTED BY IOWA STATE PATROL**

Who: Any military member or family member, 12 years and older

When: Saturday, September 12th, 1:00 PM-4:00 PM

Where: Council Bluffs Armory, Drill Floor
2415 E. Kanessville Blvd

Dress for physical activity!

Youth: There will be a youth activity for ages 6-12

Register: hhc.168in.frg@gmail.com — include names of participants and ages of youth attending

Winner Receives \$150 Cash +

Enlisted Association National Guard of Iowa

**EANGI
NEEDS YOU!**

JOIN TODAY!



Come join us for our Annual Conference 28-30 Mar 2014; Marriott Hotel Des Moines, Iowa. To Register and learn more Visit our Web Site @ eangi.org.

**It's Your Career,
Your Benefits,
& Your Job!**



**You Can't Afford
Not to Belong!!!**

Marriott Downtown Des Moines
Guest Speakers,

ICE Breaker (Vendors, Live Music, Raffles, Silent Auction, Poker Tournament and much more)

Professional Development
Business Meeting
Presidents formal Dinner and Awards

You could win a trip to [Cabo San Lucas!!](#)

EANGI is having a contest to redesign our recruiting poster that talks about benefits we provide. Design a poster that grabs people's attention and gets them interested.

Poster must include Air Guard Emblem, Army Guard Emblem, EANGI's QR Code, emblem and website (EANGI.org)

All entries need to be submitted to

eangimail@gmail.com

By 15 Sept.

If you have questions contact SGM Dean Kennebeck



QR Code

**Winner Receives \$150 Cash,
one night hotel cost during the
2016 EANGI state conference
and Free registration to the conference.**

Old Poster

Emblem



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Air Force Leadership Adventure Camp

September 12th & 13th



Participants will engage in “Ricochet” which is an adventure-based leadership development program. Leadership is not just for “the chosen few”, do you have what it takes?

- Do you like to learn through fun activities and challenges?
- Have you ever wondered why some people seem to be so successful in moving others toward getting things planned and done?
- Would you like to know more about yourself and others; and
- working together with others who have different ideas and styles than you?
- Would you like to help plan and conduct a needed project or service at the 4-H Center?
- And how about enjoying good food and making new friends?

Youth will participate in hands-on-learning activities to learn skills to work together as a team, understand one another's differences and strengths, and how to be an effective leader. Campers will also participate in the social aspects of camp such as: cabin meetings, a campfire, night hike, and much more!

Open to youth, ages 12 to 18 years old, who have a parent(s) in any branch of the military. Adult Volunteers are also needed. Registration information available at:

<http://www.extension.iastate.edu/4h/camping>

For more information contact: Jacki Luckstead at luckstea@iastate.edu or Alyssa Meyer at alyssam@iastate.edu.



IOWA STATE UNIVERSITY
Extension and Outreach



**Contribute to the
HOMELESS**



**VETERANS
STAND DOWN**

Des Moines Capital Grounds- East 13th and Walnut

Event: Friday, 18 Sep 1700 to Sunday, 20 Sep 1200

****Donate Items- New/Gently used clothing of all kinds,
shapes and sizes, outdoor gear to include backpacks,
sleeping bags, blankets, (non-expired) first aid kits,
sanitizing wipes/hand sanitizer, ****

Collection points: Bldg 100/124/410/110/240

****Set Up on Sept 17 starting at 0700 until complete****

****Tear Down on Sept 20 starting at 1000 until complete****

****Volunteer to assist with: Barbers, Restocking of donated
items, Shuttle drivers, Entertainment, Security****

Contact TSgt Justin Coop, TSgt Eric Swanson, or
MSgt John Connett for more info

UNITED STATES AIR FORCE 68TH BIRTHDAY

MEME FUN RUN



**NOTHING CAN STOP THE US
AIR FORCE???**

**FALSE.
LIGHTNING WITHIN 5 STOPS IT
EVERY TIME.**

In keeping with Air Force tradition and the esprit de corps building example of Col. Robin Olds, patron saint of "Mustache March," we are inviting you to have a bit of fun at our expense.

The race will begin and end in front of Bldg. 100. All questions should be directed to Capt. Cochran, 515-261-8902, or Lt. Appenzeller, 515-261-8525.

Open to all members of the Iowa National Guard and their family members (to include civilian employees). Employees will use authorized physical fitness time or be in an authorized leave status.

Family members will be required to sign a waiver in order to participate, and will need to be escorted by their military member to gain access to the base.

SEPT. 18, 2015



132D WING



3 P.M.

*5K Run/Walk to Honor and Remember
Iowa's Fallen Service Members
September 27, 2015 – 10:00 a.m.
Raccoon River Park – West Des Moines*



Sign up at www.IowaRemembranceRun.com

Early Bird registration through May 25, 2015 - \$20

Registration May 26 – September 14, 2015 - \$25

Late registration September 15 – 24, 2015 - \$30

Hosted by Iowa Remembers, Inc.

Registration deadline 9-24-2015

KEY VOLUNTEER

What is the Key Volunteer Program?

The Key Volunteer Program is a communication network between unit leadership and families. The Key Volunteer facilitates communication from the Commander to families and from families to the Commander through the First Sergeant or a military point of contact.

Who can be a Key Volunteer?

Unit spouse, retiree, family member, friend, or community member

Why is this position important?

- Offers informal peer-to-peer support to families
- Promotes individual, family, and unit readiness
- Builds a strong Air National Guard community
- Enhances communication between families and leadership
- Increases family resiliency

How do I become a Key Volunteer?

The Key Volunteer is appointed by the Squadron Commander and works closely with the First Sergeant. The Airman and Family Readiness Program Manager provides training, assistance, and information. A Key Volunteer is appointed for a two-year term. This is a great opportunity to get involved and support the families of the 132nd Wing. Training will be conducted in November 2015.

For more information on the program please contact Ashley Wood at (515) 261-8786 or email

Ashley.n.wood38.mil@mail.mil

**“We recruit Airmen but retain families and have a
sacred commitment to care for both”**

**General Mark Welsh
USAF Chief of Staff**

Mission First: Family Always



Saturday, September 12th

Please join Me at "A Summit" for
A day of friendly target shoot-
ing, motorcycle riding, tasty
BBQ, family fun around roaring
Bonfires, kids games, etc.

The Lighthouse Church of
The Nazarene
405 Myra Ln., Moravia, IA
641-724-3649 • 641-208-5730
Events@moravianazarene.com

HONORING AMERICA'S REAL HEROES!



1:30PM OPEN TARGET SHOOTING

- ALL CALIBER OF HAND GUNS WELCOME • ALL SHOTGUNS WELCOME
- ONLY .22 LR & .17 HMR RIFLES ALLOWED • NO HIGH POWERED RIFLES
- BRING YOUR OWN GUNS & AMMO
- ALL TARGETS, INCLUDING CLAY PIGEONS, PROVIDED FREE



3:30PM MOTORCYCLE RIDE

- RIDE AROUND LAKE RATHBUN • MANY AREA CLUBS WILL BE PARTICIPATING
- ALL MOTORCYCLE RIDERS WELCOME



4:00-6:00PM BBQ COOKOUT



4:30PM HERO SHOT COMPETITION

IN HONOR OF OUR MILITARY/LAW ENFORCEMENT/FIREMEN/EMS...OUR REAL HEROES!

.22 CAL RIFLE • 3 CLASSES: LADIES (13 & UP), TEEN BOYS (13-17), MEN (18 & UP)
PRIZES FOR EACH CLASS



6:00PM SPECIAL GUEST SPEAKER

CHAPLAIN LARRY PAGE, FATHER OF FALLEN MARINE L CPL REX PAGE.
CHAPLAIN LARRY JOINED THE PATRIOT GUARD OF NORTHEAST MO. IN AUGUST
OF 2006 AFTER THE PGR ESCORTED HIS SON, L CPL REX PAGE, USMC, TO
HIS FINAL RESTING PLACE AT JACKSONVILLE VETERAN'S CEMETARY,
JACKSONVILLE, MO. REX WAS KIA, JUNE 28, 2006, IN FALLUJAH, IRAQ.

- FAMILY TIME AROUND THE BONFIRES



Discount to NASCAR Sprint Cup Race: \$5 Off, plus 25% Military Discount, \$25 Off Children's Tickets, and Free Parking and Tailgating

The USO of Illinois and the Chicagoland Speedway are offering a special discount to the **NASCAR Sprint Cup race on Sunday, September 20th!**



NASCAR Sprint Cup
September 20, 2015
Noon: Brett Eldredge Pre-Race Concert
1:30 pm: Driver Introductions
2:00 pm: NASCAR Sprint Cup Race

Chicagoland Speedway
500 Speedway Blvd
Joliet, Illinois 60433

Receive \$5 off tickets by using the promo code: **CLSUSO15**

Additional offers include: **25% off military discount, \$25 off all kids NASCAR tickets, and free parking and tailgating**

For each ticket purchased using the promo code: CLSUSO15, \$5 will be donated back to the USO of Illinois

Questions? Call (888) 629-7223 for ticket information.

For more information and to purchase tickets for this event click on the following link:

<http://www.chicagolandspeedway.com/Vanity-Pages/2015/USO.aspx>

WOUNDED WARRIOR AMPUTEE DRAFT TOURNAMENT SEPTEMBER 25-27, 2015

Walker Johnston Park, Urbandale, Iowa / Principal Park, Des Moines, Iowa

For more information and registration visit:

www.covermy6foundation.com



BE AWARE EVENT

Open to Military Families from all branches, Retired, Fallen, and DoD Employees.

September 19th

12:30pm to 4:30pm

Camp Dodge:

South Softball Field

Suicide Prevention

Anti-Bullying

Inflatable Obstacle Course

Speaker: Jenni Stevenson

Pugil Sticks

Laser Tag

9 Square

Snacks Provided

Release Forms Available

Register at bitly.com/mmfcg



Child and Youth Program Chris Cox: 515.727.3064
Suicide Prevention Program Katie Giusto: 515.252.4989
Survivor Outreach Services Mary Maguire: 515.727.3386
More Information: <https://www.facebook.com/iowacyp>



8th Annual "Warrior Ready" National Guard Golf Tournament



When: Friday, 4 September 2015

Where: Honey Creek Golf Club

1323 Noble Lynx Drive, Boone, Iowa

Time: 09:00 shotgun start

TEAM NAME: _____

TEAM POC: _____

POC Phone#: _____

POC Email: _____

TEAM MEMBERS: (Open to all current and retired members of the Air and Army NG and Family Members)

#1: _____

#2: _____

#3: _____

#4: _____

Payment due with Registration: \$50.00 per golfer/\$200.00 per Team

Registration is limited to 36 teams. After Roster is full, no further teams will be allowed. Cost 18 holes of Golf with cart, lunch and prizes.

Travel to the event must be POV. No GSAs will be used in connection to this event.
Full time staff must be in a leave status to participate.

Course Information: <http://www.golfhoneycreek.com>

Make Checks Payable to: Hawkeye Chapter WOA

Mail To: PO Box 1023, Johnston, IA 50131

If any questions, call Marv at (319) 389-3698 or email marvpeters@southslope.net or Marty at (515) 480-1558 or email mahupp@msn.com.