



Airman & Family Readiness Program Newsletter

"Keeping In Touch"

132d Fighter Wing / Iowa Air National Guard

March 2012 Issue



State Family Readiness Training Conference and Youth & Teen Symposium

The Iowa National Guard Family Readiness Program will conduct its Annual State Family Readiness Training Conference and Youth Symposium **28-29 April 2012**, at Building S70, Freedom Center, Camp Dodge, 7105 NW 70th Ave, Johnston, IA 50131. This year's event will be a fun packed event for our Family Readiness Groups (FRGs), Service Members, Family Members (spouses, significant others, parents and siblings), and Volunteers of the Iowa National Guard. Our theme, *Resilient Families: Ability to Bounce Back & Thrive*, will be the focal point of the weekend guiding lectures, training and discussions. Command emphasis will ensure all Units and Bases are represented. The goal of the conference is to improve personal and family readiness of the Iowa National Guard.

All Service Members, Family Members, Volunteers of the Iowa National Guard are encouraged to attend. Attendees will be placed on Invitational Travel Orders. Travel, lodging and per diem will be reimbursed in accordance with the Joint Federal Travel Regulations. Each adult delegate will complete the registration form prior to the conference. The registration forms may be mailed, faxed or emailed to the **State Family Program Office, 7105 NW 70th Ave, JFHQ, Room 186, Johnston, IA 50131. Fax: 515-727-3103. Email: shalee.torrence@us.army.mil. Registration deadline April 13, 2012.**

The Youth & Teen Symposium will conduct sessions for children and youth in grades K-12. Registration and release of liability forms must be completed by the parent or guardian for every youth/teen delegate prior to the symposium. All youth registrations should be returned by mail, fax or email to the attention of Jeremy VanWyk: **State Family Program Office, 7105 NW 70th Ave, JFHQ, Room 186, Johnston, IA 50131, Fax: 515-727-3103, Email: Jeremy.vanwyk@us.army.mil by April 13, 2012.**

Information regarding this event such as agendas and registration forms will also be available soon on the Iowa National Guard website at www.iowanationalguard.com. Hope to see you there!

132d Fighter Wing Family Readiness Group Tentative Meeting Schedule for FY12

4 Mar- FRG Meeting at 1:30pm
15 April- No Meeting (Easter Egg Hunt on 14 April)
6 May- FRG Meeting at 1:30pm
3 Jun- No Meeting
15 July- FRG Meeting at 1:30pm
5 Aug- FRG Meeting at 1:30pm
16 Sep- No Meeting

Meetings are held in the Force Support Squadron Conference Room, Bldg 110. Please contact Samantha Padgett for additional information.

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

**ONLY 3 STRONG BONDS
WORKSHOPS LEFT!!!!**

Need an opportunity to get away for some marital reconnection or family time? Take a vacation on us. Below are the dates and locations for FY12 Strong Bonds Workshops.

Laugh Your Way to a Better Marriage
July 21-22, 2012- Waterloo

The “Laugh Your Way...” workshop was developed by Pastor Mark Gungor, in which he takes a humorous look at the differences between men and women and will you’re your rolling in the aisles with laughter. This course will help couples see how they are made and embrace those differences or similarities in their mates.

7 Habits of Highly Effective Military Families
July 28-29, 2012- Dayton

The 7 Habits of Highly Effective Military Families is one of the best programs to help military families learn how to stay focused, stay positive, and set goals for themselves and their families.

Prevention & Relationship Enhancement Program
April 21-22, 2012- Des Moines

This workshop and materials teach couples the skills they need to nurture a lasting relationship. PREP begins by teaching effective communication skills, addresses problem resolution strategies, and reveals how to discover the hidden issues in every relationship.

All workshops are FREE of charge. Family Members are placed on Invitation Travel Orders and reimbursed mileage, lodging and per diem.

Please contact Samantha Padgett at 515-261-8786 or via email at samantha.padgett@ang.af.mil to register.

Outward Bound Program for Veterans

Outward Bound for Veterans provides our returning service men and women with rewarding wilderness expeditions specially designed for the men and women of our nation's armed forces. Veterans programs are designed to be exhilarating, challenging, and rewarding. We make the most of the organizational and teamwork skills which veterans have learned in the military to move groups of 10-12 participants straight into the field.

Once on expedition, Outward Bound training will bring veterans up to speed on our wilderness travel expectations. Leadership skills will be tested as participants take responsibility for the crew and make community plans and decisions. Our staff, most veterans themselves, have extensive experience in backpacking, mountaineering, climbing, canoeing, sailing, kayaking, whitewater rafting, and dog sledding. Participants rely on them for information and safety, but ultimately the success of the experience rests with the participants.

All programs, including travel to and from the course areas from anywhere in the continental US, are fully funded through the generous support of a network of partners, sponsors and donors. Participating veterans only need to provide day-to-day clothing and footwear.

Outward Bound for Veterans programs...

- * build a supportive community with other war veterans;
- * facilitate genuine discussions on readjustment and transition challenges;

- * re-energize and reinvigorate spirits through adventures and challenges in a beautiful natural environment;
- * reduce the feeling of isolation;
- * provide the opportunity to bond with comrades outside of the typical military structure;
- * transfer veterans' military values and experiences to civilian life so that Veterans are prepared to serve their stateside communities.

The slots fill up fast, so veterans who want to go on an expedition should sign up early, and probably try for more than one.

<http://www.outwardbound.org/index.cfm/do/vets.index>

eBenefits Awareness

The eBenefits portal is a one-stop shop for benefits-related online tools and information, and it is designed for wounded warriors, veterans, service members, their Families, and those who care for them.

<https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>

Please contact Samantha Padgett if you would like the memorandum and instructions emailed to you.

Samantha.padgett@ang.af.mil

Military ReConnect Program and Armed Services YMCA Membership

The Department of Defense has contracted with the Armed Services YMCA to fund memberships at participating YMCA's throughout the United States and Puerto Rico for the Following **Title 10 DoD Military groups**.

1. Families of Deployed National Guard and Reserve

2. Active Duty Assigned to Independent Duty Locations
3. Relocated Spouse of Deployed Active Duty Personnel

How to Register

A copy of deployment orders and a military ID card must be presented when applying for YMCA membership. You will be asked to complete the DoD Eligibility Form and/or IDP

Eligibility Form. You will also be asked to sign the YMCA welcome letter outlining the eligibility requirements of the Armed Services YMCA to be able to renew your membership.

Where

You may register at any of the Greater Des Moines YMCA's, including Boone. Please check our website for the Y nearest you at www.dmymca.org.

Military ReConnect Program Registration ASYMCA members are qualified to participate in the Greater Des Moines YMCA Outreach Program designed to assist families during deployment or duty away from your home of record. Participation includes the following opportunities:

1. Opportunity to attend Y Camp for one week at no cost for youth or family.
2. Programs dedicated to military families, i.e. Survival Yoga
3. Participation in the "Home Guard" youth group for ages kindergarten through 8th grade
4. Marriage University conducted by Dr. Gary and Barb Rosberg to help strength families.
5. Parents Night Out at no cost to be able to let the kids have fun in a safe environment while you have the opportunity to have some "me" time.

For more information contact Sue Johnson, Military ReConnect Program Director at 224-9901 ext 255 or email at sue.johnson@dmymca.org.

Hope for the Warriors: Military Spouse/Caregiver Scholarships

The Spouse/Caregiver Scholarship (<http://bit.ly/xQ370x>) program identifies, recognizes, and rewards spouses/caregivers for their strength, fidelity, and resolve despite adversity. Scholarships aid in continued education at a reputable, accredited university, college, or trade school for spouses/caregivers as they assume critical roles in the financial well being of their families.

Scholarship awards are \$5,000 to be made co-payable to the scholarship recipient's institution for payment of tuition, books and supplies and may be reapplied for up to four years for a maximum of \$20,000. The application process is the same for new applicants and renewals.

Next deadline: Application to be postmarked no later than April 2, 2012.

For more information and to apply for a Spouse/Caregiver scholarship, please visit <http://bit.ly/xQ370x>.

Viking Bay Resort & Lodge Military Discount

Viking Bay Resort Is now offering a 10% Discount for members of our armed forces to show our appreciation for your sacrifices.

Viking Bay Resort and Lodge offers housekeeping cabins, hotel rooms, and suites, all located on beautiful Lake Miltona.

Make Viking Bay Resort and Lodge your destination this year for a relaxing Minnesota vacation combined with superior fishing action!

Contact us by calling 1-218-943-2104

Email us at: vbr@midwestinfo.net

Or check out our website at

www.vikingbay.com

2012 Commissary Scholarships for Military Children

Applications for the 2012 Scholarships for Military Children Program will be available starting Dec. 1 at commissaries worldwide as well as online through a link on <http://www.commissaries.com> and directly at <http://www.militaryscholar.org>.

Awards will be based on funds available, but the program awards at least one \$1,500 scholarship to a student at each commissary. Scholarships are funded by donations from commissary vendors, manufacturers, brokers, suppliers and the general public. Every dollar donated goes directly to funding scholarships. No taxpayer dollars are expended on the scholarship program.

If there are no eligible applicants from a particular commissary, the funds designated for that commissary are used to award an additional scholarship at another store. The scholarship program was created to recognize military families' contributions to the readiness of U.S. armed forces and the commissary's role in the military community. Since the program began in 2000, it has awarded more than \$9.3 million in scholarships to 6,069 military children from 62,000-plus applicants.

“While these numbers are impressive, what’s even more impressive is what past scholarship recipients are doing with their education,” said Defense Commissary Agency Director and CEO Joseph H. Jeu. “Many recipients have entered a wide range of career fields such as teaching, business, law and military service – to name just a few. Many others have earned advanced degrees. They are making their way in this world, and they are making a difference.”

To be eligible for a scholarship, the student must be a dependent, unmarried child, no older than 21 – or 23, if enrolled as a full-time student at a college or university – of a

service member on active duty, reservist, guardsman, retiree or survivor of a military member who died while on active duty or survivor of a retiree. Eligibility is determined using the Defense Enrollment Eligibility Reporting System database.

Applicants should ensure that they, as well as their sponsor, are enrolled in the DEERS database and have a current military ID card. The applicant must also be planning to attend or already attending an accredited college or university, full time, in the fall of 2012 or be enrolled in a program of studies designed to transfer directly into a four-year program.

Applicants must submit an essay on a topic which will be available Dec. 1 on <http://www.militaryscholar.org>. Applications must be turned in to a commissary by close of business Feb. 24, 2012.

The scholarship program is administered by Fisher House Foundation, a nonprofit organization that provides assistance to service members and their families. Scholarship Managers, a national, nonprofit, scholarship-management services organization, evaluates applications and awards these scholarships. If students have questions about the scholarship program application, call Scholarship Managers at 856-616-9311 or email.

About DeCA: The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings amounting to thousands of dollars annually. For current savings figures for

various groups – single member up to a family of seven – visit our Savings page. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

FREE TAX ASSISTANCE at Camp Dodge

The Staff Judge Advocate Office is offering the Volunteer Income Tax Assistance (VITA) program at JFHQ Armory, Camp Dodge. This is free assistance in the completion and electronic filing of most State and Federal income tax returns. Soldiers and Airmen will be seen by appointment only. We will begin accepting appointments DECEMBER 05, 2011 **FOR TAX YEAR 2010 TAX RETURNS AND BEGINNING JANUARY 17, 2012 FOR TAX YEAR 2011 TAX RETURNS.**

PLEASE READ THIS ENTIRE MESSAGE BEFORE CALLING TO SCHEDULE AN APPOINTMENT.

Please be sure to bring all pertinent tax documents with you to your appointment. Due to IRS rules, you **MUST** have the following documents. If you do not bring these documents to your appointment, we will **NOT** be able to complete your tax return or file it. **YOU WILL NEED TO RESCHEDULE IF THERE ARE ANY REMAINING APPOINTMENTS AVAILABLE.**

MUST bring:

- Social Security Cards for each individual listed on the return
- A copy of last year's tax return and Amended Return, if applicable. We

are not able to pull-up last year's return.

- All W-2s, original and corrected, (if applicable). If receiving SLRP, you will have a second W-2.
- All 1099s, 1098s, etc., (if applicable)
- AGR Soldiers bring your dental insurance premium amount (this information is on your LES)
- Anyone paying premiums for Tri-Care Reserve Select (TRS), bring total amount paid in 2011.

Be aware, not all banks and institutions send out hard copies of tax documents. Please be sure to secure these documents prior to your appointment. You may have to print some of your documents online. For example, your mortgage statement may need to be printed from the bank's website because a hard copy may not have been sent.

Reminder for the first time homebuyer credit, if your home was purchased in 2008 and you owned it and used it as your main home during all of 2009, 2010 and 2011 second repayment of the credit over a 15 year period is due with your 2011 return.

If you drive to drill more than 100 miles one way, you are entitled to an adjustment to income on Federal Income Taxes. Need number of miles you travel to drill and if you stay in a hotel/motel what that cost was. Also, keep track of food purchased. DO NOT include meals provided at drill. Receipts are helpful.

If you were deployed for any period of time during the tax year for which you are filing, you may be entitled to tax benefits which are not available to non-deployed taxpayers. For Federal Income Tax purposes, the deployment must be to an area which is designated as a Combat Zone for Income

Tax purposes. The criteria are not the same as the criteria for authorized wear of a right shoulder patch, so be sure to inform your tax preparer of any deployment or support to a deployment. For State Income Tax purposes, if you are on order in support of OIF, OEF, OND you are entitled to have all or a portion of your income excluded from Iowa State Income Tax. Please bring a copy of your orders, to your appointment, if you are not sure of the status.

If you have completed your taxes for a prior tax year, and you were deployed for a portion of that tax year, we will review your tax return in order to determine if you were given all the tax benefits to which you were entitled. If you were not given those benefits, we will amend the tax return and assist you in filing it. We will offer this service even if the original tax return was not filed by this office.

Call SPC OHaver beginning **DECEMBER 05, 2011** to set up an appointment 515-252-4259. Please advise him as to what tax years you will be filing.

Please note: Because of IRS-mandated changes, there are several forms we are no longer able to file. Below is a list of forms we are no longer authorized to complete or can only complete certain portions of the form. Before you call to make an appointment, please be sure you do not need to file a form listed below.

Forms:

1. The Schedule C (Business Income OVER \$10,000) – VITA volunteers cannot complete your return if you have business use of your home, carry over inventory, depreciable equipment, employees, or if your business has a loss. Schedule C-EZ or schedule C up to \$10,000 of income are the only business income

schedules VITA volunteers may complete.

2. Form 4797 (Sale of Business Property) - This form cannot be accomplished by a VITA volunteer for the sale of a home that was used for business other than a rental. VITA volunteers can still accomplish this form for a military member who used the home as a rental.
3. Form 5329 (Early Distributions of Sheltered Funds) – VITA volunteers can only complete this form if the taxpayer took an early IRA/Roth distribution for education, buying their first home, or health reasons. VITA volunteers cannot complete this form if a taxpayer moved an IRA/Roth distribution and did not rollover the full amount.
4. Form 8606 (IRA Contributions) – VITA volunteers cannot complete this form if you need to claim nondeductible IRA contributions when you have taken a distribution.
5. Schedule D Worksheet (Sale of Personal Home Exclusion) – VITA volunteers cannot complete this worksheet for reduced exclusion or prior exclusion on the sale of a home. This form is for taxpayers who owned and used a home for less than two years and so do not meet the ownership and use test.
6. Schedule K-1 (Partnership or Trust Income) – VITA volunteers can accomplish this form unless the form lists anything other than interest, dividends, or capital gains. VITA volunteers are also unable to accomplish this form if you are listed as “At Risk” or “Passive Income” on the form.

7. Schedule E (Rental Income) – VITA volunteers can complete this form ONLY if the taxpayer is actively involved in the decisions of the rental property. To be considered actively involved in the rental property taxpayer must make significant management decisions, such as approving rental terms, repairs, expenditures, and new tenants. Taxpayers who use a property manager could be considered active participants if they retain final management rights.
8. Form 8814 (Parents’ Election to Report Child’s Interest and Dividends) VITA volunteers can only complete this form for the Alaskan Dividend Fund received by a minor.
9. Form 3903 (Moving Expense) – VITA volunteers can complete this form only for expenses incurred by a military member for a PCS move.

VITA CANNOT COMPLETE ANYTHING ON THE FOLLOWING FORMS:

10. Form 8853 (Archer Medical Savings Account)
11. Schedule F (Profit or Loss from Farming)
12. Self-Employed SEP, SIMPLE & qualified plans AND Self-Employed Health Insurance Deduction
13. Form 4684 (Casualty and Loss)
14. Form 2555 (Foreign Earned Income Exclusion)
15. Form 5695 (Residential Energy Credit)

16. Form 8903 (Domestic Production Activities Deduction)

17. Form 8910 (Alternate Motor Vehicle Credit)

MC&FP February 2012 eMagazine

February 2012 edition of the Military Community and Family Policy (MC&FP) eMagazine!

Please visit

<http://apps.mhf.dod.mil/mcftp/emag> to read about the latest MC&FP program updates and information.

In this issue, readers can learn how military families can file their taxes for free, listen to the latest early childhood development podcasts, and discover how the Deployment Guide can help ease the reintegration process. This issue also provides information on new programs, such as MilitaryKidsConnect.org and the Community Capacity Building Initiative, and how USA4 Military Families is helping states assist service members and their families in 2012.

The next issue will be published in April.

2012 Air Force Reserve/Air National Guard Teen Leadership Summits:

The AFR/ANG Teen Leadership Summits are open to 15-18 year old dependent teens of current Air Force Reserve or Air National Guard military members. Applicants will be required to complete entire application to include essay questions. Transportation and Camp costs are funded by Air Force.

Additional information and instructions for applicants and adult volunteers are currently available at the following website: www.afrc.af.mil/library/4rfamilies. The

online application will be available on the website 16 Jan, with an application deadline of 13 Apr 2012.

Classic Teen Leadership Summit - 17-22 June 2012 Wahsega 4-H Center: Dahlongega, Georgia

Nestled in a valley of the Chattahoochee National Forest, Wahsega 4-H Center plays host to the Classic Teen Leadership Summit. During this week long adventure, teens will participate in high adventure activities such as high ropes, zip line canopy tour, white-water rafting, hiking, fishing, archery, survival classes, and more! Leadership classes taught throughout the week include True Colors and the General Hugh H. Shelton Leadership Challenge. Attendees will be introduced to community partners such as 4-H, BGCA, American Legion, YMCA and others who provide support to military families in communities across America. This Summit also includes military traditions and community service projects.

Adventure Teen Leadership Summit - 7-12 Aug 2012 Cheley Colorado Camps: Estes Park, Colorado

Bordering Rocky Mountain National Park, Cheley Colorado Camps, a family owned and operated summer camp for over 90 years, will host the Adventure Teen Leadership Summit. During this Summit, teens will participate in daily adventure activities including hiking, mountain biking, horseback riding, horse colt training, arts & crafts, woodworking, technical climbing, and archery. Leadership classes taught throughout the week include True Colors and the 7 Habits of Highly Effective Teens. Each evening, teens will gather for programs including campfires and songs, musical performances, and environmental education classes. This Summit also includes military traditions and community service projects.

The POCs for the 2012 Air Force Reserve/Air National Guard Teen Leadership Summits are:

Ms. Brandi McGonagill,
brandi.mullins.ctr@us.af.mil, 478-327-2090,
DSN 497-2090 Chaplain Bob Leivers,
rcleivers@aol.com, 719-554-3610, DSN
692-3610 Ms. Krystal Shiver,
krystal.shiver@us.af.mil, 478-327-1294,
DSN 497-1294

If you have questions please feel free to contact me--- Sandra Mason,
sandra.mason.ctr@ang.af.mil, 240-612-8138, DSN 612-8138 or Barbara Lohr,
barbara.lohr@ang.af.mil, 240-612-7462,
DSN 612-7462.

Military Kids Connect

MilitaryKidsConnect (MKC) is an online community of military children (ages 6-17 yr old) that provides access to age-appropriate resources to support children from pre-deployment, through a parent's or caregiver's return. MKC offers informative activities, fun games, helpful videos, and interesting user surveys that can guide and reinforce understanding, resilience, and coping skills in military children and their peers.

Today's military kids grow up in a world where they may experience multiple deployments of important family members. They need a unique set of skills to draw on in order to get through long and often difficult separations and situations. MKC helps children prepare for the challenges faced during these significant family transitions. Through participation in MKC's monitored online forums, children can share their own ideas, experiences, and suggestions with other military children, helping them to know they are not alone in dealing with the stresses of deployment.

MKC's focused parent and educator tracks provide information to help them understand what it takes to support military children in at-home and school settings.

Safety is the number one priority for MKC. To keep your child safe on MKC, we include a way for parents to control and monitor their child's access and activity on the website. Parents can navigate the website in advance in order to understand the kinds of content their child(ren) will see and use. Every effort has been made to prevent undesirable persons from using MKC to interact with children.

www.MilitaryKidsConnect.org

Air Force Library Digital Media Program

Below is a link where you can download free e-books! It is free for AF military, civilian employees, contractors, retirees and family members. For more information go to:

<http://af.lib.overdrive.com/3A7253FB-F9F5-4D7F-AFEA-77C1C9531692/10/527/en/default.htm>

"Telling: Des Moines": performances - Mar-Apr, 2012.

Veterans are invited to share their experiences in a unique theatrical experience titled The Telling Project. The experience entails a series of interviews with veterans that will become a play, taken directly from the stories of local veterans, and performed by the veterans themselves.

Those interested in sharing their experiences can set up an interview at the DMACC-Ankeny campus and will last approximately one hour. All interviews will be videotaped and archived.

This is an opportunity for veterans and their families to tell their stories about their

experiences in the military. The Telling Project and Working Group Theatre will work with veterans to create and stage this unique performance.

Performance dates will be March or April 2012. For more information or to schedule an interview time, contact Nicole Shumate at nicoleshumate@yahoo.com 515-822-5285 or Deborah McKittrick at dkmckittrick@dmacc.edu visit <http://thetellingproject.org>

*Pick up the phone if you are experiencing an emotional crisis and need to talk to a trained VA professional. You'll be immediately connected with a qualified caring provider who can help.
1-800-273-TALK (8255)*

If you no longer wish to receive this newsletter please contact Samantha Padgett at 515-261-8786 or by email at Samantha.Padgett@ang.af.mil

132nd Fighter Wing Family Readiness Group

Easter Egg Hunt

Saturday April 14th at 2:00 PM

132nd FW Lawn Area West of Bldg. 110

(Alternate location will be inside the Dining Facility Bldg. 110)

Bring your own basket or goodie bag!

All ages are welcome to attend.

We will have designated areas for age groups 18 months thru 12 yrs.

Crafts and refreshments will be provided following the hunt!

Remember you must have a valid military ID to enter the base. If you do not, please contact TSgt. Padgett at 515-261-8786 by April 5th to be put on an authorization list.

" Celebrating Month of the Military Child"

YOUTH AND ADULT T-SHIRTS AND ADULT HOODIES

Youth Sizes: XS, S, M

Adult Sizes: S, M, L, XL, XXL, XXXL

Youth Short Sleeve T-shirt: \$10

Adult Short Sleeve T-shirt: \$12 (add \$2 for XXL and XXXL)

Adult Long Sleeve T-shirts: \$15 (add \$2 for XXL and XXXL)

Adult Hooded Sweatshirt: \$25 (add \$3 for XXL and XXXL)

Magnets: \$5

Coins: \$5



Front Design



Back Design



Sleeve Design

Shirts are available for purchase in the Family Program Office (Bldg 110, room 170). Cash and Checks are accepted. Make checks payable to 132d FW Family Readiness. 100% of the proceeds go to the Family Readiness Group. Thank you for your support!!!