



Airman & Family Readiness Program Newsletter

“Keeping In Touch”

132d Fighter Wing / Iowa Air National Guard

June 2012 Issue



ONLY 2 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.

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.

Gladiator Assault Challenge Military **Boone, Iowa**

Attached please find a copy of the Gladiator Assault Challenge Seven Oaks (Boone, IA) Event Poster. They are offering a half price entry (\$45) for military (and their friends & family). Held on May 19th or May 20th, 2012, the GAC event is a 5 mile adventure mud run featuring 30 obstacles. You can register online at www.gladiatorassault.com

Sincerely,
Joe Vittengl
Founder
Gladiator Assault Challenge

FREE Credit Reports and Scores

Obtain one free credit report from each of the three major U.S. credit reporting agencies (Experian, Equifax, and TransUnion) each year. To request a free credit report, go to www.annualcreditreport.com. Free credit reports requested online are viewable immediately upon authentication of identity. Free credit reports requested by phone or mail will be processed within 15 days of receiving your request. You should NEVER have to pay for getting a copy of your credit report.

As a suggestion, the credit reports should not be requested all at the same time. For example, request a free credit report from Experian this month, wait 3-4 months, and then request one from Trans Union or Equifax.

In addition to obtaining your credit report, service and family members may also find out their credit score using the Fair Isaac Corporation (FICO) scoring system. Experian and TransUnion use FICO scores (Equifax uses BEACON). The FINRA (Financial Industry Regulatory Authority) Investor Education Foundation is providing a free service for service and family members to obtain their FICO score and an analysis of their credit report.

To use this free service (you should not PAY for this), go to www.saveandinvest.org/militarycenter, click on "Free Credit Score and Analysis", and then click on the yellow box/button that says "Register for Your Free FICO Credit Score". On the next screen, in the box labeled "Financial Educator Code" enter NGUU8CBN. This code is good until May 31, 2012 (it may be changed or extended past that date--we'll let you know). Complete all the required information (as indicated by asterisks), choose which credit reporting agency (Experian or TransUnion), and you will receive your FICO credit score and analysis of your credit report. The report may be printed or downloaded.

Remember, there is NO CHARGE for either of these services.

Sincerely,
Frank Yoakum, CTR
NGB Financial Awareness Program
Manager
Office of NGB Comptroller

Military Teen Adventure Camps 2012-2013 Announcement

Military Teen Adventure Camps 2012-2013 Nearly 1600 military teens (14-18 years old) will have an opportunity to participate (at little to no cost) in adventure camps scheduled April 2012 through March 2013. These high energy, high adventure, and high

experience camps are planned across the United States from Alaska to Maine and from Colorado to Georgia as well as states in between.

Each camp offers a unique outdoor experience that will allow a teen to build leadership, self-confidence, and teamwork skills while participating in activities like backpacking, river rafting, canoeing, wilderness survival, rocketry, rock climbing, GPS use, mountain biking, first aid, winter camping, dog sledding, ropes courses, camp cooking, archery, and other camp activities. Camps for youth with special needs (mental, physical, and emotional) are also planned in California, Ohio, and New Hampshire. For military youth already in the Pacific Rim, two camp dates are available in Hawaii.

Information may be found at the following URL:

https://www.extension.purdue.edu/Adventure_camps/

Sincerely,
Jennifer Armstrong
Family Programs
jennifer.armstrong2@us.army.mil

Operation Military Kid Camps are back for 2012!

Operation Military Kids Camp at the Iowa 4-H Center! Youth ages 9-17, from military families, can sign up for an overnight residential camp program for the 2012 camp season. At this 6 night, 7 day camp, campers will spend their days participating in fun, interactive programming designed specifically for military kids to build resiliency, coping, and life skills. They also will participate in camp favorites including swimming, creek walks, climbing, outdoor camping, campfires, themed all-camp evening programs and more!

Applications will be available to download on April 1st on the OMK 4-H Camping Opportunities website, <http://www.extension.iastate.edu/4h/programs/omkcampopportunities.htm>

All applications are due on May 1st. All military kids are encouraged to apply but first preference to attend camp goes to those applicants with a parent, step-parent, or sibling currently deployed, recently returned, or scheduled to deploy in 2012. Space is limited! Applications will be accepted by date received. If camps become full, applicants will be put on a wait list. Applicants will be notified of camp acceptance no later than May 15th.

Operation Military Kids Camp Session Dates:

June 17-23 Ages 9-11

July 8-14 Ages 9-11

July 22-29 Ages 12-14

NEW for 2012! Youth ages 15-17 may apply to be a Counselor-in-Training (CIT). CIT applications are due on May 1st and each youth selected must attend a 1-day CIT training on June 2nd. Selected youth will be informed of selection no later than May 15th. The CIT application will be available on April 1st.

The Iowa 4-H Center is an American Camping Association (ACA) accredited camp with fulltime, dedicated, highly trained camp counselors. A Military Family Life Consultant (MFLC) will also attend each camp to provide support to military kids. Camps are open to all military kids in Iowa.

Applications & Further Information Can be Found Here: <http://www.extension.iastate.edu/4h/programs/omkcampopportunities.htm>

Veterans Retraining Assistance Program

Great opportunity for veterans (35-60 years of age) to receive training assistance in preparation for future employment.

The Department of Veterans Affairs is beginning an email campaign to notify Veterans of a new benefit program called the Veterans Retraining Assistance Program (VRAP).

In an effort to reduce Veteran unemployment, the VOW to Hire Heroes Act of 2011 was passed and signed into law last November. Included in this new law is the Veterans Retraining Assistance Program (VRAP) for unemployed 35 to 60 year old Veterans, which will begin on July 1, 2012 - VA will begin accepting applications on May 15, 2012

VA has begun a pilot email campaign to raise awareness about the Veterans Retraining Assistance Program (VRAP). This program is jointly administered by the Department of Veterans Affairs and the Department of Labor (DOL). They would like your cooperation in helping promote this program for unemployed Veterans.

Here is the website: http://gibill.va.gov/benefits/other_programs/vrap_email_signup.html

An individual will be prompted to provide the VA with his or her first name, last name, and email address. Once submitted that person can expect to receive six to seven emails about VRAP, including notification on when applications open.

VRAP offers 12 months of training assistance to 99,000 unemployed Veterans who are at least 35 years old but no older than 60. Eligible participants will receive up to 12 months of training assistance at the full-time payment rate under the Montgomery GI Bill-Active Duty program (currently \$1,473 per month). DOL will offer employment assistance to every Veteran who participates or applies to the VRAP program.

You can learn more about VRAP at <http://benefits.va.gov/vow/education.htm>

If you have any technical problems with the link or the image please email The Department of Veterans Affairs at 225D.VBACO@VA.GOV for support.

Detailed information on VOW and VRAP is also available at www.benefits.va.gov/VOW

Thank you.

THERESA STEFFEN, Lt Col, USAF
Chief, Airman and Family Readiness
NGB/A1SA
Air National Guard Readiness Center
3500 Fetchet Avenue
Joint Base Andrews, MD 20762

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

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 Milona. 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

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

Military OneSource Materials Surplus

Imogene Wilkinson, Iowa Military OneSource Consultant, currently has a surplus of Military OneSource materials located in her office on Camp Dodge. Please feel free to contact Imogene for materials as she has almost every resource you can imagine from MOS.

Imogen can be reached at (515) 509-1914 (cell) (800) 294-6607 ext.2794 (office) or email:

imogene.wilkinson@militaryonesource.com

***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

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!!!