



Airman & Family Readiness Program Newsletter

"Family Readiness - A Key to Mission Readiness"

132d Fighter Wing / Iowa Air National Guard

March 2013 Issue



Change as Opportunity

As many of you are aware, the 132nd FW will be changing its mission and is currently in the beginning phase of the change process. Additionally, we live in a World of challenging times. Life has become more hectic and confusing than we ever planned on. Things now change so fast that we often feel we do not have time to adjust before more change takes place. However, there are positive ways to handle such changes and strategies available to help you adjust in a more proactive fashion.

Even though we live in a world that is constantly changing, we are not very good at it. More than half of the change initiatives by *Fortune 500* companies are unsuccessful. Most New Year resolutions are never kept. More than half of marriages end in divorce. But we do better with change, when it is viewed as an opportunity. And even then, we still resist it.

Fortunately, there are competencies that help people move toward change. Individuals who are **positive** identify opportunities and have personal confidence that they will succeed. Secondly, **focused** individuals have a clear vision of what they want to achieve, and they use it to guide them when they become disoriented. Thirdly, **flexible** individuals draw on a wide range of resources to develop adaptive and creative strategies to respond to change.

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Wingman Support Team Tentative Meeting Schedule for FY13

03 Mar- Meeting at 1:30pm
06 Apr- Easter Egg Hunt at 2:00pm
07 Apr- Meeting at 1:30pm
05 May- Meeting at 1:30pm
01 June- FAMILY DAY!!!
No Meeting in July
04 Aug- Meeting at 1:30pm
No Meeting in September

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

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

Fourthly, **organized** individuals use structured tactics to transform ambiguity in dealing with the uncertainties of change. Finally, **proactive** individuals initiate actions in the face of uncertainty, taking calculated risks rather than seeking comfort and the status quo.

For questions or assistance, please contact David Brown, Wing Director Psychological Health at 515-306-8015 or contact Shalee Torrence, Airman & Family Readiness Program Manager at 515-261-8786.

Personal Financial Counselor (PFC)

Please welcome Mark Gelbman, CFP®, CLU, CRPC, AAMS, Personal Financial Consultant, was recently hired as the full-time Personal Financial Counselor to serve the Service Members and Families of the Iowa Air and Army National Guard.

Personal Financial Counselors can assist with budgeting, home and auto purchase planning, establishing and improving credit, retirement planning and other consumer finance topics. Additionally, Mark is able to travel statewide to meet with Service Members and their Families. This is a FREE service for our military families.

Mark's primary office is at Camp Dodge and he can be contacted at 515-727-3130 or at mgelbman@MFLC.Zeiders.com. He can also be reached by cell phone: 515-661-3054 and is available for walk-in visits.

Society of American Military Engineers (SAME) Summer Camps

The Society of American Military Engineers offers a very unique series of engineering camps designed for High School students who excel in math, science and technical courses and are interested in pursuing engineering in college. These one-week camps are high energy, hands-on events for students from across the country and around the world. The camps are led by a professional staff of engineers from both private industry and the military services. The link to find a post is:

http://www.same.org/index.php?option=com_content&view=article&id=115&Itemid

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Deadlines for application vary by service branches. Scroll down to the bottom of the Home Page to see the dates.

<http://samecamps.org/>

Operation Purple Summer Camps

You may be familiar with Operation Purple®, a program operated by the National Military Family Association. Part of Operation Purple is to offer summer camps for children of Service Members. Children can attend a free, week long summer camp with a curriculum overlaid into the camp experience. To learn more about the program and camp locations please visit www.MilitaryFamily.org/OP.

One of the grants received this year to support Operation Purple Camp was from Hardees. Their grant request is to support children from Iowa. However, there is not a camp in Iowa (Minnesota being the next closest) but hope to reach out to families specifically in Iowa. The camps are free, although parents are responsible for transportation to and from the camps.

For more information and registration, please contact Susan Evers, Volunteer Services Coordinator, West Region with National Military Family Association at 618.604.4364.

The Job Connection Education Program

The Job Connection Education Program (JCEP) staff is here to help Guard and Reserve Service Members and their spouses who are unemployed or under-employed find careers. Dedicated training and development specialists and a skilled business advisor will assist participants in making their job connections.

JCEP is focused on providing the following:

- One-on-one counseling
- Employment assistance for unemployed or underemployed Service Members and their Spouses
- Education assistance for Service Members who would prefer to get their degrees or trade certifications
- Resume review and mock interviews
- Relevant workforce training
- Online job search training and assistance
- Personal assistance from a business advisor working with local employers to hire JCEP participants

For more information and to schedule an appointment with your local JCEP staff, please contact Shawn Hippen, JCEP Business Advisor, at 515-401-7306 or Shawn.Hippen@jcep.info. You may also contact Keith Lord, Case Manager, at 515-252-4145 or email Keith.Lord@jcep.info. Their office is located at Camp Dodge, Building #3586, 7105 NW 70th Ave. Johnston, IA 50131.

On the Job Training Program

Veterans can use their VA Benefits to pursue “on-the-job training” (“OJT”) or apprenticeship training with a private sector employer? The following summary can be a useful tool for both Veterans and employers.

Both on-the-job (OJT) and apprenticeship training programs are available for Veterans using their VA education benefits, including the Post-9/11 GI Bill. These programs allow Veterans to learn a trade or skill through training on the job participation rather than attending formal classroom instruction. A

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Veteran generally enters into a training contract for a specific period with an employer or union, and at the end of the training period, the Veteran gains job certification or journeyman status. Employers or unions generally pay a reduced OJT/apprenticeship wage (generally 40 - 50% of journeyman wages).

Veterans in an approved program can use their GI Bill benefit and receive a tax-free stipend. The Post-9/11 GI Bill stipend is the equivalent of the Monthly Housing Allowance (MHA) of an E-5 with dependents, which is paid in addition to the entry-level wage.

This option is a win/win for the employer and the Veteran. The employer has an opportunity to bring a Veteran on as a trainee while he or she pursues the employer prescribed training program towards the journeyman position. The Veteran is provided monthly benefits from VA to supplement their trainee wages. At the end of the training the employer has a fully trained journeyman employee. This program needs to be approved by their local State Approving Agency(SAA).

The Special Employer Incentive (SEI) program is an employment program for our Wounded Warriors and Disabled Veterans ... but more. It can pay up to half of a Veteran's salary for 6 months and other work related tools.

Please help spread the word; these programs provide a wonderful benefit to the Veteran and any employer. Businesses need a skilled workforce and are often willing to pay to train their employees and these programs make hiring a Veteran a good business proposition.

Additional information about the OJT and apprenticeship program is available at http://www.gibill.va.gov/resources/education_resources/programs/on_the_job_apprenticeship_training.html.

Additional information about the Vocational Rehabilitation and Employment program for Veterans with service-connected disabilities can be found at <http://www.vba.va.gov/bln/vre/index.htm>.

Mid-Iowa Career Fair: March 5, 2013

When: March 5, 10:00a.m.-1:00p.m.

Where: Iowa Central Community College
Hodge Fieldhouse, Fort Dodge Campus

What: Visit with over 70 employers seeking to hire Service Members, Veterans, and their Spouses. Anyone attending the Career Fair is encouraged to bring copies of resumes and cover letters. This is a great way to network and find job opportunities in addition to receive feedback on resumes and cover letters. Applicants should also dress to impress. Laptops will also be available for completing online applications if requested by the employer.

Door prizes to be given out throughout the fair include: GPS, Sony Blu-Ray Disc Player, Apple iTunes and App Store Gift Cards.

For more information and contact please visit the following link:

<http://www.iowacentral.edu/news/article.asp?ID=148>.

Tutor.com for U.S. Military Families

The Department of Defense MWR Library Program, Yellow Ribbon Reintegration Program, Navy General Library Program and Army General Library Program provide online tutoring and homework help from Tutor.com at no charge to all K-12 students in National Guard, Reserve and Active Duty military families. Many adults are also eligible for college and career transition help. Tutor.com for Military Families allows students to connect to a live tutor online at any time for one-to-one help with homework, studying, test prep, proofreading and more.

Free Around-the-Clock Help

Access to Tutor.com for Military Families is free 24 hours a day, seven days a week—no appointment needed. Regardless of where they attend school, students worldwide can access the online service using any internet-enabled device, including smart phones.

All Subjects, All Skill Levels

Math: Elementary, Mid-Level, Algebra I and II, Geometry, Trigonometry, Calculus, AP level

English: Essay Writing, Grammar, Literature, AP level

Science: Elementary, Earth Science, Biology, Chemistry, Physics, AP level

Students go to www.tutor.com/military and click on their service to get a tutor.

Social Studies: U.S. History, World History, AP level

Expert Tutors

Every Tutor.com tutor is a carefully screened expert. Our team of more than 2,500 tutors includes certified teachers, college professors, graduate students, select undergraduates from accredited universities

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and other professionals. We employ military spouses, and approximately 9% of our Tutors are affiliated with the military. Tutor.com tutors are primarily based in the U.S. and Canada, with some bilingual specialists located internationally.

Safe, Secure, Anonymous

Our commitment to safety starts with our rigorous tutor application process, an extensive background check, and a probationary period before an applicant becomes a certified Tutor.com tutor. Students and tutors always work anonymously and no personal information is shared during sessions. Ongoing session review and mentoring ensure that our tutors maintain the highest standards of quality and safety at all times.

Eligibility

Students work one-to-one with a tutor in a secure, online classroom, which features an interactive whiteboard, file sharing and instant messaging.

Go to www.tutor.com/military/eligibility to see who is eligible to access Tutor.com for Military Families.

Free Writing Workshop @ The University of Iowa: April 5-7, 2013

A free writer's workshop open to all current and former military personnel, spouses, and teen dependents.

We each have a story to tell and the WRITING MY WAY BACK HOME weekend workshop will help you gain the tools and confidence to craft and share yours well. Using reading and writing exercises, we will explore deployment and wartime experiences - the fear, boredom, anxieties,

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thrills, brutality, tears and beauty - considering ways to write a personal story and make it compelling. By the end of the weekend, workshop participants will have had the chance to try out a range of styles and approaches to produce stories, poetry, fiction, and blogs. Opportunities to work one-on-one with professional writers during the weekend, as well as online follow-up, will help continue the writing and revision process. No writing experience is needed to attend this workshop. A public reading for course participants in! Interested in sharing excerpts from their work will complete the weekend.

Weekend Schedule

Friday: 7:00 - 9:00 pm

Saturday: 9:00 am - noon

1:00 - 4:30 pm

Sunday: 9:00 am - noon

Public reading TBA

Lunch provided Saturday & Sunday

Register soon! Class size is limited!

April 5-7, 2013 Writing Workshop

Writing My Way Back Home

PO Box 3470

Iowa City, Iowa 52244

415-450-1316

emma.rainey4@gmail.com

Registration form:

http://www.writingmywaybackhome.com/registration_form

Pay It Forward Parenting Program

Inspired by Joining Forces, Positive Parenting Solutions is proud to sponsor *Pay It Forward Parenting*, a program designed to give back and give thanks to military families for their service and sacrifice.

Through *Pay It Forward Parenting*, Positive Parenting Solutions provides complimentary 1-year access to the award-winning **Positive Parenting Solutions Online** course (\$199 value). This comprehensive online training teaches parents of toddlers to teens step-by-step solutions to put an end backtalk, whining, tantrums, sibling rivalry, battles over homework & chores and just about any power struggle your kids can dream up! Since the training is on-demand, you can access the program 24/7 and learn at your own pace when it's convenient for you.

Pay It Forward Parenting is available to all eligible military service members. This includes Active, Veteran, Reserve or Guard service members of the Army, Navy, Air Force and Marines.

To enroll:
<http://www.positiveparentingsolutions.com/giving-back>

Walt Disney Discounts for Military Families

Walt Disney World Resort is saluting U.S. military personnel by offering 4-Day Military Promotional Tickets with Park Hopper Option for **just \$156 each** plus tax. Tickets may be used October 1, 2012 through September 28, 2013. For just \$28, plus tax, more, the Water Park Fun & More option may be added. Block out dates apply. This offer is for active or retired members of the U.S. military, including the National Guard, Reservists and the U.S. Coast Guard. See Important Details.

Additionally, Active and retired U.S. military personnel can take advantage of specially

priced Disney Resort rooms when booking by September 28, 2013. To check hotel offer availability and make room reservations, military personnel may call (407) 939-7830. Guests under age 18 must have parent or guardian permission to call. This offer is valid for stays most nights March 25, 2013 through April 4, 2013. This offer is for active or retired members of the U.S. military, including the National Guard, Reservists and the U.S. Coast Guard. Advance reservations required. The number of rooms allocated for this offer is limited. Minimum length of stay requirements may apply for Friday or Saturday arrivals. Valid Military ID will be required upon check-in. No group rates or other discounts apply.

For more information, please visit:
http://bookwdw.reservations.disney.go.com/ibcww/en_US/specialOfferDetails?name=Promo&promotionCode=fy13military&market=fy13military.

***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 Shalee Torrence at 515-261-8786 or by email at shalee.torrence@ang.af.mil.

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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.

Please make checks payable to the Wingman Support Group. 100% of the proceeds go to the Wingman Support Group. Thank you for your support!!!

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Easter Egg Hunt

Sponsored by the Wingman Support Team

When: Saturday April 6th at 2:00 PM

Where: 132nd FW Lawn Area outside of Bldg. 110
Alternate location will be inside the Dining Facility Bldg. 110

Please bring your own basket or goodie bag!
All ages are welcome to attend.

There will be designated areas for various age groups.
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 have a military ID, please contact
Shalee Torrence, Airman & Family Readiness Program Manager,
NLT April 1st at 515-261-8786 to get on the authorization list.**

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