



COMMAND COMMENTARY

Embracing Culture of Adaptability: *Courage, Accountability, Transparency, Decisiveness*

By Col. Kevin J. Heer

Commander, 132d Wing



I was watching the movie “Guardians of the Galaxy” this weekend and came to the realization that every example of a hero I can think of in real life or fiction shares a simple characteristic: Accountability. Not just accountability, but unwillingness to succumb to the victim mentality. Most heroes I know have been subject to tremendous change, but we recognize their greatness in how they overcome the challenges they face, especially change.

“Accountability: A personal choice to rise above one’s circumstances and demonstrate the ownership necessary for achieving desired results...” – from The Oz Principle

During times of significant change we sometimes lose sight of the fact that rising above our circumstances is a choice we make. In recent years it has become culturally acceptable to focus on why we **can’t** achieve results, watch the news and you will see everyone blaming someone else. But exceptional people, heroes, don’t blame others. They make the conscious decision to rise above and deliver results.

Even when it’s not fair.

Even when it’s not their fault.

They are focused on a single question: What more can I do?

“Between stimulus and response, there is a space. In that space lies our freedom and our power to choose our response. In our response lies our growth and our happiness.” – Author unknown

The world will continue to change: Both the environment we operate in and our enemy’s tactics. The 132d Wing needs Airmen who are willing to choose to rise above this change and produce results. We owe this to our Nation, State and Community.

Choosing to rise above,

Hook

CHAPLAIN'S CORNER

Cost of Everything but Value of Nothing

By Maj Gabriel Casciato

132d Wing Chaplain

Catholic Mass – Saturday UTA @ 1500

Protestant Worship – Sunday UTA @ 1100



I read a story recently that made me wince, then it made me chuckle, and then it made me wince again.

It seems that a couple made a pretty expensive mistake. A man allegedly stole \$100,000 coin collection but spent it at face value. He is accused of stealing a woman's rare coin collection. Initially, he told police that they had no evidence against him. But then he started spending the coins. They bought movie tickets using quarters that were worth between \$5 and \$68 each. Then they bought pizza using, among others, a Liberty Quarter valued by some as high as \$18,500! (You can read the story here <http://news.yahoo.com/blogs/the-sideshow/man-allegedly-steals-100k-coin-collection-then-spends-214047054.html>)

I winced because the thought that anyone would go into another person's home and take their possessions continues to grieve me. I understand the motivations and causes but it still bothers me that things like that happen. Of course, then I chuckled at he thought that this person paid over \$18k for a pizza made me wonder if it was deep dish or stuffed crust. I sure hope it was a REALLY good pizza. This guy simply had no idea the value of what he had.

And that's what made me wince again. Our generation has been accused of being the country that knows the cost of everything but the value of nothing. If I'm going to be honest, that's more true than I care to admit. The truth is that sometimes I don't know the value of what I have. Often we undervalue what we have until it is taken from us. We take our health for granted until injury or illness robs us of it and we become dependent on others. We take our children for granted until the leave for college (as I write this, my little girl is coloring beside me because I just asked her to be quiet so I could "work" as if this article was more important that she is). We take our spouses for granted until accident or divorce makes us realize how good we really had it. You see, it's not just coins and cars that we can undervalue... it's the "carbon based weapons systems" too.

With all of the rush of the holidays and the pressure, let's take some time to appropriately value the time and the people around us. Let's take a moment to say thank you to them and to God for them. And let's intentionally enjoy the blessings we often take for granted.

In closing, allow me to wish you my tradition's annual blessing: Merry Christmas and Happy New Year.

EDUCATION SCHOLARSHIP



To support Iowa National Guard members and their families through appropriate civic, cultural, and charitable activities in communities served by the Iowa National Guard. With this in mind, The Iowa National Guard Officers Auxiliary is pleased to offer two \$1,000.00 scholarships annually. Click [here](#) to see following criteria that must be met in order to apply. Click [here](#) for application. Deadline is application must be postmarked by February 13, 2015

Any questions can be directed to Janine Schochenmaier at: jschochenmaier@gmail.com

ATTENTION LODGING USERS

Starting February UTA. All lodging users will be required to request a room using an automated phone system.

Please stop by the Lodging Office (Window next to the DFAC main line) to pick up your PIN and get all the required information that you need to make a reservation for next UTA. We will be open from 0700-1000 AND 1100-1400 Saturday and Sunday.

Any questions please call SMSgt Reed at 261-8513 or TSgt Alexander at 261-8510.



LEGAL

Forth Quarter Status of Discipline

By Lt Col Brian C. Bowman

132d Wing / JA



Below are the administrative actions served by commanders in the 132d WG during the fourth quarter of CY 2014 which were reported to the legal office:

- An A1C received a LOC for misuse of a government travel card.
- An A1C received a LOC for fitness failure.
- A SrA received a LOC for fitness failure.
- A TSgt received a LOC for sleeping on duty.
- A MSgt received a LOC for misuse of a government travel card
- An A1C received a LOR for unexcused UTA absences.
- Two SrA received a LOR for misuse of a government travel card.
- A SrA received a LOR for insubordination.
- A SrA received a LOR for failing to report for duty.
- A SrA received a LOR for reporting late to UTA.
- A Major received Nonjudicial Punishment for unprofessional relations (fraternization).
- An A1C was administratively discharged for minor disciplinary infractions.

DTOC

DTOC Capabilities Demo'd on the Road

By Lt Col Travis Acheson

132d Wing / DTOC

Deployments are very common when you serve in the Air National Guard (ANG). But since declaring Initial Operating Capability (IOC) in 2006, the Distributed Training Operations Center (132nd Wing/Det 1/DTOC) has never shown off its distributed training capabilities on the road through daily demonstration events. In early December, the DTOC showcased its capabilities at the Interservice/Industry Training, Simulation and Education Conference (I/ITSEC).

I/ITSEC is the world's largest modeling, simulation, and training conference. This annual event showcases simulation, education, modeling and training technology and is one of the most cost-effective ways for the exchange of information among civilian industry, military and educational communities. According to DTOC Commander, Lt Col Troy "DaNob" Havener, "the National Guard Bureau (NGB) thought now was the time to further showcase DTOC capabilities at this event."

The conference Capstone Speaker was General Mark Milley, Commanding General of U.S. Army Forces Command. Distributed Mission Operations (DMO) received constant praise from General Milley throughout the conference. Combat training centers and the training that takes place there are effective because they provide simulations that are "repetitive, enduring, and relatively speaking, they are inexpensive," General Milley said.

"Our DTOC focus is to provide frequent, small-scale, team level tactical DMO training for the DoD war fighter. We should take pride knowing our mission is providing exactly what General Milley is asking for. However, in response to user requirements, we must look for ways to improve and evolve with DoD priorities, emerging missions, capabilities and tactics," said Captain Crystal "Pistol" McKinney.

Much of the DTOC's best talent is Iowa Guardsmen who continue to contribute to the mission post military retirement. Master Sergeant Tom Hayes (Iowa ANG retired 2010) is now the DTOC Information Technology (IT) Manager. "It was a ton of work to box and ship an ECC (Event Control Center) from Iowa, assemble and troubleshoot on the showroom floor in Florida, to insure our events would go off without a glitch. There was a lot of personal and organizational pride during our demonstrations when the crowds would gather to witness DTOC DMO capabilities."

Throughout the conference, the DTOC put on six scheduled unclassified demonstrations. Two were specific air-to-air tactical training demonstrations and the other four were air-to-ground events. The air-to-ground events were unique in that the DTOC network connected with other groups at the conference to add both an AC-130 Gunship and a Joint Terminal Attack Controller (JTAC) into the scenario.

Colonel Mark Maly (Iowa ANG retired 2012) is now the DTOC Operations Manager. "I have attended I/ITSEC before but only to network. I was excited to put on live demonstrations. While the DTOC has been providing tactically relevant training for almost a decade, I found it interesting that a good majority of military attendees were unaware of DTOC capabilities. Our training value to the Guard and Reserve component is unlimited, and we have not even hit the tipping point yet."

Major Shawn "Cyrus" Tapps was eager to attend the 2014 conference. "The opportunity for me to develop better contacts with industry experts and to gain knowledge in specific areas of the simulation and training industry makes this event a must attend."

For the members of the Iowa ANG, the DTOC has been a thriving organization for the 132d Wing for over a decade. Currently, while the majority of warriors are in mission transition, the staff at the DTOC maintains a robust Monday through Friday, plus drill weekend, schedule offering approximately 100 weekly training DMO events. Any 132d Wing member is welcome to tour the DTOC to observe the unique events offered daily.



"The coolest part of the presentation actually was the amount of people that hung out after our demonstrations and the amount of interest in further DTOC DMO," said DaNob.

Watch our DTOC at I/ITSEC Dec 2014 video at:
www.youtube.com/watch?v=XKKnMLB_Xww

MENTAL HEALTH & WELLNESS

Transitions

By David N. Brown Ph.D., LMFT

Wing Director of Psychological Health

As I am about to transition into a new job, I found myself looking back at material I developed related to change management. So here are some of my final thoughts and reminders.

The first was a quote by Isaac Asimov, professor and author – “It is change, continuing change, inevitable change, that is the dominant factor in society today. No sensible decision can be made any longer without taking into account not only the world as it is, but the world as it will be.”

And from the great philosopher, Bob Dylan – “There is nothing so stable as change.”

There are still many changes to be faced, as the mission transitions progress – office moves, new and changing schedules, more training, more seasoning, actually doing the jobs, people voluntarily moving on and moving in, promotions, retirements, etc., etc. I think you get the point. Change happens!

There are a number of things that can be done to help to manage normative changes:

- Visualize yourself as you would like to be in five years. Identify one or two steps you can take now to move in that direction.
- Initiate actions, taking calculated risks rather than seeking the status quo – view change as a win-win opportunity.
- Use structured tactics to in dealing with the uncertainties of change - make a to-do list for a change project.
- Draw on a wide range of resources to develop adaptive and creative strategies – be open to such new ideas and strategies.

Finally, as I experience another life change by resigning my position as Director of Psychological Health to start another position elsewhere, I leave you with this. It has been my highest honor and privilege to work with the men and women of the 132nd Fighter Wing. I cannot provide thanks enough to our airmen and families, all who have made great sacrifices in their service to our great country. Thank you!!

“Doc” Brown



WHAT'S FOR LUNCH?

Saturday		Sunday	
10-Jan		11-Jan	
1100-1300		1030-1230	
Main Line	Short Line	Main Line	Short Line
Yakisoba & Beef	Loose Meat Hamburger	Cajun Meat Loaf	Pork Tenderloin
Chicken Cacciatore w/ Steamed Rice	Spiral Fries	Southern Fried Catfish	Onion Rings
Squash/Zucchini		Mash Potatoes w/Gravy	
Mixed Vegetables		Green Beans	
		Corn	
Petite Cakes—Chocolate, Strawberry & Raspberry	Petite Cakes—Chocolate, Strawberry & Raspberry	Yellow Cake w/Choc. Frosting	Yellow Cake w/Choc. Frosting
Entrée comes with side, dessert, salad bar and beverage. Non-AGR Enlisted meals are at no cost. Officer/AGR/Civilian meal cost is \$5.55. *			

132D WING BLOOD DRIVE

Please come and support our community with your blood donation. January is a critical time for blood donations typically drop over the holidays and there is typically a critical need at that time of year.



What: 132d Wing Blood Drive
Who: All Wing members who wish to participate
When: Wednesday January 14, 2015
Where: Bldg. 110, Medical Group Classroom

To make an appointment, you may use the link below to schedule yourself online, or you can contact MSgt Mark Nehring directly at mark.nehring@ang.af.mil or 261-8522 to schedule your donation on a first come first serve basis.

If you have any specific questions concerning donation eligibility, please contact MSgt Nehring and he will coordinate the question with Life Serve Blood Center to help determine the eligibility.

To make an appointment online please visit <http://www.donorsaves.org/index.cfm?group=op&hlc=lowa%20Air&hostlookupcode=lowa%20Air>

ENVIRONMENTAL

Sometimes you really want to let your car warm up.



For all the rest of the time, it only takes 30-60 seconds for the fluids to warm up enough to drive. A better (and faster) way to warm your vehicle is to simply drive off slowly. City ordinances limiting vehicle idling are becoming more common. Reducing idling has benefits for air quality, public health, and it saves money.

PEOPLE

Promotions

Acheson, Travis K.	Col	11-Dec-14
Duong, Jim P.	Col	11-Dec-14
McEachen, James C.	Col	11-Dec-14
Smith, Joshua D.	Maj	1-Dec-14
Staples, Dylan J.	MSgt	1-Jan-15
Rousseau, Joshua P.	TSgt	1-Jan-15
Broome, Peter Z.	SSgt	15-Dec-14
Goins, Marcus E.	SSgt	15-Dec-14
Kifer, Ashley M.	SSgt	15-Dec-14
Wood, Ashley N.	SSgt	15-Dec-14
Kempf, Brandon L.	SrA	15-Dec-14
Noel, Tag T.	SrA	15-Dec-14

Moving In

Col Sauley, Edward III	JFHQ	1-Dec-14
Lt Col Delmonico, Trevor D.	Wing	9-Dec-14
Capt Rausch, Renee	Wing	30-Nov-14
SSgt Leighton, Brett C.	NWS	3-Dec-14
AB Bates, Everett D.	ISRG	9-Dec-14
AB Huen, Jesse W.	COS	7-Dec-14

Moving On

CMSgt Lane, Gerald L.	1-Feb-15
TSgt Schumacher, William	28-Feb-15



CMSgt Gary L. Lane



Members that have achieved a 90% or above on their CDC test :

Tag Noel, Corey Wade, Kenneth Bailey, and Robert Wetzler have received a 90% or above on his CDC test

Congratulations!

IG NUGGETS FOR THE NOGGIN'

Spam the FAM

What do you do if you are assessing your **communicator** and you come across a question that you just don't understand, seems a bit confusing, or references a paragraph that you just can't find? You have exhausted every avenue to include asking your supervisor and co-workers but they give you that "deer in the headlights" look. You can always "**SPAM the FAM**"!

Beside each question in your **Communicator** there is a message bubble that gives you the ability to contact the FAM (Functional Area Manager) of the **communicator** with any question or comment that you may have for that particular question. When you click on that bubble a new tab will appear for you to type your comment, question, or suggestion and submit. In addition to being sent to the FAM, the message will also be sent to any alternate POCs, Supervisor, and any Unit Administrators for your **communicator**.

This is a great tool for you to **communicate** with the one who is in charge of producing the **communicator**. Remember, when you have run out of local resources to assist, you can always "**SPAM the FAM**"!

FITNESS



Is your New Year's resolution ready?

Commit to be Fit 2015



Hoover-Ball

January 21, 2015 3.p.m
Camp Dodge Wellness Center

- Teams consist of 2-4 players.
- A 4-to-6-pound medicine ball and 8-foot volleyball net are used.
- Scoring is like tennis: Love-15-30-40 (deuce, ad-in, ad-out)
- Points are scored when a team: Fails to catch the return, fails to return the ball across the net, returns the ball out of bounds, fails to return the ball to the proper court.

Too cold to run?

Too tired to cross-train?

Too pooped to pop?

Follow in the footsteps of our
31st U.S. President,
Iowa native Herbert Hoover
and join us for a
rousing game of Hoover-Ball

To register, or for questions:
Contact SGM Lisa Kane, at 252-4678

Open to all members of the Iowa National Guard and
their family members (to include civilian employees)

Employees will either use authorized physical fitness time or be
in an authorized leave status."

"Family members will be required to sign the attached waiver to participate"

NEW CITIBANK GOVERNMENT TRAVEL CARD ISSUANCE

Citibank is migrating from magnetic stripe to Chip and PIN beginning in Jan 2015 for all DoD cardholders. The new Chip and PIN card will incorporate both the current magnetic stripe and the new chip technology. Since DoD has ~1.6 million cardholders, Citi will roll-out the cards using a phased approach in the following categories: Natural Issuance (New Applicant, Replacement, Expiring and Inactive cards), and Forced Issuance (all other active cards that would not have otherwise been replaced in 2015).

1) Natural Issuance

* New applicants and cardholders requiring replacement cards (i.e., lost, stolen, etc) will receive the new Chip and PIN card whenever they apply for or need a replacement card throughout 2015. Citi will no longer issue magnetic stripe cards after January 2015.

* Cardholders with active cards (used within last 18 months) expiring in Feb - Dec 2015 will receive an email ~60 days before their old card expires, alerting them that they will be upgraded to the new Chip and PIN card. The new card will be shipped ~30 days before their old card expires, starting in January for cards expiring in February and ending in November for cards expiring in December.

* Inactive cards (not used within the last 18 months) expiring any time after January 2015 will be replaced ~30 days before they expire either during or after 2015. An email will go out to the cardholder ~60 days before their old card expires, alerting them that they will be upgraded to the new card.

Note: With ramping up on the emails at a very controlled pace of 2,000 per day, Citi will need to evaluate the impact to the call center. This may mean that Citi may not be able to send emails to cardholders receiving chip cards in Jan and Feb, but will do everything possible to ensure good communications throughout the process.

2) Forced Issuance

* For cards expiring in January 2015 and cards that expire after December of 2015, the cardholder will get their new Chip and PIN card between July and October 2015. These cards will be issued by account number from lowest to highest (DoD-wide). An email will go out to cardholder ~60 days before card is received, alerting the cardholder that they will be upgraded to the new card.

Exceptions to the overall issuance schedule will be considered on a case-by-case basis, but there must be strong justification to go early; Citi is dealing with a huge reissuance of cards. More communications will be flowing - some via email, DTMO website, and last but not least, hardcopy mail to cardholders.

It is critical that all cardholders' contact info is accurate in their DTS and GTC profiles and that they read their mail to remain informed of the process and the necessary actions required prior to and upon receipt of the new card. To streamline this transition as much as possible it is vital that all cardholders verify their address within Citibank!



US National Guard Back to School Special

eKnowledge Offers \$250 SAT and ACT Test Prep Programs for Under \$20.00



eKnowledge prepares young adults for college by offering access to SAT and ACT test preparation for a small set up fee of \$20. eKnowledge waives 100% of the \$250 retail costs for the standard version and 93% of the cost for all other programs. These programs retail for \$200 to \$600. eKnowledge sells these same materials in the open market for full retail price. Through the eKnowledge Donation Project, these programs are available at cost.

Order Online Today:

www.eKnowledge.com/NationalGuard

Order by Telephone: 951-256-4076

The SAT and ACT PowerPrep™ Programs are available online or on a single DVD. Each program includes more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, and practice tests. Students select the training they need and study at their own pace.

eKnowledge has received thousands of thank you notes from families just like yours:

"Thank you for making this program available. Without your sponsorship my family could not afford it. I have always had test anxiety and this program will give me the confidence I need to be prepared for the ACT this fall. I want to do well enough to get a scholarship to assist financially in my education. Thank you for making this learning opportunity possible."

Sincerely, Collin Thomas

eKnowledge has donated more than 207,000 SAT and ACT programs valued at over \$48 million at no profit to the company. The Donation Project is supported by professional athletes from the NFL and MLB as well as 250 Affiliate Partners. eKnowledge has been investing in students and improving test scores while always keeping up with the changing landscape of college test preparation.

SAT & ACT Test Dates 2014/2015

SAT	October 11	November 8	December 6	January 24	March 14	May 2	June 6
ACT	September 13	October 25	December 13	February 7	April 18	June 13	

For further information contact Lori Caputo, 951-256-4076 LoriCaputo@eknowledge.com

JOB OPENINGS

SCOTT VAN KEPPEL IS LOOKING FOR A SERVICE TECHNICIAN-

This individual is responsible for performing machinery diagnostics and repairs as required. These repairs will consist of, but not limited to, complete component removal, disassembly, and reconditioning, and following prescribed technical manual procedures. This individual must be able to perform quality work as efficiently and profitably as possible, and also work overtime and weekends occasionally.

Qualifications: Excellent mechanical skills, Current and valid driver's license, ability to assemble and perform maintenance functions on equipment and strong computer skills, customer service and oral and written communication skills.

We are proud to offer a competitive compensation and full benefits package

Take care,

Doug

Doug Wilson | Store Manger – Ankeny Iowa | Scott Van Keppel LLC
4410 SE Four Mile Road Ankeny, Iowa 50021
p: 5159642762 | m: 5155777665 | f: 8557952592 | e: DWilson@scottvankeppel.com



124th ATKS UPT/URT Application



To apply, applicant must meet the following minimum requirements:

1. Four year college degree (Bachelors) *By May 30th 2015*
2. GPA of at least 2.1
3. AFOQT scores of: Pilot - 25, Navigator - 10, Academic Aptitude – No Minimum, Verbal - 15, Quantitative - 10
4. Test of Basic Aviation Skills (TBAS) results
5. Enter flying training before (32 years of age if currently in military, 30 years of age non-prior service)
6. Physically able to pass the Flying Class 1 physical
7. United States Citizen
8. Capable of obtaining & maintaining a Top Secret security clearance (primarily clean criminal record, financial record driving record, no substance abuse, etc.)
9. Selectee will be required to attend training for AFSC 18X or 11U

Pilot Training application must consist of:

1. Cover letter
2. Resume consisting of a chronological statement of military/civilian experience & education
3. Transcripts of all college work
4. Minimum of 3 letters of recommendation
5. AFOQT test scores
6. Must complete Pre-Screening Questionnaire
7. Test of Basic Aviation Skills (TBAS) results

Timeline:

- *URT application due into the 124th Attack Squadron no later than Friday April 3, 2015
- *The most qualified applicants will be eligible for an interview.
- *Interview letters will be mailed out on April 15th, 2015
- *The URT interview board will be held on May 2 and 3, 2015



Please scan your complete application and email it to TSgt Nicholas Rohmiller at nicholas.rohmiller@ang.af.mil
Contact Lt Col Travis Cawmer at travis.cawmer@ang.af.mil with questions.





Let's Take Office Home Today! **For Only \$9.95**

Microsoft Office Professional Plus 2013 is now available. Here's a fantastic offer - you may be eligible to buy and use the newest version of Office at home - for only \$9.95!

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Follow these simple steps:

Step 1. [Click here](#) to visit the Microsoft Home Use Program site.

Step 2. Enter your work email to see if you are eligible.

Step 3. Buy the software and download **Microsoft Professional Plus 2013**.

What's Included:

This Suite includes: A row of small icons representing the various applications included in the Microsoft Office Professional Plus 2013 suite, including Word, Excel, PowerPoint, Outlook, and OneDrive.



Personal Security Awareness

Personal Security is not just protecting yourself and your family physically, it is also about protecting yourself from online predators. New threats arise everyday through cyber attacks.

Join us to learn more about current threats and how to protect yourself and your loved ones online.

A self defense demonstration and practice will also be available. Dress to put in some physical work.

Who: Any military member and family member 14 years old and older

When: Saturday, January 31st 10:00 a.m. to 12:00 p.m.

Where: Camp Dodge, Bldg 1285, Freedom Center, Classroom C05

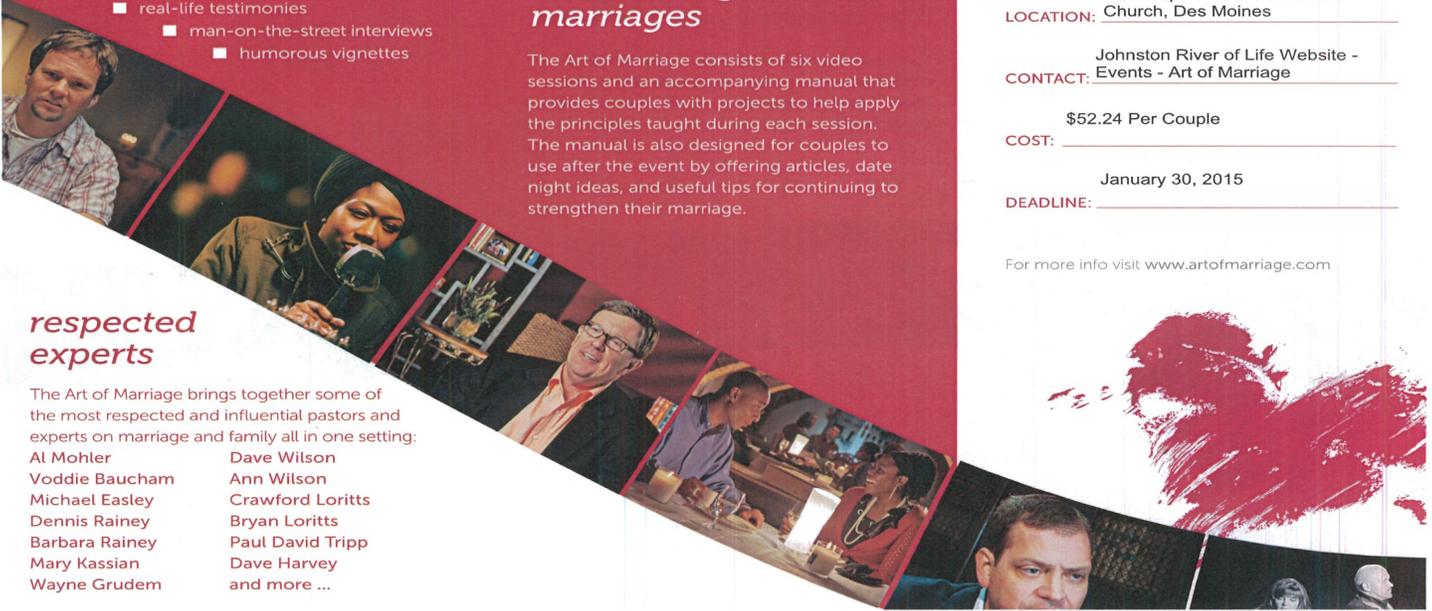
Youth: There will be a youth activity for children 6 and older



fresh and unique

This new resource will help couples in your church and community build the God-honoring marriages that they desire. It also brings a fresh approach to a video event by weaving together a variety of elements that help the principles come to life:

- engaging stories
- real-life testimonies
- man-on-the-street interviews
- humorous vignettes



build stronger marriages

The Art of Marriage consists of six video sessions and an accompanying manual that provides couples with projects to help apply the principles taught during each session. The manual is also designed for couples to use after the event by offering articles, date night ideas, and useful tips for continuing to strengthen their marriage.

the art of **marriage**[®]

Attend the event

Friday Feb. 6, 2015 DAY 1: Saturday Feb 7, 2015 DAY 2:

LOCATION: New Hope United Methodist Church, Des Moines

CONTACT: Johnston River of Life Website - Events - Art of Marriage

COST: \$52.24 Per Couple

DEADLINE: January 30, 2015

For more info visit www.artofmarriage.com



respected experts

The Art of Marriage brings together some of the most respected and influential pastors and experts on marriage and family all in one setting:

- | | |
|----------------|------------------|
| Al Mohler | Dave Wilson |
| Voddie Baucham | Ann Wilson |
| Michael Easley | Crawford Loritts |
| Dennis Rainey | Bryan Loritts |
| Barbara Rainey | Paul David Tripp |
| Mary Kassian | Dave Harvey |
| Wayne Grudem | and more ... |



The Iowa National Guard Family Program and the Chaplain's Office have teamed up to offer you six outstanding programs designed to help with communication, relationships and families.

Because our people are our best assets, the Iowa National Guard provides this training to you at no cost. You must provide your own transportation to the workshop.

Singles

Got Your Back

This training is designed to help single service members enhance relationships in their lives with significant others, family members or co-workers. We will cover personality types, communication techniques, take an interest inventory for career planning, and learn what to look for in finding your soul mate.

February 14-15, 2015—Dubuque

"Stronger Relationships Mean a Stronger Army"



Married

Marriage LINKS

Marriage LINKS will teach couples skills for communication, conflict resolution, forgiveness and rebuilding trust, identifying and satisfying personal needs, constructing a marriage story, and growing sexually.

February 21-22, 2015—Sioux City

Fearless Marriage

This is a Prevention Relationship Enhancement Program military-based curriculum designed to facilitate partners through the issues that all romantic couples face (like communication, stress, and support,) in addition to issues that are specific to military families.

January 24-25, 2015—Iowa City
February 14-15, 2015—Dubuque



Families

ARC Military Families

Active Military Families is learning plus fun-filled action that can increase connections and skills for life long success. Active Military Families celebrates strengths of each family and helps members recognize and build on great things about themselves. The program involves short presentations, family learning and experiential games.

February 28-March 1, 2015—Des Moines

Iowa National Guard Family Program

7105 NW 70th Ave • Johnston, IA 50131-1824

For more information contact SGT Nathan Eaton at 515-252-4190 or to register go to: www.strongbonds.org and Find an Event in the Army National Guard—IOWA