



Family Readiness Program Newsletter

“Keeping In Touch”

132d Fighter Wing / Iowa Air National Guard

October 2009 Issue



“Year of the Air Force Family” July 2009-July 2010

Family support takes limelight in ‘Year of the Air Force Family’

BY: SENIOR AIRMAN MELISSA COPELAND , THE MAXWELL GUNTER
09/13/2009

The secretary of the Air Force and the Air Force chief of staff recently designated July 2009 to July 2010 as the “Year of the Air Force Family.”

For Air Force families and single Airmen around the world, this means enhancements to the family and personnel support spectrum is underway.

“You can rest assured that taking care of families is a solemn promise we make to each Airman and family—and one that Chief Roy, General Schwartz, and I each take very seriously,” said Secretary of the Air Force Michael B. Donley in a speech given to the Air Force First Sergeants Association Aug. 19. “And we make this commitment not only because it’s the right thing to do for our Airmen, but because it is the smart thing to do for our Air Force.”

NO MEETING IN OCTOBER

NEXT MEETING

November 1, 2009 at 1:30pm in the Computer Classroom Bldg 107. Childcare is provided. All are welcome to attend.

The year kicked off in April with the Caring for People forum in Arlington, Va., where Air Force family support program representatives defined the top initiatives in six focus groups – family support, special-needs children and spouses, the affairs of Air National Guard and Reserve Airmen, deployment support, school support and single Airman support.

The findings yielded a need in the family support area for the integration and separation of family support funds. In addition, the group suggested a social networking campaign to incorporate all major military family networking sites such as Facebook and Air Force Crossroads and provide the funding to support an installation Web master to manage the site.

“The needs and care of our families touch every aspect of an Air Force member’s career from accession to separation,” said Chief Master Sgt. of the Air Force James A. Roy in a family support programs presentation July 22 to the Armed Services subcommittee on Military Personnel. “We owe it to these families to ensure they are safe, healthy and have good educational and developmental opportunities.”

In regards to special-needs children and spouses, the need for resources for a special-needs program and an outline to define the requirements of this program were highlighted.

“We are actively engaged in creating a comprehensive program that offers these families consistent support and reassurance through their moves, extended or repeated deployments and throughout the military career,” Chief Roy said.

ANG and Reserve Airman pinpointed the need to eliminate active-duty orders to obtain certain benefits such as Tricare and to expand Airman and family services to ease the burden on those geographically separated from a base. The representatives also highlighted the need for a financial aid program.

The deployment support initiatives include: employing an installation deployment cycle support coordinator to be the focal point to Airmen for deployment resources and to assist in lifting mental health counseling restrictions and employ base agencies to provide access to additional resources using the technology available.

The Maxwell Airman and Family Readiness Center offers deployment classes such as “Before you Deploy” and “Preparing for your Loved Ones’ Return” in addition to “Car Care Because We Care” and “Give Parents a Break” support services. A personal and family life consultant is also available to assist any family or Airman seeking assistance.

Secretary Donley said, “While we have made great progress in enhancing our support to families for this expeditionary paradigm, we must continue to refine our efforts and continue to recognize that an Airman’s deployment is really a family’s deployment.”

With regards to the school support focus group, experts found the need for a school liaison position, aligned under the mission support group, to assist servicemembers in evaluating educational opportunities for their children in the local area.

“The very fabric of our society depends on our efforts in the area of child education,” said the Air Force Chief of Staff Gen. Norton A. Schwartz in this month’s Key Talking Points. “Considering that children between the ages of six and 18 comprise more than 145,000 of our Air Force family members, I see family support in general, and child education in particular, as important issues we must address urgently.”

Aligning under the family support and child development initiatives, the 42nd Air Base Wing was approved in June 2009 to receive \$196,500 in Air Education and Training Command’s FOCUS funds.

Maxwell officials plan to execute the funds to create a “parent-child” room at the fitness center, kitchen additions to the dormitories, bathroom renovations to the Maxwell youth center and the upgrade of the Airmen Ministry Center.

Single Airman support initiatives include the modification and adaptation of an Air Force version of the Army’s Better Opportunities for Single Soldiers program and also to include a single Airman as a core member of the Community Action Information Board and the Integrated Delivery System. The focus group also recommended holding an Air Force-level forum to generate and recommend additional single-Airmen specific initiatives.

“While Air Force families face several hardships, we must also remember that over 40-percent of our force is single and face their own special challenges,” the secretary of the Air Force shared.

With more than 660,000 total force Air Force civilians, officers and enlisted members and 40-percent of the total force representing single Airmen, nearly 40,000 currently deployed servicemembers, 145,000 school-aged children and more than 14,000 families enrolled in the EFMP, the

Air Force's top leaders stand ready to assist Air Force families.

“During these 12 months, we will focus our attention on Air Force families - their hardships and needs, what we might do to make Air Force life more compatible with family life and how we can build a greater sense of community across our force,” Secretary Donley said.

Meetup.com Site for Families of the 132d Fighter Wing

A volunteer with the 132 FW Family Readiness Group has created a meetup.com site dedicated to the Families of the 132d Fighter Wing. The purpose of the site is to bring together families, statewide, that are not always able to come to the FRG meeting or who just want to get more involved with the unit. This is a great place for family members to gather online to support one another, whether they have a member deployed or not. There is a message board for everyone to post questions and chat, along with a calendar that will have all upcoming family activities. This group is only open to Unit members, their family, and retirees. This is a secure website so you will have to request permission to join and be approved before you can enter the site. There is no cost to join. OPSEC will be enforced on the site. Educational materials are posted with more information on OPSEC. Also no negativity towards Leadership or the Unit will be tolerated. The website organizer is looking for an assistant. If you are interested, please indicate this on the site message board. The link below will take you directly to the site. We hope you join and look forward to chatting with you soon!!!

<http://www.meetup.com/The-DM-Iowa-132-Air-National-Guard-Families-Group/>

Preparing for Deployment

During the next few months thousands more Guard and Reserve members will receive orders for activation and deployment. For many, it will be for the first time. If you're facing deployment -- yours or a loved one's -- it's not too early to begin preparing. Here are some steps you can take right now.

Financial preparations

You can make decisions now about how your finances will be managed during the deployment. First, take the time to answer these questions:

- How will an increase or decrease in your family income be managed?
- Who will pay the bills?
- Who will file your income taxes?
- How will you deal with any already-existing financial difficulties?

Depending on your answers, you may need to establish a joint checking account or an allotment so your family can have direct access to funds. You may also want to make preparations to give a family member power-of-attorney for handling your finances (or certain financial transactions) during the deployment.

If you have large amount of debt or face financial problems of any kind, talk to a Military OneSource consultant (call 1-800-342-9647) for advice and/or a referral for financial counseling. And be sure to learn all about the [*Servicemembers Civil Relief Act \(SCRA\)*](#), which offers protections for Guard and Reserve members on active duty facing eviction, bankruptcy, foreclosure, or divorce proceedings, and can reduce interest rates on mortgage payments and credit card debt.

For more financial information, be sure to check out the Military OneSource Web site (look under “Money”) for articles, booklets,

and audios, including [*Mortgage Difficulties and the Servicemembers Civil Relief Act, How Service Members can Stay Financially Fit During Deployment*](#), and [*Filing Taxes When a Service Member is Deployed*](#).

Your legal preparations

During mobilization processing, you'll be required to have a will. (All adults should have a will so that the state is not the one to decide what happens to their property and their children if they should die.) If you're a single or dual-military parent you'll also be required to have a Family Care Plan. Your unit can help you identify a military legal assistance attorney who can help you prepare wills and power-of-attorney documents.

A Family Care Plan is a good idea for all military families (even when they aren't headed by a single service member or dual-military parents), to provide a backup plan in case the civilian spouse becomes unable to care for the children for any reason. Go to [*Preparing a Family Care Plan*](#) and [*Backup Care Planning for Children of Deployed Service Members*](#) for more information.

It's also to learn as early as possible about the [*Uniformed Services Employment and Reemployment Rights Act \(USERRA\)*](#), which provides employment and re-employment rights, as well as protections against discrimination by an employer on the basis of service obligations.

Family preparations

You and your spouse can start working together now to prepare your family for your absence. You will want to:

- **Decide how to manage situations** like car trouble, home repairs, and family emergencies during the deployment.

- **Make plans for managing stress and worry.** (Developing a strong support system is important.)
- **Agree on how your children's fears and anxiety will be dealt with.** Loving support, reassurance, and active listening are essential. So is open communication about the deployment with children, their caregivers, and teachers.

Order these free booklets and recordings [*Military Youth Coping with Separation When Family Members Deploy*](#) (DVD); [*Talk, Listen, Connect: Deployment, Homecomings, and Changes*](#) (a DVD set from Sesame Street); and the CD [*These Boots: A Spouse's Guide to Stepping Up and Standing Tall During Deployment*](#).

Finally, be sure to take advantage of all of the family readiness briefings and activities offered by your unit, and remember that you can speak to a Military OneSource consultant 24 hours a day, every day, by calling 1-800-342-9647.

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Free Military Care Package Kit

Receive a FREE Military Care Package Kit from the U.S. Postal Service. It includes 8 boxes of different sizes, address labels, and customs forms. Order by calling 1-800-610-8734. Guidelines for packing, addressing, and shipping items to U.S. troops can be found at www.usps.com/supportingourtroops/ <<http://www.usps.com/supportingourtroops/>> .

DoD SEEKS YOUR INPUT ON INTERNET POLICY

**By Tim Kilbride, DoD Emerging Media
Directorate**

WASHINGTON, Aug. 10, 2009 -

The Department of Defense is in the middle of a policy review on how to manage Internet-based capabilities like social networking and social media. These applications have a huge positive impact on certain missions like public affairs, recruitment, internal communication, and maintaining quality of life for our servicemembers and their families. At the same time, providing access to these sites from official DoD networks opens those networks to security threats. To help inform the decision-making process that will balance these concerns, we are seeking your input.

Please consider: To what extent do Internet functions like social networking impact quality of life for military servicemembers and families? Is access more important when servicemembers are deployed? Are there specific Internet-based activities you feel are crucial to family bonding, family readiness, and community support?

To capture your responses, DoD created the "Web 2.0 Guidance Forum" blog:

<http://web20guidanceforum.dodlive.mil/2009/08/06/use-of-web-20-capabilities-by-military-families/>

Please visit the blog and take the time to share your thoughts, experiences, and specific applications of Internet tools in the comments section. Also, please pass on the link to your family, friends, and contacts to help provide DoD leaders with the information they need to make informed decisions on Internet-based activities.

Thank you for your feedback and your assistance in this important mission.

Blog offers support to military families

American Forces Press Service

YEREVAN, Armenia, (8/17/2009) -- The WASHINGTON, D.C., (8/25/09) -- The Defense Department has launched a blog called "Family Matters" that is dedicated to providing resources and support to military families.

The blog – which can be found at <http://afps.dodlive.mil> features tips from experts, and military-related topics that run the gamut from deployments and separations to education benefits and child care.

"Our goal is to touch on topics that are important and relevant to military families," said Elaine Wilson, the blog's author and an editor for American Forces Press Service.

"Military families confront unique challenges and issues, and we're hoping people can turn to this blog for information and support."

Wilson served for nearly eight years in the active-duty Air Force and three years in the Air Force Reserve before becoming a defense civilian, experience she brings to the blog.

"I remember those early morning PT runs, the late-night calls and the constant juggling of mission and family," she said. "It was tough. I was married to a military member and, one day, became a divorced single parent of two. Balancing that with military life, particularly overseas, presented some tough challenges."

Wilson said she will share many of her stories in hopes of starting a dialog with others who are dealing with the same types

of issues. This two-way communication will be vital to the blog's success, she said.

"We read every comment, and respond when appropriate to the person writing in," she said.

Many comments are forwarded to defense experts for response, she said. "A great aspect of this blog is that many readers will have the opportunity to have their comments and ideas viewed by defense officials."

Wilson noted that a recent comment was elevated to the desk of the Army secretary. "A military spouse made some great suggestions and comments, and we felt they could make an impact, so we forwarded them to higher-level officials," she said. "Anyone can make a difference, and it can start with something as simple as a blog comment."

A heartfelt comment can make more of an impact among the blog's readers than the blog entries themselves, Wilson said.

"We had a reader make a comment about suicides among family members," she said. "That sparked other comments on the same topic that offered everything from support to helping resources. I then dedicated a blog to helping resources. It had a positive snowball effect."

The blog has received numerous comments since its launch in early August, including some positive feedback. "Thanks for the new blog, looks great and useful," a comment says. And another: "This is another great resource by [the Defense Department]."

Perhaps most importantly, Wilson said, the blog is aimed at letting people know they're not alone in their everyday struggles.

"Whether dealing with the after-effects of a deployment or the challenges of home life, we're hoping this blog will help create a common bond among military family members," Wilson said. "And also convey the ongoing caring and concern defense officials have for our military families."

Resources Available in the Family Readiness Office

The Family Readiness Office has purchased several new books, DVD's and CD's for Airmen and Families to check out and utilize. Titles include:

Dave Ramsey Total Money Makeover- Book
Financial Peace Revisited- Book
Cash Flow Planning- DVD
Dumping Debt- DVD
The Five Love Languages- CD and Book
The Five Love Languages for Children- CD
The Five Love Languages for Teenagers- Book
The Five Love Languages of Apology- CD and Book
The Parent you want to Be- Book
Saving your Second Marriage before it Starts- Book
Seven Principles of Making Marriage Work- Book
10 Lessons to Transform your Marriage- CD and Book
Anchor Man- Book
Point Man- Book
Dave Ramsey Home Study Course

We also have backpacks donated by Operation Military Kids that contain

children's books pertaining to deployment and reunion.

Please take the time to stop in and check out our selection.

***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 Amanda Wicker at 515-256-8786 or by email at Amanda.wicker@ang.af.mil

***132d Fighter Wing
Family Readiness Group
Harvest Party***

Come navigate the 8-acre maze or mini soybean maze, sit back on a hayrack ride, play on the playground, and enjoy S-mores and marshmallows roasted over an open fire.

Saturday, October 3, 2009

6:00pm-8:30pm

(6:00-7:30pm enjoy the maze, hayrack ride,
and playground area

7:30-8:30pm roast marshmallows over the campfire)

Geisler Farms

5251 NE 94th Ave, Bondurant, IA

Ages 5 and older- \$6.50

Ages 4 and younger- Free

\$1 off maze admission if you bring a canned or packaged
nonperishable food item; limit one per person

If you and your family are interested in attending please **RSVP**

Amanda Wicker at 515-256-8786 or

Amanda.wicker@ang.af.mil by **September 30, 2009.**

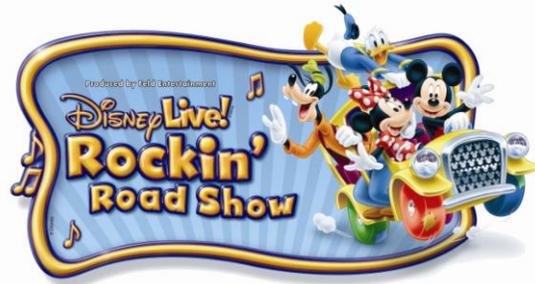
Visit **www.growingfamilyfun.com**

or call 515-964-2640 for Directions.



Disney Live! Rockin' Road Show

Wells Fargo Arena
Oct. 17th, 2009 (Sat.) 12:00 PM
NEW SHOW TIME ADDED
Oct. 17th, 2009 (Sat.) 3:00 PM



[More Info](#)
[Seating Chart](#)

Get ready to dim the lights and raise the curtain – Mickey Mouse is in the house and he's setting the stage for fun - just for you! But first he'll need to find some amazing acts to put in his show. Mickey, Minnie, Goofy and Donald all head off on an adventure and find some great friends to help them out. You'll get to sing along to cool songs, jump out of your seat to dance to the beat and laugh out loud with Buzz and Woody from Toy Story, Cinderella, Tigger, and more of your Disney friends at this show-stopping, zany, on-stage adventure coming right to Des Moines!

SAVE \$3.00 off the \$27.00, \$22.00, & \$17.00 tickets!
(No ticket minimum)

THERE ARE 3 WAYS TO ORDER YOUR TICKETS:

- 1) [CLICK HERE](#) and enter the offer code **DLMIL**, click on the "BUY" logo on the right, and then enter your desired quantity. *Do not click on best available or you will not be given the discount!*
- 2) **REDEEM AT THE WELLS FARGO ARENA BOX OFFICE:** Print this flyer and present it to any ticket window agent at the Wells Fargo Arena Box Office.
- 3) **CONTACT YOUR TICKET REP JASON EVANS AT 515-564-8146.**

TICKETS BASED ON AVAILABILITY – ORDER FEES MAY APPLY. THE IOWA EVENTS CENTER WILL NOT REIMBURSE PATRONS THE DIFFERENCE IN TICKET PRICES FOR PREVIOUSLY PURCHASED TICKETS OR TICKETS ORDERED INCORRECTLY THROUGH THE GROUP SALES WEBSITE! THIS OFFER CANNOT BE USED AT ANY DAHL'S FOODS OUTLET

ALL TICKETS MUST BE PURCHASED BY 5:00 PM ON FRIDAY OCTOBER 16TH, 2009!

NEW 132d FW SHIRTS

SHIRTS AVAILABLE IN NAVY BLUE ONLY

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

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

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



Front Design



Back Design



Sleeve Design

100% of sale profits are used to provide programs and activities for 132d FW members and their families.

Shirts are available for purchase in the Family Program Office (BLDG 107, room 101).

Cash and Checks are accepted. Make checks payable to 132d FW Family Readiness. Thank you for your support!!!