



## Family Readiness Program Newsletter

“Keeping In Touch”

132d Fighter Wing / Iowa Air National Guard

November 2009 Issue



# *Celebrate Military Family Appreciation Month and Veterans Day!!!!*

### Year of the Air Force Family Website

SAF/PA report

by 1st Lt. Derek White

Family Excursion: The Air Force has launched a Web site to showcase its "Year of the Air Force Family" initiative that started in July and runs to July 2010. Airmen and their families are encouraged to visit the site (click here <http://r.listpilot.net/c/afa/4hmojf8/202h0> <http://r.listpilot.net/c/afa/4hmojf8/202h0> > ) to learn about service-wide initiatives supporting the effort, which the Air Force leadership launched to address areas of concern facing Air Force families and highlight the service's commitment to all airmen—married and single—spouses, children, Air Force civilians, extended families, and retirees. "The strength of the nation's Air Force is not the platforms we operate or the technologies we employ," said Chief of Staff Gen. Norton Schwartz. He continued, "It is our airmen and their families. The Air Force is a great place to work, live, and play. Our intent is to make it even better."

### 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 sight 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/>

### **NOVEMBER FRG MEETING**

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

### **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 and selecting option 1. Guidelines for packing, addressing, and shipping items to U.S. troops can be found at [www.usps.com/supportingouttroops/](http://www.usps.com/supportingouttroops/) <<http://www.usps.com/supportingouttroops/>> .

### **Save the Date: Wing Holiday Party December 9th**



Since 1953, the 132d Fighter Wing has been offering Santa Claus a fighter aircraft to fly from the North Pole to

Des Moines for its annual Children's Holiday Party. A group of unit members, with the assistance of several of Santa's elves, are again working together to plan this year's events to be held on December 8th and 9th.

We are continuing with the format we've used the past several years of having the Community Party on the first night and the Wing Party on the second night.

Wednesday, December 9 is the Wing Party for the children and families of our unit members, state employees, and friends.

Both events will take place in the West hangar, with cookies and beverages starting at 6:30 p.m. The elves are planning Holiday craft activities and sing-a-longs with the children before Santa's arrival in the F-16. If you are interested in helping with craft activities or serving holiday treats, please contact Amanda Wicker in the Family Readiness Office at (515) 256-8786. For those requiring for handicap accessibility or other special needs, again contact Amanda Wicker.

Parents/sponsors are responsible for insuring that Santa's gift is no larger than

12"x12"x12" and cost no more than \$20.00. Parents/sponsors are asked to print the first and last name of the child clearly on a 5"x7" card and securely tape it to the package. We would also ask that each family tie their packages together to insure that the children within that family get their presents at the same time. The packages should be delivered to the flight line lounge, bottom floor of building 124, during the December UTA. For those who will not be attending the December UTA, please deliver your packages to the same area no later than 5 p.m., day of the event.

These events have grown and evolved over the years. It has become a family tradition for many of us with several generations in attendance.

### **Exchange Mall Says 'Hi Honey'**

Week of September 21, 2009

Troops separated from loved ones due to deployment have the opportunity to surprise their spouse on their wedding anniversary with a personalized art canvas that will be given away as part of Canvas on Demand's "Operation: Hi Honey" campaign. By simply logging onto the Exchange Online Mall from the Army and Air Force Exchange Service ([AAFES](http://www.aafes.com)) website at and clicking on the Canvas on Demand link, deployed Soldiers, Airmen, Marines and Sailors can upload a photo and write a heartfelt message to their spouse for their anniversary. Recipients will be selected randomly each week with the winners' spouses receiving a 16" x 20" framed canvas artwork of the photo.

Get the latest news and helpful resources on military deployment on Military.com's [Deployment Center](http://www.military.com/deployment-center).

## **Guide Helps Cope with Separation**

Week of September 21, 2009

A new guide has been created by the Department of Defense (DoD) for parents, relatives, teachers, servicemembers, and community members to help children and youth cope with separation from a parent due to military deployment. The guide is [available online](#).

To find more family resources visit the [Military Spouse Network](#).

## **New dental program: Active Duty Dental Program (ADDP)**

A new dental program began for active duty and activated service members on August 1, 2009.

Active duty and activated service members who reside within 50 miles of a military Dental Treatment Facility (DTF) will continue to access care at the DTF. If the DTF cannot provide the needed services they will refer the service member to a civilian dental provider using the Active Duty Dental Program administered by United Concordia.

Service members who live and work in a remote location (more than 50 miles from a DTF) will access their dental care from civilian United Concordia dentist using the Remote Active Duty Dental Program. Service members will need to obtain an Appointment Control Number (ACN) from United Concordia prior to seeking dental care.

Please visit [www.addp-ucci.com](http://www.addp-ucci.com) <[file://www.addp-ucci.com](http://www.addp-ucci.com)> or call 1-866-984-ADDP (1-866-984-2337) for more information.

## **Sesame Street Family Connections Website**

Sesame Street is pleased to announce the launch of their latest resource for military families, the Sesame Street Family Connections' website at: <http://www.sesamestreetfamilyconnections.org/login/> <<http://www.sesamestreetfamilyconnections.org/login/>> .

Sesame Street Family Connections is a bilingual (English and Spanish), child-centered online space where both children and adults can interact and stay connected when distance makes everyday communication difficult. With the help of their favorite Sesame Street friends, family members can compose encouraging messages to each other, share artwork and videos, upload photos, and get answers to some questions they may have but did not know how to ask. Sesame Street Family Connections will serve as the common and private online place to keep military families connected across the globe.

## **Golden Corral Military Appreciation Dinner**

Golden Corral restaurants will hold their 9<sup>th</sup> Annual Military Appreciation Dinner on November 16<sup>th</sup> from 5-9 PM. Anyone who is serving or has ever served in the military is eligible for a free meal, no identification required. The free meal is for the Service member only, family and friends need to pay regular price. For details, and to find the Golden Corral nearest you, go to <http://www.goldencorral.net/military/>.

## **YMCA Respite Child Care**

By: Carolyn Stevens  
Program Analyst, Office of Family Policy/  
Children and Youth

Many family members of deployed Guard, Reserve, and active duty personnel serving on Independent Duty live far from a military installation, isolated from family support services and recreational opportunities. Family programs, such as the YMCA fitness and recreation membership program and respite child care, are key factors in promoting personal health and well-being, helping to build strong families, and reducing stress.

Respite child care, currently offered at select YMCAs in nine states, provides temporary relief or a “short break” to the parent or guardian who is responsible for caring for their child. The care is free for children up to age twelve for up to sixteen hours of care per month, per child. Respite child care is not intended to offset, or substitute for, full-time, daily child care or for a part-time preschool program. Eligibility for the program is extended to families while their active duty member is deployed to a remote location for a period of at least six months. Title 10 families of deployed Guard and Reserve personnel and those serving at Independent Duty locations are also eligible.

As of October 1, YMCA respite child care will be expanded to licensed child care programs at YMCAs in all states who wish to participate in the program. For a listing of the participating YMCAs and for a copy of the registration form, visit [www.militaryonesource.com](http://www.militaryonesource.com). Families accessing the YMCA fitness membership program can also take advantage of free on-site child care while they are in the facility. This ‘respite’ child care is available wherever on-site child watch care is offered.

## **The American Red Cross Holiday Mail for Heroes**

By: Debbie Vanderbeek  
Senior Associate, Policy and Program  
Development

The American Red Cross (ARC), with the support of Pitney Bowes, is pleased to once again sponsor the Holiday Mail for Heroes. Our goal is to let the military, their families, and veterans know that America cares. People can send their cards to the American Red Cross special mailbox from November 2, 2009 through December 7, 2009. We must strictly adhere to this date to ensure that there is time to screen, sort, and distribute the cards. Please visit our [website](#) for the address (it will be posted on November 2, 2009) and additional information, including guidance for making and sending cards.

If you know of a group of military members, family members, or veterans who would like to receive cards, or if you have questions, please [email](#) the ARC Holiday Mail for Heroes point of contact.

## **Speak Out for Military Kids Team Seeks New Members**

This is an exclusive opportunity for 10 high school students (military or non-military kids) to join the Iowa Speak Out for Military Kids (SOMK) team. As a member of the SOMK team your job is to teach others how to support military families. Don't know how to teach them that?! We'll teach you! This is a fantastic leadership opportunity with tons of fun included! After you're trained you'll be called upon to lead workshops (but never by yourself) about supporting military families at various conferences. Commit as much or little time as you want.

The SOMK team:

- learns about military families
- teaches others how to support military families
- enhances leadership skills
- builds public speaking confidence
- eats good food
- creates great friendships
- is FREE
- HAS TONS OF FUN!

Any Iowa high school student has the opportunity to join the team mid-way through the year! Join us at our fall retreat in Ames, IA on November 13-14. We will accept 10 applications for new SOMK team members. To get an application and to find out more information contact Victoria Schmidt by email at [vschmidt@iastate.edu](mailto:vschmidt@iastate.edu), phone at 515-988-3949. Applications are due October 23rd so contact Victoria to get an application today!

### **Family Fun in Dubuque**

Operation: Military Kids is hosting its 3rd Annual Family Fun Night at [The National Mississippi River Museum and Aquarium](#). The event will take place on Sunday, January 17th from 4:00 - 8:00 PM. The museum will be open exclusively for Military Families from 5:00 - 8:00 PM. Admission is FREE and pizza and beverages will be provided.

Families may register by calling the Dubuque County Extension Office at 563-583-6496. Registration deadline is January 11, 2010.

We hope you can join us for an evening of fun, food and celebrating Military Families!

### **National Guard Bureau Launches New Joint Services Support (JSS) Portal**

The National Guard Bureau (NGB) has launched its new Joint Services Support (JSS) Portal. This portal brings the websites, or sub-portals, for six programs all under one umbrella, accessible with a single user name and password. In addition to providing services and information online as each site has done in the past, the new portal also adds mobile device access and will soon add a phone-based Interactive Voice Response (IVR) system.

Here are the six programs you will find on the JSS Portal:

1. The Yellow Ribbon Reintegration Program (YRRP): This program provides information and education on services, referrals and outreach programs to assist you through all phases of the deployment cycle.
2. Employer Support of the Guard and Reserve (ESGR): Recognizing outstanding employer support and resolving employee/employer conflicts through mediation.
3. Family Program (FP): Provides programs, benefits, resources and information that assist National Guard members and their Families in preparing for and meeting challenges throughout the deployment cycle.
4. Psychological Health Program (PHP): Promoting strong, positive mental fitness via referrals and assessments, resource identification, case management services and wellness education.
5. Sexual Assault Prevention and Response Program (SAPR): Sexual assault prevention, reporting options for Service Members, and referrals/resources for victim advocacy.
6. Warrior Support Program (WSP): Information on benefits and entitlements to include Veterans Affairs, TRICARE,

disability benefits, counseling referrals and job search assistance.

If you were previously registered in the NGB Family Program portal, [www.guardfamily.org](http://www.guardfamily.org), you were automatically registered in the new portal with the same user name and password. If you would like to register, go to [www.jointservicessupport.org](http://www.jointservicessupport.org). About halfway down the page is a Login box with a "Register Now" button. Once you register, your role(s) will be approved by a local state staff member, and then you'll be able to begin accessing the full range of services and information the JSS Portal has to offer. You will also begin receiving the Services Branch Weekly Bulletin, which contains information on events, trainings, and other resources of interest to Iowa National Guard Service members, Families and friends. You may select more than one role and should choose all that apply to you. If your unit is not in the unit dropdown menu, or you have any other questions or problems registering on the site, please contact Rebecca Schrader, Family Readiness Assistant, at [rebecca.schrader@us.army.mil](mailto:rebecca.schrader@us.army.mil) or 515-252-4781.

### **Upcoming Strong Bonds Workshops**

#### ***Prevention & Relationship Enhancement Program***

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.

*May 15-16, 2010- Davenport, IA*  
*August 14-15, 2010- Iowa City, IA*

#### ***Laugh Your Way to a Better Marriage***

Developed by Pastor Mark Gungor, this program takes a very humorous look at the difference between men and women and will

have you rolling in the aisles with laughter. Laugh Your Way's Flag Page will help couples see how they are made and embrace those differences or similarities in their mates.

*January 16-17, 2010- Mason City, IA*  
*March 20-21, 2010- Sioux City, IA*  
*July 17-18, 2010- Des Moines, IA*

#### ***Premarital Interpersonal Choices & Knowledge***

PICK is designed to help single service members enhance relationships in their lives, with significant others, family members, and/or co-workers. We will cover personality types, take an interest inventory for career planning, and learn how not to marry a jerk or jerkette.

*January 23-24, 2010- Des Moines, IA*

#### ***7 Habits of Highly Effective Military Families***

This program uses military family examples to help military families endure the difficult OPTEMPO the Iowa Guard has seen in recent years.

This is one of the best programs available to help military families learn how to stay focused, stay positive and set goals for themselves and their families.

*February 20-21, 2010- Burlington, IA*  
*July 24-25, 2010- Boone YMCA Camp*

For more information or to register, contact Amanda Wicker at 515-256-8786 or by email at [Amanda.wicker@ang.af.mil](mailto:Amanda.wicker@ang.af.mil).

#### **Free Breakfast Buffet at Hy-Vee**

On Wednesday November 11<sup>th</sup> from 6-11am Veterans enjoy a free breakfast at any of the local Hy-Vee Food Stores. Be sure to bring your Military ID to redeem your free meal.

## **Enjoy a Meal at Applebees**

In recognition of your service to our country, all veterans and active duty military personnel are invited to eat free at Applebee's® Neighborhood Grill & Bar Restaurants this Veterans Day, Wednesday, Nov. 11, 2009.

As you may recall, Applebee's® launched a pilot program last year on Veterans Day offering free entrees to military service personnel and veterans. Because the response was so overwhelmingly positive, Applebee's® is extending the invitation throughout the country this year.

We would appreciate your help in spreading the word. Please help us share details across your various communication channels.

All U.S. veterans and active duty military with proof of current or former military service will eat free at all Applebee's® nationwide on Veterans Day, Wednesday, Nov. 11, 2009.

Proof of service includes: U.S. Uniform Services Identification Card, U.S. Uniform Services Retired Identification Card, Current Leave and Earnings Statement, Veterans Organization Card, photograph in uniform or wearing uniform.

For additional details, visit:  
[www.applebees.com/vetsday](http://www.applebees.com/vetsday)

***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](mailto:Amanda.wicker@ang.af.mil)



## GROUP SALES OFFER

# Disney on Ice: Princess Classics

Wells Fargo Arena



TICKETS ON-SALE 09/21 @ 10:00am

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

Nov. 25, 2009 (Wed) 7:00 PM #  
Nov. 26, 2009 (Thu) 7:00 PM –no discount  
Nov. 27, 2009 (Fri) 3:00 PM \*  
Nov. 27, 2009 (Fri) 7:00 PM ^  
Nov. 28, 2009 (Sat) 11:30 AM –no discount  
Nov. 28, 2009 (Sat) 3:30 PM \*  
Nov. 29, 2009 (Sun) 1:00 PM \*  
Nov. 29, 2009 (Sun) 5:00 PM –no discount

#Special Opening Night Price

\*Group Discount Tickets Available

^Scouts receive \$20.00 and \$17 tickets for \$15 and \$13 tickets for \$10

Disney On Ice presents Princess Classics is an amazing journey to the magical lands of Disney's classic fairy tales. Travel to a kingdom under the sea, an enchanted French castle, an Arabian palace and more! With special guest Tinker Bell, enter the worlds of your favorite Disney princesses – Cinderella, Jasmine, Ariel, Sleeping Beauty, Belle, Mulan and Snow White – and see their dreams come true as this royal skating extravaganza brings magic to Des Moines!

**#Opening Night: \$12.00 Tickets!** (Excludes VIP and Rinkside)  
**\*SAVE \$4.00 off the \$20.00, \$17.00 & \$13.00 tickets**  
(No ticket minimum)

### THERE ARE 3 WAYS TO ORDER YOUR TICKETS:

- 1) [CLICK HERE](#) and enter the offer code **DOIMER**, 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 TUESDAY NOVEMBER 24, 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!!!**