



Airman & Family Readiness Program Newsletter

“Keeping In Touch”

132d Fighter Wing / Iowa Air National Guard

August 2010 Issue



THE AIRMAN & FAMILY READINESS OFFICE HAS MOVED TO BLDG 110 RM 152!!!!

Upcoming Strong Bonds Workshops

There is only one Strong Bonds Workshops left for this fiscal year. The workshops are FREE to the service member and family! The spouse is placed on an invitational travel order and reimbursed mileage, lodging and per diem. Consider it a free get-away for you and your family! Below are the dates and locations, along with a brief description of each workshop.

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.

August 14-15, 2010- Iowa City, IA

For more information or to register, contact Amanda Wicker at 515-261-8786 or by email at Amanda.wicker@ang.af.mil.

Operation Military Kids at the Iowa State Fair

The Iowa Department of Veterans Affairs is once again honoring military families at the Iowa State Fair. For the 4th consecutive year all Iowa Military Families are invited to walk in the Iowa State Fair Veterans Day Parade with Operation: Military Kids.

The parade is being held on Monday, August 16 and will start promptly at 10:00am. The parade is being held on the Iowa State Fairgrounds. Families must be checked in by 9:00am. Military Families who walk in the parade with OMK will receive free parking and free entry into the fairgrounds. Registration is open to the first thirty (30) families who sign up. To sign up, contact Victoria Schmidt, OMK Program Coordinator, by email at vschmidt@iastate.edu or by phone at 641-584-2261. **The deadline to register is July 31st.** Information packets, including the parking pass, will be sent out the first week in August.

We hope to see you at the Iowa State Fair!

NO MEETING IN AUGUST

Next FRG Meeting

Sunday September 12 at 1:30pm, location to be determined. Child care will be available. All are welcome to attend.

The National Guard Bureau (NGB) Seeks Feedback on Families with Special Needs

NGB is actively working with the Office of the Secretary of Defense (OSD) and all Parent Service Organizations (Army, AF, Navy, and Marines) to add additional support services for Families with Special Needs (Exceptional Family Member Program-EFMP). NGB needs your feedback to determine the scope of the needs and the most important issues impacting these families. Your survey feedback will directly affect proper allocation of resources to support our Families with Special Needs. All Soldiers, Airmen, Family members of service members, and ARNG/ANG Family Program staff are encouraged to participate. The Guard Family Special Needs Survey assessment WILL ONLY TAKE APPROXIMATELY TWO MINUTES OR LESS, and will be available until 31 Aug. To complete the survey, please click on the following link to the Joint Services Support (JSS) webpage:
<<http://tinyurl.com/39v85ph>>

Spouses' employers now eligible for ESGR Patriot Award

Story courtesy of the ESGR

ARLINGTON, Va., (6/24/10) - The Employer Support of the Guard and Reserve (ESGR) Patriot Award program recognizes employers for implementing employment policies and practices that are supportive of their employees' participation in the National Guard and Reserve.

The Patriot Award certificate is intended for an immediate supervisor. In the past, individual Reserve Component members have nominated their employers for the Patriot Award.

Service members remain eligible to nominate their employers. It is significant to have an employer who shows flexibility and support for a military family, to allow a military spouse to juggle and balance the responsibilities of being a parent and an employee, especially when his or her spouse is deployed.

Therefore, ESGR is proud to announce an expansion of the Patriot Award eligibility criteria to include employers of service members' spouses. Spouses and service members can go to www.esgr.org/pa to nominate your employers and learn more.

MyCAA New Program Guidance

OSD has announced the new MyCAA Program Guidance and a re-opening date of October 25, 2010. Significant changes have been made to eligibility, benefit and fiscal year cap, time-limit, and programs of study. These new guidelines reflect a return to the original purpose of the program – to assist spouses of service members achieve portable careers. These changes also align the program with responsible fiscal planning by the Defense Department to help sustain the program.

New Financial Assistance Guidelines

* The program is available to spouses of active duty service members in pay grades E1-E5, W1-W2, and O1-O2.

* The maximum financial benefit will be \$4,000 with a fiscal year cap of \$2,000. Waivers will be available for spouses pursuing licensure or certification up to the total maximum assistance of \$4,000.

* Military spouses will be required to finish their program of study within three years from the start date of the first course.

* The program is limited to associate degrees, certification and licensures.

* Effective immediately, National Guard & Reserve members must be on active duty for their spouses to receive the MyCAA benefit.

Spouses who currently have an active account will be allowed to request financial assistance until Thursday, October 21, 2010. Beginning September 1, 2010, spouses may request financial assistance for classes that have a start date up to January 15, 2011. To ensure adequate time to plan for courses, no career plans will be accepted after August 31, 2010. All currently approved financial assistance documents will be honored.

The program will be closed from Friday, October 22nd to Monday, October 25th so that we may ensure the infrastructure is in place to implement the new program.

Additional program details will be posted at www.militaryonesource.com/caa <<http://www.militaryonesource.com/caa>> as they become available. We encourage you to check the site often.

Want Big Military Discounts?

The new and improved Military.com Discount Center features even more discounts and makes it easier to find the biggest and best discounts out there. Save on cars, clothing, computers, electronics, vacations, groceries, jewelry, and more....[More](#)

TRICARE Assistance Program (TRIAP)

Non reportable assistance with life stressors can be accessed by phone; on line chatting or web based video conferencing all from the privacy of your home. The TRIAP allows service members and their family members age 18 and older to chat with a

licensed clinician at any time of the day or night.

Assistance Counselors are available for confidential, private discussions about what's going on in your life. This can include:

- Stress management (work, family, personal)
- Family difficulties and pressures
- Family separations/deployments
- Relationships and marital issues
- Parent/child communication
- Self-esteem

A demo is available for the TRICARE Assistance Program at:

<http://triwest.server.tracorp.com/bhonlinecare/twcouncil/counselingexpereince.html>
<<http://triwest.server.tracorp.com/bhonlinecare/twcouncil/counselingexpereince.html>

Outward Bound Excursions for OEF/OIF Veterans

Outward Bound, an international non-profit outdoor education program, is offering fully funded outdoor adventure excursions to all OEF/OIF veterans.

It doesn't matter what your current military status is (active, inactive, discharged, retired) - you're eligible to attend as long as you deployed in support of OEF/OIF combat operations while in the military.

These five-day excursions offer adventure activities such as backpacking, rock climbing, canyoneering, canoeing, and dog sledding in beautiful wilderness areas in Maine, Texas, Colorado, California, and Minnesota.

All expedition costs for lodging, equipment, food, and instruction are completely funded by a multi-million dollar Sierra Club grant,

including the participants' round-trip transportation between home and the wilderness site.

The excursion is offered at no cost to the participant.

To sign up for one of the prescheduled courses, please contact Doug Hayward at 1-866-669-2362, ext. 8387, or simply e-mail him at obvets@outwardbound.org. To learn more about the OEF/OIF program, visit the website at www.outwardboundwilderness.org/veterans.html

Recent Laws Improve VA Home Loan Program

- In 2008 and 2009 legislation was passed that assists veterans and improves the VA loan program. The first improvement came with the Veterans Benefits Improvement Act of 2008. This law includes the following changes and improvements to the VA Home Loan program:
- Veterans are now able to refinance and take cash out on their equity for up to 100 percent of appraised value.
- Maximum loan limits on zero-down VA mortgages, and refinances, may exceed \$417,000 for certain high-cost counties.
- The current VA loan limits now apply to both purchases and refinance loans.
- Veterans will continue to have the option of using adjustable rate mortgages (ARM) and hybrid adjustable rate mortgages (HARM) through September of 2012.

This legislation acknowledges the high cost of housing in certain areas. It also makes it easier for many VA borrowers to get out of subprime mortgage contracts and into the safer, more affordable terms of a VA

guaranteed loan. Many VA-eligible borrowers have taken advantage of the increase in loan limits and the ability to take cash out up to 100% of their home's equity.

Another piece of legislation affecting military homeowners is the 2009 Stimulus Bill. Military members facing a financial loss due to reassignment or relocation may be able to receive assistance from the VA. Under the new law, the government could cover the difference between 95 percent of the prior fair market value, and the fair market value at the time of the event that results in a loss.

Service members, with or without VA loans, can qualify for compensation if they sell their homes at a loss due to the following reasons:

- Relocation after a military base closure
- Reassignment ordered between July 1, 2006 and September 30, 2012
- Relocation for combat wound medical assistance

For more information go to <http://www.military.com/finance/homebuying/recent-va-loan-legislation.html?ESRC=airforce.nl>

Hale Koa Recreation Center Discount

The wildly popular Hale Koa Armed Forces Recreation Center in Hawaii is offering a 35% discount on room rates between August 21 - October 31, 2010 to National Guard, Reserve and Active Duty Service Members. Retirees and DoD Civilians are eligible for a "stay six nights get the seventh free" discount.

For additional information about the Hale Koa, Shades of Green in Walt Disney World, The Cape Henry Inn and Beach Club in Virginia, Edelweiss in Germany, and/or

the Dragon Hill Lodge in Korea, please click here:

<http://old.armymwr.com/portal/travel/recreationcenters/>

For additional vacation destination discounts and military vacation "clubs",

please visit the Army MWR website here:

www.armymwr.com

<<http://www.armymwr.com>>

Hotel Pattee, Perry, IA Military Discount

The Hotel Pattee in Perry, IA would like to extend a military rate of \$89.00 for all standard rooms, \$129.00 for premieres and \$189.00 for suites to military members and family. You must present your military ID when you check in to receive the discount. Specials apply through the summer and end after Labor Day. To view the hotel and rooms go to www.hotelpattee.com . Reservations should be made through Todd Thomas Bordenaro, General Manager at 515-465-2204.

Additional Military Events and Discounts

- 13 August, 7:30 p.m.: Morningside College located in Sioux City, Iowa invites you to join them for a salute to the Military featuring the United States Air Force NOTABLES, followed by a spectacular fireworks display! The concert is part of the Betty Ling Tsang Performance Center on the Morningside College Campus. FREE fun for the entire Family. Bring lawn chairs or blanket and enjoy the music and fireworks. For more information please contact Lori Risdal, Wing Family Program Coordinator for the 185th ARW, at 712-233-0817.

- All parks & recreation areas that are part of Saylorville Lake are FREE for Military functions. You can also reserve campsites for FREE as well. Please contact Jonathon Webker at 515-276-4656 x 6517 if interested.
- Becky Barber is the owner of Enchanted Sweets in Des Moines, Iowa. Becky is also a spouse of a National Guard member and in the past has done surprise birthday cakes for the spouses and children of deployed Service Members. There was always a birthday and/or anniversary someone would miss during deployment so Becky told them that when they deploy to contact her because she would create cakes for the Families during a special occasion FREE of charge. She would like to extend this offer to the Families of Service Members whom are deployed. You can visit her website at <<http://www.enchantedsweets.com/>> for more information. If you would like to request a cake please contact Becky at 515-282-3847 or email her at <<mailto:BakeACake@enchantedsweets.com>> .
- Picture A Hero would like to offer their photography services free of charge to Service Members and their Families of those currently and about to deploy. Picture a Hero developed as Susan Shogren Smith and Charlotte and Hannah Rose Shogren Smith expanded the ways in which they used photography in service to their community and our country. After traveling through 48 states, they have come to appreciate the beauty of our country and are thankful to live in the United States and understand that the freedom they cherish has been protected by generations of Men and Women who have served in the Military. They hope that their portraits provide Service

Members and their Families some comfort when they are apart. They are open to traveling anywhere in Iowa for Family Events, Send Offs, etc... For more information and if interested, please visit their website at <<http://www.pictureahero.org/>> . You may also contact Susan <<mailto:susan@pictureahero.org>> or by phone at 612-812-8160 with any additional questions.

- Adventureland Park in Des Moines, Iowa offers up to 6 discounted tickets at \$26 each purchased by Military Members with ID. For more information please visit <<http://www.adventurelandpark.com/>> .
- Bass Pro Shop located in Altoona, Iowa offers 10% Military Discount with ID.
- Jacobs Martial Arts Military Program: For the past six years Jacobs has honored and recognized Military kids by accepting the grant program offered to a Reserve or National Guard Military Parent who have been placed on active duty and been deployed. Jacobs Martial Arts is proud to offer their Taekwondo Program at a discount. The program pays 90% of all fees. If interested and for more information please contact Joan Jacobs at 515-270-1600 or email www.omkinquiry@ourmilitarykids.org.
- eKnowledge Donates \$32 Million of FREE SAT and ACT Test Prep: In alliance with the Department of Defense and supported by patriotic NFL and MLB players, eKnowledge is donating \$200 SAT and ACT PowerPrep Programs to Military Service Members and their extended Families. eKnowledge has donated over 142,000 PowerPrep Programs with a value of \$32 Million to Military Families worldwide.

Eligible recipients include Service Members from all branches of the Military who are active duty, retired, Veterans, Guard, Reserve, DoD employees, and Civilians performing military support. Also eligible are relatives and dependants of anyone who otherwise qualifies from the prior list. Research indicates that there are millions of Military Service Members who are unaware of the donated educational material. For further information, please contact Lori Caputo at <<mailto:LoriCaputo@eknowledge.com>> or visit <<http://www.eknowledge.com/USA>> . When accessing the free SAT/ACT Prep Program, please use sponsorship code: FPRL24881

Leave No Veteran Behind Program

Leave No Veteran Behind is a 501(c)(3) non-profit service run by Veterans that works to relieve the educational debt of Veterans who are serving and have served in the US Military. Currently, many Service members who receive higher education during, before, or after their service have to take out costly loans to pay for their education. While there are military educational programs that help relieve this educational debt, not all Veterans are covered under these programs. Leave No Veteran Behind addresses this issue by taking private donations and applying them directly to veterans' student loan accounts. In return they require that all Veterans helped through this program give back 100 hours of community service. For more information please visit: <http://www.leavenoveteranbehind.org/?gclid=CivPm4Gn3KICFQ855wodUnKG_w>

DFAS Stops Savings Bond Allotments

The Defense Finance and Accounting Service (DFAS) will stop all current Savings Bonds allotments processed for military personnel and military retirees effective July 31. Allotments for Federal civilian employees will end Aug. 29. This comes following the U.S. Treasury's decision to convert electronic transactions through TreasuryDirect.gov. DFAS customers who wish to continue purchasing savings bonds through payroll deduction will need to establish an online account with TreasuryDirect, <http://www.treasurydirect.gov/tdhome.htm>. Once they have an account with TreasuryDirect, they can a new allotment using the TreasuryDirect account number through their normal pay system. Information on purchasing Treasury securities is available on the DFAS website, <http://www.dfas.mil/news/ussavingsbondallotments.html>.

***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 515-261-8786 or by email at Amanda.wicker@ang.af.mil

COMMISSARY ON-SITE SALE BUILDING S60, ARMORY CAMP DODGE, IOWA Saturday 7 August 2010 0900 – 1800 HOURS

THE OFFUTT COMMISSARY IS BRINGING THE BENEFIT TO DES MOINES FOR OUR MILITARY MEMBERS. COME SHOP WITH US AND SAVE!

TOILET PAPER
PAPER TOWELS
CEREAL
KOOLAID
MACARONI & CHEESE
DETERGENT
SOFTENER
DISH SOAP
COOKIES & CRACKERS
SPAGHETTI SAUCE
PARMESAN CHEESE
CONDIMENTS
BBQ SAUCE
PORK SPARERIBS
BABY BACK RIBS
BRATS & SAUSAGE
MARINATED PORK TENDERLOINS
CANNED VEGETABLES
SODA
BOTTLED WATER
KITTY LITTER
DOG FOOD
DOG TREATS
CHIPS



YOUTH AND ADULT SHORT SLEEVE T-SHIRTS

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)



Front Design



Back Design



Sleeve Design

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. 100% of the proceeds go to the Family Readiness Group. Thank you for your support!!!