



Airman & Family Readiness Program Newsletter

“Keeping In Touch”

132d Fighter Wing / Iowa Air National Guard

October 2010 Issue



HOMETOWN HERO SALUTE AND GROUP OPEN HOUSE NOVEMBER UTA

November UTA is dedicated to saying “Thank you” to our Airmen that have been mobilized since 9/11 and their Families for their sacrifices while their Airman was away. The 132d Fighter Wing Hometown Hero Salute and Group Open House is an opportunity for us to recognize you and invite you to see where your Airmen work. Ceremonies are as follows...

- Mission Support Group- 6 Nov from 0900-1100 in the West Hangar
- Wing Staff- 6 Nov from 1000-1100 in the Wing Classroom
- Maintenance Group- 6 Nov from 1230-1430 in the West Hangar
- Operations Group – 6 Nov from 1300-1400 in the Wing Classroom
- Medical Group- 7 Nov at 1400 in the Medical Group Classroom.

Group Open Houses will be throughout the duty day on 6 Nov, along with photo opportunities in front of an F-16. At 1500, we invite you to attend the Annual Wing Awards Ceremony, in the West Hangar, to recognize our outstanding Airmen for their achievements, followed by an Operational Readiness Inspection outcome brief. The Family Readiness Group will be hosting refreshments following the Ceremony.

I encourage you to take this opportunity to visit the 132d Fighter Wing, see where your Airman works and what he/she does, and be recognized for your service to your country.

Additional information including local events in the area can be found on the 132d FW webpage at www.132fw.ang.af.mil. If you have any questions regarding the events, please contact Andrea Jones at 515-261-8787 or andrea.jones@ang.af.mil.

NO MEETING IN OCTOBER

November FRG Meeting

Sunday November 7 at 1:30pm, in the Dining Facility Bldg 110. Child care will be available in the Family Readiness Office. All are welcome to attend.

SAVE THE DATE WING HOLIDAY PARTY FRIDAY 3 DECEMBER

The Wing Holiday Party will be here before we know it. The event is Friday 3 December at 6:30pm in the West Hangar Bldg 100. We decided to change the night of the event to accommodate our Guardsman that live out of the area.



Gift recommendations

** No larger than 12"x12"x12" and cost no more than \$20*

** Print first & last name of child on a 5"x7" card and secure to gift in large bold letters*

** Gifts from each family should be tied together*

** Bring gift(s) to the flight line lounge during the week prior to the event or you can drop them off Nov UTA in the Family Readiness Office.*

Note: ...If unable to get your gift(s) to the lounge during the UTA, please do so by 5:00 p.m. day of event

If you and your family are unable to attend the 3 Dec eventplease join us on 2 Dec (same time/place) for the community event with our partnership school.

Hope to see you there!!!

University for Great Marriages and Families...Military Edition

This 4-week series begins Sunday, September 26th and continues on October 3, 10, and 17, each Sunday is from 3:00 - 5:30pm

Where: The Healthy Living Center YMCA
12493 University Avenue
Clive, Iowa 50325

Details: The University for Great Marriages and Families ... Military Edition is taught by Dr. Gary and Barb Rosberg, America's Family Coaches and is open to all spouses and children of deployed military and also couples stateside. Following the coaching

from the Rosbergs, some experienced military couples who have been impacted by deployment will lead small groups. Childcare for young children is available through the YMCA nursery. The older children will have an unforgettable experience each week as one of the Drake University athletic teams and coaches or other volunteers will take them and shoot baskets and do various recreation activities. A meal will also be provided for everyone who attends.

RSVP: Please RSVP if you can to Gary Lydic at GaryL@TheGreatMarriageExperience.com or 515-334-7482 ext. 9104, please join us and have a great time meeting other spouses going through the same thing you are, all while learning techniques to strengthen your marriage and family during deployment. Again stateside couples are also welcome.

Additional Opportunities: These are additional opportunities for you following the University:

1. On the second Sunday of each month, beginning in November, you can join Dr. Gary & Barb Rosberg for another University experience from 3:00pm - 5:30pm. The dates are 11/14, 12/12, 1/9, 2/13, 3/13, 4/10, and 5/8

2. The YMCA of Greater Des Moines is proud to offer support services for military families through a new initiative called Military RECONNECT. As one of our military members, you will have the first opportunity to express your interest in participating in this new initiative. The Military RECONNECT program seeks to provide support and direct services to military families with children. Along with a free membership to the YMCA of Greater Des Moines that the YMCA already offers, additional services are available.

**United States Senate Youth Program -
Senate Youth Program Seeks Delegates
from DoDEA**

The United States Senate Youth Program, established in 1962 by U.S. Senate Resolution, is a unique educational experience for outstanding high school students interested in pursuing careers in public service. The 49th annual program will be held in Washington, D.C., from March 5 - 12, 2011. Two student leaders from each state, the District of Columbia and the Department of Defense Education Activity will spend a week in Washington experiencing their national government in action. Student delegates will hear major policy addresses by Senators, cabinet members, officials from the Departments of State and Defense and directors of other federal agencies, as well as participate in a meeting with a Justice of the U.S. Supreme Court. All transportation, hotel and meal expenses will be provided by The Hearst Foundations. In addition, each delegate will also be awarded a \$5,000 College Scholarship for undergraduate studies, with encouragement to pursue coursework in history and political science.

ANG youth are eligible. If their high school principals, guidance counselors or social studies teacher don't have the USSYP application they may inquire directly to their state selection contacts using the USSYP website: <http://www.hearstfdn.org/ussyp/>.

Additional information on the overall United States Senate Youth Program is available from <http://www.hearstfdn.org/ussyp/>.

TRICARE Program Updates

The DoD has announced several changes in the TRICARE program beginning Oct 1st that will apply to the Reserve Component.

1. EARLY ELIGIBILITY - Early Eligibility allows the service member and their eligible family members access to TRICARE up to 180 days prior to the activation date. This early eligibility period was formerly up to 90 days prior to activation. The unit personnel office will input the early eligibility into a data base that feeds up to the DEERS system where the eligibility for this benefit will be reflected. The service member will not enroll in a TRICARE program during the Early Eligibility period and will access healthcare at a Military Treatment Facility if they reside within 50 miles of the installation. A Service Member who resides more than 50 miles from a Military Treatment Facility or more than a one hour drive will access routine care from a routine provider, referrals are required for specialty care.

2. TRICARE RESERVE SELECT (TRS) - When a service member is deactivated they will have 30 days from the end of their other TRICARE coverage to purchase TRS as continuous coverage, or no break in TRICARE coverage. This time frame was formerly 60 days following a period of other TRICARE eligibility. The service member will still have the option to enroll at anytime with a start date of the first of the next month or first of the following month.

3. TRICARE RETIRED RESERVE (TRR) - For the first time, members of the Retired Reserve who are not yet age 60, the so-called "gray area" retirees, can purchase TRICARE health coverage for themselves and their eligible family members with the Sept. 1, 2010 launch of TRICARE Retired

Reserve. Retired Reservists may qualify to purchase TRR coverage if they are under the age of 60 and are not eligible for, or enrolled in, the Federal Employees Health Benefits (FEHB) program. They must also be members of the Retired Reserve of a Reserve component and qualified for non-regular retirement. For instructions on how to qualify for and purchase TRR go to www.tricare.mil/trr.

For calendar year 2010, the TRR member-only monthly premium is \$388.31 (\$4,659.72 yearly), and the member and family monthly premium is \$976.41 (\$11,716.92 yearly). Premiums will be adjusted annually.

The comprehensive health care coverage provided by the premium-based TRR is similar to TRICARE Standard. After purchasing TRR, members will receive the TRICARE Retired Reserve Handbook, which includes details about covered services, how to get care and who to contact for assistance. For more information, visit www.tricare.mil/trr.
http://www.tricare.mil/tricaremartfiles/Prod_790/TRR_Brochure_Final_Lo.pdf

See Online Counseling in Action
Feeling overwhelmed? Deployment stress?
Trouble re-adjusting? Check out this short video and see how to connect with a counselor online via chat or web-video from your own home 24/7 as part of your TRICARE benefit.

Free Resources to Quit Smoking
Trying to kick the habit? There's a new resource available to you, day and night, weekends and holidays, at no cost whatsoever: the TRICARE Smoking Quitline.

VA Expands Agent Orange Presumptive List for Vietnam Vets

Veterans exposed to herbicides while deployed in Vietnam will have greater access to health care and disability compensation under a final Department of Veterans Affairs regulation published in the Aug. 31 Federal Register.

The new rule expands the list of health problems VA will presume to be related to Agent Orange and other herbicide exposures, adds two new conditions and expands one existing category of conditions, the VA said.

To the presumptive list, the VA is adding Parkinson's disease and ischemic heart disease and expanding chronic lymphocytic leukemia to include all chronic B cell leukemias, such as hairy cell leukemia.

In practical terms, veterans who served in Vietnam during the war and who have a "presumed" illness don't have to prove an association between their medical problems and their military service. By helping vets overcome evidentiary requirements that might otherwise present significant challenges, this "presumption" simplifies and speeds up the application process, VA said.

Vets who served in Vietnam anytime from Jan. 9, 1962, to May 7, 1975, are presumed to have been exposed to herbicides. More than 150,000 veterans are expected to submit Agent Orange claims in the next 12 to 18 months. Many are potentially eligible for retroactive disability payments based on past claims, said VA Secretary Eric Shinseki.

To see more, go to:
<http://www1.va.gov/opa/pressrel/pressrelease.cfm?id=1945>.

Military Personal Financial Counselor

Iowa has just gained another incredible resource for our Service Members and their Families. The Military & Family Life Consultant (MFLC) Program includes Personal Financial Counseling to help you and your family manage your finances. Jay Voigt, Certified Financial Planner (CFP), is available to offer free, anonymous, confidential financial counseling to our Service Members and their Families, anywhere within the state of Iowa. Jay is currently awaiting a contact number but can be reached via email at iafinancialcounselor@gmail.com. You may also call the Warrior and Family Services Branch at 515-252-4758 or ext 4781 to direct you to Jay. Please see the attached flyer for more information regarding this service.

23 October 2010: Military Child Education Coalition Professional Development Training

The Iowa National Guard Youth Program is happy to offer one-day training for FRG Volunteers, Family Members, educators, and community members serving youth titled "Living in the New Normal." This training is conducted by the Military Child Education Coalition and provides those working with military children a wealth of information and resources (those attending will leave with a tote bag filled with resources). All materials, the training, as well as breakfast and lunch are provided at no cost to the attendee. In addition the Iowa National Guard Family Programs will reimburse FRG Volunteers and Family member's mileage and childcare to attend. Those completing the training may choose to pay for either .5 graduate credit or a CEU. The training will take place 23 October at Camp Dodge in Johnston, IA. If interested in registering and for more information please contact Jeremy VanWyk, State Youth Coordinator, at 515-252-4040 or at Jeremy.vanwyk@us.army.mil.

Family Matters Blog

Elaine Wilson, editor and writer for American Forces Press Services, launched the "Family Matters" blog to provide resources and support to military families, as well as to encourage a dialogue on topics ranging from deployments and separations to the challenges of everyday life. AFPS started as a weekly collection of articles distributed by mail to military newspaper editors worldwide, and has grown into a timely news service available on the World Wide Web. Publishing more than 3,000 news and feature articles annually, AFPS covers developments affecting Service members and their Families, reports from the scene when senior leaders travel, and uses selected articles from the services and military units to tell the Defense Department's story. Now, AFPS has launched its first blog, soon to be followed by more blogs on subjects of interest and concern to Service members and their Families. Please visit <http://afps.dodlive.mil/about/> to read further and/or comment.

6 October 2010: Heart to Heart Brunch: Honoring Military Wives

Stoncroft Ministries will be hosting a Free Brunch for Military wives on Wednesday, 6 October 2010 from 9:30-11:30am at the Family Life Center located at 4601 Utica Ridge Road in Davenport, Iowa. Billie Cash (Wife of CPT Roy Cash Jr. USN (retired)) will speak regarding A Message of Hope for Today. Special music will be presented by Becky Hinton, Pam Crowe, and Jill Barnhart. There will be giveaways and special gifts. Reservations are required for the brunch and free childcare. Please RSVP NLT Friday, 1 October 2010 by calling Pam at 563-263-8443 or email: heid@machlink.com

Military Spouse Magazine's 2011 Military Spouse of the Year

Military Spouse is looking for the best that the military has to offer; the leaders, the volunteers, the spouse who commits his/her time or his voice to our causes. Anyone who is making a difference and making the community a better place for others should be considered. For the fourth straight year, *Military Spouse* magazine will name the "Military Spouse of the Year" (MSOY) before Military Spouse Appreciation Day. As past winners have, the Military Spouse of the Year will represent sacrifice, patriotism, professionalism and altruism that embody the community of 1.1 million current military spouses. This is your opportunity to showcase a military spouse. Self nominees are encouraged. The nomination period runs through Oct. 6, 2010. Please visit <http://msoy.milspouse.com/nomhome.aspx>.

Upcoming Military OneSource Webinars and Trainings

Special Announcement from The Office of Community Support For Families With Special Needs

Military OneSource Presents A Special Needs Webinar: Focus on IEPs!

MilitaryHOMEFRONT: special announcement of upcoming Special Needs Military OneSource webinar titled Focus on IEPs! Please distribute!
<http://cs.mhf.dod.mil/content/dav/mhf/QOL-Library/MHF/257699.html>. (If link does not work, copy and paste link into your browser window.)

Tuesday, September 28, 2010 at 9:00 a.m. Eastern Time
Thursday, September 30, 2010 at 12:00 p.m. Eastern Time
Thursday, September 30, 2010 at 7:00 p.m. Eastern Time
<http://www.militaryonesource.com/MOS/OnlineCommunity/Webinars.aspx>.

Helping Your Child Achieve in School Webinars: *Wednesday, September 29, 2010 at 7:00 p.m. Eastern Time*
Friday, October 1, 2010 at 10:00 a.m. Eastern Time
<http://www.militaryonesource.com/MOS/OnlineCommunity/Webinars.aspx>.

Single Service Members: Taking Control of Your Cash Podcast

You work hard for your pay, so how do you make it work hard for you? In this podcast, the Director of the Department of Defense's Office of Personal Finance, Dave Julian, gives you the low-down, from why you should stash some of it away for the future, to how to keep it from slipping through your fingers.
(08:00 minutes) Listen or Download | Read Transcript
<https://www.militaryonesource.com/MOS/Tools/Podcasts/SingleServiceMemberPodcasts.aspx>.

COL John "Jack" Mosher, to speak about suicide

On Thursday, 30 September 2010 from 1000-1100, COL John "Jack" Mosher will speak about suicide. Location: NG JFHQ, Enhanced Classroom, and will be broadcast to several ICN sites across Iowa.
*Open to the public. Phone: 515-252-4388; Address: 6100 NW 78th Ave, Johnston, IA 50131

Emergency Preparedness Training Are You Ready?

- Can your agency maintain essential functions during an emergency?
- Is your staff trained on what to do?
- Is your Continuity of Operations Plan (COOP) compatible with your municipality?

Planning for the unexpected is a difficult task but all disability community services need to take it seriously. Please join Easter Seals Iowa in bringing community providers

together to begin the conversation of joint planning for emergencies.

When: October 13, 2010 2pm to 4pm

Where: Easter Seals Iowa, Camp Sunnyside Main Lodge, 401 N.E. 66th Avenue, Des Moines, IA 50313

RSVP: Emily Roth, 515-309-2036, TTY: 515-274-8348, eroth@eastersealsia.org

Telephone Support Group for Military Spouses

Spouse READI is assistance for spouses of service members who have returned from Iraq or Afghanistan.

This study will implement telephone groups for spouses with service members who have returned from Iraq or Afghanistan. The groups will focus on education, skills building and support. The purpose includes building resilience through education and learning, better communication, and coping skills. The program is based on the Department of Defense (DoD) face-to-face post deployment Soldier and Spouse BATTLEMIND program.

Spouses will receive, by random assignment either:

Telephone support groups, one hour, two times a month for 6 months, or

Telephone/online education sessions, 45 minutes, two times a month for 6 months, or

A one-on-one workshop at the end of the study period.

The consequences of deployment and combat exposure can affect marriage and families negatively. The study will offer spouses support post-deployment, when

reintegration challenges typically surface and are likely to affect family relationships. The study will determine whether telephone groups can enhance quality of life for military family members. Some of the usual barriers to participating in a support group, such as lack of local services, access difficulties, childcare, and long distances to travel, are eliminated by the use of the telephone.

This program is voluntary and all information will be kept confidential!

For Information or to Enroll please contact us at:

Spouse READI

Email: vhamemsbm@va.gov

Call: 901 577-7485 or 800 636-8262, ext. 7485 See the Website:

www.memphis.va.gov/spousesupport

***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

YOUTH AND ADULT T-SHIRTS AND ADULT HOODIES

**Youth Sizes: XS, S, M
Adult Sizes: S, M, L, XL, XXL, XXXL**

**Youth Short Sleeve T-shirt: \$10
Adult Short Sleeve T-shirt: \$12 (add \$2 for XXL and XXXL)
Adult Long Sleeve T-shirts: \$15 (add \$2 for XXL and XXXL)
Adult Hooded Sweatshirt: \$25 (add \$3 for XXL and XXXL)**



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!!!