



Airman & Family Readiness Program Newsletter

"Family Readiness - A Key to Mission Readiness"

132d Wing / Iowa Air National Guard



September 2017 Issue

Save the Dates

Iowa Remembrance 5K Run/Walk

When: 24 September 2017

Where: Raccoon River Park, Des Moines

What: Please join us for the 8th Annual Iowa Remembrance 5k Run on September 24, 2017. Registration is currently open so please go to iowaremembrancerun.com to get signed up! This is a run, walk, jog or even push strollers event. Lunch, medals, music and spending the morning honoring and remembering our fallen heroes.

Fall Family Festival

When: 29 October 2017

Where: Camp Dodge, Pool Pavilion

Who: Families of the Iowa National Guard

What: Costume contest, trunks of candy, crafts, movies, snacks, and more! See the attached flyer for more information.

132d Wing Military Ball

When: 4 November 2017

Where: Des Moines, Iowa

Who: Members of the 132nd Wing and their guest

What: Dinner, social, music, and dancing!
See attached flyer for additional information and pricing.

Wingman Support Team
132nd Wing Family Readiness Group
Meeting Schedule for FY17/FY18

17 September – Meeting 1:30pm

15 October – Meeting 1:30pm

5 November – Meeting 1:30pm

3 December – No Meeting Holiday Parties

Meetings are held in the Force Support Squadron Conference Room, Bldg. 110.

Join us to learn about upcoming volunteer opportunities for Wing members and families. Each meeting includes an update from a member of the Wing Leadership Team on current missions, upcoming events, and important Wing information.

Childcare is available upon request.

Please contact Ashley Wood for additional information and if you are interested in attending a meeting!

Airman & Family Readiness Office
Bldg. 110 Rm 170
(515) 261-8786

If you no longer wish to receive this newsletter, please contact the Airman & Family Readiness Program at phone: 515-261-8786 or email ashley.n.wood38.mil@mail.mil

DISCLAIMER: The following articles are provided for informational purposes to personnel of the 132d Wing. It is not an endorsement by the 132d Wing, the Iowa Air National Guard, or the United States Air Force. Personnel are advised that listed information/offers may change without notice.



This Month's Featured Book: *The 7 Habits of Highly Effective Families*

Check out this and many other great books in the Discovery Center in the Airman and Family Readiness Office. If you have previously checked out a book, please return it upon completion for others to use.

In his first major work since *The 7 Habits of Highly Effective People*, Steven R. Covey presents a practical and philosophical guide to solving the problems--large and small, mundane and extraordinary--that confront all families and strong communities. By offering revealing anecdotes about ordinary people as well as helpful suggestions about changing everyday behavior, *The 7 Habits of Highly Effective Families* shows how and why to have family meetings, the importance of keeping promises, how to balance individual and family needs, and how to move from dependence to interdependence. *The 7 Habits of Highly Effective Families* is an invaluable guidebook to the welfare of families everywhere.

***Plan My*
DEPLOYMENT**

Online Tool for Managing Deployment

Deployments and mobilizations have changed in recent years, getting longer, occurring more frequently, and often putting service members in harm's way. These changes have caused additional stress for service members and families, and have increased the challenges of maintaining readiness, managing separations, and planning successful reunions.

Plan My Deployment was designed to help you address these issues and may be used in coordination with your installation and National Guard and reserve family support programs. With Plan My Deployment you can take some of the stress out of deployment or mobilization, through access to planning tools, checklists, and helpful tips. Whether it's your first deployment or mobilization or your fifth, you will be able to create a unique checklist for the Pre-deployment, Homecoming, and Reintegration stages that contains only the information you and your family need to successfully navigate the process.



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132D WING MILITARY BALL



SATURDAY – NOVEMBER 4TH

HY-VEE HALL ★ BALL ROOM C

1730 – 2200

730 3RD ST, DES MOINES, IA 50309

SCHEDULE:

1730–1830: Social Hr & Photos
1830–2000: Dinner & Program
2000–2200: Live Music
Dancing
Photo Booth

RSVP Today!

Register through the e-Invite. For questions contact your Chief.

TICKET PRICES:

AMN \$10 | NCO \$20
SNCO \$25 | CGO \$35
FGO \$40 | GO \$40

*Guests pay same price as member.
All other civilians pay \$25.*

USAF 'HERITAGE' FUN RUN



WHEN PEOPLE ARGUE ABOUT WHICH MILITARY BRANCH IS THE BEST,



I SIMPLY POINT OUT THE FACT THAT CHUCK NORRIS WAS IN THE AIR FORCE.

 "PILOT TESTED,
CMSGT APPROVED!"



COL. ROBIN OLDS

SEAL OF APPROVAL

In keeping with Air Force tradition and the esprit de corps building example of Col Robin Olds, patron saint of "Mustache March," we are inviting you to have a bit of fun at our expense. This will not be a traditional 5K. All of our pilots will show you just how comfortable our chairs are and how easy our PT test is.

The race will begin on at the pavilions at the backside of Bldg. 110, 132d Wing, Des Moines ANGB.

Direct questions to Maj Aric Benkoski, 515-261-8582.

Open to all members of the Iowa National Guard and their family members (to include civilian employees). Employees will use authorized physical fitness time or be in an authorized leave status. Family members will be required to sign a participation waiver and will need to be escorted by their military sponsor.

SEPT. 20, 2017 ★15:30★ DES MOINES AIR BASE

Sponsored by:



Find us on:





NOW HIRING!

IA AIR NATIONAL GUARD YELLOW RIBBON SUPPORT SPECIALIST

Responsibilities:

The Yellow Ribbon Reintegration Support Specialist (YRSS) works under the general supervision of the contract manager to work in concert with the Air National Guard (ANG) Wing to assist in supporting the Transition Assistance Program (TAP), and Resilience and Life Skill Training, with the Yellow Ribbon Reintegration Program (YRRP) as priority. Roles specific to YRRP support may include organizing events, gathering data, requesting funding, making appointments, and tracking and monitoring attendance.

Qualifications:

Minimum of High School Diploma required and 2 or more years of experience working with the military community preferred. Excellent organizational and communication skills required. Proficiency in Microsoft Word, Excel, PowerPoint. Event management system/database use experience preferred. Ability to travel to support ANG geographically separated units. Exceptional customer service and excellent oral and written communication skills. Security clearance or ability to obtain NACI clearance required.

Work Location: 132nd AW / Des Moines, IA.

Hourly Wage: (SCA Contract) \$15.79 plus \$4.27 Health & Welfare

Please send to: **Apply on-line @ [AFSC.com/careers](https://www.afsc.com/careers)**

Please contact Ashley Wood in the Airman and Family Readiness Office if you have any questions or would like additional information on the position.

YOU GUARD OUR
FREEDOM AND *families*
LET US HELP YOU GUARD YOUR MARRIAGES.



As Iowans, we're fortunate to wake up every day knowing we have dedicated first responders and military personnel ready to protect us, treat us in emergencies, and even risk their lives defending our freedoms. With the recent local and national tragedies, Gary and Barb Rosberg, *America's Family Coaches*, are expanding their *Honoring America's Heroes* initiative to thank Iowa's first responders and military couples right here in our own backyard.

IMPACT IOWA



Strengthening Marriages of Our First Responders and Military.

In September, internationally renowned speakers and authors Dr. Gary and Barb Rosberg are partnering with corporations, families, and fellow citizens to honor and help strengthen Iowa's heroes and their spouses with Impact Iowa—a fun and informative weekend getaway to equip, encourage, and coach you in your marriage.



"Gary and Barb's countless weekends of service to spouses left behind, as well as families upon redeployment, were critical in re-establishing our marriage. Their support and guidance will give you and your military spouse the framework and tools you need to help your marriage endure and thrive—despite the unique challenges you face in your respective career fields."

-Jason and Kristi Edwards



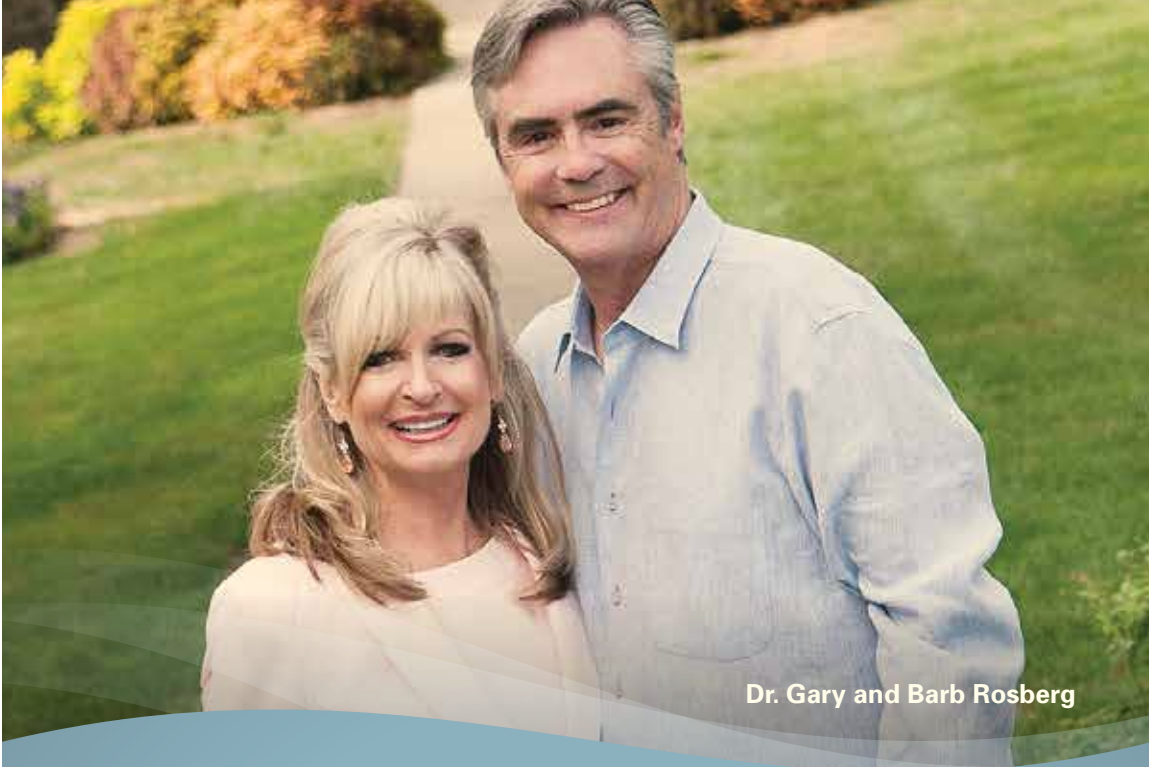
"We are excited to join other couples who understand the unique challenges of being a first responder as we work to strengthen our marriage."

-Firefighter Jim Kirkman and wife Kelli



"A marriage involving one or more first responders has its own unique challenges. Having a time and place dedicated to helping us learn what God has in store for us is amazing!"

-Police Captain & Dispatch Supervisor Mike Colby and wife Jennifer



Dr. Gary and Barb Rosberg

If you and your spouse are interested in learning how to experience a great marriage together,

*please join us for this
24-hour weekend getaway.*

Thanks to the generous support of our corporate sponsors and fellow lowans, the cost for this getaway is only **\$25 per couple for both days** (\$500 value). Limited to the first 150 couples.

September 29–30, 2017

West Des Moines Marriott • 1250 Jordan Creek Pkwy • West Des Moines, IA 50266

Friday 6:00 P.M. to 10:00 P.M.

Hors d'oeuvre reception, opening session, entertainment by comedian Kenn Kington and overnight stay.



Kenn Kington

Saturday 9:00 A.M. to 4:30 P.M.

Breakfast, lunch and full day of marriage coaching by Dr. Gary and Barb Rosberg, America's Family Coaches.



Additional details and registration information available at **HonoringAmericasHeroes.org** or call **515.334.7482**.



*Sessions will be videoed to be distributed to additional first responder and military couples, including those in attendance.

VETERANS APPRECIATION TAILGATE

KINNICK STADIUM PRESS BOX

SEPTEMBER 30, 2017

GATES OPEN 45 MINUTES BEFORE KICKOFF

visit www.hawkeyesports.com for game time



MILITARY & VETERAN STUDENT SERVICES
Center for Diversity & Enrichment

Veterans and immediate family members are invited to watch the (away) Iowa-Michigan State game inside historic Kinnick Stadium on 24 TVs

- ★ Free (limited) parking on west side of stadium, enter Gate D
- ★ Opening ceremony 20 minutes before kickoff
- ★ Colors: University of Iowa Air Force ROTC
- ★ Pledge of Allegiance: North Liberty Pack 275
- ★ National Anthem: STG 3 Patrick Gilpin, DDG22 USS Benjamin Stoddert
- ★ Light tailgating lunch and refreshments will be served
- ★ Veterans benefits information available
- ★ No RSVP or ID required

EVENT SUPPORTERS:

Johnson County Commission of Veterans Affairs, along with Cedar, Henry, Jefferson, Keokuk, Van-Buren, Wapello, Washington, and Wright County Veterans Affairs; Iowa City VFW Post 3949; UI Office of the Registrar, Center for Diversity & Enrichment, Military & Veterans Student Services, Veterans Association, and Catering; Iowa State Building and Construction Trades Council; Iowa Interstate Railroad, LTD; Humana; Residential Mortgage Network—Jessica Greving; VA—Home Loans; Swisher American Legion Family; Coralville American Legion Family; Iowa City VA Medical Center

EVENT HOSTED BY:



POINT OF CONTACT:

Gary Boseneiler
gbosenei@co.johnson.ia.us
(319) 356-6049

8th Annual

FALL FAMILY FESTIVAL



OCT. 29TH
2-4pm

Camp Dodge

POOL PAVILION

costume contest
trunks of candy
crafts
mystery hunt
photo booth
movie viewing
scooby snacks

≡ **FREE** ≡
For Military Families



East Gate Access

7700 NW Beaver Dr, Johnston, IA 50131



LETTERS FROM HOME



America's Bombshell Duo

Letters from Home is a show completely in the spirit and style of the 40's. The incredible singing harmonies, charming personalities and phenomenal energized tap dancing will have you rolling in the aisles with laughter and reviving you with patriotic passion!

Friday, November 3rd, 2017

Veteran's Memorial Building, 50 2nd Ave, Cedar Rapids

5:30 pm: Social Hour
6:30 pm: Welcome
6:45 pm: Guest Speakers
7:00 pm: Dinner
7:30 pm: *Letters from Home*

Advance Sale Tickets
\$85.00

Tickets must be purchased in advance through our website, Facebook page, through Chuck or at:

<https://heroshow.eventbrite.com>

Contact: Chuck Geertz (563)357- 4923

chuckgeertz@englishriveroutfitters.org

All proceeds go to supporting our veterans through Healing at English River Outfitters

FROM THE BATTLEFIELDS TO THE HEALING FIELDS





1st Annual VA Summer Bash!

Who: Any Veteran enrolled at the VA and their family and friends!

What: Live Music, Petting Zoo, Refreshments, Games, and more entertainment!

Where: On VA campus, in front of Building 12 (CLC)

When: Monday, September 4th
1-3:30pm

No need to RSVP! Show up and have fun!

