

Family Programs

Your Feedback is Appreciated.

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Useful Web Sites

(<http://www.>)

military.com

afcrossoads.com

ang.af.mil

esgr.org

tricare.osd.mil

<https://55.1.6.189/hr/o/Employment.htm>
<http://www.defenseink.mil/ra/familyreadiness.html>

<http://www.elmendorf.af.mil/>

AF Portal
<https://www.my.af.mil/>

Family Program Resources:

Army and Air Force One Source

You spend every day trying to make time for everything that's important to you---your mission, your family, your life. Sometimes it can seem as if there's too much for you to handle. Whether you're trying to find child care, trying to get out of debt, coping with a family problem or personal issues that's weighing you down at home or at work, or just dealing with the ups and downs of everyday life-if you need a helping hand, get in touch with Army One Source or Air Force One Source. No matter who you are, no matter what kind of issues you're dealing with, both Army One Source and Air Force One Source are designed to help you find support, advice, and the resources you need. No question is too small, no issue is too big. The service is PRIVATE and because you never know when you will need the service, they are available 24 hours a day, 7 days a week. This program can give you information, advice, and support on a wide range of everyday issues, including but, not limited too:

Parenting and child care	Education
Older adults	Midlife and retirement
Deployment and reunion	Financial
Legal	Work
Relocation	Emotional well-being
Addiction and recovery	Grief and loss
Everyday issues	

Both Army One Source and Air Force One Source offer you, a real person to talk to when you need help or an answer to a question. They have a web site that provides online articles, workshops, locators, self-assessments, and more. They also have pre-paid booklets, audio recordings, and other materials to help you get the answers you need. Also Army One Source or Air Force One Source can provide referrals to resources, services, and support in your community. You should check this out!

So how do I get in touch with Army One Source or Air Force One Source? It is easy and here is how:

From the U.S. Call: 800-464-8107 (Army) or 800-707-5784 (Air Force)
International Call: 800-464-81077 (Army) or 800-7075-7844 (Air Force)
International Collect: 484-530-5884 (Army) or 484-530-5913 (Air Force)
Or: www.armyonesource.com or www.airforceonesource.com
User ID: army User ID: airforce
Password: onesource Password: ready

Air Force One Source is proud to offer the **Staying Strong as a Couple** recording. Psychologist and researcher Dr. John Gottman talks about how couples can face their challenges together and how to grow closer as partners. The recording also features five couples who talk about the challenges and successes of their own relationships. Call Air Force One Source today for your **FREE** copy.

I have some wonderful news!! The Exceptional Parent Magazine Resource Guide is now available via Military One Source for free! You can order the Guide on the Military One Source website and it will be delivered to your door at no-cost to you. The Exceptional Parent Magazine donated 20K EP magazine Resource Guides for our military families with special needs. If you were to purchase the Guide it would cost you \$20! It's a wonderful resource for families moving from State to State and for those who are searching for resources on a specific disability. Please help spread the word.. Professionals serving military families can also order the Resource Guide; this includes EFMP Managers/Coordinators and medical professionals.



**Brand New Federal Employees
Legal Survival Guide Just
Published New Publication
Announcement: The Federal
Employees
Legal Survival Guide**

[http://www.fedweek.com/pub/index.
php](http://www.fedweek.com/pub/index.php)

**Childcare can be expensive these days,
especially while a love one is deployed.
Check out this website and find ways to
save.**

www.naccrra.org

USAFA Parent/Teen Outdoor Adventure Camp

June 26-July 3/Colorado Springs, Colorado

This camp is for families of deployed active duty Air Force members, reservists, their spouses and dependents ages 12-14. All lodging, meals and activities will be paid by HQ USAFA. All travel expenses are the responsibility of the attendees.

Interested applicants must:

Complete an Application

Write a One Page Essay On a Specified Topic

Submit Materials to Youth Director by April 22.

Each participant that applies must be able to participate in physically demanding activities such as Ropes Courses, Rock Climbing, Hiking, Horseback Riding and White Water Rafting.

For more information, call the Youth Center at 552-2266.



[http://www.elmendorfservices.com/Pages/itt_new/
itt-main.htm](http://www.elmendorfservices.com/Pages/itt_new/itt-main.htm)

Located in the Arctic Oasis Community Center
9497 20th St

Phone 552-0297 / 753-2378

Open Monday – Friday 0930 – 1730

Closed Saturday – Sunday & Holidays

Spot Light Web Site

Fort Richardson MWR: <http://www.usarak.army.mil/framwr>

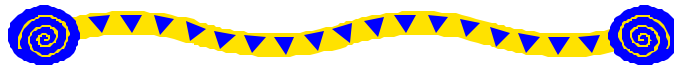
Seward Resort: <http://www.sewardresort.com>

Moose Run Golf Course: <http://www.mooserungolfcourse.com>

Elmendorf MWR: http://www.elmendorfservices.com/Pages/index_page/index.html



FAMILY DAY 2005



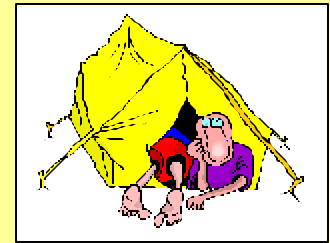
Join us this year for loads of fun on Saturday, June 4, 2005!

Great food, entertainment and children's activities.

For information on how you can help contact

Gretchen Nealy at 249-1130 or gretchen.nealy@akanch.ang.af.mil.

August 21-27th Camp Carlquist Eagle River, AK FREE!



Camp Purple is a one week camp filled with
GAMES, crafts, HIKES, campfires and MORE!

Request your Operation Camp Purple application by
contacting the Armed Services YMCA offices on
Ft Richardson 384-9622 or Elmendorf AFB 552-9622.

*All BOYS and GIRLS between 9 and 15 years old with a parent or family member deployed (or will
deploy) within the period of June 2004 thru September 2006 are welcome to apply. Open to members
of the U.S. Army; U.S. Air Force; U.S. Coast Guard; Marines, Alaska Army National Guard; Alaska Air
National Guard; U.S. Air Force Reserve and U.S. Army Reserve.*

It's All About FUN!

Sponsored by the National Military Family Association & Armed Services YMCA of Alaska

New Spouse Resource

Find spouse-friendly job listings, childcare and family support, career advice and more in the new essential resource for spouses: the Military Spouse Career Center. Go to URL:

<http://web50.military.com/cgi-bin/outlog.cgi?url=http://www.military.com/spouse&code=miltreptst.nl>

TRS Health Plan Information Now Online

New TRICARE Reserve Select (TRS) Health Plan materials have been added to the TRICARE website. Beneficiary education and staff training materials are being added weekly, so be sure to check the site often for the most current TRS information. New materials added this week include: a TRS Brochure, updated Frequently Asked Questions, and a TRS Briefing with Speaker's Guide and Suggested Uses. It is important for National Guard and Reserve families know about this new TRICARE benefit in order to make an informed health care choice. The TRS website is located at:

<http://www.tricare.osd.mil/reserve/reserveselect/index.cfm>



http://www.elmendorfservices.com/Pages/orc_new/orc-main.htm

Great site for children to learn about
safety.

<http://www.mcgruff.org/>

CHECK OUT THESE WEBSITES FOR FREE STUFF FOR OUR SERVICE MEMBERS AND FAMILY MEMBERS

<http://www.operationhomelink.org/> -
Free computers for spouses or parents of deployed soldier in ranks E1 - E5.

<http://www.prweb.com/releases/2004/2/prweb106818.htm> -
free mail/gifts sent to children of deployed soldiers.

<https://www.operationuplink.org/> -
Free phonecards.

<http://anysoldier.com/ForSoldiersOnly.cfm> -
To sign up for sponsoring soldier care packages for theater.

<http://www.appreciateourtroops.org/forourtroops.shtml> -
To have commander sign up for mugs for unit troops.

<http://www.operationshoebox.com/> -
free shoebox care package.

<http://www.treatthetroops.org/> - free cookies.

<http://bluestarmoms.org/airfare.html> - lowest airfare available.

<http://bluestarmoms.org/care.html> - free care packages.

<http://66.241.249.83/> - free air conditioners/heaters.

<http://www.heromiles.org/> -
free air travel for Emergency Leave, and for the family members of injured soldiers to
travel to Medical facility.

<http://www.bluestarmothers.org/airlinespecials.php> -
Airline discounts for R & R.

<http://www.booksforsoldiers.com/forum/index.php> -
free books, DVD's, CD's.

<http://prayercentral.net/engage/militaryprayer/daily.php> -
daily prayer and scriptures.

<http://www.militarymoms.net/sot.html> -
free care packages (your family member signs up to have sent to you).

<http://operationmilitarypride.org/smsignup.html> -
free care packages.

http://www.soldiersangels.org/heroes/submit_a_soldier.php -
get adopted to receive stuff.

<https://www.treatsfortroops.com/registration/index.php> -
free gifts and care packages.

<http://www.emilitary.org/forums/index.php?s=c200230df4b511793b37d9fa7072b056&showtopic=354&pid=664&st=0&#entry664> -
free bible, Christian video, and book for spouse/family members of deployed troop.

http://www.defenselink.mil/news/Nov2004/n11232004_2004112312.html -
free shipping/packing materials for shipping to troops.

SHARE THIS WITH ALL!

The Military Has Enough Lines

Don't wait in another line at the loan office. Go online. Omni Military Loans has been helping service members get loans for over 50 years. \$500-\$10,000 loans available -- anywhere you're stationed. Go to URL:

<http://web50.military.com/cgi-bin/outlog.cgi?url=http://www.military.com/LeadsForms/PersonalLoanLead1&code=miltreptst.nl>

New Law to Affect SGLI

Defense and Veterans Affairs officials are ironing out details of programs that will expand benefits provided through Service members' Group Life Insurance. The \$82 billion supplemental legislation signed into law by President Bush May 11 increases maximum SGLI coverage to \$400,000 and provides payouts of up to \$100,000 for service members with traumatic injuries. The increased SGLI coverage will take effect Sept. 1, and the so-called "traumatic SGLI" benefit, December 1. The legislation directs that both benefits will be retroactive to Oct. 7, 2001

To send a Father's Day message to your soldier, go to: www.stripes.com. Click on "Stars and Stripes Send a Message to Dad" in the lower left column. Messages for forward deployed soldiers in the Middle East will be printed and distributed, but have to be completed by May 27th.

Seward Air Force Recreation Camp

Seward Air Force Recreation Camp has opened early for the season. Be sure to call 552-5526 to make your tent space, cabin or RV or trailer space. The camp even has two new deluxe family cabins with a full kitchen and bath, a washer and dryer, cable television, central heating and accommodations for up to six people. These fully insulated cabins will be available year-round for \$150 per night from Memorial Day weekend through Labor Day weekend and \$75 per night during the off- season.

TRICARE Launches Pharmacy Website Application

A pharmacy formulary search tool is now available on the TRICARE website which allows beneficiaries to find medication-specific information using either a drug name or a medical condition. Beneficiaries can use the Formulary Search Tool to check availability of specific medications through the TRICARE Mail Order or Retail Pharmacy Search Tool; determine which medications are on the basic core formulary, which must be made available at all full service military pharmacies; find copayment information for prescription medications, quantity limits or prior authorization requirements and obtain prior authorization criteria and forms. The Formulary Search Tool can be accessed through the TRICARE Pharmacy website at <http://www.tricare.osd.mil/pharmacy>

The STAP (Spouses Tuition Assistance Program) application is available on the base public web site at <http://www.elmendorf.af.mil/3Wing/Groups/3msg/3MSS/DPE/Webdocs/STAPInformation.htm>.

Subject: FW: Free Phone Card and Iraq Calling Cards

Once your soldier starts on orders they are now active duty soldiers and qualify for the Free Phone Cards. To request free phone cards for active duty military personnel deployed away from home, visit <http://www.operationuplink.org/request.cfm> <<http://www.operationuplink.org/request.cfm>> At this site, you may fill out a request for a phone card to be sent to yourself or a loved one. 500,000 cards are available, and only one card request per service member can be honored in any 60 day period.

FAMILY FINANCIAL INFORMATION

1. Losing The Name Game

If you or your parents purchase U.S. Savings Bonds for young children, be careful how you title them. Under some conditions, the interest on these bonds might be tax-free. However, to qualify for this tax break, a bond must be issued solely in the taxpayer's name, or in the name of the taxpayer and spouse.

The owner must be at least age 24 before the bond's issue date.

Thus, a bond issued in the name of the taxpayer and his or her child as joint owners will not qualify; nor will a bond bought by a parent and issued in the name of his or her child under age 24.

If the child is named not as co-owner but as beneficiary, the bonds may still qualify for the tax break. Moreover, if an EE Savings Bond is co-owned by a parent and child, it may be possible to reissue the bond solely in the parent's name.

The Code of Federal Regulations provides that a bond issued in co-ownership may be reissued in the name of either co-owner alone if both co-owners are related by blood (or legal adoption) or marriage to each other. "I bonds" (inflation-indexed Savings Bonds) do not afford the same flexibility.

Keep in mind that income must be under \$91,850 on a joint return (in 2005) for a full exclusion of the interest income. A partial exclusion is available with income up to \$121,850.

2. An Education In Tax Savings

If your child has money in a custodial account, consider liquidating that account and placing the proceeds in a 529-college savings plan. By doing so, you'll avoid income taxes on the earnings in the account.

However, you must be sure that the funds will be used for higher education expenses. If not, any earnings will be taxed as ordinary income and subject to a 10 percent penalty, upon withdrawal.

You won't gain any flexibility by making such a move because the account still will subject to Uniform Transfers (or Gifts) to Minors Act. Thus, the 529-account owner cannot change the beneficiary or direct a distribution to anyone other than the beneficiary of the custodial account. In fact, when the beneficiary attains the age for distribution of the custodial account (generally, at 18), the youngster should become the owner of the 529 account.

Concurrent Receipt Bill Introduced

Rep. Michael Bilirakis (Fla.) has introduced H.R. 2076 that would authorize full concurrent receipt to retirees rated as individually unemployable by the Department of Veterans Affairs (VA). The bill also expands eligibility to those with VA disability ratings of 40 percent and lower in the 10-year phase-out of the disability offset. To contact your public officials directly, go to

http://web50.military.com/cgi-bin/outlog.cgi?url=http%3A//vote.military.com/military/mail/oneclick_compose/%3Falertid%3D7616411&code=VR_HR2076_ACTION_AL
ERT 050523

Airport Gate Passes for Military Passenger Family Members (Update)

The TSA has put out a security directive pertaining to military passengers. Family members of military passengers flying on a government-organized flight or charter may now be given access onto an airport concourse for the following reasons:

1. To escort the military passenger to the gate
2. To meet a military passenger's inbound arrival at the gate

The family member will be required to have a pass and a photo ID to get past the security checkpoint. Please note: This security directive only applies for government-organized flights. If your family member is flying on a commercial flight, please contact the appropriate airline for information concerning their security policies. Some airlines may offer you access.

DoD Health Plan for Eligible National Guard and Reserve Members Announced

The Department of Defense announced today that beginning April 2005 a new premium-based, health care plan will be available to eligible National Guard and Reserve members activated for contingency operations on or after Sept. 11, 2001.

According to Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs, "This benefit compares most favorably with any health plan option available to our Reserve components." He continued, "We hope that individuals will consider carefully the value of this benefit for themselves and their families as well as the commitment to our nation's defense."

Tricare Reserve Select (TRS) is authorized under the National Defense Authorization Act for fiscal 2005 and, when purchased by a TRS eligible member, provides comprehensive health care coverage similar to Tricare Standard and Extra for the member and his or her eligible family members.

A National Guard or Reserve member's personnel office will determine eligibility for TRS based on active service on or after Sept. 11, 2001. The service period must be for 90 consecutive days or more in support of a contingency operation and, prior to leaving active duty, the member must enter into an agreement with his or her Reserve component to serve in the selected Reserve for at least one additional year. For those members who already have left active duty, they must enter into an additional service agreement no later than Oct. 28, 2005.

Members are eligible for one whole year of TRS coverage for each whole year of service commitment in the service agreement, up to a maximum of one whole year of coverage for each 90 days of continuous active duty served in support of a contingency operation. For example, members who served a 360-day qualifying active duty period in the selected Reserve are eligible for four years of TRS coverage provided the member agrees to serve at least another four years in the selected Reserve.

TRS coverage for members and covered family members will end when the service agreement ends or sooner if the member separates from the selected Reserve, voluntarily disenrolls from the TRS program or fails to pay the monthly TRS premiums.

Updated information on the TRS program (including program start date, eligibility, benefits and premiums) will be posted later this month on the Tricare Web site (<http://www.tricare.osd.mil/trs.cfm>). National Guard and Reserve and family members may subscribe to TRS updates by e-mail, which will be sent as information becomes available. To subscribe, go to the Tricare Web site (<http://www.tricare.osd.mil/tricaresubscriptions/>).



Morale Call ### Change - (Hearts Apart!)

Effective on **1 April 05**, the Morale Call number will change. If you are a remote tour spouse and we have a copy of your sponsors' orders on file, the number will be sent in a separate email. (If you are receiving the newsletter by mail, look at your attachments for the new number.) If we do not have orders, call your unit First Sergeant or bring a copy of the orders by the Family Support Center. For more information or questions contact 552-4943.

TRICARE Maternity Care Options

Expectant mothers who are TRICARE beneficiaries have a variety of choices for receiving health care services before, during, and after childbirth. The scope of these services and their associated costs are related to beneficiary status, proximity to military treatment facility (MTF) services, and choice of TRICARE program and provider. For find out what your options are and calculate TRICARE maternity costs, go to

<http://www.military.com/Resources/ResourcesContent/0,13964,68628,00.html>

For more on TRICARE, go to

<http://www.military.com/Resources/ResourcesContent/0,13964,30822--1,00.html>

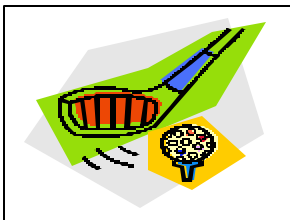
Guard Family Action Plan Web Site Kicks Off

The Guard Family Action Plan (GFAP) Web site (www.gfap.org) is now operational! The GFAP is designed to improve programs, benefits, and entitlements for families within the National Guard community. The GFAP is a standardized management tool that allows for the monitoring of the process by which issues are gathered, submitted, and resolved. Ultimately, the GFAP will increase family self-reliance and thereby promote individual, family, and unit readiness and well-being.

The Exceptional Parent Magazine Resource Guide is now available via Military OneSource for free! You can order the Guide on the Military One Source website (<http://www.militaryonesource.com/>; user name: military; password: onesource) and it will be delivered to your door at no-cost to you. The Exceptional Parent Magazine donated 20K EP magazine Resource Guides for our military families with special needs. If you were to purchase the Guide it would cost you \$20! It is a wonderful resource for families moving from state to state and for those who are searching for resources on a specific disability. Professionals serving military families can also order the Resource Guide; this includes EFMP Managers/Coordinators and medical professionals.

CONGRATULATIONS TO ALL THE NEW PARENTS AT THE 176TH !

**WE ARE PLEASED TO WELCOME THESE GIFTS OF LIFE TO OUR
AIR GUARD FAMILIES!**



"The Commander's Cup" Golf Tournament

Mark you calendars!
August 14, 2005, Sunday
Mosse Run Golf Course

More details to come.



**Do you have something that you want to share with the families of the Alaska Air National Guard?
With discrepancy we will share your activities and upcoming events. Sent global e-mail over Drill weekends.**

**POC: Gretchen Nealy, Family Program Manager
(907) 249-1130 or Gretchen.nealy@akanch.ang.af.mil**