



Happy Mother's Day!

Family Program Office
3545 Mustang Ave
Battle Creek, MI 49015

On The Home Front

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Important Phone Numbers

Family Program Office
1-800-753-6201
ext 3493

Chaplain's Office
269-969-3371

Legal Office
269-969-3232

ID Cards/DEERS
269-969-3216

Finance
269-969-3224

TriCARE
1-877-363-6337

Security Forces
269-969-3300

Families and the ORE/ORI Practice makes perfect - sense!

For the last few months, you should have heard about preparations for the ORE or ORI. By now, families should be aware and prepared for the short deployments to Alpena for the ORE in May, and the following ORI in July. It is important for families to understand their role in the upcoming ORE/ORI.

Family readiness is essential to mission readiness. What does that mean? Families play an important role by preparing for and enduring separations from their service member. Service members will not be able to do a good job during missions if they are too concerned about their family or if they have to take leave to respond to family issues and hardships. And, above all, the Guard cares about our families and their well-being. It is reality - military service brings deployments, and our families need to always be ready. Readiness prevents future hardships and reduces stress.

While the ORE and ORI may be considered short separations, families need to be able to adjust to changes that may occur. Even short deployments can bring added responsibilities, budget adjustments, strains in relationships, and other challenges and frustrations. Families that are unprepared to withstand the stress and challenges of deployments may ultimately impact the community and their service member's success on the mission.

The Family Program will be sending home Family Readiness packets in June. These packets are filled with valuable information to help you prepare for the ORI (and any future deployments as well). Guard members will be updating wills, power of attorneys, and family contact forms. Please take the time to look over the information in the packets, talk about any concerns you have, and make plans and the preparations to ensure your family is READY. No matter how much we prepare, there will inevitably be unpredictable challenges that will still occur. Every effort you put into being ready will benefit your family in the long run and help us all deal with challenges more successfully. Be sure to contact the Family Program with any questions or for more information.

The Family Program office responds to urgent needs and provides assistance 24 hours per day/7 days per week. In the event of emergency situations, we will have communication channels to notify members participating in the ORE/ORI.

Please call (269) 969-3493 or toll free 1-800-753-6201 (#8) for assistance.

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Free flowers bring mixed blessings

The free flower bulbs that were distributed April UTA were certainly appreciated! R & L Transfer, a local trucking company, generously arranged for the donation of spring flower bulbs from Central Packaging Company. We originally estimated the amount of free bulbs to be around 100,000, but after unpacking all 9 skids, the volunteers believe it was definitely more! Mixed blessings were received not only in the amount and the wide variety, but also in the amount of work it took to distribute them....and plant them! Does anybody else have a slight pain in their lower back or a tenderness on the palms of their hands from all the

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OneSource
1-800-707-5784

Department of Defense launches new Military Spouse Career Center

Education, Training & Career Services Consolidated for Military Spouses

A new Military Spouse Career Center commissioned by the Department of Defense Office of Military Community & Family Policy was launched in April at www.Military.com/spouse. The resource connects America's 1 million military spouses with education options, scholarships, training programs, career planning tips and employment opportunities.

The new Military Spouse Career Center was developed under contract by Monster, the leading global online careers property, and it's Military.com subsidiary.

"Military spouses also serve, and we aim to put career, education and training opportunities and resources at their fingertips," said John Molino, Deputy Under Secretary for Defense for Military Community and Family Policy.

"We aim to make it easier for employers and educational institutions to reach this large, attractive talent pool that has proven elusive to-date, says Christopher Michel, President of Military.com, a subsidiary of Monster.

The new Military Spouse Career Center offers an extensive job board that includes hundreds of thousands of jobs from the public and private sectors. A list of Military Spouse-Friendly employers is included, and will grow as more employers step forward to participate.

The new Career Center includes information on entering and advancing in popular career fields, especially when military relocation requires finding a new role. The Career Center covers many so-called "portable" career fields that lend themselves to continuity despite frequent relocations. Also included is information regarding jobs on military installations, overseas employment opportunities, and volunteer options.

For those exploring career options, the Military Spouse Career Center has a "Career Advice" section outlining a step-by-step approach to career planning. Tools and tips for assessing personal goals, skills and interests are included. This section culminates in tips for job searches, resumes, interviews, and starting a career, as well as, family support resources that can be key enablers to pursuing a career. Topics include career counseling, licensing and certification, childcare and youth programs.

The Center also includes links to the personal support services offered to military families at Military OneSource 24/7 at 1-800-342-9647 and www.militaryonesource.com.

A Large, Attractive Talent Pool

Military spouses number over 1 million and comprise a large, attractive talent pool. Military spouses are engaged in the

full spectrum of career fields, including healthcare, teaching, childcare, real estate and administrative professions. Employers often cite the skills and attitudes of military spouses. Companies such as Adecco, Home Depot and Cintas value the military spouse talent pool.

Getting Involved

Employers seeking to hire military spouses indicate their interest at www.Military.com/spouse. Educational institutions and other service providers can also indicate their scholarships or programs for military spouses. For more information, contact, Vince Patton, Director of Business Development for Military Advantage [Military.com], at 703-269-0154, or by email at vince@militaryadvantage.com.

New! TRICARE Reserve Select

TRICARE Reserve Select (TRS) is a new premium-based health plan that is available to certain members of the Guard and Reserve and their families, if specific eligibility requirements are met.

TRS coverage is available to eligible members who have served on active duty, under Title 10, in support of a contingency operation on or after September 11, 2001. Contingency operations include Operations Noble Eagle, Enduring Freedom, and Iraqi Freedom. This benefit provides one year of eligibility for every 90 days served on Active Duty. It will be grandfathered to those who have served back to Sept 11, 2001. Service members will need to agree to continued service in Guard or Reserve for one or more whole years to qualify.

TRS coverage must be purchased. TRS members pay a monthly premium for health care coverage (for self-only or for self and family). The monthly premiums for calendar year 2005 are:

\$75.00 for TRS member-only coverage

\$233.00 for TRS member and family coverage

Service members must submit an initial payment equal to one month's premium with the completed TRS enrollment form for the type of coverage selected. After the initial payment, the TRICARE regional contractor will send a bill by the 10th day of each month and the payment is due no later than the 30th day of each month. Premium payments are due in advance and will apply to coverage for the following month of coverage. More information can be found at: <http://www.tricare.osd.mil/reserve/reserveselect/index.cfm>

Mixed blessing flowers from page 1

hole digging? (just checking!)

We would like to thank volunteers C.J. Morgan, Sarah Potter, and Judith Rodriguez for all their efforts and hard work of sorting, stacking, and moving the flower bulbs. The three volunteers generously donated an entire Saturday and helped eager gardeners get the flowers they wanted. They even assisted many "brown thumb" individuals who were graciously picking up the bulbs for the "real" gardeners in the family. The volunteers did an awesome job!

Many people were surprised that we managed to distribute all of the bulbs, and apparently the free bulbs were very high in demand. We were still receiving requests for bulbs many days later! It was unfortunate that some families did not receive the April newsletter before the UTA. (We did try to let everyone know by also sending out a basewide email to all military members).

With best of luck, all the flowers have found nice homes in the dirt and we will have many 110FW homes blooming with color every Spring! For those of you who would like to brag about being a "master of gardening", or if you would like to share your appreciation for the free flowers, please send in a couple pictures of your blooming beauties. We would like to have photos for our Family Program scrapbook, and include some of the photos with our thank you letter to R & L Transfer and Central Packaging Company.

Selfridge case lot sale in May

There will be a case lot sale at the Selfridge Commissary on May 13th - 14th. Case lot sales routinely save customers 50% or more off regular prices on paper products, cereal, canned goods, beverages, cleaning supplies, and more. A list of sale items will be featured before the sale at www.commissaries.com. If there is enough interest, we may be able to plan a group shopping trip.

There is still time....Please contact the Family Program Office at 969-3493 by May 1st if you are interested in carpooling or participating in a group shopping trip to the commissary.

Volunteers: We need you!

- ☺ April 27-30 - ORE - Help with the briefings, forms, or set-up with snacks to help "maintain morale" before the members depart for Alpena.
- ☺ April 30 - Kid's Fest at Kellogg's Cereal City - Help distribute military family support info to kids and their parents, or help kids make cards for troops at the Family Program booth.
- ☺ May - Help assemble family readiness/deployment packs to be given out in June or help to assemble care packages to be sent to troops currently in Iraq.

For more details on these or other events you would like to help with, please contact the Family Program Office!



Parenting today can seem harder than ever — what with pressing work demands and busy family schedules, the attractions and distractions of electronic media, and the dangers for older children of school violence, drug and alcohol abuse, and other risky behaviors.

But children can also be the same joyful and joy-bringing creatures they have always been. *Parenting in the 21st Century*, is a recording where Dr. Edward Hallowell talks about the challenges facing parents and children today and offers timeless advice for raising resilient, safe, successful, and — most important — happy children. He outlines a five-step plan that parents can use to give their children the gift of happiness that will last a lifetime. Connection, play, practice, mastery, and recognition: these five concepts hold the key to raising children with healthy self-esteem, moral awareness, and spiritual values.

Call Air Force OneSource or go online to order your **free *Parenting in the 21st Century*** CD today! Even better, visit your Family Support Center, ask them to order a copy for you, and find out about the other resources that are available to you!

From the United States: 1-800-707-5784

En español, llame al 1-800-375-5971. Air Force OneSource also offers simultaneous translation into more than 150 other languages. Phones are TTY/TDD accessible by calling 1-800-346-9188.

**Online: www.airforceonesource.com
User ID: airforce Password: ready**

Air Force OneSource is a virtual extension of your installation community support resources.

Hey, you!- Honor your spouse for Military Spouse Day with pin

If you are one of America's Airmen or Air Force civilian employees, the United States Air Force wants to thank your spouse for their support! In an increasingly volatile world, the United States Air Force depends on our families and their support as never before. It's only appropriate that we reach out to the spouses who stand shoulder-to-shoulder with us in the global war on terrorism.

The Secretary and Chief of Staff of the Air Force approved a new initiative, the Spouse Pin Program, to thank military and civilian spouses for their sacrifices at home and abroad while their spouses are engaged in the War on Terrorism. The Air Force Spouse Pin - a blue star cradled in the Air Force symbol - is a contemporary adaptation of a wartime tradition. Beginning with World War I, families hung service flags in their windows to display a blue star for each family member serving in the Armed Forces. Today, the pin is given to the wives and husbands of America's Airmen and civilians in appreciation of the sacrifices they make for their spouse's service.

The program will utilize the Your Guardians of Freedom Website, where Airmen and civilians can nominate their spouses to be recognized. Any active duty, Guard or Reserve Airman or Air Force civilian employee is eligible to participate. Members can visit <http://yourguardiansoffreedom.com> to order a personalized letter and lapel pin for his or her spouse. The pin is mailed directly to the spouse free of charge.

Military Spouse Day is May 8th. This is an easy and inexpensive way to show your appreciation. Please take the time to make your spouse a part of this important recognition program. If you have not visited the site before, you will be asked to create a user profile. The process does not take long to complete, and you can expect your spouse to receive the pin within 4-6 weeks. ***Military Spouse Day is also Mother's Day this year....so while you're at it....recognize your parents! And go ahead and recognize your employer, too!***

The United States Air Force Spouse Pin Program

U.S. AIR FORCE

Recognizing the Spouses of America's Air Force

Strive to be beautiful!

Some say that Audrey Hepburn wrote this poem and others say it was her favorite – it is credited as her “Beauty Tips”:
“For attractive lips, speak words of kindness. For lovely eyes, seek out the good in people. For a slim figure, share your food with the hungry. For beautiful hair, let a child run his fingers through it once a day. For poise, walk with the knowledge that you'll never walk alone ... People, even more than things, have to be restored, renewed, revived, reclaimed and redeemed and redeemed and redeemed. Never throw out anybody. Remember, if you ever need a helping hand, you'll find one at the end of your arm. As you grow older you will discover that you have two hands. One for helping yourself, the other for helping others.” Audrey Hepburn 1929-1993