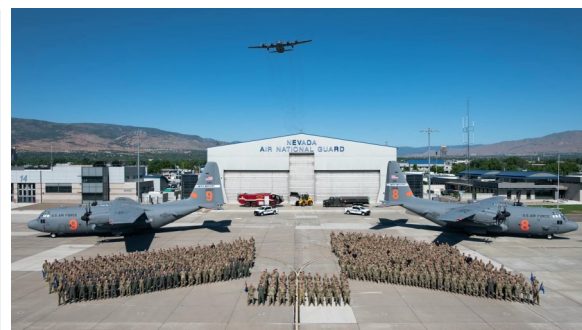




# HIGH ROLLER *Deployment* PACKET

152d Airlift Wing  
Nevada Air National Guard





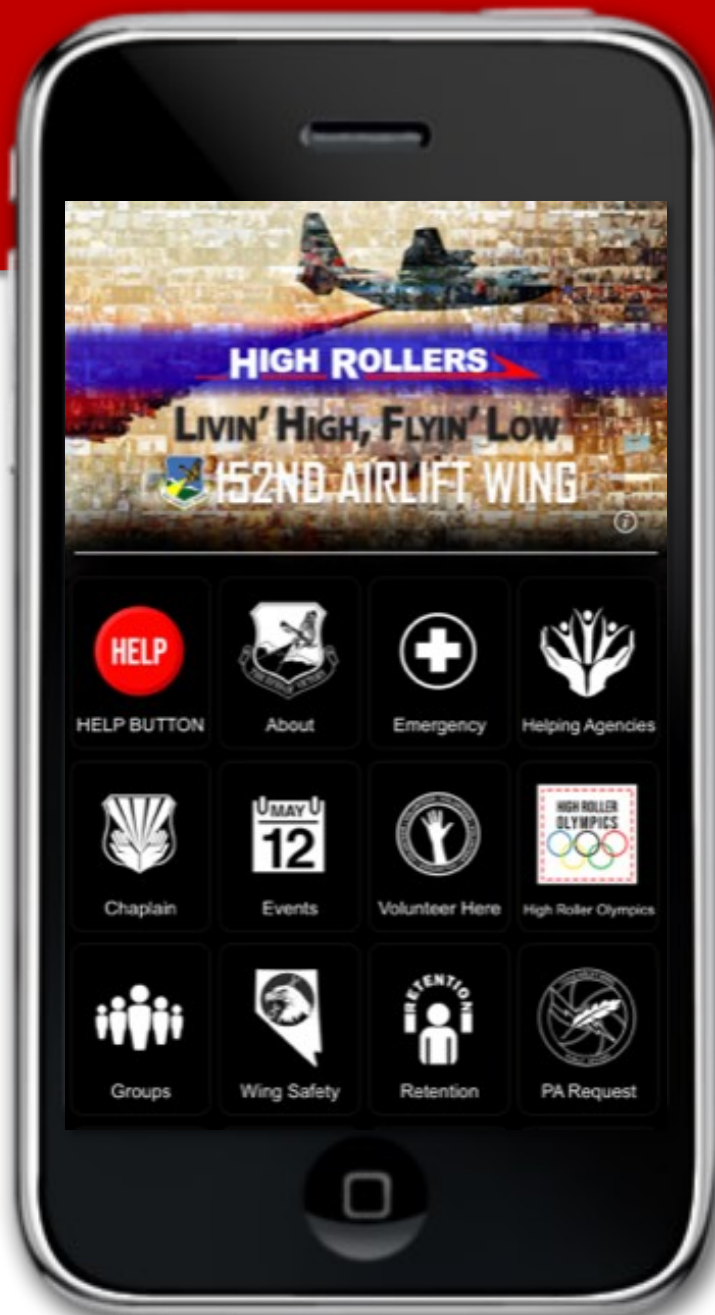
152d Airlift Wing  
Nevada Air National Guard  
1776 National Guard Way  
Reno, NV 89502  
<https://www.152aw.ang.af.mil>





# CONNECT WITH YOUR COMMUNITY

STAY INFORMED AND  
DOWNLOAD THE  
AF CONNECT APP



For spouses and family members of the 152d Airlift Wing, finding important information and staying up to date has never been easier.

Simply download the AF Connect App and add the 152d Airlift Wing to your favorites.

Follow these easy steps:

- ⇒ Install AF Connect App from Apple App Store or Google Play
- ⇒ Access Favorites by tapping the star icon at the bottom right of the screen
- ⇒ Search for the 152nd Airlift Wing and add to Favorites

## HIGHLIGHTS FROM THE 152ND

### Emergency Resources

- ⇒ AFPAAS
- ⇒ Red Cross
- ⇒ Military OneSource
- ⇒ And many more...

### Helping Agencies

- ⇒ Military & Family Readiness
- ⇒ Child & Youth Resources
- ⇒ Key Spouse Program
- ⇒ And many more...

### Fitness

### Social Media

### Wing OPSEC

### AirBase Scheduler





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# OPSEC AND FAMILIES

## EVERYTHING YOU NEED TO KNOW ABOUT OPERATIONS SECURITY

As a family member of the military community, you are a vital player in our success, and we could not do our job without your support. You may not know it, but you also play a crucial role in ensuring your loved ones' safety just by what you know of the military's day-to-day operations. You can protect your loved ones by protecting the information that you know. In the military this is known as 'Operations Security' or OPSEC.

### WHAT IS OPSEC?

OPSEC is keeping potential adversaries from discovering critical Department of Defense information. As the name suggests it protects US operations—planned, in-progress and completed. Success depends on secrecy and surprise so the military can accomplish the mission more quickly and with less risk. Enemies of freedom want this information, and they are not just after the military member to get it. They want you, the family member.

### UNOFFICIAL WEBSITES

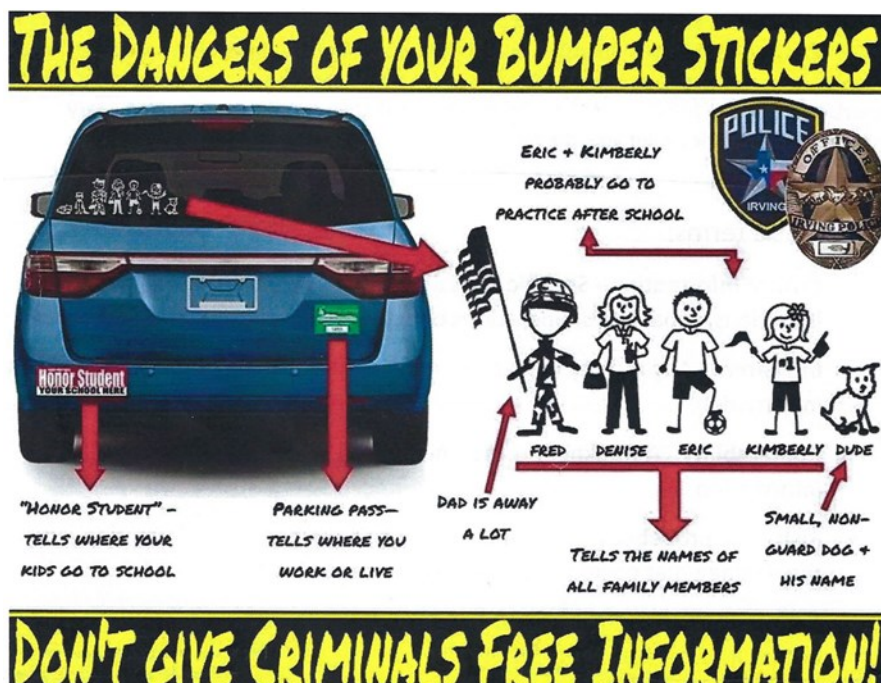
The posting of pictures and information that is pertinent to your loved ones' military unit to personal or family websites has the potential to jeopardize their safety and that of the entire unit. The bottom line is to use common sense and keep your loved ones safe on the front lines.

Three key things to remember:

- ✓ Be Alert. A foreign organization may use a variety of approaches to befriend someone and get sensitive information.
- ✓ Be Careful. There may be times when your spouse cannot talk about the specifics of his or her job. It is very important to conceal and protect certain information such as flight schedules, ship movements, temporary duty locations and installation activities, just to name a few. Something as simple as a phone discussion concerning where your spouse is going on temporary duty or deploying can be very useful to US adversaries.
- ✓ Protect Critical Information. Even though this information may not be secret, it is what the Department of Defense calls 'critical information'. Critical information deals with specific facts about military intentions, capabilities, operations, or activities. By being a member of the military family, you will often know some bits of critical information. Do not discuss them outside of your immediate family and especially not over the telephone.

It is also important to understand that we can actually use OPSEC in our everyday lives to protect ourselves. In this day and age, we need to make sure that we're taking every precaution possible to protect ourselves and our families. Nearly everything that a person does leaves some sort of pattern. The criminal element is especially skilled at picking up on these patterns that we may not even realize exist. Here are a few home safety tips:

- ✓ Always be aware that people may be listening to your conversations when out in public. Try to refrain from talking about personal matters. This goes for the digital world as well. Post about your vacation after you've returned.
- ✓ Any sensitive documents such as SSN cards, passports, birth certificates, insurance policies, etc., should be kept in a safe locked box. If any sensitive document is no longer needed, be sure to shred it.
- ✓ Don't leave signs of being away from your house; such as piled up newspapers, packages sitting on your doorstep for several days or even leaving your garbage can out for extended periods.
- ✓ Mix up your daily routine. People case houses, buildings, and even work places looking for routines that they can take advantage of. Many people might have the same routine depending on work schedule, but it might be a good idea to at least try to switch up the routes that you use. Do your best to try to mix up your everyday routine.
- ✓ Get rid of the bumper stickers. One of the biggest information leaks are bumper stickers. Consider the information those items convey.



Don't put yourself or your family at risk by advertising yourself as a potential victim. Remember—not all of the bad guys are downrange. Not all of the world's danger is in combat zones. Be aware, be alert, and be cautious.

Have questions?

For additional information or resources, please contact either your squadron's OPSEC Coordinator or your Key Spouse.



## PRE-DEPLOYMENT PREPAREDNESS TOOL FOR FAMILY MEMBERS

Preparing for deployment can be stressful, both for the service member who is leaving and also for the family members who will stay behind. The American Red Cross offers this overview of practical matters you may want to discuss with your service member before he/she leaves on deployment. Being prepared to deal with challenges that may arise at home can give everyone some peace of mind and help the service member focus on his/her mission ahead.

### COMMUNICATIONS

- Attend mobilization meetings and take notes;
- Know the exact name of your service member's unit;
- Know how to reach the rear detachment;
- Have a copy of your service member's orders;
- Know service member's full legal name, branch of service, rank/rating, Social Security number, date of birth, and complete military unit address;
- Know your service member's cell phone number, email address, and any other contact information;
- Prepare a communication plan in the event of an emergency and share it with your extended family (what does the service member want to know via social media?)

### EMERGENCY PREPAREDNESS

- Have a primary and alternate child care plan;
- Have a primary and alternate elder care plan;
- Have emergency plans in place in the event of a disaster—where will you go; how will you communicate;
- Have an emergency plan for pets in the event of a pet's illness or injury or the family's need to shelter or evacuate in a disaster;
- Know how to contact the American Red Cross Emergency Communications Center
- Know the name, address, and telephone number of your local Red Cross office



#### YOUR FINANCES

- Discuss what bills are due and when, where receipts are kept, where tax documents are located, etc.
- Have enough money saved to cover an emergency, including emergency travel
- Create a family budget



#### AROUND THE HOUSE

- Have extra sets of car and house keys
- List of repair persons to call; location of service agreements and warranties
- Know your neighbors



#### LEGAL AFFAIRS

- Have a will for each adult in the household
- Have multiple copies of a current power of attorney signed by the service member
- Have current military ID for every eligible family member

**FOR MORE INFORMATION VISIT:** <https://www.redcross.org/get-help/military-families/deployment-services/pre-deployment-preparedness-family-members.html>



# AFPAAS

## Air Force Personnel Accountability and Assessment System

AFPAAS is the Air Force Personnel Accountability and Assessment System. It is a website designed to help Air Force personnel and their families directly affected by natural and man-made disasters.

AFPAAS allows Air Force Personnel to do the following:

- Report Accounting Status
- Update Contact/Location Information
- Complete Needs Assessment
- View Reference Information

### WHY IS AFPAAS IMPORTANT?

#### Personnel Accountability

Enables Air Force leadership and authorities to account accurately for all assigned personnel and their family members, as well as make better decisions in supporting you and your family, maintaining military readiness, and preserving National Security during a disaster.

Allows you to report your current and/or displaced location in the case of an evacuation, and update emergency personal contact information.

Completing the accountability portion of AFPAAS is mandatory when directed by Air Force leadership; however, it is recommended members and their families provide regular updates as needed.

#### Needs Assessment

Completing a needs assessment helps the Air Force know how you are doing and what type of assistance, if any, you are requesting.

The needs assessment allows families to identify their needs, including, but not limited to medical, missing family locator, transportation, housing; personal property, and financial assistance.

The AFPAAS Needs Assessment capability allows Airman and Family Readiness Case Managers to assist you in recovering from a crisis and coordinate with applicable agencies in responding to your needs.

### WHO CAN USE AFPAAS?

AFPAAS is available to all Air Force affiliated personnel and their family members. This includes Active Duty, Air National Guard, Select Reserve, DAF and NAF Civilians, AF Contractors (OCONUS), and their family members, including personnel on temporary duty status, on leave or on a pass in the affected area.

On the web: <https://afpaas.af.mil>  
AFPAAS Help Desk: 1-866-946-9183







# Legal Services

Air Force Legal Assistance providers are available worldwide to advise Service members, family members and other eligible candidates on legal affairs in a timely and professional manner. Providers deliver preventive law information, assist with personal legal problems, and alleviate the burden of full payment for legal services.

## ELIGIBILITY

Air National Guard Service members serving on federal active duty are generally eligible for free Legal Assistance during the duration of their duty. Following periods of federal active duty, they may be eligible for legal assistance relating to issues that arose from their active duty.

## BENEFIT HIGHLIGHTS

Military lawyers, also known as Judge Advocates, are attorneys who have graduated from an accredited law school, and are licensed to practice law by the highest court of a State or Federal court. Judge Advocates and DoD civilian attorneys assigned to assist eligible individuals with personal legal problems are known as Legal Assistance Attorneys. Legal Assistance Attorneys are located on nearly every base, ship and installation around the world and are available to assist Service members in the following areas:

- Serving as advocate and counsel;
- Preparing and signing correspondence on behalf of an eligible client;
- Negotiating with another party or that party's attorney;
- Referring eligible persons to a private attorney (when necessary);
- Drafting powers of attorney;
- Drafting wills and providing estate planning advice;
- Providing advice on contracts and leases;
- Providing notarizations;
- Advising on family law and domestic relations (divorce, separation, Family support, adoption, custody, paternity and name changes); however, legal assistance attorneys are not authorized to prepare or review separation agreements, divorce decrees, or related documents;
- Providing advice on landlord-tenant issues;
- Providing advice on immigration and naturalization issues;
- Providing advice on special education issues to Exceptional Family Member Program (EFMP) families;
- Drafting advance medical directives;

If a Legal Assistance Attorney is unable to resolve the case or a specialized attorney is needed, the Legal Assistance Attorney will advise the client to seek out a civilian attorney who can handle the case. Additionally, if the client is financially eligible, the Legal Service Attorney may refer the Service member to a pro bono (free of charge) attorney.

While Legal Assistance Offices provide numerous services to Service members and their Families, there are a number of things they are NOT able to do. These include:

- Provide legal assistance to parties not eligible to receive such assistance;
- Provide legal assistance via a third party; the attorney must deal directly with the client, not a friend or relative of the person;
- Provide assistance or counsel regarding legal problems arising from the Service member's outside business or commercial interests;
- Provide assistance or counsel regarding legal problems arising from employment issues;
- Provide in-court representation for an individual (except in limited cases);
- Give advice over the telephone (under normal circumstances)
- Represent both parties in a dispute

# ID Card and DEERS Appointments



## DEPENDENT ID CARD

As a spouse or dependent of a service member, you may be eligible for a Defense Department identification card. Called the Uniformed Services ID card, this military ID proves your identity and connection to the DOD and provides access to many services and benefits such as Tricare, legal assistance, education benefits, use of morale and welfare activities, commissaries, exchanges and of course discounts at many restaurant and stores.

## ELIGIBILITY

Eligibility for a military dependent ID card includes, but is not limited to: lawful spouse, un-remarried surviving spouse, unmarried children (including adopted or stepchildren) who are: over 10 but under 21 years of age, over 21 but incapable of self-support (documentation required), over 21 but under 23 who are attending approved learning institution as a full time student (proof of enrollment as a full time student is required).

In order to receive a military dependent ID card, you must have a sponsor. As a dependent, an active duty or retired Service member will be your sponsor.

## REQUIRED DOCUMENTS

Completed DD Form 1172-2—Completed and signed by Sponsor  
Supporting Eligibility Documentation—proof of relationship to Sponsor  
Two Forms of ID for Dependents ages 18+

- Driver's License
- Passport
- SSN Card
- Birth Certificate
- Unexpired Dependent ID Card

Dependent ID Cards are available by **APPOINTMENT ONLY**. Appointments can be scheduled by visiting: <https://airbasescheduler.com> or by accessing the Air Base Scheduler via the AF Connect App.

### HOURS:

Tuesday 12:00pm—3:00pm

Wednesday 8:00am—12:00pm

Thursday 12:00pm—3:00pm

FOR GENERAL QUESTIONS ONLY, PLEASE CALL (775) 788-4523



# TRICARE CHOICES FOR NATIONAL GUARD



[www.tricare.mil](http://www.tricare.mil)  
[www.tricare.mil/trs](http://www.tricare.mil/trs)  
[www.tricare.mil/trr](http://www.tricare.mil/trr)

Visit the TRICARE web site for more information on eligibility, enrollment, costs, and coverage. Enter your profile for individualized details based on your TRICARE program.

TRICARE is the health care program for uniformed service members, retirees, and their families around the world. TRICARE provides comprehensive coverage to all beneficiaries, including:

- Health plans
- Special programs
- Prescriptions
- Dental plans

You and your family members may be eligible for TRICARE.

## Verify Your Eligibility

To verify your eligibility, log into the DMDC or Beneficiary Web Enrollment.

To login, you need a:

- Common Access Card (CAC),
- DFAS (MyPay) Account, or
- DoD Self-Service Logon (DS Logon)

## DEERS

Sponsors and their family members must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) to be eligible for TRICARE.

[www.tricare.mil/deers](http://www.tricare.mil/deers)

## Your Benefits

TRICARE benefits and health plan options are based on the sponsor's military status which can change multiple times throughout his or her career.

- Line of Duty Care (<https://tricare.mil/Plans/Eligibility/NGRMandFamilies/LODCare>)
- When Inactive (on military duty for 30 days or less) (<https://tricare.mil/Plans/Eligibility/NGRMandFamilies/Inactive>)
- When Activated (on military duty for more than 30 days) (<https://tricare.mil/Plans/Eligibility/NGRMandFamilies/Activated>)
- When Deactivated (<https://tricare.mil/Plans/Eligibility/NGRMandFamilies/Deactivated>)
- When Retired (<https://tricare.mil/Plans/Eligibility/NGRRandFamilies>)

## New to TRICARE? Visit:

National Guard and Reserve Members (<https://tricare.mil/Plans/New/NewNGRM>)

Family of National Guard and Reserve Members (<https://tricare.mil/Plans/New/NewFNGRM>)







## FOR INFORMATION AND ASSISTANCE

You can sign up to receive TRICARE news and publications via e-mail at [www.tricare.mil/subscriptions](http://www.tricare.mil/subscriptions). To sign up for benefits correspondence by e-mail, visit <http://milconnect.dmdc.mil>. The Affordable Care Act, also known as the health care reform law, requires that individuals maintain health insurance or other health coverage that meets the definition of 'minimum essential coverage' beginning in 2014. The TRICARE program meets the minimum essential coverage requirement. For more information, visit [www.tricare.mil/aca](http://www.tricare.mil/aca). You can also find other health care coverage options at [www.healthcare.gov](http://www.healthcare.gov).

<b>TRICARE North Region</b> Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) <a href="http://www.hnfs.com">www.hnfs.com</a>	<b>TRICARE South Region</b> Humana Military, a division of Humana Government Business 1-800-444-5445 <a href="http://Humana-Military.com">Humana-Military.com</a>	<b>TRICARE West Region</b> UnitedHealthcare Military & Veterans 1-877-988-WEST (1-877-988-9378) <a href="http://www.uhcmilitarywest.com">www.uhcmilitarywest.com</a>
<b>TRICARE Overseas Program (TOP)</b> <b>Regional Call Center—Eurasia-Africa<sup>1</sup></b> +44-20-8762-8384 ( <i>overseas</i> ) 1-877-678-1207 ( <i>stateside</i> ) <a href="mailto:tricarelon@internationalsos.com">tricarelon@internationalsos.com</a>	<b>TOP Regional Call Center—Latin America and Canada<sup>1</sup></b> +1-215-942-8393 ( <i>overseas</i> ) 1-877-451-8659 ( <i>stateside</i> ) <a href="mailto:tricarephl@internationalsos.com">tricarephl@internationalsos.com</a>	<b>TOP Regional Call Centers—Pacific<sup>1</sup></b> Singapore: +65-6339-2676 ( <i>overseas</i> ) 1-877-678-1208 ( <i>stateside</i> ) <a href="mailto:sin.tricare@internationalsos.com">sin.tricare@internationalsos.com</a>  Sydney: +61-2-9273-2710 ( <i>overseas</i> ) 1-877-678-1209 ( <i>stateside</i> ) <a href="mailto:sydricare@internationalsos.com">sydricare@internationalsos.com</a>
<b>TRICARE Reserve Select</b> <a href="http://www.tricare.mil/trs">www.tricare.mil/trs</a>  <b>TRICARE Retired Reserve</b> <a href="http://www.tricare.mil/trr">www.tricare.mil/trr</a>  <b>Reserve Affairs</b> <a href="http://ra.defense.gov">http://ra.defense.gov</a>	<b>Defense Manpower Data Center Reserve Component Purchased TRICARE Application</b> <a href="http://www.dmdc.osd.mil/appj/reservetricare">www.dmdc.osd.mil/appj/reservetricare</a>  <b>My Access Center</b> ( <i>obtain a DS Logon account</i> ) <a href="https://myaccess.dmdc.osd.mil">https://myaccess.dmdc.osd.mil</a>	<b>milConnect Web Site</b> <a href="http://milconnect.dmdc.mil">http://milconnect.dmdc.mil</a>
<b>TRICARE Active Duty Dental Program</b> <a href="http://www.tricare.mil/addp">www.tricare.mil/addp</a> United Concordia Companies, Inc. 1-866-984-ADDP (1-866-984-2337) <a href="http://www.addp-ucci.com">www.addp-ucci.com</a>	<b>TRICARE Dental Program</b> <a href="http://www.tricare.mil/tdp">www.tricare.mil/tdp</a> MetLife 1-855-MET-TDP1 (1-855-638-8371) ( <i>stateside</i> ) 1-855-MET-TDP2 (1-855-638-8372) ( <i>overseas</i> ) 1-855-MET-TDP3 (1-855-638-8373) ( <i>TDD/TTY</i> ) <a href="http://www.metlife.com/tricare">www.metlife.com/tricare</a>	<b>TRICARE Retiree Dental Program</b> <a href="http://www.tricare.mil/trdp">www.tricare.mil/trdp</a> Delta Dental of California 1-888-838-8737 ( <i>stateside</i> ) AT&T USADirect® Access Number plus +866-721-8737 ( <i>overseas</i> ) <a href="http://www.trdp.org">www.trdp.org</a>
<b>TRICARE Pharmacy Program</b> 1-877-363-1303 <a href="http://www.tricare.mil/pharmacy">www.tricare.mil/pharmacy</a> <a href="http://www.express-scripts.com/TRICARE">www.express-scripts.com/TRICARE</a>	<b>Transitional Assistance Management Program</b> <a href="http://www.tricare.mil/tamp">www.tricare.mil/tamp</a>	<b>Continued Health Care Benefit Program</b> Humana Military 1-800-444-5445 <a href="http://www.tricare.mil/chcbp">www.tricare.mil/chcbp</a>
<b>US Family Health Plan</b> 1-800-74-USFHP (1-800-748-7347) <a href="http://www.tricare.mil/usfhp">www.tricare.mil/usfhp</a>	<b>TRICARE Young Adult</b> <a href="http://www.tricare.mil/tya">www.tricare.mil/tya</a>	<b>TRICARE For Life</b> <a href="http://www.tricare.mil/tfl">www.tricare.mil/tfl</a>





**American  
Red Cross**

## EMERGENCY COMMUNICATIONS

The American Red Cross Hero Care Center is available 7 days a week, 24 hours a day, 365 days a year, with three options for requesting assistance.

**SUBMIT A REQUEST ONLINE:** Using a computer, smartphone or tablet, you can start a request or services and track its progress from anywhere in the world.

**DOWNLOAD THE FREE APP:** Use the Hero Care App to access vital emergency and non-emergency resources for military members, veterans and military families. Download the app on the App Store, get it at Google Play, or text 'GETHEROCARE' to 90999.

**CALL TOLL-FREE:** To speak to a Red Cross Emergency Communications Specialist call 1-877-272-7337.

### PLEASE HAVE YOUR INFORMATION READY

When contacting the Red Cross, be prepared to provide the following information. If you do not have all of the information, please use the phone option.

#### SERVICE MEMBER INFORMATION

- Full legal name
- Rank/rating
- Branch of Service (Army, Navy, Air Force, Marines, Coast Guard)
- Social Security number or Date of Birth
- Military unit address
- Information about the deployed unit and home base unit (for deployed service members only)

#### INFORMATION ABOUT THE EMERGENCY

- Name and contact for the immediate family member experiencing the emergency (could be spouse, parent, child/grandchild, or grandparent)
- Nature of the emergency
- Where the emergency can be verified (hospital, doctors office, funeral home)

### WHO IS ELIGIBLE TO RECEIVE EMERGENCY COMMUNICATIONS

Service members eligible to receive emergency communications regarding an immediate family member include:

- On active duty in the Army, Marines, Navy, Air Force or Coast Guard
- An activated member of the Guard and Reserve of all branches of the U.S. Armed Forces
- A civilian employed by or under contract to the Department of Defense and stationed outside the Continental United States
- A cadet or midshipman at a service academy; ROTC cadet on orders for training

### THINGS TO KNOW

The American Red Cross does not authorize emergency leave for members of the United States military. The Red Cross role is to independently verify the emergency, enabling the service member's commander to make an educated decision regarding emergency leave and then to provide transportation assistance and/or financial assistance if needed.

**FOR MORE INFORMATION VISIT:** <https://www.redcross.org/get-help/military-families/emergency-communication.html>



## COMMUNICATION CONTACT LIST

### SERVICE MEMBER INFORMATION

Full Legal Name: \_\_\_\_\_ Rank: \_\_\_\_\_

Squadron: \_\_\_\_\_ SSN: \_\_\_\_\_ DOB: \_\_\_\_\_

Commander: \_\_\_\_\_ Phone#: \_\_\_\_\_

Supervisor: \_\_\_\_\_ Phone#: \_\_\_\_\_

Military Unit Address: \_\_\_\_\_

### FAMILY PROGRAM CONTACTS

Military and Family Readiness:

Fred Barton

Phone#: 775.788.4585

Email: fred.barton@us.af.mil

Key Spouse Mentor

Angie Solberg

Phone#: 775.781.0027

Email: 152kvmentor@gmail.com

Squadron Key Spouse: \_\_\_\_\_ Phone#: \_\_\_\_\_

### GENERAL BASE CONTACTS

Air Wing Command Chief

Phone#: 775.788.9498

Air Wing Chaplain

Phone#: 775.788.4651

Finance Office

Phone#: 775.788.4570





The Nevada Air National Guard lifestyle is punctuated by separations; deployments, mobilizations, TDY's or crisis situations. The Key Spouse Program is an official Commander's program designed to assist our families through these separations.

The program was developed to provide the highest level of assistance to our families as well as enhance readiness, establish a sense of community, help promote and strengthen partnerships between unit leadership and our families, to improve quality of life and encourage self-sufficiency. This is accomplished by providing a basic foundations of training, education and resources. Our goal is to bridge communication gaps and maintain contact with our families—to inform, support and refer then as needed.

#### Program Benefits:

- Provide updates on base and community events
- Assist unit leadership in identifying and resolving issues that may arise and impact our families.
- Help to facilitate communication between our families and unit leadership.
- Prepare and support our families during separations by helping to improve their quality of life.
- Share knowledge of unit and community resources.

We know that military life brings many challenges and as Key Spouses, we want our families to know that we are all navigating this military life together. We are here for you to answer any questions, share important information, and provide support in any way we can.

152ND AIRLIFT WING

# KEY SPOUSE PROGRAM

*THE MOST IMPORTANT REQUIREMENT FOR BEING A KEY SPOUSE IS THE DESIRE TO HELP FAMILIES*



Scan the QR Code with your smart phone to join.



Scan this QR Code to contact a Key Spouse with general questions or to request Information.

For information on the program or to learn how to become a Key Spouse contact:

Angie Solberg

Key Spouse Mentor

[152KVMentor@gmail.com](mailto:152KVMentor@gmail.com)

Join Us

## Spouse Social Hours

Sunday, UTA Weekends  
1:00pm—2:00pm  
NVANG Base—SANGA

Refreshments—Conversation  
Activities

Kids Welcome!

# Nevada Air National Guard



## Military & Family Readiness Programs

The mission of the 152<sup>nd</sup> Airlift Wing Family Support Office is to promote family readiness, quality of life, resiliency, and the empowerment of military families through education, communication, resources, and community involvement.

Our vision is to assist all components (active, reserve, guard members, retirees, and families) with services to strengthen communities, encourage self-sufficiency, enhance mission readiness, and ease adaptation. Our primary goal is to ensure readiness by supporting the needs and providing services to Guardsmen and their families before, during, and after deployments and activations.

Taking care of families is an important quality of life for Airmen. The Military and Family Readiness Program Manager aims to support and educate military members and families along the path of their National Guard life, by promoting family preparedness and readiness through education, information, and referral on community and military resources, conducting family and service member outreach, forming partnerships and alliances, leveraging resources, and providing training for the volunteer force.

## Programs and Services

Deployment Readiness

Personal & Family Readiness

Employment Assistance

Transition Assistance

Child & Youth Programs

Yellow Ribbon

Joining Community Forces

CACO

Resume Writing

Financial Planning

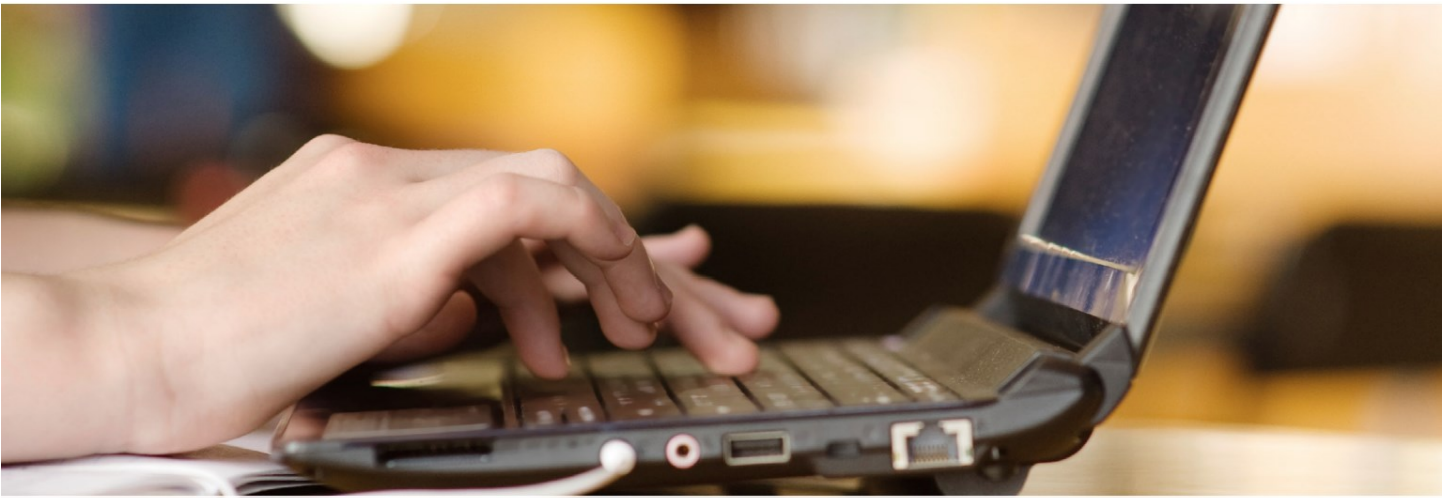
Strong Bonds

Voter Assistance

For more information on Family Programs to be added to the Family Programs email distribution list, please contact:

Fred Barton  
Military & Family Readiness  
Program Manager  
Office: 775-788-4585  
24/7 Cell: 775-287-4768  
[fred.barton@us.af.mil](mailto:fred.barton@us.af.mil)

# WHAT CAN MILITARY ONESOURCE DO FOR YOU?



**Need financial or tax advice?**  
**Need to talk about family issues or managing stress?**  
**Thinking about going back to school?**

Military OneSource is a Department of Defense-funded program providing comprehensive information on every aspect of military life at no cost to active duty, National Guard and reserve service members and their families. Information includes, but is not limited to, deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much more.

## ***Highlights***

- ✓ Call center and online support 24/7 from master's-level consultants for practical information and referrals on issues such as handling a move or finding resources in your area
- ✓ Specialty consultations with trained professionals on health and wellness, wounded warriors, financial issues, education, adoption, language translation and interpretation, special needs, and spouse education and careers
- ✓ Non-medical counseling services online, via telephone or face to face; eligible individuals may receive non-medical counseling addressing issues requiring short-term attention including everyday stressors, grief, deployment and reintegration concerns
- ✓ Articles, resources and products on a wide range of military life topics such as parenting, deployment, relocation, spouse education and careers, and much more
- ✓ Electronic library resources including, but not limited to, auto repair, study guides and practice tests, and one-on-one online homework help



***Call. 800-342-9647***  
***Click. [MilitaryOneSource.mil](http://MilitaryOneSource.mil)***  
***Connect. 24/7***



Discover more of what Military OneSource has to offer by visiting [www.militaryonesource.mil](http://www.militaryonesource.mil) or calling 800-342-9647.





# NEED TO TALK?

## MILITARY & FAMILY LIFE COUNSELING

The Military and Family Life Counseling Program helps military families overcome challenges with free face-to-face support.

Whether you want to strengthen relationships or talk through a difficult situation, non-medical counseling can help you thrive in your military life.

MFLCs are master's or doctorate-level licensed counselors who offer service members, their spouses and immediate family members short-term non-medical counseling. MFLCs provide support to individuals, couples, families and groups for a range of issues including, but not limited to:

- Relationships at home and at work
- Managing stress
- Adjusting to military culture
- Building parenting skills
- Handling grief and loss
- Staying resilient through deployment and other changes

MFLCs also offer diversity and inclusion coaching to service members and their families impacted by racism, sexism, bias or any form of discrimination.

Services are private and confidential except in situations that involve domestic violence, child abuse, sexual assault or that necessitate a duty to warn.

Situations outside the scope of non-medical counseling include:

- Long-term counseling and support
- Mental health diagnoses
- Psychological or fitness-for-duty evaluations
- Addictions
- Medical diagnostic testing
- Crisis situations

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The Servicemembers Civil Relief Act (SCRA) provides legal and financial protections to those who have answered the Nation's call to serve. The SCRA law is created to provide extra protections for servicemembers in the event that legal or financial transactions adversely affect their rights during military or uniformed service. These protections enable servicemembers to devote their entire energy to the defense of the Nation.

The SCRA applies to the following servicemembers:

- Active duty members of the Army, Marine Corps, Navy, Air Force, and Coast Guard;
- Members of the Reserve component when serving on active duty;
- Members of the National Guard component mobilized under federal orders for more than 30 consecutive days.

SCRA rights may be exercised by anyone holding a valid power of attorney for the servicemember. Some SCRA protections also apply to dependents.

PROTECTION #1: Reducing the interest rate on any pre-service loans to a maximum of 6%.

PROTECTION #2: Protections against default judgements in civil cases.

PROTECTION #3: Protections against foreclosure on their home.

PROTECTION #4: Protections against repossession of their property.

PROTECTION #5: Terminations of residential housing and automobile leases without penalty.

How To Apply for SCRA Benefits:

To receive this benefit you must **notify your lender in writing and include a copy of your orders to active duty service or a letter from your commanding officer that shows the date you began active duty service.**

#### SCRA Resources

SERVICEMEMBERS CIVIL RELIEF ACT: <https://scra.dmdc.osd.mil/scra/#/home>

CONSUMER FINANCIAL PROTECTION BUREAU: <https://www.consumerfinance.gov/consumer-tools/educator-tools/servicemembers/the-servicemembers-civil-relief-act-scra/>

MILITARY.COM: <https://www.military.com/benefits/military-legal-matters/scra>

# MOBILIZATION TAX LETTER

Certain members of the Nevada National Guard and their qualifying dependents may be eligible for an exemption from Nevada sales tax on sales of tangible personal property. The period of tax exempt status is based on the start and end dates of active duty mobilization orders. The effective dates will be specified on the individual's letter of exemption issues by the State of Nevada Department of Taxation.

## ELIGIBILITY

- Nevada Air National Guard members who reside in the state of Nevada while on Title 10 orders and deployed outside of the United States.
- Qualifying dependents are relatives of the Nevada Air National Guard member eligible for the exemption who (a) reside at the same home or dwelling in Nevada as the member; and (b) are related by blood, adoption or marriage to the member within the first degree of affiliation or affinity to the member (spouse and children). Additional documentation may need to be provided showing the shared residence (ie. Copy of a valid Nevada driver's license).

## HELPFUL HINTS

- Be sure to have multiple copies of the mobilization tax letter in case a vendor requests to retain a copy. This will ensure that additional purchases can be made.
- Qualifying dependents should be sure to have their Nevada National Guard issued dependent ID card on them at the time of purchase.

## HOW DOES IT WORK?

Vendors selling tangible personal property to eligible members and their qualifying dependents are authorized to sell them tax exempt. The vendor shall account for the exempt sale on its sales/use tax return under exemptions. For audit purposes, the vendor should retain a copy of the individual's letter of exemption to document the transaction as tax exempt.

However, documentation adequate to prove the purchase was made by a qualifying member of the Nevada Air National Guard who is engaged in full-time National Guard duty and has been called into active service; or a purchase made by a qualifying dependent that has been issued a dependent identification card by the National Guard is acceptable. This exemption only applies to Nevada sales/use tax and does not provide exemption from any other tax.

## POINTS OF CONTACT

MSgt Melanie Pearmain  
Phone: 775.788.4507  
Email: [melaine.pearmain@us.af.mil](mailto:melaine.pearmain@us.af.mil)

MSgt Kylea Sherman  
Phone: 775.788.9300  
Email: [kylea.sherman@us.af.mil](mailto:kylea.sherman@us.af.mil)

Servicemembers and dependents: PLEASE DO NOT CONTACT THE STATE OF NEVADA DEPARTMENT OF TAXATION DIRECTLY. If you have questions, please use the point of contacts listed above.





## Children of the National Guard and Reserve Deployed or Stateside Activated

Our Military Kids awards up to two \$300 grants per child (ages 3-18) to fund the extracurricular activity of their choice while a parent is deployed or activated stateside with the National Guard or Reserve. This grant program is made possible solely through the generosity of foundations, corporations, and individual donations.

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### FUNDED PROGRAMS

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Sports



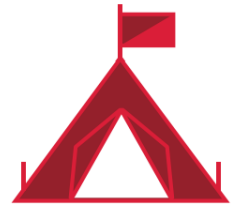
Fine Arts



Enrichment Programs



Tutoring



Camp

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*Activities help children cope with stress, anxiety, and additional challenges that may arise while a parent is absent during deployment. The grants also serve to honor the sacrifices that children make during this time.*

### PROGRAM ELIGIBILITY

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#### IN ORDER FOR A CHILD TO RECEIVE AN ACTIVITY GRANT FROM OUR MILITARY KIDS:

- The child is three (3) years of age through 18 AND had not yet graduated from high school.
- **For missions of 90-179 days** (cumulative within 12 months), each child is eligible for **ONE (1)** grant up to \$300 for one activity.
- **For missions of 180+ days** (cumulative within 12 months), each child is eligible for **TWO (2)** grants up to \$300 each for the

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### HOW TO APPLY

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If you are eligible, please visit [www.ourmilitarykids.org/apply](http://www.ourmilitarykids.org/apply) to submit a simple, one-page application, along with the following documents:

- **TITLE 10 AND/OR TITLE 32 ORDERS:** A copy of the deployment or mobilization orders showing that the child's parent is deployed overseas or activated stateside with the National Guard or Reserve for at least 90 days (cumulative over 12 months).  
**Not eligible:** AGR or active or inactive training assignments.
- **ACTIVITY INFORMATION:** Documentation from the activity organization providing the activity's pricing and contact information. Brochures, flyers, website screenshots, and typed letters on the organization's letterhead will be accepted.
- **FORM OF IDENTIFICATION:** A copy of the child's birth certificate if the deployed service member is the biological parent, **OR** DD Form 1172, **OR** a copy of the DEERS/MilConnect Service Member profile page with child listed as a dependent.



## Sending a Military Care Package What You Need to Know

Military care packages deliver a welcome piece of home to your service member while they're away—whether that's your spouse, child, significant other, parent, or friend. They help both of you stay connected despite distance or duty.

If you are a parent or other relative, consider sending the music, toiletries, foods and treats your service member likes best. If you are in a relationship with a service member, think about sending notes, cards, and small items that remind them how much you care. And, of course, photos from home are always welcome.

Ideas of Items to Send:

- Daily Necessities
- Snacks/Homemade Baked Goods
- Coffee/Single Serve Drink Mix Packets
- Photos and Notes
- Games/Activities

Once you know what you want to send, follow these tips to make sure your military care package arrives in good condition:

- **Seal everything.** Individually seal items in plastic bags which zip locks, if possible, to protect items from the elements or to keep them from leaking out.
- **Use sturdy packaging.** The best packaging is a free Military Care Kit from the US Postal Service, which includes priority mail boxes, tape, customs forms and address labels. The packaging is free but you will still need to pay for postage.
- **Provide accurate shipping information.** Include your service member's first and last name, the name of your service member's unit, DPO/FPO/APO address and full zip code. **DO NOT INCLUDE YOUR SERVICE MEMBER'S RANK WHEN SENDING CARE PACKAGES.**
- **Take advantage of reduced postage for military mail.** You only have to provide standard domestic postage on mail going to an APO or FPO address.
- **Complete the customs forms.** You need to fill out customs forms for any shipping outside the United States. Customs forms are included with Military Care Kits or can be found on the USPS website.
- **Consider shipping time.** Most care packages can make it to the Middle East in about two weeks, but some take longer. For holidays, allow about five weeks for delivery.
- **Be careful what you send.** Check the post office's prohibited items list to keep items from being rejected. Remember that sometimes packages from home get opened by someone before your service member, so don't send anything you don't want strangers to see. Also, don't send things that are valuable or can't be replaced—sometimes packages get lost.

### Military Care Package Resources

HERO CARE PACKAGES: <https://www.herocarepackages.com>

OPERATION GRATITUDE: <https://www.operationgratitude.com/care-packages/deployed-troops>

TROOPSTER: <https://www.troopster.org>

USO: <https://www.uso.org/programs/uso-care-package-program>