



Deployment Return Information

It's almost time for our AEF deployers to start coming home. Their return will be similar to past welcome homes for large groups:

1. Your Key Volunteer will call you a few days prior to your loved one's return to let you know which "Chalk" he/she will arrive on.
2. The hotline number will be set up (218-788-7655) with a message
3. You will call the hotline number to find out the date and time the plane will land. You may want to continue to call as there may be frequent changes.
4. Everyone is invited to the 148th

providing return information for each of the "Chalks". The recording is done a day or two in advance of the airplane's return.

FW to welcome home the deployers. If you don't have a military ID you will have to show a photo ID and provide the Key Volunteer with a name of your returning deployer.

A formal ceremony to honor Service Members who have deployed over the past year will be Sunday, December 2 at 2:00 PM at the DECC. Families and friends are welcome.

Family Day/Fall Festival

Saturday, October 20, 2012

1:00-4:00 PM

- ◆ Pick a pumpkin from the pumpkin patch
- ◆ Family pictures by a fall scene and pictures in an F-16 jet
- ◆ Food concessions (burgers, nachos, sundaes, mini donuts and more)
- ◆ Carnival games, bounce houses, speed pitch and more
- ◆ Resource and information tables
- ◆ Music by Matt Wahl



All 148th FW Families and friends are invited. If you don't have an ID please contact Mrs. Kuhlman at 788-7833 or jennifer.kuhlman@ang.af.mil for a parking pass or more information. The Key Volunteers are looking forward to meeting the 148th FW members and their families!

Speak Out for Military Kids (SOMK) Retreat

SAVE THE DATE: November 16 - 18, 2012

WHO: Youth in grades 7 - 12

WHAT: Speak out for Military Kids (SOMK) Retreat

WHERE: The Edge Resort & Water Park - Duluth, MN

WHEN: Friday, November 16th at 6:00 p.m. – Sunday, November 18th at 12:00 noon

WHY: To meet other young people, help tell others about what military families go through during mobilization and deployment, and HAVE FUN!

PRICE: \$15 program fee (used to defray the cost of expenses not covered by our grant funder. This fee can be waived upon request). To request a fee waiver, you MUST email BEFORE registering (kharries@umn.edu) to receive a Fee Waiver Code. Families will have no other expenses for this retreat.

Mark your calendar NOW and SAVE THE DATE! That's Friday, November 16th (starting at 6:00 p.m.) through Sunday, November 18th (ending at Noon) in Duluth, MN! Don't miss out - registration will fill up quickly.

We'll spend time having fun together with social time and time in the waterpark. We'll also work on telling our stories and learn some techniques to do that using technology. Parents will be invited to join us on Sunday, November 18th to hear the final presentations.

Plan to bring a CD of pictures, music or other items that could help tell your story. We'll provide the technology (laptop computers, digital cameras, movie cameras, etc.). We'll also be going to the waterpark to enjoy some fun!

To register, go to www.operationmilitarykids.org Click "state information", then "MN", then "News" or contact Kia Harries at kharries@umn.edu or call 507-372-3900 (ext 3908). All forms must be returned by noon on Thursday, November 1st and space is limited to 20 participants. Reimbursement of transportation costs can be considered on a case by case basis.

Tutor.com—Free Homework Help

Tutor.com for US military families is a Department of Defense program that provides free online tutoring and homework help 24/7. All children in grades K-12 are eligible to work online with a live tutor for one-to-one

help with homework, proofreading, test prep, studying and more, regardless of the service member's deployment status.

For more information contact Meg Suave at 347-819-2939 or email her at msauve@tutor.com.

Go to www.tutor.com for additional program information and to check eligibility.



What is the SAPR Program?

The SAPR program is a victim focused program which responds to all sexual assault reports with care, concern, and confidentiality. Our goal is to provide a safe means for victims of sexual assault to report the assault with or without triggering an investigation, and most of

all receive access to the medical services needed to heal from any physical, mental, or emotional trauma.

SAPR has a new Facebook fan page and will be posting new PSAs, event information, resources and other items of interest. Please check them out and

don't forget to 'Like' them. Minnesota-National-Guard-Sexual-Assault-Prevention-and-Response-Program.

DoD SAFE Helpline:
www.safehelpline.org Call:
877-995-5247

148th FW SARC: Maj Audra Flanagan 218-788-7258

Thrift Savings Plan (TSP)

What is the Thrift Savings Plan (TSP)?

The Thrift Savings Plan (TSP) is a retirement savings and investment plan for Federal employees and members of the uniformed services, including the Ready Reserve. It was established by Congress in the Federal Employees' Retirement System Act of 1986 and offers the same types of savings and tax benefits that many private corporations offer their employees under 401(k) plans.

The TSP is a defined contribution plan, meaning that the retirement income you receive from your TSP account will depend on how much you (and your agency, if you are eligible to receive agency contributions) put into your account during your working years and the earnings accumulated over that time.

How Does the TSP Fit into Your Retirement Package?

If you are covered by the Federal Employees' Retirement System (FERS), the TSP is one part of a three-part retirement package that also includes your FERS basic annuity and Social Security.

If you are covered by the Civil Service Retirement System (CSRS) or are a member of the uniformed services, the TSP is a supplement to your CSRS annuity or military retired pay.

If you are not certain which retirement system you are covered under, you should check with your personnel office.

Your Agency or Service Plays an Important Role in the TSP

Your agency or service is responsible for determining your retirement coverage and reporting to the record keeper the dollar amount of contributions to your account each pay period. It also distributes TSP materials and answers your questions about the TSP.

While you are employed, your agency or service is your primary TSP contact. You should inform your agency or service representative about any changes or corrections to personal information that might affect your TSP account including address changes.



After you separate from Federal service, the TSP becomes your primary point of contact.

Wherever you are in the world, you can manage your TSP if you have Internet access and your account number (or user ID) and Web password.

If you will be returning to your civilian life as a Federal employee, remember these tips:

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- If you are a FERS employee, you will be eligible to claim retroactive matching contributions from your civilian agency, based on contributions you made from basic pay to your uniformed services account. Keep your leave and earnings statements while on active duty to facilitate your claim.
- If you have a TSP loan, your payments are suspended while you are on active duty, but the interest continues to accrue. You have the option of making payments from your personal funds directly to the TSP while on active duty. Use Form TSP-26, Loan Payment Coupon.

Free Night at the Duluth Children's Museum

THURSDAY, OCTOBER 11, 2012

4:00-8:00 PM



The Duluth Yellow Ribbon Committee is sponsoring a free night for military families at the new Duluth Children's Museum. Bring your family and your ID and enjoy a fun night exploring the new Children's Museum located in West Duluth. No need to RSVP. For questions please call Mrs. Kuhlman at 218-788-7833.



On Friday, November 23 the 148th Fighter Wing will be volunteering alongside the USAF ROTC Detachment 420 Cadets on a toy drive in support of the Salvation Army's TOYLAND EXPRESS. The toy drive will be at the Amsoil Arena prior to the UMD Men's Hockey game against St. Cloud State University

(Military Appreciation Night). Donation tables will be staffed at each entrance from 5:30 p.m. to 7:30 p.m. Unwrapped toys or cash contributions for children in need will be accepted and all proceeds collected will stay in local communities. If you are not attending the game but would like to donate a toy or gift please drop it off in the Mission Support Group Orderly Room in Building 250 before November 21. For further information for this event, please contact Colonel Penny Dieryck, 148th Mission Support Group Commander, (218) 788-7202.

Official Business

Duluth, MN 55811-6032

4680 Viper St

148 FW/ESF

Looking for Childcare? Try Sittercity!

The Department of Defense funds Sittercity memberships for Air Force families, including active duty, Reserve and Guard. Sittercity is America's leading website for connecting families with high-quality babysitters and nannies. This program has already helped more than 60,000 military families find the caregivers they need to meet their needs.

Families have access to more than 2 million in-home caregivers across the nation including babysitters, senior caregivers, pet sitters, housekeepers and tutors. In some instances, these caregivers are other military spouses who are available to help their fellow servicemen and women.

The top 3 times a military family uses Sittercity is while living off

installation or in a remote location, after a recent PCS, and while a spouse is deployed.

Air Force families can activate their DoD paid membership at:

www.sittercity.com/dod

Once you are registered, you can post a job, search for caregivers in your area, and begin connecting with caregivers that meet your needs.