

MEET DENISE WINTON

**THE FAMILY PROGRAMS
COORDINATOR**

With two sons and now multiple grandchildren, my husband and I spent 20 years as active duty Air Force. I retired in 1998 as a Master Sergeant. I was hired as the Wing Family Programs Coordinator in September 2007.

There is an old saying “give a man a fish, he eats for a day, teach a man to fish he eat forever”. That is my vision for family readiness. I would like to see families at the 190th be the most informed, involved and prepared families in the Air National Guard. Our Family Readiness Group is organized and ready to take on this task. We have many ongoing initiatives to make this vision a reality for our families, but we can’t do it without your support. Being Family Ready and Mission Ready will be our finished product.

My door is always open; come on by and grab your fishing pole.



Holiday Party



Operation KUDOS

Recruiting Airmen, Retaining Families

190th ARW
FAMILY
READINESS
GROUP

ALWAYS MISSION
READY

And Families Ready...

**190th Family Program
Office**

5912 Coyote Drive
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FRG Activities

WHAT IS A FRG?

A Family Readiness Group (FRG) is an organization of officers, enlisted personnel and community leaders who offer a support network to unit members and their families. The 190th ARW FRG Program Director is available during office hours and after hours to provide for military families during times of need. The FRG is also responsible for distributing vital information such as:

- TRICARE Medical Entitlement
- Financial Assistance Programs
- Mental Health Assistance
- Pre- a and Post- Deployment Training
- Reintegration Assistance

How the FRG can help...

- Contacting Deployed Spouses
- Emergency Home Repairs
- Separation Anxiety Support
- Family Activities
- Emergency Financial Help
- Insurance Questions
- Deployment Preparation
- Relationship Support Programs



Operation Kudos

- Couples Encounter Weekend
- OPERATION: KUDOS
- Easter Egg Hunt
- Family Day
- Holiday Parade Floats
- Unit Holiday Party
- Bake Sales
- Deployment Care Packages
- State Military Appreciation Day
- Case Lot Sales
- Informational Family Meetings

This is where you come in:

The FRG Volunteer Group works together with their military counterparts to provide assistance to military families and host many programs and events each year. The volunteers meet once a month before UTA weekend to discuss upcoming projects and find solutions for families and friends in need.

We depend on volunteerism to make sure all our needs are met...and here's how you can help:

- Attend meetings and voice thoughts and opinions
- Provide donations for projects and events (crafts, candy and etc)
- Complete administrative tasks such as typing and filing
- Make "Sunshine Calls" to families of deployed soldiers
- Volunteer at events like Family Day or Bake Sales
- Gather monetary or in-kind donations for distribution
- Be available to meet emergency needs (car repair, child care etc)

Through volunteering, we make new friends and build strong families. Who can volunteer?

- Spouses
- Parents
- Grandparents
- Siblings
- Friends
- Teensand YOU!