

Family Support Bulletin

February 2007

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I Love You, Thank You, and Other Expressions

With Valentine's Day approaching, it seems good to talk a little about relationship communication.

This highly underused skill is important to the success and happiness of relationship.

In a recent article from Smart Marriages, a nonprofit organization seeking to help improve marriages, they cite research that proposes that developing a private language helps strengthen the bond in a couple. The phrase can be something that cracks the two of you up and deflates an argument or is shorthand for sharing a message privately in a crowded room.

From the article: Whatever your secret code is, speaking a

private language doesn't just give you two a charge—it actually has the power to strengthen your bond. "Public displays of commitment—such as having a signal at a party to let each other know you're bored and want to leave—are better predictors of a couples longevity and stability than public displays of affection.

Pat Love, author of [How to Improve Your Marriage Without Talking About It](#) says "that's because these acts show nonverbally that you think as a couple, that your partner's having a good time is as important as your having a good time, and that your commitment to each other is bigger than your commitment to almost anything else." Not taking sides against

your spouse in a heated cocktail-party political debate—or even something as simple as finishing your meals at more or less the same time—also counts as public displays of commitment.

Where do codes come from?

Three words: your shared history. "When couples have a meaningful experience together, they tend to use a word or phrase as a shorthand way of evoking the entire experience."

For more on this article, go to: <http://lifestyle.msn.com/Relationships/LoveandRomance/ArticleRB.aspx?cp-documentid=1619847>



Super Bowl and the Chiefs

No, no, no Kansas City isn't playing in the Super Bowl!

But the Chiefs Group is doing something pretty great. They are putting on their annual Chiefs Super Bowl Party!

If you haven't been it is a won-

derfully fun night of friendship, friendly bets, and cheering. There is food to be had and lots of laughter.

The cost of the evening is \$50 per person with the option of one guest per person for \$10.

Proceeds of the evening go to the Chiefs Group which will use them to support base community activities and the mentorship of Airmen.

For more information, contact a Chief near you!

Special points of interest:

- Extra Tax Credits!
- Free Tax Preparation Software (TWO!)
- Military Families Can Win Money
- Summer Camp
- Job Search Info
- Love Language
- Volunteer Awards

Military OneSource Offers Free Tax Preparation Software Usage

Tax Credit — Long Distance Call Charges

While doing your taxes note that a federal court recently decided that taxes collected for long distance phone calls were inappropriate. Because of this, all US tax filers can claim a tax credit toward their 2006 taxes.

As a result the IRS will refund to you the taxes on long-distance or bundled service (this does not include local phone taxes) billed to you for the period after 28 Feb 03 and before 1 Aug 06.

Taxpayers need to request this refund when they file their 2006 tax returns. Individual taxpayers can take a standard amount from \$30 to \$60 based on the number of exemptions claimed on their tax return, as outlined below:

<u># Exemptions</u>	<u>Standard Deduction</u>
1	\$30
2	\$40
3	\$50
4 or more	\$60

Charitable Donations Note

There have been changes in the donation rules for taxes, making the rules more strict. The IRS has outlined these changes at:

<http://www.irs.gov/newsroom/article/0,,id=164997,00.html>

Check it out before filing.

Military OneSource brings you free tax preparation and filing -- for active duty, Guard, and Reserve service members and their families. Jumpstart preparing and filing your 2006 income taxes -- federal and state -- with this easy-to-use program.

Key features include:

- **Simplicity.** Access the program through www.militaryonesource.com. The program will guide you online through a step-by-step process, provide the required forms and documentation, perform the calculations for you, and include tax-relevant questions about issues like deployment and relocation.
- **Help from experts.** Military One-



Source tax consultants are available 24/7 by phone at 1-800-730-3802 and by e-mail at TaxCut@militaryonesource.com to help you with personal tax-related questions and financial planning. They'll help you plan how to use your refund wisely -- to save and to pay off debt.

In addition to the free tax preparation benefit, service members and families can also access other Military OneSource financial resources at no cost - which include:

- Access to a financial planner or CPA
- Calculators for mortgage, car and debt payments
- Financial management booklets and CDs

Before you get started, we encourage you to review **Frequently Asked Questions** about the tax preparation benefit. Please see attached. The FAQs can also be found on the Web site.

It's not too soon to be thinking of your taxes and your financial future!

More Tax Prep for Free (Life is GOOD!)

TaxSlayer is another webbased tax preparation service that has an angle for the military. By going onto their website and checking the Employer Identification Number (EIN) on your W2 (box b), you may be able to use their tax preparation software and e-file. There are twelve DoD EIN's that are being recognized for free filing.

TaxSlayer can be found at <http://www.taxslayer.com>

National Military Family Association Family Award

Do you know a military family that stood out in 2006? Reward them with \$1,000 and a trip to Washington DC.

Every month the National Military Family Association (NMFA) recognizes a nominated family and then an annual award. The monthly winners receive \$500.

The award program, sponsored by Nestle and the Association of Military Banks of America, is designed to provide a forum for recognizing the military family who has “made the most of the adventure and con-

quered the challenges”

Any family in the total force can be nominated for the NMFA recognition. To do so, look to the NMFA website: http://www.nmfa.org/site/PageServer?pagename=family_award_overview

The NMFA is a nonprofit organization to support and promote the interests of the military and their families.



Voting Slogan Contest

The Voting Slogan Contest is a biennial contest sponsored by the Federal Voting Assistance Program (FVAP) in its efforts to promote interest in elections among citizens covered under the Uniformed and Overseas Citizens Absentee Voting Act—members of the Uniformed Services, the Merchant Marines, their families and all US citizens residing outside of the U.S.

It's very easy to participate. Just create a simple slogan (or slogans) that expresses in your own words the importance of voting or something that may inspire someone to

vote, and submit it (one at a time please) to the FVAP.

Slogans will be posted at the FVAP web-

site for participating in the contest.

There is no limit to the number of entries, but each slogan must be submitted sepa-

Do you ever get the feeling that the only reason we have elections is to find out if the polls were right?
Robert Orben

site: www.fvap.gov, in the 2008-2009 Voting Assistance Guide, on motivational posters, audiovisual materials, and in other FVAP publications and manuals. The winner and runners-up will also get certificates

rately along with your full name, mailing address, daytime phone and fax numbers and email address by 9 Apr 07. Submit by email to slogan@fvap.ncr.gov with “Voting Slogan Contest” in the subject line.

Summer's Coming! Camp Opportunities for Kids

It may not feel like Summer will be here anytime soon with all the snow on the ground, but school will be out in four months. Time to plan any summer camp opportunities for the kids!



Operation Camp Purple is an annual event sponsored by the military arm of the

YMCA. It is for children of deployed personnel primarily and information can be located at www.nmfa.org

Services has announced the Air Force Teen Aviation Camp to be held 2– 7 June 07 at the Air Force Academy. The 8th annual camp is open to high school

students interested in attending the Air Force Academy and is open to any teen associated with the military. There is a nomination form and familiarization exam that must be submitted no later than 30 Mar 07 to Kevin Hyman, Services at YARS. For more information and the forms, go to www.afyouthprograms.com or call Julie Hansen at Services, (330) 609-1934.

Military Spouse Scholarship Program

The National Military Family Association has joined forces with the Military Channel to expand the NMFA's Joanne Holbrook Patton Military Spouse Scholarship Program.

The scholarships are awarded to military spouses to obtain professional certification or to attend post secondary or graduate school. Scholarships normally range from \$500 to \$1,000 and may be used for tuition, fees, and room and board. Spouses of any member of the total force and retirees as well as survivor spouses are eligible.

Scholarship applications are accepted online 15 Jan through 15 Mar 07; go to www.nmfa.org/scholarship

Jane Root, Executive VP and GM of the Military Channel says "Military family members provide solid support for loved ones in uniform, and the Military Channel is proud to be an all-around resource for our Armed Forces and support the military community in return. The military spouses honored by the scholarship program are inspiring and we honor such determination to further their education regardless of the challenges they face.



It's FAFSA Time!

If you and/or your college age child uses financial aid of any sort, the Free Application for Federal Student Aid (FAFSA) is a must in your world. Now is the time to apply for the 2007-2008 school year.

Completing the FAFSA and getting the report to you and the school is the first step in any financial aid process. Tax data from 2006 is necessary, even if it is only estimated. If the student is a dependent child, parental tax information must be entered.

After finishing the FAFSA results will state what kind of aid the student is eligible for and what the expected family contribution is to be. The finalized report is the basis

To the uneducated, an "A" is just three sticks

A. A. Milne

of the awarding of federal Pell Grants, work study opportunities and student loans.

More information and the application can be found at www.fafsa.ed.gov

Other information can be obtained by the Financial Aid Office at yours or your student's school of choice.

TriCare Develops Online Services

TriCare's new TriCare Online (TOL) website [www.tricareonline.com] provides personalized services for TriCare beneficiaries worldwide. Many informative features are available on the website without registering.

To use the website's personalized services, you will have to register using your Social Security Number or sponsor's Social Security

Number, TriCare region, and email address. You will also need the name of your medical treatment facility.

When registering you will create an 8 character userid and an 8-character password.

For more information, call the toll-free helpline at (866)363-3932.





The Key to Career Success

A new site to help transitioning (separating or retiring) military members and veterans with high quality career planning as well as training and job search resources has been developed by the Minnesota State Colleges and Universities. The site connects users to One-Stop Career Centers for job search assistance as well.

Topics included on the site are those that are important to military members and veterans as they ready themselves for transitioning to civilian life and career. Quick link topics include: writing a resume, matching military experience to civilian jobs, credentials, certifications and licenses, finding local services, and a special resource section for disabled/injured service members.

There are also articles about planning education and training, state resources and job search strategies.

While this site is designed for folks who are transitioning, much of the information about job search and contact information for local area employment offices and Veterans Representatives is helpful to any military or military family member looking for work.

The website address is:
www.careeronestop.org/militarytransition

Passports: or how going to Niagra Falls got complicated

Effective 23 Jan 07, US citizens need an official US tourist passport to travel to or visit Canada, Mexico, or the Bahamas. Passports are not required for US territories like Puerto Rico, Guam or the Virgin Islands.

Passport applications can be accomplished at any US Post Office and run between \$65 and \$95, depending on how quickly you need them done.

In order to get a passport, you need passport photos (easily obtained from sources like Kinkos, Walmart, Staples and similar stores) and an original Birth Certificate. If you changed your name when you married, you need to also have your original mar-

riage license/certificate. Both documents will come back to you with the passport.

Official, no-fee military passports are not allowed to be used as evidence of citizenship for a tourist passport nor can it be used for tourist travel.

The Department of State information about this change in rules and passports in general can be found at http://travel.state.gov/passport/passport_1738.html

SMSGt Gary Yonchak of the Personnel Readiness Unit is the base point of contact about passport issues and he can be reached at (330) 609-1385



Director's Corner:

On Relationship

The other night Katie (my daughter) and I were watching Gilmore Girls and a comment came up about the Mars and Venus: Rory said that Mars and Venus are both planets so the whole concept implied that there was something in common between men and women. She said it really was more like Mars and a bowl of soup!

Relationships are hard work, whether its love, work, play, children, church, or retail. I found some ideas by Willard F. Harley Jr from his book [I Promise You: Preparing for a Marriage That Will Last a Lifetime](#), but it seems to me that they apply to more than love:

1. Make deposits in the bank of love (A love bank is an emotional tally of how people treat us. good experiences=deposit: bad experiences=withdrawal)
2. Not all emotions are created equal ("If a man assumes that his wife's most important emotional needs are similar to his, he will fail miserably when he tries to meet them.")
3. Talk about those annoying ticks
4. Negotiations are key to any relationship (If you can't come to the negotiating table with a smile on your face, then pick another time when you are in a better mood")
5. The engagement is the perfect time to practice complete honesty ("If you hide anything now, you are likely to hide much more later" or, in other words, be straight and honest from the beginning)

Youngstown Air Reserve Station

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Emergency Cell: 330-233-2128
Fax: 330-609-1511
E-mail:
family.support@youngstown.af.mil

Congratulations to our newest promotee:

MSgt Perry Foos

(pictured here with his lovely wife, MaryAnn)



We're On the Web!

[http://www.youngstown.afrc.af.mil/
units/910thfamilysupportcenter/index.asp](http://www.youngstown.afrc.af.mil/units/910thfamilysupportcenter/index.asp)



**Readiness
Is Our Mission!**

Do You Know a Volunteer?

Volunteers are that rare breed of people who can be counted on to help out with any job, including organizing any job, when there is need of something to be done and no salary to pay for it to be done.

The slogan goes "Volunteers are the Heart

of Our Great Nation" and it is so true. Think of all the volunteers at the polling booths, the hospital, the schools, the youth sports leagues, and charitable events. We have a stellar group of volunteers at Family Support and know that there are many people on the base who volunteer in their off-duty time.

Please tell us who you are! We want to develop a clear picture of what activities our base population is involved in. Send or bring to us your full name and a descriptive sentence or two of the volunteer work you do and how many hours you volunteered from 1

April 2006 to 31 March 2007 (yes, you can guesstimate the future time).

You can email it to family.support@youngstown.af.mil

We are also looking for nominations for the Youngstown Air Reserve Station Volunteer of the Year award.

To nominate base personnel for their volunteer efforts, be prepared to write out what the volunteer has done for whom and what impact that has had for that agency, the volunteer, and our installation. A nomination template can be obtained at Family Support.

Nominations are open to base personnel regardless of status or branch of service.

For more information, contact Family Support at (330)609-1201 or stop on by.

