



October Post It

Military Spouse of the Year Awards!

Mrs. Leslie Wade

Military spouse of California Adjutant General,
Major General William H. Wade II,
will present the Military Spouse of the Year Award
during the Family Day Picnic, Oct. 3.



Guard spouses have grown through the radical paradigm shift imposed on them by the events of 9/11 and the subsequent National Guard mobilizations not previously experienced under the past "weekend warrior" mentality.

National Guard spouses, specifically those of the 129th, have overcome so much in order to keep their marriages strong, their children safe, and their hearts, minds and bodies healthy.

Our married Guard members, whether they deployed or not, have the opportunity to submit a loving testament explaining their spouse's demonstration of **independence** and **resiliency**. It is especially timely to recognize spouses after this year's intense deployment to Afghanistan. Spouses also exemplify a true and honorable sacrifice with selfless acts that go unrecognized.

Independence: The capability of leading a fulfilling and meaningful life as a spouse, parent, community servant, student, professional, coach, mentor, and friend to others, while being a part of the National Guard family.

Resiliency: The ability to overcome setbacks and obstacles and to maintain positive thoughts during times of adversity.

Only (1) spouse will be selected from Maintenance Group, Medical Group, Mission Support Group and Operations Group. The first (15) testaments received will get a thank you tote from the Family Readiness Office and they too will be recognized.



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New Services Offered to Support Yellow Ribbon Events

7 Habits of Highly Effective Military Families

This Franklin Covey Course has been lauded for its proactive role in providing a welcome platform for building the principles of a highly effective family.

The Seven Habits of Highly Effective Military Families emerged as a result of John and Jane Covey's genuine respect and love of military families. An Army veteran himself, John Covey, brother of internationally renowned author and motivational speaker, Stephen Covey, had been "spreading the good word" about the principles of effective families. While the principles of the original 7 Habits of Highly Effective Families remains in tact, this course was recently redirected to emphasize the special challenges of military families and is being seen as an emerging "best practice" course being taught in both the active and reserve components.

This course plugs easily into family-enriching retreats and other experiential and learning venues (i.e., Strong Bonds), particularly as a "take away" for families attending Yellow Ribbon Program events, which by the way, is not confined to just post-deployment emphasis, but for all stages of the deployment cycle. The Franklin Covey courses are licensed two-day workshops and must only be taught by certified Franklin Covey Trainers. Part of the good news is that more and more Family Program Coordinators have seen the "back to basics" value of this course and are being trained and certified to teach so that the ongoing quest to develop strong resilient families is made more available to families under their purview and geographic location.

At a recent 7 Habits of Highly Effective Military Families Course taught at their facility in Salt Lake City Utah mid-September, Carolann Wunderlin, was one of only two National Guard Wing Coordinators in attendance. The intent of this course to provide foundational principles from which to raise a thriving as a military family. This recent emergence to tailor their 7 Habits of Highly Effective Families just for the military was motivated by the recent economic down turn as well as our protracted involvement in overseas contingencies.

These two-day workshops are being implemented in various parts of the country under the Yellow Ribbon Program as well as a viable enhancement to Family Days and Child & Youth Program Events. The 129th Rescue Wing Family Programs Office is requesting unit families email familyreadiness@camoff.ang.af.mil for interest in attending this course at Moffett Field or in the immediate vicinity. For more information, call the Family Readiness office at 650-603-9118.

VA Vet Center (Mobile RV)

Staffed by OIF/OEF Readjustment Counselors, van will visit 129th families at Family Day Picnic.



The Veterans Administration's mobile outreach van debuted this Spring and is considered more than just an RV — it's a life-line for our veterans hindered by geography in getting the help they need. The VA Vet Center offers services to veterans suffering from PTSD, difficulty readjusting to marital life after a long military deployment, or depression and anxiety.

The first of only three VA Vet Center Mobile Vans in California, members and families of the 129th Rescue Wing will be able to visit with the onboard OIF/OEF Readjustment Counselors. Two of the counselors are 129th RQW loyalists: Staff Sgt. Brock McNabb of the 131st RQS, and Danny Molina, a former 129th maintainer. They are just two of a handful of dedicated professionals whose outreach extends from Redding to San Luis Obispo.

Be sure to visit this RV at the Wing Family Day Picnic Oct. 3!



Left to Right: John Covey, Carolann Wunderlin (129th Wing Family Program Coordinator) and Jane Covey at the Covey Training Site in Salt Lake City Sept. 18, 2009.