

# MILITARY & FAMILY READINESS



NEWSLETTER



## MILTAX SOFTWARE AND EXPERTS

Get your taxes done for FREE through Military OneSource!

“Military life can make for tricky taxes. To help, the Defense Department offers MilTax software through Military OneSource. It’s built to account for deployments, combat and training pay, housing and rentals, multistate filings, living OCONUS and more. If you have questions, enlist free one-on-one help from MilTax experts: tax pros with special training in military-specific tax situations.”

<https://www.militaryonesource.mil/financial-legal/taxes/miltax-military-tax-services/>



## COUPLES COACH APP

Do you want to learn new ways to improve your relationship? There’s an app for that!

“The Couples Coach app is designed for partners who want to improve their relationship and explore new ways to connect. Couples choose missions—small commitments to improve your relationship—to work through on their own or with their partner.”

To learn more about VA apps, please visit:  
<https://mobile.va.gov/>



## VETCHANGE APP

Have you ever considered changing your drinking habits for the better? There’s an app for that!

“VetChange is an app designed for Veterans, Service members, and *anybody* who is concerned about their drinking and how it relates to stress. This app can be useful for developing healthier drinking behaviors. You can gain insight into how your drinking relates to different moods and situations, use interactive tools to manage your stress and urges to drink, learn about alcohol use and posttraumatic stress, and track your progress.”



## MILITARY & FAMILY READINESS SPECIALISTS

Christine Rawls  
(808) 672-1687  
103rd Troop Command - Pearl City  
[christine.l.rawls.civ@army.mil](mailto:christine.l.rawls.civ@army.mil)

Rochelle Marzo  
(808) 844-6614  
Keaukaha Military Reserve - Hilo  
[rochelle.n.marzo.civ@army.mil](mailto:rochelle.n.marzo.civ@army.mil)

Jasmin Reyna  
(808) 672-1441  
29th IBCT Readiness Center - Kapolei  
[jasmin.n.reyna.civ@army.mil](mailto:jasmin.n.reyna.civ@army.mil)

Traci Kaopua  
(808) 672-1454  
29th IBCT/Diamond Head  
[traci.k.kaopua.civ@army.mil](mailto:traci.k.kaopua.civ@army.mil)

Follow us on Facebook and Instagram for more resources and announcements!

@HIARNGsfrs

[hawaiiguardohana.org](http://hawaiiguardohana.org)

## SCHOFIELD AUTO SKILLS CENTER



Did you know that ID card holders can utilize the Schofield Auto Skills Center for on-site automotive repair and service from certified mechanics, as well as access to proper equipment for for doing your own auto maintenance and repair?

They have 30 bays to perform your own maintenance and even offer classes to teach you how.  
<https://hawaii.armymwr.com/pr ograms/schofield-barracks-auto-skills>