

164th AW FAMILY PROGRAM NEWS

TGIF – THE GUARD IS FAMILY!



Airman & Family Program Office

May 2016

A word from Betty:

Betty Gaskins, Airman & Family Program Manager

A rep from the Memphis Redbirds will be here on Saturday of May drill (the 14th) selling discounted tickets for a game on Tuesday night, May 31. Tickets can be purchased in the Dining Facility during lunch. Cash or Credit Cards.



This will be ***Military Night with the Redbirds*** and Col Robinson will be throwing out the 1st pitch! Bring your family out for a fun night!



The Tennessee Wildlife Federation hosted a fishing event, Saturday 30 April in Memphis for various groups, including Air and Army National Guard families. TN NG Child and Youth Program covered the event expenses for National Guard participants and the TWF provided fishing equipment.

TSgt Joel Cameron and his son, Sterling, had an awesome time at the event. At the end of the day, Sterling won a fishing rod and tackle box for being the “most enthusiastic” fisherman!



NG SUMMER YOUTH CAMP REGISTRATION IS NOW OPEN!

The week-long camp is for National Guard Youth ages 9 - 17. There is a \$40 charge for the Camp, which will be held at Boxwell Reservation in Lebanon, TN on July 17-22.

Boxwell Reservation features rolling hills with numerous campsites and hiking trails over more than 1,100 acres. The surrounding waters are excellent for swimming, canoeing, fishing and other activities.

Some of the activities that will be offered are: swimming, archery, crafts, fishing, boating, waterskiing, tubing, zip lines, climbing walls, class instruction, outdoor water games, and much more. Campers will be responsible for cleaning barracks and will participate in various other activities throughout the week.

Please contact Paige Major, paige.p.major.ctr@mail.mil, 615-707-0582, or Caitlin Vassar, caitlin.h.vassar.ctr@mail.mil, 615-926-6521 with any questions or concerns.

There are specific instructions for registration on the EventBrite page. Please read them carefully to ensure your child is properly registered. Once you complete registration, you will receive a copy of the application via email from Paige Major or Caitlin Vassar.

Take a moment to view the registration instructions, as this is a three step process. To register please visit www.ydw2016.eventbrite.com



HIRING OUR HEROES

There will be a “**Hiring Our Heroes**” Job Fair on Thursday, **June 16, 2016** from 10:30am to 1:30pm for veteran job seekers, active duty military members, guard and reserve members, and military spouses at the Salvation Army Kroc Center 800 East Parkway, South, Memphis, TN 38104.

This event will be a one-of-a-kind FREE hiring fair for both employers and job seekers.

The Hiring Our Heroes job seeker employment workshop is led by HR and workforce professionals and covers a variety of topics including resume building, networking, and interview tips, taking into account the job seeker’s military background and lifestyle. Hiring Our Heroes digital tools, including the [Resume Engine](#), are also integrated into the workshop curriculum. The workshop begins at 8:30 a.m.

Employers are invited to attend a workshop sponsored by USAA immediately before the hiring fair from 9:00 a.m. Trainers will provide insight on how to brand your company as military friendly, how to find the right veteran talent, and how to keep veterans engaged in your workplace. Light refreshments will be served and it is free for employers, recruiters, and HR professionals.

The U.S. Chamber of Commerce's "Hiring Our Heroes" event is being conducted by the U.S. Chamber of Commerce Foundation, the Greater Memphis Chamber, the Department of Labor Veterans' Employment and Training Service (DOL VETS), the Tennessee Committee of the Employer Support of the Guard and Reserve (ESGR), the U.S. Department of Veterans Affairs, The American Legion, TN DOL, NBC News, and other local partners.

Registration Link: <https://www.uschamberfoundation.org/event/memphis-hiring-fair>

You may be writing your resume for the first time or wondering how you can improve an existing resume. If you're struggling with this process, there are ample resume writing resources available, many of which are free. You don't necessarily have to pay a professional resume writer to have a great resume that will catch an employer's eye.

DEPARTMENT OF LABOR'S CAREER ONESTOP'S RESUME GUIDE

This comprehensive [resume guide](#) will help you:

- Identify the key elements of a great resume (Header, Headline and summary, Skills, Work Experience, Education)
- Understand four different resume strategies and select the one that will get your resume noticed.
- Market your resume, online and in person.
- Make the most of the Internet, providing tips on how to increase your online presence and use social media to your advantage.

The resume guide also provides samples of successful resumes that you can use as models as you write your own resume. You will also find a sample resume walk-through that reviews each section of a resume, focusing on important features of each part. All in all, this is a very comprehensive guide and a "must read" if you are working on your resume!



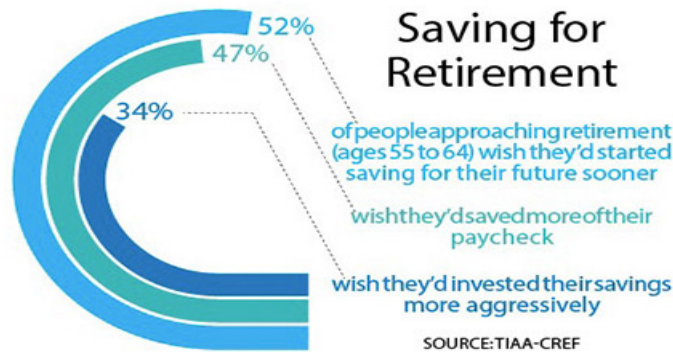


FINANCIAL TIP FOR THE MONTH

Do you think you are making too little money to save any? You may be selling yourself short. Even on a low income, it is possible to build up a cash cushion for emergencies. But, it's not something you can do overnight. It takes planning and patience.

Think about your financial goals. Make a plan to pay down your debt. Start saving! – TSP is a great way to save for retirement.

You don't have to be wealthy to invest, but you have to invest to be wealthy.



RUNNING TIPS – Nutrition and Hydration

By [Christine Luff](#)

Nutrition and hydration are critical to training for and running long distance races such as [half marathons](#) and [marathons](#). A runner's diet is important not only for maintaining good health, but also to promote peak performance. Here are some basics about running nutrition and hydration, including what, when, and how much to eat and drink.

General Nutrition Guidelines for Runners: The diet recommendations for runners are not that different than nutritional guidelines for non-runners. Here's some basic advice on how runners can maintain a healthy diet.

- [Diet and Nutrition for Runners](#)
- [Best Foods for Runners](#)
- [6 Simple Changes for a Healthy Diet](#)
- [What to Eat and Drink Before Your Long Runs](#)
- [Running and Hydration Basics](#)



Know Your Benefits

Throughout the career and life of a Service Member, different benefits are available based upon deployment status, dependent status, veteran status, and retirement status. Did you know that traditional/Drill Status Service Members are eligible for health benefits?

Typical Changes that Affect Benefits

- Marriage / Divorce
- Addition of dependents
- Changes in disability among immediate family members
- Going on or coming home from a deployment
- Going to or coming home from a military school
- Being hired or leaving service as Active Guard Reserve (AGR)
- Retiring
- Leaving service due to a medical condition

Types of Benefits Available Dependent upon Your Personal Situation

- TRICARE (medical and vision) www.myTRICARE.com
- TRICARE (dental) www.tricare.mil/dental
- Service Member's Group Life Insurance (SGLI)
- Traumatic Service Member's Group Life Insurance (TSGLI)
- Thrift Savings Plan (TSP)
- VA Benefits www.va.gov
- Education Benefits



Improved Scholarship Finder Available

Military.com has released a new and improved online Scholarship Finder, which helps service members, veterans and their families search millions of dollars in military-related scholarships. Military.com Scholarship Finder is the definitive guide to military scholarships on the web, including the most comprehensive information presented in a searchable and user-friendly format. Many organizations and educational institutions offer scholarships based on military affiliation, but they can be hard to find. Military.com provides this information in one searchable, online database, with detailed descriptions, eligibility criteria, application deadlines and contact information. The Scholarship Finder can be found at:

<http://www.military.com/Education/ScholarShip/newsearch>



PERSONAL and FAMILY READINESS is achieved when you and your family members' *emotional states, financial obligations, legal requirements, and support systems* are in order. Ideal readiness preparation would provide for minimum disruptions in your personal/family life in the event of a community disaster or a sudden deployment notice.

There are resources on base that will help you in all these areas of readiness preparation. Seek it out and take advantage. We're here to help you!



Drill Status Member? Nominate your Civilian Employer for an Award!

ESGR (Employer Support for the Guard and Reserve) offers two ways you can recognize your civilian supervisor or employer for his/her support of your military service:

Patriot Award – This award recognizes supervisors and bosses nominated by a Guardsman or Reservist employee for support provided directly to the nominator. **Spouses of Service Members** are also eligible to nominate their supportive supervisor. An ESGR representative will present the award to your employer and personally thank them for their support.

Guard or Reserve Member - **Nominate Here!**

Spouses - **Nominate Here!**



Joint Services Support - This portal, and its program sub-portals, is designed to give you a "one stop shopping" location where you can get important information on a variety of programs that have been created to support you - <http://www.jointservicessupport.org>

Military One Source - whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for military personnel and their families... 24/7/365! - <https://www.militaryonesource.com/skins/MOS/home.aspx>



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