

164th AW FAMILY PROGRAM NEWS

TGIF – THE GUARD IS FAMILY!



Airman & Family Program Office

March 2012

A FEW WORDS FROM THE AIRMAN & FAMILY PROGRAM OFFICE...

By: Betty Gaskins

Whether you've celebrated one anniversary or twenty, as an Air National Guard couple you can expect more challenges than the average civilian couple. Long separations, the stress of deployment, and redeployment can subject Air National Guard marriages to some stressful times.

That is the reason for the Strong Bonds Married Couples program. It's our way of saying thank you for the sacrifices you and your Family make each and every day. We understand the stresses of life and we want to serve you through an off base, Strong Bonds weekend retreat. You will gain skills that fortify your marriage and enjoy a time of relaxation, recreation, fellowship, and fun.



We are going to have a Strong Bonds Married Couples event April 20-22 at the Hilton Hotel. The event will be open to any of our Air Guard Members and their spouse. This event is limited to 25 couples. Childcare is NOT available. No one will be placed on military orders to attend this event. Lodging, most meals, and curriculum are provided at no cost. Participants will NOT be reimbursed for mileage expenses.

Strong Bonds events offer practical, useful information based on world-class curriculum developed from years of research. As a couple, you will practice communication and relationship building skills, as well as share intimate moments.

The Strong Bonds Married Couples weekend retreat is designed to strengthen relationships, inspire hope, and rekindle marriages — even start the journey of healing for relationships under fire.

If you're interested in signing up for the 164 AW's first Strong Bonds event, please contact Betty Gaskins at 726-7125 or email betty.gaskins@ang.af.mil.



RUNNERS NEWS

By: MSgt Beth Emmons

The magnificent Mid-South weather! More runners are being seen dutifully trekking from one end of the base to the other. To those people, you deserve a round of applause! But applause is nothing compared to the benefits to that important piece of government equipment, otherwise known as YOUR BODY.

Maintaining a healthy body benefits the heart, blood pressure, joints, mood, wardrobe, and marriage (wink, wink). It's also better for your Fitness Test score! After all, our jobs depend upon the successful completion of the Fitness Test, which, honestly, shouldn't be that big of a challenge to a hard charging U.S. military member. To those of you who haven't begun to train for success, let's consider your deadline. May? Not anymore! Our recently appointed Fitness Program Coordinator is Major Brian Childress. Being a pilot has given him the brain power to formulate a complex roadmap to FitTest scheduling. In reality, it makes really good sense and it's not as difficult as it first appears. I will explain the scheduling to you but, seriously, you'll understand it better if you diagram it. Like a flow chart, if you will. So grab a piece of paper and a pencil and follow along. Grab a battle buddy and use teamwork if need be.

It's important to remember the current gorgeous weather. Then think back to any Mid-South summer. Major Childress has devised a plan to test the 4 Groups of the Wing divided logically during the best six months of the year, March, April, May and September, October, November. Stay with me!

At the top of your paper, write March, April, May, evenly spaced.

Under "March", write Ops. This is a large organizational group. They will test in March. (Hold that thought.)

Under "April" write MXG. Aircraft Maintenance Group isn't quite as big as Ops.

May is left open for the Ops and MXG stragglers who didn't make it during their designated month. AHA! The ORI! (Thought I forgot?) This is where May *really* comes in handy! Ops will test in May because other requirements prevented them from testing during their regularly scheduled month.

Towards the bottom of your page – because I know there are at least two of you actually diagramming, write September, October, November, evenly spaced. Under September, write MSG. It's a large organizational group. Under October, write MDG, a smaller group than MSG. Leave November open for stragglers.

Do you see a pattern here? Don't give up diagramming yet! The fun has just begun.

A person who fails in March, (circle March) retests 6 months later with MSG in September. (draw arrow from March to September) A failure in April (circle) will retest in October. (draw arrow) In the same respect, failures in September and October retest in April and May respectively. (more arrows) Make sense?

People on orders and AGR's can test during the week when possible. Also this schedule enables Fitness Test Monitors from other groups to conduct testing. So MXG, get your machines tuned up! Your month is right around the corner! I'll be looking for Major Childress' corrections if I got this wrong. Plus, I think, if you draw two more lines on your diagram you'll have a portrait of Elvis.



Demario Ferguson – circuit training and looking good



The C-17 Delivers

By: Chaplain Bell, 164AW

The multi-operational C-17, with its first flight in the early 1990s, will soon execute an exciting frontier for the **164th Air National Guard**. Over 20 years later, the C-17 still delivers – a future for our Airmen and their families; however, “change” is difficult to embrace for some. Together,

let us prime our minds and hearts to receive what God's plans are for the future, just as life's journey began to be understood by one Airman:



USAF Captain Lauren Ann Ross is sitting in the cockpit of a C-17 during filming for the giant screen production "Rescue". Captain Lauren Ross, the young pilot of a U.S. Air Force C-17 Globemaster II has flown her jet around the world on a range of missions. At the controls of the giant transport aircraft, she is realizing a childhood dream and following in the footsteps of her father and grandfather.

The memories we have with the C-17 will all too soon be a legacy for us to leave behind and to inspire those to move forward with their childhood dreams.

Peace and blessings to all,

Chaplain Bell



WOULD YOU LIKE TO QUIT SMOKING?

FREE PATCHES...NO CLASSES. The SAMMC Tobacco Quit Line Research Study is available to Active Duty members, Reservists, Guard, Retirees, and Dependents. You must be 18 years old or older and smoke 5 or more cigarettes a day. This research study aims to assess the effectiveness of a tobacco quit line in the military. The research project will include telephone counseling sessions and nicotine patches mailed directly to your home at no cost to the participant. This research study is sponsored by the University of Tennessee, Wilford Hall Medical Center and the National Heart, Lung and Blood Institute. For more information, please call 1-877-SAMMC-11 (1-877-726-6211) or visit www.sammcquitline.org .



Emergency-Specific Preparedness Information



Get the facts you need — before, during, and after a disaster or emergency situation. As the nation's preeminent preparedness and safety training organization, the American Red Cross developed the following emergency-specific checklists using the latest research, science, best practices and expert opinion.

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Spouse READI (Resilience Education and Deployment Information)

VA Medical Center at Memphis
Sponsored by the Department of Defense

The consequences of deployment and combat exposure can affect marriage and families negatively. This study will test two telephone-based strategies to assist spouses of returning Iraq and Afghanistan service members. The goal is to

- build spouses' resilience to cope with reintegration challenges
- help them serve as a support system for returning service members
- ease the transition for families post-deployment.

The study will compare **telephone support/discussion** groups to **telephone/computer informational webinar groups** and to **usual care**. Some of the usual barriers to participating in an intervention, such as lack of local services, access difficulties, childcare, and long distances to travel, are eliminated by the use of the telephone.

The study will enroll **225 OEF/OIF spouses**. In the Telephone Discussion groups, a group facilitator and participants will focus on education, skills building and support. Informational webinar telephone/computer groups will provide the same education content, without skills building or support. Each group will meet 12 times over 6 months. Content includes ways the returning service member, spouse and family may have changed during deployment; an emphasis on compromise and negotiation in personal relationships; strategies to reduce or eliminate reintegration difficulties; strategies to support the returning service member; and cues to alert spouses when to seek mental health services for the family or themselves. Usual Care participants will receive resource information and a workshop focusing on the same topics after their study participation.

Telephone data collection will be at baseline, six and twelve months (**with payment of \$25 per session and an additional \$25 payment upon completion of entire study for a total of \$100**) with brief contacts at three and nine months. Participation is voluntary.

Spouse READI Project

Email: vhamemsbm@va.gov

Call: (901) 577-7485 or (800) 636-8262, ext. 7485

See the Website: www.memphis.va.gov/spousesupport

FACEBOOK: : <http://www.facebook.com/notes/memphis-va-medical-center/spouse-readi-study-focus-on-helping-families-post-deployment/405864899824>





VA WEBSITE REDESIGNED

The Veterans Affairs Department (VA) has begun the first phase of a major renovation to the VA website. Some of the changes include improvements to the navigational structure, a slideshow section that showcases current VA events or hot topics, and a “Quick List” with links directly to important applications. To see changes to the website, go to: <http://www.va.gov>



What's the USDA SuperTracker?

This site is GREAT! [SuperTracker](#) is an online tool where you can get a personalized nutrition and activity plan. Track what you eat and your activities to see how they stack up, and get tips and support to help you make healthy choices. See below for more information on what you can do with this new tool.

Create a profile. Enter information about yourself on the Create Profile page to get a personal calorie limit and food plan; register to save your data and access it any time.

Compare foods. Check out Food-A-Pedia to look up nutrition info for over 8,000 foods and compare foods side by side.

Get your plan. View My Plan to see your daily food group targets - what and how much to eat within your calorie allowance.

Track your foods and activities. Use Food Tracker and Physical Activity Tracker to search from a database of over 8,000 foods and nearly 800 physical activities to see how your daily choices stack up against your plan; save favorites and copy for easy entry.

Build a combo. Try My Combo to link and save foods that you typically eat together, so you can add them to meals with one click.



IF YOU ARE RECEIVING THIS NEWSLETTER THROUGH THE MAIL, PLEASE LET THE FAMILY PROGRAM OFFICE KNOW IF YOU HAVE AN ADDRESS CHANGE, SO WE CAN KEEP OUR MAILING LIST UP TO DATE. – THANKS! 901-291-7125

This newsletter is published for members, family and friends of the 164th Airlift Wing, Memphis, TN. Contents of the 164th AW Family Program News are not necessarily the views of the U. S. Government, The Department of Defense, the Air Force or the National Guard Bureau.

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