

164th AW FAMILY PROGRAM NEWS

TGIF – THE GUARD IS FAMILY!



Airman & Family Program Office

May 2012

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

By: Betty Gaskins, Airman & Family Program Manager

Each April we observe *National Volunteer Week* and I love taking the opportunity to officially thank some very special people! A Family Readiness Group (FRG) Awards ceremony was held on April 3. I was proud to honor our FRG officers, **Donna Douglas** and **Stephanie Price** and the other FRG volunteers who graciously donated time to our Family Program during the past year. In addition to our officers, we also recognized: (alphabetically) **Becca Badgett, Monica Cunningham, Laura Roberts, Linda Evans, Lori Garrett, Jenny Myers, and Toya Ryan.** Laura, Lori and Jenny could not make it to the event but I still got to brag about them anyway!

All of these volunteers made a difference by contributing their time, energy and talents to help our guard families. They have donated their time to help in many ways: Family Day activities, preparing the monthly Family Program newsletter for mailing, chaperoning at our Youth Lock-In, assisting with our semi-annual Red Cross Blood Drive and more!

Laura Roberts served as the FRG leader for many years and did an outstanding job recruiting new volunteers, planning lots of fun activities, writing many newsletter articles for our FP newsletter and always helped out anywhere, anytime she was needed. I nominated Laura for *Volunteer of the Year* (for 2011) through our State Awards Program and she won that distinguished honor!

Col Mark Devine and Command Chief Cedric Young attended the recognition ceremony and personally thanked all of the volunteers for their time and dedication to our Airmen and their families. During the ceremony the FRG volunteers were presented with the “Outstanding Air FRG Award” from the National Guard J-9/Family Program at JFHQ.

Thanks, volunteers, for all you do! You are awesome!



Update on the 164 AW *FIRST* Strongbonds Event -- 20-22 April 2012

By: Chaplain Bell

Read the responses from those courageous enough to attend the Strongbonds conference and enter uncharted mental, emotional, and spiritual territory with their spouse:

“Great ice-breaker. Fun to get involved right away,” “Presentation and variety was consistent and very tasteful,” “Great job!!! I love the candid conversations/topics,” “Please bring them back for the 2nd annual!” “Lots of useful and realistic tips and information. It was nice to meet new couples and mingle with co-workers,” “These tools will help build a strong bond,” “VERY BENEFICIAL! VERY INFORMABLE! AWESOME,” “Good location and great rooms and services,” “It has given me the skills to use to improve and prevent certain events in my marriage,” “Very inspiring and very motivational and also a great blessing,” “It helped me to better communicate with my wife on all levels and taught me how to diffuse a situation before it escalates,” “Registration was really simple and easy,” “The conference room was great,” “The workshop showed me a different way to communicate with my spouse,” “It helped me to learn how to work as a team while will be very important when dealing with deployment,” “Thanks for providing the book,” “AWESOME!!!,” “It provided different approaches to our ongoing problems and us communicate effectively,” “Chaplain Bell and Friedman were awesome. Had a great time and learned a lot,” “My wife and I learned a lot and can’t wait to start practicing at home what we learned here,” “It prepares me for deployment by knowing my wife loves me and I can trust her and she trust me,” “Excellent material. I will take time to review thoroughly,” “Hilton was outstanding!,” “I really enjoyed the contrast and stories from Chaplains Friedman and Bell,” “All good stuff,” “Assist in strengthening our most important relationship,” “It was simple to check-in to our rooms,” “Very helpful,” “The rooms were nice,” “It helped me identify events and issues my spouse and I may be having,” “It helped my spouse and I re-connect with one another,” “Provided helpful steps for good or better communication,” “Comfortable,” “They were well informed on the issues that are common in most marriages,” “It gave my spouse and I a chance to share in a controlled and comfortable environment,” “The subject was helpful. Opened up ideas to help improve and correct. Life is too stressful and the get-a-way was great for us,” “Equipped us with methods for better communication,” and “It made me see my weakness. In addition to providing me with the tool to correct my behavior. It provided guidance on how to re-connect, emotionally and spiritually.”

Enough said.

Plan on attending the next Strongbonds event!!! You will learn ways to “feed and nourish” your relationship with your spouse.

A Cherokee Legend

An old Cherokee is teaching his grandson about life. “A fight is going on inside me,” he said to the boy.

“It is a terrible fight and it is between two wolves. One is evil – he has anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.” He continued, “The other is good – he is joyful, peaceful, loving, hopeful, serene, humble, kind, benevolent, empathizes, generous, truthful, compassionate, and faithful. The same fight is going on inside you – and inside every other person, too.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf will win?”

The old Cherokee simply replied, “The one you feed.”

-Chaplain Bell



IT'S NOT OVER – READ ALL ABOUT IT

By: Billy Baxter (CMS, ret)

Greetings from the Retired Air Guard Association of the 164th AW, Memphis, TN. Yes, we do have a Retired component for those members that truly love this country and what it stands for.

After your official military service is completed, you can still remain associated with the Air Guard through our Retired Air Guard Association. It's not widely known, but we have been around since 1962. Known formerly as the Retired Technicians Association, we are sporting a new name, the Retired Air Guard Association and we are now a more open, less restrictive, organization as to who may join.

Along with this new name came changes in the by-laws and we now offer membership to all traditional guardsmen, civil service employees, AGR's, State of Tennessee employee's and Full Time Technicians who retire with a minimum of 20 Years of service. We have opened our organization to accept the maximum amount of people that want to continue their association with the Air National Guard. Basically, if you are breathing, you can join.

This is the fun part of being involved with the 164th Air Wing as there are no more ORI's, fitness Tests, Drill Weekends, etc. We simply “eat, drink and be merry”.

Presently, we meet on the first Tuesday of each month in the 164th dining facility at 7:30 AM. We share coffee and donuts for about 30 minutes to an hour and tell fish stories or tell about how we won the war all by our self with no assistance from anyone. I think you all get the picture.

Fish stories and tall tales run rampant as we re-live days gone by. This is also an excellent way to stay in contact with your fellow co-workers once you have retired.

There are no other commitments other than the monthly meeting on the first Tuesday of each month and we have a spring dinner each April in which our wives or significant others are invited. We also have a fall dinner, which serves as our annual business meeting. We pay annual dues in the amount of \$35.00 per year to cover the cost of the spring and fall dinner.

If you are interested in joining the group, give me a call: Billy Baxter, Secretary-Treasurer at 901-491-0104. Come and check it out!



MATHEW H. CASEY MEMORIAL SCHOLARSHIP

CMSgt Kenny "Rivet" MacFeggan



The Application Packet for the Mathew Casey Scholarship Fund is now available.

Applicants must be a high school senior or high school graduate. They must be accepted for entrance into an accredited college or university of his/her choice or be eligible to re-enroll in an accredited college or university.

Applicants must demonstrate qualities of leadership by participation in activities such as: athletics, scholastic clubs, and civic organizations, or otherwise demonstrate leadership characteristics.

The deadline for applications is July 8, 2012. Please visit the 164th AW homepage to download the application package. The Chief's council will convene after July UTA to review and award scholarships prior to the fall semester (August timeframe). Any questions pertaining to the completion of the application please see any of the Chiefs.

The scholarship fund can accept tax-deductible donations made to *Mathew Casey Scholarship Fund*. Donations can be delivered to any Chief. These donations will be used to increase the size of the fund principle, which will determine the number and amount of scholarships that can be awarded.



VIETNAM TRAVELING MEMORIAL WALL

You can see the Vietnam Traveling Memorial Wall May 10 (7pm) through May 13 at the Landers Center in Southaven MS. This Traveling Memorial stands as a reminder of the great sacrifices made during the Vietnam War. It was built to honor the men and women of the Armed Forces of the United States who served in the Vietnam War. Call 662-429-1460 for more information.

ALSO: There is an interesting website where friends and family can look up names, bios and other information on our lost comrades from the Vietnam War.

<http://www.virtualwall.org/iStates.htm>



Check out this link to a list of over 200 stores that provide military discounts

<http://www.bradsdeals.com/blog/2010/09/22/160-stores-with-military-discounts/>



FAMILY CARE PLAN

One of the most important considerations of family readiness is to ensure that your family is taken care of during times of annual training, mobilization, and deployment. A **Family Care Plan** is very important for all families, and is a requirement for single parents and dual military parents or if you are solely responsible for someone's care (such as an aging parent or grandparent). If you fall into one of these categories, see your First Sergeant to facilitate your plan.

Taking care of these considerations now will help you and your family be prepared for any period of separation.

When you prepare your plan, be sure to do the following:

- Assign a guardian for your family in a special Power of Attorney and make sure that the guardian understands his/her responsibilities.
- Obtain ID cards for eligible family members. Military benefits for family members are dependent on the family members' enrollment in DEERS. DEERS enrollment is completed at the time a Dependent ID card is issued.

- Sign up for SGLI or a similar group life insurance, and update all beneficiary information.
- Arrange for emergency needs.
- Inform your spouse or any caretakers about your finances. Maintain a list of important financial matters, accounts, loans, and insurance policies. You should only have one place to research the status of all of your family's financial affairs.
- Arrange for your guardian to have access to necessary funds.
- Arrange for child care, education and medical care.
- Prepare a will, and designate a guardian in the will.

Discuss your plans with your older children.



FREE CREDIT REPORT

Did you know that you can obtain one free credit report from each of the three major U.S. credit reporting agencies (Experian, Equifax, and TransUnion) each year.

To request a free credit report, go to www.annualcreditreport.com. Free credit reports requested online are viewable immediately upon authentication of identity. Free credit reports requested by phone or mail will be processed within 15 days of receiving your request. You should **NEVER** have to pay for getting a copy of your credit report.

As a suggestion, the credit reports should not be requested all at the same time. For example, request a free credit report from Experian this month, wait 3-4 months, and then request one from Trans Union or Equifax.

In addition to obtaining your credit report, service members and their families may also find out their credit score using the Fair Isaac Corporation (FICO) scoring system. Experian and TransUnion use FICO scores (Equifax uses BEACON). The FINRA (Financial Industry Regulatory Authority) Investor Education Foundation is providing a free service for service and family members to obtain their FICO score and an analysis of their credit report.

To use this free service, go to www.saveandinvest.org/militarycenter, click on "Free Credit Score and Analysis", and then click on the yellow box/button that says "Register for Your Free FICO Credit Score". On the next screen, in the box labeled "Financial Educator Code" enter NGUU8CBN. **This code is good until May 31, 2012**

Complete all the required information (as indicated by asterisks), choose which credit reporting agency (Experian or TransUnion), and you will receive your FICO credit score and analysis of your credit report. The report may be printed or downloaded.

Remember, there is NO CHARGE for either of these services.



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>



Watch for news about the DINING OUT that will be held in November. This is a very special event for guard members and their spouses!

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

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