



***McGhee Tyson ANG Base, TN  
Family Program Newsletter  
Nov 2008***




**SPOUSE ORIENTATION FLIGHT**

If your spouse has never experienced an air refueling operation on one of our KC-135 aircraft, they now have the chance. An orientation flight is tentatively scheduled for Saturday, 10 Jan 2009 for spouses of base military personnel that have never participated in our Spouse Flight Program before. For more information or to sign up, please contact Steve Latham in the Family Program Office at 985-3107.

The McGhee Tyson Family Readiness Group (FRG) represents the 134<sup>th</sup> ARW, 119<sup>th</sup> CCS, 228<sup>th</sup> CBCS, 572<sup>nd</sup> AF Band and the Training and Education Center (TEC).

- \*Up Coming Events\***
- 2 Nov 08: FRG Meeting
  - Nov-Dec 08: "Angel Tree"
  - 6 Dec 08: Base Christmas Party
  - 7 Dec 08: Children's Christmas Party/ Base Christmas Tree Lighting
  - 10 Jan 09- Spouse Orientation Flight

**Family Program "Loan Locker" Now Available**

Are you having a family picnic or yard sale and need extra tables and chairs? Our Family Program Office has a variety of items that you can sign out to use, on or off base. We presently have folding tables, chairs and pop-up canopies that you can use at your function or event.

If you would like to donate an item that others could use, and it's in good condition, please contact Steve Latham in the Family Program Office at 985-3107.

# Family Readiness Group Children's Christmas Party



The McGhee Tyson Family Readiness Group will be sponsoring our annual Children's Christmas Party at 1:00pm on Sunday, 7 Dec 08 at the McGhee Tyson Armed Forces Club. Please bring your child out for snacks, door prizes, get their picture made with Santa and make Holiday Food Baskets for our deployed base personnel. All families are encouraged to attend the lighting of the base Christmas tree following the party! Please **RSVP**, for planning purposes, to the Family Program Office at 985-3107.

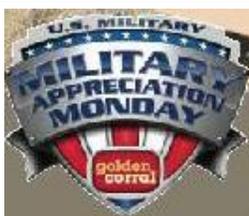
## "ANGEL TREE EVENT"



The McGhee Tyson Family Readiness Group is once again sponsoring our annual "Angel Tree" event. You have the opportunity to help a less fortunate child this holiday season by picking an "Angel" from the Angel Tree, located at the 134<sup>th</sup> Dining Facility. The Angel will identify whether the child is a boy or girl, their age and their wish. This year, please place the gift in a "gift bag" and then place under the tree with the Angel attached. Please return all gifts by the Dec UTA so they can be distributed before Christmas. We hope you will share in the gift of giving!

## Find Free Stuff on Military.com Classifieds

Browse Military.com Classifieds for free stuff in your neighborhood- from firewood to fill dirt, from table saws to guitars. Enter your ZIP code and see what you find.



## Build That Great Meal With Us... Military Appreciation Monday 2008

Golden Corral and the DAV are partnering for another great Military Appreciation Monday on November 17, 2008, between 5 and 8 p.m. That's the day Golden Corral restaurants nationwide welcome our nation's veterans and active duty military men and women to a free buffet dinner and drink, and lots of camaraderie. Military Appreciation Monday is Golden Corral's way of saying "Thank You!" to our nation's veterans and active duty military. Be sure to visit the DAV information table to meet members of Chapters in your area and check out the free DAV information.



**Mark your calendar now for Monday,  
November 17, 2008.**

## Military OneSource

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**Overseas:** xx-800-3429  
6477(Country access codes can be found online)

**Collect from Overseas:** 484-530-5908

(Dial an international operator first)  
**En español** llame al: 1-877-888-0727

## **\*Strong Bonds Couples Seminars\***

Whether you've celebrated one anniversary or 20, as a National Guard couple you can anticipate more excitement – and expect more challenges – than the average civilian couple. Long separations and the stress of deployment can subject military marriages to extreme hardship.

That's why we developed the **Strong Bonds Couples Program**. It's our way of saying thank you for the sacrifices you and your family make every day as members of the world's premier fighting force. And, because we understand the stresses of military life, we want to serve you through a **Strong Bonds Couples** weekend retreat. You and other couples will gain skills that fortify your marriage, and enjoy a time of relaxation, recreation, fellowship and fun.

Strong Bonds Programs are chaplain-led. You'll gain practical, useful information based on world-class curriculum developed from years of research. In small groups, you'll participate in activities that renew bonds with your peers. And, as a couple, you'll practice communication and relationship-building skills, as well as share intimate moments.

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

You will be **REIMBURSED** for your expenses incurred as you meet and become acquainted with spouses from across the State who are also part of the "Home Team". Here you will learn how to better manage and cope during his/her deployment. The best teachers are those who have already experienced one or two deployments.

For more information or to find out when the next Strong Bonds Seminar will be held, please contact Steve Latham in the Family Program Office at (865) 985-3107.

