



**McGhee Tyson ANG Base, TN
Family Program Newsletter
February 2010**



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

Elizabeth Greene, daughter of SMSgt Doug Greene, stands with her "Flat Daddy". SMSgt Greene is currently deployed with other members from the 134th SFS. The Family Program Office and base Photo Lab provided a "Flat Daddy" to the families of each deployed member. Flat Daddies travel to graduations, weddings, and other celebrations where they take their rightful place in photographs. Copies of the photos are then sent to Daddy overseas so he can see where he's traveled.

- Up Coming Events-**
- 6/7 Feb- 134th UTA (Drill Weekend)
 - 20 Feb- "Coping with Deployments" class provided by Blount Co American Red Cross.
 - 3 Apr- Family Readiness base "Easter Egg Hunt".

-Armed Forces Vacation Club February Hot Deals-

Military can enter to win one of 2 vacations!
Visit www.afvclub.com and click on AFVClub for Military to enter.

-Military Families can use “Sitter Site” Free-

By Karen Jowers -Staff writer- Army Times
Posted: Sunday Jan 24, 2010 8:39:49 EST

The Defense Department now is paying for an Internet service that helps military families find in-home child care, nannies, tutors, elder care providers, pet sitters and other services in their local communities.

Active-duty Army, Navy, Air Force and Marine Corps members and their families, as well as National Guard and reserve members and their families, can receive a free membership to the service, which costs an average of \$120 a year. Retirees are not eligible.

You must go to www.sittercity.com/dod to activate your free membership.

Those looking for the services can do it in two ways, through a sitter search or by posting a job. Those looking for child care, elder care providers, pet sitters and house cleaners can use specific search criteria, including geographic areas. The database will pull from more than 600,000 child care provider profiles nationwide. But there are more than 1 million care provider profiles across all five types of care — child, tutoring, senior, pet, and home, said Mary Schwartz, spokeswoman for Sittercity.

The program provides military families with instant access to caregiver profiles, including background checks, pictures, references, reviews, a four-step screening process, and a specialized matching technology to help select the right caregiver. They also are working to include military spouses who provide family child care in their homes, too.

Sittercity.com doesn't employ the caregivers; it simply helps match them with families. The family hiring the caregiver negotiates the salary or fee with the caregiver.

The site will help increase options for families, including normal weekly and hourly care and care for those who work in excess of a normal duty day or live off-base in remote areas, said Melissa Anderson, head of Sittercity's corporate division.

“We're very honored and excited to be part of this program for military families,” Anderson said.

“Because of the mobile nature of military life, trusted community resources are often difficult to identify and locate. These online tools will help service and family members attain the best match between resource and need,” said Tommy Thomas, deputy undersecretary of defense for military community and family policy, in a statement announcing the new service.

The site confirms eligibility through the Defense Enrollment Eligibility Reporting System.



-A Message to the Families of our Deployed Airmen-

The McGhee Tyson Family Program Office will be sponsoring a “Coping with Deployments” class for the families of our deployed military members. This class is designed for the military family and provides hands-on tools to help families cope with deployments. It is also open to the deploying service member when taken with their family.

WHAT IS IT?

A course developed by the American Red Cross specifically to address the stress and strain of deployments on family members of those in the military. The Red Cross worked closely with subject matter experts from all branches of the service (Army, Navy Air Force and Marines), as well as National Guard and Reserve components, to compliment what is in their courses for service members.

WHO TEACHES THIS COURSE?

The course is taught by actively licensed Red Cross mental health professionals who have been specifically trained to teach this course.

WHEN?

Saturday, 20 Feb 2010 (1-3:30pm)

WHERE?

McGhee Tyson ANG Base (bldg/room TBA).

Seats are limited so please register by calling the McGhee Tyson Family Program Office at (865) 985-3107 as soon as possible, but NLT 9 Feb10.

-Military OneSource Tax Filing Services-

[Tax Help is Here At No Cost to Military Families](#)

Now available! Military OneSource brings military families our customized H&R Block At Home online tax filing (formerly Tax Cut), plus tax consultations by phone - completely free. www.militaryonesource.com

-Military Families Gain Access to Free, Online Tutoring-

By Elaine Wilson
American Forces Press Service

WASHINGTON (AFNS) -- Defense Department officials here launched a free, online tutoring service for service members and their families.

The site <http://www.tutor.com/military> offers round-the-clock professional tutors who can assist with homework, studying, test preparation, resume writing and more. Tutor.com's network includes more than 1,800 professional tutors and career specialists who have delivered more than 5 million one-on-one tutoring sessions since 2001, officials said. Each tutor is certified through the site, and all sessions are recorded for quality control.

-Tobacco Quit Research Study-

FREE PATCHES...NO CLASSES.

The SAMMC Tobacco Quit Line Research Study is available to Active Duty members, Reservists, Guard, Retirees, and Dependents. 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 at no cost to the participant. For more information, please call 1-877-SAMMC-11 (1-877-726-6211) or visit www.sammcquitline.org.



MilitaryHOMEFRONT is the Department of Defense website for official Military Community and Family Policy (MC&FP) program information, policy and guidance designed to help troops and their families, leaders, and service providers. Whether you live the military lifestyle or support those who do, you'll find what you need!

www.MilitaryHomeFront.com

