



**McGhee Tyson ANG Base, TN
Family Program Newsletter
August 2009**



**NATIONAL GUARD FAMILIES,
Need help paying for child care costs?
We can help!**

We appreciate the sacrifices that National Guard families make and are honored to help these great families with the application process that will connect them to the funding that can relieve the financial burden of child care, especially during deployment. Call 1-888-642-2799 today to determine your family's eligibility and supplement amounts. It's free, it's easy and it's worth it. The advocates of the National Guard Child Care Program, want to ensure that every eligible family of the National Guard is aware that these supplements are available and assist them with the application process. Supplement rates are based on several factors including child care cost and family income. All income levels may be eligible to receive a minimum* of \$100 per child per month for full time child care while the spouse is working, going to school full time, or looking for work. Guardians may also apply.

**Minimums vary depending on branch of service.*

Guard Family Examples:

- E4 with two children is receiving **\$200** per month for toddler and school age care.
- E4 with one child is receiving **\$210** per month for full time infant care.
- E7 with three children is receiving **\$310** per month for full time day care.
- O3 with two children is receiving **\$100** while spouse attends school part time.



What We Will Do For You:

- Conduct a brief 10-minute phone interview to determine your family's needs and eligibility.
- Answer your questions and research your options.
- Help you locate eligible care if needed.
- Complete the applications for you.
- Work with your child care provider and explain the process so that you won't have to.
- Support and defend your family's unique situation when necessary.

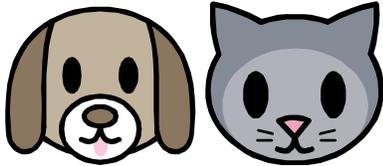
Don't wait until child care costs and military commitment take a toll on your finances, or your spouse's career or education. Call 1-888-642-2799 or NGCCP@GuardFamily.org

For more information on this program, please contact Steve Latham in the Family Program Office at (865) 985-3107.



American Red Cross

Blount County Chapter



Pet First Aid-

The McGhee Tyson Family Program Office will be sponsoring our first "Pet First Aid" course on UTA Saturday, Oct 3 2009 from 0830 to 1200. The presentation combines lecture, discussion, video and skill practice to provide participants with the knowledge and skills they need to provide care to their cat or dog in an emergency. The goals of the Cat and Dog First Aid presentation are to teach participants how to be prepared for emergencies that involve a cat or a dog and how to protect themselves and the animal from further harm, injury or suffering during emergencies by teaching prompt, effective first aid actions and care.

Although this curriculum is not designed for children, youth are not discouraged to attend the course as long as they are able to participate in and effectively complete the course objectives.

Each base family will receive either a Cat First Aid Book and DVD Set or a Dog First Aid Book and DVD set. Participants should identify family members and specify which book they prefer at the time of registration. Advance registration is required so that participant materials can be ordered in sufficient quantities. For more information or to register, please contact Steve Latham in the Family Program Office at (865) 985-3107.

About Military OneSource-

This free 24-hour service from the Department of Defense is available to all active duty, Guard, and Reserve members and their families. Consultants provide information and make referrals on a wide range of issues. Free face-to-face counseling in the local community (up to six sessions per issue) is also available to service members and family members. To reach the program call 1-800-342-9647 or access the Web site at www.militaryonesource.com.

*TRICARE Changes Impact 6M Beneficiaries-

In a surprise development, two of three current TRICARE contractors -- Health Net Federal Services and Humana Military Healthcare Services -- lost to rival firms in their bids to handle next-generation support contracts. The three contracts are worth a total of \$55.5 billion over five years. This means that nearly six million military healthcare beneficiaries, those who live in TRICARE's North and South regions, will have new managed care support contractors and claim processors to deal with by April of next year. Read the full article at Military.com.

Military OneSource

By phone, online, and face-to-face

You name it. We can help - 24/7!

1-800-342-9647

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

Collect from Overseas: 484-530-5908

(Dial an international operator first)

En Espanola llame al: 1-877-888-0727

Good Day Military Personnel!

La Selva MedSpa & Reflexology would like to extend their gratitude and appreciation to all members of our military in acknowledgement of the contributions you all make to our communities, state and country. Your dedication, sacrifice and the true impact of your efforts do not go unnoticed.

We recognize the physical and mental demands of your profession and our clinic would like to offer a **year-round** discount of **\$10.00 off** any of our massages and treatments*.

And that's not all; enjoy a **Complimentary Half Hour Swedish Relaxation Massage** on your first visit. If you would like to extend your relaxation retreat to an hour it's only \$30.00.

Research has proven that regular therapeutic massage contributes to your health and wellness, helps ease stress, and stimulates restorative physical and mental balance.

Military Personnel Specials!!!

Swedish Massage **60 min**.....\$35 (\$15 Savings)

Deep Tissue Massage **60 min**.....\$45 (\$20 Savings)

Prenatal Massage **60 min**.....\$35 (\$10 Savings)

Reflexology **60 min**.....\$35 (\$10 Savings)

Call us Today and Reward Yourself with the Gift of Health and Wellness!

La Selva MedSpa & Reflexology

865.622.3330

Your Alternative Path to Health and Wellness!

We are conveniently located in the heart of Knoxville at 1400 Hollywood Rd. Right off Papermill across from Pond Gap Elementary School!

*Discount applies to regular priced services, and cannot be combined with other offers

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).

-Military Offers from Gaylord Opryland-

Book a Staycation Now for Only \$89

Celebrate a homecoming, special occasion, or just get away for some R&R! With active or retired military ID, you can book a room at Gaylord Opryland Resort rates as low as \$89* on select dates now through December, 2009. For reservations, refer to code 09MIL. Book online at www.gaylordopryland.com/military or call 1-877-234-6779.

*Per room, per night, plus tax, resort fee and parking. Valid select dates through December 2009; based on availability and blackout dates may apply. Limited number of rooms available at this rate. Not valid in conjunction with other offers or for groups/conventions. Not retroactive. Atrium Garden only \$65 plus tax additional per night. Other restrictions apply.



DEPARTMENT OF THE ARMY AND THE AIR FORCE
JOINT FORCE HEADQUARTERS, TENNESSEE NATIONAL GUARD
FAMILY PROGRAMS OFFICE
BUILDING T515-B, EIGHTH AVENUE, VTC
SMYRNA, TN 37167

JFHQ-TN-FP

03 AUGUST 2009

FOR: All **Single** Tennessee National Guard Personnel

SUBJECT: Strong Bonds Singles Seminar, Marriott Hotel, Knoxville, TN, 28-30
AUGUST 2009

1. The life of a single service member can be exciting but lonely and frustrating as well. Statistics indicate that 50 percent of singles will eventually find a mate and get married. Issues dealing with finances, career and deployments may cause you to make hasty decisions when choosing a life partner.
2. A supportive mate is extremely important, so the Tennessee National Guard is committed to helping you learn how to make good relationship choices by offering the **Strong Bonds Singles Program**. With this program, you and other single service members will attend training off-site for a retreat weekend. In addition to relevant teaching and skills training, Strong Bonds weekends include time for relaxation, recreation, fellowship and fun.
3. You'll gain practical, useful information based on a nationally recognized curriculum that's been carefully chosen. You'll learn to examine priorities, manage mate-choosing patterns, and learn to evaluate a relationship's potential for long term success.
4. The **Strong Bonds Singles Program** is designed to help you establish relationship goals and gain essential skills to help you make a good choice prior to picking a partner for life or simply making good decisions in every area of your life.
5. The program agenda includes a Welcome Reception beginning at 6:30 PM (EST) on Friday night with a short class introduction. Please allow yourself plenty of time to arrive, check-in at the hotel, and come enjoy the fun. **Sign-in will begin at 6:00 PM (EST)**.
6. **DO NOT CONTACT THE HOTEL FOR LODGING!** Your room will be reserved when you register for the event online. Registration for this event ends **Friday, 21 AUGUST 2009**.

REGISTRATION: Attendees may register for this event online at www.strongbonds.org. If you do not have internet access, you may call CH Mark Phillips at (615) 517-0988 to obtain the necessary registration forms.

Online Registration: Registration for Strong Bonds events is a two (2) step process. First, you will need to register as a “User” on the Strong Bonds website. Second, after receiving email approval, you will then need to register for the event you wish to attend.

Step 1: To register as a “User”: Go to www.strongbonds.org. Click on “Registration” in the left hand column. Click on “General Registration”. You will be prompted to fill in your personal information. Please be sure to write down your username and password for future reference. Click “Continue” and follow the prompts. Once you have registered as a “User”, you will receive email confirmation.

Step 2: To register for a specific event: Go to www.strongbonds.org and Login using your username and password from Step 1. Click on “Find A Strong Bonds Event”. Under “Search Conferences” choose “Tennessee” and click “Search”. Click on the event you wish to attend (Singles). Click on “Register” at end of “Conference Agenda”. Enter requested information. Congratulations – you are ready to attend Strong Bonds!

You will receive an email acknowledgement of the registration.

7. We do not cover pay and allowances. Your travel such as IDT travel, additional AT or ADSW **MUST be coordinated between the service member and his/her unit in advance of attending the seminar if your unit is going to pay for your attendance.**

8. You may view the hotel and it’s amenities at their website:

<http://www.marriott.com/hotels/travel/tysmc-knoxville-marriott/>

9. If a situation arises that will require you to cancel your attendance at the Strong Bonds for Singles, please contact the Family Programs Office as soon as possible to advise of your need to cancel.

10. For additional information regarding this most worthwhile event, please contact Chaplain (CPT) Mark Phillips at 615-517-0988 or you may telephone toll free at 1-877-311-3264.

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MARK D. PHILLIPS
Chaplain (CPT), TNARNG
Full Time Support Chaplain

(The Couples Strong Bonds Event in Aug is already full)

Visit the McGhee Tyson Family Program website at www.134arw.af.mil

-Family Readiness Group Mission-

To improve the quality of life and enhance readiness by assisting the military family. This assistance will include; providing information, education & training to family members and empowering the family to handle their personal affairs in times such as deployment, separation and hardship!



