



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



On 2-4 Sep 2010, our Family Program Office held receptions for approximately 100 members returning from their AEF deployment in Qatar. Families & kids enjoyed refreshments, played games and made "Welcome Home" banners as they waited for the aircraft to arrive. (Thanks to the Blount Co Chapter of the American Red Cross and the Employer Support of the Guard & Reserve (ESGR) for providing the snacks & refreshments.)

**The McGhee Tyson
Airman & Family Readiness
Program**

represents the
134th ARW, 119th CCG, 228th
CBCS, 572nd AF Band
&
the Training and Education Center
(TEC).

**Family Readiness Group
(FRG)**

Meeting this Sunday, 19 Sep 10,
at 2:00pm in the Airman & Family
Readiness Center, bldg 92 next to
the BX. (All interested personnel
are welcome & encouraged to
attend !



**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, 4 Dec 2010 for spouses of base military personnel. For more information or to sign up, please contact the Airman & Family Readiness Program Office at 985-3107 or 985-3143.



U.S. Navy Adm. Mike Mullen, chairman of the Joint Chiefs of Staff, greets participants at the National Guard Bureau Family Workshop and Youth Symposium in New Orleans, La., Aug. 2, 2010. (DOD photo by U.S. Navy Petty Officer 1st Class Chad J. McNeeley)

Mullen seeks end to 'yes-no' box on pre-deployment checklists

By Elaine Wilson

American Forces Press Service

WASHINGTON, (8/2/10) -- The chairman of the Joint Chiefs of Staff vowed today to eliminate the "yes-no" box that appears on some pre-deployment checklists that determines whether a service members' units can contact their families during deployments.

"There are just too many spouses whose spouse deploys where that box is checked no," Navy Adm. Mullen said while addressing the National Guard Family Program Volunteer Workshop in New Orleans. "In my time as chairman, I'm going to make that box go away." On some pre-deployment family readiness checklists, service members can opt out of keeping their family members informed about family readiness information, benefits and entitlements.

The eradication of the "yes-no" box will require a joint effort, the chairman said. "This has to be actively pursued from within," he said, "from the grassroots level up to the commanders so that we can make it go away."

This effort will be a step toward keeping families better informed, and also will help to close a gap, particularly for Guard and Reserve families who often are far from the support of a military installation.



Coming Soon to a Location Near You!

Families are the bedrock of support for Service members, before, during, and after a deployment. Often, family members and close friends may notice changes in a military member, or problems they are encountering, or just general difficulty reintegrating even before the Service member themselves notices or admits that they need help. The family is often the Service member's biggest advocate and the biggest champion towards getting the help they need, the help they deserve, and the help they have earned.

For these reasons, families are an integral part of the Yellow Ribbon Reintegration Program (YRRP). Family members can assist their Service member by helping them to identify what services or benefits may be most appropriate for them and encouraging Service members to take advantage of these resources. Additionally, some benefits may be directly available to family members, including participation in the unit family readiness group, financial counseling, marriage or relationship counseling, and others.

The legislatively mandated Yellow Ribbon program provides information, services, referrals and proactive outreach programs to Service members of the National Guard and Reserves and their Families through all phases of the deployment cycle. The intent of the program is to prepare National Guard and Reserve members and their Families for the deployment, sustain their Families during the deployment and reintegrate the Service members with their Families, communities and employers upon re-deployment or release from active duty.

All National Guard and Reserve Components are required to hold Yellow Ribbon events and activities. Attendance at YRRP events is mandatory for National Guard personnel deploying for 90 days or more.

On Saturday and Sunday, 25-26 Sep 2010, a 134th ARW sponsored Reintegration Event is scheduled to be held at the Park Vista hotel in Gatlinburg, TN for Service Members and Families. Childcare will be provided. Topics will include Tricare, VA benefits, Vet Center Services, Military OneSource, ESGR, and Transition Assistance. Military Family Life, Personal Financial, and Psychological Health Counselors will lead breakouts on Stress and Anger Management, Substance Abuse, and Readjusting after deployment.

For hotel and registration information, please contact Steve Latham in the Airman & Family Readiness Center at (865) 985-3107 or at Stephen.Latham.1@ang.af.mil.



[Military Skills Translator](#) (control & left click)
Translate military skills to civilian careers. Find equivalent civilian occupations; apply for jobs that match your skills and more.



Service members & families from the 134th, 228th, 118th & 241st attend the first 134th sponsored Yellow Ribbon Reintegration Event at the Park Vista Hotel in Gatlinburg, TN 9-11 Jul 2010.

McGhee Tyson Family Readiness Group (FRG) Meeting

This Sunday, 19 Sep 2010, 2:00pm at the Airman & Family Readiness Center, bldg 92 (next to the BX).
All volunteers and potential Key Spouses/Key Volunteers are welcome and encouraged to attend !

Key Spouse / Key Volunteer

We are reenergizing the Key Spouse (Key Volunteer) Program in the Air National Guard. This program is a communication network between unit leadership and families and strengthens the link between unit leadership, Service Members and their Families.

A Key Volunteer is a unit spouse, family member, community volunteer or retiree who serves as a link between unit leadership and existing formalized support services. This program is important because it offers informal peer-to-peer (Wingman) support to families, promotes individual, family, and unit readiness, establishes continuous contact with spouse/families, and supports the leadership team.

Some of the benefits of a strong Key Volunteer Program include an increased awareness of installation/community resources, enhanced communication between families and leadership, increased sense of unit support and enhanced family resiliency.

This commander's program consists of the Commander, the First Sergeant, unit Military POC, Airman & Family Readiness Program Manager (A&FRPM) (formerly known as Wing Family Program Coordinator) and the Key Volunteer. Each person has a critical role in the success of this program. Your A&FRPM will be able to provide you more information on this critical program.

-Military OneSource Financial Services-

Call 1-800-342-9647 to schedule an appointment for any of our financial services.

Financial Counseling

Military OneSource offers short-term, solution-focused financial counseling. Twelve financial counseling sessions are available at no cost to active duty, Guard and Reserve members (regardless of activation status) and their families, as well as deployed Department of Defense civilians and their families.

Financial counseling is available in-person and over-the-phone. In-person financial counseling is available at most CONUS locations through Military OneSource, in partnership with the National Foundation for Credit Counseling (NFCC).



Telephonic and in-person financial counselors provide education and coaching in the areas of:

- Money management and budgeting
- Housing counseling (pre-purchase, foreclosure prevention, reverse mortgage)
- Credit and “active duty alerts”
- Debt management
- Dealing with debt collectors
- Maintaining security clearance
- Financial related deployment issues
- Service members Civil Relief Act (SCRA)
- Housing issues (purchase and foreclosure)
- Payday loans, title loans, and rent to own
- Relocation financial issues
- Referrals to appropriate military resources — military emergency aid programs, financial readiness programs, FRG, JAG, DFAS, etc.
- Creating a realistic action plan — specific, manageable steps

Military OneSource will:

- Provide you with a financial service team who are all Accredited Financial Counselors (AFC).
- Arrange for you to meet face-to-face with a financial consultant in your community in order for you to receive the in-person service at no cost.



*Know How to Help an Airman in **Distress***

Find Air Force suicide-prevention materials at the [Air Force Suicide Prevention Program](#). And learn more in the graphic novel, [Coming Home: What to Expect, How to Deal When You Return from Combat](#) from comic-book legends Sid Jacobson and Ernie Colon.

Military OneSource: 1-800-432-9647

Sittercity.com

Sittercity is the nation's largest online source for local babysitters, nannies, elder care providers, dog walkers, housekeepers and tutors, and contains more than 1 million caregiver profiles. The Sittercity Corporate Program, funded by the Defense Department, offers military families, including active-duty, Guard and Reserve members, with a paid membership to the site.

The paid membership enables military families entry to a custom-built Defense Department Web site portal where they can match up caregivers to their situation; gain instant access to caregiver profiles that include background checks, references and reviews; and find military-certified care providers as well as caregivers who are military-subsidized and authorized access to a military installation. Military members and their families can activate their membership by going to <http://www.sittercity.com/dod>.



Family Program