

164th AW FAMILY PROGRAM NEWS

TGIF – THE GUARD IS FAMILY!



Airman & Family Program Office

February 2012

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

By: Betty Gaskins

I want to give a special shout out to SSgt Paige Stivers who was selected to represent the Tennessee National Guard in Nashville at the recent State of the State Address by Governor Haslem.

SSgt Stivers is one of our Firefighters in the CE Squadron.

Way to go, SSgt Stivers! You make us proud!



RUNNERS NEWS

By: MSgt Beth Emmons

There's an art to dressing for winter running. Although our winter has been mild, winter runners consider themselves a hearty breed. Running in the rain, however, separates the men from the boys, or the not-rights from the rest of us. What makes a runner get out there and lap the base in a chilly drizzle? "We run every day" says one amphibious runner. "We deploy in the rain. We work in the rain. Why not run in the rain?" That's motivation!

The rain affected conditions at the recent Stanky Creek 5K, held in Bartlett. The weather was perfect but the course ran entirely through a wooded trail and there was plenty of mud. Despite slippery mud, exposed roots and overcrowded trails, MSgt. Brett Davis of MXS managed to finish in the top ten of his division, in just under 27 minutes. Way to go Brett!

KIDS! READY, SET, GO! Train with the Memphis Runners Track Club and run an organized race set up for kids only! It starts February 18th at Shelby Farms. The fee is \$5 to participate but register early! It's a great way to get your kids off the couch! You can find all the details and register online at:

http://www.memphisrunners.com/index.cfm?fuseaction=site.display&page_id=4032

There are several runs to choose from this month but consider the *Move It Memphis* event on February 25th. It's a 10K, 5K, 1-mile Fun Run/Walk. It's a new downtown course with a post-race party that you won't want to miss! Details for this and other events can be found at:

http://www.racesonline.com/index.cfm?fuseaction=public.race_detail&race_id=7136

Please share your running photos like this awesome picture of Maj. Scott and Army MSgt (retired) Dennis Prewitt at the St. Jude Marathon. Great job on a grueling 26.2 miles!



MILITARY APPRECIATION NIGHT on Feb 10th

This is going to be a fun evening with big discounts on tickets for the Grizzlies vs Indiana Pacers game.

The Navy Band will be performing at halftime and the Grizzlies will be honoring the military throughout the night to thank them for their service to our great country.

Order your tickets online - it's fast and secure. Follow these 4 simple steps and take advantage of this special offer.

1. Visit <http://bit.ly/xmIJNT>
2. Type MEMPHIS into the "Special Offer Code" box and click "Verify"
3. If you have an account; use your e-mail address and password. If not, go to "Create an Account" box on the right hand side, type your e-mail address and click "Sign up Now."
4. Select your seats and tickets will be e-mailed to you. No Ticketmaster fees.



Brain Works 101.. or.. We Always Get What We Ask For

By: Jorge Ramirez, Wing Dir. of Psychological Health

The Brain is a small yet complex organ that regulates all of our body systems at all times and during all kinds of situations. The Brain is essentially like a computer that is an obedient little machine. It helps us to regulate our Physical, Emotional, Mental and Spiritual selves.

At the Mental level, based on past experiences, we come to learn to know what's going on in the world by having our Brain organize new and similar life events and then by using this data to interpret other situations. Gradually, we learn to decide what actions or behaviors to act upon based on our past PRACTICE of similar events. Thus, we come to the stage where WHATEVER we AFFIRM as true becomes Reality. Then, as we repeat this Practiced Decision Making over and over the Brain says, "OKAY" to anything that we affirm. For example, how many times have you noticed hearing yourself or someone else say something like, "I can't do math" or another activity or subject? If you haven't noticed it in yourself, in your friends or in your children, try to start noticing it now. How often do we hear or think what could be called "Self limiting thoughts" like, "I can't do this or I can't do that?" Like everything else that we practice by frequent repetition over and over, the self limiting thought can become very real so that we will automatically achieve the "I can't" state of mind in a particular activity. Think back to when you were a child. At some point in your life you made a decision resulting in "I can do"

something or “I can’t do” something. Bring this to the present and notice that in our daily and ongoing conversations with ourselves, all that we do is PRACTICE affirming positive or self limiting thoughts.

The Brain is neutral to all ideas and we generate thoughts both positive and liberating or negative and self-limiting. The Brain doesn’t care. It merely obeys and the idea becomes the “command or order” given; and then we automatically follow it. So, consider the following; if, for example, one of the requirements to advance at work or school is to take a math course, one might immediately say, “I can’t do math!” Well, if you state that, then the game’s over and you won’t even attempt it. Consider an alternative strategy and state, “*I haven’t been able* to do math.” This implies that the belief of “I can’t” has been eliminated. You affirm and you put it behind you. This more positive statement, however, places the limiting belief behind us because we’ve thrown it out of our present command and now we can move forward to an open panorama of possibilities and NOT remain stuck in a self limiting attitude. Going forward with your life is so much more pleasant than remaining stuck in the mud of limitations! All it takes is NOTICING when we are applying self limiting thoughts or ideas; and then PRACTICE right thinking by CORRECTING ourselves. However, do not put yourself or others down when you notice a self limiting thought. The key is *noticing* and then *correcting* yourself. This little tip is basic to good Brain Works 101. Continuing to Practice self limiting affirmations will yield Limitations. PRACTICING Positive Affirmations yield Unlimited possibilities. In life, All there is is Practice. You get what you practice. Always.

You can reach me at: 901-291-7158 for questions or an appointment
Office: Bldg 4607, Room OT60 (second floor - adjacent to elevator)



MAKING ENDS MEET

Information from SaveAndInvest.org

The start of a new year is a great time for everyone to take stock of their finances. Making ends meet is fundamental to financial stability and reaching long-term financial goals, like a comfortable retirement or sending children to college. But, in a survey of servicemembers and spouses by the FINRA Investor Education Foundation, more than one-third of respondents reported having trouble keeping up with monthly bills and expenses.

Start a Spending Plan

A spending plan gives you control. Your plan will clearly show how much money you have coming in, what you’re spending it on and where you can make trade-offs to come up with extra cash. It’s also your first step in meeting larger financial goals. With a spending plan in place you will be better able to find the money you’ll need to reach them.

Talk to Your Spouse about Money

Talking about money issues under normal conditions can be stressful. Talking about them while a servicemember is deployed to a remote location can be more so. The best remedy is to communicate regularly about household finances. That way there are no surprises or added headaches when orders arrive.

Track Your Spending

The first step to getting your finances on track is to know where your money is going. But that isn't always obvious: You may have a good handle on your monthly bills, but what about your daily expenses? You may be surprised by how much money you spend on small items—like food and transportation—when you add up your out-of-pocket costs.

Manage Your Checking Account

Balancing your checkbook isn't what it used to be. Before online banking, debit cards and electronic payment systems, you wrote a check and entered the date and amount in your checkbook register. When you subtracted the difference, you knew exactly how much money you had. Not anymore. Direct deposit, ATM fees and surcharges, online payments, automatic transfers and debit charges make keeping your account in balance a real juggling act.

Calculate Your Net Worth

One of the best ways to assess where you stand financially is to calculate your net worth. When you add up all of your assets and subtract your debts at least once a year, you can clearly see if you're progressing towards your goals or moving backwards.



One of the easiest ways to get help is by dialing 2-1-1; Tennessee's community services help line. When you call, you'll get a real person, one who is trained to help you sort out your needs, and then give you phone numbers and addresses of the closest places where you can get help. 2-1-1 has a database of more than 10,000 health and human services programs, cross-referenced for all sorts of keywords. So don't worry if you don't know what type of service you need or the name of an agency — just talk with the specialist at the other end of the line and she or he can help you find what you need. All calls are free and completely confidential. Hours vary by location.

<http://tn211.mycommunitypt.com/>

MORE RESOURCES!

National Resource Directory – Provides online support and access to over 10,000 services and resources - <http://www.NationalResourceDirectory.gov>

Joint Services Support - This portal, and its program sub-portals, is designed to give you a “one stop shopping” location where you can get important information on a variety of programs that have been created to support you - <http://www.jointservicesupport.org>

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>

Military HOMEFRONT - is the official Department of Defense web site for reliable Quality of Life information 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! - <http://www.militaryhomefront.dod.mil/>

Turbo Tap - is Department of Defense's official website providing information for servicemembers on transitioning from military service. This site is also supported by the Departments of Labor and Veterans Affairs. TurboTAP.org is intended to supplement the services offered by the Transition Assistance Offices and other groups. - <http://www.turbotap.org>



RULES RESTRICT POLITICAL ACTIVITY BY DOD PERSONNEL

Adapted from original by Donna Miles, American Forces Press Service

With election activity steadily picking up, defense officials are in the process of issuing regular election-year guidance to remind military and Defense Department civilians that they're subject to rules regulating their involvement in political activities.

This issue—one the department regularly addresses during election periods—came to light earlier this week after an Army Reserve soldier in uniform appeared endorsing a political candidate.

Several sets of rules help to protect the integrity of the political process, DOD officials said. **DOD Directive 1344.10 applies to members of the armed forces, whether they serve on active duty, as members of the reserve components not on active duty, as National Guard members in a nonfederal status, and military retirees.** In addition, the Hatch Act applies to federal civilian employees, and employees also are subject to widely published DOD guidance that discusses participation in political campaigns and elections.

As reaffirmed by Gen. Norton Schwartz, Air Force Chief of Staff in his memo from December 2011, “specific prohibitions on political activities by DoD personnel may not be intuitive.” For example, political signs may not be displayed from an on-base residence, even if the military housing development has been privatized. Active duty personnel may display a political sign on their personally owned vehicle, but only if it is no larger than a traditional bumper sticker. General Schwartz’s guidance suggests, “If you have any questions about what is appropriate, ask for guidance from your local legal office, and obtain any required approvals prior to engaging in the activity. I encourage you to vote and to exercise your civic rights responsibly.”

Federal Voting Assistance Program

In 2012, we will elect many local, state and federal officials including President of the United States. For more information on how to vote in the upcoming primary elections and general elections absentee or in your state, visit the Federal Voting Assistance Program at: <http://www.fvap.gov/>



The Military OneSource Free Tax Filing Service Is Here Featuring H&R Block At Home® Online

With tax season starting to gear up, Military OneSource is sending this special announcement to inform you about our free tax filing services!

Military OneSource is pleased to announce the return of the Military OneSource version of the H&R Block At Home® Online tax preparation service. If you are eligible under the Military OneSource program, you can complete, save, and file your 2011 federal and up to three state returns online for free with the H&R Block At Home® tool.

To access this free service, you must start your return from the **Military OneSource H&R Block At Home®** link. Once you click the link you will be required to log in to Military OneSource (new users will need to create a Military OneSource account). From the login page you will be directed to a site containing additional information on tax preparation, including the link to the Military OneSource free H&R Block At Home® service.

Why file online with H&R Block At Home®? It is fast, secure, and free! You can also check the status of your efile, be confident that your calculations are 100 percent correct or H&R Block pays the penalties and interest, and know that H&R Block is by your side in the rare event of an audit.

You can also prepare and file your taxes at your own pace. Once you create your own secure log-on user ID and password through the Military OneSource H&R Block At Home® service, you will be able to save, close, and return as often as you need to. This means that if you don't have

all of your tax documents ready when you start, you can stop, gather what you need, and return as often as necessary.

This is the same free tax preparation program you may have used through Military OneSource before. If you created an H&R Block at Home® account last year, your login credentials for that account will still work and you will be able to access last year's personal tax information. However, to ensure you receive the free service, you must first login to **H&R Block At Home®** through the Military OneSource link.

If you have questions about this tax service or about preparing your own tax returns, please call 1-800-342-9647 and ask to speak with a Military OneSource tax consultant. Trained tax consultants are available 7 days a week from 7 a.m. to 11 p.m., EST. For online assistance with questions about deductions, exemptions, and filing deadlines, send inquiries to TaxQuestions@militaryonesource.com.



How would you like to attend a Grizzlies Game... for FREE?

The Grizzlies are back on the court for a slightly shortened season and they are showing support for Military Families by continuing their *Honoring Military Families Program* again this year. Some of our guard members have been chosen to participate in this program in the past.



All Mid-South area active/reserve/guard military personnel are invited to apply. Due to the shortened season, there will be 33 home games this season plus playoff games should the Grizzlies qualify. Applicants who are selected may bring up to 9 family and/or friends for a group maximum of 10. Two parking passes for the Toyota Parking Garage adjacent to FedEx Forum are provided. Each person will receive \$10 in concession vouchers. During a break in the game, there is an official recognition for the serviceman/servicewoman and his/her family. It is requested that the military member wear their uniform to the game for the recognition.

Further details are available on our website: <http://teamupmemphis.org/index.php/what-we-do/category/honoring-our-military-families>.



NEW WEBSITE FOR CHILDREN DEALING WITH CHALLENGES OF DEPLOYMENT

The Department of Defense (DoD) launched a new website for children experiencing the challenges of military deployments.

The highly interactive website, www.MilitaryKidsConnect.org, was created by psychologists at DoD's National Center for Telehealth and Technology. It helps children of deployed parents cope with the stress, changing responsibilities, and concern for the safety of their parents.

The center, known as T2, developed the website with informative videos, educational tools, and engaging games and activities for three age groups: 6 to 8, 9 to 12 and 13 to 17. The site features monitored online social network forums for the groups to safely share their experiences with deployments.

MilitaryKidsConnect.org is the first DoD website to connect children in the widely separated active, reserve, and National Guard military communities.

“Since 2001, an estimated 2 million children have said goodbye to a parent headed to deployments in Iraq, Afghanistan, other places around the globe, and on ships at sea,” explained Kelly Blasko, a T2 psychologist. “Military children are deeply affected by the separation of their parent’s deployment. We’ve seen that in their hearts, kids deploy too.”

The website has features that will help children, parents, and educators navigate the wide range of practical and emotional challenges military families must live with throughout the deployment cycle.



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

This newsletter is published for members, family and friends of the 164th Airlift Wing, Memphis, TN. Contents of the 164th AW Family Program News are not necessarily the views of the U. S. Government, The Department of Defense, the Air Force or the National Guard Bureau.