



# 126th Airman & Family Readiness

## MISCELLANY

August 2016



### Time for School!



Tutor.com is a free resource for military families to get help on their schoolwork. It offers 24 hour tutoring for students in kindergarten thru 12<sup>th</sup> grade. Students are able to work one-on-one with a tutor in a secure online setting. There are multiple tutors available in over 16 subjects. Subjects range from elementary level to AP level. Students can sign up by going to [www.tutor.com/military](http://www.tutor.com/military)



### Tutor.com To Go™ for iPad, iPhone & iPod Touch

Tutor.com To Go™ for iPad, iPhone & iPod Touch is the free mobile companion for Tutor.com. Connect to a live tutor for one-to-one help, review past one-to-one tutoring sessions, store documents or photos in your Tutor.com Locker, or browse the resources in our SkillsCenter™ Resource Library. [Learn More.](#)

### Tutor.com Looking for Tutors Nationwide

Tutor.com, has an immediate need to hire work from home Tutors Nationwide to support the 2016-2017 School year. Please visit their website at <http://www.tutor.com/apply> to review job descriptions, current vacancies and application procedures. Please share this opportunity with your military family community as appropriate.

### 2016 Benefit Fact Sheet



GUARD-RESERVE FACTSHEETS

The 2016 edition of the [Benefits Fact Sheet](#) is available. In accordance with AFI 36-2618, paragraph 4.1.14 , supervisors are required to provide career counseling to subordinates on the benefits, entitlements, and opportunities available in an Air Force career. Counseling occurs in conjunction with performance feedback or when an individual comes up for review under the Selective Reenlistment Program. Provide a copy of this [fact sheet](#)

to each individual after counseling. The fact sheet also contains valuable web links associated with each topic providing additional valuable information. Fact sheets for Guard and Reserve personnel are available [here](#).

### Chicago - Free 2-day Workshop is offered to Active Duty Service Members, National Guardsmen, Reservists, Spouses, and Caregivers



DATE: August 13-14, 2016 DRESS CODE: Business Casual  
LOCATION: Cicero Community Center, 2250 S. 49<sup>th</sup> Avenue, Cicero, IL 60804  
MEALS: Breakfast and lunch provided WHAT TO BRING: Laptop, Performance Appraisals, previous resumes

For more information, please contact USO Programs at 703-908-6456 or [transition@uso.org](mailto:transition@uso.org)

**REGISTER TODAY!** <http://www.cvent.com/d/1fqbxxy?RefID=Illinois%2bAugust%2b2016>

## Traveling Vietnam Wall



The traveling Vietnam Wall Memorial is coming back to Troy, IL in September 2016. The wall will be available for viewing 24/7 beginning 9am on Friday, September 9th until 3pm on Sunday, September 11th. Ceremonies will take place as follows: Opening Ceremony--Friday, September 9th at 7:00pm. Candlelight Ceremony--Friday, September 9th at 9:00pm. Hero Ceremony--Saturday, September 10th at 7:00pm. Closing Ceremony--Sunday, September 11th at 1:00pm. Displays include the Vietnam Memorial Traveling Wall, Huey Helicopter, MIA/POW Hot Air Balloons, K-9 Memorial Wall, Agent Orange Quilt of Tears, and countless Vietnam War Memorabilia. Make plans for a visit to Tri-Township Park 410 Wickliffe Street Troy, IL 62294

## New Registration Requirement for Unemployment in Illinois

If you file a new claim on or after July 17, 2016, and are subject to the registration requirement, Unemployment Insurance benefits will not be paid until your registration with the Illinois Employment Service is complete. If your answers to the questions on your application for Unemployment Insurance benefits indicate you are subject to the registration requirement, you will be prompted to complete your registration by going to <http://www.IllinoisJobLink.com>



## Illinois Veteran Driver's License



Former members of the Guard and Reserve who do not have any periods of active duty other than their initial active duty for training and annual training are now eligible to receive Veteran on their driver's licenses.

In order to receive that designation, veterans of the Guard and reserve are required to present a copy of their certificate of release or discharge from initial active duty, certified and stamped by the Illinois Department of Veterans Affairs (IDVA), to the Secretary of State.

Prior to receiving this stamp they must provide documentation of satisfactorily completing the time for which they were contracted to attend monthly drills and annual training.

Presentation of one of the following documents will be accepted as proof of service. Army or Air National Guard - NGB 22 Report of Separation and Record of Service. Learn more at <http://illinois.gov/veterans>

## Separating the next 12 months or Retiring in the next 24 months?



If you are separating within the next 12 months or retiring within the next 24 months, now is the time to schedule your Preseparation Briefing with Airman and Family Readiness. Everyone separating or retiring is required to receive a preseparation briefing from Airman & Family Readiness. For AGRs, this is done at the 375<sup>th</sup> A&FRC,

for all technicians, DSG, and members deploying for 180 days or longer, this is accomplished by your AFRPM. This mandatory preseparation/retirement briefing will be provided every Sunday. For Aug UTA, the

Preseparation Briefing will be held in the CES training room from 0800-1000. Please contact me to sign up at [travis.e.barker6.civ@mail.mil](mailto:travis.e.barker6.civ@mail.mil).

If you are going to be receiving an active duty retirement, you cannot apply to retire until you receive your Survivor Benefit Briefing from the Scott AFB Causality Affairs Office. Except for unusual circumstances, this briefing should be scheduled at 9-12 months from your projected retirement date. There is no reason to wait. A member can always decide not to retire, but having the briefing accomplished gives you more time to prepare to transition to civilian life. Unfortunately, the SAFB Casualty Office is only one-deep and it is very difficult to schedule this briefing on short notice.

If you have any questions at all about this requirement or how it applies to your specific situation, please call me at 222-5784 and I'll be happy to answer your questions or clarify requirements.

### Yellow Ribbon Event

There are quite a few wing members that require Yellow Ribbon attendance before and after upcoming deployments this summer and fall. The next YRRP event will be held over the Sep UTA (10-11 Sep 2016) in the St. Louis area, which will cover both Pre and Post deployers. Talk to your UDM and then you can self-register to attend this event. The link is located below.



<https://www.yellowribbonevents.org/Events/EventDetails.aspx?Mode=ReadOnly&Id=9C09F077-9897-4C56-A41A-781FB828DA76>

Reminder, Yellow Ribbon attendance is mandatory for Service Members who are on Title-10 orders for 90 days or more, and their family/support members are highly encouraged to attend. Please feel free to contact me directly if you have any questions or concerns. Karen Stevens, Air Wing Integrator & Yellow Ribbon Coordinator. (618) 222 -5702 Office / DSN 760-5702, (618) 971-0502 Mobile or at [Karen.d.stevens2.ctr@mail.mil](mailto:Karen.d.stevens2.ctr@mail.mil)

### Job Hunting 101 Class

There will be a "Job Hunting 101" class on Sunday, 7 August at 1200 in the Maintenance Auditorium. Presented Maj DeLatour, 126 MDG. Maj DeLatour is an experienced Human Resource Consultant and brings great subject matter expertise to her training class. Subjects covered will be: Job Hunting, Resume Writing, Interviewing and Career Transitioning. Please RSVP to [linda.schuh.1@us.af.mil](mailto:linda.schuh.1@us.af.mil)



### Scott Air Force Base Happenings

**Vanpool Subsidy** - The monthly vanpool subsidy has been increased to \$255. With the subsidy, Scott AFB employees can enjoy a free, relaxing ride to work in a vanpool. There are three vanpools to Scott AFB that leave from St. Charles County and North St. Louis County available for employees to join, or employees can start a new vanpool. For more information on joining or starting a vanpool, please contact RideFinders at (800) 847-7433 or visit [www.ridefinders.org](http://www.ridefinders.org).

**Career Planning Camp** - Aug. 8-12, Take part in Youth Program's Career Planning Camp, August 8-12 from 3:30 to 4:30 p.m. Participants will be building with Lego "We Do" kits, exploring STEM and language activities, plus more. Open to ages 9 to 18. Fee: \$5. For more details, call 256-5139.



**American  
Red Cross**

**Red Cross Blood Drive** – Aug 9/11, The American Red Cross continues to have an emergency need for donors of all blood types to give now. With less than a five-day blood supply on hand, your blood drive is critical to meet patient needs. To encourage donors to give now, the Red Cross is thanking presenting donors between now and Aug. 31, 2016, with a \$5 Amazon.com gift code. We look forward to seeing you Aug. 9 from 9 a.m. to 5 p.m. at the Library Auditorium and Aug. 11 from noon to 4 p.m. at the 932nd Air Wing Conference room.

**Virtual Education Fair** - Hosted by DoD, Aug 11, The DoD VolEd Program will host its second Virtual Education Fair Aug. 11 from 8 a.m. to 6 p.m. EST. Federal education benefit organizations and a sampling of nearly 40 DoD Voluntary Education Partnership Memorandum of Understanding (MOU) schools will participate. For more information go to <http://www.dodeducationfair.com>. Participants are encouraged to use their mobile devices, if unable to access the event on government computers.



**R4R: Friday Night Twosome Golf Classes, Aug 12 & 26** - Learning to play golf is more fun with a partner. Grab your significant other, friend, family member or neighbor and join the Cardinal Creek Golf Course for their two-day Friday Night Twosome Golf Class to be held August 12 and 26. Beginning at 5:30 p.m. each day, the PGA professional staff at Cardinal Creek Golf Course will instruct golfers on various aspects of the golf game. After the lesson, take your newly acquired golf skills out on the course for a little twilight golf. Class fee is only \$5 per person which covers both sessions (a \$50 Value). Space is limited to the first 18 twosomes. To register or for more information, stop by the Golf Pro Shop or call 618-744-1400.

**R4R – Single Airman Initiative:** Indoor Rock Climb, Aug 13, Learn to indoor rock climb with Outdoor Adventure Program (OAP) and the elite climbing instructors of Climb So. IL at their St. Louis facility Aug. 13. Spend the morning learning how to top rope climb in a safe, exciting environment; harness, belay device and climbing shoes are included. No experience necessary. Afterwards we will visit Mission Taco Joint for lunch (your cost). This event qualifies as a Single Airmen Programming Initiative (SAIP). Adventure is open to all (ages 12+). Adventure fee: \$45. R4R SAIP Adventure fee: \$10. Buses will depart Outdoor Recreation, Bldg. 3176 at 10 a.m., returning around 3 p.m. Registration required. Anyone under 18 must be accompanied by an adult. Trip strenuous level: 3/5. For more details, follow us on Facebook or Twitter @ScottODR, or call 256-2067.

**5210 Healthy Military Children Great Outdoors Adventure** - Aug 15, Registration for the 5210 Great Outdoors Adventure program has begun with each registered family receiving one Buddy the Bison (while supplies last). Take photos of Buddy while hiking, camping, fishing or biking. Submit your favorite photo by August 10th for a chance to win a prize. Join us and the USO on August 15th at 11:30 a.m. at the Base Auditorium for an adventure photography show and bike raffle. A free movie will follow at 1 p.m. For more information call Darla Klausner at 256-7085 or Donna Panger at 256-5100.

**DMV @ Scott Event Center (Club)** - Aug 17: Need to renew your license plate stickers, but can't make it to the DMV? Catch the Illinois Department of Motor Vehicles mobile unit at the Scott Event Center every 3rd Wednesday of the month from 9:30 a.m. to 3 p.m. This DMV mobile unit offers basic vehicle services, such as driver license renewals (including road tests), ID cards and vehicle registration. The next date the mobile unit is scheduled to appear is August 17, inside the Corporal Scott Room. Stop by or call 256-5501 for more details.

**Scott AFB, Military MOPS Open House** - Aug 19 - Open House Drop-In for Scott AFB MOPS will be held August 19 from 9 to 11 a.m. MOPS (Mother's of Preschoolers) is for all moms with children ages 0 to 5. It is a place for friendship, support, and growth. This is an opportunity for moms to get registered for the upcoming year. They will have a chance to meet the steering team and mentor moms, see the nursery/preschool rooms, and just get an idea of what our MOPS meetings are really like. For more details, email us at [scottafbmps@gmail.com](mailto:scottafbmps@gmail.com) or visit us on FB (Scott AFB Military MOPS).



**SDDC Hosts Surface Warrior Challenge, "Tour de Scott"** - Aug 27: Military personnel and DoD Civilians are invited to take part in the free Surface Warrior Challenge, "Tour de Scott" Aug. 27 beginning at 7 a.m. near the Fitness Center/Pool. Event consists of swimming, bicycling and run/walk events. There are several courses to choose from in addition to individual or team events. Entry forms are available at the Fitness Center and the James Sports Center. Completed entry forms can be dropped off at the Fitness Center or James Sports Center or emailed to [usarmy.scott.sddc.mbx.events@mail.mil](mailto:usarmy.scott.sddc.mbx.events@mail.mil). For more information, call 618-220-4972.

**Scott AFB VA Work Study Employment Opportunity** - The Scott AFB Education Office is currently accepting applications for VA Work Study. Interested applicants must be using VA benefits – Chapter's 30, 31, 33, 35, 1606 or 1607 and must be enrolled as fulltime or ¾ time students. Position support a variety of education needs of authorized military members, retirees and their families. Hours are flexible Mon-Fri. VA Work Study students and are paid directly by the Department of Veteran Affairs. Learn more about the program at <http://www.benefits.va.gov/gibill/workstudy.asp> For more info about SAFB positions contact Roland Smith at [roland.smith.1@us.af.mil](mailto:roland.smith.1@us.af.mil)



**Bowhunters** - The 2016/2017 Illinois Archery Deer Season is fast approaching and will be held from Oct. 1, 2016, through mid-January 2017. Scott AFB will again participate this season and will have 100 base permits available for sale starting Aug. 15, 2016, for a cost of \$10. Permits will be sold at Bldg. 755, Room 115. For more information, please contact Mr. Ralph Texter at 256-0587.

**Steps to a Healthier You** - Using the Group Lifestyle Balance Program, join a team of lifestyle coaches for a 12 week nutrition and physical activity program aimed at weight-loss and reducing risk of Type 2 diabetes and cardiovascular disease. Program is free to all military families, retirees, veterans age 18+ with a Body Mass Index of 25 or more AND one or more of the following: pre-diabetes, high blood pressure, high cholesterol. For more information, please call Cathy Takacs, RD, LDN at 256-7869 or e-mail [cathy.takacs.ctr@us.af.mil](mailto:cathy.takacs.ctr@us.af.mil)

**Footgolf** - FootGolf is now available at the Cardinal Creek Golf Course every day after 11 a.m. The game is played using soccer balls and 21-inch diameter cups on an 18-hole FootGolf course. Cost is \$8/person Monday through Saturday; free on Sundays. Daily cart rental is \$8. Children under 17 play fee with a paid adult. For active duty E1 to E4, FootGolf is free. Tee times are encouraged. For more information, please call 744-1400

**Red Cross Dental Program** - The American Red Cross of Scott AFB in conjunction with the 375th Dental Squadron announce that the next class will begin in early August. The program consists of two weeks of classroom training followed by 1,000 hours of chairside training. Students must be available to complete all requirements within a six month time span. Additional duties will consist of assisting dental officers in general dentistry as well as other specialty areas and performing administrative duties normally associated with a dental practice. Applicants must be 18 years or older with access to Scott AFB (independent of Red Cross). Additionally, applicants must possess a high school diploma or GED, be



reliable, and willing to commit to the 1,000 hour training. Special consideration will be given to Red Cross volunteers who are currently working in the 375th Medical Group. Come to the American Red Cross building on base to complete a program application. Child care is not provided. These are not paid positions.

### **Counseling Resources**

Military service members and their families have many options for counseling services, and many are offered free of charge. If you are considering counseling, be sure to look into these resources:

- **Directory of Psychological Health (DPH)** - The 126 ARW DPH is Linda Schuh. To set up an appointment, call 618-256-7585 (office) or 618-365-0159 (cell).
- **Military OneSource** – 1-800-342-9647 or [www.militaryonesource.com](http://www.militaryonesource.com) . Provides up to twelve nonclinical sessions per person, per issue, with a licensed professional. These personal sessions are available face-to-face, by telephone, or online.
- **Military Family Life Consultant (MFLC)** – 618-304-8942 (SAFB) or 217-720-0268 (Springfield). Provides up to twelve nonclinical counseling sessions per person, per issue, with a licensed professional. These personal sessions are available face-to-face, by telephone, or online.
- **TriCare** allows free counseling with a provider of choice under certain circumstances. Call 1-877-874-2273 or check eligibility depending on plan/status @ <http://www.tricare.mil/CoveredServices/SeeWhatsCovered.aspx>
- **Military Crisis Line** - Free to all Service members, including members of the National Guard and Reserve, and Veterans, even if you are not registered with the U.S. Department of Veterans Affairs (VA) or enrolled in VA health care. 1-800-273-8255 press 1
- **Vets 4 Warriors** – 24 hour peer support line, toll free and confidential for National Guard and Reserve service members. 1-855-838-8255 (1-855-VET-TALK) or [www.vets4warriors.com](http://www.vets4warriors.com)
- **American Red Cross** - 217-787-7602 ext.277(office) 217-416-2159 (cell) (Springfield), 618-256-1855 (Scott)
- **Airman & Family Readiness** – 618-222-5784 or 618-558-6390

UTA Weekends you can contact:

**-First Sergeant, Chaplain 222-5432, EEO 222-5765, SARC 222-5777**

Counseling Services for those who served in a Combat Zone:

- **East St Louis Vet Center**, 618-397-6602 or 877-927-8387
- **St Louis Vet Center**, 314-531-5355 or 877-927-8387

### **Troops to Teachers**

You may be eligible for the Troops To Teachers \$10,000 bonus once you are hired. The Illinois/Indiana TTT representative, Emily Siefken will offer an orientation briefing, 1 September from 10 to 11:30 a.m. at the

Education Center, Rm. 98. Several Team Scott members have taken advantage of the resources provided and are now actively in TTT programs. For more info at Contact Ms. Tammy Gause [375fss.education@us.af.mil](mailto:375fss.education@us.af.mil)

### Tax Savings!



Did you know many states offer sales tax holidays throughout the year? Most states include a weekend in the month before school starts again, so that parents can get tax free back-to-school supplies and clothes for their children. Many of these weekends take place at the beginning of August.

Check out the [2016 State Sales Tax Holidays](#) to see if your state is on the list. Illinois does not participate, but Missouri does. Information below for Missouri.

Missouri	3	clothing - \$100 computers - \$1,500 school supplies - \$50	2004	August 5-7	<a href="http://dor.mo.gov/">http://dor.mo.gov/</a>
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### Money Saving Apps

Speaking of saving money, check out these Apps designed to help you compare prices.

- [Amazon Price Check](#) - Scan a barcode or snap a picture of an item and then compare against Amazon prices.
- [BuyVia](#) - Scan a barcode and compare against online prices.
- [PriceGrabber](#) - Get the lowest prices on computers, electronics, furniture, cameras and more.
- [Shelfbucks](#) - Get in-store personalized deals sent right to your smartphone.
- [ShopSavvy](#) - Scan a barcode and compare against online prices.
- [Shopular](#) - Get the best in-store mobile coupons for your favorite stores.
- [Walmart's Savings Catcher](#) - Enter your receipt number and if there's a lower advertised price, you get the difference



### Volunteer Opportunity - Wingfest

The Midwest Wingfest will take place this Labor Day weekend, Sep 2&3, at the St Claire Square Mall in Fairview Heights. Volunteers are needed in various areas to include: setup, teardown, wing eating competition judges and much more! Contact TSgt Venable @ [joseph.venable@us.af.mil](mailto:joseph.venable@us.af.mil) for more information!

### Catholic R.E. Volunteer Opportunity

The Scott AFB Chapel Catholic Community is seeking teachers and assistants for the 2016-17 Religious Education (RE) program. Teachers prepare a weekly lesson and lead a class on Sundays from 11 a.m. to 12:15 p.m. Assistants help the teachers. Materials and training are provided. Teachers must be in good standing with the Catholic Church and have a current installation background check on file. Please contact us at [375.amw.hc@us.af.mil](mailto:375.amw.hc@us.af.mil) or 256-4060 for more information or to volunteer.

## Eagle Eyes

As a reminder, every member of Scott Air Force Base and its neighbors can contribute to safeguarding the installation's mission, people and families. Security can only be possible if we all remain vigilant for potential threats. The Eagle Eyes program is an anti-terrorism initiative that enlists the eyes and ears of Air Force members and citizens in local community. If you observe any suspicious activity, anytime during the day or night, Scott AFB members can call in a tip at 256-6000 3322, text tip to 274637(CRIMES) or visit [www.tipsubmit.com](http://www.tipsubmit.com) For more information on the Eagle Eyes program visit <http://1.usa.gov/1R17qsc>

### Air Force Credentialing Opportunities On-Line (AF COOL)



What is Credentialing? Credentialing has two purposes. First, it continues to professionalize the enlisted force by providing up-to-date industry-recognized credentials in an airman's AF job. Second, it provides a way for airmen to prepare for civilian life by ensuring that they are ready for work in the civilian sector.

The AF COOL Program is designed to help airmen identify and complete AFSC mapped licenses and/or certifications, which will help them advance their careers and later compete in the civilian workforce. Funding is available to AFRES and ANG members on Title 10 or 32 orders are also eligible. It is not currently available to technicians or traditional members. You must be an enlisted member at the rank of E-3 and above, who possess a 5-skill level in the approved AFSC mapped credential. Additional leadership and Management credentialing opportunities are available to SNCOs. Up to \$4,500 is available to each airmen, over the course of his/her career. For more information, visit the AF COOL website: <https://www.my.af.mil/afvecprod/afvec/Public/COOL/Default.aspx>

### Military OneSource



**Military OneSource** is provided by the Department of Defense for free to active-duty, National Guard and reserve service members (regardless of activation status), their families and survivors. It is a virtual extension of installation services.



The Military OneSource eNewsletter <http://www.militaryonesource.mil/enewsletter> is your source for timely, relevant military community information and resources that matter to you.

In this month's edition you will find:

- Tackle your kids' back-to-school needs
- Compare child care options.
- Learn about Military OneSource's MoodHacker and CoachHub mobile solutions.

And let Military OneSource help you look ahead to retirement. It's not too early to learn more about the new Blended Retirement System before it launches in January 2018.

### How to Improve Your Credit Score

If you're interested in ways to improve your credit score, then you're probably aware of how important it is to have a good score. Whether you're applying for a mortgage, car loan or credit card, your credit score is used to help lenders determine just how risky it is to lend you money. The higher your score, the more likely you'll get

approved for new credit and the lower your interest rates will be. Read about ways to increase your score and why it's important @ <http://www.clark.com/8-things-improve-credit-score>

## USA.gov – Official Government Online Guide



You may be familiar with USAGov, the official online guide to government information and services, but did you know USAGov has a Contact Center with agents available to answer questions regarding services, benefits and more? In addition to answering questions about taxes, immigration, and affordable housing, the

Contact Center also assists during times of international crisis sometimes handling hundreds of calls a day. You can call, email, or chat with agents in both English and Spanish. Learn more about USAGov, your guide to government programs and services at <http://www.USA.gov/explore>

## Flags of Valor



On 09-11-2016, America's Heartland Remembers will pay tribute to the fallen by filling Art Hill — the iconic St. Louis destination in Forest Park — with 7,000 American flags. The "Flags of Valor" will take place on the 15th anniversary of the 09-11-2001 attacks on our country. To remember those lost that day, a flag will fly on the top of Art Hill with the name of all 2,996 victims.

Each flag will not only represent one U.S. casualty but will also symbolize respect for those who have served and are currently serving our country. Visitors will be able to walk through the massive display and interact with each flag. Each and every flag will bear the name and photo of a soldier who bravely served their country, but never came home to their loved ones. The flags will be placed in chronological order and will allow loved ones and visitors to easily find and honor each soldier. Learn more at <http://Flagsofvalorusa.com>

## Aunt Bertha



Another great resource for locating assistance where YOU live. Aunt Bertha can be used to search for free or

reduced cost social service programs. It can find help for food, housing, transportation, health, education, work, care, goods, money, or legal issues. Many of the resources we are aware of are those which help military or veterans and their families. Aunt Bertha could be used to find assistance for extended or elderly family members or family friends in need. Take a look at resources located near your zip code @

<https://www.auntbertha.com/>

## ID Card Office Online

You can save time with a CAC enabled computer and your card. Fast Facts - Requires CAC log-in  
Reduces the need for you to accompany your family members when receiving their ID cards. Family members must verify their enrollment in person at an ID card office within 90 days of your request to add them to your DEERS record. Family member IDs must be issued within 90 days of your request made within the application. Saves you time by allowing you to go online for simple CAC updates. Easily update your contact information. For more information about the ID Card Office Online application:

<https://www.dmdc.osd.mil/milconnect/> Sign into the application with your CAC, then click the RAPIDS Self-Service link on the right of the page

To find a RAPIDS ID Card Office near you: <http://www.dmdc.osd.mil/rsl/>

## TriCare

**Nurse Advice Line Nurse Advice Line** - Call 1-800-TRICARE (874-2273), Option 1

The Nurse Advice Line is available to all TRICARE beneficiaries in the U.S., except those enrolled in US Family Health Plan. You can call the Nurse Advice Line 24/7, at no cost to you, to talk to a registered nurse who can:

- Answer your [urgent care](#) questions
- Give you health care advice
- Help you find a doctor
- Schedule next-day appointments at military hospitals and clinics

Do you have a sick child?

- You can talk to nurses with specialized pediatric training.
- We can call you back after a few hours to check on your child.
- If you still need an appointment, we can help.

Do you have a sick child or need health care advice? Call TRICARE'S Nurse Advice Line (NAL) 24 hours a day, seven days a week, at no cost to you. Speak with a registered nurse who can answer your urgent care questions, give health care advice, help find a doctor, and schedule next-day appointments at military hospitals and clinics. To access the Nurse Advice Line, dial 1-800-TRICARE (1-800-874-2273) and choose option 1.



**The Prior Authorization, Referral and Benefit Tool** allows TRICARE beneficiaries to quickly find information on benefit, cost and approval requirements in one place. The updated tool takes you through a series of user-friendly questions to provide detailed information specific to your military status, TRICARE plan and type of provider you wish to see. Within the tool, beneficiaries can also access links to applicable benefit and costs pages at [https://www.hnfs.com/content/hnfs/home/tn/bene/auth/parb\\_tool.html](https://www.hnfs.com/content/hnfs/home/tn/bene/auth/parb_tool.html) for selected services.

**Your College Student and TRICARE** Adult children may be eligible for regular TRICARE benefits if enrolled in an approved institution of higher education full time, are unmarried and the sponsor provides more than 50 percent financial support. Dependent children are eligible for TRICARE up to the age of 21 or up to the age of 23 if the child is a college student enrolled full-time at an accredited institution of higher education and the sponsor provides more than 50 percent of the child's financial support. Be sure to update the Defense Enrollment Eligibility Reporting System (DEERS) with your child's student status. To ensure continuous TRICARE coverage, your child's information must be updated in the Defense Enrollment Eligibility Reporting System (DEERS) prior to the loss of eligibility. Visit a [RAPIDS site](#) for assistance regarding the documentation needed. Learn more through the [TRICARE Choices for College Students](#) brochure.



**VA Core Values: Integrity, Commitment, Advocacy, Respect, Excellence ("I CARE") - Remember:**

- If you would like to research, find, access, and, in time, manage your VA benefits and personal information please visit and/or register at <https://www.ebenefits.va.gov/ebenefits-portal/ebenefits.portal>.

- If you looking for a job or an employer committed to hiring Veterans, please register on the Veterans Employment Center (VEC) at: <https://www.ebenefits.va.gov/ebenefits/jobs>
- If you are seeking employment in the federal government, particularly the VA, our VA for Vets high-tech tools and resources can help. Visit online at <http://vaforvets.va.gov/> or call 1-855-824-8387.

### **Illinois Veteran Business Program**



Through IVBP, state agencies and universities are encouraged to spend at least 3% of their procurement budgets with certified veteran-owned businesses. That equates to over \$300 million that's specifically targeted to veteran-owned firms every year. State contracting covers everything from construction and building repairs, to building maintenance, office supplies, upkeep for state parks, and a variety of other services. Eligible businesses include companies with annual gross sales under \$75 million that are 51% owned by one or more qualified veteran(s) or service-disabled veteran(s) living in Illinois. If that's you, get certified by submitting an application at the [IVBP homepage](#). And if your business is already certified by the VA or Cook County, there's an expedited process. For questions, please contact Central Management Services, at (312) 814-4190 or email at [bep.cms@illinois.gov](mailto:bep.cms@illinois.gov).

### **Gym "Membership" – Workout 24/7 here at Scott for Free!**



For those members living in the local area, did you know you have free 24 hour access to the fitness center? The Commander, 375th Air Mobility Wing has determined all authorized users are eligible to participate in the 24 Hour Fitness Center Access program. To sign up, users simply need to bring a signed statement of understanding (located on share point under Airman & Family Readiness) based on your category to the Fitness Center as well as their ID card. Fitness Center staff will then register you in the system. The registration process takes approximately 2 minutes.

Categories of authorized users for 24/7 use are detailed below:

Category A: Active duty and Guard/Reserves on active orders, dependents of authorized users 18 years and older, DoD & NAF civilians, and retirees will be granted access without the need to be accompanied by another authorized user.

Category B: Dependents of authorized users, 16-17 years of age will be granted access, if accompanied by an authorized user as listed in Category A.

If you have any questions about the program, please call 256-6457.

### **Federal Voting Assistance Program**

If you are deployed during a Federal or State election, please visit [www.fvap.gov](http://www.fvap.gov) to obtain information on State instructions, forms, electronic voting tools, and state and local election official contact information.



**256- HOME**  
(4663)

Call for a FREE, SOBER, CONFIDENTIAL ride home. Serving all branches of the service, 24 hours a day 7 days a week!

Armed Forces Against Drunk Driving (AFADD) is a private organization comprised of both military members and civilians. Our mission is to provide a free, sober and confidential ride home for DoD ID card holders. Call 256-HOME for a ride. AFADD is especially in need of female volunteers for upcoming shifts. Gift certificates will be provided for those on call for 30 cumulative days or more. For more information or to volunteer, visit

<http://www.scottaftb-afadd.com>

### **August Job Fairs, Recruitment Events, and Business Expos**

The schedule of events is subject to change. Prior to attending any of these events you are strongly encouraged to confirm the companies that are participating.

#### August 2 and 10, 2016

Dierbergs Job Fair (multiple FT/PT positions with stores throughout St. Charles County)

94 Crossing Store (6211 Mid rivers Mall Drive, St. Peters, MO 63304)

11am – 4pm

For more information go to <http://www.dierbergs.com/Campaigns/OpenInterviews>

#### August 2, 16, and 30, 2016

HireLevel (formely Extra Help) Recruitment Event (General Clerical Support, General Laborers)

Madison County Employment & Training Center (101 E. Edwardsville Rd, Wood River, IL 62095)

10am – Noon Candidates are required to pre-register for the event by applying online at [www.hirelevel.com](http://www.hirelevel.com) and then call 314/241-9675 for additional information. No walkins.

#### August 3, 2016 (weekly)

Whelan Security Walk-in Wednesdays Recruitment Event (security officers)

No appointment necessary. Interviews on-the-spot for qualified candidates.

1699 S. Hanley Road, Suite 125, St. Louis, MO 63144

7:30am – 5pm (every Wednesday)

Apply online at [www.greatsecurityofficers.com](http://www.greatsecurityofficers.com)

For more information call 314/644-1974

Staff Management Interviewing Sessions (warehouse and production associate positions)

Staff Management is scheduling interviews for these positions at

Missouri Job Center – St. Louis County (26 North Oaks Plaza, St. Louis, MO 63121)

8am – Noon (every Wednesday)

Prior to being scheduled for an interview applicant MUST:

Apply online at <http://apply.smjobs.com> and use job code s34 or s33 and click start to begin the application stage (DO NOT TAKE SKILLS TEST)

After completing the application stage click RETURN TO JOB APPLICATION HISTORY to schedule an interview on one of the dates listed.

#### August 4 and 12, 2016

Maintenance Unlimited Janitorial, Inc. (PT Lead Positions & FT Supervisory Positions)

Madison County Employment & Training Center (101 E. Edwardsville Rd, Wood River, IL 62095)

8/4 11:30am – 3pm

8/12 11am - 3pm

For more information call 618/296-4306

August 4 and 16, 2016

Manpower Recruitment Event (FT machine operators, forklift operators, packers)  
St. Louis County American Job Center (4040 Seven Hills, Florissant, MO 63033)  
8/4 9am - Noon  
8/16 1pm – 3pm  
For more information call 314/475-7900

August 5 and 19, 2016

Access Staffing Recruitment Event  
Madison County Employment & Training Center (101 E. Edwardsville Rd, Wood River, IL 62095)  
10:30am – 12:30am  
For more information call 618/296-4306

August 5 and 26, 2016

Healthcare Career Orientation (nursing, therapists, lab & pharmacy, EMT, health info tech, patient care support, admin support)  
Is a healthcare career the path to your future? Training funds are available for multiple healthcare career paths. Come see if you qualify.  
SLATE Missouri Job Center (1520 Market St., St. Louis, MO 63103)  
10am – Noon  
For more information call 314/589-8000

August 9 and 23, 2016

UniQue Personnel Recruitment Event  
Madison County Employment & Training Center (101 E. Edwardsville Rd, Wood River, IL 62095)  
10am - Noon  
For more information call 618/296-4306

August 10, 2016

Dierbergs Job Fair (multiple FT/PT positions)  
Green Mount Crossing (4000 Green Mount Crossing Drive, Shiloh, IL 62269)  
11am – 5pm  
For more information go to <http://www.dierbergs.com/Campaigns/OpenInterviews#greenmount>

August 10 and 24, 2016

Access Staffing Recruitment Event  
Madison County Employment & Training Center (101 E. Edwardsville Rd, Wood River, IL 62095)  
1pm – 3pm  
For more information call 618/296-4306

August 11, 2016

Frito-Lay Career Info Session (sales rep, merchandiser, and route sales positions)  
Urban League of Metro St. Louis (8960 Jennings Station Road, St. Louis, MO 63136)  
Noon – 1pm  
For more information go to [www.fritolayemployment.com](http://www.fritolayemployment.com)  
Bon Appetit Job Fair (dining service positions at Washington U.)  
SLATE Missouri Job Center (1520 Market St., St. Louis, MO 63103)  
10am – 4pm

For more information go to [www.bamco.com](http://www.bamco.com) or call 314/589-8000  
Randstad Open House (seed lab technicians in Jerseyville, IL area)  
Madison County Employment & Training Center (101 E. Edwardsville Rd, Wood River, IL 62095)  
1pm – 4pm  
For more information call 618/296-4306

August 11 and 19, 2016

HireLevel (formerly Extra Help) Recruitment Event (General Clerical Support, General Laborers)  
St. Louis County American Job Center (4040 Seven Hills, Florissant, MO 63033)

8/11 9am – Noon

8/19 1pm – 3pm

Candidates are required to pre-register for the event by applying online at [www.hirelevel.com](http://www.hirelevel.com) and then call 314/241-9675 for additional information. No walk-ins.

August 11 and 25, 2016

Volt Workforce Solutions Recruitment Event

Madison County Employment & Training Center (101 E. Edwardsville Rd, Wood River, IL 62095)

10am – 1pm

For more information call 618/296-4306

August 12, 2016

LGC Hospitality Staffing Service Recruitment Event (multiple FT/PT hotel and banquet center positions)

American Job Center – St. Louis County (26 North Oaks Plaza, St. Louis, MO 63121)

11am - 1pm

For more information call 314/381-6700

August 12, 2016

CAA of St. Louis County Job Fair

CAASTL (2709 Woodson Rd., Overland, MO 63114)

11am – 2pm

Includes job search workshops, hiring on-the-spot, and networking opportunities

For more information contact James Ingram at 314/446-4431 or [jingram@caastlc.org](mailto:jingram@caastlc.org)

August 12-13, 2016

6<sup>th</sup> Annual St. Louis Diversity Career Fair

The primary goal of the Fair is to attract a diverse group of 2L and 3L students to the metropolitan St. Louis legal community, encourage them to practice

law in the area, and become an integral part of our community.

Thompson Coburn LLP (One US Bank Plaza, St. Louis, MO 63101)

8/12 Job Fair Dinner Series 5:30pm – 7pm

8/13 Interviews and Luncheon 8am – 4:30pm

For more information go to <http://www.stldiversityjobfair.com/>

August 17, 2016

Diversity Career Fair

Ferguson Community Center (1050 Smith Ave., St. Louis, MO 63135)

11am – 3pm

For more information contact 314/252-0306 or [jobfairs@ezcritiqueit.com](mailto:jobfairs@ezcritiqueit.com)

Hollywood Casino Job Fair (over 100 full-time and part-time positions)

St. Charles County Missouri Job Center (212 Turner Blvd., St. Peters, MO 63376)

4pm - 6pm.

For more information or to register call 636/255-6060

### August 18, 2016

Trillium Recruitment Event (FT hydroblasters)

St. Louis County American Job Center (4040 Seven Hills, Florissant, MO 63033)

1pm – 3pm

Must apply online at [www.trilliumjobs.com](http://www.trilliumjobs.com) prior to the event

For more information call 314/475-7900

St. Louis Job Fair (sales, business development, marketing, customer service, retail & sales mgmt.)

Doubletree Hotel Westport (1973 Craigshire Road, St. Louis, MO 63146)

Starts at 6pm sharp with a formal executive presentation in which each company will introduce itself and the opportunities they offer

For more information go to [www.unitedcareerfaairs.com](http://www.unitedcareerfaairs.com)

Charter Communications Career Fair (Customer Relations Coordinator – Internet/Phone Repair)

Embassy Suites – St. Charles (2 Convention Center Plaza, St. Charles, MO 63303)

11am – 7pm

For more information go to [www.charter.com/careers](http://www.charter.com/careers)

### August 25, 2016

Advanced Manufacturing Pre-Apprenticeship Training Orientation Session

Learn about free training opportunities for individuals with no construction experience.

American Job Center – St. Louis County (26 North Oaks Plaza, St. Louis, MO 63121)

10am – 11:30am

For more information or to RSVP contact LaWayna Allen at all 314/679-3341 or [lallen@stlouisco.com](mailto:lallen@stlouisco.com)

### August 31, 2016

Job Fair of St. Louis

Embassy Suites by Hilton (Two Convention Center Plaza, St. Charles, MO 63303)

10am – 1pm

For more information go to [www.catalystcareergroup.com](http://www.catalystcareergroup.com)

Did you know, your AFRPM will email these type of events right to your inbox? Just send me an email to [travis.e.barker6.civ@mail.mil](mailto:travis.e.barker6.civ@mail.mil) and I'll add you to the distribution list. Emails are sent our BCC, so no one knows who receives them.

### **Take a Look at the 126 ARW SharePoint**



## **126 ARW SharePoint**

Information from the Airman & Family Readiness office is posted on the 126 ARW SharePoint. For those with access, you can find past issues of Miscellany, Helpful Guides, and listings of beneficial websites. Everything is available at: <https://126main.ang.ds.af.mil/sites/main/Orgs/fss/Functional%20Areas/Airman%20and%20Family%20Readiness.aspx> Check it out!

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