



126th Airman & Family Readiness

MISCELLANY



Jan 2016



Friday, Jan 8 - Let's Eat! Zeppelins Food & Drinks. Located in Scott Event Center from 11-1300. Later, celebrate First Friday! Enjoy drinks, free food, music and more! Begins at 1500. **Open Bowl** - Stars and Strikes Bowling Lanes open until 2200. Snack bars open from

0900-2130. **Saturday, Jan 9 - Eat!** Cardinal Creek UTA Big Breakfast Special 0700-1000, 2 Eggs, bacon, hash browns, Toast & drink, \$7. UTA Lunch special from 1000-1330, Texas Chesseburger w/fries & drink, \$8. **FORE!** Golf Course open dawn to dusk, driving range, 24/7. **BOWL & EAT!** Stars and Strikes bowling lanes open until 2200. **Sunday, Jan 10** – Sunday Brunch at the Scott Event Center from 1000-1300. Footgolf! Cardinal creek golf course. Beat the cold with a game of footgolf! Play a round of 18 any day for \$8, 1100-dusk. **Nightingale Inn Dining** – Breakfast 0600-1100, lunch 1100-1300, dinner 1600-1800, UTA Weekend grab-n-go 1800-2000. For ground support meals call 256-2909. **Child Care** – Free Family Child care for eligible families during UTA. For eligibility & care options call 256-8047.

Winter Blues Got You Down?



Winter Blues Got You Down?

Chase Your Winter Blues Away!



*Presented by Linda Schuh 126 ARW
Director of Psychological Health*

Date: January 9, 2016
Time: 12:00 to 13:00
Place: Maintenance Auditorium

RSVP to linda.schuh.1@us.af.mil or call 256-7585 to register
Service members and family members are welcome to attend.

Military OneSource Offers Free Tax Services



Why pay for tax software when you don't have to? Military OneSource provides free tax preparation and filing services, as well as tax consultations. Don't get a headache this tax season — get expert guidance instead, without spending a dime. Check out the widget on our home page for links to all the tax resources you need.

Military OneSource tax preparation and filing services

Military OneSource tax preparation and filing software walk you through a series of questions to help you complete your tax return. This self-paced tax software allows you to:

- Complete and electronically file your federal and up to three state tax forms
- Check your electronic filing status
- Rest easy knowing the tax software vendor is by your side if you get audited
- Get 100 percent accurate calculations or the tax software vendor will reimburse you up to \$10,000. Terms and conditions apply.

This online software product is easy to use, and free technical assistance is available if you need it. For technical assistance, such as login issues, using the software, printing returns, etc., call 855-897-8639 and follow the prompts. If you have any personal tax-related questions, call 800-342-9647 to speak with a Military OneSource tax consultant. Remember, these consultations are free.



Military OneSource tax consultations

Military OneSource provides assistance in making informed decisions about your tax situation. This assistance includes:

- Sharing information on tax requirements and other military-related issues
- Identifying tax regulations
- Providing printed and electronic tax forms and helping you understand how to complete them
- Reviewing your options for using a refund
- Explaining additional tax services available
- Helping you access the Military OneSource free tax preparation and filing software
- Assisting you if you have any tax-related questions while preparing your tax returns
- Connecting you to other Military OneSource services, such as confidential non-medical counseling, if needed

See for yourself all Military OneSource can do for you at

http://www.militaryonesource.mil/financial-and-legal/personal-financial-management-and-taxes?content_id=281461

Speaking of personal finances, if you ever want to talk to an accredited financial counselor, you can call Military OneSource at 800-342-9647 to set up an appointment.

Operation Purple Camps: A program of the National Military Family Association



The National Military Family Association and Teton Science Schools are proud to offer service members and their families an opportunity to reconnect and explore Grand Teton National Park and Jackson Hole, Wyoming, free of charge.

Since 2010, Teton Science Schools has been providing

transformative experience for military families and military kids. Teton Science Schools has hosted 12 Operation Purple Family Retreats, enabling military families to spend treasured time in nature reconnecting after deployment.

Teton Science Schools will be offering 3 Operation Purple programs in 2016:

Winter Family Retreat March 11th-15th - application open now!

Summer Family Retreat June 27th-July 1st - application open March 2016

Operation Purple Kids Camp July 25th-29th - open to military youth ages 12-17

Families will stay and eat at the Jackson Campus of the Teton Science Schools and spend their days exploring Grand Teton National Park with professional environmental educators. Operation Purple Family Retreats are open to military families who have recently had their service member return from a deployment within the last 15 months. Transportation to the Operation Purple Family Retreat is the responsibility of the selected family. The National Military Family Association provides each attending family with a \$200.00 stipend to assist with travel costs.

To apply to the Winter Retreat, please visit <http://www.militaryfamily.org/kids-operation-purple/family-retreats/>

The application for the Summer Family Retreat and Operation Purple Kids Camp will open in March. For more information, please contact Katie Hoskinson at fieldeducation@tetonscience.org or Simmone Quesnell, Operation Purple Program Manager Western Region squesnell@militaryfamily.org. Please pass this opportunity on to any active duty military families who may be interested!

Hero to Hired

H2H: Matching the Guard & Reserve 2 Jobs They Deserve - <http://h2h.jobs/index.html>

Employment Coordinators - <http://h2h.jobs/coordinators.php>

Illinois	Melrose	Darrell	darrell.a.melrose.ctr@mail.mil	309-633-1104 X5367
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Hero2Hired ([H2H.jobs](http://h2h.jobs)) has transitioned its online capabilities to the Department of Veterans Affairs (VA) Veterans Employment Center (VEC) (<https://www.ebenefits.va.gov/ebenefits/jobs>). This transition supports the White House Joining Forces initiatives to combine Federal efforts to hire veterans under one web portal and strengthens interagency collaboration among the VA, Department of Defense and Department of Labor.

H2H Employment Coordinators will continue to provide quality career readiness assistance to Reserve Component Service members preparing for the next civilian career.

Each State, Territory and the District of Columbia has an H2H Employment Coordinator assigned who can assist with VEC enrollment and local employment resources. [To find your supporting H2H Employment Coordinator, click here.](#)

Employment Fair – Saturday, 9 January



1100-1300 Hours
932 Medical Group Training Classroom
Bldg. 3651
Open to all Active Duty, Guard, Reserves
and family members
Contact TSgt Wood at
roxanne.wood.1@us.af.mil for more
information

Listing of employers attending:

National Geo-Spatial Intelligence Agency (NGA), New Horizons, US Department of Justice Bureau of Prisons-Greenville, Illinois State Police, HSHS (Hospital), House Master Express Pros NJVC, Progressive-Recovery, Walmart, TekSystems, Graybar, Monsanto, Veterans United, CASY-MSCCN, Trans States Airlines

Tips to Recover From Holiday Debt



If you spent a little more than you wanted during the holidays, it's time to get your finances back on track. By setting some goals and sticking to them, you can pay down your debt and start building up your savings again. Oh, the holidays — families make memories together, we overindulge in our favorite foods and budgets may get a little off track. If this last one applies to you, use these six tips to get your finances back in line in 2016.

Check it out at http://www.militaryonesource.mil/financial-and-legal/f?p=MOS3:TOPIC:0:::EKMT_ID:333.25.40.30.10.0.0.0.0content_id%3D282907

National Military Family Association scholarship

It's that time of year again! Time to apply for a National Military Family Association scholarship. NMFA has scholarship and professional support funds for military spouses only.



If awarded, funding can be used for:

- GED, High School Diploma, and ESL classes and exams
- Associate's, Bachelor's, Master's and Doctoral degrees
- Certification programs, fees, and exams
- Vocation, technical, and trade schools
- Licensure exams and fees
- Continuing education credits
- State registrations (for professionals who must register with state agencies)
- Clinical supervision required for mental health professional licensure

Awards range from \$500 to \$2,500! Scholarship applications are open December 1, 2015 – January 31, 2016.

For details and to apply go to: <http://www.militaryfamily.org/spouses-scholarships/>

Sesame Street’s Workshop “Talk, Listen, Connect: Deployments, Homecomings, Changes”

Looking for a tool to help your children adjust to military deployments? This bilingual multimedia outreach program is designed to support military families with children between the ages of 2 and 5 as they cope with the feelings, challenges and concerns experienced during different phases of deployment. View it at www.sesamestreet.org/parents/topicsandactivities/toolkits/tlc



You can order this DVD and so much more for free from Military One Source at http://www.militaryonesource.mil/products?product_id=48

Running Clinic



15 January – 3 March - Meets Monday, Wednesday, Thursday @ 1515 *Open to all Active Duty, Air National Guard, Reservists, Civil Service, Contractors, & Dependents of any fitness level. This hands-on, seven week clinic is designed to help improve 1.5 mile run time. Average improvement is 1:15 off aerobic component of fitness assessment! Please call Health Promotion at 256-7139 to enroll or with any questions

Biggest Loser 2016

2112.2 pounds lost last year! 8-week challenge Open to AD, CIV, DEP, CTR & RETIREES Initial weigh-ins January 19th – 22nd 8am-4pm Teams require 2-4 persons Incentive prize to all who complete the challenge Final weigh-ins March 21st -23rd 8-4pm
Call 256-7139 or christine.cooley.2@us.af.mil



The Fake IRS Phone Scam is Back



Scammers are working overtime trying to get your money in a continuing phone scam. The Internal Revenue Service reports sophisticated IRS impostors are calling people and demanding immediate payment.

In some cases they're also impersonating local law enforcement and threatening you with immediate arrest unless you send untraceable money amounting in the thousands of dollars for back taxes that you supposedly owe.

Here's how this IRS phone scam works

The scammers use phone spoofing to make their number come up as "IRS," and they already have the last 4 digits of your Social Security number -- both of which lends them an air of legitimacy.

Here are some of their other tactics to watch out for:

- They use common names and fake IRS badge numbers.
- They send bogus IRS e-mails to support their scam.
- They call a second time claiming to be the police or department of motor vehicles, and the caller ID again supports their claim.

You're told to submit payment either by wire or by prepaid debit card. So far, 1,000 people have been swindled out of \$5 million, according to IRS officials.

Know this: The IRS will **not** contact you by phone asking for money. They only contact you by snail mail if they want to get in touch with you. So if you get one of these calls, hang up the phone!

Concerned About Retirement Savings?



The United States Department of the Treasury has a new retirement savings account called myRA. It has no cost or fees, no complicated investment options, and most importantly, no risk of losing money. It is designed as a "retirement" starter account and follows the rules of a Roth IRA (after tax contributions). It can also be rolled over to a private Roth IRA in the future.

myRA accounts are designed for those employees who do not have a retirement account through their employer. I know that doesn't apply to AGR and technicians, but family members could still establish one of these accounts. To learn more, go to <https://myra.gov/>

Apply now: Up to \$5k in SWIC scholarships available for 2016-2017

Whether you are a new student, a current student or a student graduating in the spring or summer with plans to transfer, now's the time to apply for scholarships to help you pay for college starting fall 2016.



One application gains you access to more than 250 scholarships awarded by the SWIC Foundation. Scholarship awards cover Fall 2016 and Spring 2017 semesters. Individuals should submit applications before Tuesday, March 1 for the best selection opportunities. Applications must be completed online at [SWIC website](#). Individuals are considered for all eligible scholarships based on information provided in the application.

Read more here: <http://www.bnd.com/news/local/community/ofallon-progress/article52928155.html#storylink=cpy>

Airman & Family Readiness Center (A&FRC) EVENTS

All events, unless otherwise noted, are held at the A&FRC and **require registration**. Call 256-8668 to register or go on-line at www.scottafr.com to learn about other upcoming events, workshops & services

Federal Employment Workshop, 11 Jan/1 Feb from 0830-1130

Learn how to navigate USAJobs and properly write a federal resume.

Spouse Employment Network, 13 Jan from 0900-1100

Spouse network where spouses will learn new job skills and network with one another to support/assist each other in the job search.

LindedIn to Social Media, 2 Feb from 1300

Using LinkedIn and social media to develop your network and find new employment



Inaugural Diamond Bowl

Saturday, February 6, 2016
Bel-Air Bowl, 200 S Belt West,
Belleville
Arrive by 5:30pm, Bowling begins at
6pm



20 teams (5 people per team)

\$15 per person (includes shoes & 3 games). Trophy for the winning team! Free attendance ticket for everyone at the door, (bowler or not)! \$400 in attendance prizes will be awarded! Designated Drivers will be available!

To register, please contact MSgt Mike Jansen, 126th MXG First Sergeant.

Email: michael.p.jansen.mil@mail.mil Teams will be accepted in the order they are received.

Your First Sergeant will collect entry fees. Teams can include family members, all are welcome!



SSC Charitable Association Scholarship Application

Welcome to the 2015-2016 Scholarship Program of the Scott Spouses' Club (SSC). Each year the SSC, as part of their charitable program, acknowledges and rewards outstanding academic achievement and school and community involvement of eligible United States military members' dependents and spouses, of any rank, by offering financial assistance for study at higher learning

institutions. Scholarship awards will be presented to local graduating military dependent high school seniors and local military spouses. We encourage all eligible students and spouses to apply.

Completed application plus supporting documentation MUST be postmarked no later than March 1, 2016.

Hand delivered applications will NOT be accepted. Applications and additional information may be obtained from the Scott Spouses' Club website:

<http://www.scottspousesclub.com>

Spouse Resilience



A new Spouse Resilience class will be offered on Saturday, 30 January 2016, from 0900-1500 at the 375th A&FRC. Registration will be through appointment-plus: How to Register: CREATE an account with Appointment Plus direct link for Scott AFB Customers at:

<https://booknow.appointment-plus.com/4b6q1jge/>

- 1) Select your base "Scott AFB"
- 2) Complete ALL required fields with a *RED asterisk. If your organization information is not listed, select "Other" or enter "0" for Group #, etc.
- 3) Use only one (1) email & phone number. Must be valid for contact in case of class updates, password reset, etc.
- 4) After account is created, customers can view list of all classes for Scott AFB A&FRC (select from drop menu) and register. Customers will also receive email and text reminders.
- 5) Please bring a brown bag lunch or \$3 to contribute for pizza.

The Credit Score Quiz



How much do you really know about your credit score? How much is myth vs. fact? Take this 12-question quiz. It won't take long—but the knowledge can go a long way toward improving your score. Click here to take the Quiz:

<http://www.creditscorequiz.org/quiz.html>

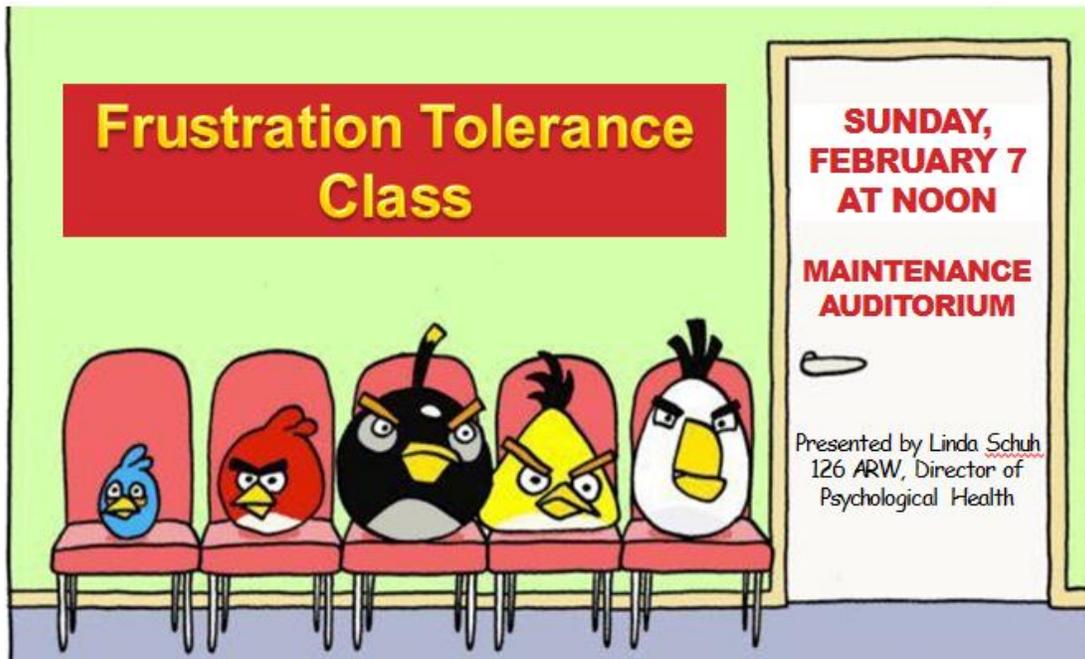
If you're interested in learning even more about credit follow the below link:

<http://www.creditscorequiz.org/resources.html>

10 Ways to Watch Awesome TV Without a Cable Bill

Are you sick of paying a ridiculous amount every month? You're in luck -- there are new ways to watch TV and movies without using cable. In most cases, you'll probably still need to get an Internet connection through your cable company, but you can significantly reduce your cable bill by only paying for the entertainment you want instead of being forced to buy a bundle. Read more at <http://www.clarkhoward.com/ways-to-watch-awesome-tv-without-a-cable-bill>

February DPH Class – Frustration Tolerance



RSVP to linda.schuh1@us.af.mil or call 256-7585 to register
Service members and family members are welcome to attend

Mark Your Calendar! American Red Cross Blood Drive



**American
Red Cross**

Hosted by our very own Logistics Activity & Morale Fund, this blood drive will take place on **Saturday, February 6th**, from 0900-1400. The Red Cross Mobile Unit will be parked adjacent to LRS. Please come out and donate!

“Mastering Social Media Without It Becoming Your Master/The Power of the Inbox”

When: Tuesday 1/12/16 9am – 11am,

Where: SLATE Missouri Job Center 1520 Market Street, 3rd Floor, St. Louis, MO 63103

For more information about this FREE seminar and how to register go to:

<http://events.constantcontact.com/register/event?llr=eleajybab&oeidk=a07ec0p29pi3a29aa0a>

Alton Area Tax Project

Supporting Free Tax Services for Low Income Families

- Income Guideline: Under \$54,000
- Located at Lewis & Clark Community College, 5800 Godfrey Rd in the Nursing Building, Room NUL203

Open beginning Saturday, January 30 through Monday April 18, 2016.

Regular Hours of Operation:

- Tuesdays and Thursdays from 5:30-8:00 PM
- Saturdays from 10:00 AM—1:00 PM
- Monday April 18 from 5:30-8:00 PM

Bring with you:

- Photo ID for the taxpayer
- Social Security Cards for everyone who will be on the tax return
- All tax documents, including your property tax bill if you have one
- Form 1095 (A, B, or C)
- A copy of last year's tax return would be helpful.

Questions: altontaxes@gmail.com or call 618 433-1866



Volunteer Opportunities

Volunteers play a key role in delivering Red Cross services and as a result, the scope of volunteer opportunities at Red Cross are almost endless. Volunteers may utilize job skills they already have or learn something completely new.

For additional information about volunteer opportunities throughout the base and St Louis metro area, call the Red Cross office at 618 256-1855 or A&FC at 618 256-8668



The Airman's Attic: A facility where junior enlisted Airmen and their families can go to get free donated goods. Shopping is open to E1-E4 and open to all ranks for uniforms. Exception letters available from first shirts for E5 & E6 to shop if needed. Volunteer help is needed. Call 256-3840



Retiree Activities Office: Serves as a liaison between base functions and military retirees in the Scott area. Active duty and retired volunteers are trained to provide information on current Air force and Scott events and help retirees find offices and facilities to meet their needs. Call 256-5092



Kids Showing Kindness: This group is for any family wanting to instill a good sense of philanthropy into their child's life. This volunteer opportunity is designed for participation in regular, hands on service activities within the community. These activities will usually target local people, animals and groups in need to create a culture of service and give the kids an understanding of how they can make a difference. <https://www.facebook.com/KidzShowingKindness/?ref=nf>



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!

The Armed Forces Against Drunk Driving: A program at Scott Air Force Base that will pick up any Team Scott service member who doesn't have another way home. The all-volunteer program splits up the week into two shifts, Monday through Thursday, then Thursday through Monday, and will

pick up any servicemember within 25 miles of the base to include downtown St. Louis. The number to get a ride home is 256-HOME(4663). To volunteer to become a designated driver for AFADD, visit the website www.scottafb-afadd.com/default.aspx.

Yellow Ribbon Reintegration Program - YRRP



As always, any members who are going to deploy for 90 days or more must receive a YRRP pre-deployment briefing. If going for 180 days or longer, members are also required to receive a mandatory transition briefing in addition to the YRRP. Upon return, members have to attend a 30/60/90 day post deployment YRRP events. I need your help to make sure deploying members attend. Members have to attend in military status. Please contact

the Airman & Family Readiness office, located in building 5000 at travis.barker@ang.af.mil or 618-222-5784 to get scheduled.

Transition Assistance Program – Goals, Plans, Success (TAP GPS)



Members projected to be on orders for 180 days or more in **Title 10** status are required to attend pre-separation counseling provided by Airman & Family Readiness prior to your deployment, or if on orders for an extended period, receiving a briefing at least 90 days before orders end date. Please call 222-5784/5702 to set up an appointment when you get your orders.

To the extent possible, these briefings will be conducted on Sunday drill prior to deployment due to the length of the briefings which last about two hours. One-on-one briefings can be done for short notice deployments.

After completing the deployment and leave upon return, members must attend a 5-day Transition Workshop at the nearest active duty base (Scott for most) UNLESS

- a) You are currently employed
- b) You are enrolled in college
- c) You have attended previously
- d) You are going to retire upon return

If you are exempt from the TAP workshop, you still must complete a one-day Veteran's Affairs briefing via CBT – this is new (more information below). Members required to complete the CBT will be paid one day of orders to complete it at home. Members cannot be paid twice, so they cannot get paid for CBT completion if they are already on orders or in technician status.

If you are exempt for one of the reasons above, you may still elect to voluntarily attend the TAP-GSP workshop. All days/travel to attend will be paid for by NGB, not from unit funds

The new virtual 5 day workshop listed below cannot be substituted for attending a workshop in person. However, any members, regardless of status or orders can take any of the courses below through JKO.

Please direct any questions to the Airman & Family Readiness office, located in building 5000 at travis.e.barker6.civ@mail.mil or 618-222-5784/5702.

Important Sites & Benefits for Deployers

Emergency Assistance/Notifications

- **American Red Cross:** A military member or a member of their family needing to initiate an emergency message can go to redcross.org/HeroCareNetwork or call 877-272-7337. After a message is started online, a highly-trained emergency communication specialist will begin the emergency verification process required to deliver it to the military member's command.
- **Air Force Aid Society:** The Air Force Aid Society (AFAS) is a non-profit organization that assists active duty members, retirees, and families during emergencies. ANG members can use this assistance when on active duty order for more than 30 days. They give interest-free loans or grants for basic needs such as food, rent, utilities, moving costs, funeral expenses, dental, medical, car repair, etc. To find out more about AFAS, you can visit their website at www.afas.org or contact the 375th AMW Airman & Family Readiness Center located at Scott AFB at 618-256-8668.

General Information/Assistance

- **U.S. Department of Veterans Affairs:** <http://www.va.gov>
- **Illinois Department of Veterans Affairs:** In addition to the federal benefits available, the state of Illinois has a number of its own benefits. To find out more visit: <http://www.illinois.gov/veterans/Pages/default.aspx>

If you would like assistance in navigating the complex web of services and benefits, go to: <http://www.illinois.gov/veterans/Pages/ServiceOffices.aspx> to find a Veteran Service Officer that can assist you.

To list a few of the benefits for Illinois Residents:

- \$100 Bonus payable to veterans who are residents of Illinois
- \$5,000 Returning Veterans Homestead Exemption-To apply contact your local County Assessor's Office
- Entrepreneurship Programs
- Illinois Job Link & Veteran Employment Services
- Unemployment Benefits
- Illinois Hires Heroes Consortium
- Veteran Preference for State employment
- **Employment Support of the Guard and Reserve (ESGR)** promotes cooperation and understanding between Reserve component service members and their civilian

employers and to assist in the resolution of conflicts arising from an employee's military commitment. <http://www.esgr.mil>

- **Federal Voting Assistance Program:** If you are deployed during a Federal or State election, please visit www.fvap.gov to obtain information on State instructions, forms, electronic voting tools, and state and local election official contact information.

- **Automatic Federal Tax Filing Extension:** Armed Forces' Tax Guide <https://www.irs.gov/publications/p3/index.html>
 - No advance request required
 - Last date in CZ+180 days+ # days in CZ from 1 Jan-15 Apr
 - No penalties, even if you owe
 - Extends time to contribute to IRA

- **Dogs On Deployment** is a national non-profit which provides an online network for service members to search for volunteers who are willing to board their pets during their owner's service commitments. Learn more at <http://dogsondeployment.org/>.

- **USAF eLibrary Online Resources** offers a wealth of online resources including digital magazines, music, movies and more. These resources are provided at no charge by your Air Force Library program to eligible library patrons. <http://www.myairforcelife.com/Libraries/>

Career Information

- **The Military Spouse Career Advancement Accounts Program (MyCAA)** is a career development and employment assistance program. MyCAA helps military spouses pursue licenses, certificates, certifications, or Associate's Degrees necessary for gainful employment in high demand, high growth Portable Career Fields and Occupations. <https://aiportal.acc.af.mil/mycaa>

- **eBenefits:** Veterans Employment Center offers resume writing assistance and job searches. <http://www.ebenefits.va.gov>

Deployment Freebies

- **GreenCare/SnowCare for Troops:** GreenCare for Troops is a program that matches volunteers (mostly professional landscapers) with military families who have a loved one deployed and are in need of a little extra help with landscaping service such as lawn mowing, tree trimming, weeding, and fertilizing free of charge during the length of deployment. SnowCare for Troops helps with snow and ice removal free of charge. To register, please visit <http://projectevergreen.org/greencaresnowcare-for-troops/>.

- **Hearts Apart Photography:** This resource provides free pre-deployment photos and newborn photos (to those whose deployed member cannot be home for the birth due to military obligations). Military servicemen and women receive portraits printed on bi-

folded waterproof and durable cards that they can carry with them. The family will receive a DVD with the session and rights to the photos. www.heartsapart.org/

- **United Through Reading Program:** Make an appointment now to stop by the Scott AFB Base Library to create a memory for your children by recording yourself reading a book to them. The DVD and book will then be sent to your child after you are deployed. Co-sponsored by the USO, there is no cost for this “United Through Reading Program”. It is through this program that children can help remain in contact with their deployed parent. For more information, please visit <http://www.unitedthroughreading.org/>.
- **Scott AFB Hearts Apart Program:** The Scott AFB Airman and Family Readiness Center provides sustainment services to families through the Hearts Apart Program (HAP) which offers monthly, informative emails, Give Parents A Break (free childcare), free oil changes, monthly family activities, Picture Pillows, Hug-A-Hero Recordable Bears, and assistance with various needs addressed/requested by families. For more information and to get signed up, contact the Scott AFB A&FRC at 618-256-8668.
- **Build A Sign:** One of the best ways to welcome a service member home is with a sign. Buildasign.com offers free, 100% customizable banners for families celebrating the homecoming of a deployed loved one. Go to <http://www.buildasign.com/troops> to get started.
- **Sweet Dreams Picture Pillow** offers free picture pillows to children of a deployed parent. Go to www.pillowprojectusa.com for more information.

For the Kids

- **Tutor.com** is a free resource for military families to get help on their schoolwork. It offers 24 hour tutoring for students in kindergarten through 12th grade. Students can sign up by going to www.tutor.com/military.
- **Our Military Kids Grant** is for children of National Guard members that are involved in sports or extracurricular activities during deployment. Applicants can be awarded a one-time, \$500 grant per child. Grants can be used to cover the cost of program fees, equipment, uniforms, or even lessons for that activity. For more information, visit www.ourmilitarykids.org
- **Military Kids Connect** is a Department of Defense (DOD) website for children experiencing the challenges of military deployments. The highly interactive website that helps children of deployed parents cope with the stress, changing responsibilities, and concern for the safety of their parents. 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 at www.MilitaryKidsConnect.org

● **Child Care**

375th FSS Child Care center offers Pre-Deployment Family Child Care and Returning Home Child Care

- **Pre-Deployment Family Child Care**
- **Deployment Child Care**
- **Returning Home Child Care (RCC)**
- **All are offered for children ages 12 & under for up to 16 hours of care per child**
- **To register visit: https://www.375fss.com/family_child_care.htm and click on the AF FCC ECC Registration Form**

- **Operation PURPLE:** This resource is for children/families going through deployments, reintegration, or coming together after injury, offers special programs such as summer camp, retreats and healing adventures. For more information, visit <http://www.militaryfamily.org/kids-operation-purple/camps/>.

Health and Well-Being

Active Duty Medical Care: <http://tricare.mil/Plans/Eligibility/NGRMandFamilies>

Before your orders begin:

Pre-Activation Tricare eligibility begins on the date your orders are issued or 180 days before you report to active duty, whichever is later. During this "pre-activation" period, you qualify for the same benefits as you have when you're activated.

While on orders:

When you're **activated** or ordered to active service for more than 30 consecutive days, you become eligible for the same health and dental benefits as active duty service members. You will need to enroll in one of the Prime options when you arrive at your final duty station. Family members are eligible for Tricare as active duty family members as well.

After your orders are completed:

When **deactivated**, you qualify for the Transitional Assistance Management Program (TAMP) for 180 days. TAMP coverage begins the first day after your active duty orders end and your family members are covered, too. During the TAMP period, you will need to enroll in one of the Prime options.

TriCare Dental Program: <http://www.tricareprogram.com>

***** If your orders are not listed in DEERS, you will need to upload them through MyPers for ARPC to correct them! *****

Please follow the steps below to have your orders updated by ARPC in DEERS:

1. Log into the AF Portal

2. Under “Top Portal Searches” click on “myPERS”
3. Under “My Account” click on “Incidents/Messages”
4. Next click on the “E-Mail Us” button
5. Enter the details for your support request:
 - Component: Air National Guard
 - Select either “Officer” or “Enlisted” as applicable
 - Category: Benefits and Entitlements
 - Subject: DEERS Orders Update
 - Questions: Enter a brief explanation of what you are requesting TFSC-Denver to do
 - Attach documents; attach your “approved” AROWS orders (DO NOT ATTACH DRAFT ORDERS!!)

6. Click on the “Continue” button
7. Next click on the “Finish Submitting Question” button
8. You’re done!

Please allow TFSC-Denver at least 5 business days to process your request. If your request needs to be expedited, please call TFSC-Denver at 1-800-525-0102 for further assistance.

DPH and Other 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 . 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
- **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

Suicide Prevention

We are a strong and resilient ANG family. There are numerous resources available from the Air National Guard and the community to assist ANG members and their families with challenges. Still, there are times when people feel overwhelmed, helpless and hopeless. It is important for families to understand the warning signs of high risk and suicidal behavior, and how to get help for those that who are displaying these behaviors. It is important to understand that not all who struggle with this issue have deployed to the combat zone, nor is it always the military member or the adult in the family. Higher risk situations include relationship difficulties, financial problems, legal problems, alcohol or other substance abuse.

Resources in preventing suicide include the following:

- Wingman Project – <http://www.WingmanProject.org> (Learn ways to help)
- National Suicide Prevention Lifeline: 1-800-273-8255 (TALK) option one for military and their families
- Suicide Prevention Resource Center: <http://www.sprc.org>
- American Association of Suicidology: <http://www.suicidology.org>
- Military One Source: 1-800-342-9647, <http://www.militaryonesource.com>
- The Defense Centers of Excellence (DCOE) for Psychological Health and Traumatic Brain Injury: <http://www.dcoe.health.mil>
- Real Warriors Campaign: <http://www.realwarriors.net>
- State National Guard headquarters Suicide Prevention and Risk Reduction Coordinator
- State Transition Assistance office
- After Deployment Care: <http://www.afterdeployment.com>
- Yellow Ribbon Re-integration Program: www.yellowribbon.mil

As with other conditions, it is necessary to contact the members unit if you feel they have PTS or are suicidal. The unit is responsible to track all unit members post deployment and need to be made aware of any concerns that you may have.

January List of 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.

January 5, 2016 (weekly)

Hilton St. Louis at the Ballpark Recruitment Event (multiple PT/FT hospitality openings)

1 South Broadway, St. Louis, MO 63102

10am – 11am and 2pm - 3pm

For more information go to www.stlouisballpark.hilton.com or call 314/421-1776

Schnucks Recruitment Collaboration (PT/FT store associates, production/distribution positions)

BY APPOINTMENT ONLY – NO WALK-INS!

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

9am - Noon

Prior to attending the event, applicants **MUST** do the following:

- Must have active registration with the career center
- Must pre-register for the event by contacting a Skills or Job s Team representative at the Missouri Job Center (no walk-ins)
- Must bring a copy of current resume and/or job history to the event

For more information or to pre-register call 314/381-6700

January 6, 2016 (weekly)

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

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.

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

Apply online at www.greatsecurityofficers.com

For more information call 314/644-1974

January 19, 2016

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

Urban League (8960 Jennings Station Road, St. Louis MO 63136)

9:30am – 11:30am

Candidates are required to pre-register for the event by applying online at www.extrahelpinc.com and

then call 314/241-9675 for additional information. No walkins.

Extra Help Recruitment Event (General Clerical Support, General Laborers)
Wood River WorkNet 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.extrahelpinc.com and then call 314/241-9675 for additional information. No walkins.

January 21, 2016

Extra Help Recruitment Event (General Clerical Support, General Laborers)
Belleville Worknet Center (5419 W. Main St., Belleville, IL 62226)

2pm – 4pm

Candidates are required to pre-register for the event by applying online at www.extrahelpinc.com and then call 314/241-9675 for additional information. No walkins.

January 8, 2016

Schneider Recruitment Event (Class A CDL OTR Drivers)
Madison County Government Office, Employment & Training Dept. (101 E. Edwardsville Road, Weed River, IL)

1pm – 4pm

For more information go to www.schneiderjobs.com or call Doug at 618/406-9948

January 11, 2016

NISC Recruitment Event (automated mailroom operators)
Missouri Job Center of St. Charles County (212 Turner Blvd., St. Peters, MO 63376)
10am – Noon

For more information call 636/255-6060

January 11 and 25, 2016

Extra Help Recruitment Event (General Clerical Support, General Laborers)
Florissant Missouri Job Center (4040 Seven Hills, MO 63033)

1pm – 3pm

Candidates are required to pre-register for the event by applying online at www.extrahelpinc.com and then call 314/241-9675 for additional information. No walkins.

January 12, 2016

Labor Ready Job Fair (multiple PT/FY retail, hospitality, manufacturing, construction, and logistics positions)

Labor Ready (23 Bellevue Park Plaza, Belleville, IL)

10am – 2pm

For more information go to www.laborready.com or call 618/277-8083

Human Resource Staffing Job Fair (PT/FT production, assembly, warehouse, telemarketing positions)

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

10am – Noon

For more information call 636/255-6060

January 13, 2016

Terracon Recruitment Event (Construction Services Techs)

SLATE STL Workforce Center (2715 Cherokee St., St. Louis, MO 63118)

1pm – 4pm

Prior to the event send your resume to Joel Reinert at jreinert@stlworks.com

Hospitality Staffing Recruitment Event (multiple PT/FT hospitality positions)

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

10am – 1pm

For more information call 636/255-6060

January 13 and 27, 2016

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

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

1/13 10:30am – Noon

1/27 2pm – 4pm

Candidates are required to pre-register for the event by applying online at

www.extrahelpinc.com and

then call 314/241-9675 for additional information. No walkins.

January 14, 2016

St. Louis City Job Fair

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

9am – 12:30pm

For more information go to <https://hirelive.com/fair/985/MO/st-louis/January/14/2016/>

January 14 and 28, 2016

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

Holiday Inn Express (3396 Green Mount Crossing, Shiloh, IL 62269)

3pm – 5pm

Candidates are required to pre-register for the event by applying online at

www.extrahelpinc.com and

then call 314/241-9675 for additional information. No walkins.

January 26, 2016

National Career Fairs Job Fair of St. Louis

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

9am – 1pm

For more information or to apply online go to <http://www.eventbrite.com/e/job-fair-of-st-louis-tickets-20014507932?aff=ebrowse>

January 27, 2016

JobNews St. Louis Job Fair

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

10am – 2pm

For more information go to https://www.jobnewsusa.com/stl/job_fairs

January 29, 2016

Union Pacific Railroad Career Information Session

Information about non-traditional jobs for females at the railroad. Will also discuss how to apply for current positions, and how to get automated job notifications for future job postings.

SLATE STL Workforce Center (2715 Cherokee St., St. Louis, MO 63118)

Session 1: 10am – 11am

Session 2: 2pm – 3pm

For more information or to register contact Bonnie Forker at bforker@stlworks.com

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!

Airman & Family Readiness Email Distribution Lists

I currently maintain email distribution listings for *Employment, Education/Scholarship Information (Spouse/family member)*, and *Special Needs*. As I receive information on the above topics, I send them out to all in a BCC email. If you would like your name added, please forward me the email address you would like me to use and what topic(s) you would like information on.

Mission of the 126 ARW Airman & Family Readiness Program

Provide readiness programs and proactive education & information designed to foster a state of preparedness of service members and their families that promotes self-reliance and enhances individual and family well-being

NO ENDORSEMENT OF COMMERCIAL PRODUCTS/SERVICES IMPLIED