

# GUARD PRIDE FAMILY WIDE

## THE FAMILY "FLYER"

167<sup>TH</sup> Airlift Wing Family Programs

March 2011

## Get Going on Your Job Search!

It's important to enter into a job search with patience, a positive attitude, and lots of preparation. Below you'll find suggestions and strategies to follow to help you get started.



**Identify your skills and goals** — Before you begin looking for a job, you'll want to take some time to do an honest self-assessment and inventory of your skills and career goals. This will help you identify what kind of job you want.

**Use marketplace trends for a more effective job search**— A successful job search should also include some market research. It's important to understand how current trends, such as globalization and outsourcing, are impacting how employers hire workers. This will help you find the industries and companies that need people with your skills.



**Prepare a resume and cover letter**—A resume or summary of your work experience and relevant background, is vital for a successful job search. A resume gives prospective employers a clear idea of who you are and why you're qualified for the job. It should be up-to-date and concise, with no mistakes or typos. Your resume should be an honest reflection of your abilities, background, and work experience.

**Starting your job search** — Once you have identified your

career goals and prepared a powerful resume, you will be ready to start contacting prospective employers.



**Networking** — Most job openings are filled through "word of mouth" referrals, which is why career experts agree that networking is one of the most efficient and productive ways to conduct a job search. Networking means contacting everyone you know to spread the word that you are looking for a job. It is important also to keep looking for ways to broaden your network.

The above information was received from Military One Source, *Getting Going on Your Job Search* publication. For more detailed information from this publication, visit [militaryonesource.com](http://militaryonesource.com).



If you're interested in participating in a local resume workshop, including training on interviewing skills, tests (aptitude/TABE/Workkeys, etc), contact Work Force West Virginia and register for a class. Workshops are offered every Thursday morning at 9 AM. Located at 891 Auto Parts Place, Ste 1314, Martinsburg, WV. Every Thursday Work Force hosts a class size of up to 25. The workshop is open to everyone. For more information visit, [www.workforcewv.org](http://www.workforcewv.org)

The 167th Airlift Wing will be spearheading a mandatory Winter Wingman Day Training on March 5th and 6th, for all unit members and open to their families ages 15 and up. The training's focus will be on Resiliency: The ability to withstand, recover and/or grow in the face of stressors and changing demands.

To support this initiative, the WVNG Child & Youth Program, Family Readiness Program, the Wing Director of Psychological Health, and the American Red Cross have joined together to offer team building exercises and resiliency training for 167th AW military youth ages 6 thru 14.

167th families wishing to participate in the training must register with the Family Programs Office at 304-616-5590 or email [sherry.lewis@ang.af.mil](mailto:sherry.lewis@ang.af.mil)

### Open Invitation for Families Winter Wingman Training

**WHO:** All 167th Military Members families aged 15 yrs +

**WHAT:** 4 hour Resiliency Training & Team Building Exercise with the Service Member

**WHEN:** March 5 & 6, 2011 Drill —Time periods TBD by Commanders/Supervisors

**WHERE:** Flight & Squadron classrooms — TBD by Commanders/Supervisors

**Families attending must RSVP for space and child care with the Family Programs Office, 304.616.5590.**

## MARK YOUR CALENDARS!

### 167<sup>th</sup> AW Family Readiness Group Upcoming Events for 2011

Meetings held second Tuesday of the month

Next Meeting March 8th, 7 PM, Wing Conference Room, 2nd Floor Bldg 120

FRG Meeting April 12th, 7 PM, Wing Conference Room, 2nd Floor Bldg 120

Spring Picnic & Egg Hunt, Apr 16th, 10 AM, Morgan's Grove Park, Shepherdstown. Bring a picnic lunch

FRG Golf Day, Monday May 16th, Start time 9 AM, Stonebridge Golf Course. Rain Date is Monday May 23rd. Registration forms to be released soon.



### WVNG Child & Youth Program Upcoming Events for 2011

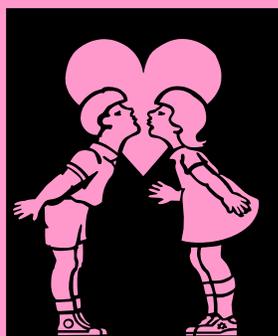
Military Kid 4-H Club, March 11th, 6:30 to 8:30 PM, Heritage Free Will Baptist Church, Middleway Pike, Bunker Hill, WV

Winter Sports Camp, March 12th, 9 AM to 4 PM, Whitetail Ski Resort, Ages 6—18 yrs. Registration required.

Operation Military Kids Reach Out Program Event (ROPE), March 17th, 5 to 7 PM, 157th Armory Bldg, Kelly Island Rd. Open to all military kids ages 7 to 17 yrs.

Military Kid 4-H Club, April 8th, 6:30 to 8:30 PM, Heritage Free Will Baptist Church, Middleway Pike, Bunker Hill, WV

### WVNG Strong Bonds Marriage Enrichment Workshop 18-20 March 2011 The Woods Resort, Hedgesville



The West Virginia National Guard Family Program Office and your chaplains have teamed up to offer you a truly outstanding program known as Strong Bonds. Strong Bonds Marriage Enrichment Workshop begins

with teaching couples effective communication skills, addresses problem resolution strategies that work, reveals how to discover the hidden issues in every relationship, and then moves into caring, fun, and friendship. For more information or to register for the workshop, contact the 167th AW Chaplains 304-616-5319 (UTA Weekends), the Family Programs Office, 304-616-5590, or email [sherry.lewis@ang.af.mil](mailto:sherry.lewis@ang.af.mil).



**West Virginia  
National  
Guard  
KIDS  
KAMP**

*Kids Kamp was started during Operation Desert Shield/Storm to provide a positive camping experience for our Military Kids. By providing a safe and caring environment that encourages good feelings and fosters a sense of well being, Kids Kamp allows our Military Kids to form friendships with fellow Military Kids that last a lifetime. Keeping up with tradition, Kids Kamp is going into it's 20th Year!*

Activities Include:

- Flag ceremony
- Swimming
- Rock Climbing
- Rifle Range
- Weapons Simulator
- Repel Tower
- Dance
- Drug Dog Presentation
- Helicopter Tour
- Mini C130
- Obstacle Course
- Team Building Exercises
- Arts and Crafts
- Much, much more.

For: **Military Kids Ages 9-14**  
When: **18-23 June, 2011**  
Where: **Camp Dawson, Kingwood WV**  
How:  
**Gary Conley**  
**304-561-6449**  
[Gary.Conley@us.army.mil](mailto:Gary.Conley@us.army.mil)

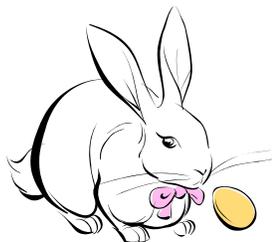





Applications can be picked up from the Family Programs office or unit members can download them from the Base Sharepoint.

## Spring Picnic

Bring your family and a picnic lunch and join us for a spring picnic.

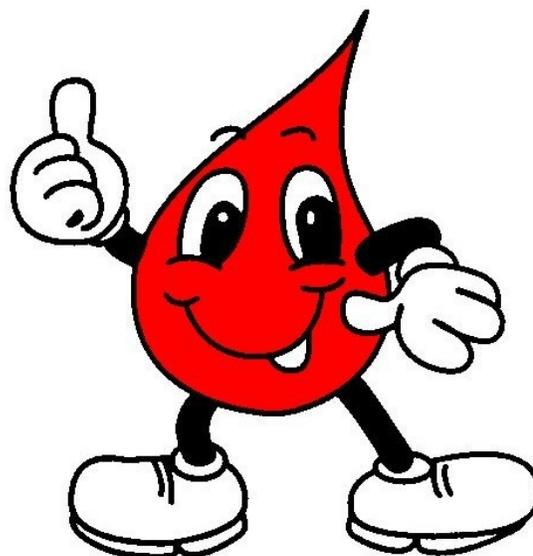


Where: Morgan's Grove Park  
When: Saturday, April 16<sup>th</sup>  
Time: Starting at 10:00 am

There will be an egg hunt, family games and other activities.

So pack your picnic basket and come out and join us for a day of fun.

## Base Blood Drive



5 March, 9 AM—2 PM, Bldg 118

## Coping With Deployments

Psychological First Aid  
for Military Families Course



*The Coping with Deployments course addresses the stress and strain of deployments on families and provides helpful tools for managing these challenges. Licensed Red Cross mental health professionals lead participants through information and discussions designed to help them respond to the challenges of having deployed loved ones. The course is approximately 4 ½ hours including an adult module and a children's module. The children's module specifically teaches adults how to help young people through the stressful changes that accompany a deployment in the family.*

**WHO:** Anyone who has, is, or will face having a family member deployed

**WHEN:** MARCH 26<sup>th</sup>, 2011 from 10:00AM-4:00PM

**WHERE:** Top of Virginia Chapter, American Red Cross  
561 Fortress Drive, Winchester, VA 22603

**COST:** FREE! Lunch will be provided!

**RSVP by:** MARCH 12<sup>th</sup>, 2011



*Special Guests include Mobilization/Deployment and Information/Referral from the Army Community Service Center at Fort Belvoir and Military OneSource. Other Resource information and personnel will be available for questions 11:30-4:30pm*

To RSVP or for additional information, please contact  
Service to the Armed Forces of the Virginia Mountain Region

at [saf@redcrosscv.org](mailto:saf@redcrosscv.org) or call 434-326-3757



### 2011 Air Force Reserve/Air National Guard Teen Leadership Summits

The AFR/ANG Teen Leadership Summits are open to 14-18 year old dependent teens of current Air Force Reserve or Air National Guard military members.

Applicants will be required to complete an application to include essay questions.

Classic Teen Leadership Summit - 19-24 June 2011  
Wahsega 4-H Center -  
Dahlonega, Georgia

Capitol Teen Leadership Summit - 24-29 July 2011  
Washington, DC

Adventure Teen Leadership Summit - 9-14 August 2011  
Cheley Colorado Camps:  
Estes Park, Colorado

Additional information is provided at the Family Programs Office, Bldg 120, or email [sherry.lewis@ang.af.mil](mailto:sherry.lewis@ang.af.mil). Applications are avail 1 Feb, with a deadline of 8 Apr 2011.

## Armed Forces to Work Forces

All Veterans & Service Members are Invited to attend  
Wednesday, March 30, 2011

8:00am to 10:00am - Classes

"Resume Development and Interviewing Techniques"

10:00am to 2:00pm - Career Fair

Remember to bring copies of resumes, DD-214s,  
and Veterans Preference Letter if available,  
and make sure that you dress for success!

**Marshall University**

**Don Morris Room - Memorial Student Center**

**Employers, find the right applicants for current/future jobs.**

**Job Seekers, get that career you've been looking for.**

Federal, State, Local Agencies, and Private Employers  
(Information, Services, and On Site Enrollment)

*Hosted by: Huntington VA Regional Office,  
Marshall University Career Services, and MCTC*

For additional information or to register, contact:

304-399-9100 - or - [jobfair.vbahun@va.gov](mailto:jobfair.vbahun@va.gov)

**Veterans Website:** <http://www.vba.va.gov/ro/Huntington/veterans.htm>

**Employer Website:** <http://www.vba.va.gov/ro/huntington/employers.htm>

## Spotlight On



**Terri Reed**

**Family Readiness Group Volunteer  
& Graphics Designer**

Mrs. Reed has an Associate in Graphic Design from Shepherd University, 1988.

She is the founder and owner of Graphic Greenhouse and is the lead graphics designer of Designs Unlimited which is a screen printing and embroidery service in Martinsburg, WV.

Mrs. Reed is the wife of TSgt Ernie Reed of the Security Forces Squadron. She has been a volunteer of the Family Readiness Group for 8 years. Her experience as a graphic designer enabled her to create an official logo for the 167th AW Family Readiness Group.

In addition to being an active member with the FRG, she is active in a number of other area organizations including:

- PTA of local schools
- A Family Support Group for Type I Diabetics of Martinsburg, WV
- Regularly raise funds for JDRF. (Juvenile Diabetes Research Foundation)

Mrs. Reed states that the concept behind the logo includes using the globe from the 167th Unit patch, the State of West Virginia being wrapped in a Yellow Ribbon, and a star highlighting the Martinsburg area. The product of her creation and the new 167th AW FRG logo is to the right.



## On-Line Tax Filing for FREE!

Military OneSource will once again provide free tax consultation and free on-line tax filing services to military service members and their families during the tax season. A brief overview of the program:

- Participants must register for Military OneSource and log on to the site for access to the H&R Block At Home Basic product. A separate logon for the H&R Block At Home site is required.
- Those eligible for the program are active duty, Guard and Reserve (regardless of activation status), spouses and dependent children (authorized in DEERS), family members handling the affairs of a deployed service member, and severely injured service members or family members handling their affairs.
- Participants will have free access to the H&R Block At Home Basic product. Those with more complicated returns may incur charges if they upgrade to the H&R Block At Home Premium product.
- Participants can speak with a Military OneSource Tax Consultant if they have tax related questions, or need assistance using the H&R Block At Home Basic product.

Find out more about the program by visiting:

<http://www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx>