

air force wives handbook

The Air Force Wives Handbook: A Comprehensive Guide to Navigating Military Life

The life of an Air Force wife is unique, demanding, and often rewarding. It's a journey filled with challenges and triumphs, requiring adaptability, resilience, and a strong support system. Understanding the intricacies of this lifestyle is crucial, and that's where resources like the Air Force Wives Handbook become invaluable. This article provides a thorough overview of such a handbook (assuming its existence – if a specific handbook with this exact title doesn't exist, this article will discuss the general needs and content a such a handbook should cover), exploring various perspectives and insights.

Author and Credentials

While a definitive "Air Force Wives Handbook" might not exist as a single published work, we can envision the ideal author and their credentials. The ideal author would be a former Air Force wife with extensive experience navigating the military lifestyle across multiple assignments and potentially varying ranks of her spouse's career.

Ideally, she possesses a background in social work, military family support services, or counseling, providing her with the knowledge to address the emotional, logistical, and social complexities faced by Air Force wives. Furthermore, strong writing and editing skills are essential to create an accessible and informative Air Force Wives Handbook. Her credibility would stem from lived experience combined with professional expertise, making the handbook a trusted and reliable guide.

Keyword Integration: Understanding the Need for an Air Force Wives Handbook

The need for an Air Force Wives Handbook is evident. The military lifestyle presents unique challenges absent in civilian life. Frequent moves, deployments, separations, and the constant adjustment to new environments significantly impact the mental and emotional well-being of Air Force wives. An Air Force Wives Handbook could offer guidance and support in navigating these difficulties. The handbook would serve as a comprehensive resource, providing practical advice and emotional support to help wives thrive amidst the unique demands of military life. The Air Force Wives Handbook would address the specific needs of this population, offering a targeted approach not found in more general military spouse guides.

Key Arguments and Themes in an Air Force Wives Handbook

A well-crafted Air Force Wives Handbook would cover a broad range of topics, including:

Deployment Support: Strategies for coping with deployments, maintaining family connection, and managing household responsibilities during separation. This section of the Air Force Wives Handbook would emphasize resources available to military families and methods for emotional resilience.

Frequent Relocations: Practical advice on planning moves, finding housing, enrolling children in schools, and navigating the complexities of PCS (Permanent Change of Station) orders. The Air Force Wives Handbook would demystify the relocation process.

Building Community: Strategies for establishing social networks in new locations, finding support groups, and creating a sense of belonging. This section would be crucial for combatting the isolation often experienced by military spouses.

Financial Management: Tips on budgeting, managing finances during deployments, understanding military benefits, and navigating the complexities of military pay and allowances. The Air Force Wives Handbook would serve as a reliable financial guide for military spouses.

Healthcare Access: Information on accessing military healthcare facilities, understanding TRICARE, and navigating the healthcare system for both spouses and children. This section of the Air Force Wives Handbook is essential for maintaining the health and well-being of families.

Career Development: Guidance for balancing family responsibilities with personal career goals, identifying job opportunities, and navigating the challenges of building a career amidst frequent relocations. This aspect of the Air Force Wives Handbook addresses the importance of career development for military spouses.

Emotional Well-being: Strategies for managing stress, coping with anxiety and depression, building resilience, and seeking emotional support. The Air Force Wives Handbook would prioritize the mental health of military spouses.

Legal and Advocacy Resources: Information on legal rights, access to legal aid services, and available advocacy resources for military spouses. The Air Force Wives Handbook serves as a crucial guide for navigating the legal aspects of military life.

Publisher and Standing

A publisher specializing in military family resources or self-help books for women would be ideally suited to publish an Air Force Wives Handbook. Publishers with a proven track record of producing high-quality, informative books that cater to a niche audience within the military community would be the best choice. Their established reputation within the military community would lend credibility to the handbook.

Editor and Qualifications

The editor would ideally have experience working with military-related publications or possess a background in social work or military family support services. They would need strong editorial skills to ensure the book is well-structured, accurate, and easy to navigate. A proven track record of working with authors to refine manuscripts and ensure clarity and accuracy would be vital.

Conclusion

The potential Air Force Wives Handbook represents a vital resource for women navigating the unique challenges and rewards of being an Air Force wife. By addressing the multifaceted aspects of military life, from practical advice on relocation to emotional support during challenging times, a comprehensive handbook empowers women to thrive in their roles as spouses, mothers, and

individuals. It is a testament to the strength and resilience of Air Force wives, offering a lifeline of support and guidance throughout their journeys.

FAQs

1. Is the Air Force Wives Handbook a government-issued publication? No, as envisioned here, this is a privately published resource, though it could draw on and cite government resources and programs.
1. Who is the target audience for the Air Force Wives Handbook? The primary target audience is spouses of Air Force personnel, although it could also benefit those who support them (family, friends).
1. What makes this handbook unique compared to other military spouse guides? Its focus is specifically tailored to the Air Force, encompassing its unique structure, benefits, and culture.
1. Where can I purchase an Air Force Wives Handbook? (Assuming publication) Online retailers like Amazon or specialty military bookstores would likely carry it.
1. Does the handbook cover financial planning specifically for military spouses? Yes, financial management and understanding military benefits are key themes within such a handbook.
1. Are there resources for mental health support mentioned in the handbook? Absolutely, addressing mental well-being and providing access to support networks is a crucial component.
1. Is the Air Force Wives Handbook updated regularly? Ideally, yes, to reflect changes in military policies and programs.
1. Is the handbook written in accessible language? Yes, clarity and readability are crucial for a wide range of readers.

1. What kind of legal advice is offered in the handbook? It wouldn't offer legal advice, but it would guide readers to appropriate legal resources and explain their rights.

Related Articles:

1. Navigating PCS Moves: A Guide for Air Force Families: This article provides detailed step-by-step instructions for planning and executing a successful Permanent Change of Station move.
1. The Emotional Toll of Deployment: Support for Air Force Wives: This article focuses on the emotional challenges faced by Air Force wives during deployments and offers coping mechanisms and resources.
1. Building Community as an Air Force Wife: Finding Your Tribe: This article explores strategies for building supportive networks and combating loneliness in new locations.
1. Financial Literacy for Military Spouses: Understanding Military Pay and Benefits: This article breaks down the complexities of military finances, explaining pay, allowances, and available benefits.
1. TRICARE Explained: A Comprehensive Guide to Military Healthcare: This article provides a detailed overview of the TRICARE system, covering eligibility, benefits, and accessing care.
1. Balancing Career and Family as an Air Force Wife: Strategies for Success: This article offers advice on navigating career challenges while fulfilling family responsibilities.
1. Resilience and Self-Care for Air Force Wives: Maintaining Mental Well-being: This article focuses on self-care strategies and resources for maintaining mental health and resilience.

1. Legal Rights and Resources for Air Force Wives: Understanding Your Protections: This article explains the legal rights and protections available to Air Force spouses and guides them to appropriate resources.
1. Air Force Spouse Support Networks: Connecting with Other Military Wives: This article highlights various online and offline support networks available to Air Force spouses.

air force wives handbook: The Air Force Wife Handbook Ann Crossley, Carol A. Keller, 1992

air force wives handbook: When Duty Calls Carol Vandesteeg, 2005 This is the most comprehensive guide to dealing with the problems of the separation of military families available.

air force wives handbook: The Military Divorce Handbook Mark E. Sullivan, 2006 This new and comprehensive book will give you exactly what you need to understand and comply with the law. It provides an overview of the provisions for the new Bankruptcy Reform Act including new sanctions provisions in Chapter 7 cases; regulation of attorneys as debt relief agencies; heightened requirements for reaffirmation agreements.

air force wives handbook: Commanding an Air Force Squadron Col Usaf Timmons, Timothy, Timothy T. Timmons, 2012-08-07 The privilege of commanding an Air Force squadron, despite its heavy responsibilities and unrelenting challenges, represents for many Air Force officers the high point of their careers. It is service as a squadron commander that accords true command authority for the first time. The authority, used consistently and wisely, provides a foundation for command. As with the officer's commission itself, command authority is granted to those who have earned it, both by performance and a revealed capacity for the demands of total responsibility. But once granted, it must be revalidated every day. So as one assumes squadron command, bringing years of experience and proven record to join with this new authority, one might still need a little practical help to succeed with the tasks of command. This book offers such help. "Commanding an Air Force Squadron" brings unique and welcome material to a subject other books have addressed. It is rich in practical, useful, down-to-earth advice from officers who have recently experienced squadron command. The author does not quote regulations, parrot doctrine, or paraphrase the abstractions that lace the pages of so many books about leadership. Nor does he puff throughout the manuscript about how he did it. Rather, he presents a digest of practical wisdom based on real-world experience drawn from the reflection of many former commanders from any different types of units. He addresses all Air Force squadron commanders, rated and nonrated, in all sorts of missions worldwide. Please also see a follow up to this book entitled "Commanding an Air Force Squadron in the Twenty-First Century (2003)" by Jeffrey F. Smith, Lieutenant Colonel, USAF.

air force wives handbook: Sharing the Journey Dawn A. Goldfein, Paul J. Springer, Katelynne R. Baier, 2020 A unit's command team is the partnership among the commander, the senior noncommissioned officer (NCO), and a volunteer lead spouse. As the primary advisor, ambassador, and advocate for the spouses and families of members in the unit, finding the right person to undertake the important role of volunteer lead spouse is one of the most important decisions a commander will make. Once a spouse in the unit decides to take on the role, it can be challenging and incredibly rewarding to navigate working with military leadership, state or local government, base programs and organizations, and other military spouses to take care of families. This book captures words of wisdom collected by Mrs. Dawn Goldfein, spouse of the 21st Chief of Staff of the Air Force, Gen David L. Goldfein over their 37-year career. For command teams that seek to understand and leverage the military spouse network of command, lead, key, and key spouse

mentors within their unit or their installation, it offers a treasure trove of useful ideas and stories--

air force wives handbook: *The Astronaut Wives Club* Lily Koppel, 2013-06-11 Discover the true story of the women who stood beside some of the greatest heroes of American space travel in this New York Times bestseller that delivers a truly great snapshot of the times (Publishers Weekly) that inspired a limited TV series on ABC! As America's Mercury Seven astronauts were launched on death-defying missions, television cameras focused on the brave smiles of their young wives. Overnight, these women were transformed from military spouses into American royalty. They had tea with Jackie Kennedy, appeared on the cover of Life magazine, and quickly grew into fashion icons. Annie Glenn, with her picture-perfect marriage, was the envy of the other wives; JFK made it clear that platinum-blond Rene Carpenter was his favorite; and licensed pilot Trudy Cooper arrived with a secret that needed to stay hidden from NASA. Together with the other wives they formed the Astronaut Wives Club, providing one another with support and friendship, coffee and cocktails. As their celebrity rose--and as divorce and tragedy began to touch their lives--the wives continued to rally together, forming bonds that would withstand the test of time, and they have stayed friends for over half a century.

air force wives handbook: *Honored to Serve* Tony Monetti, Penny Monetti, 2013-06-15 Deployment into active duty and re-entrance into civilian life can be challenging transitions for military families. Authors Lt. Colonel Tony Monetti and Penny Monetti offer words of encouragement through personal stories and biblical truths. In *Honored to Serve*, readers can find tools to help them deal with transition issues such as post-traumatic stress, financial hardships, wounded relationships, and more. Written from the perspectives of both a military service person and a spouse, this insightful book not only offers encouragement to military families, but also includes suggestions on how others can provide support.

air force wives handbook: *Foundation of the Force* Mark R. Grandstaff, 1997 A study of how Air Force enlisted personnel helped shape the future Air Force and foster professionalism among noncommissioned officers in the 1950s.

air force wives handbook: *Living in the Slipstream* Jill Black, Hollie Jeffers, Alison Bairsto, 2014-05-22 Spanning the period between the Cold War and the present day, 'Living in the Slipstream' features a collection of tales told by wives of RAF personnel. Often hilarious, and always witty and touching, they provide an insight into what service life is like.

air force wives handbook: *Air Force Officers* Vance O. Mitchell, 1996

air force wives handbook: *The League of Wives* Heath Hardage Lee, 2019-04-02 With astonishing verve, *The League of Wives* persisted to speak truth to power to bring their POW/MIA husbands home from Vietnam. And with astonishing verve, Heath Hardage Lee has chronicled their little-known story — a profile of courage that spotlights 1960s-era military wives who forge secret codes with bravery,chutzpah and style. Honestly, I couldn't put it down. — Beth Macy, author of *Dopesick* and *Factory Man* Exhilarating and inspiring. — Elaine Showalter, *Washington Post* The true story of the fierce band of women who battled Washington—and Hanoi—to bring their husbands home from the jungles of Vietnam. On February 12, 1973, one hundred and sixteen men who, just six years earlier, had been high flying Navy and Air Force pilots, shuffled, limped, or were carried off a huge military transport plane at Clark Air Base in the Philippines. These American servicemen had endured years of brutal torture, kept shackled and starving in solitary confinement, in rat-infested, mosquito-laden prisons, the worst of which was The Hanoi Hilton. Months later, the first Vietnam POWs to return home would learn that their rescuers were their wives, a group of women that included Jane Denton, Sybil Stockdale, Louise Mulligan, Andrea Rander, Phyllis Galanti, and Helene Knapp. These women, who formed The National League of Families, would never have called themselves "feminists," but they had become the POW and MIAs most fervent advocates, going to extraordinary lengths to facilitate their husbands' freedom—and to account for missing military men—by relentlessly lobbying government leaders, conducting a savvy media campaign, conducting covert meetings with antiwar activists, and most astonishingly, helping to code secret letters to their imprisoned husbands. In a page-turning work of narrative non-fiction, Heath Hardage Lee tells the

story of these remarkable women for the first time. The League of Wives is certain to be on everyone's must-read list.

air force wives handbook: Apollo's Warriors Michael E. Haas, 1998-05 Presenting a fascinating insider's view of U.S.A.F. special operations, this volume brings to life the critical contributions these forces have made to the exercise of air & space power. Focusing in particular on the period between the Korean War & the Indochina wars of 1950-1979, the accounts of numerous missions are profusely illustrated with photos & maps. Includes a discussion of AF operations in Europe during WWII, as well as profiles of Air Commandos who performed above & beyond the call of duty. Reflects on the need for financial & political support for restoration of the forces. Bibliography. Extensive photos & maps. Charts & tables.

air force wives handbook: The Wife Meg Wolitzer, 2004-04-13 Meg Wolitzer's previous books include *Sleepwalking*, *This Is Your Life*, and *Surrender*, Dorothy. She lives in New York City with her husband and two sons.

air force wives handbook: The Army Wife Handbook Ann Crossley, Carol A. Keller, 1993-01-01

air force wives handbook: How to Iron Your Own Damn Shirt Craig Boreth, 2005-04-26
PERFECT HUSBANDS ARE MADE, NOT BORN LADIES: At long last, a practical guide to help your man become the perfect husband. How to Iron Your Own Damn Shirt is your salvation, with simple, easy-for-a-guy-to-follow instructions on those little things you can never get him to do, such as: • How to Put the Toilet Seat Down • How to Stop Snoring • How to Ask for Directions • Plus, more than 50 other essential topics (even How to Dance at a Wedding) It's a must-have guide that will finally convince him it's in his best interest to make you happy, no matter what it takes. GUYS: Don't panic. It's not how perfect you are, it's how perfect she thinks you are. How to Iron Your Own Damn Shirt is your key to the castle. Imagine what she'll let you get away with if you master a few skills, such as: • How to Appear Calm While She's Driving • How to Apologize Convincingly • How to Enjoy a Chick Flick • Plus, more than 50 other essential topics (even How to Hide Your Porn) How to Iron Your Own Damn Shirt includes countless tips and tricks for keeping you sane, keeping her happy, and keeping you both laughing.

air force wives handbook: A-10s Over Kosovo Phil M. Haun, Christopher E. Haave, Air University Press, 2011 First published in 2003. The NATO-led Operation Allied Force was fought in 1999 to stop Serb atrocities against ethnic Albanians in Kosovo. This war, as noted by the distinguished military historian John Keegan, marked a real turning point . . . and proved that a war can be won by airpower alone. Colonels Haave and Haun have organized firsthand accounts of some of the people who provided that airpower—the members of the 40th Expeditionary Operations Group. Their descriptions—a new wingman's first combat sortie, a support officer's view of a fighter squadron relocation during combat, and a Sandy's leadership in finding and rescuing a downed F-117 pilot—provide the reader with a legitimate insight into an air war at the tactical level and the airpower that helped convince the Serbian president, Slobodan Milosevic, to capitulate.

air force wives handbook: The Army Spouse Handbook Ann Crossley, Ginger Perkins, 2019

air force wives handbook: Pastors' Wives Lisa Takeuchi Cullen, 2013-04-30 What's it like when the man you married is already married to God? asks *Pastors' Wives*, an often surprising yet always emotionally true first novel set in a world most of us know only from the outside. Lisa Takeuchi Cullen's debut novel *Pastors' Wives* follows three women whose lives converge and intertwine at a Southern evangelical megachurch. Ruthie follows her Wall Street husband from New York to Magnolia, a fictional suburb of Atlanta, when he hears a calling to serve at a megachurch called Greenleaf. Reeling from the death of her mother, Ruthie suffers a crisis of faith—in God, in her marriage, and in herself. Candace is Greenleaf's "First Lady," a force of nature who'll stop at nothing to protect her church and her superstar husband. Ginger, married to Candace's son, struggles to play dutiful wife and mother while burying her calamitous past. All their roads collide in one chaotic event that exposes their true selves. Inspired by Cullen's reporting as a staff writer for *Time* magazine, *Pastors' Wives* is a dramatic portrayal of the private lives of pastors' wives, caught between the demands of faith, marriage, duty, and love.

air force wives handbook: SAS Tracking Handbook Barry Davies, 2014-08-05 Tracking originated with man's need for food; he needed to understand what he was following and what the rewards would be if he was successful. Little has changed over time about the terms of tracking. We still track game for sport and food, but we have also found other uses for tracking. Border police patrol to stop illegal immigrants from entering their country; the military tracks down wanted terrorists or enemy forces. Tracking has become a military skill. In the *SAS Tracking Handbook*, former SAS soldier and British Empire Medal (BEM) award-winner Barry Davies teaches not only how to survive in the outdoors with the skills of tracking, but how to use these skills from a military standpoint. Included in this book are many helpful tips on topics including: The types of dogs used for tracking. Traps for catching wild animals. Modern military tracking. Using your surroundings to your advantage. And much more. The success or failure of the modern tracker is dependent on the personal skills of the individual tracker. Training is vital in learning tracking skills, and continuous exercise the best way to interpret signs. These skills are rarely found, but they remain hidden deep within all of us. So whether you're already a skilled tracker or a novice in the field, the *SAS Tracking Handbook* will be your guide to mastering this old and respected art.

air force wives handbook: Women and Military Service Margaret Conrad Devilbiss, 1990

air force wives handbook: Social Security 101 Alfred Mill, 2016-10-01 Learn about Social Security and plan for your future with the help of this comprehensive and accessible guide to everything you need to know about Social Security. Understanding Social Security can be overwhelming at times and dense government websites don't help. Fortunately, *Social Security 101* can help with easy-to-understand explanations and lessons that keep you engaged as you learn all you need to know about the federal program that's been around since the Great Depression. *Social Security 101* will give you the most up-to-date information on this government program, such as: -Getting a Social Security card -Applying for benefits -Estimating your benefits -Disability benefits -Medicare -401(k) plans for young adults Use this guide to plan for the future so that you'll be comfortable in retirement. With the knowledge gained from this book, you'll feel more secure in your future. Whether you want to learn about calculating your retirement age or estimating your projected payments, *Social Security 101* has all the answers—even the ones you didn't know you were looking for.

air force wives handbook: Handbook of the Sociology of the Military Giuseppe Caforio, 2003-01-31 This accessible handbook is the first of its kind to examine the sociological approach to the study of the military. The contents are compiled from the work of researchers at universities around the world, as well as military officers devoted to the sector of study. Beginning with a review of studies prior to contemporary research, the book provides a comprehensive survey of the topic. The scope of coverage extends to civic-military relations, including issues surrounding democratic control of the armed forces; military culture; professional training; conditions and problems of minorities in the armed forces; an examination of structural change within the military over the years including new duties and functions following the Cold War.

air force wives handbook: The Ladies' Book of Etiquette, and Manual of Politeness Florence Hartley, 1872 In preparing a book of etiquette for ladies, I would lay down as the first rule, Do unto others as you would others should do to you. You can never be rude if you bear the rule always in mind, for what lady likes to be treated rudely? True Christian politeness will always be the result of an unselfish regard for the feelings of others, and though you may err in the ceremonious points of etiquette, you will never be impolite. Politeness, founded upon such a rule, becomes the expression, in graceful manner, of social virtues. The spirit of politeness consists in a certain attention to forms and ceremonies, which are meant both to please others and ourselves, and to make others pleased with us; a still clearer definition may be given by saying that politeness is goodness of heart put into daily practice; there can be no _true_ politeness without kindness, purity, singleness of heart, and sensibility.

air force wives handbook: Wives and Daughters Elizabeth Cleghorn Gaskell, 1866

air force wives handbook: Lake Success Gary Shteyngart, 2018-09-04 "Spectacular."—NPR •

“Uproariously funny.”—The Boston Globe • “An artistic triumph.”—San Francisco Chronicle • “A novel in which comedy and pathos are exquisitely balanced.”—The Washington Post • “Shteyngart’s best book.”—The Seattle Times The bestselling author of *Super Sad True Love Story* returns with a biting, brilliant, emotionally resonant novel very much of our times. **NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SAN FRANCISCO CHRONICLE AND MAUREEN CORRIGAN, NPR’S FRESH AIR AND NAMED ONE OF THE BEST BOOKS OF THE YEAR BY The New York Times Book Review • NPR • The Washington Post • O: The Oprah Magazine • Mother Jones • Glamour • Library Journal • Kirkus Reviews • Newsday • Pamela Paul, KQED • Financial Times • The Globe and Mail** Narcissistic, hilariously self-deluded, and divorced from the real world as most of us know it, hedge-fund manager Barry Cohen oversees \$2.4 billion in assets. Deeply stressed by an SEC investigation and by his three-year-old son’s diagnosis of autism, he flees New York on a Greyhound bus in search of a simpler, more romantic life with his old college sweetheart. Meanwhile, his super-smart wife, Seema—a driven first-generation American who craved the picture-perfect life that comes with wealth—has her own demons to face. How these two flawed characters navigate the Shteyngartian chaos of their own making is at the heart of this piercing exploration, a poignant tale of familial longing and an unsentimental ode to America. **ONGLISTED FOR THE CARNEGIE MEDAL FOR EXCELLENCE IN FICTION** “The fuel and oxygen of immigrant literature—movement, exile, nostalgia, cultural disorientation—are what fire the pistons of this trenchant and panoramic novel. . . . [It is] a novel so pungent, so frisky and so intent on probing the dissonances and delusions—both individual and collective—that grip this strange land getting stranger.”—The New York Times Book Review “Shteyngart, perhaps more than any American writer of his generation, is a natural. He is light, stinging, insolent and melancholy. . . . The wit and the immigrant’s sense of heartbreak—he was born in Russia—just seem to pour from him. The idea of riding along behind Shteyngart as he glides across America in the early age of Trump is a propitious one. He doesn’t disappoint.”—The New York Times

air force wives handbook: Intelligence Community Legal Reference Book , 2012

air force wives handbook: Married to the Military Meredith Leyva, 2009-07-14 The Unofficial Scoop on Military Life Whether you're dating, engaged, or married to an active military servicemember or reservist -- or you've just signed up yourself -- you may feel as if you've somehow married the United States military! While there are plenty of orientation books for him, there are almost no handy, user-friendly resources for you. Meredith Leyva, a military wife and founder of CinCHouse.com, the Internet's largest community for military wives, girlfriends, and women in uniform, details everything you need to know to manage day-to-day issues and get on with the adventure of military life. From relocation to deployment, protocol to finances, and career to kids, Leyva offers time-tested advice about: ? Keeping your love life together during deployments ? Relocating yourself and your family around the world ? Maintaining your own career when you're expected to move every three years ? Understanding what pay and benefits you're entitled to -- and how to maximize them ? Translating those odd acronyms and jargon Written by a seasoned military wife, this smart and savvy guide will help you take control at every point of your servicemember's career -- from filing marriage papers as newlyweds to choosing prenatal and child care when you start a family to figuring out his pension when he's ready to retire.

air force wives handbook: Marine Corps Manual for Legal Administration (LEGADMINMAN). United States. Marine Corps, 1992

air force wives handbook: Mahjong Annelise Heinz, 2021-04-05 How has a game brought together Americans and defined separate ethnic communities? This book tells the first history of mahjong and its meaning in American culture. Click-click-click. The sound of mahjong tiles connects American expatriates in Shanghai, Jazz Age white Americans, urban Chinese Americans in the 1930s, incarcerated Japanese Americans in wartime, Jewish American suburban mothers, and Air Force officers' wives in the postwar era. Mahjong: A Chinese Game and the Making of Modern American Culture illustrates how the spaces between tiles and the moments between games have fostered distinct social cultures in the United States. This mass-produced game crossed the Pacific,

creating waves of popularity over the twentieth century. Annelise Heinz narrates the history of this game to show how it has created a variety of meanings, among them American modernity, Chinese American heritage, and Jewish American women's culture. As it traveled from China to the United States and caught on with Hollywood starlets, high society, middle-class housewives, and immigrants alike, mahjong became a quintessentially American game. Heinz also reveals the ways in which women leveraged a game to gain access to respectable leisure. The result was the forging of friendships that lasted decades and the creation of organizations that raised funds for the war effort and philanthropy. No other game has signified both belonging and standing apart in American culture. Drawing on photographs, advertising, popular media, and dozens of oral histories, Heinz's rich and colorful account offers the first history of the wildly popular game of mahjong.

air force wives handbook: Off the Sidelines Kirsten Gillibrand, 2014-09-09 NEW YORK TIMES BESTSELLER • United States Senator Kirsten Gillibrand recounts her personal journey in public service and galvanizes women to make a meaningful difference in the world around them. "One of the most helpful, readable, down-to-earth, and truly democratic books ever to come out of the halls of power."—Gloria Steinem *Off the Sidelines* is a playbook for women who want to step up, whether in Congress or the boardroom or the local PTA. If women were fully represented in politics, Gillibrand says, national priorities would shift to issues that directly impact them: affordable daycare, paid family medical leave, and equal pay. Pulling back the curtain on Beltway politics, she speaks candidly about her legislative successes (securing federally funded medical care for 9/11 first responders, repealing Don't Ask, Don't Tell) and her crushing disappointments (failing by five votes to pass a bill protecting survivors of sexual assault in the military). Gillibrand also shares stories of growing up the daughter and granddaughter of two trailblazing feminists in a politically active family in Albany, New York, and retraces her nonlinear path to public office. She lays bare the highs and lows of being a young (pregnant!) woman in Congress, the joys and sacrifices every working mother shares, and the support system she turns to in her darkest moments: her husband, their two little boys, and lots of girlfriends. In *Off the Sidelines*, Gillibrand is the tough-love older sister and cheerleader every woman needs. She explains why "ambition" is not a dirty word, failure is a gift, listening is the most effective tool, and the debate over women "having it all" is absurd at best and demeaning at worst. In her sharp, honest, and refreshingly relatable voice, she dares us all to tap into our inner strength, find personal fulfillment, and speak up for what we believe in. Praise for *Off the Sidelines* "Gillibrand has written a handbook for the next generation of women to redefine their role in our world."—Arianna Huffington "There are moments of immensely appealing self-disclosure that seldom appear in other books of this genre. . . . This isn't your mother's political memoir."—The New York Times Book Review

air force wives handbook: Promote Yourself Dan Schawbel, 2013-09-03 New York Times and Wall Street Journal Bestseller *Promote Yourself* is a perfect read for young people starting their 'real' job, or veterans who want to up their game.--Daniel H. Pink, #1 New York Times bestselling author of *To Sell Is Human* and *Drive* How people perceive you at work has always been vital to a successful career. Now with the Internet, social media, and the unrelenting hum of 24/7 business, the ability to brand and promote yourself effectively has become absolutely essential. No matter how talented you are, it doesn't matter unless managers can see those talents and think of you as an invaluable employee, a game-changing manager, or the person whose name is synonymous with success. So, how do you stand out and get ahead? The subtle and amazingly effective art of self-promotion is the razor-thin difference between success and failure. By drawing on exclusive research on the modern workplace and countless interviews with the most dynamic professionals, career guru and founder of Millennial Branding Dan Schawbel's *Promote Yourself* gives you the new rules for success, and answers your most pressing questions about your career: * What are managers really looking for? * What do you do if you're stuck at work? * How do you create a personal brand for professional success? * How do you use social media for networking to propel your career? *Promote Yourself* frees you from the outdated rules for getting ahead and lays out a step-by-step process for building a successful career in an age of ever-changing technologies and

economic uncertainty. By basing your personal brand on the rock-solid foundation of hard, soft, and online skills that are essential to get the job done right and by knowing exactly what managers value, Schawbel provides you with the unique skills and message that you'll need today and for the rest of your career. *Promote Yourself: The New Rules for Career Success* is the definitive book on marketing yourself and building an outstanding career.

air force wives handbook: *The Kitchen God's Wife* Amy Tan, 2006-09-21

Remarkable...mesmerizing...compelling.... An entire world unfolds in Tolstoyan tide of event and detail....Give yourself over to the world Ms. Tan creates for you. —The New York Times Book Review Winnie and Helen have kept each other's worst secrets for more than fifty years. Now, because she believes she is dying, Helen wants to expose everything. And Winnie angrily determines that she must be the one to tell her daughter, Pearl, about the past—including the terrible truth even Helen does not know. And so begins Winnie's story of her life on a small island outside Shanghai in the 1920s, and other places in China during World War II, and traces the happy and desperate events that led to Winnie's coming to America in 1949. *The Kitchen God's Wife* is a beautiful book (Los Angeles Times) from the bestselling author of novels like *The Joy Luck Club* and *The Backyard Bird Chronicles*, and the memoir, *Where the Past Begins*.

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