

June 2010

Aviano A&FRC Newsletter



**Airman & Family
Readiness Center**
0434-30-5407

The Air Force recruits Airmen and retains families. The intent of this newsletter is to keep the military community abreast of the ever-changing issues and build a sense of community; comments are welcome.

Save the Date Events and Classes

- June 2nd: Spouse Start from 8:30 AM to 12:30 PM
- June 2nd & 16th: Sponsorship Training from 3:00 PM to 4:00 PM
- June 4th: Bundles for Babies from 8:30 AM to 12:00 PM
- June 4th: Couples Connection from 6:30 PM to 9:00 PM
- June 8th & 22nd: Pre-Separation Briefing from 1:00 PM to 3:00 PM
- June 11th: Volunteer Orientation from 10:30 AM to 11:30 AM
- June 15th: Spouse It Up- Frisbees in the Park from 10:30 AM to 1:00 PM at Area D
- June 15th-17th: Transition Assistance Program from 8:00 AM to 5:00 PM at Area 2 (PDC)
- June 18th: *USAFE Family Day- A&FRC Closed*
- June 22nd: Employment Class from 8:30 AM to 12:00 PM
- June 23rd: U.S. Home Buyers Seminar from 1:00 PM to 4:30 PM



Trusting one another while apart

Mutual trust is fundamental to a loving relationship. You will trust one another more deeply and fully while you are apart if you work at establishing a trusting relationship while you're together. You may feel uneasy being away from one another and worry that the other is being unfaithful or acting in ways you would disapprove of. Here are some ways to maintain trust while apart:

- **Respect one another.** Talk with your spouse about what respect means to each of you. In what ways does your partner make you feel respected? What makes your spouse feel respected? Talking about these issues and about how the other person feels will help you better understand one another. Provide specific examples of ways that he or she has made you feel respected and supported.
- **Be honest.** Sidestepping questions or being less than truthful to your spouse is likely to raise suspicions. Demonstrate how important honesty is to you by always being forthcoming yourself. Tell your spouse about your friends and how you are spending your time while he or she is away.
- **Remind your partner of your love.** Don't take your spouse for granted. Tell your spouse about those qualities you admire in him or her. This will help your spouse feel more secure -- and trusting -- in your relationship. If expressing these kinds of feelings is difficult for you, you might do so in a letter. Or look for a card that conveys what you want to say.
- **Examine your own behavior.** Are you spending lots of time with members of the opposite sex? Do you go to nightclubs and bars? Ask yourself if you would engage in these activities if your partner were not deployed. What needs are you trying to meet through these behaviors? Even if your actions are innocent, your spouse may suspect that you are being unfaithful.

Discuss your concerns with one another. If mistrust is causing anxiety for you or your spouse, talk honestly with each other about your feelings.

Free Credit Reports from Overseas



Did you know that 25% of credit reports have serious errors? These errors will impact your ability to take out a loan or significantly increase the interest rate you pay, restrict employment opportunities, affect your security clearance, determine how much security deposit is required for utilities, rent etc.

The Fair Credit Reporting Act requires each of the three major consumer reporting companies, Equifax, Experian, and TransUnion, to provide you with a free copy of your credit report, at your request, once every 12 months.

You can now access your free reports from Italy through the following website.

<https://int.annualcreditreport.com/cra/>

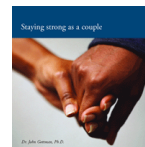
**Year of the Air Force
Family**



Sponsor Tip

If you are sponsoring a family with children, please remember to make a reservation at the Child Development Center. New families are eligible for 20 free hours of child care. See more resource for sponsors at

<http://afrc.avianoab.info/inbound-sponsors.html>



Staying Strong as a Couple

Staying strong as a couple is a constant challenge no matter how long you've been together. On this recording, psychologist and researcher Dr. John Gottman talks about the common challenges couples face and how to get through those challenges and grow closer as partners. Order your CD or download from Military OneSource www.militaryonesource.com



VA Representative On-Site

A Veterans Affairs Representative for the region is based out of Aviano Air Base. If you are interested in the Various VA benefits to include disability, education, etc. you may contact them at DSN 632-5257 or cell phone 334-545-0654 for more information.