



**Aviano Airman and Family
Readiness Center 0434-30-5407**
www.afrc.avianoab.info

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

Calendar Spotlight (call 632-5407 to sign up)

- April 2nd: Back to the Future: Reconnecting After a Deployment
- April 6th: Sponsorship Class from 2:00 to 3:00 PM at the A&FRC
- April 7th: Money Talk Class from 09:00 to 10:30 AM at the A&FRC
- April 16th/21st: Key Spouse Training from 5:00 to 7:00 PM/from 9:00 to 11:00 at the A&FRC
- April 20th: Employment Class from 08:00 to 12:00 PM at the A&FRC
- April 21th: Personal Financial Planning & Investing from 2:00 to 3:30 PM at the A&FRC
- April 23rd: Deployed Spouse Dinner from 6:00 to 8:00 at La Dolce Vita Dining Facility, contact Key Spouse
- April 23rd: Couples Connection from 6:30 to 9:00 at the La Bella Vista Club, child care reservations required
- April 24th: Heartlink (AF Spouse 101 Orientation) from 8:00 to 12:00
- April 30th: Home Buying Seminar from 1:00 to 4:30 PM at the A&FRC

Month of the Military Child



There are nearly two million military children supporting the service of one or both of their parents. At last years conference of the Military

Child Education Coalition Conference, Secretary of Defense Robert S. Gate called it a "sacred responsibility" to care for the generation of American military children affected by military service in times of both war and peace.

Come join our community at Freedom Park with games and celebration at the Spring Fest on April 4th starting at 10:15 AM, see www.31fss.com for details.

Do you have a Perfect Relationship?



For many, hopefully the answer to that question would be "no". However, we can always improve our relationship. Resources from the world's most renowned marriage educators are a mouse click away. Review some of the clips from the Smart Marriages Conference (mp3, DVD, CD, iPod also available for purchase)

http://smartmarriages.commercev3.com/prod_detail_list/63

The 5 Love Languages	Gary Chapman
Waiting to Marry	John Van Epp
Marriage Integrity	Michele Weiner-Davis
Let's Get Real: Marriage Education for Individuals	Howard Markman Scott Stanley
Tools of the Trade / The Couple Checkup	Julie Baumgardner
Hold Me Tight	Sue Johnson
Ultimate Relationships	Cloe Madanes
Why Mars and Venus Collide: A Celebration of Love	John Gray

Turn Debt into Savings?



According to Bankrate.com the average per household debt in the U.S., not counting mortgage debt, is about \$14,500.

The University of Utah created a FREE online software program called PowerPay.

<https://powerpay.org/>

The program will show you exactly how much interest and principle you are paying to your creditors and give you a number of options in paying off your debt quickly and then turning it into savings.

We cover this program in our class "Money Talk" and have this software, credit reports, tax information, etc. on our website

<http://afrc.avianoab.info/programs-finance.html>

Feeling Disconnected?



Military life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Many times we can successfully deal with them on our own. However, how can we know if it will get worse?

Take 5 minutes and complete a totally anonymous and voluntary self-assessment to see where you are at (there are six types of assessments to choose from).

It will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance as to where you might seek assistance.

www.militarymentalhealth.org

Employment and USA Jobs



Interested in federal employment (without prior experience)? USA Jobs is the site where you would search and apply. A couple things to be aware of is that USA Jobs collects pools of applications (there may not be an actual opening) and spouses who apply may have spouse preference. Here are a few tips to assist you:

1. In addition to checking out the USA Jobs Guide at <http://afrc.avianoab.info/programs-careerfocus.html> recommend that you MATCH each OPENING with the INTERNAL job openings https://ww2.afpc.randolph.af.mil/resweb/job_search_advanced_nlo.asp If there is a MATCH then you will know that there is an OPENING.
2. At the USA Jobs website on the bottom of the page, when you are asked about Applicant Eligibility "A Person with Non-Competitive Appointment Eligibility", answer YES. (Spouse Preference).
3. After you have applied for the position your status should change from "Application Started" to "Resume Received". You may also want to check the status at the below link <https://ww2.afpc.randolph.af.mil/resweb/contactus.asp>
4. Attend the A&FRC Spouse Employment Class to learn more.

Student Online Achievement Resource (SOAR)

Are you concerned about your child's academic transition into the new school? SOAR is a program for military families which aims to address the unique challenges facing military children who frequently relocate.

Students take an assessment aligned to state standards, and SOAR directs them to individualized tutorials to improve skills where needed. Parents can monitor their children's progress from anywhere, and are provided with resource materials. For more information see www.soarathome.com