

Aug 2009

Aviano A&FRC Newsletter



Aviano Airman and 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

Thrift Savings Plan (TSP)



Guest speaker Paula Austin Gradwell will hold a two-part TSP series on

August 27th at 08:00 AM and 2:00 PM called TSP Money In and TSP Money Out at **La Bella Vista**.

- Money In (08:00 AM) covers introduction to TSP, benefits, funds and participant statements.
- Money Out (2:00 PM) covers loan program, withdrawal options, spouse rights, and death benefits.

Call the A&FRC to reserve a seat.

VA Benefits Briefing



How familiar are you with VA benefits?

Veterans of the United States armed forces may be eligible for a broad range of programs such as health care, education and training, home loan guaranty, life insurance...

The Regional VA Representative will be providing a briefing on August 25th at 1:00 PM, call the A&FRC to reserve a seat.

Need to Talk?



The MFLC program works out of the A&FRC. Every 8 weeks a new consultant arrives. Consultations and trainings are free and anonymous. (Exceptions to confidentiality include duty to warn cases) **No records** are kept. **Helping you is their priority**. After-hours and weekend appointments are available and group or off-site meetings can be arranged. Call 349-566-6285.

- Aug 4th: Money Talk Class at 2:00 PM at the A&FRC
- Aug 5th and 19th: Sponsorship Class from 3:00 to 4:00 PM at the A&FRC
- Aug 7th: Couples Connection at the La Bella Vista at 6:45 PM (Child Care Drop Off at 6:30 PM)
- Aug 17th: Employment Class from 08:00 to 12:00 PM at the A&FRC
- Aug 19th: Spouse it Up 10:30 AM to 1:00 PM at Freedom Park on the Flight Line
- Aug 25th: Basic Financial Planning and Investing at 1:30 PM at the A&FRC
- Aug 25th: VA Benefits Briefing from 1:00 to 4:00 PM at the A&FRC
- Aug 27th: Home Buyers Seminar from 1:00 to 4:30 PM at the A&FRC
- Aug 27th: TSP Money In at 8:00 AM and Money Out at 2:00 PM at the La Bella Vista Club
- Aug 28th: *USAFE Family Day - A&FRC Closed*

Instate Tuition for Military Family Members



For periods of enrollment that begin after Aug 1, 2009, members of the armed forces on active duty for a period of more than 30 days and his or her spouse, or his or her dependent children, will be eligible to receive in-state tuition at public colleges and universities in the state where they reside or are permanently stationed.

www.ombudsman.ed.gov

Being a Single Parent: Strategies and Support



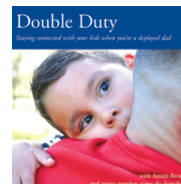
This recognized booklet offers practical advice and reassuring solutions to the challenges single parents face. There is advice on:

- Parenting and discipline
- Building community and finding support
- Getting through difficult times
- Simplifying your life
- Dating
- Taking care of yourself so that your family flourishes

Order your FREE CD on-line.

www.militaryonesource.com

Double Duty - Deployed Dads



When it comes to parenting, deployed dads face extra challenges.

This new CD, Double Duty: Staying Connected with Your Kids When

You're a Deployed Dad can help you meet them.

With advice from service-member dads across the branches and fatherhood expert and ex-Marine Armin Brott.

- How your child might react during each phase of your deployment
- How to make your departure easier on your family
- Ways to reach out to your child while you're deployed
- What your spouse can do to make your absence easier on your child
- What to expect when you return

Also included in the CD are how to handle specific circumstances such as becoming a father while you're deployed, staying in touch with your child when you're divorced or single, how to keep up with your child's education, and what to do if you may be feeling combat stress.

Order your FREE CD on-line.

www.militaryonesource.com