



Aviano Airman and Family  
Readiness Center 0434-30-5407

[www.afrc.avianoab.info](http://www.afrc.avianoab.info)

### Award Winning Booklet "Feeling Good"

Feeling good



Feeling Good is a compact and fun-to-read booklet. It is filled with helpful tips, facts, and suggestions on diet,

exercise, and weight loss; getting a good night's sleep; quitting smoking; walking; yoga and relaxation; reducing stress; children's health; finding support; getting help for depression, overload, and personal problems; and how to adopt healthy lifelong habits. Go to Military One Source and search for "Feeling Good" [www.militaryonesource.com](http://www.militaryonesource.com) (registration required).

### How Much do You Know About Relationships?



There are many misconceptions about relationships. Are your relationships in line with the facts?

Take this 7 question quiz and see where you stand.

<http://www.smartmarriages.com/relationship IQ.html>

### What is Heartlink? (February 20th from 8:00 AM to 12:00 PM)



Heart Link is a base program that helps spouses/family members ease into the military way of life.

Heart Link provides a half day-long seminar beginning with an introduction to the Air Force family. The military way of life takes some getting used to, especially for spouses and family members who have never lived on or around the military. Here at Aviano, the "new spouses" have to contend with both being new to the Air Force as well as adapting to a foreign country. Also, we encourage Key Spouses to attend and share their experience. Childcare provided; call to reserve a seat!

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)

- February 2nd: Sponsorship Class from 2:00 to 3:00 PM at the A&FRC
- February 3rd and 23rd: Money Talk Class from 2:00 to 3:30 PM at the A&FRC
- February 4th: Bundles for Babies from 08:30 AM to 12:00 PM, call to register
- February 9th: Employment Class from 08:00 to 12:00 PM at the A&FRC
- February 12th: Couples Connection from 6:45 to 9:15 PM at the La Bella Vista (Free Meal and Childcare)
- February 18th: Spouse it Up (Mardi Gras) from 10:00 AM to 1:00 PM at PAHA (Hosted by ACES/AOCS)
- February 20th: Heartlink (AF Spouse 101) from 08:00 AM to 12:00 PM, call to register
- February 24rd: Basic Financial Planning/Investing from 2:00 to 3:30 PM at the A&FRC
- February 26th: Home Buyers Seminar from 1:00 to 4:30 PM at the A&FRC

### Free Tax Filing Services



Military One Source is again offering H&R TaxCut (basic version) for all military members. Additionally, Military OneSource tax consultants are available by

phone by calling **1-800-730-3802** to schedule an appointment or by e-mail to help you with personal tax-related questions and financial planning. To access this tax filing software you will need to have an account through Military One Source [www.militaryonesource.com](http://www.militaryonesource.com).

### AF Community Website Launched



The official AF Community Website was launched in Sep 08. The site provides a 24/7 resource for Airmen and their families with helpful military-related support information that affects daily life. Topics include financial, employment, family life, relocation and transition. It has a wealth of information, check out the link below.

<http://www.afcommunity.af.mil/>

### FREE CDs From Military One Source



Go to [www.militaryonesource.com](http://www.militaryonesource.com) (registration required). Simply find a CD you are interested in, place it in the Cart and have it sent to you!

- Staying Strong as a Couple
- Finding Strength in Family and Community
- Parenting in the 21st Century
- Positive Discipline
- Talking with Your Teenager
- Talk, Listen, Connect: Helping Families During Military Deployment (DVD)
- These Boots: A Spouse's Guide to Stepping Up

### 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>

### Military Saves Campaign



The Military Saves Week Campaign will take place from February 22nd to March 1st. The present financial crisis being felt the world over highlights the need for all to be fiscally responsible. This is one reason why the Military Saves Week Campaign theme is "Build wealth, not debt." So whether you're a military member, family member, U.S. civil servant or contractor, you are invited to become a Military Saver. The A&FRC has collaborated with the military banking facilities, Comptroller Squadron, AFN and PA to get the word out and provide assistance in the areas of personal finance. As Military Saves Week approaches, expect to see more details on AFN, 31 FW/PA NEWS and the Key Spouse network for various events that have been planned. For more information on the campaign, to learn how to enroll or to make a pledge and become a "Military Saver" go to <http://www.militarysaves.org>.

### Need to Talk?



The MFLC program is housed in 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.