



Aviano Airman and Family  
Readiness Center 0434-30-5407

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

- March 3rd: Money Talk Class from 09:00 to 10:30 AM (2:00 to 3:30 PM at the A&FRC)
- March 5th: Back to the Future: Reconnecting After a Deployment
- March 9th: The Generational Imperative from 1:00 to 3:00 PM at the Base Theater
- March 11th: Key Spouse Meeting from 10:00 to 11:30 AM at the La Bella Vista
- March 16th: Sponsorship Class from 2:00 to 3:00 PM at the A&FRC
- March 16th: Employment Class from 08:00 to 12:00 PM at the A&FRC
- March 18th: Spouse it Up from 10:30 AM to 1:00 PM at PAHA (Hosted by 31FSS FAN Club and 31LRS Spouses Group)
- March 20th: Intelligence Career Seminar from 1:00 to 4:00 PM at the A&FRC
- March 30th: Basic Financial Planning/Investing from 2:00 to 3:30 PM at the A&FRC

## The Generational Imperative



What are the differences in the generations? Chuck Underwood will discuss the formative years, core values and attitude between the BOOMERS (Born 1946-1964), GEN X (Born 1965-1981) and the MILLENNIALS (Born: 1982-Present).

Mr Underwood is the founder and president of the Generational Imperative and is one of the nation's leading experts on generational dynamics in both the marketplace and the workplace. Call to reserve a seat for Chuck Underwood's presentation on 9 Mar at 1300 in the Base Theater.

## What's Your Love Language?



Are you and your spouse speaking the same language? While love is a many splendored thing, it is sometimes a very confusing thing, too. As people come in all varieties, shapes, and sizes, so do their choices in expressing love.

Dr. Gary Chapman identifies five basic languages of love and then guides couples towards a better understanding of their unique languages of love.

- Quality Time
- Words of Affirmation
- Gifts
- Acts of Service
- Physical Touch

More often than not, the giver and the receiver express love in two different ways. This can lead to misunderstanding, quarrels, and even divorce.

Learn what your language is and how to speak and understand your mate's love language.

Take a 30 second quiz and/or sign out The Five Love Languages at the A&FRC.

<http://www.fivelovelanguages.com/30sec.html#love>

## 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/>

## Baby Wheel



Smiling, sitting up, grabbing, crawling, talking, walking -- babies and toddlers acquire new skills at an awesome pace. The Baby Wheel helps you understand, at a glance, how you can help your baby flourish during this important time of growth and development.

Just turn the dial to your baby's age -- you'll learn about developmental milestones and how you can support your child's progress with activities that are fun for both of you.

They are FREE from Military OneSource. Simply login to [www.militaryonesource.com](http://www.militaryonesource.com) and select the Baby Wheel and add it to your cart for shipment.

## Community Information



If you're deciding on your next assignment or have an assignment and would like to know about the cost of living, school

report cards, crime rates, etc. then click on the below link.

Relocating is a big step. In addition to finding a home, you need to make sure the community you are considering really suits your needs. The key is to gather as much information as possible about your prospective community so you can make an informed decision.

Below, you can learn about and compare various cities, states, and communities throughout the United States.

<http://www.relocationessentials.com/aff/militaryonesource/default.asp>

## Back to the Future: Reconnecting After a Deployment



Unlike the pre-deployment and the actual deployment, reintegrating back to work and home is not as clear cut. The Military Family Life Consultant will be hosting a discussion group monthly on the top 10 Reintegration

Experiences:

- Deployment was Easy (returning to work and/or home is more difficult).
- Score Keeping (I had it worse than you). The
- Let Down (If there is no more adrenaline rush, our relationship must be broken)
- That's not How it Used to Be (I had it different in my memory), etc.

Sign up for the next session on 5 March at 12:00 in the A&FRC.