

April 2008
Monthly

Aviano Spouses 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 military spouses abreast of the ever-changing issues and build a sense of community; comments are welcome.

Military OneSource Offers Telephonic Counseling

Telephonic counseling is similar to face-to-face counseling and may help individuals resolve issues such as: adjustment to situational stressors, stress management, decision making, communications, and parenting skills. www.militaryonesource.com

Click on "**Call Now**" or "**E-mail a Consultant**"

- April 7th and 21st: Sponsorship Class from 2:00 to 3:00 PM in the A&FRC
- April 14th and 28th: Money Talk Class at 2:00 PM in the A&FRC
- April 17th: Deployed Spouses Dinner at La Dolce Vista, 6:00 PM - RSVP to A&FRC by April 10th
- April 18th: Heartlink at the Bella Vista Club, 8:00 AM - 1:30 PM
- April 21st: Employment Class from 08:00 AM to noon in the A&FRC
- April 21st: US Home Buying Seminar at 1:00 PM in the A&FRC
- April 22nd: Return and Reunion Workshop for Spouses, noon in Building 186 (Brown Bag Lunch)
- Benvenuti Class and Field Trip each Thursday and Friday (Space A)

Save the Date Events and Classes

Employment & Volunteer Corner 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 at 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 <https://ww2.afpc.randolph.af.mil/resweb/contactus.asp>
4. Attend the A&FRC Spouse Employment Class to learn more.

What is Heartlink? (April 18th from 8:00 AM to 1:30 PM)

Heart Link is an A&FRC 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!

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. University of Utah created a FREE software program called PowerPay www.powerpay.org that will show you exactly how much interest and principle you are paying to your creditors and have give you a number of options in turning your debt 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>

Month of the Military Child

When I read that a certain month has been designated to pay tribute to a specific group, I have to be honest, I normally ask myself "Is this really necessary?". And as a parent of children who have been uprooted numerous times and have had dad deploy for extended periods, the answer is in the case of Month of the Military Child an emphatic "**Yes!**"

Just as we take those beautiful mountains for granted until it snows or we have a visitor come and tell us how fantastic they are, it's time to pull back look at our children and applaud them.

Unlike many children, military children face some significant challenges such as relocating. "Mom and Dad, I don't know anyone here, where will I sit at lunch?" or "But in the "States" I would have gotten my drivers license and been driving by now!" Also, the being at the tip of sword at Aviano Air Base means deploying our forces. The emotional cycle of the deployment can play havoc with family dynamics significantly impact on routines, school and life in general. Parents and children alike can get pretty stressed out.

Yes, there are some unique challenges, but there is also some unique support that underscores our military sense of community. These services and events highlight the importance of providing children with quality services and support to help them succeed in the mobile military lifestyle.

- Children's Deployment Day: April 17th at Hanger 1 at 08:00 AM
- Deployed Spouse Dinner: Free dinner for families on April 17th at La Dolce Vita at 6:00 PM (contact unit key spouse/first sergeant)
- Give Parents a Break: Free Childcare April 19th from 09:30 AM to 2:00 PM at the CDC (contact any helping agency/first sergeant for details)
- Brown Bag Lunch Class "Return and Reunion for Spouses": April 22nd at Building 186 at noon (call 632-5407 to register)
- Talent Show at the School Age Program and Month of Military Collages (date TBD)
- Kids Deployment Clubs at the Elementary and Middle Schools each (weekly/monthly)
- Wee Ones Play Group (infants to 18 months old) in Building 108, Area 1 on Thursdays from 10:30 AM to Noon.
- Walkers and Talkers Play Group for children 18 to 36 months every Thursday 10:00 to 11:30 AM in Area 1. Call 632-5459 for details.
- Student to Student School Relocations Initiative