



Aviano Spouses Newsletter

February 2008

Community Phone Numbers

Adolescent Substance Abuse Counselor	0434-30-5447
Airman and Family Readiness Center	0434-30-5407
Chapel	0434-30-5211
Command Post (after hours # for Chapel, Life Skills, AFA, etc).....	0434-30-3100
Fire Department	0434-30-8911
Law Enforcement Desk	0434-30-7200
Life Skills Support Center	0434-30-5321
Clinic Appointment Line.	0434-30-5000
Military OneSource	800-342-9647
Red Cross	0434-30-5576
Sexual Assault Response Coord (SARC)	0434-30-7272
Tri-Care	0434-30-5133
Military Family Life Consultant (MFLC)	0434-30-5029

Italian Community Contacts

Ambulance	118
Police (Carabinieri)	112
Pordenone Hospital	0434-39-9211
Fire Dept	115

We have moved to our new location on the flight line conveniently located to the right of the post office.

*Please stop by and visit your beautifully, new
A&FRC!*

Save the Date Community Events

- February 19th: Town Hall Meeting/Information Fair from 5:15 to 8:00 PM in the Base Theater (CDC will extend hours, call for registration)
- February 25th: Employment Class from 08:00 AM to 12:00 AM at A&FRC
- February 26th: Children and Separation Issues of Deployment Sibling-Parent Relationships 12:00 PM in building 186, Area 1
- February 26th: Key Spouse Training at 5:00 PM at the A&FRC
- Benvenuti Class and Field Trip each Thursday and Friday (Space Available)

STAP

Spouse Tuition Assistance Program

The purpose of the STAP is to provide partial tuition assistance for spouses of Active Duty airmen or officers, who accompany members to overseas locations and will be attending college programs. The program provides Tuition Assistance (TA) at a rate of 50% of unmet tuition cost per course. For more information see

http://www.afas.org/Education/body_step.cfm
and
http://www.afas.org/Education/body_grad.cfm

Give Parents a Break (GPAB)

The GPAB for February is on Saturday the 23rd from 9:30 AM to 2:00 PM. GPAB is an Air Force Aid Society (AFAS) program which recognizes that Air Force families are subject to unique stresses due to the nature of military life. AFAS pays the cost of child care for those who feel stressed. See the following link for more information:
http://www.afas.org/community/body_break.cfm

Key Spouse Meeting

March 11th: Key Spouse Meeting at 10:00 AM at the La Bella Vista Club.
Topic Items: Status of Forces Agreement & Child Supervision Guidelines

Military Saves Campaign February 24th to March 2nd

The Military Saves Week Campaign will take place from February 24th to March 2nd and will include information on financial readiness. There will also be a Military Youth Saves week held concurrently.

The intent of this campaign is to ensure that Airmen are financially focused while at their home station so that during a deployment, the Airman will be allowed to have better focus on the mission at hand. There are a number of good resources on their website to include various savings programs such as saving for emergencies, saving and investing, saving for a home, saving at work, and getting out of debt. See their website for more info <https://www.militarysaves.org/>.

Individuals and families can join by registering their savings or debt reduction goal can enroll directly <https://www.militarysaves.org/enroll/>. When you join, you'll receive an email reminding you of your savings plan, and the American Saver newsletter (by email) four times a year.



Employment & Volunteer Corner

Where could you find out about 90+ Air Force Job Fairs?

At the Aviano A&FRC website:
<http://afrc.avianoab.info/programs-careerfocus.html>

(Under Resources at the bottom right)

Services Squadron has numerous openings at Outdoor Recreation, CDC, Golf Course, Lodging, Resource Management, etc.

See their website for more information, (click on Human Resources on the right column)

www.31sva-aviano.com

Military Family Life Consultant "Brown Bag Classes" - Building 186

Starting this month, the MFLC will be offering classes in Building 186 Area 1 on the **forth Tuesday of every month** from 1200-1300.

- 26 Feb—Children and Separation Issues of Deployment Sibling-Parent Relationships
- 25 Mar—Coping with the Challenges of Transitioning Home
- 22 Apr—Return and Reunion Workshop for Spouses
- 27 May—Welcome Home: Reconnecting with your Child
- 24 June—Time Management
- 22 July—Combat Stress
- 26 Aug—Tips for Teachers
- 23 Sept—Coping Strategies for the Uncertainty of Life
- 28 Oct—How to Cope with Winter Blues
- 25 Nov—Stress Management
- 23 Dec—Stress During the Holidays

Military One Source Workshop for Key Spouses/First Sergeants/IDS

Interested in knowing more about scholarships for your family or parenting tips or short-term telephonic consultation, or military shopping, services and discounts?

Key Spouses are invited to attend this workshop on March 3rd at 2:00 PM facilitated by the European Military One Source Representative. Call 632-5407 to register.

Military Spouse Career Advancement Initiative

The **Military Spouse Career Advancement Initiative** was created to help spouses overcome some of these financial barriers.

If you are relocating to the USA, there are 18 installations where this program is approved.

The funding will make it possible for eligible candidates to receive **Career Advancement Accounts** in the amount of \$3,000 for one year, and renewable a second year for an additional \$3,000. This money can be used to pay for expenses directly related to post-secondary education and training, including tuition, books, necessary equipment, and credentialing and licensing fees in nationally identified high-growth, portable career fields such as education, health care, information technology, construction trades and financial services.

Eligible program participants are military spouses with sponsors in pay grades E1-E5 and 01-03 who have completed some college, or who have obtained a high school diploma or GED. Funds will be provided directly to educational institutions and/or credentialing agencies.

For more info see
<http://icaa.milspouse.org/>

Free Tax Filing Software

Military One Source is again offering H&R TaxCut (basic version) through the below website. This is for all military members and DOD civilians. To access this tax filing software you will need to have an account through Military One Source.

<https://www.militaryonesource.com/skins/MOS/home.aspx>

Award Winning Booklet Free

Feeling Good is a compact and fun-to-read booklet 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 <https://www.militaryonesource.com/skins/MOS/home.aspx> and search for "Feeling Good"

Military Family Life Consultant (MFLC) Assigned to Aviano Air Base

The MFLC program is housed in the Airman & Family Readiness Center. Every 8 weeks a new consultant arrives. Consultations and trainings are **free** and **anonymous**. (Exceptions to confidentiality include duty to warn cases and PRP disqualifiers.) **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.