



Aviano Spouses Newsletter

January 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

*Happy New Year
from the
Aviano Airman & Family Readiness Center*

Save the Date Community Events

- January 8th: Key Spouse Meeting at 10:00 AM (location TBD)
- January 14th and 28th: Money Talk Class at 2:00 PM at A&FRC
- January 16th: Spouse it Up at 11:00 AM in the Base Theater (Movie: Grease)
- January 28th: Employment Class from 08:00 AM to 11:00 AM at A&FRC
- January 31st: Deployed Spouse Dinner at 6:00 PM at the La Dolce Vita (dinning facility on the flight line)
- 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_start.cfm

Give Parents a Break (GPAB)

The GPAB for January is on the **25th from 6:30 PM to 11:00 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

January 8th: Key Spouse Meeting at 10:00 AM, location TBD
Topic Items: Child Care, Sponsorship and Deployed Reading Program (Read-i-ness)

FREE Credit Score and Report

Did you know that about 25% of ALL credit reports have serious errors? These errors can impact the ability to take out a loan, restrict employment opportunities, determine if a security deposit is required for utilities, etc.

Brightscore in collaboration with Financial Industry Regulation Authority offers active duty:

- Personalized overview of your credit score
- An analysis of your standing
- An easy to understand credit report (Credit report info supplied by Experian)
- A personalized action plan to increase your credit score
- A personalized tool for updating credit inaccuracies

Check out the website for details <http://afrc.avianoab.info/programs-finance.html> .



Employment & Volunteer Corner

Regardless of where you are at in the job search process there are **five basic parts**. Take a moment to review them, what do you need to focus on?

<http://www.military.com/spouse/ca>

Additionally, if you have not visited our website in a while, there are numerous resources available to you including job search websites, job board, occupational guides, employment classes and the computer resource center.

<http://afm.namob.info/arcana-careofca.html>

Call us at 0434-30-5407 for more information or to schedule a one-on-one appointment.

Scholarship Corner

The National Military Family Association's Joanne Holbrook Patton Military Spouse Scholarships are awarded to spouses of Uniformed Services members (active duty, National Guard and Reserve, retirees, and survivors) to obtain professional certification or to attend post secondary or graduate school. Scholarships range in amount from \$500 to \$1,000, and the number awarded each year varies depending on funding. Scholarship funds may be used for tuition, fees, and school room and board. See their website for more details:

<http://www.namfa.org/afm/ReadMore/Scholarships.aspx>

Building a Positive Relationship with Your Spouse

You've both got jobs to do, a household to run, and maybe even children to raise. So the time you spend alone together is limited.

How can busy spouses, especially those dealing with a military lifestyle, build a sound, lasting relationship in such a high-speed, ever changing world?

Here's the overview of this article which is located at www.militaryonesource.com (search for "Building a Positive Relationship with Your Spouse")

- The heart of the matter
- Partnerships take maintenance
- Fighting fairly
- Finding good solutions
- Other resources

FREE Anti Virus Software and Updates

Military members can download Symantec, McAfee or Trend Micro Anti-Virus software for their home use at the below website. This must be done from a military computer; however, the software can be loaded onto a personal computer.

<https://infosec.navy.mil/>

Coping with a Spouse Deployed

(excerpt from militaryonesource article)

Maintaining a family routine and tending to your needs or the needs of family members can be very difficult when a spouse or partner has been deployed.

You may experience separation anxiety, fear, anger, loneliness, and other strong emotions during the deployment of your spouse.

By knowing what to expect, learning to recognize the signs that you are having trouble coping, and knowing where to turn for help, you may be able to make this difficult time a little easier. If you experience any of these emotions, you can :

- talk to your spouse about your feelings,
- work to create opportunities for lasting memories during the separation,
- talk with other people from your military community who are going through the same experience and
- involve your entire family in getting ready for the deployment .

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. Alex Stankowicz will be leaving us soon and Victoria Wenik will be arriving soon. 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.