

May 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.

Spouse Opinion Counts

Good news – the 2008 Air Force Community Assessment (CA) was launched on 28 April. The CA gathers your thoughts and perceptions about living and working within the community of Aviano. Results of the CA are used by Air Force leadership to improve services and better meet the needs of service members and their families. It is our goal as a base community to have a high response, giving us valid and accurate results by which to design community-level services, improvements, and initiatives. As a spouse of an AD military member your feedback is critical. You can access the survey by using the link and access code listed below.

<http://spouseafcasurvey.com/>
Access code is SpouseAFCA

The survey should take approximately 20-30 minutes of your time, but can be stopped and started again at another time. If you do not have a computer, access can be obtained at the Airman and Family Readiness Center, Base Library, and at the Community Center. Please remember the survey is completely anonymous; your answers will not be linked to you in any way.
(Compliments of Maj Adams, IDS Chair)

Military Dependent Scholarships

The 2008 American Patriot Freedom Scholarship is now accepting applications. Once again with the generous support of the W. Daniel Tate Family and Sara's Hope Foundation - Twenty Five \$1,000.00 Scholarships will be awarded. Applications must be post-marked no later than May 30, 2008 to be considered. Download the application at:

<http://www.homefrontamerica.org/>

Save the Date Events and Classes

- May 2nd: Volunteer Picnic at 11:00 AM in Area D
- May 7th: Bundles for Babies at 08:00 AM at the Community Center
- May 8th: US Home Buying Workshop at 1:00 PM at the A&FRC
- May 13th: Key Spouse Meeting at 10:00 AM at La Bella Vista (10 Things to Make Your Life Easier, COLA & Extreme Summer)
- May 14th: Spouse it Up at 10:30 in Area D
- May 5th and 19th: Sponsorship Class from 2:00 to 3:00 PM at the A&FRC
- May 12th: Money Talk Class at 2:00 PM at the A&FRC
- May 19th: Employment Class from 08:00 AM to noon in the A&FRC
- May 27th: Welcome Home: Reconnecting with Your Child Class:, noon in Building 186 (Brown Bag Lunch)
- Benvenuti Class and Field Trip each Thursday and Friday (Space A)

Healthy Habits Telephonic Coaching

The Military OneSource Healthy Habits Coaching program gives you the tools you need to follow through on your plans to take charge of your health. Work with your own health coach on the phone to make a plan to manage your weight, eat healthier, or make exercise a part of your life. Login to Military OneSource.

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

Tax Refunds

Would you like to know where your tax return is, calculate the amount of your stimulus check or see when the stimulus check is scheduled to be sent?

www.irs.gov

How well do you know your partner?

Take 5 Minutes to see how well you know your partner. http://www.gottman.com/marriage/relationship_quiz/quiz1/
Score ≤ 15 ? Maybe it's time to talk to someone. 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 for more information.

Employment & Volunteer Corner

According to NORC/University of Chicago, 47% of Americans are "very satisfied" with their occupation. Have you ever wondered which occupations are ideal for you? If you are not currently employed then this is a good opportunity for you to assess your interests, abilities and work-related values. The web-based Discover software assesses your inputs then map these inputs into occupational grouping and allows you to explore individually matched occupations. Read more about Discover and/or request access to Discover under Resources at our website.

<http://afrc.avianoab.info/programs-careerfocus.html>

Relocating in the Next Six Months?

Military life involves moving - there is no way around it. Plan My Move, a powerful new set of tools to help you and your family make your next move smooth. Through Plan My Move, you can use the "Community Information" button to access School Report Cards, Crime, Cost of Living, etc. Also, you will have access to a Customizable Calendar, To Do Lists, Departure and Arrival Checklists and Overseas specific information. View the website for more info.

<http://apps.mhf.dod.mil/pls/psqprod/f?p=107:1:1569077388784646>

