



Aviano Airman and Family
Readiness Center
0434-30-5407
www.afrc.avianoab.info

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.

Save the Date Events and Classes

- November 3rd: Sponsorship Class from 2:00 to 3:00 PM at the A&FRC
- November 4th and 24th: Money Talk Class at 2:00 PM at the A&FRC
- November 5th: Bundles for Babies at 8:30AM to 12:00 PM; call to register
- November 12th: Key Spouse Meeting from 10:00 to 11:30 PM at La Bella Vista, please register/call
- November 17th: Employment Class from 08:00 to 12:00 PM at the A&FRC
- November 21st: Give Parents a Break from 6:30 PM to 10:00 PM - CDC 1; certificate/registration needed
- November 25th: Brown Bag Lunch at 12:00 at Building 186, Stress Management

The Rules of Spending



Stop beating yourself up over "spontaneous" purchases or bickering with your

honey about everyday spending.

Instead come together and brainstorm some spending rules that both agree on e.g. a 24 hour waiting period on any \$200 plus purchase or \$100 weekly walk around allowance for each of you.

Write the rules on a post it and put them in your wallet until they're committed to memory and eventually become a part of your behavior.

Spouse On-Line Computer Knowledge and Skills



The SOCKS program supports military spouses by helping them develop computer skills and enhance career opportunities.

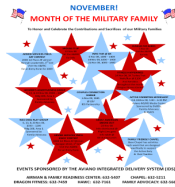
The program is designed to fit the flexibility of a busy home environment and the mobile military lifestyle.

There are over 250 classes to choose from at multiple levels, from beginner to advanced. Last year military spouses completed over 800 courses. Some of the courses include: Microsoft suite, Excel, Access and digital photography and website development. Online support is available 24/7.

To sign up, call and/or stop by the Airmen and Family Readiness Center. After signing an agreement to participate you will receive login information and can begin your introduction course right away.

This year's program runs through Nov. 1, 2009. There is no cost to military spouses who want to participate in this unique program. This year we have 90 slots. Last year we only had 20.

Month of the Military Family



This year marks the 13th annual celebration of the Month of the Military Family, sponsored by the Armed Services YMCA.

During November, military families will be recognized for their outstanding service, selflessness and commitment of our military families. For our accompanied military personnel to be successful in their careers and meet their mission, it's important for them to know that their family has the support, resources and tools to meet the challenges.

The "Helping Agencies" are working together to honor and celebrate military families with activities, classes and information. See the Month of the Military flyer located at

http://afrc.avianoab.info/docs/Month%20of%20the%20Military%20Family.pdf?ModuleID=602e98-3052-446c-892d-d3b4b14b31c4&Action=display_user_object&Mode=userObject&ID=ffa7495-5d41-4de4-a9f5

Podcasts for Now on Military One



Military OneSource provides links to podcasts on various aspects of military life. They can be accessed and listened to from your computer, or downloaded and saved so you can transfer them to your MP3 player.

In addition to the new Work, Life, Play, Series, there are various topics on www.militaryonesource.com (see the middle left of the page for Podcasts)

Healthy Meal Planning

Plan and prepare healthy breakfasts, lunches, dinners, and snacks.

Building Strong Families

Keep your family strong—get tips, advice, and ideas on how to strengthen your family bonds.

Healthier You

See how small changes to your daily routine can yield large results.

Staying Strong as a Couple

Relationships require patience and work. Learn tips to keep your relationship strong.

On-line Career Coach Available



Need help with your career? Check out the Career Coach at the site for military spouses

<http://coach.milspouse.org/>

Listed below are questions and topics from military spouses. In addition there are numerous career resources to choose from.

- I'm coming from overseas to the states
- I currently have a Federal Job
- I've never worked outside the home
- I'm a leadership spouse looking for resources to help others
- I want to be reassigned with my spouse - dual military careers
- Tell me about WIA training funds

Feeling Disconnected?



Military life, especially deployments or mobilizations, can present challenges to service members and their families that are both unique and difficult. Many times we can successfully deal with them on our own. However,

how can we know if it will get worse?

Take 5 minutes and complete a totally anonymous and voluntary self-assessment to see where you are at (there are six types of assessments to choose from).

It will tell you whether or not you have symptoms that are consistent with a condition or concern that would benefit from further evaluation or treatment. It will also give you guidance as to where you might seek assistance.

www.militarymentalhealth.org