



**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.

Save the Date Events and Classes

- October 6th and 20th: Sponsorship Class from 2:00 to 3:00 PM at the A&FRC
- October 7th and 21st: Money Talk Class at 9:00 AM and 27th at 1400 at the A&FRC
- October 15th: Key Spouse Training from 5:00 to 7:00 PM at the AFRC
- October 17th: Heartlink from 8:00 AM to 12:30 PM - registration required, please call
- October 18th: Give Parents a Break from 09:30 AM to 2:00 PM at CDC 1; certificate/registration needed
- October 20th: Employment Class from 08:00 to 12:00 PM at the A&FRC
- October 23rd: Deployed Spouses Dinner from 6:00 to 8:00 PM, location TBD
- October 28th: Brown Bag Lunch at 12:00 at Building 186, How to Cope with the Blues

Parenting in the 21st Century



Those who are parents know the challenges of raising a family.

How about some help? Download or order a FREE CD from Military One Source for listening in the car, during working out, etc.

On this recording, Dr. Edward Hallowell talks about the challenges facing parents and children today and offers timeless advice for raising resilient, safe, successful, and -- most important -- happy children.

He outlines a five-step plan that parents can use to give their children the gift of happiness that will last a lifetime. Connection, play, practice, mastery, and recognition: these five concepts hold the key to raising children with healthy self-esteem, moral awareness, and spiritual values.

Logon to www.militaryonesource.com and enter into the Search Box "Parenting in the 21st Century" to listen, download or order.

Easy Money Saving Tip: Live by the list! Believe it or not 60 to 70% of grocery store purchases are impulse buys. Make a list before you shop then vow to only buy what's on your list. Yes, this requires actually writing down what you're going to purchase (and maybe shopping without the kids the first few times) but it can save you considerable amount of money throughout the year.

Military Family Life Consultants (MFLC) now seeing Personnel Reliability Program (PRP)



Due to recent changes within USAFE, persons certified under PRP may now take advantage of MFLC services. Consultants can address

deployment / reintegration support, marriage and relationship issues, stress and anxiety, and daily life issues

As with every client, the MFLCs cover the informed consent statement to include PRP; self-reporting procedures under PRP guidelines apply.

Scheduling and appointment is easy. Call the Aviano MFLC at 349-5666-285.

Military Family Benefits



Ever curious about where you can find information on in-state tuition for military dependents, unemployment compensation benefits or the inter-state compact on children's education?

The USA4 Military Families, a DOD initiative started in 2004 seeks to develop state/military partnerships, work with them to remove unnecessary barriers, and significantly improve the quality of life for military families.

Check out the below link for more information.

http://www.usa4militaryfamilies.dod.mil/portal/page/portal/USA4/USA4_HOME_1?current_id=22.60.30.0.0.0.0.0

Which Phase of Adaption are you in?



Regardless of the location, in the USA or overseas, we are always adapting to our new location. However, there are different phases we go through in the process.

After the honeymoon phase, comes the emptiness phase, readjustment phase and finally the adaptation phase. Naturally, each phase will depend on many variables.

Interesting is that the average time to "fully adjust" is about 1 year.

Read about a number of tips on helping your adjust at our website.

<http://afrc.avianoab.info/docs/Couples%20Issues%20When%20You%20Live%20Abroad.pdf>

Deployed Spouse Support

What support is available for spouses of deployed members? Car Care Because we Care, Deployed Spouses Dinner, Free Morale and Welfare Calls, Spouse it Up, Key Spouse Program...

See <http://afrc.avianoab.info/docs/Project%20Care%20Trifold.pdf>

Spouse Computer and Job Skills



With a grant from the Air Force Aid Society, we will again offer Computer and Jobs Skills Training.

Training will be from 08:30 to 11:30 AM four days a week from October 27 to December 4th in the A&FRC computer room see the below agenda.

- October 27 - 30 : Computer Basics
- November 3 - 6: Intro to Word
- November 17 - 20: Intro to Excel
- December 1- 4: Into to PPT

Call the A&FRC for more information or to register.

FREE ACT/SAT Prep Software?



eKnowledge Corporation and a group of National Football League players have decided to extend their multi-million dollar free do-

nation of SAT and ACT PowerPrep test preparation programs valued at \$200 to military service members and their families for another year. Those who request the free SAT/ACT products pay only a small fee to package.

All active duty military service members, veterans and their dependents who would like to receive this free eKnowledge SAT/ACT PowerPrep program should visit the new website www.eknowledge.com, call 951-256-4076 or email support@knowledge.com.