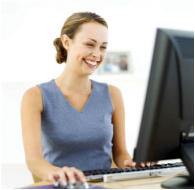




Aviano Airman and Family Readiness Center
0434-30-5407

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.

Computer and Job Skills Training



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. Seats are limited.

Couple Commitment and Relationship Enhancement (CARE)



Unfortunately, many couples start off happy in their relationship, but do not stay

that way. CoupleCARE is a new resource for the A&FRC.

It is a unique "take-home program" insomuch as you decide how your relationship develops. Also, it shows you how to have the best chance to avoid problems. However, if you need or desire assistance with the program then you can schedule to see a counselor.

Both the Chapel and the A&FRC have kits that can be signed out at any one time. The kit includes a guidebook and two DVDs.

Call the A&FRC or Chapel for more information or to sign out a kit.

Save the Date Events and Classes

- September 8th and 22nd: Money Talk Class at 2:00 PM at the A&FRC
- September 15th: Employment Class from 08:00 to 12:00 PM at the A&FRC
- September 16th and 30th: Money Talk Class at 9:00 AM at the A&FRC
- September 15th: Sponsorship Class from 2:00 to 3:00 PM at the A&FRC
- September 17th: Spouse it Up at 10:30 AM at Area D
- September 18th: Home Buying Seminar from 13:00 AM to 16:30 PM at the A&FRC
- September 23rd: Brown Bag Lunch at 12:00 at Building 186
- Benvenuti Class and Field Trip each Thursday and Friday (Space A)

Telecom Italia Q&A



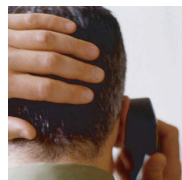
Do you have questions about setting up or disconnecting Italia TELECOM service? Maybe you have questions about your TELECOM Italia bill or are interested in Internet.

We are not techies at the A&FRC. On a good day we can tell the difference between a house phone and cell phone. But we do host the experts from the Phone Store from the main BX each Thursday from 2:00 to 3:00 PM.

During these times a representative from the Phone Store uses one of the A&FRC classrooms to meet you and answer your questions.

Naturally, you can also go directly to the Phone Store in the BX while they are open as well.

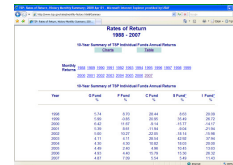
Need Someone to Talk To?



Living overseas and adjusting to the local area can be very stressful. The Military Family Life Consultant (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)

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 DIRECTLY to the MFLC cell phone at 349-566-6285 for more information.

Thrift Savings Plan (TSP)



Did you know that the rate of return on the "I Fund" for 2007 was 11.43%?

TSP is an investment option designed for retirement that is offered military and civil service members. It is very similar to "401(k)" plans available to many private sector employees.

The purpose of the TSP is to give those who are eligible an opportunity to participate in a long-term investment savings plan. Contributing to your retirement through the TSP provides numerous advantages even now, they include:

- before-tax contributions and tax-deferred investment earnings
- automatic payroll deductions (www.mypay.gov)
- low administrative and investment expenses
- a diversified choice of investment options, including professionally designed lifecycle funds
- a portable retirement account that can move with you when you retire or leave Federal service
- a number of withdrawal options (including loans)

It's a great way to start investing and building wealth toward your retirement. For more information go to www.tsp.gov or call the A&FRC.