

# Airman & Family Readiness Center

## January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All programs are free of charge and open to active duty and retired military, their family members and federal employees.</p> <p><b>Please call 784-4228 to reserve a seat</b></p> <p>Workshops &amp; Seminar Locations:</p> <p>☑ A&amp;FRC, 200 W. Terminal Ave      + A&amp;FRC Annex, 403 A Olympic Blvd            ⇨ Landing Zone, 211 W. Octagon Ave      ◆ First Term Airman's Center, 108 W. Arcadia</p>				<p><b>1</b></p> <p style="color: red; font-weight: bold;">Holiday</p> <p style="color: red;">New Year's Day</p>
<p><b>4</b></p>	<p><b>5</b></p> <p>☑Pre-Separation (Separation) 0900 – 1030</p> <p style="color: red;">+Healthy Eating Cooking Class (Part 1) 1045 - 1200</p>	<p><b>6</b></p> <p>⇨Right Start 0830 - 1100</p> <p>☑Pre-Separation (Retirement) 0900 – 1030</p> <p>+Pre-Remote Briefing 1400 - 1500</p>	<p><b>7</b></p> <p>☑VA Benefits Seminar 0800 – 0830 MEB 0830 – 1100 SMR 21-526</p> <p>Resume Basics 0900 - 1030</p>	<p><b>8</b></p> <p>Heart Link 0900 - 1500</p>
<p><b>11</b></p> <p>☑5 Love Languages 4 Singles 0900 – 1200</p> <p>+Sponsor Training 0900 - 0930</p> <p>+Pre-Deployment 1500 - 1600</p>	<p><b>12</b></p> <p>◆First Duty Station Financial Briefing 0800 – 1200</p>	<p><b>13</b></p> <p>☑How to Avoid Marrying a Jerk 0900 - 1200</p> <p>+Organizing Financial Records 1400 - 1500</p>	<p><b>14</b></p> <p>DTAP 0830 - 1200</p>	<p><b>15</b></p> <p>☑Operations Home Quilts 1000 - 1500</p>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>Transition Assistance Program Seminar – 0800 - 1630</b></p> </div>				<p><b>16 Saturday</b></p> <p>+Hearts Apart Valentine Day Crafts/Pizza Party 1700 - 1900</p>
<p><b>18</b></p> <p style="color: red; font-weight: bold; font-size: 1.2em;">HOLIDAY</p> <p style="color: blue; font-size: 0.8em;">Martin Luther King Jr. Day</p>	<p><b>19</b></p> <p>☑Pre-Separation (Separation) 0900 – 1030</p> <p>+Tri Care for Retirees 1300 - 1400</p>	<p><b>20</b></p> <p>⇨Right Start 0830 - 1100</p> <p>☑Pre-Separation (Retirement) 0900 - 1030</p> <p style="color: red;">+Managing Your Money for Beginners 1400 – 1500</p> <p>+Pre-Remote Briefing 1400 - 1500</p>	<p><b>21</b></p> <p>☑VA Benefits Seminar 0800 – 0830 MEB 0830 – 1100 SMR 21-526</p> <p>+Bundles for Babies 0830 – 1100</p> <p style="color: red;">+Healthy Eating Cooking Class (Part 2) 1800 – 1915</p>	<p><b>22</b></p>
<p><b>25</b></p> <p>☑5 Love Languages 0930 - 1200</p> <p style="color: red;">+Bank Account Management 1400 – 1500</p> <p>+Pre-Deployment 1500 - 1600</p>	<p><b>26</b></p> <p>◆First Duty Station Financial Briefing 0800 – 1200</p> <p>☑Pre-Separation (Separation) 0900 – 1030</p>	<p><b>27</b></p> <p>☑Pre-Separation (Retirement) 0900 – 1030</p> <p style="color: red;">+Getting the Love You Want (Part 1) 0900 – 1200</p>	<p><b>28</b></p> <p style="color: red;">+Getting the Love You Want (Part 2) 0900 - 1200</p>	<p><b>29</b></p> <p>☑ 10 Great Date Series Begins (Part 1) 1030 - 1200</p>



# Airman & Family Readiness Center (A&FRC)

## Description of Courses

### Personal Financial Management (PFMP)

Emergency financial assistance is available through the Air Force Aid Society. **Organizing Financial Records** scheduled for **13 January from 1400-1500**; **Managing Your Money for Beginners** – **20 January from 1400 -1500**; **Bank Account Management** for **25 January from 1400 -1500**.

### Employment

**Resumes Basics** will be held on **7 January 0900-1030**; helps you get started on writing your resumes. **One –on-one resume assistance** is available by appointment.

### Bundles for Babies

**Bundles for Babies** on **21 January** from **0830-1100** provides info on preparing for a new baby physically & financially, and care of the newborn. Best of all; receive a bundle of baby items valued at approximately \$75 for attending! Please arrange for childcare for any children other than newborns.

### Transition Assistance

**Pre-Separation counseling is mandatory** for all personnel separating or retiring, please see calendar for specific pre-separation dates; this briefing is highly recommended prior to attending the **Transition Assistance Program Seminar (TAPS)**. The **January TAP** seminar is **12, 13, & 14** from **0800-1630**, spouses are encouraged to attend. **DTAP** workshop is scheduled for **14 January** from **0830-1200**, bring your medical file with you, and receive advice on reviewing your service medical records, what to claim, and assistance in completing the VA disability claim Form 21-526. Details on VA benefits will be presented at the **VA Benefits Seminar** scheduled for **7 or 21 January**, **MEB** will meet from **0800-0830** and the **benefits briefing** will be from **0830-1100**. Get ahead of your retirement medical insurance needs; attend **Tricare for Retirees** briefing on **19 January** from **1300-1400**.

### Getting Ready to PCS or Just Arrived

Our loan locker has various household items available for check out while you are waiting for your household goods to arrive or prior to departing Cannon. Loan locker hours are **1000-1500 Mon-Fri**. Families PCSing in/out may be entitled to **20 hours of FREE childcare**. **Sponsor Training** will be held on **11 January** from **0900-0930** in the classroom. The online training is located in AF Portal on the Cannon Home Page. Upon completion of the training, you must submit training completion by clicking on the e-mail link. An e-mail message will be submitted to the A&FRC and MPF, where your name will be entered into a database of trained sponsors. Print a copy of the certificate for your records. Sponsor Packages are available at the A&FRC. Members must bring a copy of their training certificate to pick up sponsor packages. **Right Start** for all newcomers will be **6 or 20 January** from **0830-1100** at the **Landing Zone**.

### Personal and Family Readiness

**Pre-Remote briefing** will be **6 or 20 January** from **1400-1500**. This briefing is mandatory for anyone going on a remote tour. **Pre-Deployment briefings** will be **11 or 25 January** from **1500-1600**, spouses are encouraged to attend these briefings. Information on preparation for a deployment and programs for family members are discussed. Please call to reserve a seat. **Give Parents a Break Program** for families of deployed or remote members is scheduled for **9 January** from **1100-1700** at the Child Development Center (CDC) on base. **The CDC must have 8 children signed up by COB 4 January before the program can be offered.**

### Hearts Apart

Spouses and family members of deployed or remote personnel are invited to a Valentine Day Crafts/Pizza Party on **16 January** from **1700 – 1900** at the A&FRC. Please call 784-4228 by **13 January** to sign up for this event.

### Family Life

A&FRC is offering a fun and interactive cooking program that allows each participant to get involved. Come out and learn to cook a new, quick and healthy dish that could be used as a fast snack or a unit function delight. The **cooking class** scheduled for **5 January** from **1045-1200** and **21 January** from **1800-1915** will be a 2 parts workshop on **Healthy Eating**. The A&FRC will offer the following classes on **11 January** from **0900-1200** will be **5 Love Languages 4 Singles**; **13 January** from **0900-1200** will be **How to Avoid Marrying a Jerk**; **25 January** from **0930-1200** will be **5 Love Languages**; and on **27 and 28 January** from **0900-1200** will be **Getting the Love You Want (Part 1 & 2)**. On **29 January**, the **10 Great Date Series** will begin. **SINGLES ARE WELCOME!**

### Heart Link

Heart Link is a program designed for people who have been Air Force spouses for five years or less, but everyone is invited to attend. The objective of the Heart Link Program is to increase spouse awareness of the USAF mission, customs, traditions, protocols, and available resources and services. The program is a full day of fun and activities. Lunch is provided and childcare is free but limited, call early to reserve a slot for your child (children), with either home day care or Child Development Center, so please join us on **8 January** from **0900-1500**; call **784-4228** to sign up.

### Operation Homefront Quilts—Volunteer Opportunity

**Operation Homefront Quilts**, a group of local quilters who make quilts for families who have lost loved ones in the war, will meet **15 January** from **1000-1500**. No experience is necessary and all materials are provided.

**Free Popcorn every Friday in the Discovery Center from 1100-1400. All classes are free & held at the A&FRC unless posted otherwise. Class sizes are limited, so call 784-4228 today to reserve your seat!**