

Cannon AFB
Airman & Family
Readiness
Center
Consolidated
Calendar and
Newsletter



At the CENTER



“Building Resiliency”

Volume 3, Issue 3

March 2013

Volunteering on-base?

Check out these opportunities:

Airmen Against Drunk Driving

e-mail:
CannonAADDStaff@cannon.af.mil
OR contact your First Sergeant

Cannon Chapel

POC: MSgt Steven Pryor
575-784-2507

Thrift Store

575-784-7878

Airman's Attic

784-0660

Sexual Assault /Victim Advocate

575-784-7272

A&FRC Volunteer Program

575-784-4228

e-mail:
cafbvolunteers@yahoo.com

- Charles Harris

VOLUNTEERISM AT CANNON AFB

Volunteers are needed to support many on-base and off-base agencies, both on a regular basis and for one-time events.

Volunteering as a Job Search/Networking Tool

If you are looking for employment, volunteering gives your potential new employer an opportunity to know you and the quality of your work – when a position comes open, you will already have your “foot in the door.” Contact potential employers in your desired career field and offer to volunteer for them.

Volunteering is not only personally rewarding, it provides service to others, and often enhances job skills and future employment opportunities. If you are considering a new career, volunteering in that field gives you an opportunity to try it out first and can help you develop networking contacts and references. Volunteering is a wonderful way to meet other people with a similar interest, particularly if you are new to the area.

Personal Considerations

If you are considering volunteering on a regular basis, first think about what you enjoy doing, or what you would like to learn. General categories often considered include healthcare, religion, youth activities and sports, parks and recreation, charitable agencies, or cultural organizations. Determine how much time – which days, which hours, how many months –

you will volunteer. Consider any transportation, childcare, or other factors that may impact where or when you may volunteer. Now, determine which agencies “match” with what you need and can offer. Contact one or more agencies, speak with the person responsible for volunteers. Ask what volunteer opportunities are available, or explain what you can offer. Take the time to select the agency that will be right for you. The agency list at the [Volunteer Opportunities](#) page at www.cannon.af.mil will give you a starting point; there are many other agencies for volunteers. There is also a volunteer newsletter posted under [Airman & Family Readiness Center](#), also at www.cannon.af.mil.

Legal Items

Unless volunteering in an official capacity, wear of military uniform is not authorized. Service members in their official capacity should not sign a liability waiver; service members in their personal capacity may sign a liability waiver, but should be informed of the consequences so they may make an informed decision.

Individual and team efforts are vital throughout the community, in everything from schools, to sports, to cultural, charitable, religious, and civic activities. Any interest, talent, or ability that you have can be shared and used to better yourself and your community. For additional assistance, make an appointment with the Volunteer Program Manager at 784-4228.

Inside this issue:

“Volunteerism”	1
Be Financially Prepared	2
New TAP Program	2
A&FRC Calendar	Insert
Readiness Connection	3
Mil Spouse Employment	4



Financial Crisis? You Should Be Ready!

Financial preparedness is a readiness issue.

Ever deploy and have a delay in your pay? When you moved off-base, did it take a month before your allowances kicked-in? After a month, did they still not kick-in? Be prepared for financial emergencies with an emergency fund, financial discipline, and a realistic spending plan. This will also see you through any upcoming crises.

We have high expectations of military members and families...see UCMJ articles 123a and 134. Combine those demands with current financial issues and the abundance of companies, both on-line and elsewhere out in the economy, who are eager to relieve you of even more of your money! That's why DoD provides funding to A&FRCs to keep financial counselors trained and accredited. Sometimes, however, we all need help with emergencies.

Emergency Situations:

Emergency assistance sources such as the Air Force Aid Society are available to active duty, families, and retirees, but what about our civil service professionals?

Federal Civil Service Employees

For civilians experiencing emergencies or financial difficulties: there's the Federal Employee Education & Assistance (FEEA) Fund.

FEEA Emergency Assistance examples include a missed rent payment, a broken furnace, unexpected divorce, and basic living expenses, such as shelter or utilities. Events like these occur without warning in our lives, sapping our energy and draining our finances. Financial assistance is in the form of confidential grants and no-interest loans to federal employees facing unexpected financial hardships. Loans are given to help pay for Payments are made directly to creditors, and employees pay FEEA back through payroll allotment with no interest added. Grants may be given following natural disasters to provide temporary assistance while insurance claims and other assistance requests are being processed. Visit: <http://www.feea.org>

More about AF Aid:

Emergency Situations:

Air Force Aid Society (and sister service relief funds') policy has been to assist with emergency financial needs such as emergency travel, car repair, food, and gas on a case-by-case basis.

The AF Aid Society is an IRS-recognized non-profit charitable organization subject to audits and close scrutiny. It is not a morale fund. We abide strictly by their rules for assistance. The vast majority of assistance is in the form of no-interest loans. Grants are not determined by ability to repay, rather, by the nature of the situation as determined by AF Aid Society officials.

The next tool you need is *knowledge*. Work with your lender before there's a problem to minimize the impact.

Servicemember Civil Relief Act

Under section 523 of title 50 App, United States Code (The Servicemembers Civil Relief Act), if a Servicemember on active duty is unable to perform an obligation arising under a contract (for example, cannot make an automobile, rent, or mortgage payment), and is charged a late fee or other similar penalty as a result, then a court may reduce or waive that fee if the ability to pay was materially affected by such military service.

If a Servicemember misses a payment because of pay disruptions caused by government shutdown, then this section should provide relief. Servicemembers should contact their lenders and request relief under this section.

See your local legal assistance attorney if you cannot get the matter resolved. For more help, check out <http://legalassistance.law.af.mil/content/locator.php> ."

Please call the Airman & Family Readiness Center at 784-4228 for more information.

Separating or Retiring?

- **NOTE: Transition GPS (Goals, Planning, Success) MUST be completed more than 3 months before your separation or retirement date!**
 - *Deploying? Can't break away from work? Leave? **Plan ahead!***
- *First, attend the Pre-separation briefing 6 months to 2 years before actual separation date.*
- *Sign up for and complete the mandatory 5-Day Transition Assistance Program Workshop.*
 - *In the TAP Workshop, you'll start your VA claim and learn about benefits!*
 - *Department of Labor experts will help with your résumé, job search skills, interviewing, and more!*
 - *Includes a personal financial seminar, individual transition plan, and career planning.*
- *Additional tracks of up to 2 days each on Technical Trng (thru the VA); Education (Education Ctr); Entrepreneurship (Small Business Admin)*
- *Start networking and developing references now. It's never too soon! Call (575)784-4228*



Please call 784-4228 to reserve a seat and to check on class/briefing location

Airman & Family Readiness Center March 2013



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>Please call 784-4228 to reserve a seat and verify location</p> <p>Workshops & Seminar Locations:</p> <p>⇨ Landing Zone, 211 W. Octagon Ave</p> <p>◆ First Term Airman's Center / Professional Enhancement Center</p> <p>☑ Bldg 600, Rm 2059</p> <p>☺ Bldg 76 Community Training Room</p> <p>Pre Deployment Briefing Daily 1100 & 1130, Bldg 600, FSS Conf Rm</p> <p>*Chapel</p>				
4 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930	5 ☑ Pre-Separation 0800 – 1200 ⇨ Commando New-comers Briefing 0800-1230 ☺ Hearts Apart Quarterly DFAC Meal 1700 -1900	6 ☑ Pre-Separation (Retirement) 0800 – 1200 ◆ First Duty Station Financial Briefing 1200-1630	7 ☑ Key Spouse Training 0900 - 1200	8
11 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930	12	13 ☺ Smooth Move (Overseas/Stateside) 0830 - 1100	14	9 Saturday Give Parents a Break (Base CDC) 1100 – 1700
<p>⇨ Transition Assistance Program Seminar: 0800 – 1630 LANDING ZONE</p>				
18 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930	19 ☑ Pre-Separation (Separation) 0800 – 1200 ⇨ Commando New-comers Briefing 0800-1230	20 ☑ Pre-Separation (Retirement) 0800 – 1200 ◆ First Duty Station Financial Briefing 1200-1600	21 ☺ Bundles for Babies 0830 – 1100 ☺ Three "C's" of Communication 1130-1300	22
25 Pre-Deployment Briefings Tuesdays and Thursdays Bldg 600 0900 – 0930 ☑ Officers First Duty Station Financial Briefing 1400 - 1500	26 ☑ Pre-Separation (Separation) 0800 – 1200 ⇨ Welcome Spouse Orientation 0900-1330	27 ☑ Pre-Separation (Retirement) 0800 –1200	28	29 ☺ The Final Move 0900 - 1000



Airman & Family Readiness Center (A&FRC)



DESCRIPTION OF COURSES

Personal Financial Readiness (PFR) and Air Force Aid Society

Emergency financial assistance is available through the Air Force Aid Society. For Financial Readiness, effective money management takes a little time, but the payoff can be huge! Increased savings and control of debt will result in less stress and more money for discretionary spending. Requirements for enlisted first duty station financial classes are fulfilled twice per month at CPAC. Financial briefings are also mandatory for officers arriving at their first permanent duty stations; these briefings are normally held the last Monday of the month. Call today to sign up and learn more!

Bundles for Babies

Bundles for Babies provides info on preparing for a new baby physically & financially. Best of all; receive a bundle of baby items valued at approximately \$75 for attending! Features hints on important subjects such as calming the newborn. Please arrange for childcare for any children other than newborns.

Transition Assistance

Pre-Separation counseling and the **5-Day Transition Assistance Program Workshop** are *mandatory* for all personnel separating or retiring—please see monthly A&FRC calendars for specific pre-separation dates. For VA disability claims, attend the “**DTAP**” workshop. Bring your medical files from the Clinic 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 during the TAP Workshop. Check calendar for dates on all classes.

Getting Ready to PCS or Just Arrived

Smooth Move and **Final Move** seminars can help make your move as stress-free as possible! Air Force families PCSing in/out may be entitled to **20 hours of FREE childcare**. “**Commando Newcomers**” is a welcome event for all members & spouses and is held from **0800-1230** twice per month at the **Landing Zone**; the **Information Fair** segment of Newcomers is from 1100-1130 and is open to all. “**Welcome Spouse**” is an orientation briefing for spouses new to Cannon AFB within the last 30 to 60 days after arrival; includes expanded briefings from TRICARE, Commissary, A&FRC, and more.

Personal & Work Life

Heart Link is a basic course for spouses new to the military experience. Have fun learning about customs and courtesies, acronyms, and available resources and services. Held at Bldg 76, “**Commando Corner**.” Lunch is provided! Also, the A&FRC offers communication and relationship classes, conflict resolution, time management, and other courses to help with resiliency and adapting to the military lifestyle. Sponsored by the Air Force Aid Society.

Key Spouse Training

Have you just been appointed a Key Spouse? **Key Spouse Training** is required; recommendation and appointment must come from your spouse’s squadron commander or first sergeant.

Personal and Family Readiness

Pre-Deployment briefings are held daily at **1100 and 1130**. Spouses are encouraged to attend these briefings. Information on preparation for a deployment or remote tour 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 held at the Child Development Center (CDC) on base. **The CDC must have 8 children signed up 2 days before the event before the program can be offered.**

Hearts Apart Deployment Support Event

Come join us for some food and fun. Receive information and materials to help make the deployment process easier. Please call the A&FRC to sign up for monthly events. Sponsored by the Friends of Family Support private organization.

Home of the Brave Quilts—Volunteer Opportunity

Home of the Brave, a group of local quilters who make quilts for families who have lost loved ones in the war, meets monthly. No experience necessary and all materials are provided. Sponsored by the Friends of Family Support private org.

All classes and briefings are free. Locations of classes are listed with codes. Class sizes are limited, so call 784-4228 today to reserve your seat, ask questions, and to check on location changes!



The Family Readiness Connection

MARCH 2013

Upcoming Events

Hearts Apart: Deployed/Remote Family Meal

Tuesday, 5 Mar 2013, from 5 – 7 p.m. at the Pecos Trail Dining Facility (DFAC). The DFAC is connected to the Post Office, right behind Burger King. Don't stress about what to cook for dinner! Take the family out to eat and allow us to take care of the bill. To sign up or for more information, please contact the A&FRC at 784-4228.

Give Parents a Break:

Saturday, 23 Mar 2013, from 11 – 5 p.m. at the Cannon AFB CDC. Call the CDC at 784-2704 to sign up your child or children. This is available for children 6 wks - 12 yrs. old. Please keep in mind that the CDC must have 8 children signed up by 20 Mar, before the program can be offered.

Easter Egg Hunt:

Saturday, 30 Mar 2013, from noon – 2 p.m. at Unity Park. Gather your Easter baskets and get to Unity Park for an extravagant Easter egg hunt. Thousands of candy and prize filled eggs for your children to find! The Easter bunny will be available for photos.

Laser Tag Tournament:

Saturday, 16 Mar 2013, from 1 – 5 p.m. Team up and take out your "frienemy" as you run through an obstacle course. Pizza and laser tag guns provided. Sign up by March 15. For ages 9 - 18. No admission fee. To sign up or for more information, please contact the Youth Center at 784-2747.

Toddler Time:

Wednesday, 13 & 27 Mar, 10 a.m. at the Library. Stories, crafts and fun activities for parents with children ages 3 and under.

Services You are Entitled to

- **Internet Sites:**
www.hugahero.com
www.militaryonesource.com
www.buildesign.com/troops
www.SesameStreetFamilyConnections.org
- **PLAYPass** – Enjoy discounts towards recreational activities, life skills and youth classes, and hourly child care
- **Hearts Apart** – Monthly events helping to bring deployed/remote families together to share information and experiences
- **Key Spouse Program** – "Unit Communication Facilitators," provide information and assistance to spouses before, during, and after deployments and remote tours.
- **Give Parents A Break** – Free childcare to deployed/remote families for children 6 months to 12 years of age. Remember to call the CDC, 784-2704, at the beginning of each month to confirm that month's scheduled date and time.
- **Car Care Because We Care** – Voucher for up to \$50 towards an oil change for deployed or remote tour family's primary vehicle. Stop by the A&FRC to get a voucher.
- **Deployed/Remote Quarterly Family Meal** – Free meal, at the Pecos Trail Dining Facility. Contact your Key Spouse or the A&FRC for more information.

POC for the "Family Readiness connection" is MSgt Richard Gomez, Family Readiness NCO, 784-4228.

Military One Source

A comprehensive resource for almost any topic!

Military One Source offers extensive web-based information—articles, self-assessment, calculators, and more! Find out what is available for YOU at www.militaryonesource.com

User ID: military
Password: onesource

Call a OneSource consultant today at 1-800-707-5784.



For counseling, call 1-800-342-9647.



*Want to make a difference?
Consider the Key Spouse Program!*

Contact your sponsor's squadron commander, first sergeant, or the Airman & Family Readiness Center at (575)784-4228

Cannon At a Glance: Volunteer opportunities are easy to find, just go to the A&FRC webpage at <http://www.cannon.af.mil> and click on the Volunteer newsletter. Announcements for specific events are also made regular-

A&FRC Staff

Section Chief: Charles Harris
Consultant: Linda Sapp (Personal Financial/Relocation/AF Aid Society)
Consultant: Ellen Saccoia-Smith (Transition/Career Focus/Volunteer)
Readiness NCOIC: MSgt Richard Gomez
Technician: John Fondrick (Transition)
Technician: Tom Hittle (AF Aid Society/Personal Financial)
Technician: Sharon McDaniel (Relocation/Personal Financial)
School Liaison Officer and EFMP: Laura Serrano
Casualty Assistance Rep and Survivor Benefits: David Boiko

The A&FRC combined calendar, Key Spouses and Readiness Connection newsletter is distributed monthly by the

CANNON AFB AIRMAN & FAMILY READINESS CENTER

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WHAT WE DO:

- Transition Assistance Program (separations/retirements and Wounded Warrior services)
- Casualty/Survivor Benefits/CARE Coalition Liaison
- Relocation Assistance (PCS information & services)
- Personal Financial Management (certified counselors)
- Air Force Aid Society (emergency aid & community svcs)
- Readiness (pre/post-deployment assessment & support)
- Career Focus (employment, résumé classes, assessment)
- Personal/Work Life Education (relationships, resiliency)
- School Liaison Officer (K-12 school support, activities)
- Exceptional Family Member Program (EFMP coord.)
- Information & Referral (assess/refer to needed services)
- Discovery Resource Center (self help, Internet, etc.)
- Volunteerism (recognition, listings, etc.)
- Military Family Life Consultant liaison

CONTACT INFORMATION

Airman & Family Readiness Center

Section Chief: Charles Harris, (575)784-4228

27 SOFSS/FSFR

110 Alison Ave, STE 2036A (Bldg 600)

Cannon AFB, NM 88103-5209

Appointments, questions, comments call (575)784-4228

Military & Family Life Consultant (MFLC)

(575)693-3140 or (575)562-0315 (SOCOM MFLC)

Click to visit the [A&FRC webpage](http://www.cannon.af.mil) at

<http://www.cannon.af.mil>

We're on FACEBOOK! Look for **Cannon Air Force Base Airman & Family Readiness Center**

Also, please visit the “27 SOW” official Facebook page for official updates. “Cannonforce.com has the latest on “things to do” from Services at Cannon.