



APRIL 2010

Airman & Family Readiness

Activity Information

Need to talk? --- NO RECORDS KEPT
 580-649-9218 Military & Family Life Consultant (MFLC)
*Building resiliency -- Homesickness -- Relationships -- Anger/Stress
 Coping skills -- Deployment -- Conflict resolution -- Decision making*

Warrior Welcome
Mandatory newcomer orientation for military members and DoD civilians recently arrived to Altus AFB. Spouses are encouraged to attend.

Bundles for Babies
 Presentation includes: Finances for baby, Tricare, Parents support, and more. Open to Active Duty Air Force expectant parents only, regardless of rank or number of children. **FREE** "bundle" provided by Air Force Aid Society. Plan to attend during your 2nd - 3rd trimester. **Reservations Required, 481-6761.**

Loan Locker
 The Loan Locker has many household items available to borrow for PCS & TDY members with orders. However, permanent party, civil service, & retirees can also utilize this service—some restrictions may apply. The building is temporarily closed. Please call 481-6761 if you need to sign-out or return items.

School Liaison Office
 Works in conjunction with the local school community to address educational issues involving military children. Through partnering with the local and military community, the School Liaison Office acts as a communication link between the installation and the surrounding school districts. For more information, contact the School Liaison Office, **481-6761.**

School Age Parent Coffee
 An informal gathering with the School Liaison representative to discuss local, state and national educational issues. Pertinent and timely education related topics will be presented with time allotted for Q and A. Coffee and donuts are provided.

Altus Armed Services YMCA Spouse's Social
 Send the kids off to school and come join us for **FREE** coffee, treats, adult conversation and the opportunity to meet new people. For information call **471-9733.**

Altus Armed Services YMCA Lunch Bunch
 Enjoy a **FREE** home cooked meal with your family as you meet new friends and have fun! Open to all E1 - E5 singles and married (**E6 & above are encouraged to bring a side dish to share and join-in, making our younger airmen feel like family.**)

Benefits and Entitlements Counseling
Mandatory briefing, the DD Form 2648, "Pre-separation Counseling Checklist for Active Component Service Members," is completed during this session, becomes part of your military records, and is required for processing your separation or retirement. You should schedule yourself to receive this counseling **one year prior, but not later than 90 days prior, to your separation/retirement date.** At the session we will discuss employment resources, benefits, entitlements, applying for veteran's disability, and more. **Reservation Required, 481-6761.**

TAP 3-Day Workshop
 Pre-requisite, receive the Benefits & Entitlements Counseling. A comprehensive tool for launching service members into the private sector, whether separating or retiring. Covers goal-setting, resumes, VA benefits, Voc Rehab and much more. **Recommended attendance: two years out for retiree/one year out for separatee.** DoD civilians welcome. **Reservations Required, 481-6761.**

Troops to Teachers
 Troops-to-Teachers programs provide information, assistance and placement services to active duty members, separating or retiring, as well as veterans, interested in beginning a career in public education as a teacher. The representative will help applicants identify teacher certification requirements, programs leading to certification and employment opportunities throughout the United States. Our representative comes from OKC for these appointments, please make sure you keep your appointment once it's scheduled. **By Appointment Only, 481-6761.**

VA Benefits Counselor for Veterans
 Mondays' Only, a great source of information on the State of Oklahoma VA benefits, Pensions, Records location, Survivor & Burial benefits, Upgrading discharges, etc...for veterans and their families (not available for active duty personnel) **By appointment only, 481-6761.**

Small Business Development
 Interested in starting your own business? Individual appts are available with Lisa Snyder, Small Business Dev Specialist, OK State University. **By Appointment Only, 481-6761.**

It's Your Move
Mandatory briefing for those who will be PCSing and must be attended to out process the base. It is recommended that you sign up 4 months prior to the anticipated move or as soon as you are notified. Presentation includes: Airman & Family Readiness, Legal, Financial information, website resources, credit awareness and concludes with cultural adaptation for those going overseas. Spouses are encouraged to attend. **Reservations Required 481-6761.**

Sponsor Training
Mandatory workshop provides information and tips to ensure sponsors are providing the assistance newcomers need. First-time military and civilian sponsors and those who have not served as a sponsor during the past year must attend. **Reservations Required 481-6761.**

Heart Link
 Heart Link is a program designed to strengthen our young military families' ability to adapt to the military lifestyle. Spouses are a critical part of the Air Force team and families can directly enhance our mission readiness. This orientation provides spouses with on base resources and a contact network. Learn about customs & courtesies, how to read a Leave & Earning Statement, how to identify the different ranks, widely used AF acronyms and what they mean, benefits as a military spouse, and much more. Open to all active duty spouses. **Reservations required, 481-6761.**

Give Parents a Break
 Air Force Aid Society program that assists families that are experiencing stresses in the following areas: Deployed / Remote member, Family crises or emergency, Child with special needs, Unique circumstances or hardships. **Certificates Required, 481-6761.**

Retiree Activities Office
 Current director: **Wendell Browne**, (USAF, Ret.) The Air Force Retiree Activities Program is established to serve military retirees, spouses, widows and widowers. It is also designed to support, advance and unify the retired and active military community." The office is staffed by volunteers and is open from **1000-1500 Mondays & Wednesdays.** We recommend you call the office at **580-481-6409** prior to visiting, to ensure a volunteer will be available when you visit.

See reverse for Calendar

Airman & Family Readiness Calendar

APRIL 2010



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Month of the Military Child</i>				1 *0930-1030 ASYMCA Spouses Social & Employment Info (FCC) *1130-1230 ASYMCA Lunch Bunch (FCC) *1300-1530 A&FRC CLOSED Staff Trng	2	3
4 EASTER	5 *1315-1515 VA Benefits Counselor (52)	6 *0830-1130 Bundles for Baby (52) *1300-1400 Sponsor Trng (39)	7 *0930-1100 Group- Benefits & Entitlements Brief (52) *1300-1400 It's Your Move (39)	8 *0930-1030 ASYMCA Spouses Social (FCC) *1000-1400 Troops to Teachers (52) *1300-1530 A&FRC CLOSED - Staff Trng	9	10
11	12 *1315-1515 VA Benefits Counselor (52)	13	14 *0830-1445 Heart Link (FCC)	15 *0730-1530 Warrior Welcome (Club) *1000-1100 ASYMCA Spouses Social (BBC) *1300-1530 A&FRC CLOSED - Staff Trng	16	17 *1000-1600 Give Parents a Break (CDC/YC)
18 <i>18-24 APR National Volunteer Week</i>	19 *0800-1630 TAP 3-Day Wrkshp (39) *1315-1515 VA Benefits Counselor (52)	20 *0800-1630 TAP 3-Day Wrkshp (39) *1000-1200 Small Business Develop. (52)	21 *0800-1630 TAP 3-Day Wrkshp (39) *1300-1500 VA Appts w/Reggie (52)	22 *0830-0930 It's Your Move (39) *0930-1030 ASYMCA Spouses Social (FCC) *1300-1530 A&FRC CLOSED - Staff Trng	23	24
25	26 *1315-1515 VA Benefits Counselor (52)	27	28 *1330-1500 Group-Benefits & Entitlements Brief (52)	29 1200-1300 Lunch & Learn "Get out of Debt" (52)	30	

Airman and Family Readiness Center **481-6761**
 Building 52, Room 1201
 0730-1630 - Monday – Friday
 We close every Thursday from 1300 – 1530 for staff training

Loan Locker Bldg 39 **481-6761**
 Please call or stop by the Airman & Family Readiness Center in Bldg 52 for assistance with the Loan Locker. Orders required for PCS/TDY.

See reverse for Activity Information