



Hill AFB Family Support Center Monthly Buzz – November 2004



“Strengthening the Air Force Family”

Welcome to the Hill AFB Family Support Center!
Building 308N, Hours: 0700-1630

Seating is limited! Call early! To sign up for a class, or for more information, call 777-4681.



This month’s “Spotlight” is on:
“Remembering Military Families During the Holidays”

The holiday season is fast approaching, and many of us turn our attention to those in need. One group that endures great hardship, but is often overlooked, is deployed military families. Most of us do not stop to think about the responsibilities and hurts that these families bear--especially around the holidays. Throughout the year, they sacrifice time spent with their spouse or parent during deployments, they sacrifice friendship and a stable home life each time they move across the country, and they sacrifice peace of mind because they love someone in a dangerous occupation. These stresses are only magnified from Thanksgiving to New Year's Day.

Deployment during the holidays means that the military families commemorate Christmas dinner and ring in the New Year as an incomplete unit, while the deployed member spends the day without family in a foreign or even hostile country. Imagine how heartbreaking it must be for a parent consoling a child who doesn't understand why Mommy or Daddy can't be home to

open presents on Christmas or watch the fireworks on New Year's Eve with them.

So as you consider helping those in need this holiday season, or throughout the next year, recognize that the families of military personnel make extensive sacrifices. Contact any First Sergeant to make a contribution to Operation Warm Heart. If you know a military family suffering through deployment, consider making them a part of your family over the holidays. Offer to watch the kids so the parent can have some time to do some holiday shopping. Remember the serviceperson, too. Take digital holiday photos of the family to send to the deployed family member. They also appreciate getting mail and gift boxes. Send fun things, something of the season, or something you'd like to receive if far from home.

However you may choose to help a military family, consider it a small thank you for how they have contributed to our liberty. By helping them, you are supporting and giving peace of mind to a military member who is risking so much for our freedom.



Hearts Apart Program

Is your loved one TDY, Deployed or on a Remote Tour? Let the Hearts Apart Program provide you the additional support you may need during this time of separation. Provides morale calls, video teleconferencing, free E-mail access, video E-mail clips,

and digital pictures to send to loved ones. Would a break from the kids be great? Then come in and get your “Give Parents A Break” certificate. We also host a variety of fun activities! Call 777-4681 to find out about our next Hearts Apart event!

Family Readiness Program

The Family Readiness Program assists DoD personnel and their families prepare for deployments or remote tours. This office also coordinates all arrangements for evacuated personnel arriving in the northern Utah area. By addressing emotional, financial, legal, and family issues prior to these events, as well as

providing support programs during times of separation, we can help members balance quality of life and mission readiness needs more effectively. The Readiness Briefing is offered every Monday, 0900-1200.



Information & Referral

Do you have a question or concern? The I&R program assists all Team Hill members by providing information about agencies and organizations that offer a variety of community services. We link people

who need assistance with the appropriate service providers. No matter how large or small your question, the Information & Referral program is your resource to get answers.

Relocation Assistance Program

Kids & Teens on the Move for NEWCOMERS!

Leaving friends and adjusting to a new location can be just as stressful as the move itself. If your kids are having trouble making the transition, call for a personalized class that can help your child adjust to Hill AFB and Utah. We'll give you and your kids some great ideas about things to do here and how your kids can get back into a routine and enjoy their new adventure!

Kids on the Move

Monday, 1 November, 1530-1630

Hey, kids! Are you going to move soon? Get your Mom or Dad to sign you up for "Kids on the Move". This is a fun class where you can get together with other kids that are going to move. You'll decorate a scrapbook photo album and even get a free camera to take pictures for your photo album! For kids in grades 1 thru 6. One-on-one sessions are also available, please call for information.



Teens on the Move

Monday, 1 November, 1530-1630

Are you a teenager getting ready to move? Chances are you are facing changes with family, friends, school, and other things in your life. Starting all these things over can be the pits. Join us in a discussion and learn coping techniques for teenagers who are moving away. One-on-one sessions are also available, please call for information.

Smooth Move

Tuesdays, 2 & 16 November, 1300-1400

Learn from the Relocation Assistance Specialists how to organize and prepare for your PCS move. It will save you money on your next move! You can also call to schedule a one-on-one Smooth Move appointment. Spouses are encouraged to attend!



Free Child Care! If you are within 60 days of PCSing to or from Hill AFB, you can get a voucher for 20 hours of childcare (per child) at any of the base Family Daycare providers. Bring a copy of your orders in to our Relocation Assistance folks to get a voucher and the list of participating Family Daycare providers!

Spouse Employment Orientation

Mondays, 1 & 29 November, 1400-1500

EVENING Spouse Orientation

Monday, 22 November, 18:00-19:30

Information will be given about the job market, salaries & what to expect when seeking employment in the area. Spouses with a four-year degree do not need to attend the Orientation-call for an appointment. No children please.

Resume Writing

Tuesday, 2 November, 1100-1200

Here is a quick method to help you write a resume that will get you that perfect job.



Newcomer's Orientation

Wednesdays, 3 & 17 November, 0800-1200

Club Hill, Bldg. 450, Northwest Corner

A half-day of briefings by base agencies to help the newcomer learn about the base and local area. Mandatory for all newly arrived active duty members EXCEPT first term airmen. Spouses are encouraged to attend!



Initial Sponsor Training

Tuesday, 9 November, 1300-1330

Refresher Sponsor Training

Thursday, 18 November, 1300-1320

AFI 36-3011 requires that all first-time sponsors, and those who have not sponsored a newcomer in the past year attend sponsorship training. Sponsorship training can help you be the "perfect" sponsor! Guidebook and information provided. Spouses are welcome; call if you want to schedule a one-on-one appointment!

We can take Sponsor Training "on the road" and present it in your unit, at your convenience! Call 777-4681 for more information.



Youth Sponsor Training

Wednesday, 10 November, 1530

For Key Club and Torch Club Members

Learn to be an awesome sponsor to a peer PCSing. You can be a sponsor for a new person just like your active duty parent gets a sponsor. Just think about all the questions and concerns you have every time you move - you can help make that PCS easier for someone else!

Utah's Best Kept Secrets off the Beaten Path

Tuesday, 30 November, 1700-1800

Are you new to Hill AFB? Been here awhile and looking for different things to do? There's more to Utah than Temple Square! Come to this seminar and discover fun things to do and places to see that only the "locals" know about! You'll leave with information and a bunch of great ideas to keep you busy the entire time you're stationed here. Seating is limited -- call and sign up early!



Employment Assistance Program

Spouse Employment Orientation

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Resume Writing

Tuesday, 2 November, 1100-1200

Here is a quick method to help you write a resume that will get you that perfect job.



Interviewing

Tuesday, 23 November, 1100-1200

Become skilled at the basic fundamentals of successful interviewing.

Filling Out Job Applications

Tuesday, 30 November, 1100-1200

Learn the "do's" and "don'ts" when filling out employment applications.

Use your resume as your guide when completing your application. Make sure that the information on your application is accurate and corresponds with information presented in your resume.



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Transition Assistance Program



Transition Assistance Seminar
2-4 November, 0800-1600
16-18 November, 0800-1600

This three-day workshop provides insight into job-hunting techniques, VA benefits, and more.

Creating targeted resumes is the most powerful of all strategies that you can use! By making changes in your resume to match specific job openings or ads, you can dramatically increase the number of interviews you generate.

Using the Internet for Federal Jobs
Thursday, 4 November, 1700-1830

Come to this workshop to find out how to use the internet to find and apply for federal jobs.

Targeted Resumes
Thursday, 18 November, 1700-1830

Learn the most effective approach to get that important next step, "The Interview".



Family Life Education Program

Single Parents Support Group
Wednesday, 3 November, 1130-1230

Come and share your parenting experiences and advice with other single parents in a group forum and meet some new friends in the process!

Analyzing Your Dreams
Tuesday, 9 November, 1130-1230

Learn what dreams mean and how you can use them to better help you in your wakeful hours.



Coping With The Loss Of A Loved One
Tuesday, 16 November, 1130-1230

The focus of this workshop is on understanding the grieving process that results in the loss of a loved one. The stages of grief will be discussed.

Coping With Divorce
Wednesday, 17 November, 1130-1230

Join us and learn about the stages one goes through when going through a divorce and pick up some coping skills on how to become single and enjoy life!

Stress Management
Thursday, 18 November, 1130-1230

Does stress control your life or are you controlling your stress? Learn new techniques on how to more effectively deal with the daily stressors in life.



Tips on coping with stress: Say "no" more often. Take a bubble bath. Ask a friend for a hug. Do a brand new thing. Feed the birds. Smile. Always have a "Plan B". Don't know all the answers. Throw a paper airplane. Look up at the stars.

Financial Education - Air Force Aid & Personal Financial Management

Holidays for Less
Friday, 5 November, 1000-1130

Plan for holiday spending and learn ways to have a FUN season without the added financial stress.

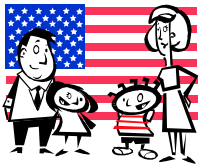
Holiday Shopping Tip: You can easily save more than 10 percent on most items, sometimes more, by comparing prices at different stores. The easiest way to do this is to call several different stores listed in the Yellow Pages. Or use the Internet and compare offers online. Some stores will price match PLUS discount a percentage of the difference in price.

Women, Infants & Children (WIC)
Friday, 5 November, 1400-1430

Become familiar with WIC, a nutritional program for expectant mothers and children.

Thrift Savings Plan
Wednesday, 10 November, 1100-1200

It's open season for TSP. Learn the facts and why you should participate in the TSP.



Military Family Appreciation Week is 21-27 November
Each year, one week is set aside to acknowledge the sacrifices made by the families of our military men and women, and recognize the hardships they often endure when their loved ones are deployed at home or abroad. We salute our military families!

Airman's Attic - Building 150

Hours: Open 6 hours a day, Monday through Friday
Call 586-2699 for exact hours

Donations of serviceable clothing and small household items are welcome during open hours. The Attic is open to active duty

members and their immediate families E-5 and below; Tuesdays are "all ranks" day - please bring a donation for the Food Pantry if you're above E-5 or civilian.










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Family Support Center – November 2004



Classes open to active duty military and retirees, DoD civilians, and their families. To sign up for a class, call 777-4681.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>1 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500 Kids on the Move 1530-1630 Teens on the Move 1530-1630</p>		<p>2 Resume Writing 1100-1200 Smooth Move 1300-1400</p>	<p>3 Newcomer's Orientation 0800-1130-1230 Single Parent's Group 1130-1230 Finance Outbrief 1300</p>	<p>4 Using the Internet for Federal Jobs 1700-1830</p>	<p>5 Holidays for Less 1000-1130 WIC 1400-1430</p> <p>Army PFC John Baker, Jr. saved the lives of several of his comrades and inflicted serious damage on the enemy, 1966; later awarded the Medal of Honor for his actions.</p>	<p>6</p>
2-4 November - TAP Seminar, 0800-1600, call 777-4681 to sign up						
<p>7</p> <p>8 Readiness Briefing 0900-1200</p> <p>Army Specialist 5 Lawrence Joel, a medic, administered aid to wounded comrades, 1966; later awarded the Medal of Honor for his actions.</p>		<p>9 Analyzing Your Dreams 1130-1230 Initial Sponsor Training 1300-1330</p>	<p>10 Thrift Savings Plan 1100-1200 Finance Outbrief 1300 Youth Sponsor Training 1530</p>	<p>11 Veteran's Day</p> 	<p>12 AFMC Goal Day</p> 	<p>13 Vietnam War Memorial dedicated, 1982</p>
<p>14</p> <p>15 Readiness Briefing 0900-1200</p> <p>Army 2Lt Walter Marm, Jr., displayed conspicuous battlefield gallantry, 1965; later awarded the Medal of Honor for his actions.</p>		<p>16 Coping With the Loss of a Loved One 1130-1230 Smooth Move 1300-1400</p>	<p>17 Newcomer's Orientation 0800-1130-1230 Coping With Divorce 1130-1230 Finance Outbrief 1300</p>	<p>18 Stress Management 1130-1230 Refresher Sponsor Training 1300-1320 Targeted Resumes 1700-1830</p>	<p>19 Army Chaplain Charles Watters provided aid to unit members under heavy enemy fire, 1967; later awarded the Medal of Honor for his actions.</p>	<p>20</p>
16-18 November - TAP Seminar, 0800-1600, call 777-4681 to sign up						
 <p>21</p> <p>22 Readiness Briefing 0900-1200 Evening Spouse Employment Orientation 1800-1930</p> <p>On 29 November 1969, Army Staff Sergeant Robert Pruden's heroism resulted in enemy casualties and withdrawal of the remaining enemy force. Although grievously wounded, he directed the evacuation of his comrades, ensuring their safety; later awarded the Medal of Honor for his actions.</p>		<p>23 Interviewing 1100-1200</p>	<p>24 Finance Outbrief 1300</p>	<p>25 Happy Thanksgiving!</p> 	<p>26 Air Force helicopter pilot 1Lt James Fleming rescued a Special Forces team, 1968; later awarded the Medal of Honor for his actions.</p> 	<p>27</p>
<p>28</p> <p>29 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500</p> 		<p>30 Filling Out Job Applications 1100-1200 Utah's Best Kept Secrets Off the Beaten Path! 1700-1800</p>	<p>An Act approved by Congress on May 13, 1938, proclaimed the 11th of November in each year a legal holiday--a day to be dedicated to the cause of world peace and to be celebrated and known as "Armistice Day". Armistice Day was primarily a day set aside to honor veterans of World War I, but in 1954, after World War II and after American forces had fought aggression in Korea, the 83rd Congress, at the urging of the veterans service organizations, amended the Act of 1938 by striking out the word "Armistice" and inserting the word "Veterans". With the approval of this legislation (Public Law 380) on June 1, 1954, November 11th became a day to honor American veterans of all wars.</p>			