



Hill AFB Family Support Center Monthly Buzz – October 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: The Family Life Education Program “All About Family Life Education”

The Family Life Program is designed to assist single as well as married personnel recognize ongoing changes in their daily lives and learn how to effectively adapt to these changes. We assist in teaching individuals skills in order to better communicate, parent, manage stress, and in general manage conflict and day-to-day challenges of military life.

Services offered are personal and family life education, individual assessment, and crisis counseling. Workshops include personal communications, time management, parenting techniques, anger management, child and family development,

and stress management. We also host the Wing’s quarterly Heart Link program, an orientation class for new Air Force spouses, which is designed to educate them about military life. Resources are a dynamic part of this program; books, tapes and videos are available on a variety of family life subjects for loan.

Individual appointments can be made with the Family Life Program Manager upon request for short-term assessment. If you find coping with things a little rough, visit the Family Life Program Manager and have a chat.



Family Life Education Program

Single Parents Support Group Wednesday, 6 October, 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!



Clutter Free Living Tuesday, 12 October, 1130-1230

Come join this workshop and learn some great tips on how to take control of the clutter that collects in every available space and eats into your personal time and career. Great for those suffering from “junkholism” or “clutterphelia”.

How To Control Anger Before It Controls You! Thursday, 14 October, 1130-1230



Angry all the time? Does anger control your life or are you controlling your anger? Discover what pushes your buttons and learn new techniques on how to express anger in a more productive way so that you can develop healthier relationships.

How To Become A Foster Parent Wednesday, 20 October, 1130-1230

Do you love children and enjoy the challenge of parenting? Utah’s children need you! At any given moment, there are some 2,000 children in foster care in Utah. The need for qualified foster homes is immediate and ongoing. Learn the steps on becoming a foster parent. (To obtain a package or further information prior to this workshop call 392-1114 or look online at <http://www.utahfostercare.org>).

Eight Steps Of Parenting Discipline Tuesday, 26 October, 1130-1230

This workshop will provide you with techniques on effective parenting, methods of raising responsible children, and building your child’s self confidence and self worth. If you are a first time parent, parents with difficult children, or anyone looking to develop parenting and coping skills then this is the workshop for you!

Does Your Partner Have A Problem? Wednesday, 27 October, 1130-1230

Join this workshop and learn new skills on how to resolve your relationship issues.

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.

Financial Education - Air Force Aid & Personal Financial Management

Women's, Infants, & Children (WIC)

Friday, 8 October, 1400-1430

Find out about this nutritional program for military members, based on income qualifications.



Your Checking & Your Spending

Friday, 22 October, 0930-1130

If you are continually using your "overdraft" protection, come to this informative class. Learn how not to rely on overdraft and why it could be harmful to your credit.

Baby Bare Essentials

Tuesday, 26 October, 1300-1600

Come to this great seminar for expecting parents! Presented by the base family nurse and pediatric nurse.

Identity Theft

Thursday, 28 October, 1600-1700

Learn precautions to take and how to protect your good name/credit before you become a victim of identity theft.

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.



Transition Assistance Program

Transition Assistance Seminar

5-7 October, 0800-1600

19-21 October, 0800-1600

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

Filling Out Federal Forms

Thursday, 7 October, 1700-1830

Find out how to complete OF612s and SF171s for federal employment.



Using the Dictionary of Occupational Titles

Thursday, 14 October, 1700-1830

The "DOT" uses standardized terms to describe nearly all jobs. This class will show you how to use the DOT to describe your skills in terms that match the specifications of job openings.

Using Your "VMET"

Thursday, 21 October, 1700-1830

How to use your Verification of Military Education and Training to write a resume. For military members only.

Targeted Resumes

Thursday, 28 October, 1700-1830

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

Did you know? You should plan on attending the TAP seminar twelve to eighteen months before your retirement or separation date!

Employment Assistance Program

Spouse Employment Orientation

Mondays, 4 & 25 October, 1400-1500

EVENING Spouse Orientation

Monday, 18 October, 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, 5 October, 11:00-12:00

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



RESUMIX Workshop

Thursday, 7 October, 11:00-12:00

Learn the basic process and some of the tricks to filling out your resume using the resume builder program when applying for federal and Air Force civilian jobs.

Interviewing

Tuesday, 12 October, 11:00-12:00

Become skilled at the basic fundamentals of successful interviewing.



Job Searching

Tuesday, 19 October, 11:00-12:00

Find out the key techniques to finding the job you really want.

STAIRS Workshop

Thursday, 21 October, 11:00-12:00

Learn the basics on how to apply for promotions, new jobs, or change in duty location through the AFPC Civilian Employment Website or the Interactive Voice Recognition System.

Filling Out Job Applications

Tuesday, 26 October, 11:00-12:00

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

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Relocation Assistance Program

Kids on the Move

Monday, 4 October, 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.



Teens on the Move

Monday, 4 October, 1530-1630

Are you a teenager getting ready to move or have just moved to Hill AFB? Chances are you are having change with family, friends, school, and other things in your life. Starting all these things over can be the pits. Join us in a discussion for teenagers who are moving away or just moving to the area.

Smooth Move

Tuesdays, 5 & 19 October, 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!

Youth Sponsor Training

Wednesday, 6 October, 1530

**At the Hill AFB Youth Center, Bldg. 883
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!

Newcomer's Orientation

Wednesdays, 6 & 20 October, 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

Wednesday, 13 October, 0900-0930

Refresher Sponsor Training

Wednesday, 27 October, 0900-0920

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.



Utah's Best Kept Secrets off the Beaten Path

Tuesday, 26 October, 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!



**Don't miss the Air Force Association's Chili Cook-Off on 2 October!
Centennial Park at noon - only \$4 (\$8 per family) for all you can eat!**

Call the FSC at 777-4681 for more information.

All profits benefit the "Waiting Families Fund" for families of those TDY, deployed and on remote assignments.



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!

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 – October 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>"Fall Back!" Change your clocks back one hour on the 31st for the end of Daylight Saving Time. The idea of daylight saving was first conceived by Benjamin Franklin during his sojourn as an American delegate in Paris in 1784, in an essay, "An Economical Project." The main purpose of Daylight Saving Time is to make better use of daylight. We change our clocks during the summer months to move an hour of daylight from the morning to the evening. Daylight Saving Time also saves energy. Studies done by the U.S. Department of Transportation show that Daylight Saving Time trims the entire country's electricity usage by a significant, but small amount, of less than one percent each day with Daylight Saving Time. We save energy in both the evening and the morning because we use less electricity for lighting and appliances.</p>					<p>1 Disney World opens, 1971</p>	<p>2 Chili Cook Off at Centennial Park!</p>
3	<p>4 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500 Kids on the Move 1530-1630 Teens on the Move 1530-1630</p>	<p>5 Resume Writing 1100-1200 Smooth Move 1300-1400</p>	<p>6 Newcomer's Orientation 0800 Single Parent's Group 1130-1230 Finance Outbrief 1300 Youth Sponsor Training 1530</p>	<p>7 RESUMIX 1100-1200 Filling Out Federal Job Forms 1700-1830</p>	<p>8 WIC 1400-1430</p>	9
<p>5-7 October - TAP Seminar, 0800-1600, call 777-4681 to sign up</p>						
10	<p>11 Columbus Day Holiday</p>	<p>12 Interviewing 1100-1200 Clutter Free Living 1130-1230</p>	<p>13 Initial Sponsor Training 0900-0930 Finance Outbrief 1300</p>	<p>14 Controlling Anger 1130-1230 Using the DOT 1700-1830</p>	<p>15 National Grouch Day</p>	16
17	<p>18 Readiness Briefing 0900-1200 Evening Spouse Employment Orientation 1800-1930</p>	<p>19 Job Searching 1100-1200 Smooth Move 1300-1400</p>	<p>20 Newcomer's Orientation 0800 Foster Parenting 1130-1230 Finance Outbrief 1300</p>	<p>21 STAIRS 1100-1200 Using VMET 1700-1830</p>	<p>22 Your Checking & Your Spending 0930-1130</p>	23
<p>19-21 October - TAP Seminar, 0800-1600, call 777-4681 to sign up</p>						
<p>24/31 Happy Halloween!</p>	<p>25 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500</p>	<p>26 Job Applications 1100-1200 8 Steps Parenting 1130-1230 Baby Bare 1300-1600 Utah's Best Kept Secrets Off the Beaten Path! 1700-1800</p>	<p>27 Refresher Sponsor Training 0900-0920 Partner Problems? 1130-1230 Finance Outbrief 1300</p>	<p>28 ID Theft 1600-1700 Targeted Resumes 1700-1830</p>	<p>29 First ball-point pen goes on sale, 1945</p>	<p>30 Change your clocks tomorrow!</p>