



# Family Readiness Community Calendar

January 2008  
Volume 2, Issue 1

**AIRMAN & FAMILY  
READINESS CENTER  
1191 MENOHER DRIVE**

**ANDREWS AFB, MD 20762  
301 981-7087**

## IDS Agencies Contact Info

**LIFE SKILLS SUPPORT  
BLDG. 1049, (240) 857-7186**

**FAMILY MEMBER FLIGHT  
CHILD DEVELOPMENT  
BLDG 1535 Suite B-214,  
(301) 981-9717**

**FAMILY CHILD CARE  
BLDG 4570, (301) 981-9981**

**RESOURCE AND REFERRAL  
BLDG 4570, (301) 981-9981**

**YOUTH CENTER  
BLDG 4700, (301) 981-KIDZ  
(5430)**

**CHAPEL PROGRAMS  
(301) 981-2111**

**AMERICAN RED CROSS  
(240) 857-6008/2902**

**HEALTH & WELLNESS  
CENTER (HAWK)  
(240) 857-4292**

**CRIME PREVENTION  
(301) 981-8573**

*Courtesy of Andrews AFB  
Airman & Family Readiness  
Center*

## AAFES Online

DALLAS - Who owns AAFES? What is the PX's return policy? Where does the exchange's "profit" go? A couple of clicks through the "blogosphere" are all it takes to find a wealth of questions regarding the 112-year-old military command troops and their families know as the Army & Air Force Exchange Service (AAFES). "When I see some of the concerns and misinformation posted online or sent through our comment program, I worry that the military community isn't getting the information it needs to know what AAFES is and why it is a critical part of military Families' benefits," said AAFES' Chief of Corporate Communications Lt. Col. Dean Thurmond. "Seeing the same questions repeatedly made it clear that the organization had to do a better job of making information concerning benefits, structure and mission easier to find and understand." To ensure authorized shoppers, and the American public, are up-to-date with policies and information concerning the Department of Defense's oldest and largest exchange service, AAFES has unveiled a revamped "Mission, News & More" page at <http://www.aafes.com/pa/default.asp> <<http://www.aafes.com>> <<http://www.aafes.com>> .

Content rich and easy to navigate, the updated page contains the latest news, recalls and facts pertinent to AAFES, as



well as a history overview, leadership bios, contact information, video clips and more. "We gathered all of these tools and put them in front of the firewall to ensure anyone who wants to know more about the exchange can find it with just a few clicks of the mouse," said Thurmond. "Now, one stop is all it takes for current and future vendors, shoppers and associates to find accurate, up-to-date information concerning AAFES." Anyone can access the new and improved "Mission, News & More" page by clicking the red box on the top right hand side of the AAFES homepage at [www.aafes.com](http://www.aafes.com) <<http://www.aafes.com>>

## NFL Player Donation

Starting October 2007, eKnowledge Corporation, along with a group of patriotic NFL players, have agreed to extend their \$16 million donation for its third year. The Chairman and CEO of eKnowledge, Charlie Beall, a former Marine Corps Officer, organized this significant donation effort for our military families and veterans. Since then, eKnowledge has donated more than \$16 million in SAT/ACT Test Preparation Products to over 70,000 U.S. military service members, their dependents, JROTC cadets, and

veterans. The standard price for these SAT/ACT Test Preparation Products is \$200-300.00, so the program represents a significant financial commitment. To date, eKnowledge has received more than 25,000 thank you letters from our military families and veterans who requested the free SAT/ACT products—many expressing their gratitude, and testimony on the effectiveness of the programs. One note was even postmarked from Africa, where a servicemember was stationed. "As a military parent residing in Kenya," Air Force Maj. Douglas McClain wrote, "I truly appreciate the opportunity to obtain these products for my daughter who attends the international school here. This program will guarantee that she has current material to prepare for the SAT and ACT," the note said. "Thanks from an Air Force major who is trying to serve his country and also take care of his family." This coming week Pentagon Channel will be featuring an interview with the CEO and NFL players, detailing the donation, and the effect its had on the military community. We ask that you please continue to widely disseminate the details of this great effort, to ensure that all have the opportunity to take advantage of these donated materials while they last. Servicemembers and families interested in receiving free eKnowledge products under the sponsorship can complete an online request form at <http://www.commanderspage.dod.mil> by following the link to "NFL SAT/ACT Free Software" or by visiting <http://sat.eknowledge.com/military>. Requests can also be made by calling eKnowledge at 951- 256-4076 or via e-mail at [support@eknowledge.com](mailto:support@eknowledge.com).

## Operation Life Transformed

Operation Life Transformed is a non profit organization that provides military spouses, war wounded caregivers and wounded soldiers with funding for training in careers that are portable and flexible; well suited to the military lifestyle. Funds raised for the training are from corporate and private donations and fundraisers. Operation Life Transformed partners with colleges and corporations who are military spouse and war wounded care giver friendly, offering training, certification and licensing programs. All training programs lead directly to jobs that are virtual and/or flexible. To be eligible for one of the programs you must be a military ID card holder of some nature with a year of service remaining or have been retired (you or the sponsor). For more information visit the website:

<http://lifetransformed.org/default.aspx>

## Career Transition Workshops

The 2008 workshop schedule is as followed:

- January 8 – 10**
- February 5 – 7**
- March 4 – 6**
- April 8 – 10**
- May 6 – 8**
- June 10 – 12**
- July 8 – 10**
- August 5 – 7**
- September 9 – 11**

For sign up call the Airman & Family Readiness Center @ 301 981-7087.

## This Month's Events

**Date December 4 - 6, 2007**  
**Time: 0730-1600**  
**Location: 1414 Arkansas Road**  
**Classroom # 4**  
**Military Personnel Flight**  
**Career Transitional Workshop**

For more information call the Airman & Family Readiness Center 301 981-7087.

**Date December 7, 2007**  
**Time: 0730-1300**  
**Location: Next to the Sports Page**  
**The Community Activity Center**  
**Veteran's Benefits Day**

Learn about VA Benefits and specifically how to file a disability claim.

**Date December 4, 2007**  
**Time: 0845-1600**  
**Location: 1191 Menoher Drive**  
**Airman & Family Readiness Center**  
**Beginner Excel Computer Workshop**

For more information call the Airman & Family Readiness Center 301 981-7087.

**Date December 11, 2007**  
**Time: 0845-1600**  
**Location: 1191 Menoher Drive**  
**Airman & Family Readiness Center**  
**Intermediate Excel Computer Workshop**

For more information call the Airman & Family Readiness Center 301 981-7087.

**Date December 11, 2007**  
**Time: 1300-1500**  
**Location: 1191 Menoher Drive**  
**Airman & Family Readiness Center**  
**How to Work a Job Fair**

Information on how to make yourself marketable for Job Fairs. For info call 301 981-7087

# Veteran's Benefits Day

The remaining 2007 schedule is as follows:

- January 11
- February 8
- March 7
- April 11
- May 9
- June 13
- July 11
- August 8
- September 12

For sign up call the Airman & Family Readiness Center @ 301 981-7087.

# Money Mondays

## 2008

**January 21** – *Investing Basics & 5 Simple Steps to Money Management*

**February 18** – *Navigating the Home Buying Maze & Home Buying/Selling*

**March 17** – *College Financing 101 & Funding Your Child's Education*

**April 21** – *Investing Basics & 10 Steps to Financial Success*

**June 16** – *Interpreting Your Credit Report & Taking Charge: Wise Use of Credit*

# VA's Suicide Hotline

To ensure veterans with emotional crises have round-the-clock access to trained professionals, the Department of

Veterans Affairs (VA) has begun operation of a national suicide prevention hot line for veterans.

“Veterans need to know these VA professionals are literally a phone call away,” said Secretary of Veterans Affairs Jim Nicholson said. “All service members who experience the stresses of combat can have wounds on their minds as well as their bodies. Veterans should see mental health services as another benefit they have earned, which the men and women of VA are honored to provide.” The toll-free hot line number is 1-800-273-TALK (8255). VA’s hot line will be staffed by mental health professionals in Canandaigua, N.Y. They will take toll-free calls from across the country and work closely with local VA mental health providers to help callers. To operate the national hot line, VA is partnering with the Substance Abuse and Mental Health Services Administration of the Department of Health and Human Services (HHS). “The hot line will put veterans in touch – any time of the day or night, any day of the week, from anywhere in the country – with trained, caring professionals who can help,” added Nicholson. “This is another example of the VA’s commitment to provide world-class health care for our nation’s veterans, especially combat veterans newly returned from Iraq and Afghanistan.” The suicide hot line is among several enhancements to mental health care that Nicholson has announced this year. In mid July, the Department’s top mental health professionals convened in the Washington, D.C., area to review the services provided to veterans of the Global War on Terror.

## Welcome to Andrews AFB

### Welcome to Andrews AFB

Orientation for Newly Arrived Military members; **MANDATORY** for active duty, spouses are invited & encourage to attend. Heart Link Orientation for Spouses. Both are 2 day programs offered monthly. The upcoming date is **January 17 & 18, 2008– 1530 @ the Club**. Active duty military members will receive **mandatory briefings** plus information about on base and community resources. Spouses will receive information about on and off base resources that contribute to quality of life and provides support during deployments. Bus tour of Andrews AFB and Washington DC including orientation to the Metro System.

**February 21-22, 2008; March 20-21, 2008; April 17-18, 2008; May 15-16, 2008; June 17-18, 2008; July 17-18, 2008; August 21-22, 2008; September 18-19, 2008**

# Pre Deployment & Reintegration Briefings

**Pre-deployment:** Base members deploying, going on temporary duty or remote assignment 30 days or more should attend the briefing 1300 on Tuesdays or Thursdays. Family members are encouraged to attend. For more information, call 301 981-7087.

**Reintegration:** Airmen are assisted as they transition from the deployed environment to their personal lives and home duty stations. The briefings are held 1100 every Wednesday.

## Key Spouses/Phoenix Program

To volunteer or find out more information contact your Unit Commander, First Sergeant, or the Airmen and Family Readiness Center 301 981-7087. Meetings are held the last Thursday of the month at 1100 in the Airman & Family Readiness Center Bldg 1191 Menoher Drive.

## Hearts Apart

Hearts Apart is an informal gathering or support group for family members separated from their military member by deployment or remote assignment. Each gathering will have a featured topic and guest subject matter. Location and time of even is to be determined. Please call and RSVP @ 301 981-7087. The schedule of events is as follows:

- January 18, 2008
- February 2, 2008
- March 29, 2008
- April 25, 2008
- May 23, 2008
- June 20, 2008
- July 18, 2008

August 15, 2008  
September 26, 2008

\*All dates are subject to change please call to check for changes.

## Family Readiness Recipe of the Month

### Rice

#### Ingredients:

- 1 package of phyllo dough
- 1 pound chopped walnuts
- 2 sticks of melted butter (unsalted)
- 3 cups water
- ½ cup of white sugar
- ½ cup of honey
- 1tablespoon of cinnamon
- Couple of drops of lemon juice

**We will top the pastry with syrup. The syrup needs to be prepared 2 hours before the baklava is cooked.**

**Thaw out the phyllo dough ahead of time according to the manufacturer’s directions. Brush some melted butter along the bottom and the sides of the pan so that nothing sticks.**

**Now add the phyllo dough to the pan, one sheet at a time and brush each one with butter before adding the next. Keep the unused sheets covered with a clean, damp towel to prevent them from drying out. The phyllo dough is very delicate, so try not to tear it as you are moving it into the pan. Keep laying down the dough until you have about 10 sheets in the bottom of the pan.**

**In a small bowl, mix together the walnuts and cinnamon. Spread about 1/3 of the nut mixture out over the**

**phyllo dough. Now cover this with two more sheets of dough, brushing each one with butter. Add another third of the nut and sugar mixture, cover it again with two sheets of dough. Now add the remaining nut mixture. We will cover this with another 10 sheets of phyllo dough. Be sure to brush each one with butter before adding the next.**

**Brush butter over the top sheet of dough, and then cut the baklava into diamonds. If you have any remaining butter, you can pour this over the baklava now. Bake the dish at 350 degrees for about 20 – 25 minutes until it turns golden brown. While the baklava is baking, we will make a honey syrup that we will pour over it afterwards. In a small saucepan, mix together the honey, water, sugar, vanilla, lemon juice and cinnamon. Bring these ingredients to a simmer on the stove and let them cook until they form a syrupy consistency. Remove the syrup from the heat and let it cool.**

**When the baklava comes out of the oven, pour the syrup over the dish. Let everything cool before serving.**

## Short Term Solution-Focused Telephonic Consultation

Military OneSource is pleased to announce a new extension of specialty consultation services available by phone. Please give this message the widest dissemination! Attached you will find a short information paper that can be used to help us spread the word on our new offering of Short-Term Solution-Focused Telephonic Consultations. Also attached is an announcement sent out from OSD that also includes a more formal talking paper. If you have any questions or

concerns, please contact (put your information here). Short-Term Solution-Focused Telephonic Consultation Whether it's help with child care, money matters, emotional support during deployments, relocation information, or referrals to helpful resources both on and off an installation, Military OneSource is there for military personnel and their families 24/7. In an effort to further increase access to support, Military OneSource now offers Short-term Solution-Focused Telephonic (STSF-T) Consultation. While referrals to non-medical face-to-face counseling sessions continue for those stationed in United States, Puerto Rico and the U.S. Virgin Islands, the new expanded service provides a telephonic consultation option for those who are unable to attend face-to-face counseling sessions due to their overseas location or other circumstances. Both the STSF-T Consultation and the face-to-face counseling sessions may help individuals with many issues such as: adjustment to situational stressors, stress management, decision making, communication, grief and loss, blended family issues, and parenting skills. As with face-to-face counseling, STSF-T provides up to six sessions of consultation per person, per issue. There are some differences between face-to-face counseling and STSF-T Consultation. Because STSF-T Consultation is provided over the phone, it is not appropriate for children under the age of 18, complex issues, and situations that require a group setting (couples and family counseling). Other issues that exceed the scope of STSF-T include drug, alcohol and other addictions; mental health conditions that require medical treatment (post-traumatic stress disorder, depression, bipolar disorder, etc.); and other conditions related to trauma. The STSF-T Consultation is not appropriate as part of a patient's Medical Treatment Facility discharge plan. Military

OneSource is available anytime worldwide to all active duty, Reserve, National Guard members, their families, as well as deployed civilians and their families. To find out more, call Military OneSource at **1-800-342-9647** (CONUS), or **800-3429-6477 or 484-530-5908** (OCONUS). For more information on calling Military OneSource from overseas visit [www.militaryonesource.com](http://www.militaryonesource.com)

<<https://swd1.ceridian.com/swm/www.militaryonesource.com>>

## Gifts from the Homefront

DALLAS - When issuing suggested holiday mailing deadlines for military care packages, the United States Postal Service made sure to highlight that "all packages and mail must be addressed to individual service members, as required by U.S. Department of Defense (DoD) regulations." <<http://hqdainet.army.mil/mpsa/XMAS07.swf>> Since the DoD suspended mail addressed to "any servicemember" nearly six years ago, individuals and organizations back home, as well as troops deployed to the contingency theater, have devised a variety of cumbersome, and sometimes potentially dangerous, methods to circumvent security and transportation concerns that originally led to the cancellation of the program. Noting the great lengths being taken, including posting the full name and rotation dates of Soldiers, Airmen, Marines and Sailors to the Internet or sending enough feminine and oral hygiene products to meet the needs of an entire battalion to the attention of one person, the Army & Air Force Exchange Service (AAFES) began working to create a program that would allow any American to safely send support to "any servicemember." The resulting "Gifts from the Homefront" program today

makes it possible for anyone to leverage services and products already "on the ground" and available at military exchanges throughout Operations Enduring and Iraqi Freedom through lightweight gift certificates that can be routed to "any servicemember" without compromising safety or creating additional demands on the military postal system. Some four years after the launch of "Gifts from the Homefront" in March 2003, the American public has sent 92,240 "BX/PX" gift certificates totaling nearly \$2 million. "The outpouring of support has been very encouraging," said AAFES' Senior Enlisted Advisor Chief Master Sgt. Bryan Eaton. "It's understandable as the effort is a win/win for all involved; the sender saves money on postage and doesn't need a direct point of contact while the recipients can go into an exchange and redeem the gift certificate for exactly what they need." "Gifts from the Homefront" can be sent to deployed troops by logging on to [www.aafes.org](http://www.aafes.org) <<http://www.aafes.org>> or calling 877-770-4438. From there, the gift certificates are sent to individual service members (designated by the purchaser) or distributed to "any service member" through the Air Force Aid Society, American Red Cross, Coalition to Salute America's Heroes, Fisher House, Navy-Marine Corps Relief Society, Operation Homefront, Operation InterdependenceR or USO. "Gifts from the Homefront" gift certificates can be redeemed at exchange facilities worldwide. Recent reports indicate troops shopping their contingency exchanges are reaching for movies, snacks, Military Exchange Global prepaid phone cards and more.

# Post Traumatic Stress Disorder (PTSD)

**What is it?** - An anxiety disorder resulting from a traumatic event or difficult experiences. People who suffer from PTSD may experience the following signs and symptoms:

- Easily distressed
- Trouble sleeping/eating
- Emotionally distant
- Loss of interest in things once enjoyed
- Loose sight of reality
- Aggressive or violent behavior

Everyone responds differently to difficult or traumatic events and the degree and length to which symptoms might occur will vary. If you or someone you know is experiencing signs of PTSD it's important to seek medical care early.

### Web Resources For PTSD:

**DoD's MilitaryOneSource Emotional Well Being site:**  
[www.militaryonesource.com/ctim/index.aspx?ctim=5](http://www.militaryonesource.com/ctim/index.aspx?ctim=5)

**DoD's Deployment Health Clinical Center:**  
[www.pdhealth.mil/veterans/default.asp](http://www.pdhealth.mil/veterans/default.asp)

**TRICARE Offers PTSD Assistance**  
[www.navycompass.com/news/newsview.asp?c=171424](http://www.navycompass.com/news/newsview.asp?c=171424)

**Primary Care Treatment of PTSD**  
[www.aafp.org/afp/20000901/1035.html](http://www.aafp.org/afp/20000901/1035.html)

**National Center for PTSD (run by the U.S. Department of Veterans Affairs):** [www.ncptsd.va.gov/](http://www.ncptsd.va.gov/)

**VA's Seamless Transition Website for military returning from Iraq and**

**Afghanistan and Iraq:**  
[www.seamlesstransition.va.gov/](http://www.seamlesstransition.va.gov/)

**Primer on the Mental Health Impact of the Wars in Afghanistan and Iraq:**  
[www.ncptsd.va.gov/facts/veterans/fs\\_iraq\\_afganistan\\_lav\\_audience.html](http://www.ncptsd.va.gov/facts/veterans/fs_iraq_afganistan_lav_audience.html)

**VA PTSD Guides for families, military personnel and clinicians:**  
[www.ncptsd.va.gov/topics/war.html](http://www.ncptsd.va.gov/topics/war.html)

**National Institute of Mental Health PTSD site:**  
[www.nimh.nih.gov/HealthInformation/ptsdmenu.cfm](http://www.nimh.nih.gov/HealthInformation/ptsdmenu.cfm)

**The PTSD Alliance:**  
[www.ptsdalliance.org/home2.html](http://www.ptsdalliance.org/home2.html)

## Department of Veteran's Affairs

The Department of Veteran's Affairs assists in a variety of areas to Veterans. They assist in the following areas:

- Education*
- Home Loan Guaranty*
- Disability Compensation*
- Disability Pension*
- Dependency Indemnity Compensation*
- Death Pension*
- Vocational Rehabilitation and Employment*
- Civilian Health and Medical Program of the Department of Veteran's Affairs (CHAMPVA)*
- Burial*
- Life Insurance*

**Contact Info:**  
**Benefits – 1 800-827-1000**  
**Health Care – 1 877-222-8387**  
[www.va.gov](http://www.va.gov)

## Christmas Cards to Walter Reed

Walter Reed Army Medical Center officials want to remind those individuals who want to show their appreciation through mail to include packages, letters, and holiday cards addressed to "Any Wounded Soldier" or "A Recovering American Soldier" that Walter Reed cannot accept these packages in support of the decision by then Deputy Undersecretary of Defense for Transportation Policy in 2001. This decision was made to ensure the safety and well being of patients and staff at medical centers throughout the Department of Defense. In addition, the U.S. Postal Service is no longer accepting "Any Service Member" or "A Recovering American Soldier" letters or packages. Mail to "Any Service Member" that is deposited into a collection box will not be delivered. Instead of sending an "Any Wounded Soldier" letter or package to Walter Reed, please consider making a donation to one of the more than 300 nonprofit organizations dedicated to helping our troops and their families listed on the "America Supports You" website, [www.americasupportsyou.mil](http://www.americasupportsyou.mil) Other organizations that offer means of showing your support for our troops or assist wounded servicemembers and their families include:

- <http://www.usocares.org/>
- <http://www4.army.mil/ocpa/tooursoldiers/>
- <http://www.usocares.org/>

## Parent Advisory Board (PAB)

Child Development Center Parent Advisory Board (PAB) meets on the 2<sup>nd</sup> Friday of each month at 5pm. The PAB is an opportunity for parents to be actively involved and for staff and parents to talk about the program and the care of the children. The PAB serves in an advisory function,

providing recommendations for improving services.

# Military Spouse Career Advancement Initiative

The Military Spouse Career Advancement Initiative is designed to advance military spouses into portable careers by providing them with education and training in high-growth, high-demand occupations in Information Technology, Education, Health Services, Financial Services and the Construction Trades. Career Advancement Accounts are flexible education funding accounts to pay for expenses directly related to post-secondary education and training, including tuition, fees, books, equipment, and credentialing and licensing fees. The initiative targets military spouses with a GED, high-school diploma or some post-secondary education and who are married to active-duty service members in the grades of E1-E5 and O1-O3. Military spouses in need of renewing credentials (for example, nursing and teaching certificates) upon relocating are also eligible. Accounts may be up to \$3,000 for one year, and may be renewed for one additional year, for a total two-year account amount of up to \$6,000 per spouse. The Department of Labor (DOL) and the Department of Defense (DoD) are jointly investing \$35 million in eight states demonstrating this initiative (California, Colorado, Florida, Georgia, Hawaii, Maine, North Carolina, and Washington) targeting 18 military installations. Installation Voluntary Education Centers will initiate military spouse applications and forward them to local One-Stop Career Centers for account establishment and issuance. Voluntary Education Centers and One-Stop Career Centers will

collaborate to provide career counseling, guidance and assessments to support military spouse career and education choices. Counseling will include referrals to other supportive services to help military spouses successfully achieve the education and credentials they need to obtain and retain portable careers in high-growth, high-demand occupations.

The demonstration states and installations are:

*California (San Diego Metro and Camp Pendleton Marine Corps Base)*

*Colorado (Fort Carson Army Installation and Peterson Air Force Base)*

*Florida (Jacksonville Naval Air Station, Eglin Air Force Base, and Hurlburt Field)*

*Georgia (Fort Benning Army Installation)*

*Hawaii (Hickam Air Force Base, Naval Station Pearl Harbor, Kaneohe Bay Marine Corps Base, and Schofield Barracks Army Installation)*

*Maine (Naval Air Station Brunswick)*

*North Carolina (Fort Bragg Army Installation and Pope Air Force Base)*

*Washington (Fort Lewis Army Installation, McChord Air Force Base, and Naval Station Kitsap)*

Teams of DoD and DOL staff have jointly trained participating installation and state/local community workforce staff on partnership implementation and will be providing ongoing technical assistance. Both departments will also work collaboratively with employers in the targeted industries to encourage military-friendly hiring and career advancement practices. The first accounts will be issued to allow training

to begin in January 2008 to coincide with the education enrollment cycle.

For more information on eligibility for the Military Spouse Career Advancement Initiative, as well as the application process, please visit [http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF\\_DETAIL\\_1?section\\_id=20.80.500.155.0.0.0.0&content\\_id=242564](http://www.militaryhomefront.dod.mil/portal/page/mhf/MHF/MHF_DETAIL_1?section_id=20.80.500.155.0.0.0.0&content_id=242564) or <http://www.milspouse.org>

## Parents Night Out

Parents Night Out is an opportunity for spouses of deployed and remotely stationed personnel to receive free childcare during the monthly event. The service is offered through the Child Development Center (CDC) and Youth Center and paid for by AFAS, registration is required at the Child Development Center Central Office. To participate as a spouse of a deployed member stop by the Airman & Family Readiness Center with a copy of your spouses orders. The dates for the Parents Night Out are as follows:

**January 5, 2008**

**February 2, 2008**

**March 1, 2008**

**April 5, 2008**

**May 3, 2008**

**June 7, 2008**

**July 5, 2008**

**August 2, 2008**

**September 6, 2008**

**October 4, 2008**

**November 1, 2008**

**December 6, 2008**

**\*All Submission for the calendar must be submitted by the 3<sup>rd</sup> Friday of the month to [AFRC@andrews.af.mil](mailto:AFRC@andrews.af.mil)**

**We welcome suggestions and recommendations to improve our services, please contact us.**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1</p>  <p><i>New Year's Day</i></p>	<p>2</p> <p>1330 Pre-Sep Briefing</p>	<p>3</p> <p>1300 Deployment Briefing</p>	<p>4</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8</p> <p>1300 Deployment Briefing</p>	<p>9</p> <p>1100-1200 Reintegration 1330 Pre-Sep Briefing 1000-1100 Dorm Briefing</p>	<p>10</p> <p>1300 Deployment Briefing</p>	<p>11</p> <p>0730-1500 Veteran's Benefits Day</p>	<p>12</p>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>Career Transition Workshop</b></p> </div>						
<p>13</p>	<p>14</p>	<p>15</p> <p>1300 Deployment Briefing 0845-1600 Beginner Level Office Access</p>	<p>16</p> <p>1100-1200 Reintegration 1330 Pre-Sep Briefing</p>	<p>17</p> <p>1300 Deployment Briefing 0730-1630 Heartlink 0730-1630 Welcome to Andrews</p>	<p>18</p> <p>0800-1600 Welcome to Andrews Bus Tour</p>	<p>19</p>
<p>20</p>	<p>21</p>  <p><i>MLK Day</i></p>	<p>22</p> <p>1300 Deployment Briefing 1300-1600 Getting a Job with the Federal Government</p>	<p>23</p> <p>1100-1200 Reintegration 1330 Pre-Sep Briefing</p>	<p>24</p> <p>1300 Deployment Briefing</p>	<p>25</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p> <p>0845-1600 Intermediate Level Office Access 0900-1200 Salary &amp; Benefits Negotiation 1300 Deployment Briefing</p>	<p>30</p> <p>1100-1200 Reintegration 1330 Pre-Sep Briefing</p>	<p>31</p> <p>1300 Deployment Briefing</p>		