



# Families Apart Newsletter Aug 2010



SCHOOL STARTS AUGUST 16<sup>TH</sup>

## Spouse Information Day

~30 August, 8:00-12:00pm~

This is an informative workshop that is especially helpful for newly arrived spouses. Topics discussed will be: employment, base resources, education, volunteering, health and wellness, and more! **EVERYONE IS WELCOME!**

Free child care is available.

You **MUST RSVP** for child care.

Please contact the Airman and Family Readiness Center at 572-7754.

## Car Care

Spouse Deployed? We have car care because we care. Under this program, a spouse whose sponsor is deployed, or on a remote tour has the opportunity to receive an oil/filter change and lubrication on their vehicle. Contact the A&FRC for more information.

## YOUNG HERO'S DEPLOYMENT EXPO

~28 August, 11:00 am - 2:00 pm, Youth and Teen Center ~

This event is for children of all ages with a parent who is preparing to leave or is currently deployed. We will be having carnival games, bouncy castles, and lunch. There will be a special presentation for the youngest heroes: our military kids. Each kid that comes will receive a hero pack. Families can stay for Families Apart information, Pictures on Pillowcases, and Build Your Own Care Package.

Please RSVP by 26 August @ the A&FRC.

## THE AIRMAN AND FAMILY READINESS CENTER

### Military Family Life Consultants

MFLCs are available to address issues that occur across the military lifestyle and to help Airmen and their families cope with the normal reactions to the stressful/adverse situations associated with multiple deployments and reintegration. Open to Active Duty, Air Guard, Air Reserve, and Family Members. Call 572-7754 or (575) 551-1276 today to get more information on the services available.



Airman and Family Readiness Center (A&FRC)

749 West New Mexico Ave, Bldg. 788, Holloman AFB, NM 88330

Phone: (575) 572-7754 DSN: 572-7754 Fax: (575) 572-7757

Email: [49FSSFSFR@holloman.af.mil](mailto:49FSSFSFR@holloman.af.mil) Open: Monday-Friday 7:00 am - 5:00 pm



**OPERATION K.I.D.**  
KIDS INVESTIGATING DEPLOYMENT

On 12 August, Holloman's Airman & Family Readiness Center will recall children to Base X and educate them on what our military moms and dads do when they are deployed.

**SCHEDULE OF EVENTS**  
0700-0900: Recall and Check-In  
0900: Load buses to BEAR base  
0930-1200: Explore Squadron Stations

**12 AUGUST 2010**  
SIGN UP BY 5 AUGUST WITH AIRMAN & FAMILY READINESS CENTER | 572-7754

Operation Kid Holloman AFB

## Bundles for Babies

~24 August, 1:00-3:30 pm, A&FRC~

Expecting your baby soon?

Attend this class and receive a layette worth \$75. Speakers brief about financial issues, education, and taxes. The Family Advocacy Nurse will talk about handling baby and wellness issues. Must be at least 20 weeks pregnant to attend.

## Deployed Family Food And Fellowship

~27 August, 4:30-7:00 pm, DFAC~

Do you ever have a Friday that you just do not feel like cooking? Or cleaning up the dishes? Well, do we have a treat for you! Come to the DFAC (Dining Facility) on the last Friday of the month and spend some time with other families who have a deployed family member. It is pay as you go.

## Pictures on Pillowcases

We'll take your picture and transform it into a personalized pillowcase for you and each of your family members, all for FREE! The A&FRC understands the challenges of deployment and wants to alleviate the heartache of family separation.

## Landing Gears

All spouses are invited and encouraged to attend the reunion/reintegration briefing with their spouse upon the spouses return. Briefings are held every Tues at 0900 and Thurs at 1400 in Bldg 29, Rm 2026

**Achieve Mission Readiness  
Through Personal and  
Family Readiness**