

**HOW TO USE THE "T": NEWCOMERS' PUBLIC TRANSPORTATION AND CITY ORIENTATION**

**Tuesday, 27 March, 12:00 — 1:00 pm**  
 (Classroom Only) Learn how to navigate the local public transportation system (the "T") before you go. Reduce the stress and cost of driving and parking in Boston by using public transportation. Topics include where you can go and how to get there using the "T". Maps, schedules, and helpful travel tips are provided.

**HOME BUYING BASICS — "LUNCH AND LEARN"**

**Wednesday, 28 March, 12:00 — 12:45 pm**  
 Learn how getting a mortgage has changed, what types of mortgages are available, how much house can you afford and the steps to take before you buy. Presented by the Hanscom Federal Credit Union. FREE lunch is provided.

**HEARTS APART: "POLAR PLUNGE"**

**Wednesday, 28 March, 4:00 — 6:00 pm**  
**Held at the base pool.** Families of deployed, remote tour and extended TDY service members are invited to join us at the base pool for pizza, drinks and good fun. The Airman & Family Readiness Center will cover the costs for those families who do not have a pool membership and have children who are 5 years of age and up. **Please RSVP by 23 March to 781-225-2765 or e-mail [66.fss.fsfr.cmb@hanscom.af.mil](mailto:66.fss.fsfr.cmb@hanscom.af.mil).**

**ELECTRONICS AND YOUR CHILDREN**

**Thursday, 29 March, 11:30 am — 12:30 pm**  
 A look at the potential negative effects of electronic media and cell phone usage and the importance of monitoring the use of children's electronics and access to social networking sites. Class will be held in Building 1217.

**SOCIAL MEDIA IN JOB SEARCHES**

**Thursday, 29 March, 2:30 — 4:30 pm**  
 Join the revolution! Learn personal and company tactics, how to write powerful Social Media Profiles, do company research, and avoid potentially damaging mistakes when using LinkedIn, Twitter, and Facebook.

**FEDERAL RESUME WRITING FOR USAJOBS**

**Friday, 30 March, 9:00 am — 12:00 pm**  
 Improve your odds of getting the federal job you want by learning resume writing basics, how to locate essential skills and keywords to include, how to write accomplishment statements, resume builder formats, and more.

<b>March 2012</b>	<b>Fri</b>	2 VA Claims (By Appointment Only)	9 0900 Resume Writing VA Claims (By Appointment Only)	16 0800 DOL Employment Workshop VA Claims (By Appt)	23 1130 Building Resiliency VA Claims (By Appt)	30 0900 Federal Resume Writing VA Claims (By Appt)
	<b>Thu</b>	1 1100 Winning Salary Negotiations	8 1100 E-Smooth Move 1130 Eldercare 1200 Moving w/Children	15 0800 DOL Employment Workshop		29 1130 Electronics & Your Children 1430 Jobs&Social Media
	<b>Wed</b>	AF Aid Society's College Grant Program — \$2000 Grants Apply at <a href="http://www.afas.org">www.afas.org</a> — Deadline: 9 March 2012	7 0900 Presep Counsel 1130 Eldercare 1500 Reunion Briefings	14 0800 DOL Employment Workshop 0900 Presep Counsel	21 0900 Preseparation Counseling	28 1200 Home Buying Basics 1600 Hearts Apart
	<b>Tue</b>		6 0800 Senior Leaders 1130 Eldercare 1700 Couponing	13 0800 DOL Employment Workshop	20	27 0930 Fam Welcome 1200 How to Use the "T" (Classroom)
	<b>Mon</b>		5	12 1200 DOL Employment Workshop	19	26 0800 CC Welcome 1145 Medical Welcome



**AIRMAN & FAMILY READINESS CENTER**

**MARCH PROGRAMS**



**"Best in AFMC 1999 — 2008" (Cat II)**  
**"Best in the Air Force 2000 and 2007"**



*Serving the Total Force...Programs are free to all single and married Active Duty, Reserve and Guard Personnel, DoD civilians, retired military personnel and family members*

**Bldg. 1218 (781) 225-2765**

[www.HanscomServices.com/AirmanandFamilyReadinessCenter.asp](http://www.HanscomServices.com/AirmanandFamilyReadinessCenter.asp)

**PRE-REGISTRATION IS REQUIRED FOR ALL WORKSHOPS. CALL (781) 225-2765 or EMAIL: 66.FSS.FSFR.CMB@HANSCOM.AF.MIL.**

### **PRIVATE SECTOR RESUME CRITIQUE**

#### **(By Appointment Only)**

Resumes are reviewed by an A&FRC employment specialist with HR experience — a great opportunity for feedback to improve your resume format and content. Email your resume to [66.fss.fsfr.cmb@hanscom.af.mil](mailto:66.fss.fsfr.cmb@hanscom.af.mil). You will receive a response in 3-5 business days. **Prior attendance at an A&FRC or TAP resume writing class is recommended.**

### **WINNING SALARY NEGOTIATIONS**

**Thursday, 1 March, 11:00 am — 1:00 pm**

This intense 2-hour workshop will expose you to negotiating skills yielding “top-of-range” beginning salary and benefits. Learn from an HR pro with 30+ years of experience. Bring your lunch.

### **VETERANS AFFAIRS DISABILITY CLAIMS REVIEW**

#### **(By Appointment Only)**

A representative from AMVETS, a veterans’ service organization, will assist you in processing your disability claim and answer questions. **Call the AMVETS Service Representative at 617-303-5698 for an appointment.**

### **SENIOR LEADER ORIENTATION COURSE**

**Tuesday, 6 March, 8:00 am — 12:00 pm**

One dozen mandatory Leadership Consultations for new senior military and civilian Materiel Leaders are provided in one 4-hour session. All new Materiel Leaders, CMSgts, First Sergeants, and civilian equivalents to any of the above positions/06 Functionals/Directors, and other leaders designated by the organization are invited.

### **ELDERCARE**

**Tuesday, Wednesday, and Thursday, 6, 7, and 8 March, 11:30 am — 1:00 pm**

Explore your role as an adult child of an aging parent and examine the critical issues facing your parent, such as negotiating the legal and medical insurance mazes, planning for alternative housing and care, and accessing community resources. Presented by Lucille Jerome, Director of Social Services at D’Youville Senior Care Center. Held in Bldg 1217.

### **BECOME A SUCCESSFUL COUPONER**

**Tuesday, 6 March, 5:00 — 6:30 pm**

Want to learn an easy and fun way to save money on groceries and household goods? Discover how to cut your grocery

and household goods spending in half. Find out about tools to buy products for a fraction of the cost, and even get items FREE! Change the way you shop forever! Learn specifics on how to shop at department stores, chain drug stores, local grocery stores and even the Commissary and BX.

### **PRESEPARATION COUNSELING**

**Wednesday, 7, 14, 21, and 28 March, 9:00 — 11:00 am**

Weekly sessions for separating and retiring service members to complete the mandatory DD Form 2648, Preseparation Counseling Checklist. **By law, this counseling must be provided at least 90 days prior to your date of separation or retirement. Service members must complete the counseling prior to attending the Department of Labor (DOL) Employment Workshop.**

### **DEPLOYMENT/REMOTE TOUR REUNION BRIEFINGS FOR SPOUSES AND CHILDREN**

**Wednesday, 7 March, 3:00 — 4:00 pm**

Simultaneous sessions for spouses and children ages 6 and older. Practical info to ease the transition home. The children’s session will feature a personalized gift for the returning parent.

### **E-SMOOTH MOVE SEMINAR**

**Thursday, 8 March, 11:00 am — 12:00 pm**

Learn how to navigate the new internet based resources designed for PCS moves, and where to get answers to your questions about your upcoming move. **Spouses encouraged to attend.**

### **MOVING WITH CHILDREN**

**Thursday, 8 March, 12:00 — 1:00 pm**

Parents! Please join us for this special presentation immediately following the E-Smooth Move seminar. We’ll discuss tips and techniques to help make moving and adjustment to a new school easier for your children — whether it’s their first move or their fifteenth.

### **PRIVATE SECTOR RESUME WRITING CLASS**

**Friday, 9 March, 9:00 — 11:30 am**

A basic resume writing skills course. It covers how to write and format an effective private sector resume and cover letter. Federal resume basics are also discussed.

### **DEPARTMENT OF LABOR (DOL) EMPLOYMENT WORKSHOP (Formerly known as the TAP Seminar)**

**Monday thru Friday, 12 — 16 March**

Assists voluntarily and involuntarily separating or retiring service members with career transition. Plan to attend at least 6 months prior to separation or retirement. Spouses are welcome! Seminar begins at 12 p.m. on Monday and runs 8 a.m. to 4 p.m. Tuesday and Wednesday; Thursday 8 a.m. to 4 p.m. and Friday 8 a.m. to 12:30 p.m., featuring outprocessing and benefits and entitlements briefings from base and Veterans Administration representatives.

### **PARENT/CHILD COMMUNICATION**

**Wednesday, 14 March, 10:00 — 11:00 am**

A look at the fundamentals of family communication. You’ll learn why effective communication is beneficial, how developmental issues impact communication, how to help children deal with feelings, and much more.

### **BUILDING RESILIENCY**

**Friday, 23 March, 11:30 am — 12:30 pm**

How well do you deal with change and loss? Join Hanscom’s Military and Family Life Consultant and learn about the characteristics of resilient people, methods for becoming more resilient, and how to cope and maintain a sense of stability in the midst of transitions.

### **INSTALLATION COMMANDER’S WELCOME**

**Monday, 26 March, 8:00 — 11:30 am**

**Held at the Airman & Family Readiness Center, Bldg 1218**

Your official introduction to Hanscom AFB features essential base and local community information for new arrivals. Receive information and tips on living and working in New England. Spouses are encouraged to attend!

### **FAMILY WELCOME**

**Tuesday, 27 March, 9:30 — 11:00 am**

**Held at the Airman & Family Readiness Center, Bldg 1218**

Attention newly arrived spouses and kids! Are you interested in learning all about Hanscom AFB and the surrounding area? Then this program is designed just for you. Receive money saving tips and shopping information while learning about schools, recreation, local attractions, safety, security, education, employment and more. For families with small children and all others.