

Regular Schedule

The following is a list of briefings and classes given on a weekly basis unless otherwise noted. See full descriptions on back. **REGISTRATION IS REQUIRED FOR ALL CLASSES/BRIEFINGS**
Call 226-4735 to sign up.

Monday

0830-1000 30/60 Day Reintegration Brief

Tuesday

0900 – 1500 Right Start Military (MPS Bldg. 653, Rm. 111)
0900– 1100 Reintegration Brief

Wednesday

0745 – 1600 Right Start with Spouses (O'Club)
0830 – 0930 Pre-deployment Brief
0900 or 1730 Survival Japanese Language Class (Misawa Inn Conf. Room)

Thursday

0745 – 1230 Misawa Cultural Tour (Misawa Inn Conf. Room)

Friday

0815 – 1430 Hachinohe City Tour (Misawa Inn Conf. Room)
0900 – 1100 Reintegration Brief

Monday	Tuesday	Wednesday	Thursday	Friday
		1 1030-1200 Easy Shiatsu (Acupressure)	2	3 PACAF Family Day A&FRC Closed 1000-1330 Strawberry Picking and Italian Buffet
6 Labor Day A&FRC Closed 	7 0800-1630 3-Day TAP Workshop	8 0800-1630 3-Day TAP Workshop 0900-1530 Career / Employment Clinic 1700-1930 Homebuyer's Education	9 0800-1630 3-Day TAP Workshop	10 0800-1200 TAP Benefits Briefing 1000-1200 Komaki Onsen Resort Tour 1230-1630 VA Mass Benefits Briefing
13 0800-1200 First Duty Station PFMP 1000-1200 Grocery Shopping in Japan	14 0900-1000 Sponsorship Training 1800-1930 Japanese Paper Craft	15 1030-1130 E-4 & Below Financial Refresher	16 0900-1430 Key Spouse Training	17 1000-1200 Antique Store and Second Hand Shops in Misawa
20 1000-1200 Japanese Cooking Class - Potato Croquette	21 1800-2000 Japanese Cooking Class - Potato Croquette	22 First Day of Autumn 	23 1830-2030 Key Spouse Info Share Expo	24 
27 	28	29 National Dog Week	30	

September 2010

Airman & Family Readiness Center . . . The Heartbeat of Misawa
Torii Bldg, 656
226-4735

DEPLOYED FAMILY EVENT**FAMILY MOVIE**

Saturday, 18 September 2010

1400 - Nanny McPhee Returns
Enjoy a free movie, popcorn, and
a drink.Advance sign-up required.Call 226-4735.**DEPLOYED FAMILY EVENT****FAMILY BINGO**

Saturday, 4 September 2010

1100 - 1400

Mokuteki Community Center
Conference Room, 2nd Floor

Free Pizza & Prizes provided by the A&FRC.

Advanced sign-up required.Call 226-4735.**GIVE PARENTS A BREAK****18 September 2010**

Yoiko CDC

1830 - 2230

The Airman & Family Readiness Center
is giving spouses of deployed members 4
hours of free child care! Please call or
come in to the office for a voucher.Advanced sign-up required. Call 226-4735**OUTSIDE THE GATE EVENT****GYOOZA PARTY**

@ the Misawa International Center

Sunday, 5 September 2010

1000-1200

Learn how to make Chinese Dumplings!
Please bring 600 yen to join the event.

Children are allowed to attend.

Advanced sign-up required. Call 226-4735

Class/Brief/Workshop Name	Description
3-Day TAP Seminar	3-day program designed to prepare military members and families for transition from military to civilian life. It covers topics such as skill transferability, job search, resume building, and psychological preparation for the transition.
Bundles for Babies	Briefings from support organizations for expecting and new parents. Learn budgeting, relationship, and parenting skills in a fun format with games, snacks, and prizes. Receive a free bundle of Gerber products worth \$70, a book, and tote bag.
Becoming Debt Free	Learn how to set up an effective budget and prepare for your financial future.
Employment Clinic	Seeking Employment in Misawa? This class will provide you with information on federal employment terms, how to read a job announcement, figuring out your eligibility, as well as how to apply, and resume review. Various representatives from on-base agencies will speak about job availability and how to apply.
Grocery Shopping in Japan	Off-base Japanese grocery store adventure to learn what ingredients are and how you can use them in Japanese cuisine.
Hachinohe City Tour	Visit the fish market, Shinto Shrine, downtown shopping district and enjoy lunch at the Lapia Mall (Fantasy Dome).
Homebuyer Education Class	Information on how much home one can afford, methods of financing, realtor selection, renting versus buying, pre-qualifying for a home loan, and ins and outs of the VA home loan.
Japanese Cooking	Experience the art of Japanese cuisine by learning how to make it at home. Each month features a different dish.
Komaki Resort Tour	Carpool to the famous Komaki Resort by the Misawa Train Station and see the resort's spas, museum and souvenir shop.
Misawa Cultural Tour	Guided tour of Misawa to orient newcomers. Visit the Buddhist Temple, Tonami Village & Museum, International Center for cultural brief & sushi tasting, and Veedol Plaza, including 100 Yen Store, Asahi Super City & food court.
Outside the Gate	Visit unique locations off-base each month with a Japanese tour guide and learn a new aspect of the Japanese culture.
Pre-separation Brief	Mandatory for all personnel retiring/separating. Active-duty required to attend at least 90 days before separating.
Readiness Brief	Required by all members assigned to a UTC or members PCS ing to a remote assignment to prepare for upcoming deployments. Spouses are highly encouraged to attend.
Reintegration Brief	Briefing upon return from deployments and remote tours to enable families and members less stressful homecomings.
Right Start Military	Mandatory in-processing for active duty personnel being reassigned to Misawa AB, held at MPF building 653, Rm. 111.
Right Start with Spouses	Mass briefing for inbound personnel and families providing information on base organizations, driver training course, and information fair.
Survival Japanese	4-part basic Japanese language course introducing useful expressions. Must start with part 1 and progress through part 4.
TAP Benefits Brief	Advises what to expect from specific agencies during separation/retirement. Also, for those who have not yet done so, Pre-Separation Counseling, completion of DD Form 2648, and VA Benefits will be discussed. Survival benefits are covered for those retiring.