



Incirlik Airman & Family Readiness Center
676-6755
www.39FSS.com

The Air Force recruits Airmen and retains families. The intent of this newsletter is to keep service members and families abreast of the ever-changing issues and build a sense of community. Comments are always welcome.

Calendar Spotlight

(call 676-6755 for information)

MilitaryOneSource launches "Hero Helpers"

7 May 09	Town Hall Meeting	5:00pm – 6:00pm	Club Complex
8 May 09	Spouse Appreciation Day	7:30am – 4:00pm	A&FRC
20 May 09	Key Spouse Meeting	5:15pm – 6:30pm	A&FRC

Hero Helpers is a viral marketing program designed to encourage individuals to spread the word about Military OneSource within the community. This marketing strategy uses pre-existing social networks to increase brand awareness and traffic flow to MilitaryOneSource website and toll-free number.

Participants will get the word out by passing out materials in the Hero Helper kit. This kit gives those eager to promote Military OneSource the information and resources to assist them in creating connections and conversations about the services offered to support all service members and families at no cost.

Go to the MilitaryOneSource website for more information

www.militaryonesource.com

FDA Warns Consumers to Stop Using Hydroxycut Products

The FDA has newly posted consumer warnings on all Hydroxycut products due to association with a number of serious liver injuries. The BX already pulled these products from their shelves, but we urge any current users to throw away products they already have.

Hydroxycut products are dietary supplements that are marketed for weight-loss, as fat burners, as energy-enhancers, as low carb diet aids, and for water loss under the lovate and MuscleTech brand names.

Go to the following website for more information:

<http://www.fda.gov/bbs/topics/NEWS/2009/NEW02006.html>

The HAWC needs you!

Incirlik's Health and Wellness Center (HAWC) is conducting a needs assessment survey. Please click on the link to take the short 10 question survey.

http://www.surveymonkey.com/s.aspx?sm=LDJtdG7EuZG_2biUI_2ftYFMaA_3d_3d

A&FRC Honors Spouses

For Military Spouse Appreciation Day on 8 May, the A&FRC is hosting a dessert buffet in building 3850 from 0730-1600.

Call 676-6755 for details.

IMPORTANT PHONE NUMBERS

SARC – 676-SARC (7272)

MFLC Adult – 0537-676-6924
MFLC Youth – 0506-927-5423

Mental Health – 676-6452

Chaplain – 676-6441
(After Hour Emergencies – 676-9920)

Military OneSource – 1-800-342-9647
www.MilitaryOneSource.com

National Military Appreciation Month, Military Spouse Appreciation Day

May is the month the country honors the extraordinary contributions of the some 2.4 million Americans in the Active, Guard and Reserve Force who chose to take the oath to defend the Constitution. and serve in the Armed Forces. Whether deployed in Iraq or Afghanistan, or supporting humanitarian operations at home or abroad, today's military personnel continue to serve this Nation with honor and distinction.

In a month honoring the military, it is only fitting that on the 8th of May we specifically recognize military spouses - our silent heroes. They serve beside those in uniform, selflessly relocating their homes and assuming new responsibilities at each new assignment. They understand long hours, exercises, inspections and deployments. They give us strength to drive on when duty calls.