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National Military Family Association Military Spouse Scholarship Program

The National Military Family Association (NMFA) is a nonprofit organization committed to improving the lives of military families. The NMFA is accepting applications for its Joanne Holbrook Patton Military Spouse Scholarship Program. Scholarships of up to \$1,000 are awarded to military spouses to obtain professional certification or to attend post secondary or graduate school.

Applications will only be accepted online at www.nmfa.org/scholarship and must be submitted by midnight February 1, 2009. Spouses of uniformed service members (active duty, National Guard and Reserve, retirees and survivors) of any branch or rank are eligible to apply. Scholarship funds may be used to assist with tuition, fees, and school room and board.

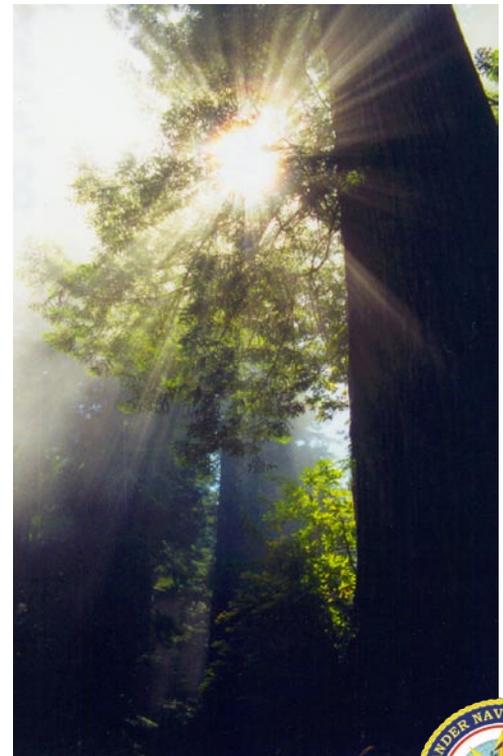


Are you Resilient?

Resiliency is the ability to adapt to life's changes and crises. For those of us who live a Navy lifestyle it is key to a healthy, productive life.

Navy and Marine Corps Public Health Center's web site, www.nehc.med.navy.mil/hp/stress/Resilience.htm, has some great links including a quiz to assess your level of resiliency and resources to help you strengthen your resilience. There are too many topics to list them all, but some include:

- Turning Anxiety Into Opportunity.
- Muscular Mind.
- Ways to Restore Balance.
- Hope.
- Guide for Coping
- How to Stay Upbeat and Positive!
- Mental Fitness.
- Good Humor, Good Health.
- 12 Signs of Psychological Health.
- Jimmy Buffet—Managing Stress.
- Forgive and Move On.



Post Deployment Information

After deployment service members and their families may experience adjustment problems. Some are uncomfortable seeking an in person consultation, but they still need—and deserve—psychological support. Help is just a click away at www.post-deployment.org.

Online programs offer support for concerns including depression and stress, relationships, difficulties at work, anger management, sleep problems, alcohol and drugs, and more. Other specialized programs include spirituality, living with physical injuries, and maintaining balance among competing interests in daily life. The web site also provides a program for helping children deal with deployment and separation.

The *After Deployment* web site is a congressionally mandated pilot program and a core project of Defense Centers of Excellence. It went online in August 2008, and content is being added daily. More than 1,000 users have registered so far.

The web site is designed for active duty service members, veterans and their families, but it is available to anyone and may be accessed anonymously.

Great Lakes Sailors Welcomed Home

We don't often think of Sailors deploying from the Midwest. However, Great Lakes Individual Augmentees (IAs) were welcomed home during a recent recognition ceremony. Over 100 individuals, including friends and family members, attended the event which featured welcoming remarks by Rear Adm. Douglass Biesel, Commander, Navy Region Midwest, and a "Thank You to our Navy Heroes" by Capt. David Schnell, commanding officer, Naval Station Great Lakes.



Rear Adm. Jonathan W. Greenert, Commander, U.S. Fleet Forces Command, met privately with the returning IAs following the recognition ceremony.

"Our true strength has always been our people," said Schnell. *"We are 332,000 active duty and 123,000 reserve Sailors strong. Those Sailors are supported by 184,000 Department of the Navy civilians. There are 14,804 individual augmentees and mobilized reservists with boots on the ground."* he said.

"This is hard work," Schnell said, *"though these extended tours are more difficult on Navy families than they are on Sailors,"* he added. *"Sailors are focused on the mission at hand, and are with their shipmates gaining support from those who share their difficult experience,"* he said. *"The families, on the other hand, are asked to endure longer than normal separations often without the benefit of other families who are going through a similar experience. However, in typical American fashion you have endured, he told those present."*

Earn Extra Cash

Temporary workers are needed to do interviews for the 2010 National Census. Pay ranges between \$10-22 per hour plus mileage reimbursement. Training is provided and hiring begins in February 2009. Call 866.861.2010 or go to www.census.gov/2010censusjobs.



IA Families Go Zooy



Fleet and Family Support Center NAS Jacksonville, and Morale Welfare and Recreation recently hosted a fun day at the zoo for IA families. A bowling night and a brief by the Florida Joint Family Support Assistance Program are upcoming events. Outings give family members of individual augmentees a venue to socialize, provide an opportunity to network, and discuss coping strategies while loved ones are deployed. During these meetings the FFSC hosts a guest speaker and dinner where children are welcome to attend or can be dropped off at the base Child Development Center at no cost. On alternating months the FFSC organizes and hosts social events that are family oriented. Check with your local FFSC to see what programs are available in your area. Go to www.ffsp.navy.mil to find the FFSC nearest you. And, don't forget, if you live near an Army, Air Force or Marine Corps base you may use their services.

Are you Current in NFAAS?

It's always good to ensure Navy has your current contact information and even more important before your Sailor deploys. Make sure your Sailor's command has your address and telephone number and if you move during the deployment, let your command ombudsman know. (You can find your ombudsman at www.ffsp.navy.mil.)

Also, review your families' contact information in the Navy Family Accountability and Assessment System (NFAAS). If you move while your Sailor is deployed you can update the data base. The Navy uses this information to locate and assist IA Sailors and their families throughout the deployment. In fact, that's how you received this newsletter. It is especially important to be able to contact you quickly in case of a natural disasters or if your Sailor is injured or ill.

Log onto NFAAS at www.navyfamily.navy.mil. Select the NFAAS-NAVY FAMILY MEMBER tab. To successfully log on you will need your Sailor's social security number and birth date to receive access and make changes.

Update your family information under the MY INFO tab. Enter the family members (or IA Preferred Contact) contact information in the CONTACT INFO and FAMILY MEMBER INFO sections. This contact information will be used by your Sailor's command and Fleet and Family Support Center staff.

If you require assistance or would like information on receiving support or resources for any questions or concerns, you may complete a survey under the ASSESSMENT tab. It only takes a few minutes to update your family information.

Exceptional Family Member Respite Care

If you have a child enrolled in the Exceptional Family Member Program as a Category 4, which means your child has a medical condition that requires assignment near a major medical facility, and you live in San Diego, Jacksonville, Bremerton, Norfolk or Washington DC, you may be eligible for up to 40 hours per month of free respite care. Families whose Sailor is deployed have priority for this new pilot program. Contact your local EFMP Coordinator at your medical treatment facility for more information.



Top Ten Most Common New Year's Resolutions

If you are like a lot of Americans you'll make a resolution as you begin 2009. See how your resolution compares to those most commonly made::

1. Quit smoking.
2. Lose weight.
3. Quit drinking.
4. Go back to school/take a class/learn a new skill.
5. Spend more time with your family.
6. Try something new.
7. Get organized.
8. Take a trip.
9. Pay off debt.
10. Get a better job.



Now, how do you achieve your resolution? Make sure to:

- Chose an attainable goal.
- Be specific. Say, "I will lose 10 pounds by June 1, 2009," rather than, "I want to lose weight."
- Write it down.
- Tell someone.
- Work on your resolution with a pal for support and encouragement.
- Don't give up when you encounter a setback.
- Use positive self-talk.
- Visualize success.
- Celebrate successes both small and large.

Have a safe, happy and healthy 2009.



ECRC IA FAMILY HELPDESK

ecrc.fs.fct@navy.mil

ECRC IA WEBSITE

www.ecrc.navy.mil

The constant current source for IA information.

ECRC IA HELPDESK

ecrc.hq.fct@navy.mil

For **EMERGENCIES**

Staff Duty Officer (757) 763-8640

24 HR Toll Free Family Hotline
1-877-364-4302 *Etrudere tisturatrei*





Troop Tube

Troop Tube is an online video site, much like You Tube, but approved for use on military computers. The site is designed to help military families connect and keep in touch while miles apart. You can quickly upload and share videos with your Sailor or the world; however, remember that videos are reviewed to ensure there are no security breaches. Set up an account at www.trooptube.tv.

Pictures are worth a thousand words. Record the everyday things you take for granted. Document the kids playing, sleeping and even being uncooperative. Take a walk in the neighborhood and capture the changing seasons, the neighbors dog. Just remember, other people WILL see your video.

Talk with Other IA Family Members

An IA family member it is often challenging to be able to talk with other family members who are experiencing a similar type of deployment. If you live near a Fleet and Family Support Center meetings are available, but if you do not, you can still talk with other family members! Join us on the following dates for a conference call and dial in with your questions or concerns. Staff from Navy Family Readiness Programs will facilitate the call and there will be plenty of time for discussion.

Are You Ready for Deployment?

You'll know you're as ready as you are ever going to be if you have these ten things in place.

January 8, 2009, 3:00 PM Eastern Time

Toll-Free Number: 888-889-0915

Access Code: 56518

Homecoming at Last!

Thinking about homecoming is so exciting. Why do people say it's more difficult than the deployment? Discuss tips from those who've "been there/done that".

January 13, 2009, 2:00 PM Eastern Time

Toll-Free Number: 888-889-0915

Access Code: 67522

Am I the Only One?

IA deployments are different. Even your friends whose Sailors are on "normal" deployments don't seem to understand. Talk with other IA family members who "get it".

January 22, 2009, 7:00 PM Eastern Time

Toll-Free Number: 888-889-0915

Access Code: 58596

