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TRICARE Expands Behavioral Health Care

TRICARE launched a web-based TRICARE Assistance Program (TRIAP) and telemental health program, which uses telecommunication technologies to bring counseling assistance and behavioral health care closer to patients. If you have a computer, webcam and the associated software you can speak "face-to-face" with a licensed counselor over the Internet at any time of the day or night.

Counselors provide confidential, private discussions on a variety of topics such as:

- Stress management (work, family, personal).
- Family difficulties and pressures.
- Family separations/deployments.
- Relationships and marital issues.
- Parent/child communication.
- Self-esteem.

For more information go to the [TRICARE's TRIAP](#) webpage.

Mom's "Li'l Heroes" Program

Expectant and new mothers can get cost-saving coupons, a direct link to parenting experts, access to online forums for parents and a monthly bulletin specifically for new mothers from the Defense Commissary Agency's Li'l Heroes Program at www.commissaries.com/baby. It is free to military families, including Guard and Reserves, and is accessible 24/7.



This Program focuses on the newest arrivals to military families and provides new mothers with a multitude of cost-saving offers and parenting resources. In addition to the wealth of information posted on the website, DeCA offers a free subscription to its monthly electronic publication, *Li'l Heroes Benefit Bulletin*. Through this bulletin, mothers can access links to DeCA industry partners for special thank-you gifts, promotional offers, discounts coupons and parenting information from reliable experts. DeCA dietitian, Army Reserve Lt. Col. Karen Hawkins, and home economist, Kay Blakely, provide expert advice to new parents.

Riverines: Brown Water Navy

by Jennifer Mancini, NECC FORCE Ombudsman



The proud heritage of Riverine Sailors dates back as far as the Revolutionary War. Small war crafts played an essential role in the course of conflicts throughout our nation's history. Riverines' many capabilities include, but are not limited to, patrolling deep inland waterways with versatility and speed, maneuvering to prevent the flow of contraband, logistical support and closing the gaps in maritime environments.

In 2006, the first United States Navy Riverine command was stood up since the Vietnam War. To date there are three squadrons which fall underneath Riverine Group One. These Squadrons trained for eight strenuous months transforming from blue water Sailors into brown water Riverines.

These three squadrons have successfully completed, at least one, six or seven month tour in Iraq. During this time the importance and value of these forces continue to be recognized as they patrol rivers, dams, and lakes where they disrupt movement of enemy forces and supply, support joint and ground forces, as well as offering humanitarian support to the locals.

Riverine families must endure a high operations tempo during stressful training cycles and deployment operations. As a result of this environment Riverine leadership, Ombudsmen and Family Readiness Group leaders attend training that prepares them to respond to traumatic events that include: casualties, woundings and natural disasters. This vigilant manner allows them to support and inform families. Continual awareness and proactive performance is their focus; family readiness equals mission readiness.



Career Fair Success

by Panshella GM Cole, CNIC-Family Employment Program Analyst

One of the official signs that Summer is “drawing to a close” is the increase in the number of career fairs across the country. Whether you are a first time attendee or have attended a career fair only to leave without an interview or a promise for a follow-up phone call. Have no fear. The Family Employment Readiness Program at the Fleet and Family Support Centers offers the following tips to assist you in making the most of any career fair.



Look the Part

If you want the job—dress as though you’ve already got the job.

Business attire. A neutral colored suit is always a good choice. By the same token comfortable shoes are a must. You will undoubtedly spend a fair amount of time walking therefore your comfort is essential. Additionally, have several copies of your resume and business cards on hand as well.

Check out the area

When attending a career fair, use your time wisely. Make a note of where each company is located. Try not to spend an excessive amount of time with one employer. In order to cover more territory, consider collecting brochures to review. You may want to browse the area—walk the aisles are there any “surprise companies” present that weren’t on the sponsors ad? Gather the company’s information—make sure to visit their booth prior to leaving the career fair.

WOW Them!

You’ve done your homework -you have a sense of the company’s culture and its vacancies ,with this knowledge and the company background information, its time to market yourself. Start a brief conversation with each representative-make eye contact—ask a couple of questions but don’t monopolize the entire time. Be engaging and gracious to everyone you meet- try not to act desperate. End with a firm hand shake.

After the career fair, send a brief Thank you card to those employers you have met—reminding them of your interest in working at their organization. The rest is up to you—Remember you are the CEO of You!

For more information on Career Fairs and other employment related issues, contact Fleet and Family Support Center’s Family Employment Readiness program at www.ffsp.navy.mil.



“Good” Things about Deployment



Jena and her son recycling less during deployment.

In the August issue of the *Family Connection* newsletter we started a list of “good things about deployment.” Here are some additions to the list:

Jena shares her son’s comment, “Mom, we have way less recycling when dad is gone.”

Maria says, “One good thing about this deployment for me is that I use this as a time to focus on ‘me.’ I’ve been going to the gym a lot more lately now that my Sailor is deployed. They say that exercise releases the same kind of hormones as anti-depressants so when I’m feeling a little blue from missing my Sailor I hit the gym and I always feel a little better after a good workout.”

Brenda, who is a spouse as well as a Sailor herself, says good things about deployment are:

- “Time to get closer spiritually to God.”
- “Wake up when you want if you have no children.”
- “Go to sleep when you want.”
- “Leave home when you want and not have to explain or tell where you are going.”
- “Talk on the phone more.”

Nan, Detachment Ombudsman, Naval Mobile Construction Battalion 23 (Fort Belvoir, VA), offers, *Good things about deployment* are:

- “You grow stronger in your faith.”
- “You realize distance DOES make the heart grow fonder.”
- “You save money on gas by driving only one car.”



Conlon family.

NAS Lemoore IA/GSA Family Connection Group



NAS Lemoore IA/GSA Family Connection Group

NAS Lemoore IA/GSA Family Connection Group helped say goodbye to the summer before the school year began. The water was cool, the sun shining and best of all, everyone had a great time with their favorite summer picnic food and super conversation. Last month the group spent our second year bowling at the base bowling alley. Daresay, we are ready to compete with the best of them! Lemoore’s IA/GSA Family Connection Group meets the last Wednesday of each month. Contact your nearest military installation to see what is available for family member’s whose loved one is deployed.



High Noon Arrival

by Wanda McDaniel, FFSC, NAS Whiting Field

It's high noon at the Pensacola Airport—the arrival day of Lt. Luke Patterson, Returning Individual Augmentee. His wife, Amanda, their three children, Connor, Victoria and Jon, more than 30 friends, FFSC and USO staff are standing around anxiously awaiting Luke's arrival after a 13 month deployment. We receive word that the plane has landed. Everyone takes their positions with banners, flags and balloons.



Patterson Family

We wait. Passengers start coming down the terminal, then Amanda says in a shaky voice, "There he is!" As we look down the terminal we see a Sailor, dressed in camie's, drop his backpack as he starts running toward the crowd with the biggest grin on his face I have ever seen. The kids take off toward him as his wife stood there frozen. She had anticipated this moment for days. Now she couldn't move. I reach over pat her on the back and say, "Go to him." With that she takes off. He grabs her when she gets to him and won't let go. I never knew the meaning of "Bear Hug" until now. Somewhere behind me someone starts clapping and the crowd goes wild. It seems like ages before he releases his embrace; there's not a dry eye in the place. We take lots of pictures, give Luke goodie bags from the FFSC and the USO, and send them on their way. Amanda looks at me and asks, "Will you stay

in touch?

"Oh yes, for at least six more months and longer if you need me," I reply.

"Thanks." she says as she turns to take her family home.

It's times like these that I really love my job.

USAF 2Lt Brian Collins is with me as he is awaiting flight school. He has been in the military only a few months and I wanted him to experience the respect and admiration you receive when you are in the military or part of a military family. On the trip back to the center, all he could say was, "That was the greatest thing I have ever seen, Why don't all commands meet their people at the airport?" I couldn't answer that one. But I feel assured that when he takes command of his troops, they *will* be met with a welcoming committee upon their return home.

September is a Great Month to...

Since we were kids September has been the month to start fresh... new clothes, new crayons, new teachers, new friends. As adults, the cooler temperatures of fall help jumpstart our energy to tackle new projects. Here's a list of ten things to do in the fall:

1. Shop for holiday presents for best selection. Use store "lay-away" options to ensure you stay within budget.
2. Get in shape. Check out free memberships at the YMCA www.asymca.org or explore rec opportunities on base at www.mwr.navy.mil.
3. Have a financial tune up. Contact your Command Financial Specialist, Fleet and Family Support Center Financial Educator or local credit union and get free advice on making your money work for you.
4. Learn to sew or quilt. Local fabric shops often offer free or low cost classes.
5. Read more. As the days grow shorter and cooler, transport yourself to another place at no cost via a book from your local library.
6. Volunteer. The Navy-Marine Corps Relief Society helps families with financial problems and runs almost exclusively with volunteers. The society will pay for child care while you are volunteering and reimburse mileage.
7. Go through your clothing and donate winter clothes that you haven't worn in at least a year. You can take a tax deduction and feel good knowing that your clothing will be worn by someone in need.
8. Tackle lawn work. Weed, plant spring flowering bulbs, winterize plants and bring house plants back indoors.
9. Get your dog certified as a canine good citizen and visit veterans or others confined to hospitals or nursing homes.
10. Experiment with cooking a new recipe every week and you'll be able to dazzle your Sailor with your culinary prowess at homecoming.

Submit your ideas to shauna.turner@navy.mil for inclusion in next month's newsletter.

