

## Contents

American Red Cross – Supporting America’s Military Families

Family Meals Do More than Put Food on the Table

The Importance of Encouragement

Cyber Crisis: Protecting U.S. Companies and Your Family in a War Waged by Hackers

Identity Theft and Your Child

Military Child Education Coalition Online Training For Families

Bernard Curtis Brown II Memorial Space Camp Scholarship Recipients Learn About STEM

Military Student Online Complaint System

Spouse Ambassador Network

Employment and Transition Corner

Family Connection is a publication of the Fleet and Family Support Program.

The Navy’s Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact Timothy McGough at [timothy.mcgough@navy.mil](mailto:timothy.mcgough@navy.mil).

Visit us online at:



## American Red Cross – Supporting America’s Military Families

The Spanish-American War of 1898 was the first time the [American Red Cross](#) provided services to members of the American armed forces at war. Today, the Red Cross continues to meet the needs of the military and is expanding the services provided to veterans. ARC’s services are available 24 hours a day, 365 days a year. The support provided by the Red Cross to military members and their families enhances morale and contributes to increased operational capability in several ways:



**American Red Cross**

- **Emergency communications.** Service members stationed anywhere in the world, including on ships at sea, at embassies and in other remote locations can receive notifications of emergencies, such as the death or serious illness of an immediate family member, as well as good news, like the birth of a service member’s child or grandchild.
- **Financial assistance.** Under partnership agreements with the Air Force Aid Society, Army Emergency Relief, Coast Guard Mutual Assistance and the Navy-Marine Corps Relief Society, ARC provides quality, reliable financial assistance to eligible applicants for emergency travel, burial of a loved one, emergency food and shelter and other immediate needs.
- **Information and referral services.** Confidential services to all military personnel (active-duty, National Guard, Reserve and veteran) and their families assist in identifying needs and connecting persons to the most appropriate Red Cross or local community resources. Services ranges from responding to emergency needs for food, clothing and shelter to counseling services (e.g., financial, legal, mental health), respite care for caregivers and other resources that meet the unique needs of local military members, veterans and their families.
- **Deployment services.** Whether a family is facing its first deployment or the next of many, the American Red Cross has developed workshops and information and support services to help family members with practical and emotional challenges throughout the deployment cycle.
- **Services for veterans.** Services for veterans date back to World War I. Today, the Red Cross is proud to maintain its commitment to the men and women who have served in the U.S. Armed Forces.

As always, the men and women of the American Red Cross show their appreciation for the dedicated service and patriotic sacrifices of America’s military men and women and their families by being there to support the mission, wherever and whenever needed.





## Family Meals Do More than Put Food on the Table

Make mealtime a family time. If you can get together for meals even a few times a week, family meals mean healthier eating. The Academy of Nutrition and Dietetics [National Nutrition Month Campaign](#) encourages all families to make a commitment to eating more meals together and "Enjoy the Taste of Eating Right."

This year's National Nutrition Month theme, "Enjoy the Taste of Eating Right," reminds families to return to the basics of

"We as parents are our children's first and best role models, and this is particularly true when it comes to their health. ... We can't lie around on the couch eating French fries and candy bars and expect our kids to eat carrots and run around the block."

~Michelle Obama

healthful eating by returning to the family dining table. Family meals do much more than put healthy food on the table. Mealtimes offer time to talk, listen and build family relationships.

As part of its public education campaign, the National Nutrition Month website includes a variety of helpful tips, games and nutrition education resources, all designed to spread the message of good nutrition.

No matter their children's ages, parents and caretakers can find many resources and a wide range of information about eating right at [Kids Eat Right](#), a joint initiative of the Academy of Nutrition and Dietetics and the Academy's Foundation. Visit the Academy's website to view a [library of recipes](#) designed to help you "Enjoy the Taste of Eating Right."

## The Importance of Encouragement

One of the founding fathers of psychotherapy, Alfred Adler, believed that all people need to be understood in their social surroundings. He also enlightened the medical and psychological field to the importance of *encouragement* towards our fellow humans, as encouragement from others helps us cope with hardship and view failure in a more hopeful light.

Encouragement is defined by Merriam-Webster as "something that makes someone more determined, hopeful or confident." In sports psychology, researchers were able to measure the amount of encouragement that made a significant improvement in exercise tolerance. It was found that verbal encouragement given every 60 seconds or so was the critical element that made people perform at their maximum levels. Another study about resiliency for families coping with trauma noted that family members were much more likely to view life-changing events as a natural life process, seek out and sustain more social support, view themselves more positively and hold a more hopeful outlook of the future when given encouragement. In other words, they became more resilient.

In the family environment it is important to maintain a sense of encouragement during challenging times because it helps the individual and entire family deal with adversity in a healthy way. So, if you are reading this article, you are on the right track for empowering yourself and loved ones. Keep increasing your family resiliency by encouraging your family, socializing and utilizing your [Fleet and Family Support Center](#) to the fullest!

**Add JSS to your Mobile Network**  
[www.jointservicesupport.org/jss/Mobile.aspx](http://www.jointservicesupport.org/jss/Mobile.aspx)

**JSS Dial-in Access 24/7?**  
**1-877-JSS-NOW1**  
 (577-6691)

### Relocation Tip Travel Resources

Contact [CWT Sato Travel](#) to discuss how they can help you make your air-line, hotel, train and car reservations for business and personal travel.



### New Spouse Orientation



New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It

provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

### Ready and Resilient Sailors and Navy Families Video Podcasts

Sailors and families are invited to view this series of [podcasts](#) designed to help Navy families adjust to the challenges of deployment.



## Cyber Crisis: Protecting U.S. Companies and Your Family in a War Waged by Hackers

The Army issued a warning to service members and their families on February 7 after it identified a fake benefits website targeting military families. Officials from the U.S. Army Criminal Investigation Command (CID) stated the fraudulent website, [www.usmilitarybenefit.org](http://www.usmilitarybenefit.org), attempted to capture service members' Army Knowledge Online (AKO) accounts, email accounts, passwords and other personal information.

News of a fake website targeting military families draws attention to online security threats all families face in our rapidly changing, increasingly digital world. To help families avoid these types of threats and preserve their privacy online, The National Military Family Association hosted a forum entitled "Cyber Crisis: Protecting the U.S. Companies and Your Family in a War Waged by Hackers." To learn more, view the [video](#).

## Identity Theft and Your Child

Children make tempting targets for identity thieves. The reasons are clear: A child's identity is a blank slate, and childhood identity theft is likely to go undetected for years. By then, the damage may be extensive. But there is some good news. By understanding the issue and looking out for warning signs, parents can catch identity theft early and undo the harm before it impacts their child's future.

Visit the [Better Business Bureau](http://www.bbb.org) for useful tips and resources to better identify if your child has had their identity stolen or improperly used.



## Military Child Education Coalition Online Training For Families

Military Child Education Coalition (MCEC) offers a series of [online courses](#) for those concerned with the well-being of our nation's military-connected children and youth. These concise, practical trainings offer an excellent opportunity to connect with others invested in supporting military families during challenging times. Designed for family members, caregivers, educators or professionals working with military children, the courses are adaptable and portable to fit individual situations.

The first course, *The Journey from "Welcome Home" to Now: Reunion, Reconnecting, Routine*, features dynamic instructors who identify potential reintegration stressors, suggest supportive activities and strategies and emphasize service and "giving back" as an important trait to ensure opportunities to thrive. The soon-to-be released second offering, *Helping Military Children Discover Their S.P.A.R.C. (Strength, Potential, Aspirations, Resourcefulness, Confidence)* takes a look at what motivates students to bring their very best efforts to all their education endeavors, and develops guidelines to ensure that happens.

## Bernard Curtis Brown II Memorial Space Camp Scholarship Recipients Learn About STEM

Each year, the Military Child Education Coalition sends select students to Space Camp. There, military-connected children experience science, technology, engineering and math (STEM) programs in action.

The 2013 recipients who successfully completed Space Camp in Huntsville, Alabama this past summer represented the best and brightest and came from across the world as well as all service branches.

The Curtis Brown II Memorial Space Camp scholarship covers full tuition to include:

- **Round trip transportation** (from student's home base to Space Camp).
- **Meals**
- **Lodging**
- **Program materials**

Visit the MCEC's [Bernard Curtis Brown Space Camp](#) to see eligibility requirements, the application process and to download the application form.



## Military Student Online Complaint System

The federal government values education programs designed to support the professional development, personal development and successful transition of service members to the civilian workforce. In response to recent reports of misleading behavior by education institutions, the Department of Defense and other federal agencies have partnered to create an online complaint system. The system is designed to collect feedback on problems with education institutions experienced by veterans, service members and their families pursuing higher education through the Post-9/11 GI Bill, military tuition assistance and other education benefit programs.

- **Military tuition assistance.** Students participating in tuition assistance or Military Spouse Career Advancement Accounts Scholarship program can provide feedback through the [Department of Defense](#).
- **Montgomery or Post 9/11 GI Bill.** Students using GI Bill benefits can provide feedback through the [Department of Veterans Affairs](#).
- **Federal financial aid.** Students receiving tuition assistance from Pell Grants or federal loans can provide feedback through the [Department of Education](#).
- **Private student loans.** All other students can provide feedback regarding participating institutions via the [Consumer Financial Protection Bureau](#).

## Spouse Ambassador Network

Networking is a way to build and nurture professional connections and relationships. It is considered one of the most effective ways of finding a job, particularly in challenging economic times. According to the U.S. Bureau of Labor Statistics, networking leads to 70 percent of all jobs. Through networking, spouses can uncover job opportunities that have not been posted to or may never appear on job sites. Sometimes networking can create an opportunity that did not previously exist.

The Spouse Ambassador Network is the Department of Defense's Spouse Education and Career Opportunities' new initiative, designed to create opportunities by leveraging existing networks of support for military spouses. [Military Spouse Employment Partnership](#) (MSEP) partners form the foundation of the Spouse Ambassador Network. Organizations that are a part of MSEP share common goals with the DoD in raising awareness about challenges related to military spouse employment, while increasing career opportunities compatible with the mobile military life. Visit [MySECO](#) for more information.

## Employment and Transition Corner

### New GI Bill Comparison Tool

The [Department of Veterans Affairs](#) just announced the launch of VA's new GI Bill Comparison Tool. Now you can find information online about Post-9/11 GI Bill benefits and the schools and training programs available to education beneficiaries. The new tool was developed with the assistance of the Consumer Financial Protection Bureau, the Department of Defense and the Department of Education.

The GI Bill Comparison Tool provides key information about college affordability and brings together information from more than 17 different online sources and three federal agencies, including the number of students receiving VA education benefits at each school.



### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click "Links and Resources."

### IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)



# 90% Discount on SAT and ACT Test Prep

eKnowledge Offers \$250 SAT and ACT PowerPrep Programs For Under \$20.00



eKnowledge is offering \$250 SAT and ACT test prep programs for just the cost of providing the programs (under \$20)...the fee covers everything, including: materials, shipping, student support, and streaming. You may request your programs online:

[www.eknowledge.com/USNavy](http://www.eknowledge.com/USNavy)

The Donation Project is in alliance with the Department of Defense and supported professional athletes from the NFL

and MLB as well as 150 Affiliate Partners. In 8 years, eKnowledge has donated more than 200,000 SAT/ACT programs valued over \$44 million – no profit is created by the donation effort and all proceeds are reinvested to improve the program.

**eKnowledge has received thousands of thank you notes from families just like yours:**

*“You are great!! Thanks so much for taking the opportunity to help a military child. With all the moving we do and switching schools all the time, this will help us so much!”*

Kelly Snow 1/25/2014

The SAT and ACT PowerPrep™ Programs are available online or on a single DVD. Programs include more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, and practice tests Students select the training they need and study at their own pace.

**Request your program online:**

[www.eknowledge.com/USNavy](http://www.eknowledge.com/USNavy)

or call: 951-256-4076

SAT/ACT Test Dates 2014

<b>SAT</b>	March 8	May 3	June 7	October 11	November 8	December 6
<b>ACT</b>	February 8	April 12	June 14	September 13	October 25	December 13

The SAT/ACT Project waives 100% of the retail cost (\$200 to \$250) of all STANDARD version programs and up to 93% of all other programs and services (up to \$1,575). For Standard Programs there is a nominal per program, student fee of under \$20 for materials, shipping or streaming.

For further information contact Lori Caputo, 951-256-4076 [LoriCaputo@eknowledge.com](mailto:LoriCaputo@eknowledge.com)