

July 2010

NEWSLETTER

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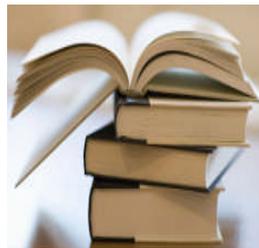


Information & Referral Resources for Military Personnel and their Families

Members of the military and their families face very difficult and specific issues. In addition to the "normal" pressures of daily life, military families deal with numerous issues the general public doesn't have to concern themselves with. These include preparing for deployment; the experiences of separation and return; the uncertainties of regular relocation; anxiety over potential or actual grief and loss; and the need to obtain military-specific benefits.

Military family centers are located on most military bases to provide information and referral, life skills education, crisis assistance, advocacy and support services to military personnel and their families. The Fleet and Family Support Center is the Navy's equivalent of these centers. Regardless of the moniker, the idea is the same – the family centers are there to provide services and information to YOU!

Your local Fleet and Family Support Center (FFSC) offers a broad spectrum of resources and services available to the active duty member and their families, retirees and their families, as well as DoD civilians, and contractors. On occasion, services may be limited to active duty members or active reservists and their families.

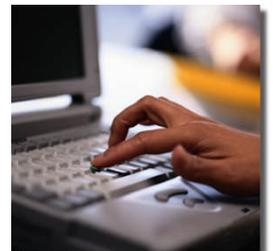


The FFSC boasts an extensive Resource Library covering information in topics such as transitioning from active duty to relocation to financial assistance. The library maintains 3 customer computers for those individuals who may not have access to one, written materials and tutorials that can be checked out, and many information and referral handouts for quick reference.

There is a variety of electronic files available for the customer to research their next move or to learn how to apply for a federal job.

Our FFSC Newsletter highlights the services available at the center including a feature article, local area happenings, and a calendar of events highlighting the programs and events the FFSC will host each month. The Newsletter is an excellent way of staying up on what is happening at the FFSC.

The Fleet and Family Support Center was designed with you in mind. We exist to serve the military family. So, the next time you're wondering what resources are available to assist you, stop by your local FFSC.



The
Fleet & Family Support
Center

HURRICANE TIPS: Be Prepared! Be Aware! - Don't Wait, Evacuate

By Debra Forand, Disaster Case Manager NSA-PC FFSC

When your family hurricane disaster plan includes an evacuation to a safer area it is best not to wait. Put your evacuation plan into action as soon as possible.

The National Weather Service will issue a hurricane watch when there is a threat to coastal areas of hurricane conditions within 24-36 hours. In choosing your destination, keep in mind that the hotels and other sheltering options in most inland metropolitan areas are likely to be filled very quickly in a large, multi-county hurricane evacuation event.



Here are a few things you should consider prior to evacuating.

- ATM's will go out when the power goes out, have cash/travelers checks on hand
- Have multiple evacuation routes
- Make sure you car's fuel tank is filled, try to do this as soon as possible
- Be sure your mobile phone is charged, and have a car charger for it
- Let someone know where you are
- Prepare special items for infants, elderly, or disabled family members
- Take with you any prescription medications and/or medical supplies
- Low lying areas and mobile homes should be evacuated



Additional important items you should always take with you in your evacuation:

- US Passports for all family members; if you have them
- Personal Records (birth certificate, medical and immunization records, etc.)
- Proof of residence, Insurance papers, and Housing Documents
- Automobile Papers (bill of sale, registration, etc.)
- Other Legal Documents (insurance policies, powers-of-attorney, etc.)

You should have a disaster supply kit for your car all ready and packed. This should include items such as;

- Battery powered radio, flashlight, extra batteries for both
- Extra set of automobile keys
- For kids: car friendly games and toys (cards, puzzles, books, etc.)
- Booster cables, flares, fire extinguisher (5 lb., A-B-C type), First aid kit
- Bottled water
- Non-perishable high energy foods, such as granola bars, raisins, and peanut butter
- Blankets, toiletries such as toilet paper and baby wipes
- Maps, Shovel, Tire repair kit and pump



If you need further information on local shelters, evacuation procedures, maps, or any other hurricane preparedness information, you can visit your Fleet and Family Support Center, Bldg 304 or call (850)234-4898.

Disaster Preparedness Resources For your Pets and Livestock!

The Humane Society of the United States (HSUS) has an abundance of information on how to help you prepare and protect your companion animals and livestock in the event of a disaster. There's even a quiz to help gauge your disaster preparedness IQ!

HSUS also actively assists animals caught in the aftermath of a natural or man-made disaster, emergency or crisis.

If you would like more information on preparing you pets and livestock, or about the HSUS Disaster Services program visit their website @ http://www.hsus.org/hsus_field/hsus_disaster_center/hsus-disaster-center.html or stop by the Fleet and Family Support Center, Building 304, Room 136.

CinCHouse: A Great Website for Military Families

In it's 10th anniversary 'Netrospective,' Yahoo named CinCHouse.com as one of the 100 most important things to happen to the Internet in the last 10 years.

CinCHouse.com is the Internet's largest community of military wives and women in uniform. Pronounced 'sink- house', they represent the "Commanders in Chief of the House", including girlfriends, fiancées, moms, sisters and all other women who live the military lifestyle. CinCHouse's mission is to provide information, resources, and a community of friends to help you survive the toughest times and enjoy the adventures of military life. You CAN do all this while progressing in your career, continuing your education, raising your children, and pursuing your dreams.

CinCHouse features terrific articles on everything about military life, from dealing with deployment to relocating your job. Our extensive forums and chat rooms are filled with military wives located around the world and online 24 hours a day, seven days a week. We also provide unique tools for family readiness groups and spouse leaders to attract new members, retain them, and create a terrific community around each command. And ultimately, have fun with contests and silly stuff that keeps things light.

Articles are syndicated to base newspapers, military-related publications, and partner publications including the USO's magazine "On Patrol."

CinCHouse was originally founded by Meredith Leyva in 1999 when she was a marketing executive in Washington, DC. A 'newbie' wife terrified by the Navy's threat of deployment and relocation, Meredith jimmied up a web site for her fellow command spouses to chat online and post news, whether while at work or late at night after the kids had gone to bed. Within four months, that little site had 40,000 visitors per month. Today CinCHouse.com averages approximately 200,000 visits per month generating 3 million page views. With all the great advice of our visitors and the guidance of our crack staff and Strategy Team, CinCHouse is truly created by the military family community for the military family community. Together, they represent a new generation of military wives and women in uniform.

Visit CinCHouse.com today! <http://www.cinchouse.com/>

Source: CinCHouse.com <http://www.cinchouse.com/>



Free Museum Admission for Military Family's During The Summer:

Blue Star Families, in partnership with the National Endowment for the Arts and 600 museums are giving military families free museum admission this summer

Who: All active duty service members and their immediate family (up to 5 family members, including spouse, child or sibling) can participate

When: Memorial Day (May 31, 2010) through Labor Day (September 6, 2010).

Where: Click <http://www.arts.gov/national/bluestarmuseums/index.php?st=FL#list> to view interactive map of more than 600 participating Blue Star Museums!

Visit Blue Star Families to request a voucher for Blue Star Museums, print a list of participating museums, see frequently asked questions, and to see tips to make your Blue Star Museums experience even better! <http://bluestarfam.org/drupal/bluestarmuseums>



MilitaryHOMEFRONT is the Department of Defense website for official Military Community and Family Policy (MC&FP) program information, policy, and guidance designed to help troops and their families, leaders, and service providers.

Special Features:

Visitors to *MilitaryHOMEFRONT* will find additional tools and features uniquely designed for the military community.

- *MilitaryINSTALLATIONS* is a searchable directory of programs and services on military installations, allowing you to quickly find contact information, websites, installation overviews, maps, and directions before you even arrive at your new installation.
- *PlanMyMove* lets you create customized moving tools, such as calendars, to do lists, and arrival checklists, all intended to help you get organized and to make your next move as smooth as possible!

Both of these tools will also connect you to reliable sources for information about programs and services outside the gate.

- *HOMEFRONTConnections* provides a social networking environment for those who are in the military, in a military family or who support the military and their families. *HOMEFRONTConnections* provides a password protected location to meet online. Within the site, groups (or Communities, as we call them) can share best practices, post pictures and videos, or just talk about the work they are doing with others who are also supporting our service members and their families.
- *MySTATE* provides users access to organizations that provide special discounts and services to members of the military community, including directories, locations of programs and services, maps and directions.

Visit the website for additional information: <http://www.militaryhomefront.dod.mil>

New Telephone System at FFSC:

If you are calling the Fleet and Family Support Center, you will find that we have a new phone system to make it easier for you to access the services you need. The office number is still 235-5800 however the new system will prompt you to press a number for the program you are seeking. There is a recording listing the various programs offered however you can press the appropriate number at anytime.

Below is a list of the FFSC program numbers:

- | | |
|--------------------------------------------------------|---------|
| Sexual Assault Prevention and Response | PRESS 1 |
| Disaster Assistance, Deployment, & IA Assistance | PRESS 2 |
| Clinical Counseling & Family Advocacy | PRESS 3 |
| Family Employment, Transition, & Ombudsman Coordinator | PRESS 4 |
| Personal Financial Management & Relocation Assistance | PRESS 5 |
| Resource Library | PRESS 6 |



July Calendar of FFSC Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1** Intro to Resume Writing 1100-1200 Spouse Job Search Appointments 1200-1500	2	3
4	5 HOLIDAY Center Closed	6	7	8 VA Rep for Medical Pre-claims 0800-1600	9	10
11	12	13	14 IA Discussion Group 1200-1300	15 Operation Prepare Workshop 1000-1200	16 Children's Deployment Activity Hour 1200-1300	17
18	19	20	21	22 VA Rep for Medical Pre-claims 0830-1600	23	24
25	26	27	28	29	30	31
Individual Augmentee Recognition Week						

Dates and times of programs are subject to change. Please call the number listed for each program for confirmation. Registration is required for all events. Events will be cancelled if no participation.

- 1 July **Intro to Resume Writing:** Attend this introductory class to learn how to sell yourself on paper and Learn the Do's & Don'ts of applications. Call Starr Bond at 230-7300 or email starr.bond@navy.mil to register. This is strictly a 1 hour intro class - look for an Advanced Class to be started in the coming months.
- 1 July **Military Spouse Individual Job Search Appointments** with WorkForce Center Military Spouse Assistance Representative. 1 hour appointments are available from 1200 to 1500. Call Starr Bond at 230-7300 to register for your individual appointment.
- 8 & 22 July **VA Rep for Medical Pre-claims:** Mike Matulis from the VA will be available to begin processing VA pre-medical Claims. Appointment required. Please contact Starr Bond at 230-7300 or email starr.bond@navy.mil.
- 14 July **IA Discussion Group:** Learn more about the IA process, effective coping strategies, and return & reunion. This is also a great opportunity to meet others who are going through similar IA Deployments. To register call Debra Forand at 234-4898 or email debra.forand.ctr@navy.mil.
- 15 July **Operation Prepare Workshop:** Hurricane Season is here! Learn how you can better prepare you and your family for an emergency. Operation Prepare is a public awareness program initiated by Commander Navy Installations Command (CNIC) for community members of Navy ashore installations. Contact Debra Forand at 234-4898 or email debra.forand.ctr@navy.mil to register.
- 16 July **Children's Deployment Activity Hour:** Bring your children for an hour of fun activities to help them learn and cope with deployments. Stories, coloring activities, games and more. Geared for children ages 5-10. Parents must remain with children during activity hour. Registration is required to ensure adequate space. For more information or to register contact Debra Forand at 234-4898 or email debra.forand.ctr@navy.mil
- 26 - 30 July **Individual Augmentee Recognition Week:** During the week of 26 July the Fleet and Family Support Center will be providing information regarding Navy Individual Augmentees. The FFSC will have information set up at various locations during the week.



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- 5th – Intro to Resume Writing – Open to All Commands & Families
- 12th – VA Rep at FFSC for Medical Pre-claims – Open to All Commands
- 16th – SBP Brief – Open to All Commands
- 17th – SAPR POC/DCC Training – Open to All Commands
- 20th – IA Discussion Group – Open to All IA Families
- 24th – NFAAS Brief – Open to All Commands
- 26th – VA Rep at FFSC for Medical Pre-claims – Open to All Commands

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- 2nd – Intro to Resume Writing – Open to All Commands & Families
- 6th – HOLIDAY – Center closed
- 9th – VA Rep at FFSC for Medical Pre-claims – Open to All Commands
- 10th – Operation Prepare Peak Season – Open to All Commands & Families
- 14th – SAPR VA Refresher Training – Open to All SAPR Victim Advocates
- 23rd – VA Rep at FFSC for Medical Pre-claims – Open to All Commands
- 24th – IA Discussion Group – Open to All IA Families
- 29th – Deployment Family Readiness Brief – Open to All Commands & Families

**For more
information
on upcoming
events,
call 235-5800**

Community Corner:

Happenings In and Around Panama City

1,8,15,22 & 29 July: **Lunchtime Dolphin Cruise**

Cruise the calm waters of Historic St Andrew bay, looking for dolphin, learning about the area and the history of Paddle Wheel Boats. Fun and games for all ages. \$18 adults and \$12 kids 3-14. Full bar and snacks available on board. The Betsy Ann is docked at the Sun Harbor Marina at the base of the Hathaway Bridge.

1,8,15,22 & 29 July: **Pier Park Summer Concert Series** Location: Aaron Bessant Park

Looking to relax or just to have a good time? Bring your beach chairs or blankets out to the Pier Park Amphitheater for our concerts in the park. While you are here, you may register to win some really great prizes!! Small coolers and pets on a leash are permitted. Concerts start at 7pm and usually last until around 9pm.

2 July: **Friday Fest**

The first Friday of the month in downtown Panama City along Harrison Avenue. Beginning at 6pm, it's the biggest street party in town with live music, cars on display, food, shopping, a kids area and more!

2,9,16,23 & 30 July: **Murder Mystery Dinner Cruise**

Every Friday night is Murder Mystery Dinner Cruise from 6:30pm to 8:30pm. You play a part and YOU solve the mystery. Fun for all ages. 2hr Cruise, Dinner and Mystery for only \$34.95pp. Different theme's, please call for details. (850) 233-7487 or visit www.betsyannriverboat.net.

4 July: **Salute to Freedom: The Centennial Big Bash at the Panama City Marina** Time: 2:00-10:00 PM.

Located at 9 Harrison Avenue, Panama City. A festival celebrating America's Independence. Great music, food, and we end the night with an amazing fireworks display.

14 – 18 July: **27th Annual Billfish Tournament**

The Gulf Coast's premier Billfish tournament, the Invitational is known for big fish, big crowds and big parties, and 2010 is no exception. With a well-deserved reputation for innovation, Bay Point pushes the envelope again this year with some exciting changes. For more information please go to <http://www.baypointbillfish.com> or call (850) 233-1633.

31 July: **Toys for Kids Foundation Charity Golf Classic** Location: Hombre Golf Club

Four-man select shot. Complimentary breakfast, lunch, and beverages during event. Contact (850) 814-7800.