Celebrating Women’s History Month

With the establishment of the Navy Nurse Corps, in 1908 the first women joined the Navy. However, the first large-scale employment of women came in 1915 when the Secretary of the Navy authorized the enrollment of women as yeomen to provide “the best clerical assistance the country can provide.” The circular announcement stated:

“The Bureau authorizes the enrollment of women in the Naval Coast Defense Reserve in the ratings of yeoman, electrician (radio), or in such other ratings as the commandant may consider essential to the district organizations.”

Called “Yeomanettes” or “Yeowomen,” they received the same pay as their male counterparts, something unheard-of in that time period. The majority of female Sailors served in clerical positions processing volumes of paperwork that was generated during World War I. At the end of World War I in 1918, 11,275 “Yeomanettes” had served the Navy. After the war, their numbers steadily declined until all women except nurses disappeared from Navy ranks.

Women began to return to Navy service in large numbers again starting in 1942 as part of WAVES (Women Accepted for Volunteer Emergency Service). Importantly, this World War II effort also commissioned female officers to supervise enlisted female recruits. At the end of the conflict, there were over 8,000 female officers and almost 80,000 enlisted women or about 2.5 percent of the Navy’s total strength.

Throughout the late 20th century, women continued to expand their contributions to the Navy. For example, the first female aviator to earn her wings was in 1976. In 1980, the first female helicopter pilots were trained to land on aircraft carriers. The 1990s saw a removal of restrictions on women flying combat missions. By 1995, there were 206 female pilots, including 82 combat aviators.

Fast-forward more than 100 years. Today, there are approximately 60,000 active-duty women in the Navy and they are eligible to serve in all Navy ratings including combatants. Women have risen to the rank of four-star admiral, commanded carrier strike groups, qualified for submarine service and joined the Blue Angels.

To learn more about women in the U.S. Navy, visit the Naval History and Heritage Command at https://history.navy.mil.
Reservists, Know Your Resources

Navy Reservists and Reserve families face unique challenges. However, there are many programs that specifically support U.S. Navy Reservists and their families. These include:

U.S. Navy Reserve website: www.navyreserve.navy.mil

This official Navy Reserve posts the latest news related to the Navy Reserve community. Sailors can download The Navy Reservist (TNR) Magazine and The Navy Reservist (TNR) Almanac with stories from around the force. Sailors and family can find information about benefits, workshops, support and more.

Ombudsmen: https://ombudsmanregistry.cnic.navy.mil/

The Ombudsman Registry is a tool to help you locate your ombudsman. Each command has a trained, volunteer representative who provides a link between families and the command and can assist Sailors and their families with navigating a variety of issues and concerns. The Ombudsman Registry can help you locate and contact your Command Ombudsman.

If the command you are looking for does not have an ombudsman registered, or is not listed in the registry database, you will be contacted by the Ombudsman Coordinator of the supporting Fleet and Family Support Center (FFSC) for active duty commands, or the Reserve Component Command (RCC) Warrior and Family Support Specialist for Reserve Commands. These individuals will provide assistance in contacting your command ombudsman.


The U.S. Navy Reserve Psychological Health Outreach Program (USNR PHOP) teams are located in five geographical regions to ensure that Reservists have access to psychological health care services. The USNR PHOP team maintains 24/7 phone or email support service to respond to inquiries and referrals for Sailors and families. Find your regional NSNR PHOP team contact information by visiting the link above.

Fleet and Family Support Centers: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Fleet and Family Support Centers (FFSCs) support individual and family readiness through a full array of programs and resources which help all Navy families (including Reservist) to be resilient, well-informed and adaptable. These programs and services are currently delivered from 81 sites worldwide, with 58 of those sites delivering a full selection of programs and services. Navy Reservists and their families can get information and referral services, deployment support, employment resources, financial coaching and other support services by calling or visiting their local FFSC.

ELEVATE SOCIAL WORK

Each day, nearly 700,000 social workers nationwide work to elevate and empower others, giving them the ability to solve life’s problems, cope with personal roadblocks and get the services they need. You may not realize it, but social workers are everywhere.

They:

- Work in hospitals and mental health facilities and clinics, helping place people on the path to recovery from sickness and mental illness.
- Support military personnel, veterans and their families. The Veterans Administration (VA) is the largest employer of social workers holding master’s degrees.
- Are in schools, helping students overcome issues that prevent them from getting a good education
- Protect children who have been abused or neglected.
- Account for the largest group of mental health service providers in the United States.

Celebrate Social Work Month this month by learning more about the profession at National Association of Social Workers.
Operation Purple Camps

APPLICATIONS AVAILABLE MONDAY, MARCH 4, 2019

Operation Purple camps are free overnight fun camps specifically for military children. Purple camps allow military children (who serve, too) the opportunity to connect and learn skills to adapt and overcome the stressors of military life. Since 2004, more than 62,000 military children have made memories to last a lifetime. Operation Purple Camp will be accepting applications for 16 weeklong overnight camps in 14 states for children ages seven to 17. Preference will be given to children whose parent is wounded, ill or injured or has or will deploy within a 15 month window surrounding summer 2019. Visit National Military Family Association Operation Purple Camp website for camp locations and applications.

Morale, Welfare and Recreation Launches Discount Travel Website

With summer only a few months away, it is time to start planning your summer family vacation. Booking summer travel can be time-consuming, and you can spend hours online searching for the best deals on flights, hotels, car rentals, travel packages and cruises. Let American Forces Travel, the new online leisure travel website for Morale, Welfare and Recreation (MWR), do all of the hard work for you. Armed Forces Travel has contracted with Priceline to provide you with the largest online leisure travel service program dedicated only to the military community. American Forces Travel is a full-service travel booking platform. It includes a wide range of leisure travel offerings including flights, hotels, rental cars, cruises and vacation packages.

To get started, just follow these four simple steps:

2. Click “Get Started.”
3. Verify eligibility.
4. Start traveling.

For additional information and assistance with booking your travel on American Forces Travel, please contact your Tickets and Travel Office.

American Forces Travel is open to all military and military-affiliated personnel who are eligible to use MWR programs. First-time users will be asked to verify their eligibility with the Defense Enrollment Eligibility Reporting System (DEERS) database. Once verified, they are free to use the site to book discounted travel around the world. The verification process is secure and requested information will not be retained.

All transactions on American Forces Travel will generate a commission that will support quality of life programs within each military service branch.
Learn How to Become a Financially Savvy Woman

Today we often take for granted that women can easily apply for credit cards and take out loans. In fact, it was not always so easy. Before 1974 and the passage of the Equal Credit Opportunity Act, married women’s income was discounted if they were of childbearing age and single, divorced or widowed women normally had to have a male co-signer on all credit applications. After almost 50 years of equality in finances, studies show that many women still do not take an active part in their finances.

Each installation offers free financial classes and one-on-one counseling on topics from basic budgeting to investing for retirement. Take advantage of these no-cost resources to assess your finances, learn more about your options and take the next step to being a financially savvy woman. It does not matter if you are single, married, divorced or widowed, as long as you have access to the installation’s services you can start building up your financial knowledge.

Contact your Fleet and Family Support Center’s Personal Financial Manager today and schedule a no-cost confidential counseling appointment. For the location nearest to you, click HERE.

Financial Spring Cleaning
Thursday, March 14 at 2:30 p.m. EST
Spring into action and end the stress of living paycheck to paycheck. Your financial freedom starts with developing a spending plan. Learn how to track your spending, develop a realistic financial plan and tips on sticking to your budget goals. Stop letting your finances control you and become the boss of your budget.

Getting ‘Real’ About Deployment
Wednesday, March 20 at 2:00 p.m. EST
Whether it is your first or last deployment, don’t let being unprepared add to your worries. Manage the deployment magnificently and join us to learn pre-deployment preparation tips, organizational hacks for juggling responsibilities and resources to maintain your inner peace through the deployment emotional roller coaster.

Everything Family Members Need to Know about the Sexual Assault Prevention and Response Program
Tuesday, March 26 at 5:30 p.m. EST
Commander, Navy Installation Command’s Sexual Assault Prevention and Response Program (SAPR) provides education and resources to eliminate sexual assault and offers 24/7 support services for victims of sexual assault. Join a SAPR program analyst to about SAPR goals, services and resources.


For a full list of topics or more information, visit Fleet and Family Support Program’s Live Well Resiliency Webinars Website.

Do you have a suggestion for a Live Well topic? Send us an email: livewellresilientweb@navy.mil
Tornado Awareness

Tornadoes are rotating, funnel-shaped clouds with strong winds that can develop out of powerful thunderstorms. They can devastate a community in seconds. Tornado season begins in March and runs through August. However, tornados can occur at any time there is a strong thunderstorm. It is important to be prepared.

Be alert to weather conditions and the following danger signs:

- Dark, often greenish sky.
- Large hailstones.
- Dark low—lying clouds.
- Loud roar, similar to freight train.

Make a plan. Identify a place in your home to take shelter in the event of a tornado:

- A storm shelter or basement provides the best protection.
- Otherwise, choose an interior room or hallway on the lowest floor possible.

If there is a tornado and you are:

- In a structure—Go to the safe room or shelter. Stay away from windows and doors. Do not open windows.
- In a car—Pull over and park. Never park under a bridge or overpass. Keep your seatbelt buckled and put your head down below the windows. Cover your head.
- Outside—Go to the closest building or shelter. If shelter is not available, lie flat in the lowest area possible. Protect your head with your arms, blanket or jacket.

Tornados occur with little or no notice. Take the time now to learn about them and prepare.

For more information visit: www.ready.navy.mil or www.ready.gov.

Reminder: Update your NFAAS contact information. NFAAS is used for needs assessment after an emergency to assist Navy families with recovery. Make sure you periodically verify your personal contact information in NFAAS.

The 5.3 million people living with brain injuries want the same things we all want: a good job, someone to love, a nice home and fun in their lives. They want to be defined by who they are as people, not by their injuries. You can help. March is Brain Injury Awareness Month. Join the #ChangeYourMind campaign and help spread the word.

For more information on Traumatic Brain Injury click HERE.