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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 resiliency of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

For more information about the Fleet and Family Support Program, or to join the conversation about deployments and military life, visit:

www.ffsp.navy.mil

<http://www.facebook.com/Navyffsc>

http://twitter.com/Fleet_Family

If you have questions or comments about the content of *Family Connection*, please contact Bruce Moody at bruce.moody@navy.mil.



Celebrating Month of the Military Child!

April has been designated as the Month of the Military Child for more than ten years! During the month, military children are recognized for managing the unique situations that come their way including having a parent deployed, moving frequently, making new friends and navigating in a global environment.

We all play a key role in providing for the mental, emotional and social well-being of our children, so this month the Navy community is sponsoring activities and events focusing on military children.



Check with your local Fleet and Family Support Center, Family Readiness Group, ombudsman, or Navy Child & Youth Program to find out what's happening in your community. Some of the events and activities designed to honor and appreciate military children include the following:

April 1

NAS Oceana
Family Plus Dinner

April 3

Yokosuka Fleet & Family Support Center
Month of the Military Child Celebration

April 8

Yokosuka Ikego Child Development Center
Kids Yoga

April 10

NSB Kings Bay
Zambini Family Circus

Monterey Child & Youth Program
2nd Annual Month of the Military Child Family Spring Fest

April 12

MWR Chinhae, Korea
Military Child Celebration/Fair

April 15

NAS Whiting Field
Plant a Garden Together

April 17

NAS Jacksonville
Carnival/Fair

Yokosuka Negishi Child Development Center
African Safari Park Trip

April 21

NAS Kingsville
2nd Annual Month of the Military Child Art Show

April 23

Naples, Italy
Capo Child Development Center
3rd Annual Block Party

April 24

NSA Panama City
Disney on Ice Fieldtrip

April 26

Northwest Child Development Center
Tree Planting Day

Throughout April

NAS Meridian
Earth Day Event/Activities



talk,
listen,
connect



Deployments, Homecomings, Changes

Every Navy deployment is different - renegotiating roles and responsibilities, requiring emotional support and stress management. Sesame Street's ongoing "Talk, Listen, Connect (TLC)" initiative provides support and offers significant resources for military families with young children who are experiencing the effects of deployments, homecomings, changes due to a combat-related injury and more.

The Sesame Street Family Connections Web site is bilingual (English/Spanish), child-centered and allows children and adults to interact and stay connected when distance makes everyday communication difficult. With the help of their favorite Sesame Street friends, family members can compose encouraging messages to each other, share artwork and video, upload photos and get answers to some questions they may have but didn't know how to ask.

To get started, go to www.SesameStreetFamilyConnections.org.

It Takes a Village to Raise a Child During Deployment

Parents know their children better than anyone, but when parents, educators and caregivers join forces they can anticipate specific deployment-related needs and provide the appropriate support. Information sharing can make for a successful deployment cycle, and your children will reap the benefits.

Pre-Deployment. Children need to know WHERE their parent is going, WHEN their parent will return (the anticipated return timeframe) and WHY their parent is leaving. But remember - only share age-appropriate details about the deployment.

During Deployment. Stay in touch! Letters, e-mail, phone calls and video help everyone feel connected. Talk with your child about the deployed parent on a regular basis - this can help ensure they feel connected.

Post-Deployment. Children sometimes feel a mixture of excitement and fear at homecoming. Parents should discuss the homecoming with their children and let them know that it's normal to be nervous. Include them in the planning of special events and activities. Prepare them for the adjustment process and that it may take time to settle into a new routine. Discussing expectations will ease your child's concerns.

Educators play a special role in the lives of children during a parent's deployment, so consider planning a meeting with your child's teacher and the Navy School Liaison Officer to discuss deployment. Collaboration between parents, educators and caregivers is critical throughout the deployment cycle. Teamwork reduces the overall stress and burdens, and having the additional support can be extremely helpful to all. The desired outcome is happy, well-adjusted and well-educated children.

Find out more about the Navy School Liaison Officer at www.cnmc.navy.mil/cyp, on Facebook at <http://www.facebook.com/pages/Navy-School-Liaison-Officer/148752244220>, or contact by e-mail at: NavySLO@navy.mil.



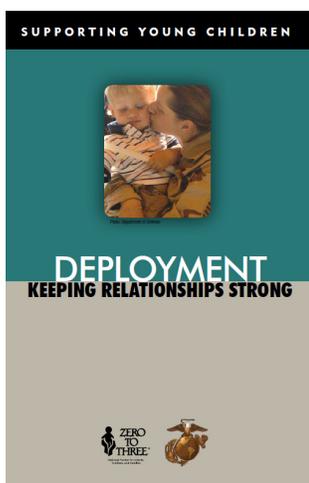


Sittercity

Navy families now have free access to an online network of quality caregivers. The Sittercity program is funded by the DoD and is available to you at no cost. Register and find local sitters and military subsidized care providers at <http://www.sittercity.com/>.

Sittercity helps you find:

- Babysitters! For after-school, hourly care, school vacations, deployment and PCS, extended work hours, special needs children, and anytime you need a sitter.
- Nannies! For full and part-time, infant and young child care.
- Certified CDH/FCC care providers.
- Care providers who have authorized access to an installation.
- Elder care companions, dog walkers, housekeepers and tutors.



The Parenting Edge

Check out the following parenting resources designed specifically for military families.

- **Zero to Three** (<http://www.zerotothree.org>) provides parenting information and support – including specific tools for military families.

Zero to Three's approach to parent education is based on the belief that parents are the true experts on their children, and that there is no "one-size-fits-all" approach to raising children. The information and tools offered are designed to support parents in developing their own ways to promote their children's growth and development.

Operation Parenting Edge offers literature that focuses on the unique experience of parenting a baby or toddler, particularly during times of stress and separation that Navy families may be experiencing. Brochures include *Supporting Babies and Toddlers*, *Deployment*, *Homecoming*, *Homefront*, *New Families* and *Combat Stress*.

- **Create your own *Over There* activity book!** Print it and attach photos that represent the spirit of the text. If you and your child are feeling extra creative, you can draw your own illustrations. Do whatever feels right to capture your family's unique deployment story. After completing, keep it on hand and read it to your child as often as each of you would like. This book and more is available in PDF. Go to: http://www.zerotothree.org/site/PageServer?pagename=key_military.
- **The Navy's New Parent Support Home Visitation Program (NPSHVP)** is always standing by to assist. This professional team provides supportive and caring services to Navy families expecting a child or with children from birth to three years of age. Enrolling in the New Parent Support Home Visitation Program is easy! Contact your local Fleet and Family Support Center and ask for the nearest New Parent Support Home Visitation Program home visitor.

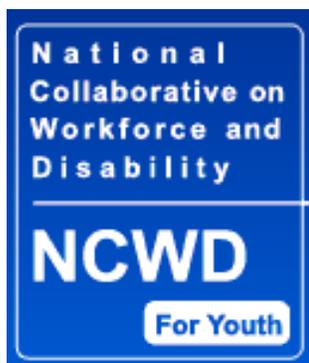




Exceptional Family Member Teens in Transition

The journey from high school to adulthood is daunting for most teenagers. For a teenager with special needs, it can be even more of a challenge. As a parent, wanting to help your teenager reach their potential of becoming an independent, productive adult is natural. Encourage your child's involvement in decisions about his/her future. There are community agencies and programs that provide services and will work with special-needs teenagers to help them understand their strengths and develop goals for the future.

There are many resources to assist you!



- **The Navy's Exceptional Family Member Program (EFMP)** is designed to assist Sailors by addressing the special needs of their exceptional family members (EFM). Enrollment helps to ensure families are assigned to areas where they can access necessary resources. Have questions regarding EFM resources in your local community? Contact the Fleet and Family Support Center nearest you for information and referral or go to: <http://www.npc.navy.mil/CommandSupport/ExceptionalFamilyMember/>.

- **The National Collaborative on Workforce and Disability/Youth.** A source for information about employment and youth with disabilities, NCWD/Y partners, experts in disability, education, employment, and workforce development, strive to ensure you will be provided with the highest quality, most relevant information available. For further information, go to <http://www.ncwd-youth.info/>.



- **State Rehabilitation Councils.** Each state has a rehabilitation council that works to enhance employment opportunities for people with disabilities through the public vocational rehabilitation system. Visit the National Coalition of State Rehabilitation Councils at www.ncsrc.net. You can find links to state vocational rehabilitation programs at www.parac.org/svrp.html.

- **Overseas resources.** If you are the parent of a transitioning teenager and live overseas, community resources can be limited. STOMP (Specialized Training of Military Parents) offers information for military parents of children with special needs. For contacts at overseas installations, visit their Web site at www.stompproject.org/national.asp and click on "Other/Overseas." You may also want to check with your teenager's school or your installation's FFSC.

- **Centers for Independent Living.** Visit www.virtualcil.net for links and contact information for Centers for Independent Living throughout the U.S.

- **Start on Success.** This program, operated by the National Organization on Disability, helps high school students with disabilities transition into the workforce. Their Web site at www.startonsuccess.org has more information and links to local programs.

- **The Arc.** Local chapters help promote and improve supports and services for people with disabilities. Visit www.thearc.org and follow the links under "Find a Chapter."



IA Discussion Group Schedule

Go to www.ffsp.navy.mil to view the Fleet-wide list of classes, support groups and events specifically for individual augmentees (IAs) and their families.



Commissary On-Site

The Defense Commissary Agency (DeCA) works with Guard and Reserve units to provide commissary benefits through On-Site Programs. The host commissary establishes locations at Guard/Reserve units that have at least 150 members stationed in an area. For information to support a sale near you, contact your unit and have them pursue an On-Site Program with the nearest Commissary.

For schedules of upcoming On-Site Sales go to: http://www.commissaries.com/guard_reserve_sales.cfm.

There are often temporary employment opportunities available to work the two-three day events. For more information contact the site commissary.

April 1-3

Guard and Reserve
1686 Kaamanu Avenue
Wailuku, HI 96793
Store Phone: (808) 449-1363
E-mail: celine.ruiz@deca.mil

April 3-4

Stewart ANGB
1 McGuire Way, Bldg. 1
Newburgh, NY 12550
Store Phone: (845) 938-3663
E-mail: clayde.nolen@deca.mil

April 9-10

Connecticut National Guard
360 Broad Street
Hartford, CT 06105
Store Phone: (315) 772-6581
E-mail: marcie.heschke@deca.mil

April 9-10

Linn County Fairground
3700 Knox Butte E
Albany, OR 97322
Store Phone: (253) 982-3285,
EXT. 3017
E-mail: aimée.st.clair@deca.mil

April 10

Terre Haute ANG
955 S Petercheff Street, Hangar 1
Terre Haute, IN 47803
Store Phone: (317) 610-7202
E-mail: stephanie.wachter@deca.mil

April 10-11

Ellington Field
10211 Greig Ave, Bldg 1356
Houston, TX 77304
Store Phone: (210) 652-5102/
(210) 652-3919
E-mail: ruby.ervin@deca.mil

April 10-11

McGhee Tyson ANG
2111 Army Drive
Louisville, TN 37777
Store Phone: (270) 798-2606
E-mail: beverly.payton@deca.mil

April 13-16

Miami South Com HQ
3511 NW 91st Avenue
Miami, FL 33172-1271
Store Phone: (904) 542-5311
E-mail: john.moore@deca.mil

April 16-17

Guard and Reserve
1710 E Commerce St
St George, UT 84790
Store Phone: (702) 632-5500
E-mail: hyang.stanko@deca.mil

April 16-18

Camp McCain
3152 James H Bidy Road, Bldg
S-220
Grenada, MS 38901
Store Phone: (662-434) 7109 x4210
E-mail: marty.roberts@deca.mil

April 16-18

Deschutes Fairground Expo
3800 SW Airport Way
Redmond, OR 97756
Store Phone: (425) 304-3411
E-mail: winnie.edwards@deca.mil

April 17-18

Camp Mabry
2200 W. 35th Street, Bldg. 58
Austin, TX 78703
Store Phone: (254) 287-1955
E-mail: beth.adams@deca.mil

April 17-18

Columbus DSCC
3990 E Broad Street
Columbus, OH 43213
Store Phone: (937) 257-2060
E-mail: donna.null@deca.mil

April 17-18

Camp Dodge
(Iowa National Guard)
7105 NW 70th Ave
Johnston, IA 50131
Store Phone: (402) 294-6782
E-mail: anthony.chaki@deca.mil

April 22-24

Camp Robinson
Bldg. 3000
North Little Rock, AR 72905
Store Phone: (501) 987-6990
E-mail: sharon.cox@deca.mil

April 22-24

Tulsa Army Air National Guard Base
9122 E. 46th Street North
Tulsa, OK 74115
Store Phone: (405) 734-
5965/5085/5212/3808
E-mail: john.spaur@deca.mil

April 23-24

Nebraska ANG
1700 N. Jeffers Street
North Platte, NE 69101
Store Phone: (307) 773-3509
E-mail: kathy.beatty@deca.mil

April 23-24

Pendleton Armory
2100 NW 56th Street
Pendleton, OR 97801
Store Phone: (509) 244-5591
E-mail: eric.quantock@deca.mil

April 24-25

Det Bulk Fuel, Co B, 6th ESB,
4th MLG
2949 Ramada Way
Green Bay, WI 54304
Store Phone: (608) 388-3542
E-mail: elizabeth.gay@deca.mil

April 30

Rochester 98th Training Division
2035 Goodman Street North
Rochester, NY 14604-1028
Store Phone: (315) 772-6581
E-mail: marcie.heschke@deca.mil

Service members and their families enjoy a savings of 30% or more compared to shopping elsewhere. Increase your savings with coupons from the newspaper, Web site downloads, magazines, store aisles and even the product itself. Expired coupons can be redeemed overseas up to six months after the expiration date. Share your expired coupons with families serving overseas by dropping them off at the Fleet and Family Support Center.

Manufacturer's coupons can be downloaded from the Defense Commissary Agency's Web site at: <http://www.commissaries.com/>.





It's Tax Season - April 15th Approaching

Need help with your taxes? Military OneSource brings you H&R Block At Home® (formerly TaxCut) online tax filing through the Military OneSource Web site and telephonic tax consultations by calling our tax hotline at 1-800-730-3802. Prepare your 2009 state and federal taxes with this easy-to-use program. Provided by the Department of Defense, H&R Block At Home® is free to active duty, National Guard, and Reserve service members and their families.

More questions? Tax consultants are available 7 days a week from 7 am - 11 pm ET by calling the Military OneSource Tax Hotline at 1-800-730-3802 or at <http://www.militaryonesource.com>.

Or check out these other tax filing services to see if one is right for you:

- **Free File.** The Internal Revenue Service (IRS) in partnership with the Free File Alliance offers free tax service to qualified taxpayers.
- **Volunteer Income Tax Assistance Program (VITA).** The military-based Volunteer Income Tax Assistance Program provides free tax advice, tax preparation, return filing, and other tax assistance to military members and their families. Contact your nearest Navy Legal Services Office to schedule an appointment.

"Discover why some of the richest people in the world are not millionaires, they are volunteers."

– Jobail Brcelona

The Gift of Volunteerism

Volunteers have affected our lives on many different levels: following the September 11 attacks, supporting the Haitian earthquake-relief efforts, manning the soup kitchen at the local homeless shelter or baking cupcakes for a school fundraiser. The common theme is giving of your time and heart to assist the needs of others.

April is the official month for Volunteer Recognition. This provides an opportunity to show gratitude to those special individuals volunteering with Navy organizations to include Family Readiness Groups, ombudsmen and Navy Child & Youth Programs. Volunteering has a meaningful and positive impact on our community. The benefits of volunteerism are "win-win."

Recent research shows that volunteering improves your general well-being. Volunteering not only improves self-esteem, but also reduces heart rate and blood pressure, increases endorphin production, enhances immune systems, buffers stress and combats social isolation. If that's not enough, volunteers in the U.S. can receive tax deductions for many associated costs such as travel, expenses, parking and conference fees. Volunteer work can enhance your skills and resume, and capture the interest of an employer by showing that not only do you have the skill but that you are an involved citizen.

Even with a hectic schedule, you can make a difference one hour at a time. Get involved by contacting the Fleet and Family Support Center, Navy-Marine Corps Relief Society, American Red Cross, the Chapel, Navy Child and Youth Programs, or MWR to learn more about volunteer opportunities on bases and in the surrounding communities. Consider sharing your heart with an organization.





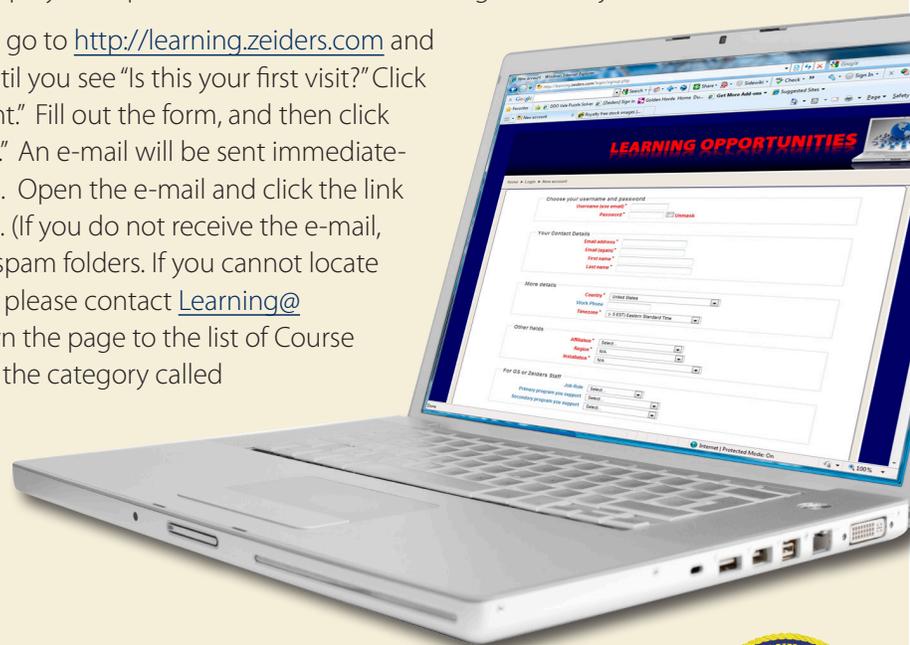
New Webinars Present Strategies for Education Costs and Career Paths

Free online seminars, “webinars,” for active duty, reservist and retired service members and their families will be offered during the month of April. The webinars will cover career path strategies and ways to cover education costs. Each 60-minute webinar is live and attendees can converse with the webinar host and get answers to their questions.

This new series of webinars explores ways that Navy families can find alternative ways to cover education costs. The webinar schedule includes six topics:

- 1. NMCRS Resources and Opportunities.** April 1, 9 a.m., EDT and April 1, 7 p.m., EDT. Navy-Marine Corps Relief (NMCRS) will provide information on scholarships, grants, interest-free loans and financial advice.
- 2. Exploring Entrepreneurship.** April 13, 7 a.m., EDT and April 15, 3 p.m., EDT. Many spouses have not only successfully run their own businesses but have been able to transport them from duty station to duty station. Learn about what is involved in being an entrepreneur and whether or not it is right for you.
- 3. VA Education Benefits.** April 8, 3 p.m., EDT and April 22, 3 p.m., EDT. Join us for a discussion about educational assistance programs available through Veteran Affairs (VA) and which one is right for your family.
- 4. Employment Opportunities with Child and Youth Programs.** April 6, 7 p.m. EDT and April 20, 9 a.m., EDT. Employment opportunities through Navy Child and Youth Programs will be discussed.
- 5. Navy College Resources.** April 7, 3 p.m., EDT and April 28, 7 p.m., EDT. This discussion will share resources available through Navy College including online academic skills classes, tuition assistance for overseas spouses and educational counseling.
- 6. Federal Employment Opportunities.** April 27, 3 p.m., EDT. Learn about the employment opportunities and employment processes involved in obtaining a federal job.

To register for a webinar, go to <http://learning.zeiders.com> and scroll down the page until you see “Is this your first visit?” Click on “Create a new account.” Fill out the form, and then click “create my new account.” An e-mail will be sent immediately to your e-mail address. Open the e-mail and click the link to confirm your account. (If you do not receive the e-mail, check your junk mail or spam folders. If you cannot locate the confirmation e-mail, please contact Learning@Zeiders.com.) Scroll down the page to the list of Course Categories until you see the category called “Open to All” and click on the sessions you want to attend.





College Scholarships Available to Navy Families

Several scholarships are available for spouses and children of service members. These college scholarships include the following:

- **Folds of Honor Scholarship.** Available scholarships include immediate use and future use scholarships. Immediate Use Scholarships are awarded to spouses and children of service members attending a four-year or two-year degree program at a post-secondary educational institution, vocational, technical or other certification program. Any unused funds at the end of the school year will be returned to the Folds of Honor Foundation.

Future Use Scholarships are awarded to children of service members and invested by the Foundation on their behalf. Future-Use Scholarship funds will be paid directly to the scholarship recipient's school at time of enrollment. This application is for the young dependents of fallen or disabled military service men and women. Eligible applicants are infants up to, and including, students enrolled in the 8th grade.

The application deadline is April 15, 2010. For more information, go to: www.foldsof Honor.com/scholarships.php.

- **Navy Wives Clubs of America.** This scholarship is open to sons/daughters of ENLISTED members of the Navy, Marine Corps, and Coast Guard on active duty, retired with pay, or deceased. Applicants should show basis of need for financial assistance, have a scholastic standing of at least a 2.5 grade point average (GPA), and be a graduate of an accredited High School or its equivalent or will qualify for graduation.

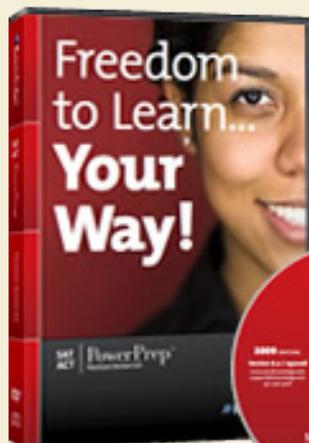
Four initial awards will be given for freshmen students with continuation not to exceed three more years. Undergraduate students may apply for four upperclassmen awards and any vacancies that occur in the renewal grants. Special scholarships are given to two medical students, one student majoring in special education and four awards to children of NWCA members. A total of thirty (30) grants will be awarded annually.

The application deadline is May 30, 2010. For more information, go to: www.navywivesclubsofamerica.org/scholarinfo.htm.

- **Navy Counselors Association Scholarship Fund**

Navy Counselors Association Scholarship Fund provides scholarships to dependents of active members in good standing of the NCA or deceased members who were in good standing at the time of death. Applicants must be currently enrolled or accepted at a college/university or vocational/technical institute. Selection criteria include academic achievement, civic/extracurricular involvement, GPA and essay. The application deadline is June 27, 2010. Please go to www.usnca.org/scholarships.htm for more information.





“Tackle” the SAT & ACT

In alliance with the Department of Defense and a group of patriotic NFL football players, eKnowledge Corporation is extending its donation of SAT and ACT Test Prep software to military families and veterans for a fourth consecutive year.

Over the past three years, eKnowledge has delivered more than 100,000 SAT/ACT test prep programs (normally priced at \$200), FREE to military families worldwide. The total value of the donation is now more than \$20 million.

The SAT/ACT PowerPrep™ training program from eKnowledge comes in either a single DVD or two CD-ROM set and includes more than eleven hours of interactive classroom video instruction, 150 video lessons, 25-40 hours of practice test, quizzes, eDictionary and other supplemental test preparation material.

Member of Military families or Veterans interested in receiving the FREE software should go to <http://www.eknowledge.com/military> for details.



E-mail with a Cause

The “i’m” initiative from Microsoft® makes helping social causes easy. Each time you use Windows Live™ Messenger or Windows Live Hotmail®, they share a portion of advertising profits with a cause you choose from their partnering agencies. American Red Cross, Boys & Girls Club and Susan C. Komen for the Cure are among the partners.

The more messages you send, the more they give. So far, more than \$2.4 million has been raised. Now that’s an e-mail worth forwarding! Get started today at: <http://im.live.com/>

Surviving Deployment - Create a Wishing Tree

When loved ones deploy, we are full of wishes: that they will be safe, that they will be home soon, that the children will adjust to the separation. A wishing tree offers a concrete reminder of the person who is away, while providing a place to collect wishes, hopes and prayers.

It is easy to create a wishing tree for your own home, classroom, family assistance center, place of worship, or business. For more ideas, go to: <http://www.survivingdeployment.com>.

