

Contents

Family Readiness Groups – Here to support you!

Connect with your ombudsman for summer resources

Prepare for your move

Navy Housing – Make your move with us!

Navy Gateway Inns and Suites saves you and the Navy money

Wounded warriors experience the healing power of sports

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

If you have questions or comments, contact Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



Scan QR Code to access via mobile device



Military Spouse Appreciation Day 2013

During the month of May we pay tribute, honor and recognize various aspects of our Armed Forces by observing:

- National Military Appreciation Month
- Loyalty Day (May 1)
- Victory in Europe (VE) Day (May 8)
- Armed Forces Day (May 18)
- Memorial Day (May 27)

We also celebrate Military Spouse Appreciation Day on May 10. This is a day to appreciate the tremendous contributions, support and sacrifices military spouses make as they serve on the home front, supporting their beloved service members. In honor of our Navy spouses, many Fleet and Family Support Centers (FFSC) across the Navy will host activities to celebrate the occasion. For more information, contact your local [FFSC](#).



"Our spouses serve as we serve, every bit as much. They do not bear the arms, but their open arms provide strength and comfort.

They do not set the ship's course, but their internal compass

keeps the family ready and on track. They do not ford the stream or build the bridge, but the bridge they provide back to the home sustains and improves the morale and performance of entire units."

– Admiral (Ret.) Mike Mullen



Family Readiness Groups – Here to support you!

Family Readiness Groups (FRG) are an integral part of the military lifestyle. These groups serve the needs of individuals who share a common experience, particularly that of deployment. An FRG's purpose is to:

- Prepare members for deployments and homecoming
- Provide family support during deployments
- Help families adjust to challenges and to support one another in times of personal, unit or area crises
- Welcome/mentor members who are new to the Navy lifestyle
- Coordinate social events, such as holiday celebrations

When families of deployed service members know their resources, have fun and can draw on the strength of new friends, coping skills are enhanced and deployment anxiety is reduced. Lasting friendships, the satisfaction of helping others and a sense of pride are all positive results of belonging to a strong FRG. For more information regarding FRGs, contact your local [FFSC](#).

For those not located on or near a Navy installation, there are a variety of community-based Military Service Organizations (MSO) and Department of Defense activities which also provide support to military families:

- [National Military Family Association \(NMFA\)](#) is a nonprofit organization which focuses on issues important to military families. They believe that all military families deserve comprehensive child care, accessible health care, spouse employment options, great schools, caring communities, a secure retirement and support for widows and widowers.
- [United Service Organizations \(USO\)](#) fulfills its mission of lifting the spirits of America's troops and their families. Thousands of USO volunteers do everything possible to provide a home away from home for our troops and to keep them connected to the families they leave behind.
- [Military OneSource \(MOS\)](#) Education, relocation, parenting, stress . . . you name it, Military OneSource is here to help you with just about any need. Available by phone or online, this free service is provided by the Department of Defense for active-duty, Guard and Reserve service members and their families.

Connect with your ombudsman for summer resources

Are you looking for fresh ideas to keep the kids busy this summer? Are you one of the many families preparing for a Permanent Change of Station (PCS) move and are interested in learning about your next duty station? Either way, your command ombudsman can be a valuable source of information

and referral. Make a note to contact your command ombudsman for ideas and resources to help make this an enjoyable summer. Go to the Ombudsman Registry at www.ombudsmanregistry.org and click on the "Contact Your Ombudsman" feature for assistance in locating command ombudsmen.

iPhone, iPad User...
**Download JSS
at the App Store**

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: If you and your family are moving overseas, you must obtain passports before departing the United States. A visa issued by the host country may also be required, for more information visit <http://travel.state.gov>.



Prepare for your move

The military community offers several resources to help you prepare for your move, so many that you may feel like you are drinking from a fire hose! However, with planning and preparation, a positive attitude and a few KEY resources, you will have a smooth move.

- The Fleet and Family Support Center's (FFSC) Relocation Assistance Program (RAP) makes moving easy! When you receive Permanent Change of Station (PCS) orders, you may have questions, but do not worry: FFSC RAP professionals will help you with every aspect of the move. They offer the FFSC "Smooth Move" workshop to explain who pays for the move, how to ship personal property and overseas living.

The bottom line is if you visit your FFSC, you'll be prepared for whatever comes your way. To find your local FFSC log onto www.ffsp.navy.mil.

- To find installation specific information, visit [MILITARY INSTALLATIONS](#).
- To access planning tools such as checklists, and information about entitlements, benefits, education and employment visit [Plan My Move](#).
- Move.mil is a resource for information and provides access to the [Defense Personal Property System \(DPS\)](#), which is a web-based tool used to initiate and manage a Household Goods move. Watch the video on the DPS website to understand the process.

- [Military OneSource](#) is a one-stop shop for service members and their families when they need information or assistance.
- [SPCA International](#) may be able to assist with the financial cost associated with relocating a pet.
- [Angels for Soldier's Pets](#) and the [American Humane Association](#) may be able to provide assistance locating or providing temporary foster homes when airline restrictions or shot/quarantine issues prevent the pet from traveling with the Service member and family.

The adventure awaits!

Navy Housing – Make your move with us!

Navy Housing Service Centers (HSCs) are available to help you and your family during every step of your relocation and Permanent Change of Station (PCS).



The HSC staff at your current duty station can assist with ending your lease, understanding the moving out process and connecting you with the HSC at your next duty station. The HSC staff at your new duty station can provide invaluable information about the housing options available, including community housing, military and privatized housing as well as available housing for unaccompanied service members.

The HSC staff will assist you with the application process if you choose to live in military or privatized housing.

They can explain the wait list and what benefits and housing you are eligible for. If you plan to live in the community, the HSC keeps listings of homes and many participate in the Rental Partnership Program (RPP). The RPP offers homes with cost savings to service members through reduced or no security deposit and discounted rent — all without credit checks or income requirements above your basic allowance for housing (BAH).

Whether you are moving OCONUS and need extra help planning your move and finding housing overseas or are just looking to move within your community, the Navy HSC offers home finding services to assist you in finding suitable, affordable and safe housing.

Find your local [Housing Service Center](#) or find out what services are offered through [Navy Housing online](#).

If you and your family are moving overseas, you must obtain passports before departing the United States. A visa issued by the host country may also be required. For more information visit <http://travel.state.gov>.

Navy Gateway Inns and Suites saves you and the Navy money



Service members and DoD civilians can save money on official travel (i.e., permanent change of duty station, work-related) by staying at Navy Gateway Inns and Suites (NGIS). With more than 24,000 guest beds at military installations worldwide, NGIS offers lodging services for individual and group temporary duty travelers, Department of Defense (DoD) civilians, space-available (leisure) travelers, retirees, reservists and their sponsored guests. NGIS offers affordable lodging rates that support the continuing reductions of command travel expenses. NGIS provides a business lodging environment. In-room amenities include Wi-Fi, microwave and refrigerator, cable television, free in-room coffee and newspapers and more. Click [here](#) for more information. Make reservations at 877-NAVY-BED or at <http://dodlodging.net>.





Wounded warriors experience the healing power of sports

This month, seriously wounded, ill and injured service members from all branches of the military will go head-to-head on a different kind of battlefield: the Warrior Games. The Warrior Games are a Paralympic-style competition among more than 200 wounded warriors. They are presented by Deloitte and hosted by the U.S. Olympic Committee; they also are supported by the Department of Defense, the Department of Veterans Affairs and a host of nonprofit organizations. This year, the Games take place May 11-17 in Colorado Springs, Colo. The event includes competitions in archery, cycling, seated volleyball, shooting, swimming, track and field and wheelchair basketball. The wounded warrior athletes have upper-body and/or lower-body injuries, spinal cord injuries, traumatic brain injuries, visual impairments, serious illnesses and/or post-traumatic stress.

Team Navy is sponsored by Navy Wounded Warrior (NWW)-Safe Harbor, the Navy's support program for seriously wounded, ill and injured Sailors and Guardians. The team includes 35 athletes, and each member can share an incredible personal story of perseverance and dedication, from a Corpsman whose valorous conduct in battle earned him a Silver Star to an Aircraft Structural Mechanic who overcame a challenging battle with cancer and successfully fought to remain on active duty.

Fitness and teamwork are a way of life in the military. Serious illness or injury can profoundly impact that way of life, often confining a service member to a hospital bed and significantly altering his or her physical capabilities. Adaptive athletic reconditioning – and events like the Warrior Games – help wounded warriors build strength and endurance while also drawing inspiration from their teammates.

Wounded warriors interested in adaptive athletic reconditioning should contact NWW at 855-NAVY WWP (628-9997) or email navywoundedwarrior@navy.mil. For the latest news on Team Navy at the 2013 Warrior Games, visit NWW's [website](#) or [Facebook](#) page.

NAVY ia

U.S. Navy Individual Augmentees

Like us on Facebook.



Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule & IA Family Events
— www.ia.navy.mil. Click "Links and Resources."

Employment and Transition Corner

Spouses find career mentorship on the virtual platform

Would you like to talk about your career path to someone who understands the military life, is currently employed and is career-savvy? You are in luck! The [MilSpouse eMentor Leadership Program](#) connects volunteer Career Mentors with military family members who would like a bit of career guidance. And it is free to you.

From a list of profiles, you can choose the mentor you prefer. You and your career mentor can communicate virtually to discuss the ins and outs of entering a particular career field or talk about upward mobility or job stability—all items of great importance to the highly mobile military spouse! Ask these professionals all the questions you want. For example, ask about your job field, an organization or a particular industry. If you would like a larger conversation, visit the site's Q-and-A feature at any time or join the online group discussions.

Bottom line: if you are looking for a job or thinking about looking for a job, you can talk to a Career Mentor at this site. The MilSpouse eMentor Leadership Program is waiting for you!



IA Discussion Group Schedule

View the Fleet-wide list of classes, support groups and events.