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Veterans Day – November 11th

“A veteran - whether active duty, retired, National Guard or Reserve - is someone who at one point in his/her life wrote a blank check made payable to the United States of America for an amount of ‘up to and including their life.’” – Author Unknown.

Veterans stand to Form, Establish, Insure, Provide, Promote and Secure, the very principles for which this country was founded.

The preamble of the United States Constitution:

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.

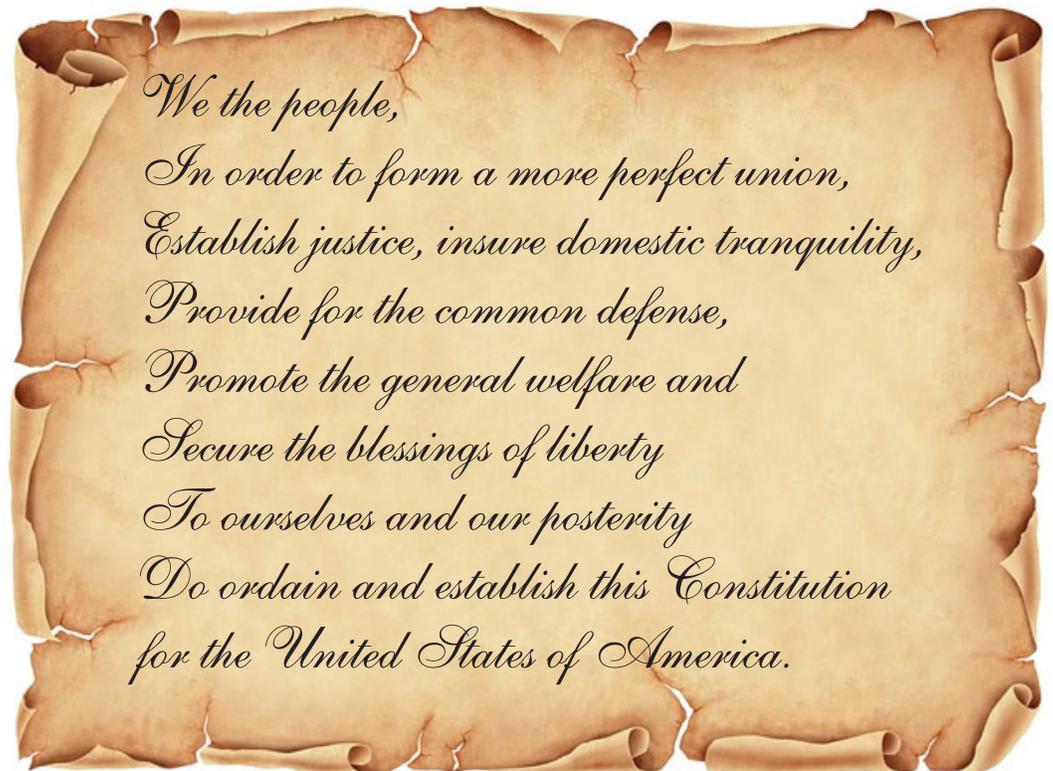
For more information about the Fleet and Family Support Program, or to join the conversation about deployments and military life, visit:

www.ffsp.navy.mil

www.facebook.com/Navyffsc

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.



Representing the ultimate example of commitment, this special day is set aside to acknowledge, salute and honor our Veterans as well as the 200,000 young men and women standing, serving and sacrificing NOW! THANK YOU!



Monthly Quote

"Not everyone can be famous but we all can be GREAT through service."

- Martin Luther King, Jr.

Month of the Military Family

Each November, the Month of the Military Family celebrates the commitment of families of military personnel. With hundreds of thousands of service members deployed, recognizing the daily sacrifices made has never been more important. Appreciation and admiration goes to the sons and daughters, husbands and wives, and mothers and fathers of those who volunteer to serve.

Resilience, honor and courage are synonymous to the military family who continue to rise to the occasion while providing unyielding support to their service member and our nation. During Month of the Military Family, we honor them. They lead communities through example.

For information and resources regarding Military Family Month please go to the Armed Services YMCA Military Family Month site. <http://www.asymca.org/>

**Focusing on Abilities – Supporting Wounded Warriors**

Warrior Care Month is a Navy and Marine Corps-wide effort to increase the awareness and understanding of its wounded warrior programs and services. While it is the wounded, ill or injured service member who physically endures recovery, rehabilitation, and reintegration; it is family that serves as a critical support system for healing. Throughout November, the Navy and Marine Corps will highlight the achievements of service members overcoming their wounds and recognize the families and programs that support and foster their success through local events and awareness initiatives.

For more information on Warrior Care Month activities or about the Department of the Navy Wounded Warrior Programs, contact Safe Harbor at www.safeharbor.navy.mil, 1.877.746.8563 or on Facebook and Twitter. The Marine Corps Wounded Warrior Regiment may be contacted via the Sergeant Merlin German Wounded Warrior Call Center at www.woundedwarriorregiment.org or 1.877.487.6299. The Bureau of Medicine and Surgery Wounded, Ill and Injured Warrior Support may be contacted at 202.762.3043.

**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.

**Returning Warrior Workshops (RWW)**

This weekend workshop focuses on making a successful transition from the war zone to the homefront. The workshops are expense-paid weekend events, set at four-star hotels, for service members and their spouses or significant other.

For the 2011 schedule, visit the Navy Individual Augmentee website at www.ia.navy.mil/.



Surviving the Holidays Financially!

Having a good spending plan is one of the best gifts you can give yourself. Before you start planning your holiday spending, review your current financial situation and then determine how much income you will be able to devote to holiday expenses.

Ideally, holiday expenses should be planned for year round. You may want to start by developing a regular spending plan first. Having a plan provides a map to achieve your goals, lowers stress and gets you more “bang for your buck.”

- **Reduce your expenses with low and/or no-cost gifts.** Be creative and look for ways to include the time and talents of your entire family. Homemade cookies, coupons redeemable for babysitting or dog walking, even an oil change are great alternatives.
- **Make your list and check it twice.** Once you have prepared your holiday list, only shop for what you intended. You will save money by buying only what is on your list and save time by reducing the number and length of trips to the mall.
- **Do your homework.** Comparison shopping and checking prices online are good ways to ensure that you get the best deal. Look for coupons, promotions and shopping codes, which can reduce prices even more than the advertised sales.
- **Know store policies.** When deciding where to make your holiday purchases, check the retailer’s policy on exchanges and returns. When purchasing online, confirm shipping rates and delivery times. Keep your receipts until after the holidays.

Contact your local Fleet and Family Support Center to make an appointment to develop a spending plan or to register for a “How to Survive the Holidays Financially” workshop.



Bullying Affects Everyone!

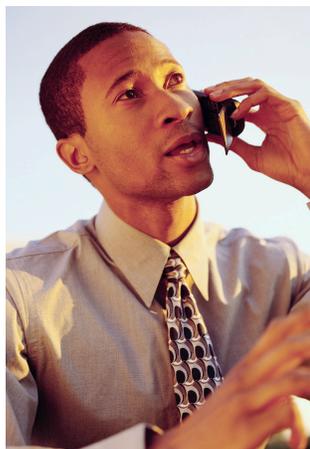
Extending well beyond the playground, the effects of bullying include experiencing physical symptoms and illnesses, poor school performance, and lowered self-esteem. And unfortunately, bullying has been associated with violence and suicide. Cyberbullying is more prevalent than ever and can happen over and over before a parent becomes aware.

Ways parents can help:

- Encourage your children to make good choices; treat peers the way they’d like to be treated.
- Emphasize that they should never put up with being harassed in any way.
- Promote positive feelings and good self images.
- Talk, talk and more talk.

Remind your children that you are there to help and that no situation is ever hopeless. Let’s empower our children to stand up for themselves – creating an environment for confidence to grow. If you or your family member needs further information or help, Fleet and Family Support Programs offer short-term clinical counseling for individuals and families, group counseling and/or educational groups, and referral to other military and community resources.





One Call – Serves All: Centralized Scheduling

Centralized Scheduling offers a “One Call–Serves All” approach to schedule appointments for clinical counseling, resume-writing assistance, transition assistance, relocation services or personal financial planning. A team of trained FFSC scheduling professionals assist service members, family members and commands. During work hours, callers receive an immediate response to their request to schedule, cancel or reschedule an initial or recurring clinical session or individual appointment with a work and family life consultant. The vision is to provide quality and timely scheduling services that best meet the needs of the military community.

Benefits:

- Scheduling for active duty, family members and commands – no voicemail.
- Appointment coordination when multiple services are requested.
- Reminders of appointments via phone or e-mail as requested available at many centers.
- Schedule appointments from anywhere; appointment requests have been received from as far as Afghanistan as well as from those deployed at sea.

Centralized Scheduling Centers (CSC)

Region	Phone Number	Hours of Operation	Locations
Naval Base Guam	671-333-9827 671-333-9828	Mon-Fri: 0730-1630	Includes all areas (Guam)
Naval District Washington	Coming Soon!		
Naval Forces Japan	DSN 264-4188 DSN 252-3100 DSN 243-7878	Mon-Fri: 0730-1600	Atsugi Sasebo Yokosuka
Navy Region Hawaii	866-525-6676	Mon-Thurs: 0700-1630 Fri: 0700-1600	Includes all areas (Oahu)
Navy Region MidAtlantic	Please contact your local Fleet and Family Support Center.		
Navy Region Midwest	847-688-3603, Ext. 133	Mon-Fri: 0730 – 1600	Great Lakes, IL including surrounding areas & Millington, TN
Navy Region Northwest	866-854-0638	Mon-Thurs: 0730-1700 Fri: 0730-1600	Bremerton/Bangor, Keyport, Everett, Whidbey Island, WA
Navy Region Southeast	866-293-2776	Mon-Thurs: 0730-1700 Fri: 0730-1630	Charleston, Corpus Christi, Fort Worth, Gulfport, Jacksonville, Key West, Kings Bay, Mayport, Meridian, New Orleans, Pensacola, Whiting Field
Navy Region Southwest	866-923-6478	Mon-Fri: 0730-1700	China Lake, El Centro, Fallon, Lemoore, Monterey, Murphy Canyon Branch, Point Hueneme, Point Loma, Point Mugu, San Diego, Ventura Co.

For more information, [click here](#).





Teens Want to Hear their Parents Say:

I am sorry, I didn't mean it

You are special

I love you
I am proud of you

I accept you

You're a good person

I support you in the things you want to do in your life

I believe in you



Joint Services Support (JSS)

JSS provides valuable information on benefits, entitlements, events, trainings and more. Making it easy to stay connected, anytime, anywhere with online access, mobile device applications and interactive voice response. Services are available to all military branches; featuring a community resource locator by state. <http://www.jointservicesupport.org>.



Navy Family Accountability and Assessment System (NFAAS)

NFAAS allows Navy personnel to manage the recovery process for personnel affected by a wide-spread catastrophic event. It is also helpful in providing commands with information to support IA family members while their sponsors are deployed overseas. Log on to NFAAS at <https://www.navyfamily.navy.mil>.





Discover History - National Park Service

History is everywhere, in nearly 400 national parks and every hometown. It covers everything from the remnants of ancient civilizations to the boyhood homes of U.S. Presidents to the stirring sagas of hard-fought wars to the reverberations of one woman refusing to give up her seat on a bus. History is a part of who we were, who we are, and who we will be.

National Parks help in revitalizing communities, preserving local history, celebrating local heritage and creating close-to-home opportunities for kids and families to get outside, be active and have fun.

Discover a park near you - visit a [National Park](#) today.



Recommended mailing deadline for sending economy-priced holiday packages to service members in Afghanistan, Iraq and other places around the world is Nov. 12th. More information can be found at <http://www.usps.com/supportingourtroops/>

Blue Star Families

Does your base library or kids' school need some new books? Well, YOU could deliver them with the help of Blue Star Families and Kids in Distressed Situations (K.I.D.S.). [Click here](#) to learn more about Books on Bases, Smiles on Faces.

