

Contents

- Characteristics of a Healthy Relationship
- Celebrating Healthy Relationships during LGBT Pride Month
- Financial Fitness: Deployed and Homefront
- Resiliency and Reintegration Camp
- Ship Sponsor — A Lifelong Crew Member
- Online Veterans Employment Center: One-Stop-Shop Connects Veterans, Transitioning Service Members and their Spouses to Employers
- 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 resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Deployment Support Analyst James Herald at james.herald@navy.mil or the Communications Program Specialist Timothy McGough at timothy.mcgough@navy.mil.

Visit us online at:



Preparing Navy Families for Hurricane Season

The 2014 Hurricane Season begins in the [Atlantic](#) region on June 1 and ends November 30. The [Eastern Pacific](#) hurricane season began May 15 and also ends November 30. If you live in an area affected by hurricanes, take time to reacquaint yourself with what you need to do to prepare. Familiarize yourself with storm terminology including what the different levels of hurricane categories mean. Learn about what a storm surge is, and if it has the potential to affect you and your home. Use your knowledge to prepare for what the coming months may hold.



Share what you have learned with your family and create an evacuation and communication plan. Know who to call, where to go and how to get there. Contact the local emergency management office to find out about evacuation routes and the location of shelters. Most of all, develop a plan that everyone understands.

The goal in any emergency situation is to stay safe. Be informed. Have a plan. Make a kit.

Navy Family Accountability and Assessment System (NFAAS)



[NFAAS](#) provides a standardized method for the Navy to account for, assess, manage and monitor the recovery process for Navy personnel (active duty, Reservist, Navy civilian employees, NAF and NEX employees and OCONUS contractors) and their family members. The NFAAS mobile app allows Navy personnel and family members access to NFAAS and assistance through their smart phones.

American Red Cross

The Red Cross continues to encourage people to call 9-1-1 as the best first action when in need of emergency assistance. At the same time, the organization has released a series of free preparedness apps for both iPhone and Android users.

All Apps can also be found in the [Apple App](#) and the [Google Play Stores](#) by searching for NFAAS or American Red Cross.



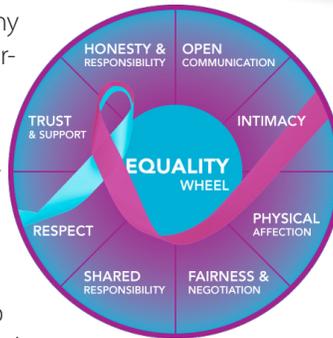
“Remember; when disaster strikes, the time to prepare has passed.”

— Steven Cyros

Characteristics of a Healthy Relationship

Most people want to be in a relationship, but building a healthy relationship can be challenging. Intimate partnerships and marriages are created by cultural identity, relationship history and other factors, which vary based on life experiences.

Healthy marriages and intimate partner relationships, whether they are same-sex or opposite-sex, share similar characteristics. While everyone has to decide for themselves what they want in a relationship and what defines a good relationship, there are some core qualities to consider. A strong relationship is based on equality, not power and control. The Equality Wheel identifies characteristics that partners should strive to build upon within their relationship.



It is difficult to know when to seek help when you are experiencing challenges in a relationship. Some relationships may start out with many of the identified characteristics of a healthy relationship and slowly take an unhealthy form. It can be all too easy to fall into problematic patterns without realizing it.

There are support resources available to help strengthen your relationship. If you want support regarding how to build or maintain healthy relationships, contact the nearest [Fleet and Family Support Center](#). Other Resources: [Military OneSource](#) or call 1-800-342-9647; [The National Domestic Violence Hotline](#) or call 1-800-799-7233, TDY 1-800-787-3224; [Love Is Respect](#) or call 1-866-331-9474 or text "love is" to 22522.

Celebrating Healthy Relationships during LGBT Pride Month



June is Lesbian, Gay, Bisexual and Transgender (LGBT) Pride month, and what better way to celebrate than talking about healthy, consensual relationships? Just like heterosexual dating relationships, LGBT relationships benefit from open communication and mutual respect. So, what makes a healthy relationship? First,

open and honest communication is key. Whether your relationship is casual or committed, it is important to communicate openly about what you want, need and feel on an ongoing basis, and to listen actively to what others are communicating to you. This can include communicating your limits and boundaries about a variety of things, such as intimacy and your own physical space. This also includes seeking consent for sexual interactions, and only giving consent when you are comfortable. The Navy defines consent as "words or overt acts indicating a freely given agreement to the sexual conduct at issue by a competent person." According to the [National Sexual Violence Resource Center \(NSVRC\)](#), the process of establishing consent is a great way to build intimacy and understand your partner's needs. In the LGBT community, there are some unique challenges that individuals may encounter that can affect healthy relationships. These can include fear of being outed, refusal to use chosen pronouns or names, as well as lack of family and community support.

In a perfect world, every relationship would be a healthy one. However, sexual assault is still a serious issue, and can happen to both heterosexual and LGBT individuals. If you have experienced sexual assault, the [Sexual Assault Prevention and Response \(SAPR\) Program](#) provides services to active duty and adult dependent victims. For 24/7 confidential support, visit the [DoD Safe Helpline](#) or call 877-995-5247.

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



Add JSS to your
Mobile Network
www.jointservicesupport.org/jss/Mobile.aspx

JSS Dial-in Access 24/7?
1-877-JSS-NOW1
(577-6691)



Relocation Tip

To make an upcoming move with children easier, check out the "Moving and Settling into a New Home with Children" [article on Military OneSource](#).



New Spouse Orientation



New Spouse Orientation is offered as an [on-demand course](#) designed to support new

Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

Financial Fitness: Deployed and Homefront

For both the deploying service member and the spouse or family members that will be maintaining the homefront, the days leading up to a deployment are full of planning, discussions of responsibilities and some quality family time. While quality time together is probably the highest priority emotionally, making time to discuss, as a couple, how to handle the possible financial changes that deployment brings should also be a priority. Developing a plan before deployment allows the opportunity to manage these changes and perhaps save additional income or use it to pay down debt. In addition, being aware of the changes in your financial future can help you both avoid overspending, financial disagreements and missed payments and tax deadlines.

Whether you are deploying or the one handling the finances at home, it is important to be aware of what additional entitlements or special pay will be earned during the deployment, such as: Family Separation Allowance, Combat Zone Tax Exclusion, hostile fire/imminent danger pay, hardship duty location pay, entitlements for deployments more than 30 days and additional hardship compensation for combat deployments.

Communicate which of these entitlements you may expect to receive during deployment and make plans to use the additional money wisely. Together, you should create a plan to live off of your pre-deployment income and make saving or debt reduction your priority. Consider using Department of Defense savings plans, like the [Thrift Savings Plan](#), [Roth TSP](#) or [Savings Deposit Program](#).

Not all of the changes in the deployment budget will be related to extra income. There may be additional expenses during a deployment such as child care or educational expenses. The need to decrease your expenses may also occur. If you are handling the finances at home, create a payment schedule with the deploying service member before the start of the deployment, noting due dates, automatic drafts and which payments require checks, to make sure that all payments are made on time.

Financial fitness before, during and after deployment is completely attainable for you and your family. Having these important discussions about your family's financial future before the deployment, continuing to save and staying aware of expenses and options during the deployment means your family will be financially fit with lower debt and a solid savings foundation. Contact your local [Fleet and Family Support Center](#) (FFSC) to schedule a financial counseling appointment prior to deployment.



Resiliency and Reintegration Camp

Boys and Girls Clubs of America Military and Outreach Services has announced the locations for the 2014 Military Resiliency and Reintegration Summer Camps.

The camps will offer youth curriculum based programs designed to provide our military youth with the necessary skills to build resiliency, practice healthy lifestyles, problem solve and learn family communication skills.

The Salvation Army Boys and Girls Clubs

July 7-12 at Camp Walter Johnson, Denton, NC
Registration Deadline: July 1

The Boys and Girls Clubs of Greater Milwaukee

June 23-27 at Camp Whitcomb/Mason Hartland, WI
Registration Deadline: June 18

Ship Sponsor — A Lifelong Crew Member

Did you know that each ship in the Navy has a ship sponsor? After choosing a ship's name, the Secretary of the Navy selects a civilian woman as ship sponsor. A sponsor is considered a permanent member of the crew and can be an active supporter of the ship's Family Readiness Group (FRG). She is expected to give a part of her personality to the ship and serves as a staunch advocate for the ship and the crew's well-being. It is said her spirit and presence will guide a ship throughout its life and she will bestow good luck and protection over both the ship and all those who sail her.

A sponsor's unique bond with the ship begins the moment her initials are welded into the keel of the ship. The sponsor later christens the ship by breaking a bottle of sparkling wine against the ship and ultimately helps place the ship in commission by giving the call for the crew to "man our ship and bring her to life."

Over time and deployments, crews may lose touch with the ship sponsor. Many sponsors would welcome the opportunity to attend ship ceremonies or activities with the crews and families to provide support and friendship. If your FRG has lost touch with your ship sponsor over the years, the [Society of Sponsors](#) is happy to help reunite you with your sponsor.

Online Veterans Employment Center: One-Stop-Shop Connects Veterans, Transitioning Service Members and their Spouses to Employers

On the anniversary celebration of Joining Forces, First Lady Michelle Obama and Dr. Jill Biden announced the launch of a new integrated employment tool to connect veterans and service members with employers, and to help translate military skills into the civilian workforce. The Veterans Employment Center, an integrated, online tool connecting veterans, transitioning service members and their spouses with both public and private-sector employers, is the result of an interagency effort to improve, simplify and consolidate the current array of employment resources for veterans. Additionally, this will provide one comprehensive database of resumes for employers who are seeking to leverage the skills and talents of veterans,

service members and their spouses.

“Our service members haven’t always had the time or information they needed to prepare their resumes, to plot their career goals, to meet with employers and get the jobs they deserve. And that’s simply not acceptable,” said First Lady Michelle Obama. “As my husband has said, when you’ve fought for this country around the world, you shouldn’t have to fight for a job when you return home. Starting today, every single service member, every veteran and every military family will have access to a new online tool that will revolutionize how you find jobs in both the public and private sectors. All you have to do is log on to ebenefits.va.gov.”

[Joining Forces](#) is a national initiative launched by Mrs. Obama and Dr. Biden to engage all sectors of society to give our service members and their families the opportunities and support they have earned. In addition, Dr. Biden launched the Military Spouse Employment Partnership in June 2011 with just under 60 companies. Today, Dr. Biden announced there are 228 partner employers, more than 1.8 million jobs posted on the [MSEP Career Portal](#) and more than 60,000 military spouse hires.

Visit the [Veterans Employment Center](#), watch a [tutorial video](#) on how to use the Veterans Employment Center or read the entire [press release](#).

Employment and Transition Corner

Introduction to the American Job Centers

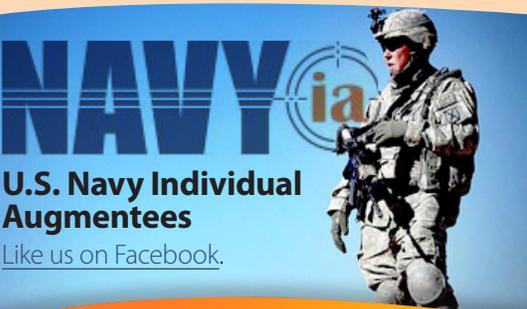
As part of an initiative to help those looking for work, the Department of Labor established the [American Job Centers](#) (AJC) to provide free-of-charge employment services at the state and local levels. Military veterans in need of job search assistance can find it offered by staff at the AJCs. Assistance includes resume writing, interview help, job market information, job referrals and coaching/counseling.

The AJC staff offers one-on-one career counseling - vital to a successful job search - as well as offering assistance in exploring your employment opportunities, experience and other service needs.

Some AJCs may have limited staff and resources to provide the full complement of services and assistance offered at larger Job Centers. In such cases, job seekers may be referred to another Job Center or to a “Vet

Mobile” (a mobile AJC service unit).

The AJC can also help Veterans seeking assistance in applying to colleges and universities. Depending on the Veteran’s state, there are programs which provide four years of tuition assistance. Some Job Centers partner with local community centers, colleges and universities to help provide Veterans a greater choice of options to achieve their post-military education and career goals.



U.S. Navy Individual Augmentees

[Like us on Facebook.](#)

Returning Warrior Workshops (RWW)

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

IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)

ARE YOU PREPARED?

BE INFORMED. HAVE A PLAN. MAKE A KIT.



Hurricanes

- Know storm terminology.
- Learn the evacuation routes.
- Find out if your home is in a flood prone area.
- Plan on how you will secure your home and property.



Wildfires

- Know the risk of wildfire in your area.
- Install smoke detectors and check them regularly.
- Teach each family member how to use a fire extinguisher.
- Clear items that will burn from around the house.



Tornadoes

- Be alert to changing weather conditions.
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark low-lying cloud
 - Loud roar, similar to a freight train
- If you see danger signs, be prepared to take shelter immediately.



Earthquakes

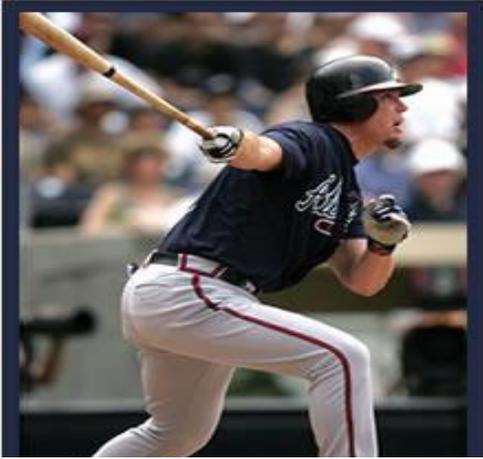
- Fasten shelves securely to walls.
- Place large or heavy objects on lower shelves.
- Secure your water heater, furnace and other large appliances so they are less likely to fall over.
- Locate safe spots in each room where you will be protected from falling debris.



<https://navyfamily.navy.mil>



eKnowledge and MLB Players Hit a Home Run, Donate Free \$250 SAT and ACT Test Prep Programs



**Atlanta Braves All-Star Chipper Jones
Supports the Donation Project**

This Donation Project was created by the founders of eKnowledge to promote and prepare young adults for higher education. eKnowledge's mission is to create opportunities for the college bound by offering access to free SAT and ACT test preparation (for a small set up fee of \$20 that covers online materials, shipping and access to online streaming). eKnowledge waives 100% of the retail costs for the standard version and 93% of the cost for all other programs. These programs retail for \$200 to \$600. eKnowledge sells these same materials in the open market for full retail price. Through eKnowledge and the United States Navy these programs are available to you for only the cost of materials and shipping – less than \$20.00.

Order Online Today: www.eKnowledge.com/USNavy

or telephone: 951-256-4076

The eKnowledge Military Donation Project has delivered more than 206,000 SAT and ACT programs valued at over \$47 million at no profit to the company. The Donation Project is supported by professional athletes from the NFL and MLB as well as 250 Affiliate Partners. eKnowledge has been investing in students and improving test scores while always keeping up with the changing landscape of college test preparation.

The SAT and ACT PowerPrep™ Programs are available online or on a single DVD. Programs include more than 11 hours of video instruction and 3000 files of supplemental test prep material, thousands of interactive diagnostic tools, sample questions, and practice tests Students select the training they need and study at their own pace.

SAT/ACT Test Dates 2014

SAT	June 7	October 11	November 8	December 6
ACT	June 14	September 13	October 25	December 13

www.eKnowledge.com/USNavy

For further information contact Lori Caputo, 951-256-4076 LoriCaputo@eknowledge.com