

## Contents

Spouse Ambassador Network: Educating, empowering, mentoring military spouses

Door-to-door meat selling:  
 Five things you need to know

One question: Are you prepared?

Thinking about getting out of the military?  
 Unsure about what you'd like to do next?

Prepare for leaving the Navy through  
 Transition GPS

Make healthy food choices for  
 your school kids

Employment and Transition Corner

## Navy Family Ombudsman Appreciation



*Submitted by Doreen Scott  
 CNIC N91 Ombudsman Program Analyst*

Have you ever wished that you could turn to a real person to answer your question instead of a search engine on your computer? Your Command Ombudsman is that person for you. The primary role of Ombudsmen is to be a source of information and referral. They are able to provide you with available resources or direct you to a subject matter expert who will be able to answer your questions.

September is Ombudsman Appreciation Month, a time when we ask you to take a minute to thank your Command Ombudsman for volunteering to serve command families in this important role. Perhaps you, too, would like to volunteer at your command. For more information, contact your commanding officer or your Fleet and Family Support Center (FFSC) Ombudsman Coordinator. In the meantime, let's all [show our appreciation](#) to these selfless volunteers for all they do for you and your family.

## Every Sailor, Every Day - Navy Suicide Prevention Month

*Submitted by Chief of Naval Personnel  
 Public Affairs*

Suicide prevention goes beyond training people to recognize risk factors or know what actions to take in a crisis. It includes everyday actions we can all take to build meaningful connections with our peers and loved ones, staying actively engaged and making sure they know they're never alone.



The theme of 2014 Navy Suicide Prevention Month is *Every Sailor, Every Day*. Building resilience and preventing suicide require all of us to communicate with each other and promote environments that support *open* conversation, whether at home or in the work center. Take a moment out of each day to ask a Sailor or loved one how he or she is doing, and actively listen to their answers. If you think someone is having trouble navigating stress, steer the conversation to help him or her feel comfortable accessing the right resources and follow up for continued support.

Each day, we have the opportunity to encourage and care for our Sailors and families ... and ourselves. We must also take proactive steps to ensure personal well-being so that we are setting positive examples for those around us. Physical fitness, proper nutrition, adequate sleep and making responsible choices are just a few of the ways we can strengthen our abilities to navigate stress and "be ready" for challenges so we thrive through adversity.

As a Navy community, we must stand together, support one another, and be there for *Every Sailor, Every Day*. We are stronger together.

Help is always available. Visit [www.veteranscrisisline.net](http://www.veteranscrisisline.net) or call 1-800-273-TALK (option 1).

**"Be kind, for everyone you meet is fighting a battle you know nothing about."**  
 — Wendy Mass, *The Candymakers*

*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 Communications Program Specialist Timothy McGough at [timothy.mcgough@navy.mil](mailto:timothy.mcgough@navy.mil).

Visit us online at:



## Spouse Ambassador Network: Educating, empowering, mentoring military spouses

Article taken from *DOD Military Community and Family Policy eMagazine* (August/September 2014 issue)



The Spouse Ambassador Network is a committed group of organizations within the Military Spouse Employment Partnership (MSEP) that have community networks to help broaden knowledge about military spouse career resources in communities where spouses live and work. The network creates awareness about the challenges related to military spouse employment and works with community organizations to increase military spouse career opportunities and advancement.

The Spouse Ambassador Network consists of 13 MSEP organizations that offer access to key education and career resources, as well as information to spouses in the communities where they reside. MSEP connects military spouses with more than 230 organizations and companies that have committed themselves to recruit, hire, promote and retain spouses in portable careers. The MSEP Career Portal includes job postings, resume and interview support, and social media and media resources.

The MSEP employers successfully connect with Spouse Ambassador Network organizations, which are strong advocates for the needs of military families and spouses. The network offers the following opportunities for military spouses:

- Job readiness, career coaching and mentoring services for career-minded spouses from all military services and pay grades.
- Spouse education and training, and licensing and credentialing portability information.
- Career advancement opportunities for spouses in portable career fields and occupations.
- “Hot job” leads through the network’s social media channels.
- Referrals to MSEP employers who are committed to recruiting, hiring, promoting and retaining them.

In addition to these resources, the Department of Defense (DOD) Spouse Education and Career Opportunities (SECO) program supports the MSEP partners and the Spouse Ambassador Network by providing materials, resources and assistance through [MySECO](#), which delivers 24/7 access to online education and career information, resources, tools and assessments.

For more information contact [Military OneSource](#) or your local [Fleet and Family Support Center](#).



## Door-to-door meat selling: Five things you need to know

Submitted by *Fred Davis*,  
CNIC N91 Personal Financial Management Analyst

When temperatures heat up, door-to-door salesmen start making their rounds selling any number of different products and services. While many door-to-door salesmen are honest, every summer, the Better Business Bureau (BBB) receives troubling complaints from consumers who purchased meat from door-to-door salesmen and were dissatisfied with the quality or even claim to have gotten food poisoning. (Story continued on page 3.)

## Family On-Demand Courses Get a New Home

Military Families in Transition now lives at [www.militaryfamiliesintransition.com](http://www.militaryfamiliesintransition.com)

New Spouse Orientation is now [www.newspouseorientation.com](http://www.newspouseorientation.com)

Be sure to update your favorites.

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

## Relocation Tip

Whether you had a good or bad move, the [Customer Satisfaction Survey \(CSS\)](#) is your way of helping improve future moves for you, your fellow service members and your family.

**RELOCATION ASSISTANCE PROGRAM**

Moving Made Easy

## 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.

(Continued from page 2.)

For the full article, go to <http://www.bbb.org>.

In addition, remember that your [Fleet and Family Support Center \(FFSC\)](#) holds financial education classes to help you not only make the most of your grocery dollar, but help you create long-term financial goals. For the nearest FFSC, go to [www.ffsp.navy.mil](http://www.ffsp.navy.mil).

## One question: Are you prepared?

Submitted by Amber Kerr  
 CNIC Family Emergency Response Program Manager



If a disaster such as a major earthquake or tornado were to occur, would you be prepared? Where would your family go? If you were separated, would you know where to meet your loved ones? These are all important questions to have answered before a disaster occurs. September is National Preparedness Month, which makes it the perfect time to learn about disasters, and what you need to do to be ready.

Take some time to find out what disasters are most common in your area. Local emergency management offices can help you identify potential hazards, provide an outline of local plans and make recommendations for you and your family. They can also give you information on emergency evacuation routes and procedures.

Along with learning your community's emergency procedures, it is important for you to discuss with your family what actions to take if there is a disaster. Make a plan that includes how you will communicate with each another and identify a designated meeting place. You should also list one or two out-of-state contacts with whom you can "check in" after an event. If you have young children and are concerned that discussing disasters might frighten them, visit [www.Ready.gov](http://www.Ready.gov). They have a preparedness campaign specifically designed for kids.

Finally, to ensure you are prepared, build an emergency supply kit for your home and vehicle. This collection of items will help you evacuate more quickly and will help ensure that you and your family can meet your basic needs in the days immediately following a disaster.

The time and effort you and your family invest in preparedness will make a difference in your ability to handle emergency situations and will help each of you to stay safe. Be informed. Have a plan. Make a kit.

For more information on disaster preparedness visit [www.Ready.Navy.mil](http://www.Ready.Navy.mil) or [www.Ready.gov](http://www.Ready.gov).

## Thinking about getting out of the military? Unsure about what you'd like to do next?

Submitted by Rebecca O'Connor  
 CNIC N91 Transition Support Analyst



The VA's [eBenefits' Employment Center](#) offers a one-stop-shop for veterans, transitioning service members and spouses to translate their military skills into civilian language suitable for a resume, find upcoming job fairs and connect with employers interested in hiring veterans.

[My Next Move](#), a partner of the Department of Labor's (DOL's) American Job Center network, makes it easy to find out about "[Careers with a Bright Outlook](#)." Simply click on one of the careers from a list of jobs. Linked information includes projected growth, duties and responsibilities, and average salary. My Next Move also breaks down the education, skills and abilities necessary for a successful career in that specific field. You can learn more about your interests and aptitudes by taking the Interest Profiler assessment at [My Next Move](#); this is one of the career interest profilers used in the Transition Goals, Plans, Success (Transition GPS) curriculum. If you are interested, more details are available at [O\\*NET OnLine](#).

Looking for a federal job? As the federal government's official jobs site, [USAJobs](#) is the place to post your resume, as well as search and apply for current job openings. The [Advanced Job Search](#) page lets you narrow your search by occupational series/job category, location, security clearance required or keyword. The site also offers a [Resource Center](#), with tips and tutorials to help simplify the application process.

And don't forget to use the [Office of the Secretary of Defense's Military Compensation Calculator](#) to figure out your equivalent civilian salary. Using the calculator can help you figure out a salary range you'll need to maintain your household after your transition to civilian life.

## Prepare for leaving the Navy through Transition GPS

Are you getting ready to retire or transition out of the Navy? Check the prerequisites and schedules for Transition Goals, Plans, Success (Transition GPS) on the [Fleet and Family Support Program](#) website. Ensure you contact your Command Career Counselor prior to signing up for a Transition GPS class.

## Make healthy food choices for your school kids

Submitted by Chief of Naval Personnel Public Affairs



The new school year is just around the corner and school-aged children need to be optimally fueled to get through the day. If your

child purchases lunch at school, take a moment to study the menu and ensure it includes a variety of whole foods from all food groups: grains, fruits, vegetables, dairy and protein so that your child gets a variety of nutrients.

If the school's menu lacks a healthy variety, here are some ideas for packing a bag lunch and making sure kids get the best nutrition they need to grow and learn:

- Talk to your child about likes and dislikes; sit down and make a weekly menu together.
- Keep your fridge and pantry stocked with commonly packed foods.
- Pack your child's lunch with a variety of items, chosen from at least three different food groups.
- Use leftovers from last night's dinner.
- Pack the night before so you are not in a rush in the morning.
- Pack kid-sized portions so a child is not overwhelmed or eating more than needed.
- Encourage your child to start their lunch with vegetables or fruits.
- Add a personal touch to make the lunch fun, like a personal note or "smiley face" sticker.

Make the healthy choice the easy choice for your child. Visit <http://www.letsmove.gov/healthy-schools> to find additional resources, tips and ideas on how you can help your child choose healthy throughout the school year.

## Employment and Transition Corner

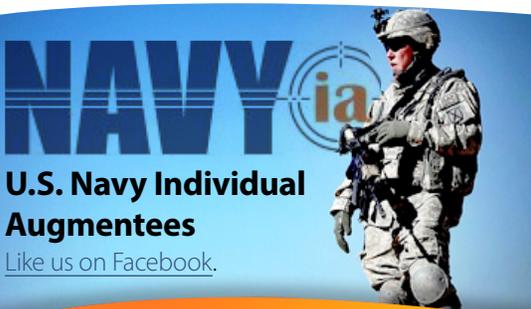
Capstone is the mandatory final part of Transition Goals, Plans, Success (Transition GPS) and happens not later than 90 days prior to the service member's expected date of separation AND after they have completed pre-separation counseling and attended the five-day workshop along with any (or all) of the career track workshops. During Capstone, their commanding officer (or designee) will check the service member's Individual Transition Plan (ITP) and DD Form 2958 (Individual Transition Plan Checklist) to verify they have met Career Readiness Standards (CRS) and have a workable transition plan.

If the commanding officer (or designee) believe that the service member has not met CRS and/or requires additional assistance to successfully transition to the civilian sector, they will arrange for a 'warm handover' connecting them with an appropriate DOD partner agency that can provide benefits, services and support.

The Service member should bring the following documentation to Capstone:

- DD Form 2648 or DD Form 2648-1.
- Individual Transition Plan.
- Completed 12-month post-separation spending plan.
- Department of Labor American Job Centers Gold Card.
- Completed gap analysis activity.
- Completed job application package or job offer letter.
- Career interest assessment form (such as the O\*NET Interest Profiler or Kuder Journey).
- Proof of VA eBenefits registration.

To find more information, including when Capstone is next offered, contact the local Fleet and Family Support Center or go to the [FFSP Transition GPS](#) Webpage.



### 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](http://www.ia.navy.mil). Click "Resources" then "IA Services."

### IA Discussion Group Schedule

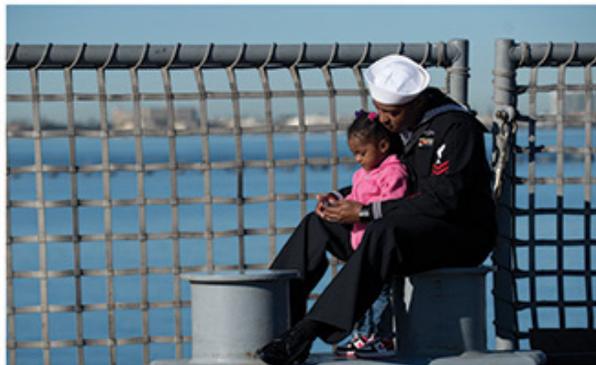
[View the Fleet-wide list of classes, support groups and events.](#)



September is  
Ombudsman Appreciation Month

# Thank you Navy Ombudsmen

DEDICATED VOLUNTEERS SERVING NAVY FAMILIES



To learn more about the Ombudsman Program or to contact your Ombudsman, visit  
[www.ffsp.navy.mil](http://www.ffsp.navy.mil)

