



JULY 2010

TABLE OF CONTENTS

- 100 Days of Summer
- Awesome Alternative to the Kindle and Nook
- Do You Have a Safety Plan?
- Health Coaching - iCan Programs
- National Intrepid Center of Excellence
- Celebrating 31 Years of Service
- What is FOCUS?
- Navy Safe Harbor
- Navy School Liaison Officers
- Chill Drills – Stress Management
- 2010 Benefits Guide
- Safeguard your Common Access Cards (CAC)
- Navy Lodge Celebrates 40 Years
- eKnowledge Donates SAT and ACT Test Prep Software
- Fall Family Retreats

100 Days of Summer

As the temperatures rise, getting out and enjoying the season is top on the list. Finding free and inexpensive things to entertain the kids is not far behind. Browse your city websites for classes, concerts, sporting events and movies in the park. Your local libraries and city zoos offer fun educational projects and activities. Check your cable provider; some list local entertainment channels for your area. From Memorial Day to Labor Day, 100 Days of Summer offers fun for kids of all ages. Here are a few options to get you started.



Summer 4-H Programs for Military Youth

With the support of 4-H professionals, military staff and volunteers provide quality developmental programs for children in safe and nurturing environments. 4-H clubs provide “a slice of home” for military youth worldwide through educational experiences using research-based curricula for youth ages 5 -19.



Military youth can become involved in 4-H and continue their 4-H work wherever they move when their parents are transferred or deployed. Recently, community programs to support National Guard, Reserve and Accessions Command families have been added. Visit the 4-H Military Partnerships at http://www.national4-hheadquarters.gov/comm/4h_military.htm to learn more about these programs.

Free summer 4-H programs are forming now. For example, at the New London Subbase and in surrounding community schools, 4-H representatives will work with youth on various hands-on projects to increase knowledge, encourage interest and build leadership and decision-making skills. The newest program in the Military 4-H is the Cloverbud Kids for ages 5-7. Ask about “Daddy Diary” and the Geosciences programs. Digital photography workshops, technology and computer projects, basic automotive repair and detailing are all offered. Plus, plans are in the works for a defensive-driving class.

The New London representatives are willing to field calls and redirect you to a program in your local area. Contact the New London County Extension at 860.885.2824 or visit the website at <http://www.4-h.uconn.edu>.

continued on page 2

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.



100 Days of Summer continued from page 1**Operation: Military Kids (OMK)**

Operation: Military Kids is the U.S. Army's collaborative effort with America's communities to support children and youth affected by deployment. Regardless of whether families are experiencing deployment for the first time, the second time, or another in a series of multiple deployments, OMK's goal is to connect military children and youth with local resources to achieve a sense of community support and enhance their well-being. And, all service branches are eligible to participate.

Summer Fun Camps – OMK is hosting fun camping opportunities for any military youth experiencing deployment. Check out this link <http://www.operationmilitarykids.org/> and click on "state information" from the left menu to view a calendar. Please connect with the identified point of contact for each camp of interest to get complete information on location, registration, etc. Come have some fun!

Awesome Alternative to the Kindle and Nook

The Navy's General Library Program offers an awesome alternative to the Kindle and the Nook! Learn a new language, transport to a different time or listen to your favorite author. With a library as close as your laptop you may download eBooks, audio books, music and videos of various genres. Downloads are compatible with most audio and digital devices and at no cost to you. Children's titles are available as well. Create your account today at Navy Knowledge Online at <https://www.nko.navy.mil>. Click on Reference - Econtent - Audio & eBooks - Overdrive - Digital eBooks, Audio Books & Music

Do You Have a Safety Plan?

With weather forecasters predicting an unusually active hurricane season, it is important to have enough supplies to withstand a potential disaster. Go to http://commissaries.com/hurricane_season.cfm to find out how the commissary is helping military families prepare.

The Defense Commissary Agency's (DeCA) 2010 summer club pack program – running from July 1 to Sept. 30 – features products that meet the seasonal needs of commissary customers. The program also includes products appropriate for hurricane and tornado preparedness: food and beverages that don't require refrigeration, flashlights, lanterns and emergency candles. These supplies will be displayed in stores an additional month, through Oct. 31. Commissaries are also offering summer water truckload events to help customers stock up.

To learn more about disaster preparedness or for tips on creating a disaster supply kit, visit www.nhc.noaa.gov/HAW2/english/disaster_prevention.shtml.

Blue Star Museums

More than 600 museums across America to offer free admission to all active duty military personnel and their families from Memorial Day through Labor Day 2010. The complete list of participating museums is available at www.arts.gov.



iCanChange
iCanRelax
iCanThrive
iCanAchieve

Health Coaching - iCan Programs

There's no time like the present to begin a healthier lifestyle. Using iCan Programs is easy. The programs feature an optional telephonic or online personal health coach, a personal homepage with a tracker, interactive tools and much more! iCan Programs will help you understand your behaviors and help you make changes.

- Successful strategies for weight management.
- Effective management of your life stress.
- Improve your cardiovascular health.
- Healthy habits for a healthy teen weight.

Improve your health for life; join the program NOW! Go to Military OneSource at <https://www.militaryonesource.com>. Under featured tools, click "Health Coaching."

National Intrepid Center of Excellence

The ribbon-cutting ceremony on 24 June 2010 launched the new 72,000-square-foot center for treatment of service members and veterans diagnosed with traumatic brain injury and psychological health conditions at National Naval Medical Center in Bethesda, Maryland. The first patients are scheduled for fall 2010.

The National Intrepid Center of Excellence, funded by private donations, is a project of the Intrepid Fallen Heroes Fund, a nonprofit organization begun by the Fisher family to support service members and their families. The family is well known in the military community for its Fisher Houses, which provide low- or no-cost lodging for families of wounded or injured service members undergoing medical treatment or rehabilitation.

Thousands of Americans have contributed to the \$65 million effort, with donations ranging from a few dollars to a \$3 million gift from TV personality Bob Barker. Donations also have come from corporate and nonprofit organizations.

The center is designed to provide the latest treatments for wounded warriors with traumatic brain injury and/or psychological health conditions. The center also will conduct research, test new treatments and provide comprehensive training and education to patients, providers and families. Long-term follow-up care will be provided to ensure that "once soldiers separate from the military, they do not separate from whatever continued treatment they need," according to an announcement from the Intrepid Fallen Heroes Fund.

Medal of Honor recipients have come together for a campaign to encourage service members to seek help for stress disorders; the center will hopefully serve as a way for service members to get the help that they need.

For more information and resources visit <http://www.fallenheroesfund.org/national-intrepid-center-of-excellence.aspx>.





Fleet and Family Support Program Celebrates 31 Years of Service

After opening the first centers in Norfolk, Virginia and San Diego, California in 1979, the Fleet and Family Support Program (FFSP) continues to deliver its core mission with growing service delivery focusing on deployment support, crisis response, career support and counseling. Today, more than 100 centers are operational around the world. With a proactive approach, FFSP is pleased to provide and improve its support to individuals, families and commands for years to come.

What is FOCUS?

FOCUS (Families OverComing under Stress), created by the Navy Bureau of Medicine and Surgery, is a resiliency-training program for military families and children to help them meet the challenges of combat operational stress during wartime. Resiliency is the ability to effectively cope with, adapt to, and overcome adversity, stress and challenging experiences.

Wartime deployment takes a toll on both the service member and family members on the homefront, with multiple deployments often causing additional stress.

FOCUS goals include:

- Helping families to identify and build upon their existing strengths and positive coping strategies.
- Increasing parents' and children's understanding of how different family members might react to wartime stress.
- Helping service members and family members communicate and better understand how each was affected by deployment.
- Working with spouses to better support one another in dealing with the stressors that can arise from long separations.
- Assisting couples to work more effectively as a team in parenting their children before, during and after deployment.
- Increasing parents' skills in dealing more effectively with some of the emotional and behavioral reactions that children can have when experiencing stress.

FOCUS sites are located throughout the U.S. and provide excellent resources. Go to <http://www.focusproject.org/> for further information.



NFAAS

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>.



Navy Safe Harbor

Navy Safe Harbor provides service members with a lifetime of care and support, allowing them to focus on recovery. Navy Safe Harbor provides Sailors and their families a beacon of hope through non-medical support following a serious illness or injury. Enrollment is voluntary and eligibility is not limited to combat-related wounds or injuries. The goal is to ensure successful recovery and rehabilitation of Sailors, and when not possible, work collaboratively with federal agencies for reintegration back into their communities.

More information is available at <http://www.safeharbor.navy.mil/>, toll-free 1-877-746-8563 or on Facebook at <http://www.facebook.com/pages/Washington-DC/Navy-Safe-Harbor/286257345709>.



Child and Youth Programs

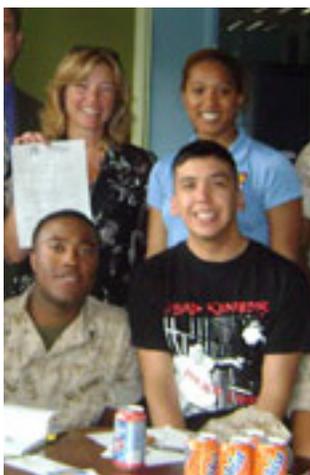
Navy School Liaison Officers at your Service

Navy School Liaison Officers (SLO) assist families with school transfers and help level the playing field for military children and youth. School Liaison Officers (SLO's), under the Child and Youth Education Services Program, work with local school districts to ensure school personnel are aware of the stressors on military families brought about by frequent moves and extended deployments.

SLOs are the primary liaison between community schools, commanders, and military parents. These education professionals are located on all major Navy installations and serve as a liaison between Navy commands, families and schools. They provide the following program support:

- School transition services (PCS cycle).
- Deployment support.
- Command, school, community communications.
- Home - school linkage and support.
- Partnerships in education.
- Post-secondary preparations.

Programming includes installation-based Child and Youth Programs support and school-based support in schools attended by Navy Families. For a complete liaison list, go to http://www.cnic.navy.mil/CNIC_HQ_Site/index.htm or on Facebook at www.facebook.com/pages/Navy-School-Liaison-Officer/148752244220.



Returning Warrior Workshops (RWW)

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

For the 2010 schedule, visit the Navy Individual Augmentee website at www.ia.navy.mil/.





Chill Drills – Stress Management

The stress of combat and other traumatic situations can linger long after a deployment has ended. Back home, it takes time to adjust. It can be hard for service members to sleep, talk, or be patient -- with themselves, family and friends, even with cars and trucks on the road. Many of these feelings lessen with time. Meanwhile, service members can teach themselves to relax more by using 60-minute audio recordings. The drills help service members:

- Relax their mind by tuning into their body.
- Release their stress.
- Ease their back pain.
- Get to sleep.

Chill Drills is available as a pocket-sized, pre-loaded, battery-powered MP3 player and can be listened to anywhere at anytime. Use these drills before, during and after deployment to stay calm and focused throughout. Learn more, order, or listen to Chill Drills at <https://www.militaryo-nesource.com/chilldrills>.



2010 Benefits Guide Now Available

The VA 2010 guide, *Federal Benefits for Veterans, Dependents, and Survivors*, is now available online. This is the all-in-one place to learn about the benefits to which you or a family member might be entitled. Go to http://www1.va.gov/opa/publications/benefits_book.asp.

Safeguard your Common Access Cards (CAC)



Allowing any private vendor to scan a CAC will compromise the service member's personal and unit identification information including date of birth and Social Security Number. This information is both clearly displayed on the CACs and stored in the bar code on the CAC. The scanners that are being used by private vendors could have the capability to read and store the information in the bar code. Compromise of this information could lead to potential identity theft. Additionally, presenting CACs to be scanned without proper authorization or security measures could also potentially compromise the sensitive PKI certificates embedded in the CAC.

As this new ID scanning technology presents potential identity theft issues and may affect Operational Security (OPSEC), we need to reinforce the need for DoD personnel to protect the sensitive information on the CACs. In addition, all DoD personnel should be advised to refrain from providing their CAC to anyone outside of a government facility.



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.



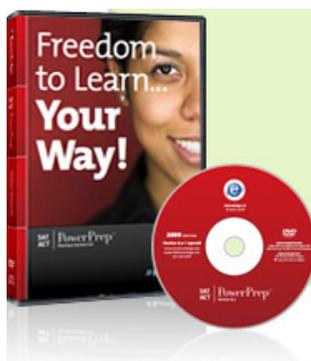


Navy Lodge Celebrates 40 Years

In the past 40 years, US Navy Lodges have come a long way. Today the Navy Lodge is a top-flight hotel serving our Sailors and their families on PCS and TDY orders, and when they just want to get away. Last year they were rated by their guests with a 96 percent satisfaction rating. On top of that, the Navy Lodge room rate is generally 49 percent below civilian hotel room rates. That savings goes into our Sailor's pocket.

To celebrate their 40th Anniversary, Navy Lodge is offering a PCS discount of 5 - 10 - 15 - 25 percent - or free off the room rate for your PCS stay at a Navy Lodge or Navy Inn in the continental U.S. To receive this great value, all you have to do is pick up one of the scratch off cards at your Base PSD, Housing Officer and other base locations. Then present it at check out and see how much additional money you will save.

To get further details and required information visit www.Navy-Lodge.com or call your local Navy Lodge.



eKnowledge Donates SAT and ACT Test Prep Software to Military Families

In alliance with the Department of Defense and supported by patriotic NFL and MLB players, including Boston Red Sox Kevin Youkilis and Atlanta Braves Chipper Jones, eKnowledge is donating \$200 SAT and ACT PowerPrep™ Programs to military service members and their extended families. In five years, eKnowledge has donated over 142,000 PowerPrep™ Programs with a value of \$32 Million.

"We owe our service members and their families a heartfelt thank you for their sacrifice and honorable service to our country" stated Lori Caputo, Donation Programs Director. "The donation of these eKnowledge products hopefully will demonstrate our deep appreciation and financial commitment to the future success of America's military with their continuing education requirements."

Eligible recipients include service members from all branches of the military who are active duty, retired, Veterans, Guard, Reserve, DoD, and civilians providing military support. Also eligible are relatives and dependents of anyone who qualifies from this list.

The SAT and ACT PowerPrep™ software comes in a single DVD and includes more than 11 hours of virtual classroom instruction and 3,000 files of supplemental test-preparation material. Thousands of interactive diagnostic tools, sample questions, practice tests and graphic teaching illustrations are indexed for easy use.

The free SAT and ACT sponsorship covers 100 percent of the total retail cost of the \$200 program; there is a small fee of \$13.84 (per standard program) for the cost of materials, worldwide distribution and customer service. eKnowledge does not profit from this venture.

Order online at www.eknowledge.com/USA. Enter sponsorship code: FMX944199 or order by telephone at 951-256-4076. For further information, please contact Lori Caputo at LoriCaputo@eknowledge.com.





Fall Family Retreats

Operation Purple® Family Retreats are designed to allow families to reconnect after experiencing the stresses surrounding a deployment. They are a great opportunity to spend time outdoors, try new things, make friends and enjoy quality time together as a family. These four-day retreats take place in beautiful National Parks and are led by experienced outdoor educators. The raves by families who have already attended tell you all you need to know about this exceptional program.

At each retreat, participants will be paired with highly-specialized field-science educators and staff members who will guide families through various activities such as nature hikes, canoeing, campfires, beach exploration and more!

In addition, Operation Purple Family Retreats include structured activities developed by the FOCUS Program (Families OverComing Under Stress). These activities highlight areas of strength and resilience in the family and promote family growth. Families are supported in working together to enhance their relationships through communication activities aimed at building connections and family closeness.



Operation Purple Family Retreats are open to service members and their families who have experienced deployment within the last 15 months. To be eligible, service members must have returned from deployment no less than 3 months and no more than 15 months prior to the start date of each retreat. Travel expenses are not included. However, families who attend will receive a \$200 stipend per family before departing from the retreat site to offset the cost of travel. The retreats are free thanks to support from the Sierra Club and the Sierra Club Foundation.

Apply Now! Go to <http://www.militaryfamily.org/our-programs/operation-purple/family-retreats/how-do-i-apply.html>.

Locations and dates:

■ YMCA of the Adirondacks

Silver Bay, NY

September 17-20

www.silverbay.org

Silver Bay YMCA of the Adirondacks is a 100-year old family retreat and conference center set on the shores of Lake George. Families will enjoy the beauty of the Adirondacks as they relax on the sandy beach, canoe or kayak on the lake, and hike the mountain trails. Leisure time is built into the schedule so that families can relax and enjoy each other's company. Applications for this camp will open in July 2010

■ Outer Edge Performance

Larkspur, CO

October 1-4

www.outeredgeperformance.com

Nestled among the foothills of the Rocky Mountains, with breathtaking views of Pikes Peak, this camp is set on 650 acres of natural beauty. Families will have the opportunity to explore the natural setting, challenge themselves on the ropes course and learn about the environment. Applications for this camp will open in August 2010.



continued on page 9



Fall Family Retreats continued from page 8

■ **Pocono Environmental Education Center (PEEC)**

Dingmans Ferry, PA

October 15-18

www.peec.org

PEEC is located on the Pocono Plateau in northeastern Pennsylvania. Its proximity to 200,000 acres of public lands, numerous state parks, forests and game lands offers a world of opportunities for families to explore shady hemlock gorges, the scenic Delaware River, diverse lowland and upland forests, waterfalls, the unique flora and fauna found in boreal bogs and a quarry containing 400-million-year-old fossils. Applications for this camp will open in August 2010.

■ **YMCA Camp Erdman**

Waialua, HI

December 17-20.

www.ymcahonolulu.org/camp/camp_programs

Nestled between the Waianae Mountains and pristine beaches of Mokuleia, Camp Erdman provides the perfect camp setting for families. Camp Erdman aims to provide positive life-changing experiences for individuals, groups and families through programs that focus on teaching values, developing life skills and building character in a safe, fun and multi-cultural outdoor setting. Applications for this camp will open in October 2010.



To receive e-mail updates regarding upcoming application periods and open enrollment for any Sierra Club sponsored camps (through Operation Purple, ASYMCA, and Outward Bound), e-mail brittany.mckee@sierraclub.org or Operation Purple directly at OPC@militaryfamily.org.

For more fun activities and other resources check out <http://www.deploymentkids.com/>

