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*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:



## Military families are our nation's pride

*Submitted by Towanda Jackson  
 CNIC N91 New Parent Support Analyst*

Military families provide unique and vital contributions to our Armed Forces and our country. Their flexibility and self-sacrifices allows active-duty and reserve service members to be mission ready. In many instances, mission readiness is achieved because of the personal and professional sacrifices made by immediate and extended family members.

One of the biggest challenges military families face is raising a healthy family while maintaining a military lifestyle. Managing the demands of a military lifestyle while raising children can be overwhelming. Research has shown, however, that families incorporating structure and specific activities into their lifestyle are more likely to have happy and healthy family experiences.

Below are a few strategies that have been proven to help reduce stress and increase resiliency in military families.

- **Realistic Goals.** Feeling overwhelmed is frequently caused by not having a practical plan of action. Setting daily and weekly goals helps identify and set priorities.
- **Planned Family Activities.** Planning activities is the first step toward establishing annual family events. Planned family activities tend to be more purposeful and ensure quality time for parent and child bonding.
- **Communication.** In today's society, texting has become the norm. However, electronic communication stifles one's ability to engage in healthy interpersonal conversation. Whenever possible, families should communicate face-to-face.

- **Couples or Individual Self-Care.** Quality time with your spouse or partner is essential to intimacy and strengthening the relationship. For single parents, time to engage in healthy self-soothing activities is equally important.
- **Financial Planning.** Managing family finances can be difficult, but having financial goals and developing a budget is the key to successful financial management. A practical budget also relieves stress, letting people make better decisions.
- **Health and Fitness.** Making mealtimes and fitness activities family events is an effective way to increase family resiliency.

To learn more about raising healthy families, contact your local Fleet and Family Support Center or visit [www.ffsp.navy.mil](http://www.ffsp.navy.mil).



"Regard your soldiers as your children, and they will follow you into the deepest valleys. Look on them as your own beloved sons, and they will stand by you even unto death!"

— Sun Tzu

## NAVSUP announces 2014 holiday season mailing deadlines

The Naval Supply Systems Command (NAVSUP) mail-by dates for pre-Dec. 25 deliveries of holiday cards, letters and packages have been released. NAVSUP and the Navy Supply Corps team share one mission: to deliver sustained global logistics capabilities to the Navy and Joint warfighter. For more information, visit [http://www.navy.mil/submit/display.asp?story\\_id=83297](http://www.navy.mil/submit/display.asp?story_id=83297).



## Attending job fairs IS important

Attending a job fair can be an important part of finding post-Navy employment. In order to get the most out of the job fair, you will need to do some work in advance. Start with the list of companies planning to attend and look at their websites to obtain background information. This research can help you narrow down the companies you are most interested in meeting; prioritizing ahead of time is particularly helpful if the job fair is well-attended or you cannot stay for the entire time. Information gathered from the company's website also helps you prepare specific questions for the representative. Asking about information easily found online (such as what the company does or where it is located) will not help you stand out from a crowd of job seekers.



## Navy Housing annual resident satisfaction survey distributed

*From Navy Installations Command Public Affairs*

Navy housing residents can now provide feedback through the annual Resident Satisfaction Surveys (RSS). The Survey is being distributed to both government-owned or leased and some privatized housing residents. For the full Navy News Service story, [click here](#).



(May 6, 2009) Capt. Bette Bolivar, left, Commanding Officer of Naval Weapons Station Yorktown and Jim Brady, Vice President of Lincoln Military Housing, get help from residents of Lincoln Military Housing at Naval Weapons Station Yorktown while cutting a ribbon during the grand opening of the new community center. The new community center is 3,350 square feet, complete with a kids' room, cyber-cafe, television lounge and community events room. The center also has a 3,000 square foot "sand entry" swimming pool. (U.S. Navy photo by Mark Piggott).

Do not forget to see if the companies have any job openings posted (either on their website or on a third party's, like [www.indeed.com](http://www.indeed.com)). If you find one that is a good fit for your skill set, be sure to apply before you attend the job fair. Remember what you applied for so you can bring it up during your conversation. You never know whether the representative might share advice or help move your application along. It is also important to proofread your resume, as nothing undermines the claim that you are "detail oriented" like having typos and errors in such an important document. And bring multiple copies of your resume with you. While many representatives at the job fair will ask you to submit it electronically, some still prefer to receive a hard copy.

Plan to dress for success in either business casual attire or a suit rather than in casual clothing or your military uniform. You should also prepare a 20-second "elevator speech," introducing yourself and

the skills and experience you can offer. Try to make it as specific as possible to the needs of the company you are speaking with and practice saying it enough that you are comfortable. For more help figuring out what to wear or what to say during your introduction, refer back to the participant guide you received during the Department of Labor Employment Workshop (DOLEW) or contact your local [Fleet and Family Support Center](#) (FFSC).

Finally, attending a job fair is all about networking. Do not be discouraged if you leave without an offer of employment or an invitation to interview. Instead, use the job fair as an opportunity to grow your professional network. If possible, wait to approach the company until they are less busy (try starting at the back of the room where it tends to be less crowded). Rather than rushing to give your resume to everyone, do your best to get to know the person behind the table. Ask their name and what they do for the company (not everyone is a recruiter). At the end of your conversation, request their contact information and see if it is appropriate to follow up via email or LinkedIn. And be sure to talk with the other job seekers. It is possible the connection you make while standing in line will help you land your dream job.

## Are you 'Navy Ready' for winter?

*Submitted by Amber Kerr  
CNIC N912 Family Emergency  
Response Program Manager*

Winter weather conditions can vary from extremely low temperatures to moderate snowfall to blinding blizzards. Each of these types of weather poses a potential threat to you and your family. This is especially true if you live in an area where inclement weather is common, or if you are traveling through an area where weather can be extreme. During the winter months, take the appropriate steps to safeguard yourself and your family.

- Be informed. Learn winter weather terminology and know what each circumstance requires.
- Be aware of the risk for severe weather.
- Learn the proper use of heating devices and take the proper precautions.
- Make a plan and consider what you will use for emergency heat if the power goes out.
- Maintain a full tank of gas in your car.
- Ensure you have an adequate amount of winter clothing and blankets for your family.
- Winterize both your home and vehicle emergency kits.

Taking the time now to prepare will help you and your family stay safe during the winter months.

For more information on how to properly prepare for winter, visit [www.Ready.Navy.mil](http://www.Ready.Navy.mil), [www.Ready.gov](http://www.Ready.gov), or [www.usfa.fema.gov/citizens/home\\_fire\\_prev/holiday-seasonal/winter.shtm](http://www.usfa.fema.gov/citizens/home_fire_prev/holiday-seasonal/winter.shtm).



## Military families are most worried about pay and benefits

*By Kellie Lunny  
Government Executive (September 18, 2014)*

Military families have a lot to worry about, and their biggest fears are over pay and benefits.

Concerns over changes to military pay and other compensation, as well as changes to the retirement system, were the top two issues cited by spouses, service members and veterans in a new survey from Blue Star Families, a nonprofit, nonpartisan organization supporting the military community. Pay and benefits issues represented the No. 1 fear for 73 percent of military spouses and 75 percent of service members in the Blue Star Families' 2014 military family lifestyle survey. Sixty-four percent of vets named compensation as their second biggest worry, followed by potential changes to the military's pension system. The survey drew 6,270 responses.

The Defense Department's planned force reduction after 13 years of war and sequestration is driving the anxiety many military families feel over their short- and long-term financial future, the survey found. "These issues are not lost on individuals serving in the military, veterans or their families," the report said. "National decisions also trickle down to the dinner table at home, increasing concern among military families on how they will be personally impacted by each decision." Military families also listed pay and benefits issues as their top concern in 2013.

A commission studying military compensation and retirement will submit recommendations to President Obama and Congress in February 2015, and the proposed changes could affect a range of third-rail military compensation issues, including commissary benefits, housing allowances and the pension system. "With these forecasts and discussions as the backdrop, concerns about uncertainty and financial stability were of top importance to military members, families and veteran survey respondents in this survey," the report stated.

Seventy percent of the survey respondents were military spouses, followed by 21 percent who were either service members or veterans. The remaining participants included other family members of active-duty military members or vets. Military spouses and active-duty members also cited spouse employment, the uncertainty of the military lifestyle and the impact of deployment on children among their top five "lifestyle" concerns. Vets reported the greatest anxiety, after pay and benefits worries, over the disability claims backlog, the perceived disconnect between the military and civilian communities, and post-traumatic and combat stress.

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## Military families are most worried about pay and benefits

Continued from page 3

Military spouses often encounter difficulty finding jobs, which contributed to respondents' general sense of financial uncertainty, according to the survey. The challenges vary, but typically include a lack of child care, frequent moves or employer bias. "Within open-ended responses, many spouses described encounters with potential employers who reportedly held preconceived notions that military spouse job seekers lacked adequate education, skills or experience, or who were concerned that frequent moves would ultimately mean short periods of employment," the survey said. "Employers may be unaware that many military tours are about the same length of time as the average worker's tenure with one company - around four years." In fact, the 2014 survey's military spouse respondents were better educated than the general public, with 33 percent having a bachelor's degree and 20 percent holding an advanced professional degree.

Some spouses who do work are feeling another kind of pressure. One Navy spouse told Blue Star Families: "I am so broken as a mother because I work, then I come home and run around to take them both to their activities. We have less than two hours each night to be in our home and I am dying inside! I am away from my other family because the military required us to move and then deployed my husband. I have no outlet but am expected to maintain normalcy for my children, continue working and take on the EVERYDAY role of two parents for two children for over a year with absolutely NO break!"

The survey also touched on a range of other issues important to military families including military kids' education and emotional well-being, transitioning to civilian life, ability to cope with stress, healthiness of respondents' marriages and the quality of Defense Department services. The top services used by respondents were the commissary and

exchange network; health care system; morale, recreation and welfare; base housing; and child development centers. The survey found that most services were "underutilized," but for those respondents who did take advantage of the programs, a majority reported they were satisfied with them. Along those lines, 71 percent of respondents said they "felt prepared" to transition to civilian life, compared to 29 percent who said they did not.

One of the most interesting findings from the survey: Despite the pride and commitment most respondents reported feeling about their own or their loved one's military service, nearly half (48 percent) said they were not likely to recommend the path to a young person.

<http://www.govexec.com/pay-benefits/2014/09/military-families-are-most-worried-about-pay-and-benefits/94523/>

## Jackey's Journey: A glimpse into cancer, chemo and courage

By Chief Mass Communication Specialist Jackey Smith, Office of the Master Chief Petty Officer of the Navy



I am Chief Petty Officer Jackey Smith. I was asked to share my breast cancer journey a few weeks ago and I quickly agreed. However, as the deadline grew closer, I found myself putting off writing about my experience with this ugly disease called breast cancer. Showing this vulnerability is not comfortable for me. For the full story: [http://www.navy.mil/ah\\_online/ftStory.asp?issue=3&id=83738](http://www.navy.mil/ah_online/ftStory.asp?issue=3&id=83738).

## Navy chaplains: A safe place for families to go with complete confidentiality

By Rear Adm. Margaret Grun Kibben  
Chief of Navy Chaplains

November is Military Family Appreciation Month. As chaplains, we work to inspire hope and build resiliency in our families who sacrifice so much in service to our country. As chaplains, we are committed to being where it matters, when it matters, with what matters. We help Sailors, Marines, Coast Guardsmen and families reconnect with their sources for hope. Our sole purpose is to help each person tap into his or her spiritual foundation, into that which keeps them grounded.

Navy chaplains are available 24/7 to make sure every Sailor, Marine, Coast Guardsman and family member has someone safe to go to with complete confidentiality to share concerns or fears or talk to when things seem out of control. Maybe you just want to learn what your options are so you can make informed decisions on the best way ahead. Spouses and family members should know they can come to a chaplain with any concerns they have for themselves or their service member, without fear of judgment or an impact on their loved one's career. We are committed to your privacy, but more importantly we are committed to you.

Hear more from Chaplain Kibben on how chaplains are there to provide you complete confidentiality when you need a safe place to talk: <https://www.youtube.com/watch?v=KYQMKJRIJvM>.

Contact your command chaplain today. Not sure who or where your nearest chaplain is? Call Navy 311 to request chaplain support in your area: 1-855-NAVY-311 or text to: [Navy311@navy.mil](mailto:Navy311@navy.mil).



## E-Receipts, good idea or bad idea?

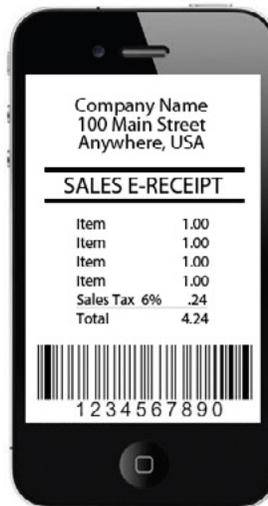
### Don't let paperless e-receipts compromise your personal information

Have you ever opted for a paperless e-receipt? Some retailers and banks have started offering customers the option of receiving receipts from purchases and ATM transactions via email. While this is a convenient alternative to paper clutter, the Better Business Bureau (BBB) reminds shoppers to protect their identity in the process.

Many retailers offer e-receipts for both our convenience and theirs. E-receipts save retailers money, and they make it easier for you to electronically file them away until they are needed for returns, warranties or taxes.

E-receipts can be tied to your store affinity card, but you can also opt for paperless simply by providing your email address to the clerk at the time of purchase.

This seems harmless enough, but is it actually a mechanism to capture your personal information? Read the BBB article here: <http://www.bbb.org/blog/2014/07/dont-let-paperless-e-receipts-compromise-your-personal-information-2/>.



## 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).

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## Relocation Tip

The best resource for information on shipping or storing your vehicle is located on the Defense Personal Property System Privately Owned Vehicle (POV) home page. For more information go to: [http://www.move.mil/dod/before\\_you\\_begin/privately\\_owned\\_vehicles.cfm](http://www.move.mil/dod/before_you_begin/privately_owned_vehicles.cfm).



## 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.



## Tips on giving to Ebola appeals on crowdfunding sites

With an ongoing crisis like the spread of Ebola, it is natural to want to reach out and try to help stop the disease and help victims. One way that individuals or organizations might do that is to set up crowdfunding sites and collect donations.

If you are thinking of donating to an Ebola-related appeal on a crowdfunding site, what assurance do you have that it is genuine? The Better Business Bureau (BBB) Wise Giving Alliance notes that crowdfunding websites call for varying degrees of information in order for appeals to be set up, and may take fundraising pages down when questions are raised that cannot be answered. However, those requirements alone will not prevent all fraud.

So what can you do? If you are thinking of donating through a crowdfunding site, BBB offers some tips to "Give, but give wisely."

Read the full article here: <http://www.bbb.org/blog/2014/10/tips-on-giving-to-ebola-appeals-on-crowdfunding-sites/>.



## Employment and Transition Corner

### New Transition GPS website for service members and families

Wondering what happens if you do not meet Career Readiness Standards (CRS)? Or what the Career Readiness Standards are and why they are important? Chances are, the questions you have about transitioning are shared by many other service members. To provide answers, Commander, Navy Installations Command Headquarters (CNIC HQ) has redesigned their website to help you and your family.

With more than 20 questions and answers tailored to service members' experience, the new [Transition GPS for Service Members](#) page makes it easy for you "to obtain a very detailed explanation of Transition GPS," according to Mike Cheshier, Military Support Section Lead at CNIC. To find documents necessary for attending the workshops, new transition-related videos and external websites to help you find post-military opportunities, check out the [Resources for Service Members](#) page.

The site also features a [schedules page](#) where you can find the times and dates for Transition GPS workshops, career tracks and Capstone in your area, as well as upcoming job fairs. "It truly is," as Cheshier said, "a valuable resource for all who are involved in Transition."



### 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.](#)



## Showing strength during Warrior Care Month 2014

*Submitted by Patty Babb  
Navy Wounded Warrior -  
Safe Harbor Marketing Coordinator*

November is Warrior Care Month, an annual effort to increase awareness of resources available to wounded, ill and injured service members, their families, and those who care for them.

This year's theme, "A Show of Strength," recognizes the fortitude and resiliency that seriously wounded, ill and injured Sailors and Coast Guardsmen exhibit during their journey toward recovery.

"There are a lot of disabled veterans out there, and service members suffering with various issues, whether they realize it or not, and they may feel forgotten," said retired Navy Lt. j.g. Laura Root, who was diagnosed with muscular dystrophy in 2011. "We really need to raise awareness and bring them into our community and this movement."

Navy Wounded Warrior (NWW)-Safe Harbor – the Navy and Coast Guard's sole wounded warrior support program – has provided world-class assistance to more than 3,000 service members and their families throughout the country. NWW does not only assist those wounded in combat; it also helps those with a serious illness or a life-changing injury.

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## Showing strength during Warrior Care Month 2014

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This year, Warrior Care Month will kick off during the last week in October (Oct. 27-31) to accommodate the Thanksgiving holiday during the final week in November. Throughout the month, local and national events will take place that honor our wounded warriors. Please check the NWW website (<http://safe-harbor.navylive.dodlive.mil>) or Facebook page ([www.facebook.com/navysafeharbor](http://www.facebook.com/navysafeharbor)) for up-to-date listings of events in your region.

Everyone in the Navy family can make a difference in the lives of wounded warriors. You can refer a service member who has experienced serious illness or injury to NWW by calling 855-NAVY WWP (628-9997). You also can help spread the word about NWW and other resources – online, in conversations with neighbors, at community meetings and around the dinner table.

Each day, wounded warriors demonstrate strength in ways large and small, from pushing themselves during a grueling physical therapy session, to attending a class to acquire new skills, to asking for help when they need emotional support. Wounded warrior caregivers also demonstrate strength by tirelessly caring for their seriously ill or injured loved one, as well as their other family members. We salute them for their sacrifices and service.

## MWR has variety of programs for Wounded Warriors

Submitted by Leslie Gould

CNIC N922 Community Recreation Program Manager

The month of November recognizes wounded warriors. Morale, Welfare and Recreation (MWR) support for inclusive recreation opportunities extends throughout a variety of programs. Over the past six years, the San Diego Metro Area Navy Golf Courses have combined their PGA golf professional staffs in promoting an "Adaptive Golfer Program" aimed at getting active-duty wounded warriors participating in golf with family and friends. The 10-week course attracts patients from Naval Medical Center San Diego and offers a complete golfing experience at no charge. Certified PGA Professionals employed at ADM Baker Golf Course and Sea N Air Golf Course work on a 2-3:1 student/teacher ratio and the golf professionals evaluate golfers for balance, flexibility and adaptive equipment

needs. A complete golfing experience is offered on the driving range, short game area, putting green, golf-specific stretching gazebo, par 3 practice course, and even a regulation length on-course experience with the PGA Professionals. During the six years since the program's inception, more than 350 wounded warriors have been introduced to golf, often called the "Game of a Lifetime."

In addition to golfing, MWR's Navy Motion Picture Service offers multiple options for the wounded warrior community. Movies continue to be a very popular entertainment option for our Sailors and their families. MWR's Navy Motion Picture Service converted all base theaters to digital cinema two years ago. Now that MWR theaters are digital, theaters are able to provide opportunities for entertainment to Sailors and their families with hearing and visual impairments. Products are available that provide closed captioning and descriptive narration for visually impaired and amplified sound for the hearing impaired. For 2014, the Navy will be in compliance with commercial industry standards by providing this equipment to all existing base theaters with digital cinema technology. This will allow wounded warriors, retirees or others with visual or hearing impairment to enjoy movie-going for Sailors and their friends and families.

The MWR Bowling program also offers an annual wounded warrior bowling event. The most recent was held in May 2014 at Bethesda. MWR Bowling Program has a sponsorship agreement with Storm Bowling, who bring touring professionals and coaching staff to work with participants. Participants receive a custom-fitted bowling ball, bowling shoes, bag, towel, shirt and one-on-one coaching. Eighty-four participants attended this event and the plan is to host this program again in San Diego during the month of May 2015. In addition, MWR has an enterprise-wide initiative to improve the accessibility and appeal for inclusive recreation for universally accessible approaches for bowlers in 42 of MWR Navy's Cat B bowling centers. This initiative will level floors in the bowlers' area (eliminating the step to the approach), improve access to ball returns and provide modular furniture to allow centers to host events with attractive bowling-centric furniture arrangements. The goal is for MWR bowling centers to be designed to accommodate inclusive recreation opportunities for mobility challenged users.

MWR Community Recreation has also purchased 111 universally accessible picnic tables for parks and picnic green spaces for installations worldwide. This new equipment will be arriving soon to your recreational green spaces at a base near you!



Veterans Day, Thanksgiving, Christmas...

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