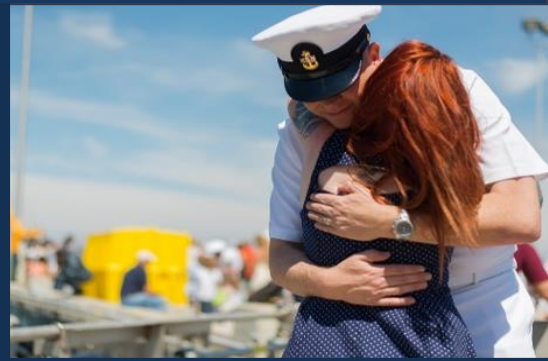


Deployment and Readiness Newsletter



September 2021






Aloha from the Military and Family Support Center (MFSC)!

School is back in session! While many children are getting settled into the school year, continue to hang in there and stay vigilant to keep our community healthy and safe. As always, if you should have any concerns or questions prior to, during and/or after your deployment term, don't hesitate to contact us.

We are here to assist you!



Military and Family Support Center | 4827 Bougainville Drive | Honolulu, HI 96818

 808-474-1999  MFSC Hawaii@navy.mil  [JBPHH.MFSC](https://www.facebook.com/JBPHH.MFSC)  [JBPHH_MFSC](https://www.instagram.com/JBPHH_MFSC)  www.greatlifehawaii.com

Deployment and Readiness Newsletter

WHAT IS THE MILITARY & FAMILY SUPPORT CENTER?



The Fleet & Family Support Center



Airman & Family Readiness Center



Military & Family Support Center (MFSC)

MFSC Programs and Services Include:

- Information and Referral
- Counseling Services and Crisis Response
- New Parent Support Program
- Sexual Assault Prevention and Response (*Navy only*)
- Family Employment Readiness and Volunteer Program
- Relocation Assistance Program
- Emergency Case Management/Disaster Preparedness
- Deployment Readiness Program
- Personal Financial Management Program
- Exceptional Family Member Program
- Personal and Family Life Education
- Ombudsman/Key Spouse Liaison
- Transition Assistance Program (TAP)
- Computer Resource Lab
- Retired Activities Office

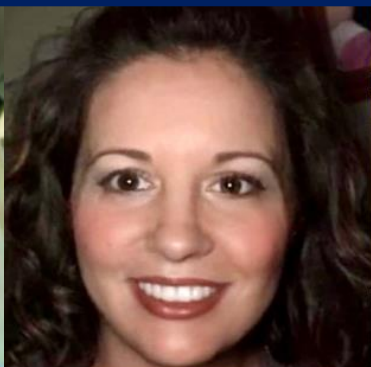
The MFSC “RED” Team is here to support you!

(Relocation, Emergency Case Management, Deployment)



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OMBUDSMAN PROGRAM &

KEY SPOUSE SUPPORT PROGRAM

Ombudsmen (Navy) and Key Spouses (Air Force) are appointed by each command/unit to serve as a resource for family members, particularly during deployment. Family Readiness Groups (FRGs) are organized within commands to be a support team for the spouses, children and other designated individuals (including fiancées and/or parents). If you have any questions or would like more information, contact the MFSC Ombudsmen/Key Spouse Coordinator at 474-1999.



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September is

Disaster Preparedness Month

Be prepared not scared!



Follow along on MFSC social media in September for 30 days worth of disaster preparedness tips!



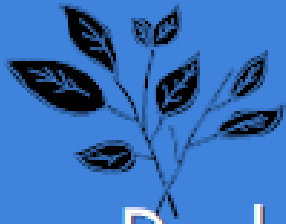
Understanding Tsunami Alerts



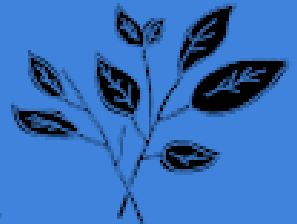
Hurricane Categories

CATEGORY	WIND SPEED/Knots (mph)
1	Winds of 64-82 knots (74-95 mph)
2	Winds of 83-95 knots (96-110 mph)
3	Winds of 96-113 knots (111-130 mph)
4	Winds of 114-135 knots (131-155 mph)
5	Winds of 135 knots (greater than 155 mph)

Deployment and Readiness Newsletter



A Hui Hou



"Until we meet again..."

Deployed Spouse Resiliency Group

DISASTER PREPAREDNESS

September 23 / 3:00 pm to 4:30 pm



Spouse deployed or underway? Come connect with other military spouses as we have fun learning and discussing emergency resources and activities for resiliency.



4th Thursday of Every Month!

Be sure to connect with your command
Ombudsman (Navy)
or Key Spouse (Air Force)

**Contact MFSC if you need their contact information*



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Deployment and Readiness Newsletter

A Hui Hou

"Until we meet again..."

Deployed Spouse Resiliency Group

MFSC Spooktacular

October 28th, 3:00 pm - 4:30 pm (In-Person at MFSC)
Bring your tiny ghouls to trick or treat with us while
we learn and explore!



**Register at www.greatlifehawaii.com*





4th Thursday of Every Month!

Be sure to connect with your command
Ombudsman (Navy)
or Key Spouse (Air Force)

**Contact MFSC if you need their contact information*



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Deployment and Readiness Newsletter

MFSC SEPTEMBER CLASSES

DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
A HUI HOU: DEPLOYED SPOUSE RESILIENCY GROUP	SEP 23	3:00 - 4:30 P.M.	PEARL HARBOR
DISASTER PREPAREDNESS	SEP 30	5:00 - 6:00 P.M.	VIRTUAL
NAVIGATING DEPLOYMENT TOGETHER FOR COUPLES	SEP 16	1:00 - 2:00 P.M.	VIRTUAL
PREPARING TO DEPLOY	SEP 15	1:00 - 2:00 P.M.	VIRTUAL
EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
ACING THE INTERVIEW	SEP 17	1:00 - 3:00 P.M.	VIRTUAL
CAREER EXPLORATION: FINDING YOUR PASSION	SEP 29	2:00 - 4:00 P.M.	VIRTUAL
CIVILIAN RESUME WRITING	SEP 7	4:00 - 6:00 P.M.	VIRTUAL
FEDERAL EMPLOYMENT 101 - NAVIGATING USAJOBS	SEP 8	9:00 - 11:00 A.M.	VIRTUAL
FEDERAL EMPLOYMENT 102 - FEDERAL RESUME	SEP 8	2:00 - 4:00 P.M.	VIRTUAL
LINKEDIN	SEP 17	8:00 - 10:00 A.M.	VIRTUAL
MILITARY SPOUSE EMPLOYMENT BOOTCAMP	SEP 24	8:00 - 12:00 P.M.	PEARL HARBOR
SALARY NEGOTIATION	SEP 28	4:00 - 6:00 P.M.	PEARL HARBOR
VOLUNTEER OPPORTUNITIES	SEP 16	1:30 - 2:30 P.M.	PEARL HARBOR
FAMILY LIFE	DATE	TIME	LOCATION
BRINGING HOME BABY	SEP 15	4:00 - 7:00 P.M.	HICKAM
BUILDING SELF-ESTEEM IN CHILDREN	SEP 1	1:00 - 3:00 P.M.	PEARL HARBOR
HIGH-TECH PARENTING	SEP 22	1:00 - 3:00 P.M.	VIRTUAL
INFANT MASSAGE	SEP 15	10:00 A.M. - 12:00 P.M.	HICKAM
KEIKI STORY TIME	SEP 8	10:00 A.M. - 12:00 P.M.	HICKAM
PARENT CHILD COMMUNICATION	SEP 8	9:00 - 11:00 A.M.	PEARL HARBOR
PARENTING GROUP	SEP 2, 9, 16, 23, 30	8:30 - 11:00 A.M.	PEARL HARBOR
POSITIVE PARENTING	SEP 7	10:30 A.M. - 12:00 P.M.	PEARL HARBOR
STOP BULLYING	SEP 14	5:30 - 7:30 P.M.	VIRTUAL
FAMILY READINESS	DATE	TIME	LOCATION
KEY SPOUSE CONNECT MEETING	SEP 20	5:00 - 7:00 P.M.	PEARL HARBOR
INFORMATION AND REFERRAL	DATE	TIME	LOCATION
EFMP COFFEE TALK	SEP 9	9:00 - 10:00 A.M.	VIRTUAL
GREEN CARD / IMMIGRATION AND NATURALIZATION	SEP 21	9:30 - 11:30 A.M.	VIRTUAL
PERSONAL DEVELOPMENT	DATE	TIME	LOCATION
ANGER MANAGEMENT	SEP 28	10:00 A.M. - 1:00 P.M.	PEARL HARBOR
CONFLICT RESOLUTION	SEP 21	8:00 - 10:00 A.M.	PEARL HARBOR
DATING WITH A PURPOSE	SEP 7	10:00 A.M. - 12:00 P.M.	VIRTUAL
DEALING WITH DIFFICULT BEHAVIORS	SEP 14	1:00 - 3:00 P.M.	VIRTUAL

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MFSC SEPTEMBER CLASSES

HEALTHY RELATIONSHIPS	SEP 27	2:00 - 3:30 P.M	PEARL HARBOR
INTERPERSONAL SKILLS	SEP 8	12:30 - 2:30 P.M.	HICKAM
SKILLS DEVELOPMENT GROUP	SEP 7, 14, 21, 28	9:00 - 11:00 A.M.	PEARL HARBOR
SLEEP ROCKS!	SEP 15	1:00 - 3:00 P.M.	VIRTUAL
STRATEGIZING WITH STRESS	SEP 16	9:00 - 11:00 A.M.	PEARL HARBOR
TIME MANAGEMENT	SEP 1	10:00 A.M. - 12:00 P.M.	VIRTUAL
TRANQUIL SEAS: MINDFULNESS AND SELF CARE	SEP 15	10:00 A.M. - 12:00 P.M.	PEARL HARBOR
UNPLUG YOUR RELATIONSHIP	SEP 21	10:30 A.M. - 12:00 P.M.	PEARL HARBOR
WOMEN EMPOWERED GROUP	SEP 13, 20, 27	10:00 A.M. - 12:00 P.M.	PEARL HARBOR
WORK AND PERSONAL LIFE BALANCE	SEP 22	5:30 - 7:30 P.M.	VIRTUAL
PERSONAL FINANCIAL MANAGEMENT	DATE	TIME	LOCATION
CAR BUYING STRATEGIES	SEP 21	8:00 - 9:30 A.M.	HICKAM
DITCHING THE DORMS	SEP 29	2:00 - 3:30 P.M.	PEARL HARBOR
HOLIDAYS PRE-GAME: FINANCES!	SEP 23	10:00 A.M. - 12:00 P.M.	VIRTUAL
THRIFT SAVINGS PLAN (TSP)	SEP 22	8:00 - 9:30 A.M.	HICKAM
TOUCHPOINT TUESDAY	SEP 7	8:00 A.M. - 3:30 P.M.	PEARL HARBOR
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
PCSING WITH PETS	SEP 22	10:15 - 11:45 A.M.	VIRTUAL
RELOCATION AND CHILDREN	SEP 22	8:30 - 10:00 A.M.	VIRTUAL
SMOOTH MOVE	SEP 9	8:00 - 11:30 A.M.	PEARL HARBOR
SPONSOR TRAINING	SEP 7	1:00 - 3:00 P.M.	WAHIAWA CONFERENCE CENTER
WELCOME TO JBP HH	SEP 29	1:00 - 2:45 P.M.	VIRTUAL
SEXUAL ASSAULT PREVENTION AND RESPONSE	DATE	TIME	LOCATION
SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)	SEP 20-24	8:00 A.M. - 5:00 P.M.	PEARL HARBOR
SAPR ADMINISTRATIVE UNIT VICTIM ADVOCATE (UVA) TRAINING	SEP 1, 30	1:00 - 3:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE	DATE	TIME	LOCATION
CAPSTONE EVENT	SEP 1, 2, 15, 16, 29, 30	8:00 A.M. - 10:00 A.M. 10:00 A.M. - 12:00 P.M.	PEARL HARBOR
PRE-SEPARATION COUNSELING	SEP 9, 22	8:00 - 10:00 A.M.	VIRTUAL
SKILLBRIDGE 101	SEP 21	2:00 - 3:00 P.M.	PEARL HARBOR
TAP: BOOTS TO BUSINESS	SEP 16-17	9:00 A.M. - 4:00 P.M.	VIRTUAL
TAP: DEPT OF LABOR EMPLOYMENT WORKSHOP	SEP 9-10	8:00 A.M. - 4:00 P.M.	VIRTUAL
TAP: MY EDUCATION	SEP 2-3	8:00 A.M. - 3:00 P.M.	PEARL HARBOR
TAP: VOCATIONAL TRAINING TRACK	SEP 30-OCT 1	8:00 A.M. - 4:00 P.M.	VIRTUAL
TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES	SEP 13-15 SEP 27-29	7:30 A.M. - 4:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM (TAP) FOR SEPARATEES	SEP 13-15 SEP 27-29	7:30 A.M. - 4:00 P.M.	PEARL HARBOR

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Military & Family Support Center

Deployment and Readiness Newsletter

— ESTABLISHED 18 SEPTEMBER 1947 —

HAPPY BIRTHDAY

UNITED STATES AIR FORCE



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Deployment and Readiness Newsletter



RESOURCES



AIR
FORCE
AID
SOCIETY

GIVE PARENTS A BREAK:

This program provides funding for monthly child care breaks for active duty Air Force and Space Force families who need a break from the stresses of parenting. Families are referred to the program and receive a certificate to participate. Once a month, the AFB Child Development Center will open to participants.

Contact information: 808-449-0301, Bldg. 1105, 655 Vickers Ave. 96835.

TIP OF THE Month

Have fun! Successful families do not put life “on hold” during a deployment. They make time for fun and do things they enjoy. They also celebrate personal successes as well as successes of friends and family.



Side Street Inn was founded in 1992 by beloved Chef Colin Nishida. What started as a small, hole-in-the-wall bar on Hopaka Street quickly gained media attention when it became the spot for

Hawaii’s top chefs to hang out after a long day of being in the kitchen. Chef Colin made guests feel like family and as a result, Side Street Inn’s list of local “regulars” grew each year, eventually leading him to open a second location in Kapahulu. His signature dishes such as Side Street Inn’s Fried Rice, Spicy Chicken and Pan Fried Island Pork Chops became island favorites for locals and visitors.



Suggestions for future newsletter topics? Submit to MFSCHawaii@navy.mil

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