Aloha from the Military and Family Support Center (MFSC)!
The month of July is associated with freedom, independence, and celebrations of country and culture! We hope you are able to spend time with friends and/or family this summer. And remember to always be 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!
WHAT IS THE MILITARY & FAMILY SUPPORT CENTER?

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 (currently closed due to COVID)
• Retired Activities Office
The MFSC “RED” Team is here to support you!
(Relocation, Emergency Case Management, Deployment)

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MEET THE RED TEAM SKILLBRIDGE INTERNS!

(The DoD SkillBridge program is an opportunity for active duty Service Members to gain valuable civilian work experience through specific industry training, apprenticeships, or internships during the last 180 days of service, thus easing the transition into civilian life. Contact MFSC’s TAP Team to learn more!)

Meet the Team

MSgt Matthew Walters
Matt is a soon to be retired Master Sergeant in the United States Air Force, with more than 26 years of experience. He has a wide range of job knowledge, from Aircraft Maintenance, to Explosive Ordnance Disposal, and most recently as a First Sergeant. Matt has a passion for helping others achieve their best potential, and enjoys sharing his experiences with others. This makes his time as an intern with the MFSC so rewarding; to be able to learn new ways to be helpful, and still continue to support the troops. On his off time he focuses on his four young children along with his wife, and spends time cherishing the wonderment they have for the world around them.

MSG Monty Loa
Monty is preparing to retire from the Army after 21 years of service where he served as a Senior Human Resources Specialist taking care of service members and their families. He enjoys every day of his internship with the MSFC because the work experience is great but also because “the people at MFSC are awesome”. Monty is glad that he still gets to take care of service members and their families. Monty is an island boy from Samoa and considers calling Hawaii his second home. Monty claims that he often gets mistaken for “The Rock”!

Farewell Donna!
“I would like to extend a very heartfelt THANK YOU to my MFSC colleagues for allowing me to be a part of such a great team, it has been truly my honor. To all of the active duty, reserve members and their families: Thank you for the heart and soul you continue to give your nation. Every appointment, training, discussion, wave, or hello has made an impression on me that I will never forget. This is not a goodbye; it is a see you later! Good luck in all you do and Godspeed! I wish you Fair Winds and Following Seas.” ~Donna Gilpin
DURING DEPLOYMENT

Basic Care Package Items

• Make it fun and theme your boxes!
• Basic clothing items
  • Socks
  • Undershirts
  • Underwear
  • Flip flops
• Favorite snacks (avoid those that can melt!)
• Hygiene products
  • Soap (shampoo, body wash, face wash, etc.)
  • Toothpaste, toothbrush and floss
  • Deodorant (travel size/non-aerosol)
  • Lip balm
  • Foot powder
  • Baby wipes
  • Sunscreen
• Pictures of family and pets
• Notes that show your support and affection. You can get a daily tear-off calendar and write an encouraging note on each page
• Games, such as playing cards/poker chips, crosswords or puzzle books

NOTE: BE MINDFUL OF USPS AND COUNTRY RESTRICTIONS

Do NOT send:
Aerosols, alcoholic beverages, ammunition, cigarettes, dry ice, explosives, gasoline, fresh fruits or vegetables, nail polish, etc. To find country specific restrictions go to: https://postcalc.usps.com/MilitaryRestrictions
MEMORIES BOX / STORY BASKET

✓ Have a box or basket that the kids or you can fill up with school/work accomplishments, drawings, letters or mementoes from any activity, excursion or rainy day and when SM gets home have the children or you tell the SM about all of the items

LONG DISTANCE JOKES

✓ SM can send a joke by email, text or snail mail and reveal the answer by phone, email, text or snail mail

MATCHING ACTIVITIES

✓ Have a drawing contest between child and SM. Show and Tell at next video call or mail to each other
✓ Play “I Spy” online or with the same photo over the phone or video chat

DAISY CHAINS

✓ Make loops with paper or paper clips for each day SM is gone and see how long it will get
✓ Add a message, drawn picture or joke to each loop and talk about each loop when SM returns
✓ Pre-make the daisy chain and let your child remove a loop until SM is home

*SM=Service Member
RIBBON LEI MAKING & YOGA BASICS

June 24th, 10:00-11:30 am (In-Person at MFSC)

Join us for a special session featuring a braided ribbon lei making tutorial and a yoga basics class with Sandy! Beginners are welcome!
(Ribbon for the leis will be provided. Please bring your own yoga mat or towel/blanket)

*Register at www.greatlifehawaii.com

4th Thursday of each month
10:00 - 11:30 am

Be sure to connect with your command Ombudsman (Navy)
or Key Spouse (Air Force)
*Contact MFSC if you need their contact information
Let’s Go Fly a Kite!

July 22\textsuperscript{nd}, 10:00-11:30 am (In-Person at MFSC)

When was the last time you flew a kite? Join us at MFSC (with or without children) to fly kites while we discuss resources and activities for resiliency. You can bring your own kite, or one will be provided for you.

(In the event of inclement weather, we will do an alternate craft activity)

*Register at www.greatlifehawaii.com

4th Thursday of each month  
10:00 - 11:30 am

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

*Contact MFSC if you need their contact information
To register or view additional MFSC classes, visit the MFSC class schedule at https://jbphh.greatlifehawaii.com/support/

You can also register for CNIC live and self-paced webinars by creating a Learning Management System (LMS) Account: https://ffsp.zeiders.refineddata.com/login/index.php
Stay Connected Through Recorded Book Readings!

United Through Reading: https://unitedthroughreading.org/
Books Make a Difference: https://booksmakeadifference.com/
A Story Before Bed: http://astorybeforebed.com/
Bob Hope Legacy Reading Program: https://www.uso.org/programs/bob-hope-legacy-reading-program

Have a positive attitude! You may not have control of many things in your life, but you do have control of your attitude. Successful service members and their families are optimistic that they can cope with deployment. While they allow themselves to worry or occasionally experience self-doubt, they usually give themselves positive internal self-talk and maintain a “can do” attitude.

Aloha Stadium Swap Meet & Marketplace

With a $1 admission fee, you can find discounts on a wide selection of high quality products from clothing, accessories, Hawaiian souvenirs, pre-packaged ethnic foods, fine jewelry and vintage antiques. Beautifully handcrafted products and exclusive art pieces are made and sold by the artists themselves and truly make great gifts!

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