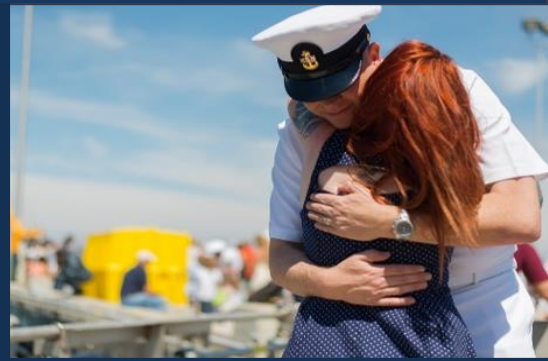


Deployment and Readiness Newsletter



July 2021





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!



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

808-474-1999  MFSC*Hawaii*@navy.mil  JBPHH.MFSC  JBPHH_MFSC  www.greatlifehawaii.com

Deployment and Readiness Newsletter

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

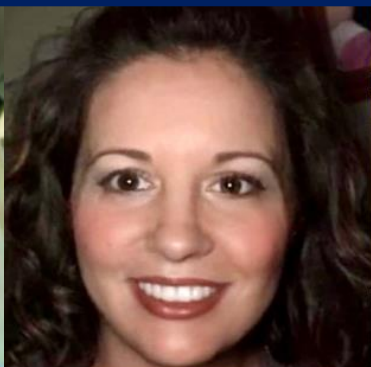
The MFSC “RED” Team is here to support you!

(Relocation, Emergency Case Management, Deployment)



Sandy Alanis

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Julie Craft

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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!)



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

Deployment and Readiness Newsletter

Stay
CONNECTED

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>

Deployment and Readiness Newsletter

Stay
CONNECTED

FUN IDEAS TO STAY CONNECTED DURING DEPLOYMENT

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



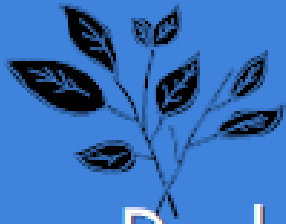
DAISY CHAINS

- ✓ 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

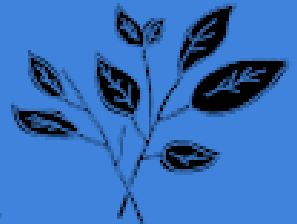


*SM=Service Member

Deployment and Readiness Newsletter



A Hui Hou



"Until we meet again..."

Deployed Spouse Resiliency Group

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)

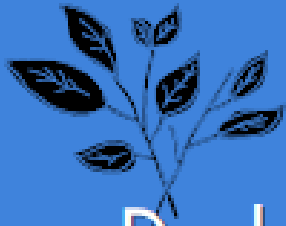
**Contact MFSC if you need their contact information*



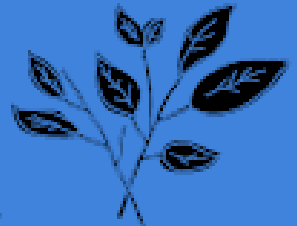
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Deployment and Readiness Newsletter



A Hui Hou



"Until we meet again..."

Deployed Spouse Resiliency Group

Let's Go Fly a Kite!

July 22nd, 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
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**Contact MFSC if you need their contact information*



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Deployment and Readiness Newsletter

upcoming EVENTS

To register or view additional MFSC classes, visit the MFSC class schedule at <https://jbphh.greatlifehawaii.com/support/>

JULY 2021 MFSC VIRTUAL CLASSES

Personal Development & Family Life

- Time Management | 6 Jul | 1000
- Healthy Relationships | 6 Jul | 1300
- Stop Bullying | 6 Jul | 1730
- Work & Personal Life Balance | 7 Jul | 1000
- Positive Parenting | 7 Jul | 1300
- Strategizing with Stress | 13 Jul | 1000
- Parent Child Communication | 13 Jul | 1300
- Interpersonal Skills | 14 Jul | 1000
- Building Self-Esteem in Children | 14 Jul | 1300
- Conflict Resolution | 20 Jul | 1000
- Parents: Your Teens & Dating | 20 Jul | 1300
- Infant Massage | 21 Jul | 1000
- Tranquil Seas: Mindfulness & Self-Care | 21 Jul | 1000
- High Tech Parenting | 21 Jul | 1300
- Bringing Home Baby | 21 Jul | 1600
- Anger Management | 27 Jul | 1000
- Dealing with Difficult Behaviors | 28 Jul | 1000
- Unplug Your Relationship | 28 Jul | 1300

Personal Financial Management

- Touchpoint Tuesday | 6 Jul | 0800
- Ditching the Dorms | 28 Jul | 0800

Information & Referral

- EFMP Coffee Talk | 8 Jul | 0900
- EFMP Command POC Training | 14 Jul | 1300

Relocation & Deployment

- Sponsor Training | 6 Jul | 1300
- Navigating Deployment Together for Couples | 7 Jul | 1300
- Smooth Move | 8 Jul | 0800
- Relocation & Children | 14 Jul | 0830
- PCSing with Pets | 14 Jul | 1015
- Sponsor Training | 15 Jul | 0930
- Welcome to JBPBH | 21 Jul | 1300
- A Hui Hou: Deployed Spouse Resiliency Group | 22 Jul | 1000
- Preparing to Deploy | 28 Jul | 1300

Transition & Employment

- Federal Employment 101: Navigating USAJobs | 6 Jul | 0900
 - Federal Employment 102: Federal Resume | 6 Jul | 1200
 - TAP: Boots to Business | 8 - 9 Jul | 0900
 - Linkedin | 9 Jul | 1300
 - Salary Negotiation | 13 Jul | 1600
 - Volunteer Opportunities | 15 Jul | 1330
 - Acing the Interview | 20 Jul | 1600
 - TAP: My Education | 22 - 23 Jul | 0800
 - Civilian Resume Writing | 29 Jul | 0900
 - Career Exploration: Finding Your Passion | 29 Jul | 1300
- (Visit GreatLifeHawaii for CAPSTONE, Pre-Sep, Separatee, & Retiree TAP dates & times)

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>



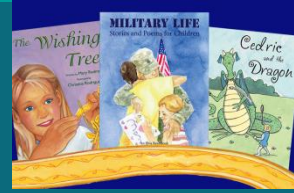
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RESOURCES

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>



TIP OF THE Month

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

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