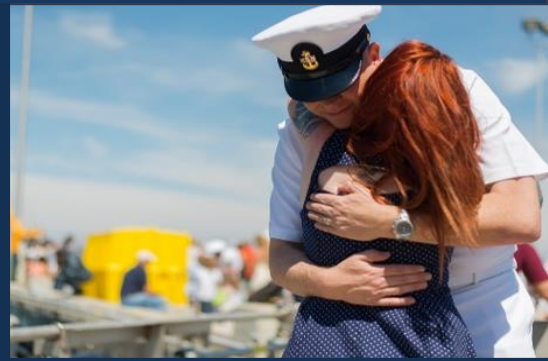


Deployment and Readiness Newsletter








May 2022

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

We hope you are enjoying this monthly newsletter designed specifically for our deployed families! Here you will find current program events, offerings and information to assist you throughout the deployment. As always, if you should have any concerns 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*Hawai'i*@navy.mil  JBP*HH*.MFSC  JBP*HH*_MFSC  www.greatlifeHawai'i.com

Deployment and Readiness Newsletter

WHAT IS THE MILITARY & FAMILY SUPPORT CENTER?



In 2010, Pearl Harbor Naval Base and Hickam Air Force Base merged to become Joint Base Pearl Harbor-Hickam. The previous Pearl Harbor Fleet & Family Support Center and the Hickam Airman & Family Readiness Center combined into one organized center: The Military and Family Support Center. We provide unified, customer-focused programs, classes, and services to support our JBPHH community including active duty, reserve, retired personnel, and family members.

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



GREAT Life HAWAII

Visit www.greatlifeHawaii.com to learn more!

<https://jbphh.greatlifeHawaii.com/support/military-family-support-center>

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

(Relocation, Emergency Case Management, Deployment)



Julie Craft



Le'Etta Garbett



Katie Myers



Angela Thompson



PROGRAM SPOTLIGHT

CLINICAL COUNSELING

We all experience ups and downs in life. At some point just about everyone needs help coping with stress caused by life's many challenges. Stress can be caused by family hardships, marital conflicts, parent/child issues, money concerns, frequent moves, health and environmental factors and other difficulties. We may first try to discuss problems with family, friends or coworkers, but often this just isn't enough.

Sometimes it helps to talk to an experienced counselor. The Military and Family Support Center (MFSC) offers confidential counseling by professional, licensed clinicians. Clinical counseling services are free of charge to active duty personnel and family members. If you are troubled and need someone to talk to, you do not need a referral from your command, from Tri-Care or your primary care physician.

Just call MFSC to make an appointment. The command is not notified.

Services offered by MFSC include:

- Short-term clinical counseling for individuals, groups and families
- Crisis intervention and/or response to disasters and other catastrophes
- Group counseling and/or educational groups
- Referral to other military and community resources

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Deployment and Readiness Newsletter

DISASTER PREPAREDNESS



**Prepare
NOW**

**Survive
During**

**Be Safe
After**

- Sign up for alerts
- Check your insurance coverage
- Locate a shelter near you that meets your needs
- Build your kit
- Follow MFSC on Facebook

- If told to evacuate, do so
- If you notice flooding, go to the highest level you can
- Listen for current emergency information on FM 92.3 or 96.3.

- Listen for the "All Clear"
- Do not touch electrical equipment if it is wet or if you are standing in water. If you have questions, contact <https://www.Hawai'ianelectric.com/>
- Utilize the MFSC for counseling and other free services as needed

Deployment and Readiness Newsletter

Disaster Preparedness: Hurricanes Make your Kits



- Flood insurance can pay regardless of whether or not there is a Presidential Disaster Declaration.
- Homeowners and renters insurance do not typically cover flood damage.

Source: FEMA National Flood Insurance Program

**Hurricane season in Hawai'i generally runs from June through November of each year*

- Water
- Food
- Battery-powered or hand crank radio
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener
- Local maps
- Cell phone with chargers and a back up battery
- Medical needs
- Critical documents

Deployment and Readiness Newsletter

DISASTER PREPAREDNESS



Suggested Apps

Psychological First Aid	American Red Cross
NFAAS	AFPAAS
NOAA Weather	FEMA
Google Translate	Red Panic Button
HNL Info	Zello Walkie Talkie

Don't Forget Your Pets!!

- Food
- Water
- Water/Food Dishes
- Leash
- Pet Crate
- Meds

- Vet Records
- Scoopable Cat Litter
- Disposable Pads for Crate Liner
- Recent Photos
- Microchip info



Deployment and Readiness Newsletter



A Hui Hou



"Until we meet again..."

Deployed Spouses Resiliency Group

Spouse deployed?

Come connect with other spouses of deployed service members as we learn about financial resources and have fun doing crafts with kids.

Date & time : 28 April 2022 from 10:00-11:30

To register, visit

<https://jbphh.greatlifeHawai'i.com/support>

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Deployment and Readiness Newsletter



A Hui Hou



"Until we meet again..."

Deployed Spouses Resiliency Group

Spouse deployed?

Come connect with other spouses of deployed service members as we learn about hurricane preparedness and have fun doing crafts with kids.

Date & time : 26 May 2022 from 10:00-11:30

To register, visit

<https://jbphh.greatlifeHawai'i.com/support>

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HOMEFRONT HEROES

**There's
Still Time!**

Submit your nominations for 2022's heroes today!

Shine the spotlight on someone who has done something exceptional or made a positive impact over the past year!

Your hero can be a child, family or community member or even your pet! Send us a picture and short story about why this individual is a Homefront Hero.

**(Period of accomplishment is
April 2021-April 2022)**

In addition to your photos and stories being posted on our social media accounts, all nominees will receive a medal and certificate of accomplishment!



Email nominations to: MFSCHawaii@navy.mil | Subject: **HOMEFRONT HERO**

Deadline: April 29, 2022.



MILITARY & FAMILY SUPPORT CENTER

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Deployment and Readiness Newsletter

Meet Leonard and Elliot!

(MFSC Return & Reunion Mascots)

Leonard the Sea Turtle and Elliot the Monk Seal have been on many adventures with our staff and service members at sea and at home! Collectively, they have embarked on R&R missions on the USS Halsey, USS Momsen, USS Chung-Hoon, USS Michael Murphy, and the USS Chafee.



Deployment and Readiness Newsletter

Leonard and Elliot (and a local Honu) observed the USS Chung-Hoon (DDG 93) come back into port after participating in exercises.

The USS Chung-Hoon is a Arleigh Burke class destroyer. The ship was named after Rear Admiral Gordon Pai'ea Chung-Hoon. RDML Chung-Hoon was born in Honolulu, Hawai'i, and served during World War II. He was the first Asian American flag officer. He received the Navy Cross and Silver Star for displaying conspicuous gallantry and extraordinary heroism as commanding officer of the USS Sigsbee. The crest of the destroyer displays a gold Hawai'ian warrior helmet with red feathers to commemorate RDML Chung-Hoon's exemplary military career. The palm wreath symbolizes victory and the triumph of the human spirit. The official motto of the ship is Imua e na Koa Kai that means "Go forward sea warriors."



Deployment and Readiness Newsletter

Submarine Spouse Focus Group

Please join us on May 24th, 2022 at the Military and Family Support Center from 1800-2000 for our first Submarine Spouse Focus Group.

We will be inquiring how MFSC can better support Submarine Spouses to increase resiliency, stay connected to resources, and build community.

Please use the QR code to register.

*Children are welcome, but childcare is not provided.



Deployment and Readiness Newsletter



Hearts Apart

Loved one deployed or preparing to deploy?
The *Hearts Apart* program is a supportive network to help USAF families stay connected and informed throughout the deployment cycle.

Once enrolled in *Hearts Apart*, you will be connected with an MFSC Deployment Specialist who will provide support and resources before, during, and after the deployment. Hearts Apart also provides opportunities to meet other deployed USAF families through various social events throughout the year. These events allow families to come together, build friendships, and ease the strain of family separations.

Join *Hearts Apart* to connect with other USAF families facing similar deployment challenges. Receive the needed support and resources to aid in your family's resiliency during the deployment!

For more information about the program, give us a call at 474-1999 or email MFSCHawaii@navy.mil."



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Deployment and Readiness Newsletter

MFSC Classes May 2022

DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
A HUI HOU: DEPLOYED SPOUSE RESILIENCY GROUP	MAY 26	10:00 - 11:30 A.M.	PEARL HARBOR
SUBMARINE SPOUSE FOCUS GROUP	MAY 24	6:00 – 8:00 P.M.	PEARL HARBOR
EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
ACING THE INTERVIEW	MAY 18	10:00-12:00 P.M.	PEARL HARBOR
CAREER EXPLORATION: FINDING YOUR PASSION	MAY 4	4:30 - 6:30 P.M.	VIRTUAL
CIVILIAN RESUME WRITING	MAY 19	1:00-3:00 P.M.	PEARL HARBOR
FEDERAL EMPLOYMENT 101 – NAVIGATING USAJOBS	MAY 13	10:00 - 12:00 P.M.	PEARL HARBOR
FEDERAL EMPLOYMENT 102 – FEDERAL RESUME	MAY 13	1:00-3:00 P.M.	PEARL HARBOR
MILITARY SPOUSE EMPLOYMENT BOOT CAMP	MAY 10	8:00-12:00 P.M.	PEARL HARBOR
LINKEDIN: WHAT WILL THEY SEE	MAY 31	2:00-4:00 P.M.	PEARL HARBOR
FAMILY LIFE	DATE	TIME	LOCATION
AIR FORCE SPOUSE 101: HEART LINK	MAY 25	8:30 A.M. – 2:30 P.M.	HICKAM
BRINGING HOME BABY	MAY 18	4:00 - 7:00 P.M.	PEARL HARBOR
CHILD ABUSE AND NEGLECT & PROBLEMATIC SEXUAL BEHAVIORS FOR CHILDCARE PROVIDERS	MAY 19	5:00 - 7:00 P.M.	PEARL HARBOR
FAMILY ADVOCACY PROGRAM (FAP) LIAISON TRAINING	MAY 3	8:00-12:00 P.M.	HICKAM
INFANT MASSAGE	MAY 18	10:00 A.M. - 12:00 P.M.	PEARL HARBOR
ENHANCING STEP FAMILIES	MAY 18	12:00-2:00 P.M.	PEARL HARBOR
FOR KIDS SAKE	MAY 19	1:00-4:00	PEARL HARBOR
PERSONAL GROWTH	MAY 11	5 – 7 P.M.	HICKAM
SPOUSE APPRECIATION	MAY 11	10 A.M. – 4 P.M.	PEARL HARBOR
FAMILY READINESS	DATE	TIME	LOCATION
CERTIFIED OMBUDSMAN TRAINER COURSE (COT)	MAY 4-6	8:30-3:00 P.M.	PEARL HARBOR
INFORMATION AND REFERRAL	DATE	TIME	LOCATION
EFMP COFFEE TALK	MAY 12	9:00 - 10:00 A.M.	PEARL HARBOR
PERSONAL DEVELOPMENT	DATE	TIME	LOCATION
ANGER MANAGEMENT	MAY 17	1:00 - 4:00 P.M.	PEARL HARBOR
COMMUNICATION	MAY 13	12:00-2:00 P.M.	PEARL HARBOR
INTERPERSONAL RELATIONSHIPS	MAY 6	1:00-3:00 P.M.	HICKAM
MIND BODY MENTAL FITNESS: STRESS RESILIENCE	MAY 5	12:00-2:00 P.M.	PEARL HARBOR & VIRTUAL
SUICIDE PREVENTION	MAY 20	8:00-10:00 A.M.	PEARL HARBOR

Deployment and Readiness Newsletter

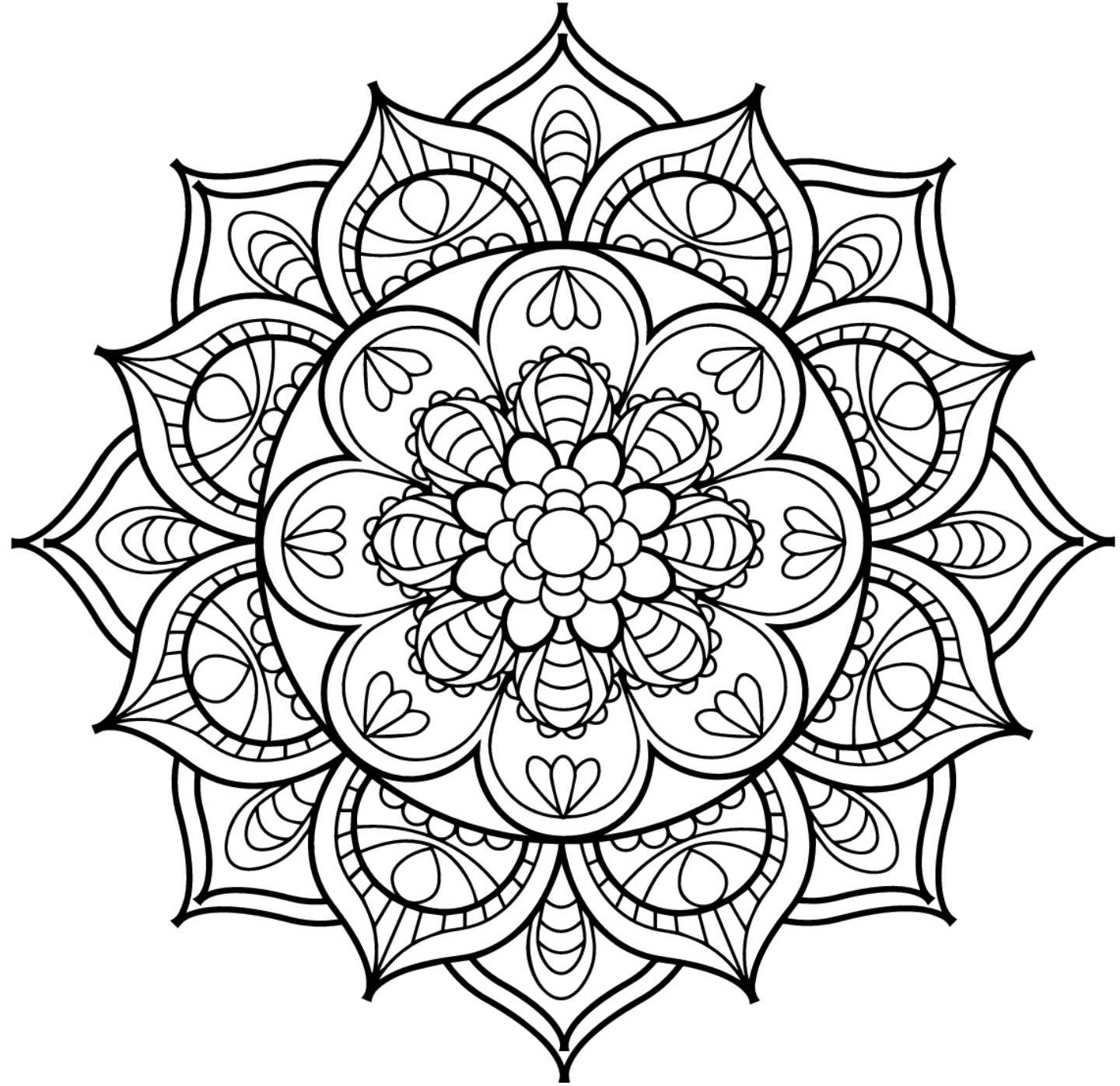
MFSC Classes May 2022

PERSONAL FINANCIAL MANAGEMENT	DATE	TIME	LOCATION
COMMAND FINANCIAL SPECIALIST (CFS) FORUM	MAY 6	8:00-10:00 A.M.	PEARL HARBOR
DITCHING THE DORMS	MAY 25	12:00 - 2:00 P.M.	PEARL HARBOR
ART OF INVESTING	MAY 4	1:00-2:30 P.M.	HICKAM
SAVING AND INVESTING	MAY 4	10:00-11:30 A.M.	HICKAM
THRIFT SAVINGS PLAN (TSP)	MAY 5	12:00-1:30 P.M.	HICKAM
HOME BUYING	MAY 19	12:00-1:30 P.M.	PEARL HARBOR
CAR BUYING STRATEGIES	MAY 26	12:00-1:30 P.M.	PEARL HARBOR
TOUCHPOINT TUESDAY	MAY 10	8:00 A.M. - 3:30 P.M.	HICKAM
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
PCSING WITH PETS	MAY 17	10:15 - 11:45 A.M.	VIRTUAL
RELOCATION AND CHILDREN	MAY 17	8:30 - 10:00 A.M.	VIRTUAL
SMOOTH MOVE	MAY 12	8:00 - 11:30 A.M.	PEARL HARBOR
CSC AND INTRO MANAGER TRAINING	MAY 25	8:00-11:00 A.M.	PEARL HARBOR
QUARTERLY SPONSOR TRAINING	MAY 18	9:00 - 1100 A.M.	PEARL HARBOR
SPONSOR TRAINING	MAY 3	1 - 3 PM	PEARL HARBOR
WELCOME TO JBPHH	MAY 18	1:00 - 2:45 P.M.	VIRTUAL
SEXUAL ASSAULT PREVENTION AND RESPONSE	DATE	TIME	LOCATION
SAPR VICTIM ADVOCATE UVA TRAINING	MAY 4	1:00-3:00 P.M.	PEARL HARBOR
SAPR VICTIM ADVOCATE UVA REFRESHER TRAINING	MAY 10	1:00-3:30 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE	DATE	TIME	LOCATION
CAPSTONE EVENT	MAY 11, 25, 26	8:00 A.M. - 10:00 A.M. 10:00 A.M. - 12:00 P.M.	PEARL HARBOR
PRE-SEP	MAY 13, 23	8 - 10 A.M.	VIRTUAL
SKILLBRIDGE 101	MAY 24	2 - 3 P.M.	PEARL HARBOR
TAP: DEPT OF LABOR C2E (VOCATIONAL TRACK)	MAY 12-13	7:30 A.M. - 4 PM	PEARL HARBOR
TAP: DEPT OF LABOR EMPLOYMENT WORKSHOP	MAY 5-6	7:30 A.M. - 4 PM	PEARL HARBOR
TAP: BOOTS TO BUSINESS	MAY 26-27	9 A.M. - 3 P.M.	PEARL HARBOR
TAP: MY EDUCATION	MAY 19-20	8:00 A.M.- 3:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES	MAY-2-4 MAY 16-18	7:30 A.M. - 4:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM (TAP) FOR SEPARATEES	MAY 2-4 MAY 9-11 MAY 16-18	7:30 A.M. - 4:00 P.M.	PEARL HARBOR

Military & Family Support Center

Deployment and Readiness Newsletter

COLOR YOUR STRESS AWAY



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Deployment and Readiness Newsletter



The Aloha Tower



Located at Pier 9 of the Honolulu Harbor in downtown Honolulu, about 15 minutes west of Waikiki, the Aloha Tower is an iconic symbol of Hawai'i. The Aloha Tower is a retired lighthouse that is considered one of the landmarks of the state of Hawai'i. The tower was constructed to house various government departments,

including the Harbor Master's office. At the top level on the 10th floor, an observation deck was included as well as a lookout for harbor pilots (tour Aloha Tower's 10th-floor observation deck daily from 9:00 a.m.–5:00 p.m. free of charge, weather-permitting. You can take the elevator to the observation deck at the top. COVID-19 UPDATE: The observation deck is currently closed.)

The original lighthouse served as a navigation landmark that could be seen from 15 miles at sea, at 184 feet tall this was the tallest building in the islands for four decades while its clock was one of the largest in the United States. The tower stood as a welcoming beacon for visitors when travel to O'ahu was done entirely by sea, the "ALOHA" etched on its walls greeting thousands of ship passengers entering the Honolulu Harbor. During the "Boat Days," the days before air travel, all visitors to Hawai'i arrived by sailing ships until the first steamship arrived in the islands as early as the 1840s. "Steamer Days" or "Boat Days" celebrated the arrival of ships into the Honolulu Harbor, gathering large crowds comprising of those welcoming passengers, curious onlookers, and enterprising lei sellers. Entertainment was often provided by the Royal Hawai'ian Band and hula dancers, with the tradition continuing until the arrival of the jet plane in the 1950s. Duke Kahanomoku set his first swimming world record here at Pier 7.

Continued on Next Page

Deployment and Readiness Newsletter



The Aloha Tower

A revitalized icon,
the Aloha Tower is home
to Hawai'i Department of
Transportation Harbors Division's



harbor operators and continues to serve as a
welcoming landmark for kama'aina and visitors alike.
Piers 10 & 11 are still one of O'ahu's docking ports
for cruise ships.

In protecting the landmark, following the Japanese attack on Pearl Harbor on December 7, 1941, Aloha Tower was placed under the control of the United States Navy who restricted public access, shut off its beacon and painted the once white building camouflage to minimize detection. As a control center for American military convoys in the Pacific, a high level of security was implemented with patrols by Army sentries continuing until 1947, when the camouflage paint was sandblasted off and the building returned to the state under civilian control.

Aloha Tower is still a docking port for Oahu's cruise ships, including The Star of Honolulu. But this historic place has also transformed into the revitalized Aloha Tower Marketplace: a mixed-use space now part of Hawai'i Pacific University, featuring student residences, meeting spaces, community event areas and a variety of restaurants. Enjoy an ocean-view lunch, listen to live music at night and explore unique shops, or walk just a couple of blocks to Chinatown's art district.



Deployment and Readiness Newsletter

TIP OF THE Month

Prepare! Successful Navy families prepare for deployments. They ensure ID cards do not expire, update their Record of Emergency Data (Page 2), life insurance, wills, and powers of attorney. Contact an MFSC deployment specialist for assistance!



Share Story Time...
No Matter the Distance

RESOURCES

UNITED THROUGH READING

United Through Reading connects military families who are separated for deployment or military assignment, by providing the bonding experience of shared story time. There are 8 locations on island that a recording can take place. For more information, please visit the website:

<https://unitedthroughreading.org/how-it-works/overview/>



ARMED SERVICES YMCA

OPERATION KID COMFORT

Operation Kid Comfort quilts and pillows are for the children of our deployed active duty U.S. military service men and women. The quilts and pillows are personally handcrafted to help children cope with the emotional stress during a parent's deployment.

<https://www.asymca.org/operation-kid-comfort>

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

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