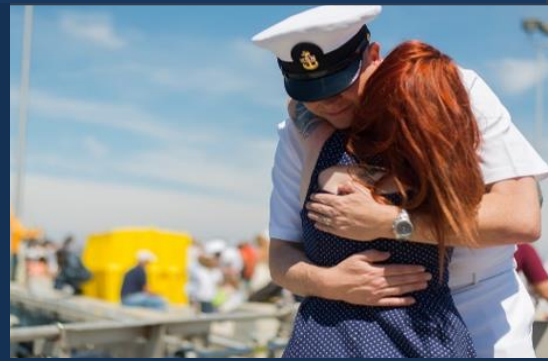


Deployment and Readiness Newsletter







March 2021

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

We hope you enjoy this new monthly newsletter designed specifically for our deployed families! Here you will find current program events, offerings and information to assist you throughout the deployment. 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  MFSCHawaii@navy.mil  JBPHH.MFSC  JBPHH_MFSC  www.greatlifehawaii.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
- 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)
- Retired Activities Office



Visit www.greatlifelifehawaii.com to learn more!

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

PERSONAL FINANCIAL MANAGEMENT (PFM)

A graphic of a stage spotlight shining on a dark surface with the text 'PROGRAM SPOTLIGHT' in white capital letters.

MFSC has accredited financial counselors available to provide FREE financial education and training on topics such as saving & investing, home buying, car buying, marriage & money, credit and debt, and budgeting. They provide classes and one-on-one appointments for individual, couples and even youth!

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MEET THE TEAM

The MFSC “RED” Team provides pre, mid, and post-deployment support, disaster preparedness training and resources, and relocation consultations and education!

RED Team

Relocation, Emergency Case Management, Deployment



Sandy Alanis

Work and Family Life Specialist



Sandy has been serving the military community for over 12 years. Her experience includes special education of children and adults, transition & employment, deployment, Ombudsman/FRG, and emergency management. Sandy is an amateur astronomer, loves to paddle board with her boxer dog (Lola Zuul), and is an avid archer!

Julie Craft

Emergency Case Manager/
Individual Deployment
Support Specialist



Julie moved to Hawaii a year ago and started at the MFSC within months of arriving. She is the daughter of an Army MP, and the spouse of a Marine. She has four babies, three human and one fur (Misty girl). She loves watching her family ride the waves from the beach and going to the park with her kiddos. She loves fruit and greasy cheese burgers because life is all about balance ☺

Le'Etta Garbett

Work and Family Life Specialist



Le'Etta has worked for the federal government for 53 years and is the MFSC “guru”! She was born and raised in Hawaii and her specialty is the Relocation Program. Le'Etta is dedicated to helping people find resources for all of their needs and has been doing so since she was 5 years-old. Le'Etta has four children and enjoys reading, swimming, and traveling.

John Thepvong

Work and Family Life Specialist



John served 21 years in the US Navy and retired in 2018. After leaving active duty, he continues to serve with the MFSC Deployment team helping service members and their families. A true team player, his motto and favorite motivational quote is: “Together Everyone Achieves More” (TEAM).

Donna Gilpin

Work and Family Life Consultant



Donna is a proud Air Force spouse of 26 years and has 2 children, 1 dog (Clover) and 1 bird (Migo). Her favorite foods are coffee, anything breakfast, and tacos! Donna loves supporting our military families as it is rewarding, fun, challenging and worth every minute! One of Donna's favorite quotes is “We rise by lifting others” ~ Robert D. Ingersoll

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Stay CONNECTED



A Hui Hou *"Until we meet again..."* Deployed Spouse Resiliency Group

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



We welcome and encourage deployed spouses to join our monthly resiliency and support group called "A Hui Hou" (Hawaiian for "Until we meet again"). A Hui Hou is a **virtual** support group that provides motivational and informational classes, fun games, guest speakers, resources, and support from other spouses who are dealing with similar deployment challenges and/or concerns.

Upcoming Sessions:

Date: February 25th, 6:00-7:30 pm (new time starting in March)

Topic: Keeping a Strong Relationship During Deployment

Date: March 25th, 10:00-11:30 am

Topic: Parenting During Deployment

*Register at www.greatlifehawaii.com

Hearts Apart

Hearts Apart is a voluntary program that provides USAF families with tools to aid in their resiliency during deployments, temporary duties (TDY), and/or remote tours. It is designed to provide your family with needed support and resources while also providing opportunities to meet other deployed USAF families through coordinated social events. Contact MFSC to register!



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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upcoming EVENTS

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

MARCH 2021 MFSC VIRTUAL CLASSES

Personal Development & Family Life

- Time Management | 2 Mar | 1000
- Building Self-Esteem in Children | 2 Mar | 1300
- Work & Personal Life Balance | 3 Mar | 1000
- Positive Parenting | 3 Mar | 1300
- Strategizing with Stress | 9 Mar | 1000
- Sleep Rocks! | 9 Mar | 1300
- Tranquil Seas: Mindfulness & Self-Care | 10 Mar | 1000
- Healthy Relationships | 10 Mar | 1300
- Conflict Resolution | 12 Mar | 1000
- High-Tech Parenting | 15 Mar | 1730
- Parent Child Communication | 16 Mar | 1200
- Daddy Basic Training | 16 Mar | 1600
- Dealing with Difficult Behaviors | 17 Mar | 1000
- Bringing Home Baby | 18 Mar | 1000
- Stop Bullying | 18 Mar | 1300
- Anger Management | 23 Mar | 1000
- Interpersonal Skills | 24 Mar | 1000

Personal Financial Management

- Ditching the Dorms | 9 Mar | 0800
- Demolish Your Debt | 9 Mar | 1200
- Thrift Savings Plan | 22 Mar | 1700
- Financial Boot Camp | 24-25 Mar | 0730

Information & Referral

- EFMP Coffee Talk | 11 Mar | 0900
- Green Card/Immigration & Naturalization | 16 Mar | 0930
- Air Force Spouse: Heartlink | 26 Mar | 0800

Relocation & Deployment

- Sponsor Training | 2 Mar | 1300
- Relocation & Children | 10 Mar | 0830
- Relocation & Pets | 10 Mar | 1015
- Smooth Move | 11 Mar | 0900
- Preparing to Deploy | 17 Mar | 1300
- Family Care Plan | 18 Mar | 1300
- Navigating Deployment Together for Couples | 23 Mar | 1300
- A Hui Hou: Deployed Spouse Resiliency Group | 25 Mar | 1000

Transition & Employment

- Federal Employment 101: Navigating USAJobs | 2 Mar | 0900
 - Federal Employment 101: Federal Resume | 2 Mar | 1200
 - Transition Financial Planning | 4 Mar | 1200
 - Career Exploration: Finding Your Passion | 4 Mar | 1400
 - TAP: Vocational Training Track | 4-5 Mar | 0800
 - TAP: Dept of Labor Employment Workshop | 11-12 Mar | 0800
 - LinkedIn | 12 Mar | 1400
 - Civilian Resume Writing | 12 Mar | 1630
 - In-Dependents | 15 Mar | 0900
 - Volunteer Opportunities | 18 Mar | 1330
 - TAP: Boots to Business | 18-19 Mar | 0900
 - Transition Hot Topics | 19 Mar | 0800
 - Acing the Interview | 23 Mar | 1400
 - Salary Negotiations | 23 Mar | 1630
 - Military Spouse Employment Bootcamp | 26 Mar | 0900
 - Transition Financial Planning | 30 Mar | 1200
- (Visit GreatLifeHawaii for CAPSTONE, 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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Additional Resources



MOMMY/DADDY DOLLS

Keeping families connected since 2005 by providing unique, high quality comfort items to families who can't always be together for whatever the reason.

<https://www.hugahero.com/>



Military Kids Connect is an online community for military children ages 6-17, and provides access to age-appropriate resources to support children dealing with the unique psychological challenges of military life:

<https://militarykidsconnect.health.mil/>

FOCUS (Families OverComing Under Stress) provides resilience training to military children, families, and couples. It teaches practical skills to help families and couples overcome common challenges related to a military life:

<https://focusproject.org/>

F*O*C*U*S

Operation Homefront is a national 501(c)(3) nonprofit whose mission is to build strong, stable, and secure military families so they can thrive — not simply struggle to get by — in the communities they have worked so hard to protect:

<https://operationhomefront.org/>



DID YOU KNOW?

Navy: The original postal system aka “snail mail” is quite literal on Navy deployments. It can take up to and sometimes more than 30 days for letters and packages to arrive!

Air Force: While deployed to certain areas, Airmen are able to order items from Amazon and get them delivered!

TIP OF THE Month

Communicate! Regular, honest, open communication with a variety of people is the norm for successful deployers and their families. Attend MFSC’s “Navigating Deployment Together For Couples” on 23 March, 1:00-2:30 pm



It’s whale season! North Pacific Humpback Whales arrive in the warm, protected waters of Hawaii from November-May to mate and give birth. They then travel more than 3,000 miles back to Alaska where they gorge themselves on small fish and krill, and return again to Hawaii the next winter! One of the best places to see the humpback whales on O’ahu is from the Makapū’u Lighthouse Trail!



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

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