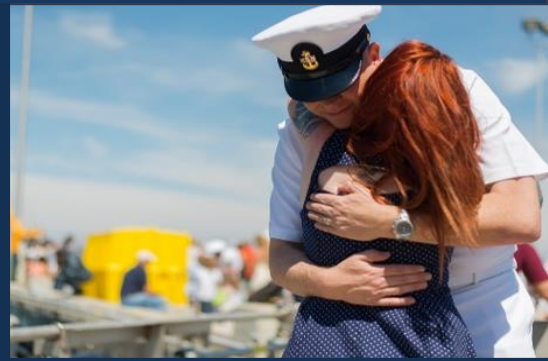


Deployment and Readiness Newsletter








April 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 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?



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)



Sandy Alanis



Julie Craft



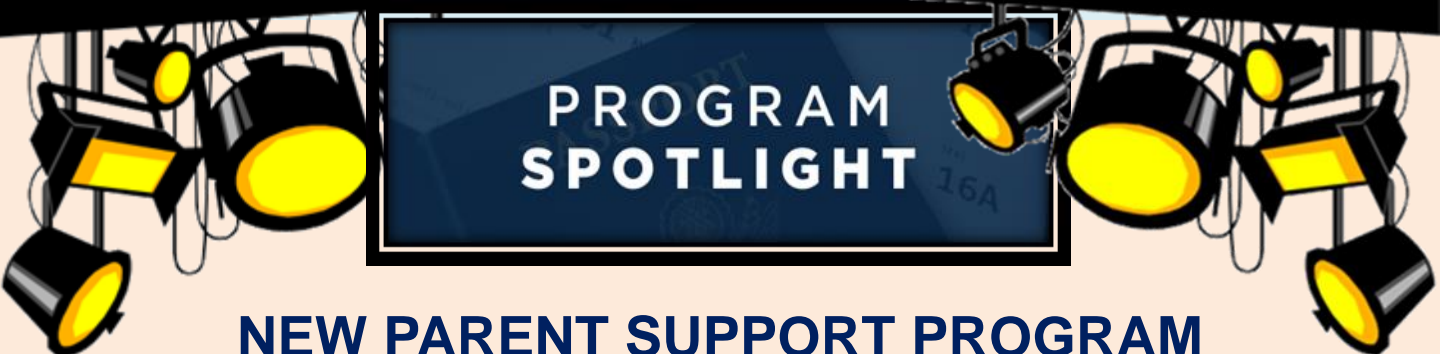
Le’Etta Garbett



Katie Myers



Angela Thompson



NEW PARENT SUPPORT PROGRAM

The New Parent Support Program provides education, information, and referrals for expecting parents or families with children ages 0 to 3 years along with parenting awareness of positive parent-child interactions and healthy family functioning. New Parent Support Home Visitors use a curriculum-based program to promote nurturing parenting and offers the opportunity to learn new skills as parents and strengthen existing ones in the comfort of your own home. New Parent Support program provides education to parents and caregivers on their child’s normal growth and development as well as address common concerns regarding breastfeeding, sleeping, nutrition, behavior management, and other stressors. Our team includes Certified Infant Massage instructors to teach you comforting techniques for your baby, a Certified Car Seat Safety Technician who is available to assist with car seat installation, and staff who are knowledgeable in child development.



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A Hui Hou

Deployed Spouse Resiliency Group

The MFSC Deployment Team would like to invite spouses and children of deployed, underway, and TDY/TAD service members to *A Hui Hou,* where you'll learn about our services and join us on a fun egg hunt!

March 24 @ 10:00am

Register today at <https://bit.ly/3kfWlaJ>



Deployment and Readiness Newsletter



A HUI HOU
(until we meet again)

DEPLOYED SPOUSE RESILIENCY GROUP

Monthly Activities:

Kite Flying

Painting

Yoga

Jewelry Making

Holiday Crafts

Coupons/Budgeting

Lei Making

And so much more!

Military spouses are known for their resilience but sometimes deployments can take a toll on even the strongest individuals.

Find support and a sense of community by connecting with other spouses of deployed, underway, and TDY/TAD service members. Don't go through it alone!

4th Thursday of every month.

- Learn ways to enhance your relationship during deployment.
- Learn how to manage a "single" parent household.
- Find available community resources.
- Every month will have different fun themed activities.



MILITARY & FAMILY SUPPORT CENTER

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HOMEFRONT HEROES

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.



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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

United States Navy Fleet Arleigh Burke Class Destroyer (DDG)



The Navy fleet has 69 destroyers with 20 more in various stages of construction. They can carry two MH60 helicopters, up to 329 personnel (32 officers, 27 chiefs, 270 enlisted), and a great weapons system. The MH60 helicopters carry hellfire missiles and MK46/MK50 torpedoes. The DDGs can travel at a speed of 30 knots (34.5mph) and were designed as multi-mission ships capable of land strikes with standard, vertical launch, and tomahawk missiles, 5in MK 45 Gun, and evolved sea sparrow missile. Destroyers are propelled by 4 gas turbines and are 505 feet in length.

Cost: \$1.80 billion



Deployment and Readiness Newsletter

United States Air Force C-17A Cargo Airplanes

The Air Force fleet of C-17A planes is a one stop shop for any type of cargo. Cargo planes like the C-17A can be immediately deployed to missions of all types. This C-17A has also participated in missions to transport helicopters, Army armored vehicles, an enormous Navy periscope, and even a killer whale during operation Keiko! However, one of the most important missions it has recently had the honor to participate in was saving the life of a tiny newborn baby. The C-17A can descend into hostile territory at 10,000 feet per minute, its top speed is 450 knots (517mph), it can carry a maximum weight of 500k pounds, and its fuselage is only about ¼ of an inch thick!

Cost: 340 million



Deployment and Readiness Newsletter

MFSC Classes April 2022

DEPLOYMENT SUPPORT	DATE	TIME	LOCATION
A HUI HOU: DEPLOYED SPOUSE RESILIENCY GROUP	APR 28	10:00 - 11:30 A.M.	PEARL HARBOR
EMPLOYMENT ASSISTANCE	DATE	TIME	LOCATION
ACING THE INTERVIEW	APR 4	4:30-6:30 P.M.	PEARL HARBOR
CAREER EXPLORATION: FINDING YOUR PASSION	APR 21	10:00-12:00 P.M.	PEARL HARBOR
CIVILIAN RESUME WRITING	APR 1	12:00-2:00 P.M.	PEARL HARBOR
FEDERAL EMPLOYMENT 101 – NAVIGATING USAJOBS	APR 6	9:00-11:00 A.M.	PEARL HARBOR
FEDERAL EMPLOYMENT 102 – FEDERAL RESUME	APR 6	12:00-2:00 P.M.	PEARL HARBOR
LINKEDIN: WHAT WILL THEY SEE	APR 26	9:30-11:30 A.M.	PEARL HARBOR
IN-DEPENDENTS WORKSHOP	APR 15	8:00-3:00 P.M.	PEARL HARBOR
SALARY NEGOTIATION	Apr 12	4:30-6:30 P.M.	PEARL HARBOR
FAMILY LIFE	DATE	TIME	LOCATION
BRINGING HOME BABY	APR 20	4:00 - 7:00 P.M.	HICKAM
FAMILY ADVOCACY PROGRAM (FAP) TRAINING: CHAPLAINS & OMB	APR 13	10:30-12:00 P.M.	HICKAM
FAMILY ADVOCACY PROGRAM (FAP) TRAINING: LEADERSHIP	APR 13	8:00-9:30 A.M.	HICKAM
FAMILY ADVOCACY PROGRAM (FAP) FIRST RESPONDER TRAINING	APR 15	8:00-9:30	PEARL HARBOR
INFANT MASSAGE	APR 20	10:00 A.M. - 12:00 P.M.	HICKAM
STORY TIME	APR 13	10:00-12:00 P.M.	HICKAM
MONTH OF THE MILITARY CHILD	APR 6,8	12:00-2:00 P.M. 8:00-3:00 P.M.	HICKAM
PARENTING	APR 22	9:00-11:00 A.M.	HICKAM
FAMILY READINESS	DATE	TIME	LOCATION
KEY SPOUSE MENTOR TRAINING	APR 21	5:00-7:00 P.M.	HICKAM
INFORMATION AND REFERRAL	DATE	TIME	LOCATION
EFMP COMMAND POC TRAINING	APR 13	1:00-3:30 P.M.	PEARL HARBOR
PERSONAL DEVELOPMENT	DATE	TIME	LOCATION
ANGER MANAGEMENT	APR 20	8:00-11:00 A.M.	PEARL HARBOR
COMMUNICATION	APR 6	3:00-5:00 P.M.	HICKAM
INTERPERSONAL RELATIONSHIPS	APR 12	10:30-12:30 P.M.	PEARL HARBOR
PERSONAL GROWTH	APR 21	12:00-2:00 P.M.	HICKAM
STRATEGIZING WITH STRES	APR 5	8:00-10:00 A.M.	VIRTUAL
SUICIDE PREVENTION	APR 27	1:00 - 3:00 P.M.	PEARL HARBOR

Deployment and Readiness Newsletter

MFSC Classes April 2022

PERSONAL FINANCIAL MANAGEMENT	DATE	TIME	LOCATION
COMMAND FINANCIAL SPECIALIST (CFS) TRAINING	APR 25-29	7:00-4:00 P.M.	HICKAM
COUPLES AND MONEY	APR 19	2:30-4:30 P.M.	HICKAM
DITCHING THE DORMS	APR 13,19	12:30-2:00 P.M. 11:30-1:00 PM..	HICKAM
SPENDING PLANS THAT WORK!	APR 21	8:00-10:00 A.M.	HICKAM
RELOCATION ASSISTANCE	DATE	TIME	LOCATION
SMOOTH MOVE	APR 14	8:00 - 11:30 A.M.	PEARL HARBOR
WELCOME TO JBPHH	APR 20	1:00 - 2:45 P.M.	VIRTUAL
SEXUAL ASSAULT PREVENTION AND RESPONSE	DATE	TIME	LOCATION
SAPR VICTIM ADVOCATE INITIAL TRAINING (VAIT)	APR 11-15	8:00-4:00 P.M.	PEARL HARBOR
SAPR UVA REFRESHER TRAINING	APR 12	1:00-3:30 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE	DATE	TIME	LOCATION
CAPSTONE EVENT	APR 13, 14,28	8:00 A.M. - 10:00 A.M. 10:00 A.M. - 12:00 P.M.	PEARL HARBOR
TAP: BOOTS TO BUSINESS	APR 28-29	7:30-4:00 P.M.	PEARL HARBOR
TAP: DEPT OF LABOR EMPLOYMENT WORKSHOP	APR 7-8 APR 21-22	7:30 A.M. - 4:00 P.M.	PEARL HARBOR
TAP: MY EDUCATION	MAR 31-APR 1	8:00 A.M.- 3:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM (TAP) FOR RETIREES	APR 4-6 APR 18-20	7:30 A.M. - 4:00 P.M.	PEARL HARBOR
TRANSITION ASSISTANCE PROGRAM) (TAP) FOR SEPARATEES	APR 4-6 APR 11-13 APR 18-20	7:30 A.M. - 4:00 P.M	PEARL HARBOR
SKILLBRIDGE 101	APR 26	2:00-3:00 P.M.	PEARL HARBOR

Deployment and Readiness Newsletter



Iolani Palace

Iolani Palace is a living restoration of a proud Hawaiian national identity, registered National Historic Landmark, and the only official royal palace in the United States.

Built in 1882 by King Kalakaua, Iolani Palace was the home of Hawaii's last reigning monarchs and served as the official royal residence and the residence of the Kingdom's political and social life until the overthrow of the monarchy in 1893. After the monarchy was overthrown, the building was used as the capitol building for the Provisional Government, Republic, Territory, and State of Hawai'i until 1969. The palace was restored and opened to the public as a museum in 1978.



The Royal Hawaiian Band presents free concerts on the Iolani Palace Grounds most Fridays from 12:00-1:00 pm. The Royal Hawaiian Band has a long tradition of sharing Hawaii's music with the world. Once known as the "King's Band," this group of musicians was put together by King Kamehameha III and performed for state occasions, funerals and parades. Learn more about the Royal Hawaiian Band and their performance schedule here: <https://www.rhb-music.com/>.



For more information, visit <https://www.iolanipalace.org/>

Deployment and Readiness Newsletter

TIP OF THE Month

Manage stress! Stress is unavoidable. Successful service members and their families effectively manage stress. Check out MFSC's class calendar for the next "Strategizing With Stress" class!



RESOURCES



Flipgrid

Flipgrid is an approved application for K-12 students and educators that DoDEA is permitted to use. To access resiliency resources in Flipgrid, go to Class Link > click on Flipgrid. (If it isn't on your Launchpad, click on plus in top left and go to Educator Library > search for Flipgrid > click Add). In top right click your profile avatar > click Discovery> in the search bar, type "resilience." <https://info.flipgrid.com/>






Relationships with children are much like plants, they need constant nourishing. At home, this type of nourishment comes easily through the activities and time spent with your children. However, when you or your partner is away this becomes more difficult to accomplish. Websites like **"Dads at a Distance"** and **"Moms Over Miles"** provide supportive resources to help stay connected and strengthen relationships with children when separated by distance.

Dads at a Distance: <https://www.daads.com/>

Moms Over Miles: <https://www.momsovermiles.com/>

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

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