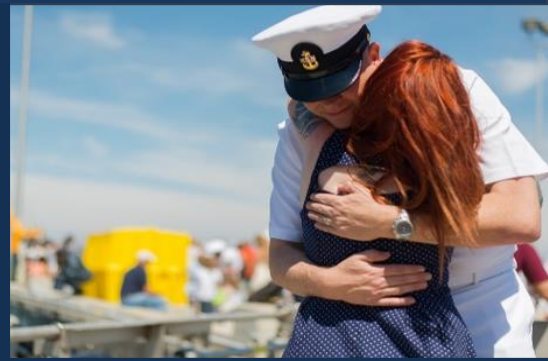


Deployment and Readiness Newsletter








December 2021

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

Tis the season! On behalf of the MFSC staff, we want to wish all of you Happy Holidays and a Happy New Year! Stay safe this holiday season and be mindful of safety protocols if you plan to have gatherings with friends and/or loved ones. 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  MFSCHawaii@navy.mil  JBPHH.MFSC  JBPHH_MFSC  www.greatlifeohawaii.com

Deployment and Readiness Newsletter

WHAT IS THE MILITARY & FAMILY SUPPORT CENTER?



The Fleet & Family Support Center



Airman & Family Readiness Center



Military & Family Support Center (MFSC)

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

Aloha, Mahalo and A Hui Hou, John Thepvong!







“I am truly grateful and honored to have been a part of the Deployment Team. I leave you to a great team of staff who carries on my passion to help service members and their families throughout the deployment cycle. Stay safe and take care!” ~John Thepvong



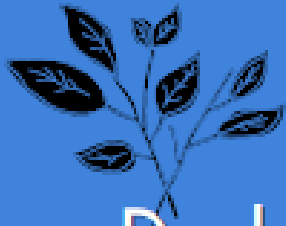
VOLUNTEER PROGRAM

Volunteering is a great way to meet people, share knowledge, gain valuable experience, and give back to your community! The MFSC provides information about volunteer opportunities to develop new skills and increase the quality of life in communities. Attend our next monthly Volunteer Opportunities class on December 16th from 1:30-2:30 p.m. for information on organizations within JBPHH and around the island in search of quality volunteers. All DOD card holders are welcome!

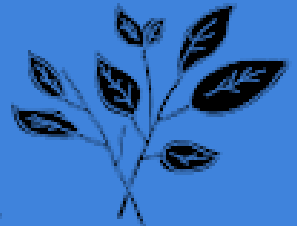
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A Hui Hou



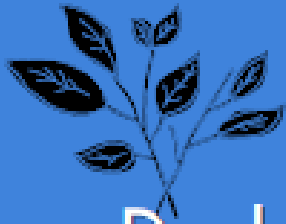
"Until we meet again..."

Deployed Spouse Resiliency Group

Our Halloween Spooktacular was so much fun!

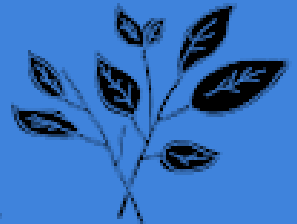


Deployment and Readiness Newsletter



A Hui Hou

"Until we meet again..."



Deployed Spouse Resiliency Group

GRATITUDE

November 18th
3:00 pm to 4:30 pm

Did you know that practicing gratitude can:

- *Make us happier*
- *Reduce stress*
- *Improve self-esteem*
- *Help us be more resilient*
- *Help us sleep*
- *Improve our physical health*
- *Improve our romantic relationships*
- *Improve our friendships*



Spouse deployed or underway? Come connect with other military spouses as we have fun learning and discussing resources and activities for resiliency.

4th Thursday of Every Month!

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

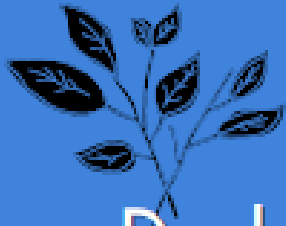
**Contact MFSC if you need their contact information*



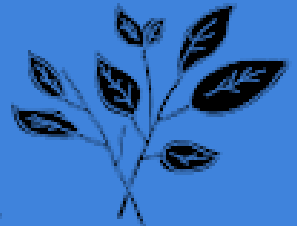
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A Hui Hou



"Until we meet again..."

Deployed Spouse Resiliency Group



Spouse deployed or underway? Come connect with other military spouses as we have fun learning and discussing resources and activities for resiliency.



ORNAMENT MAKING

December 16th

3:00 pm to 4:30 pm

MFSC Building

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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MFSC DECEMBER CLASSES

Personal Development & Family Life

- Time Management | 1 Dec | 1000
- Dating with a Purpose | 1 Dec | 1300
- High Tech Parenting | 7 Dec | 1000
- Unplug Your Relationship | 7 Dec | 1000
- Keiki Story Time | 8 Dec | 1000
- Positive Parenting | 8 Dec | 1000
- Strategizing with Stress | 14 Dec | 1000
- Interpersonal Skills | 14 Dec | 1300
- Healthy Relationships | 15 Dec | 1000
- Infant Massage | 15 Dec | 1000
- Bringing Home Baby | 15 Dec | 1600
- Tranquil Seas: Mindfulness & Self-Care | 22 Dec | 1000
- Anger Management | 28 Dec | 1000

Personal Financial Management

- Touchpoint Tuesday | 7 Dec | 0800
- Ditching the Dorms | 15 Dec | 1330
- Teens & Money | 16 Dec | 1700
- Spending Plans That Work! | 17 Dec | 0800
- Car Buying Strategies | 17 Dec | 1230

Information & Referral

- EFMP Coffee Talk | 9 Dec | 0900
- Green Card/Immigration & Naturalization | 14 Dec | 0930

Relocation & Deployment

- Sponsor Training | 7 Dec | 1330
- Welcome to JBPHH | 8 Dec | 1300
- Smooth Move | 9 Dec | 0800
- Family Care Plan | 9 Dec | 1300
- Preparing to Deploy | 15 Dec | 1300
- Navigating Deployment Together for Couples | 16 Dec | 1300
- A Hui Hou: Deployed Spouse Resiliency Group | 16 Dec | 1500

Transition & Employment

- TAP: Vocational Training Track | 2-3 Dec | 0800
 - Career Exploration: Finding Your Passion | 3 Dec | 0800
 - Pre-Separation Counseling | 7 Dec | 1300
 - Civilian Resume Writing | 7 Dec | 1300
 - Acing the Interview | 9 Dec | 1600
 - Salary Negotiation | 14 Dec | 1400
 - Volunteer Opportunities | 16 Dec | 1330
 - TAP: My Education | 16-17 Dec | 0800
 - Pre-Separation Counseling | 20 Dec | 1300
 - Federal Employment 101: Navigating USAJobs | 21 Dec | 1300
 - Federal Employment 102: Federal Resume | 21 Dec | 1600
 - Linkedin | 28 Dec | 0900
- (Visit Great Life Hawaii for CAPSTONE, Separates, & Retiree TAP dates & times)*

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>



Deployment and Readiness Newsletter

National Pearl Harbor Remembrance Day



On August 23rd, 1994, the United States Congress designated December 7th as National Pearl Harbor Remembrance Day. Each year, Pearl Harbor survivors, veterans, and visitors from all over the world come together to honor and remember the 2,403 service members and civilians who were killed during the Japanese attack on Pearl Harbor on December 7th, 1941. An additional 1,178 people were injured in the attack, which permanently sank two U.S. Navy battleships (the USS Arizona and the USS Utah) and destroyed 188 aircraft.

Remembrance events are held at the Pearl Harbor National Memorial, culminating in a commemoration ceremony on December 7th.

Deployment and Readiness Newsletter



Civil Air Patrol

U.S. Air Force Auxiliary



December 1st is the United States Civil Air Patrol's birthday. Formed during World War II, the Civil Air Patrol is a federally chartered non-profit corporation that is also the Air Force auxiliary. CAP's mission is supporting America's communities with emergency response, diverse aviation and ground services, youth development, and promotion of air, space and cyber power through aerospace education. The Civil Air Patrol consists of cadets aged 12 to 20 years-old, and senior members who are 18 and older. All members wear uniforms as part of their Civil Air Patrol duties, but the agency is not a branch of military service.

Holiday Fun Search

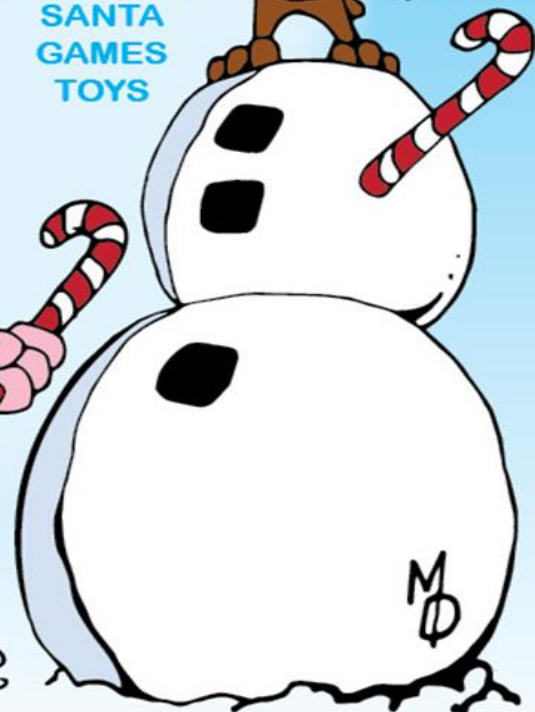
Help Butterpup and the Backyard Buddies find these holiday words in the word search below!

I	J	H	D	S	S	J	C	G	L
E	T	S	M	T	G	L	A	Z	F
T	R	T	M	O	H	C	N	T	A
Z	E	A	S	C	O	V	D	T	M
G	E	R	N	K	L	L	Y	S	I
I	G	X	O	I	I	I	U	A	L
F	A	T	W	N	D	G	G	N	Y
T	M	V	X	G	A	H	I	T	P
S	E	V	T	Q	Y	T	F	A	C
O	S	E	T	O	Y	S	T	F	X

SNOW
TREE
GIFTS
HOLIDAY

CANDY
STAR
FAMILY
LIGHTS

STOCKING
SANTA
GAMES
TOYS



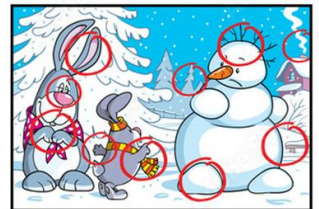
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Find 10 differences



Answer Key
(Zoom in to see!)



Holiday Mad Libs

HAPPY NEW YEAR!



At the end of December, my parents let me

_____ up late to _____ the
(verb) (verb)

_____ year. We _____
(adjective) (verb) (adjective)

games and snack on _____ and
(plural noun)

_____ _____ . Just before
(adjective) (plural noun)

midnight, we _____ down from
(verb)

_____ until it's time to _____ ,
(number) (verb)

" _____ Year!" We _____
(Adjective) (Adjective) (verb)

noisemakers and _____ each other
(verb)

_____ wishes for the coming year. It's
(adjective)

hard to _____ to sleep after all of that
(verb)

_____ fun!
(adjective)



Deployment and Readiness Newsletter



655 Vickers Avenue, Building 1105 Joint Base Pearl Harbor-Hickam, HI 96853 Phone: 808.257.7774
Email: Hawaii@focusproject.org

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. It helps build on current strengths and teach new strategies to enhance communication and problem solving, goal setting and creating a shared family story.

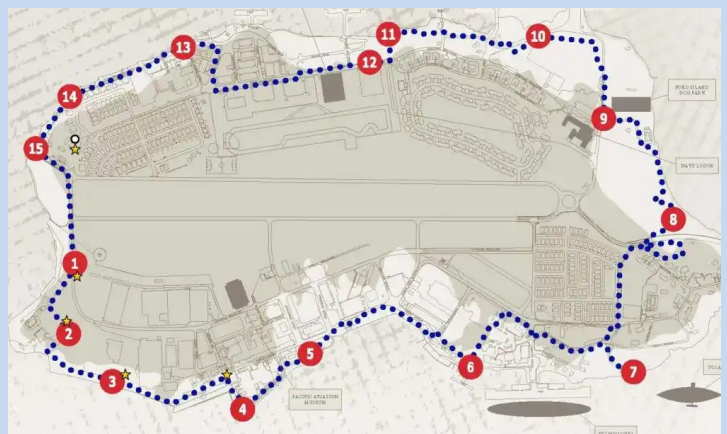
TIP OF THE Month

Trust. Successful members and their families rely on others to do the right thing. They are not naïve but believe in others.



This trail features historical markers highlighting the island's rich and layered history

FORD ISLAND HISTORICAL TRAIL



The trail features 30 historical markers* at 15 nodes along the accessible trail, highlighting the significant sites and events associated with this island.

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