



IA Family Connection

JANUARY 2008

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From Commander, U.S. Fleet Forces Command, Admiral Jonathan W. Greenert...

High on my list of priorities is the correct handling of our Sailors filling IA billets in Iraq, Afghanistan, Kuwait and elsewhere. It's a new potential wrinkle in a Sailor's or officer's career, and it needs to be normalized as long as IAs are needed to lend a hand.

We're going to have to slightly re-define 'a Navy career' because we have an entire generation who are serving in a slightly different manner, and it's not insignificant. It's 10,000 IAs now on the ground in Central Command area, and if we sustain that for a few more years, you can see the implications throughout the force.

IA tours enhance a Sailor's career by offering joint and coalition experience, as well as boots on ground in the strategically critical Middle East. Those Sailors and Officers are being rewarded — not penalized — for that service.

If a Sailor gets orders and knows they are going over there, they and their family can plan for it. We should do it between duty stations rather than in the middle of sea tour or shore tours. It better equips a Sailor to be able to look and say, 'OK, I am going to be over there for a year. That is a year out of my normal pipeline.' We now need to adapt the pipeline.

I would tell you from some experience watching our promotion boards that those serving in Iraq are doing quite well. Points are being awarded for enlisted Sailors going overseas. We are very judiciously looking to ensure that those Sailors who take the IA tour can continue to take their exams, that they aren't handicapped in those exams, be it timing or location.

Whether going overseas and embedding in an IA unit or as an individual — the pay-back for that kind of job is very high. Our Sailors are learning a lot about coalition operations and joint operations, and as we evolve into the future, this will be a skill they'll reach back for and it will be quite viable.

Best wishes to you and your family for a healthy and happy 2008.

To hear Greenert's recent podcast on IA duty, go to http://www.cffc.navy.mil/podcasts/admgreenert_ia_podcast.wma.

My Life, a Kid's Journal

Health Net Federal Services, LLC recently released *My Life, a Kid's Journal*, designed for military children whose parent or loved one is deployed.

The 44-page journal guides children through the process of formulating and making sense of their feelings during a loved one's deployment and helps establish important dialogue with their parents. The journal is meant to serve as a keepsake for the child or as a gift to their special person who is deployed once it's completed.

The journal can be downloaded from <https://www.hnfs.net/common/newsResources/Kids+Journal+News+Release.htm>.



Admiral Jonathan W. Greenert, U.S. Fleet and Forces Command





IA in CJTF-HOA by Diane Sizemore, IA Family Member

CJTF-HOA is the Combined Joint Task Force - Horn of Africa located at Camp Lemonier in the country of Djibouti — a word or country that I had never heard of before the detailer called. The CJTF- HOA area of responsibility (AOR) consists of the eastern side of Africa and includes the countries of Djibouti, Yemen, Ethiopia, Eritrea, Somalia, Sudan, Tanzania, Kenya, Uganda, Seychelles, Mauritius, Madagascar and Comoros.

CJTF-HOA's mission is to prevail against violent extremism by promoting regional stability and cooperation in order to prevent conflict and protect coalition and partner nations' interests. The Task Force does their mission through several means to include humanitarian assistance and disaster relief; construction projects such as medical clinics, elementary schools and rehabilitation centers; and military to military training to professionalize military forces in the Horn of Africa. Much of their efforts require working closely with the Department of State and the U.S. Agency for International Development (USAID) with the overall goal being to help Africans solve Africa's problems.

Our military personnel work in all of the countries in the AOR to help improve capacity and infrastructure as well as influence and promote regional cooperation and good governance. Our military personnel also work to establish positive relationships with the local people in order to “win the *hearts and minds of the next generation of Africans.*”

This IA experience has been very interesting. I was fortunate enough to spend my time with 20 other families from the Hampton Roads area. We collected donations and sent them to the HOA Chaplain to be distributed where needed. The donation project took on a life of its own. We collected clothing, running shoes, baby clothes, medical supplies, flip flops and school supplies. We included our children, as much as possible, which became a learning experience for them as well. It was a rewarding experience for us all.

Military OneSource Offers Telephone Counseling

Military OneSource now offers short-term telephone counseling. This new expanded service provides a telephone counseling option for those who are unable to attend face-to-face counseling sessions.

Counseling may help individuals with many issues such as:

- Dealing with stress.
- Communication.
- Blended family challenges.
- Decision making.
- Grief and loss.
- Parenting.

Telephone counseling provides up to six sessions of consultation per person, per issue.

Telephone counseling is not appropriate for children under the age of 18, couples or family counseling, drug, alcohol and other addictions, mental health conditions that require medical treatment and other conditions related to trauma.

Military OneSource is available anytime worldwide to all active duty, Reserve, National Guard, as well as deployed civilians and their families.

To find out more, call Military OneSource at 1-800-342-9647 (CONUS), or 800-3429-6477 or 484-530-5908 (OCONUS). For more information on calling Military OneSource from overseas visit www.militaryonesource.com and click the “Contact Us” link at the upper right of the page.



Care Packages

Running out of creative ideas to send in care packages? Try some of these “theme” pack ideas:



CALL HOME (or at least write) PACK

- Note paper and colorful pens
- Phone cards
- Address labels
- Address book
- Pre-addressed special occasion cards
- Love letters from your courting days

BEACH PARTY PACK

- Flip-flops
- Sunglasses
- “Blow-Up” beach toys
- Sunscreen
- Bathing suit
- Beach towel

NIGHT @ the MOVIES PACK

- DVDs
- Popcorn
- Movie candy
- Nachos supplies
- Homemade poster



SECOND CHILDHOOD PACK

- Yoyo
- Old Maid cards/Go Fish cards
- Silly Putty
- Silly String
- Marbles
- Balloons
- “Kid Meal” toys

“WHINE” & CHEESE PACK

- Tape of you/ kids whining
- Assortment of cheeses
- Assortment of sausages
- Assortment of crackers

GOOD SPORT PACK

- Sports magazines
- Video of a local game or your kid’s games
- Favorite team T-shirt or cap
- Popcorn and peanuts
- Pennants
- Autograph from a favorite star

OUR MORNING COFFEE PACK

- Favorite coffee blend
- All the goodies to add...creamer, sugar, flavors,etc
- A great mug
- “Tasty Cake” coffee cakes
- Biscotti
- A picture of you in PJs
- A picture of kids at breakfast table

COMING HOME PACK

- Picture of your new outfit
- Your favorite perfume or cologne
- A map of how to get home from the airport
- A banner
- A picture of the welcome home decorations
- A menu



Keep Your Contact Information Up-to-Date

As the New Year begins, your IA Sailor may be starting an IA tour, half way through it or winding down and looking forward to coming home. Here are a few tips to pass along to help your spouse navigate a smooth course. Two of the most important driving factors for a successful and orderly IA tour are:

1. Ensure your Sailor has read his/her orders. Orders contain point of contact information that will be very valuable as they begin their tour. Orders also outline specific instructions and prerequisites that must be completed before leaving their current command.
2. Complete and submit the mandatory ECRC IA CHECKLIST within 14 days of receipt of orders. The official version of the ECRC IA checklist mandated by IA orders is only located on the Individual Augmentee page of Navy Knowledge Online (NKO) and on the ECRC website. Other checklists located elsewhere or developed locally are not acceptable. The ECRC IA checklist will guide IA Sailors through every step they will need to accomplish before they leave their current command. Completion of the checklist ensures that your IA Sailor and your family do not encounter problems and delays as your IA Sailor progresses through the training pipeline.



Whether at the start of an IA tour or looking forward to coming home, your family information needs to be kept current in the Navy Family Accountability and Assessment System (NFAAS). Ensure your Sailor has updated NFAAS before they leave their current command. If you have moved, update your family information. The Navy uses this information to locate and assist IA Sailors and their families in case of natural disasters and other crisis situations.

LOG ONTO NFAAS at <https://www.navyfamily.navy.mil/>

Select the [NFAAS-Navy Family Member] tab

You will only need your Sailor's social security number and birth date to get access and update critical family contact information.

Update your family information under the [MY INFO] tab. Enter all the people (in Location and Contact Info and Additional Family Members sections) you want contacted in case of emergency. You may also take a survey under the [ASSESS-

MENT] tab to further assist your family and make specific family needs known. It will only take a few minutes to update your family information.

The Expeditionary Combat Readiness Center (ECRC) hopes that this information will help guide you, your family and your IA Sailor as you begin a happy and prosperous new year.

NFAAS NAVY FAMILY ACCOUNTABILITY and ASSESSMENT SYSTEM

Navy Family Accountability and Assessment System
 Technical Support:
 nfaas@spawar.navy.mil
 1-819-553-8167

Username/Password Authentication

Sponsor SSN:
 Password:

Enter SSN with no dashes or spaces

New Users:
 Your initial password is the sponsor's birthdate (in YYYYMMDD format).

Warning: This survey is in English. If you need a translator, please call: 1-877-414-5358

Italian	Spanish	Korean	Japanese
Questo questionario è in inglese. Se avete bisogno di un traduttore, per favore chiamate al 1-877-414-5358	Este cuestionario está en inglés. Si usted necesita un traductor, por favor llame al 1-877-414-5358	본 서비스는 영어로 구성되어 있으며 번역가를 요청하실려면 1-877-414-5358 로 연락하시기 바랍니다	この調査は英語のみとなります。通訳者が必要な場合は、1-877-414-5358までお問い合わせください。



IA Family Connection: A Virtual Meeting for Families

JANUARY

Would you like to talk with Individual Augmentee family member whose loved one is stationed in the same general area as yours? Share tips about mail, R&R leave, living conditions and more.

Families of Service Members in the Horn of Africa

Friday, January 4, 2008 9:00 PM - 10:30 PM EST

<https://www1.gotomeeting.com/register/171068884>

Families of Service Members in Iraq

Friday, January 11, 2008 9:00 PM - 10:30 PM EST

<https://www1.gotomeeting.com/register/768783228>

Families of Service Members Afghanistan

Friday, January 18, 2008 9:00 PM - 10:30 PM EST

<https://www1.gotomeeting.com/register/387441554>

Families of Service Members in Germany, Philippines, South America & the U.S.

Friday, January 25, 2008 9:00 PM - 10:30 PM EST

<https://www1.gotomeeting.com/register/587885895>

Ten Ways to Start the New Year Off Right

Make 2008 your best year ever. Get organized. Get fit. Get smarter. Have fun. Use some of these tips to get started.

1. Clean out a closet or a “junk” drawer to help you feel more in control of your environment.
2. Update your address book.
3. Buy a new calendar and note important dates.
4. Order a subscription to a magazine you enjoy reading or go to the library.
5. Balance your checkbook.
6. Get active. Go to the gym. Take a walk. Sign up for a dance/yoga/karate class.
7. Call your mother or an old friend just to “visit”.
8. Gather clothes and household items you no longer need or want and donate them to a homeless shelter.
9. Eat only healthy food for one whole day.
10. Tell your Sailor how much you love them.

Meet with other IA family members from around the world in the comfort of your own home!

To participate in the IA Family Connection:

You will need:

1. A computer with broadband Internet access.
2. A telephone.

To join:

1. Go to the browser address listed next to the date you want to attend. It will take you to a registration website where you'll be asked for a few pieces of information.
2. You will receive a confirmation email from WEBINAR providing the Internet browser address for the session as well as the telephone number to dial.

To attend session:

1. Insert the website address for the session into your browser window. It will scroll and a box will come up on your screen.
2. Click “Download GoToMeeting”. To download GoToMeeting.
3. Click “run”.
4. A bar will appear in the middle of the page as it downloads.
5. If you arrive before the facilitator, a window will let you know. Do not exit the window. Just wait for the meeting to start.
6. Once completed, the computer will ask you to enter: Name & email address.
7. “Waiting to View Screen” will appear. You are connected.
8. Dial in on your phone by calling:
1-800-791-2345 Code: 40560

These virtual IA family member discussion groups are hosted by Commander Navy Installations Command and Fleet and Family Support Centers worldwide.