

# NAVY RESERVE FAMILY INFORMATION NEWSLETTER

For more family information go to <http://navyreserve.navy.mil/Public/HQ/WelcomeAboard/CNRFCA+Families>  
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## EMPLOYER SUPPORT OF THE GUARD AND RESERVE

Your job is Protected! As a Uniformed Service Member, you have rights and responsibilities under the Uniformed Services Employment & Reemployment Rights Act (USERRA). Employer Support of the Guard and Reserve (ESGR) is a DoD agency established to gain and maintain active support from public and private employers. Information on USERRA, ESGR services, and employer awards programs can be found by visiting <http://www.esgr.com> or call 1-800-336-4590.

## TAX TIME



Last year Military OneSource offered a free online tax filing service that thousands of military personnel used. This year Military OneSource plans to offer the same tax preparation services. To date a determination has not been made as to which company will provide the free service. As more information becomes available it will be posted on the Military OneSource web site at <http://www.militaryonesource.com> or feel free to contact a consultant at 1-800-342-9647.

## ART/ESSAY CONTEST

The Armed Services YMCA has launched its annual art contest, sponsored by GEICO, and its essay contest, sponsored by Lockheed Martin. This year's theme is "My Military Family" and "Why My Military Dad/Mom Is My Hero." Winners will be announced at the Armed Services YMCA luncheon in Washington in May 2007. For more information go to <http://www.asymca.org> and look under 2007 Art & Essay Contest on the left side.



## RETURNING FROM THE WAR ZONE: GUIDES FOR MILITARY MEMBERS AND FAMILIES (By the National Center for PTSD)

These guides were adapted for service members and their families from the Iraq War Clinician Guide. They are full of information to help military personnel and their families understand what to expect when returning from a war zone, and help them to better adapt back to home life. The guides are titled:

Returning from the War Zone: A Guide for Military Personnel (PDF)

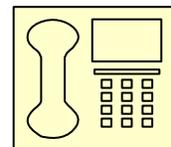
Returning from the War Zone: A Guide for Families (PDF)

To view the guides go to the Department of Veterans Affairs web site at <http://www.ncptsd.va.gov/topics/war.html>.

## SCHOLARSHIPS

Now is the time for college-bound students to be looking for scholarship money. There are many scholarships available for military family members. Military.com offers assistance for military personnel, their family members and veterans to search for scholarships and grants. Go to the military.com web site at <http://www.military.com>. In the search section, put in "military scholarship finder". Now you will be able to begin to research various scholarships.

## NAVY HOTLINE ASSISTS IA FAMILIES DURING DEPLOYMENT



The Navy Expeditionary Combat Readiness Command (ECRC) has established a hotline for families of Sailor's of Individual Augmentee (IA) or mobilization orders. The toll-free phone number is 877-364-4302. This resource provides family members a way to find the information or resources they may need while their Sailors are deployed.