

# NAVY RESERVE FAMILY INFORMATION NEWSLETTER

For more family information go to <http://navyreserve.navy.mil/Public/HQ/WelcomeAboard/CNRFC+Families>

Point of Contact: Pat Nicholson, Family Support Program Manager, 504-678-1898 or e-mail [patricia.nicholson@navy.mil](mailto:patricia.nicholson@navy.mil)

November/December 2007



## HOLIDAY MAILING

As you prepare to mail those Holiday care packages keep the following dates in mind to allow time for your packages to arrive to your Sailor overseas:

Parcel Post - December 4

First Class and Priority Mail - December 11

Express Mail - December 18

The USPS can also supply military family members and friends with packaging materials. Call toll-free 800-610-8734 and select option #1, then #1 again, and ask for the "Mil-kit." USPS will send three flat boxes, two cube boxes, nine address labels and 16 customs forms. The materials take about 7-10 days to receive. For more tips on mailing care packages to military members overseas please go to <http://www.usps.com/supportingourtroops/>.

## FAMILY MEMBER ACCOUNTS

The Family Member Account is a secure logical credential issued to eligible sponsors and their family members. The identities of sponsors and family members are linked to medical, pay and resource systems which can be very important for family members to check on while the military member is away. Eligibility for an account is based on the family's benefit status in the Defense Enrollment Eligibility Reporting System (DEERS). To get a Family Member Account, the military member can log on to <https://sso.dmdc.osd.mil/famAcctMgr> using his or her CAC or DFAS PIN. The sponsor will select which family members are eligible and then create a separate account and a temporary password for each family member. Once the account is established, the sponsor will give the family members numbers and temporary passwords. A Family Member Account is valid for as long as the family member is eligible for benefits. For security reasons the password will need to be reset at least every 180 days.

## eKnowledge/NFL PLAYERS EXTEND DONATION

Now in its third year, a group of National Football League players and eKnowledge Corp. are continuing their multi-million dollar sponsorship of \$200 SAT and ACT test preparation programs to all active-duty, Reserve and retired military members and their families. Those who request the material will only pay shipping and handling cost of packaging, processing and shipping.

Service members and families interested in receiving the free eknowledge product complete an online request form at <http://www.sat.eknowledge.com/military>. Requests can also be made by calling eKnowledge at 951-256-4076 or via e-mail at [support@eknowledge.com](mailto:support@eknowledge.com).



## Military OneSource- Face-to-Face Counseling Sessions

Military OneSource is provided by the Department of Defense at no cost to active duty, Guard and Reserve (regardless of activation status) and their families. Whether its help with child care, personal finances, emotional support during deployments, relocation information, or resources needed for special circumstances, Military OneSource is there for military personnel and their families... 24/7/365! Face-to-face counseling sessions focus on issues such as normal reactions to abnormal situations (e.g. combat), couples concerns, work/life balance, grief and loss, adjustment to deployment, stress management, and parenting. Persons seeking counseling will receive up to six counseling sessions per issue at no cost to them. To access a counselor in their local community, individuals may call a Military OneSource consultant directly. Service is available in CONUS as well as Hawaii, Alaska, U.S. Virgin Islands and Puerto Rico. Visit [www.militaryonesource.com](http://www.militaryonesource.com) or call Stateside: 800-342-9647 or Collect from overseas 1-877-888-0727