

NAVY RESERVE FAMILY INFORMATION NEWSLETTER

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

TRICARE Reserve Select (TRS) is a premium-based health plan that qualified National Guard and Reserve members may purchase. The TRS health care plan will be restructured effective October 1, 2007. A key change to the restructured TRS plan is how you qualify for the program. To qualify you must be a member of the Selected Reserve or the Ready Reserve, and you cannot be eligible for or enrolled in the Federal Employees Health Benefits Program. Getting TRS coverage is a two-step process. You must first qualify for one of three premium tiers and then purchase TRS by submitting the TRS Request Form (DD Form 2896-1) with the first month's premium payment to your regional contractor. For more information visit the TRICARE website at <http://www.tricare.mil> or contact your local TRICARE representative.



VFW NATIONAL SCHOLARSHIP PROGRAMS

The Veterans of Foreign Wars (VFW) have several scholarship programs available to students.

Patriot's Pen Essay Contest: (Grades 6-8) 300-400 word essay. Students have the opportunity to express their opinion on a specific patriotic theme. Awards are given at the local, district, and state levels.

Voice of Democracy: (Grades 9-12) write a broadcast script on a specific patriotic theme. State winners receive an all-expense paid trip to Washington D.C.

Nominations must be received by November 1, by a local VFW Post. For detailed information please visit the VFW website at <http://www.vfw.org> and look under Programs or contact your local VFW Post.



OMBUDSMAN

Do you know your ombudsman? The ombudsman is a critical link between the command and command families. The Ombudsman is a trained volunteer that is dedicated to assist and help families with issues that arise not only while the service member is deployed but also while at home. They have a toolbox full of resources and can provide you with information and referrals to most of your needs no matter where you live. If you need additional information regarding the ombudsman program in your area, contact your command for assistance. Next time you are in contact with your ombudsmen give them extra thanks for the countless hours they volunteer to assist and help families with issues that arise due to the military lifestyle.

September 14th is Ombudsman Appreciation Day.



NAVY E-LEARNING

Navy Knowledge On-Line is a wonderful resource available to all Navy families. There are thousands of online courses at your fingertips through Navy E-Learning. You may want to learn how to build your resume, improve communication skills, or learn time management. Courses range from a wide variety of topics such as high school and college prep courses, personal and professional development and computer training. Anyone enrolled in Defense Enrollment Eligibility Reporting System (DEERS) is eligible to take a course. First you must register at the NKO website at <http://www.nko.navy.mil> and you will be guided through the process. Click on the tab labeled "Learning". Before starting, you may want to view the links under "Get Started" and take the tutorial.