



EURAFCENT FAMILY GRAM

Information and resources to build fleet and family resiliency



Military Family Appreciation Month

What's amazing about military families? Everything! November is a time to honor and celebrate the contributions and sacrifices of our military families.

Marine Corps Birthday

Nov. 10

In 1775 – 247 years ago – the Second Continental Congress resolved to raise two battalions of Marines. Its first mission was to oversee a mission intercepting ammunition cargo from Britain. Since then, the Marines have taken part in nearly every U.S. conflict. The Marine Corps has defended the United States since its inception; and continues a proud tradition as protectors of the U.S. and its people.

Veterans Day

Nov. 11

The anniversary of the signing of the armistice treaty, which ended World War I, is a day to pay tribute to all military veterans who have served in the U.S. Armed Forces honorably during times of war or peace.

Thanksgiving

Nov. 24

Thanksgiving is believed to be modeled on a 1621 harvest feast shared by the English colonists (Pilgrims) of Plymouth, Mass., and the Wampanoag people. The holiday celebrates the giving of thanks for the autumn harvest and the year's blessings.



European Standard Time

For those in Europe, Daylight Saving Time (DST) ends Sunday, Oct. 30. Be sure to set your clock back one hour before going to sleep on Saturday night. In the United States, DST ends Nov. 6.

CoS' Corner



Team Region,

As we head into the holiday season, I'm grateful to share some good news. The Department of Defense has announced a reduction of prices at the Commissary. Soon, you should start seeing a 3 to 5 percent reduction on most food, especially staples like milk, bread and eggs. The Defense Commissary Agency (DeCA) started reducing prices in mid-October in most locations and we should soon see that reduction at our installations if you haven't already. This comes as a welcome relief to growing concerns over inflation, energy costs and changes in COLA. I encourage you to take some time to readjust your budget and look for cost savings where you can.

I want to thank each and every one of you for your contributions to the region during

our high-tempo months. Your hard work, dedication and focus on the mission has been noticed. We appreciate everything you have done and want to ensure you get some time off in the upcoming holidays. I encourage you to start planning your holiday leave. To ensure proper manning, please submit your requests early so department heads can do their best to maximize leave approval without impacting the mission.

The holidays are also a time of togetherness. We are a community and need to make sure that we take care of each other. Sharing a holiday meal, especially Thanksgiving, with our local national counterparts can be a great way to build connection. At Region headquarters, we have our Thanksgiving potluck coming up on Nov. 23, and our command holiday party on Dec. 10. Please mark your calendars, and look out for posts from the installations around the region for how you can get involved. We look forward to spending time with all of you.

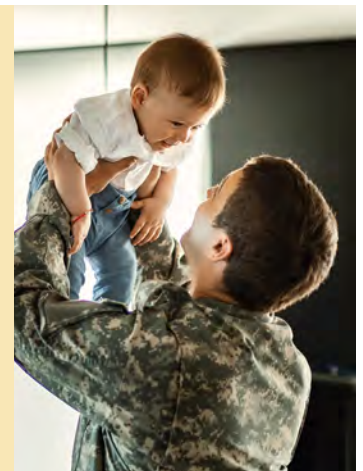
Happy Thanksgiving,
CAPT Michael Davis

New Action Plan to Care for Service Members and Families

In September, the Secretary of Defense announced a new directive for additional support of our military members and military families. The plan will:

- Make military moves easier
- Help with rising costs for food and housing
- Expand opportunities for spouse employment
- Strengthen support for military parents

Check out a list of actions and get information about eligibility and access at <https://www.militaryone-source.mil/financial-legal/personal-finance/taking-care-of-people>.





Healthy eating on a budget

Rising food costs are making it increasingly difficult for families to afford nutritious meals. For tips to help prepare nutritious meals for your family while keeping your budget in mind, go to <https://www.militaryonesource.mil/recreation-travel-shopping/commissary-exchange/unlock-the-savings-and-nutrition-inside-your-commissary>.



How Healthy Are Your Habits?

Anyone can fall into unhealthy coping habits, especially when stress levels are high. Learn the signs, discover support options and find ways to reclaim control if you see signs of trouble at <https://www.militaryonesource.mil/health-wellness/mental-health/mental-health-support/healthy-habits-to-better-yourself>.



Moving to Europe does not have to kill spouses' careers

If you are a military or a Department of Defense civilian spouse, moving to a European location is commonly thought to mean death for your career. This does not have to be true. Navy's Military Spouse Licensure Reimbursement program and Department of Defense's Military Spouse Employment Partnership are two programs to support families and provide advocacy for spouse employment. Numerous career services are available at your local Fleet and Family Support Center.

For more information, contact your local Fleet and Family Support Center. Additional career information can be found at <https://stripes.com/pcs/moving-europe-doesnt-have-kill-your-career>.



Take charge of your finances

Rising costs are making most people pinch their budgets. Reduce financial stress by learning how to use military benefits and tools to ease your worries and reach your financial goals.

For more information, go to <https://www.militaryonesource.mil/financial-legal/personal-finance/military-financial-stress-resources>.



Tips to Save on Holiday Spending

Don't let seasonal celebrations sleigh your budget. Read these 11 tips to help you rein in your finances and plan for savvy holiday spending at <https://www.militaryonesource.mil/financial-legal/personal-finance/budgeting-and-saving/9-tips-for-savvy-holiday-spending>.



Plan Your Holiday Travel

Don't let holiday stress impact your travel plans. Find discounts for hotels, rental cars, flights, packages, event tickets and cruises at American Forces Travel.SM

For more information, go to <https://www.militaryonesource.mil/recreation-travel-shopping/travel/travel-planning/american-forces-travel>.



Family bucket list: European edition

Europe is the perfect location for the whole family to check off things on their wish list -- from eating pizza in Naples to taking a group selfie at the Eiffel Tower.

For some great ideas to get you started, go to <https://europe.stripes.com/travel/family-bucket-list-european-edition>.



Don't Fail to Plan: Disaster Preparation

Disasters can strike at any time. Make sure the families you serve are prepared. Share these resources about what to do before, during and after a natural disaster so they can plan ahead.

Help you and your family stay safe at <https://www.militaryonesource.mil/family-relationships/family-life/preparing-your-family-for-emergencies/preparing-your-family-for-emergencies-the-essentials>.

Ombudsman Corner



Hello CNRE Families!

November is here and this month is the Month of the Military Family! I am sure if the dictionary had a picture next to the word “resiliency,” it would be that of a military family. Resiliency defined is the capacity to recover quickly from difficulties; toughness. Psychological resilience is the ability to cope mentally or emotionally with a crisis or to return to pre-crisis status quickly.

Although resilience is something Sailors, military spouses and children demonstrate daily, sometimes the road gets a bit tougher and we need a little help to get through life’s curve balls. For those times, Fleet and Family Support Center’s Counseling, Advocacy and Prevention team is there to offer the support we need. The team offers confidential counseling by professional and licensed clinicians. Clinical counseling services are free to active-duty personnel and their family members. Clinical counselors hold a masters or doctorate degree in counseling, social work, marriage and family counseling or psychology. These professionals are experienced and fully qualified to assist those in need.

For more information, visit <https://ffr.cnrc.navy.mil/Family-Readiness/Fleet-and-Family-Support-Program/Counseling-Advocacy-and-Prevention/Clinical-Counseling>.

Take time to check on your fellow military families. OCONUS locations can sometimes feel lonely. Be there for each other and have a wonderful Thanksgiving!

Sincerely,
Josephina Melendez
Navy Region EURAFCENT Ombudsman

■ Prevent the spread of flu and COVID-19

As the cool weather brings us all indoors, the opportunities to spread viruses rises. For tips to protect you and your family, go to <https://health.mil/News/Articles/2022/10/11/Prevent-the-Spread-of-Influenza-and-COVID-19-Viruses-Within-Your-Community>.

■ What does Vitamin B do for me?

The most important benefit of the B vitamins is life—they are essential to everyone. These vitamins are the key players that help convert your food and drink into energy to keep your brain and body going.

Learn more about this essential vitamin at <https://health.mil/News/Articles/2022/10/17/What-Does-Vitamin-B-Do-for-Me-Much-More-than-You-Think>.

■ The Winter Blues

Seasonal affective disorder (SAD) is triggered by the change of seasons and most commonly begins in late fall and into the winter when there are shorter days and less sunlight.

For more information about SAD and ways to help combat its effects, go to <https://www.hopkinsmedicine.org/health/conditions-and-diseases/seasonal-affective-disorder>.

■ Stay Active Safely in Cold Weather

Work off those large holiday meals with a run, hike or bike. And enjoy the cooler weather to do outdoor activities.

For tips on how to keep active safely during cold weather, go to <https://health.clevelandclinic.org/how-to-stay-active-outside-when-the-weather-gets-colder>.



Resiliency Corner

Resilience is comprised of five elements: Community, compassion, confidence, commitment and centering. Think of these five elements as team members, parts or processes, or something else that fits you. Each one is important, but just having one at your disposal can help you cope more easily. You only need a small seed of resilience to grow strong. Contemplate on how you have cultivated resilience in your life this month.

View some tips on how to rebound from setbacks at <https://www.med.navy.mil/Portals/62/Documents/NMFA/NMCPHC/root/documents/health-promotion-wellness/psychological-emotional-wellbeing/Rebounding.pdf>.

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