

# FLIGHTLINE OMBUDSMAN

## NEWSLETTER

MARCH 2026

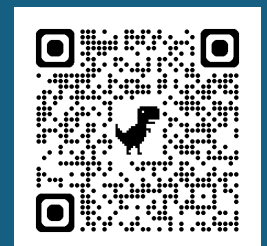


IN THIS ISSUE:

CHECK OUT 27 PAGES OF EVENTS, FAMILY FUN, AND CAREER SKILLS!

- 🕒 Page 2 – Learning to Read is as Easy as Alpha Bravo Charlie, by Lt. Dennis J. Petersen, USNR
- 🕒 Page 4 – **NEW SECTION!** - *KNOWING IS HALF THE BATTLE*
- 🕒 Pages 5 – 32 Family Fun, Careers, College, Outdoors and **MARCH MADNESS**
  - Full Court College Bracket Challenge
  - Spouse Passport
  - Easter Fun and Kids Play!
  - Military Hiring Event, TAP, Career Transition
  - Job Opportunity – Temporary Research Support
  - College Expo, Scholarships
  - Shamrock 5K, The 2026 5K Run Series Dates!
  - Intramural Volleyball
  - Dab, Dance, & Win
  - Outdoor Adventure Programs
  - Universal Orlando Resort 2026 Military Freedom Pass
  - Judges Needed,
  - Family Prom, EFMP Art Night
  - MFLC Contact
- 🕒 Page 33 – Mental Health Playbook
- 🕒 Page 35– Your Ombudsman
- 🕒 Page 36 – Helpful Links

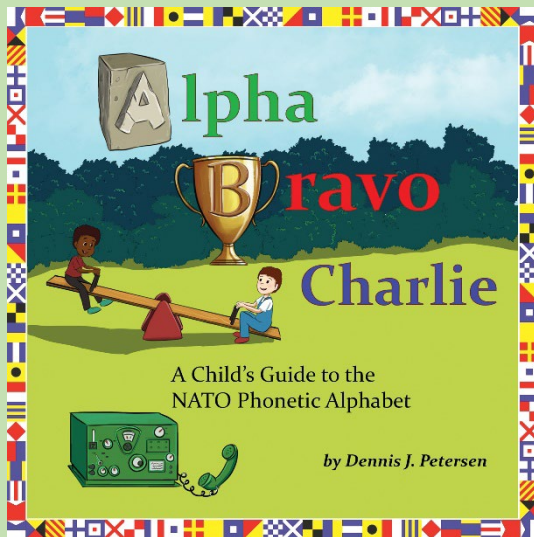
READ  
ONLINE!



# Learning to Read is as Easy as Alpha Bravo Charlie

By Lt. Dennis J. Petersen, USNR

There are some Navy experiences that we all share, regardless of rank, rating, or designator. There's the feeling of patriotic pride the first time you wear the uniform. There are the temporary but no less meaningful friendships we form whenever Uncle Sam sends us somewhere new. There are the childish insults we endure from our Army and Air Force colleagues when we beat them in football. And there's lots and lots of information we're all required to memorize.



Whether you joined through boot camp, the Academy, ROTC, OCS, or ODS, rote memorization is one of the great equalizers across the service. One of the many items on that gouge sheet is the NATO phonetic alphabet, which is used universally across the military. If you spell something over the phone and say “D as in Dog,” you can almost hear the person on the other line judging you.

When I was at ODS, I remember one classmate nervously asking me if I'd memorized the NATO alphabet yet. I smiled and said confidently, “I literally wrote the book on the NATO alphabet.”

Technically, I was still shopping it around to publishers at the time, but in 2023, my first book became a reality with the publication of *Alpha Bravo Charlie: A Child's Guide to the NATO Phonetic Alphabet*.

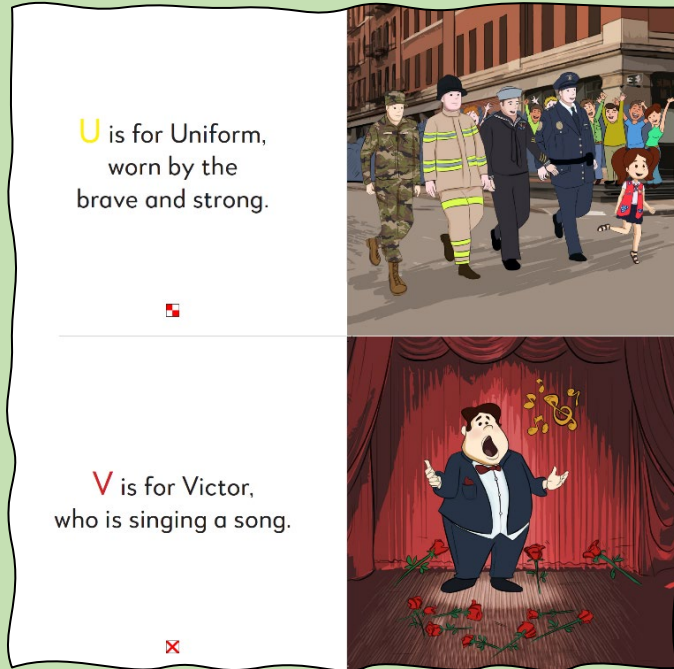
When my two kids, Annie and Joe, were little, I read piles and piles of children's books to them, and so often, I'd get to the end and think to myself, “That was lame. I could write a better book than that!” The unspoken truth about writing a children's book is that children don't have any money. They don't actually buy books, so the parents and extended family are the author's real audience.

I wanted to write something for military families that would help parents forge a connection with their kids through this little aspect of their professional lives while also teaching children something foundational that they'll use the rest of their lives. The book also includes an introduction that gives a brief history of



how this seemingly random combination of words came to be used the world over as the standard list for radio-telephonic communications.

The illustrations were very important to me, since kids look at pictures long before they can read or even understand words. I briefly attempted to do the illustrations myself, but despite my best efforts, they ended up looking like Tracey Ullman-era Simpsons cartoons. So, I spent months going back and forth with a professional illustrator who turned my crude scribbles into bright, inviting images, depicting a river delta teeming with boats and sea life, a colorful map of Quebec featuring a moose in a Mountie uniform, and a highly sanitized, Disney-esque version of Romeo and Juliet that omits all of Shakespeare's dark drama. Each page also features the nautical signal flag that corresponds to each letter, in case your future Sailor ever gets posted to the USS Constitution or needs to read the flag pole outside of a yacht club.



Alpha Bravo Charlie is now available in a sturdy hardcover and an affordable paperback edition. Both are available on my website – [www.dennisjpetersen.com](http://www.dennisjpetersen.com) – where you can also find media related to the book.



# KNOWING IS HALF THE BATTLE

## Word of the Day: FPCON

How well do you know your Force Protection Conditions (FPCON)? Test yourself with these graphics!

### What is ALPHA?

Applies to a non-specific threat of a terrorist, of a terrorist attack or hostile act directed against DoD elements and personnel.

FPCON  
A



CITADEL SHIELD / SOLID CURTAIN 2026

### What is BRAVO?

Applies when an increased or more predictable threat of terrorism attack or hostile act exists and is directed against DoD elements and personnel.

FPCON  
B

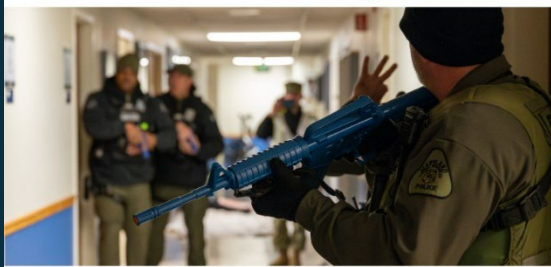


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### What is CHARLIE?

Applies when a terrorist or hostile act incident occurs within the commander's area of interest or intelligence is received indicating a hostile act, some form of terrorist action or targeting DoD elements, personnel, or facilities.

FPCON  
C



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### What is DELTA?

Applies in the immediate area where a terrorist attack has occurred or when intelligence has been received that terrorist action against a specific location or person is imminent. This FPCON is usually declared as a localized condition. FPCON DELTA measures are not intended to be sustained for an extended duration.

FPCON  
D



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# VIRTUAL SINGLE SAILOR PROGRAM



**100  
SPOTS  
ONLY**

## **Full Court College Bracket Challenge**

**Register Feb 27-Mar 13**

*Priority to Junior Sailors  
Bracket Submission: Mar 16-18*



**[NavyMWRSingleSailor.com](http://NavyMWRSingleSailor.com)**

*In partnership with*



# COMPASS 2026



## Upcoming Virtual Sessions

### Topics:

- Navy History
- Benefits & Resources
- Finance
- PCS
- Deployment Readiness
- Local Insights
- Healthy Communication

**ENROLL NOW**

### UPCOMING VIRTUAL SESSIONS:

**San Diego - Feb 17-19**  
**Jacksonville - Feb 24-26**  
**Norfolk - Mar 3-5**  
**Global - Mar 9-11**  
**Lemoore - Mar 24-26**



Register Today:  
[www.nsfamilyline.org](http://www.nsfamilyline.org)

Scan to Register!



Scan here for help  
and resources at  
your fingertips!

RESILIENCE IS READINESS

**JOINT BASE ANDREWS  
PRIMARY PREVENTION RESOURCES**

**SCAN FOR RESOURCES**

Joint Base Andrews Helping Agencies

## WEBINAR DESCRIPTIONS



### Mastering the Civilian Resume

*Are you ready to make your federal experience stand out to civilian employers?* This comprehensive training session will provide you with essential strategies to draft a powerful resume that captures the attention of potential employers in the private sector. Learn how to identify and showcase your transferable skills, target your experience to specific jobs, and avoid common resume pitfalls. By the end of this 60-minute training, you will know exactly what's required to create a resume that effectively highlights your unique qualifications and significantly increases your chances of landing interviews in the civilian world. (60 minutes)



### The Bounce Back Blueprint

*How do you adapt in the face of adversity, tragedy or significant sources of stress?* Let us help you create a blueprint toward resiliency and learn skills to help cope with challenges. Everyone experiences stressors in their life and learning how to adapt and recover can prevent feeling stuck or relying on unhealthy coping strategies. Resilience is like a muscle; the more you use it, the faster you can rebound from and react to challenges and feel more confident in the face of adversity. Join this webinar to learn exercises and techniques to bounce back! (60 minutes)



### The Power of Connection: Building Support Systems

*Can you identify your social support networks?* Your environment has a huge impact on mental health and wellness. Connection to others – family, friends and co-workers – makes life meaningful and contributes to overall strength and resilience. Join us to learn the art of building social support networks, at home and at work, to successfully keep your batteries charged. (60 minutes)



### Transferable Skills: Your Key to Career Mobility

*Not sure how to leverage your federal skills in the civilian sector?* This comprehensive training session will help you identify, translate and market your transferable skills - essential for career mobility. Discover the valuable competencies you've developed in government service that are highly sought after by civilian employers. By the end of this 60-minute session, you will learn how to confidently use your transferable skills to navigate career transitions in the private sector. (60 minutes)



### Thrill Savings Plan: Choosing the Right Path

*Not sure which TSP option makes sense for your transition?* This comprehensive training session will provide you with guidance on what happens to your retirement savings if you leave the federal employment and the various pathways available for managing these funds. By the end of this 60-minute training, you will know the advantages and considerations of each option, including leaving funds in the TSP, rolling over to private retirement accounts, partial withdrawals, and more. (60 Minutes)



### Staying Steady and Strong in the Face of Uncertainty

*Do you ever feel thrown off balance by life's uncertainties?* We have good news for you! There are tools for helping you cope and putting your best foot forward. Every day you strive to balance multiple priorities in your life, but sometimes things get choppy and knock you out of balance. Join us for the 60-minute webinar to dive into 3 M's – motivation, mindset and mindfulness – that can help you move forward with a positive attitude and face the challenges ahead. (60 minutes)

**REGISTER HERE: <https://mynavyfamily.com/>**





# JOINT BASE ANDREWS M&FRC PERSONAL & WORK LIFE PROGRAM



## SPOUSE PASSPORT

MARCH 13th & OCTOBER 30th

Time: 9:00 a.m. - 2:00 p.m.

COMPLIMENTARY BREAKFAST AND LUNCH

HEART LINK PROGRAM

### WHAT'S INCLUDED IN THIS EVENT?

THE SPOUSE ORIENTATION IS DESIGNED TO EMPOWER ALL SPOUSES AND MILITARY FAMILIES TO THRIVE!

Participate in engaging & interactive seminars

Build connections with other military spouses

Interactive games

Gain access to valuable resources & support

Guidance to navigate & empower military life

Discover new ways to thrive in your journey!



Spouse Survival Kit

### Register Now

or visit link <https://jba-pwl.timetap.com/#/>

Joint Base Andrews Family Childcare (FCC) Program is a supportive program based on space availability. For more information, eligibility criteria, and to reserve a spot contact the FCC provider list by visiting <https://militarychildcare.com/> or email 316FSS.CY.FCC@us.af.mil.



M&FRC | 1191 Menoher Dr. JB Andrews, MD | 301-981-7087 | [andrewsfss.com/mfrc](http://andrewsfss.com/mfrc)



(301) 981-7087



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[andrewsfss.com](http://andrewsfss.com)



316 FSS



316th **FORCE**  
SUPPORT SQUADRON

**EGG STRAVAGANZA**  
SATURDAY, MARCH 28

11 AM-1 PM  
WILLIARD PARK

BOUNCY HOUSES • EGG HUNTS  
BUNNY PHOTOS 12PM-12:30PM • PETTING ZOO • SPRING PRIZES

**FREE**

**MWR** **FIRST COMMAND**  
Get Outlined Away  
NO NAVY DISCOUNTS APPLIED.

FORT BELVOIR PRIMARY SCHOOL PTA  
PRESENTS A

# Dolphin Splash



Live DJ Dancing 360 Photo Booth

Friday, March 6, 2026

6-8pm

Fort Belvoir Upper  
Gymnasium

Tickets on sale now!  
Presale ends March 2nd

Scan to get  
your tickets  
today!



**\$5 per student**

Parents must chaperone their children & will receive  
free admission.

Pizza & concessions will be available to purchase in cafeteria  
with both cash & card.



## Play Morning Family Advocacy Program



Wells Field House  
Friday Mornings  
10:00 AM - 12:00 PM

**Register Now**

**Registration Location**  
5965 6th Street Bldg. 1263  
Fort Belvoir, VA 22060  
(571) 231-7000/7001

**Program Feature:**

- ✓ Indoor Play
- ✓ Nutritious Snack Time
- ✓ Resources for Parents
- ✓ Arts and Crafts

Follow us on Facebook  
for updates!





**LENT/EASTER SCHEDULE**

OLD POST CHAPEL  
Protestant Ash Wednesday  
18 Feb 1200

**2026 National Military Easter Service Sunrise**  
The Memorial Amphitheater, Arlington National Cemetery  
Sunday, Apr 5 at 0630 -0730

MEMORIAL CHAPEL

<b>Catholic Ash Wednesday</b>	<b>18 Feb</b>	<b>1200 &amp; 1700</b>
Stations of the Cross	20 - 27 Mar	1730
Penance Service	23 Mar	1800

Palm Sunday Services  
28/29 Mar 1700 Sat - 0900 Sun

Holy Thursday	2 Apr	1700
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**Good Friday Stations of the Cross at 1400**  
**Good Friday Service at 1500**

Easter Vigil Mass	4 Apr	2000
Easter Day Mass	5 Apr	0900

Fort Belvoir  
RSO

## Upcoming Sacred Observances



**The Protestant Faith Community**

- Black History Month Fellowship  
22 FEB @ 1130  
Woodlawn Chapel
- Palm Sunday Services  
29 MAR  
Chapel Next / Woodlawn / 0930  
Traditional / Belvoir / 1100  
Gospel Service / Woodlawn / 1130
- Good Friday Service  
3 APR @ 1130  
Woodlawn Chapel
- Easter Sunrise Service  
5 APR @ 0700  
Belvoir Chapel

**The Jewish Community**

- Purim  
2 MAR  
Belvoir Chapel
- Shabbat Across America  
13-14 MAR  
Religious Education Center
- Passover  
30 MAR—3 APR  
Religious Education Center

**The Catholic Faith Community**

- Ash Wednesday  
18 February @ 1200 and 1800 Belvoir Chapel
- Stations of the Cross  
20 and 27 FEB  
6, 13, 20 and 27 MAR @ 1800 Woodlawn Chapel
- Penance Service  
21 MAR @ 1300-1530 and 1600  
Woodlawn Chapel
- Palm Sunday Vigil  
28 MAR @ 1600 Woodlawn Chapel
- Palm Sunday  
29 MAR  
Belvoir Chapel @ 0900  
Fairfax Chapel @ 1100
- Holy Thursday  
2 APR @ 1900 Woodlawn Chapel
- Good Friday  
3 APR @ 1500 Woodlawn Chapel
- Holy Saturday  
4 APR @ 2000 Woodlawn Chapel
- Ter Sunday  
5 APR  
@ 0900 Belvoir Chapel  
@ 1100 Fairfax Chapel
- Easter Mass  
5 APR  
Belvoir Chapel @ 0900  
Fairfax Chapel @ 1100

**Easter Fellowship and Egg Hunt Programs**

Woodlawn Chapel  
(5 APR @ 1300)

Religious Education Center  
(5 APR @ 1030-1300)



## 2026 Give Parents a Break Parents Day/Night Out

**Give Parents a Break (GPAB):** The Air Force Aid Society (AFAS) recognizes that Air Force and Space Force families are subject to unique stresses due to the nature of military life - deployments, remote tours of duty, frequent moves, etc. Families are often separated from spouses as well as from extended family members who might otherwise offer support. To assist these families, AFAS helps with the childcare costs for active-duty Air Force and Space Force families under the GPAB program. The purpose of this program is to offer eligible parents a few hours break from the stresses of parenting. Families may use this time to suit their personal needs.

To be eligible to use the program, families must be referred to and provided with a GPAB certificate of eligibility by one of the following installation agencies:

\* Squadron CC/1st Sgt \* Chaplain \* Family Advocacy \* Military & Family Readiness (M&FRC) \*  
Doctor or another medical professional \*

**Eligibility:**

Active-duty Air/Space Force members, ANG/AR members activated under Title 10, USC for more than 15 days.

**It is the responsibility of the eligible member to ensure the childcare provider is paid using the AFAS approved funds.**

Parents Day/Night Out is \$32 per child; available to families with children six weeks to 12 years of age and does not require a referral. Families may sign up for Parents Day/Night Out the Thursday before the event. Payment must be made in advance to reserve a space.

**\*\*\*Give Parents a Break\*\*\***

The CDC and YP must have 8 children/youth per program to offer the event. You will be notified the Thursday prior to the event by close of business of any cancellations.

**Dates:**

<b>24 Jan (1:00-5:00 pm)</b>	<b>21 Feb (6:00-10:00 pm)</b>	<b>21 Mar (1:00-5:00 pm)</b>
<b>18 Apr (6:00-10:00 pm)</b>	<b>23 May (1:00-5:00 pm)</b>	<b>20 Jun (6:00-10:00 pm)</b>
<b>18 Jul (1:00-5:00 pm)</b>	<b>22 Aug (6:00-10:00 pm)</b>	<b>26 Sep (6:00-10:00 pm)</b>
<b>24 Oct (1:00-5:00 pm)</b>	<b>21 Nov (6:00-10:00 pm)</b>	<b>19 Dec (1:00-5:00 pm)</b>

**To register, call the programs for further instructions:**

**Child Development Centers (6 weeks- 5 years) -301-981-3323 CDC 2/240-857-3197 CDC 3**

**School-Age Program (Kindergarten-12 years) - 981-5636**

**Or the M&FRC at 981-7087 for eligibility/certificate questions**

**Special Notes:**

- Children must have current Immunization Record including a current flu vaccination before they can be enrolled.
- Parents must have an account in CYPBMS to register.
- Open-toed shoes are prohibited.
- 5 years old and in kindergarten will attend the School Age Program.



# JOINT BASE ANDREWS M&FRC PERSONAL & WORK LIFE PROGRAM



**FRIDAY**  
**APRIL 10, 2026**  
**5:00 PM - 7:00 PM**  
**Bldg. 1631**  
**(Dorms @Day Room)**

- Mission Meal Prep
- Warrior Wellness Kitchen
- Tactical Kitchen Skills
- Operation Full Plate

**Fueling The Force  
 Cooking Class  
 One Pot Meal**

**FRIDAY**  
**July 31, 2026**  
**5:00 PM - 7:00 PM**  
**Griff's Place**  
**4442 W. Perimeter**

- Explaining the Mission Communication Link ~ Establish the Link
- Sharing a Wavelength
- Mix & Mingle ~ Building the Network

**SpeedFriending  
 Mixer**  
 Fun Conversations - Meaningful Connections

**FRIDAY**  
**OCTOBER 23, 2026**  
**5:00 PM - 7:00 PM**  
**M&FRC**  
**1191 Menoher Drive**

- Intel & Logistics ~ Prep Your Station
- Mission Execution ~ The Searing & Saute
- The Final Maneuver ~ Build the Pan

**Culinary Command  
 Cooking Class  
 Cooking with Chicken**

Register at:  
[jba-mfrc.time2tap.com](http://jba-mfrc.time2tap.com)  
 or scan QR code  
 Click "P&WL Program"




Designed to empower military members & civilians in our community with essential life skills, techniques & practical tips to increase confidence & independence.

**DAV** | RECRUIT **MILITARY**<sup>®</sup>

## MILITARY COMMUNITY HIRING EVENT

 Spates Community Club and Conference Center  
Joint Base Myer-Henderson Hall, VA

 Wednesday, February 18, 2026 | 11 AM – 3 PM



# TAP VIRTUAL

## March 2026



The Transition Assistance Program is a congressionally-mandated program to prepare service members for transition back to civilian life. Service members commence the TAP process no later than 365 days prior to their anticipated separation, retirement, or release from active duty.

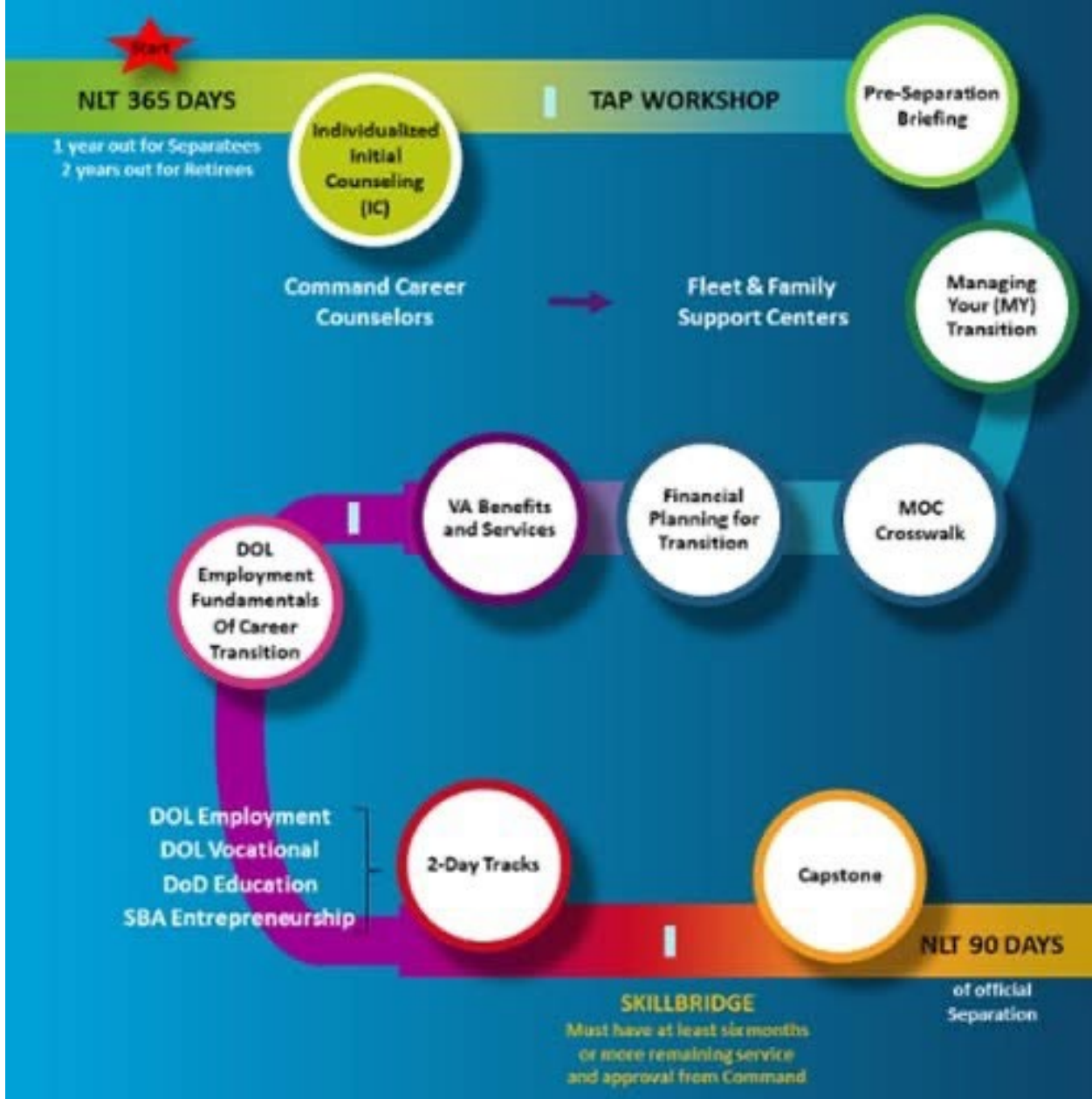
To register for these sessions, log in to:  
[MyNavyFamily.com](https://www.mynavyfamily.com).

1. Click "Live Webinars" at the top of the page to view the list of offerings.
2. Click the title of a session to view the information and description.
3. Click "Register Now" to register for the course.

Date	Name	Length	Eastern Time	Pacific Time	Hawaii Time	Guam	
						Date	Time
9 Mar	Pre-Separation Brief	2 hrs	2:00 PM	11:00 AM	9:00 AM	10 Mar	5:00 AM
9 Mar	Managing Your Transition	1 hr	4:15 PM	1:15 PM	11:15 AM	10 Mar	6:15 AM
9 Mar	MOC Crosswalk	1.5 hrs	5:30 PM	2:30 PM	12:30 PM	10 Mar	7:30 AM
10 Mar	Financial Planning for Transition	4 hrs	2:00 PM	11:00 AM	9:00 AM	11 Mar	4:00 AM
11 Mar	DOL Employment Fundamentals for Career Transition	8 hrs	2:00 PM	11:00 AM	9:00 AM	12 Mar	5:00 AM
17 Mar	Pre-Separation Brief	2 hrs	8:00 AM	5:00 AM	3:00 AM	17 Mar	10:00 PM
17 Mar	Managing Your Transition	1 hr	10:15 AM	7:15 AM	5:15 AM	18 Mar	12:15 AM
17 Mar	MOC Crosswalk	1.5 hrs	11:30 AM	8:30 AM	6:30 AM	18 Mar	1:30 AM
17 Mar	Financial Planning for Transition	4 hrs	1:15 PM	10:15 AM	8:00 AM	18 Mar	3:15 AM
18 Mar	DOL Employment Fundamentals for Career Transition	8 hrs	8:00 AM	5:00 AM	3:00 AM	18 Mar	10:00 PM
19 Mar	Managing My Education Day 1	31 hr	8:00 AM	5:00 AM	3:00 AM	19 Mar	10:00 PM
20 Mar	Managing My Education Day 2	31 hr	8:00 AM	5:00 AM	3:00 AM	20 Mar	10:00 PM
24 Mar	Pre-Separation Brief	2 hrs	9:00 AM	6:00 AM	4:00 AM	24 Mar	11:00 PM
24 Mar	Managing Your Transition	1 hr	11:15 AM	8:15 AM	6:15 AM	25 Mar	1:15 AM
24 Mar	MOC Crosswalk	1.5 hrs	12:30 PM	9:30 AM	7:30 AM	25 Mar	2:30 AM
24 Mar	Financial Planning for Transition	4 hrs	2:15 PM	11:15 AM	9:15 AM	25 Mar	4:15 AM
25 Mar	DOL Employment Fundamentals for Career Transition	8 hrs	9:00 AM	6:00 AM	4:00 AM	25 Mar	11:00 PM



# NAVY TRANSITION ASSISTANCE PROGRAM (TAP) SERVICE DELIVERY



[www.ffsp.navy.mil](http://www.ffsp.navy.mil)



**March 16-19**

**WHAT TO EXPECT**

The Career Transition Series provides resources to help participants navigate career changes, organizational shifts, or retirement. Topics include financial preparedness, employment readiness, career planning, and mental health resilience. The series also offers insights into community resources for support and networking. Hosted on the FFSP Learning Management System, the portal includes enrollment details for webinars, Career Corner, downloadable materials, and access to online resources.

Time	Monday March 16
0900 EDT	Transferable Skills: Your Key to Career Mobility
1100 EDT	Leveraging Websites for Career Transition Research
1300 EDT	Demystifying Unemployment Compensation
1500 EDT	Financial Confidence Through Life's Changes
1700 EDT	Staying Steady and Strong in the Face of Uncertainty
Time	Tuesday March 17
0100 EDT	The Bounce Back Blueprint
0900 EDT	Civilian Healthcare Foundations
1100 EDT	The Power of Connections: Building Support Systems
1400 EDT	Conquering Civilian Interviews
1600 EDT	Mastering the Civilian Resume
2100 EDT	Thrift Savings Plan: Choosing the Right Path

Time	Wednesday March 18
0800 EDT	Financial Confidence Through Life's Changes
1000 EDT	Mastering the Civilian Resume
1300 EDT	The Bounce Back Blueprint
1500 EDT	Transferable Skills: Your Key to Career Mobility
1700 EDT	The Power of Connections: Building Support Systems
Time	Thursday March 19
0800 EDT	Staying Steady and Strong in the Face of Uncertainty
0900 EDT	Demystifying Unemployment Compensation
1100 EDT	Conquering Civilian Interviews
1300 EDT	Thrift Savings Plan: Choosing the Right Path
1500 EDT	Civilian Healthcare Foundations
1700 EDT	Leveraging Websites for Career Transition Research



**REGISTER HERE: <https://mynavyfamily.com/>**

Thrive Initiative  
Temporary Research Support  
Job Description

**JOB DESCRIPTION AND POSITION REQUIREMENTS:**

The Clearinghouse for Military Family Readiness at Penn State is currently seeking candidates for temporary Research Support positions to assist with recruiting parents and caregivers to participate in an evaluation of a parenting program being conducted at identified Air Force/Space Force installations. Candidates will be trained and required to adhere to established Institutional Review Board (IRB) protocols.

Responsibilities of the Research Support personnel will include:

- Collaborating with the Integrated Primary Prevention Workforce (IPPW) staff at an identified Air Force/Space Force installation.
- Printing and distributing recruitment materials
- Recruiting parent/caregiver participants to the parenting programming and evaluation study
  - Recruitment efforts include, but are not limited to: hosting awareness tables at various installation locations, participating in and speaking at installation Community Action Team meetings, initiating contact with installation support agencies for potential engagement opportunities, and more.

Qualifications for the position include:

- Being detail-oriented
- Possessing professional and personable communication skills
- Having knowledge of early childhood education and development
- Having the ability to work independently
- Having access to reliable transportation
- Having access to reliable internet and a computer or tablet
- Possessing basic computer skills

Preferred qualifications include:

- A Child Development Associate Credential, or a Bachelor's degree or higher in early childhood education or child development
- Experience with parent-education programming
- Must possess a strong understanding of military culture, structures, processes, and procedures to effectively support service members and their families.

This is a part-time, temporary position averaging approximately 10-15 hours per week for a duration of no more than one year. The position will end once the project has met the desired recruitment numbers for all programs. Candidate selection is dependent on the successful completion of background clearances in accordance with Penn State policy. Additional clearances may also be required.

Applicants within a 1-hour commute to the installation will be considered.

If interested in the position, please contact Terri Rudy at [tr141@psu.edu](mailto:tr141@psu.edu) or 814.865.7412, or email [psuhybridthrive@psu.edu](mailto:psuhybridthrive@psu.edu).

To learn more about the parenting programming, visit <https://thrive.psu.edu>.

# COLLEGES E★X★P★O



**Saturday, March 7th  
10 AM - 1 PM**

**Open to Students, Veterans, and  
their Families**

**National Museum  
of the United States Army  
Fort Belvoir, VA  
\*Military ID card NOT required  
for entry**

**Scan/ Click  
to register and explore participating  
schools and organizations**



**THE ARMY  
HISTORICAL  
FOUNDATION**



# Scholarships for Military Children help students achieve their dreams!

For the 2026–2027 academic year,  
we're awarding 500 scholarships  
worth \$2,000 each!

Applications close on February 11, 2026.



**2026**  
**JB Andrews**  
**SHAMROCK**  
**5K**

Scan to Join the Run

**17** Openings 0650  
**MARCH** Race starts at 0700

Are you feeling lucky? St. Patrick's Day is March 17, and we are celebrating with our 3rd annual Shamrock Run!

*It's time to start racing towards that pot of gold!*

Let's see who the lucky winner is!!!

**PRE-REGISTRATION: NOW - MARCH 16**

*Open to ALL DoD card holders, Veterans, Retirees, and family members.*



(301) 981-7101



2026 MARCH - NOVEMBER

# 5K RUN SERIES SEASON

AT WEST FITNESS CENTER



17 MARCH SHAMROCK

23 APRIL SPRING SALUTE

17 SEPTEMBER AF BIRTHDAY

29 OCTOBER JACK O LANTERN

19 NOVEMBER TURKEY TROT

*Dates and times may be subject to change.*



(301) 981-7101

/AndrewsFSS

/AndrewsFSS

andrewsfs.com



# INTRAMURAL VOLLEYBALL



**JOINT BASE ANDREWS**  
**TACTICAL FITNESS CENTER | MARCH 30, 2026**

## WHO CAN PLAY?

- MILITARY MEMBERS STATIONED AT JB ANDREWS
- DOD & NAF CIVILIANS WORKING ON JB ANDREWS
- DEPENDENTS (18+) WHOSE SPONSORS ARE ASSIGNED TO JB ANDREWS

## GAME SCHEDULE

MONDAY – THURSDAY

5:30 PM & 6:30 PM

## TEAM FORMAT

UNIT-BASED TEAMS

6 VS 6 PLAY

REPRESENT YOUR UNIT

FOR MORE INFORMATION, CONTACT YOUR UNIT SPORTS REP OR THE TFC AT (301) 981-7101



# DAB, DANCE & WIN DESIGNER BAG BINGO PARTY

MUSIC BY DJ DP3  
MUSIC UP. DABBERS READY. LET'S WIN  
**FRIDAY, MAY 8, 2026**  
DOORS OPEN: 5:30 PM | GAMES START: 6:30 PM

## AT THE CLUB

### TICKETS

\$25 MEMBERS  
\$30 NON-MEMBERS

### FOOD & DRINKS

5:30 – 8:00 PM: Lite bites & beverages available  
BAR OPEN: Drinks + food available for purchase all night

High energy, you won't be sitting still.

Limited seating, arrive early. Must be present to win!



SCAN TO REGISTER



Premium bag prizes for everyone — yes, men too!  
Tables encouraged — bring your crew!



(301) 568-3100

[/andrewsafbtheclub](https://www.facebook.com/andrewsafbtheclub)

[andrewsfss.com](http://andrewsfss.com)



# OUTDOOR ADVENTURE PROGRAMS: SPRING 2026



**INDOOR ROCK CLIMBING**  
SATURDAY, MARCH 7 | \$45/PERSON

**CLIMB & YOGA DAY**  
SATURDAY, MARCH 21 | \$75/PERSON

**HIGH ROPES & CONFIDENCE**  
**COURSE CHALLENGE**  
SATURDAY, APRIL 11 | \$95/PERSON

**MOTHER'S DAY HORSEBACK RIDE**  
SUNDAY, MAY 10 | \$198/PERSON

**HIKE SPOTSYLVANIA**  
**COURT HOUSE BATTLEFIELD**  
SATURDAY, MAY 16 | \$45/PERSON

\*TRANSPORTATION WILL BE PROVIDED FOR ALL TRIPS.



\*ADDITIONAL DETAILS CAN BE FOUND IN THE FSS EVENT CALENDAR AT [HTTPS://ANDREWSFSS.COM/EVENTS/](https://andrewsfss.com/events/) (SCAN QR CODE ABOVE). VISIT OUTDOOR RECREATION (1235 MENOHER DR) TO SIGN UP!



(301) 981-5663



/AndrewsODRITT



/AndrewsFSS



andrewsfss.com



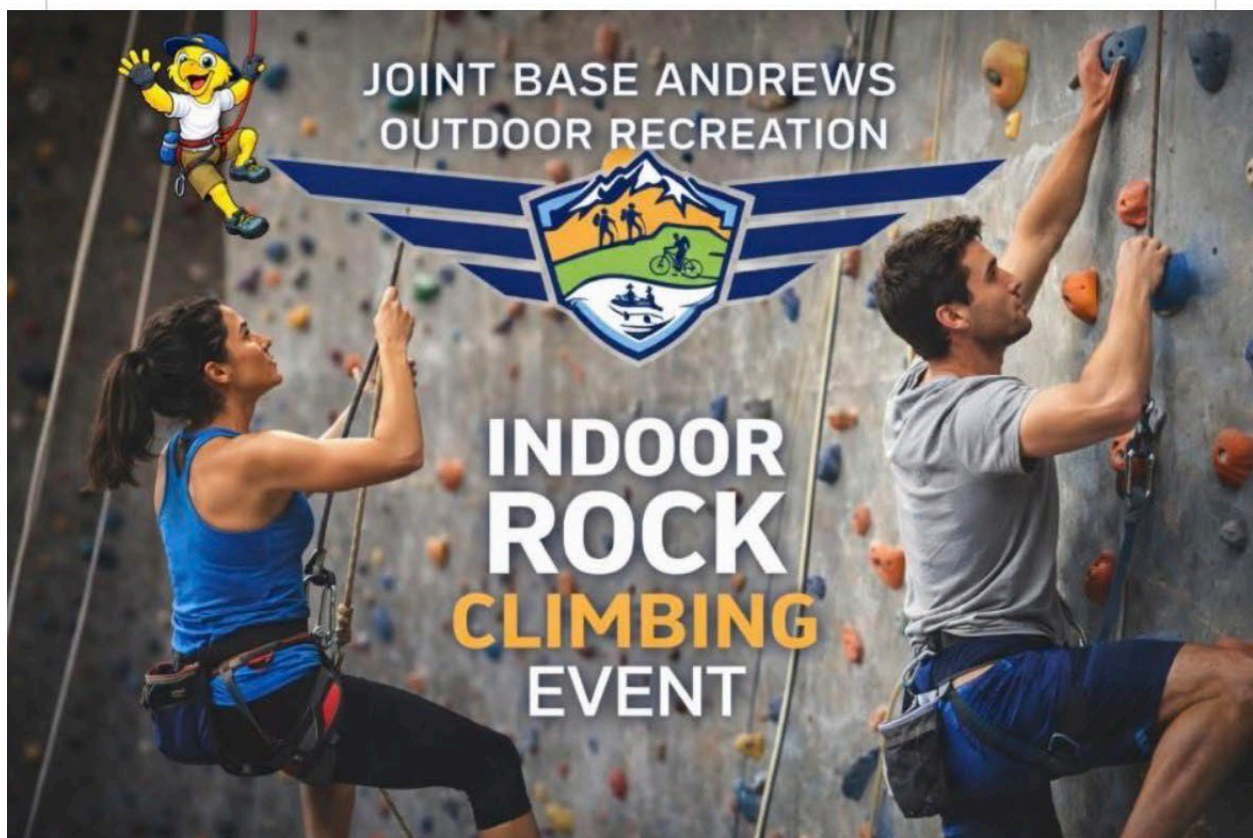
**Griff is heading to the climbing wall, spots are open** 

**Date: Saturday, March 7, 2026**

**Cost: \$45 per person**

**Learn real climbing skills with certified guides, gear included, and transportation provided. Perfect for beginners ready to try something new. Ages 13+**

**👉 Register through Outdoor Recreation. Stop by our Front Desk or Call 301-981-4109.**





# Judges Needed!

Aerospace Summit Competitions

18 March 2026 - Hangar 3



Scan the QR code to sign up today!

Questions?

Matrice Brooks, (301) 981-9211

Email: [matrice.brooks@us.af.mil](mailto:matrice.brooks@us.af.mil)





# LEADERSHIP & CONNECTION

GRAB LUNCH

## ANDREWS TOP III

■ Every 3rd Thursday • 1100

**AT THE CLUB**

General Membership Meeting



TEEN EVENT AT JOINT BASE ANDREWS LIBRARY

# Okay CROCHET!

23 March 2026

17:15 – 18:30

♥ Learn to Crochet, Relax & Have Fun! ♥

- ♥ All Supplies Provided
- ♥ No Experience Needed
- ♥ Snacks & Good Vibes!



For Teens Ages 13-18

1442 Concord Ave.  
 2<sup>nd</sup> Floor, Community Commons [f](https://www.facebook.com/JointBaseAndrewsLibrary) /JointBaseAndrewsLibrary

301-981-6454





# JOINT BASE ANDREWS M&FRC EFMP FAMILY SUPPORT

# ART WITH HEART

SATURDAY, MARCH 14<sup>TH</sup>

1000-1200

@ THE MILITARY & FAMILY READINESS CENTER

For all ages and abilities.  
Learn about using art as a  
coping skill while connecting  
with others and creating your  
own masterpiece.



Open to all DoD - priority given to  
active duty enrolled EFMP.

Register by scanning QR code or at:  
<https://jba-mfrc.timetap.com> and selecting EFMP  
For questions call 301.981.7087  
or email [316FSS.MFSC.EFMP@us.af.mil](mailto:316FSS.MFSC.EFMP@us.af.mil)



M&FRC | 1191 Menoher Dr. JB Andrews, MD | 301-981-7087 | [andrewsfss.com/mfrc](http://andrewsfss.com/mfrc)





*Join us for a night Under the stars*

# FAMILY PROM

JOIN THE FAMILY ADVOCACY PROGRAM & EXCEPTIONAL FAMILY MEMBER PROGRAM FOR A SPECIAL NIGHT CELEBRATING MILITARY CHILDREN AND FAMILIES. DRESS TO SHINE AND WALK THE RED CARPET AS THE STARS OF OUR COMMUNITY.

**APRIL 10, 2026** | 5:30 - 7:30 P.M.  
WELLS FIELD HOUSE

- ★ RED CARPET ENTRANCE
- ★ VIP KIDS ZONE
- ★ PHOTO BOOTH
- ★ LIVE DJ & DANCING
- ★ DANCE CONTEST
- ★ PROM KING & QUEEN
- ★ GIVEAWAYS & PRIZES
- ★ FOOD & REFRESHMENTS
- ★ AND MORE SURPRISES!

**DRESS CODE: DRESS TO IMPRESS**

*A SENSORY-FRIENDLY HOUR WILL BE OFFERED PRIOR TO THE EVENT WITH DIMMED LIGHTS AND LOWERED MUSIC.*



REGISTER HERE!



**Army Community Service**  
5965 6th St., Bldg. 1263  
Fort Belvoir, VA 22060  
(571) 231-7001

 **BELVOIR MWR**  
[BELVOIR.ARMYMWR.COM](http://BELVOIR.ARMYMWR.COM)



# MFLC

Military & Family Life Counselor Program

How are you? Are you ok? Are you stressed out? Frustrated with dating? Difficulty in communicating with your spouse? Need help navigating life's challenges? Just need to talk to someone?

Call your Military Family Life Counselor – Christen Sneed 202-306-6986 – appointments available M-F 8am-4pm, in-person, telephone, or virtual, free to active duty and dependents.



TRICARE East offers a free program to help you and your family stop nicotine use—and you don't need to be diagnosed with a tobacco-related illness to join. When you sign up, we'll work with you to set a quit date and get started. Call our nicotine cessation specialists at 877-414-9949, Monday through Friday from 8 a.m. to 6 p.m. ET.



EAST REGION


## Mental Health Resources

**Military/Veterans Crisis Line:**  
Connects active duty service members and veterans in crisis with qualified and caring Dept. of Veterans Affairs responders through a free, confidential, 24/7 hotline. Support is available via telephone, mobile text or online.  
-Call 988, then press 1  
-Text 838255  
-Chat online at <https://www.veteranscrisisline.net/get-help/chat>

**Psychological Health Outreach Program (non-emergency): PHOP**  
counselors offer support to all Navy Reserve Centers and Navy Reserve Sailors across the country. PHOP provides consultation, education, and connection to resources. This free and confidential service is available 24/7.  
-Call 866-578-7467

**Navy Reserve Chaplain Hotline:**  
Sometimes Sailors and their families would prefer to trust and confide in a Navy Chaplain to receive guidance or help seeing things more clearly. Chaplains are available to talk 24/7. Communications with Navy Chaplains are 100% confidential unless the service member decides otherwise.  
-Call 757-322-5650  
-Email [NAVY311@navy.mil](mailto:NAVY311@navy.mil)  
-Text [navy311@navy.mil](sms:navy311@navy.mil)  
-Visit [www.navy311.navy.mil](http://www.navy311.navy.mil)

**Military OneSource:** offers free and confidential non-medical counseling via phone and live chat, 24 hours a day, 7 days a week. They also offer specialty consultations, with services including peer-to-peer support, wounded warrior support, health and wellness coaching, transition assistance and more.  
-Call 800-342-9647 (CONUS)  
-Visit [www.militaryonesource.mil](http://www.militaryonesource.mil)



# MENTAL HEALTH PLAYBOOK

Released by OPNAV N17  
Version 1.1 | (Updated with Brandon Act NAVADMIN 166/23)



## Mental Health Resources

REAL WARRIORS LIVE CHAT: Click the link to start a live chat with a trained health resource consultant, ready to talk, listen and provide the guidance and resources you're looking for.

-Visit [www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign](http://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/Real-Warriors-Campaign)

Tragedy Assistance Program for Survivors (TAPS): TAPS is the 24/7 tragedy assistance resource for ANYONE who has suffered the loss of a military loved one, regardless of the relationship to the deceased or the circumstance of the death.

-Call 1-800-959-TAPS (8277)

-Visit [www.taps.org](http://www.taps.org)

National Suicide and Crisis Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

-Call 988

-Chat online at

<https://988lifeline.org/chat/>

-Visit <https://988lifeline.org/>

SAIL: Sailor Assistance and Intercept for Life (SAIL) is a program available to active duty Sailors (including TAR and SELRES on Active Duty orders) who experienced a suicide ideation or attempt (Suicide-Related Behavior). Sailor Assistance and Intercept for Life (SAIL) ([navy.mil](http://navy.mil))

## How to Find Support

There are many people whose job it is to advocate for the needs of the Sailor and the Command:

- Military Treatment Facility's (MTF) Fleet Liaison
- Military hospital's Director of Mental Health oversees clinics or the inpatient ward
- TYCOM Senior Medical, Senior Nurse, or Senior Mental Health Officer to identify what's available
- Each installation has a Fleet and Family Support Center to facilitate care

When care is not available through uniformed or on-base providers, a Sailor may be "referred to the network" by their PCM. In this case, Sailors may see civilian providers in the community who have a variable amount of experience with military readiness and may charge a copay in addition to billing insurance. This type of care is appropriate for issues that do not involve fitness for duty issues. If fitness for duty is a concern, however, every effort should be made for the Sailor to see a Navy mental health provider.

For more help with getting access to community mental health care, please visit [MHSNurseAdviceLine.com](http://MHSNurseAdviceLine.com) for web chat and video chat, or dial 1-800-TRICARE (874-2273), option 1.

## TIFFANY DUNLAP, YOUR OMBUDSMAN

As your Ombudsman, I always look forward to sharing your family's Navy story. I would love to hear from you, so please reach out to share



accomplishments, fun stories, opinion pieces, or ideas.

My Navy story begins on September 11, 2014, when my husband became a DCO. I was so

proud of his accomplishments that led to that moment but I also stressed about all of the unknowns. After a few months of realizing that I knew nothing about Navy life, and as a reserve family we weren't always kept in the loop I started to travel alongside him. This allowed me to learn more about what it meant to be in the Navy. After several months of assisting the OIC by planning unit

luncheons and dinners, I was invited to be the ombudsman. At that moment I realized that while I had found a way



to overcome the disconnect Navy Reserve families often feel for our family, I could do more by being an advocate assisting other Navy spouses and children find their sea legs. I have spent the last ten years as an ombudsman assisting both reserve and active sailors as they balance military and civilian stressors. I have covered over 40 commands and have been appointed by a dozen Commanding Officers. During that time, I have been fortunate to frequently be invited to have a seat at the table during military family policy discussions covering childcare, FRG, and ombudsman policy changes.

Michael and I have six children, ages 24 to 5, and a couple of fiancés have joined our clan. We have made sure that despite being a

reserve family, they have experienced a little piece of Navy life. They accompany us, when



possible, to Navy activities and have even stayed for extended assignments in base housing. You will undoubtedly see any one of them tagging along with me from time to time.

I grew up the daughter of an airman, the granddaughter of a marine, and the sister of an Airborne Ranger, and with that strong military background, I felt called to help our Navy families. I have excitedly stepped into the role of ombudsman and am ready to assist in giving our Sailors and their families a smooth Navy experience. My roles as your Ombudsman are to serve as a liaison between the command and command families, keep the command informed regarding the overall health, morale and welfare of command families, regularly communicate and distribute information to and from the command and command family members, provide information and referrals to assist command families with any



concerns or issues, and communicate with you directly. Please reach out to me any time by email at [Navy.Ombudsman.TMD@GMAIL.COM](mailto:Navy.Ombudsman.TMD@GMAIL.COM) or my cell at 804.925.5943.

## USEFUL LINKS

- [FLEET AND FAMILY SERVICES](#)
- [MILITARY ONE SOURCE](#)
- [NAVY-MARINE CORPS RELIEF SOCIETY](#)
- [PSYCHOLOGICAL HEALTH RESOURCE CENTER](#)
- [EXCEPTIONAL FAMILY MEMBER PROGRAM](#)
- [CHAPLAIN SERVICES](#)
- [JAG SERVICES](#)
- [MY NAVY HR](#)



[Scan here to access these links on your phone!](#)