November 2014

FORCECOM NEWSLETTER

HAPPENINGS AND INFORMATION FOR FAMILIES

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Howdy!

As we approach a busy holiday and travel season, I want to wish each of you safe travels. Few reminders about some upcoming dates in November are found in this newsletter.

Hope everyone has a safe, wonderful, and yummy Thanksgiving!

-Holly

FORCE READINESS COMMAND

300 East Main Street
Suite 1100
Norfolk, VA 23510

VETERAN'S DAY

Veteran's Day is Tuesday, November 11th. This day of observance in honor of our veterans occurs every November 11th, no matter what day of the week it falls on. The reason for this date comes from World War I. This date was originally called Armistice Day, to celebrate the ceasefire between Germany and Allied forces in the 11th hour of the 11th day of the 11th month. President Wilson called on this day to honor those who die and served their country. It became a legal holiday in 1938 to honor veterans of WWI. After World War II and Korean War, it became a day to honor veterans from all wars. In the early 1970s, Veteran's Day was celebrated on different dates to accommodate The Uniform Holiday Bill, which gave 3-day weekends to federal employees. In 1978, Veteran's Day returned to the original date of November 11th. According to the Department of Veteran's Affairs, Veteran's Day is "a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good."

THANKSGIVING

Thanksgiving facts you may or may not know:
-The first Thanksgiving was a 3 day harvest feast in 1621 in Plymouth
-There were around 50 colonists and just under 100 Wampanoag Indians
-The colonists hunted fowl, which included duck, goose, swan, turkey
-The Wampanoag brought 5 deer to the feast
-Seafood, such as mussels, lobster, and clam were part of the feast
-While present day Thanksgiving meals include potatoes of sorts, the first feast did not
-Over 45 million turkeys are consumed at Thanksgiving
-The Macy's Thanksgiving Day Parade began in 1924, and originally included live animals
-The helium balloons replaced the live animals in 1927
-Turkey contains an amino acid, tryptophan, that can cause drowsiness, but the combination of that with a carbohydrate rich meal is what makes you tired after Thanksgiving dinner
-Presidential turkey pardons began in 1947
-President Lincoln declared Thanksgiving a national holiday
-Thanksgiving occurs the 4th Thursday of November; at one time it was celebrated on the last Thursday of November

Just a reminder….

VOTE! Don't forget to vote Tuesday, November 4th!

Daylight Savings Time ends! Set your clocks back 1 hour ('fall back') Saturday night (November 1st)

USEFUL LINKS

https://www.achievesolutions.net/achievesolutions/en/cgsuprt/Home.do

www.uscg.mil/worklife/default.asp

www.uscg.mil/mwr

www.uscg.mil

www.tricare.mil

www.Ready.gov

http://www.uscg.mil/worklife/ready.asp

LINKS TO INFORMATION

Coast Guard Support: available 24 hours a day, 7 days a week. Toll free number: 1-855-CGSUPRT (247-8778)
Confidential professional counseling, education, and referral services to help you with variety of issues:

- -marital problems
- -work concerns
- -child care
- -K-12 education concerns
- -pet care
- -depression and anxiety
- -career transitions
- -adoption
- -moving and relocation

https://www.achievesolutions.net/achievesolutions/en/cgsuprt/Home.do

Health, Safety, and Work Life Service Center (HSWL) There is an app available at the app store (iPhone and Android). The app has lots of great information to get you connected to many resources, as does the website.

Semper Paratus