

OCTOBER 2014

# FORCECOM NEWSLETTER

HAPPENINGS AND INFORMATION FOR FAMILIES



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Howdy!

Happy Fall!

Even though it is the beginning of October, please take a look at some quick information on voting found on page 2, and use the link to find out more details.

-Holly



**FORCE READINESS COMMAND**



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## VOTING INFORMATION FOR UPCOMING ELECTIONS

The Federal Voting Assistance Program (FVAP) helps Service Members, eligible family members, and overseas citizens with the tools and resources needed to vote from anywhere. Here is a little information about absentee voting. For more information, visit [www.FVAP.gov](http://www.FVAP.gov)

- Your 'legal voting residence' is state you last resided in prior to military service or the state you have claimed as your legal residence
- You may vote in the state or territory where stationed if legal residence is that state or territory (you cannot vote in person at a local embassy/ consulate or military installation, it must be at a state-sanctioned polling place.)
- States have different rules to how and when forms are returned- be sure to check for your state's guidelines.
- You CAN vote while deployed.
- Keep your address up to date with election official; voting materials cannot be forwarded.
- It only takes a few quick steps: register to vote; request your ballot, sign and send request; receive ballot, vote, sign and return ballot
- For assistance, please contact your local Voting Assistance Officer <http://www.fvap.gov/info/contact>



## HALLOWEEN SAFETY

With Halloween at the end of the month, there are some reminders to keep everyone safe for a fun day:

- Check your city's ordinances for designated trick-or-treat times, age restrictions, costume restrictions, and other possible laws for Halloween night
- Walk on sidewalks or paths. If not available, walk facing traffic as far to the left as possible
- Costumes should be light in color, have reflected tape, or child should carry a flashlight. Costumes should also fit properly to prevent tripping, and if wearing a mask that it does not obstruct vision
- Children should trick-or-treat with responsible adult supervision
- Be aware of cars, moving or parked, and traffic patterns
- When driving on Halloween night, be aware of pedestrians, especially children. Drive slowly and be cautious at intersections, neighborhoods, corners, and alleyways

[www.safekids.org](http://www.safekids.org)





### USEFUL LINKS

<https://www.achievementsolutions.net/achievementsolutions/en/cgsuprt/Home.do>

[www.uscg.mil/worklife/default.asp](http://www.uscg.mil/worklife/default.asp)

[www.uscg.mil/mwr](http://www.uscg.mil/mwr)

[www.uscg.mil](http://www.uscg.mil)

[www.tricare.mil](http://www.tricare.mil)

[www.Ready.gov](http://www.Ready.gov)

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

### October is....

Breast Cancer Awareness Month: there are many great organizations and fundraisers that occur during October. Pink is a color that will be seen lots over the next few weeks.

Domestic Violence Awareness Month: Domestic violence is a serious issue affecting millions of Americans. Purple is the color representing domestic violence awareness. For information on how to prevent, get help, or warning signs, visit <http://www.ncadv.org/index.php>

Cold and flu season will be coming around soon. Be sure to take care of yourself and your family.

October is full of fall fun! Be sure to check out your local MWR for fall festivals or fall carnivals. Base Portsmouth MWR will hold a fall carnival on Friday October 24<sup>th</sup> from 6:00-8:30 pm

With cooler weather on the way, I thought I would post a yummy recipe. This is a recipe for corn & cheese chowder (and it has bacon in it!) that my family enjoys. Really good on cooler evenings

<http://thepioneerwoman.com/cooking/2011/10/corn-cheese-chowder/>

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

<https://www.achievementsolutions.net/achievementsolutions/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.