



# The Bridge

*Meeting your needs at home. At sea.*

SEP 04 - Vol. 5, 2nd Edition

## Hurricane Awareness and Safety Tips How Ready are YOU?

This is storm/hurricane season. Your Fleet and Family Support Center encourages you to be prepared!

### Before a Storm

- Check your hurricane supplies kit to make sure you have the following items: bottled water, food that doesn't require refrigeration or cooking, a first-aid kit, battery-operated radio and extra batteries, and other essential items that can be consolidated into a portable container.
- If you live in a mobile home or low-lying area, determine where you will go and what route you will take if asked to evacuate.
- Fill your bathtub with water to use for toilet flushing in case water service is unavailable.
- If you are a pet owner, pack enough food and medicine for your pet for five days.

### During a Storm

- Remain indoors and away from windows.

### After a Storm

- Listen to local radio stations for official disaster relief information and instructions.
- Operate generators outdoors only in a well ventilated, dry area.
- Avoid using candles as a light source. Deadly fires can result.

**For more information** about hurricane preparedness, go to [www.vaemergency.com](http://www.vaemergency.com) or [www.redcross.org](http://www.redcross.org)



The Naval Fleet and Family Support Center  
is Located @  
BLDG 214. 13 Riverview RD  
Dahlgren, VA Indian Head MD,  
Phone: 540-653-1839  
Toll Free: 800-500-4947

**Thank you,  
Ombudsmen, for all  
you do throughout the  
year to improve our  
military families lives.  
We appreciate you!**

## FFSC Workshops/Event Listing

**Registration is required.**

**Call 540.653.1839 / 800.500.4947**

*All workshops are open to active duty service members, spouses, retirees, and to DoD civilians on a space available basis.*

Holiday Finances	<b>02 Sep</b>	1100-1200	<b>FFSC</b>
Budget 4 Baby	<b>07 Sep</b>	0900-1100	<b>IHFSC</b>
Budget 4 Baby	<b>07 Sep</b>	1300-1500	<b>FFSC</b>
Transition Assistance Conference	<b>13-17 Sep</b>	0800-1600	<b>JD's</b>
Interviewing Skills	<b>14 Sep</b>	1300-1400	<b>FFSC</b>
Pre-Separation Brief	<b>15 Sep</b>	1300-1500	<b>JD's</b>
Veteran's Affairs Brief	<b>16 Sep</b>	0800-1000	<b>JD's</b>
Survivor's Benefits Brief	<b>16 Sep</b>	1000-1200	<b>JD's</b>
Legal Service	<b>16 Sep</b>	0900-1600	<b>FFSC</b>
Career Fair	<b>17 Sep</b>	1000-1400	<b>JD's</b>
Ombudsmen Meeting	<b>21 Sep</b>	1530-1630	<b>FFSC</b>
Interviewing Strategies	<b>23 Sep</b>	0900-1100	<b>FFSC</b>
Resume Writing	<b>23 Sep</b>	1000-1200	<b>FFSCIH</b>
Dressing For Success	<b>28 Sep</b>	0900-1100	<b>FFSC</b>
Ombudsman Appreciation Month!!	<b>September</b>	THANK YOU	