

quote >>>

“Some people want it to happen, some wish it would happen, others make it happen.”

—Michael Jordan



MARCH 2026

M&FRC NEWSLETTER

MacReadiness

Upcoming Events:

- 5 MAR —Newcomers
- 5 MAR —Coffee and Connections
- 5 MAR —EFMP/ Hearts Apart: Yoga
- 10 MAR —EFMP: 201 Transitions
- 11 MAR —Dorm Departure
- 13 MAR—Initial Volunteer
- 16 MAR —Resume/ Interview Skills
- 17 MAR —Federal Employment
- 18 MAR —EFMP: 101 Orientation
- 19 MAR —Pre-arrival (Via Zoom)
- 24 MAR —Sponsorship training
- 26 MAR —Understanding TSP
- 27 MAR —LinkedIn
- 31 MAR —EFMP/Hearts Apart: Aquarium

To Register for Classes

Call: (813) 828-0145 or email
FSC.Frontdesk@us.af.mil

Military & Family Readiness Center

Bldg. 18 & Bldg. 38

Phone: 813-828-0145

8104 Condor Street

FSC.Frontdesk@us.af.mil



Hours Of Operation

Mon., Tues. Wed. & Fri. 8am-4pm
Thurs. 11am-4pm
Closed Federal Holidays & Family Days



**IF YOU SEE SOMETHING,
SAY SOMETHING**



Remember to report unusual or suspicious activity to the appropriate authorities. If you are off-base, contact local law enforcement. If you are on base, please call the Base Defense Operations Center at (813) 828-3322/3323 or local law enforcement.

**Avoid sharing information on missions
or deployments**

Do not share:

- Names
- Pictures
- Locations
- Times
- Dates
- Units

In the Know

How It Works: Tutor.com

Connect with expert tutors for on-demand, 1-to-1 help



TUTOR.COM for
U.S. MILITARY FAMILIES
www.tutor.com/military



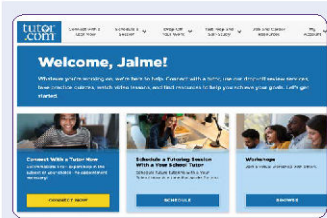
The expert tutors at **Tutor.com/military** can help you work through tough homework problems, improve your writing skills, study for a test, review a difficult concept, and so much more!

Students enrolled in a DoDEA school can access Tutor.com via Classlink in their EDU Rostered Apps folder.

Access Live Tutoring

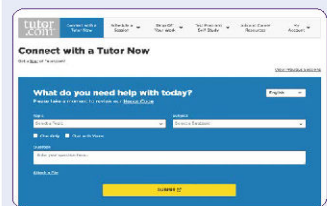
Step 1: Get started

1. Go to www.tutor.com/military
2. Click on your branch of service.
3. Certify your eligibility and create an account.
4. Click **GET A TUTOR NOW**.



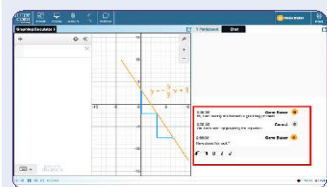
Step 2: Match with the right tutor

Fill in the quick pre-session questionnaire. Using this information, we will match you with the first available tutor best qualified to assist you.



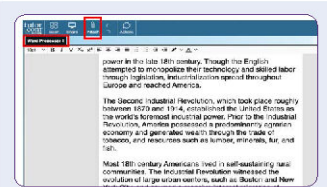
Step 3: Communicate

You can use text- or voice-chat to communicate with your tutor in the online classroom.* You may also use the interactive whiteboard to share work and ideas. *All activity in the classroom is recorded. Transcripts will be available afterward in **My Account** under the **Completed Sessions** tab.*



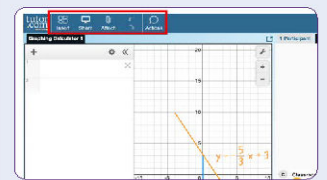
Step 4: Share a file

You can upload files related to your assignment to the online classroom—including documents, spreadsheets, presentation slides, screenshots, image files, and more.



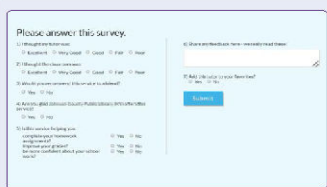
Step 5: Use special tools

A graphing calculator, text editor, and code editor can be used when working on subject material requiring special tools. You can open them by using the buttons above the whiteboard.



Step 6: Rate and review your session

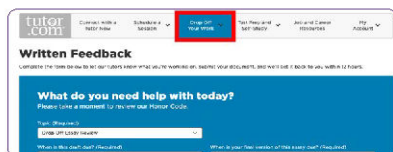
After each session, be sure to let us know how we did! Then you'll have the option to play a recording of your session and email or print the chat log and whiteboards.



Explore Additional Resources

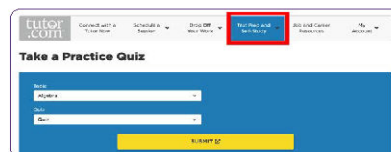
Submit your paper

Get expert help from a tutor without having to connect for a real-time session. Upload a draft of your assignment—whatever stage it is at—and get detailed feedback within a day. Retrieve your tutor's completed review in **My Account** under the **Completed Sessions** tab.



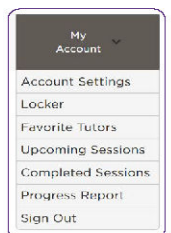
Practice for a test

Use our practice quizzes to assess your knowledge and prepare for upcoming math, science, or English tests as well as the ASVAB exam. Review your results and connect with a tutor to go over any questions you may have missed.



Use My Account

- Access files you have saved or those you have shared in sessions with your tutors under **Locker**.
- Reconnect with your favorite tutors or see when they are next available by clicking on **Favorite Tutors**.
- Review previous sessions and retrieve feedback on your drop-off reviews under **Completed Sessions**.



*To comply with the Child Online Privacy Protection Act (COPPA), certain features are unavailable to program users under age 13.

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In the Know



TUTOR.COM for
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150** Subjects • One-to-One • Online • On-Demand • 24/7 • Anonymous

Math

Algebra I and II*
Basic Math*
Calculus*
Discrete Math
Elementary Math
Finite Math
Geometry*
Middle Grades Math
Multivariable Calculus
Pre-Algebra
Pre-Calculus
Statistics*
Trigonometry*

Science

Anatomy and Physiology
Basic Science*
Biochemistry**
Biology*
Chemistry*
Earth Science*
Elementary Science
Environmental Science
Microbiology
Middle School Science
Organic Chemistry
Physics*

English

Essay Writing
Grammar
Literature
Reading
Vocabulary

English Language Learners (ELL)

Social Sciences

Introductory Psychology
Introductory Sociology
Research Methods

Social Studies

Civics and Government*
European History*
Geography
Political Science
Social Studies (K-8)*
U.S. History*
World History*

World Languages

Spanish, French, Italian,
German**, Arabic**

Business

Accounting
Business and Personal
Finance
Business Communications**
Business Law
Economics
Entrepreneurship

Finance
Financial Planning
Macroeconomics
Microeconomics
Organizational
Communication**
Principles of Management

Computer Applications and Programming

Cloud Computing**
COMPTIA A****#
Computer Networking**
Cybersecurity**
Database Design
Database Systems
HTML
Java Script
Networking Specialist**
Programming: C, C#, C++, Java
Programming: Python
Web Design (HTML, CSS, PHP)
Web Development**
Windows
Windows Server

Criminal Justice

Corrections
Criminal Law
Criminology
Forensic Science
Introduction to Criminal
Justice
Law Enforcement
Research Methods

Engineering

Differential Equations
Electrical Engineering#
Intro Engineering**
Mechanical Engineering**
Principles of Engineering**

Hospitality Management

Budgeting
Culinary Arts**
Customer Service
Event Planning
Marketing for Hospitality**
Operations

Nursing and Health Sciences

Allied Health
Care Plans
Clinical Assessment
Clinical Management
Dietetics and Nutrition**
EMT
Epidemiology
Evidence-Based Practice
Evidence-Based Practice
Health Services

Healthcare Administration
Medical Billing and Coding
Medical Surgical
Medical Terminology
NCLEX®
Nursing
Pathophysiology
Pediatric Nursing
Pediatrics
Pharmacology
Primary Care

Marketing and Communications

Business and Organizational
Communication**
Interculture and Global
Communication**
Interpersonal and Small
Group Communication**
Journalism**
Leadership skills**
Marketing**
Mass Communication**
Mass Media**
Public Speaking**
Social Media Marketing**

IB Subjects

GED® and HiSET® Prep

Test Prep

PSAT®, SAT®, ACT®, AP®
MCAT®, LSAT®, GRE®, GMAT®
AFOQT
ASVAB
NCLEX®

Teacher Education

Early Childhood**
Elementary Math Methods**
Elementary Reading
Methods**
Foundations of Curriculum
and Instruction**
General K12**
Intro to Teaching Profession**

Visual Arts and Design

Art History*
Adobe InDesign, Photoshop,
and Illustrator
Digital Graphics#
Digital Layout#
Photo Editing#
Web Design

College and Career Readiness

Career Development
Interview Preparation
Microsoft Access, Excel,
PowerPoint, Word
Resume Support

Student Success: Study and Life Skills

Finding Scholarly Resources
Healthy Habits
Motivation and Goals
Note-taking
Organizational Skills
Stress Management
Study Strategies
Time Management
Using Technology

Parent Coaching

Finding Balance
Managing Knowledge Gaps
Motivation and Goals
Scheduling and Organization
Setting Expectations
Studying Techniques
Using Resources

Child and Family Science

Early childhood care
Early Childhood Education**
Family Communication**
First Aid and CPR
Health and Well-being
Human Growth and
Development
Nutrition**
Personal Finance

AP® Subjects

AP Art History**
AP Biology
AP Calculus AB
AP Calculus BC
AP Chemistry
AP Comparative Government
and Politics
AP Computer Science A
AP English Lang. and Comp.
AP English Lit. and Comp.
AP Environmental Science
AP European History
AP French Lang. and Culture
AP German Lang. and Culture
AP Human Geography
AP Italian Lang. and Culture
AP Macroeconomics
AP Microeconomics
AP Physics 1: Algebra-Based
AP Physics 2: Algebra-Based
AP Physics C
AP Psychology
AP Research
AP Seminar
AP Spanish Lang. and
Culture
AP Statistics
AP U.S. Government and
Politics
AP U.S. History
AP World History

Spanish Speaking = *, Schedule Only = **, Limited Hours = #
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In the Know



EFMP Exceptional Family Member Program

Air Force Military Family Readiness Center brings you LRP Publications' *Special Ed Connection* and *DirectSTEP*® eLearning courses **FREE** of charge!

Special Ed Connection® (www.specialedconnection.com) provides resources and tools that Air Force Staff and parents can use to gain a clear understanding of special education requirements and services and how they work. From legal rights to practical application and from student referrals to IEPs, **Special Ed Connection**® explains specific procedures and provides real-world application strategies so parents can learn the complexities surrounding special education supports and services.



For more information, contact your local Military Family Readiness Center EFMP Coordinator or School Liaison Officer

DirectSTEP® eCourses explain legal requirements and best practices for behavior management, autism, IDEA eligibility, IEPs and more. They also teach parents and educators how to handle critical education issues to obtain positive outcomes while applying education laws to the day-to-day world of teaching and learning. These eCourses are available for use by all Air Force staff, parents, Military/DoD personnel assigned to Air Force installations and K-12 educators serving military children.



With each eCourse you will:

- ▶ Receive the highest quality training developed by respected special education experts.
- ▶ Learn at your own pace for the greatest possible comprehension and retention.
- ▶ Take courses based on individual training needs and interests.
- ▶ Engage in learning through quizzes and activities.
- ▶ Learn how to make decisions that are educationally and legally sound.
- ▶ Receive a certificate of completion.

Go to <http://usafefmp2021-ds.lrp.com> and self-register for your eCourses.



360 Hiatt Drive, Palm Beach Gardens, FL 33418
1-800-515-4577, ext. 6303
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Calendar

MARCH 2026



MACDILL AIR FORCE BASE
6TH FORCE SUPPORT SQUADRON

- Children/Family
- Employment
- Personal Finance
- Relocation
- Readiness/ Deployment
- Transition (TAP)
- Volunteer (VOL)

MILITARY AND FAMILY READINESS

Macdillfss.com/military-family-readiness

@macdillfss 813-828-0143

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Reintegration 9am TAP Pre-Sep (SEP) 9am-12:30pm	3 	4 TAP Pre-Sep (RET) 9am-12:30pm	5 Newcomers Briefing 7:30-11:45am Coffee and Connections 8:30-10:15am EFMP/Hearts Apart: Yoga 7:30pm	6 Reintegration 9am 	7
8	9 Reintegration 9am TAP Pre-Sep (SEP) 9am-12:30pm	10 EFMP: 201 Transitions 10:30am	11 Dorm Departure 9am TAP Pre-Sep (RET) 9am-12:30pm	12 Pre-deployment 1pm	13 Reintegration 9am Initial Volunteer 7pm	14
9-11 TAP Workshop 8am-4pm			12-13 TAP Employment 8am-4pm			
15	16 Reintegration 9am TAP Pre-Sep (SEP) 9am-12:30pm Resume/Interview 1pm	17 Federal Employment 1pm 	18 TAP Pre-Sep (RET) 9am-12:30pm EFMP: 101 Orientation 1pm	19 Pre-arrival (via zoom) 1pm Pre-deployment 1pm	20 Reintegration 9am	21
18-19 Boots To Business 9am-4pm			26-27 TAP Employment 8am-4pm			
22	23 Reintegration 9am TAP Pre-Sep (SEP) 9am-12:30pm	24 Sponsorship Training 1pm	25 TAP Pre-Sep (RET) 9am-12:30pm	26 Understanding TSP 11am Pre-deployment 1pm	27 Reintegration 9am LinkedIn 9am-4pm	28
23-25 TAP Workshop 8am-4pm			26-27 TAP Employment 8am-4pm			
29	30 Reintegration 9am TAP Pre-Sep (SEP) 9am-12:30pm	31 EFMP: Aquarium 11am				

CHILDREN/FAMILIES

05 MAR., EFMP/ Hearts Apart: Wellness Yoga, 7:30pm – 8:30pm
Wellness focused yoga session for adults will allow participants to learn stress-relief techniques, improve mental/emotional health and learn a valuable self-care skill. Yoga mini kit for each participant will allow for those techniques learned to be ongoing.

10 MAR., EFMP: 201 Transitions, 10:30am – 12:30pm
The purpose of this briefing is to provide EFMP families orientation & transitioning military and/or those who have dependents with special needs information on services and resources to help prepare and ensure the needs of their special needs family members are met. Participating agencies are Tricare, EFMP FS, EFMP Medical, SLO, Agency for Persons with Disabilities, and Special Needs Alliance.

18 MAR., EFMP: 101 Orientation, 1:00pm – 2:00pm
The purpose of this briefing is to provide EFMP families orientation & transitioning military and/or those who have dependents with special needs information on services and resources to help prepare and ensure the needs of their special needs family members are met. Participating agencies are Tricare, EFMP FS, EFMP Medical, SLO, Agency for Persons with Disabilities, and Special Needs Alliance.

31 MAR., EFMP/ Hearts Apart: Florida Aquarium, 11:00am-1:00pm
The EFMP & Hearts Apart connect series focuses on building natural supports out in the local community. During the events, resilience focused education will be provided in an informal manner - meeting the group where they are. These events will be for adults, kids, and family populations.

EMPLOYMENT

16 MAR., Resume Writing 101-Private Industry and Interviewing Skills, 1:00pm – 3:30pm
This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities and cover letters that get the employer's attention. Learn the techniques involved in the interviewing process and how to handle salary issues and questions.

17 MAR., Federal Employment Workshop, 1:00pm – 3:00pm
This workshop helps you create a resume that will get your resume to the hiring manager's desk! Learn the basic resume constructions and different formats for targeting good employment opportunities and learn how to navigate the USA Jobs website from beginning of application to submission and beyond.

27 MAR., LinkedIn, 9:00am – 4:00pm
Unlock the secrets of LinkedIn by building and maximizing a profile and learn how to job search and network effectively through the #1 professional networking social media site. Professional and complimentary head shot is included. (This class is held in Ybor City, not on MacDill)

PERSONAL FINANCE

11 MAR., Dorm Departure, 9:00am-10:00am
Departure Program (D2 Program) Preparing servicemembers to successfully transition to independent living. This class is designed to assist in researching, saving, and planning for your new space. Workshop held in the dorms at the Cyber Café

26 MAR., PFR Understanding TSP, 11am – 12pm
How much do you really know and understand about the Thrift Savings Plan? Join the M&FRC as we discuss the ins and outs of TSP. This class is for military and civilian TSP investors.

RELOCATION

05 MAR., Newcomers Orientation, 7:30am – 12:00pm
Mandatory briefing for new personnel arriving at MacDill. This workshop covers information specific to MacDill, the local community, and provides helpful resources. Spouses are encouraged to attend.

05 MAR., Coffee and New Connections, 8:30am-10:15am

Join us for a warm cup and great conversations followed by learning about resources and support here at MacDill. (Children welcome)

19 MAR., Pre-Arrival Orientation (Via ZOOM), 1:00pm-2:30pm
In-bound SMS and their families will learn about the installation, local resources, and unique opportunities specific to MacDill. **Does not satisfy Newcomers requirement**

24 MAR., Sponsorship Training, 1:00pm – 2:00pm
Have you been assigned as a Sponsor to an inbound member? Come complete your mandatory sponsorship training and receive education on how to ensure our newest members have a great first impression of MacDill.

READINESS/DEPLOYMENT

Pre-Deployment/Remote Tour Briefing, Thursday, 1:00pm – 2:00pm
This briefing covers multiple topics to include, emotional cycles of deployment/unaccompanied tour, family, and support services offered to deployed/remote tour members and their families. Spouses are highly encouraged to attend our weekly briefings. Email fss.fsh.mfreadiness@us.af.mil to register.

Reintegration, Tuesday and Friday, 9:00am
Location is the Bldg 18 training room. Prior registration required. UDMs please email fss.fsh.mfreadiness@us.af.mil. This briefing covers successful strategies on return/reintegration, along with instructions on how to complete the checklist.

TRANSITION ASSISTANCE PROGRAM (TAP)

To start TAP visit: <https://macdillfss.com/starting-tap/> or email: fss.fsh.tap@us.af.mil

Initial Counseling / PreSep Counseling

Every Monday (SEP) & Wednesday (RET), 9am – 12:30pm

TAP Workshops

March 9-11 & March 23-25 from 8:00am - 4:00pm

Employment Track

March 12-13 & March 26-27 from 8:00am - 4:00pm

Entrepreneur Track

March 18-19 from 9:00am-4:00pm

VOLUNTEER PROGRAM (VOL)

Initial Volunteer training occurs every second Friday of the month at 1pm at M&FRC
Train on VMIS procedures and volunteer program guidance.

To Register for Classes Call: (813)



Events

STAP Dates 2026

26-30 January

20-24 April

27-31 July

26-30 October



Eligibility Requirements:

Must be below ranks

E-7

E-8

E-9

O-4

O-5

O-6+

W-4

W-5

SENIOR TAP



Senior TAP (STAP) classes are available this year at MacDill!

This specialized version of TAP is tailored for senior service members who are transitioning after a long career, offering more in-depth guidance on leadership transition, retirement planning, and adapting to civilian leadership roles.

Senior Tap Agenda:

Day 1: DOL Day (same as regular TAP)

Day 2: VA Benefits & Services (same as regular TAP)

Day 3: Senior Employment Fundamentals Course

Day 4-5: Senior Department of Labor Employment Workshop

It is possible to take any of our TAP Courses. If you are taking Senior TAP in 2026, you MUST register for the whole week (Days 1-5). If you cannot attend the whole week, please register for a non-Senior TAP Workshop to give those who want it the opportunity to take Senior TAP. Thank you for your understanding.



**To start TAP
email 6fss.fsh.tap@us.af.mil,
then complete the
Self-Assessment and SOU and return them
to 6fss.fsh.tap@us.af.mil.**

**Pre-Separation and Initial Counseling
are conducted every Monday and
Wednesday.**

*****Attending PreSep is REQUIRED before accessing
the additional TAP workshops.*****

Events

6 A R W

2026

NEWCOMERS ORIENTATION

~~8 JAN~~

~~5 FEB~~

5 MAR

2 APR

7 MAY

4 JUN

2 JUL

6 AUG

3 SEP

1 OCT

5 NOV

3 DEC



TO REGISTER CALL

813-828-0145

OR SEND EMAIL

WITH DOD ID TO:

FSC.FRONTDESK@US.AF.MIL

WWW.MACDILLFSS.COM

Events

Join Us for Coffee and New Connections



1ST THURSDAY
0830-1030
AT DINER'S
REEF

**SPOUSE
NEWCOMERS
WELCOME
COFFEE**

Enjoy a warm
cup and great
conversations.

**INFORMATION
FAIR**

Learn about
resources and
support available
here at MacDill.

PLEASE RSVP TO FSC.FRONTDESK@US.AF.MIL

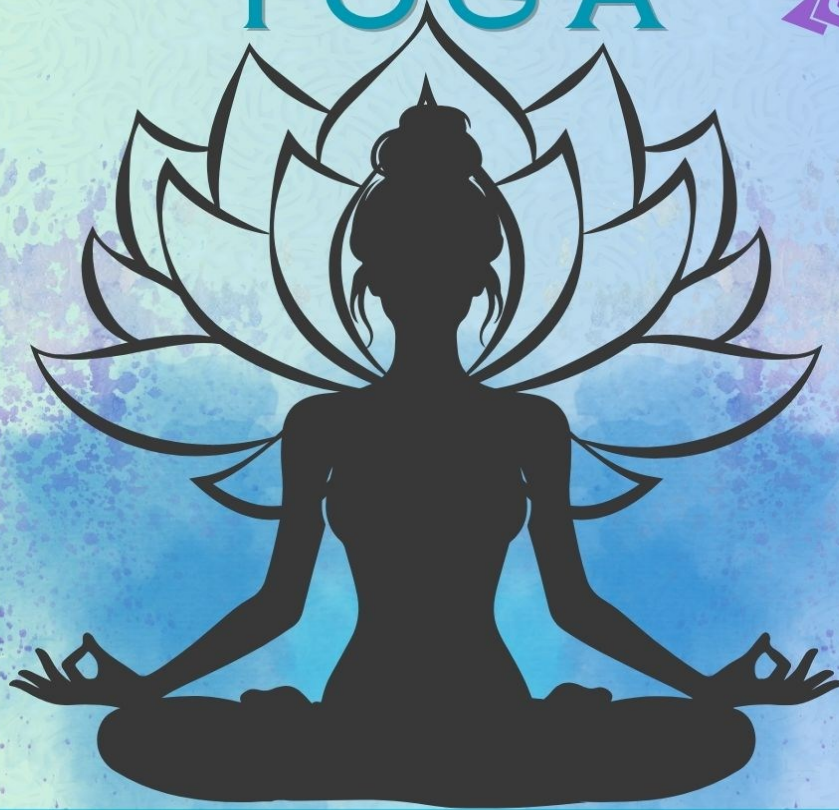
Events

EFMP-FS PRESENT

WELLNESS YOGA

*Register
Now*

JOIN US



EVERY FIRST THURSDAY | 7:30 PM - 8:30 PM
05 FEB, 05 MAR, 02 APR, 07 MAY,
04 JUN, 02 JULY, 06 AUG, 03 SEPT,
01 OCT, 05 NOV, 03 DEC

TO REGISTER EMAIL:

6FSS.FSH.EFMP@US.AF.MIL

YOGA LOFT TAMPA

 2002 E. 5th St Unit 102
Tampa, FL 33605



EFMP Exceptional Family Member Program



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events



DORM DEPARTURE PROGRAM

2026:

- 14 JAN
- 11 FEB
- 11 MAR
- 8 APR
- 13 MAY
- 10 & 24 JUN
- 15 & 29 JUL
- 12 AUG
- 23 SEP
- 21 OCT
- 18 NOV
- 16 DEC



MACDILL AIR FORCE BASE
6TH FORCE SUPPORT SQUADRON



- 🕒 0900-1000
- 📍 Bldg 375 Cyber Cafe

**REGISTER THROUGH
THE M&FRC**



Phone Number
813-828-0145



Email
fsc.frontdesk@us.af.mil

Dorm Departure Program (D2 Program) consist of two parts:
1. Completion of D2 Brief and 2. Completion of 1:1 Budget Review

Events

MACDILL EFMP 201 TRANSITIONS BRIEF



EXCEPTIONAL FAMILY MEMBER PROGRAM

Navigating life transitions can be difficult. MacDill EFMP Team is committed to helping you plan ahead. Whether you are retiring or supporting a dependent EFM through a significant life change. Speak directly to your subject matter experts.

- EFMP Family Support Program Team
- School Liaison Program Manager
- Vocational Rehabilitation-FL DOE
- MacDill Legal-Special Education
- Tricare representative
- MPF Secondary Dependency/Incapacitated Adult
- FL Agency for Persons with Disabilities (APD)
- Special Needs Alliance- (Guardianship, Special Needs Trust & more!)



Join our virtual brief!

2026

TUESDAYS

10:30AM-12:30PM

MAR 10

JUN 9

SEPT 8

DEC 8



For questions or assistance please email:

6fss.fsh.efmp@us.af.mil



See our EFMP One Stop page:
<https://macdillfss.com/efmp>

+1-813-828-0122/0136



EFMP Family Support

Events



MACDILL EFMP FAMILY SUPPORT PRESENTS VIRTUAL TRAINING 2026



DO YOU KNOW ALL OF THE THINGS EFMP FAMILY SUPPORT CAN DO FOR
ACTIVE-DUTY AIR FORCE & SPACE FORCE SERVICE MEMBERS AND
THEIR FAMILIES?

TOPICS COVERED:

- *AIR FORCE/SPACE FORCE DAF FAMILY VECTOR
- *INDIVIDUALIZED FAMILY NEEDS ASSESSMENTS
- *EFMP AIR FORCE/SPACE FORCE GRANTS
- *SPECIAL EDUCATION RESOURCES
- *CHANGES TO AIR FORCE RESPITE CARE PROGRAM

DATES: 21 JAN, 18 FEB, 18 MAR, 15 APR, 20 MAY, 17 JUNE,
15 JUL, 19 AUG, 16 SEPT, 21 OCT, 18 NOV, 16 DEC

IN PERSON & VIRTUAL

(ZOOM CODE: 160 3265 9210 PASSCODE: EFMP101)

FROM 1000-1100

TO REGISTER:

EMAIL: 6FSS.FSH.EFMP@US.AF.MIL OR CALL 813-828-0122

"EFMP101"



Events

Personal Financial Readiness Workshops 2026

All briefings are provided by M&FRC PFR Team at the M&FRC, bldg. 18!

(To include, accredited & certified financial counselors and registered financial planners.)

Sign up individually or
as a unit/team!



Understanding TSP 1300-1430

How much do you really know and understand about the Thrift Savings Plan? Join us as we discuss the ins and outs of TSP. This class is for military and civilian TSP investors and satisfies the Vesting in TSP Financial Readiness Touchpoint.

26 MAR - 25 JUN - 24 SEP - 10 DEC



Estate Planning 1300-1430

Discover the benefits of estate planning. Learn the various components that make up an individual's estate such as wills, life insurance, bank, property, and investment accounts and what happens to an estate after death.

26 FEB - 9 APR - 11 JUN - 27 AUG



Home Sweet Home 1300-1430

Take the stress out of home-buying! Learn how to navigate the market with confidence. We'll cover choosing a realtor, what to look for when selecting a home, and understanding loan options, to include VA home loans.

12 FEB - 9 JUL



Let's Talk Credit 1300-1430

Join the M&FRC as we take a look at simple techniques to save you thousands of dollars. We'll discuss the truths and myths about credit, understanding your credit score, and ways to improve it.

28 MAY - 20 AUG



Holiday Spending 1300-1430

Similar to our Understanding TSP class, our Retirement Planning Starter will discuss making your TSP work for you, as you plan for retirement. The workshop satisfies the Retirement Planning Starter Financial Readiness Touchpoint.

8 OCT - 12 NOV

Events

EFMP-FS PRESENTS

SISTER SERVICE SUPPORT GROUP

Join the MacDill Army EFMP Systems Navigator and Camp Bull Simons ACS EFMP Systems Navigator for this virtual support group! An inclusive, supportive environment to gather and connect with EFMP Army families. Each session will give families the time and space to address their concerns, share valuable knowledge, and create new relationships.



27 March



1100-1200



Please register to receive
the zoom link :)



TO REGISTER...

Call 813-828-0142 or
Email marna.stillman.ctr@us.af.mil

Events

31 MARCH 2026
1100am - 100pm

Limited Slots
Register Now!

Family Fun at the Florida Aquarium

For EFMP & Hearts Apart Deployed Affected Families Only

To Register Email:

6FSS.FSH.EFMP@US.AF.MIL



EFMP Exceptional Family Member Program



MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events

Military & Family Readiness Center:

Bundles *for* Babies

2026 Dates:

3 FEB

11 AUG

14 APR

13 OCT

9 JUN

8 DEC



8:30am-12:30pm
@ the M&FRC, Bldg 18

- ✓ 8+ base agencies
- ✓ Information & resources
- ✓ Q&A with the experts
- ✓ Special gift (if eligible)
- ✓ Register today!




MACDILL AIR FORCE BASE
6TH FORCE SUPPORT SQUADRON



*Active Duty/Reserve on Title 10 orders and their dependent spouses

 813-828-0145

 fsc.frontdesk@us.af.mil

Events



MACDILL AFB M&FRC

PERSONAL & WORK LIFE PROGRAM

HEARTLINK

MILITARY SPOUSE ORIENTATION

April 28, 2026

8:30am—1:30pm

MFRC, Bldg. 18

8105 Condor Street

MacDill AFB

All Branches Welcome!

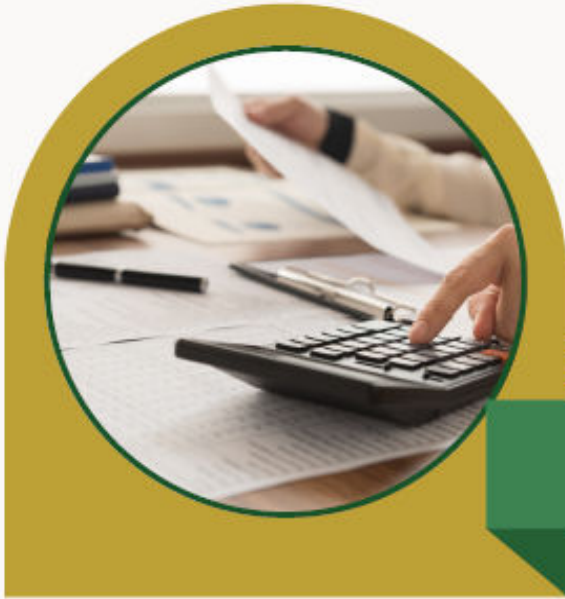
- Installation information
- Community Program and Resources
- Introduction into Military Protocol
- And much more!

Please Email FSC.Frontdesk@us.af.mil to register.



MACDILL AIR FORCE BASE
6TH FORCE SUPPORT SQUADRON

Events



M&FRC

Finances, without the stress!

MONEY 101 **WORKSHOP**

Learn to navigate your finances with confidence; money conversations, budgets, tax preparation, TSP/BRS, goal setting, financial planning, & much more!



2026
22 JAN
30 APR
10 SEP



1300-1430



M&FRC
BLDG 18

Register Now



FSC.Frontdesk@us.af.mil
813-828-0145

All briefs provided by M&FRC PFR team and MFLC.

Events

M&FRC Presents:
HURRICANE PREP

2026







Let's Start Now!

The M&FRC
10:00am-12:00pm

19 MAY
16 JUN

21 JUL
18 AUG

***Learn what to do and
where to find help!***

-  Emergency Management
-  Finance Office
-  Resident Advocate
-  EFMP
-  MFLC
-  And more!

Register NOW!



813-828-0145



fsc.frontdesk@us.af.mil

Events



RESUME WRITING 101 PRIVATE INDUSTRY AND INTERVIEWING SKILLS 2026

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3:30PM

JANUARY 12
FEBRUARY 9
MARCH 16
APRIL 13

MAY 18
JUNE 15
JULY 20
AUGUST 17

SEPTEMBER 21
OCTOBER 5
NOVEMBER 23
DECEMBER 21

This workshop helps you create a resume that will get you the interview. Learn the basic resume constructions and different formats for targeting good employment opportunities. Learn the techniques involved in the interviewing process and how to handle salary issues.

TO REGISTER CONTACT:
6MSS.employments@us.af.mil • (813) 828-0145



FEDERAL EMPLOYMENT WORKSHOPS 2026

M&FRC BUILDING #38 TRAINING ROOM • 1PM - 3PM

JANUARY 13
FEBRUARY 10
MARCH 17
APRIL 14

MAY 19
JUNE 16
JULY 21
AUGUST 18

SEPTEMBER 22
OCTOBER 6
NOVEMBER 24
DECEMBER 22

This workshop gives tips and advice on how to write a federal resume that will get you the interview. Also, learn the ins and outs of USA Jobs and how to navigate the application process.

TO REGISTER CONTACT:
6MSS.employments@us.af.mil • (813) 828-0145



FIND MORE INFO AT:
MACDILLFSS.COM
FOLLOW US @MACDILLFSS



FIND MORE INFO AT:
MACDILLFSS.COM
FOLLOW US @MACDILLFSS

Employment Workshops Are open to Dependents!!!

MACDILL AFB CAREER FAIR 2026 Calendar

OPEN TO ALL ACTIVE DUTY, GUARD/RESERVE, DOD CIVILIANS & SPOUSES WITH ACCESS TO INSTALLATIONS

SAVE THE DATE

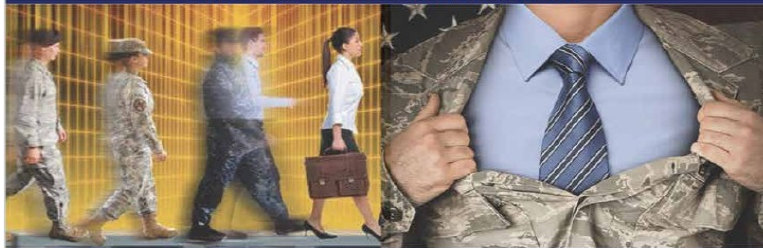
11AM-2PM

30 January (Skillbridge)
23 April
30 July
29 October

SAVE THE DATE

Locations Varies

Please Contact Us For More information



Meet 70+ Local and International Employers!



Follow us @ macdillfss
or email: 6mss.employments@us.af.mil



Events

BAY PALMS GOLF COURSE



FREE

ACTIVE DUTY CLINIC

Free Golf Lessons for
Active Duty & their Spouses

12PM-1PM

on select Wednesdays

Please meet at the driving range 10 minutes prior to start time.
Instruction & equipment will be provided if needed.
No reservation required

2025-2026 SEASON

Oct 8 & 22

Nov 5 & 19

Dec 3 & 17

Jan 7 & 21

Feb 4 & 18

Mar 4 & 18

Apr 1, 15 & 29

May 13



BAY PALMS
MACDILL AFB

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events



FIRST FRIDAYS YOUTH CENTER OPEN HOUSE

Dates:

- February 6
- March 6
- April 3
- May 1

Youth Center First Fridays are **FREE!** Want to see what the Youth Center has to offer your 9-18 year olds? Then come and check us out! (If 18, must be a current High School student).

Friday hours are 2:00pm-6:00pm.
No registration required.



Contact the Youth Center at:
813-828-7956 or 6fss.fsy.yp@us.af.mil
for more details.



Events



SEASCAPES

Tuesday

SPAGHETTI NIGHT



Trivia
6PM

\$10

*Spaghetti & Meatballs
served with a Slice of Garlic Bread*

Add a Side Salad for \$3

5-8PM

Events

Lucky Specials!

March 8

Available at 8 Iron Grill | Hangar 6 Grill

Corned Beef Sandwich Combo | \$12.50

Served with Chips & Medium Drink/Bottle of Soda

Leprechaun Fries | \$5.00

Side of Fries with Nacho Cheese & Jalapeños

Green Beer (Domestic Draft)

\$5.00

21+ Drink Responsibly

Events

National Meatball Day



\$12.50

March 9

**Meatball Sub with Chips and
a Medium Fountain Drink**

Available at 8 Iron Grill

Events



MACDILL SCHOOL LIAISON ONLINE WORKSHOP

TRANSITIONING TO KINDERGARTEN



Wednesday, March 11
12PM

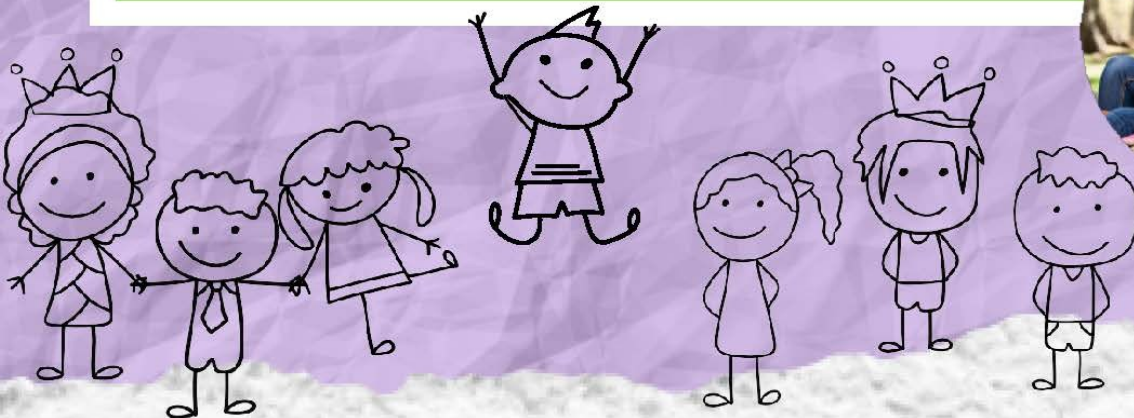


Zoom link: Join ZoomGov Meeting

<https://www.zoomgov.com/j/1617865110?pwd=cMjkXoswQZwOqQtmy7Cm0vuXqUECqg.1>

Meeting ID: 161 786 5110

Passcode: SCHOOL



FOR MORE INFO:

macdillfss.com/school-liaison-program

Dr. Venetia D. Waters, School Liaison Program Manager

813-828-0146 VENETIA.WATERS@US.AF.MIL



Events

MACDILL LANES & FAMILY FUN CENTER

LUCKY BOWL

KIDS NIGHT!



Cosmic Bowling • Food • FUN!

DJ!
5-7PM

MARCH 13
5-8PM

Prizes!

Cosmic Bowl Lanes \$17/hr (up to six people)

*shoes not included

Chicken Nuggets with Fries, 2 St. Patrick's Themed Cookies and a Juice Box
\$7.50

KIDS GOODY BAGS!
With Food Purchase (While supplies last)

Events



MARCH 13, 2026

SPRING

INTO

COLOR

3K/5K RUN/WALK

FITNESS CENTER TURF FIELD PARKING LOT

WEAR YOUR WHITE SHIRT!

Time: 0700, Check in by 0645

- Sign up for the 5K or 3K run/walk
- Free shirts while supplies last
- Prizes for fastest male & female for 3K & 5K
- Raffle Prizes
- Volunteers needed



Events

DJ!
5-9pm



*ESM
Welcome!*

SEASCAPES

Shamrocks by the Sea

SATURDAY
14 MARCH

Bar open 3-9pm

St. Patrick's Dinner Buffet | \$18.95

Food Specials (5-8pm)

Corned Beef, Cabbage, Boiled Potatoes, Mixed Spring Salad, and a Roll

Dessert: Bread Pudding

Drink Specials – Green Beer & Specialty Drinks

macdillfss.com

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON

Events

Bay Palms Golf Course

Golf Tune Up Tuesdays



Improve your game in
a group environment.

We will begin with 30 minutes on the range,
followed by 30 minutes on the short game areas.

From beginners to experienced players,
we can all benefit from a skilled instructor
helping us improve our game.

Sign up & pay at the Pro Shop. *Space is limited.*

Three sessions available:

11am-12pm, 12-1pm and 4-5pm.

\$40 per person. 8-person limit per session.

**Sessions are on the third Tuesday of the month
except for June & July 2026.**

20 January | 17 February | 17 March | 21 April | 19 May | 18 August

15 September | 20 October | 17 November | 15 December

(813) 828-0046



Events



2026 St. Patrick's CLEAN UP

Mar 18th | 8am-1pm
Bayshore Drive



Give Back to the
Tampa Bay Community



Calling All Certified Divers & Kayakers!

Volunteers are needed for the Annual St. Patrick's Cleanup on Bayshore Drive. Transportation is available if needed. We'll depart the marina at 8am and return around 1pm.

**Tanks can be provided upon request — please indicate when signing up.*



Call to Sign up @
(813) 840-6919/6920,
(813) 828-4983,
(813) 840-1513 and (813) 512-6710

Events

2-TANK GULF DIVE

OUTDOOR ADVENTURE TRIPS

The Gulf of America is one of Florida's hidden gems, home to some of the most diverse marine life and thriving underwater ecosystems you'll ever see.

Join us for an unforgettable 2-Tank Gulf Dive and experience the beauty beneath the waves!

Dates: Saturday, January 24, 2026

Saturday, February 28, 2026

Saturday, March 21, 2026

Time: 8:00 AM – 2:00 PM

Departing from: These details will be put out the closer we get to the date, locations may change due to conditions


Cost: \$150 per person (covers trip only)


Important Details: Diving equipment is not included. If you don't have your own gear, please let us know when you book—we'll help get you set up.

Spaces are limited and will fill up fast! Advance sign-up is required.

**This trips is weather permitting, trip will be reschedule or refunded if there is incliment weather.*

Don't miss this chance to explore the Gulf's hidden underwater treasures with us!

 Call the FamCamp at (813) 512-6710/(813) 840-6920, Mon-Sat for reservations.

 macdillfss.com

MACDILL AIR FORCE BASE
FORCE
SUPPORT SQUADRON



**3 DATES TO
CHOOSE!**



Events

OUTDOOR ADVENTURE TRIPS



FISHING CHARTER

MacDill Half Day Fishing Charter

Jan 17th | Feb 7th | Mar 24th | 8AM-1PM | MacDill Marina | \$60pp

Departure: 8AM from MacDill Marina

Duration: 5 hours of fishing in beautiful Old Tampa Bay

Included in Trip Price: Fishing pole, bait, life preserver, cooler with ice and water

Sign-Up Requirement: Must be registered in advance to participate

What to Bring: Hat for sun protection, proper fishing attire, sunscreen & sunglasses recommended

Perfect for: All skill levels—whether you're a first-time angler or seasoned fisherman!
Very chill relaxing trip- food not included bring your own snacks.

Call the FamCamp at (813) 512-6710/(813) 840-6920,
Mon-Sat for reservations.

macdillfss.com



Events

DEPARTMENT OF THE AIR FORCE



SCHOOL LIAISON
PROGRAM



PARENT WORKSHOP NAVIGATING PARENT-CHILD CONFLICT

Join us for a parent-focused presentation that discusses developmentally appropriate conflict management.

Zoom Link:



Meeting ID: 160 059 8255

Passcode: SCHOOL

THURSDAY

MARCH 26, 2026

@ 6:00 PM | VIA ZOOM

**FOR MORE
INFORMATION, CONTACT:
DR. VENETIA D WATERS
SCHOOL LIAISON
PROGRAM MANAGER**

**COMM: 813-828-0146
CELL: 813-597-6061**



Events

2026 Easter Eggstravaganza

SATURDAY 28 MARCH | 10AM

FITNESS CENTER SOUTH FIELD



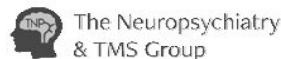
**EGG HUNT
EASTER BUNNY
GAMES & PRIZES
ARTS & CRAFTS
FOOD TRUCKS
DJ... & MORE!**



EGG HUNT TIMES

	EFMP: 10:15 AM	Ages 1-4: 10:30 AM	Ages 5-8: 10:45 AM	Ages 9-12: 11:00 AM	Ages 13+: 11:15 AM	 Adults: 11:30 AM
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Thank you to our sponsors...



No federal endorsement of sponsors intended

Resources

Health & Wellness Center Mission and Vision

Mission:

Provide top quality health & fitness services, increase military readiness, reduce health risks, decrease health care demands, & enhance quality of life.

Vision:

Transforming health for a ready and resilient MacDill Community

All services/programs are available to active duty, family members 18 Years and older, retirees, and DoD civilians (Effective 1 June 2025—AD only May Receive One-on-One for Nutrition Counseling)

Biometric Screenings

Micro Smokerlyzer®: When inhaled, carbon monoxide (CO) competes with oxygen in the bloodstream, starving body tissues of the ability to repair and regenerate. This quick, easy assessment shows the levels of CO inhaled as well as the % of oxygen that has been replaced in the bloodstream.

Blood Pressure: Coming Soon!

We Will Come to You!

Fit Stops (Mini Health Fairs): Mobile health screenings or briefings conducted at units/squadrons upon request. These are customized to address the specific needs of the unit's population and potential health risks.

CC Call Briefings: 15-minute briefings on selected topics. Includes "Optimize Your Sleep," "Align Nutrition with Training," "Activate Your Life," and "What's Up at the HAWC?" Tailored briefings offered at CC's request.

Annual observances: Healthy Weight Month, Great American Smoke-out®, National Nutrition Month®, National Sports and Fitness Month, National Running Month, Tobacco-Free Living, Suicide Prevention, Diabetes Prevention and many more...

Resources

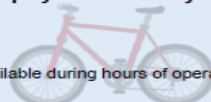
Resource Library: Pick up some pamphlets and booklets on topics of interest.

Exercise Equipment: Our staff will be happy to assist you with using our selection of cardiovascular and strength training equipment including the Octane® Elliptical.

Tanita® Body Composition Analyzer: Calculates body fat, estimated muscle mass and base metabolic rate. Shows separate body composition for right/left arms/legs and trunk. Results are provided on a printed ticket.

Bike-It!

Get fit the fun way! Come check out a bike at the HAWC to get in your daily physical activity!



Available during hours of operation

We are available 24/7! Find out about all the Health Promotion programs, services, calendar of events, and more at:

1. www.facebook.com/MacDillHAWC
2. Download the [USAF Connect](#) app



Leading the way to a strong, healthier tomorrow by providing
Trusted Care, Anywhere

Programs and Services
Fit Fighters
Healthy Families

Hours of Operation:

Mon – Fri 0730-1600
Outreach Hours: Variable

Contact us:

8115 Cypress Stand St Bldg 303
MacDill AFB, FL 33621
(813) 828-4739

Shane Warye, Director, Health Promotion
Shane.e.warye.civ@health.mil
Chandler Falcon, Dietitian, Health Promotion
Chandler.h.falcon.ctr@health.mil

www.facebook.com/macdillhawc

Wellness

AF Body Composition Program

BEST S.E.L.F.

This lifestyle wellness program balances nutrition, exercise principles, and techniques for lifestyle and behavior changes. Using the InBody® scale or Bod Pod®, our professionals will develop your customized program to ensure your operational readiness!

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Facilitated by former smoker, and experts in health education, stress management, nutrition & exercise

Optimizing Sleep Class:

Build Better Sleep Habits – Catching ZZZ's may be the key to unlocking a healthier you!

HeRO: The Air Force Health and Readiness Optimization Program

Fosters a culture and environment that values health and wellness! This will improve mission readiness and productivity of the military community, while contributing to the physical, mental, and emotional well-being of all Airmen.

Fitness/Human Performance

S.N.A.P. to It!

Strategic Nutrition for Airmen Performance

Introductory Nutrition / Lifestyle education for those who did not pass or are struggling to pass their PT test.

Running Clinic

Improve your run time! Learn about running mechanism, injury prevention, and performance enhancement. Get a shoe analysis, footwear recommendations, and more...

Supplements-they are NOT all created equal

Learn how to make educated decisions on which supplements are best for you.

Fuel to the Max!

Release the athlete within you! Fuel your body, get strong, and optimize performance with your individual plan from our Sports Dietitian.

Bod Pod® or InBody® 570

Assess and track body composition! The BOD POD® uses Air Displacement and the InBody® uses multi-frequency Bioelectrical Impedance Analysis (BIA) to provide very accurate measurements.

Metabolic Testing System

Want the big picture for you and your body? Obtain a true metabolic measurement in a matter of minutes!

Must meet eligibility requirements

Sabal Park Clinic

Choose to Quit (C2Q) Tobacco/Nicotine Cessation

"Kick the habit" for good! Our 3-week class provides guidance on developing and following your quit plan!

Topics include stress management, exercise, mouth care, nutrition & exercise.

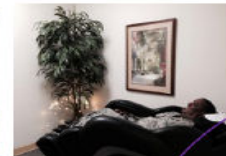
Facilitated by behavioral specialists and physicians

Stress LESS at the HAWC



Private Relaxation Room

Come enjoy a relaxing massage chair and water feature in a private, soothing environment.



De-Stress

Pick up a deep relaxation CD in our resource area.

Resources



PRAY FOR ME
CHAPLAIN

CONFIDENTIAL PRAYER REQUESTS

We are honored to support you and your families through prayer. Scan the QR code to submit a confidential prayer request. We have your back.



Your Macdill Chapel Team

AMERICANS CAN VOTE.
WHEREVER THEY ARE.

Did you know that Service members, their families, and overseas citizens can vote when away from their voting residence?



HOW TO VOTE FROM ANYWHERE

WHEN YOU'RE IN THE MILITARY OR LIVING OVERSEAS

STEP
1

Register and request your absentee ballot at FVAP.gov

STEP
2

Fill out and send in your ballot when it arrives

Get everything you need to vote absentee at FVAP.gov

Please Contact
The Installation Voting
Assistance Officer
At Macdill.voting@us.af.mil
with any question.

**FOR LIFE, LIMB, EYESIGHT THREATENING
EMERGENCIES:**

Call 911 or go to the nearest ER.

All Other Urgent Medical Needs:
Call 813-828-2273 (APPT)

Prior Authorization is needed for all
non-emergency care .
patientportal.mhsgenesis.health.mil

1-800-477-8227

DoD

**Safe
Helpline**

Sexual Assault Support for the DoD Community

safehelpline.org | 877-995-5247

Resources

FAMILY ADVOCACY PROGRAM

Strengthening
our community
one family at a
time



6th Medical Group
2nd Floor
813-827-9172



MACDILL AFB
DOMESTIC ABUSE
HELPLINE

813-279-1320



Restricted & Unrestricted Reporting
24/7 Victim Advocate Support
Safety Planning
Get Help Now!

Family Advocacy Program
813-827-9172



CareerSource
HILLSBOROUGH PINELLAS

@ MacDill AFB

Ted Davis, FCWP1, USMC

Business Manager/Career Coach/MacDill AFB

Davist@CareerSourceHP.com

C: (813) 599-7184



Sylwia Pleak

Business Development Manager - Military &
Spouse Program

pleaks@careersourcetb.com

P: (813) 930-7400

www.CareerSourceHillsboroughPinellas.com

LEGAL ASSISTANCE



8208 Hangar Loop Dr.
Building 299
(813) 828-4421

6arw.ja.generallaw@us.af.mil

**Walk-in Hours for Notary and
Power of Attorney:**

Mon., Tue. & Thu. (0900-1500)
Wed. (1300-1500)
Fri. (0900-1100)

Wills and Legal Advice:

By Appointment Only

<https://aflegalassistance.law.af.mil/las/las.html>

Resources



FLORIDA DEPARTMENT OF VETERANS' AFFAIRS

Honoring those who served U.S.

Carmelo Mora

State Veterans Service Officer

813-828-8522

Carmelo.mora@FDVA.FL.GOV



6 ARW Chaplain Corps

Bldg. 355 (813) 828-3621

After hours through the Command Post:(813) 828-4361

**MILITARY
ONE
SOURCE**

ONE SOURCE CONNECTING YOU
TO YOUR BEST MIL LIFE.

MilitaryOneSource.mil | 800-342-9647



**MILITARY & FAMILY
LIFE COUNSELING**

@ the MFRC

Amity Mainridge 813-210-7822

Kim Peters 813-816-3061



FloridaDisaster.ORG
DIVISION OF EMERGENCY MANAGEMENT

KNOW YOUR ZONE



**FREE PERSONAL
FINANCIAL COUNSELOR**

@ THE MFRC

**JOSHUA MELCHOR,
CFP**

813-486-2835

PFC.MACDILL@MAGELLANFEDERAL.COM

RETIREMENT PLANNING, TSP,
ESTATE PLANNING, ETC.

Resources

MacDill Resident Advocate

ADVOCATE



VOICE OF RESIDENTS TO BASE COMMANDER: Chain of Command is Direct to CV/CC

IMPROVE NEIGHBORHOODS: Detect Trends and Recommend COAs

RESIDENT VOICE COUNCIL: Quarterly with Reps, 6 ARW/CC/CCC, 6 MSG, 6 CES, Harbor Bay

CUSTOMER SERVICE



OFFICE: Building 17 (near Post Office/Military & Family Readiness Center)

PHONE: (813) 828-2377



VIRTUAL: Facebook Messenger, Microsoft Teams, Zoom, Email

OUTREACH

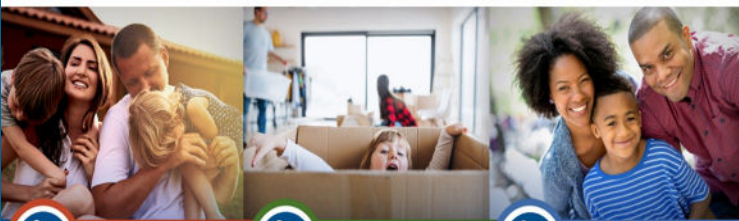


SOCIAL MEDIA: (Daily) Provide Information; Monitor for Trends

NEIGHBORHOOD WALKS: (Monthly) Direct Eyes-On Residences; Social Interaction

TOWN HALL MEETINGS: (Oct/Apr) Open to ALL; Direct Interaction w/ Base Commander

EFMP Triad



IDENTIFICATION & ENROLLMENT



ASSIGNMENT COORDINATION



FAMILY SUPPORT

<https://macdillfss.com/efmp/>



Join our FB group at:
MACDILL AFB EFMP

MACDILL AFB

SCHOOL LIAISON PROGRAM

DEPARTMENT OF THE AIR FORCE



SCHOOL LIAISON PROGRAM



PHONE: (813) 828-0146

DSN: 987-0146

cell: (813) 597-6061



macdillfss.com/school-liaison-program
venetia.waters@us.af.mil



Military Family Readiness Center
8105 Condor St. Bldg #18
MacDill AFB, FL 33621



MACDILL AIR FORCE BASE

FORCE
SUPPORT SQUADRON

Resources



MILITARY & FAMILY LIFE COUNSELING

School Military Family Life Counselors (MFLC) If your school is NOT listed: Use Hillsborough VTC

School	MFLC Phone
Kenneth" ADUM" K-8	813-629-2099
Ballast Point Elementary	813-460-8454
Barrington Middle	813-392-8737
Bevis Elementary	813-310-6765
Collins Elementary	813-310-6765
Dorothy C "YORK" Innovation Academy	813-853-9515
East Bay High School	813 853-9515
FishHawk Creek Elem	210-740-8834
Hillsborough VTC	813-629-2099
Lanier Elementary	813-460-8454
Plant High School	813-392-8924
Newsome High School	813-388-0937
Newsome High School	813-244-5816
Randall Middle	813-392-8737
Riverview High School	813-293-3289
Stowers Elementary	813- 695-3142
Summerfield Crossings Elementary	813- 695-3142
Sumner High School	813-310-8133
T.R. "ROBINSON" High School	813-392-8924
TINKER K-8	813-285-0115
TINKER K-8	813-293-1888
Warren Hope "Dawson" Elementary	210-740-8834
WestShore Elementary	813-629-2099

FOR MORE INFO:

 macdilltss.com/school-liaison-program
Dr. Venetia D. Waters, School Liaison Program Manager
 813-828-0146  VENETIA.WATERS@USAF.MIL

