

## Military Saves Week is February 20 - 27!

Get ready to improve your financial future throughout the week as we help you set financial goals tailored to your specific needs. All members of the military community are encouraged to take "The Saver Pledge."

### MILITARY SAVES

START SMALL. THINK BIG.

### TAKE THE PLEDGE TODAY!

- ESTABLISH (OR IMPROVE) A FINANCIAL PLAN
- SAVE MONEY
- REDUCE DEBT
- ENROLL IN THE THRIFT SAVINGS PLAN

[militarysaves.org](http://militarysaves.org)

### WHAT IS MILITARY SAVES?

Military Saves is a social marketing campaign to persuade, motivate, and encourage military families to save money every month.



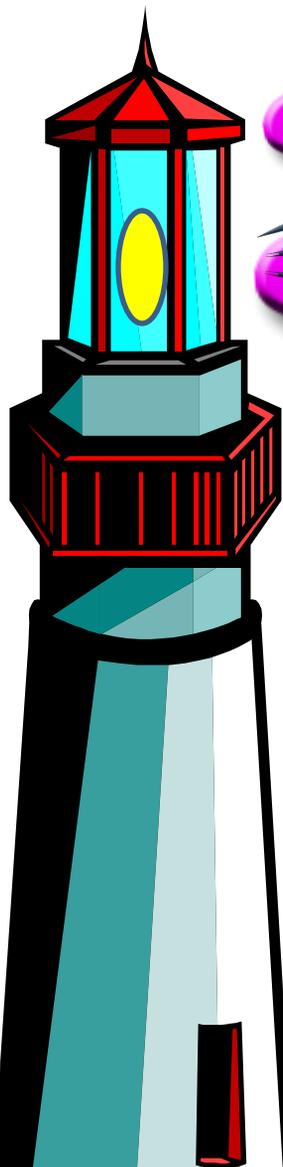
This week-long campaign will be a great opportunity to educate yourself on ways to build wealth and improve your financial outlook!



You will hear from special guest speakers, have resources available to assist you in your efforts to become a better SAVER, and best of all - you will be in a supportive environment that encourages everyone to set financial goals and improve their understanding of personal finances!

For more information, please contact Mark Kinkade, Personal Financial Manager, at FFSC: (o) 850.235.5611 or email: [mark.a.kinkade.ctr@navy.mil](mailto:mark.a.kinkade.ctr@navy.mil)

\*Schedule of events and speakers during the campaign will be available early February\*



#### Fleet and Family Support Center

101 Vernon Avenue – Bldg 304/Room 121  
850.235.5800/DSN 436.5800  
Hours of Operation:  
Monday – Friday  
8:00 am to 3:30 pm



Also  
In this Issue:

*Enhancing Relationships*



Page 2

Transition Assistance Management Program

Page 3

Information & Referral

Page 4 & 5

Calendar of Events

Page 6

Community Corner

Naval Trivia

Page 7

## Enhancing Relationships

Using the “3 C’s of Healthy Relationships” as guidance, many people can improve any relationship they are in. The “3 C’s are: **Commitment, Communication and Compromise.**

What is **Commitment**? Well, the answer to that question varies. That’s why it is so very important to know how you and your significant other define commitment. Often I ask couples to define “commitment” and/or “marriage” individually. Then, they share their definitions and we talk about how their definitions are similar or different. More often, than not, the definitions are similar and this helps the couple to feel connected. Any differences in their definitions are discussed and they sometimes hear for the first time, what the other expects from the relationship. I also focus on each person’s level of commitment. Once you define commitment, decide if your behavior and actions fit within your definition. Define it and live it!

**Communication**, the second C, is imperative. Each person must feel comfortable expressing their thoughts and feelings. I often remind folks that feelings are NEVER wrong and expressing them openly, honestly and calmly is never wrong. You may not agree or even understand, but you must listen and try to accept your partner’s feelings.

When communicating, women have a tendency to pursue and men to withdraw. The problem with this is the other’s perception of what we are doing. Men seem to perceive a woman’s pursuit of a discussion as “nagging”. Most of the time, our intent is to talk about and resolve problems, thus strengthening our relationship. Women tend to take men’s withdrawal as avoidance. When, in fact, men usually withdraw from a discussion for fear it will become an argument that might hurt the relationship; they avoid in hopes of protecting the relationship. Once we understand each other’s intent, it opens the door to respectful and honest communication that serves to gain insight and acceptance. Oh, and don’t forget, communication is a two-way street, consisting of talking AND listening and should occur daily.

Finally, all couples need to practice **Compromise**. Now, let me be clear, compromising is not the same as sacrificing! Compromise means to give up one thing in exchange for something from the other side. Sacrifice, on the other hand, is to completely let go of something valuable to an individual, in the name of duty. The key to true compromise is to mutually decide, without resentment, on the solution you are going to “try”. Make sure you set up a time to meet again and discuss if this compromise is working for both of you. If not, try again! Ask yourself, “What is my goal here, to have a good relationship or to always be right?” If your goal is happiness, compromise is imperative. If you cannot come to a compromise, sometimes you must agree to disagree (and then drop the subject).

In conclusion, couples in happy unions share similar beliefs/ideas regarding **Commitment** and they practice those beliefs, they **Communicate** respectfully, honestly and without fear or repercussion and they are **both** willing and able to **Compromise**, without resentment.

*For it was not into my ear you whispered, but into my heart.  
It was not my lips you kissed, but my soul. Judy Garland*

Kandis Bainter is a licensed Clinical Counselor. She can provide a full range of services aimed at helping you improve your Life Skills. For more information, contact Kandis Bainter at 636.6105 or email at [kandis.bainter.ctr@navy.mil](mailto:kandis.bainter.ctr@navy.mil).

### TRANSITION ASSISTANCE MANAGEMENT PROGRAM

Leaving a military career to join the civilian work force and job market can be a difficult transition. There are a number of simple questions to ask, but often it is hard to derive at answers! It is very important to prepare yourself and think about your options. It is never too early to begin this process. The Fleet and Family Support Center (FFSC) offers the availability of resources and assistance in career planning and employment that assist military members and their families in making successful transitions from their military careers to civilian employment and community life. Transition Assistance Management Program (TAMP) provides a comprehensive range of services to separating and retiring service members and their families.

Services include, but are not limited to, pre-separation counseling, post-military employment networks, information and referral services, career and job search assistance, military skills and training verification, job fairs, promotion and use of Internet resources. The intent of these services and benefits are to assist Sailors and their families in making informed and effective "transition" decisions as they prepare to return to civilian employment and return ambassadors to the civilian community.

Delivery of these services is achieved through a cooperative effort. FFSC partners with Tyndall Air Force Base (TAFB) to deliver the Department of Labor (DOL) Transition Assistance Program (TAP) 4- day Workshop. The workshop covers the DOL 2.5 day's course and curriculum, and the Department of Veterans Affairs (DVA) .5 benefits training day. FFSC has a jobs bulletin board (JBB) which has job announcements and a Transition Bulletin Board which has other transition-related services announcements. Information is also available on special placement programs such as teacher and teacher aide certification and placement program, federal employment opportunities and job fairs.

Pre-Separation counseling (normally done by the Command Career Counselor) shall be available at least 90 days before separation to all Service members who are being discharged, retired, or otherwise released from active duty. The purpose of pre-separation counseling is to ensure all active duty separating Service Members have the opportunity to be made aware of the transition services and benefits available to assist them and their spouses in adjusting to civilian life.

TAMP programs prepare separating Service Members and their families with the skills, tools, and self-confidence necessary to ensure successful reentry into the Nation's civilian work force. Spouses are encouraged to participate in transition planning and counseling to the maximum extent possible.

**The Workforce Center** offers many resources to the job seeker. The site represents a cooperative effort by many public agencies and private organizations to serve the employment needs of the area. For more information, call **850-872-4340**.

The Fleet and Family Support Center offers a variety of services to transitioning military members and their families. For more information about transitioning from military to civilian life, contact Tim Bowers. Call Tim at 235.5587 or email him at [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil)



### *Come Meet Other IA Families!!*

A multipurpose Discussion & Networking Group for Family Members of Individual Augmentees to come together in an informal and relaxed environment. Open discussion about topics of interest to IA family members such as R&R leave, dealing with worry and stress, helping children whose parent is deployed, resources, and more.

For Date and Time, please contact Debra Forand @ 234-4898 at the Fleet and Family Support Center.



# Teen Seminar

February 2, 9, 16 & 23

Each Wednesday 1700-1800

Tyndall Youth Center

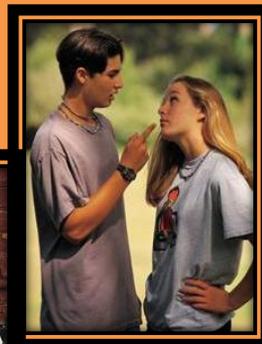
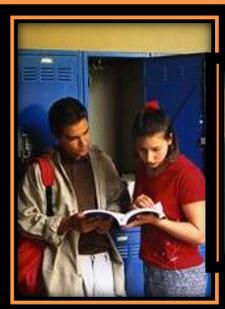
\*recommended for ages 13-18

\*requires parental permission

learn to recognize abusive behaviors

learn about available resources

learn healthy relationship skills



Contact Family Advocacy Program at 283-7511 or Youth Programs at 283-4366 to register

To review material go to [www.loveisnotabuse.com](http://www.loveisnotabuse.com)



## NFAAS?

There are two things Navy families should do immediately following a declared disaster: muster with their command and complete a needs assessment with the Navy Family Accountability and Assessment System (NFAAS). You have heard the acronym. You may have even used it, but what does **NFAAS** really mean for you?

Navy Family Accountability and Assessment Systems (NFAAS) standardizes a method for the Navy to account, assess, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event.

The NFAAS provides valuable information to all levels of the Navy chain of command, allowing commanders to make strategic decisions which facilitate a return to stability. NFAAS allows Navy Personnel and families to do the following: update contact/location information, complete needs assessment, view reference information, and receive support services during a catastrophic event.

During NFAAS training you will learn how to navigate the NFAAS system and update your information. You will also learn what you can expect from the Fleet and Family Support Center after a catastrophic event. It is information that is vital to you and your family! Understanding the function of NFAAS and the roles and responsibility of the Fleet and Family Support Center can assist you will all aspects of family readiness. If you would like more information or would like to attend NFAAS training please contact Debra Forand at the FFSC 234-4898.





## MILITARY SAVES WEEK IS FEBRUARY 20 – 27! Start Small. Think Big.



### Free Tax Preparation Available

Beginning January 17, 2011, Military OneSource brings you H&R Block At Home Basic® electronic tax filing through the Military OneSource website and telephonic tax consultations. Prepare your 2010 state and federal taxes with this easy-to-use program. The DoD, H&R Block At Home Basic® is available for free to active duty, National Guard, and Reserve service members and their families. Tax consultants are available seven days a week from 7AM-11PM ET by calling the Military OneSource Tax Hotline at 1-800-730-3802.

Please Note: You must use the link on the Military OneSource website to access the customized product and create an account. Do not go to the public H&R Block website to create a user account.

### Plan a Romantic Get-a-way

**La Maison de Lucy** will delight you with its world class accommodations. For more information, visit [www.lamaisondelucy.com](http://www.lamaisondelucy.com).

**The Coombs Inn** welcomes guests to experience historic charm in an intimate setting. To see more, visit [www.coombshouseinn.com](http://www.coombshouseinn.com).

**Port Inn** offers a serene coastal ambience. Visit [www.portinnfl.com](http://www.portinnfl.com).

### Famous Quotes:

*A kiss is a lovely trick designed by nature to stop speech when words become superfluous.*

Ingrid Bergman



### KID'S CORNER:

**Dogs and mothers  
will love you no  
matter what.**

*Heather, age 16*

**Our Military Kids:** Provide tangible support to children of deployed National Guard and Reserve personnel as well as to children of severely injured service members through grants for enrichment activities and tutoring.

<http://www.ourmilitarykids.org/>

### The 24<sup>th</sup> Annual Bay County Job Fair

The **Bay County Job Fair** – The 24<sup>th</sup> Annual Bay County Job Fair will be on Friday, February 11<sup>th</sup> 2011 from 9:00 a.m. to 1:00 p.m., at Haney Technical Center (3016 Hwy 77 Panama City, FL 32405). This annual job fair hosted by Haney Technical Center, FFSC NSA Panama City, Tyndall Air Force Base and the Workforce Center brings together Employers and Jobseekers! Job seekers should come to the job fair prepared – dressed to meet with employers face to face and have enough copies of your resume ready to hand out to each company that you are interested in. For additional information visit this website: [www.baycountyjobfair.com](http://www.baycountyjobfair.com)



**Concerned that your resume may be sabotaging your efforts in finding a job!!!**

Contact Tim Bowers, Transition Assistance Management and Family Employment Readiness Program Coordinator and arrange for a review and/or edit to ensure you have a Value-Based Resume.

Phone: 850.235.5587 or E-mail: [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil)

# Fleet and Family Support Center

February 2011

## NEWSLETTER

Page 6

### February Calendar of FFSC Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Workforce Representative 0800-1500	4 Home Buying Strategies 1100-1200	5
6	7 Best Value at Job Fairs 1000-1100	8 Social Media 1000-1100 Car Buying 1400-1500	9 NFAAS Training 1200-1300	10 VA Rep for Medical Pre-claims 0830-1500	11 Marriage Enrichment 0900-1500	12
13	14  Valentine's Day	15 Effective Networking 1000-1100	16 Thrift Savings Plan 1400-1500	17 Extreme Makeover 0900-1100 IA Discussion Group 1200-1300	18 Social Media 1100-1200	19
20	21 President's Day Holiday (Office Closed)	22	23	24 VA Rep for Medical Pre-claims 0830-1500	25 Children's Deployment Activity Hour 1200-1300 Steps to Entrepreneurship 0900-1100	26
27	28	← <b>Military Saves Campaign</b> →				

Dates and times of programs are subject to change. Please call the number listed for each program for confirmation. Registration is required for all events. Events will be cancelled if no participation.

- 3 Feb **Workforce Representative:** This individual assists with the job search and writing a basic resume for the working age dependents of active duty military members. Call Tim Bowers at 235-5587 or email [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil) to register
- 4 Feb **Home Buying Strategies:** Call Mark Kinkade at 235-5611 or email [mark.a.kinkade.ctr@navy.mil](mailto:mark.a.kinkade.ctr@navy.mil) for more information
- 7 Feb **Best Value at the Job Fair:** Contact Tim Bowers at 235.5587 or email [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil) for more information
- 8 Feb & 18 Feb **Social Media:** Contact Tim Bowers at 235.5587 or email [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil) for more information
- 8 Feb **Car Buying:** Call Mark Kinkade at 235-5611 or email [mark.a.kinkade.ctr@navy.mil](mailto:mark.a.kinkade.ctr@navy.mil) for more information
- 9 Feb **NFAAS Training:** For more information, contact Debra Forand at 234.4898 or email [debra.forand.ctr@navy.mil](mailto:debra.forand.ctr@navy.mil)
- 10 Feb & 24 Feb **VA Rep for Medical Pre-claims:** Mike Matulis from the VA will be available to begin processing VA pre-medical Claims. Appointment required. Please contact Tim Bowers at 235-5587 or email [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil) to register
- 11 Feb **Marriage Enrichment:** Contact Kandis Bainter at 636.6105 or email [kandis.bainter.ctr@navy.mil](mailto:kandis.bainter.ctr@navy.mil) for more information
- 15 Feb **Effective Networking:** Contact Tim Bowers at 235.5587 or email [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil) for more information
- 16 Feb **Thrift Savings Plan:** Call Mark Kinkade at 235-5611 or email [mark.a.kinkade.ctr@navy.mil](mailto:mark.a.kinkade.ctr@navy.mil) for more information
- 17 Feb **Extreme Makeover:** Contact Tim Bowers at 235.5587 or email [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil) for more information
- 17 Feb **IA Discussion Group:** For more information, contact Debra Forand at 234.4898 or email [debra.forand.ctr@navy.mil](mailto:debra.forand.ctr@navy.mil)
- 20 – 27 Feb **Military Saves Campaign:** Call Mark Kinkade at 235-5611 or email [mark.a.kinkade.ctr@navy.mil](mailto:mark.a.kinkade.ctr@navy.mil) for more information
- 25 Feb **Children's Deployment Activity Hour:** For more information, contact Debra Forand at 234.4898 or email [debra.forand.ctr@navy.mil](mailto:debra.forand.ctr@navy.mil)
- 25 Feb **Steps to Entrepreneurship:** Contact Tim Bowers at 235.5587 or email [timothy.t.bowers.ctr@navy.mil](mailto:timothy.t.bowers.ctr@navy.mil) for more information



### What's Happening in and Around Panama City

The **Visual Arts Center** (VAC), continues to display art in various mediums throughout the month of February. For more information, call 850-769-4451 or email Visual Arts Center at [vacoffice@knology.net](mailto:vacoffice@knology.net).

The **2011 Gulf World Winter Concert Series** Continues this month. For more information, call 234-5271 or visit [www.gulfworldmarinepark.com](http://www.gulfworldmarinepark.com).

5 Feb **The Music Man** will be presented at the Panama City Marina Civic Center. Call 763-4696 or visit [www.marinaciviccenter.com](http://www.marinaciviccenter.com) for more information.

11-20 Feb **Valentine's Day Sweetheart:** Spend a luxurious and romantic get away in world class accommodations for \$249.00. For more information, call 850.579.0138 or visit [www.lamaisondelucy.com](http://www.lamaisondelucy.com).

12-13 Feb **2011 Home Builders Expo @ FSU-PC Holley Center:** For more information call 784-0232 or visit [www.baycountyhomebuilders.org](http://www.baycountyhomebuilders.org).

12-13 Feb **Strawberry Festival @ the Beach:** Visit [www.pcbstrawberryfestival.com](http://www.pcbstrawberryfestival.com) for more information

20 Feb **Turandot Giacomo Puccini's Opera** at the Panama City Marina Civic Center. Call 763-4696 or visit [www.marinaciviccenter.com](http://www.marinaciviccenter.com) for more information.

25-26 Feb The **Krewe of St.Andrews** will host various events for Mardi Gras 2011. The Mardi Gras parade will start at 2:00 pm on Sat., 26 Feb. Call 763-6261 for more information.

**For more information on upcoming events, call 235.5800**



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**FERP**

*What does it mean for you?*



**Girl Scouts need You!** If you are interested in being a Girl Scout leader or volunteer, contact Angie Robinson - Girl Scouts of the Florida Panhandle @ 850-873-3999.

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**Celebrate The Military Child**

**Sexual Assault Response Program SAPR**

**Volunteer**  
There are many ways to give back as part of the community. Visit: <http://www.americantowns.com/fl/panamacity>  
Make a difference.

### Naval History:



**Sue Sophia Dauser** was born on 20 September 1888 in Anaheim, California. After graduating from the California School of Nursing in 1914, she became a Navy Nurse. She held the grade of Chief Nurse during most of WWI. Following the War, Chief Nurse Dauser was placed in charge of nursing activities at the U.S. Naval Hospital at San Diego, California. During the 1920s, she served on board several ships and in such overseas locations as Guam and the Philippines. In 1939, she was appointed Superintendent of the Navy Nurse Corps, serving in that capacity throughout the Second World War. As Superintendent, she supervised the phenomenal wartime expansion of the Nurse Corps and its activities throughout WWII. After significant changes in the law, Superintendent Dauser received the rank of Captain on **26 February 1942**, becoming the first woman to do so. Other significant accomplishments include receiving the Distinguished Service Medal for "exceptionally meritorious service" as Superintendent of the Navy Nurse Corps." After a long life and a distinguished career, Sue Sophia Dauser died on 11 March 1972 at the age of 84.



### NAUTICAL TERMS

**Escutcheon:** part of ship's stern where the name is displayed