

NSA Panama City

Fleet and Family Support Center
"NEWSLETTER"

March 2011

HELPING NAVY FAMILIES WORK!

Growing concern over the increase in geographic bachelors led military leaders to take a look at the cause. The primary reason service members reported for not relocating their families was the loss of a second income from a spouse's employment. Service members who relocated, but did not bring their families, rarely chose to make the military a career. The conclusion: employment patterns of military spouses influenced military retention. The **Family Employment Readiness Program**, (FERP), was established as a part of the Military Family Act of 1985 in order to combat this phenomenon.

Eligible participants grew to include working age dependents of retirees, active-duty service members, and DOD civilian personnel. The Fleet and Family Support Center (FFSC) provides unified, customer-focused programs and services to support sustained personal and family competencies to meet the unique challenges spouses face in obtaining viable employment. Although the employment program does not serve as a placement agency, in order to assist this group of individuals, the FFSC offers the following:

- Resources to address the unique career-related needs of military spouses
- Resources and materials to enhance job-search skills
- Information and referral on gaining employment
- Skill and aptitude testing
- Job bank/bulletin board
- One-on-one counseling targeted to specific employment needs

The federal government, DOD, and Naval leadership has enhanced support services to family members by enacting legislation specifically to assist with employment-related services. The following are just a few examples:

- Development of a joint DOD-Department of Labor (DOL) website to serve military spouses: <http://www.careeronestop.org/militaryspouse>
- Career Advancement Accounts (CAA) to military spouses. This program focuses on "portable" careers and provides spouses with an ability to pursue community college, technical training and/or career credentials and licenses. Call 1-800-342-9647 or visit <https://aiportal.acc.af.mil/mycaa>
- Office of Personnel Management ruling that allows federal agencies to hire spouses of some service members without requiring them to compete for jobs

The FERP manager is Tim Bowers. Please contact him to obtain additional information, and/or to schedule an appointment! Tim can be reached by e-mail at: timothy.t.bowers.ctr@navy.mil or by phone at: 850.235.5587

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



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Welcome Aboard

Michael Jordy joined the FFSC ranks in February as the Sexual Assault Response Coordinator, (SARC). Michael is a native of New Orleans, Louisiana and moved to Panama City Beach with his wife, Karolena, in January 2010. In New Orleans he was a police officer at Tulane University of New Orleans for 10 years. Since 2006, he worked directly for the Victim Resource/Investigations section of that department. He graduated from Loyola University of New Orleans in 2008 with a degree in Criminal Justice and a minor in Forensic Science. Michael has worked extensively as a victim advocate and has taught the woman's self defense program called RAD, Rape Aggression Defense, since 1999. RAD is a national self defense program taught at most major universities as well as many police departments throughout the U.S. and Canada. He also served in the Navy in the 1980's as a Hospital Corpsman. Michael is looking forward to, and is excited about, working as the SARC for NSA-PC.

Life Skills

We all want to live full, productive lives but, sometimes just don't know how to begin. There is so much information 'out there' that it can be overwhelming. Depending on the problem, what seems to work for one person, may not necessarily work for another. If you want to accomplish *anything* in life and realize your full potential, you must have some skills - in this case **Life Skills**.

Kandis Bainter is a licensed Clinical Counselor and she offers **Life Skills** training to all Active Duty Military, Retirees, and their Families free of charge. She may counsel DoD civilians and contractors on a space available basis. For more information or to schedule Life Skills training for your command, contact Kandis at 636.6105 or email kandis.bainter.ctr@navy.mil.



Exceptional Family Members!

Having a child with special needs can be difficult for any family. For Sailors with a developmentally-challenged child or adult dependents the Navy sponsors a program to provide the support and resources they need.

The Exceptional Family Member Program (EFMP) is designed to identify family members who reside with active-duty service members and have special medical, educational, developmental and/or emotional needs or issues that last longer than six months.

This program is primarily a detailing tool to ensure that the Navy family isn't located to an area that can't provide the adequate care for whatever special need the child has. The program can also open up the door to a lot of resources for the military family. One way to get the message out to all Sailors is the Navy's policy that all Fleet and Family Support Center's, (FFSC), must have an EFMP POC and liaisons to assist Sailors and their families access appropriate services and resources by providing the information and referral they need.

The FFSC will have the knowledge and experience to locate the available family services within their community. They will also assist the families with access to important resources, such as workshops, counseling and educational assistance through the School Liaison Officer program. Once family's get past the paperwork they see the benefits of having all the resources available. Networking with other families in the program lets them know they aren't alone and they have people to talk to.

According to OPNAV instruction 1754.2D, program enrollment is mandatory for all service members who have dependants with special needs. Failure or refusal to enroll can result in disciplinary action and EFM status must be updated prior to negotiation for orders.

Debra Forand is the EFMP POC at the FFSC. Having been with the FFSC for over 5 years and, being a parent with a child with special needs, she can assure parents that they are not alone; there are many support networks and avenues in the Panama City Area. The goal of the EFMP is to ensure that needed services are available for the special needs family members and educate the command point of contacts.

People are encouraged to call Debra, who will explain the program, assist with enrollment and provide educational materials. She is located in Building 304, RM 121 and can be reached at 234-4898.

Debra Forand is available to help those with exceptional family members. To learn more about the EFMP, call 234.4849 or email at debra.forand.ctr@navy.mil

Are You Sabotaging Your Credit?

Seven Things Service Members do to RUIN Their Credit:

1. Hiding from their report:

Many Service Members feel their credit is so bad that there's no point in checking. Bad credit can be a result of common mistakes. Fixing one inaccuracy can drastically boost a score.

Action: Check **ALL** three of your credit reports annually.

2. Hiding from creditors and collection agents:

Many people believe that collection agents give up if you simply don't answer the phone. Collection agents are in the business of earning their money from you. A silent phone doesn't mean they are not still trying to get their day in court.

Action: If you are being hounded by a creditor, make every attempt to work it out. Courts are much more sympathetic to a person who has tried to work it out. Promise what you can deliver and only communicate in writing.

3. Believing that certain debts do not show up on your credit report:

The simple fact is this: **any** debt can show up on your credit report if the creditor is willing to fill out the necessary paperwork.

Action: If you owe a debt, be proactive in paying it down.

4. Trusting a credit repair firm:

Getting help to clear up debt is one thing, but don't pay anyone to help clean up your credit history. Many times, the most effective person to negotiate your debt isn't a professional. It's you!

Action: Anyone can repair their own credit. It just takes time and organization. Call your creditors and simply ask what they can do to work out a payment plan.

5. Not getting the free help on base:

Credit Counseling ranges \$150-\$350 per *hour*. It is crucial for those serving in the military to realize that the financial savvy folks are the ones who are visiting their base financial counselor. It's a valuable service that costs a small fortune in the civilian world.

Action: Visit your Personal Financial Manager to get the counseling available to you free of charge.

6. Not taking simple steps to protect themselves from identity theft :

The fastest growing crime in the world is identity theft. Protecting yourself from identity theft needn't involve costly monthly monitoring services.

Action: Educate yourself on how to prevent identity theft.

7. Not knowing your significant other's credit history:

The number one cause for divorce in America is due to money management disagreements. Couples may know what the other earns, but credit history usually comes as a big surprise. Often one person in the relationship has great credit, while the other one doesn't, which can cause tension. Financial goals are impeded because of this person's credit history which leads to arguments and accusations.

Action: Both individuals need to openly discuss their financial history and commit to working toward rectifying bad credit.

Wealth, like happiness, is never attained when sought after directly. It comes as a by-product of providing a useful service.

Henry Ford

Mark Kinkade is the Personal Financial Manager, (PFM), at the FFSC. He provides financial counseling covering a variety of topics associated with financial responsibility. The services are free to Active Duty Military, Retirees, and their Families and DoD civilians and contractors on a space available basis. Contact Mark at 234.4898 or email at mark.a.kinkade.ctr@navy.mil for more information.

FREE TRAINING

The Gulf Coast Workforce Board has been awarded a substantial amount of grant funds by Microsoft to provide **FREE** training to Transitioning Service Members (TSM) and their spouses. Pay no attention to the fees/course costs in the catalog...yours is **paid for!!!** Training includes providing skills in Microsoft computer and office applications, certifications, etc.

To meet the TSM "criteria" you must be within 18 months of separating or, if a Veteran, within 48 months since your Separation/discharge. Courses are available online (requires a voucher to access and can be completed while at home...) and/or in a classroom setting. If a class is not listed and at least 7 individuals are interested...arrangements can be made to **make it happen!!!**

These are excellent courses to increase your marketing potential as you conduct your "Job Campaign!" Funding is also available to provide needs-based support services i.e., transportation, childcare, etc.

For more information, contact Tim Bowers at 235.5587 or email at timothy.t.bowers.ctr@navy.mil.



MOTORCYCLE SAFETY

Motorcycles can be a lot of fun. Whether it's the feel of the wind in your hair or the warmth of the sun on your face; riding a bike is exhilarating. However, there are some cautionary measures you can take to ensure your riding experience is the best it can be.



Base Safety has a schedule of upcoming motorcycle safety courses for anyone interested in getting the most out of a riding experience.

Contact Todd Landon at 850.230.7281 for more information.

That's all the motorcycle is, a system of concepts worked out in steel.

KID'S CORNER:

Our personality traits appear to be opposite. We tend to think in terms optimistic or pessimistic, independent or dependent, emotional or unemotional, adventurous or cautious, leader or follower, aggressive or passive. Many of these are inborn temperament traits, but other characteristics, such as feeling either competent or inferior, appear to be learned, based on the challenges and support we receive when growing up. Visit www.learningplaceonline to learn more

IA DISCUSSION GROUP

Deployments...They're a way of life for military families, and one of the most difficult aspects of Navy life. The transition from complete family to single-parent family and back again is tough on sailors, spouses, and children.

The FFSC facilitates a monthly support group for anyone who has been deployed, is deploying in the near future, or is returning from a deployment and their family members. This multipurpose **Discussion & Networking Group** is designed so that anyone affected by deployment can come together in an informal and relaxed environment to discuss 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.

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

Children's talent to endure stems from their ignorance of alternatives.
Maya Angelou

Famous Quotes:



May God grant you many years to live, for sure He must be knowing The earth has angels all too few and heaven is overflowing.

An Irish Blessing

March Calendar of FFSC Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Military SEAP 0830-1500	3 Basic Resume Writing 1000-1600	4 College Savings Plan & Raising Financially Fit Kids 1100-1200	5
6	7	8	9 Extreme Makeover 1000-1200	10 VA Pre-sep Medical Claims 0830-1500	11	12
13	14 The Federal Resume 1500-1600	15	16 TAP 2 0900-1100 Budgeting Awareness 1500-1600	17 IA Discussion Group 1200-1300	18 Stress Management 1030-1200	19
20	21	22	23 Retirement Planning 1500-1600 Extreme Makeover 1100-1300	24 VA Pre-sep Medical Claims 0830-1500	25 SAPR Training 1330-1530	26
27	28	29 Family Deployment Readiness Brief 1300-1400	30	31		

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.

Kandis Bainter

Clinical Counselor/Life Skills
Contact at 636.6105 or email
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Michael Jordy

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Debra Forand

Deployment Specialist/Disaster Coordinator/
Exceptional Family Member POC
Contact at 234.4898 or email
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The training offered at the Fleet And Family Support Center has been color coordinated in an attempt to save space in the newsletter. If you are interested in any of the classes featured in the calendar, simply contact the Program Manager whose name corresponds with the color of the class on the calendar. We apologize for any inconvenience or confusion this may cause our readers.

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 School Liaison Officer is the point of contact between the military installation and the local school administration. The goal of the School Liaison Officer is empower parents to be their child's best advocate in the education process. Contact Lynda Kent at 850.774.7976 or email at lynda.kent@navy.mil.





What's Happening in and Around Panama City

- 3-6 Mar **2011 Gulf Coast Home and Garden Expo** located at 535 W 23rd Street between Michael's and the Sport's Authority. Call 850-763-6587 or e-mail kjbailey@redcrosscpc.org for more information.
- 3 Mar **2011 Covenant Hospice Annual Mask Parade and Gala** at Marriott Bay Point Golf Resort & Spa; event begins at 6:30 pm. For more information contact Nanisa Anderson @ 850-814-1191.
- 10 Mar **Celebrate Your Hero** sponsored by GFWC Woman's Club of Panama City. The workshop will have activities for adults and children. Call 850-763-3345 or email whvetsinc@att.net to find out more.
- 19 Mar **1st Annual American Heart Association Charity Golf Tournament** held at Bay Point Meadow's Course. For more information or to register, call 850-233-0556.
- 19 Mar **American Voices, Songs of our Nation** presented by the Panama City Music Association at the Panama City Marina Civic Center. Call 769-1217 for more information.
- 20 Mar **MAMMA MIA** presented by Bay Arts Alliance at the Panama City Marina Civic Center. Call 769-1217 for more information.
- 25 Mar **Ron White** will perform at the Panama City Marina Civic Center. The performance is for mature audiences. For more information, call 850-763-4696 or visit www.marinaciviccenter.com.

For more information on upcoming events, call 235.5800



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Celebrate the Month of the Military Child

The **Sexual Assault Response Program** explores common, everyday behaviors and offers individuals viable, responsible ways to intervene.



Visit Military OneSource.com for answers to many of your questions

VITA
Volunteer Income Tax Assistance, (VITA), is now available to offer income tax assistance. Contact EMC Oral Sutherland at 850.625.7315 for help.

M
A
Y

Preparing for Hurricane Season

Military Spouse Appreciation



Naval History: The name "Seabees" was officially sanctioned, as was their insignia, on **5 March 1942**. The official motto of this unique military force is "*Construimus, Batuimus*"—Loosely translated "We Build Up, We Beat Down". Their best-known unofficial motto is the simple phrase "Can Do!" featured on much of their promotional material. In 1941, convinced that war was imminent, Rear Admiral Ben Moreell, Chief of the Bureau of Yards and Docks (BUDOCKS), asked for specific authority to activate, organize, and man a unique, very special organization that would support the Navy and Marines in remote locations and defend themselves if attacked. Early Seabees were recruited from the civilian construction trades and were placed under the leadership of the Navy's Civil Engineer Corps. With the general demobilization following the war, the Construction Battalions were reduced and Naval Construction Battalions were organized into two types of units: Amphibious Construction Battalions (NACBs) and Naval Mobile Construction Battalions (NMCBs).



NAUTICAL TERMS

Fairlead: ring through which rope is led to change its direction without friction