



March 2012



The Pulse ... of the Sigonella Community



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>NO CHARGE FOR CLASSES—Open to active duty, reserve, retired personnel, family members, and DOD employees. To register for FFSC classes, call 624-4291—* Class will be held in the Marinai Community Center—*** Call 624-4311 for this class</p>		<p>Operational Stress Control Calendar FFSC calendar is published under the broad umbrella of Operational Stress Control. Our classes are arranged by the operational stress control colors of green, yellow, orange and red. We call it "your Command and Family color companion". The color dots located by each class/workshop on our calendar indicate the Operational Stress Control Continuum phase that the program supports. Green indicates a program delivered to maintain and enhance a Ready state- focused, prepares, good to go. Yellow indicates a program delivered to enhance coping strategies that will move the attendee from Reacting back to Green. Orange or Red indicates a program with in-depth skill building or therapeutic assistance for worsening or persistent stress symptoms. Chief of Naval Personnel Public Affairs sites that the goal of Operational Stress intervention is to emphasize operational stress control strategies, reduce the stigma associated with psychological healthcare and develop resilient Sailors and families. To align with and support this initiative, your FFSC invites you to attend our classes/workshops as a resource toward achieving this vital goal.</p>		<p>1</p> <ul style="list-style-type: none"> ● COMMAND FINANCIAL SPECIALIST TRAINING 0730-1600 ● SAPR Victim Advocate Training 0800-1600 ● RESUME RENOVATION 1400-1530 	<p>2</p> <ul style="list-style-type: none"> ● COMMAND FINANCIAL SPECIALIST TRAINING 0800-1600 ● SAPR Victim Advocate Training 0800-1600 ● ARRIVEDERCI CLASS 0800-1130 ● LUNCH & LEARN 1230-1400 	3
4	5	<p>6</p> <ul style="list-style-type: none"> ● LUNCH & LEARN 1230-1400 	<p>7</p> <ul style="list-style-type: none"> ● PRE DEPLOYMENT 0900-1100 ● POST DEPLOYMENT 1300-1500 ● RICOTTA CHEESE WORKSHOP 0900-1400 ● OMBUDSMAN BASIC TRAINING 0900-1500 	<p>8</p> <ul style="list-style-type: none"> ● OMBUDSMEN ASSEMBLY 1415-1600 ● PLAYGROUP* 0-12 MONTHS 0900-1000 ● PLAYGROUP * 1-4 YEARS OLD 1000-1100 ● SIG SAFE 0900-1600 ● OMBUDSMAN BASIC TRAINING 0900-1500 	<p>9</p> <ul style="list-style-type: none"> ● ICR 1230-1530 ● OMBUDSMAN BASIC TRAINING 0900-1500 	10
11	<p>12</p> <ul style="list-style-type: none"> ● ICR 0800-1530 	<p>13</p> <ul style="list-style-type: none"> ● ICR 0800-1530 ● MILITARY PAY BRIEF 1000-1130 	<p>14</p> <ul style="list-style-type: none"> ● ICR 0800-1530 ● SPONSOR TRAINING 0900-1045 ● 10 STEPS TO A FEDERAL JOB 1100-1230 ● TIME MANAGEMENT 1300-1400 	<p>15</p> <ul style="list-style-type: none"> ● PLAYGROUP* 0-12 MONTHS 0900-1000 ● PLAYGROUP * 1-4 YEARS OLD 1000-1100 ● LUNCH & LEARN 1230-1400 ● DAD'S BABY BOOT CAMP 1630-1830 ● LIVING ON THE ECONOMY *** 1300-1500 ● INSIDE INTERVIEWS 1000-1130 	<p>16</p> <ul style="list-style-type: none"> ● ARRIVEDERCI CLASS 0800-1130 ● JOB SEARCH 101 1000-1130 	17
18	<p>19</p> <ul style="list-style-type: none"> ● TAP CLASS 0800-1600 ● LUNCH & LEARN 1230-1400 ● IA DISCUSSION GROUP 1430-1530 	<p>20</p> <ul style="list-style-type: none"> ● TAP CLASS 0800-1600 ● TOPOLINO Class ● TSP BRIEF 1000-1130 	<p>21</p> <ul style="list-style-type: none"> ● TAP CLASS 0800-1600 ● SURVIVE & THRIVE 0800-1400 ● LS BROWN BAG LUNCH 1130-1230 	<p>22</p> <ul style="list-style-type: none"> ● TAP CLASS 0800-1600 ● SIG SAFE 0900-1600 ● IA FAIR 	<p>23</p> <ul style="list-style-type: none"> ● ICR 1230-1530 	24
25	<p>26</p> <ul style="list-style-type: none"> ● ICR 0800-1530 	<p>27</p> <ul style="list-style-type: none"> ● ICR 0800-1530 	<p>28</p> <ul style="list-style-type: none"> ● ICR 0800-1530 	<p>29</p> <ul style="list-style-type: none"> ● COOKING CLASS 0930-1530 	<p>30</p> <ul style="list-style-type: none"> ● LUNCH & LEARN 1230-1400 	31

Personal Financial Management Classes

"CFS Training" FEB 27—MAR 2, 0800-1600

Become Your Command's Financial Specialist. Learn the real deal about finances and pass the information on to your shipmates. Topics Include: TSP, Money Management, Basic Budgeting, How to buy a car, How to buy a house, Investments, How to Survive Debt, Checkbook Management, Transition Costs.

"Military Pay Brief" MAR 13, 1000-1130

This class is designed to inform participants of military compensation, focusing on the components of the Leave and Earnings Statement (LES), the use of myPay, and how to correct pay problems. It also discusses the value of the complete military compensation package.

"Living on the Economy" MAR 15, 1300-1500

Think about living on the economy! Take advantage of all the unusual opportunities that present themselves when being stationed overseas. If you are considering living out in town, this class will help you to take advantage of the local culture and the things that make it unique.

"TSP training" MAR 20, 1000-1130

This class provides an overview of the basic rules and investment options associated with the military's TSP.

Transition Assistance Program Classes

"TAPCLASS" MAR 19-22, 0800-1600

TAP is for separating and retiring military members and their spouses. Topics include skill assessment, resume writing, job search methods, interview techniques, and review of veteran's benefits.

Information & Referral Classes

"Survive & Thrive" MAR 21, 0800-1400

It's always exciting to arrive at a new Duty Station. As you begin this new journey, you will have many questions. We have created this spouse orientation class to help you during this introductory period. We know that if we provide you information and helpful hints, your tour in Sigonella will be successful and rewarding. Our goal is to help you!

"Ombudsman Basic Training" MAR 7-9, 0900-1500

If your Command has any expected vacancies in this program, this is a good opportunity for anyone interested in becoming an Ombudsman to receive the necessary training. Please contact the FFSC at 624-4291 or Agata Carnazza at 624-4291 for further information or to register for the class.

Family Employment Readiness Classes

"Resume Renovation" MAR 1, 1400-1530

Provides participants an overview of all aspects of written self-marketing tools including business cards, various types of resumes, cover letters and thank you notes. The workshop allows participants to complete a rough draft of one targeted resume.

"10 Steps to a Federal Job" MAR 14, 1100-1230

Participants will learn how to find vacancies and job listings within the federal government, complete the application process, and how to understand standard qualifications and requirements.

"Inside Interview: Tips, Training and Techniques" MAR 13, 1000-1130

Participants will learn how to prepare for an interview, focus on creating a good impression, formulate responses for a successful interview and explore the importance of following up after the interview.

"Job Search 101" MAR 16, 1400-1530

Research, Network, Succeed will help you analyze tools and resources for a successful job search, define key words and create a Build List, explore employer targets, identify tools to gather information about your particular job(s) of interest and research and compare salaries. Whether you are in the middle of a job search or planning for the future, join our class to get started on a focused, productive job search to meet your individualized needs.

Intercultural Relations Classes

"ICR for new comers" MAR 9-14, 23-28, 0800-1530

Provides understanding of Italian culture, language, culture adaptation and culture shock. Includes a field trip on the last day of the training and it's offered every other week.

"Cooking Class" MAR 29, 0900-1530

This class is designed to be a total hands-on cooking experience. The class helps the participants familiarize with the simple, yet exquisite Italian Cuisine with respect to Italian cooking traditions. Every month a different local restaurant to discover!

"Ricotta cheese workshop" MAR 7, 0900-1400

This full immersion, hands-on cultural experience takes us off base giving participants the opportunity to follow the process of making the famous Sicilian Ricotta.

"Lunch & Learn" MAR 2, 6, 15, 19, 30—1230-1400

Speak Italian! This course makes it easy as drinking a cappuccino. Sound like a local on your trips around Italia and impress your friends with the correct pronunciation of bruschetta at your favorite ristorante.

ICR for YOUTH "TOPOLINO" MAR 20, 0800-1130

This monthly program is to assist youth in providing factual information: culture specific; conceptual information in teaching tools for understanding and dealing with differences and in viewing

behavior of their own culture and the other culture. It includes a visit to a local school in the economy.

Deployment Classes

"IA Discussion Group" MAR 19, 1430-1530

Is a monthly Discussion Group for all personnel and their families. The group provides an opportunity for IAs and spouses to meet and discuss topics related to deployment. This group is open to all IAs, service members who have deployed or will deploy, as well as spouses and family members!

"Pre-deployment" MAR 7, 0900-1100

This class will cover all of the important aspects of preparing for an IA/Deployment. We will have representative from legal and the flight line clinic. Additional topics include finances, communication, stress, and local community resources. Spouses are welcomed to attend this class.

"Post-deployment" MAR , 1300-1500

This class will focus on what to do before and after your spouse returns from an IA/Deployment. Topics of discussion will include expectations, preparations, changes, communication, reintegration, and Operational Stress. Spouses are welcomed to attend this class.

Life Skills

"LS Brown Bag" MAR 21, 1130-1230

Encounter an informal Life Skills class that will enable you to explore alternatives, weigh pros and cons, and make rational decisions in solving each problem or issue as it arises.

"Time Management" MAR 14, 1300-1400

This course is designed to help you manage your time more effectively and improve your efficiency.

"Sig Safe" MAR 8 & 22, 0900-1600

Help minimize alcohol related incidents and learn how to be safe while at Sigonella.

Relocation Classes

"Arrivederci Class" MAR 2 & 16, 0800-1130

The class is mandatory for all personnel before they PCS. Attendees should be 3 months or more from their PCS to attend the class.

"Sponsor Training" MAR 14, 0900-1045

This class is to assist you in your role as a sponsor. At the training, you will learn all that you need to know from start to finish.

Clinical Classes

"SAPR Victim Advocate Training" FEB 28—MAR 2, 0800-1600

This is a 30 hour training to become a Sexual Assault Victim Advocate volunteer. Please contact the SARC, Angela Dooney at FFSC for further information

"Playgroup 0-12 months" MAR 8 & 15, 0900—1000

Make play fun and educational for your child.

Learn creative and new ideas to bring you and your child closer together through play.

Play Morning is held at Marinai Community Center.

"Playgroup 1-4 years old" MAR 8 & 15, 1000-1100

Make play fun and educational for your child. Learn creative and new ideas to bring you and your child closer together through play. Children up to 5 are welcome, but MUST be accompanied by an adult.

Play Morning is held at Marinai Community Center.

"Dad's Baby Boot Camp" MAR 15, 1630-1830

Becoming a new Dad? Already a Dad?

This class is for You! Get straight talk and learn practical tips from a dad who has been there!

Operational Stress Control Calendar

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Chief of Naval Personnel Public Affairs sites that the goal of Operational Stress intervention is to *emphasize operational stress control strategies, reduce the stigma associated with psychological healthcare and develop resilient Sailors and families*. To align with and support this initiative, your FFSC invites you to attend our classes/workshops as a resource toward achieving this vital goal.