

NAS Pensacola
Fleet and Family
Support Center

151 Ellyson Avenue, Bldg 625
850-452-5990 DSN: 922-5990
1-877-471-7240

THE BEACON



September/October
2012

Dates to Remember

September 3
Labor Day

September 7, 1797 - The U.S. Frigate
Constellation was launched

October 2, 1933 - The five-day work
week was officially sanctioned by the
American Federation of Labor

October 8
Columbus Day

October 22, 1911 - Airplanes were first
used on battlegrounds

October 13, 1775 - The U. S. Navy was
Established

Call FFSC for more information at
(850) 452-5990

A Little Sunshine Goes a Long Way

Did you know being outdoors in the sunshine is actually good for you? There are many health benefits to being outside on a sunny day. Being in the sun on a regular basis improves sleep because the sun encourages increased melatonin production. Our bodies produce melatonin, a hormone that we need for getting to sleep and staying asleep. Catching some rays improves mood. Sunshine actually brightens our dispositions by decreasing depression and anxiety. Being outdoors on sunny days encourages us to be more active and to move more. This may take the form of engaging in some type of exercise or starting a project such as gardening that is actually a form of low level exercise. Additionally, while we obtain Vitamin D from the sun, our immune system is receiving a boost. Sunshine literally changes a type of cholesterol into Vitamin D in our bodies. Absorbing rays promotes our bodies to naturally heal from a variety of ailments.

The key to getting positive effects from the sun rather than harmful effects is not to stay outside unprotected for too long. It's recommended that folks stay outside, without sunscreen, for about half the time it would take to get sunburn. If you plan to be outdoors for any length of time, consider using sunscreen on the children since they are more at risk of sunburns than adults. For more information on developing a healthy lifestyle or combating the effects of stress in our everyday lives, consider coming to Fleet and Family Support Center's Stress Management Class or make an appointment with one of our licensed counselors. For more information please call 452-5990.



RETIREE SEMINAR 2012

October 20, 2012

NAS Pensacola

Naval Aviation School Command

Base Theater - Building 633

9:00am - 12:00 noon

Representatives to be on hand to answer your questions from:

Navy Hospital, DFAS, VA, TRICARE, Vet Center, MWR, NEX,
Fleet & Family Support Center, Retired Activities Office
Navy Legal Services Office

Sponsored By:

Fleet & Family Support Center
850.452.5990

All Military Retirees Are Invited to Attend

Suicide Prevention in the Navy is an *all hands evolution, all the time*. While September is nationally recognized as Suicide Prevention Awareness Month, the effort to promote *Lives Worth Living* is ongoing.

Life Counts

Ask Care Treat

National Suicide Hotline: (800) SUICIDE (784-2433)

**“In Loving Memory of Floyd Steiner”
March 17, 1946–July 16, 2012
He’ll be greatly missed!**



OCTOBER is Domestic Violence Awareness Month
HOME IS NOT A WAR ZONE
BRINGING PEACE TO RELATIONSHIPS

Got Peace? Fleet and Family Support Center wants to help!

1981 was a year of change as the National Coalition Against Domestic Violence organized the first “Day of Unity”. The Department of Defense created the Family Advocacy Program (FAP), one of many Fleet and Family Support Center programs designed to enhance Navy family life and improve operational readiness. Check out Work and Family Life Classes schedule or call 452-5990 for an appointment.

Find out more about Fleet and Family Support Center and the Family Advocacy Program.





Lorri Sawyer
Victim's Advocate

Native Floridian returns after being in Alabama 32 years! Lorri relocated from Anniston, Alabama where she worked as Victim Service Officer in the Office of the District Attorney. She is excited to be Victim Advocate at FFSC where she will continue to serve and assist families. When Lorri is not at Fleet and Family you may find her at an Auburn game (War Eagle), collecting shells, (Whelks are favorite), checking out great music/food venues or relaxing.

Domestic Violence is a pattern of behavior used to establish power and control over a spouse or intimate partner through fear and intimidation. It often includes threats or use of violence. One of the most important things an advocate does with a victim is safety planning. Safety plans help victims think through their situation in terms of physical and emotional safety, and provide easily accessible information on how to obtain emergency assistance, shelter, financial assistance, childcare, a checklist of items to take upon leaving, etc. The Victim Advocate provides immediate and ongoing support to domestic violence victims.



Monya Love
New Parent Support Home Visitor

Hello, my name is Monya Love. I am truly honored for the opportunity to serve military members and their families as a New Parent Support Home Visitor. My father, who passed shortly after retiring from the Army, was dedicated and passionate about serving his country. I continued the family tradition and married my wonderful husband Nathaniel, who recently separated from the Air Force. As the daughter and wife of these two dedicated veterans, I know the sacrifices and difficulties associated with being a military family. I also know the overwhelming pride military families feel for their military member and country. I look forward to using these experiences as well as my professional experiences working with families from all backgrounds, to proudly serve military members and their families in this professional capacity.

New Parent Support Home Visitation Program

The home visitors provide support, education and parenting information for military families, within a 50 mile radius, who are expecting or who have children less than four years of age. We welcome the opportunity to assist single parents and families with deployed spouses.

New Parent Support Program helps you to

- Prepare for parenthood
- Understand the ages and stages of your child's development

**FLEET AND FAMILY SUPPORT
CENTER**

151 Ellyson Ave Bldg 625
Naval Air Station
Pensacola FL 32508

Phone: 850-452-5990
Toll Free 1-877-471-7240
DSN: 922-5990
Hours: 0730 to 1600
Monday through Friday

WORK AND FAMILY LIFE CLASSES



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Class	Date	Time
Anger Management (2 Sessions)	September, 14 & 21	0800-1000
CFS Training	September, 24-28 & October, 22-26	0730-1600
Disaster Preparedness	September, 27, & October 25	1000-1130
Family Employment Readiness Program Brief	Every Thursday	0900-1000
Job Search Strategies	September, 11	1000-1100
New Dads	October, 24	1300-1600
Portable Careers for Military Spouses	September 21,	1000-1100
Positive Parenting (6 Sessions)	August 16-September 20 (every Thursday, & October 15-November 19 (every Monday)	1400-1600
Resume Writing	September, 12 & October, 10 & 24	0900-1100
Smooth Move Workshop	September 5 & October 10,	1300-1500
Sponsor Training	September, 19 & October 24,	1300-1400
Spouse and Newcomer Orientation	October 31,	0900-1100
Stress Management	Every 2 nd & 4 th Thursday of each month	1000-1200
Survive The Holidays With Money in Your Pocket	October, 10	0900-1100
Transition Assistance Program (Separating)	September, 4-7 & October 2-5	0730-1600
Transition Assistance Program (Retiring)	September, 18-21 & October, 15-19	0730-1600
Ten Steps To A Federal Job	September 11, & October 23,	0930-1230
Veteran's Benefits Workshop	September 27, & October 25,	1000-1200

October 13, 2012 will mark the Navy's 237th birthday. Happy Birthday NAVY!!