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The Fleet & Family Support Center
Naval Air Station JRB
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eTAP Executive Transition Assistance Program

A 3-Day Seminar for Officers & Senior Enlisted

eTAP. Back by popular demand!!! Are you an Officer or Senior Enlisted, E8 and above? The Fleet & Family Support Center is conducting an Executive Seminar, known as eTAP, Executive Transition Assistance Program, 02-04 October 2012, at NAS JRB, BLDG 555, Rm. 262.

This 3-day seminar is offered to officers and senior enlisted personnel who are within two years of retirement. Military spouses are also encouraged to attend. The eTAP Seminar provides valuable career information to those retiring or leaving military service and planning on entering corporate America.

Catering to executive-level leadership and the kind of high-profile positions those senior leaders seek, eTAP expands on the Transition Assistance Program curriculum offered by the Department of Labor. Officers and senior enlisted members are advised to attend eTAP at least two years from their anticipated retirement date. This allows enough time to prepare for a smooth transition from the military to a civilian career.

Attendees will receive invaluable information from subject matter experts, including: financial information, the Survivor Benefit Plan, retirement planning, education benefits, household goods transportation entitlements, relocation assistance, health insurance information, and more. On the final day, the highly acclaimed "Marketing Yourself for a Second Career" seminar is offered. Each year, a member of the Military Officers Association of America (MOAA) provides tips on making a smooth transition from the military into the civilian workforce. Additionally, a wide range of resources are made available which open the door on planning and conducting a successful job search.

For registration information please contact Judith Adams at the FFSC, 504-678-0863. We have very limited space still available.

Happy Halloween!

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Sexual Assault Prevention & Response

Sexual Assault is a crime. The Sexual Assault Prevention & Response Program (SAPR) offers victim support services, education, and reporting options to military personnel and military dependents 18 years of age and older.

There are 2 REPORTING avenues for sexual assault: Unrestricted & Restricted.

RESTRICTED REPORT. Disclosures to designated personnel (SARC, SAPR Victim Advocate, DOD Safe Helpline, FFSC Counselor, and Healthcare Personnel) will not be disclosed to command or law enforcement with specified exceptions. Access to medical care, advocacy, intervention, information and support will be provided.

UNRESTRICTED REPORT. Allegations can be reported to the chain of command, NCIS, base security, health care personnel, or Sexual Assault Response Coordinator (SARC) and will be investigated.

If You Are A Victim of Sexual Assault, call the DoD Safe Helpline: 877-995-5247.

October is DOMESTIC VIOLENCE Awareness Month



Every Home A Safe Home

RESOURCES

If you feel frightened or trapped in your own home, know that you have options and that support is available. The FFSC Victim Advocate and counselors can provide comprehensive services—advocacy and support, counseling, safety planning, transportation to legal and medical appointments, referrals and more.

Anyone can call for a confidential consultation without giving their name. Most victims can make “restricted reports” and receive services with no command or law enforcement involvement. We can also suggest local resources—domestic violence hotlines, support groups, shelters, and legal services. Call us at 504-678-7569.

If you think you know someone whose home is a war zone, you, too, can call us for guidance as to the safest and most supportive ways to talk to a friend or co-worker. Remember, the physical safety of everyone, especially children, is the first priority. If you see or hear a physical assault in progress, call the police or base security. Because these assaults are often dangerous, do not physically intervene. Let the police or security get control of the situation.

Let's all work to make Every Home a Safe Home.

Home is not a war zone, and it shouldn't feel like one. But, for some people it does. Whether it's because of physical injury, potential danger, or emotional fear or anxiety, everyone in the house is negatively affected. What makes the situation worse is that family members often are reluctant to reach out for help until a crisis arises and emergency assistance is necessary.

There are many reasons that someone may not want to talk about spouse or partner violence. They may not want to risk embarrassment. They may believe the violence won't happen again. They may fear what will happen if their partner finds out they talked to someone outside the family. Some people are afraid of being blamed, or not being believed. Some worry that reporting abuse will jeopardize the service member's career. Someone who witnesses or suspects domestic violence may think, “It's none of my business.” But we know that domestic violence is damaging to children. We know that without awareness, prevention, and intervention, the risk of serious harm escalates. We know that it affects mission readiness.

Home does not need to feel like a war zone. There is help for preserving the peace in relationships.

BRINGING PEACE TO RELATIONSHIPS

Ways Others Can Help

Help to prevent domestic abuse for all families. October is National Domestic Violence Awareness Month. Pass out literature, put up posters, start discussions, and wear a purple ribbon. If you'd like more information about domestic abuse, or Domestic Violence Awareness Month activities, please call the FFSC at 678-7569.

NOLA TRICKS-&-TREATS

...for kids and the kids at heart!



Halloween Safety Tips

STAY BRIGHT

Trim costume and booty bag with reflective tape to be visible to drivers.

SAVE FACE

A mask can block your child's peripheral vision. Stick with nontoxic face paint instead.

GO WITH THEM

Kids under 10 are not old enough to trick-or-treat alone. Carry a flashlight with you and have your kids hold glow sticks.

WALK ON

Enforce a strict "no running" rule, and use the sidewalk. If there isn't one, walk on the street facing traffic, as far to the left as possible. Cross the street at crosswalks

BE NEIGHBORLY

Trick-or-treat in a familiar neighborhood. Stick to the homes of people you know when you can and never let your kids enter alone.

FILL UP FIRST

Feed your kids a hearty, early dinner so they're not too tempted to sneak treats on the go.

CHECK IT OUT

Look over all candy before your kids dig in to make sure it's in original, unopened wrappers. Tots under 3 are at increased risk of choking, so remove any hard or gummy candies and chewy bars made with caramel, nuts, marshmallows, or raisins. (You can save those for yourself!)

For additional safety tips, contact Deidra Mejia, FFSC New Parent Support Home Visitation Program Manager, at 504-678-7569.

Not for nothing has New Orleans long been considered one of the most, if not THE Number One, Haunted City in America. But like all other things, we know how to do scary in the most fun sorts of ways. In New Orleans, Halloween is for the kids, and the kids-at-heart.

This BOO's for you!

Fun for the Littlest Ghosts and Goblins, **Operation Pumpkin** (1000 – 1300) is a yearly event where doctors from Children's Hospital come to the Shops at Canal Place to carve jack-o-lanterns that will be judged by local celebrities and sold to the public. Kids of all ages will enjoy Halloween treats and entertainment including mask making and pumpkin decorating and then trick-or-treat throughout the mall in costume. Call 504-896-9373 for more information.

27 October

Operation Pumpkin



26-28 October

Ghostly Gallivant



Ghostly Gallivant takes place in the French Quarter. Come out and meet historic figures of the past (played by Friends of The Cabildo) on a ghost-led tour of the old haunts of the French Quarter. Tours leave every half-hour (1000 – 1500), call 504-523-3939. www.friendsofthecabildo.org

Ghosts in the Oaks, an annual non-scary Halloween party in City Park's Amusement Park & Story Land, features food, candy, rides, music, and crafts to entertain all ages. Come dressed in your favorite costume! For more information: call (504) 483-9376. www.friendsofcitypark.com

19 & 20 October

Ghosts in the Oaks



27 October

Halloween Tea



19-20 & 26-27

October

BOO at the Zoo

Boo at the Zoo (1700 & 2130) is an Audubon Zoo safe, fun-filled Halloween extravaganza for children up to age 12, featuring trick-or-treat houses with candy, the Mombassa Ghost Train, a haunted house, games with prizes and entertainment. Call 504-581-4629.

www.AudubonInstitute.org

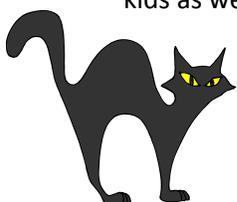
Ritz-Carlton Hotel Children's **Halloween Tea** 27 October 2012 (1100 & 1400). Children will enjoy tea, and creating their own specialty cookies, cupcakes, and candy at the breathtaking Ritz-Carlton hotel on Canal Street. Costumes are welcomed and Encouraged for the kids as well as their parents. (504) 524-1331 for more information.

26-28 October

City Park VooDoo Experience

Not for the faint of heart, the **VooDoo Experience** is a 3-day music event featuring local and national heavy hitters. Please visit www.thevoodooexperience.com for information about this event.

For additional information about places to go, and things to do and see in New Orleans, please contact the FFSC Relocation Specialist Deon Grissett at 504-678-7569.



OCTOBER 2012 FFSC Events

All workshops and classes are held at the Naval Air Station, Joint Reserve Base, Fleet & Family Support Center (FFSC), Bldg. 555 unless otherwise noted. For additional information about workshops and other FFSC events contact the FFSC at 504-678-7569.



02, 09, & 16 October 2012

Active Parenting
(0830 - 1030)

Healthy families aren't born; they're made one day at a time.



03 October 2012

Effective Communication
(0900 - 1100)

Develop skills to foster effective verbal and written communication skills.



02 - 04 October 2012

eTAP Executive Seminar (3 Days)
(Contact Judith Adams at 504-678-0863 for times)

A workshop for Officers and Senior Enlisted, E-8 and above.



04 October 2012

Marketing Yourself for a Second Career
(0800 - 1200)

Get tips on making a smooth transition from the military into the civilian workforce.



10 October 2012

Stress Management
(0900 - 1100)

Stop by to determine what is stressing you out and the skills you need to handle it.



10 & 24 October 2012

Mommy and Me @NAS JRB Chapel
(1000 - 1130)

Playgroup is for moms and kids who want to make good friends and have a good time.



10 - 13 October 2012 (4 Days)

TAP Transition Assistance Program
(0800 - 1600) Pre-Separation

Information and training to make informed decisions as you transition out of the military.



15 October 2012

Military Spouse Orientation
(0900 - 1100)

New Spouse or not, stop by to get great information and resources.



16 - 18 October 2012 (3 days)

Ombudsman Basic Training
(0800 - 1600)

Provides knowledge and skills to effectively handle the roles and responsibilities.



16 October 2012

Smooth Move
(0900 - 1000)

Get the answers and resources you need to complete a successful and stress-free move.



17 October 2012

Exceptional Family Member Meeting
(1000 - 1300)

Information on Individuals with Disabilities Education Act (IDEA) and the IEP process.



17 October 2012

Federal Resume Writing
(0900 - 1200)

Information on searching and applying for federal employment.



17 October 2012

Anger Management
(0900 - 1100)

Discover your own coping strengths and develop new anger management skills.



18 Oct 2012

CFS Quarterly Forum
(0900 - 1100)

It's time for our CFS Forum! Please attend for important programmatic updates.



24 October 2012

Resume Writing Workshop
(0900 - 1100)

Retiring or separating? Come out and learn how to upgrade your resume.



24 October 2012

Effects of Domestic Violence on Children
(1300-1500)

Children exposed to domestic violence are negatively affected; learn how to protect them.



25 & 26 October 2012 (2 Days)

Newcomer's Orientation & Tour
(0800-1600)

Everything you need to know about base services and the New Orleans community.



30 October 2012

Spouse Summit
(1630-1730)

Come out and share thoughts and ideas on a variety of military lifestyle topics.

Have a safe



Halloween!