



NAVAL BASE GUAM

October/November/December 2011

Coping with a Deployment Extension

HOW YOU MAY FEEL

An extended deployment creates hardship for families. From the moment you receive the news of the extended deployment, you may experience a flood of emotions, including sadness, disappointment, worry, and anxiety; some feelings of anger; and a sense of betrayal or of promises being broken. Your hopes were up and your spirits were soaring as you thought about your forthcoming reunion. Now you must regroup and gear up for more months of managing as a family while your loved one remains far away.

During this difficult time, you may find it helpful to remember the following:

- The emotions you're feeling are normal. There's no getting around the fact that a deployment extension brings strong emotions and feelings of stress. You may be flooded with feelings for days or even a few weeks until you have had time to adjust to the news.
- You're not alone. Military family life is a life of constant change. There are schedule changes, family separations, and extended deployments. Active-duty service members understand this reality when they enlist for military life. For Guard and Reserve families, however, a deployment extension can feel more unexpected. The more you talk with others in your situation, the easier this time will be and the less alone you will feel. Participation in family readiness groups is a good way to stay connected.

COPING AS A FAMILY

A deployment extension affects your family's plans, schedule, and routines. These suggestions can help:

- Give yourself time to regroup emotionally. Admit to yourself that you're upset. Your feelings are genuine. They reflect your disappointment and pain. Even though you didn't cause the situation and may feel a bit out of control, try to avoid taking your legitimate frustrations out on your friends, relatives, or children, who, like yourself, didn't cause the situation. You might want to take an evening off from your regular activities to do something special for yourself. It doesn't have to cost a lot of money. It might be visiting a friend you don't get to see much. Getting away for a day or half a day will do you some good.
- Help your children handle the news by talking about it with them and offering extra love and support. Discuss the extension news in an open, honest manner

with your children. Keep them informed about the change of events and explain what information you have in words they can understand. Tell your children that unexpected changes sometimes happen and that you will keep them up to date on those changes. Reassure your child that you will all be together soon.

- Tell teachers about the deployment extension and any updates. It's good to keep teachers and other adults in your child's life in the loop.
- Share your feelings as a family. Allow children to discuss their feelings, questions, and concerns. Encourage any questions they may have regarding the extended deployment. Listen and do your best to understand.
- Get back into a routine as soon as possible.
- Focus on the future by beginning to make new plans. The deployment extension changed plans you may have had for a reunion. You may have had a vacation planned, a special reunion with extended family members, or a celebration involving close friends and relatives. Some things you will be able to put off; others you may not. You may need to make new plans altogether. When you're ready, organize and plan for a new reunion with your loved one. It will give you and family members something positive to focus on.
- Limit exposure to television or other sources of information about the war and its victims. It can increase feelings of fear and anxiety, especially for children.

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**NBG FFSC Bldg. 106
333-2056/57
Monday-Friday
0730-1630**

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Coping with a Deployment Extension - Cont.

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HANDLING PRACTICAL MATTERS

You may have increasing financial and other practical matters to attend to during a deployment extension, including mounting bills and a reduced income, especially for Guard and Reserve families. It will help reduce the stress if you take care of these matters as soon as you can.

- Be sure the service member contacts his or her employer. Guard and Reserve members expected back at work will need to notify their employers about the deployment extension. Employers are mandated by law to hold a mobilized Guard or Reserve member's job for up to five years. (There are some exceptions.) For more detailed information, contact the Employer Support of the Guard and Reserve by calling their toll-free number at 1-800-336-4590 or by visiting their website at www.esgr.org. Some employers will need a hard copy of the extension orders as proof to secure reemployment rights.
- Notify creditors. Often credit card companies, banks, and other financial institutions will reduce interest rates during a deployment and a deployment extension under provisions of the Service Members Civil Relief Act. To take advantage of this benefit, contact your creditors to let them know that your spouse has been extended on active duty and submit the required paperwork and documentation. Contact your unit or installation legal assistance office for more information.
- Seek advice or assistance if you have financial concerns resulting from the extended deployment. You may have financial issues to take care of as a result of the extended deployment. If you made vacation plans, for example, to celebrate the service member's homecoming, you may be able to get a refund on tickets or deposits by explaining the circumstances. There may also be larger issues to take care of. For example, you may have questions about dealing with a lease that is expiring or how to get through the next several months of expenses on a reduced income. For help reviewing your financial situation and coming up with a plan, you can talk to a Military One-Source consultant by calling 1-800-342-9647 or take advantage of the financial counseling services at NBG Fleet & Family Support Center, 333-2056/57.
- Remember that emergency help and relief are available through the military. Every branch of the military has a relief organization for members needing emergency help or relief. There are low-interest loans, grants, and donations available to service members and their families, as well as help with transportation, child care, food, rent, utilities, and unforeseen family emergencies. For information on assistance options, contact:

- Army Emergency Relief at www.aerhq.org
- Navy-Marine Corps Relief Society at www.nmcrs.org
- Air Force Aid Society at www.afas.org

If you live far from an installation, remember that assistance is available through the Red Cross. To find your local chapter, go to www.redcross.org.

TAKING CARE OF YOURSELF

Once you've had some time to get used to the news of the deployment extension, and to helping others cope, take some time to focus on yourself.

- Give yourself a break to compensate in some way for all you are doing and will need to keep doing in the months ahead. Have a meal out with a friend. Take a day off of work if you can. Schedule a break for yourself, even if it's just a small treat like having your hair done or going out for a walk with a friend.
- If you have young children at home, seek support from others so you get a break from parenting. You were expecting your service member home any day and were mentally prepared for a break and an extra set of hands around the house. Now you will have to postpone that break several more weeks. To tide yourself over, share babysitting or child care with a friend so you get some relief. Ask a relative to come stay with you for a few days or weeks if possible. Or go visit a relative or close friend with your children.
- Keep busy and stay connected to others. Get together with relatives and friends for potluck dinners, card games, or having a picnic with children.
- Talk with people who have been through deployments. They may have valuable suggestions and helpful ideas on how to get through this time. Talking to someone who has been through it or who is just a good listener always helps you feel better.

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IA Pre-Deployment Fair
October 13, 2011
1030-1130
NBG FFSC Bldg. 106

IA-Family Social
December 01, 2011
1130-1230
NBG FFSC Bldg. 106

Coping with a Deployment Extension - Cont.

Continued from page 2

- Take advantage of the support services and programs available to you through the military. The military has many support services for families of active duty members. This includes information, counselors, the installation chaplain, family support groups, online support groups, and organizations and clubs for spouses, such as the Key Volunteer Network. Reserve families should contact their unit family readiness group or chaplain; they can also use all of the services of their nearest installation.

SUPPORTING YOUR SERVICE MEMBER

The best way to support your service member is to stay strong as a family and to gear up to get through the coming months until you are together again.

- Write often to your service member. Because you were expecting your service member home, you may have stopped writing in recent days or weeks. With the extension, your service member may be without mail or word from home. So that there isn't a gap of support, send a letter or an e-mail, if possible, as soon as you can and then keep it up.

RESOURCES

Your military support services

Each service branch sponsors information and support programs for service members and their families. You can call or visit any installation Army Community Service Center, Marine Corps Community Services, Fleet and Family Support Center, or Airman and Family Readiness Center regardless of your branch affiliation.

If you aren't near an installation, National Guard Family Assistance Centers are available in every state. The Local Community Resource Finder on the National Guard Family Program at www.jointsservicesupport.org will identify your closest center.

Military OneSource

This free 24-hour service is available to all active duty, Guard, and Reserve members (regardless of activation status) and their families. Consultants provide information and make referrals on a wide range of issues, including deployment. Free face-to-face counseling sessions (and their equivalent by phone or online) are also available. Call 1-800-342-9647 or go to www.MilitaryOneSource.com to learn more.

Stress Management
October 6, 2011
0900-1100
FFSC Bldg. 106

TIPS ON HANDLING STRESS TOGETHER

Handling stress is usually easier when you have support and know that you are supporting others in return. Here are some suggestions:

- Acknowledge your own stress. Talk about your stress with your partner or a trusted friend, co-worker, or relative. It can be a relief to let someone know how you're feeling instead of trying to "go it alone."
- Find out whether others are feeling the stress. Get feedback from another person -- your partner if your concern involves your family, a trusted co-worker if it relates to your work group. Find out if the person has noticed what you have -- for example, that people in your family or work group seem irritable. If the person shares your view, consider looking for solutions together. If not, think about whether you may feel more stress than others because of a personal concern you need to address. Your employee assistance program (EAP) can give you information and resources.
- Set priorities together. Sit down with others who are feeling stressed and explore solutions. Ask yourselves: What could we do right now to feel calmer and more relaxed? Listen to others' views and keep an open mind about new ideas. If your partner or a co-worker suggests taking a lunch-hour yoga class together, be willing to consider it even if you tend to prefer faster-paced activities. Yoga can reduce stress and anxiety and help you sleep better.
- Work together on a plan for easing the stress. Explore a variety of options. If you're under stress as a family, you might talk about ways to cut back on activities that you don't enjoy much and that are only adding to your stress. Then make time for activities you do enjoy, like watching a funny movie together over a bowl of popcorn.
- Take extra steps if people look to you for support or leadership. Be a good role model if you're in a position of responsibility. Acknowledge that all of you face challenges, but send a message that's positive and genuine. You might say, "When change happens it can make you feel lost or confused or even angry, but in time we'll find the right solutions for ourselves." Or, "Although we can't control everything about our situation, we can control how we react to it. So rather than focus on how stressed we are, let's focus on what we can do about it."

Keep things in perspective and help others do the same. Talk about what you're grateful for as well as your stresses. Remembering and naming a few things each day for which you are grateful -- from a friend's call to enjoying a sunset -- will encourage a positive attitude and help maintain perspective.

www.MilitaryOneSource.com

ONE VOICE against domestic violence makes a difference

IF YOU SEE SOMETHING, SAY SOMETHING.

- Is someone you know being abused?
- Does your friend have visible injuries, such as unexplained black eyes, bruises or suspicious broken bones?
- Does your friend have invisible emotional injuries, such as a lack of self-worth and independence?
- Have you noticed changes in the behavior of your neighbor or their children?
- Does your co-worker experience frequent "accidents" that cause absences from work or other activities?
- Does one of your close relatives exert an unusual amount of control over their partner's activities or manipulate contact with friends and family?
- Does your friend demonstrate extreme jealousy?
- Does someone in your family ridicule their partner publicly?

When someone is experiencing domestic violence, they often first turn to friends or family members for help. By learning more about domestic violence, you can provide life-saving information to someone who is experiencing abuse.

YOU HAVE ONE VOICE.

Use it to STOP domestic violence.

- Help is available:
- Fleet and Family Support Center – Counselors
- Military Healthcare Providers
- Base Chaplains
- Base Security
- Military Chain of Command
- Military One Source 1-800-342-9647
www.militaryonesource.com
- National Domestic Violence Hotline
1-800-799-SAFE
www.nationaldomesticviolencehotline.com

Your first step toward helping someone who is being abused is to "Break the Silence." Anyone concerned for the safety of someone who is experiencing domestic violence should call the National Domestic Violence Hotline (800-799-SAFE, TTY 800-787-3224).

Speak with a counselor at the Naval Base Guam Fleet and Family Support Center or a healthcare provider at a military treatment facility about restricted and unrestricted reporting options.

NBG Fleet & Family Support Center,
(671)333-9827/28,
Family Advocacy — A CNIC Quality of Life Program



Live 1-on-1 Help Confidential Worldwide 24/7
A confidential and anonymous sexual assault hotline for the DoD Community.

Click: www.SafeHelpline.org
Call: 877-995-5247
Text: 55-247 (INSIDE U.S.)
202-470-5546 (OUTSIDE U.S.)

On Guam:

Call 24/7 (Primary Advocate) **488-0514**
Navy SARC (Backup) **483-7129**

Other Resources:

Off Base Emergency	911
On Base Emergency	333-4357(HELP)
NBG Chaplain's Office	339-2126
US Naval Hospital	344-9232
Guam Memorial Hospital	647-2489
Guam Crisis Hot-line	647-8833
ALEE Shelter	648-4673
Victim Advocates Reaching Out (VARO)	477-5552
Healing Hearts Rape Crisis Center	647-5351

SETTING A HOLIDAY BUDGET

The first step in getting control of holiday expenses is deciding exactly how much you can spend. There are four main areas in which most people spend: gifts, entertaining, travel, and decorating. And each of these areas comes with hidden expenses. For example, gift-giving costs much more than the price of each gift. You also have to consider the cost of wrapping and shipping gifts.

Take the time to make a list of everyone for whom you'd like to buy gifts. Include teachers, the mailman, co-workers, newspaper delivery people, and anyone else you usually end up giving something to. Then consider your list. Are there people who could get a card rather than a gift? Then, set a price limit on each gift. For example, you might decide that you'll set a \$30 limit on immediate family members, \$20 on children in your family, and \$10 on acquaintances like co-workers or teachers. Don't forget to add in the cost of wrapping paper and shipping - including shipping costs from a catalogue or website to you, and from you to the recipient.

Many people forget to factor in the cost of holiday entertaining. Even if you aren't having a party, providing snacks for neighbors or friends who drop by and serving the holiday meal can be expensive. Try to think of ways in which you can cut back in this category. For example, consider inviting friends and neighbors over for a cookie swap rather than baking batches to give away. Or ask family members to contribute a dish to your holiday meal instead of supplying all the food yourself.

If you'll be traveling during the holidays, even if it's by car, be sure to include these costs in your budget. The tips in the next section of this article can help you trim your travel expenses.

Estimate how much you'll spend on holiday decorations. This is often an easy area to cut back in. Think about what you did last year and determine whether you can reuse any decorations. You'll find more tips below for saving money on decorations.

Finally, add up the estimates from all four areas. If the total amount is more than you can afford, go back to your lists and the tips in this article to see where you can cut back. Ideally you'll have done this early enough in the year so you can slowly set aside money to cover your holiday expenses or shop for reasonably priced gifts throughout the year. But if you haven't, you can look for even more ways to trim your holiday budget while cutting back your regular expenses and putting money away for the holidays.

Once you've reached a reasonable budget limit, you need to commit to sticking to it.

www.MilitaryOneSource.com

SETTING FINANCIAL GOALS

Having a realistic financial plan is an essential part of building a successful retirement. Many people underestimate how much they will need after they stop working. About 70 percent of workers between the ages of 40 and 59 think that they will be able to have a comfortable retirement, according to the American Savings Education Council. But only 25 percent of people have saved at least \$100,000 and half of all workers have saved less than \$50,000; 15 percent had saved nothing. The bankruptcy rate is rising faster among older Americans than for any other group.

- Know how much money you will need after you stop working. A general rule of thumb is that your goal should be to put aside enough savings to match two-thirds to 70 percent of your current income. But how much you will need will depend on your personal circumstances, spending habits, and lifestyle.
- Develop a savings plan that will meet your needs in retirement. Saving even a small amount each week can make a big difference to your future security. Let's say that starting at age 45, you put \$25 a week into a savings account that pays 6 percent interest and you don't touch the money. You would have \$50,240 at age 65 and \$109,345 at 75. You can learn how much you would have if you saved other amounts by using free online interest calculators.

Get help from a financial professional if you have difficulty working out a retirement savings plan. If you aren't sure how to reach your financial goals, get help from a professional. Your bank may offer free help with planning for retirement. An accountant or tax preparer can give you additional ideas. You may also want to talk to a certified financial planner, who can help you develop a comprehensive plan for your future financial needs and help you evaluate the different kinds of retirement savings accounts, such as 401(k) plans and traditional and Roth Individual Retirement Accounts (IRAs). You can find a planner through the Financial Planning Association (www.fpanet.org). Your Personal Financial Assistance Program (PFM) Educator can also help you find a financial adviser.

www.MilitaryOneSource.com

Retirement Planning

November 02, 2011

1400-1530

FFSC Bldg. 106

Did you Know there are ways to sell or donate items online

You can sell or give away almost anything on an Internet auction or recycling site – But you'll need to use caution if you do. The Federal Trade Commission says that among the thousands of consumer complaints it receives each year, "those dealing with online auction fraud consistently rank near the top of the list." Even donating goods can be risky if you post personal details on the Internet when you describe them. Here are some ways to stay safe.

Some websites let you sell items, some let you donate them, and others let you sell or donate. The most popular include:

Online auctions. Online auction sites let you sell items to the highest bidder or at a fixed price. The largest include eBay (www.ebay.com), WebStore (www.webstore.com), and eBid (www.ebid.net), all of which let you sell almost anything allowed by law.

Smaller sites may specialize in one or two areas, such as art and antiques. To sell goods at an online auction, you typically need to register with a site, upload a picture and a description of what you want to sell, and open an account with a service that will allow a buyer to transfer money electronically to you.

The Freecycle recycling network. The nonprofit Freecycle Network consists of nearly 5,000 groups whose members post descriptions of items they want to give away and let others claim them. To donate, you must join an online community in your area by going to www.freecycle.org. You then post a description of what you want to give away and when and where another member can pick it up, although you may be able to mail the item to the claimant if you are willing to do this.

Community bulletin boards. The easiest way to spread the word about items you want to sell or donate may be to post a notice on a website in your area. You can post one for free in the "For Sale" section of the nearest Craigslist (www.craigslist.org) group, or pay to advertise the goods on the website for a local newspaper. Even with a fee, the cost of selling or donating may be less than that of shipping, insurance, or other fees you might have to pay to send an item to a buyer in an online auction.

Tips on selling or donating goods online

Research a site before you sell or donate goods. Make regular visits to the site for a week or so to get a sense of the response you might expect from its users. Read any posted policies about sales or donations, including the fine print. Make sure you know what will happen if you have a problem: Will the site administrators help, or are you and a buyer or claimant expected to work out difficulties on your own?

Don't post personal details online. Use a screen name or your first name only to protect your identity. Don't post your home address online. Instead, give only a general location if an item will need to be picked up. (You can provide the full address by phone or email if someone expresses interest.) Never let someone you don't know into your home to pick up an item. Arrange to meet in a public place. If this isn't possible, Freecycle suggests that you arrange to "leave the item on the front porch without mentioning whether or not you will be home at the time of the pickup."

Visit OnGuardOnline.gov for tips on online auctions. Selling your goods at an online auction can be a great way to turn unwanted items into cash. It can also involve substantial risks. The Federal Trade Commission has found that complaints generally involve "late shipments, no shipments, or shipments of products that aren't the same quality as advertised; bogus online payment or escrow services; and fraudulent dealers who lure bidders from legitimate auction sites with seemingly better deals." Visit the online-safety site www.onguardonline.gov and search for "Internet Auctions" and "Tips for Sellers" to learn how to protect yourself.

www.MilitaryOneSource.com

KNOWING GUAM AND IT'S CULTURE

The core of Guam culture, the Chamorro, is characterized by a complex social protocol centered upon respect, caring, accepting and helping one another. Inafa'maolek, or interdependence, is a central value in Chamorro culture which depends on a spirit of cooperation. Historian Lawrence Cunningham in 1992 wrote, "In a Chamorro sense, the land and its produce belong to everyone. This is the armature, or core, that everything in Chamorro culture revolves around. It is a powerful concern for mutual-ity rather than individualism and private property rights." The culture is visibly manifested in the kissing of the hands of elders, passing of legends, music, dance, chants, courtship rituals, handicrafts, burial rituals, preparation of herbal medicines, and requesting forgiveness from spiritual ancestors when entering a jungle. Glimpses of Guam culture are evident in local legends and folklore such as the [taotaomona](#) (ancient spirits), doomed lovers leaping to their death off [Two Lovers' Point](#) (Puntan Dos Amantes), and [Sirena](#), a beautiful young girl who became a mermaid.



CLASS DESCRIPTIONS

Surviving The Holidays Financially

1200-1330 FFSC Bldg. 106

October 03

Learn how to reduce the financial stress of the holidays. This workshop helps participants plan for holiday spending and make the most effective use of money this holiday season.

Stress Management

0900-1100 FFSC Bldg. 106

October 06

This class provides members and/or their families with resources to better cope with stress. It also informs participants on the sources of stress and how it impacts many areas of a person's life.

Smooth Move Workshop

1500-1800 FFSC Bldg. 106

October 06

A workshop for personnel PCSing within 6-12 months. Workshop covers entitlements, shipping of personal property, clearing housing (on/off base), FFSC programs and services available to those moving.

Ombudsman Basic Training

0830-1430 *NBG

October 11-14

Required training for those assigned as command ombudsman. Topics covered: confidentiality, professional relationships with command leaders, communicating with families, and deployments. Also open to Chaplains, CO's, XO's, CMC's & their spouses.

SAPR Training-Engaging Bystanders in Sexual Violence Prevention

October 12, November 03, December 05

1300-1400 FFSC Bldg. 106

An interactive class which will review the concept of bystander intervention, consider who bystanders are, and circumstances that motivate people to get involved.

SAPR Awareness Training

Alcohol & Sexual Assault

October 13 & 24, November 07, December 06

1300-1400 FFSC Bldg. 106

An overview of definitions/expectations; alcohol's effects on perpetrators and victim; statistics of sexual assaults involving alcohol; Alcohol Program development and policy.

Disaster Preparedness

1700-1800 FFSC Bldg. 106

October 13

Find out what to do before, during and after a disaster. No matter what your disaster may be...BE PREPARED!

Individual Augmentee Pre-Deployment Fair

1030-1130 FFSC Bldg. 106

October 13

For all potential and former IA Sailors. Housing, PSD, Chaplain, & legal representatives will be available for questions.

Transition Assistance Program (TAP) Wkshop

0745-1600 NBG, Barracks 4

October 17-21, November 14-18

Will prepare service members to analyze their skills

and experiences, identify needs and goals, conduct a successful job search, and obtain information on their VA benefits. Spouses are welcome to attend.

Car Buying Strategies

0900-1000 FFSC Bldg. 106

October 21

This workshop will assist with how to manage your money during the decision making process when purchasing a new car.

Babysitter's Training

0800-1530 *NBG

October 21

Introduction to the American Red Cross Babysitter's training course for ages 11-17, which includes topics such as First Aid for Bleeding and Breathing Emergencies. An ARC babysitting certificate will be issued upon completion.

Welcome to Guam Orientation & Island Tour

0800-1630 *NBG

October 27 & 28, November 17 & 18

Two days of fun filled information and facts service members and their families should know about Guam. Day two will be a bus tour of the island.

Retirement Planning

1400-1530 NBG FFSC Bldg. 106

November 02

Participants will learn to identify three sources of retirement funding, the five step plan for estimating their needs, and use the ball park estimate worksheet.

Anger Management

1000-1200 FFSC Bldg. 106

November 03

Learn methods to effectively control and manage your anger by learning to recognize the source and impact of your emotions.

Building Healthy Relationships

0900-1100 FFSC Bldg. 106

November 08

Provides tools to enhance healthy relationships and educates families on how to successfully nurture intimate relationships.

Command Sponsorship Workshop

1500-1700 FFSC Bldg. 106

November 09

This workshop is designed to provide specific guidelines and information to Command Sponsor Coordinators or those designated as sponsors.

Marketing Yourself

1700-1900 FFSC Bldg. 106

November 10

Participants will receive practical advice and guidance on how to successfully market and present themselves in today's job marketplace.

SAPR POC Training

0800-1200 FFSC Bldg. 106

November 09

This class will provide information on the SAPR program and the role and responsibilities of a designated SAPR Program Point of Contact (POC).

SAPR DCC Training

1330-1530 FFSC Bldg. 106

November 09

The focus of this training is to provide participants the knowledge and responsibilities needed to perform their duties as a SAPR Data Collection Coordinator (DCC).

SAPR Liaison Training

0800-1430

November 10

FFSC Bldg. 106

This SAPR training requirement will focus on the liaison's role and responsibilities between the victim and the command executive level.

Individual Augmentee Family Social

1130-1230 FFSC Bldg. 106

December 01

Family members of deployed service members are able to meet with others who are going through the same separation. Information on coping strategies and what to expect during homecoming will be provided.

Communicating With Your Teen

1300-1500 FFSC Bldg. 106

December 07

Learn ways to better communicate, ways to motivate, and ways to discuss difficult topics with your teen.

Resume Writing

1400-1700 FFSC Bldg. 106

December 09

Participants will Learn how to market their skills, knowledge, accomplishments, and experience with an impressive resume.

Command Financial Specialist (CFS) Training

0800-1630 *NBG

December 12-16

This seminar will provide the training skills required by Command Financial Specialists (CFS) in order to effectively assist service members in establishing and maintaining sound money management techniques.

Career Options & Navy Skills Evaluation Program (CONSEP) for First-Term Sailors

0800-1600 FFSC Bldg. 106

December 13-16

Specifically for Navy members who have completed two to four years. Topics will provide information on career-making decisions, upward mobility, college and certification opportunities, apprenticeships, financial management and investment strategies.

**Location To Be Determined (TBD)*

The

Fleet & Family Support

Center

ALL CLASSES ARE SUBJECT TO CHANGE. FOR
MORE INFORMATION OR TO
REGISTER CALL
FFSC AT 333-2056/57
MONDAY—FRIDAY
0730-1630

MEETING YOUR NEEDS.
AT HOME. AT SEA.

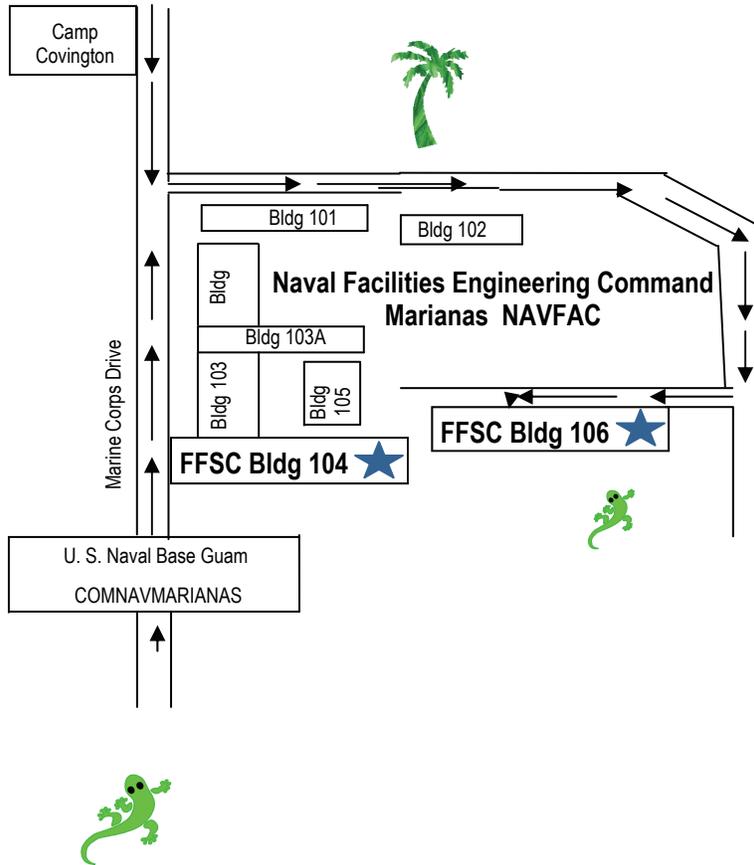
Fleet and Family Support Center, Guam
PSC 455 Box 157
FPO AP 96540-1157

Phone: 671-333-2056/57/58/59
Fax: 671-333-2023
Email: ffscguam@fe.navy.mil

WE'RE ON THE WEB:
www.cnic.navy.mil/guam/basesupport/fleetandfamilysupport



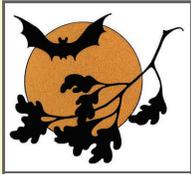
**Fleet and Family
Support Center,
Guam**



DEPARTMENT OF THE NAVY
FLEET AND FAMILY SUPPORT CENTER
PSC 455 BOX 157
FPO AP 96540-1157

PRESORTED STANDARD
U.S. POSTAGE PAID
BARRIGADA GUAM
PERMIT NO. 26

OFFICIAL BUSINESS



October

2



November

0

1



December

1