

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

NOVEMBER 2012

Military Family Appreciation Week

"Thank You"

To Our Military Families!

The month of November is Military Family Appreciation Month. We think it appropriate to recognize the courage, dedication, commitment, and support of those family members who didn't raise their right hand to take an oath, but who nevertheless serve this nation through their own sacrifices.

Behind the scenes, sometimes by their sides, sometimes waiting at home alone -- are more Heroes, the American Military Family members. They are the wives, husbands, and children of our brave and patriotic service men and women. These families sacrifice careers, comforts and personal desires for their loved ones, and ultimately for our Nation. They endure relocations, separations, and isolation from their own families and friends. They often live in other countries far away from our own.

Many find the pay insufficient to sustain a family and must work outside the home to make ends meet. Many have careers that begin again and again after each move. Many postpone their education while raising children or when relocating overseas. Yet, they rear resilient children. They enrich the neighborhoods in which they live. They quietly and selflessly support their loved ones in uniform. Without personal compensation, they serve our great Nation. They are our unsung Heroes who wave good-bye at the tarmac, on the pier, or at the front door with newborn in arms.

Military Families we salute you!



Join the Fleet & Family Support Center on 19 November for our 11th Annual "Pizza Night". Once again, we are excited to offer this evening of celebration in your honor. Mark your calendars and have dinner on us - pizza, soda, cookies and lots of fun. Register by 16th November so we'll have plenty of pizza for everyone! Hope to see you there!

CONTACT FFSC ANNAPOLIS

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🌐 www.usna.edu/FamilyServices

FEATURES

PAGE 1: Thank You To Our Military Families!
Military Family Appreciation Week
PAGE 2: November 2012 Calendar
PAGE 3: Programs for Education & Training



• Warfighter and Family Services
• Joint Base Anacostia-Bolling, DC
• NSA Annapolis, MD • NIDC Ft. Meade, MD
• NSA Bethesda, MD • NAS Patuxent River, MD
• NSI Dahlgren, VA

November 2012

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			<p>1</p> <p>Medical Record Review <i>Call For An Appointment</i> 8 am - 3 pm</p>	<p>2</p> <p>Sponsorship Training 1 - 2 pm</p>
<p>5</p>	<p>6</p> <p>"Hearts Apart" - Deployment Discussion Group 6:15 - 7:30 pm</p>	<p>7</p> <p>Retired Activities Office 9 - 11 am</p> <p>Raising Pre-Teen and Teenage Girls In Today's Society 6 - 8 pm</p>	<p>8</p> <p>1-2-3 Magic (Parenting) Workshop 9 - 11:30 am</p>	<p>9</p>
Transition Assistance Program (TAP) Workshop • 8 am - 4 pm				
<p>12</p>	<p>13</p> <p>Banking and Financial Services 1 - 3 pm</p>	<p>14</p> <p>Retired Activities Office 9 - 11 am</p> <p>10 Steps To A Federal Job 9 am - 12 pm</p> <p>Raising Boys In Today's Society 6 - 8 am</p>	<p>15</p> <p>Medical Record Review <i>Call For An Appointment</i> 8 am - 3 pm</p>	<p>16</p> <p>Education Benefits 11:45 am - 12:45 pm</p>
Command Indoctrination/Newcomers' Orientation • Wednesday-Friday, 14-16 November • 8 am - 4 pm				
<p>19</p> <p>Military Family Appreciation Night 5 - 7 pm</p>	<p>20</p> <p>"Hearts Apart" - Deployment Discussion Group 6:15 - 7:30 pm</p> <p>Car Buying Strategies 6 - 7 pm</p> <p>Home Team™ - Youth Deployment Support Group 6 - 7 pm</p>	<p>21</p> <p>Retired Activities Office 9 - 11 am</p> <p>Resume Writing 9 - 11 am</p>	<p>22</p> <p>Thanksgiving</p>	<p>23</p>
<p>26</p>	<p>27</p> <p>Interviewing Skills 9 - 11 am</p>	<p>28</p> <p>Retired Activities Office 9 - 11 am</p>	<p>29</p>	<p>30</p>
COMPASS • Wednesday-Friday, 28-30 November 2012				
Navy Family Ombudsman Basic Training • Wednesday-Friday, 28 November - 30 December • 9 am - 3:30 pm				



Career Development

10 Steps To A Federal Job

Wednesday, 14 November, 9 am - 12 pm

The process of applying for a job in the Federal Government may seem confusing as different Government Agencies have different requirements. Agencies may require the Optional Application for Federal Employment (OF-612), an SF-171, or a resume. This workshop will provide you with tips on how to best prepare your application. To learn more about applying for DoD positions, contact the FFSC to register @ 410-293-2641.

Resume Writing

Wednesday, 21 November, 9 - 11 am

Wondering how to write your resume? Have you written a resume but it isn't getting the results you want? Our resume writing workshop will help you get started or show you how to improve the one you have written. This class will discuss targeting your resume, selecting the best format for your work experience and creating a cover letter. Participants will complete a draft resume outline. Don't pay someone else to write your resume! Call the FFSC at 410-293-2641 to register.

Interviewing Skills

Tuesday, 27 November, 9 - 11 am

What are your greatest strengths? Greatest weaknesses? Learn how to answer these and many other common interview questions. This workshop discusses interview preparation, the stages of an interview and interview follow-up. Class objectives also include: defining 5 types of interviews, discussing salary negotiation and answering difficult interview questions. Conquer some of the pre-interview jitters by preparing thoroughly. Call the FFSC at 410-293-2641 for program information and registration.

Transitional Assistance Programs

Medical Record Review

1, 15 & 22 November, 8 am - 3:00 pm

Call For An Appointment

The AMVET, a Private Non-Profit, Service Organization will be reviewing medical records for retiring or separating service members to identify medical conditions to be considered for follow-on VA services. This review will assist members in obtaining all necessary documents and other additional information prior to their separation from the service. Members should bring their original medical record. Call to schedule an Appointment.

Transition Assistance Program (TAP)

Tuesday-Friday, 6-9 November, 8 am - 4 pm

A four day career and job search workshop for separating and retiring service members seeking civilian employment. Topics include: skills assessment, resume writing, job search methods, interview techniques, as well as a review of Veteran entitlement and much more. Register now if you are within 1 year of separation or 2 years of retirement. Classes fill up months ahead.

IMPORTANT!!!

You must see your Command Career Counselor and obtain a

signed DD 2648 from your command prior to coming to TAP. **NOT HAVING THIS FORM MAY RESULT IN YOU BEING ABLE TO ATTEND TAP.**

Education Benefits Brief

Friday, 16 November, 11:45 am - 12:45 pm

Are you planning to attend college or a technical/trade school after you leave the military? Or perhaps you want to use your benefits while on active duty to prepare for your future . . . If so then, you are invited to a special presentation on Navy Tuition Assistance, Navy School Credentialing, Navy College Fund, and other scholarship information. Explore your educational options... Find out about eligibility requirements, type of schools you may attend, and how much educational allowance you are entitled to. *This briefing is mandatory for those seeking to use the Tuition Assistance Benefit.* Guest speaker: **Jessamy Ackerman, Navy College Representative.**

Deployment/Relocation Programs

Sponsorship Training

Friday, 2 November, 1 - 2 pm

Has your Command chosen You to sponsor inbound service members? Now, what do you do? FFSC provides training for individuals who have been chosen to serve as sponsors; training includes how to make contact, what information needs to be provided, and information on available resources and support services that will make your job and the incoming service member's move much more satisfying. (Sponsor Coordinators are welcome to attend!).

"Hearts Apart" - Deployment Discussion Group

Tuesdays, 6 & 20 November, 6:15 - 7:30 pm

Is your loved one deployed? A Deployment Discussion Group is held on the 1st and 3rd Tuesday of each month at 6:15 pm at the Fleet & Family Support Center. Child care is FREE and onsite upon advance request. Registration is required. Please call the FFSC at 410-293-2641 for more information.

Command Indoctrination/Newcomers' Orientation

Wednesday-Friday, 14-16 November, 8 am - 4 pm

Wednesday - Navy Pride & Professionalism

Thursday & Friday - Command Indoc

Command Indoctrination Programs are designed to facilitate the adaptation of Sailors and their families into their new working and living environments. This will afford Sailors and their families the greatest opportunity for a successful and productive tour of duty.

"Home Team" - Youth Deployment Support Group

Tuesday, 20 November, 6 - 7 pm

For kids ages 5-18 who are experiencing a family deployment, come join the "HOME TEAM" to get involved, stay connected, have social support and to learn about the power of POSITIVE!! For school age kids who are experiencing a family deployment. Group will meet at the Youth Center on Alder Road. Call 410-293-2641 for more information and to register.



FFSC RESOURCE ROOM

The Resource Room has everything that military family members (16 years old and up) and transitioning service members need to conduct successful job searches and relocations resources -- computers with internet access, laser printer, fax machine, copier access, reference books, informational self-help pamphlets, resource hand-outs, and more.

The Fleet & Family Support Center Job Search Resource Room is located at the **Fleet and Family Support Center, 168 Bennion Road, Annapolis, MD.**

**PLEASE COME & TAKE ADVANTAGE of
The Fleet & Family Support Center Resource Room!
We're looking forward to seeing you.**

Financial Management Programs

Banking and Financial Services Monday, 13 November, 1 - 3 pm

Properly maintaining your financial accounts is the first step in establishing a credit history and is expected of you as a member of the military. This program will help you understand all the products and services available to you, how to avoid fees, pick the one that best meets your needs and manage them appropriately.

Car Buying Strategies Monday, 20 November, 6 - 7 pm

Looking for a car? Don't get taken for a ride! Learn all the important do's and don'ts BEFORE you step onto the car lot in this single-session program. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

Life Skills Education Programs

Raising Pre-Teen and Teenage Girls In Today's Society Wednesday, 7 November, 6 - 8 pm

With the media and the internet, girls today are facing different issues than previous generations. We will look at dealing with issues around cyber bullying, violence, and body image using clips from "A Girl's Life with Rachel Simmons."

1-2-3 Magic (Parenting) Workshop Thursday, 8 November, 9 - 11:30 am

Is it hard to get your kids to do what you want them to do? Then 1-2-3 Magic is for you! A popular and simple, yet highly effective parenting program for those who have children between the ages of 2 and 12. This workshop is based on the award-winning, bestselling 1-2-3 Magic book by Thomas Phelan, Ph.D. It will provide practical and easy-to-learn parenting techniques that work for children ages 2-12.

Raising Boys In Today's Society Wednesday, 14 November, 6 - 8 pm

Boys today are expected to act different than in previous generations. We will look at the inner workings of boys, the

public school systems expectations, and some things we can do the advocate for our boys. We will look at some clips from "Raising Cain: Exploring the Inner Lives of America's Boys".

Ombudsman Programs

Navy Family Ombudsman Basic Training Wednesday-Friday, 28 November-30 December 9 am - 3:30 pm

This training consists of 9 modules that help official command ombudsmen and command leadership team members work effectively with their commands. Workshops provide resource avenues for helping families through crisis and daily living. Open to Ombudsmen, COs, XO's, Chaplains, CMCs, COBs, and their spouses. Attending the Ombudsman Basic training prior to beginning duties is required for new Ombudsman or if a current Ombudsman and more than three years have elapsed since attending the Ombudsman Basic Training course.

Other Programs

Retired Activities Office Wednesdays - 9 - 11 am

Assists all retired military and their family members in such areas as Survivor Benefits Plan, retired rights and benefits, widow's outreach and assistance. Office is staffed by retired military volunteers.

Military Family Appreciation Night 19 November, 5 - 7 pm

November is "Military Family Appreciation Month". During this month we take time to acknowledge and pay special tribute to all military families for the contributions they make to their own communities and, ultimately, to the security of our entire nation. With great enthusiasm, the Fleet and Family Support Center would like to honor you at our 10th Annual Celebration! Come on over and have dinner on us - pizza, soda, cookies and lots of fun. Register **by 16 November so we'll have plenty pizza for everyone! Hope to see you there!**

COMPASS Wednesday-Friday, 28-30 November 2012 9:30 am - 1:30 pm

Navy Spouses helping each other navigate the maze of Military Life

COMPASS is a spouse-to-spouse mentoring program that introduces participants to all aspects of the military lifestyle. COMPASS offers military spouses the opportunity to establish a peer network, acquire knowledge and develop skills necessary to successfully meet future challenges of military life. **Registration is a MUST to attend a class.**
Email: compassannapolis@nsfamilyline.org

ADDITIONAL INFORMATION

All classes are held at the FFSC unless otherwise noted.

Workshops and seminars are open to active duty and retired military personnel and their family members. Call the FFSC at 410-293-2641 to register or for more information.