

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

DECEMBER 2018

Celebrations

Away From Home

Adapted from an article by Deb Trzcinski

Military life often means being separated from family during holidays, birthdays and other special occasions. With separation comes the opportunity to carry on fond traditions and establish some new ones of your own. Here are a few ideas to start new traditions and keep connected with the ones you love.

SOMETHING OLD, SOMETHING NEW

If family recipes bring a bit of home to your house, keep them going. A suggested gift from family members might be a collection of recipes passed down through generations. However, if you secretly wish never to see giblet gravy again, this is your chance to remove it from the holiday menu. If change does not come easy for you, try one or two new dishes this year.

REACH OUT

You know that you are not the only folks in town who cannot make it home for a special occasion. Reaching out to others is a great remedy for homesickness. Do not wait for an invitation. Ask around to see if

neighbors or friends would be interested in a get-together.

STAY CONNECTED

These days, it is easier than ever to keep the lines of communication open with loved ones. Email, digital cameras and online video puts a connection to home as close as your computer. Encourage grandparents to enter the world of technology so they can stay in close contact, too.

VIDEO/PHOTO ALBUM

While you may be longing for home, your family misses you as well. A great gift idea is to make a video or photo album to send them. Highlight your favorite local spots (a park where the children play, your jogging route, sites, favorite beach or your workplace) and a tour of your house. This ties them to you with a visual image of your daily life. Ask loved ones to do the same for you.

MADE WITH LOVE

Search for something your children can make to send as gifts. Grandparents will love having a physical reminder of their grandchild and it will strengthen the child's memory of her. Choose items for everyday use such as coffee mugs or key chains that your child can personalize.

MAILING TIPS

If you are shipping gifts back home, be sure to give yourself plenty of time. Check in advance with shipping companies such as UPS, Federal Express and the U.S. Postal Service to get a safe timeframe for your desired delivery date.

It is possible to hold on to traditions, create a few new ones and keep your loved ones close in your heart.

You're invited to the Fleet and Family Support Center's
ANNUAL HOLIDAY OPEN HOUSE
Tuesday, Dec. 18, 11:30 a.m. - 1 p.m.

CONTACT FFSC ANNAPOLIS

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FEATURES

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PAGE 2: December 2018 Calendar
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DECEMBER

2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Transition GPS Capstone
By appointment only

Anger Management Workshop
(Session 2 of 3)
8:30 - 11:30 a.m.

4

Retired Activities Office
9 - 11 a.m.

Resume Writing Workshop
9 a.m. - Noon

5

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Navy Family Ombudsman Basic Training • 9 a.m. - 3:30 p.m.

Transition — Goals, Plans, Success (GPS) • 8 a.m. - 4 p.m.

10

Transition GPS Capstone
By appointment only

Anger Management Workshop
(Session 3 of 3)
8:30 - 11:30 a.m.

Planning for Retirement
11:30 a.m. - 1 p.m.

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Retired Activities Office
9 - 11 a.m.

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Executive Transition — Goals, Plans, Success (GPS) • 8 a.m. - 4 p.m.

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Transition GPS Capstone
By appointment only

FFSC Open House
11:30 a.m. - 1 p.m.

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Retired Activities Office
9 - 11 a.m.

10 Steps to Federal
Employment Workshop
9 a.m. - Noon

Hearts Apart: Deployment
Discussion Group
6 - 7:15 p.m.

Home Team: Youth Deployment
Support Group • 6 - 7:15 p.m.

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Holiday Cookies
Survivor Benefit Plan (SBP)
11:30 a.m. - 12:30 p.m.

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Transition GPS Capstone
By appointment only

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Retired Activities Office
9 - 11 a.m.

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HOLIDAY SHOPPING AND BREAKFAST WITH SANTA

Saturday, Dec. 8
8 - 10 a.m. • NEX
(For children ages 6-12 years)





PROGRAMS FOR EDUCATION AND TRAINING



Career Development

Resume Writing Workshop

Wednesday, Dec. 5, 9 a.m. - Noon

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 discusses targeting your resume, selecting the best format for your work experience and creating a cover letter. Don't pay someone else to write your resume!

10 Steps to Federal Employment Workshop

Wednesday, Dec. 19, 9 a.m. - Noon

The Federal Government has excellent career opportunities in a variety of occupations. However, the Federal Employment Hiring process is complex and challenging! This process can be a confusing experience. This workshop will provide an overview of the hiring process. You will learn how to navigate the USAJOBS system, analyze a vacancy announcement, type of hiring programs and preferences and write a federal resume. Please join us and learn strategies and tips for a successful federal job search. Registration is required. Please no e-mail reservations.

Transition Assistance

Transition GPS Capstone

Tuesdays by appointment only

Capstone is a mandatory component of Transition GPS that must be completed no later than 90 days before your separation date.

Required documentation for Capstone includes:

- Completed standardized ITP to include appropriate Career Track sections
- eBenefits registrations
- Completed Gap Analysis
- Completed resume/employment application
- TGPS Workshops certificate
- Documented requirements for licensure, certification and apprenticeship – if applicable
- Prepared 12-month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

Transition — Goals, Plans, Success (GPS)

Monday-Friday, Dec. 3-7, 8 a.m. - 4 p.m.

This career and job search workshop is for separating service members seeking civilian employment. Topics include Tools for Transition, Military Occupational Cross Walk, Skills Assessment, Resume Writing, Job Search Methods, Interview Techniques and a review of Veteran benefits and entitlements. Classes fill up months ahead. **Register now if you are within one year of separation or two years of retirement.**

You must see your Command Career Counselor and obtain a signed DD Form 2648–Pre-separation Counseling Checklist and a copy of your Individual Transition Plan (ITP) before attending the workshop. **Failure to do so may result in disenrollment from the class.**

Executive Transition — Goals, Plans, Success (GPS)

Monday-Friday, Dec. 10-14, 8 a.m. - 4 p.m.

This five-day workshop is designed to prepare retiring service members (i.e., E-9, O-5s and above) for transition to civilian life. The program provides a comprehensive mix of education and skill building to meet Career Readiness Standards. Topics include, but are not limited to:

- Skills assessment
- Resume writing
- Interview techniques
- Job search methods/ Salary Negotiations
- Review of veteran entitlements
- Financial planning

In accordance with OPNAV 1900.2B, all participants are required to provide a completed and signed DD form 2648 (Pre-separation counseling checklist). If you are within 2 years of retirement, please register for one of the workshops.

Deployment/Relocation

Hearts Apart: Deployment Discussion Group

Wednesday, Dec. 19, 6 - 7:15 p.m.

Is your loved one deployed? This discussion group is for you! Onsite child care is free and upon advance request. Registration is required.

Home Team: Youth Deployment Support Group

Wednesday, Dec. 19, 6 - 7:15 p.m.

Home Team is for kids 5-18 years old who have a deployed family member. Join the Home Team and get involved, stay connected, have social support and to learn about the power of positive! This group is in partnership with the NSA Annapolis School Liaison Officer.

Command Indoctrination/Newcomers' Orientation

Thursday-Friday, Dec. 20-21, 8 a.m. - 4 p.m.

This program is designed welcome to allow military members and their families to their new working and living environments. The Indoc/Orientation is for all active-duty service members reporting to the U.S. Naval Academy, NSA Annapolis, Navy Band and Naval Health Clinic. Don't miss these information-packed days designed to make your move to a new community a "smooth" one. A highlight of the Orientation is a tour of the Naval Academy. Spouses are encouraged to attend Thursday and Friday.



Financial Management

Planning For Retirement

Tuesday, Dec. 11, Noon - 1:30 p.m.

It's never a too soon or too late to start thinking about retirement! Bring your lunch and join us for a discussion about the steps involved in retirement planning, estimating retirement needs, and sources of retirement income. Military retirement benefits, the Thrift Savings Plan, as well as individual retirement account options (IRAs) and Social Security will be covered.

Survivor Benefit Plan (SBP)

Thursday, Dec. 20, 11:30 a.m. - 12:30 p.m.

One of the most important aspects of financial planning is the ability to provide for a survivor(s) in the event of a wage earner's death. This course will explain how SBP works, the costs and coverage amounts, election options (who you can designate to receive the SBP benefit) and additional considerations to help you decide whether or not to elect SBP upon retirement.

Life Skills Education

Anger Management Workshop (3 Sessions)

Tuesdays, Nov. 27, Dec. 4 and 11, 8:30 - 11:30 a.m.

Do you find your anger racing from zero to 60 at work or at home? The Anger Management workshop is designed to help participants become more aware of anger in themselves and others; to understand how anger or the repression of anger affects us; to develop positive ways of expressing anger, techniques for dampening anger and dealing with anger in others.

Ombudsman Program

Navy Family Ombudsman Basic Training

Monday-Wednesday, Dec. 5-7, 9 a.m. - 3 p.m.

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.

Outreach Programs

Holiday Shopping and Breakfast with Santa

Saturday, Dec. 8, 8 - 10 a.m., at the NEX

(For children ages 6-12 years)

Our Annual Holiday Shopping Event for Military Children! We'll learn: how to think carefully about purchases, how to compare prices, Smart Buying Tips, and, we'll have fun shopping for family and friends. Breakfast at Subway. Cost for Breakfast \$1.25. Call for more information. Please make your reservations no later than Tuesday, Dec. 4. Hope to see you there!

FFSC Open House

Tuesday, Dec. 18, 11:30 a.m. - 1 p.m.

Join the Fleet and Family Support Center for our annual Open House event.

Holiday Cookies

Thursday, Dec. 20

VOLUNTEERS NEEDED! The FFSC is looking for volunteers to bake and deliver cookies for Sailors stationed here at the Annapolis Area Complex who will be unable to go home for the holidays. If interested, please call us at 410-293-2641. Cookies are due by 9 a.m. on Thursday, Dec. 19.

Other Programs

Retired Activities Office

Wednesdays, Dec. 5, 12, 19 and 26, 9 - 11 a.m.

Assists all retired military and their family members with questions and issues related to survivor benefits, retired rights and benefits, widow's outreach and assistance. The office is staffed by retired military volunteers.

CLOSED Christmas Day

Tuesday, Dec. 25

FFSC is closed Tuesday, Dec. 25 for Christmas Day.



ADDITIONAL INFORMATION

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. All

classes are held at the Fleet and Family Support Center unless otherwise noted.

New to NSA Annapolis? Make the Fleet and Family Support Center one of your first stops! You can attend a workshop, meet other Navy spouses and gather informational materials.



JOB SEARCH RESOURCE ROOM

The Resource Room has everything that military family members (16 years old and older) 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 and resource hand-outs. The room is located at the FFSC.

The FFSC is located at 168 Bennion Road, Annapolis, MD.