

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

DECEMBER 2019

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.

CELEBRATING ON THE ROAD

A move during the holidays presents challenges that may well become defining moments and foremost memories. A holiday dinner at a truck stop en route to your first duty station may be less than desirable, but it sure makes a great story for the future.

One military family, making a permanent change of station (PCS) move just before Christmas, knew they would miss a particular part of their favorite holiday - the smell of a freshly cut tree. Maritza, wife and mom of the bunch, had the perfect solution. At each hotel they stayed in, she lit a scented evergreen candle in the evening. When they made it to their destination on Christmas Eve, it was too late to buy a tree. The following morning, however, she and her husband decorated a houseplant with lights before waking the kids. "The important thing is that we kept some of our traditions alive, regardless of the circumstances," says Maritza.

As you can see, it is possible to dodge the tendency towards seasonal sadness. Hold on to your traditions, create a few new ones, and instill great memories in the hearts of those around you.

You're invited to the Fleet and Family Support Center's
ANNUAL HOLIDAY OPEN HOUSE
Tuesday, Dec. 17, 11:30 a.m. - 1:30 p.m.

CONTACT FFSC ANNAPOLIS

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FEATURES

PAGE 1: Celebrations Away from Home
PAGE 2: December 2019 Calendar
PAGE 3: Programs for Education and Training



DECEMBER



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2

3

Retired Activities Office
9 - 11 a.m.

1-2-3 MAGIC (Parenting)
Workshop
9 - 11 a.m.

4

5

6

Transition Assistance Program • 8 a.m. - 4 p.m.

Reduce Holiday Stress
11:30 a.m. - 12:30 p.m.

9

10

Retired Activities Office
9 - 11 a.m.

Resume Writing Workshop
9 a.m. - Noon

11

12

13

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

Executive Transition Assistance Program • 8 a.m. - 4 p.m.

16

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

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

17

Retired Activities Office
9 - 11 a.m.

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

18

19

Holiday Cookies

20

Command Indoctrination/Newcomers' Orientation
8 a.m. - 4 p.m.

23

24

Retired Activities Office
9 - 11 a.m.

25

26

27

30

31

**HOLIDAY SHOPPING AND
BREAKFAST WITH SANTA**

Saturday, Dec. 7
8 - 10:30 a.m. • NEX
(For children ages 6-12 years)





PROGRAMS FOR EDUCATION AND TRAINING



Career Development

Resume Writing Workshop

Wednesday, Dec 11, 9:00am – 12:00pm

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. Don't pay someone else to write your resume! Call the FFSC at 410-293-2641 to register

10 Steps to Federal Employment Workshop

Tuesday, Dec 17, 9:00am – 12:00pm

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, write a federal resume and more. Please join us and learn strategies and tips for a successful federal job search. Register today by calling 410-293-2641.

Transition Assistance

Transition Assistance Program

Monday – Friday, Dec 2-6, 8:00am – 4:00pm

It is a five-day career and job search workshop 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, as well as a review of Veteran benefits and 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 (1) a signed DD Form 2648 –Pre-separation Counseling Checklist and (2) a copy of your Individual Transition Plan (ITP) prior to coming to TAP. FAILURE TO DO SO MAY RESULT IN YOU BEING TURNED AWAY

Transition GPS CAPSTONE

Call FFSC for an appointment. Weekly on Tuesdays

Capstone is a mandatory component of Transition GPS that must be completed no later than 90 days prior to separation date. Capstone is scheduled by appointment only. Required Documents for Capstone:

- Completed standardized ITP to include appropriate Career Track sections
- benefits Registrations
- Completed Gap Analysis
- Completed Resume/Employment application
- TGPS Workshops Certificate
- Documented requirements for licensure, certification & apprenticeship – if applicable
- Prepared 12-month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

Executive Transition-Goals, Plans, Success (GPS)

Monday – Friday, Dec 9 - 13, 8:00am – 4:00 pm

Transition GPS course designated for E-9s and O-5 and above.

This is a five-day workshop designed to prepare retiring service members 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 Programs

"Hearts Apart" - Deployment Discussion Group

3rd Wednesdays, Dec 18, 6:00pm – 7:15pm

Is your loved one deployed? A Deployment Discussion Group is held on the 1st and 3rd Tuesday of each month 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. DON'T FORGET OUR YOUTH – JOIN OUR HOME TEAM

Command Indoctrination/Newcomers' Orientation

Thursday- Friday, Dec 19 - 20, 8:00am – 4:00pm

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. The Indoc/Orientation is for all active duty service members reporting to the U.S. Naval Academy, Naval Support Activity Annapolis, Navy Band, and Naval Health Clinic! Don't miss our information-packed days designed to make your move to a new community a "smooth" one. A highlight of the Orientation: a tour of the Naval Academy! Spouses are encouraged to attend.

Life Skills Education Programs

1-2-3 MAGIC (Parenting) Workshop

Wednesday, Dec 4, 9 – 11:00 am

This award-winning, bestselling program addresses the difficult task of child discipline with humor, keen insight and proven experience. It provides easy-to-follow steps for disciplining children without yelling, arguing or spanking. You'll learn how to control obnoxious behavior, the Six Kinds of Testing and Manipulation and also how to handle issues around chores, homework, messy rooms, lying, and more.

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. Using video, group discussion and activities, we'll discover ways to train your children and make parenting an enjoyable experience. Don't miss out on this workshop! We will offer easy-to-learn parenting solutions that WORK – for age groups from toddlers through adolescents. Childcare is not available.



Reduce Holiday Stress Workshop

Monday, Dec 9, 11:30am – 12:30pm

This workshop is designed to help participants understand the sources of holiday stress, and to become aware of how holiday stress can affect them. The participants will learn to identify their own personal signs and symptoms of holiday stress and to learn effective ways to reduce stress this holiday. Don't miss out on this workshop!

Ombudsman Program

Navy Family Ombudsman Basic Training

Tuesday-Thursday, Dec 10 – 12, 9:00am - 3:30pm

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 & Breakfast with Santa

Saturday, Dec 7, 7:45am – 10:30am @ the NEX

(For Kids 6 - 12 years old)

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 December 4th. Hope to see you there!

FFSC Open House

Tuesday, Dec 17, 11:30am – 1:30 pm

Join the FFSC for our annual Open House.

Holiday Cookies

Friday, December 20 at the Fleet & Family Support Center

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 9:00am on Thursday, Dec 18.

Other Programs

Retired Activities Office

Wednesdays – 9:00am – 11:00am

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.

CLOSED Christmas Day

Wednesday, Dec. 25

FFSC is closed Wednesday, 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.