

# Annapolis

## Fleet and Family Support Center

### NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

NOVEMBER 2020

## Military Family Appreciation Month

### THANK YOU TO OUR MILITARY FAMILIES!

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!

### CELEBRATE WITH US AND PICK UP A FREE PIZZA FOR YOUR FAMILY!

Due to the COVID-19 environment the Fleet and Family Support Center cannot honor you in person as we would like but would still like to honor you at our 18th Annual Celebration! We have arranged for you to pick up a pizza for your family at the Dry Dock between the hours of 5 -7 p.m. Register by 16 November so we'll have plenty of pizza for everyone! Hope to see you there!



#### CONTACT FFSC ANNAPOLIS

(410) 293-2641  
(410) 293-5237  
m\_FFSC\_Annapolis@navy.mil

#### FEATURES

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# November 2020

PROGRAMS FOR EDUCATION AND TRAINING | ALL CLASSES WILL BE VIRTUAL  
(After registration you will be sent a link to join the workshop)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> Saving and Investing 2pm	<b>6</b>
Transition Assistance Program (TAP) 8am				
<b>9</b> Career Exploration 9am	<b>10</b> Sponsorship Training 10am  Holiday Spending in the Time of COVID-19 11am	<b>11</b>	<b>12</b> Reduce Holiday Stress Workshop 9am	<b>13</b>
<b>16</b>	<b>17</b> Resume Writing Workshop 9am  NO PLACE TO HIDE - Introverts Stuck at Home with Extroverts 9am	<b>18</b> Ombudsman Assembly Meeting 4:30pm	<b>19</b> Command Indoctrination/ Newcomers' Orientation 8am	<b>20</b>
<b>23</b> Military Family Appreciation Night 5pm	<b>24</b> 10 Steps to Federal Employment Workshop 9am	<b>25</b> Interviewing Skills 9am	<b>26</b>	<b>27</b>
<b>30</b>				



# PROGRAMS FOR EDUCATION AND TRAINING

## Career Development

### Career Exploration

**Monday, Nov. 9, 9 a.m. - Noon**

What do you want to be when you grow up? If you are wondering what career to pursue or want make sure that your chosen field is right for you, then this is your class! This workshop provides an opportunity to assess your skills, values, and preferences.

### Resume Writing Workshop

**Tuesday, Nov. 17, 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 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, Nov. 24, 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, 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.

### Interviewing Skills

**Wednesday, Nov. 25, 9 a.m. - Noon**

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. Call the FFSC at 410-293-2641 for program information and registration.

## Transition Assistance

### Transition Assistance Program (TAP)

**Monday - Wednesday, Nov 2 - 6, 8:00 am - 4:00 pm**

TAP is a 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 prior to enrolling in TAP.

### 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. Please call FFSC to register. Required Capstone Document For Capstone:

- 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 & apprenticeship – if applicable
- Prepared 12 month post-military budget
- DD2958 Career Readiness Standards/ITP Checklist
- DoD ID card/CAC Card

## Deployment/Relocation

### Sponsorship Training

**Tuesday, Nov. 10, 1 - 2 p.m.**

**SPONSORSHIP:** A vital link to a new duty station! Are you about to become a sponsor? Are you a Sponsor Coordinator? If so, this program is designed for you! You will receive information on available resources, pre-departure, post-arrival, and support services that will make your job and the incoming service member's move much more satisfying.

### Command Indoctrination/Newcomer's Orientation

**Thursday, Nov. 19, 8 a.m. - 4 p.m.**

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.

### Command Indoctrination/Newcomers' Orientation

**Thursday- Friday, Nov. 14-15, 8 a.m. - 4 p.m.**

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.



# PROGRAMS FOR EDUCATION AND TRAINING

## Financial Management

### **Saving and Investing**

**Thursday, Nov. 5, 2:00 – 3:00 p.m.**

This workshop will explore the similarities and differences between saving and investing with the goal of achieving financial security. We will start with a discussion of the basics, such as using compound interest and time to your advantage. Then we will discuss the different saving and investing tools and their uses. Finally, we will talk about some basic investing techniques to help you reach your goals and achieve financial security. Open to all active duty, dependents, and civilian employees. Please register by calling 410-293-2641.

### **Holiday Spending in the Time of COVID-19**

**Tuesday, Nov. 10, 11 a.m. – 12 noon**

The pandemic has affected the way we may interact with each other. It will affect how we celebrate, how we congregate and how we will pay for it. Join us to discuss the pro's and con's this pandemic has forced upon us. Call the FFSC at 410-293-2641 to register.

## Life Skills Education

### **Reduce Holiday Stress Workshop**

**Thursday, Nov. 12, 9:00 – 10 a.m.**

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.

### **No Place to Hide - Introverts Stuck at Home with Extroverts**

**Tuesday, Nov 17, 9:00 – 10:00 a.m.**

If you're an introvert, there are some things you can do to manage your workload and get along with your family when you feel like you're constantly surrounded by people. There will be some tips for extroverts as well on how to manage being stuck at home with introverts.

## Other Programs

### **Ombudsman Assembly Meeting**

**Wednesday, Nov. 18, 4:30 – 5 p.m.**

The Ombudsman Assembly Meeting will be held at the Fleet & Family Support Center, NSA Annapolis, 168 Bennion Road. The Bi-monthly assembly meeting is an opportunity for command-appointed Ombudsman to share ideas, obtain updated information, and receive training from area program and resource specialists. Commanding Officers, Executive Officers, Chaplains, Command Master Chiefs, and their spouses, are also encouraged to attend.

### **Military Family Appreciation Night**

**Monday, Nov. 23, 5:00 p.m. – 7:00 p.m.**

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. Due to the COVID-19 environment the Fleet and Family Support Center cannot honor you in person as we would like but would still like to honor you at our 18th Annual Celebration! We have arranged for you to pick up a pizza for your family at the Dry Dock between the hours of 5 -7 p.m. **Register by 16 November so we'll have plenty of pizza for everyone! Hope to see you there!**

## Upcoming

### **Command Financial Specialist Training - Virtual**

**Tuesday - Thursday, Dec. 1 - 3 & 8 - 10 - 12, 12 noon – 4:00 p.m.**

This training on personal financial management is for highly motivated sailors and officers who wish to provide financial education, counseling and information to their shipmates and commands as a collateral duty. During Command Financial Specialist Training, you are trained with basic financial management skills and the understanding necessary to implement education, training and counseling at their command. Functions of a CFS include assisting the command in establishing, organizing, and administering the Command Personal Finance Management (PFM) program; disseminating financial management information within the command; maintaining current PFM resources and contact with Fleet & Family Support PFMs; providing basic counseling to command members as requested.



#### **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.

**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.