

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

DECEMBER 2017

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 are invited to join the Fleet and Family Support Center staff at our
Annual Holiday Open House on Tuesday, Dec. 19, 11:30 a.m. - 1 p.m.
We're looking forward to seeing you!

CONTACT FFSC ANNAPOLIS

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FEATURES

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December

2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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Federal Employment
9 a.m. - Noon

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Job Search Strategies
9 a.m. - Noon
Credit Management
12:30 - 1:30 p.m.
Transition GPS Capstone
By Appointment

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Retired Activities Office
9 - 11 a.m.

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Boot Camp for Babies
11:30 a.m. - 3:45 p.m.

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

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Resume Writing
9 a.m. - Noon
Blended Retirement System
3 - 4 p.m.
Transition GPS Capstone
By Appointment

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Retired Activities Office
9 - 11 a.m.

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Command Indoctrination/Newcomers' Orientation • 8 a.m. - 4 p.m.
*Wednesday - Navy Pride and Professionalism
Thursday and Friday - Command Indoctrination*

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

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

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Survivor Benefit Plan
Noon - 1 p.m.

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Annual Holiday Open House
11:30 a.m. - 1 p.m.
Transition GPS Capstone
By Appointment

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Retired Activities Office
9 - 11 a.m.
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
9 a.m.

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Retired Activities Office
9 - 11 a.m.

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**Holiday Shopping and
Breakfast with Santa**

Saturday, Dec. 9 • 8 - 10 a.m.
Navy Exchange
at NSA Annapolis



EDUCATION AND TRAINING PROGRAMS



Career Development

Federal Employment

Friday, Dec. 1, 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.

Job Search Strategies

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

Confused about how to look for a job? Wondering where the best jobs can be found? This workshop will enable you to develop a plan for your individual job search. Participants will learn the primary methods used by job seekers and customize a plan to fit their needs.

Resume Writing

Tuesday, Dec. 12, 9 a.m. - Noon

Do you wonder how to write your resume? Is your resume not getting the results you want? Our resume writing workshop will help you get started or show you how to improve your current resume. The class will discuss how to target your resume, select the best format for your work experience and create a cover letter. Don't pay someone else to write your resume!

Transition Assistance

Transition - Goals, Plans, Success (GPS)

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

This five-day 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's benefits and entitlements. **Register now if you are within one year of separation or two years of retirement.**

You must see your Command Career Counselor, obtain a signed DD Form 2648 -Pre-separation Counseling Checklist and a copy of your Individual Transition Plan before the workshop. **Failure to do so may result in you being disenrolled from the class.**

Transition GPS Capstone

By appointment only - Tuesdays, Dec. 5, 12 and 19

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

The following are required Capstone documents:

- Standardized ITP to include appropriate Career Track sections
- eBenefits registrations
- Gap analysis
- Resume/employment application

- TGPS workshops certificates
- Licensure, certification and apprenticeship documents, if applicable
- 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. 11-15, 8 a.m. - 4 p.m.

Transition GPS course designated for E-9s and O-5s and above. This workshop is 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 two years of retirement, please register the workshop.

Deployment/Relocation

Command Indoctrination/Newcomers' Orientation

Wednesday-Friday, Dec. 13-15, 8 a.m. - 4 p.m.

Wednesday, Navy Pride and Professionalism

Thursday and Friday, Command Indoctrination

Command Indoctrination facilitates the adaptation of Sailors and their families into their new working and living environments. The three-day information-packed Indoctrination is for all active-duty service members reporting to the U.S. Naval Academy, NSA Annapolis, Navy Band and Naval Health Clinic. Day One topic is Navy Pride and Professionalism. Day Two and Three topics are 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 the Naval Academy tour. To register, contact your command representative training officer.

Hearts Apart: Deployment Discussion Group

Wednesday, Dec. 20, 6 - 7:15 p.m.

Is your loved one deployed? A deployment discussion group is held on the first and third Tuesdays of each month at the Fleet and Family Support Center. Onsite child care is available at no charge with advanced request.

Home Team: Youth Deployment Support Group

Wednesday, Dec. 20, 6 - 7:15 p.m.

The support group is 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 learn about the "power of positive"!



Financial Management

Credit Management

Tuesday, Dec. 5, 12:30 - 1:30 p.m.

This single-session workshop provides valuable information on establishing a credit history, choosing and using credit and debit cards, debt-to-income ratio, consumer installment loans, credit reports and effectively managing your credit.

Blended Retirement System

Tuesday, Dec. 12, 3 - 4 p.m.

Learn about the new retirement system that is available to active-duty military members with less than 12 years of service as of Dec. 31, 2017. This class provides resources to assist in your decision making and a discussion of the Thrift Savings Plan, which is part of the Blended Retirement System. This program may be brought to area commands/work centers upon request.

Survivor Benefit Plan

Monday, Dec. 18, Noon - 1 p.m.

One of the most important aspects of financial planning is the ability to provide for survivor(s) in the event of a wage earner's death. This class explains how the Survivor Benefit Plan works, costs and coverage amounts, election options (who you can designate to receive the benefit) and other considerations to help you decide whether or not to elect this plan upon retirement.

Life Skills

Boot Camp for Babies

Thursday, Dec. 7, 11:30 a.m. - 3:45 p.m.

The workshop provides expectant parents and those with infants an understanding of an infant's world and some basic skills necessary for parenting. This class will address the challenges of parenting such as balancing work and family, safety issues, required health care paperwork and the hidden costs associated with a growing family. Participants will learn how to prepare financially for the newest member of the family.

Attending this workshop qualifies you, regardless of rank, for a Baby's First Sea Bag. The layette consists of a coordinated set of bedding and clothing and a handmade item (a knitted or crocheted sweater set and afghan) worth approximately \$100. Don't miss out on this exciting class that will help prepare you for parenthood.

Other Programs and Events

Retired Activities Office

Wednesdays, Dec. 6, 13, 20 and 27, 9 - 11 a.m.

Assists all retired military members and their family in areas such as Survivor Benefits Plan, retired rights and benefits and widow's outreach and assistance. Retired military volunteers staff the office.

Holiday Shopping and Breakfast with Santa

Saturday, Dec. 9, 8 - 10 a.m.

Navy Exchange, NSA Annapolis

This is our annual holiday shopping event for military children 6-12 years old. Kids learn smart buying tips including how to think carefully about purchases and compare prices while they have fun shopping for family and friends at the Navy Exchange. After shopping, kids can eat breakfast with Santa! Breakfast will be available at Subway for \$1.25. **Make reservations for your child by Dec. 4.**

Ombudsman Basic Training

Monday-Wednesday, Dec. 11-13, 9 a.m. - 3:30 p.m.

This training consists of nine 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. Ombudsman Basic training is required before beginning Ombudsman duties and is repeated every three years.

Annual Holiday Open House

Tuesday, Dec. 19, 11:30 a.m. - 1 p.m.

Stop by to enjoy refreshments and meet our Fleet and Family Support Center staff.

Holiday Cookies

Thursday, Dec. 21, 9 a.m.

The FFSC is looking for volunteers to bake and deliver cookies for Sailors stationed at NSA Annapolis who will be unable to go home for the holidays. If interested, please call 410-293-2641. **Please bring cookies to the FFSC by 9 a.m. on Thursday, Dec. 21.**

CLOSED for Christmas Day

Monday, Dec. 25

FFSC will be closed Monday, 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.