

Annapolis

Fleet and Family Support Center

NEWSLETTER

168 BENNION ROAD, ANNAPOLIS, MD 21402

DECEMBER 2020

CELEBRATIONS AWAY FROM HOME

Military life often means being separated from those you love while holidays, birthdays, and other special occasions continue to show up on the calendar. Seasonal sadness may hit! With these separations comes the opportunity to carry on fond traditions, as well as establishing those of your own.

Something Old, Something New If family traditions or recipes bring a bit of home to your house, keep them going. In fact, a suggested gift from family members might be a collection of recipes passed down through generations. But, if you secretly wish never to see giblet gravy again, this is your chance to remove it from the holiday menu. If change doesn't come easy for you, try a few new things.

Reach Out You know that you're not the only folks in town who can't make it home for a special occasion. Reaching out is a great remedy for homesickness. Don't wait for an invitation. Instead, ask around to see if neighbors or friends would be interested in a get-together.

Staying Connected These days, it's easier than ever to keep the lines of communication open with those left behind. The advent of e-mail, digital cameras and live online video puts a connection to home as close as your computer. Encourage grandparents to enter the world of electronic mail so they can stay in close contact and receive pictures instantly.

Consider that 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 spots in town (a local park where the children play, your jogging route, favorite beach or workplace) as well as 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 special that your children can make to send as gifts. Grandma will love having a physical reminder of her 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.

Cut Your List There are other ways to deal with the holiday bustle. "I cut out sending gifts to everyone with the exception of parents and the children's godparents," says Martha, mother of five and wife of a retired Navy Captain. She explained to loved ones that she was simplifying her life and hoped they would do the same by removing her from their list of people to buy for. "That helped with the budget and the stress level."

Mailing Tips When shipping items 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 time frame for your desired delivery date.

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.

Adapted from an article by Deb Trzcinski

**THE ANNAPOLIS FLEET & FAMILY SUPPORT CENTER STAFF
WISH YOU A HAPPY AND SAFE HOLIDAY**



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FEATURES

PAGE 1: Celebrations Away From Home
PAGE 2: December 2020 Calendar
PAGE 3: Programs for Education and Training



December 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
	1	2	3	4
	Command Financial Specialist Training - 12pm			
Transition Assistance Program (TAP) - 8am				
7	8	9	10	11
	Resume Writing Workshop 8am		Boot Camp for Babies 11:30am	
	Command Financial Specialist Training - 12pm			
Executive Transition Assistance Program (ETAP) - 8am				
14	15	16	17	18
	10 Steps to Federal Employment Workshop 9am		Command Indoctrination/ Newcomers' Orientation 8am	
Navy Family Ombudsman Basic Training - 9am				
21	22	23	24	25
28	29	30	31	

PROGRAMS FOR EDUCATION AND TRAINING

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Career Development

Resume Writing Workshop

Tuesday, Dec. 8, 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, Dec. 15, 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.

Transition Assistance

Transition Assistance Program (TAP)

Monday – Friday, Nov. 30 - Dec. 4, 8:00 am – 4:00 pm

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.

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

Executive Transition Assistance Program (ETAP)

Monday – Friday, Dec 7 – 11, 8:00a.m. – 4:00p.m.

Transition 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

Command Indoctrination/Newcomer's Orientation

Thursday, Dec. 17, 8 a.m. – 3 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

Command Financial Specialist Training

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

Commands must have one CFS for 25 or more personnel, and one for every additional 75 personnel. CFS candidates should be motivated and financially stable, and have at least one year left at their command. To be appointed as a Command Financial Specialist, OPNAVINST 1740.5D requires that service personnel be in pay grade E6 or above including frocked to E6 Personnel, or E5 with at least 6 years of service. Commands can request a waiver for E5 Personnel with less than 6 years. For more information contact Stephen Hannan, PFM at stephen.hannan.ctr@navy.mil or call 410-293-2641 and leave a message with your contact information.

Life Skills Education

Boot Camp For Babies

Thursday, Dec 10, 11:30 a.m. - 3:00 p.m.

The Boot Camp for Babies workshop provides expectant parents and those with infants with 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, and required health care paperwork. Participants will also learn how to prepare financially for the newest member of the family.

Attending this workshop qualifies you, regardless of rank, for a Layette (also known as Baby's First Sea Bag) from Navy Marine Corps Relief Society. The Sea Bag is issued to any eligible attendee who has recently had a baby or whose child will be born within six months. It consists of gift card and a handmade item (a knitted or crocheted afghan). Don't miss out on this exciting class that will prepare you for parenthood!



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.