



Annapolis

FLEET AND FAMILY SUPPORT CENTER

SEPTEMBER 2004

Newsletter for Military Members and their families

HELP YOUR CHILDREN BE BETTER STUDENTS



The early years of a child's education are very important in developing the discipline, commitment and sense of purpose which shape the child's future. The parent can play a very important role in building these

traits. How can you, the parent, have a positive effect on your child's schoolwork? Here are some suggestions to consider:

- Come to school and meet your child's teacher. Parents' support and frequent communication help children learn.
- Ask your child what happened in school each day. If your child says "nothing," don't give up. Ask questions about specific activities.
- Become familiar with school regulations and school practices so that you will know what's expected of your child. If you have questions or concerns, discuss them with the teacher or principal.
- Help your child see that school attendance is important and desirable.
- Make TV watching a constructive force in your household. You might give your child an "allowance" of TV time and promote high-quality programs. Watch television with your child and discuss what you've just watched.
- If your child announces that he or she "hates" a certain subject, find out why and enlist the teacher's help in changing negative feelings.

Here are a few suggestions that can make homework a valuable link between the school and your home:

- Make sure that your child has a good place in which to study. It should offer plenty of room to spread out materials, the right kind of lighting, and a comfortable chair.
- When your child is doing homework, make sure the entire family gives that activity as much respect as possible, so that the student is not disturbed unnecessarily.
- Set aside the same time each day for homework. This helps develop the discipline most children need.
- Establish rules for using the telephone, stereo, and TV during homework time. This will mean better concentration.
- Review spelling words with your child, perhaps once before going to bed and again in the morning. The same goes for other types of memory work such as multiplication tables, arithmetic drills, or state capitals.
- When your child is writing a school report, show that using information from several sources is better than just relying on one book. Help your child get acquainted with the wide range of available sources.



(Continued on page 7)

RETIRED ACTIVITIES OFFICE
WEDNESDAYS - 9:00 AM - 11:00 AM

Assists all retired military and their family members in such areas as Survivor Benefits Plan, retired rights and benefits, widows outreach and assistance. Office is staffed by retired military volunteers.

RESUME WRITING

1 September, 9:00 AM - 11:00 AM

Resumes serve many purposes, two of which are a documentation source and an introduction to potential employers. The latter is a key element in obtaining a job interview. Come to this workshop and (1) gain an understanding of the role of resumes in the job search process (2) learn the process of writing a resume which best matches the skills and qualifications an employer needs, and (3) examine the different resume formats and learn how to select the best format for you.



TRANSITION ASSISTANCE PROGRAM

7 -10 September, 8:00 AM - 4:00 PM

A four day career and job search workshop for separating and retiring service members seeking civilian employment. Topics include: skills assessment, resume writing, job search methods, interview techniques, as well as a review of Veteran 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 a signed DD 2648 from your command prior to coming to TAP.

FAILURE TO DO SO MAY RESULT IN YOU BEING TURNED AWAY FROM TAP.

MEDICAL RECORD REVIEW

9 & 23 September, 8:00 AM - 3:00 PM

The AMVET, a Private Non-Profit, Service Organization will be reviewing medical records for retiring or separating service members to identify medical conditions to be considered for follow-on VA services. This review will assist members in obtaining all necessary documents and other additional information prior to their separation from the service. Members should bring their original medical record. Call to schedule an appointment.

ATTENTION MILITARY SPOUSES

FREE COMPUTER TRAINING

Microsoft Office Suite

(Microsoft Word, Access, Excel and Power Point)

13 - 17 September, 8:00 AM to 4:00 PM (Advanced)

This is a great opportunity to enhance your computer skills even further. All classes are one day except Access (two

THE CHAPLAIN'S CORNER



THE SPARROW AT STARBUCK'S

It was chilly in Manhattan but warm inside the Starbucks shop on 51st Street and Broadway, just a skip up from Times Square. Early November weather in New York City holds only the slightest hint of the bitter chill of late December and January, but it's enough to send the masses crowding indoors to vie for available space and warmth.

For a musician, it's the most lucrative Starbucks location in the world, I'm told, and consequently, the tips can be substantial if you play your tunes right. Apparently, we were striking all the right chords that night, because our basket was almost overflowing.

It was a fun, low pressure gig-I was playing keyboard and singing backup for my friend who also added rhythm with an arsenal of percussion instruments. We most did pop songs from the 40s to the 90s with a few original tunes thrown in. During our emotional rendition of the classic, "If You Don't Know Me By Now," I noticed a lady sitting in one of the lounge chairs across from me. She was swaying to the beat and singing along.

After the tune was over, she approached me. "I apologize for singing along on that song. Did it bother you"? She asked.

"No," I replied. "We love it when the audience joins in. Would you like to sing up front on the next selection"?

To my delight, she accepted my invitation.

"You choose," I said. "What are you in the mood to sing?"

"Well....do you know any hymns?"

Hymns? This women didn't know who she was dealing with. I cut my teeth on hymns. Before I was even born, I was going to church. I gave our guest singer a knowing look. "Name one."

"Oh, I don't know. There are so many good ones. You pick one."

Programs

days). You will receive a certificate after completion of training. The training is free. Class size is limited to 12 so register NOW! For additional information or to sign up, call Rena Hardin at 410-293-2641. **DON'T MISS OUT!**

WORKING WITH A REALTOR

14 September, 6:30 PM - 7:30 PM

Thinking about buying a home? If so, you probably have a million questions: How do I qualify for a loan? What should I look for in a sales contract? What do I need to know about closing costs? What does "location, location, location" really mean? Attend this evening seminar and find out all about the home buying process and how to use the services of a Realtor when buying a home. Guest speaker: Anne Arundel County Association of Realtors. There will be free brochures and an informative question and answer period.

STAY-AT-HOME PARENTS SUPPORT GROUP

15 September, 10:30 AM - 12:00 PM

Playground next to the Naval Station Pool

This group is designed to support parents who stay at home with their children by providing an opportunity to meet other stay-at-home parents as well as to support their children by giving them an opportunity to meet other children and learn socialization skills. Parents share their



knowledge and wisdom about raising children with other parents and join in the fun of playing with their kids and others.

SPONSORSHIP TRAINING

16 September, 9:00 AM - 10:00 AM

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.

10 STEPS TO A FEDERAL JOB

17 September, 9:00 AM - 12:00 PM

The process of applying for a job in the Federal Government may seem confusing. Different Government Agencies have different requirements. Agencies may require the Optional Application for Federal Employment (OF-612), an SF-171, or a resume. This workshop will provide you with tips on how



to best prepare your application. **NOTICE!!** The application process for employment within military installations has dramatically changed. To learn more about applying for DoD positions, contact the FFSC to register @ 410-293-2641.

VA REPRESENTATIVE SERVICES

20 September, 8:30 AM - 3:00 PM

A VA Representative will be available each month to answer questions or provide assistance. Dates vary, so call to schedule an appointment.

EDUCATIONAL BENEFITS

22 September, 9:00 AM - 10:30 AM

Are you planning on attending college or a technical/trade school after you leave the military? You are invited to a special presentation on the Montgomery GI Bill, the Veteran's Educational Assistance Program (VEAP) and the Vietnam Era Program. Explore your educational options...find out about eligibility requirements, type of schools you may attend and how much educational allowance you are entitled to. Guest speaker: Navy Campus Representative.

FINANCING FOR THE 1ST TIME HOME BUYER

22 September, 6:00 PM - 7:00 PM

You don't have to go far to learn all of the necessary facts to make an informed home buying decision. Attend this evening seminar and get the latest information from a mortgage representative. You'll learn about interest rates, total costs of obtaining a loan, and more! See you there!



NEWCOMERS'

ORIENTATION

23 & 24 September

Welcome active duty (single and married) service members and spouses! If you are new to the Annapolis area, don't miss our 1-1/2 information packed days that are designed to make your move to a new community an easier one.

23 September, 8:00 AM - 3:30 PM. Speakers from Navy Medical Clinic, Housing Office, Personal Property, Customer Service Desk, Child Development Services, MWR, and many more military and community resources will address issues sure to be important to you.



FLEET & FAMILY SUPPORT CENTER

SEPTEMBER 2004



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-------------------------|--------------------------------------|---|---|----------------|--|
| | | | 1 RAO RESUME WRITING | 2 | 3 | 4  |
| 5 | 6 LABOR DAY | 7 | 8 RAO | 9 MEDICAL RECORD | 10 | 11 |
| TRANSITION ASSISTANCE PROGRAM | | | | | | |
| 12 GRANDPARENT'S DAY | 13 | 14 HOME BUYING | 15 RAO STAY-AT-HOME PARENTS | 16 SPONSORSHIP TRNG | 17 10 STEPS | 18 |
| COMPUTER TRAINING FOR MILITARY SPOUSES | | | | | | |
|  | 20 VA REPRESENTATIVE | 21 PRE-SEPARATION/ CARIT BRIEF | 22 RAO EDUCATIONAL BENEFITS FINANCING FOR THE 1 ST TIME HOME BUYER | 23 MEDICAL RECORD BUDGETING FOR BABY | 24 | 25 |
| NEWCOMERS' ORIENTATION | | | | | | |
| 26 | 27 | 28 VA HOME BUYING SEMINAR | 29 RAO EFFECTIVE INTERVIEW THE PROBLEM WITH BEING TOO NICE | 30 THE FINANCIAL FREEDOM GAME WRITING A BUSINESS PLAN | | |

PLEASE MAKE RESERVATIONS AT LEAST 2 DAYS PRIOR BY CALLING 410-293-2641. SCHEDULE IS SUBJECT TO CHANGE.

MORE PROGRAMS

24 September, 8:30 AM - 12:30 PM. Take a tour of the Naval Station and Naval Academy. Attendance on 23 September is a prerequisite. (Family members 16 years of age and older are encouraged to attend.)

WELCOME TO ANNAPOLIS for MILITARY SPOUSES!

23 September, 6:00 PM - 8:00 PM

Do you have questions about healthcare coverage (TRICARE), Child Care, Employment and Educational benefits for spouses? Please join us at this informative evening seminar - we'll have speakers who will address all of these issues, as well as provide information on NEX benefits and recreational opportunities for you and your family! This seminar is for **ANY** military spouse who would like to receive the most "up-to-date" information! Light refreshments will be provided. Call today at 410-293-2641 to register.



BUDGETING FOR BABY

28 September, 10:00 AM - 12:00 PM

Learn about the hidden costs associated with a growing family and how to prepare financially for the newest member of your family. *Attending this workshop and preparing a budget qualifies you, regardless of rank, for a Layette (also known as Baby's First Seabag).* The Layette is issued to any eligible recipient who has recently had a baby or whose child will be born within six months. It consists of a coordinated set of bedding and clothing and a handmade item (a knitted or crocheted sweater set or afghan). Facilitator: Pat McCormic, NMCRS Financial Counselor.

VA HOME BUYING SEMINAR

28 September, 6:30 PM - 7:30 PM

Thinking about buying a home? Are you aware of the Department of Veterans Affairs (VA) policies that can affect your future buying power? Attend this evening seminar and find out exactly what the VA can do for you! You'll learn current policies, receive step-by-step instructions on how to apply for a VA loan, and much more. Speaker: VA Loan Guarantee Officer.

EFFECTIVE INTERVIEWING TECHNIQUES

29 September, 9:00 AM - 11:00 AM

Prepare yourself for interviews by attending this informative interviewing workshop. Learn the interviewing process, positive answers for frequent and difficult

questions, proper dress, the importance of body language, and more!!!

THE PROBLEM WITH BEING TOO NICE

29 September, 7:00 PM - 7:45 PM

A national expert on anxiety reports that the most common characteristic of his patients is their worrying about being **nice** - so much so that they allow others to mistreat them, but say nothing fearing that wouldn't be "nice." Over half the letters to Dear Abby take the form of "X does outrageous things to me, but I dare not say anything for fear of offending them." The stuffed feelings involved eat away at people, causing anxiety, frustration, depression and relationships that drown in politeness rather than thrive on working things out together. Spend time with an FFSC Counselor considering healthy ways of being truly "nice" and protecting yourself at the same time.

THE FINANCIAL FREEDOM GAME

30 September, 5:30 PM - 8:00 PM

(5:00 PM For New Attendees)

Are you ready to transform your relationship with money and gain control of your financial future? Do you want to expand your financial knowledge and understanding? Perhaps you have tried to learn about finances from books, seminars, and your broker but you still need help. Then come out and learn how to take your financial literacy to the top by playing one of the hottest educational games, designed in America by a leading business owner, investor and teacher. Whether you consider yourself a beginner or "savvy" in money matters. . . your financial know how will shift . . . and you will have fun in the process. The more you play, the more you learn. Let the Games begin!! Join us . . . there are just 12 spaces available. Register today!!!



HOW TO START YOUR OWN BUSINESS WRITING A BUSINESS PLAN

30 September, 5:45 PM - 7:15 PM

Having a plan for your business is an essential strategy for success. The business plan is an investment document and a blueprint for your company. This workshop will discuss elements of a successful business plan to include: Executive summary, management, organization, investors, the product or service, competition, financial projects and marketing strategies.

(Continued from front page)

HELP YOUR CHILDREN BE BETTER STUDENTS



- Go over your child's homework, expressing both your expectations and support. Make suggestions about spelling, grammar, punctuation, or the accuracy of solutions, but don't do the homework for the child.
- Let your child know how interested you are in what he or she has to say. Show how carefully you are considering his or her opinions.
- It is good to add "Do this instead" when you must tell your child "no". Substituting a permissible activity takes the child's mind off the thing forbidden, and promotes a positive view.
- When answering your child's questions or reviewing spelling words, suggest that he or she look up the answer in a reference source. Help your child find the answer, but don't be too quick to "give" it.
- Speak proudly and frequently about your child's strengths.
- Help your child find time each day that is his or hers alone. Children need time to think, dream, plan, make decisions, and free their minds from problems.
- Allow your child, when possible, to experience the consequence of actions. A lost toy, for example, might not be replaced.
- Proudly display your child's accomplishments at home. This includes everything from a five-year-old's artwork to a teenager's merit badge.

We would like to wish all Elementary, Middle, and High School students a wonderful school year.

(Continued from page 2)

The audience of coffee drinkers was transfixed. Even the gurgling noises of the cappuccino machine ceased as the employees stopped what they were doing to listen. The song rose to its conclusion.

*I sing because I'm happy;
I sing because I'm free
For His eye is on the sparrow
And I know He watches me.*

HOLY MOMENT:

When the last note was sung, the applause crescendoed to a deafening roar that would have rivaled a sold-out crowd at Carnegie Hall. Embarrassed, the women tried to shout over the din, "Oh, y'all go back to your coffee! I didn't come in here to do a concert! I just came in here to get somethin' to drink, just like you!"

But the ovation continued. I embraced my new friend. "You, my dear, have made my whole year! That was beautiful!"

"Well, it's funny that you picked that particular hymn," she said.

"Why is that?"

"Well ..." she hesitated again, "that was my daughter's favorite song."

"Really!" I exclaimed.

"Yes," she said, and then grabbed my hands. By this time, the applause had subsided and it was business as usual. "She was 16. She died of a brain tumor last week."

I said the first thing that found its way through my stunned silence.

"Are you going to be okay?" She smiled through tear-filled eyes and squeezed my hands. "I'm gonna be okay. I've just got to keep trusting the Lord and singing his songs, and everything's gonna be just fine." She picked up her bag, gave me her card, and then she was gone. Was it just a coincidence that we happened to be singing in that particular coffee shop on that particular November night? Coincidence that this wonderful lady just happened to walk into that particular shop? Coincidence that of all the hymns to choose from, I just happened to pick the very hymn that was the favorite of her daughter, who had died just the week before? I refuse to believe it. God has been arranging encounters in human history since the beginning of time, and it's no stretch for me to imagine that he could reach into a coffee shop in midtown Manhattan and turn an ordinary gig into a revival. It was a great reminder that if we keep trusting him and singing his songs, everything's gonna be okay.



COMFORT ROS CREW

410-674-2034

IBU 25

410-757-4666

Coming Next Month...

**PRE-RETIREMENT SEMINAR
13 & 14 October, 8:00 AM - 4:00 PM
Officers' & Faculty Club, USNA**

The FFSC presents our semi-annual pre-retirement seminar. This seminar is open to all active duty personnel (and their spouses) who are planning or considering retiring within the next 18 months. The following topics will be covered: VA Benefits, SBP, Retired Pay, Household Goods, Medical Benefits, Social Security, Space "A" Travel, Employment in the Private Sector, and more. **RESERVATIONS ARE NECESSARY.** Sign up today!



Subscribe for your
FREE Monthly Newsletter:
Call 410-293-2641 or email
at: FFSC@usna.edu
You can also subscribe for e-mail
notices of our programs.
SIGN UP FOR BOTH or check our
website for program updates!!

The Secretary of the Navy has determined that this publication is necessary in the transaction of business required by Law of the Department of the Navy. Funds for printing of the publication have been approved by the Navy Publication and Printing Policy Committee. Opinions and statements are the personal views of the contributors. The FFSC Newsletter welcomes articles and comments from readers.

A Stronger Navy through Healthy Lifestyles