

FFSC Newsletter

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I&R key to FFSC Programs, Services here, Navy-wide

by Ken Cronk, FFSC

Is Gray's Lake the same as Great Lakes? I drove all over the base and can't find the commissary. Can you tell me where it is? My husband just deployed and our baby is due in a month. Can someone there help me when I go to the hospital?

Serious questions...not so serious questions...all kinds of questions come to the Fleet and Family Support Center (FFSC) Information and Referral (I&R) staff in Bldg. 42. During 2003 in fact, the folks in Bldg. 42 made 249,457 service contacts to provide information. That doesn't mean the phone rang that many times; it means that by a combination of phone, face-to-face, e-mail, and group briefings and classes, more than a quarter of a million individuals got some kind of information from the FFSC. And that's just one base. Navy-wide in 2003, there were 4.3 million contacts spread across the 55 FFSCs around the world.

I&R was first mission

In fact, I&R was the primary service of the original Family Service Centers (FSCs). When then Chief of Naval Operations Admiral Thomas Hayward established the Family Support Program in 1979, he assigned it the following mission statement: "... To improve the Navy's awareness of and access to reliable and useful information, resources and services that support and enrich the lives of Navy families and single Navy service members."

A time saver

"I&R is the Navy's official search engine," says Pers-66 I&R Program Manager John Longworth. "We are the middle man for information. Sailors and their families no longer have to hunt down information because we do it for them."

No matter what item of information you need, chances are someone in the FFSC has looked it up before and can find it again a lot quicker than you can.

According to Pers-66, research shows it would take you an average of six minutes to track down the information I&R can provide in one minute. In other words, spend 10 minutes on a visit or phone call, for a net savings of 50 minutes of your time.

"I love helping people," says Steve Guidish, who often

mans the front desk in Naval Station Great Lakes FFSC. "I get a lot of satisfaction from giving personal assistance. People like it when they get a real person and not a machine."

Services have grown

Although the variety of FFSC offerings has grown a great deal in the past 25 years, I&R is still one of the core services. Working with contacts in the surrounding community and with on-base partners such as MWR and Navy medical facilities, I&R provides a wide range of information about such things as:

- Health and medical services
- Volunteer opportunities
- Youth services
- Schools and educational services
- Recreation
- Social services
- Child care
- Temporary and permanent housing
- Emergency services

You can learn about the full range of services and classes available from your FFSC by visiting Bldg. 42 or by checking the web site at <http://www.nsgreatlakes.navy.mil/fsc>. Class listings also appear in Plans of the Week and in the Great Lakes Bulletin newspaper. FFSC's front desk phone number is 847-688-3603.

Visit us on the WWW at
<http://www.nsgreatlakes.navy.mil/fsc>
Or call us at 847-688-3603

Boot Camp for About to be New Dads
29 July 6 to 9 p.m., Bldg. 42

Okay...Let's say you'll soon become a new dad and you'll be spending time with that tiny, helpless human. Maybe you're a little nervous because you have no idea what to expect or what to do when it comes time to hold, diaper, feed and burp. We can help. Call 688-3603 ext. 201 or 203 for more info. and to sign up.

Programs:

If you need special accommodations to participate in any FFSC program, please notify the listed point of contact.

847-688-3603

PARENTING

Prenatal class

The Prenatal Class meets Wednesdays from 2-3:30 p.m. in the FFSC 2nd deck classroom. The next classes are July 7, 14, 21, 28 and Aug. 4 and 11. Call 688-3603 for Colleen at ext. 201 or Nancy at ext. 206.

Healthy pregnancy/ Healthy baby

The focus is on the childbirth process and breathing techniques used during labor. Begin attending this class during the seventh month of your pregnancy. Next series is on July 1, 8, 15, 22, 29 and Aug. 5 from 6:30-8:30 p.m. POC is Colleen at 688-3603 ext. 201.

Infant playgroup

The Great Lakes Infant Minnows Playgroup meets Thursdays from 10-11:30 a.m. on the FFSC's second floor. Come join other mothers and their newborn to walker babies. Learn what to expect over the next few months. Colleen is the POC at ext. 201.

Glenview infant and toddler

The Guppies meet Thursday from 10-11:30 a.m. in the Community Room. There is one class for newborns to walkers and one for walkers to 2-1/2 years. Call Colleen at ext. 201 to register.

Toddler playgroup

The Sea Otters meet on Tues. from 10-11:30 a.m. in the FFSC second floor classroom. This is for children from walking age to 2-1/2 years of age. Call Colleen at ext. 201 to register.

3-4 year old playgroup

The Dolphins meet every other Monday from 10-11:30 a.m. in classroom two on the second floor of the FFSC. This class features crafts, music and other activities to foster parent/child relations. The POC is Colleen at ext. 201.

Prenatal Indoctrination

Having a child is, among other things, a long learning process (just ask anyone who's been pregnant) and the earlier the process is started, the better the

experience will be for the entire family.

The Fleet and Family Support Center (FFSC) has a special program for women who plan to have a child or have recently learned that they are pregnant. Prenatal Indoctrination provides information about what will happen during the first few weeks, what to plan for during and after delivery, and what support is available for the family throughout the process.

You'll learn about special considerations for transferring with an infant, making a Family Care Plan (if mother is active duty), choosing the right kind of car seat, signing up for WIC benefits, and much more.

Prenatal Indoctrination is a great way to get an early start on building a network of friends for yourself and future playmates for your child. For more information or to sign up, call Colleen at 688-3603 ext. 201. The next classes are July 6 and 27.

Anger Impulse Control

Four sessions in this class-- Tuesdays, July 6, 13, 20 and 27, noon to 2 p.m., 2nd deck, FFSC.

This class helps examine the sources of anger and its triggers, and explores ways to bring about behavior changes. Participants will learn new skills to address their concerns. Call Colleen at 688-3603 ext. 201 to register or to get more information.

Active Parenting Today

Four sessions in this class-- Thursdays, July 8, 15, 22 and 29, noon to 2 p.m., 2nd deck, FFSC.

Active Parenting is a basic parenting class that will help improve, validate or change parenting behaviors. Teaching is through discussion, video and the experiences of the participants. Skills needed for children from birth through adolescence are included.

Call Colleen at 688-3603 ext. 201 to register or for more information.

Parent Seminar

Maybe you grew up in a home where there was a lot of fighting; maybe you live in one now. Did you know that

the effects of domestic violence on children can last a lifetime, whether they are witnesses or victims? You can learn more about how violence affects children now and into their adult life at the FFSC's Parents Seminar.

The seminars will be on the third Wednesday of every month in Bldg. 42. Call 688-3603 ext. 134 for more information or to sign up.

LIVING

TAP Program

Service members and spouses who will be leaving the military are encouraged to attend a TAP class within six to twelve months before separation or retirement. This five-day seminar covers topics such as benefits, entitlements, job search preparation, resume writing, and interview techniques.

Contact your command career counselor to make a reservation and to complete DD-Form 2648 (Pre-separation Checklist) and a registration form. Call Colleen at 688-3603 ext. 201 for more information. Both forms are available at <http://www.nsgreatlakes.navy.mil/fsc> on the Transition Relocation page.

Relationship tune-up

Prevention and Relationship Enhancement Program (PREP) © is designed for married or engaged couples who want to learn to make lasting improvements to their relationship.

There are 14 subject areas in the program. They address the handling of issues that are harmful to relationships, as well as making the most of the fun and positive parts.

The next classes are on three Wednesday evenings from 6-8:30, Sept. 15, 22 and 29.

To register or for more information, call Kathy Rettinger at ext. 107.

Stress Management

FFSC offers regularly scheduled Stress Management classes every Wed. from 8:30 to 10 a.m. in Bldg. 42.

This class is portable. If you'd like it presented at your command, call the

POC below. All attendees pledge confidentiality. Emphasis is on practical tips to manage, reduce, and prevent unwanted stress. To make a reservation or for more information, call John Walter, LCSW, at 688-3603 ext. 122.

Assertiveness Training

Assertiveness Training classes are offered in the FFSC every Thursday from 12:30 to 2 p.m. Active duty, family members, retirees and civilian employees are welcome. Classes are voluntary, casual and user-friendly.

The emphasis is on learning and practicing effective ways to take control of your own life, and gain respect from others, as well as self-respect.

You'll learn to stand up for yourself at home or on the job, say no, protect yourself and enhance your well being without ruining relationships. To make a reservation or for more information, call John Walter, LCSW at 688-3603 ext. 122.

Relo help in housing

There is now a part-time Fleet and Family Support Center Relocation Assistance desk in the Navy Housing Office, Bldg. 8100. A representative will be available from 8 a.m. to 3:30 p.m. on Mon., Wed. and Fri. to assist arriving or departing personnel.

Get the facts on entitlements, allowances, travel and relocation benefits. No appointment is necessary.

Relocation Benefits and Tips

Workshops: These are offered periodically throughout the year. Call ext. 100 or 128 to find out the schedule.

WORKING

The FFSC's Applying for a Federal Job class follows the "Ten Steps to a Federal Job" process for navigating the federal job system and successfully applying for federal employment. All "Ten Steps" classes are three-hours long and serve as an introduction or update to the federal job application process. They cover basic writing for federal resumes/KSAs, and touch briefly on the electronic application process.

The class is available to active duty service members, retirees, veterans, reservists and their family members. All

classes are in the Fleet and Family Support Center, Bldg. 42. Upcoming classes are on 15 July 8:30 a.m.-noon, 27 July 1-4 p.m., 6 Aug. 8:30 a.m.-noon, 24 Aug. 1-4 p.m., and 16 Sept. from 8:30 a.m.-noon. To sign up, call 688-3603, ext. 129 or 100.

More Employment Readiness Help

Resume Writing

14 July 4:30-6 p.m.

11 Aug. 11:30 a.m. -1 p.m.

25 August 11 a.m.-12:30 p.m.

Interviewing Skills

18 Aug. 11:30 a.m.-1 p.m.

17 Sept. 11:30 a.m.-1 p.m.

Job Search Strategies

7 July 4:30-6 p.m.

11 Aug. 4:30-6 p.m.

25 Aug. 4:30-6 p.m.

Online Job Search Strategies

14 July 11:30 a.m.-12 p.m.

12 Aug. 11:30 a.m.-12 p.m.

For job hunters

The Illinois Department of Employment Security (IDES) has office hours in the FFSC for military spouses seeking work in Northern Illinois.

If you are ready to start looking for work, call 847-688-3603 ext. 129, to make an appointment with the IDES counselor. If there is no answer at ext. 129, you may make an appointment with the FFSC Front Desk at ext. 100. The IDES has office hours in Bldg. 42 two days a month.

Match skills, interests To your job search

Learn how to become what your skills and interests already are. Job seekers may not know what job or type of job they are seeking, so they just take whatever work comes along.

Come to the FFSC and explore your work-related values, skills and abilities. The Career Exploration class will be available on 13 July from 1-3 p.m. and 18 Aug. from 4:30-6 p.m.

GETTING OUT OF THE HOUSE

Spouse Orientation

Newly-arrived families are encouraged to attend a Naval Station Spouse Orientation Session (S.O.S.) in Forrestal Village Chapel. The presentations are given on the second Thursday of every month.

S.O.S. is designed to provide information for new arrivals, and inform them about what services, facilities and recreational activities we have here in Great Lakes.

The sessions are scheduled to run from 9 a.m. to 2 p.m. and include presentations from MWR Department, Housing, the U.S.O., Naval Hospital, Navy Exchange, Fleet and Family Support Center, Security, chaplains, Navy Federal Credit Union, Navy Marine Corps Relief Society, the Red Cross, and ombudsmen.

The session also includes a windshield tour of the base and surrounding area. Lunch is provided by the commissary. Contact the front desk of the FFSC, 688-3603 X 100, to make a reservation to attend. More information is available by e-mail at grlk_ffscgreatlakes@navy.mil.

KEEP YOUR MONEY

Consumer Classes

Consumer classes are from 9-11:30 a.m. in Forrestal Village Chapel. Child care is provided for those attending classes. To sign up, call Fred at 688-3603 ext. 208.

July 6— Military Pay Issues — A simple, straightforward lesson on how to understand all of your military pay and allowances and how to correct problems if they arise.

July 20 -- Financial Planning Worksheet - We will demonstrate and carefully walk you through a computer program developed by the Navy to allow you to design a long-range financial plan for your family. Upon completion of the demonstration, the program is yours to take

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Visit us at
www.nsgreatlakes.navy.mil/fsc



2004 is the 25th anniversary of the Fleet and Family Support Center (originally Family Service Center) program.

In 1980, the Center in Norfolk (there was one other center in San Diego) tallied 6,000 I&R contacts.

Last year, the Navy-wide total for I&R service contacts was 4.3 million.

Finding a perfect job Match for your skills

Looking for assistance in finding a job that matches your skills? A representative from Illinois Department of Employment Security (IDES) will conduct one-on-one, hands-on orientation and workshops on the second and fourth Tuesday of the month from 9-11 a.m. The IDES representative will inform job-seekers about IDES services, including their Internet job bank called Illinois Skills Match (ISM) at www.illinoisskillsmatch.com

The workshops will improve job-seekers' ISM submissions and maximize their potential for matching their skills to a job in the job bank.

The IDES representative will be in FFSC's Resource Center on 13 and 27 July and 10 and 24 Aug. For more information, and to register, please contact Diana Anderson, FFSC Instructor/Counselor, at 847-688-3603 ext. 129.

Family Advocacy Points of Contact Training

The Center's Family Advocacy Program (FAP) offers quarterly scheduled training for Command FAP Points of Contact. The next class will be held from 9:00 a.m. to noon, 8 Sept. in the FFSC, 2nd floor, classroom one.

The Fleet and Family Support Center is committed to preventing family violence in our military community through education, advocacy, workshops and intervention programs. The Center plays a key role in violence prevention by raising awareness about the scope, nature and impact of family violence, educating the Navy community about productive ways to cope with family conflict, and by providing support when abuse occurs.

Call Joyce at 688-3603, ext. 139 to register or for more information.

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Consumer Classes

home on CD or 3.5" disk, absolutely free.

Aug. 3 — Car Buying Strategies —

Learn how and when to get the best deal, things to watch out for, and how to get the most out of your car-buying dollar.

Aug. 17—Menu Planning/Coupons—

Learn how to conserve your grocery dollar and how to get the most out of sales and coupons. Learn who should go to the grocery store with you, and who should not. Discover the best times of the day and week for shopping.

Sept. 7—Building a Better Credit

Record— Learn how to get a copy of your credit report, what to look for when you get it, how to correct errors, and how to correct or improve your overall credit report/rating.

If you'd like to get an electronic version of this newsletter, send an e-mail to ken.cronk@navy.mil. Put the word *newsletter* in the subject line and the word *subscribe* in the body.

Moving to another state?

This may help

A lot of little questions can come up during a PCS move. You can get the answers from the FFSC I&R desk, or you can look some of them up yourself.

One of the most common ones involves driver licensing. Here's the scoop:

You can learn everything you need to know about licensing for the active duty member, spouse and children at www.lifelines.navy.mil. Use the search box in the top right corner of the page and type in *new license*.

You'll find a news article plus a link to a page that has links to the motor vehicles departments of all 50 states. There are also links to DoD and international driver licensing information.

If you are more of a people person, stop by the FFSC with your relocation questions, or visit one of the three additional relocation assistance offices on Naval Station Great Lakes:

Bldg. 236, Room 165 688-6202
Bldg. 621, Room 116 688-2717
Bldg. 8100 Housing Office, M,W,F

One of the best sources for general information about military bases and their surrounding communities is the old stand-by, SITES at <https://www.dmdc.osd.mil/sites>. This is a secure web site and you will need a sponsor SSN to log in.

When you get ready to move, there is no reason you should have any questions unanswered. The information is either here or in some place where we can find it. Give us a try.