



See the signs, avoid the hazards.



OCTOBER  
IS

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH



Contact your installation's Family Advocacy Program or  
Military OneSource 800-342-9647 | [www.MilitaryOneSource.mil](http://www.MilitaryOneSource.mil)

MILITARY  
ONE SOURCE



West Point Family Advocacy Program

(845) 938-0633

(845) 938-3369

Victim Advocate Help Line (609-667-4534)

See the signs - avoid the hazard - know your resources.

Volume 15, Issue 1 October, November , December 2017

TO THE POINT



## October is Domestic Violence Awareness Month



Each year the Army observes October as Domestic Violence Awareness Month (DVAM). Awareness of and actions to take are part of the overall prevention effort of the Army Family Advocacy Program (FAP). What can a person say or do that would really make a difference? Consider this: there is more to domestic violence awareness or prevention than the absence of violence. When you take the time to say hello to a friend, neighbor, co-worker and ask the question, "so how are you today?" really take the time to listen to the answer. A listening ear is always appreciated and when you demonstrate sincere interest that can mean a lot to another person. Knowing what resources are available in your community is helpful. At West Point there are a variety of agencies ready to help.

The Family Advocacy Program (FAP) can be reached at (845) 938-0633 or (845) 938-3369 and the FAP Victim Advocate Help Line is available 24/7/365 at (609) 667-4534.

Safe Homes of Orange County, Inc., one of FAPs partners in prevention 24-hour hotline: 1-888-503-4673.

The National Domestic Violence Hotline at 1-800-799-4673 assists with information .

If a person is in danger or in a potential life-threatening situation, on West Point call the Military Police Desk at (845) 938-3333 or if off post dial 911.

Join FAP and Safe Homes on 18 October, 1130-1530 for the annual "Walk a Mile" event for DVAM. This is a non-competitive and non-timed walk of approximately one mile, with the start/finish in the Thayer Statue area just off The Plain. Information on and off post resources will be available.

See you there!

## ARMY COMMUNITY SERVICE CENTER

622 Swift Road, West Point, NY 10996

845.938.4621/2519

DSN: 688.4621/2519

FAX: 845.938.3019

<http://www.westpointmwr.com/acs/index.html>

Follow us on:



@westpointacs



West Point Army Community Service

Dr. Joseph Gall  
Louise Ennesser  
Kara Pletcher  
Kathryn Seymour  
Ryan Yarnell  
Amy Weyhrauch

Jennifer Partridge  
Josephine Toohey  
Catherine Little  
Shelley Ariosto  
Dan Toohey  
Raul Lopez

Director, Army Community Service  
Information and Referral Program  
Information and Referral Program  
Relocation Readiness Program  
Employment Readiness Program  
Financial Readiness Program  
Army Emergency Relief  
Army Volunteer Corp/AFAP/AFTB  
Exceptional Family Member Program  
Family Advocacy Social Worker  
Family Advocacy Program Specialist  
Sexual Assault Response Coordinator  
Survivor Outreach Services





## NATIONAL DOMESTIC VIOLENCE AWARENESS MONTH (DVAM)

The Army DVAM theme for 2017 is  
***“SEE THE SIGNS, AVOID THE HAZARDS”***



### West Point ACS/FAP Events for DVAM

**10 October 0900-1200**

#### **FAP INFORMATION AND AWARENESS DISPLAY TABLE**

(Commissary) Fun give-a-ways will be given out

**10 OCTOBER 2017 1530-1630**

**SIGNING OF THE DVAM PROCLAMATION BY THE INSTALLATION GARRISON COMMANDER  
WITH FAP INFORMATION DISPLAY TABLE** (ACS Resiliency Center, Bldg. 626, 2<sup>nd</sup> floor) - cake  
and drinks will be available

**16 OCTOBER 2017**

**1730-1830: STRESS MANAGEMENT CLASS** (ACS Resiliency Center Bldg. 626, 2<sup>nd</sup> Floor) –  
Please call to register at (845)-938-0633 or stop by Army Community Service (Bldg. 622)  
\*\*Childcare available if needed\*\*

**18 OCTOBER 2017**

**1130-1530: 7<sup>th</sup> ANNUAL DOMESTIC VIOLENCE AWARENESS -WALK-A-MILE** (Display Table,  
Tee-Shirts & Other Give-A-Ways, Tee- Shirt Project) Starting and ending at the Thayer Statue  
(corner of Jefferson and Washington Rd.)

**20 OCTOBER 2017**

**0900-1200: FAP INFORMATION AND AWARENESS DISPLAY TABLE**  
(Commissary) Fun give-a-ways will be given out.

**24 OCTOBER 2017**

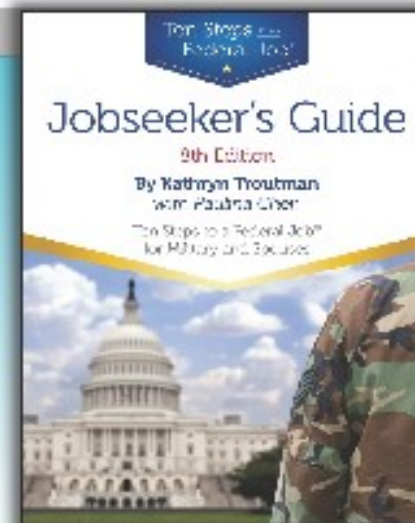
#### **1730-1830: COUPLE’S COMMUNICATION CLASS**

Fun and Interactive class. (ACS Resiliency Center, BLDG 626, 2<sup>nd</sup> Floor)  
Please call to register at (845) 938-0633 or stop by Army Community Service (Bldg. 622)  
\*\*Childcare available if needed\*



## Employment Readiness Program Schedule

October - December 2017



### **10 Steps to a Federal Job**

**October 25, 9am-12pm**

This class will cover, in detail, the federal job application process to make it much more manageable! RSVP to reserve your seat and a free copy of Kathryn Troutman's "Jobseeker's Guide" 8th Edition, then leave inspired for your federal job search.



### **Military Spouse Preference Information**

**November 29, 9-11am**

Calling all Military Spouses! Did you know there are preferences for Military Spouses when applying for federal positions? Come learn the ins and outs of Military Spouse Preference.



### **Orange County Fall Job Fair**

**October 18, 10am-3pm**

Newburgh Mall, 1401 Route 300,  
Newburgh, NY 12550

Please visit [www.orangecountygov.com/annualjobfair](http://www.orangecountygov.com/annualjobfair) for a list of participating employers and job opportunities.

Workshops take place at Army Community Service (ACS), Bldg. 622 unless otherwise noted. Schedule is subject to change at any time. Please call (845) 938-5658 or visit our web page at <https://westpoint.armymwr.com/programs/employment-readiness> or contact: Ryan Yarnell, Employment Readiness Program Manager at (845) 938-5658 or [Ryan.Yarnell@usma.edu](mailto:Ryan.Yarnell@usma.edu)





# Find Your Next Job Faster Now on MySECO



## **MORE CAREER RESOURCES THAN EVER**

Hopefully you already know that Spouse Education and Career Opportunities (MySECO) is your best resource for job-related questions. Now, it has even more tools to help you take the next exciting step in your career. Starting this past June, the Military Spouse Employment Partnership (MSEP) job search feature became available on the MySECO website, making it easier than ever to find the perfect job.

Integrating these two platforms into one easy-to-use

site combines MSEP's network with SECO's career expertise. For military spouses, MySECO has your back on every element of the job hunt.

## **SEARCH FEATURE OFFERINGS**

The MSEP is an employment and career partnership connecting military spouses with hundreds of partner employers who have committed to recruit, hire, promote and retain military spouses in portable careers. Its 345-plus employer partners now have hired over 105,000 military spouses. The [MSEP job search tool](#) typically has more than 100,000 active jobs listed from around the world. With the job search tool now available exclusively on MySECO website, you can do the following:

- Search for jobs using job titles, industry, company, location and more. You can even search for telework jobs and work-from-home opportunities.
- View job opportunities that need to be filled immediately, or "Hot Jobs," located around the world.

Learn about featured MSEP companies and organizations or view and [research all partners](#).

## **TAKE THE FIRST STEPS**

To start your search today, [create or update your MySECO Profile](#). Then conduct a search to find the appropriate jobs that match your qualifications. Using the [MySECO Resume Builder](#), create a resume tailored to the position for which you are applying using the easy-to-follow platform to build one that stands out among job applicants. Helpful templates and tips are there to guide you at every step.

Once you have explored the job search tool and you are confident with a strong resume, use the newly updated MySECO to:

- Take advantage of career advice through articles, webinars and more on how to shape your career path, one role at a time.
- Use tools for preparing for your first interview and make a strong personal impression and connection with hiring managers.
- Reach out to a certified Career Counselor with specific questions anytime at 800-342-9647.

Whether you're returning to your role in the workforce or starting a completely fresh career path, MySECO has new and improved tools to launch your next step. Job hunting as a military spouse is now faster and easier than ever. If the next step in your career is starting your own business, connect with a certified Career Counselor for guidance on how to get started.

**For more information, contact the ACS Employment Readiness program at 845-938-5658**

Military OneSource. (2017). *Find your next job faster now on MySECO*. Retrieved from [http://public.militaryonesource.mil/seco/enewsletter?content\\_id=296716](http://public.militaryonesource.mil/seco/enewsletter?content_id=296716)



October is

# Domestic Violence Awareness Month



## Walk a Mile in Observance of Domestic Violence Awareness Month

**October 18 / 11:30am-3:30pm**

The West Point Community is invited to join Army Community Service and the Family Advocacy Program as we unite to walk a mile in observance of Domestic Violence Awareness Month. The start and finish of the walk will be located at the Thayer Statue area.

In the event of inclement weather this event will be cancelled and will not be rescheduled. For event status, please check [facebook.com/WestPointArmyCommunityService](https://facebook.com/WestPointArmyCommunityService).

Family Advocacy Program Office  
**845.938.3369**

[westpointmwr.com](http://westpointmwr.com)





## Sponsorship Training

### RELOCATION ASSISTANCE PROGRAM



Moving Made Easy

Visit [My Training Hub](#) and log in with your Common Access Card, or CAC, to take the eSponsorship Application & Training. The course will walk you through your sponsorship duties and help you find the resources and information your newcomer is going to need. Families can be an important part of the sponsorship process. If your family members want to learn more about sponsorship or if they want to become a sponsor, they can access the Sponsorship Awareness for Families and complete sponsorship training through My Training Hub with an email address and password. The Sponsorship Awareness for Families course includes the same resources and information as the CAC-enabled version. Moving is a way of life for service members and their families.

Resources like [Military INSTALLATIONS](#), [Plan My Move](#) and [Military OneSource](#) can help smooth that transition. The Sponsorship Program supports sponsors with training and access to important information and resources.

Sponsorship Program goals include the following:

- Providing newcomers with a sense of belonging
- Easing the transition for inbound service members or civilians and their family members
- Increasing productivity
- Helping newcomers make informed decisions
- Cultivating new friendships
- Improving morale

A sponsor is assigned by a newcomer's gaining unit and helps the newcomer before, during and after a move. If you haven't been assigned a sponsor, you can request a sponsor through your new unit or through Military Installations. Units try to match sponsors and service members by rank and family status.

Sponsorship duties include the following:

- Contacting the service member and family with an introductory email
- Following up with the member's preferred method of contact
- Sending information about the new community and duty assignment, responding to questions and providing resource information
- Confirming transportation and lodging arrangements
- Assisting with post office arrangements
- Meeting service members and family members upon arrival
- Accompanying service members to unit check-in point
- Introducing service members to the Military and Family Support Center and loan closet, if available
- Orienting service members and families to the installation and key locations, such as the commissary

Note: Responsibilities may vary based on service-specific policies and guidance. For more information on the Sponsorship Program, contact your installation Relocation Assistance Program office or, in the Marine Corps, the Information and Referral office.

(Continued on next page)

Army Community Service Family Advocacy Program  
Invites the West Point Community to

## Wee Ones Open Play Group

**October 2, 23 & 30 | November 6, 13 & 20,**

**December 4 & 11 from 9:30-11am.**

Youth Center Gymnasium, Building 500

Wee Ones Open Play Group is designed for you to play, learn, and make new friends. Plus, Wee Ones will help your little one develop their social, cognitive, and motor skills. Simply show up and play!

## Wee Read

**October 5 & 19, November 2 & 16, December 7 (only) from 9-10am.**

ACS Resiliency Center, Building 626, 2nd Floor

Wee Read provides parents the opportunity to introduce their children to reading and language development. Each session, we invite you to listen to a story and participate in fun-filled activities that promote speech development and learning.



Wee Ones Open Play Group and Wee Read invites children birth through four years of age and their parents. There is no charge for participation. Space is limited for Wee Read and registration is required.

**Family Advocacy Program Office**  
**845.938.3369**

[westpointmwr.com](http://westpointmwr.com)







# Make a Difference at West Point



The following are some organizations that utilize volunteers from the West Point Community:

American Red Cross  
Army Community Service  
Army Family Action Plan  
Army Family Team Building  
Boy Scouts/Cub Scouts  
Chapel Ministries  
Child, Youth & School Services  
Constitution Island Association  
Daughters of the US Army  
Directorate of Cadet Activities  
Directorate of Intercollegiate Athletics

Girl Scouts/Brownies  
Kosciuszko's Garden & Flirtation Walk  
Mayoral Program  
Morgan Farm  
Parent Teacher Organizations  
Special Olympics  
West Point Museum  
West Point Schools  
West Point Women's Club  
Youth Sports



Army Volunteer Corps Coordinator,  
at (845) 938-3655 or stop by  
Army Community Service, Bldg. 622

[westpointmwr.com](http://westpointmwr.com)

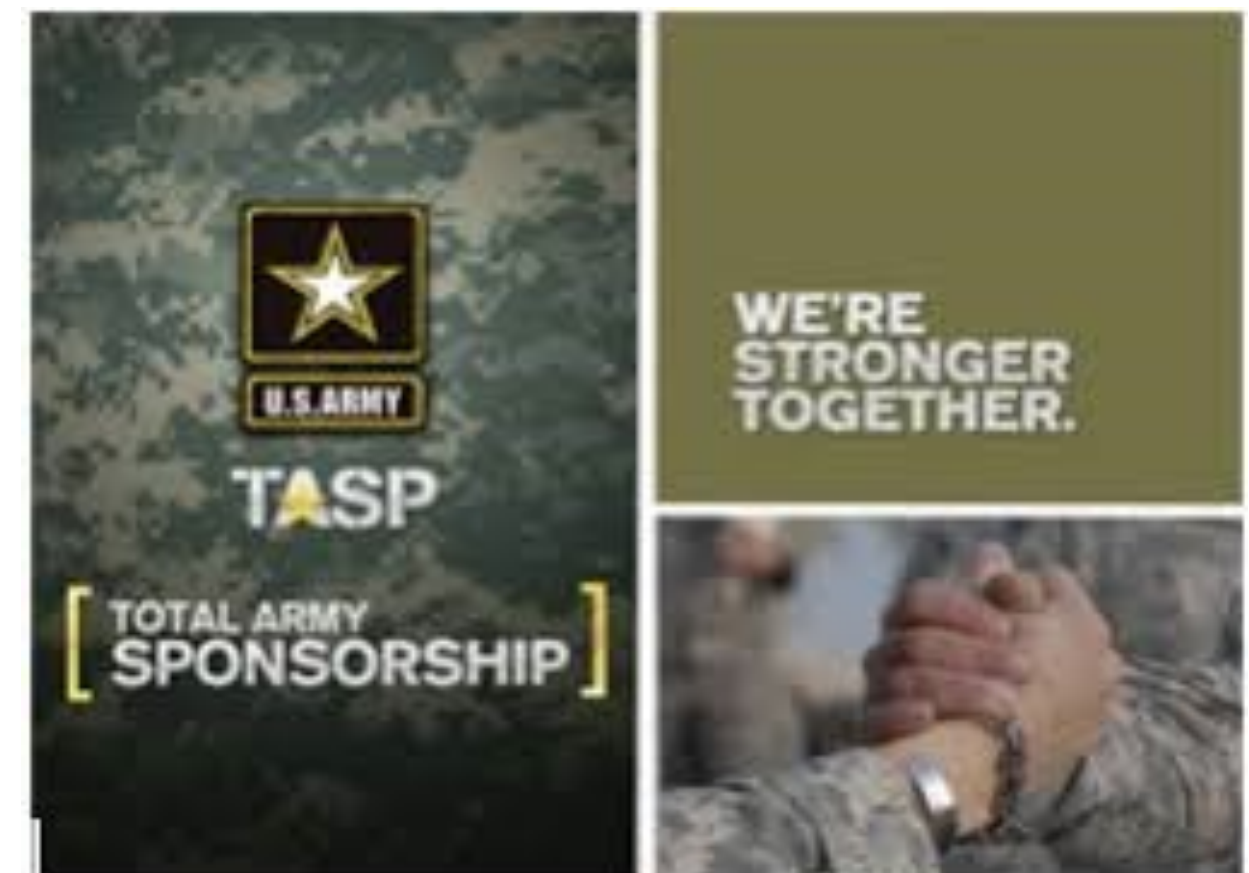


(Continued from previous page)

## Youth Sponsorship Program

Many installations give kids the chance to get to meet a new friend and become acquainted with their new installation through the installation's youth program. Where available, they can exchange emails, talk on the phone or chat online. For more information, visit [MilitaryINSTALLATIONS](#) and click on Youth Services and your new installation. The youth program staff at your new installation can offer more information on the Youth Sponsorship Program. Families with children may also want to visit [Military Kids Connect](#), an online community for military children and youth. The site offers games, videos and links to teen-led installation tours.

For additional information please contact the  
Relocation Readiness Program at  
845-938-3487





## Holiday Shopping Adventures

As green leaves change into a colorful scene and we find that ghouls and witches are in our midst, we know the change to fall is here. Along with all the other seasonal changing signs come the scent of pumpkin and apple pie; we also have the ever present sense that soon the expense of the Holiday Season will be here!

There is no way easy way to say it: the Holiday Season will be here before you know, for many us it will cause an extra expense. In fact, as of 1 October we will have only 85 shopping days left before Santa arrives. Now that you know how many days you have left you can begin to make your plans. Decisions... decisions...

The best way to start your Holiday shopping is to set a realistic dollar amount, always keeping in mind that this money should be left over money. The money we spend on gifts should never be taken from an emergency savings account or from what we use to pay our monthly bills and basic necessities. Shopping for family and friends should be a happy occasion that does not cause anxiety, stress or credit card debt.

Here are helpful tips to help guide your shopping endeavors:

**1. Start a budget** – Set a total amount of how much you can realistically afford to spend this holiday season without going into debt! This is the amount that you can use to divide up based on how many people you will buy for and how much you want to spend on each person.

**2. Make a list; check it twice**– List the people who you plan to buy gifts for. Start the list with those you need to buy for, next list those who you want to buy for, and last but not least, those who are nice to buy for.

Family - Need  
Close friends.- Want  
Colleagues.- Nice  
Gift exchanges for Christmas parties- Need / Want

**3. Think of a gift for each person on the list** – It is often a good idea to consider a gift for the person on the list. Thinking of gifts that stay within their allotted amount can be challenging. It may be a good idea to have two or three items listed so you at least have something in mind when shopping. As you total the prices for all the gifts you have listed you may need to adjust individual amounts; refer back to Step 2.

**For additional information and support please contact our  
Financial Readiness Program at 845-938-5839**



## VOLUNTEERS MAKE A DIFFERENCE AT WEST POINT

Spend a few hours a month to make the West Point Community a better place to live and work. West Point is a special place to serve others and support our Community events and programs. Volunteering does not have to be a grandiose gesture or a large commitment. Many local opportunities are available to help out any amount of time based on your time availability. Special events or special projects volunteers are needed to support community events and can take up only a few hours a month.

Army Volunteers work throughout our installation. They become more active members of the Community and as a result they are able to not only enhance their own skills, reinforce positive work habits and achieve personal fulfillment, but also they act as the eyes and ears of our Community supporting vital programs and services that augment the work of our Military and civilian staff.

Volunteering in our Community opens up doors to future employment. It can help improve your own technical and interpersonal skills. For someone who has been out of the work force for some time, volunteering can be just the driving force needed to build a resume on the path to return to the workforce. It can also of course place the volunteer in the very place where the job opportunities may arise and build confidence to enable the volunteer to go out into the job market and make applications for full time positions either on or away from West Point. Volunteering can offer a sense of belonging, meeting others or just simply giving back for a worthy cause. Volunteering can provide valuable community service for youth applying for college making them a more well-rounded applicant.

Volunteering is a perfect way to get connected and give back to our Community.

**Contact the West Point Army Volunteer Corps Coordinator (AVCC) for more information on  
volunteer opportunities at (845) 938-3655**



**West Point Volunteers supporting the Annual *Wreaths Across America* event at the West Point Cemetery.**



westpoint.armymwr.com  
845.938.5655

OCT 3 & 17  
NOV 7 & 28  
DEC 5 & 19

ALL SESSIONS  
ACS, BLDG 622  
3:30-5PM



## WATCH OUT FOR SCHOLARSHIP SCAMS

If your child is in their junior or senior year of high school chances are you have already started considering various options in order to afford financing their college education. Depending on your current financial situation, you will be paying for child's college with a combination of student loans, your savings, and your child's self-income. But there is another source of you may not have considered which your college applicant should take into account, scholarships and grants! Don't worry if your student isn't a valedictorian or a Division I champion, there are awards out there based on interests, cultural background, unique skills and many other reasons.

It's important to start looking for information on scholarships as early as possible most have application deadlines, some as early as December. Consider talking to other parents who have already gone through the process or your child's high school counselor. Some scholarships applications request the scores from the standardized test (ACT or SATs) have your child take these test during the spring of their junior year or fall of their senior year. Other scholarship applications request parent's financial disclosure, such as the prior year tax information. These can be valid request, however be wary of the SCHOLARSHIP SCAMS.

According to Finaid.org, several hundred thousand students and parents are deceived by scholarship scams each year. They also caution that scholarship scam operations often use legitimate, official-sounding names containing words like 'National,' 'Federal,' 'Foundation,' or 'Administration.'

There have been complaints filed with the Better Business Bureau concerning emails received by college-bound students in which it is stated that they have been "accepted" to attend a "free" financial seminar. The seminar is actually a sales pitch, during the seminar the company offers to submit the student's Free Application for Federal Student Aid (FAFSA) form and find college scholarships and grants for the student to apply for a "fee." The fee charged by these companies ranges from \$700-\$1000. The sad part is after paying the fee the student doesn't hear from the company again and the FAFSA form is never filed causing a delay for real financial assistance.

### Be leery of the following scams:

If a company or organization asks for your credit card or bank account number to reserve a scholarship this is most definitely a scam. Legitimate scholarship and grant offers will never require a form of payment!!

A person stating your scholarship is guaranteed or your money back is telling you a lie! No one can guarantee that you will get a grant or scholarship. Most scholarships or grants are based on an application process, managed by a board of directors of an organization. Students are chosen based on specific qualifications which are outlined in the application.

Organizations stating "you can't get this scholarship information anywhere else" are not telling you the truth. Scholarship information can be found in many forms to include books, financial aid offices, or on the Internet.

Companies who promise they will do all of the research for you and complete and submit applications for grants and scholarships, is fibbing! Only parents and students can provide the information needed to complete the applications and forms.

**For additional support and information please contact out Financial Readiness Program at 845-938-5839.**



EFMP Enrollment

When a family member has special needs, it can be challenging to navigate the medical and education system – especially with the transitions of military life. The [Exceptional Family Member Program](#) helps families by providing information and referrals that assist families find needed services during assignments and eases access to assistance wherever they are. In fact, the Department of Defense is one of the very few employers to take the special needs of a family member into consideration before a move.

To optimize available support and services, the Department of Defense is in the process of standardizing many aspects of the EFMP across the services. The effort seeks to improve services within the program and to deliver a better, more consistent experience for families. Enrolling in the program offers resources that your family needs to thrive.

Enrolling in the EFMP ensures that special needs — including diagnoses, frequency of care, medications and special accommodations are identified and documented. The program can help you and your family navigate the process for addressing your needs. Other core advantages of the program include:

Assignment coordination

While military mission is always the driving force behind a service member's assignment, the EFMP helps ensure that family members' documented needs are considered during relocations. This is important because access to appropriate medical and educational services may be limited in overseas and remote locations. With assignment coordination, your family member's needs will be considered during the process, so you can focus more on mission-related responsibilities.

Family support

This part of the program helps families identify and access programs and services. Family support providers can put you on the path to empowerment by:

- Providing information and referral services for both military and community services
- Finding ways to bridge gaps in programs, services and supports
- Informing you about local school and early intervention services
- Providing non-clinical case management
- Offering opportunities for families with special needs to connect
- Helping families understand what programs are offered, the EFMP enrollment process, and how to apply for benefits and entitlements.



For additional information and support please contact EFMP at 845-938-5655.

Exceptional Family Member Program  
Presents: Unified Sports

A West Point Cadet Led Program



Oct 15	Apple Picking & Corn Maze	TBA
Oct 29	Halloween Bowling	Bowling Center
Nov 12	Tennis WP Mens Team	Lichtenberg Center
Dec 1	Lacrosse WP Women Team	Gillis Field House
Dec 3	Holiday Social at ACS	ACS

RSVP or call for more information  
(845) 938-5655 | [westpoint.armymwr.com](http://westpoint.armymwr.com)

 #WESTPOINTACS

 /westpointarmycommunityservices

Outdoor events are weather permitting. Will substitute with indoor event/activity in the event of incimate weather. Times will be determined prior to events and put out through email and Facebook.

