

February  
2024

# The FFSC Focus



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New Orleans — We're here for You!!!

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Fleet and Family strives to deliver the highest quality programs and services to effectively and efficiently enrich the quality of life for service members and their families while enhancing warfighter resiliency and readiness.

Our motto is:  
"We're Here For You!"

### FFSC Operating Hours:

Monday-Friday  
0730-1600  
Or by appointment

For emergencies call  
911



## Money & Marriage

Do you think combining money and marriage is a recipe for disaster? You're not alone. Money is the number one issue

married couples fight about, and it's the second leading cause of divorce, behind infidelity. When we talk about money in relationships of any kind, we're bound to find some frustration and tension. So, give each other grace. And use these seven steps to build bridges, not burn them:

1. **Keep a joint bank account:** Marriage is a partnership. It's no longer "his and her money." The officiant said, "Two become one." Separating the money and splitting the bills is a bad idea that only leads to more money and relationship problems down the road. Put all of your money together and begin to look at it as a whole.

2. **Discuss your lifestyle choices together.** Marriage is all about compromise. If one of you has more expensive taste, consider shopping at an outlet mall to snag those name brands at affordable prices. Because the bottom line is: Your lifestyle needs to line up with your actual income—not what you wish it was.

3. **Recognize your difference in personality.** Everyone's money mindset is different, and opposites tend to attract. While personality differences cause some marital problems, it isn't the real root of your money and marriage issues. The source of the problem is whenever one of you neglects to hear the other's input, or when one of you bows out from handling the finances altogether.

*News flash:* You're both on the same team here, so work on the budget together! Use your personality differences to become a stronger, more united team.

4. **Don't let salary differences come between you.** For most couples, one of them probably makes more money than the other. Rarely will you both be making the exact same salary. It's not yours or mine—it's ours. There's no

reason to hold a higher income over the other's head. You're on the same team. Start acting like it

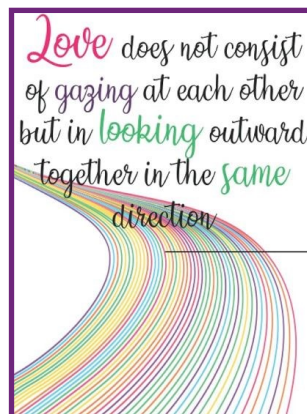
5. **Keep purchases out in the open.** It's crucial to be open and honest about any side checking or savings accounts or secret credit cards you have. It's time to own up to the truth and clear the air. Then, work toward establishing financial trust again. Recommit to your shared financial goals and remember why you're doing it. You're in this together!

6. **Set expectations together.** When it comes to money and relationships, unmet expectations can cause a lot of conflict. Don't let your unrealistic expectations pave the way for money and marriage problems! There's no rule stating married couples have to buy a home, start a family, or go on a trip to Paris during their first year of marriage. If those things aren't feasible for you right now, stop worrying. Get your money in order now so that later you can make your dreams a reality.

7. **Don't let the kids run the show.** Whether it's buying them toys, giving them an allowance, or just paying for their sports equipment, kids have a way of bringing out the way couples view money differently. You need to come together, talk about it, and make a plan. Decide together how to budget for the things your children need.

*If you would like assistance with developing your spending plan, contact us at FFSC and let's schedule an appointment to make positive forward movement.*

<https://www.ramseysolutions.com/relationships/the-truth-about-money-and-relationships>



## FEBRUARY THEMES

- Personal Financial Management (PFM) Month
- Deployment Support
- National Teen Dating Violence Month



### Just For Giggles

Q: How do you keep a jewelry store save on Valentine's Day?

A: You locket.

Q: Why did the king cake go to the doctor?

A: It had too many fillings!

Q: Why shouldn't you trust a pastry chef on Valentine's Day?

A: Because he'll dessert you...

Q: What did one Mardi Gras bead say to the other?

A: I think we're going to get strung along all day.

Q: What did the painter tell his girlfriend?

A: I love you with all my art.

Q: What do you call a hamburger covered in beads?

A: A French Quarter pounder.

Q: How did the squirrel get his Valentine's attention?

A: He acted like a nut.



With Valentine's Day on the horizon, parents may be wondering how to celebrate with kids this year. A day full of love may mean giving your son or daughter an extra hug or making cards to send to friends and family.

Author Laura Knight shares that "although Valentine's Day has an interesting history as to why we celebrate, most have come to know this day as an opportunity to express love and affection for those that are close to them." Knight says that regardless of how much history you know about why Valentine's Day came to be, the underlying message we can take from this day is one of great importance — kindness, connection, and love for those closest to you and in your community. Knight encourages parents to "use the excitement and buzz" surrounding Valentine's Day to practice kindness and gratitude. Here are some Valentine Day activities to share with your loved ones:

1. Make a gratitude box. Have your child decorate a shoebox or a small cardboard box and fill it with letters of appreciation for the person you are giving the box to.
2. Craft some homemade crayons. Collect old and broken crayons in your home, take off the wrappers and break them up into a big bowl. After you have all your crayon pieces ready, use heart shaped molds to put the pieces in.

### Valentine's Day as a family



Put the molds on a baking tray and cook at 275 degrees until all crayons are melted. Let crayons cool before use.

3. Create a family scavenger hunt.
4. Invite the neighborhood to take a swing at a Valentine's Day piñata.
5. Play "I spy" using only pink, red and white.
6. Make a heart-shaped pizza.
7. Play Valentine's Day-themed

"Outburst" with DIY topics.

8. A cookie decorating contest.
9. Make sentences using conversation heart candies.
10. Blindly identify types of chocolate: Hershey Kiss, Dove, etc.
11. Play Valentine's Day tic-tac-toe with Xs and Os.
12. Make a DIY hopscotch game using cut-out hearts.
13. Decorate Cards.
14. Play Valentine's Day bingo.
15. Create candy bags and deliver to neighbors. Make it a game by trying not to get caught!

<https://www.today.com/parents/family/valentines-day-games-for-kids-rcna54378>



February is Teen Dating Violence Awareness Month (TDVAM), and dating violence is more common than you may think! 1 in 3 U.S. teens will experience physical, sexual, or emotional abuse from someone they are in a relationship with before becoming adults.

Teen dating violence refers to physical, emotional, or sexual abuse that occurs within a dating relationship among adolescents. This form of abuse can manifest in various ways, including controlling behavior, verbal abuse, isolation from friends and family, and, in severe cases, physical violence. Teen dating violence often continues into adulthood. Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner each year.

The 2024 theme for TDVAM is "Love Like That" which



illuminates what "that" means regarding healthy and unhealthy relationships. We know that love is more than a feeling; no matter how you define it, it's essential to ensure you're on the same page with your partner about the definitions and boundaries of your relationship. "Love Like That" calls on all of us to create a world of

positive actions to express and show healthy love in various ways.

*If you or someone you know is experiencing teen dating violence, reach out to the available resources, including the Family Advocacy Program at the Fleet and Family Support Center at NAS JRB New Orleans, 504-678-7569.*

You can also visit [loveisrespect.org](http://loveisrespect.org) for resources, information, and confidential support. The National Domestic Violence Hotline is available 24/7 by calling 1-800-799-7233.

~ Davina Caldwell, FFSC





## HOLIDAYS/OBSERVANCES

- Coast Guard Reserves Birthday – 19 February
- Presidents' Day – 19 February
- Black History Month



Black History Month is an annual celebration of achievements by African Americans and a time for recognizing their central role in U.S. history. The theme for 2024 is "African American and the Arts."

African American art is infused with African, Caribbean, and the Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression, the African American influence has been paramount. African American artists have used art to preserve history and community memory as well as for empowerment.

For centuries Western intellectuals denied or minimized the contributions of people of African descent to the arts as well as history, even as their artistry in many genres was mimicked and/or stolen. However, we can still see the unbroken chain of Black art production from antiquity to the present, from Egypt across Africa, from Europe to the New World. Prior to the American Revolution,



enslaved Africans of the Lowcountry began their more than a 300-year tradition of making sweetgrass baskets, revealing their visual artistry via craft.

The suffering of those in bondage gave birth to the spirituals, the



nation's first contribution to music. Blues musicians such as Robert Johnson, McKinley 'Muddy Waters' Morganfield and Riley "BB" B. King created and nurtured a style of music that became the bedrock for gospel, soul, and other still popular (and evolving) forms of music. In 1973, in the Bronx, New York Black

musicians (i.e. DJ Kool Herc and Coke La Rock) started a new genre of music called hip-hop, which comprises five foundational elements (DJing, MCing, Graffiti, Break Dancing and Beat Boxing).

Black contributions to literature include works by poets like Phillis Wheatley, essays, autobiographies, and novels by writers such as David Walker and Maria Stewart. Black aesthetics have also been manifested through sculptors like Edmonia Lewis and painters like Henry O. Tanner.

The term Afrofuturism was used approximately 30 years ago in an effort to define cultural and artistic productions (music, literature, visual arts, etc.) that imagine a future for Black people without oppressive systems, and examines how Black history and knowledge intersects with technology and science. Afrofuturist elements can be found in the music of Janelle Monáe and Jimi Hendrix. Other examples include sci-fi writer Octavia Butler's novels, Marvel film Black Panther, and artists such as British-Liberian painter Lina Iris Viktor and Kenyan-born sculptor Wangechi Mutu, and Caribbean writers and artists such as Nalo Hopkinson, and Grace Jones.

<https://asalh.org/black-history-themes/>

## New Orleans Mardi Gras

The first American Mardi Gras took place on March 3, 1699, when French explorers Pierre Le Moyne d'Iberville and Sieur de Bienville landed near present-day New Orleans, Louisiana. In the decades that followed, New Orleans and other French settlements began marking the holiday with street parties, masked balls and lavish dinners. When the Spanish took control of New Orleans, however, they abolished these rowdy rituals, and the bans remained in force until Louisiana became a U.S. state in 1812.

On Mardi Gras in 1827, a group of students donned colorful costumes and danced through the streets of New Orleans, emulating the revelry they'd observed while visiting Paris.

Ten years later, the first recorded New Orleans Mardi Gras parade took place.

In 1857, a secret society of New Orleans businessmen called the Mistick Krewe of Comus organized a torch-lit Mardi Gras procession with marching bands and rolling floats, setting the tone for future public celebrations in the city. Since then, krewes have remained a fixture of the Carnival scene throughout Louisiana. Other lasting customs include throwing beads and other trinkets, wearing masks, decorating floats and eating King Cake.

## Test your Mardi Gras!

1. CDWSOR \_\_\_\_\_
2. STAUAEUDFY \_\_\_\_\_
3. CISMU \_\_\_\_\_
4. SADBE \_\_\_\_\_
5. PYRAT \_\_\_\_\_
6. TSAH \_\_\_\_\_
7. RAAPED \_\_\_\_\_
8. VAARILNC \_\_\_\_\_
9. SMAKS \_\_\_\_\_
10. TOSCEMU \_\_\_\_\_

11. NCDIAGN \_\_\_\_\_
12. TLSAOF \_\_\_\_\_
13. WENNRSAOLE \_\_\_\_\_
14. RLEEBTCAE \_\_\_\_\_
15. DNSOUOLBO \_\_\_\_\_
16. ACGKKNSEI \_\_\_\_\_
17. NEQUE \_\_\_\_\_
18. UPPREL \_\_\_\_\_
19. GRNEE \_\_\_\_\_
20. GDLO \_\_\_\_\_

Answers on  
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If you are a victim of  
sexual assault, call 24/7:

24/7 DoD Safe Helpline  
877-995-5247

24/7 SAPR Base VA: 504-329-3476




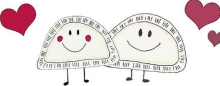
FFSC SAPR VA: 504-373-0980

NAS JRB NOLA SARC: 504-762-0224

# FFSC CLASSES

All workshops and classes will be held in Central Standard Time (CST) and are subject to change. Please contact the FFSC for participant information and to obtain course handouts and materials. Registration is required for all classes. To register, or for additional information about FFSC events and services, please call 504-678-7569 or email us at [NORL\\_N91\\_FFSC\\_ADMIN@NAVY.MIL](mailto:NORL_N91_FFSC_ADMIN@NAVY.MIL).

## February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 SAPR Resident Advisor Training 1400-1600 Toddler Playgroup 0900-1030 Ombudsman Assembly 1730-1830	8	9
MY Transition, Core Curriculum, 0800-1600			MY Employment, 0800-1600	
12	13 	14 	15 SAIL: Leaders and SPCs 1000—1100 Success Under Stress 1300-1400	16
19  Office Closed	20	21 Toddler Playgroup 0900-1030 Pre-Separation Counseling Special Session 1300-1500 SAPR/FAP CDO Training 1300-1500	22 Temper Taming 1300-1400	23  Couples Date Night 1800-2000
26 Bright Beginnings 0900-1030 Intimate Partner Violence: Identification and Reporting 1300-1400	27 Capstone Event 0900-1230	28 PFM Semi-Annual Leadership Training 1000-1100	29 SAPR Refresher Training 0800-1600	<ol style="list-style-type: none"> <li>CDWSOR CROWDS</li> <li>STAUAEFDY FAT TUESDAY</li> <li>CISMU MUSIC</li> <li>SADBE BEADS</li> <li>PYRAT PARTY</li> <li>TSAH HATS</li> <li>RAAPED PARADE</li> <li>VAARILNC CARNIVAL</li> <li>SMASKS MASKS</li> <li>TOSCEMU COSTUME</li> <li>NCDIAGN DANCING</li> <li>TLSAOF FLOATS</li> <li>WENNRSAOLE NEW ORLEANS</li> <li>RLEEBTCAE CELEBRATE</li> <li>DNSOUOLBO DOUBLOONS</li> <li>ACGKKNSEI KING CAKES</li> <li>NEQUE QUEEN</li> <li>UPPREL PURPLE</li> <li>GRNEE GREEN</li> <li>GDLO GOLD</li> </ol>