



# FFSC 2012 October Newsletter

## 5th floor Naval Health Clinic 961-2372



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October is "National Domestic Violence Awareness Month."

# TASTE OF SOUTH TEXAS

## Easy Green Chile Chicken Enchilada Casserole

8 servings



**Ingredients:**

- 4 skinless, boneless chicken breast halves cooked or (1) rotisserie chicken-meat removed from bone
- garlic salt and black pepper to taste
- 18 (6 inch) corn tortillas, torn in half
- 1 pkg Taco Seasoning Mix
- 1 (28 ounce) can green Chile Enchilada Sauce
- 1 (16 ounce) package shredded Monterey Jack cheese
- 1 (8 ounce) container reduced fat sour cream

Preheat oven to 350 degrees F.

Lightly grease a medium baking dish.

Shred chicken and season with garlic salt and pepper. Mix with the sour cream and taco seasoning mix, and set aside.

Pour about 1/2 inch enchilada sauce in the bottom of a medium baking dish, and arrange 6-8 tortilla halves in a single layer. Top with 1/2 the chicken mixture, 1/3 cheese, and 1/3 of the remaining enchilada sauce. Repeat. Coat remaining tortillas thoroughly with remaining enchilada sauce, and arrange on top of the layers. Top with any remaining enchilada sauce and sprinkle with remaining cheese,

Cover, and bake 45 minutes in the preheated oven. Cool slightly before serving. Top with your favorite toppings -a little cilantro ,lettuce, tomatoes, salsa, jalapenos, and green or red onions.

ENJOY!

The purple ribbon has been adopted as a unifying symbol of courage, survival, honor, and dedication to ending domestic violence. Across the country, families and friends of survivors have adopted the purple ribbon to remember and honor their loved ones who have lost their lives at the hands of a person they once loved and trusted. This year's CNIC slogan is "Home Is Not a Warzone: Bringing Peace to Relationships".

Domestic violence is an all-hands issue. If you are in an abusive relationship as a victim or offender and would like assistance with reporting options, please contact the Fleet and Family Support Center (FFSC) @ 361-961-2372 and ask to speak with a FAP counselor or FAP Victim Advocate. You can also seek confidential information on domestic violence support services in your community by contacting the National Domestic Violence Hotline (1-800-799-7233). If you are an employee of the Department of the Navy and you witness child or spouse abuse, Navy policy dictates that it is your duty to report it to FAP.

In support of the cause, feel free to come by the 5<sup>th</sup> deck of the Naval Health Clinic, to pick up a purple ribbon or bracelet to wear throughout the month; and/or to inquire about Domestic Violence or the Family Advocacy Program.

## Family Welcome Program

The Family Welcome Program is an INDOC brief for the Service Member AND their Spouse. FFSC partners with several of the Base and outside organizations/agency's to educate and inform our families of the resources, opportunity and services provided on NASCC and the surrounding community. Please join us on Oct 23rd at St Joseph's Hall BLDG 333 @ 0800-1300 (come for part or all). The Chaplains Department provides a free, delicious lunch for our guests to enjoy. Call 961-2372 for more information.



← →  
**FREE NEW**

### Americas Navy App

Take the world's most powerful sea, air and land force with you wherever you go with America's Navy iPhone app. Read the latest articles, see the newest pics and videos right on your iPhone. Learn more about the Navy; the vessels and weapons, their global activities sharing your favorite stories with friends via your favorite social media venues. Features include: Stay up to date with the latest Navy news and stories. Download the latest pictures right to your iPhone. Learn about the Navy ranks and ribbons. Get up close and personal with all of the Navy's high-tech equipment. Find a recruiter.  
<http://itunes.apple.com/us/app/americas-navy/id384969587?mt=8>

## "READY NAVY"

The Fall 2012 Navy and Family Accountability and Assessment System Newsletter introduces "Ready Navy". Effective 01 September 2012, Operation Prepare changed its name to Ready Navy. This program will continue to provide Sailors and their families with tools and resources for emergency planning and preparation. Key elements for emergency preparedness are:

- (1) Be informed
- (2) Make an evacuation plan
- (3) Make a family communications plan
- (4) Practice your plans
- (5) Make emergency kits

More detailed information is available on the Ready Navy website at [www.Ready.Navy.mil](http://www.Ready.Navy.mil).



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 Military Resume Writing 0900-1600	3 Baby Boot Camp 0830-1230 Registration Required 961-3482 BDD 0800-1600	4 	5 Anger Management 0900-1100 	6
7 	8 Columbus Day Holiday	9 Military Resume Writing 0900-1600	10 Interview Preparation 0900-1200 Sponsor Training 1330-1430	11 Military Officer Resume Writing 0900-1600 Parenting Workshop-Teens 1600-1800	12 Anger Management 0900-1100 	13 Ombudsman training 0800-1700
14 Ombudsman training 0800-1700	15 Ombudsman KHAKI meeting Housing Conference Room 1730-1830 NLSO brief	16 Military Resume Writing 0900-1600	17	18 Navigating the Federal Employment Process 1330-1530 Couples Communication 1600-1800	19 Anger Management 0900-1100 	20
21 	22 	23 Family Welcome St Joseph's Hall bldg 333 0800-1300	24	25 Life Cycle of Investing 1300-1350 TSP Savings and Investment 1400-1530	26 Anger Management 0900-1100 	27
<b>TAP for Retirees 23-26, 3rd floor Naval Health Clinic 0730-1600 Call 961-2372 for registration</b>						
<b>SAPR Advocate Training 5th Floor Naval Health Clinic 0800-1600 Call 961-2372 for registration</b>						
28	29 	30 Federal Resume Writing 0900-1600	31 			

To register or for more information on all the services the FFSC offers, please contact (361) 961-2372. DOD Civilian Employees may attend on a Space A basis except for programs specifically designed for Active Duty Service Members. Call for registration status. All classes and workshops are in the FFSC Classroom, on the 5th floor of the Naval Health Clinic, unless otherwise noted.

**Customers can now take advantage of a toll-free number dedicated to scheduling counseling appointments. The Centralized Scheduling Center number is (866) 293-2776**