Time For Pride And Prevention

Throughout the month of June, members of the lesbian, gay, bisexual, transgender, queer and other sexual identities (LGBTQ+) communities and their allies honor the achievements and impact of LGBTQ+ individuals. Pride Month is also an opportunity to recommit to preventing all forms of harm that the LGBTQ+ community faces, including sexual violence.

According to the Centers for Disease Control and Prevention (CDC), individuals who self-identify as LGBTQ+ experience similar or higher rates of sexual violence, stalking and intimate partner violence compared to those who self-identify as heterosexual.

As we continue to carry out the Navy’s Sexual Assault Prevention and Response (SAPR) call to action of “Respect. Protect. Empower” we can follow the 10 signature behaviors to help us in this prevention work. These behaviors were designed to help promote improved well-being, greater connectedness and increased resilience in the Navy community. These behaviors also protect our community against sexual violence.

The seventh signature behavior, in particular, encourages us to “embrace the diversity of all ideas, experiences and backgrounds of all individuals” and Pride Month is the perfect opportunity to put this into practice. When we respect a person’s orientation and empower them with our support for living an authentic life, we are creating a healthy Navy community that does not tolerate discriminatory behavior that may lead to physical harm.

Get involved in your command’s Pride Month observances and contact your installation’s Sexual Assault Response Coordinator (SARC) for more information on how to best support LGBTQ+ survivors of sexual violence. Additional information is available via the DoD Safe Helpline at 877-995-5247 and safehelpline.org.

PREVENTION 101: 10 SIGNATURE BEHAVIORS

1. Treat every person with respect.
2. Take responsibility for my actions.
3. Hold others accountable for their actions.
4. Intervene when necessary.
5. Be a leader and encourage leadership in others.
6. Grow both personally and professionally every day.
7. Embrace the diversity of all ideas, experiences and backgrounds of all individuals.
8. Uphold the highest degree of integrity in professional and personal life.
9. Exercise discipline in success through actions and attitudes.
10. Contribute to team success through actions and attitudes.

ATTENTION READERS: Make Family Connections Interactive! Share your questions, comments, good news stories, useful resources and articles you have written or found helpful. As space allows, we will include them in future newsletters OR release on social media. Submit to cnic.ffsp.fct@navy.mil.
Navy Housing Is Proud To Serve With Equality

Navy Housing joins the U.S. Navy in celebrating LGBTQ+ Pride Month, in recognition of the service and dedication of the LGBTQ+ men and women who contribute their diverse skills, perspectives, talents and backgrounds to strengthen our Navy team.

Pride Month recognizes the accomplishments of the LGBTQ+ community and acknowledges their continued struggle to achieve equality. If you experience housing discrimination in the community due to your sexual orientation or gender identity, Navy Housing is here to help.

Contact your local Navy Housing Service Center (HSC) for assistance, visit http://www.cnic.navy.mil/ContactHousing to view HSC contact information.

For more information and resources on fair and equal housing access for the LGBTQ+ community, visit www.hud.gov/LGBTQ+_resources.

Team Souda’s Junior Civilian Employee of the Year

Denise Prendergast, a resiliency counselor at the Fleet and Family Support Center (FFSC), is the Junior Civilian Employee of the Year.

Prendergast, a native of Brooklyn, N.Y., has worked for the Navy since 2014. She previously served a temporary assignment at Naval Support Activity Souda Bay for 10 weeks in 2019, helping out the FFSC. She returned as a permanent Team Souda member in January 2020.

As a resiliency counselor, she is both a therapist and a Sexual Assault and Prevention Victim Advocate, providing Team Souda with training, team building exercises and counseling for those who are struggling with a variety of issues. In 2020, she also supported other FFSCs in the region by providing 100 hours of distance counseling over the telephone, while helping the Naval Support Activity Souda Bay command stand up its first-ever Incident Determination Committee to address Family Advocacy Program needs.

“I am absolutely honored to win this award and be part of such an amazing team,” said Prendergast. “I feel like everyone at FFSC won because I couldn’t do any of my job without those two amazing people.”

PHOTO CREDIT: MC2 Kelly Agee, official Navy photo, released.

On April 1, Navy Capt. Rafael Facundo, Naval Support Activity Souda Bay’s commanding officer, and Kirsten Diller, FFSC director, hold the proclamation signed by Facundo declaring April to be Sexual Assault Awareness and Prevention Month on the installation.

PHOTO CREDIT: MC2 Kelly Agee, official Navy photo, released.
Ombudsman Moment June 2021

101 CRITICAL DAYS OF SUMMER

Summer is almost here! What does that mean to you? School’s out, kids are at home or at camp, vacations, grilling, swimming, boating, outdoor sports, humidity, fireworks, and for some this year, cicadas! Regardless of what your summer time plans are, it is important to stay aware of risks and be safe.

Learn how to manage your family’s risk at the Naval Safety Center’s website at https://navalsafetycenter.navy.mil. There you will learn tips on how to have a great summer while reducing the risk of accidents. The site offers risk management information (RMI) on just about any type of risk that you might encounter this summer. Ombudsmen are happy to share this site with their command families and encourage them to visit it from time to time over the next few months. We want everyone to have a happy and healthy summer, free from accidents and injuries. Preparation and education go a long way in making great summer memories.

For more information on how to volunteer with your command or to locate your command ombudsman, contact your Fleet and Family Support Center (FFSC) Ombudsman Coordinator or Reserve Component Command (RCC) Warrior and Family Support Specialist or use the Contact Your Ombudsman feature on the Ombudsman Registry home page at https://ombudsmanregistry.cnic.navy.mil.

Resume Writing Tips: It’s That Important

Your resume is the most important document you will submit in your job search. A strong resume can help you stand out from the crowd, so you want to do all you can to make sure your resume is the best it can be.

When you have not updated your resume in a while or if this is your first resume, it can be hard to know where to start. What experiences and accomplishments should you include? What new resume rules and trends should you be following? Should it be one page or two?

Here are a few tips to for a great resume that gets you noticed in the hiring process:

- Make sure your contact details are accurate and up-to-date. Be sure to include your name, address, phone number and email address.
- Put your LinkedIn link on a resume because it complements your resume and offers extra details. Make sure your entire LinkedIn profile looks professional. Fleet and Family Support Centers (FFSCs) offer classes to help you update your LinkedIn profile.
- Include a resume summary as an introduction. Your resume summary acts as your 30-second elevator pitch or a brief introduction of your professional accomplishments to employers. It is important to get it right to make a positive first impression.
- Make your resume achievement-oriented. Your work experience is the heart and soul of your resume, so this section needs to be in top shape. In order for your resume to stand out, the details in the work experience section should ideally start with a powerful action verb, as well as using numbers to quantify your accomplishments.
- Tailor your skills section. This section should be targeted to the position you’re applying for and include the best skills for that industry. However, it is also valuable to list transferable skills that are valued across industries, such as teamwork, leadership, time management and interpersonal communication, to name a few.
- Be sure to list any industry-related details, licenses or certifications in addition to your education. You can also include certifications that you are currently working on by adding “in progress” next to the name of the certification, including the date you will complete it.
- Include any volunteer work. Volunteer experiences illustrate important skills you possess and shows that you are involved in your community. This gives the hiring manager a more complete picture of who you are, making you a more compelling candidate.
- Leave out “References Available on Request.” It is understood that you will provide references if asked, so it is a waste of space to include references on a resume or actually write that you will provide them.

Once you complete your resume, be sure to send it to your nearest FFSC Employment Specialist for review and feedback.

For more information, contact your installation’s FFSC and visit https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html.
2021 Liz Blanc Exceptional Navy Sexual Assault Response Coordinator Announced!

It is our pleasure to announce the Navy recipient for the 2021 Liz Blanc Exceptional Sexual Assault Response Coordinator (SARC) of the Year Award: Melissa K. Nauss, Naval Air Station Joint Reserve Base (NAS JRB) New Orleans SARC.

Considered a self-starter with a “can-do” attitude by supervisors and stakeholders alike, Nauss’ accomplishments include overhauling the NAS JRB New Orleans SAPR program, pivoting in the shadow of COVID-19 to provide innovative training opportunities for stakeholders and SAPR program personnel, effectively virtualizing Sexual Assault Awareness and Prevention Month programming during restrictive health protection conditions, working with military and civilian stakeholders to identify safe spaces aboard the installation and in the local community for advocates to meet with victims face-to-face while observing personal and health safety guidelines and working with military and civilian Sexual Assault Forensic Exam (SAFE) nurses to clarify rules and procedures for sexual assault forensic and medical exams during COVID-19 precautions.

Unit Victim Advocates (UVA) under Nauss’ supervision also speak highly of her dedication to the program. AC1 Caleigh Burton described Nauss’ dedication as “unmatched.” UVA IT2 Montrez Leatherwood, who observed Nauss’ transition from a civilian victim advocate to a SARC, describes her as “inspirational and productive,” noting that satisfaction in the program has improved so much that the UVA is “forever grateful and honored to have the opportunity to work alongside her in the fight for sexual assault victim advocacy.” These sentiments were echoed in numerous statements, including those submitted by the NAS JRB New Orleans Staff Judge Advocate and the SAFE nurse coordinator.

In addition, Nauss voluntarily supported Naval Air Station Meridian as the Sexual Assault Response Coordinator for six months. Capt. Brent Moore said she showed “willingness to go above and beyond requirements and expectations” and he expressed appreciation for “her professionalism and exemplary performance.” Her dedicated and unyielding support to victims across all branch services ensured needs were met regardless of time or distance. Commander Christy Sibley of Naval Technical Training Center Meridian noted, “When Melissa took over, I could tell immediately my concerns were over… Melissa rose to the challenge.”

In 2020, several of Nauss’ initiatives and innovative process improvements were highlighted and disseminated by Commander Naval Installation Command (CNIC) SAPR headquarters for other installations to benefit from her best practices. These included a manualized virtual book club refresher training for SARCs to implement with victim advocates across the enterprise and a resource brochure template.

Nauss continued to support the advancement of the SAPR program at Navy Region Southeast by participating in regional collaborative working groups, lending technical and training support to other installations and serving on the Louisiana Foundation Against Sexual Assault and the New Orleans Sexual Assault Response Team.

In all, Nauss is credited with positively improving her local command climate and supporting commanders in increasing overall mission readiness. Her distinctive accomplishments, extraordinary professionalism, personal initiative and unwavering devotion to duty reflect great credit upon her, the United States Navy and the Department of Defense.

Please join CNIC SAPR in echoing these statements and recognizing Melissa Nauss’ exceptionally meritorious service with a well-earned BRAVO ZULU!

CNIC would also like to recognize the nominees for this award cycle:

- Amanda Henson Land, Commander Navy Region Korea
- CPO Christopher R. Norris, Naval Air Facility Misawa
- Jenna Stewart Vaughn, Naval Air Station Pensacola
- Jennifer Schoen, Naval Support Activity Monterey
- Laura Hanson, Naval Base Ventura County
- Raquel Hernandez, Naval Air Station Lemoore
- Sharlyne Hays, Naval Base Kitsap

For more information on the Liz Blanc Exceptional SARC Award, including past and current awardees, please visit https://www.sapr.mil/exceptional-sarc-award.
Navy Region Sailors Gather Virtually For CNIC Sailor of the Year Announcement

BY CHIEF PETTY OFFICER BRIAN MORALES, COMMANDER, NAVY INSTALLATIONS COMMAND

A Racine, Wisconsin native and 2019 American Military University graduate currently assigned to Naval Base San Diego was selected as the fiscal year 2020 Shore Enterprise Sailor of the Year during a Facebook Live event, May 6.

Master-at-Arms 1st Class Erin Ripley was selected from among 70 other installation Sailor of the Year recipients to earn the prestigious award.

“Congratulations to MA1 Erin Ripley, our CNIC Sailor of the Year! Our region and installation Sailors of the Year represent the best of the best and are all deserving of our thanks and admiration,” said Vice Adm. Yancy Lindsey, Commander, Navy Installations Command. “They have accomplished some incredible things in their Navy careers with the encouragement from their families and other support networks. To the families of these incredible Sailors, thank you for your support and service. Thank you for all you do for our Navy and our nation.”

Ripley, representing Commander, Navy Region Southwest, was among the four finalists who went before the CNIC Sailor of the Year board conducted by a panel of senior enlisted leaders.

For the full article, visit https://dvidshub.net/r/cg43ck.

Avoid the Summer Slide, Keep Your Kids Reading

READING COLORS YOUR WORLD.

Join the DoD MWR Libraries Summer Reading Program.

Find your local program at Beanstack.com/DoD and earn prizes for reading, or join the Virtual Program (June 1 to August 31) at DodVirtualSRP.beanstack.org to be entered into weekly drawings for e-gift cards.

MWR customers of all ages are encouraged to join the Summer Reading Program!
We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving.

How to register:

**Step #1:** Make a free account at [MyNavyFamily.com](https://mynavyfamily.com) (NMCI use [https://learning.zeiders.refineddata.com](https://learning.zeiders.refineddata.com)) at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

**Step #2:** Click on “Live Webinars” at the top of the page to view the full list of offerings.

**Step #3:** Click on the title of a session to view the information and description.

**Step #4:** Click on “register now” to register for the course.

You will get reminder emails with your personalized link.

If you have any trouble, please write to [learning@zeiders.com](mailto:learning@zeiders.com)
June 2021

**Deployment**
- **Wednesday, June 16th**
  - 11:00 AM EST: Maintaining Healthy Relationships During Deployment

**Emergency Management**
- **Thursday, June 10th**
  - 1:00 PM EST: Ready Navy

**Employment**
- **Tuesday, June 1st**
  - 1:00 PM EST: Interview Skills
- **Wednesday, June 2nd**
  - 9:00 AM EST: Interview Techniques
  - 10:00 AM EST: USAJobs 2021
  - 1:00 PM EST: Fundamentals of Resume Writing
- **Tuesday, June 15th**
  - 1:00 PM EST: Interviewing: Your Best First Impression
  - 1:00 PM EST: Fundamentals of LinkedIn
- **Wednesday, June 16th**
  - 1:00 PM EST: LinkedIn 101
- **Thursday, June 17th**
  - 1:00 PM EST: Effective Resume Writing
- **Tuesday, June 22nd**
  - 9:00 AM EST: Federal Employment System
- **Wednesday, June 23rd**
  - 1:00 PM EST: Preparing to Attend a Virtual Career Fair
  - 1:00 PM EST: Acing the Interview
- **Thursday, June 24th**
  - 1:00 PM EST: Fundamentals of Interviewing

**Finances**
- **Monday, June 7th**
  - 12:00 PM EST: Car Buying and Leasing Strategies
- **Tuesday, June 8th**
  - 12:00 PM EST: Becoming a TSP Millionaire
  - 3:00 PM EST: Teens and Money
- **Wednesday, June 9th**
  - 12:00 PM EST: Thrift Savings Plan: Are You Preparing for Retirement?
- **Friday, June 11th**
  - 2:00 PM EST: Family Financial Planning
- **Wednesday, June 16th**
  - 10:00 AM EST: How Do I Find a Financial Professional I Can Trust?
- **Tuesday, June 22nd**
  - 10:00 AM EST: Mortgages 101
  - 10:00 AM EST: Financial Responsibility in the Military
- **Wednesday, June 23rd**
  - 1:00 PM EST: Your Insurance Needs

**Life Skills**
- **Tuesday, June 1st**
  - 9:00 AM EST: Resiliency: Learn to Adapt Well in the Face of Adversity and Significant Sources of Stress
  - 5:00 PM EST: Mind Body Mental Fitness (MBMF) Part 3: Living Core Values
- **Wednesday, June 2nd**
  - 9:00 AM EST: Simple Life
  - 1:00 PM EST: Words Matter
- **Tuesday, June 8th**
  - 12:00 PM EST: Resiliency: Learn to Adapt Well in the Face of Adversity and Significant Sources of Stress
  - 2:00 PM EST: Anger Management
  - 5:00 PM EST: Mind Body Mental Fitness (MBMF) Part 4: Flexibility
- **Wednesday, June 9th**
  - 9:00 AM EST: Stress Management
- **Thursday, June 10th**
  - 11:00 AM EST: How to Have a Difficult Conversations
- **Friday, June 11th**
  - 2:00 PM EST: Hurricane Season
- **Tuesday, June 15th**
  - 10:00 AM EST: Stress Management
  - 12:00 PM EST: Caring for Aging Parents
  - 5:00 PM EST: Mind Body Mental Fitness (MBMF) Part 5: Problem Solving
- **Thursday, June 17th**
  - 11:00 AM EST: Build Your Bounce: Resiliency in Challenging Times
- **Monday, June 21st**
  - 12:30 PM EST: Maintaining Respect in the Workplace
- **Tuesday, June 22nd**
  - 2:00 PM EST: Got Stress?
  - 5:00 PM EST: Mind Body Mental Fitness (MBMF) Part 6: Connection
- **Wednesday, June 23rd**
  - 1:00 PM EST: Conflict Resolution
- **Monday, June 28th**
  - 10:30 AM EST: Organize Your Life
- **Tuesday, June 29th**
  - 9:00 AM EST: Mind Body Mental Fitness (MBMF) Part 1: Stress Resilience

**Parenting**
- **Wednesday, June 2nd**
  - 1:00 PM EST: New Parent Support: Newly Pregnant?
  - 1:00 PM EST: What About the Kids?
- **Wednesday, June 9th**
  - 12:00 PM EST: Understanding Your Toddler’s Development
- **Thursday, June 10th**
  - 10:00 AM EST: Effective Parenting
- **Thursday, June 17th**
  - 2:00 PM EST: Baby Boot Camp
  - 2:00 PM EST: Parenting During Life’s Ups and Downs
  - 4:00 PM EST: NRH Bringing Home Baby

**Relocation**
- **Tuesday, June 8th**
  - 1:00 PM EST: Completing a Household Goods Move Application
- **Thursday, June 10th**
  - 12:00 PM EST: Now I’m the Landlord

**Transition**
- **Wednesday, June 16th**
  - 3:00 PM EST: Life After the Uniform: The Resilient Spouse