Celebrating the U.S. Navy’s 244th Birthday

On October 13, 2019, the Navy will celebrate its 244th birthday. Chief of Naval Operations (CNO) Admiral Elmo R. Zumwalt first officially recognized the Navy’s birthday on October 13, 1972. Since then, each CNO has encouraged a Navywide celebration of this occasion “to enhance a greater appreciation of our Navy heritage, and to provide a positive influence toward pride and professionalism in the naval service.”

The central theme of this year’s birthday and heritage week, “No Higher Honor”, draws upon the extraordinary service and sacrifice of the Sailors who fought in World War II’s Battle of Leyte Gulf off Samar with a particular focus on the heroism of the crew of USS Samuel B. Roberts (DE-413). As a final stand during the invasion of the Philippines, USS Samuel B. Roberts, commanded by Lcdr. Robert W. Copeland, Roberts and her crew bravely charged into a line of Japanese battleships to protect American forces landing on the islands. Although the American destroyers were thoroughly overpowered, their actions prevented the enemy forces from concentrating fire on the landing forces. Commander Copeland would later recount the Battle of Leyte Gulf by praising his crew, stating that there was “no higher honor” than to have the privilege to command such a crew. Sailors today carry on this legacy of toughness, initiative and accountability.

“No Higher Honor” links today’s Sailors with those who have gone before them. For more than two centuries, American Sailors and the U.S. Navy have stood the watch; served with honor, courage, and commitment; and have been the shield of the U.S. Following in the wake of their shipmates from the past, today’s Sailors and Navy remain forward deployed to the world’s trouble spots 24 hours a day, seven days a week, 365 days a year.


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.
Military Ball Etiquette

FIVE THINGS SPOUSES SHOULD KNOW
To celebrate the 244th birthday of the U.S. Navy, Navy Balls are planned at installations around the world. It is an exciting time for military communities to get together and celebrate but new Navy spouses may have questions on how they can honorably represent their Sailor while enjoying a night of festivities.

WHAT TO WEAR
The attire for an event should be specified on the invitation. Typically, female guests are expected to wear knee-length to floor-length gowns. Patterns, bright colors and revealing styles are not recommended. Male guests typically wear dark suits with a bow tie or a tuxedo. Remember, a Navy Ball is a work function and a spouse’s attire should complement that of their Sailor.

COCKTAIL HOUR
The Ball traditionally kicks off with cocktail hour. Cocktail hour is a great time to mingle and visit the photographer for formal pictures. Just be sure to keep your alcohol consumption to a reasonable amount.

DINNER HOUR
At dinner hour, it is time to take your assigned seat. It is a good idea to introduce yourself to everyone at the table. An official program outlining the remainder of the evening is normally at your assigned seat. Expect several courses, so brush up on your formal table setting etiquette and never reach across anyone at the table. Ask politely for items to be passed instead.

SPECIAL HONORS AND PRESENTATION OF THE FLAG
There will be presentations to honor service members as well as tributes to the colors. Be sure to follow the instructions given. Stand with your hand over your heart for the presentation of the flag.

AFTER DINNER
When the presentation and dinner end, the dance floor will open up with a DJ or a band. You can let loose on the dance floor, but please remember that you are still at a work function for your military spouse.


A simple act can change a feeling, someone’s day, someone’s life. What #1Thing will you do to make a difference?
Setting Boundaries, Staying Safe

NAVIGATING TECHNOLOGY USE IN RELATIONSHIPS

The ways that you and your partner use technology should uphold and protect the same boundaries you respect in all areas of your relationship. Abuse through technology is still abuse. Learn how to exercise your rights through technology, the importance of early detection of trouble and how to seek help to reduce risk for serious harm or violence.

As part of maintaining a healthy relationship, it is good for partners to check in with each other to develop ground rules for what behavior is acceptable, what actions cross the line and what behaviors violate trust, mutual respect and each partner’s independence. Define what it means to feel safe both on-and offline, how to set healthy boundaries and expectations for online communication in your relationship and how to exercise your rights through technology. Do not dismiss actions that make you uncomfortable because they only happen online and not in real life.

You have options to protect your privacy and set healthy boundaries. Do not give abuse an unlimited plan. Partners demanding passwords or using apps to track your location, is technology misuse and abuse. The following list of resources will help you learn more about unhealthy patterns and privacy rights.

- What is digital abuse? Visit the Joyful Heart Foundation for abuse signs.
- Download the Love is Digital: Guide on Boundary Setting in Relationships guidebook.
- Is your relationship healthy? Check the Relationship Spectrum to see where your relationship falls.
- Are you digital abuse survivor? Visit the Technology Safety Survivor Toolkit and Technology Safety Plan

Mobilize Help for Safer Relationships

GITMO Spreads Prevention Messages of Kindness

Members of the Fleet and Family Support Team at Naval Station Guantanamo Bay, Cuba, went out into the community to spread awareness about Suicide Prevention Month. Lindsey Bennett and Zenobia Williams collected more than 50 “1 Small Act” cards from service members who had committed to one small act of kindness they could do to make the community a more positive place. Later in the afternoon, Bennett and Williams went to the Student Activity Center and taught 30 students, ages ranging from five years old to 12 years old, about how “kindness matters.”
2019 Joint Women’s Leadership Symposium

On August 22-23, 2019, the Sea Service Leadership Association hosted the 2019 Joint Women’s Leadership Symposium at the Walter E. Washington Convention Center in Washington, D.C. The Symposium affords women in uniform the opportunity to engage in robust discussions about professional and personal issues that ultimately influence mission readiness and the trajectory of their military careers.

This event was attended by the Secretary of the Navy, Mr. Richard V. Spencer, and other prominent male and female active-duty and veteran military leaders who facilitated candid discussions on how aspects of Department of Defense culture and policies directly impact the careers and families of women in uniform. On the last day of the symposium, each branch of service held service-specific workshops. This year’s the Navy dedicated a day to addressing women’s health concerns and parenthood.

The New Parent Support Program’s analyst served on the parenthood panel and facilitated a presentation on the program’s mission and the Fatherhood Outreach Initiative. Other panel members provided unique perspectives on the realities of parenting young children while pursuing active-duty Navy careers. Panel member Senior Chief Petty Officer Koch spoke for many attendees as she reflected on the symposium’s mission and success; “there is great value in service women coming together to be inspired by each other’s stories, develop ourselves as leaders and discuss issues unique to our sex. I also think it’s equally crucial that we invite our male allies to be a part of this conversation, and hope that in doing so, we can create a more constructive, educative and inclusive dialogue amongst the entire Navy Team.”

Parenthood is like another job. The New Parent Support Program provides that little extra help and resources to help Navy families launch into successful parenthood without sacrificing careers.


Navy Gold Star Program Celebrates 5th Anniversary

On October 1, 2019, the Navy Gold Star Program (NGSP) will celebrate its fifth anniversary. NGSP ensures the loved ones of Sailors who die on active duty, regardless of the cause, can remain connected to their Navy family for as long as they desire. There is no other organization, government or non-profit, that has the same level of responsibility or commitment to survivors.

Since the program’s inception, NGS has contacted and assisted more than 13,300 Gold Star family members from World War I to the present.

NGSP coordinators help survivors by connecting them to military and civilian support services that can provide guidance on any number of issues. Through social activities and remembrance ceremonies, the program provides opportunities for families to connect with one another and helps to ensure the memories of the fallen live on. Over the past five years, NGSP coordinators have listened to family members and adapted the program to the needs of survivor families.

NGSP coordinators love are honored to work with Gold Star Families each day, and continue to work towards the program’s goal of connecting with surviving family members and creating a culture of remembrance within the Navy community. Gold Star families and their loved ones will never be forgotten. For more information on the Navy Gold Star Program visit: https://www.navygoldstar.com or www.facebook.com/NavyGoldStar.
Four Easy Steps for You to Get The Max Out of Your Money

**MAX THE SAVINGS**

Automate savings as much as possible through automatic deposits into a savings account, scheduled contributions from your checking to your savings each paycheck and contributions into your retirement account from your employer. Making this automatic and increasing it when you receive a raise can help you reach your goals with less effort.

**MAX THE MATCH**

One of the ways to maximize your enjoyment in retirement is to ensure you are contributing enough to your retirement fund to meet your goals in retirement. An easy way to grow your fund faster is to take advantage of contributions toward your retirement from other sources besides your own pocket. Try to **Max the Match** you have available to you from any private or government employer. For instance, in the Blended Retirement System (BRS), if you are contributing five percent, you will get the maximum match from the government. That is doubling the money flowing into your retirement account.

**MAX THE EARNINGS**

Besides maximizing the money going into your retirement, learn to maximize the money that your retirement fund earns. Learning the basics of saving and investing with your local Personal Financial Manager (PFM) at the Fleet and Family Support Center (FFSC) can help you improve your understanding of investment choices. Help your money grow by finding the best mix of stocks, bonds and mutual funds based on your overall investment strategy and financial goals.

**DO YOU WANT HELP SAVING FOR RETIREMENT OR REACHING YOUR OTHER SAVINGS GOALS?**

Make a no-cost appointment with a personal financial management staff member at a Fleet and Family Support Center near you. For the location nearest to you, go to: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/FFSC.html.

**OWN IT.**

- Never Click and Tell: staying safe on social media
- Update Privacy Settings
- Keep Tabs on Your Apps: best practices for device applications

**SECURE IT.**

- Shake Up Your Passphrase Protocol: create strong, unique passphrases
- Double Your Login Protection: turn on multi-factor authentication
- Shop Safe Online
- Play Hard To Get With Strangers: how to spot and avoid phish

**PROTECT IT.**

- If You Connect, You Must Protect: updating to the latest security software, web browser and operating systems
- Stay Protected While Connected: Wi-Fi safety
- If You Collect It, Protect It: keeping customer/consumer data and information safe
OWN SECURE PROTECT IT.

OCTOBER 2019

National Cybersecurity Awareness Month
#BeCyberSmart

SAD PASSWORDS JUST DON'T WORK.

CLICK THE LINK FOR HAPPY PASSWORDS.