

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

— Winston S. Churchill

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*Family Connection* is a publication of the Fleet and Family Support Program.

The Navy's Fleet and Family Support Program promotes the self-reliance and resilience of Sailors and their families. We provide information that can help you meet the unique challenges of the military lifestyle.

The appearance of external links in this newsletter does not constitute official endorsement on behalf of the U.S. Navy or Department of Defense.

If you have questions or comments, contact the Fleet and Family Support Program, [ffsp.fct@navy.mil](mailto:ffsp.fct@navy.mil).

Visit us online at:



## Hurricane Season 2015

By Amber Kerr, CNIC Family Emergency Response Program Manager

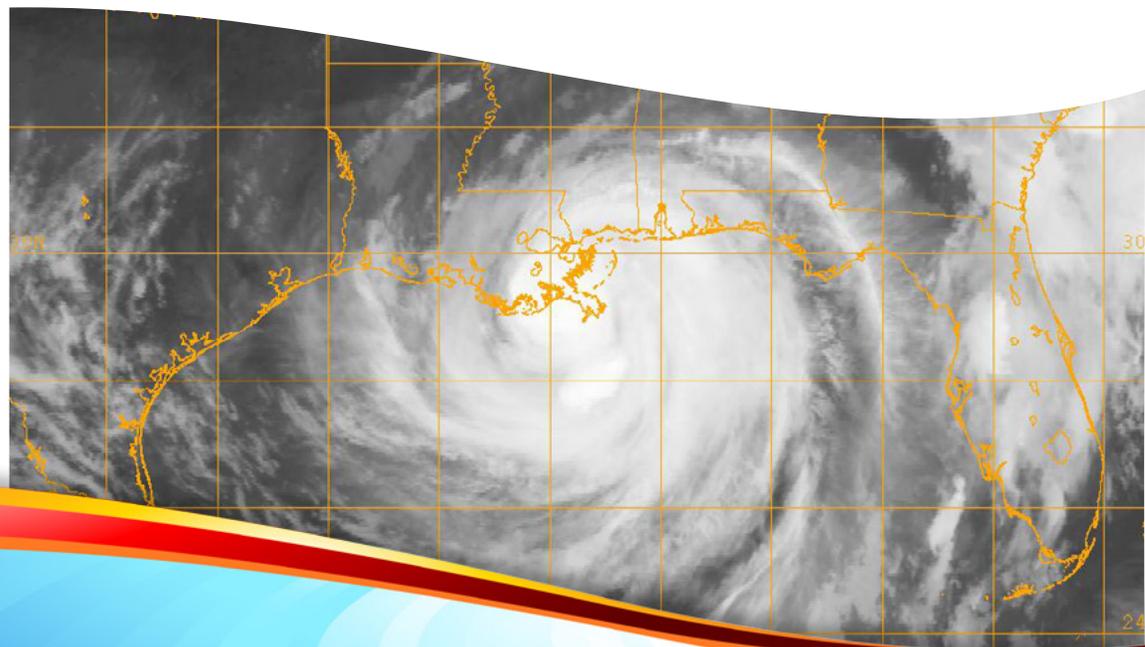
If a hurricane were to occur today, would you be ready? Would you know what to do? Hurricane season is June 1 through November 30, with the peak season running from mid-August to late October. This month, take the time to learn about hurricanes and how to prepare. The knowledge you gain will be key to helping ensure your safety and that of your family.

- **Be informed.** Learn hurricane terminology. Know the difference between a hurricane warning and a hurricane watch. Understand what the different storm categories are and what the levels of [Tropical Cyclone Conditions of Readiness \(TCCOR\)](#) mean. Check to see if your city/county has an emergency preparedness website and become familiar with the planned evacuation routes. Incorporate what you learn into your family's emergency plan.
- **Have a plan.** Talk with your family and make a written plan on how to respond if a hurricane is approaching. Ensure each member knows the

family communication plan and what steps need to be taken if an evacuation is ordered. Know how to secure your home and property as quickly and safely as possible. If you are told to evacuate, do so. Never ignore an evacuation order.

- **Build a kit.** Having an emergency supply kit for your home will enable you and your family to meet your basic needs after a storm. It will also prepare you in the event that you need to evacuate. Review both [www.Ready.Navy.mil](http://www.Ready.Navy.mil) and [www.Ready.gov](http://www.Ready.gov) to find out what supplies you need to have and what items to consider that will best suit your own and your family's needs.

Preparedness is your duty and responsibility. The time and effort you and your family invest in learning, planning and preparing will make a difference in your ability to handle any potential emergency situation and will help each of you stay safe. Be informed. Have a plan. Make a kit.





## Preparing for a Job Fair

By Rebecca O'Connor, CNIC Transition Support Analyst

Since attending a job fair can be an important part of finding post-Navy employment, CNIC has added an [Employment and Training Opportunities page](#) to its [Transition GPS website](#). Be sure to check out the page for a continuously-updated list of events!

To get the most out of the job fair, you will need to do some prep work first:

- Look at the participating companies' websites to obtain background information and determine whether the company would be a good fit for you. Prioritizing ahead of time is particularly helpful if the job fair is well-attended or you cannot stay for the entire event.
- Use the information about the company to prepare specific questions for the representative, as this can help you stand out from the rest of the job-seeking crowd.
- Review the company's list of open positions and apply ahead of time for any that are a good fit for your skill set. Remember what you applied for so you can bring it up during your conversation with the representative at the job fair. You never know if the representative might share advice or help move your application along.
- Ask a friend or your local Fleet and Family Support Center staff to look over your résumé. Nothing undermines your claim

of being detail-oriented like having typos and errors in an important document.

- Bring multiple copies of your résumé with you. Many representatives at the job fair will ask you to submit it electronically, but some still prefer to receive a hard copy.
- Dress for success in either business casual attire or a suit and not in casual clothing or your military uniform.
- Prepare a 20-second "elevator speech" introducing yourself and the skills and experience you can offer a prospective employer. Try to make it as specific as possible to the needs of the company you are speaking with and practice saying it enough that you are comfortable.

Once you are at the job fair, remember that it is a great opportunity to grow your professional network. If possible, wait to approach each company when representatives are not as busy (try starting at the back of the room). Do your best to get to know the person behind the table; ask their name and what they do for the company (not everyone is a recruiter). At the end of your conversation, request their contact information and see if it is appropriate to follow up via email or LinkedIn. Do not forget to talk with the other job seekers. It is possible that a connection you make while standing in line will help you land your dream job.



### PFM Video Series

The Personal Financial Management program has created a [series of four videos](#) to provide a brief introduction to financial issues of importance to Sailors and their families. These three-minute videos will help Sailors and families navigate some of the financial issue they faces: Credit Reports / Credit Scores; Marriage and Money; Vacation Planning; and Renting vs. Buying.



### Relocation Tip

Find helpful advice to support your child during the relocation process at [Military Youth on the Move](#).



### New Spouse Orientation

New Spouse Orientation is offered as an [on-demand course](#) designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle.

# Fathers are our Champions

By Towanda Jackson, New Parent Support Program Analyst

June is the month that we, as a nation, thank and acknowledge fathers for their commitment to family. It is also the optimal time to remind fathers how significant they are in the lives of their children.

Fathers, like mothers, juggle multiple roles and responsibilities. Many believe that a father's primary role is breadwinner instead of caretaker and nurturer, but research has shown significant positive effects when fathers are involved in the daily decision-making and participate in child rearing responsibilities. Some of the proven positive outcomes for children whose fathers are actively involved in their lives include:

- Higher academic achievement.
- Fewer behavior and conduct problems.
- Increased self-esteem and self-confidence.
- Healthy attachments to peers and others as children mature.
- Improved problem-solving and decision-making skills.

These outcomes are why "Fathers are our Champions," even when they must often be absent from their children's lives because of deployment or other mission readiness responsibilities.

The New Parent Support Home Visitation Program is aware of the impact that the deployment cycle can have on relationships between fathers and children. This is one of the primary reasons the program was developed. We encourage all active-duty fathers to contact their local [New Parent Support Program](#) at the [Fleet and Family Support Center](#) to learn about strategies on how to juggle their multiple roles, while strengthening their relationships with their children.

**Fathers are our Champions!**

The relationship between a father and child lasts a lifetime.

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To learn ways to strengthen the bond with your child and strategies on how to overcome the challenges of raising young children in a military lifestyle, contact your local New Parent Support Home Visitation Program.

The Fleet & Family Support Center [www.ffsp.navy.mil](http://www.ffsp.navy.mil)

Your local FFSC contact information:

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## Ombudsman At Large Visit

By Brian Walsh, Public Affairs Assistant, RTC Public Affairs Office

Martha Faller, the Chief of Naval Operations Ombudsman at Large (OAL), visited local ombudsman in the Great Lakes area on April 23, 2015.

The purpose of the visit was for Faller to meet with families and discuss any challenges and to offer her assistance for ombudsman-related issues. She met with the local ombudsman and visited with local resources, such as Fleet and Family Support Center and the chapel.

During the visit, Faller toured Recruit Training Command (RTC) to observe and interact with recruits and RTC staff, ate lunch with RTC Commanding Officer Doug Pfeifle in the USS Arizona's galley, toured a recruit compartment, and was hosted by RTC's chaplains at the Recruit Blue Jacket Memorial Chapel.

"The visit has been fantastic," said Faller. "This has been my first time visiting Recruit Training Command. I am very impressed with the recruits. They are our future and they are inspiring."

"The main goal for me is providing outreach to the families," Faller added. "Great Lakes RTC is the gateway to the Navy so it is our job to let them know what the ombudsman program can offer them and also what Navy resources are out there."

A command ombudsman is appointed by the commanding officer for each Navy command. This volunteer position is usually filled by the spouse of a service member. The ombudsman serves as the primary communications link between the families and the command and is the channel of official information from the command to the families.

"RTC ombudsmen are valuable assets to the command," said Capt. Pfeifle. "They are crucial in facilitating communication between the command and family members, fostering a better understanding of the needs and

viewpoints of the families and providing information and assistance to family members within the command. We are pleased to welcome the Ombudsman at Large and introduce her to RTC and the future of the Navy."

The Naval Station Great Lakes Fleet and Family Support Center Ombudsman Coordinator, Debra Pruitt, also participated in the OAL visit.

"I think it is great for the local ombudsman to get to meet someone like Ms. Faller, who has a lot of experience and knowledge," said Pruitt. "It is inspiring for families to know that the ombudsman program is not just local. Everywhere they go while their spouse is in the Navy, a command ombudsman will be there for them."

Faller said that just having the opportunity to get to meet with Navy families is inspiring.

"Navy spouses are incredible," said Faller. "They are so resilient; we stick together, we take care of each other and that is another reason that I think it is so important for us, as spouses, to be educated on the different resources out there to help us. If we are empowered as spouses and have that information and knowledge, all the resources that we can use to help ourselves only makes it easier for the active-duty members to do their jobs."

The ombudsman program is one of many programs provided by the Fleet and Family Support Program, which enhances Sailor readiness and family preparedness, thereby contributing to mission readiness. The program promotes self-reliance and resilience, not dependency, and empowers Navy families to meet the unique challenges of the military lifestyle.



## 7 Spring Sales Items and When to Buy Them

From the Better Business Bureau blog

Plants and animals are not the only ones awakening after this year's particularly cold, snowy season. Spring makes us feel alive, inspiring us to plant gardens, make home improvements, break out the grill or dream about upcoming warm-weather vacation plans. Retailers are offering lots of sales this time of year to coincide with the end of our hibernation.

Some stores even advertise "spring Black Friday" discounts or "Black Friday-like" prices. Depending on what you need or want, however, it might be wiser to wait until products are the cheapest, rather than loading up on everything "spring" all at once. Here are seven purchases that might make you want to skip the annual spring sales ([link to original BBB blog](#)) for now.



## National Marina Day

By Leslie Gould, CNIC Community Recreation Program Manager

Welcome to the water! Navy marinas across the globe are participating in National Marina Day on June 13, 2015. This nationwide observance is dedicated to growing participation in boating. Events held at Navy marinas introduce the public to boating through on-water and landside activities.

Our Navy has 31 marinas worldwide. Community recreation programs at Navy marinas include sailing, boating, fishing charters, paddling, leisure skills and instructional classes, rentals, water sports activities and wet and dry storage.

Here are some examples of how the Navy marinas are celebrating National Marina Day:

- The Capital Cove Marina on Joint Base Anacostia-Bolling (JBAB) started the boating season early with a chili cook-off on April 25. This event included giveaways and prizes, reminders to renew contracts and registrations and to update insurance, courtesy USCG Auxiliary inspections and a blessing of the fleet.
- Naval Station Everett will be offering 50 percent off fishing boat rentals during Marina Day. In addition, Navy Yacht Club Everett conducted their opening day activities on May 9, to celebrate their opening day and upcoming National Marina Day. They had the United States Coast Guard (USCG) partner to perform safety checks and Sea Cadet ride-alongs.
- Naval Station Great Lakes will be performing courtesy boat inspections and hold a "Safety at Sea Seminar" on June 13.



- At Guantanamo Bay Cuba (GTMO), the marina is offering half price boat rentals all day on June 13.
- The Thamesview Marina at Navy Submarine Base Groton is scheduling USCG safety inspections and offering two-hour sailboat rentals for the price of a one-hour rental.
- The marina staff at Naval Air Station Patuxent River is working with the Patuxent River Sail and Power Squadron to do vessel safety inspections and to verify minimum safety requirements for boaters. Power Squadron members will teach safety procedures that make days on the water safe and enjoyable.

Wishing you fair winds and following seas!  
See you on the water soon!

## Installations Conduct SAPR Drills Navywide

By Nicholas Dunson, CNIC SAPR Program Analyst

During the month of June, installations Navywide are conducting Sexual Assault Prevention and Response (SAPR) drills. Sailors rehearse man overboard, active shooter and force protection scenarios to ensure peak readiness. SAPR drills test the sexual assault response capability at every installation in order to ensure that victims have access to and receive the highest standard of advocacy and response services. Each installation is required to conduct two SAPR drills per year, one in June and one in December.

The installation training officer or designee coordinates the drill by selecting a scenario and a volunteer to play the role of a victim, and by ensuring that key stakeholders have the opportunity to participate in the drill. First responders, SAPR Victim Advocates (VAs), Sexual Assault Response Coordinators (SARCs) and other SAPR personnel are able to apply what they have learned in SAPR training to realistic situations. This scenario-based training is especially helpful for new SAPR VAs who may not have had opportunity to support a victim.

Upon completion of the SAPR drill, installations debrief with all key stakeholders and determine any corrective actions needed. After the initial SAPR drills were conducted in December 2014, positive feedback, lessons learned and best practices were shared across the regions. As a result, all installations were better able to assess their strengths, identify gaps in procedures and implement necessary improvements so victims of sexual assault continue to receive the best support possible.

For more information about the SAPR Program, please visit [www.cnic.navy.mil/SAPR](http://www.cnic.navy.mil/SAPR).

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**U.S. Navy Individual Augmentees**

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### IA Discussion Group Schedule

[View the Fleet-wide list of classes, support groups and events.](#)

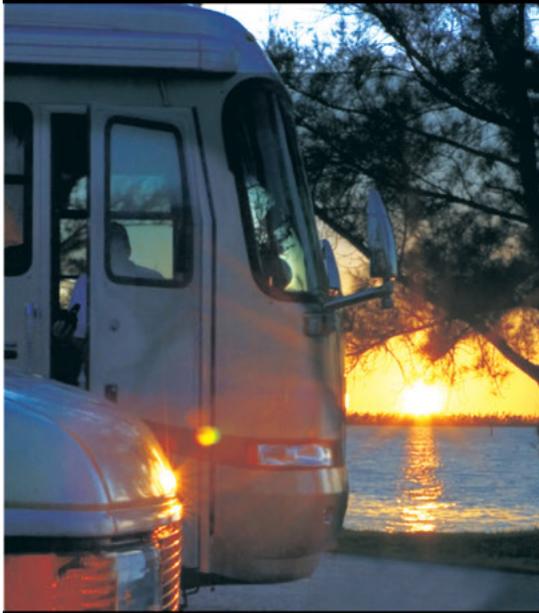
### Returning Warrior Workshops (RWW)

Returning Warrior Workshop Schedule and IA Family Events — [www.ia.navy.mil](http://www.ia.navy.mil). Click "Resources" then "IA Services."

# NAVY Getaways

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Do you have the 2015 version of the **Don't Wait Until It's Too Late** brochure? It is filled with helpful information on the Navy Family Accountability and Assessment System and disaster preparedness. Pick up your copy today at the local Fleet and Family Support Center.