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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.

Visit us online at:



November is Month of the Military Family

Like military commands, military families are mission-driven. Most active-duty parents or caregivers would agree that raising a loving, healthy and successful family while balancing the demands of maintaining a military lifestyle is their highest priority. Nevertheless, family separations, reunifications and permanent change of station moves present families with many unique challenges. Research has shown that a successful family life is contingent upon several factors, including a shared vision, flexibility and the presence of protective factors.

The Center for the Study of Social Policy developed the Protective Factors Framework to help build family strengths and promote healthy child development, while promoting strategies that reduce the likelihood of child abuse and neglect. All families can include the protective factors in their parenting styles.

The five protective factors are:

- **Parental Resilience** – Managing stress and functioning well in the face of challenge. Stress impacts parenting decisions and behaviors, as well as the way parents and other caregivers interact with children. Finding ways to resolve problems while sustaining a healthy relationship with children demonstrates resilience.
- **Social Connections** – Developing and maintaining a network of support that could include family, friends, neighbors or community members. This type of support is priceless when advice and assistance is needed.
- **Concrete Support in Times of Need** – Knowing where to get basic resources during an unexpected crisis, such as food, shelter, and medical, mental health and social services.

- **Knowledge of Parenting and Child Development** – Understanding basic child development, such as the growth and development stages of children, is fundamental for child abuse and neglect prevention.
- **Social and Emotional Competence of Children** – Modeling positive family and child interactions that help children understand and control their emotions. Many parents and caregivers use punitive discipline to regulate children's undesirable behavior. This can increase family stress, rather than reducing it, as well as interfering with parent-child attachment. A healthy infant and parent attachment reduces the risk for childhood developmental delays, as well as for child abuse and neglect.

To learn more about the Protective Factors, visit your local New Parent Support Home Visitation Program, located in the [Fleet and Family Support Center](#).



Navy Recognizes First Mrs. Sybil Stockdale Ombudsman of the Year Award Recipients

By Navy Installations Command Public Affairs

The Navy announced recipients of the 2015 Mrs. Sybil Stockdale Ombudsman of the Year Award August 25. While formally recognizing four notably outstanding individuals, the award honors the dedication and the contributions of all ombudsmen.

The recipients were formally recognized at a ceremony at the San Diego Town and Country Resort Sept. 24. The ceremony was hosted by the San Diego Armed Services YMCA, USO San Diego, the San Diego Navy League and the Fleet and Family Support Center.

The ombudsman awardees, who were nominated by their commanding officers for serving their command and families with extraordinary, selfless dedication and commitment to family readiness, are:

- Ms. Karina Dickinson, Ombudsman for USS New York (LPD 21), representing U.S. Fleet Forces Command.
- Mrs. Cheryl Trujillo, Ombudsman for USS Hopper (DDG 70), representing the U.S. Pacific Fleet.
- Mrs. Ronye McCarthy, Ombudsman for Commander, Task Force (CTF) 68, representing Navy shore activities.
- Mrs. Colleen G. Weaver, Ombudsman for Navy Operational Support Center Sacramento, representing the Navy Reserve Force.

Named in honor of Mrs. Sybil Stockdale, the widow of Vice Adm. James Bond Stockdale, the award memorializes her steadfast support to families of prisoners of war (POW) throughout her husband's seven-year internment in Southeast Asia during the Vietnam War. She became a co-founder and national coordinator of the National League of Families (now The National League of POW/MIA Families), a nonprofit organization

that works on behalf of American Vietnam-era Missing in Action and POW Families. For many years, Mrs. Stockdale was the organization's liaison to the White House and the Department of Defense. Mrs. Stockdale died at the age of 90 on October 10.

"This award recognizes Sybil Stockdale who selflessly helped others and has continued to serve as an inspiration to all military families, including our amazing ombudsmen who go above and beyond for the Navy family," said Vice Adm. Dixon R. Smith, Commander, Navy Installations Command (CNIC).

The Navy Family Ombudsman Program was created in 1970 by Admiral E.R. Zumwalt, Jr., then Chief of Naval Operations (CNO), to improve communication between commands and the families of Sailors who served in them.

Additional information about the 2015 Mrs. Sybil Stockdale Ombudsman of the Year Award and the Navy's ombudsman program can be found [here](#).

[Click here](#) to view NAVADMIN 201/15 - 2015 Mrs. Sybil Stockdale Ombudsman of The Year Award Recipients



Showing Strength During Warrior Care Month 2015

November is Warrior Care Month, an annual effort by the Department of Defense to increase awareness of resources available to wounded, ill and injured service members, their families, and those who care for them.

This year's theme, "A Show of Strength," recognizes the fortitude and resiliency that seriously wounded, ill and injured Sailors and Coast Guardsmen exhibit during their journey toward recovery.

"Navy Wounded Warrior – Safe Harbor (NWW) offers a clearinghouse for resources to assist those in times of need. Wounded warrior programs save lives by showing those enrolled that they can become a successful and productive member of society despite the challenges they may face. There are many disabled veterans out there and service members suffering with various issues. We really need to raise awareness and bring them into our community and this movement," said retired Navy Lt. Chet Frith. Frith suffers from post-traumatic stress disorder and was diagnosed with a progressive, incurable lung disease after returning from a deployment in Iraq in 2011.

Navy Wounded Warrior – Safe Harbor, the Navy and Coast Guard's sole wounded warrior support program, has provided world-class assistance to more than 3,700 service members and their families. NWW not only assists those wounded in combat; it also helps those with a serious illness or a life-changing injury.

Adaptive sports and reconditioning activities promote health and wellness, and are critical to the recovery, rehabilitation and reintegration of wounded warriors. Select wounded warriors will compete in a joint-service seated volleyball competition at the Pentagon Athletic Center on November 19, providing them with an opportunity to get active

and make valuable connections with other wounded warriors.

In addition, select wounded warriors will be recognized during a healing arts event on November 12 at the Pentagon. This event will highlight the artistic achievements of wounded warriors and demonstrate the therapeutic benefits of art on one's overall well-being. Local and national events also will take place to honor our wounded warriors. Please check the [NWW website](#) for up-to-date listings of events in your region.

Everyone in the Navy family can make a difference in the lives of wounded warriors. You can refer a service member who has experienced serious illness or injury to NWW by calling 855-NAVY WWP (628-9997). You also can help spread the word about NWW and other resources – online, in conversations with neighbors, at community meetings and around the dinner table.

Each day, wounded warriors demonstrate strength in ways large and small – from pushing themselves during a grueling physical therapy session, to attending a class to acquire new skills, to asking for help when they need emotional support. Wounded warrior caregivers also demonstrate strength by tirelessly caring for their seriously ill or injured loved one as well as their other family members. We salute them for their sacrifices and service.



Make Your First Impression Count

Did you know that some recruiters draw conclusions about your competency, trustworthiness and likeability based on your profile picture? Without question, your online profile picture can be one of the most important elements of your online presence, regardless of the social media outlet used. Research shows that people form first impressions about your personality within the first few seconds of viewing your photo.

Having the right photo can make your profile 14 times more likely to be viewed by others. Of course, a professional photographer would be ideal, but the truth is this can be costly.

Here are a few tips to help you make sure that you choose the right photo without going over your budget:

- **Choose an up-to-date photo.** Make sure that your picture is recent and reflects your current appearance. You do not want to appear deceptive or untrustworthy to a potential employer.
- **Be visible. Your facial features should be visible and clear.** Take a good head-and-shoulders or head-to-waist shot. Full body photos and group photos are not ideal.
- **Choose the right expression:** It is okay to smile! Make sure that you look approachable. Studies indicate that smiling is a key indicator of approachability.
- **Dress for success.** Wear clothing that is reflective of the industry in which you are interested. Avoid tee-shirts and patterns. Solid colors are ideal and work best for the camera.
- **Do not let your background upstage you.** Keep your background simple so that it does not distract from your face, which should be the focal point. Solid backgrounds typically work best.

Make your first impression count; it could be worth a million!



**send
your
vote
home**

Be absent but accounted for.

Go to FVAP.gov to learn more about absentee voting and request your ballot, or contact your Voting Assistance Officer for more information.



2016 Absentee Voting Deadlines for Military and Overseas Voters

The Federal Voting Assistance Program (FVAP) announced the release of the 2016-2017 Voting Assistance Guide (VAG) with updated content for the 2016 Presidential Election cycle. The VAG is used by more than five million military and overseas citizen voters who are qualified to vote absentee under provisions of the Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA).

The information contained in the VAG is also used by the extensive network of Voting Assistance Officers (VAOs) throughout the military and the State Department. The VAG, published every two years and continually updated online at FVAP.gov, is a catalog of the State-specific processes and regulations that military and overseas voters need to follow to successfully register to vote and cast a ballot. It is the primary source of absentee voting procedures for citizens covered by the "Uniformed and Overseas Citizens Absentee Voting Act (UOCAVA)."

To publish the VAG for the 2016 presidential election, FVAP coordinated with each state and territory to verify the accuracy of the information and embrace plain language principles to help potential voters navigate the complex web of state absentee voting laws.

The updated information can be found by [selecting a State](#) from the drop-down menu on the FVAP website. Hard copies of the published VAG will be distributed to VAOs in January 2016, and additional hard copies can be requested by contacting your Service's warehouse, or emailing vote@fvap.gov.

LinkedIn Series

The fall series on LinkedIn sponsored by Military Spouse Employment Partnership began in October but you can still join these thirty-minute conversations with employers who are seeking to hire military spouses. The discussions include information about job opportunities, job portability,

networking and how to best connect with open positions. All military spouses are welcome to engage during the discussion or leave a comment or question after the discussion wraps up. Comments continue to be reviewed even after the discussion has ended.

Make Connections. Stay Informed. Get Hired.



Join the
Military Spouse Employment Partnership
Fall into Networking Series on
LinkedIn

Join the Military Spouse Employment Partnership Fall into Networking Series on LinkedIn Thursdays at noon EDT beginning Oct. 1, 2015.

- » Connect with key human resources professionals and hiring managers from the **companies and organizations of the Military Spouse Employment Partnership Class of 2015.**
- » Network with other military spouses and share employment experiences.
- » Ask questions and get feedback.
- » Discover new employment resources and services.




For a list of upcoming featured employers and more employment readiness information, » **visit the MySECO website.**



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.

Relocation Tip

The Military Child Education Coalition work is focused on ensuring quality educational opportunities for all military children affected by mobility, family separation and transition.



Ready and Resilient Videos

The "Building Ready and Resilient Sailors and Families" videos help Navy families adjust to the challenges of deployment. They encourage Sailors and family members to seek out services and resources to promote family resilience.



3 Tips to Help You Commit to Routine Savings

By BBB Institute for Marketplace Trust

Save, save, save! The message is getting through, we all know we should be saving, but when there are so many things to spend your money on, how do you save? There is a Department of Defense-wide campaign dedicated to helping the military community save: the Military Saves campaign. You can take a pledge to save, identify a goal, and they will help you on your way with tools, advice and tips. To learn more, go to www.militarysaves.org.

To get you started, here are three easy steps to help you commit to routine savings. But, first, do not think about the past. Concentrate on the future!

1. **Pay yourself first.** You have heard this phrase before. But what does it actually mean? It means you should set up an automatic payment either through allotment or an auto-transfer at your bank for a specified amount to go into a savings account. It is best to set up the transfer to automatically withdraw on payday, the 1st or 15th of the month (or both). That way you will always pay yourself first. Start with a small deposit each pay period and then forget about it. Pretend you do not have it. Increase it over time.

2. **Set goals.** It is important to know what you are saving for. Saving for the sake of saving does not really seem like fun to anyone. You want to earmark it for something. And, according to research, making a plan for your money, like setting goals, can help you reach your goals 50 percent more effectively!
3. **Know what you are saving for.** Three categories can help you organize your savings goals: immediate, mid-term and long-term. Decide what you want, when you want it, and what you will have to do to attain it.

For more information on how to save and meet your goals, make an appointment with your Personal Financial Management counselor at your [local Fleet and Family Support Center](#).

[Read the full article.](#)

MILITARY
AMERICA
Saves\$
START SMALL. THINK BIG.

Military OneSource Spouse Relocation and Transition Specialty Consultation

Are you moving or transitioning soon? Military OneSource offers free spouse relocation and transition specialty consultations to help military spouses navigate moving and transition-related challenges. These consultations are particularly ideal for spouses who are unable to attend classes or workshops, or who need scheduling flexibility. Eligible spouses can call Military OneSource 24 hours a day, seven days a week to schedule an appointment.



Consultants help military spouses by:

- Creating an individualized action plan and identifying resources that may include information on housing, child care, education, work-life referrals, health and wellness coaching, non-medical counseling services and more.
- Providing an ongoing relationship with a specific consultant, with regularly scheduled follow-ups.
- Offering specialty consultations by telephone and online.

Military OneSource spouse relocation and transition specialty consultants are familiar with the broad array of resources available through Military OneSource and in their local communities. The consultant will also provide the spouses with a number of resources offered through Military OneSource:

- Spouse Education and Career Opportunities Program services, such as career counseling, interview and resume preparation skills, and connection to Military Spouse Employment Partnership for job searches.

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NAVY 

U.S. Navy
Individual
Augmentees



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. Click "Resources" then "IA Services."

CNIC

• FLEET • FIGHTER • FAMILY



Military OneSource Spouse Relocation and Transition Specialty Consultation

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- Financial counseling and tax consultation.
- Health and wellness coaching.
- Non-medical counseling.
- Work/life consultations related to relocation.
- Live video presentations, chat and webinars tailored to spouses.

And of course, Military OneSource offers a range of services for service members and their families with transition support for all components regardless of activation status. Confidential help is available. Call 800-342-9647 or visit Military OneSource 24/7/365 to get your spouse relocation and transition specialty consultation started by phone or online.

Call: 800-342-9647.

Click: <http://www.MilitaryOneSource.mil>.

Connect 24/7 or contact your [local Fleet and Family Support Center](#).



What is the Domestic Violence Prevention (DVP) Training Mobile Application?

The Navy's DVP app is a mobile training and resource tool that provides easy access to information and training that satisfies the Navy's General Military Training (GMT) requirements for Domestic Violence Prevention. The training module within the DVP app is designed to satisfy the following learning objectives:

- Define domestic violence
- Identify the types of domestic violence
- Identify some factors associated with becoming an abuser
- Identify the three phases within the cycle of domestic violence
- Identify some tactics used by abusers in domestic violence cases
- Identify some ways domestic violence affects children

Once training is completed, the app allows the user to document completion of their GMT training completion requirements in

the Electronic Training Jacket (ETJ) using their DODID number. This feature supports the Navy's ongoing efforts to provide Sailors with "anytime/anywhere" access to information and ability to complete training requirements when it's convenient to them.

PLEASE NOTE: To successfully submit a course completion from an NMCI issued mobile device, an external e-mail account must be set-up.

In addition to the training, the app provides links to key DVP resources. This includes an "Emergency" contacts section that is available to the user 24/7, such as the National Domestic Violence Hotline and Military Crisis Line. This quick and easy access to resources makes it ideal for Sailors of all ranks.

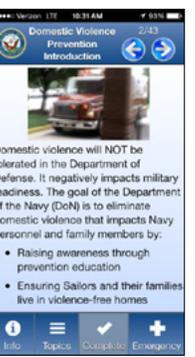
The DVP app aggregates information from a variety of sources. Please be aware that some of the information contained in the app may be out of date or no longer valid. Information will be checked periodically for accuracy and updated as needed and released via periodic DVP version updates.



Domestic Violence Prevention (DVP) Mobile Application

Now Available for Download to Apple iOS and Google Android Mobile Devices!





DVP is the second mobile application developed and released by the Sea Warrior Program (PMW 240)

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