



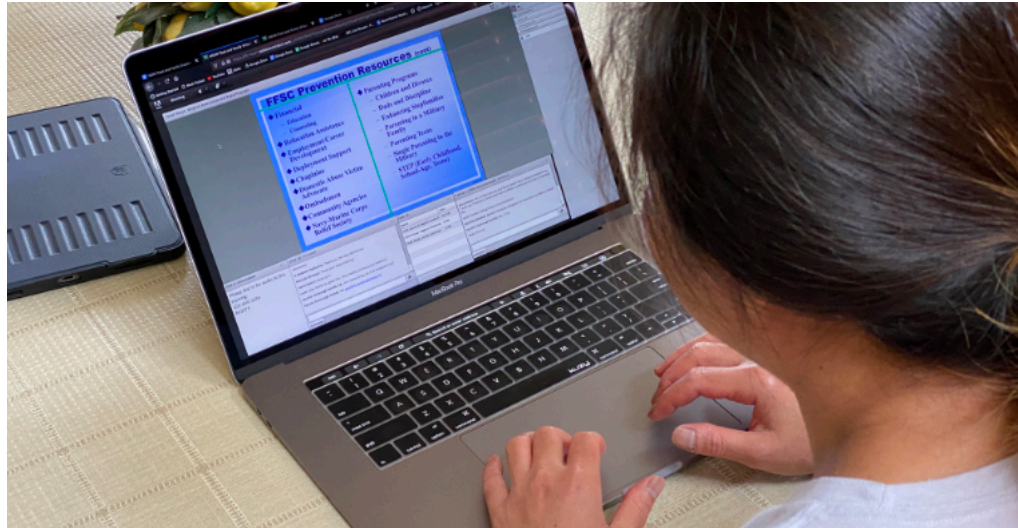
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NDW Fleet and Family Support Centers Staying Connected With Families as Pandemic Continues

By: Mass Communication Specialist 2nd Class Jason Amadi, Naval District Washington Public Affairs

WASHINGTON (NNS) – Naval District Washington Fleet and Family Support Centers (FFSC) are offering online webinars on how service members, Navy civilians, and their families can cope with the COVID-19 pandemic.

Since April 1, the FFSC has provided more than 60 online webinars with more than 1,000 people attending. The webinars being offered include topics like finances, helping children navigate COVID-19, federal resume writing,



(Above) A Navy family member takes an online course through the Fleet and Family Support Center (FFSC). The Naval District Washington FFSCs have been offering more online courses since the onset of COVID-19. Some of the course offerings include Marriage and Money, Transition Assistance, Working from Home During COVID-19, Tips on Finding a Federal Job, and more. (U.S. Navy photo by Naval District Washington Public Affairs/Released)

DEFEATING COVID-19

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and tips for homeschooling children during the pandemic.

“We’re looking to help families deal with the new environment we’re in,” said Kathy Selves, FFSC regional program director. “Many families now have to deal with the stresses of homeschooling, anxiety and transitions out of the military, and we’re providing services to help them. We’ve been able to leverage the technology that’s available to us to meet the needs of our Navy families.”

The webinars have led to an increase in attendees for FFSC workshops. The workshops are being offered through the telephone and the internet, both live and recorded.

“People are loving it,” said Bea Ramos, work and family life consultant for FFSC. “I have been facilitating courses for a long time and this has opened our eyes to being able to reach more people. Before, my numbers were averaging anywhere from 5-15 people per course. Since we went to webinars, my numbers have increased significantly. I’m getting people from states as far as New York and Ohio attending my courses. It’s spreading far

and wide. People are looking forward to this option continuing, even when we get back into the office, and so am I.”

The workshops have text and voice chat to help answer any questions people may have. Selves says it is the mission of the FFSC to help service members and their families get through whatever challenges life presents them.

“Even though we have to stay safe at home and we aren’t living our lives the way we were, people still need to deal with their finances. People are still transitioning out of their service. People still have questions about what they do with their children at home. Life still goes on even though we’re in this different state,” said Selves.

To register for the interactive webinars, visit www.navy.mwr.washington.com/registration-form or log into the classroom a few minutes before the scheduled start time at <http://ffr-learn.adobeconnect.com/nsawfleetandfamilyvirtualtrainings>. Course times and dates can be found on the NDW Facebook page at <https://www.facebook.com/NavDistWash/>.

NAVY MWR at Home STAY CONNECTED

<https://www.navy.mwr.org/navy-mwr-at-home/>

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A Message From the 77th Secretary of the Navy

By Secretary of the Navy Kenneth J. Braithwaite

WASHINGTON (NNS) -- To Sailors, Marines, and all men and women of the Department of the Navy serving across this great world: Today marks the honor of my life, taking the oath of office to become the 77th but more importantly...Your Secretary of the Navy.

I am incredibly humbled to stand before You, the greatest Navy and Marine Corps in the world to accept this responsibility. For nearly 35 years, I like you have served Our country; first as a US Naval Officer deploying around the world to include sailing into "Harms Way" and most recently as our US Ambassador to Norway, a nation important to our national security. Never have I ever doubted why we serve...to protect and defend the greatest nation on earth...the United States of America!

For more than two centuries the Department has exemplified the strength and resilience of the nation we represent. Through tragedy and triumph, in both peace and in war, the source of our strength has been three simple but extremely powerful words: Honor, Courage, and Commitment.

As each of you know, they must be our guide stars as we navigate challenges around the globe. We can never forget that they are written in the blood of those who sailed before us: from John Paul Jones to Doris Miller...from Grace Hopper to Jason Dunham, all part of a formidable anchor chain of service through which each of You is an important part.

Make no mistake, we face significant challenges today. Our Nation is up against perhaps the greatest test of our commitment to the ideals we hold dear than at any time in our history...surely since the end of World War II. We must recognize this challenge for all it is and all it presents, lurking in the shadows of deceit or the depths of dishonesty. However, our Navy and Marine Corps have faced tough times before. Each time we have prevailed and we will persevere again. It is our sacred duty and we shall do so by relying on Our core values, the bedrock of Our service and the key to Our success: Honor, Courage, and Commitment.

The object of success for our service is simple: American Seapower. America always has been and always will be a maritime nation. America and our principles of

freedom rely on seapower delivered by a strong and capable Navy and Marine Corps. Each of You provides that power through Your actions each day -- actions that demonstrate our resolve to place service above self.

I look forward to the days ahead to do all I can on your behalf, ensuring that you have the opportunity to thrive and succeed in your service to Our Nation. American Seapower will continue to defend Our Nation, and American Seapower will continue to preserve peace while deterring any and all that would challenge our way of life. And when or if we find it necessary, American Seapower WILL decisively win in battle which is our solemn duty because there can be no alternative.

Please accept my personal appreciation which I sincerely send to every one of you for your selfless service, your devotion to duty and for your Honor, Courage, and Commitment. I am privileged to stand with you, the greatest Navy and Marine Corps the world has ever known in your service to the People of America. Godspeed to You and us all in this Great Endeavor!

Navy Approves Interim Retirement Ceremony Rules

By MC1 Mark D. Faram, Chief of Naval Personnel Public Affairs

WASHINGTON (NNS) -- The Navy has cleared the way for Sailors to plan command-sponsored retirement ceremonies though none will be held until social distancing restrictions are relaxed.

"COVID-19 has limited group gatherings and congregate events, such as command-sponsored retirement ceremonies designed to express the Navy's appreciation for the many years of faithful and honorable service members have devoted to their country," wrote Vice Adm. John B. Nowell, the Navy's top uniformed personnel officer, in NAVADMIN 160/20 released May 29.

"Commands using the authority in this NAVADMIN may approve requests by members on a case-by-case basis after fully considering existing Navy mitigation measures in response to the coronavirus outbreak."

Once conditions permit, Nowell wrote that commands, "will make every reasonable effort within regulations, budgetary constraints, and practicality to provide the items requested."

Here's how the policy, which remains in effect for one year, will work.

Commands can now approve requests from Sailors for officially sponsored retirement ceremonies.

Only requests for command-sponsored retirements, held either preceding retirement, or for Sailors willing to return for their ceremony once social distancing restrictions are lifted, will be approved. Though any retirement can be delayed, all must be held within three months of local base social distancing restrictions being lifted.

No ceremonies will occur, however, until after the local installation commander deems gatherings of 10 or more people can safely happen.

The policy, the message states, not only applies to Sailors who retire on schedule during current COVID-19 restrictions, but also those who receive voluntary extension approvals to delay their retirement as part of the COVID-19 mitigation efforts.

Sailors who retire, but who plan to return to return hold their ceremony, need to be aware that travel funding to return for their ceremony might not be possible. There are DoD restrictions on funded travel for retired service members, the message said. As a result, Nowell urged commands, "scrutinize

requests from members for invitational travel orders on a case-by-case basis."

Once commands give an official approval, the message states, the retirement ceremony becomes an official command function. Sponsoring commands will only use operating funds in the fiscal year the retirement ceremony is held.

Sailors and commands should consult NAVADMIN 160/20 and DoD financial rules before using official funding. For example, the message says that appropriated funds can't pay for, "food, receptions, or unofficial functions."

When planning and requesting an official retirement ceremony, Sailors should read MILPERSMAN Article 1800-010, which lays out the rules for retirement ceremonies, and they should review the other references noted in the message as well.

The latest DoD policies can be found at: <https://www.defense.gov/explore/spotlight/coronavirus>.

For more news from Chief of Naval Personnel, follow us on Facebook at <https://www.facebook.com/mynavyhr>, Twitter at <https://twitter.com/mynavyhr> or visit <https://www.navy.mil/cnp>.