

Home is Not a *War Zone*

October is Domestic Violence Awareness Month and the subject of Navy-wide focus. Raising awareness about domestic violence began as a day of observance and has since evolved into a nationwide, month long study of the social implications of domestic abuse. The Navy takes a pro-active stance on raising awareness and informing Navy Families about preventing and reporting incidents of domestic violence. This year's theme is "**HOME IS NOT A WARZONE: BRINGING PEACE TO RELATIONSHIPS.**"

Domestic violence occurs within all types of relationships, crosses all socio-economic boundaries, and it can affect men as well as women. The laws in many states cover incidents of violence occurring between married couples, abuse of the elderly, abuse between roommates, dating couples and those in lesbian and gay relationships. Abusive behavior can also involve a range of tactics that include emotional and verbal abuse, isolation and intimidation, and can involve threats of violence, suicide, or taking away children.

Survivors of domestic violence often recount stories of put-downs, public humiliation, name-calling, mind games and manipulation by their partners. Many say that the emotional abuse they suffered left the deepest scars. The existence of emotional and verbal abuse, attempts to isolate, and threats and intimidation within a relationship may be an indication that physical abuse will follow.

Education is paramount in putting an end to the cycle of domestic violence and educating the public means involving all members of the community. Silence is the batterer's best friend. We have to end the silence and change public perception toward domestic crime. Too many people continue to believe that domestic violence is a private matter between a couple, rather than a social blight that affects all of society.

Neighbors must be willing to intervene.

Teachers must be alert to the signs that students have witnessed violence at home. There is strong evidence to support children who grow up in violent homes are more likely to become violent themselves.

Fleet and Family Support Center

101 Vernon Avenue – Bldg
304/Room 121
850.235.5800/DSN 436.5800
Hours of Operation:
Monday – Friday
8:00 am to 4:00 pm



Medical professionals must be intentional about questioning patients who present with suspicious bruises and injuries.

Members of the clergy need to become more involved as well. Many people turn to members of the church for comfort and advice. Making the victim aware of available options may mean the difference in life or death for someone who has experienced abuse at the hands of a family member. Domestic violence is serious. Early intervention is crucial. Experience shows that levels of violence in these relationships tend to escalate if not dealt with effectively. A comprehensive approach combining tougher laws with education and community involvement is a step toward breaking the cycle of domestic abuse. Your efforts can make a difference.

Military members can also make the most of the services offered by Fleet and Family Support Centers. There are a variety of classes that teach healthy relationship skills and licensed counselors are available to discuss incidents of domestic violence. These services are available **FREE** of charge and are open to active duty personnel and their family members.

If you are in need of these services, or if you know someone who needs help, **DO NOT STAY SILENT**. Intervention programs are available. The Fleet and Family Support Center is committed to strengthening Navy families and putting an end to this kind of abusive behavior. The safety and well-being of you and your family members is important to us. For more information, you can contact the FFSC at 636-6105, call the national Domestic Violence hotline at 1-800-799-SAFE, or visit <http://www.ncadv.org/>.

Your NSA Panama City Fleet and Family Support Center and MWR are excited to now offer The Rape Aggression Defense (R.A.D.) System for Women. R.A.D. is a program of realistic self-defense tactics and techniques for women. The R.A.D. System is a comprehensive, women-only course that begins with awareness, prevention, risk reduction and risk avoidance, while progressing on to the basics of hands-on defense training. The class totals 9 hours and is taught over 4 days.



The class is held on
Wednesdays at 5:15 PM
in the MWR Gym
Multipurpose Room.

To register for the class
please contact

Michael Jordy at:

michael.jordy.ctr@navy.mil

(850) 235-5459





Sexual Assault Prevention and Response (SAPR) Victim Advocate Class

A Volunteer SAPR Victim Advocate (VA) provides quality support and assurance to victims of sexual assault and those associated with the victim. The victim turns to the VA for a great deal of support during a critical time of need. Their main job is to be a companion and a support mechanism for the victim. Being a VA is a very important responsibility. If you ever considered becoming a volunteer, this is an excellent opportunity to help in a very rewarding way. The Sexual Assault Response Coordinator is the designated program manager for victim support services and provides the coordination and oversight of the local implementation and execution of the SAPR Program. The next VA Class will be offered on:

5-8 November 2012

0800 – 1600

Navy Gateway Inn and Suites

2nd Deck Conference Room

To Register for the Class:

Contact your Sexual Assault Response Coordinator (SARC) at 850-235-5459 or by e-mail at michael.jordy.ctr@navy.mil

"Down Syndrome Awareness Month"

What is Down Syndrome?

Down syndrome is a genetic condition that causes delays in physical and intellectual development. It occurs in one out of every 691 live births. Individuals with Down Syndrome have 47 chromosomes instead of the usual 46. It is the most frequently occurring chromosomal disorder. Down Syndrome is not related to race, nationality, religion or socioeconomic status. The most important fact to know about individuals with Down Syndrome is that they are more like others than they are different.

Do you wonder how Down Syndrome is diagnosed? Visit www.ndss.org for additional information.

Getting Enrolled in EFMP

It's important to start the enrollment process as soon as your family member is identified as eligible for EFMP. The DD Form 2792 must be initiated and signed by the service member or spouse; then completed by medical physician, and verified by the EFMP Coordinator. The Central Screening Committee (CSC) will review and validate the application and appropriate enrollment category.

Contact your EFMP Collateral Liaison Debra Forand at 850-234-4898. You can also contact your MTF EFMP Coordinator, or any MTF for additional information.



Halloween, also known as Hallowe'en or All Hallows' Eve, is a holiday celebrated on the night of October 31. Traditional activities include trick-or-treating, bonfires, costume parties, visiting "haunted houses" and carving jack-o-lanterns. Irish and Scottish immigrants brought versions of the tradition to North America in the nineteenth century, but other countries have since embraced the holiday.

Halloween has its origins in the ancient Celtic festival known as Samhain (pronounced "sah-win"). The festival of Samhain is a celebration of the end of the harvest season in Gaelic culture. Samhain was a time to take stock of supplies and prepare for winter. The festival would frequently involve bonfires. It is believed that the fires attracted insects which attracted bats, which have come to be associated with the holiday.

Trick-or-treating is a major component of Halloween. Recognition was given to trick-or-treating as early October 1947 in issues of the children's magazines - **Jack and Jill** - and by Halloween episodes of the network radio programs. The custom had become firmly established in popular culture by 1952. It has become socially expected that if one lives in a neighborhood with children, one should purchase treats in preparation for trick-or-treaters.

The practice of dressing up in costumes and begging door to door for treats on holidays goes back to the Middle Ages. This practice was referred to as "souling," when poor folk would go door to door on Hallowmas (November 1), receiving food in return for prayers for the dead on All Souls Day (November 2).

Find out more about Halloween traditions and customs by visiting <http://halloweenhistory.org/>

New DOD SAPR Safe Helpline Mobile App Now Available

The Department of Defense announced its new DoD Safe Helpline Mobile Application. With this new app, service members transitioning to civilian life will have access to critical resources that assists in managing the short and long-term effects of sexual assault.

This new app is the latest in a string of technological innovations designed to support sexual assault victims in the military. The app contains the option for users to record their current emotional state and create tailored self-care plans to address sadness, hopelessness and disconnection. These self-care plans include suggested resources and exercises, and can be stored for future reference. This includes a list of breathing, stretching and visualization techniques that can reduce anxiety, depression and symptoms of post-traumatic stress.

“Victims want to choose when and where they get support so we are using technology to provide them as many options as possible,” said DoD Sexual Assault Prevention and Response Office Director Maj. Gen. Gary S. Patton. “This new app tied into the Safe Helpline is another tool to provide support to military victims of sexual assault.”

Users can connect with live sexual assault response professionals via phone or anonymous online chat from their mobile devices for support. Users can also navigate resources (e.g., disability assistance, medical benefits, housing help and employment assistance), or search for resources near their base or installation. The Safe Helpline mobile app is for short-term self-care and is not to be used as a substitute for professional medical advice or a mental health treatment plan.

The DoD Safe Helpline Mobile App is free and available for download from the Apple and Android app stores. DoD administers Safe Helpline via a contract with the non-profit Rape, Abuse and Incest National Network (RAINN), the nation’s largest anti-sexual violence organization.

Additional information regarding the Department’s Sexual Assault and Response Office can be found at <http://www.sapr.mil/>.

MEET THE FFSC STAFF

October’s Spotlight is on:



Debra Forand

Individual Deployment Support
Specialist (IDSS)

Debra has been with the Fleet and Family Support Center since 2005. Debra was not new to the military life style when she came on board NSA-PC. She was an Air Force spouse for 17 years. That gives her a combined total of 23 years of experience with military families which helps her support you, your family and your command. She has provided emergency response support to 100’s of sailors and their families since the inception of the Family Emergency Response Program after Hurricane Katrina. Debra is also the Individual Augmentee Support Coordinator for our Area providing support for NSA_PC and its tenants; as well as several NOSC’s throughout the state of Florida. Debra’s wealth of information has made her an asset to the installation and to Command Navy Region Southeast. In 2010, she also assumed the role of the Exceptional Family Member Collateral Liaison. Having raised a special needs child for ten years, Debra is a wealth of knowledge for our special needs community here at NSA PC. Debra is also active in various local and state organizations and military networks which support those with special needs.



Famous Quotes:

A successful man is one who can lay a firm foundation with the bricks others have thrown at him. ~ David Brinkley

October Calendar of FFSC Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 <div style="font-size: small; color: blue;">Military Spouse Employment 0930-1330 (by appointment only)</div> <div style="font-size: small; color: black;">RAD Class 1715-1930</div>	4 <div style="font-size: small; color: red;">Navy Ready! Preparedness Workshop 1300-1400</div>	5 <div style="font-size: small; color: purple;">Stress Management 1100-1200</div>	6
7	8	9	10 <div style="font-size: small; color: blue;">VA Pre-Sep Medical Claims 0830-1500 (by appointment only)</div> <div style="font-size: small; color: black;">RAD Class 1715-1930</div>	11	12 <div style="font-size: small; color: green;">Walk and Talk 0930 ROTH TSP 0900-1000</div>	13
14	15 <div style="font-size: small; color: green;">Effective Budget for the Long Haul 1000-1100</div>	16	17 <div style="font-size: small; color: green;">Advanced Resume 1000-1200 Insurance Risk Management 1400-1500</div> <div style="font-size: small; color: black;">RAD Class 1715-1930</div>	18 <div style="font-size: small; color: red;">IA Discussion Group 1200-1300</div>	19 <div style="font-size: small; color: purple;">Communication Skills 1100-1200</div>	20
21	22	23	24 <div style="font-size: small; color: blue;">VA Pre-Sep Medical Claims 0830-1500 (by appointment only)</div> <div style="font-size: small; color: black;">RAD Class 1715-1930</div>	25 <div style="font-size: small; color: red;">Family Readiness Brief 1300-1400</div>	26 <div style="font-size: small; color: purple;">Walk and Talk 0930 Understanding VA Benefits 1100-1300</div>	27
28	29 <div style="font-size: small; color: red;">Children's Activity Hour 1600-1700</div>	30 <div style="font-size: small; color: green;">Navigating the Financial Markets 1400-1500</div>	31			

The training offered at the Fleet And Family Support Center is color coordinated by program. If you are interested in any of the classes featured in the calendar, simply contact the Program Manager whose name corresponds with the color of the class on the calendar. Dates and times of programs are subject to change. Please call the number listed for each program for confirmation. **Registration is required for all events.** Events will be cancelled if no participation.

Lisa McKinney

Clinical Counselor/Life Skills
Contact at 636.6105 or email
lisa.w.mckinney.ctr@navy.mil

Michael Jordy

Sexual Assault Response Coordinator
Contact at 235.5459 or email
michael.jordy.ctr@navy.mil

Mark Kinkade

Personal Financial Manager
Contact at 235.5611 or email
mark.a.kinkade.ctr@navy.mil

Tim Bowers

Work and Family Life Consultant
Transition Assistance/Employment/Ombudsman
Contact at 235.5587 or email
timothy.t.bowers.ctr@navy.mil

Debra Forand

Deployment Specialist/Disaster Coordinator/
Exceptional Family Member POC
Contact at 234.4898 or email
debra.forand.ctr@navy.mil

United States Navy

237th Birthday Ball

20 October 2012 (1730-2330)

Guest Speaker:
Representative Jimmy Patronis
Entertainment: Solshine Band



Menu: Blackened Mahi Mahi,
Sautéed Chicken, or New York Strip
(Vegetarian Meal Available)

Location: Wyndham Bay Point Resort

TICKETS: ON SALE NOW!

O4/GS12 & above - \$45, E7-O3 & GS11 and below - \$35, E4-E6 - \$25,
E-3 and below - Free (Guests of E3 and below \$15)
See Command Navy Ball Representatives to purchase tickets

Uniform:

- O4 and above: Dinner Dress Blue Jacket
- O3 thru O1: Dinner Dress Blues
- E9 and below: Formal Dress Blues (large medals/ no gloves)
- * E7 thru O3 are authorized Dinner Dress Blue Jacket if desired
- * E3 and below are authorized ribbons in place of medals
- All Civilians: Black Tie/ Formal Evening Attire
- Retirees: Dress Blues or Black Tie/Formal Evening Attire

For information: matthew.p.capps@navy.mil



This solicitation is not intended for Contractors working aboard NSA Panama City. All active duty military and DOD civilians are members of the Navy Ball Committee and invited to attend the NSA Panama City Navy Ball.

Financial Peace University Military Edition

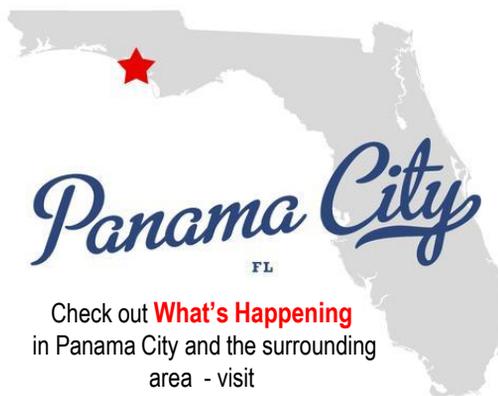
This is a Christian based financial management class facilitated by Financial Management Expert **Dave Ramsey**. The focus of the class is to help Military Families achieve financial freedom.

NSA PC will offer **30 FREE** Kits for this class. The priority for Free Kits will be given to Active Duty Military (1st), Retirees and Reservist (2nd), and GS Employees (3rd). Names will be prioritized by status then on a first come first serve basis.

Anyone wanting to attend the classes can order their own Financial Peace University, Military Edition Membership Kit (\$93.00 per kit) at:

<https://dr.daveramsey.com/fpu/coordinator/index.cfm?fuseaction=dspPurchaseKit&intResourceCenterType=2&CFID=2512578&CFTOKEN=24248406>

Note: You **MUST** have a Membership kit for admission into the class in order to adhere to copy right laws. For more information, contact Chaplain Diane Hampton @ 850.234.4084 (office) or 850.625.1355 (cell).



Check out **What's Happening** in Panama City and the surrounding area - visit <http://www.panamacity.org/CalendarCommunityEvents.aspx>

Mommy and Me Art Classes For Ages 2 - 5 years old



The classes are each Monday from 1000-1100. The classes will be held at the Youth Center Bldg. 632. The cost is \$80.00 per parent/child group. To sign up for the program stop by the Youth Center Monday - Friday from 1230-1730. For more information call **850-234-4134**.



Pirates of the High Seas Fest

October 5 - 8, 2012

Fun for the entire family. For more info, visit:

<http://seahavenbeach.com/event/pirates-of-the-high-seas-fest/>

What's Happening in and Around Panama City

Kinderjam is here
Child Youth Center

Classes start
Oct 18th @ 9am
8 Week Session

Register at the Youth Office
\$60 Military \$70 Non-Military

Phone: 850-636-6364

For more information, contact
Ms.deirdre@kinderjam.com
Phone: 831 917 7519



**A fun, new,
exciting, and
high-energy
music and
movement
program**

**COMING
SOON!**

NOVEMBER

Celebrating Military Families

**SPOTLIGHT ON
VETERANS**

DECEMBER

Spotlight on Deployment

Volunteer Opportunities



**HAPPY
HALLOWEEN**

facebook

Join us on Facebook for the latest Fleet and Family news and information.
Be part of the conversation! Use this link to stay connected -
<http://www.facebook.com/FFSCPanamaCity>



**October is Breast Cancer
Awareness Month**

Together we can find
a cure

For more information, visit
<http://nbcam.org/>



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NAUTICAL TERMS

DINGHY - A small open boat. A dinghy is often used as a tender for a larger craft.

