

Family Connection



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101 Critical Days of Summer

The 101 Critical Days of Summer is the longest vacation period of the year for military members, beginning Memorial Day weekend and ending Labor Day weekend. Summer also includes four holidays, which are frequently approved as long weekends for uniformed personnel.

Potential lapses in judgment while engaging in summer activities can impact the readiness of Sailors and Marines. A general lack of situational awareness and complacency are root causes of numerous off-duty mishaps every summer.

During the 101 Critical Days of Summer in 2022, the Department of the Navy lost 29 Sailors and Marines to preventable off-duty mishaps. Motor vehicle and motorcycle mishaps were the leading causes.

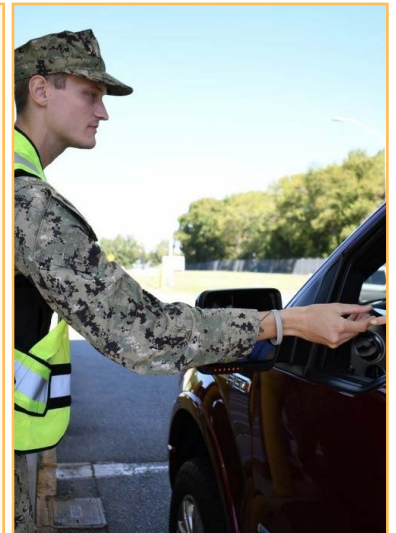
The Navy's Get Real, Get Better call to action empowers all to self-assess and self-correct risk both on and off duty. Everyone must adopt a learning mindset and commit to work collaboratively to educate, inform and hold each other accountable for decisions we make.

The majority of off-duty recreational mishaps are entirely preventable and avoidable, provided individuals assess risks and comply with laws, procedures and recommended best practices for a given activity. For specific safety tips, download the [2023 101 Critical Days of Summer](#).



Keeping Bases Safe: Introducing New Force Protection Billet

Commander, Navy Installations Command (CNIC) has introduced a new primary duty billet, 815A or Installation Security Specialist for access, in order to increase base sentries and bolster force protection at Navy CONUS installations. The three-year shore duty billets are open to E1-E5 applicants and draw heavily from sea duty-intensive ratings. For more information, visit www.navy.mil/Press-Office.



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

Visit us online at:



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, cnic.ffsp.fct@navy.mil.

June Holidays and Observances:

- June 1 – Hurricane Season Begins
- June 6 – D-Day
- June 14 – Flag Day
- June 14 – Army's Birthday
- June 18 – Father's Day
- June 19 – Juneteenth
- June 21 – First Day of Summer
- June 27 – PTSD Awareness Day
- 101 Critical Days of Summer
- LGBTQ+ Pride Month
- Men's Health Month
- National Safety Month

CNIC Hosts Spouse Engagement Sessions at Navy Installations

Commander, Navy Installations Command (CNIC), in partnership with the Navy Culture of Excellence and Force Resilience Office (OPNAV N17), will host spouse engagements at Navy installations throughout the summer.

Spouse engagement sessions will occur at the following installations in June:

- June 13: Naval Air Station Key West
- June 15: Naval Construction Battalion Center Gulfport

For more information or to attend one of these sessions, please contact the installation's [Fleet and Family Support Center](#).

For more information visit www.navy.mil/Press-Office.



The Navy is Hiring: Join the Virtual Navy Hiring Summit

Are you ready to make a difference in the lives of Sailors and their families? Then consider working for the Department of the Navy. **The Navy is hiring for multiple positions in a variety of areas!** Opportunities are worldwide, in person and virtual, with competitive pay and excellent benefits. Positions include:

- **Integrated prevention specialists** who focus on helping commands create healthy climates dedicated to reducing harmful behaviors.
- **Victim advocates.** A dedicated workforce to support victims of abuse, harassment or assault.
- **Suicide prevention virtual case managers** provide support and caring contacts to Sailors at risk for suicide.
- **Virtual clinical counselors** provide nonmedical therapy to Sailors and their families no matter their location.
- **NCIS Investigative Support Specialists** play a critical role in investigating criminal violations of the Uniform Code of Military Justice and Federal Law.
- **Child and youth associates** take care of our most valuable family members and make a lasting impression on the lives of military families.
- **Fleet and Family Support Centers** offer a variety of support positions, from personal finance to special education liaisons.

Come explore these and other job opportunities from June 26-28, 2023, at the **virtual** Navy Hiring Summit. Navy programs will present 45-minute briefs on Monday, June 26, including information about opportunities, the application process, veteran and spouse hiring initiatives and the best practices for seeking employment. Sessions are recorded and will be available on the Navy Hiring Summit website with contact information and job fair booth times.

On Tuesday and Wednesday, June 27-28, employers return to host virtual job booths, allowing job seekers the opportunity to speak with hiring representatives one-on-one in a question-and-answer format. There will be limited space for job fair booths, so please register early. You must register for each session or job booth you wish to attend.

Educational webinars are scheduled for 3:00 PM ET on Tuesday and Wednesday and include LinkedIn.

Come see how you can make a difference today!

To view the schedule and register, visit www.MyNavyFamily.com.

(Note: NMCI computer users, visit learning.zeiders.refineddata.com.)

SAVE *the* DATE



26-28 JUNE 2023

REGISTER AT WWW.MYNAVYFAMILY.COM
FOR NMCI COMPUTERS, USE [HTTPS://LEARNING.ZEIDERS.REFINEDDATA.COM](https://learning.zeiders.refineddata.com)

Inclusion and Acceptance in the Navy Family

June marks the recognition of inclusion, a time for embracing diversity, promoting acceptance, and acknowledging the value that LGBTQ+ (Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, Asexual, and other) individuals and all people bring to our communities. The Navy is committed to creating an inclusive environment where all service members and their partners feel respected, understood, and supported.

As we observe Pride Month, take a moment to reflect on the importance of inclusion and acceptance within the Navy family, as well as the resources available to help foster resilience and well-being.

In recent years, the military has made great strides toward becoming more inclusive and accepting of all individuals, regardless of their sexual orientation, gender identity, or expression. Policy changes have opened the door for many LGBTQ+ service members to serve openly and with pride. This progress has strengthened the military's readiness and contributed to a more diverse and compassionate force.

Diversity is a key component of Navy strength, and this includes the unique experiences each service member brings with them. By fostering an environment where everyone feels welcome and accepted, we are able to harness the unique talents, perspectives, and experiences of all service members and their spouses. As a Navy family, it is everyone's responsibility to uphold these values and ensure that each individual feels valued and supported.

Here are several ways to express inclusion and acceptance:

1. **Active listening.** When interacting with others, pay attention to what they say and show genuine interest in their thoughts and feelings.
2. **Open-mindedness.** Be open to different perspectives and experiences, and avoid making assumptions or judgments about people based on their background, appearance or beliefs.
3. **Encourage participation.** In group settings, make an effort to involve everyone in discussions and activities. Actively seek input from those who may hesitate to speak up.
4. **Use inclusive language.** Be aware of the words you use and choose language that is inclusive and respectful. Consider using gender-neutral language when appropriate.
5. **Educate yourself.** Take the initiative to learn more about different cultures, identities and perspectives.
6. **Challenge discrimination.** If you witness discrimination or prejudice, respectfully speak up and address the issue.
7. **Celebrate diversity.** Embrace and appreciate the unique qualities and strengths that each person brings to the table. Encourage others to share their traditions, customs and stories.

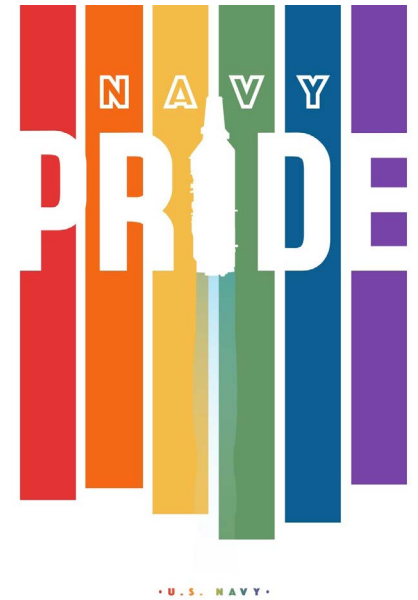
By incorporating these principles into daily life and social situations, anyone can contribute to a more inclusive and accepting environment where everyone feels welcome, respected and appreciated for who they are.

As part of the Navy's commitment to the well-being of service members and their dependents, the Navy offers several resources for those seeking counseling and support services.

These services are available to address a variety of issues, including those related to mental health, relationships and family life.

- **Fleet and Family Support Center (FFSC):** The FFSC provides a wide range of programs and services to help Navy families navigate the unique challenges of military life. FFSC offers counseling services, family advocacy, assistance with relocation, employment and more. To find the nearest FFSC, visit the [Fleet and Family Support Center directory](#).
- **Military and Family Life Counseling:** MFLC counselors are licensed mental health professionals who provide confidential, nonmedical counseling services to service members and their families. To connect with a counselor, contact your local installation's FFSC.
- **Navy Chaplains:** With complete confidentiality, chaplains offer non-judgmental support and spiritual care to individuals of all faiths or even those without any religious affiliation. Chaplains can help with personal, emotional, and moral concerns, providing a safe and understanding space for open dialogue.
- **Military OneSource:** Military OneSource is a comprehensive resource that provides a wealth of information and support services. They provide confidential, nonmedical counseling services by telephone or online.

In addition to these resources, it is important to remember that the Navy family is here for support. Reach out to colleagues, supervisors and mentors for guidance and encouragement. Together, we can work to create a more inclusive and understanding environment for everyone.



Great Navy Campout

Navy MWR Community Recreation is hosting its eighth annual summer-long event called "The Great Navy Campout," presented by T-Mobile. The Great Navy Campout celebrates outdoor recreation and camping as a way to connect with nature and wildlife.

Search the [MWR website for Great Navy Campout events](#) happening at more than 35 Navy installations worldwide between June and October. If you do not see the event you are looking for, check back soon as more events are added regularly.

An important part of Community Recreation's mission is to deliver customer-driven, quality-of-life programs and services to our military community. It's time to pack up and go camping with Navy MWR Community Recreation. Explore the outdoors with MWR and find more ways to recreate!

**GREAT NAVY
CAMPOUT**
Discover Your Adventure

Find Your Voice through Summer Reading

The 2023 DoD MWR Summer Reading Program invites readers to "Find Your Voice!" This summer, explore books, history, social sciences and STEAM fields that empower readers of all ages to make their voices heard. Visit the [DoD Beanstack page](#) to find the summer reading program closest to you, and sign up to log your reading time and earn prizes. Readers not located near an installation library can participate in the [DoD Virtual Summer Reading Program](#).

There are many benefits to participating in a summer reading program. Not only does it inspire creativity and imagination, but research has also shown that students who read over the summer score higher on reaching achievement tests than those who do not.

DoD libraries and community recreation centers will host special events all summer, encouraging patrons to read, learn and speak up! Please contact NGLP@navy.mil if you have questions about participation, registration, or logging reading time.



CNIC NAMES SAILOR OF THE YEAR

Congratulations to Hull Technician 1st Class Panfilo M. Bascar III from Commander, Fleet Activities Sasebo Japan on his selection as Commander, Navy Installations Command 2022 Sailor of the Year (SoY) during a ceremony at the National Naval Museum on 4 May 2023. Bascar cuts the SoY cake with Vice Adm. Yancy B. Lindsey commander, Navy Installations Command and poses with the other SoY candidates and FORCM(SW/AW) Jason R. Dunn (right). Bravo Zulu to all the nominees who were selected to compete!

To read more, visit www.cnic.navy.mil/News.

Navy Housing Introduces Unaccompanied Housing 'Bill of Rights & Responsibilities'

Commander, Navy Installations Command has implemented a 'Bill of Rights & Responsibilities' for Unaccompanied Housing, which outlines resident rights that are guaranteed by Navy Housing as well as resident responsibilities for maintaining the space where they live.

For more information, visit www.navy.mil/Press-Office or the [Unaccompanied Housing website](#).

The Resident Rights for government-controlled Unaccompanied Housing (UH) are as follows:

1. The right to reside in a community that is safe, secure, and meets applicable health and environmental standards, with well-maintained common areas, and amenities.
2. The right to reside in a housing unit that has working fixtures, appliances, and utilities.
3. The right to verify the condition and cleanliness of the assigned room, shared space (if applicable), and the furnishings provided during check-in and check-out inspections.
4. The right to clearly defined regulations regarding occupancy of UH and use of common areas and amenities.
5. The right to report inadequate housing standards or deficits in habitability of the housing unit to the UH staff, housing management office, and the chain of command without fear of:
 - reprisal or retaliation;
 - decreased services, or increased obligations as a resident;
 - interference with right to privacy or harassment as a resident;
 - refusal to honor the terms of occupancy; or
 - interference with the career of a resident.

Resident Responsibilities for government-controlled unaccompanied housing are as follows:

1. The responsibility to take pride and ownership of your assigned quarters, common areas, and amenities, and to comply with UH Rules and Regulations.
2. The responsibility to maintain daily living standards in accordance with the Welcome Aboard Handbook.
3. The responsibility to allow access to your room and shared space for inspections, necessary maintenance, and repairs.
4. The responsibility to report any issues in the housing unit to the UH staff for corrective actions in a timely manner.
5. The responsibility to provide a minimum of 30 days notification prior to move-out and correct any discrepancies identified during the pre-termination inspection prior to the final checkout inspection.



YOUR *Virtual* FFSC WEBINAR SCHEDULE



June 2023

We are all more organized in different areas of our life, but luckily FFSC has Subject Matter Experts that can provide you more tips and tricks to help tackle the areas that need improving. Spouses are encouraged to attend all of these trainings. Be sure to pass this flyer on.

How to register:

Step #1: Make a free account at [MyNavyFamily.com](https://learning.zeiders.refineddata.com) (NMCI use <https://learning.zeiders.refineddata.com> at least one day before the webinar. Follow the on-screen instructions to create a new account. Be sure to enter your time zone!!

Step #2: Click on “Live Webinars” at the top of the page to view the full list of offerings.

Step #3: Click on the title of a session to view the information and description.

Step #4: Click on “Register Now” to register for the course.

You will get reminder emails with your personalized link.



The CNIC LMS
has comprehensive resources for Navy spouses and family members such as New Spouse Orientation, the Navy Family eHandbook, and the Navy Spouse eLibrary.

Decisions, Decisions!

You anticipate orders that will involve relocation. Now it's time to make a list of the many decisions and choices you'll have to make in advance of your move. If you are a homeowner, you may be considering whether to sell or rent your home. What's involved in either of those processes? Join one of the upcoming webinars for answers to your questions.

Home Selling	13 Jun	1:00 PM
Now I'm the Landlord	15 Jun	1:00 PM

All times are Eastern.



June 2023

Deployment

Tuesday, June 20th

4:00 PM ET IA Deployment 101

Employment

Friday, June 2nd

9:00 AM ET USAJobs 2023

Wednesday, June 7th

1:00 PM ET Winning Interview Techniques

Thursday, June 8th

1:00 PM ET Effective Resume Writing

7:00 PM ET Teen Job Search

Wednesday, June 14th

2:00 PM ET Interviewing Skills Workshop

Thursday, June 15th

12:00 PM ET Acing the Interview

Wednesday, June 21st

2:00 PM ET Resume Writing Workshop

1:00 PM ET Navigating Federal Employment

Thursday, June 22nd

7:00 PM ET College Bound: Observations and Tips
From a Parent Survivor

Finances

Monday, June 12th

12:00 PM ET Planning for Your Retirement

Wednesday, June 21st

11:30 AM ET Financial Awareness Forum

Thursday, June 22nd

12:00 PM ET Savings and Investing

Tuesday, June 27th

12:00 PM ET Financial Preparedness for Emergencies

Life Skills

Thursday, June 1st

1:00 PM ET Caring for Aging Parents

Monday, June 5th

10:00 AM ET Back to Basics: Essential Communication Skills

Tuesday, June 6th

10:00 AM ET Understanding Anger

1:00 PM ET Mind Body Mental Fitness Module 3:
Living Core Values

11:00 AM ET Improving Workplace Relationships

Wednesday, June 7th

11:00 AM ET Youth Suicide Prevention

11:00 AM ET Emergency Preparedness for Families

Monday, June 12th

11:00 AM ET Preventing and Responding to
Intimate Partner Violence

Tuesday, June 13th

10:00 AM ET Stress Management

1:00 PM ET Mind Body Mental Fitness Module 4: Flexibility

2:00 PM ET Transforming Stress into Resilience

Wednesday, June 14th

12:30 PM ET The Nuts and Bolts of the Exceptional Family
Member Program

Tuesday, June 20th

10:30 AM ET Positive Leadership Strategies

1:00 PM ET Mind Body Mental Fitness Module 5:
Problem Solving

11:00 AM ET Transforming Stress into Resilience

Thursday, June 22nd

3:00 PM ET Positive Leadership Strategies

11:00 AM ET Improving Workplace Relationships

Tuesday, June 27th

1:00 PM ET Mind Body Mental Fitness Module 6: Connection

Wednesday, June 28th

10:00 AM ET Positive Leadership Strategies

Thursday, June 29th

1:00 PM ET How to Protect the Next Generation

Parenting

Tuesday, June 6th

11:00 AM ET Your Terrific Toddler

Thursday, June 15th

1:00 PM ET What About the Kids?

Relocation

Monday, June 12th

9:00 AM ET Lemons to Lemonade: Making the Most
Out of Your New Duty Station

Tuesday, June 13th

1:00 PM ET Smooth Move

1:00 PM ET Home Selling

Thursday, June 15th

1:00 PM ET Now I'm the Landlord

Wednesday, June 21st

11:00 AM ET Moving with EFM

11:00 AM ET Sponsor Training

Transition

Thursday, June 8th

11:00 AM ET Skillbridge