



# Shoreline

Vol. 1 No. 5

September 2013

## SAPR-C Training Held at CNIC



Also in this Issue-

- Region Spotlight Navy Region Northwest
- September is National Preparedness Month
- Feds Feed Families Update

# Commander's Corner

Team CNIC,  
Welcome to September's issue of Shoreline. This month we will provide information on online training and career help for active duty service members and their families, as well as an update on our Feds Feed Families Drive, which wrapped up last week. That and more you'll find in the following pages. Here, however, I'd like to briefly touch on several important observances happening in September that deserve our attention.

September 14 marks "Ombudsman Recognition Day" and offers us a formal opportunity to say "thank you" to all our Navy ombudsmen for their hard work, dedication and steadfast support of Sailors, their families and the Navy. Without them, we wouldn't have a vital communication link between commands and families. For 43 years, ombudsmen have selflessly provided an invaluable resource to Navy families – and command leadership – when it mattered most. Monika and I offer our thanks to all the ombudsmen throughout CNIC and very specifically to the CNIC Headquarters Ombudsman, Caitlin Miller for her service.

Hispanic Heritage Month begins on Sept. 15 and continues through Oct. 15 and gives us the chance to recognize the contributions made by Hispanic and Latino Americans to the U.S. while celebrating their heritage and culture. Hispanic and Latino Americans have served our nation selflessly and with great devotion. Likewise, they've served with distinction in our Navy in every rank and every field – from seaman to Admiral, boatswains, corpsmen, fighter pilots, physicians, nuclear engineers, and policymakers. I encour-

age you to dig deep into the wonderful legacy of service and patriotism by countless generations of Hispanic and Latino Americans.

September is also National Preparedness Month. Disasters affect hundreds of thousands of people every year and many disasters occur with little or no advance warning. They can have a devastating impact – Hurricane Sandy, California wildfires, the Midwest tornados, and even the fierce-storms here in our area last July are just a few examples. Disasters also have debilitating physical and psychological effects on children and families – and have the potential to disrupt mission accomplishment. You and your family need to be ready and be safe. This is so important that we have included the "Ready Navy Emergency Preparedness Course" as part of our annual CNIC training curriculum. Please visit [www.ready.navy.mil](http://www.ready.navy.mil) for more information

Gold Star Mother's Day will be celebrated on Sept. 29 this year and affords us the opportunity to recognize and honor the mothers who have lost a child that was serving in the U.S. Armed Forces. It calls upon all Americans to display the nation's flag and hold appropriate gatherings to express publicly their love, sorrow, and respect towards Gold Star Mothers and their families. Please join this tribute and let them know we have not forgotten them or their sacrifice.

Finally, September is Suicide Prevention Awareness Month. Suicide is a major problem in our nation and our Navy. Each of us is in a unique position to see the signs in our col-



**Vice Adm. Bill French**

leagues and identify those who might be at risk for suicide and to take action to get them the help they need. Remember, if you are concerned about a co-worker, friend, or a family member, and you think they may be considering suicide, you can ACT to help them:

A – Ask the question

C – Care for your co-worker

T – Take action

I want to end with some recent feedback we received from a distinguished visitor whom CNIC sponsored for a fleet orientation visit to USS GEORGE H. W. BUSH (CVN 77). He wrote, "The embark provides a unique, concise view of all the best qualities that make America the envy of the world and that make our Navy the greatest force for peace." Our Navy is the greatest force for peace and it is that because of the great work you do every day to support the Fleet.

Thank you for everything you do.

Respectfully,

Bill French

## Navy in the Northwest

By Navy Region Northwest Public Affairs

The United States Navy has been operating regularly in Pacific Northwest waterways since 1841. The Navy, Marine Corps, and Revenue Marine (forerunner of the U.S. Coast Guard), explored, charted, and protected the area during the mid-Nineteenth Century just after most of it came under U.S. control. Ships and cutters worked to keep the peace between natives and settlers, and helped negotiate boundary disputes over the San Juan Islands. When the United States purchased Alaska in 1867, the sea services began patrols to regulate fishing and sealing, assist mariners in distress, and establish forward presence in the Last Frontier.

In 1888, just two years before publishing his monumental work The Influence of Sea Power upon History, Capt. Alfred Thayer Mahan led a commission to find potential sites for a new West Coast shipyard and chose what is now Bremerton, Wash. The shipyard began construction and operation in the early 1890s, and on May 7, 1903, the Thirteenth Naval District was established in Seattle. Through World Wars, natural disasters, and incredible changes in the population and economy of the area, the Navy remained a steadfast presence, providing security, practicing stewardship, and becoming an integral part of local communities. Even in the inland states of the Region, Navy Reserve and training centers gave testament to the fact that the Northwest, like all of America, was dependent on sea power.

The Thirteenth Naval District was renamed Naval Base Seattle in 1980, and subsequently renamed Navy Region Northwest in 1999. In 2004 and 2005, the Region Headquarters moved from Seattle to Naval Base Kitsap-Bangor, in Silverdale, Wash.

Today, Commander, Navy Region Northwest provides consolidated base operations support for Navy activities in Washington, Oregon, Idaho, Montana, Wyoming and Alaska. The commander oversees the assigned shore organization and provides facilities and space management, exercise coordination, and support to homeported and transient ships, submarines, and aircraft as well as afloat and ashore tenants, military and family members.

Puget Sound is the U. S. Navy's third largest fleet concentration area. The major Northwest installations are Naval Air Station Whidbey Island, Naval Station Everett, Naval Base Kitsap and Naval Magazine Indian Island. Based here are two aircraft carriers, 13 submarines, ten surface and Military Sealift Command ships, 92 support vessels, and 115 aircraft. The fighters and family who call this region home include approximately 21,000 active duty service members, 16,000 civilian employees, 6,000 drilling reservists, 40,000 family members, and 35,000 Navy retirees.



Website: [Navy Region Northwest  
www.navylifew.com](http://www.navylifew.com)

<b>Motto</b>	N/A
<b>Installations</b>	Naval Base Kitsap Naval Air Station Whidbey Island Naval Magazine Indian Island Naval Station Everett
<b>U.S. States</b>	Washington Oregon Idaho Alaska Wyoming Montana
<b>Headquarters</b>	Naval Base Kitsap – Bangor, Silverdale, Washington
<b>Leadership</b>	
<b>Commander</b>	Rear Adm. Bette Bolivar
<b>Deputy Cmdr.</b>	N/A
<b>Chief of Staff</b>	Capt. Scott Hogan
<b>CMC</b>	CMDCM Brian Schell
<b>Publications</b>	<a href="http://www.homeportnorthwest.com">www.homeportnorthwest.com</a>

# From The Force



Team,

Let's get ready!! September is National Preparedness Month and with CNIC being the sponsor the Navy's program, it's only fair for me to ask you – ARE YOU READY?

This summer, we saw tornados tear up the Midwest, to include our Sailors, civilians and Navy families in Nebraska. Other states battled fires and flooding this summer. It doesn't matter where you are around the globe, we all need to have a plan for ourselves and our families when disasters and emergencies occur. Knowing that you have a plan, your resources, and discussing it with family members is key.

In addition to updating your personal information in the Navy Family Accountability and Assessment System, take a moment and check out all the great tips and resources at [www.ready.navy.mil](http://www.ready.navy.mil).

September is one of my favorite months – at least for the last 17 years. It's that time of year when we celebrate our newest Chief Petty Officers – our future Senior Enlisted Leaders of the Navy! This year's pinning ceremony is on September 13<sup>th</sup> and I encourage all of you to attend this traditional and ceremonious event! It's a great day for our Chiefs, past and present, and their families.

The other reason I love September is the celebration of our Navy Ombudsmen. Among one of the many great training programs we execute at CNIC, I am a little bias about our team – Lisa Johnson, Doreen Scott, and Ed Roscoe. From program management, Ombudsman Registry, and online basic/advanced training, this team truly has excelled over the past year, and while they are not Ombudsman, they are supporting the entire Navy family by providing us with qualified, trained, and resourceful volunteers to our families! I also give a personal shout out to three other great ladies that have contributed significantly to this program over the past year: Mrs. Monika French and Mrs. Teresa Stevens, the Ombudsmen-at-Large, and our own CNIC HQ Staff Ombudsman, Ms. Caitlin Miller!! Thanks for your service!

## *September is National Hispanic Heritage Month*

During **National Hispanic Heritage Month** (Sept. 15 to Oct. 15) we recognize the contributions made and the important presence of Hispanic and Latino Americans to the United States and celebrate the group's heritage and culture. Hispanics have had a profound and positive influence on our country through their strong commitment to family, faith, hard work, and service. They have enhanced and shaped our national character with centuries-old traditions that reflect the multiethnic and multicultural customs of their community.

**Hispanic Heritage Month**, whose roots go back to 1968, begins each year on Sept. 15, the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period and Columbus Day (Día de la Raza) is October 12.

The term Hispanic or Latino, refers to Puerto Rican, South or Central American, or other Spanish culture or origin regardless of race. On the 2010 Census form, people of Spanish, Hispanic and/or Latino origin could identify themselves as Mexican, Mexican American, Chicano, Puerto Rican, Cuban, or "another Hispanic, Latino, or Spanish origin."

According to that Census, 50.5 million people or 16 per-

cent of the population are of Hispanic or Latino origin. This represents a significant increase from 2000, which registered the Hispanic population at 35.3 million or 13 percent of the total U.S. population.

Please share in this special annual tribute by learning and celebrating the generations of Hispanic Americans who have positively influenced and enriched our nation and society.

### **FACTS**

**50.5 MILLION:** The Hispanic population of the United States as of April 1, 2010, making people of Hispanic origin the nation's largest ethnic or race minority. 43percent

Percentage increase in the Hispanic population between April 1, 2000 and April 1, 2010, making Hispanics the fastest-growing minority group.

**132.8 MILLION:** The projected Hispanic population of the United States on July 1, 2050. Hispanics will constitute 30 percent of the nation's population by that date.

**35.3 MILLION:** The number of Hispanics counted during the 2000 Census. Source: The Hispanic Population: 2010 [www.census.gov/prod/cen2010/briefs/c2010br-04.pdf](http://www.census.gov/prod/cen2010/briefs/c2010br-04.pdf)>



*The Army and Navy located on Naval Support Activity Crane combined resources in their Science Technology Engineering and Math (STEM) programs to sponsor four Indiana Navy Junior ROTC units participating in a week-long basic leadership training course with a STEM element July 21-25 on the base. Thirty-eight students from Anderson, Washington, Bloomfield and Pike High Schools gathered at Crane Army Ammunition Activity's Reserve compound for a week of barracks inspection; personnel inspections; land navigation; brain brawl about flag etiquette, chain of command, military time, general orders, fire fighting training, watch standing, physical fitness competition, and a STEM competition. Pictured here, on the left, Tina Closser, NSWC Crane's STEM coordinator, evaluating Navy Junior ROTC cadets during the STEM portion of the competition. From left to right are Cadet Conor Johnson of Anderson, Ind.; Cadet Josh Fiscus of Washington, Ind.; Young Marine Conor Swan of*



# CNIC Holds SAPR-C Training for Employees



*Chaplain (Cmdr.) Glenda Jennings-Harrison and Bill Ashton, CNIC Personnel Services Program Manager, facilitate the CNIC SAPR-C training for civilian employees. Sexual Assault Prevention: “One Team, One Fight” is mandatory training for all DoN civilians and must be completed before Oct. 1. The training is designed to meet Congressional, Department of Defense and DoN requirements as part of the National Defense Authorization Act for Fiscal Year 2012.*

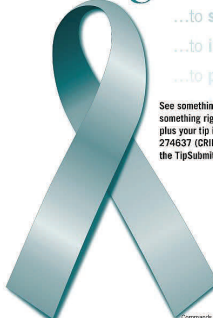


*CNIC employees attend Sexual Assault Prevention and Response training. Every CNIC civilian employee must attend this mandated training.*

Navy Sexual Assault Awareness Month (SAAW) April 2013

**Courage**...to commit  
...to support  
...to intervene  
...to prevent

See something wrong, do something right. Text "NCS" plus your tip information to 274637 (CRIMES) or download the TipSubmit smartphone app.



Commanders can find information on events and information on SAAW 2013 initiatives and resources at <http://www.saaaw.navy.mil>

**NAVY** We own it... We'll save it... Together.

# Are You Ready? September is National Preparedness Month

With hurricane season underway and National Preparedness Month this month, Commander, Navy Installations Command's Ready Navy Program asks our Sailors and their families, "Are you ready?"

Many Sailors and their families will reply they are ready. When asked further about the steps they have taken to prepare, Sailors quickly realize they may not be as prepared as they thought. Steps such as learning the alternate evacuation routes for their area, making a family plan that everyone in the family is familiar with, and building an emergency supply kit that is centrally located and portable enough to carry if evacuated are a few things that need to be accounted for.

Most Navy families have the best of intentions, take some steps to prepare, and are further motivated to prepare when danger is approaching. Unfortunately, not every danger gives us advanced warning. Even if we do have advance warning, the outcome is often unpredictable.

## True emergency preparedness is a diligent and constant cycle that consists of:

- Being informed of potential hazards in your area and what to do before, during, and after that hazard.
- Making and practicing a family plan that includes an in- and out-of-neighborhood meeting location, a designated out-of-town contact, and all family members in the planning process so that each is ready to execute that plan should the need arise,.
- Building and renewing an emergency supply kit that contains enough basic and family specific supplies for every family member to survive at least three days with no assistance and is portable if advised to relocate to a shelter or safe haven.
- Staying informed through the emergency and after by registering personal contact information in the Navy's Wide Area Alert Network (WAAN), the Navy Family Accountability and Assessment System, and downloading government emergency alert mobile apps, so that you have the most up-to-date information and will know when it is safe to return home or to work.

So we pose the question to you again...Are you ready?

Go to [www.ready.navy.mil](http://www.ready.navy.mil) to take the quiz on the home page, and find out just how ready you and your family are. There you will also find additional information, tips, and tools to help you be better prepared year round.

For more information on how to prepare for any disaster, visit <http://www.ready.navy.mil>.

Follow us @ReadyNavy.

Ready Navy is a CNIC-sponsored emergency preparedness program.

For more news from Commander, Navy Installations Command, visit [www.navy.mil/local/cni/](http://www.navy.mil/local/cni/).

Are YOU Ready?

Are you and your family **READY** for an emergency?  
Take the **Ready or Not Ready Quiz** to find out.



### Ready or Not Ready? Preparedness Quiz

Emergencies such as natural disasters, an influenza pandemic, or terrorist events have the potential of disrupting thousands of lives. One way affect you and your family: Are you prepared for an emergency to arrive? Take the Ready or Not Ready? Preparedness Quiz to find out.

1. As long as I have all the necessary supplies for an emergency kit somewhere in my home, I am prepared for an emergency.  
 True  
 False
2. If local authorities told me to evacuate, I would:  
 Refuse to leave. Most "emergencies" don't turn out to be a big deal.  
 Wait to see if the situation worsened, then decide.  
 Follow the advice of local responders to ensure my safety and theirs.  
 Call my neighbor and see what she thinks I should do.
3. Our emergency supply kit has enough materials to sustain myself and my family:  
 For at least four hours.  
 Through the night.  
 Until we get to a shelter.  
 For at least three days.
4. As long as one person in my family knows what our emergency plan is, our family is prepared.  
 True  
 False
5. My family and I have:  
 An emergency kit at home.  
 An emergency kit in the car(s).

## *Feds Feed Families Drive Update*

By **Cmdr. Glenda Jennings-Harrison, CHC**

On January 20, 1961, President John F. Kennedy's Inaugural Address challenged the American public, "And so, my fellow Americans: ask not what your country can do for you – ask what you can do for your country." The CNIC enterprise answered with a resounding we can as they collected 867,525 pounds of food for the Feds Feed Families (FFF) food campaign. Religious Ministries teams across the Enterprise challenged the Fleet, Fighter and Family to defeat hunger across our great land by "participating and making a difference." Sailors, Marines and DON civilians have stepped up to the plate by donating more than twice last years goal of 396,000 pounds of food! This means area food banks throughout the country got a chance to replenish their stocks. They are ready to respond to the urgent community needs of providing food for those who would go hungry without this support. One Team-One Fight—we are making a difference! For instance, Naval Support Activity Souda Bay, Crete's chapel staff gears up for this event every year by hosting events and increasing awareness to encourage active participation in this annual food drive. Religious Program Specialist Third Class Caleb Allison is leading this campaign as he states, "It is so important to give back to the communities that support us and the Feds Feed Families project does just that."

For more information on the hunger problem that FFF is addressing, click on the following link and take the quiz: <http://feedingamerica.org/hunger-in-america/hunger-facts.aspx>

With less than seven days when the FFF campaign wraps up, the challenge is on! Keep leaning forward and let us finish strong in exceeding the unexpected by making a difference.

## *CNRSE Holds Change of Command*

By **Mass Communication Specialist 1st Class (SW) Greg Johnson Navy Region Southeast Public Affairs**

JACKSONVILLE, Fla. (NNS) -- Commander, Navy Region Southeast (CNRSE) held a change of command ceremony aboard Naval Air Station Jacksonville, Aug. 29.

During the ceremony, Rear Adm. Rick Williamson relieved Rear Adm. John C. "Jack" Scorby, Jr., as the region's commander.

"I can now attest first hand that the flawless reputation this region enjoys around the fleet is extremely well deserved," Williamson said. "I am amazed not only at the quality of programs at our installations, but also the sheer magnitude of Sailors and families you serve throughout the region. I'm sure it will be an honor and a privilege to work with each of you over the next couple years."

Williamson is a Jacksonville native and a 1985 graduate of the United States Naval Academy, where he earned a bachelor's in computer science. He also holds a master's in business administration from the Naval Post Graduate School and is a graduate of the Armed Forces Staff College. Williamson reported to CNRSE from his previous assignment as Commander, Navy Region Midwest.

Vice Adm. William D. French, commander, Naval Installations Command, was guest speaker at the ceremony.

"Rear Adm. Williamson is an outstanding naval officer with significant operational experience as a surface warfare officer," French said during his remarks. "I know he's excited to be back home in Jacksonville (Florida) and ready for the great challenges and rewards that this region offers."

Scorby, who was awarded the Legion of Merit during the ceremony, had commanded CNRSE since August 2011. Under his leadership, installations throughout the region made significant reductions in energy costs through an active regional energy council that exceeded the fiscal year 2013 energy usage reduction goal of 24 percent. He was also instrumental in the Navy's pursuit of compatible land-use strategies, which included the Navy's installation wind turbine impact analysis study that developed a nationally supported legislative outreach effort and ensured safer air operation areas and mutual co-existence.

"At the end of the day, it's been one team, military and civilian, and you proved it day after day," Scorby said. "The personal award that I received today belongs to all of you and I will think of each and every one of you each time I pin it on." Scorby will assume command of Navy Region Europe, Africa, Southwest Asia in October.



## Workforce Development: What is the Center of Excellence?

### By N1 Workforce Development

What is a Center of Excellence? Is this a business concept that refers to a Competency Center?

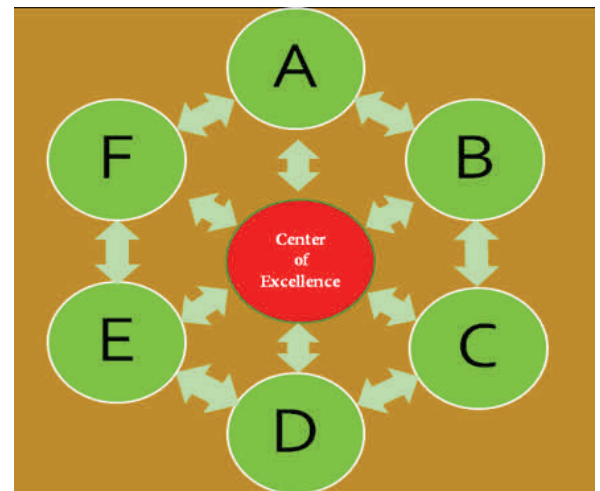
Or another product element that emerged from a Six Sigma process? Or is it a Capability Center?

If you search the internet, you will find several definitions and samples of “Center of Excellence” initiatives from private companies and organizations. Each center has unique characteristics and objectives based on organizational needs. At the most basic level, Centers of Excellence (CoE) seem to have three key elements — TEAMWORK, COLLABORATION, and BEST-PRACTICES. These three elements are critical to the foundation of what CoE is all about. Each of these CoEs has a specific focus area (i.e. Technology, Training, Transportation Security, etc...) to drive a business result<sup>2</sup>. Importantly, the CoE must serve the specific needs (i.e. strategic, tools and performance, talent management, etc...) of the organization. These specific needs may vary depending on defined objectives.

The diagram on the bottom right displays the basic concept and principle of the “Center of Excellence.” Team members “A” thru “F” maintain active collaboration amongst each other to identify, adopt, and implement the “best-practices.” The CoE concept also allows for leveraging of resources (i.e. materials, talent, tools and processes, etc.), improving effectiveness and efficiency while reducing costs and liabilities.

CNIC’s current initiatives include the Center of Excellence for Workforce Development. Additional details will be discussed in future newsletter editions.

Please visit the Enterprise Workforce Development at: <https://g2.cnice.navy.mil/solutions/ewd/default.aspx>



## September is Suicide Prevention Month

Suicide prevention goes beyond training to recognize risk factors, warning signs or what to do in a crisis. While these things are critical elements of readiness, actual prevention happens every day when we do something kind for someone who didn't expect it, or take the time to actively listen and *care* when asking how others are doing. Small acts make a difference to those around us, and can make a difference in the way we view ourselves. Often when people realize that they have done something—intentionally or unintentionally—to help others, they have a renewed sense of purpose and belonging even when enduring their own personal stress. A sense of community and belonging are what ultimately help Sailors make the decision to seek help during adversity so that they don't succumb to the burdens of stress and hopelessness. Those who are willing to help others are usually more willing to receive help when needed.

### Overview

Based on the importance of a sense of community and purpose when dealing with adversity, this year's efforts encourage Sailors to engage with one another and make a difference to those around them. The theme of 2013 Navy Suicide Prevention Month is *Thrive in Your Community*:

During the month of September, Sailors are encouraged to come together as commands, work-centers, installations, organizations or other groups to contribute to a project of their choice that benefits others.

Participation in projects and volunteerism is not mandatory and there is no minimum requirement for engagement.

Projects can benefit a unit, command, installation, Navy family, neighborhood, community, or other group.

To facilitate raising collective awareness, suicide prevention tools and resources will be made available on this website for command use during September and throughout the year to spark meaningful discussion and engagement. See below for products.

Family involvement is encouraged; suicide prevention is an all hands evolution.

Ideas and resources for Thrive in Your Community events can be found by visiting the "Getting Involved" section under the sidebar menu.

[http://www.public.navy.mil/bupers-npc/support/21st\\_Century\\_Sailor/suicide\\_prevention/Pages/default.aspx](http://www.public.navy.mil/bupers-npc/support/21st_Century_Sailor/suicide_prevention/Pages/default.aspx)

## Important Tips Not to be “That Guy”

According to the National Institute on Alcohol Abuse and alcoholism. Approximately 18 million American adults abuse alcohol or become alcohol dependent, while 80,000 deaths per year occur in the United States due to excessive alcohol use. Excessive alcohol use includes one or more of the following:

- Heavy drinking, typically defined as two or more drinks per day for men on average and one or more drinks per day on average for women.
- Binge drinking, typically defined as five or more drinks on a single occasion for men, and four or more drinks on a single occasion for women
- Underage drinking
- Drinking while pregnant
  - The earlier in life an individual begins to consume alcohol, the more likely they will develop alcohol related problems later in life. Education and awareness can help change attitudes and behaviors about excessive alcohol use.

**DON'T BE THAT GUY!!!**

[www.thatguy.com](http://www.thatguy.com)

