This newsletter provides members of the Cultural Champion Network (CCN) with information, updates, and resources to carry out their roles in supporting Sailors to help the Navy drive towards a Culture of Excellence (COE). This edition of the CCN Navigator primarily focuses on Sailor & Family Spiritual Fitness.

Feel free to share The CCN Navigator content with others who may benefit. To subscribe, click here or email culturalchampions@navy.mil. Interested in reading past issues of The CCN Navigator? Click here to download!

WHY SPIRITUAL READINESS MATTERS

BY CDR JAMES L. DANCE, OPNAV N175

A warfighter achieves individual readiness when he/she has effectively strengthened the mind, body and spirit for optimal performance. However, our efforts to achieve total readiness tend to focus on the mental and physical wellbeing of an individual with little to no consideration for the strength of spirit as an essential component of this endeavor. In fact, the subject of Spiritual Readiness is often avoided due to the misconception that it only matters to those who have a religious background. Spiritual Readiness is reflected in the degree of resolve a person demonstrates in their will to fight, as well as their ability to overcome adversity. As such, Spiritual Readiness matters to everyone whether or not they are religious.

Spiritual Readiness is defined as, “The strength of spirit that enables the warfighter to accomplish the mission with honor.” Among their many attributes, Spiritually Ready Warfighters will leverage resources and relationships to prepare their spirit to overcome adversity. Their personal and professional identities are grounded in moral and ethical integrity. Though this particular attribute often stems from a divine connection and, by expression, to a community of faith. It is the element of connectedness that is consistently present. Ultimately, Spiritually Ready Warfighters are keenly aware and readily accept the burden of service. In as much as the warfighter must be fit to fight and mentally motivated to accomplish the mission, Spiritual Readiness will not only strengthen their resolve but fortify their resilience.

Chaplains are professionally trained and uniquely assigned to develop Spiritual Readiness. However, there are also claimant resources within the Sea Service such Warrior Toughness, E-OSC, and Spiritual Fitness that are designed to build and sustain an individual’s strength of spirit.

GET RECOGNIZED FOR YOUR SUICIDE PREVENTION EFFORTS

DoD Suicide Prevention Month Outreach Award

Have you or someone you know been working hard to promote suicide prevention in the Navy? Or maybe you are looking to highlight your command’s suicide prevention efforts? Consider submitting for the Defense Suicide Prevention Office’s (DSPO) outreach recognition award due 16 December 2022!

DSPO conducts its annual DoD Suicide Prevention Month Outreach Recognition to recognize one exemplary installation from each of the Services, including the Reserve and National Guard. This recognition award honors the installations with the most dedicated and influential efforts commemorating Suicide Prevention Month as well as contributing to the broader 365-day conversation and suicide prevention efforts throughout the year. This cycle’s period of observation, from 1 September 2021 through 30 September 2022 not only amplifies the Department’s emphasis on year-round suicide prevention efforts, but also gives opportunity for installations to continue their “Connect to Protect: Support is Within Reach” themed campaigns throughout the year.

If you or someone you know is interested in submitting for the award, please review the submission requirements, which are included on pages 12-13 in the 1 Small ACT Toolkit, and reach to your local SPC, SPPM, or the Navy Suicide Prevention Program (POC: Ms. Ruth Cassidy) at either suicideprevention@navy.mil or ruth.c.cassidy2.civ@us.navy.mil.
CDR Arthur Fong is the President of Chinese American Military Support (CAMS), a non-profit organization based in California dedicated to Chinese Americans serving in the United States Armed Forces since 2003.

CAMS sets itself apart from other military-focused nonprofit organizations in that it welcomes current and former military servicemembers alongside friends and family. A true community-first organization, CAMS has received Congressional recognition as “Non-Profit of the Year” in California’s 32nd Congressional District.

“We value service to the country and professionalism,” said CDR Fong. “CAMS is for all veterans.”

CDR Fong made history in 2006 as the first representative of the U.S. Navy Reserve to attend the Royal Australian Navy Staff Acquaint Course at the Australian Command and Staff College. He converted in 2017 from a Supply Corps Officer to a Foreign Area Officer.

CDR Fong has been mobilized to serve in Kuwait, UAE, Bahrain, Singapore, and beyond. Fong has also served as Military Assistant coordinator during a Presidential Inauguration.

Fong says one of the most rewarding parts of his role as an Officer and as President of CAMS is when young recruits come to him and ask for his advice.

As the Navy-wide “Get Real, Get Better” initiative urges leaders to be transparent in self-assessing and self-correcting themselves and their teams’ performance, Fong recalls a piece of wisdom from the ancient Chinese general and author Sun Tzu: “Know yourself, know your enemy; you will win all the battles.” Fong says he applies this advice daily. To him, that’s what it means to Get Real and Get Better: “Know your strength and understand your weakness,” he said. “Improve it while achieving the mission.”

In his civilian capacity, Fong recently retired from the Los Angeles Police Department IT Division after serving for 3 decades, and he is also an avid runner with 11 marathons under his belt.

To connect with CAMS or CDR Fong please visit https://camsusa.org/. To nominate a Sailor (active, reserve, or civilian) for the Navigator spotlight please email culturalchampions@navy.mil.
DEI AND THE U.S NAVY: NATIVE AMERICANS AND ALASKA NATIVES

BY LAVERNE KNIGHT, PH.D, DEI, PROGRAM ANALYST, NAVAL SERVICE TRAINING COMMAND

Amidst the increasingly diverse population of the United States, Native American population also increased. The 2020 U.S Census found that the Native American population in the United States increased 87% from 2010 to 2022.1 With an ever-increasing Native American population, one might ask how Diversity, Equity, and Inclusion (DEI) is addressed within the United States Navy. The United States Navy focuses on balancing connectedness, trust, and toughness to ensure a Culture of Excellence. Similarly, though each American Tribe is unique, their overall historical and traditional beliefs balance knowledge (mind), physical (body), and spiritual (soul) domains for individual peace and emotional stability to occur and to foster connectedness, trust, and toughness within their communities.

DEI in the United States Navy cannot exist without acknowledging and recognizing contributions from various groups including the Native American population. Historically, Native Americans have the highest record of military service per capita when compared to other ethnic groups.2 As of March 31, 2020, Native American and Alaska Natives made up 2.04% the total force and strength of the United States Navy.3 The sustained presence and inclusion of Native Americans and Alaska Natives in the United States Navy not only ensures the safety and the well-being of Native Americans and their current Treaties and homelands, it also ensures the safety of all American citizens.4 Upon Native American enlistment into the United States Navy, there is a distinguished pride that blankets the home Reservation of the Native American. As the Reservation is a uniquely formed and federally recognized community traditionally built on equity and inclusiveness, it is their Native American Navy participants that become unforgettable and historical figures.


4Contributions of Native Americans to the U.S. Navy. Retrieved from Contributions of Native Americans to the U.S. Navy

Questions about DEI in the Navy, or resources you can integrate into your Command? Email ALTN_USN_INCLUSION_AND_DIVERSITY@navy.mil.

NOVEMBER IS “GOOD NUTRITION MONTH”

BY LCDR MELISSA AMESCUA, MS, LD, RD, OPNAV N171 DIETITIAN

It is important to focus on “good nutrition” everyday! November is “Good Nutrition Month” and an opportunity to remind people to pick healthier food choices. In November, the days become shorter and people stop going outside as much since it is colder. This is a perfect time to make an effort to focus on your food choices and get in a habit of eating healthy. Holidays can bring joy to so many, but they also can add extra unwanted calories. Instead of focusing on foods you should not eat, think about all the foods that you can eat! Fall is the perfect time to add foods such as sweet potatoes, pumpkin, parsnips, winter squash, pears, brussel sprouts, grapes and pomegranates to your menu. More info on healthy food choices can be found at https://www.eatright.org/food/nutrition/healthy-eating/9-fall-produce-picks-to-add-to-your-plate.

Additionally, you can make more soups loaded with vegetables and healthy proteins that can help fill you up. This also helps to keep you hydrated AND keep your weight under control...all while keeping you warm. So, with Halloween behind us, but your candy still lying around and thoughts of pumpkin pie and sugar cookies in your future, continue to be mindful and aware of your daily food choices. Each year, thousands of people feel the holidays start their weight gain. However, those actual holidays fall once a year and are not every day. It is those “other days” where you can have the biggest impact on having a healthy lifestyle. The best advice is to make a plan, ensure you get good sleep, monitor your alcohol intake, exercise, drink more water, and include fruits and vegetables, lean proteins, healthy fats and whole grains with your meals. Note...your health depends on it. Remember, it is not what you do one time, but on most days, that makes the biggest difference.
ON YOUR RADAR

CHECK OUT THE 2020-2021 DEFENSE SUICIDE PREVENTION OFFICE SUICIDE PREVENTION MONTH OUTREACH AWARD WINNERS!

This year, CWG-6 Ft. Meade received DSPO’s September 2020-September 2021 Suicide Prevention Month Recognition as the Navy recipient for their exceptional suicide prevention efforts during Suicide Prevention Month! They held seven major events during 2019 Suicide Prevention Month, including a Support Our Shipmates (SOS) Buddy Walk and Suicide Prevention Pledge signing.

All Navy events must adhere to the safe messaging guidelines included in the Navy’s 1 Small ACT toolkit to convey a positive narrative and ensure they do not unintentionally place vulnerable individuals at increased risk.

Additional submission requirements are included in the 1 Small ACT Toolkit and questions can be emailed to Ruth Cassidy at either suicideprevention@navy.mil or ruth.c.cassidy2.civ@us.navy.mil.

UPDATED SAPR GENERAL MILITARY TRAINING

Updated Sexual Assault Prevention and Response General Military Training (SAPR GMT) is now available. Training materials are available for download via MyNavyPortal and include new videos and scenarios, critical changes reflecting updated policy, and common themes we’ve become familiar with in cultivating our Culture of Excellence. Commands that have already completed FY22 SAPR GMT are not required to retake the training using the updated SAPR GMT.

NAVY DRUG AND ALCOHOL DETERRENCE WEBINARS

The Drug and Alcohol Deterrence office continues to host weekly webinars for drug and alcohol program personnel. Visit Navy Drug Detection and Deterrence for the full schedule of upcoming webinars and information on how to join, or email MILL_NDSP@navy.mil.

JOIN THE WEEKLY “E-OSC SUPPORT AND BEST PRACTICE HUDDLE” HOSTED BY OPNAV N17 AND NCCOSC STAFF!

Implementing Expanded Operational Stress Control (E-OSC) at your command is a very important process and requires a motivated and Proactive Team Leader. Beginning implementation is challenging and Team Leaders will benefit from the support of other Team Leaders at nearby commands, and subject matter experts at OPNAV N17 and NCCOSC. All Team Leaders are welcome to join in the virtual weekly support meeting to ask questions and solve problems in a collaborative environment.

Commands that feel that E-OSC implementation is going well are encouraged to join in order to share their lessons learned with the wider Navy community.

The meeting occurs every Monday at 13:00EST/10:00PST. If you would like the meeting details, please email: eosc.fct@navy.mil

RESOURCES

MILITARY ONESOURCE

Call: 1-800-342-9647
Chat: Military One Source

SAFE HELPLINE

Call: 877-995-5247
Visit: Safe Helpline

DOOD SAPR CONNECT

Call: 800-662-HELP (4357)
Visit: SAMSHA-Find Help

DRUG AND ALCOHOL DETERRENCE WEBINARS

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