



Career progression, community management, personnel matters, and general information from the desk of the Navy Personnel Command, Force Master Chief, FORCM Jon Port

LIFE IS WORTH LIVING

The passing Holiday Season combines with the onset of winter to create a dangerous time for those susceptible to suicide. In the United States, January has the highest rate of suicide. Depression is a warning sign for suicide, for many people, the mere shortening of daylight hours through the fall has physical effects and brings out an annual cycle of despair. If isolated from family and friends during and after the holidays, people can sink into deep depression. Signs of depression include feelings of hopelessness, withdrawal, changes in eating or sleeping habits and declining performance at work or school. If a person uses drugs and alcohol, has recently ended an important relationship, has endured the death of a friend or family member or has had a previous suicide attempt, she or he may be at added risk. People often offer signs that they are considering suicide. A preoccupation with death is a likely indication. Giving away prized personal possessions is another. Take any warning signs seriously. You could save a life. Show understanding, compassion and concern. Help is available 24/7 at the [Veterans Crisis line](#). 1-800-273-8255 (option 1). Their website offers a wealth of information on suicide prevention and training materials for commands including [videos](#) such as [video](#) by famous actor Gary Sinise. The Navy's suicide prevention website includes a [Commander's tool kit for suicide prevention and response](#). Life is worth living!!

SRB PAYMENTS IN ASSOCIATION WITH ERB RESULTS

Members that are currently receiving SRB installments and were selected for separation or conversion as part of the ERB process will have future SRB installments terminated. SRB funds already received will not be recouped. Members that have been selected for conversion and refuse the conversion will have the unearned portions of the SRB recouped. Additionally for members selected for conversion to another SRB rating, the member's command should contact PERS-811 (SRB Desk) to determine SRB eligibility.

TRANSITION ASSISTANCE HANDBOOK

The downloadable handbook provides Sailors a centralized listing of transition services and benefits available to Sailors leaving the Navy. Sailors can visit the enlisted retention board web page on the NPC website where they can view and [download the handbook](#) in a portable document format. Sailors transitioning from the Navy seeking to begin a second career can access an online job bank geared to connect veterans with employers who desire the skills veterans bring to the work force. The Veterans' Job Bank provides a central resource for veterans to access jobs available specifically for prior military people. The job bank is available at www.nationalresourcedirectory.gov.

HOLIDAY NUTRITION

The holiday season is upon us and now is a great time to map out your nutritional strategy. Everyone has traditions, but planning ahead for what we know is coming can do a lot for our nutrition, not to mention your waist line, blood sugar, cholesterol, and blood pressure. The goal is to enjoy the holidays without over-indulging. Enjoy meals and favorite foods, but try to eat less and make half your plate fruits and vegetables. Be selective and eat only the treats you really enjoy. Don't forget that a large percentage of extra calories may be contained in your favorite beverage. Increasing awareness when tempting treats are bountiful can help decrease over-indulgences and actually make the holidays more enjoyable. If excessive calories, sugar and salt are not what you are asking for this holiday season, consider creative solutions, be realistic, and above all, have fun over the holiday!

THIS WEEK IN NAVAL HISTORY

- Nov 21st 1918 - U.S. battleships witness surrender of German High Seas fleet at Rosyth, Firth of Forth, Scotland, to U.S. and British fleets.
- Nov 22nd 1914 - Title Director of Naval Aeronautics established.
- Nov 23rd 1940 - President Franklin D. Roosevelt appoints Admiral William D. Leahy as U.S. Ambassador to Vichy France to try to prevent the French fleet and naval bases from falling into German hands.
- Nov 24th 1964 - USS *Princeton* (LPH-5) completes 7-days of humanitarian relief to South Vietnam which suffered damage from typhoon and floods.
- Nov 25th 1961 - Commissioning of USS *Enterprise* (CVA(N)-65), the first nuclear powered aircraft carrier, at Newport News, VA.

QUOTE OF THE WEEK

"There are no secrets to success. It is the result of preparation, hard work, and learning from failure." --Colin Powell