



OMBUDSMAN NEWSLETTER

A newsletter for NMCS D families

Naval Medical Center San Diego

August 2012

Ombudsman Corner



Greetings from your Command Ombudsman,

It's that time of the year again when we get together on the surf and thank our Individual Augmentees!

What is an IA?

- *Individual Augmentees (IAs) are Sailors, who support or "augment" another Navy, Marine Corps or Army command.
- *Sailors usually go to their IA assignment on temporary or TAD orders and return to their current or "parent" command once they complete their assignment.
- *Assignments vary in length from a few months to a year or more.



Saturday, August 25 • 10 am-2 pm • NASNI • Breakers Beach

This summer, FFSC joins Morale, Welfare & Recreation (MWR) to thank our IAs and their families at our 3rd annual IA Beach Bash. The IA Beach Bash is a fun-in-the-sun reunion and appreciation event for anyone who has ever deployed as an IA (active, reserve, retired, or no longer in service), their families and friends, the families of those currently serving on an IA tour, and Sailors and families who have orders to deploy as an IA.

POINT OF CONTACT INFORMATION FOR COMMAND OMBUDSMAN-



Mrs. Alexandria Warren
(619) 921-1168

Nmcsd_ombudsman1@yahoo.com

Routine call hours are from 0800-1700 and emergencies are taken at anytime! If I am not immediately available, please leave your name and contact information and I will contact you ASAP. I look forward to serving you!

Leadership Corner: Command Master Chief HMCM (FMF) Yen Duberek



Good afternoon, Shipmates and family members!

First off, I would like to express my sincere gratitude to Xandi Downing for her support to our military families during her tenure! We are sad to see her go but we wish her continued success and good luck in all her future endeavors.

Have you or your family been, will be, or are currently deployed (IA OR as an individual deployer – active or reserves!)? Please join me and my family for the 3rd Annual Individual Augmentee's Beach Bash! On August 25th from 10AM-2PM, talk to Fleet and Family Services to RSVP and for more information! Come out and enjoy the fun! Summer is in full-swing! Keep in mind, during the summer months that safety is always paramount. Take all necessary steps to ensure that you and your families always observe safety precautions and have a safe, enriched summer.

Finally, we want to thank you, the families of those deployed, for all your support to our own extended “family” in arms. In just one week of reference, our Pacific Partnership 2012 (PP12) deployers onboard USNS MERCY have helped a three year old who had been severely scarred (over 70% of her body) from burns in a house fire, walk again; have provided innumerable innovative laser treatments to many other burn victims; provided Subject Matter Expert Exchanges (SMEE), allowing our deployed family members to perform a modern single incision laparoscopic cyst removal procedure, the first of its kind to be performed during a humanitarian assistance operation; they are providing concerts and Community Service Projects in Vietnam; and in one case provided life-saving CPR for over 20 minutes, saving the life of a local man in cardiac arrest; they are setting huge records – on June 30th alone, the PP12 team saw over 1,000 patients in that single day!

I know the hardships involved during deployment and I want to express my deepest appreciation for your continued courage and enduring commitment to your loved ones abroad. Your sustained bravery and tenacity in the absence of your family members is an inspiration to us all!

Sincerely,

Command Master Chief Duberek



Defenseindustrydaily.com

Pacific Partnership 2012 will deliver humanitarian civil assistance and conduct environmental sustainability missions from USNS Mercy to the nations of Indonesia, Philippines, Vietnam and Cambodia.

ARE YOU READY TO RUMBLE?

EARTHQUAKE PREPAREDNESS RESOURCE FAIR

August 6, 10 am-2 pm

Naval Base San Diego, Main Exchange

Open to all DoD personnel, retirees, and their families

Shuttle service from Bowling Center and Piers 3, 7, 10, 12

Sponsored by



Learn how to prepare, what to expect, and how agencies respond to an earthquake.

- Earthquake simulator
- Search & rescue dogs
- Emergency plan templates
- Register for Reverse 911
- Emergency kits and food available for purchase

CHECK OUT YOUR LOCAL MWR LINK FOR FUN ACTIVITIES AND EVENTS!



<http://mwrtdo.com/sandiego/about/nltw/>



Welcome to San Diego and the Exceptional Family Member Program!

The FFSC San Diego EFMP Liaison Team would like to welcome you to San Diego with one-stop shopping of the most relevant local EFMP support organizations on Wednesday, August 29, 2012. Staff and materials from each organization will be present.

Naval Base San Diego
Waterfront Recreation Center, Bldg. 45
10-11:30 am
For all enrolled in EFMP and Command EFMP POCs

Back-2-School Resource & Enrollment Fair 2012

San Diego Unified School District

Saturday, August 18, 2012 • 9 am-3 pm • Complimentary lunch 11 am-1 pm

Enroll Your Child in School*, Visit Resource Booths, & Enjoy Fun Activities! *Students new to San Diego Unified School District only.

Location: Farb Middle School

4880 La Cuenta Dr., San Diego, CA 92124

To Enroll Your Child at the Event:

1. Schedule an enrollment appt. by emailing enrollmentfair@sandi.net. Type "Appt. Request" in Subject Line. You will receive email asking for additional info and an appt will be scheduled.
2. Collect documents needed for enrollment appt.: proof of residence, immunization records, previous school records, and your child's birth certificate.
3. Bring documents with you to your enrollment appt. on August 18th.

For more information, contact

Navy School Liaison Officer, 858-349-7678

Marine Corps School Liaison Officer, 858-577-8625

Home School Linkage

NUMEROUS links to various record keeping ideas and sites

http://homeschooling.about.com/od/records/Record_Keeping_and_Scheduling.htm

Record keeping

<http://donnayoung.org/index.htm>

Grading home schooling

http://www.squidoo.com/homeschool_grading#module4837069

Free home school record keeping

http://www.xomba.com/free_printable_homeschool_report_card_and_grade_forms

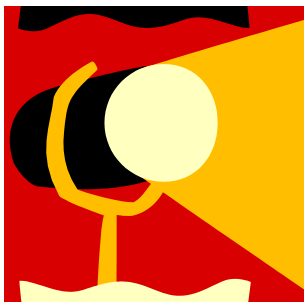
How to grade home school papers

http://www.ehow.com/how_4457014_grade-homeschool-papers.html

Home school tracker

<http://www.homeschool-curriculum-and-support.com/record-keeping.html>

<http://www.homeschoolviews.com/articles/feature/grades.html>



DEPARTMENT OF DEFENSE LODGING

DEFENSE LODGING

The Defense Lodging System (DLS) was established as a network of sites for DoD Lodging reservations including Army, Navy, Air Force, and Marine Corps branches of the U.S. Military. Reservations for on and off base lodging facilities are available at DoD Per Diem Rates. Select from a wide range of TDY Lodging for official and unofficial travel.

For more details:

<http://defenselodging.com/>

WHAT IS DOD LODGING?

Fun, adventure and relaxation begin with Navy Getaways! Planning a family vacation? A class reunion or retirement? A weekend getaway? *Navy Getaways* has the right accommodations for your vacation style!

Navy Getaways provides exciting recreational "Getaway" experiences for Active Duty, Retirees, NAF or DoD civilians and sponsored guests.

Take advantage of great benefits including MWR food and beverage facilities, fitness centers and bowling. The ITT office may also have the discount tickets you're looking for!

Navy Getaways are the ideal places to play, rest, relax, and recharge. From hiking, swimming, or simply unwinding, Navy Getaways caters to you and your family.

To search worldwide and make reservations:
<http://www.dodlodging.net/default.aspx>

Leadership Spouse Corner: Michelle Faison



OAKLEAF CLUB OF SAN DIEGO

Serving the Spouses of the Officers in the Medical, Dental, Medical Service and Nurse Corps and the Spouses of other Officers attached to the Naval Medical Center who are Regular, Retired, or Reserve on full-time active duty, and widows of such Officers in the San Diego area. The Oakleaf Club carries on the banner of the oldest service club in the San Diego area.



We are a club that strives to nurture lasting friendships among members to promote esprit de corps within Navy Medicine by providing a forum for social activities, educational programs, and participation in charitable programs. Our monthly activities include gatherings for a variety of interests including children's playgroup, book clubs, Bunco, lunches out, as well as other new activities at the request of our members. We hold two fundraising bake sales a year to fund our scholarship, and also have other fundraising events to purchase items needed in clinics for patients comfort at the hospital that are not provided by the government (colorful Band-Aids for kids, toothbrushes, coloring books, toys for waiting rooms, etc.). Please check us out on Facebook under "Oakleaf Club of San Diego" for up-to-date information on activities and news!

Ombudsman. Your ombudsmen serve as a direct link between you and the command. This position is staffed by volunteers, many of whom are military family members. In addition to information, these individuals provide support for families of deployed service members and can provide assistance to families in coping with personal matters while service members are away. We have one Ombudsman: **Mrs. Alex Warren** (619) 921-1168. They report directly to me so I can quickly engage and help if needed.

Chaplains. NMCS D chaplains can help families to ensure that they are prepared and supported spiritually, emotionally, and socially. In times of personal, emotional and marital difficulties, chaplains can provide counseling to help service members and their families work through their problems. Chaplains have a deep understanding of the military lifestyle and the challenges that arise for families during a deployment. They also have a wealth of information regarding resources available to support service members and their families both on and off base. Our Chaplain is **CAPT Robert McClanahan Jr.** He can be reached at (619) 532-6025.

Fleet and Family Support Center. Family centers provide assistance to service members and their families to help support them in meeting the unique demands of the military lifestyle. Family centers provide assistance before, during, and after a deployment through mobilization and deployment assistance, information and referral, personal financial management, employment assistance for spouses, the coordination of volunteer opportunities, relocation assistance, community outreach, family life education, and crisis assistance. Service members and families are eligible to receive services from any family center, regardless of branch of Service or the branch of Service of the family center. The Fleet and Family Support Center is located at Naval Base San Diego. Their hours are 0730-1630, Monday – Friday, and they can be contacted at (619)556-7404. Their website is: <https://www.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/index.htm?ssSourceSiteId=CNRSW>

Morale, Welfare, and Recreation. While your loved one is deployed, it is important that you and your family take care of yourselves and take time to relax. Through the Morale, Welfare, and Recreation (MWR) programs, a number of recreational outlets for families are available that can be a great way to burn off stress. Typical recreational opportunities on include gymnasiums, intramural and youth sports, bowling, swimming pools, libraries, sports facilities, parks and picnic areas, outdoor recreation equipment check out, youth centers, theaters, and automotive and crafts shops. Our MWR program is located in Bldg. 26 and can be contacted at 619-532-7245. The website for the Navy Region Southwest MWR is: <http://mwrtoday.com/sandiego/>

Armed Services YMCA. The ASYMCA works with the Department of Defense (DoD) to provide a number of programs and services including home visit counseling and crisis counseling. They are located on the NMCS D campus in Bldg 1 on the Ground floor across from the barbershop. Their hours are 0800-1700, Monday-Friday, and their number is (619) 532-8156.

American Red Cross. The American Red Cross offers confidential counseling, guidance, information, referrals, and other social services to all military personnel (active duty, National Guard, and Reserves) and their families. They are located on the NMCS D campus in Bldg 1 on the Ground floor across from the barbershop and their number is 619-532-8165.