

HELSEACOMBATRON Contact Information



Commanding Officer

CDR Ryan T. Carron, USN
ryan.carron@navy.mil
(619) 545-8193

Executive Officer

CDR Derrick W. Kingsley
derrick.kingsley@navy.mil
(619) 545-8192

Command Master Chief

CMDCM(SW/AW) Terry L. Craddock
terry.craddock@navy.mil
(619) 545-8193

Command Career Counselor

NC1(AW/SW) Erin L. Williams
erin.williams1@navy.mil
(619) 545-7058

Office Phones

Command Duty Office
Administrative Office
Public Affairs Office
Legal Officer
Information Securities Officer
Personnel Security Officer
Operations Officer
Maintenance Officer
Flight Officer
AAMO
Training Officer
Safety Officer
Student Control Officer
Maintenance Control
MMCPO
QA Office
Toolroom
Paraloft
Airframes/Corrosion Control
Power Plants
Phase
Avionics
SAR Model Manager
HCO/LSE
FRAC/Training

Commercial Phone

(619) 545-8196/8197
(619) 545-8189
(619) 545-6501
(619) 545-2379
(619) 545-8189
(619) 545-8195
(619) 545-8184
(619) 545-6432
(619) 545-8185
(619) 545-8207
(619) 545-4373
(619) 545-8183
(619) 545-4373
(619) 545-8204
(619) 545-8199
(619) 545-9894
(619) 545-6976
(619) 545-8209
(619) 545-9943
(619) 545-9945
(619) 545-8533
(619) 545-8178
(619) 545-5402
(619) 545-2601
(619) 545-4371/4379

DSN Phone

735-8196/8197
735-8194
735-8189
735-8189
735-8189
735-6153
735-8184
735-6432
735-8185
735-8207
735-4373
735-8183
735-4373
735-8204
735-8199
735-9894
735-6976
735-8209
735-9943
735-9945
735-8533
735-8178
735-5402
735-2601
735-4371/4379

Helpful Numbers in San Diego

| | | |
|--|---|--------------|
| Housing | San Diego Military Housing | 619-556-8443 |
| Navy Lodge | Naval Base San Diego Lodge | 619-234-6142 |
| | Naval Base Coronado | 619-435-0191 |
| Utilities | San Diego Gas & Electric | 800-411-7343 |
| Water | San Diego Water Utilities | 619-515-3500 |
| | San Diego Water Authority | 619-682-4100 |
| Telephone | Pacific Bell (Residential) | 800-310-2355 |
| Pet Licenses | San Diego Dept of Animal Control | 619-595-4555 |
| US Postal Office | | 800-275-8777 |
| Cable Television | American International | 619-435-8240 |
| | Country Cable | 760-789-2663 |
| | Cox Cable | 619-262-1122 |
| | | 760-599-6060 |
| | | 800-221-4188 |
| | Daniels Cable Vision | 760-931-7000 |
| | Orion Cable | 760-591-9600 |
| | Time Warner Cable | 858-695-3220 |
| Child Care | YMCA Child Care Resource Center | 800-481-2151 |
| | Community Care Licensing | 619-767-2200 |
| | Child Care Resource Referral | 619-556-8491 |
| | Navy Family Homecare Program | 619-556-7391 |
| CA DMV | Chula Vista Office | 619-427-5550 |
| | El Cajon Office | 619-447-1900 |
| | Escondido Office | 760-741-2811 |
| | Oceanside Office | 760-941-9300 |
| | San Diego Office | 619-688-0227 |
| | San Diego Clairemont Office | 858-565-6691 |
| Immunizations | SD Baby Shots Line | 619-692-6600 |
| SD Schools | Attendance Boundaries | 619-725-5668 |
| | Office Of Education | 858-292-3500 |
| Lending Locker | Naval Base San Diego | 619-556-7404 |
| | Naval Base Coronado | 619-545-6071 |
| TRICARE | Tricare Service Center | 800-242-6788 |
| | Chula Vista Clinic | 619-585-5555 |
| | San Diego (Balboa Ave) | 858-569-6664 |
| | Naval Base Coronado | 619-545-4319 |
| | NAB (Active Duty) | 619-437-3050 |
| | NTC | 619-524-4947 |
| | Naval Station (Active Duty) | 619-556-8101 |
| | Naval Medical Center Information Appointments | 619-532-8225 |
| SAPR Hotline | San Diego Area SAPR Hotline | 619-692-5909 |
| NASNI MWR | Mon-Sat 9am-7pm/Sun 9am-530pm | 619-545-9576 |
| NAVBASE MWR | Mon-Fri 9am-5pm/Sat 9am-2pm | 619-556-2180 |
| Fleet and Family Support Center | Naval Base Coronado | 619-545-6071 |
| | Naval Base San Diego | 619-556-7404 |
| | Naval Base Point Loma | 619-553-8306 |

San Diego Exceptional Family Member Program Coordinators

Naval Air Station North Island
Officer In Charge
Naval Branch Medical Clinic
P.O. Box 357046
San Diego, CA 92135-7046
619-545-0398/4266
DSN 735-0399
FAX 619-545-0761

San Diego (Coronado)
Officer In Charge, Branch Medical Clinic
NAVAMPHIB Base Coronado
3538 Bougainville Road
San Diego, CA 92155-5046
619-437-5886/2376
DSN 577-5886/2376
FAX 619-437-3056

San Diego (CSC) Balboa
ATTN: EFM Program, NAVMEDCEN STE 100
34520 Bob Wilson Drive
San Diego, CA 92134-2100
619-532-6910
FAX 619-437-3056

School Information

Educational Data Partnership
STAR Testing Program

<http://www.ed-data.k12.ca.us>
<http://star.cde.ca.gov>

Museums

Cabrillo National Monument
Children's Museum
The Flying Leathernecks Museum
Museum of Contemporary Art
Museum of History and Art
Museum of Making Music
Quail Botanical Gardens
Rueben H. Fleet Science Center
San Diego Aerospace Museum
San Diego Automobile Museum
San Diego Hall of Champions Sports Museum
San Diego Historical Society Museum/Research
San Diego Maritime Museum
San Diego Model Railroad Museum
San Diego Museum of Art
San Diego Museum of Man
San Diego Natural History Museum

<http://www.nps.gov/cabr/index.htm>
<http://www.thinkplaycreate.org>
<http://flyingleathernecks.org>
<http://mcasandiego.org>
<http://coronadohistory.org>
<http://museumofmakingmusic.org>
<http://qbgardens.org>
<http://rhfleet.org>
<http://www.sandiegoairandspace.org>
<http://sdautomuseum.org>
<http://www.sdhoc.com>
<http://www.sandiegohistory.org>
<http://www.sdmaritime.org>
<http://sdmodelrailroadm.com>
<http://www.sdmart.org>
<http://www.museumofman.org>
<http://www.sdnhm.org/index.php5>

Other Attractions

Birch Aquarium at Scripps
San Diego Wild Animal Park
World Famous San Diego Zoo
LEGOLAND of California
SEAWORLD of San Diego
Belmont Park & Wavehouse
Dave & Buster's
Knott's Soak City
San Diego Coaster Company

<http://aquarium.ucsd.edu>
<http://www.sandiegozoo.org/park>
<http://sandiegozoo.org>
<http://legoland.com>
<http://seaworld.com>
<http://www.belmontpark.com>
<http://www.daveandbusters.com>
<http://soakcityusa.com>
<http://giantdipper.com>

Casinos & Racetracks

Barona Casino
Vieja's Casino
Pala Casino
Pechenga Resort & Casino
Sycuan Casino
Del Mar Thoroughbred Club

<http://barona.com>
<http://viejas.com>
<http://palacasino.com>
<http://pechenga.com>
<http://sycuan.com>
<http://www.dmtc.com>

Golf Courses

Barona Creek Golf Club
Carlton Oaks Lodge & Country Club
Carmel Mountain Ranch Country Club
Encinitas Ranch Golf Course

<http://barona.com>
<http://www.carltonoaksgolf.com>
<http://clubcmr.com>
<http://jresorts.com>

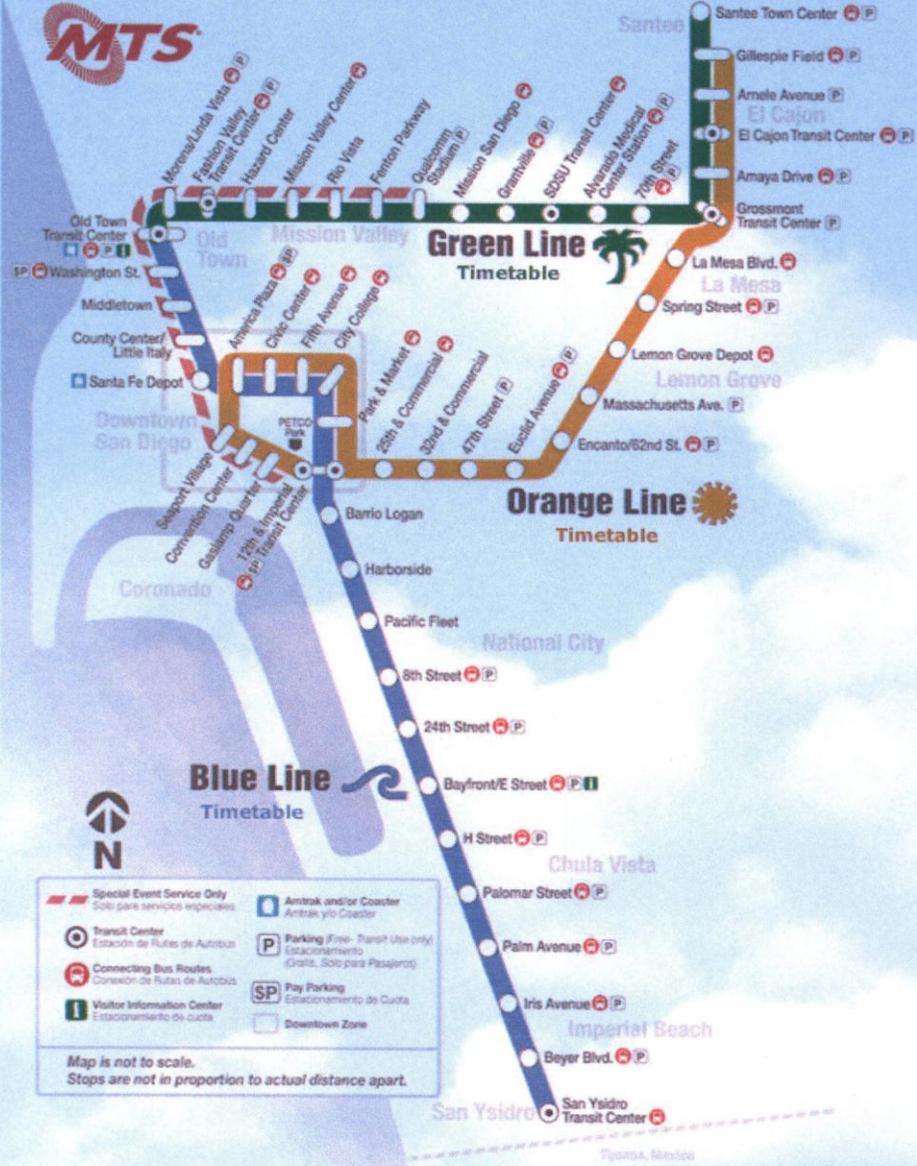
Mission Bay Golf Resort
Pala Mesa Resort
Rancho Bernardo Inn
Talega Golf Club
Warner Springs Ranch

<http://campland.com>
<http://www.palamesa.com>
<http://ranchobernardoinn.com>
<http://talegagolfclub.com>
<http://www.warnersprings.com>

Shopping

Baja Duty Free Store
Bazaar Del Mundo
Del Mar Plaza
Lake Elsinore Outlet Center
Las Americas
Seaport Village
Viejas Outlet Center
Westfield Shoppingtown Horton Plaza

<http://bajadutyfree.com>
<http://bazaardelmundo.com>
<http://delmarplaza.com>
<http://lakeelsinoreoutlet.com>
<http://www.premiumoutlets.com>
<http://www.seaportvillage.com>
<http://shopviejas.com>
<http://westfield.com>



San Diego Transit: (619)-233-3004

Welcome Aboard San Diego!

Take a nostalgic 15-minute ride across the bay to Coronado. Now departing from two San Diego locations; Broadway Pier and the Convention Center. Once across you'll arrive at the [Coronado Ferry Landing](#), a waterfront marketplace full of over 25 unique shops and restaurants.

Taking the Ferry to work? **Commuters ride FREE** during early commuter hours between 5:40am and 8:50am. Click here to view the [Commuter Schedule](#). You will receive a return ticket from the crew to use that afternoon.

| Coronado Ferry Rates: | | Each Way |
|-----------------------|--------------------|----------|
| ➤ | Adult | \$3.75 |
| ➤ | Children (under 3) | FREE |

**For more information call:
619-234-4111 or 800-44-CRUISE
(27847)**

You may bring your bicycle with you for no extra charge!
We also allow Segways on the Ferry

Ferry Tickets may be purchased at the Broadway Pier, 5th Ave Landing or Coronado Ferry Landing.

During **Padre Games & Summer Pops**, Ferry to and from Convention Center will depart continuously for approx. 1.5 hours before event begins and one hour after event ends.

There is no smoking allowed on the ferry at any time.

Ferry Boarding Locations:

- **Broadway Pier**, (Downtown SD): [1050 N. Harbor Drive San Diego Ca 92101](#)
- **Coronado Ferry Landing**, (Coronado Island): [1201 First Street, Coronado CA 92118](#)
- **Convention Center** (Convention Center Marina): [600 Convention Way, San Diego Ca 92101](#)

| San Diego - Coronado: | | Coronado - Convention Center: | |
|---------------------------|------------------------------------|-------------------------------|-------------------------------|
| Broadway Pier To Coronado | Coronado To Broadway (Downtown SD) | Coronado To Convention Center | Convention Center To Coronado |
| 9:00 am | 9:30 am | 9:17 am | 9:25 am |
| 10:00 am | 10:30 am | | |
| 11:00 am | 11:30 am | 11:17 am | 11:25 am |
| 12:00 pm | 12:30 pm | | |
| 1:00 pm | 1:30 pm | 1:17 pm | 1:25 pm |
| 2:00 pm | 2:30 pm | | |
| 3:00 pm | 3:30 pm | 3:17 pm | 3:25 pm |
| 4:00 pm | 4:30 pm | | |
| 5:00 pm | 5:30 pm | 5:17 pm | 5:25 pm |
| 6:00 pm | 6:30 pm | 6:17 pm | 6:25 pm |
| 7:00 pm | 7:30 pm | 8:17 pm | 8:25 pm |
| 8:00 pm | 8:30 pm | 10:17 pm* | 10:25 pm* |
| 9:00 pm | 9:30 pm | | |
| 10:00 pm* | 10:30 pm* | | |

*Friday & Saturday Only.
 Ferry Tickets may be purchased at the **Broadway Pier, 5th Ave Landing or Coronado Ferry Landing.**
[View the Commuter Ferry Schedule](#)

Tijuana, Mexico

Operation Safe Crossing is designed to deter underage drinking in Tijuana, Mexico and will be conducted Friday to Sunday nights throughout the year. San Diego Police will stop and ID any person believed to be 21 and younger before entering Mexico, and turn away anyone under the age of 18, who is not accompanied by their parent. ALL military personnel will be referred to Commander Navy Region Southwest (CNRSW) Border Shore Patrol for screening.

All military personnel without their Armed Forces Identification Card, will be denied entry into Mexico (per BUPERINST 7150.10B). San Diego police will arrest any person regardless of age, coming back from Tijuana who cannot care for themselves, due to intoxication. CNRSW Border Shore Patrol will maintain a visual presence and assist SDPD upon request in handling or taking custody of any military personnel.

CNRSW Border Shore Patrol will enforce the following current Mexico Liberty Policies:

ALL Navy Personnel E-6 & Below MUST have an approved Special Request Chit prior to entering the Mexican Border area in a leave or liberty status. Liberty Chits are to be approved by the individual's command at the level leave or liberty would be granted, or otherwise, as prescribed by the individual's commanding officer. This policy (CNRSW 1500.1A) applies to all Navy personnel E-6 and Below, permanently or temporarily serving, stationed, or assigned within the Regional Command Authority (California, Nevada, and Arizona) of Commander Navy Region Southwest (CNRSW), including personnel assigned to Transiting Units, who travel across the Mexican Border into the "Border Area." The "Border Area" is defined as the territory of Mexico within 75 miles of the United States and Mexican Border.

Navy Commands will be notified of violations or suspected violations by Naval Message with an information copy to the Immediate Superior in Command (ISIC) (HSC-3 ISIC is Commander Naval Air Forces Pacific). A detailed incident complaint report will also be provided. Commanding Officers are required to respond by Naval Message within 30 days indicating the specific disposition of the incident with an information copy to their ISIC.

In addition to obtaining an approved chit, personnel who are E-6 and Below shall use the "buddy system" while in the Mexico border area. A "buddy" is an adult, eighteen and older, military or civilian, whom the servicemember chooses, his command approves, and whose identity shall be specified on the request chit.

*Refer to COMNAVREGSWINST 1500.1B for the MINIMUM liberty requirements for Tijuana and the Mexican border area.

Commanding Officer policy at HELSEACOMBATRON THREE (HSC-3) requires ALL E-6 and Below personnel to adhere to the above CNRSW Mexican/Tijuana Liberty policy!

Additional items of interest regarding liberty in Mexico and the city of Tijuana on Automobiles, Personal Conduct, and Personal Safety may be found on the next page.

Automobiles

- Do NOT drive in Mexico unless absolutely necessary.
- Do NOT take rented vehicles into Mexico
- DO buy Mexican Insurance if you must drive in Mexico; a U.S. Policy, almost without exception, is not good in Mexico
- DO remember that even in a minor auto accident can result in your being imprisoned in a Mexican jail unit disposition of money damages occur.

Personal Conduct

- Do NOT go to Mexico in uniform.
- Do NOT buy, sell, or possess Marijuana or other controlled substances (including metabolic steroids, diet pills, performance enhancers, etc – as many of these items contain other controlled substances.)
- Do NOT become intoxicated. If you do, do NOT drive.
- Do NOT argue with shopkeepers, bartenders, or taxi drivers.
- Do NOT carry firearms or other weapons in Mexico.
- DO avoid confrontations such as fights and arguments, and do serve as a proper representative of the United States armed forces.

Personal Safety

- Do NOT put yourself into a situation with a stranger where you may be victimized.
- Do NOT interfere with the Mexican Police in the performance of their duties.
- Do NOT wander around the back streets.
- Do NOT use public ATM's late at night.
- Do NOT be on the streets late at night.
- Do NOT drink water from a tap or public water supply. This includes ice cubes.
- Do NOT purchase food from street vendors.

REMEMBER!

- When in a foreign country, the rights that you enjoy as a U.S. citizen are not assured. You are subject to the laws and rules of that country.
- Mexican jails and prisons are definitely NOT pleasant places to be.
- If you park your car on the U.S. side of the border, and walk into Mexico, and if you drink alcohol while there, do NOT walk back across the border, get into the car, and drive. California police frequently patrol these parking areas.

IF YOU'RE IN NEED OF HELP!

If you do get into trouble in San Ysidro, call U.S. Navy Shore patrol Liaison: (619) 428-2427, or the U.S. Consulate, Tijuana: 66-81-7400 or (619) 692-2154 (Consulate Duty Officer pager)

MWR Information

MWR THIS WEEK

E-Newsletter

Prizes • Contests • Sneak Previews • All of the Latest MWR Information

To sign up for **MWR This Week**,
email Mindy.Hayes@navy.mil

Deployed Forces Support

Facility: Regional Deployed Forces Support
Bldg#: 71
Address: 2375 Recreation Way
Base: Naval Base - San Diego - (NBSD)
Hours: Mon-Fri; 7:30 am-5 pm / Sat-Sun, Hol; Closed
Phone: (619) 556-3327, 556-4826
Fax: (619) 556-6399

We offer the following programs: Liaison between ships & shore, Fleet Recreation Management Course, assist visit prior to inspections, conducts MWR briefings, special event coordination.

Job Opportunities

How To Apply:

Submit a completed SF-171, OF-612, MWR Application or resume in person to:

Community Support Programs
(Regional NAF Human Resources Office)
Naval Base San Diego (Dry Side)
Building 3210 (Anchors Catering & Conference Center) Main Street & Yuma Street
Phone: (619) 556-8916
Monday - Friday: 8 am-4 pm
Or Fax to: (619) 556-9537

- Fill out application and
- Attach in email to: mwr.hr.dept@mwrsw.com
- Or print and fax to MWR HR DEPT. 619/556-9537

The following web site contains information on how to apply for APF positions through Resumix.
http://www.resume.hroc.navy.mil/JobOpportunities/jobs_employment_opportunitites.htm

EMPLOYMENT OPPORTUNITIES

The MWR Personnel Department is the starting block for non-appropriated fund job opportunities. We accept applications for the following positions on a continuous basis:

Food Service Workers - Waiter, Waitress, Cooks, Dishwashers, Bartenders, Bar Assistant, Cashier, security Guards, Custodial Workers.

Recreation Aids - Auto Hobby, Recreation Centers, Fitness Centers, Pools, Marinas, Single Sailor, Golf Pro Shop.

Child Care - Educational Aids, Operation Clerks, Receptionist, Program Assistants, Custodial, Cooks.

Billeting - (Bachelor Quarters Billeting) Custodial, Housekeeper, Operation Clerks.

Recreation Assistants - Dock Attendants, Sailing Instructors, ITT Ticket Sellers, Lifeguards, Water Safety Instructors.

Laborer - Bowling Lane Maintenance, Golf Driving Range.

Clerical - Accounting, Purchasing, Personnel, Operations Clerk, Administrative.

Motor Vehicle Operator

Child Care - Locations throughout San Diego including MCRD, Miramar, Naval Station, Naval Amphibious Base, Naval Air Station North Island, Point Loma Subbase, Fleet Antisubmarine Warfare Training Center, Navy Medical Center.

Program Areas:

Fitness, Food and Beverage, Recreation, Bowling, Sports, Entertainment Tickets and Tours, Child Development, Outdoor Recreation, Youth, Aquatics, Golf, Billeting, Outdoor Recreation.

NOTE: UPON EMPLOYMENT, MUST ENROLL AND PARTICIPATE IN DIRECT DEPOSIT.

Sponsorship and Advertising Opportunities ---

COMMERCIAL SPONSORSHIP AND ADVERTISING

MWR can provide your organization with the opportunity to market your company's name and/or products to an exclusive military population. Both event Sponsorship and direct advertising are available to gain exposure and potential market share for your organization. MWR will work with you to design a package to meet your organization's marketing goals and objectives. For more information about the Navy's

[sponsorship program](#) call (619) 556-7464

IRENE WELLS

MWR Regional Sponsorship Coordinator

MWR Marketing Department

Naval Base San Diego

2375 Recreation Way, Bldg. 3532

San Diego, California 92136-5518

(619) 556-7464

Email: irene.wells@navy.mil

Personnel

Facility: Personnel

Bldg#: 3210

Address: Main St. and Yuma St.

Base: Naval Base - San Diego - (NBSD)

Hours: Mon - Fri; 8:00 am - 4 pm / Sat-Sun, Hol; Closed

Phone: (619) 556-9611

Fax: (619) 556-9537

Located in the Anchors Catering & Conference Center at the I-5 freeway off ramp at Main St./National City Blvd. Application are accepted from 8:00 am to 4 PM Monday through Friday for a wide variety of positions for recreation, food service, child care and hospitality positions. Open positions listing, benefit info.

San Diego Armed Services YMCA



3293 Santo Road

San Diego, CA 92124

Phone: (858) 751-5755

Fax: (858) 751-5769

Website: asymcasd.org

Contact: Paul Steffens, Executive Director, (SA)

info@asymcasd.org

Since 1921, the non-profit San Diego Armed Services YMCA has assisted San Diego Military with free family bonding, social networking and youth enrichment programs to help them stress less and connect more.

Youth & Community Outreach

- Mom & Tots
- Craft & Conversation
 - Playgroups
- Healthy Living Walking Group
 - Operation Kid Comfort
 - Operation Hero
 - Camp Hero
 - Operation Outdoors
- Youth Enrichment Summer (YES) Programs
 - YES! Teen
 - Healthy Kids Day
 - Father Daughter Dance

Active Duty Programs

(619) 232-9084

- Military Volunteer Program
- Out and About Tours of San Diego
 - Welcome Homes
- Thanksgiving Adopt-a-Troop
 - Operation Liberty Call
 - Adopt-a-Command
 - Recreating Field Trips

Naval Medical Center

(619) 532-8156

- Medical & Therapy
- Appointment Time Child Care
 - Arts & Writing Workshops
- ASY Medical Center Ambassadors
 - Community Connections
 - Digital Electronic Library
- Family Fun for Special Needs Children
 - Healing Touch
 - Message & Reiki Sessions
 - Medevac Family Support
- Neonatal Intensive Care Reunion
 - Recreation Therapy
- Therapeutic Horseback Riding
 - Therapy Dog Visitation
- Wounded Warriors Battle Back
 - Yoga and Meditation Classes
 - Recreation Therapy
- Wounded Warriors Battle Back

Family Outreach Department

- In-home Family Counseling
 - Marriage Counseling
 - Individual Counseling
 - Parenting Education
- Clinical/Social Networking Groups
- Information, Resources & Referrals
 - Family Emergency Supplies
 - Neighborhood Exchange
- Super Parent Holiday Shopping Day
- Holiday Elf Program Children's Deployment Groups
 - Military Family Advisory Committee