



# NCTS SAN DIEGO OMBUDSMAN NEWSLETTER



## CO's Corner

Hello again NCTS Families!

It has been a busy couple months and it seems like the year is flying by and soon summer will be upon us. We have been trying to figure out a way to encourage more family involvement and with Spring here, new opportunities for events and volunteerism abound. With these thoughts in mind, this issue of the newsletter will focus on opportunities for us to come together as a command and also give back to the community.

There are a couple initiatives we are looking at and I would love to get your feedback as we move ahead.

We are looking into standing up a Family Readiness Group (FRG) that would help provide some structure for us to come together as a whole team. The FRG, although a bit different from a sea going command, would provide opportunities for families to understand and participate in all the great things our team is doing. Luncheons, sporting events, and volunteer opportunities are just a few things possible. I hope you will choose to participate!

Other initiatives include working together for volunteer opportunities and hosting social events. I believe these things have the potential to make us a stronger and better team. I want to ensure all families have a chance to be a part of the great things the NCTS team does every day. I look forward to hearing your ideas.

Best Wishes,  
CDR Gene Bailey

## Congratulations on the Second Annual Goat Race NCTS!



*NCTS San Diego  
Box 357056  
San Diego, 92135*

# OMBUDSMatters



*Anna  
Ombudsman, NCTS  
San Diego  
(619) 545 1707*

**OMBUDSMAN.NCTSSD@GMAIL.COM**

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## **NCTS SD Ombudsman Reportables**

As an ombudsman, I am bound by a strict code of ethics and confidentiality.

ONLY the following topics will be communicated to the Command. ALL other topics will remain CONFIDENTIAL:

- All suspected or known situations of child abuse or neglect;
- Alleged domestic abuse;
- Suspected or potential homicide, violence or life endangering situations;
- All suspected or known suicide risks;
- Any activity that is suspected or known to be criminal;
- Any severe financial issues.

I hope this newsletter finds all of the NCTS families enjoying the Spring season.

As the new baseball season kicks off, and thus the MWR fundraising kicks into high gear, I thought it would be a great opportunity to introduce you to some of the volunteer opportunities available within NCTS.

NCTS, for many years now, has partnered with PETCO park during the baseball season to allow sailors and their families, to work at the concession stands. Instead of being paid cash, the sailors receive incentives from the command and the MWR at NCTS receives payment from PETCO park. The money received from the volunteerism of the sailors at NCTS and their families contributes significantly to the programs and events that the MWR offers. These programs and events include the Holiday Party as well as (hopefully) a new TV for the lunchroom, IA homecomings, uniform patches, and birthday and award cakes - all very worthy causes!

8 people are needed for each of the 15 scheduled games this season. Please contact ET2 Kenneth Eaton or myself (ombudsman.nctssd@gmail.com) if you would like more information or you are interested in volunteering.

Additionally, the Command is considering the option of starting a FRG - a Family Readiness Group. The intention of the FRG would be to allow families to interact with each other- whether at play dates, bunco nights, book clubs, bowling events, or girls night out. FRGs can be a phenomenal asset to the command. By organizing social and informational activities, FRGs help families to meet the challenges of the Navy lifestyle that you may have already met and prepare you for any you may meet in the future (as well as simply to have some fun!).

A FRG is organized and run by volunteers - usually significant others of sailors at the Command. This is where you come in - we would love to hear your thoughts about this idea. What kind of events would you like to see? Would you like to help organize or volunteer with the FRG (you can volunteer for 2 hours or to be on the committee, or anything in between)? Do you think this is a good idea? Would you like to discuss the options in person - would a group meeting be a good idea?

**WE WANT TO HEAR YOUR IDEAS.** So please, email FRG.NCTSSD@GMAIL.COM with your thoughts and we can then work from there!

Finally, I have listed a few other volunteer opportunities in the Spouse's Corner. I hope you find them of interest.

As always, do not hesitate to contact me with any concerns or questions that you may have.  
Sincerely, Anna

## News From your IA Coordinator, Chief Karstens

The first quarter of 2012 has been a very busy year for our IA Sailors!

We've had 5 Sailors return safely from their IA's, from Afghanistan, Kuwait and Bahrain. We've also had 3 Sailors depart to train for their upcoming deployment, as well as a few more making their final preparations to deploy. All of our returning Sailors have had welcome home groups to greet them as they come down the stairs in San Diego Airport on the final leg of the journey home; and NCTS makes a strong attempt to have a special send off for every Sailor that leaves on an IA as well.

Why do Sailor's choose IA?

Why volunteer to leave shore duty and deploy before their normal rotation time? It varies from Sailor to Sailor. Some are looking for the excitement of a non-traditional tour. Others want to become more versatile with their technical specialties. Some Sailors see the many incentives offered ~ extra advancement points, tax free pay, potentially more awards. You'll find most however, most share a common reason ~ a chance to serve in a greater capacity and stand up for what they believe in.

In of May we will be doing a large send off of "Care Packages" to all of our deployed Sailors. While loads of snacks are always loved ~ small notes from the home front are welcome too. If you're interested in having a note placed in a care package, please contact the OMBUDSMAN!

## MWR Events at NCTS

*Every Other Wednesday  
Fundraiser BBQ  
Lunchroom, NCTSSD*

*Seeking volunteers for the PETCO/Padres  
partnership starting April 11th.*

*Please contact MWR Volunteer representative  
ET2 Kenneth Eaton for more information*

## Upcoming Events

### April

<i>Military Off, Civilians Liberal Leave</i>	<i>Friday 4/6</i>
<i>BCA Weigh ins</i>	<i>4/16-4/20</i>
<i>Official PRT</i>	<i>4/23-4/27</i>

### May

<i>Military Off, Civilians Liberal Leave</i>	<i>Friday 5/25</i>
<i>Labor Day</i>	<i>Monday 5/28</i>



### **Save the Date!!**

*NCTS Command Picnic  
is planned for Friday,  
June 8th 2012 at  
Admiral Baker Park.*

*More details to follow  
in the next newsletter.*

## Spouses Corner

Looking for ways to give back to the community? Here are a few resources to get you going:

### ***Join Team Grace Hopper and help raise money for March of Dimes***

Did you know?

- Every year, more than half a million babies are born too soon in the United States. Our country's premature birth rate has risen by 36 percent over the last 25 years. That's serious cause for concern.
- Premature birth costs society more than \$26 billion a year and takes a high toll on families. Babies born just a few weeks early are at risk of severe health problems and lifelong disabilities. Premature birth is the number 1 killer of newborns.

#### The Prematurity Campaign

In 2003, the March of Dimes launched the Prematurity Campaign to address the crisis and help families have full-term, healthy babies. They are funding lifesaving research and speaking out for legislation that improves care for moms and babies. Worldwide, 13 million babies are born prematurely each year. In 2008, we expanded the campaign globally.

Joining the team is as easy as 123.

1. Contact a team captain (they won't bite)  
[Autumn.dixon@navy.mil](mailto:Autumn.dixon@navy.mil)  
[Danyelle.keys@navy.mil](mailto:Danyelle.keys@navy.mil)  
[Dita.bailey@gmail.com](mailto:Dita.bailey@gmail.com)

2. Go to the Grace Hopper team webpage.  
[http://www.marchforbabies.org/s\\_team\\_page.asp?seid=1799919](http://www.marchforbabies.org/s_team_page.asp?seid=1799919).

Share the fun! Tell everyone you know. The more people who join our team the bigger the party!

If you are unable to walk, it doesn't mean you can't be a part of the fun. You can always sponsor another teammate or come out and cheer them on. Our motto is "have fun helping save those who are too small, weak, and sick to fight for themselves."

3. Help Team Grace Hopper meet our goal of \$500.00, I guarantee there is someone you know personally that has been affected by prematurity! It does not discriminate and you are helping a baby have a fighting chance to survive.

Contact the Volunteer Coordinator at the **Fleet and Family Support Center** for information and one time opportunities to volunteer in the community. Volunteer Coordinator at FFSC (619) 556-7404

#### **Volunteer to benefit the NCTS MWR Fund!**

Volunteer at Padres games this coming season and earn discounts on your NCTS Holiday Party Ticket. Contact ET2 Kenneth Eaton for more information.

#### **Volunteer to help start the NCTS Family Readiness Group!**

Send an email to [FRG.NCTSSD@GMAIL.COM](mailto:FRG.NCTSSD@GMAIL.COM)

#### **Volunteer with the Navy Marine Corps Relief Society**

Help fellow Navy families. Activities include visiting patients at the navy hospital, Greet NMCRS clients, knit and sew clothing for newborns, volunteer at a Thrift store.

Call (619) 238 1060 for more information

#### **DOD is seeking Military Spouse Bloggers!**

DoD officials are seeking spouses that are willing to share their knowledge and experiences about everything from military life and deployment to education and careers.

<http://blog-brigade.militaryonesource.mil/submissions/>

#### **USO**

Contact the local USO to find out some of the many opportunities they offer to volunteers to help military families.

[www.usosandiego.org](http://www.usosandiego.org)

#### **Operation Homefront**

Operation Homefront (OH) provides emergency financial and other assistance to the families of our service members and wounded warriors including emergency food, home repairs, moving assistance to name but a few. Many volunteer positions can be done from home.

See the link below for more information.

<http://www.operationhomefront.net/socal/volunteer.aspx>

## News You Can Use

### **REMINDER - Metlife to replace United Concordia**

Effective May 1, 2012, Metlife will be the new Tricare Dental contractor. Remember to contact your dentist to make sure they are aware of this change and that they will switching to Metlife before your next visit to ensure your coverage remains the same.

### **Operation Purple Summer Camps**

Free summer camp for kids aged 7-17 years old.  
[www.campfiretoday.org](http://www.campfiretoday.org)  
Monday June 11 2012- Friday June 15 2012  
Registration now open

### **Golf Expo**

Saturday, May 19th 9am-2pm  
Admiral Baker Driving Range  
Call (619) 487 0090 for more information

### **Ultimate Frisbee Tournament**

NASNI  
April 24th, 11am-1pm  
Register by April 19, 18 &over only  
[bobby.estrada@mwrsw.com](mailto:bobby.estrada@mwrsw.com) (619) 545 2876

### **Free before and after school care option through San Diego Unified School District (SDUSD)**

The PrimeTime Extended Day Program includes elementary and middle school students, and provides after school care until 6pm and some sites provide before school care as well.

PrimeTime offers 60-90mins of academic support. Application and screening process is involved to determine need for free program.

Applications are sent home in march to all students in SDUSD and are also available on SDUSD website.

### **Navy's 26th Annual Bay Bridge Run/Walk**

Sunday, May 20th,  
2012

Register online at  
[www.mwrtdoay.com/bridgerun](http://www.mwrtdoay.com/bridgerun)

Make sure to enter "NCTS" as your command if registering as A/D.



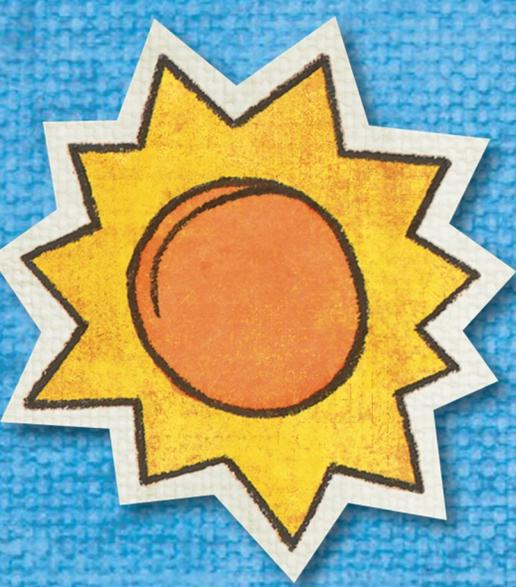
### **Congratulations all Goat Race Participants!**



Do you have any ideas for the next newsletter?

Please email me!

[OMBUDSMAN.NCTSSD@GMAIL.COM](mailto:OMBUDSMAN.NCTSSD@GMAIL.COM)



# Sand Castle Extravaganza



fun.



in

the  
sun



Calling all beach Bums  
We invite you and your  
family to  
kick off your flip flops,  
put on your sun screen,  
bust out those sand toys  
and

join us for

**FUN IN THE SUN**

Where: Breakers beach

When: April 14 (9:30-11:30)

Why: FOR FUN!

RSVP: [dita.bailey@gmail.com](mailto:dita.bailey@gmail.com)

