**APRIL—Month of the Military Child**

April is the Month of the Military Child. This month long observance recognizes the sacrifices and celebrates the youngest family members that serve.

**MCCS programs at MCRD San Diego present Month of the Military Child Events**

**April 4, 2011**
10 a.m.—12 p.m.
**Tell Me A Story**
Parents and children are welcome to listen to a story and connect through literature.

**April 5, 2011**
1—4 p.m.
**Who Moved My Cheese for Kids!**
Interactive workshop providing skills to enable children to better handle the changing environment of the military.

**April 6, 2011**
9 a.m.—1 p.m.
**In the Midst for Kids “Safari Field Guide”**
Get ready for a Safari adventure! Just like a Safari tour, military children sometimes need a guide to get them through military challenges.

**April 8, 2011**
9 a.m.—3 p.m.
**L.I.N.K.S. for Teens**
Enabling teens to meet other military teens and learn about topics such as community involvement, moving, separation, anti-bullying, and cyber safety.

**Light refreshments will be served.**

**April 12, 2011**
9:30 a.m.—12 p.m.
**Activity Morning**
Bring your 0-5 year old to Activity Morning for crafts, stories, and play! An opportunity for parents and children to socialize.

**April 12, 2011**
9:30 a.m.—12 p.m.
**L.I.N.K.S. for kids (6-12 yrs.)**

For additional information, contact Tracy Genica at 619-524-8030 or genicate@usmc-mccs.org

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**A Note From Your Ombudsman**

The Ombudsman program is a Command operated program intended to improve communication between the Command and a Sailor’s family members. The program was introduced to the U.S. Navy on 14 September 1970 by the Chief of Naval Operations, Admiral Elmo Zumwalt. Admiral Zumwalt adapted this program from a 19th century Scandinavian custom originally established by the King to give ordinary private citizens an avenue to express their grievances to high government officials. The primary focus of the Navy Family Ombudsman program is to provide information and referral services to the families.

**What is an Ombudsman?**

Selected by the commanding officer (CO), your Navy Family ombudsman is a spouse of a command member who voluntarily serves as the official liaison between the command and its families. The ombudsman is a vital resource to assist the command in discharging the CO’s responsibilities for the morale and welfare of the command’s families.

The ombudsman is the link between the command and the Navy family. This is especially true in deploying commands, where the ombudsman is the primary point of contact between the families at home and the command during deployment. As a spouse, it is important to get acquainted with your local ombudsman. The ombudsman is not a counselor or a social worker, but can show you a direct route to getting the assistance you need to find solutions and resources.

**Interested in Volunteering as Ombudsman?**

The Command is currently looking to add to the Ombudsman Team. If you are interested in becoming part of the NMCSD Command Ombudsman team, please email Kimberly Harris for further information.
Resource Spotlight—School Liaison Officer Program

What can a School Liaison Officer Do For You?

School Liaison Officers are in place to serve as a central point of contact between military parents, school systems, Commanders and communities. Starting with Kindergarten Readiness up through Graduation your School Liaison Officer can offer resources and support with:

- Information on local schools and boundaries
- Assistance with school selection (charter, private, public, virtual)
- Communicate with teachers, principals and school personnel
- Home schooling regulations and support
- Inbound/outbound school transfer guidance and prep
- Interstate Compact information
- Graduation requirements
- Scholarship information
- Schools & community outreach
- Understanding the special education process
- Referrals to appropriate DOE, military and civilian agencies
- Identify resources that facilitate school success, school transitions and relationships
- College readiness
- Mobilize community resources
- Initiating school and community outreach and partnerships

A top priority is to provide parents, students and educators timely and relevant information to enhance learning and promote academic success and a positive education experience overall.

To access your local School Liaison for great educational resources to support your child’s positive academic experience, contact a Regional School Liaison Officer:

USMC Anissa Stewart
(760) 583-0683
Anissa.Stewart@USMC.mil

USN Shannon Milder
(619) 532-4251
Shannon.Milder@Navy.mil

Tax Preparation Resources

Due to the observance of the Emancipation Day holiday in the District of Columbia, government officials have pushed the nation’s tax filing deadline from April 15 to April 18. Sailors and their families can receive free tax advice, tax preparation and related assistance on-site, online or by telephone from the following sources.

Military OneSource Tax Filing Services

H&R Block at Home Basic®, through the Military OneSource website and telephonic tax consultations, provides free access to a customized version of the basic H&R Block at Home electronic tax-filing product. This customized product allows for free federal filing and state filing (up to three states). Provided by the Department of Defense, H&R Block At Home Basic is available to active-duty, National Guard, and Reserve service members and their families. Tax consultants are available seven days a week from 7:00 a.m.—11:00 p.m. Eastern Standard Time (EST). Contact Military OneSource Tax Hotline at 1-800-730-3802 or go to Military OneSource Tax Filing Services at www.militaryonesource.com/MOS/FindInformation/Category/TaxFilingServices.aspx.

Volunteer Income Tax Assistance (VITA) Program

More than 100 Navy Volunteer Income Tax Assistance (VITA) Centers around the world are now open for business. On-site services are available to assist service members and their family members with free tax advise, tax preparation and return filing by IRS-trained volunteers. VITA services will remain available through April 18. Some overseas sites, as well as selected sites to assist those returning from a recent deployment, will remain open longer. To find a nearest VITA center, visit the Navy Jag Corps at http://www.jag.navy.mil.

Internal Revenue Service (IRS)

For additional tax questions and/or combat zone information, call 1-800-829-1040 or go to IRS.gov for tax information for military members.

Along with the filing extension, there are several new and existing tax laws military members and their spouses should keep in mind as the deadline draws near. Information on these laws can be found at http://www.defense.gov/News/NewsArticle.aspx?ID=63252.
News You Can Use

Exercise your right to vote!

No matter where you are in the world, you can still register to vote and vote absentee. The Federal Voting Assistance Program's website, www.fvap.gov, has easy to follow instructions and information on voting. For further questions, their phone number is 1-800-438-VOTE (8683). You can also contact NMCSD's Voting Assistance Representatives for help:

LT Melissa Bersamina  
Office: 619-545-0424  
Email: melissa.bersamina@med.navy.mil

HMC Frederick Schucht  
Office: 619-524-4056  
Email: frederick.schucht@med.navy.mil

Stay In Touch With Your Medical Home Port Provider

Staying in tough with your provider just got easier with NMCSD Online (powered by Relay Health). You can now contact your provider anytime, anywhere, from any Internet connection. It’s easy and secure. For your non-urgent needs, you may even save yourself an office visit. No more waiting on-hold for appointments or medication refills. No more talking to people other than your doctor about private matters. With NMCSD On-line, you can:

- Email your provider
- Schedule your next appointment
- Check your lab results
- Request a medication renewal for expired prescription or one with 0/3 refills
- Access health information to manage your health
- Create your own personal health record, especially useful for those managing a chronic condition

Look for more details on this exciting new resource in May's Ombudsman Newsletter or access the NMCSD website at http://www.med.navy.mil/sites/nmcsd/Patients/Pages/MedicalHome.aspx.

ID Card Changes—Social Security Number Removal

The DoD is removing Social Security Numbers from ID Cards. To protect your privacy and personal identity information, your Social Security Number (SSN) is being replaced with a DoD ID Number on all ID cards.

ID Card Changes:
- As of June 2011, SSNs will no longer be printed on any new ID card.
- SSN removal will occur in three phases.
- Your new ID card will have a DoD ID Number in place of your SSN.
- Your DoD ID Number will be used as the Geneva Conventions serial number.
- If you are eligible for DoD benefits, there will also be a DoD Benefits Number printed on your new ID card.

Please note that your current ID card should not be replaced until your card is within 30 days of its expiration date. If your IR card has an INDEF expiration date, and you would like your SSN removed, contact your nearest RAPIDS ID card facility for an appointment. Visit the RAPIDS Site Locator at www.dmdc.osd.mil/owa/home to find a location near you.

Operation Purple

Each summer, the National Military Family Association Operation Purple Program offers summer camps to children of deployed service members. The goal of these camps is to impart the message that kids serve too. Each camp is joint, or “purple”, (which includes all services) and is offered free of charge to all participants. The camps, which last from five to seven days, let military kids experience carefree fun while learning coping skills for deployment related stress. The Operation Purple program also includes leadership camps for teens, family retreats at national parks, and camps geared to address the needs of children and families of our Nation’s wounded services members.

Information on the 2011 season will be available soon at http://www.operationpurple.org.
DEPLOYMENT SUPPORT

Deployment Readiness Workshop
Apr 8, Fri, 8:30 AM - 9:30 AM, FFSC FRE

Homecoming Workshop
Apr 26, Tue, 6:30 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santa Rd, SD CA 92124

IA Deployment Readiness Workshop
Apr 22, Fri, 1:30 PM - 2:30 PM, FFSC FRE

Managing Deployment Workshop
Apr 5, Tue, 6:30 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santa Rd, SD CA 92124

Mid Deployment Workshop
Apr 13, Wed, 1:30 PM - 2:30 PM, FFSC FRE

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SUPPORT

Exceptional Family Member Program (EFMP) Orientation
Apr 6, Wed, 5 PM - 6 PM, FFSC MCB
Apr 6, Wed, 1:30 PM - 2:30 PM, FFSC FRE
Apr 12, Tue, 9 AM - 10 AM, FFSC NBPL
Apr 18, Mon, 2 PM - 3 PM, FFSC BVI
Apr 19, Mon, 10 AM - 11 AM, FFSC VSM
Apr 20, Wed, 3 PM - 4 PM, FFSC FRE
Apr 25, Mon, 5 PM - 6 PM, FFSC NBSD

EMPLOYMENT & TRANSITION ASSISTANCE

Finding Federal Employment
Apr 4, Mon, 5 PM - 7 PM, FFSC NBSD
Apr 5, Tue, 9 AM - 11 AM, FFSC NBSD

APRIL 2011

Troops to Teachers Program Overview
Apr 11, Mon, 4 PM - 5 PM, FFSC NBSD

INDIVIDUAL AUGMENTEE (IA) SUPPORT

Individual Augmentee (IA) Family Connection Meeting
Apr 12, Tue, 6 PM - 8 PM, Murphy Canyon Chapel, 3200 Santa Rd, SD CA 92124

Individual Augmentee (IA) Family Homecoming Workshop
Apr 20, Wed, 9:30 AM - 11:30 AM, FFSC NBSD

Individual Augmentee (IA) Sailor & Family Deployment Readiness Brief
Apr 19, Tue, 6 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santa Rd, SD CA 92124

Returned Individual Augmentee (IA) Workshop
Apr 21, Thu, 8 AM - 11:30 AM, FFSC NBSD

PERSONAL FINANCIAL MANAGEMENT

Car Buying Strategies
Apr 21, Thu, 3 PM - 4:30 PM, FFSC NBPL
Apr 21, Thu, 3 PM - 4:30 PM, FFSC VSM
Apr 28, Thu, 3 PM - 4:30 PM, FFSC BVI

Consumer Awareness / Tax Tips
Apr 4, Mon, 10:30 AM - 11:30 AM, FFSC FRE
Apr 4, Mon, 1:30 PM - 2:30 PM, FFSC FRE

EDUCATION ASSISTANCE

Department of Veterans Affairs GI Bill 101
Apr 20, Wed, 5 PM - 6:30 PM, FFSC Murphy Canyon Branch

Your Metro San Diego Fleet & Family Support Center Locations:

Naval Base San Diego (NBSD)
Buildings 258, 261 & 263
3005 Corrinia Alley, Suite 1
San Diego, CA 92136-5199
Hours: Mon: 7:30 am-7 pm
Tues-Fri: 7:30 am-4:30 pm
619-556-7404

Naval Base Coronado (NBC)
Building 318
Saffey Road
San Diego, CA 92135-7138
Hours: Mon-Fri: 7:30 am-4:30 pm
619-545-6071

Naval Base Point Loma (NBPL)
Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
Hours: Mon-Fri: 7:30 am-4:30 pm
619-553-8306

Murphy Canyon Branch (MCB)
4867 T Sante Road
San Diego, CA 92124
Hours: Mon-Fri: 7:30 am-4:30 pm
619-277-4259

Bayview Hills Branch (BVI)
1967 Sky Harbor Road
San Diego, CA 92139
619-556-1275
Hours: Mon-Fri: 7:30 am-4:30 pm
619-556-1277

The Village at Serra Mesa Branch (VSM)
3141 Alton Road
San Diego, CA 92123
619-556-1277
Hours: Mon-Fri: 7:30 am-4:30 pm
619-556-1277

Our mobile FFSC, the Family Readiness Express (FRE), will be in Prospect View housing in April!
FFSC FRE’s address: 8700 Redwood Drive, Santee CA 92071. Hours: Mon-Fri: 7:30AM-4:30PM, 858-431-6382.

Child care is available for classes held at the Murphy Canyon Chapel. Please call to arrange at least one week in advance: (619) 556-0031.
Fleet & Family Workshops
April 2011

Credit Management: Using Credit Wisely
Apr 18, Mon, 10:30 AM - 11:30 AM, FFSC FEM
Apr 18, Mon, 1:30 PM - 2:30 PM, FFSC FEM
Apr 28, Thu, 2 PM - 3:30 PM, FFSC NBC

Developing Your Spending Plan
Apr 11, Mon, 10:30 AM - 11:30 AM, FFSC FEM
Apr 11, Mon, 1:30 PM - 2:30 PM, FFSC FEM
Apr 20, Wed, 3 PM - 4:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124
Apr 27, Thu, 2 PM - 3:30 PM, FFSC NBC

Home Buying
Apr 21, Thu, 1 PM - 4 PM, FFSC NBC

Military Pay Issues
Apr 26, Tue, 9:30 AM - 10:30 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Million Dollar Sailor/Spouse Workshop
Apr 5 - 6, Tue - Wed, 8 AM - 4 PM, FFSC NBPL

Planning for Your Retirement
Apr 19, Tue, 2 PM - 3 PM, FFSC NBC

Selling and Investing
Apr 25, Mon, 10:30 AM - 11:30 AM, FFSC FEM
Apr 25, Mon, 1:30 PM - 2:30 PM, FFSC FEM
Apr 26, Tue, 2 PM - 3:30 PM, FFSC NBC

Survivor Benefits Plan (SBP)
Apr 7, Thu, 3 PM - 4 PM, FFSC VSM
Apr 14, Thu, 3 PM - 4 PM, FFSC VSM

Thrift Savings Plan (TSP)
Apr 12, Thu, 3:30 PM - 4:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

RELOCATION ASSISTANCE
Transferring within CONUS:
More Resources & Less Stress for Your Next PCS!
Apr 5, Tue, 9 AM - 10 AM, FFSC NBC
Apr 14, Tue, 9 AM - 10 AM, FFSC NBC
Apr 19, Thu, 9 AM - 10 AM, FFSC NBC
Apr 28, Thu, 9 AM - 10 AM, FFSC NBC

Transferring Overseas:
More Resources & Less Stress for Your Next PCS!
Apr 5, Tue, 9 AM - 10 AM, FFSC NBC
Apr 14, Tue, 9 AM - 10 AM, FFSC NBC
Apr 20, Wed, 1 PM - 2:30 PM, FFSC VSM
Apr 26, Tue, 1 PM - 2:30 PM, FFSC NBC

Fly for Free: Space A Travel
Apr 6, Wed, 4:30 PM - 5:30 PM, FFSC VSM
Apr 21, Thu, 10 AM - 11 AM, FFSC FEM

LIFE SKILLS EDUCATION
Building Effective Anger Management Skills (BEAMS)
Apr 27, Wed, 2 PM - 4 PM, NMCSD, Bldg 26, 1st Floor, Wellness Center

Building Self Esteem and Assertiveness
Apr 12, Tue, 1 PM - 3 PM, FFSC NBC

Dealing with Stress
Apr 6, Wed, 2 PM - 4 PM, NMCSD, Bldg 26, 1st Floor, Wellness Center

Effective Communication in the Workplace
Apr 19, Tue, 2 PM - 4 PM, FFSC NBC

Responsible Anger Management
Apr 7 - 8, Thu - Fri, 9 AM - 4 PM, FFSC NBC
Apr 21 - 22, Thu - Fri, 9 AM - 4 PM, FFSC NBC

FAMILY LIFE EDUCATION & ENRICHMENT
Active Duty Pregnancy Resources Workshop
Apr 6, Wed, 1 PM - 4 PM, FFSC NBC
Apr 13, Wed, 8:30 AM - 11:30 AM, FFSC NBC
Apr 20, Wed, 8:30 AM - 11:30 AM, NBPL

Basic Home Organization
Apr 5, Tue, 9 AM - 10 AM, FFSC FEM

Couples Communication
Apr 27, Wed, 5 PM - 7 PM, FFSC MCB

Dads and Discipline
Apr 28, Thu, 5 PM - 7 PM, FFSC MCB

Developing Your Family Care Plan
Apr 19, Tue, 9 AM - 10 AM, FFSC NBC
Apr 28, Thu, 9 AM - 10 AM, FFSC NBC

Effective Parenting Workshop
(4 Sessions, every Tuesday)
Apr 5, 12, 19, 26, 9 AM - 4 PM, FFSC NBC

Heathy Kids and Nutrition
Apr 13, Wed, 2 PM - 3 PM, FFSC VSM
Apr 27, Wed, 4:30 PM - 5:30 PM, FFSC VSM

Helping Children Cope with Disaster
Apr 20, Wed, 2 PM - 3 PM, FFSC VSM

How to Communicate with Your Teen
Apr 19, Tue, 5 PM - 6 PM, FFSC MCB

International Spouse Tea Time
Apr 26, Tue, 10 AM - 11:30 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Making A Welcome Home Banner
Apr 14, Thu, 10 AM - 11 AM, FFSC FEM

Parenting Tips
Apr 6, Wed, 2:30 PM - 4:30 PM, FFSC VSM
Apr 13, Wed, 3:30 PM - 5:30 PM, FFSC VSM
Apr 20, Wed, 10 AM - 12 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Spouse Readiness Workshop:
Resources for the Military Family
Apr 12, Tue, 5 PM - 7 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124
Apr 27, Wed, 9:30 AM - 11:30 AM, FFSC VSM

Kids’ Play Time (Ages 1-5)
Apr 8, Fri, 10 AM - 11 AM, FFSC FEM
Apr 12, Tue, 10 AM - 11:30 AM, First Baptist Lemon Grove, 2910 Main Street, Lemon Grove, CA 91944

Preschool Blocks (Ages 3-5)
Apr 21, Thu, 10 AM - 11:30 AM, Murphy Canyon Youth Center Park, 4887 Santo Rd, SD CA 92124

Toddler Time (Ages 1-3)
Apr 14, Thu, 10 AM - 11:30 AM, Murphy Canyon Youth Center Park, 4887 Santo Rd, SD CA 92124

Notable Quote:
“Military life is tough, but misery is optional.”
- Beth Wilson
American Red Cross (messages/family) 800-951-5600 Miramar youth Center (Drop-Ins) 858-577-4136
American Red Cross (Message/active duty) 877-272-7337 MWR Tickets (NBSD) 619-556-2180
American Red Cross (Programs) 858-309-1200 Naval Legal Services (NBSD) 619-556-2211
Armed Services YMCA Programs 858-751-5755 Naval Medical Center (Quarterdeck) 619-532-6400
Child Abuse Hotline 858-560-2191 Navy College (NBSD) 619-556-4922
Child Care Resource & Referral (Enrollment) 619-556-8491 Navy Lodge (All) 800-628-9466
Commissary (NBSD) 619-556-8657 Navy-Marine Corp Relief Society (NBSD) 619-556-8283
Commissary (NBC ) 619-545-6560 New Parent Support (NBSD) 619-556-8825
CREDO / Spiritual Fitness Guide 619-556-2826 Operation Homefront 866-424-5210
DEERS Enrollment Center (DMDC) 800-334-4162 Personal Property (Household Goods) 619-556-6683
DFAS & Military Pay Center 888-332-7411 PSD (NBSD) 619-556-2004
Family Advocacy Center 619-556-8809 TRIWEST 888-TRI-WEST
Fleet & Family Support Center (NBSD) 619-556-7404 TRICARE Dental Program 800-866-8499
Fleet & Family Support Center (NBC) 619-545-6071 United Services Organization (USO) 619-235-6503
Healthy Start MFC 858-496-0044 WIC 800-500-6411
Housing (Referrals & Assignments) 619-556-8443
ID Card Lab (NBSD) 619-556-9249
Medical (All TRICARE Appointments) 619-532-8225
Medical (NMC-SD One-Stop) 877-262-6476
Military One Source 800-342-9647

Community Health, Disaster Services & Information
24-hour access to community, health, disaster services information and referrals in Southern CA, Dial 2 1-1 from land line or 858-300-1211 from cell phone.

Navigating the Navy Lifestyle

Whether your new to the Navy family or looking to learn more about the Navy lifestyle there are many great resources available to you.

COMPASS provides courses from experienced, trained volunteer souses that offer valuable insight and knowledge to help make your journey as a Navy spouse successful. COMPASS courses are free of charge and breakfast, lunch, and childcare are provided.

The COMPASS program offers you an opportunity to:
• Make new friends and enjoy being a part of the Navy family
• Learn about the Navy Lifestyle from spouse mentors
• Acquire the knowledge and develop the skills to successfully meet the challenges ahead
• Develop realistic expectations, adaptability and a positive attitude

Chart Your Course With COMPASS
Navigating the Maze
Benefits and Services—Learn about the resources and websites that can provide you assistance and information.

Anchors Aweigh
Dealing with Deployment: Emotional Cycle, Separation and Reunion—Learn how to deal with deployments and how deployments can be a positive self-fulfilling event.

Local Insights
Exploring your community—Learn about fun opportunities right in your local area, including fun things to do with children.

I$ That All There I$?
Personal Finance—Learn good ways to look at financial matters and how to read an LES statement.

Changing Ports-Moving
Be informed! Be prepared! Be flexible! Learn how to make moving more efficient and about resources like a School Liaison Officer.

Getting Along
Healthy communications with friends, your spouse and your children.

U.S. Navy
History and Traditions.

Learn more about this program at www.lifelines.navy.mil/Familyline or visit the COMPASS website at www.gocompass.org.

Notable Quote:
"Children are the world's most valuable resource and its best hope for the future."
- John F. Kennedy