

# Navy Medicine Education & Training Command

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## Ombudsman Newsletter



August/September 2012

Volume 1, Issue 1

*From the Desk of Marité:*

*I hope everybody had a great summer. I would like to thank CAPT Hathaway for the opportunity to continue serving NMETC as your Ombudsman. Because this time of the year we usually welcome new members to our command, I am going to re-introduce myself. Sorry to the "veterans" that will have to endure it one more time!*

*My name is Marité Hoffman and it's a great honor to serve you and your family as the Command Ombudsman. I would like to take a few moments to provide just a few details about me. I was born in Argentina and I came to the United States to study at The Ohio State University and graduated with a Masters in Environmental Toxicology. My family has served the Navy for about 18 years and our son grew up moving every three years from Kindergarten to High School. Subsequently, I understand that serving our country as a member, spouse and child is sometimes very challenging. So, I am here to help your family with some of the problems and concerns that you might come across during your service at our Command.*

*Even though I have gained experience being an Ombudsman for several commands starting in 2002 including DVECC JAX, NDSL JAX and NEHC (NMCPHC), there have been many changes to the program during the last few years. Fortunately, I was able to get up to speed this past March during Ombudsman "basic training." Currently I serve as an Ombudsman for ASTC, NECE, NDSL, NMETC and NR NMETC.*

*To help you prepare for this academic year, I would like to pass along some useful information (please see below) that we received during the July Ombudsmen's Assembly provided by NAS Jax's school advocate Ms. Dawn Mills.*

*Like always, please contact me at (904) 402-3511, my "normal" phone hours (for referrals and non-emergency situations) are between 4:00 PM and 7:00 PM. For emergency situations, I'm here 24 hrs. a day. If you get the answering service, please leave a message and a phone number. I'll return your call as quickly as possible. Or you can also reach me at [NMETCOmbudsman@yahoo.com](mailto:NMETCOmbudsman@yahoo.com)*

### NAVY KNOWLEDGE ONLINE LIBRARY

**This web site is available for children, teens and anyone seeking FREE information and entertainment.**

This resource is available to all our active duty Navy, Marine Corps and Coast Guard, retired and reservist personnel and their family members, . delayed entry personnel, Naval Academy Midshipmen, DoN civilians and DoN contractors.

The Navy Knowledge Online Library (NKO) offers Children from age 3 and up talking books, read along and a vast selection of foreign language books Chinese, French, Spanish, Japanese and more. You can also download for free eBooks, iPod, kindle and Sony reader compatible books for free. Study with grade (6-12) appropriate content for math, reading, science and writing. Or learn a foreign language online (Arabic, French, Spanish, Japanese, Chinese, etc.) NKO offers high school students, college students and others more options to learn with practice tests, study guides, global information such as US and International Newspapers, and news from around the world. College preparations resources include GED and AP Exam preparation, Peterson's university information, study guides, resume for college applications, etc.

Any computer with Internet access can use NKO, you will need Microsoft Internet Explorer 5.5 or higher. To use this free service please follow the instructions:

- Log on to [www.nko.navy.mil](http://www.nko.navy.mil)
- You will be sent to a secure site
- Read and click OK on the DoD consent banner

- Register as a new user
- The site will create a user name for you
- You create the password and it should be reset every 60 days
- The previous five passwords will be tracked and cannot be reused.

### **SCHOOL LIAISON OFFICER**

We have our own advocate available for our school aged children. **If you have a child with behavioral problems at school, and need an advocate to talk directly with his/her teachers to work out a plan to better fit your child's needs or to explain special circumstances our children face every time one of their parents deploy, PLEASE contact Ms. Dawn Mills at NAS JAX:**

Ms. Dawn Mills 904-486-8281  
904-778-2236  
[Dawn.m.mills@navy.mil](mailto:Dawn.m.mills@navy.mil)

**For other regions in the country please contact me for more information.**

### **FREE ONLINE TUTORING AND COLLEGE SUPPORT 24/7**

Military families, active duty personnel, National Guard and reserve families have access to PROFESSIONAL tutors 24/7 from anywhere in the world for help with homework K-12 in more than 20 subjects such as math, social studies, English.

Active Duty, National Guard and Reserve members who are juggling work and college classes get help in writing and proofreading papers, studying for exams or completing introductory college level coursework.

Tutor.com offers online tutors that will work one-on-one in a secure online classroom, which features an interactive whiteboard, file sharing and instant messaging. You won't have the same tutor for more than one problem or assignment and every session is anonymous and no personal information is ever shared between the tutor and the student. There are more than 2,000 tutors available, each of them is screened and is an expert in the subject they tutor. You can also download an APP for your smart phone at tutor.com. To use this free service please go to

[www.tutor.com/military](http://www.tutor.com/military)

### **STUDENT ONLINE ACHIEVEMENT RESOURCES (SOAR)**

**SOAR** is a program for military families to address the unique challenges facing military children in our nation. This free program identifies strengths and areas where students may need improvement, tailors

instruction to address the specific needs of the student and provides remediation and enrichment resources.

Parents can monitor the progress of their child from anywhere in the world providing an invaluable tool for a deployed member to be engaged in their child's education. In addition parents are provided with resources materials to assist their kids in areas where they need help.

Once registered, parents can create individual accounts for each child, access links to State Department education websites, as well as other resources. SOAR covers skills in math, reading and language arts for students in grades 3 through 12. Students can benefit from the online program whether they are getting ready to transition to a new school or for preparation for a state standard test like the FCAT here in Florida or SOL in Virginia. For more information please visit:

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

### **SAT AND ACT ONLINE PREPARATION**

I cannot emphasize enough the importance of taking the SAT and ACT exams early in the year. It helps tremendously when you need to apply for scholarships.

To obtain a DVD that includes more than 11 hrs of instructions, 3000 files of supplemental test preparation material, sample questions and practice test. There is a nominal charge of \$17.55 for processing and shipping. Please go to [www.eknolodge.com/NAVY](http://www.eknolodge.com/NAVY)

The donation project is an alliance of the professional athletes from MLB and the Department of defense

### **NAVY BALL**

This year the Navy Ball will be held at NAS JAX in hangar 117. It won't be the three base event as it was like during the past two years. The organizers are expecting about 400 people to attend and it is recommended that your purchase tickets as soon as they are on sale. And ladies start budgeting for your dress, shoes and evening bags early. Remember to visit resale shops, discount stores such as ROSS, St. Augustine Outlet Malls, etc. (not an official endorsement) and eBay for bargain deals! Guys, rent your tux early on to avoid rush fees. As soon as we have more information, I'll pass it on.

See you there!!

## **MILITARY EXTENSION INTERNSHIP PROGRAM**

Considering a career in childcare or youth development? Intern with the Military Extension Internship Program! Spring 2013 applications will be accepted August 1st through September 28th. For more information go to:

[www.ydae.purdue.edu/military](http://www.ydae.purdue.edu/military)

Point of Contact Jessica Wandless at (765) 496-771  
[jwandles@purdue.edu](mailto:jwandles@purdue.edu)

## **OPEN SCHOLARSHIP APPLICATION**

The Council of College and Military Educators (CCME), a not-for-profit organization dedicated to promoting, encouraging and delivering quality education to Service members and their families of all branches of the Armed Forces, is pleased to offer \$1000 scholarships to United States active/reserves/guard service members, veterans, and military spouses working towards the completion of higher education degrees at CCME member institutions.

Application should be posted to the website from now through October 1, 2012. For more information please go to:

[www.ccmeonline.org/scholarships](http://www.ccmeonline.org/scholarships)

## **VETERAN & MILITARY SPOUSE NATIONAL VIRTUAL CAREER FAIR August 21st - 1pm-4pm EST 23,000 JOBS AVAILABLE**

On August 21st, Hero 2 Hired- H2H.jobs will sponsor the next Milicruit virtual career fair for veterans and military spouses. This is absolutely the fastest and easiest way for military families to meet and interact live with employers without the cost or burden often associated with more traditional career fair events.

More than 45 industry leading employers and federal agencies are already committed to participate. When a veteran or spouse registers, they can login right away and start researching employers, viewing/applying for jobs, and even send recruiters direct emails to their virtual booths!

*Companies:* Aetna, American Red Cross, AOC Solutions, Arise Virtual Solutions Inc., Camping World-Good Sam, CBRE, CHSi Middle East, Citi, Convergys, DaVita, Dish Network, Dr. Pepper Snapple Group – General Motors, Graybar, IHG, IM Flash, Lowe's, Level 3 Communications Inc., NCO Financial, Northwestern Mutual, Penske Truck Leasing, Pepsi Beverages Company, Pfizer, Philips, Progressive, Sears, State Street Corporation, The SI Organization Inc., TSA, Union Pacific, Waste Management, Xerox Business Services, Hero2Hire, MOAA, American Corporate Partners.

For more information please go to:

[www.veteranscareerfair.com](http://www.veteranscareerfair.com)

## **H&R BLOCK FREE INCOME TAX COURSE FOR MILITARY SPOUSES AND WOUNDED WARRIORS**

Point of Contact for any questions or additional assistance: Military Channel Manager, Albert Niebla, at [MilitaryFieldSupport@HRBlock.com](mailto:MilitaryFieldSupport@HRBlock.com).

As in previous years, H&R Block is offering a FREE Income Tax Course for Military Spouses and Wounded Warriors. This course normally costs \$250 - \$300 depending on your location, but H&R Block will pay for those who are eligible.

Who is eligible? Any I.D. holding Military Spouse of an active, retired or reserve military service member and Wounded Warriors (as defined by the DoD).

The course is approximately 10 weeks long, only 10 hours of lessons per week. The intention is to train spouses on tax codes and regulations, then place graduates in H&R Block positions for the tax season. **When students call the H&R Block toll-free number to register, they must identify themselves as a "Military Spouse or Wounded Warrior."** Registration is also available online and at participating H&R Block offices. For more information please call 1-800-HRBLOCK (472-5625) or go to

[www.hrblock.com/class](http://www.hrblock.com/class)

## **GET FREE MICROSOFT OFFICE TRAINING AS A MILITARY SPOUSE**

Receive a voucher for Intermediate Office 2010 training via Worksource Florida. For more information please call Patty Piazza at 997-3100 ext. 2350

## **MWR EVENT HIGHLIGHTS FOR THIS MONTH**

- **CAPTAIN'S CUP 3-30 BARMINTON DOUBLES LEAGUE MEETING:** August 28<sup>th</sup> at the base gym. For more information call 542-2930.
- **MOVIE UNDER THE STARS:** August 31<sup>st</sup> at dusk, bring your own blankets, chairs, and food. Snacks and beverage will be available for purchase. On Yorktown Rd. at Patriot's Grove. For more information call 542-1335.

## **IMPORTANT WEB SITES**

### **HEALTH**

- Tricare claim forms  
[www.tricare.osd.mil](http://www.tricare.osd.mil)
- Active Duty Family Member Dental Program  
Plan until April 30<sup>th</sup>, 2012  
[www.ucci.com](http://www.ucci.com)
- Active Duty Family Member Dental Program  
Plan after May 1<sup>st</sup>, 2012  
[www.mybenefits.metlife.com/tricare](http://www.mybenefits.metlife.com/tricare)

### **EMPLOYMENT**

- Florida Job Seekers  
[www.floridajobs.org](http://www.floridajobs.org)
- Federal employment  
[www.UAjobs.com](http://www.UAjobs.com)

### **HOUSING**

- Navy/Marine Corps housing/Rental  
Partnership Program  
[www.housing.navy.mil](http://www.housing.navy.mil)
- NE Florida Assn. o Realtors  
[www.nefar.com](http://www.nefar.com)

### **FINANCIAL MATTERS**

- Northeast Florida Chapter  
[www.nefloridarecross.org](http://www.nefloridarecross.org)
- Navy Marine Corps Relief Society  
[www.nmcrs.com](http://www.nmcrs.com)

### **BABY SITTER**

[www.sittercity.com](http://www.sittercity.com)

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[www.tutor.com/military](http://www.tutor.com/military)

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