Peacock Pride, Ombudsman Publication
/ September 2012

Brandt, Kate

http://hdl.handle.net/10945/32598
Be Prepared and Be Aware

“Wisdom is knowing what to do next; virtue is doing it.”

David Starr Jordon

The future belongs to those who believe in the beauty of their dreams.

—Eleanor Roosevelt
In this Issue:

- From the Ombudsman / Important Numbers to Know
- Be Prepared! Your Safety Preparedness Kit List
- September is Baby Safety Awareness Month
- Newsletter Feedback - Hearing from YOU!
- Monterey Bay Officer’s Spouses Club Highlights
- September Calendar of Events
- Fleet and Family Support September Classes
- Monterey Volunteer Opportunities
WHO IS THE OMBUDSMAN?

Appointed by the Command, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is a point of contact for all family members connected to the command - including spouses, parents, and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines.

Ombudsmen maintain current resource files with information on military and civilian community agencies that can help families solve a variety of problems, and successfully meet the challenges they face before, during, and after deployments. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and family members. Ombudsmen may publish or contribute to command newsletters. Ombudsmen can also assist families in contacting the Command for a variety of reasons.

FROM THE OMBUDSMAN.....

Dear Families,

First, I want to thank all the service members for keeping us safe. I second want to thank the families for adjusting their everyday lives to support their spouses when called upon to serve.

As always, I am here for you and your families. If you have heard of any military or family programs and would like more information, or you have a question or concern about anything, please feel free to contact me at 831-238-4394 or npsombudsman@gmail.com. Contact me and I will help you find the answers to your questions or concerns.

If it is important to you, it is important to me.

Kate Brandt
NPS Command Ombudsman

Emergency Numbers
NPS Police 831-656-2555
NPS Quarterdeck 831-656-2441
Police - Monterey 831-646-3914

Red Cross
(831) 424-4824 (Salinas)
(831) 624-6921 (Carmel)
http://www.redcross.org

Military One Source
Available 24/7
1-800-342-9647
www.militaryonesource.com

DEERS
1-800-538-9552

Fleet Family Support Center
831-656-3060

TRICARE DENTAL PROGRAM
www.tricaredentalprogram.com

TRICARE
https://www.tricare.mil

Navy SAFE HARBOR:
1-877-746-8563
safeharbor@navy.mil
www.safeharbor.navy.mil

Chaplain Office
831-656-2241
tphali@nps.edu

NPS Homepage
www.nps.edu

ID Card Office
(831) 656-3477 or
(831) 656-1174

PSD Office
(831) 656-1847/ 48
September is National Preparedness Month. So take time this month to learn about preparedness; assess your risks, make a plan, build a kit, and get involved. Preparing ahead of time can help save lives, protect property, and speed up the pace of recovery. With a few simple steps, you can be ready for potential disasters and emergencies.

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger
- Additional Emergency Supplies
- First Aid Kit
- Supplies for Unique Needs
September is also Baby Safety Awareness Month.

Juvenile Products Manufacturers Awareness (JPMA) initiated Baby Safety Month to educate parents and caregivers on the importance of the safe use and selection of juvenile products. The campaign started in 1983 when JPMA initiated “Expectant Mother’s Day.” In 1986, it was extended to a week long celebration, until 1991, when JPMA sponsored the first “Baby Safety Awareness Month.” Since then, every September has been designated as Baby Safety Month.

Parents, guardians and childcare providers are encouraged to commit to learning new ways to ensure babies’ and toddlers’ safety during this month. In order for children to grow and thrive they must be in a safe, loving and nurturing environment. However, creating a safe environment can be very challenging. Research indicates that there are specific protective conditions that must be present to ensure child safety. Three of those conditions require parents, guardians and childcare providers to be knowledgeable about early child development, prepare a safe living environment and maintain a consistent preventive health care regimen.

According to the two leading pediatric preventive health care organizations – the Centers for Disease Control and Prevention (CDC) and American Academy of Pediatrics (AAP) – there are several basic safety precautions that all parents, guardians and childcare providers should adopt as part of their child-care practice.

- Keep all scheduled well baby/well child visits.
- Get all recommended immunizations as scheduled.
- Create a safe sleep crib/bed environment by removing all potentially hazardous items from within a child’s reach.
- Place babies and toddlers on their backs while sleeping.
- Child-proof your home.
- Learn about Purple Crying.

Practice self-awareness. Caring for babies and toddlers can be overwhelming and sometimes we need additional support. If you feel frustrated, depressed or overly anxious, contact someone you trust for help immediately or call 911.

To learn more about child safety and the New Parent Support Home Visitation Program, contact the Fleet and Family Support Center at 831-656-3060.
Despite the fact last weekend was Labor Day, the Post Office and NORAD are gearing up for Holiday deliveries. To be sure your loved ones get their Holiday packages or lumps of coal in a timely manner check out the post office’s Christmas mailing dates listed here:

2012 International and APO/FPO/DPO Christmas Mailing Dates

To ensure delivery of holiday cards and packages by December 25 to APO/FPO/DPO and international addresses overseas, we suggest that mail be entered by the recommended mailing dates listed below. Beat the last-minute rush and take your mail to your U.S. Post Office® by those suggested dates. And don’t forget you can print postage, labels, and Customs forms online 24/7 using Click-N-Ship® service at www.usps.com/clicknship.

Remember, all mail addressed to military and diplomatic post offices overseas is subject to certain conditions or restrictions regarding content, preparation, and handling. APO/FPO/DPO addresses generally require Customs forms. To see a table of active APO/FPO/DPO ZIP Codes™ and associated mailing restrictions, go to http://APO.usps.com and click Postal Bulletins in the blue sidebar. Go to the current issue and see the article “Overseas Military/Diplomatic Mail.”

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<tr>
<th>APO/FPO/DPO Mail Addressed To</th>
<th>Express Mail® Military Service (EMMS)</th>
<th>First-Class Mail® Letters/Cards</th>
<th>Priority Mail®</th>
<th>Parcel Airlift Mail (PAL)</th>
<th>Space Available Mail (SAM)</th>
<th>Parcel Post®</th>
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<tr>
<td>APO/FPO/DPO AE ZIPs 090-092</td>
<td>Dec 17</td>
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<td>APO/FPO/DPO AE ZIP 093</td>
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<td>Nov 26</td>
<td>Nov 13</td>
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1 EMMS is available to selected military/diplomatic post offices. Check with your local Post Office™ to determine if this service is available to your APO/FPO/DPO of address.

2 PAL is a service that provides air transportation for parcels on a space-available basis. It is available for Parcel Post items not exceeding 30 pounds in weight or 60 inches in length and girth combined. The applicable PAL fee must be paid in addition to the regular surface price for each addressed piece sent by PAL service.

3 SAM parcels are paid at Parcel Post prices with maximum weight and size limits of 15 pounds and 60 inches in length and girth combined. SAM parcels are first transported domestically by surface and then to overseas destinations by air on a space-available basis.

4 GXG is available to over 190 countries with delivery in 3 to 5 average business days. Guaranteed, money-back service is available to Australia, China, Hong Kong, Japan, and Korea (Republic of South). Flat-rate shipping options and free packaging are available. Purchase postage online and receive an 8% discount.

5 EMS is available to over 190 countries with delivery in 6 to 10 average business days. Flat-rate shipping options and free packaging are available. Purchase postage online and receive a 5% discount.

6 PMI is available to over 190 countries with delivery in 6 to 10 average business days. Flat-rate shipping options and free packaging are available. Purchase postage online and receive a 5% discount.

* Average number of days may vary based upon origin and destination.

Please post on all bulletin boards.
Ombudsman Newsletter and Facebook Page Feedback

*If you don't like something change it; if you can't change it, change the way you think about it.*
*Mary Engelbreit*

In last month’s newsletter I asked for feedback. I said I wanted to hear from you. What changes and suggestions would you like to see in the newsletter? What do you as spouses and family members do to manage Change (last month’s topic)? I got great responses and I would love to hear from more of you each month! Remember, an Ombudsman is here for YOU. What types of things would you like to see discussed in the Newsletter, and topics brought up to the command? Some things already suggested by spouses are:

- Area businesses and attractions which offer military rates and discounts. *(Please see Page 10 - the MBOSC Page for more Info)*

- Providing notice of free local events and entertaining events on campus from MWR would be also be beneficial. *(Please see the Calendar of Events on Page 13 for this month’s happenings)*

- Insider tips for living in the Monterey area such as when are the best times to visit Cannery Row to avoid the crowds or finding affordable preferable free parking near the Fisherman's Wharf/Cannery Row area. *(Please see Page 10 - the MBOSC Page for more Info)*

- Is there anyone interested in organizing carpools?

What other kind’s of things would you like to see discussed or brought up to the Command? Please email me at npsombudsman@gmail.com
Exceptional Family Member Program Presents

Support Group

The Support Group meets the second Thursday of every month at 6:00 p.m. in the Army Community Service Gold Room. Childcare provided by Aptitude Habilitation Services until 8:00 p.m.

The evenings agenda includes:

**Introductions** 6:00–6:30 p.m. • **Presentations** 6:30–7:30 p.m.
**Discussion** 7:30–8:00 p.m. • **Mingling** 8:00–Close

<table>
<thead>
<tr>
<th>PRESENTATIONS</th>
<th>ORGANIZATION</th>
<th>DATE</th>
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<tbody>
<tr>
<td>Alethea Leandro-Farr</td>
<td>Salinas Circle for Children</td>
<td>August 9th</td>
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<td>Jim Collins, Director</td>
<td>San Andreas Regional Ctr</td>
<td>September 12th</td>
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<tr>
<td>Jason Braswell</td>
<td>JAG–Rights &amp; Responsibilities for EFM's</td>
<td>October 11th</td>
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<tr>
<th>ACTIVITIES</th>
<th>LOCATION</th>
<th>DATE/TIME</th>
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<tbody>
<tr>
<td>Horses, Hope &amp; Kids</td>
<td>220 J San Benancio Rd Salinas, Ca 93908</td>
<td>Every 1st &amp; 3rd Saturday 10:00 a.m.–12:00 p.m.</td>
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<tr>
<td>Fire Station Tour with Sparky the Fire Dog</td>
<td>Ord Military Community Fire Station</td>
<td>August 11th 10:00–11:00 a.m.</td>
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<tr>
<th>CONFERENCES</th>
<th>ORGANIZATION</th>
<th>DATE</th>
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<tbody>
<tr>
<td><strong>Stacey B. Thacker, LMFT</strong></td>
<td>Heartache to Hope</td>
<td>August 25th 10:00 a.m.–2:00 p.m.</td>
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*Must be enrolled in EFMP and preregistered with the EFMP office for slot allocations.
**Childcare provided by Monterey Road Child Development Center.
***Events and times subject to change. Call before the event for the latest information.

For more information please contact Linda Moseley at 242-7960 or 242-7660
Be sure to visit our Facebook page at www.facebook.com/presidioEFMP
Introducing Call Dibs!!

“A military-exclusive mobile marketplace”

Call Dibs, by Adjacent Apps, is a FREE mobile selling application; exclusive only to the military community that allows active duty, dependents, veterans, reservists, and the DOD to buy, sell, and exchange goods.

As military families, we’re accustomed to relocating. This often means we need to unload items prior to a move, or need items once we arrive to our new location. Call Dibs provides us a means to do so with ease. Unlike other online-selling tools, Call Dibs gives users a sense of trust, accountability, and security; knowing they’re transacting with other members of the military.

How Call Dibs works:

If you need to get rid of items, it’s fast and easy: 1. Describe your item, 2. List a price, 3. Select a length of availability, and 4. Upload a picture from your mobile device. Call Dibs can also be used out of good will, by just giving something away to your fellow service member or spouse. And if you’re in need of items, Call Dibs allows the awareness of knowing what’s available in your local area. You can see this through the Call Dibs map view or scroll through the list view. And if you’re PCSing soon – search your future destination.

To Start Using Call Dibs:

Call Dibs App is currently I-Phone, I-Pad, and I-Pod Touch compatible, with Android and home web connection development soon to follow. To start using Call Dibs today, visit www.calldibsapp.com and submit your email address (using a .mil email will ensure 100% military verification). Download the FREE Call Dibs app from iTunes. Complete the registration, then start buying and selling. Buy, sell, swap, and recycle - Call Dibs! For more information contact Call Dibs Monterey Deputy Jaclyn Hughes at jaclyn.hughes@callsdibsapp.com
The Monterey Bay Officers' Spouses Club held its New Spouse Welcome on August 28 and had a turnout of nearly 100 people! We were thrilled to see so many new faces amongst the familiar ones.

Also if you are wondering about various restaurants, events, and activities around the Monterey Peninsula, and you are a paid member of MBOSC, then you should have received your FREE copy of The Newcomer's Guide to Monterey. This guide has been created by military spouses, for military spouses. All items are recommendations made by MBOSC members. Recommendations have not been vetted, and inclusion in this guide is not an endorsement of any specific venue included.

If you are not yet a member, well, NOW is the time to become one! In addition to getting the FREE Newcomer’s Guide to Monterey, you will also get involved in great committees, special interest groups, socials, and expert guest speakers. There are also many opportunities to use your talents and skills within MBOSC. If you are looking for leadership opportunities, several committees and special interest groups do not have chairs and could really use a champion to keep them up and running. The organization caters to so many different interests; there is a place for everyone.

You can find out more at our website: www.montereybayosc.com or you can email us at president@montereybayosc.com. We look forward to seeing you at one of our upcoming socials, including our self-defense workshop at the end of September.
## Child Supervision Guidelines

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<td>Newborn-3 years</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<tr>
<td>4-6 years</td>
<td>No</td>
<td>No</td>
<td>Yes, if in a safe (fenced) area with immediate access (sight and hearing distance) to an adult.</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<td>7-9 years</td>
<td>No</td>
<td>No</td>
<td>Yes, during daylight hours, if in a playground or yard with ready access (in person) to an adult.</td>
<td>No</td>
<td>No</td>
<td>No</td>
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<tr>
<td>10-11 years</td>
<td>Yes, for up to 5 daylight hours.</td>
<td>No</td>
<td>Yes, with ready access to adult supervision. During daylight hours, children in 4th grade and above may walk to school and sports activities unaccompanied.</td>
<td>Yes, for up to 10 minutes if the keys have been removed and the emergency brake applied.</td>
<td>No</td>
<td>No</td>
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<tr>
<td>12-14 years</td>
<td>Yes, for up to 6 daylight or early evening hours. An adult must check on children in person or over the phone every 3 hours.</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes, for up to 20 minutes if the keys have been removed and the emergency brake applied.</td>
<td>Yes, Children 13 and older may care for siblings for up to 6 hours, but not overnight. Must have completed Red Cross Baby-Sitters Course.</td>
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<td>15-16 years</td>
<td>Yes, for up to 8 hours, but not overnight.</td>
<td>No</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes, for up to 10 minutes if the keys have been removed and the emergency brake applied.</td>
<td>Yes, Children 13 and older may care for siblings for up to 6 hours, but not overnight. Must have completed Red Cross Baby-Sitters Course.</td>
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<td>17+ years</td>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
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**Notes:**
1. Adult supervision is defined as someone who has or assumes responsibility for the child (for example, a parent, guardian, care provider, adult friend).
2. Parents are responsible for overseeing the individual capabilities of their children.
3. Ready access is defined as at minimum, telephone access and the telephone number of the person designated as adult supervision.
4. Children may have difficulty swerving dangerous weather conditions (for example, extreme heat or cold) and taking action to protect themselves.
5. The Red Cross Babysitting Course is strongly encouraged.
For more information about buying, selling, or volunteering at the Bargain Fair please call 831-275-0601 or visit http://www.montereybayosc.com/bargainfair.htm
# Calendar of Events

## September 2012

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<tr>
<th>Sun</th>
<th>Mon</th>
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<td>Bargain Fair 9am-12pm La Mesa Capitola Art and Wine Festival</td>
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<td>Santa Cruz County Fair Sept 11-16 <a href="http://www.santacruzcountyfair.com">www.santacruzcountyfair.com</a></td>
<td>FREE Ballroom Dancing Lessons! Call 831-656-7955 to sign up!</td>
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<td>Monterey Jazz Festival <a href="http://www.montereyjazzfestival.org/2012/">http://www.montereyjazzfestival.org/2012/</a></td>
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<td>Trident Room Trivia Slam 5-6pm</td>
<td>FREE Ballroom Dancing Lessons! Call 831-656-7955 to sign up!</td>
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**Movies are shown every Wednesday at 6 pm in the El Prado Room. Grab a bite from the Trident Bar and enjoy a movie. Look for movie listings on www.mwrtoday.com/monterey/**
**FFSC Workshops** Classes are free of charge. Space is limited. Please call ahead of time to reserve a spot. All classes are held at the FFSC- La Mesa Housing Community, 1280 Leahy Road, unless otherwise indicated. **Childcare is available but must be arranged no later than 5 days prior to**

### The following are available by appointment ONLY:
- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

### FAMILY & LIFESKILLS

**Couples Communication:**
Wed, Sep 19, 3-5 pm

**Military Basics for New Spouses:**
Tue, Sep 18, 10-11:30 am

**Parenting Education for School Age Children (ages 5-12):**
Thu, Sep 27, 1-3 pm

**Suicide Prevention Awareness:**
Thu, Sep 13, 10-11:30 am

**Stress/Time Management:**
Thu, Sep 6, 10 am-12 pm

**Anger Management:**
Mon, Sep 17, 1-3 pm

### BABY SIGN LANGUAGE CLASS
Fri, Sep 21, 10-11am

### FINANCIAL MANAGEMENT

**Million-Dollar Sailor:**
Every Wednesday, 1pm-4pm

**Car Buying Strategies (New/Used):**
Tue, Sep 25, 10 am-12 pm

**Credit Management:**
Wed, Sep 5, 1-3 pm

**Investment and Saving II:**
Wed, Sep 12, 1-3 pm

### RELOCATION

**Smart Move (Transferring/PCS):**
Thu, Sep 20, 1-3 pm

### EMPLOYMENT

**Interviewing Skills**
Thu, Sep 6, 4-6 pm

**Resume Writing**
Thu, Sep 20, 4-6 pm

The following are available upon request:
- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman
- New Parent Support Home Visitor

**= Located at Defense Language Institute, CIDD (Bldg 629A), Kendall Hall**
Monterey Volunteer Opportunities

Teddy Bears With Heart

**Bear Delivery** - We are in need of help delivering bears to agencies throughout the County.

**Booth Volunteer** - This person assists a TBWH member at one of our booths passing out information and talking to the general public.

**PR/Media Volunteer** - This person will handle our PSAs and creatively contact media and others to let people know what we do and who we help.

**Grant Writer** - We need someone to research and write grants so that we can purchase the Teddy Bears that we need and do not receive as donations.

**Bear Washer/Repair** - We need people to clean bears in their washing machines and or/repair bears that have seen a little too much love or are losing their stuffing.


Senior Peer Counseling Program
The Senior Peer Counseling Program is seeking volunteers to provide emotional support to older adults who are experiencing challenges associated with the aging process. If you are 40+ years, compassionate, warm, caring, and a good listener, please call 831-646-4636 or go to [www.allianceonaging.org](http://www.allianceonaging.org)