Peacock Pride, Ombudsman Publication / October 2013

Brandt, Kate

http://hdl.handle.net/10945/36814
October is National Domestic Abuse Awareness Month

October is Domestic Violence Awareness Month, a time for the community to come together and build awareness and a movement towards safe and healthy relationships for all individuals and families. Domestic violence touches every person in our community and society as a whole; and violates a person’s dignity, safety, and basic human rights. Stand up for survivors and join the movement for a safer and healthier community!

"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
- Domestic Abuse Violence Awareness Month
- Government Shutdown - What You Need To Know
- Introducing your new Co-Ombudsman!
- Local Babysitting Resources
- October Calendar of Events
- Fleet and Family Support October Classes
- Military Spouse Owned Businesses
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.

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.

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 OMBUDSMEN.....

Dear Families,

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

As always, we are 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 us at 831-238-4394 or npsombudsman@gmail.com. We will always help you find the answers to your questions or concerns.

Kate Brandt
Shawna Sprague
Command Ombudsmen

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

TRICARE
https://www.tricare.mil

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

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

NPS Homepage
www.nps.edu

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

PSD Office
(831) 656-1847/48
The Victims

- One in 4 women will experience domestic violence during her lifetime.
- Women experience more than 4 million physical assaults and rapes because of their partners, and men are victims of nearly 3 million physical assaults.
- Women are more likely to be killed by an intimate partner than men.
- Women ages 20 to 24 are at greatest risk of becoming victims of domestic violence.
- Every year, 1 in 3 women who is a victim of homicide is murdered by her current or former partner.

The Families

- Every year, more than 3 million children witness domestic violence in their homes.
- Children who live in homes where there is domestic violence also suffer abuse or neglect at high rates (30% to 60%).
- A 2005 Michigan study found that children exposed to domestic violence at home are more likely to have health problems, including becoming sick more often, having frequent headaches or stomachaches, and being more tired and lethargic.
- A 2003 study found that children are more likely to intervene when they witness severe violence against a parent – which can place a child at great risk for injury or even death.

The Consequences

- According to the U.S. Department of Housing and Urban Development, domestic violence is the third leading cause of homelessness among families.
- In New York City, 25% of homeless heads of household became homeless due to domestic violence.
- Survivors of domestic violence face high rates of depression, sleep disturbances, anxiety, flashbacks, and other emotional distress.
- Domestic violence contributes to poor health for many survivors. For example, chronic conditions like heart disease or gastrointestinal disorders can become more serious due to domestic violence.
- Among women brought to emergency rooms due to domestic violence, most were socially isolated and had fewer social and financial resources than other women not injured because of domestic violence.
- Domestic violence costs more than $37 billion a year in law enforcement involvement, legal work, medical and mental health treatment, and lost productivity at companies.

Ending an Abusive Relationship

If you're the victim of domestic abuse, you may have thought for months or years about leaving the relationship. But leaving is scary, and it's hard to do. Victims often feel trapped and very much alone. They may fear for their own and their children's safety. Or they're financially dependent on the abuser and may have no means of support. Within military families, victims are also likely to be far from their support system of family and friends back home.

Victims who need to get out of an abusive relationship can get support from the military, but they also need help and encouragement from friends, relatives, co-workers and trusted professionals. With planning and support, you can build a healthy and safe new life for yourself and your children.

Safety plan

The risk of danger often increases when a victim is leaving an abusive relationship. The abuser may become more angry or threatening. The most important step you can take during this time is to have a safety plan in place before you leave. A victim advocate at your installation or in your civilian community will help you develop your safety plan. Follow these steps to help you stay safe:

- **Plan ahead in case you need to leave on short notice.** Keep car keys and public transportation fare in your purse so that you’re able to leave quickly. Gather important documents like birth certificates, health insurance cards, checkbook, important phone numbers and addresses and your driver's license, and keep them in one place, preferably somewhere away from where you live. If you don't have access to a credit card in your own name, save a secret fund of cash. Keep a change of clothing for yourself and your children, personal items and an extra set of car keys at a friend's house or at work.

- **Contact the Family Advocacy Program office** on your installation to request a victim advocate. If you prefer to remain anonymous, you can ask to speak to an advocate without identifying yourself. A victim advocate can give you information about reporting options and services for victims, including help finding a shelter or other safe place to go.

- **Talk to trusted friends and relatives about your situation.** Establish a code word or signal so that family members, friends, neighbors, teachers, co-workers or others know when to call for help. Tell people where you are going and when you plan to be back.

- **Go over safety plans with your children.** Identify a safe place for them, such as a room with a lock or a neighbor's home where they can go. Teach your children how to call 911 if they need help. If possible, keep a cell phone for this purpose charged and in an easily accessible place. Some domestic abuse programs provide refurbished cell phones to domestic abuse victims for this purpose.

- **Find a safe place to go.** Try not to stay with family members or friends your abuser knows. The comfort of a friend or relative's residence may seem like a logical choice, but if your abuser knows where to find you, you could be putting yourself, your friend or your relatives in danger.

- **Get a restraining order or Military Protective Order** to discourage your spouse from returning home, entering your place of work or contacting your children. A restraining order or MPO can usually be extended to child-care centers or providers. Remember that neither a restraining order nor an MPO will prevent your spouse or partner from returning home or entering your workplace, but it does make it illegal for him or her to do so.

- **Take safety precautions.** Avoid staying alone. If possible, change the locks. Vary the routes you take between home and work. Try to park near the entrance of your work, making special arrangements to do so if necessary. At home, install motion sensor lights outside your house. Do not agree to meet your abuser under any circumstances.

- **Make sure schools and child care providers know who has permission to pick up your children.** Give them a copy of your restraining order or MPO.

- **Include the workplace on your protective (restraining) order.** Let security or your supervisor know that you have taken out a restraining order and make sure that it is current and on hand at all times. Provide a picture of the abuser to receptionists or security.

- **Save any threatening emails or phone messages.** The more documentation you have, the stronger the case against your abuser will be if you choose to take legal action in the future.
Monterey County’s largest baby shower!!

WHAT: Labor of Love is a community event supporting healthy behaviors before, during and after pregnancy. Sponsors of the event encourage women to:

- Understand that it takes a community to raise a healthy child
- Breastfeed their baby during the first year of life or longer;
- Stop using cigarettes, drugs and alcohol by getting assistance from their doctor or clinic; and support early learning, along with other family members, by reading, talking and playing with their child everyday.
- Maintain and improve their health by walking with their babies.

WHEN: Thursday, October 3, 2013 from 4:30 – 7:30 PM

WHERE: Sherwood Hall Salinas Community Center 940 North Main Street Salinas

WHO: Labor of Love is sponsored by the Community Hospital of the Monterey Peninsula; Natividad Medical Center; Salinas Valley Memorial Healthcare System; WIC; United Way’s Success by 6; First 5 Monterey County; the Child Abuse Prevention Council (CAPC) of Monterey County and the Salinas Police Department

VISUALS: First-time Dads’ Diaper Derby and Feed the Big Baby contests; Community resource tables with educational activities; Car seat demonstrations

BACKGROUND: This is the 20th Annual Labor of Love event to celebrate and promote healthy behaviors before and during pregnancy and beyond.
FAQ’s about how the Government Shutdown will affect you:

Military Treatment Facilities
Military hospitals and health and dental clinics could be limited to treatment for active-duty service members only, or for acute care and emergencies for other patients. Tricare coverage is not expected to be immediately affected because contracts for the Tricare providers are not limited to a single year.

Commissaries
Stateside commissaries are expected to be closed but overseas commissaries or those in remote areas of the U.S. could remain open. The stores will be open for a full business day on Oct. 1 to reduce the amount of perishables on-hand before beginning a systematic closure process to account for unsold products and secure facilities.

Privatized Housing
If you live in privatized housing — owned and operated by civilian companies — you shouldn’t see any effects. The civilian employees will be there to take your maintenance phone calls and to do the maintenance.

Military Travel and PCS
PCS orders will only be allowed in the following cases:
Movement to an excepted activity
Movement from an excepted activity if that activity is overburdened
Accession and training moves associated with recruitment and initial entry training will continue, along with movement to first duty station when required by a move to an excepted activity
Movement to comply with separation instructions will continue
**If Sailors have specific questions, they should contact their detailer**

No boards will be held during the shutdown period - Customer service support will not be available during the shutdown—specifically there will be no support available through 1-866-U-ASK-NPC or the csemail@navy.mil email account.

Additions and changes to records will not be made at NPC - PSDs with military support will be open, however, expect limited support and longer wait times

Visas and Passports - The State Department says it will keep most consulates and embassies open this time around, although some passport and visa processing could be interrupted. (For instance, "if a passport agency is located in a government building affected by a lapse in appropriations, the facility may become unsupported." ) During the previous shutdown in 1995-1996, around 20,000 to 30,000 applications from foreigners for visas went unprocessed each day. It's unclear how many might be affected this time around.*

Tourism
The National Park Service will close more than 350 national parks and museums, including Yosemite National Park in California, Alcatraz in San Francisco, and the Statue of Liberty in New York. Last time this happened in 1995-1996, some 7 million visitors were turned away.

Monterey Services NOT Available until further notice
CSD/ID Card/Passport services, Safety, NAVOSH, Police Administration, Pass and ID services, Commissary

Monterey Services Remaining OPEN
MWR/Quality of Life activities: Gym, El Prado, CDC, CYP, reduced FFSC, NGIS, Monterey Pines Golf course. Any questions regarding QOL services, please call Ms Denise Fairbanks, ph # 656-7953.

NEX, Base Gas Station, Security Custodial and janitorial services, refuse collection; other public works and environmental services reduced.

Advancements
The Navy Advancement Center (NAC) will be unable to receive, scan and process Cycle 093 Reserve (August 2013) and Cycle 220 Active Duty (September 2013) exam answer sheets during the furlough period. NAC cannot guarantee eligible candidates will be rank -ordered in time to meet set exam result publication schedules. It is not known whether pay increments for all advancement-eligible Sailors be impacted. Currently, 1,774 Sailors are scheduled to advance on October 16th. Pay increments must be set prior to October 10th to be effected.
**Government Shutdown Information, continued**

**Pay and Bonuses** - For basic pay/BAS/BAH: During the shutdown, military members and excepted civilians and contractors will be paid on time. **provided funds are available from the Treasury**

- Pay will include pay and allowances; Incentive/special pays ARE included.
- What are allowances? BAS and BAH. Check out this link for more info: [http://militarypay.defense.gov/pay/ALLOWANCES/](http://militarypay.defense.gov/pay/ALLOWANCES/)
- Anniversary payments for all bonuses will be paid on time, subject to provision of funds from Treasury. [http://navylive.dodlive.mil/2013/10/01/what-we-know-now-about-the-government-shutdown/](http://navylive.dodlive.mil/2013/10/01/what-we-know-now-about-the-government-shutdown/)

In the event of a government shutdown, some military banks and credit unions may waive fees associated with the possible shutdown. Others have stated they will consider permitting families to skip a loan or credit card payment. We urge military families to contact their bank to review their individual situation and the guidance established by their financial entity.

**Education Impacts**

Tuition Assistance funding for those classes starting after Oct. 1 will not be available until next fiscal year after funding is released.

All Navy College Offices will be closed.
- No counseling or educational services will be available
- College courses taught on base will be cancelled
- Language or other testing services will not be available

The Virtual Education Center (VEC) will be closed
- No counseling or educational services will be available
- Tuition assistance documents will not be processed
- Joint Services Transcript changes will not occur

Non-Resident Training Course support may be impacted
- No processing of requests for a Non-Resident Training Course account reset
- New Non-Resident Training Course enrollments may be delayed
- United Services Military Apprenticeship Program (USMAP) participants may encounter a delay of operations for new enrollments and help desk support

**Information for Civilian Employees**

The Office of Civilian Human Resources provides guidance, fact sheets, Frequently Asked Questions (FAQ), and information on the Department of Navy website which will continue to be updated throughout the furlough. Financial and other counseling services are available through your Civilian Employee Assistance Program [www.opm.gov/furlough/furlough.asp](http://www.opm.gov/furlough/furlough.asp) or [www.opm.gov/furlough/FAQ/index.asp](http://www.opm.gov/furlough/FAQ/index.asp).

Additional information on furloughs may be found at the Office of Personnel Management at [www.opm.gov/furlough/furlough.asp](http://www.opm.gov/furlough/furlough.asp) or [www.opm.gov/furlough/FAQ/index.asp](http://www.opm.gov/furlough/FAQ/index.asp). Please direct your questions to your Command HR offices or email [DONhrfaq@navy.mil](mailto:DONhrfaq@navy.mil).

**Additional Resources**

We know that this shutdown places further hardship on our valuable civilian workforce that has already been strained by a summer of furloughs. You are valuable members of our profession and we look forward to your return.

As the Secretary of Defense shared: “We are going into this challenge together and we will come out of it together.”
Your new Co-Ombudsman, Shawna Sprague

I can’t believe it is already October! And that means that next two months will just fly by before my family and I leave Monterey. It makes me sad that I will be leaving this wonderful area and all of you. It has been my great honor to serve as your Ombudsman for the past two years. To make for a smooth and easy transition and to ensure that all of you are supported, Shawna Sprague has stepped up to be the Co-Ombudsman until I leave, and then will fully take over as your Ombudsman when I leave in December.

Here is a little bit about Shawna:

Hi! I am Shawna Sprague and I am proud to serve with Kate as your NPS Co-Ombudsman. Let me tell you a little bit about myself.

I am a Navy wife of 18 ½ years, with two children aged 13 and 12. I met my husband, John, shortly after graduating from college in 1993, and we were married two years later in 1995.

My husband’s career has been a winding one, and it has give me a glimpse of life in virtually every area of the Navy. Serving in both the enlisted and officer communities, we have been assigned to duty on ships, shore tours, and a submarine. We’ve also served an IA to Iraq, and a tour in the Naval Special Warfare community. We are greatly enjoying our time here at NPS, and look forward to the months ahead here in Monterey.

As a spouse, I have worked full-time, part-time and have also been a homemaker. I have recently served two years as the Ombudsman for SEAL Team THREE, and I have also volunteered for an FRG as Treasurer, for the Navy-Marine Corps Relief Society, and for the American Red Cross.

I am very excited and pleased to serve now as the NPS Co-Ombudsman, and look forward to meeting many of you in the months ahead.
Support Group

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

The evenings agenda includes:
- **Introductions** 6:00–6:15 p.m.
- **Presentations** 6:15–7:15 p.m.
- **Facilitated Support Group** 7:15–8:00 p.m.
- **Social** 8:00–Close

### PRESENTATIONS

<table>
<thead>
<tr>
<th>SPEAKER</th>
<th>ORGANIZATION</th>
<th>DATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jennifer D’Attilio</td>
<td>Central Coast Language, Learning Inc., and Avalon</td>
<td>May 9th</td>
</tr>
<tr>
<td>Ilene Allinger Candravea &amp; Dierdre Hickey Strum</td>
<td>Special Kids Crusade ISK Presentation</td>
<td>June 13th</td>
</tr>
<tr>
<td>M.J. Viglizzo &amp; Alethea Leandro-Farr</td>
<td>Salinas Circle for Children</td>
<td>August 8th</td>
</tr>
<tr>
<td>Natalie Sanders</td>
<td>TheraSens Pediatric and Rehab Center</td>
<td>September 12th</td>
</tr>
<tr>
<td>EFMP</td>
<td>Health Q&amp;A</td>
<td>October 10th</td>
</tr>
<tr>
<td>Dr. Douglas Hulstedt</td>
<td>Primary Care Manager/ Pediatrician</td>
<td>November 14th</td>
</tr>
<tr>
<td>NA</td>
<td>Holiday Event Bring a dish</td>
<td>December 12th</td>
</tr>
</tbody>
</table>

### ACTIVITIES

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>LOCATION</th>
<th>DATE/TIME</th>
</tr>
</thead>
<tbody>
<tr>
<td>*Horses, Hope &amp; Kids</td>
<td>220 J San Benancio Rd Salinas, Ca 93908</td>
<td>1st Saturday each month, 10:00 a.m.–12:00 p.m.</td>
</tr>
<tr>
<td>Women’s Group Volunteer Meeting</td>
<td>Lala’s Grill</td>
<td>1st Tuesday, Monthly 7:00–9:00 p.m.</td>
</tr>
<tr>
<td>Men’s Group Volunteer Meeting</td>
<td>Chili’s Monterey</td>
<td>4th Thursday, Monthly 6:00–7:30 p.m.</td>
</tr>
<tr>
<td>Library Visit (Split ages 2–5 &amp; 6–12)</td>
<td>Monterey Public Library</td>
<td>May 11th 10:30–11:30 a.m.</td>
</tr>
<tr>
<td>Craft With Kids (60 child limit)</td>
<td>Gold Room ACS</td>
<td>June 15th 1–3:00 p.m. Open to all</td>
</tr>
<tr>
<td>Oceans Miniature Golf (50 person limit)</td>
<td>125 Ocean View Blvd, PG (Registration Required)</td>
<td>August 3rd</td>
</tr>
<tr>
<td>Water City (60 child limit)</td>
<td>2800 Second Ave, Marina (Registration Required)</td>
<td>September 13th</td>
</tr>
</tbody>
</table>

* Must be enrolled in EFMP and pre-registered with the EFMP office for slot allocations. 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
Visit us online at [www.pom-fmwr.com/EFMP](http://www.pom-fmwr.com/EFMP) or [www.facebook.com/presidioEFMP](http://www.facebook.com/presidioEFMP)
Welcome to the Monterey Bay area!
The Monterey Bay Officers' Spouses Club (MBOSC) is here for you to provide support, friendship, and opportunities to volunteer in your community.

MBOSC is a social and service 501 (c)(3)organization. On the social side, we get together monthly for fun events like this months Ghost Trolley Tour or last month's painting event in Carmel Valley. We also have Special Interest Groups (SIGs). The SIGs vary from Running Group to Fiber Therapy (for knitters and crocheters) to Bunco (a fast paced dice game) and are a great way to meet new people.

As a non-profit organization we raise more than $25,000 each year for our scholarships and charitable donations. Our largest fundraiser is our Sip The Peninsula Wine Tasting and Silent Auction. This is a must-attend event and will be held March 8th, 2014. So save the date.

We look forward to meeting you and hope you will get involved with this great organization. To join, visit Montereybayosc.com and submit your membership application today!

All the Best,
Sarah Holley
President
Monterey Bay Officers' Spouses Club
president@montereybayosc.com
La Mesa Babysitting Coop  
POC Carah Tabar  carahtabar@gmail.com

Babysitters Exchange (Facebook Page)  
https://www.facebook.com/groups/387982454548659/

Fort Ord Babysitting Trade (Facebook Page)  
https://www.facebook.com/groups/354374547927290/

Military SitterCity  
www.sittercity.com/Military
Grieving the loss of your child from Miscarriage, Stillbirth, or Early Infant Death?

Monterey Peninsula Bereaved Parents Network

Grieving a child that died before or shortly after birth is a unique experience. Come join us for peer to peer support. Listen to and talk with others that may have similar experiences as you. We want to provide a safe space of acceptance and understanding. You don’t have to be on this painful journey alone.

Day Meeting: 2nd Tuesday of the month 12-2pm. Children welcome.

Evening Meeting: 4th Tuesday of the month 6:30-8pm. No children please.

For further information please contact group coordinators Kaylan Pesature & Elizabeth Millhouse at MPBPNetwork@gmail.com

Both meetings will be held at Parents' Place at Pacific Grove Adult Education located at 1025 Lighthouse Ave Pacific Grove, CA 93950

Take Hwy 1 South toward Carmel. Take exit 399A for CA-68 W toward Pacific Grove/Pebble Beach. Turn right at the stoplight; continue along Hwy 68 until you end up on Forest Avenue. Merge left at CA-68/Sunset Drive. Turn right at 17 Mile Drive. Turn left at Lighthouse Avenue. Parents’ Place/PGAE is a red building on your left. Turn left on Ridge Rd., then turn left into the parking lot.
## October 2013

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Del Monte Farmers</td>
<td>Taste of Carmel</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Market</td>
<td>6-9pm Carmel Mission</td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Del Monte Farmers Market</td>
<td>Monterey Farmer's Market</td>
<td>New Spouse Orientation 5-8 Pm McNitt Ballroom</td>
<td>Navy Ball</td>
<td>MPC Farmers Market 10-2pm(weekly)</td>
<td>Pacific Grove Annual Butterfly Parade 10:30-1:30pm</td>
<td></td>
</tr>
<tr>
<td>8-12pm (weekly)</td>
<td>4-8pm Alvarado St (weekly)</td>
<td>McNitt Ballroom</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>Marina Farmers Market 10-2pm (weekly)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Freaky Family Friday 4-6pm McNitt Ballroom</td>
<td>Pinnacle Safety Spooktacular 12-12 La Mesa Science Saturday PG Museum</td>
</tr>
<tr>
<td>27</td>
<td>28</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Terror in The Trident! 5-7pm Trident Room</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Event links can be found at:

- [http://www.montereycountyweekly.com/events/](http://www.montereycountyweekly.com/events/)
- [www.mymusuem.org](http://www.mymusuem.org)
**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**

Available by appointment:
- Resume and Federal Application Review
- Family Employment Readiness Program
- Individual Relocation Counseling
- Individual Financial Counseling
- Individuals, Couples & Family Counseling

**Family & Life Skills**
Couples Communication
- Mon, Oct 7, 3:30-5 pm
- Mon, Nov 4, 3:30-5 pm
- Thu, Dec 5, 3:30-5 pm

Military Basics for New Spouses
- Thu, Oct 10, 10-11:30 am
- Tue, Nov 12, 10-11:30 am
- Tue, Dec 3, 10-11:30 am
- Thu, Jan 9, 10-11:30 am

Suicide Prevention Awareness
- Tue, Oct 15, 10-11:30 am
- Thu, Nov 7, 10-11:30 am
- Tue, Dec 17, 10-11:30 am
- Mon, Jan 13, 10-11:30 am

Stress/Time Management Techniques
- Thu, Oct 24, 3-4:30 pm
- Thu, Nov 21, 3-4:30 pm
- Mon, Dec 9, 10-11:30 am
- Wed, Jan 29, 3-4:30 pm

Responsible Anger Management
- Thu, Oct 17, 10-11:30 am
- Thu, Nov 14, 3-4:30 pm
- Thu, Dec 12, 10-11:30 am
- Thu, Jan 16, 3-4:30 pm

Parenting Education Available upon request, tailored to your needs

Employment
Job Search Strategies
- Tue, Oct 1, 9-11 am
- Tue, Jan 7, 9-11 am

Interviewing Skills
- Thu, Oct 3, 4-6 pm
- Thu, Nov 7, 4-6 pm
- Thu, Dec 5, 4-6 pm
- Thu, Jan 9, 4-6 pm

Resumé Writing
- Thu, Oct 17, 4-6 pm
- Thu, Nov 7, 4-6 pm
- Thu, Dec 19, 4-6 pm
- Thu, Jan 16, 4-6 pm

Federal Employment System
- Tue, Oct 15, 9-11 am
- Tue, Jan 14, 9-11 am

Financial Management
Million-Dollar Sailor
- Saturdays, 8 am-4 pm
Call to schedule specific dates.

Car Buying Strategies (New/Used)
- Tue, Oct 22, 10 am-Noon
- Sat, Nov 23, 1-3 pm
- Tue, Nov 26, 10 am-Noon
- Tue, Dec 17, 10 am-Noon
- Tue, Jan 21, 10 am-Noon

Basic Savings and Investment
- Thu, Nov 7, 1-3 pm

Credit Management
- Wed, Dec 4, 1-3 pm

Investment and Saving II
- Wed, Oct 9, 1-3 pm
- Wed, Nov 6, 1-3 pm
- Wed, Dec 11, 1-3 pm
- Wed, Jan 8, 1-3 pm

Preparing a Personal/Family Budget
- Fri, Nov 8, 1-3 pm

Home-buying Seminar
- Fri, Oct 18, 1:30-3:30 pm
- Fri, Jan 17, 1:30-3:30 pm

Relocation
- Smart Move (Transferring/PCS)
- Mon, Oct 21, 10-11:30 am
- Mon, Nov 18, 10-11:30 am
- Tue, Jan 21, 10-11:30 am

For Command Appointed Personnel (available upon request)
- SAPR POC Training
- SAPR Liaison Training
- SAPR DCC Training
- Sponsor Training
- Ombudsman Training
- New Parent Support Home Visitor

The Fleet & Family Support Center
Military Spouse - Owned Businesses

If you have a business you would like to see on here, please email me at npsombudsman@gmail.com. I will only know about your business if you notify me, and I only ask that you let me know when you PCS so we can keep our business listing up-to-date.

**HEALTH CARE and BEAUTY**

- **Body by Vi Challenge/ViSalus** - Jessica Bryant  
  www.jessmbryant.bodybyvi.com/

- **Rodan + Fields Skin Care Line** - Andrea Steinbrenner  
  andreasteinbrenner.myrodanfields.com  
  andreasteinbrenner@gmail.com  
  314.304.3478

- **Renovo Pilates** - Meg Sullivan  
  Master Pilates Instructor + Owner  
  www.renovopilates.com

- **Meghan Milliron** - Certified Massage Therapist  
  thewholeathlete.massagetherapy.com  
  253-279-9409

- **Shelly Jacinto** - AdvoCare Distributor  
  www.islandchampions.com

**GIFTS**

- **Creative Memories** - Tami Cripe  
  Www.mycmsite.com/tamicripe

- **Grunty Baby Boutique** - Tamyr Mendez-Whipple  
  www.gruntybaby.com  
  www.facebook.com/GruntyBaby  
  info@gruntybaby.com  
  831-288-BABY

- **Kiks N Boo** - Kristi Hess  
  Handmade Fun & Useful Items for Baby & You  
  KiksNBoo.etsy.com

- **Discovery Toys** - Carol Alcock  
  (541)619-2579  
  caroljalcock@gmail.com  
  www.discoverytoys.com/calcock

**FOOD**

- **Choffy Brewed Chocolate** - Joy Wilson  
  http://drinkchoffy.com/joy  
  joyful704@gmail.com  
  831-521-8709

- **Pampered Chef Consultant** - Jennifer Baker  
  Jenbaker00@gmail.com  
  Www.pamperedchef.biz/jenbaker  
  254.630.3180

- **Karri’s Cupcakes** - Karri Ameche  
  karriscupcakes@hotmail.com  
  619-316-3619

**SCENTSY Independent Consultants**

- **Caroline Lanclos**  
  www.carolinelanclos.scentsy.us

- **Andrea Dillard**  
  www.andreadillard.scentsy.us

- **Jennie Marick Gutierrez**  
  www.scentational.scentsy.us

- **Cindy Vilardi**  
  www.cindyvilardi.scentsy.us

- **Elizabeth McMullen**  
  https://lizmcmullen.scentsy.us

- **Crystal Haytasingh**  
  http://chaytasingh.scentsy.us

**PHOTOGRAPHY**

- **Erin White Photography**  
  Erin@erinslens.com

- **R Hess Photography** - Rhonda Hess  
  rmhess@hotmail.com  
  831-663-6519

- **Candids & Colors Photography** - Desiree Badayos Chaves  
  candidsandcolorsphotography@yahoo.com  
  509-306-9060

**JEWELRY**

- **Stella and Dot Independent Stylist** - Jennifer Urban  
  http://www.stelladot.com/urban  
  910.650.2441  
  jenniferurban@yahoo.com

- **Sterling Designs by Rae** - Rachel Bloodworth  
  Www.facebook.com/sterlingdesignsbyRae

- **Independent Nomades Consultant** - Amber Parkes  
  808-375-0634  
  www.amberisdcharming@gmail.com  
  www.nomadescollection.com/amberparkes  
  Amber Parkes Independent Nomades Consultant

**IT Works**

- Jennifer James  
  http://JJames.myitworks.com/

**THIRTY-ONE GIFTS**

- **JC Jones**  
  www.mythirtyone.com/jcjones

- **Sarah Colton**  
  www.mythirtyone.com/sarahcolton

Give Military Spouses who own businesses the support that they deserve!
Volunteer Opportunities

Support a Hero This Holiday Season
Thousands of active-duty soldiers will be away from home this holiday season. Sears is calling on America to join us to help bridge the miles and make the holidays a little easier for the men and women who serve our country through the Heroes at Home Wish Registry. You can help military families by donating in-store or online now through Nov. 22. The Wish Registry, a seasonal extension of the Sears Heroes at Home program, gives deployed service members a chance to send their love home by providing the means for them to purchase practical gifts such as clothes, toys and holiday decorations. The program distributes 100 percent of funds received back to military families across the country. Through the generosity of Sears customers and associates, we're proud to have raised more than $18 million and helped more than 100,000 families since the Wish Registry launched six years ago.
See more at: http://www.sears.com/shc/s/dap_10153_12605_DAP_HAH+2010

I-You Venture Seeks Volunteers
The Family Service Agency of the Central Coast is looking for volunteers for their “I-You Venture’s Friendly Visitor Program.” Volunteers of all ages with various interests and talents are needed to share some time with residents in long term care facilities. Volunteers can make a difference in the quality of life of a resident thru the intimacy of making one-to-one visits, or assisting with activities such as movement, music, reading or even gardening. For more information, call (831) 459-8917, ext. 205 or email aglessartproject@yahoo.com.

Volunteers Needed for “Veterans’ Van Service”
The Military & Veterans Affairs Office of Monterey County is seeking volunteers for its veterans’ van service. Volunteers are needed to take veterans to and from Palo Alto for their appointments at the VA Healthcare System. The van runs Monday through Friday, leaving the Monterey Courthouse at 6:30 a.m. with scheduled pick-ups in Sand City, Marina and Salinas. Return times vary from mid-to late afternoon. The commitment requested is one day per month, but additional time would be welcomed. The requirement is that you have a current regular (not commercial) Class C driver’s license and a clean driving record. You do not need to be a veteran; you just need to care about them. For more information, contact Joan Roberts at (831) 595-0714.

“NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL, COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED, IT’S THE ONLY THING THAT EVER HAS.”
-MARGARET MEAD