Peacock Pride, Ombudsman Publication
/ November 2013

Brandt, Kate

Monterey, California: Naval Postgraduate School.

http://hdl.handle.net/10945/37114
November is Military Family Appreciation Month!

November is Military Family Appreciation Month. This month will feature advice on how to strengthen families and relationships.

This month will highlight communicating as a family, building strong relationships with children of all ages, and tips to help the family deal with the challenges of military family life.

“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
- Military Family Appreciation Month
- Veterans Day
- Farewell from your Ombudsman
- Local Babysitting Resources
- November Calendar of Events
- Fleet and Family Support November Classes
- Military Spouse Owned Businesses

Happy Thanksgiving
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 OMBUDSMAN.....

Dear Families,

First, I want to thank all the service members for keeping us safe. I also 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**. I will always help you find the answers to your questions or concerns.

Kate Brandt
Command Ombudsmen

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**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](http://www.redcross.org) |

| Military One Source |
| Available 24/7 |
| 1-800-342-9647 |
| [www.militaryonesource.com](http://www.militaryonesource.com) |

| DEERS |
| 1-800-538-9552 |

| Fleet Family Support Center |
| 831-656-3060 |

**TRICARE DENTAL PROGRAM**


**TRICARE**

[https://www.tricare.mil](https://www.tricare.mil)

| Navy SAFE HARBOR: |
| 1-877-746-8563 |
| safeharbor@navy.mil |
| [www.safeharbor.navy.mil](http://www.safeharbor.navy.mil) |

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

| NPS Homepage |
| [www.nps.edu](http://www.nps.edu) |

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

| PSD Office |
| (831) 656-1847/48 |
President Barack Obama has signed a proclamation designating this month as Military Family Month.

Here is the text of the president's proclamation:

BY THE PRESIDENT OF THE UNITED STATES OF AMERICA

A PROCLAMATION

Throughout our Nation's history, an unbroken chain of patriots has strengthened us in times of peace and defended us in times of war. Yet the courageous men and women of the United States military do not serve alone. Standing alongside them are husbands and wives, parents and children, sisters and brothers. During Military Family Month, we celebrate the families who make daily sacrifices to keep our Nation whole, and we remember a most sacred obligation -- to serve them as well as they serve us.

Military families exemplify the courage and resolve that define our national character. For their country and their loved ones, they rise to the challenges of multiple deployments and frequent moves -- spouses who care and provide for children in their partners' absence, kids who make new friends and leave known comforts behind. They are the force behind the force, patriots who support their family members in uniform while enriching the communities they call home.

While our Soldiers, Sailors, Airmen, Marines, and Coast Guardsmen are defending the country they love, their country must provide for the families they love. Through First Lady Michelle Obama and Dr. Jill Biden's Joining Forces initiative, my Administration has worked tirelessly to engage American citizens and businesses in this cause. Joining Forces encourages the private sector to hire veterans and military spouses, helps schools become more responsive to military children's needs, and expands access to wellness and education programs for military families. Since the initiative began in 2011, businesses have hired and trained more than 290,000 veterans and military spouses. My Administration is also taking action to improve mental health care and education for veterans, service members, and their families. Last year, I signed an Executive Order directing the Federal Government to increase access to these vital services. And this year, as a result of the Supreme Court decision striking down Section 3 of the Defense of Marriage Act, the Department of Defense moved swiftly to extend benefits to legally married same-sex couples.

Time and again, our service members and their families have sacrificed to protect the promise that defines our Nation -- life, liberty, and the pursuit of happiness. As we work to repay this enormous debt of gratitude, I encourage every American to do their part. Together, let us support our military children as they learn, grow, and live their dreams. And let us keep our military families strong and secure.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim November 2013 as Military Family Month. I call on all Americans to honor military families through private actions and public service for the tremendous contributions they make in the support of our service members and our Nation.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of October in the year of our Lord two thousand thirteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA
"We owe each day of security and freedom that we enjoy to the members of our Armed Forces and their families. Behind our brave service men and women, there are family members and loved ones who share in their sacrifice and provide unending support.”

President Barack Obama

Why we should appreciate military families:

10. Their sense of humor. This is a prerequisite for military families -- kind of an "If you don’t laugh, you cry," complex, particularly when it comes to deployments.

9. They’re passionate -- about everything. They give their all, whether it’s volunteering in their communities, with their family readiness groups or in their kids’ schools. What’s even more impressive is they do so while balancing careers, home life, kids and education.

8. They’re strong, even under extraordinary circumstances. Due to state-of-the-art technology and medicine, the survivability of this war is unmatched by any other, and service members are returning home alive despite devastating injuries. And when they do, their families are there to embrace them. In some cases, they give up homes and careers to care for their military loved one full-time. That’s strength.

7. They’re always willing to lend each other a hand.

6. They’re resilient. A decade of war, frequent deployments, moves, career and school changes. Point proven.

5. Military spouses. From the moment they say "I do" to a military member, they begin a life of service every bit as valuable as their spouse’s. They give up careers to follow their military loved one around the world, hold down the home front during deployments, and offer their unfailing love and support. It’s a lot to ask of anyone, and they voluntarily shoulder this burden.

4. Military kids. They’re just amazing. They change schools, on average, six to eight times over the course of their parent’s military career. They deal with long separations from loved ones – who aren’t headed out for a business trip, but for a year in a combat zone. Despite everything that’s thrown at them, they are strong, brave and adaptable.

3. Other family members. People often forget about the extended family members who serve too. The grandparents who open their homes to grandkids during deployments, the sisters and brothers who call and send care packages, a host of uncles, aunts and cousins offering their unwavering support.

2. Their service and sacrifice. They, too, serve this nation. They weather holidays, birthdays and major milestones without their military loved one. In the worst cases, they must deal with their loved one’s ultimate sacrifice. First Lady Michelle Obama expressed her gratitude for military families at an event to honor military kids last spring: "When we talk about service to our country, when we talk about all that sacrifice for a cause, when we talk about patriotism and courage and resilience, we’re not just talking about our troops and our veterans," Obama said, "we’re talking about our military families, as well."

1. They stand behind their service member. One military mom said it best when all six of her children had joined the military during time of war. She said: "I always tell [my children], 'This is your time in history. You are where the action is and you’re fighting for us, for your country and for the lifestyle we all enjoy.
Strengthening Your Military Family: You Can Do It!

Let’s face it: Stress can be a way of life for military families. Deployment, duty days, drill weekends, long work hours, limited income, being young parents, frequent relocations, and being far away from family support can all be part of the package of being in the military. Fortunately, there are many resources available to help you with all of these issues.

Have fun together

You can help your family bounce back during difficult times by developing strong relationships. Spend time with your children doing fun activities to help build a strong connection. Pick a day during the week for a special, fun activity. It can be anything: library day, game night, crazy hair day, or movie-and-pizza night. Be creative and try to be consistent with it, and you’ll find your children looking forward to this special time together.

Get guidance

The adventures of parenting coupled with the demands of military life can be overwhelming. New Parent Support Program (NPSP) is a free program offered to military families through local base installations. The NPSP offers information, support, and guidance to parents of young children. You can find more information about this program and how to connect with services at www.militaryonesource.mil/parenting.

Many bases offer free parenting classes through the FFSC, Family Advocacy Program, MWR, or the base hospital or clinic. If you can’t find any classes that fit your needs, suggest one! The Zero-to-Three organization also has great resources for parents of young children through their Coming Together Around Military Families initiative. Visit www.zerotothree.org/about-us/funded-projects/military-families/ to learn more.

Get connected

You are definitely not alone in struggling with military stressors. Most areas have organized play groups you could join, and many commands have Family Readiness Groups to help you connect with other families. Local and base libraries offer free programs for children, as do many Army Community Centers or Fleet and Family Support Centers. Be sure to pick up the newspapers available on base to learn what is happening in your area. Opportunities to connect in your community can also be found at many churches or religious centers, community centers, or YMCAs. Consider volunteering as a family if your children are old enough—it’s a great way to connect with each other and to help others at the same time. If you’re having trouble finding programs that interest you in your area, Military OneSource can help you look.

Help yourself

Everyone needs help managing stress sometimes. And your children are watching how you deal with stress, so be sure to tap into some of the great resources available if you need help with this. Most bases offer free stress and anger management classes to help learn new ways to cope with the realities of military life. Non-medical counseling is also available through Military OneSource to help cope with life stressors. Free and confidential non-medical counseling can be arranged face-to-face, on the telephone, or online. Call Military OneSource at 1-800-342-9647 for details.

Whether the topic is military life, parenting, or stress, there are great articles, books, and CDs available for free on the Military OneSource website—check them out: www.militaryonesource.mil/products.

Raising children in a military family is challenging, but the rewards of becoming a stronger and more resilient family will benefit you and your children for a lifetime. Military OneSource is here to support you in doing that 24/7/365!
About Veterans Day
Veterans Day is an official United States holiday which honors people who have served in armed service also known as veterans. It is a federal holiday that is observed on November 11. It coincides with other holidays such as Armistice Day and Remembrance Day, which are celebrated in other parts of the world and also mark the anniversary of the end of World War I. (Major hostilities of World War I were formally ended at the 11th hour of the 11th day of the 11th month of 1918, when the Armistice with Germany went into effect.) Veterans Day is not to be confused with Memorial Day; Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day is a day of remembering the men and women who died while serving.

Veterans Day Discounts
The following link is a list of Veterans Day discounts on goods, services and dining that have been announced for 2013. Please check back frequently as this list is updated. Keep in mind that most businesses require proof of military service, which can include a VA Universal Access Card, Military I.D., DD-214 (Discharge Papers), Veterans Service Organization Card (VSO's include groups like the VFW, DAV, AmVets, MOAA, FRA, and the American Legion), or in some cases businesses will accept a picture of the veteran in uniform.

Note: Not all franchise locations participate in their national chain's Veterans Day programs -- be sure contact your nearest establishment to make sure they are participating.

http://www.military.com/veterans-day/veterans-day-military-discounts.html

Veterans Day Events
Monterey Bay Aquarium
Veteran's FREE Admission Days
Sat. Nov. 9 - Mon. Nov. 11 ~ 9:30 am - 6:00 pm
Monterey Bay Aquarium
886 Cannery Row, Monterey
The Monterey Bay Aquarium will celebrate the bravery and sacrifice of U.S. military personnel during Veterans Day weekend by offering free admission Nov. 9 through 11 for veterans, active-duty military, reservists and retirees who present valid military ID at the Main Entrance. As usual, veterans will receive 10% off merchandise in the aquarium’s gift and bookstores. Visit www.montereybayaquarium.org for more details.

Friends of the Fort Ord Warhorse
4th Annual Veteran's Day Celebration
Saturday, November 9 ~ 10:00 am - 11:00 am
Marina Equestrian Center ~ 5th (California Ave) & 9th St., Marina
Friends of the Fort Ord Warhorse is a nonprofit group "dedicated to the recognition and preservation of the history of the Fort Ord Army warhorses and soldiers, for the educational and cultural enrichment of the Monterey Peninsula, its visitors, and the nation." The group holds living history events, makes the community aware of the warhorse buildings and threats to them, and works to preserve the trails from the Marina Equestrian Center historical site to the state beach and to the national monument. The Marina Equestrian Center and the Veterans Day activities will include a history talk, recognition of veterans, coffee and donuts, color guard and national anthem. Visit them on Facebook. For more information, call (831) 224-4534 or emailfortordhistory@gmail.com.

3rd Annual Salinas Veteran's Day Parade
Monday, November 11 ~ 2:00 pm
Oldtown Salinas View Map
The 3rd Annual Veteran's Day Parade is dedicated to Company C 194th Tank Battalion.
For more information visit www.salinasveteransparade.org or call Cheryl Ancog at (831) 210-0466.
Farewell from your NPS Ombudsman

The time has finally come where I have to resign and say farewell. For those who may not know, my husband is graduating in December and my family and I will be PCSing to Norfolk, VA. It is with a heavy heart that I resign as your Command Ombudsman.

I have had the honor of being your family Ombudsman for over two years, supporting families through situations no one expects or ever wants to go through, and celebrating with others in the happiest of their moments.

I want to thank the command for allowing me the opportunity to serve the command and build the Ombudsman Program from the ground up for the benefit of the NPS community and their families. The true support of the command under Captains Poindexter and Vandersluis, and current command Captain MacRae has made this program successful.

Serving as the Command Ombudsman for NPS has been an incredible and rewarding experience and one that I will never forget. I’m proud of our command, our families and what we strive to achieve.

Your new Ombudsman is currently in training to take my place. Please be patient on sources you have come to rely on such as the Monthly Newsletter and the Facebook page they may lapse during this time. I assure you that when the new Ombudsman has taken charge and completed the required training, they will maintain these resources in their own way.

If you have any Ombudsman questions during this transition time, you can contact the Ombudsman Coordinator, Jodi Pallett at 831-656-3060.

It has been my honor and pleasure to serve all of you!

Thank you!
Kate Brandt
NPS Command Ombudsman
Exceptional Family Member Program Presents

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

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<tr>
<th>SPEAKER</th>
<th>ORGANIZATION</th>
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<tr>
<td>Jennifer D’Attilio</td>
<td>Central Coast Language, Learning Inc., and Avalon</td>
<td>May 9th</td>
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<td>Ilene Allinger Candreva &amp; Dierdre Hickey Strum</td>
<td>Special Kids Crusade ISK Presentation</td>
<td>June 13th</td>
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<td>M.J. Viglizzo &amp; Alethea Leandro-Farr</td>
<td>Salinas Circle for Children</td>
<td>August 8th</td>
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<td>Natalie Sanders</td>
<td>TheraSens Pediatric and Rehab Center</td>
<td>September 12th</td>
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<td>EFMP</td>
<td>Health Q&amp;A</td>
<td>October 10th</td>
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<td>Dr. Douglas Hulstedt</td>
<td>Primary Care Manager/ Pediatrician</td>
<td>November 14th</td>
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<td>NA</td>
<td>Holiday Event Bring a dish</td>
<td>December 12th</td>
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<tr>
<th>ACTIVITY</th>
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<tr>
<td><em>Horses, Hope &amp; Kids</em></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>
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<td>Women’s Group Volunteer Meeting</td>
<td>Lala’s Grill</td>
<td>1st Tuesday, Monthly 7:00–9:00 p.m.</td>
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<td>Men’s Group Volunteer Meeting</td>
<td>Chili’s Monterey</td>
<td>4th Thursday, Monthly 6:00–7:30 p.m.</td>
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<td>Library Visit</td>
<td>Monterey Public Library</td>
<td>May 11th</td>
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<td>(Split ages 2–5 &amp; 6–12)</td>
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<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>
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<td>Oceans Miniature Golf (50 person limit)</td>
<td>125 Ocean View Blvd, PG (Registration Required)</td>
<td>August 3rd</td>
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<tr>
<td>Water City (60 child limit)</td>
<td>2800 Second Ave, Marina (Registration Required)</td>
<td>September 13th</td>
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* 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)
MBOSC invites you to join them for the Holiday Craft Fair at the Monterey Dance Studio!

There is a $5.00 admission fee and all proceeds will go towards the Monterey Bay Officer Spouses Club (MBOSC) scholarship fund.

Enjoy local crafts, vendors, and holiday treats!

When: Saturday, November 16th, 2013
Where: Monterey Dance Studio
    71 Soledad Drive Monterey, CA 93940
Time: 10:00 am to 2:00 pm
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 390A 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.
### November 2013

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<th>Sun</th>
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<td>Lady Washington Tall Ship Tours (daily through Nov 17th)</td>
<td>Monterey Bay Aquarium Veteran’s FREE Admission Days</td>
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<tr>
<td>Monterey Bay Aquarium Veteran’s FREE Admission Days</td>
<td>Monterey Bay Aquarium Veteran’s FREE Admission Days</td>
<td>3rd Annual Salinas Veteran’s Day Parade 2pm</td>
<td>3rd Annual Salinas Veteran’s Day Parade 2pm</td>
<td>3rd Annual Harvest Hoedown at MY Museum 3pm-5pm</td>
<td>Day of Thanksgiving at The Farm 11am</td>
<td>Just Run! Just Kids 3K 8:15 am Pacific Grove</td>
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<td>MY Museum’s &quot;Minute to Win It&quot; Thanksgiving-Style 3-5pm</td>
<td>Santa Cruz Turkey Trot 5K / 10K and 1K Kids Run</td>
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<td></td>
<td>Salinas Valley Thanksgiving Day Turkey Trot 5K Run/Walk 9 am</td>
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Event links can be found at:

- [http://www.montereycountyweekly.com/events/](http://www.montereycountyweekly.com/events/)
- [www.mymusuem.org](http://www.mymusuem.org)
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, Nov 4, 3:30-5 pm
Thu, Dec 5, 3:30-5 pm
Mon, Jan 6, 3:30-5 pm

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

Suicide Prevention Awareness
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, Nov 21, 3-4:30 pm
Mon, Dec 9, 10-11:30 am
Wed, Jan 29, 3-4:30 pm

Responsible Anger Management
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

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

Federal Employment System
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)
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, 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, Jan 17, 1:30-3:30 pm

Relocation
Smart Move (Transferring/PCS)
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
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.myrandf.com
andrea.steinbrenner@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

IT Works
Jennifer James http://JJames.myitworks.com/

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