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2013-08

**Peacock Pride, Ombudsman Publication /**  
**August 2013**

Brandt, Kate

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# PEACOCK PRIDE

Official Newsletter of the Naval Postgraduate School Ombudsman  
August 2013

Interim President  
RADM Jan Tighe

Provost  
Dr. Douglas A. Hensler

Chief of Staff  
Colonel Zoe M. Hale, USAF

Dean of Students  
CAPT Tom MacRae

## Command Ombudsman

**Kate Brandt**

**Cell: 831-238-4394**

**[npsombudsman@gmail.com](mailto:npsombudsman@gmail.com)**

*The command wants family Members, active duty, and staff to have a contact person for just about any questions you may have.*

*I am available for  
Emergencies  
24 Hours and Non-  
Emergencies  
8 am-9 pm.*

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

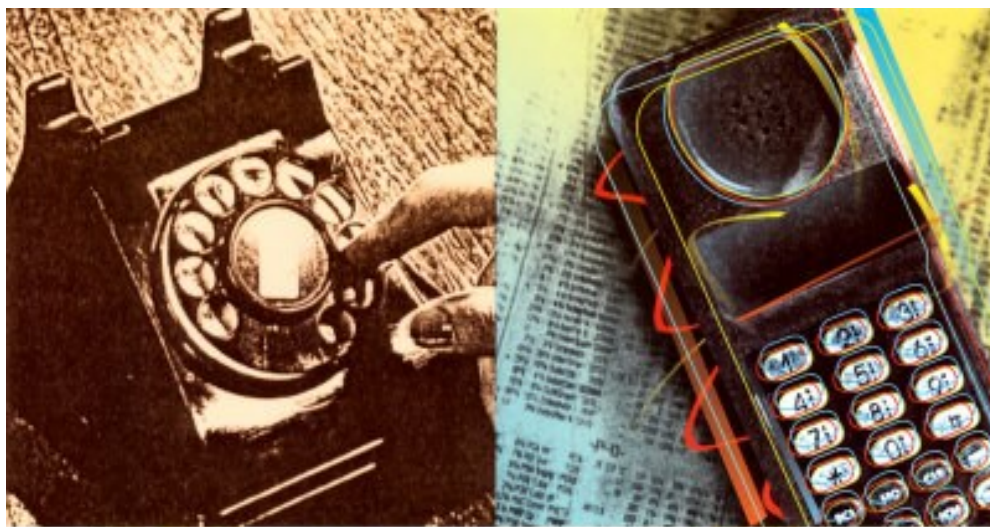
*–Eleanor Roosevelt*

Given some of the personal life demands placed on service members and their families, this month focuses on dealing with the changes associated with a new job, duty station, school and community.



## *In this Issue:*

- ♦ From the Ombudsman / Important Numbers to Know
- ♦ Back to School!
- ♦ The PCS: Becoming a Master of Change
- ♦ Quick Tips for Managing your Move
- ♦ Local Babysitting Resources
- ♦ August Calendar of Events
- ♦ Fleet and Family Support August Classes
- ♦ Military Spouse Owned Businesses



**Change is good.**

Call on yourself to make a difference.

## 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 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](mailto: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](http://www.militaryonesource.com)

### DEERS

1-800-538-9552

### Fleet Family Support Center

831-656-3060

### TRICARE DENTAL PROGRAM

<http://www.tricare.mil/Dental/TDP.aspx>

### TRICARE

<https://www.tricare.mil>

### Navy SAFE HARBOR:

1-877-746-8563

[safeharbor@navy.mil](mailto:safeharbor@navy.mil)

[www.safeharbor.navy.mil](http://www.safeharbor.navy.mil)

### Chaplain Office

831-656-2241

[tpHall@nps.edu](mailto: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

back to  
School



### **La Mesa Elementary School**

- There is a Kinder Meet & Greet on Tuesday, 8/6 from 3:30-4:30. The PTA will have a table up at the school. Come meet us and find out how you can get involved.
- Our first day back to school is August 7th. Please join us after drop off for our Boo-Hoo Breakfast for parents in the Multipurpose Room. We will have refreshments, membership, and volunteer information. Ms. Oxford will talk about the school and Desiree, our PTA President will say a little about the PTA.
- August 7 is also a Early Release Day. Each Wednesday school gets out at 12:50 pm.

### **Marshall Elementary School**

- The office at Marshall Main (2nd-5th grade) is open for the 2013-2014 academic year Monday-Friday from 9:00-3:00.
- The office will be CLOSED on Monday, August 5th.
- Class Lists will be posted at 4:00 on Tuesday, August 6th.
- The first day of school is Wednesday, August 7 from 8:00-12:50

### **Walter Colton Middle School**

7th and 8th grade schedule pick up will be

When: Tuesday, August 6

Where: Walter Colton Cafeteria

Time: 7th and 8th grade pick up 12:00-1:00

6th grade students who are not able to receive their schedule during the 6th grade orientation on Thursday August 1 may come:

When: Tuesday August 6

Where: Walter Colton Cafeteria

Time: 6th grade pick up 11:00-12:00

Schedules will also be distributed on the first day of school August 7 beginning at 7:30 A.M. in the Cafeteria

# La Mesa School

## 2013 - 2014 SUGGESTED (not required) SUPPLY LISTS

MPUSD provides all materials for students in the classroom. These are SUGGESTED (not required) supply lists. These supplies will be offered to students even if they do not bring them.

(There may be additional items specific to individual teachers – please check with them.)

### KINDERGARTEN

#### **Please do not label!**

- CRAYOLA Brand colored pencils
- CRAYOLA Brand Markers (fat or skinny)
- CRAYOLA small-sized crayons
- 10 glue sticks
- antibacterial foam hand sanitizer
- disinfectant wipes
- pump foam liquid soap
- tissues
- PRANGE watercolors
- Paper towels
- Yellow highlighters
- Skinny black expo markers
- 1 ream copy paper (white or colored)
- 2 sturdy pocket folders

### SECOND GRADE

- 3 large boxes kleenex
- 6 Glue sticks (Elmer's brand, please)
- 1 box jumbo CRAYOLA crayons  
(kinder style- they last!)
- 3 doz. #2 pencils (Dixon/Ticonderoga black only)  
**Pre-sharpened, please!**
- 1 hand sanitizer
- 1 pkg. baby wipes
- 1 pkg. disinfecting wipes (Clorox or Kirkland brand)
- 1 pkg. pencil top erasers
- 1 box EXPO markers
- 1 ream colored Xerox paper (any color)
- 1 box Zip Lock sandwich size bags OR 1 box Zip  
Lock gallon size bags
- 1 pencil box (no more than 5" x 8")
- 2 rolls of paper towels

### FIRST GRADE

#### **(also same list for Primary SDC class)**

Please do not label items other than pencil box & scissors

\*All items other items are shared

- 1 pencil box (**except for room #12**)
- 2 boxes of CRAYOLA/ROSEART crayons (**16 per box**)
- 1 pair of primary scissors, labeled with name
- 4 large pink erasers
- 1 box CRAYOLA/ROSEART markers (**10 per box**)
- 1 box Zip Lock sandwich OR gallon size bags
- 1 box facial tissues
- 1 package of small glue sticks
- 2 containers hand wipes or baby wipes (unscented)
- 1 container disinfectant wipes
- 1 ream of copy paper (white or colored)
- 1 roll of tape
- 1 bottle hand sanitizer OR 1 bottle of hand soap
- 1 package of EXPO dry erase markers
- 1 palette watercolor paints, 8 standard colors
- 3 doz. Ticonderoga BLACK (only) pencils- prefer pre-sharpened



**THIRD GRADE**

**NECESSARY ITEMS:**

- 2 dozen # 2 pencils, sharpened (Dixon/Ticonderoga)
- Plastic Pencil Box (no more than 5" X 8") –Soto only
- Scissors (***Fiskar***)
- 2 durable folders with bottom pockets
- \*1 box of Crayola crayons (16 per box)
- \*Colored pencils (12 per box)
- \*Crayola Markers (12 per box)
- 3 Elmer's glue stick
- pack of pencil-top erasers (***Ticonderoga***)
- 2 red ball point pens
- 1 box of tissues
- hand held pencil sharpener (with cover for shavings)
- 1 roll paper towels
- 1 package Expo dry erase markers
- 1 bottle Elmer's glue
- 1 pkg wide ruled binder paper
- Composition books (wide ruled)- Soto only

**DESIRED ITEMS:**

- 1 bottle foam hand soap
- Disinfecting wipes (for cleaning tables)

\*Please do not buy larger sizes, due to limited space

**FOURTH GRADE**

- Pencil box- plastic
- Pencils- 1 packet, sharpened, Ticonderoga (for class)
- Binder paper- 1 packet, wide ruled (for class)
- Copy paper- 1 ream (for class)
- Composition Books- 4 (spiral o.k., but not ideal)
  - different colors for various subjects
- Folders- 2 pockets
  - 2 green, 1 blue, 1 red, 1 purple, 1 black
  - plastic is best because they tend to rip
- Folder- 3 prongs, any color (for written work)
- Crayons- 12 or 24
- Colored pencils
- Highlighter (any color)
- Ball point pens- blue or black, red (for correcting)
- White-out (dry tape kind works best)
- Pencil sharpener- with cover to contain shavings
- Erasers- pencil cap and pink pearl or magic white
- Glue sticks- 2 or more
- Scotch tape
- Scissors- child safe
- White board markers- black or blue
- White board eraser or sock (that one without a mate)
- Watercolors
- Black felt tip pens- 2 (paper mate, fine point flair)
- Sharpie- black, ultra fine tip
- Facial tissue (for class)
- Paper towels (for class)
- Zip lock baggies-sandwich & gallon size (for class)
- Hand sanitizer- small size o.k.
- Hand soap (for class)
- Wet wipes (for class)

**NO BINDERS**

**FIFTH GRADE**

- 1 Binder (2")
- 6 dividers for binder
- 2 pkg. binder paper
- 1 pkg. graph paper
- 3 dozen # 2 pencils, sharpened (Dixon/Ticonderoga)
- 4 red ink pens
- 2 Highlighter
- 1 pkg. colored pencils, sharpened
- Scissors
- Water bottle
- scotch tape
- 1 roll paper towels
- 3 boxes Kleenex
- 2 pkgs. disinfecting wipes
- \$5 to purchase La Mesa Planner
- 2 pkgs. of 6 Expo dry erase markers
- 1 pkg. thin washable markers
- 2 Glue sticks
- 1 Dry eraser
- Small flash drive
- Spiral notebook- College ruled (100 pg. count)

\*If you would like to donate to classroom supplies:  
overhead transparencies – for plain paper copiers



## ***The PCS: Become a Master of Change***

Each summer roughly one third of military service members and their families make a PCS move. Even seasoned movers can struggle with the stress of adjusting to another duty station. Coping well with change is a process rather than an event that requires patience, acceptance and awareness of how you think about change. The key to becoming a master of change is a willingness to alter your perception of change.

### **Three outlooks on change**

One way to think about change is to compare it to the waves at the ocean. Waves, like change can be powerful and overwhelming. There are 3 ways to handle a wave: get knocked down by it, dig in your heels and endure it, or ride it.

#### ***Knocked down***

It is normal to feel overwhelmed by big changes or changes that appear to come out of nowhere. If you are knocked down by the waves of change you may feel out of control and think:

- I'm stressed out!
- I can't take this!
- This isn't fair!

#### ***Enduring it***

Gradually you may become a little more comfortable with the change. Your thoughts may move from feeling overwhelmed to finding a way to survive or endure the change. You may think and say:

- How can I get through this?
- What can I do to get by?

#### ***Riding the wave***

Masters of change learn to alter their view of change. They are not content with merely surviving change. Their goal is to thrive in a constantly changing environment. When the wave of change comes they catch it and ride it. To thrive in the face of change ask yourself the following:

- How can I make this work for me?
- What is good about this?
- What does this change allow me to do that I could not do before?
- What positive things does this change force me to do that I would not have done before and may enjoy?

Additionally, masters of change:

- anticipate and are prepared for change
- view change as an opportunity to grow and try something new
- know that change does not happen all at once and are patient with the process

understand that they will move through the process of change and become a more confident, successful and flexible person

## **Need something to read while your kids are doing homework?? Here are some books you may find interesting and helpful**

**Help! I'm a Military Spouse: I Get a Life Too!** by Kathie Hightower and Holly Scherer (Potomac Books, 2007).

A book about finding your own identity apart from your spouse, fulfilling your goals, and finding happiness while married to a service member.

**Home Fires Burning: Married to the Military for Better or Worse**, by Karen Houppert (Random House, 2006).

A close look at the lives of several military wives.

**The Homefront Club: The Hardheaded Woman's Guide to Raising a Military Family**, by Jacey Eckhart (Naval Institute Press, 2005).

Information to help you build the skills that help you deal with the realities of being a "married-but-single" parent, moving, handling deployment, and much more. The author, who was raised in an Air Force family, is a columnist for the *Virginian-Pilot* and the wife of a Navy officer.

**Married to the Military: A Survival Guide for Military Wives, Girlfriends, and Women in Uniform**, by Meredith Leyva (Fireside, 2009).

Advice about handling relocation, deployment, career, protocol, and family from a military wife and founder of [CinCHouse.com](http://CinCHouse.com).

**Today's Military Wife: Meeting the Challenges of Service Life**, by Lydia Sloan Cline (Stackpole, 2009).

A resource guide for spouses of all military personnel.



## Quick Tips for Managing your Move

Whether you're moving across town or around the world, these tips will help you make sure your move comes off without a hitch.

Visit the Defense Personal Property System website, [Move.mil](http://Move.mil). Many service members can use this site to set up and manage their move. The site also has helpful information on many different moving topics.

- Set up your move online or contact your installation's transportation office as soon as possible after you receive orders. This way, you'll have a better chance of getting your preferred move dates.
- Find the weight allowance for your household goods using the table on the [Before You Move page](#).
- Try to arrange your move outside the peak moving months of June, July and August. If you must move during this time, you may need to be flexible with your move dates.
- Use the online tools at [Move.mil](http://Move.mil) and [Plan My Move](#) to estimate the weight of your household goods.
- Purge your belongings of items you haven't used within the last 12 months. Getting rid of these items will lessen the chance you will exceed your weight allowance.
- Never schedule a pick up on the day you need to be out of your house or apartment.
- Schedule a pre-move survey with your transportation service provider at least five days prior to your pack up. In most cases, you can expect one pack day for every 4,000 pounds of estimated shipment.
- Know the rules for filing a claim. You will need to file a report of loss or damage within 75 days of your delivery. More information for reporting damage and filing a claim is available on [Move.mil](http://Move.mil).

Take the Customer Satisfaction Survey on [Move.mil](http://Move.mil). This survey allows you to rate the service and performance provided by your transportation service provider and ensure that only the best companies are selected to move your personal property.



## 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

PRESENTATIONS		
SPEAKER	ORGANIZATION	DATE
Jennifer D’Attilio	Central Coast Language, Learning Inc., and Avalon	May 9th
Ilene Allinger Candreva & Dierdre Hickey Strum	Special Kids Crusade ISK Presentation	June 13th
M.J. Viglizzo & Alethea Leandro-Farr	Salinas Circle for Children	August 8th
Natalie Sanders	TheraSens Pediatric and Rehab Center	September 12th
EFMP	Health Q&A	October 10th
Dr. Douglas Hulstedt	Primary Care Manager/ Pediatrician	November 14th
NA	Holiday Event Bring a dish	December 12th
ACTIVITIES		
ACTIVITY	LOCATION	DATE/TIME
*Horses, Hope & Kids	220 J San Benancio Rd Salinas, Ca 93908	1st Saturday each month, 10:00 a.m.–12:00 p.m.
Women’s Group Volunteer Meeting	Lala’s Grill	1st Tuesday, Monthly 7:00–9:00 p.m.
Men’s Group Volunteer Meeting	Chili’s Monterey	4th Thursday, Monthly 6:00–7:30 p.m.
Library Visit (Split ages 2–5 & 6–12)	Monterey Public Library	May 11th 10:30–11:30 a.m.
Craft With Kids (60 child limit)	Gold Room ACS	June 15th • 1–3:00 p.m. Open to all
Oceans Miniature Golf (50 person limit)	125 Ocean View Blvd, PG (Registration Required)	August 3rd
Water City (60 child limit)	2800 Second Ave, Marina (Registration Required)	September 13th



\* 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)



# *Monterey Bay Officers' Spouses Club*

Welcome Back from Summer or Welcome to the Area!

The Monterey Bay Officers' Spouses Club is a non-profit organization dedicated to community support through fundraising and social events. With more than 200 members and plenty of special interest groups, we are a great way to meet new people and explore the Monterey area.

We are hosting our quarterly Bargain Fair September, 14th at La Mesa Community Center. The Bargain Fair is an 81 multi-family yard sale and moving sale with a variety of items from household goods, furniture, clothing, sporting equipment, toys and everything in between. Our Bargain Fair is a Fundraising event and 100% of the profits go to our Scholarship and Charitable Donation funds. **Booth Sales will occur on Tuesday, August 27th (for all active duty and their dependents) & Thursday, August 29th (for Reservists/Retirees, their dependents, Government Civilians and Disabled Veterans) from 6:30-8:30pm in the Billiard's Room at the La Mesa Community Center Room.**

We welcome you to check us out at [www.montereybayosc.com](http://www.montereybayosc.com) and join us at one of our upcoming socials.

All the Best,  
Sarah Holley  
President  
M.B.O.S.C.



# Local Babysitting Resources

La Mesa Babysitting Coop  
POC Carah Tabar [carahtabar@gmail.com](mailto: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](http://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](mailto: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.



# August 2013

Sun      Mon      Tue      Wed      Thu      Fri      Sat

				1	2	3
4	5 PG Farmers Market 4-8pm	6 Monterey Farmers Market 3-8pm Marina National Night Out 5- 8 pm	7	8 (1st THU/mo) Sand City Farmers Market 4-8pm	9 Celebrate the Outdoors! My Museum 3.30-4.30pm Monterey Bay Reggaeifest MPC Farmers Market 10am-2pm	10 Monterey Bay Reggaeifest
11 Monterey Bay Reggaeifest	12 PG Farmers Market 4-8pm	13 Monterey Farmers Market 3-8pm	14	15	16 Celebrate the Outdoors! My Museum 3.30-4.30pm MPC Farmers Market 10am-2pm	17
18	19 PG Farmers Market 4-8pm	20 Monterey Farmers Market 3-8pm	21	22	23 Celebrate the Outdoors! My Museum 3.30-4.30pm MPC Farmers Market 10am-2pm	24 Summer Harvest at The Farm Summer Safety Day Cypress Coast Ford in the Seaside Auto Center Turkish Arts & Culture Festival 11am-7pm
25 Aromas Day 7am-4pm Rancho Cielo Rodeo & Family Fun Day 8am - 3 pm Jewish Food Festival 1030am-4pm Turkish Arts & Culture Festival 11am-7pm	26 PG Farmers Market 4-8pm	27 Monterey Farmers Market 3-8pm	28	29	30 Celebrate the Outdoors! My Museum 3.30-4.30pm MPC Farmers Market 10am-2pm	31 Gems & Minerals" Science Saturday PG Museum of Natural History 11am-3pm

Event links can be found at:

<http://www.navylifesw.com/monterey/wp-content/peacockpress/peacockpress.pdf>

<http://www.mbaykids.com/happenings.asp>

<http://www.montereycountyweekly.com/events/>

[www.mymuseum.org](http://www.mymuseum.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 & LIFESKILLS**

#### **Couples Communication**

Mon, Jul 22, 3:30-5 pm

Mon, Aug 5, 3:30-5 pm

Mon, Sep 9, 3:30-5 pm

#### **Military Basics**

#### **for New Spouses**

Mon, Jul 15, 11 am-12:30 pm

Tue, Aug 13, 10-11:30 am

Mon, Sep 16, 10-11:30 am

#### **Parenting Education**

Available upon request, tailored to your needs

#### **Suicide Prevention Awareness**

Tue, Jul 16, 10-11:30 am

Tue, Aug 6, 10-11:30 am

Tue, Sep 10, 10-11:30 am

#### **Stress Management Techniques**

Thu, Jul 25, 3-4:30 pm

Thu, Aug 22, 3-4:30 pm

Thu, Sep 26, 10-11:30 am

#### **Responsible Anger Management**

Thu, Jul 18, 10-11:30 am

Thu, Aug 15, 1-2:30 pm

Thu, Sep 19, 10-11:30 am

### **EMPLOYMENT**

#### **Job Search Strategies**

Tue, Jul 2, 9-11 am

#### **Interviewing Skills**

Thu, Jul 25, 4-6 pm

Thu, Aug 1, 4-6 pm

Thu, Sep 5, 4-6 pm

#### **Resume Writing**

Thu, Jul 18, 4-6 pm

Thu, Aug 15, 4-6 pm

Thu, Sep 19, 4-6 pm

#### **Federal Employment System**

Tue, Jul 16, 9-11 am

### **FINANCIAL MANAGEMENT**

#### **Million-Dollar Sailor**

Saturdays, 8 am-4 pm

Call to schedule specific dates.

#### **Car Buying Strategies (New/Used)**

Tue, Jul 23, 10 am-Noon

Tue, Aug 27, 10 am- Noon

Tue, Sep 24, 10 am- Noon

#### **Credit Management**

Wed, Sep 4, 1-3 pm

#### **Investment and Savings**

Wed, Jul 17, 1-3 pm

Wed, Aug 14, 1-3 pm

Wed, Sep 11, 1-3 pm

#### **Preparing a Personal/Family Spending Plan**

Fri, Aug 9, 1-3 pm

#### **Home Buying**

Fri, Jul 19, 1:30-3:30 pm

### **RELOCATION**

#### **Smart Move (Transferring/PCS)**

Tue, Jul 30, 2-3:30 pm

Wed, Aug 28, 10-11:30 am

Fri, Sep 27, 10-11:30 am

#### **Pre-Deployment/Mobility**

Briefing - Fri, Jul 26, 1-3 pm

#### **Mid-Deployment/Mobility Briefing**

Fri, Aug 23, 1-3 pm

#### **Post-Deployment Return & Reunion**

Fri, Sep 27, 1-3 pm

#### **IA Spouse Discussion/Support Group Meeting**

Wed, Jul 17, 11 am-Noon

Wed, Aug 14, 11 am-Noon

Wed, Sep 11, 11 am-Noon

### **TRANSITION CONSEP**

Mon-Tue Jul 29-30, 8 am-4 pm

Transition GPS (Goals, Plans Success) Workshop (AKA "TAP" workshop)

Mon-Fri Sep 23-27, 9 am-5 pm

Transition GPS (Goals, Plans Success) - Entrepreneurship Workshop

Mon-Tue Sep 9-10, 9 am-5 pm

Transition GPS (Goals, Plans Success) - Higher Education Workshop

Mon-Tue Sep 16-17, 9 am-5 pm

Transition GPS (Goals, Plans Success) - Technical Workshop

Mon-Tue Sep 30-Oct 1, 9 am-5 pm

### **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](mailto: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

**Hair by Tina** - Tina Young

912-674-1558

[Hair by Tina](#)

**Body by Vi Challenge/ViSalus** - Jessica Bryant

[www.jessmbryant.bodybyvi.com/](http://www.jessmbryant.bodybyvi.com/)

**Hair Doctor** - Rachel Van Duran

[The Hair Doctor](#)

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