

April 2012

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CONTACT INFORMATION

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cg52ombudsman@yahoo.com

FACEBOOK: "Bunker Hill Ombudsman" (FRIEND ME)

HOURS: 24/7 for emergencies
8AM-8PM for routine questions

Call, Email, Text, Message me on FB, or Chat when available!

DISTRIBUTION LIST:

All individuals added on Facebook or emailed information, such as the newsletter, must be on the distribution list. If you want to be added to the list, or if you are new to the ship, please have your sailor email me from their work account requesting that I add you.

NEW TO THE SHIP? Please email me contact information for people you want added to the distribution list.

Dear Bunker Hill Families,

Enclosed is a great deal of information I hope families all over will find useful. If you are local, join us at one of the April meet ups. Please make note, the picnic will be on Sunday, April 15 from Noon-3:30 PM. Details are on page 3. I look forward to hearing your comments and suggestions.

Sincerely,

Danice Toyias, Command Ombudsman

ROAD TRIP READINESS

I recently attended the "Straight Talk with Captain Smith" presentation in which the elements of the 21st Century Sailor were discussed. Ombudsmen have been encouraged to support families with these as well: 1) Readiness, 2) Safety, 3) Physical Fitness, 4) Inclusion, and 5) Continuum of Service. For the next newsletters, I will be focusing on each element for the featured article, beginning with readiness.

Readiness has a slightly different meaning for the family side than it does on the sailors' side. For families, the focus is on *Family and Personal Preparedness*, and *Financial and Family Stability*. When families are prepared and READY, they are better

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equipped to face the unexpected.

One example of readiness is making sure families are prepared in case of **emergencies**. I wrote a bit on this in an earlier newsletter, but I wanted to make sure to touch on it again. If you haven't already, **please prepare an emergency readiness kit for your home and vehicle**. If you are planning on traveling, it is important that you prepare for uncertainties on the road. Since I consider myself a road warrior--for over a year I commuted from Arizona to Montana for work, with a drive typically beginning in over 100 degree temperatures and ending in snow and winter driving conditions—I'm going to share the AAA (and my) tips for being road ready:

What to pack:

- Food and Water for each person (72 hours is recommended)
- Clothing appropriate for the conditions for each person (including snow boots, if applicable)
- First Aid Kit (including antiseptic)
- Emergency Radio (I like my crank flashlight and USB phone charger—it has a clip for hands free use. I also pack my small bike helmet headlight)
- Leather Gloves
- Jumper Cables
- Bungee Cords and Cable Ties
- Duct Tape
- Poncho or other rain protection
- Simple tool kit
- Shop towel or rags
- Compass and Paper Maps
- I also pack an air compressor that hooks into the cigarette lighter
- Tire pressure gauge
- Additional items your family needs (medication, etc.)



My pack includes the suggested list plus baby formula in individual packs, 2 cases of water, baby food (squeeze packs), wipes, and diapers, peanuts, jerky, books and games for the kids, a sleeping bag, and a shovel.

INTRODUCTION TO YOUR OMBUDSMAN

Dear BUNKER HILL Families and Friends,
My name is Danice Toyias and I am happy to be of service as your Command Ombudsman.

What is an Ombudsman?

Ombudsmen are trained volunteers, and military spouses within the command. I am appointed by the Commanding Officer and serve as a resource for all family members. The Ombudsman Code of Ethics guarantees support of the command's mission, professionalism, and confidentiality, within program guidelines.



How can my Ombudsman help me? Your Ombudsman can help you find the resources you need to solve almost any problem, from critical emergencies to routine requests. Your Ombudsman will also keep you informed regarding current events and programs. The Ombudsman passes information from families to the command, as well as sharing information from the command leadership as appropriate. Ombudsmen are the source of official and accurate command information, especially during emergencies.



Did you take pictures at a meet-up and want them included in the next newsletter? If so, tag “Bunker Hill Ombudsman” on Facebook and I will download them and put them in the newsletter.

Meet Ups

APRIL MEET UPS (SAN DIEGO AREA)

PICNIC!

Sun., April 15 from Noon-3:30 pm: We will be meeting at Mariner’s park area 2 for this event (you do not need an id to enter this gate). This is a potluck picnic so please bring food. We will provide all the utensils and beverages. We have some fun activities planned, complete with prizes!

April is the Month of the Military Child! There are many activities and events planned at San Diego area military installations. Keep checking facebook for updates.

Woof Walk Wednesdays: Join us each Wed. for a walk with your pooch at some dog-friendly spots around San Diego. (I will send an updated flier after Easter.

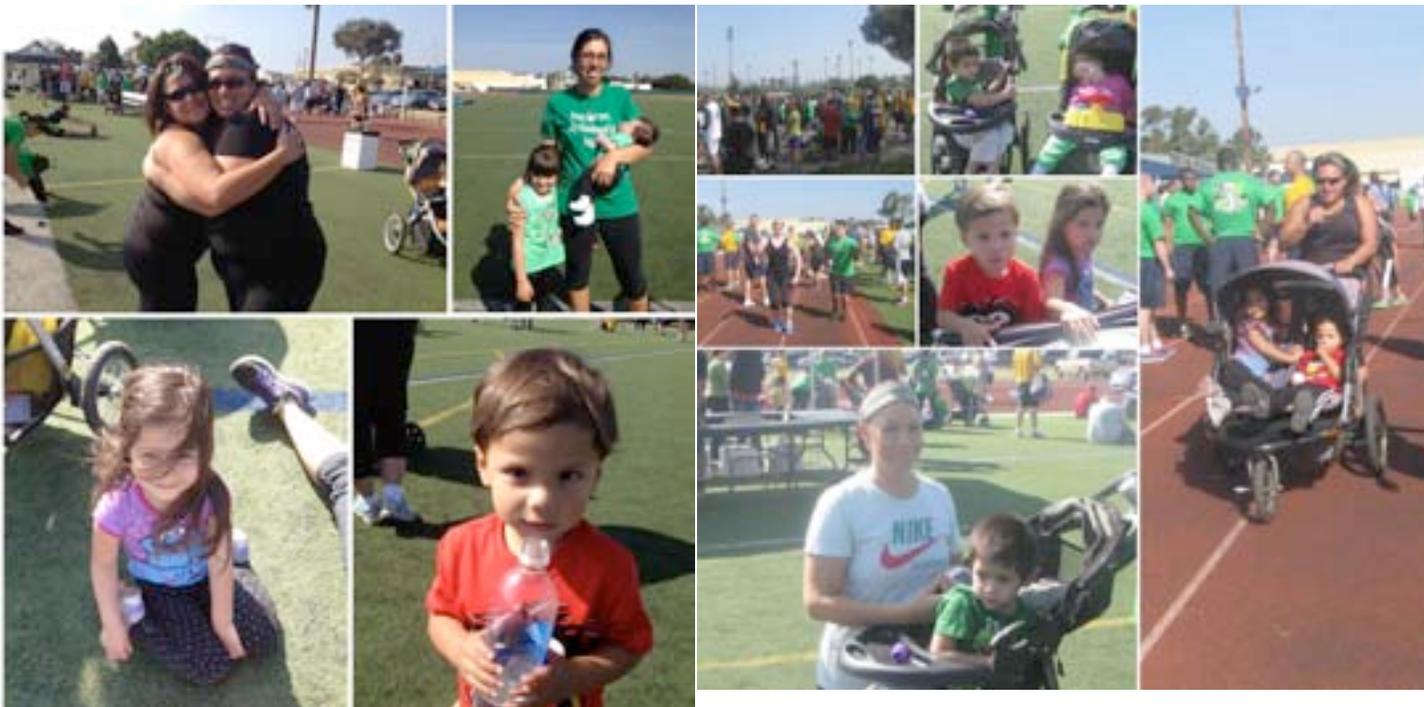
Fitness Fridays: Join us each Fri. at 9 am for a stroller friendly walk or run at the Admiral Prout Track on NBSD.

Vintage T-Shirt 2-mile run/1-mile walk: Wednesday, April 25 • NBSD • Admiral Prout Field House Track • FREE Participants receive a T-shirt from one of our past runs! Run begins at 10 am behind the Admiral Prout Field House Gym (Bldg. 3279). Check-in at 9 am. Open to all ID cardholders. Click here to register: <http://bit.ly/HlihR0>

The Christmas You Missed: On June 25, 2012, the Armed Services YMCA will be hosting this event from 6 AM to 9 AM at the Murphy Canyon Youth Center. Click here to sign up on the interest list: <http://bit.ly/HqzwM6>

San Diego Event Guides: San Diego Coast Life—this website contains events by topic, celebration, festival, neighborhood, area, etc! <http://www.sandiegocoastlife.com/events/events-san-diego.html>

MARCH MEET UP RECAP



Woof
Walks,
Fitness
Fridays,
and the
St.
Patrick's
Day 2-
mile
run/1-
mile
walk!



April

2012

Upcoming
Events

The mission of MCRD's Family Readiness Division is to build strong guardrails for service members and their families.

We aim to be your GPS – Guiding, Providing, and Strengthening – to help you navigate through military challenges.

MCRD, San Diego
3602 Hochmuth Ave
Building 6E
619-524-0916
www.mccsmcrd.com

Events are held in Building 6E classroom unless otherwise noted

*Childcare is available for children ages 2+ Children must be potty trained. Please RSVP for childcare.

Family Readiness Calendar

Children, Youth, and Teens/Youth Sports
619-524-8382

Spring Youth Soccer
Registration: 2 Jan 2012 to 8 Mar 2012
Season: 24 March to 19 May

Exceptional Family Member Program
619-524-8031/8086

Apr 3, Tues – EFMP Info Hour 0930-1030
Apr 18, Wed – EFMP Support Group "Talk Time" 0900-1030, Gateway Village Community Center

School Liaison Program
619-524-8032/8033

Apr 2, Tues – Tell Me A Story 1000-1300

New Parent Support Program
619-524-0805

Apr 3, Tues – Life in Balance: Relaxation & Stress Relief for Parents 1300-1430
Apr 10, Tues – Activity Morning 0930-1130
Apr 11, Wed – Potty Training Workshop 1000-1130
Apr 18, Wed – Happiest Baby on the Block 0900-1200
Apr 24, Tues (Part 1) – Baby Boot Camp 1000-1530
Apr 25, Wed (Part 2) – Baby Boot Camp 1000-1530

FRPT/RDST
619-524-8030

Apr 26, Thurs – Unit Family Readiness Volunteer Training 0900-1300

LifeSkills
619-524-8116

Apr 12, Thurs – 4 Lenses 0900-1130
Apr 21, Sat – PREP 0900-1400
Apr 26, Thurs – 5 Love Languages 1730-2030

L.I.N.K.S.
619-524-8104

Apr 3, Tues – L.I.N.K.S. for Kids 0900-1300
Apr 14, Sat – L.I.N.K.S. for Spouses 0900-1700



Mark Your Calendars!

April Month of the Military Child Events

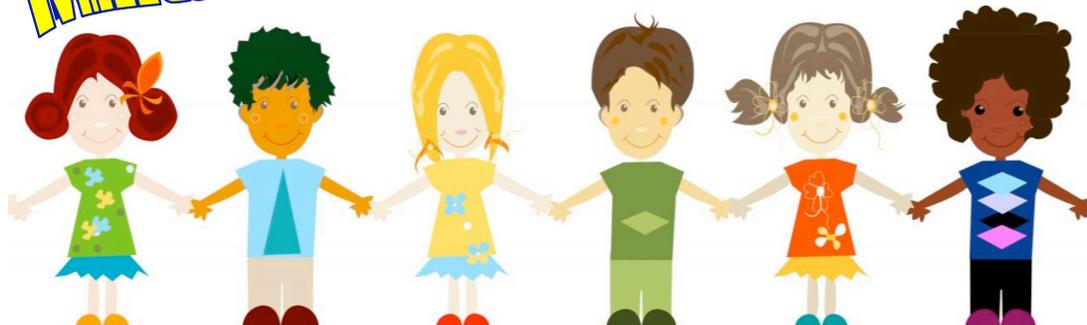
Location: MCRD Family Readiness Clsrn Bldg 6E
Contact: 619-524-8030 or genicate@usmc-mccs.org

Apr 2 – Tell Me a Story 1000-1130 (all ages)
March Into Summer 1130-1300 (all ages)
Apr 3 – L.I.N.K.S. for Kids 0900-1300 (6-12 y/o)
Apr 5 – Child Readiness Workshop "Safari Field Guide" 0900-1300 (6-12 y/o)

Save the Date for our Upcoming Events!

May 16 – EFMP Transitions Workshop 0800-1600

Month of the...
Military Child



UNITED THROUGH READING

Have you received your DVD yet? Encourage your Sailor to make a recording that your child will be able to watch again and again. There is nothing like having Mom or Dad's face and voice right there at home, even if they are deployed. By participating in United Through Reading® the bedtime story tradition can begin or continue.

If you have received a video, don't forget to complete the "Full Circle of Communication" by sending feedback to your deployed Sailor in the form of a picture, video, or even a letter or email. Let your Sailor know their time was well spent and how much the DVD means to you and your child. Mail your Sailor another book and another video could soon be on its way.

Think about ways to bring the story into your everyday life. Did the characters go on a picnic? Why not pack a picnic like the one in the book? Did they bake cookies together? Try baking the same ones, then talk about your favorite moments in the story. This is a great way to make the special moments last.

Hopefully our next issue will feature comments from our own participants on how the program is working for them and their families. If you would like to submit a comment, contact your United Through Reading® Homefront Coordinator, **Cynthia Reyes**, at cynrreyes@gmail.com or fill out a homefront survey on United Through Reading's website (www.unitedthroughreading.org).

TAX INFORMATION (APRIL 17 IS APPROACHING!)

Tax Information

If you will be filing your taxes later this year due to your service member serving in an IRS identified "combat zone," please note the following: "Taxpayers who receive a notice from the IRS regarding a collection or examination matter should return the notice to the IRS with the words "COMBAT ZONE" and the deployment date in red at the top of the notice and put "COMBAT ZONE" on the envelope so the IRS can suspend the action. Taxpayers may prevent issuance of such notices by notifying the IRS that they are working in a combat zone." **From:**

<http://1.usa.gov/HpVUYL>

Notification of Status

Taxpayers qualifying for such combat zone relief may also notify the IRS directly of their status through a special e-mail address: combatzone@irs.gov. They should provide name, stateside address, date of birth and date of deployment to the combat zone. They should not include any social security numbers in an e-mail. This notification may be made by the taxpayer, spouse, or authorized agent or representative.

Be Aware of a New Scam –This alert comes from Military OneSource

H&R Block does not send urgent or time sensitive text messages or emails asking clients to provide, update or confirm sensitive data. These text messages are scams and are not information requests from H&R Block. Please check www.militaryonesource.mil for more information on the free H&R Block tax service.



LOCAL NBSD EVENTS FOR APRIL

All Hands Car Show

April 1, 2012 • 9 am-2 pm • NBSD • Fitness Station Parking Lot • FREE

Spring Fling: April 1 • 9 am-1 pm • NBSD • Admiral Prout Fields • FREE Family Festival Celebrating the Month of the Military Child! Participate in the Navy's largest egg hunt with over 50,000 eggs. Events include entertainment, arts and crafts, amusement rides, food booths, resource fair, all-hands car show, and the Armed Forces Kids run.

Indoor Soccer for kids ages 6-8 and 9-11

Registration begins March 8 and goes through April 14. The \$40 fee includes jersey, participation, trophy, and photos. Player Clinic: (Murphy Canyon teams only) April 14 at Murphy Canyon Youth Center. Season: April 28-June 16 Game Site: Murphy Canyon Youth Center.

Tiny Tot classes are offered to children ages three to five years old. This part-time program provides an open environment where your child can participate in arts and crafts, music and rhythm, story time, social games, movement and much more. Address: 3493 Santo Rd. Phone: 619-556-0719. For more information about Navy Youth Programs in the San Diego area, please go to: <http://mwrtoday.com/sandiego/families/youthprograms/>

Non-official site Military.com base guide~Search for activities and events in the San Diego area:

<http://mnstr.me/ADcZVR>

Be sure to check Navy Life This Week for information about weekly events:

<http://mwrtoday.com/sandiego/about/nltw/>

Navy Life Application for your iPhone, iPod Touch, or iPad This is an official application developed by the CNIC, and endorsed by the Master Chief Petty Officer of the Navy. It contains resources available to Navy Personnel and their families as well as retirees. For families who are not in the San Diego area, this is a good place to find resources and information in your area. To

download the app, please visit the iTunes App Store and search for: "Navy Life" or "CNIC."



LODGING IN SAN DIEGO



The MVP is a partnership between the Housing Welcome Center and local hotels to provide the military with discounted lodging options. Rates are for the current month (excluding holidays). If you are not provided hotel rates as advertised, call Diane Avila, MVP Coordinator, at (619) 556-9955.

MAR 2012



3325 Midway Drive, 92110 **Rate Code: MVP \$59** (Reg \$89)
7 miles to Naval Base San Diego / 14 miles to MCAS Miramar
CB P I R M S

619-224-3166



800 Bay Marina Drive, 91950 **Rate Code: NavyMVP \$99.99** (Reg \$110)
3 miles to Naval Base San Diego / 17 miles to MCAS Miramar
P I R M S F 🐾 \$25/day (max \$75), call for details

619-259-2800



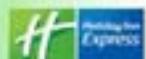
9310 Kearny Mesa Rd, 92126 **Rate Code: MVP \$79** (Reg \$119)
16 miles to Naval Base San Diego / 2 miles to MCAS Miramar
CB P I R M S 🐾 \$20/day, 25 lb max, call for details

858-578-6600



5415 Clairemont Mesa Blvd, 92117 **Rate Code: VALUE \$70** (Reg \$89)
13 miles to Naval Base San Diego / 8 miles to MCAS Miramar
CB P R M S K weekly rates from \$300

858-560-0545



1645 East Plaza Blvd, 91950 **Rate Code: MVP \$79** (Reg \$89)
4 miles to Naval Base San Diego / 17 miles to MCAS Miramar
FB P I R M S F

619-474-2400



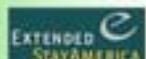
1010 Outer Rd, 92154 **Rate Code: MVP Military \$36** (Reg \$42)
10 miles to Naval Base San Diego / 24 miles to MCAS Miramar
P I R S 🐾 2 pets max, up to 40 lbs, breed restrictions, call for details

619-575-8808



4747 Pacific Hwy, 92110 **Rate Code: MVP Military \$43** (Reg \$50)
7 miles to Naval Base San Diego / 14 miles to MCAS Miramar
P I R S 🐾 2 pets max, up to 40 lbs, breed restrictions, call for details

619-294-2512



2087 Hotel Circle South, 92108 **Rate Code: MREL \$76.49** (Reg \$79.99)
8 miles to Naval Base San Diego / 13 miles to MCAS Miramar
P I R M K 🐾 \$25/day, \$25 cleaning fee, 1 pet per rm, call for details

619-296-5570

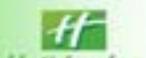


3860 Murphy Canyon Rd, 92123 **Rate Code: MREL \$71.99** (Reg \$74.99)
10 miles to Naval Base San Diego / 7 miles to MCAS Miramar
P I R M K 🐾 \$25/day, \$25 cleaning fee, 1 pet per rm, call for details

858-292-8927

Heritage Inn
San Diego
619-223-9500

3333 Channel Way, 92110 **Rate Code: MVP \$45** (Reg \$53)
8 miles to Naval Base San Diego / 15 miles to MCAS Miramar
CB P I R S 🐾 \$10/day, 2 pets max, 50 lbs total, call for details



3805 Murphy Canyon Rd, 92123 **Rate Code: ILJW1 \$105** (Reg \$139)
9 miles to Naval Base San Diego / 4 miles to MCAS Miramar
FB P I R M S F

858-278-9300



5925 Lusk Boulevard, 92121 **Rate Code: ILJW1 \$109** (Reg \$149)
17 miles to Naval Base San Diego / 5 miles to MCAS Miramar
FB P I R M S F

858-731-0100

----- Abbreviations for Hotel Amenities -----

CB Continental Breakfast P Parking R Refrigerator S Swimming Pool K Kitchenette
FB Full Breakfast I Internet M Microwave F Fitness Room 🐾 Pet-Friendly



4540 Mission Bay Drive, 92109 **Rate Code: MVP \$89** (Reg \$129)
10 miles to Naval Base San Diego / 12 miles to MCAS Miramar
FB P I R M S F

858-274-7888



7444 Mission Valley Rd, 92108 **Rate Code: MREL \$62.99** (Reg \$69.99)
8 miles to Naval Base San Diego / 12 miles to MCAS Miramar
P I R M K 🐾 \$25/day, \$25 cleaning fee, 1 pet per rm, call for details

619-299-2292



9880 Pacific Heights Blvd, 92121 **Rate Code: MREL \$80.99** (Reg \$89.99)
17 miles to Naval Base San Diego / 6 miles to MCAS Miramar
P I R M K 🐾 \$25/day, \$25 cleaning fee, 1 pet per rm, call for details

858-623-0100



3330 Rosecrans St, 92110 **Rate Code: LKMV \$69** (Reg \$99)
9 miles to Naval Base San Diego / 14 miles to MCAS Miramar
CB P I R M S 🐾 \$20/day, 25 lb max, call for details

619-224-8266



2380 Moore St, 92110 **Rate Code: MVP \$79** (Reg \$119)
6 miles to Naval Base San Diego / 15 miles to MCAS Miramar
CB P I R M S 🐾 \$20/day, 25 lb max, call for details

619-291-9100



1835 Columbia St, 92101 **Rate Code: \$99** (Reg \$119)
5 miles to Naval Base San Diego / 12 miles to MCAS Miramar
CB P I R M F 🐾 \$50 cleaning fee, \$50 deposit, call for details

619-544-0164



2484 Hotel Circle Place, 92108 **Rate Code: MVP \$43** (Reg \$50)
8 miles to Naval Base San Diego / 12 miles to MCAS Miramar
CB P I R S 🐾 2 pets, 40 lb max, breed restrictions, call for details

619-291-8252



4380 Alvarado Canyon Rd, 92120 **Rate Code: LKMV \$69** (Reg \$99)
10 miles to Naval Base San Diego / 11 miles to MCAS Miramar
CB P I R M S 🐾 \$20/day, 25 lb max, call for details

619-281-2222



606 Washington St, 92103 **Rate Code: \$133** (Reg \$150)
5 miles to Naval Base San Diego / 12 miles to MCAS Miramar
CB I R M S K 🐾 \$20/day, 25 lb max, call for details

619-692-5200



3889 Arista St, 92110 **Rate Code: MVP \$69** (Reg \$89)
6 miles to Naval Base San Diego / 15 miles to MCAS Miramar
CB P I R M

888-475-2353

----- FULLY FURNISHED APARTMENTS WITH MONTHLY LEASES -----



1555 Satellite Blvd, 92154 **Rate Code: CDMVP \$1295/mo** (Reg \$1395)
11 miles to Naval Base San Diego / 25 miles to MCAS Miramar
1-BR apt, paid utilities, housewares, full kitchen, parking, pool

619-429-5733



4260 Palm Ave, 92154 **Rate Code: FXMVP \$1295/mo** (Reg \$1395)
12 miles to Naval Base San Diego / 25 miles to MCAS Miramar
1-BR apt, paid utilities, housewares, full kitchen, parking, pool

619-690-1199

