

TALON TIMES

Mission: Plan, direct and control all air operations in support of amphibious forces, and provide combat-ready-detachments to deployed Amphibious Ready Groups.

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FROM THE COMMANDER'S DESK...

**TACRON TWELVE
JUL/AUG/SEP**

What a great summer we have had at home in San Diego and out in the PACOMA AOR. As with every PCS season (summer) we said farewell to many and welcomed many more to the TALON family. I am glad that you are all part of the best Air Control Squadron in the Navy and look forward to future success.

DET THREE continued their deployment by supporting Forward Deployed Naval Forces (FDNF) in the Pacific. They embarked the USS BONHOMME RICHARD (LHD-6) and did an outstanding job controlling USMC and Australian aircraft during the TALISMAN SABER 2013 exercise with the Australian Military. This exercise is conducted every two years and is the largest Amphibious Exercise in the Pacific theater with nearly 30,000 participants. Your TALONS were right in the thick of the action and performed well during the duration of the exercise. Following a successful 31st MEU Certification Exercise (CERTX) they had a well-deserved stop in Sydney and continued their tour-de-force of Australia in Darwin participating in Exercise KOOLENDONG which will open up combined training opportunities with our Australian partners for the future. I too, survived my foray into the Australian bush at CAMP ROCKY. I only had one interesting "wildlife interface" with a huntsman spider that was the size of my hand trying to share my sleeping bag (winter in Australia). I was assured by my Aussie counterparts that although he was large and hairy, he was a non-poisonous variety. As I write this article, DET THREE will be enjoying a Hong Kong port visit for which I am eternally envious. We wish them luck with the remainder of their deployment and will do our best to get them home for the Holidays.

We welcomed YN3 Alcantar back from his year-long assignment to Djibouti Africa. We also welcomed back AC2 Early from his remains recovery mission in Germany. We are happy to have them back. Well done gentlemen and we look forward to the sea stories.

I am also looking forward to the Fall/Winter social events to come. Please keep an eye out for the chili cook-off (October 31st), and the Children (November 30th) and Adult (December 6th) holiday parties to follow. Family participation in these events makes them extra enjoyable. Please mark the date and plan to attend. In consecutive weeks in October we celebrated the retirements of LCDR Doug Lito and LCDR Andrew Bogie. We wish them the best of luck figuring out what they want to do when they grow up!

Finally, I want to thank you for all the hard work that you do every day to make the Squadron better. Whether it is beautification of the spaces, volunteerism, or professional achievement, the TALONS always continue to improve. Keep doing things the TALON WAY!

Best Wishes,

CDR Daniel "Disco" Hopkins

danhopkins@navy.mil

619-437-2594



TACRON TWELVE
Commanding Officer,
CDR Daniel P. Hopkins





The Ombudsman Corner



Phone Contact Information: (619) 203-4101

Email: tacron12ombudsman@gmail.com

Hello Tacron 12 Family!

I am very pleased to have yet another opportunity to share with you some resources and events to help make your life as a military family more enjoyable and fulfilled..

I imagine that as we enter into October most of us have already begun to compose our holiday to-do list. While the holidays can bring excitement and joy, it is also a time where some can feel the strain of trying to come up with the extra money to support the festivities. I just want to encourage you to de-stress your life by finding some creative and oftentimes less expensive ways to join the holiday spirit.

The internet is full of praise worthy holiday décor and gift ideas, all lovingly crafted by the hands of you! Did I mention it was *MUCH CHEAPER*? A wonderful site to find just about anything and everything is www.pinterest.com. You'll find tons of inspiration for this season and beyond. If you're reading this and thinking the only thing you wanna make this season is MONEY! Great! Maybe you're launching your own business and need a boost of help. Try www.therosienetwork.org. This is an organization offering free listings only for Military spouses to 'rolodex' their home-based personal businesses. It is free for the 'Rosies' (the business owners) and free for users looking for services. Many spouses are always looking for ways to get the word out about their portable home based businesses.

Whatever you find yourself doing this season, try doing it with JOY. I'm confident that alone will make everything you do sparkle..

DON'T FORGET TO CHECK OUT THE OCTOBER 2013 FAMILY CONNECTION NEWSLETTER. LINK BELOW:

<http://user-03eupzp.publ.com/Family-Connection-October-2013>

There's also a few things I'd like to share. You'll find fliers for them below. Remember, I am here for you. Phone me or email me, whichever you prefer. Together lets make TACRON TWELVE thrive!

*Sincerely,
Your TACRON 12 Command Family Ombudsman*



THE TEENAGE BRAIN STILL UNDER CONSTRUCTION:

PARENT AND TEEN STRATEGIES TO BUILD A SOLID FOUNDATION

FOCUS *Honors* National Substance Abuse Prevention Month by offering separate but coordinated workshops for teens and their caregivers. All participants will learn about the impact of substances on the developing teen brain along with prevention strategies. This workshop has been specifically designed to help strengthen the relationship between Teens and their Caregivers.

- Open to All Military Teens (ages 11+) and their Caregivers
- Food and Refreshments Will Be Provided

Thursday

17 Oct

6:00pm-7:30pm

RSVP by 14 October 2013

FOCUS San Diego and NSW/EOD West

Davinity Jones
619-556-6075
sandiego@focusproject.org

LOCATION

Naval Base San Diego
Waterfront Recreation Center
2375 Recreation Way, Bldg. 45
San Diego, CA 92136

The FOCUS Program • FOCUS (Families OverComing Under Stress) is a resiliency building program of the Navy Bureau of Medicine and Surgery (BUMED). The FOCUS program is designed for military families, couples and children facing ongoing stress and change. FOCUS promotes family strengths and supports families and children to help manage the challenges of military life. • www.focusproject.org

F * O * C * U * S



*Home is where
the heart is*



Sittercity can help
you find:

- Before/After school care
- Homework help
- Post PCS caregivers
- Part-time babysitters
- Last minute care

Whether your loved ones live near or
far, find a close-to-home sitter who
feels like family!

Memberships to Sittercity are fully paid for by The Department
of Defense for Army, Marine, Navy, and Air Force -including
active duty, Reserve, and Guard!

Get Started Today at
sittercity.com/DoD

 facebook.com/Sittercity.DoD
 [@Sittercity_DoD](https://twitter.com/Sittercity_DoD)



Did your spouse recently deploy? Don't forget that The United States Postal Service (USPS) offers **FREE** packing material to families of military members deployed Overseas! **To order call: (800) 610-8734. Press "1" (For English). Press "1" again (For Operator). Ask for the "Carekit04".**



This Military OneSource Navy portal allows access to Navy-specific news, resources and social media with a simple click. Navy's fleet and family programs provide a full array of services, information and tools to assist Sailors and family members in achieving personal and career goals as they excel in meeting the obligations and challenges of Navy life through resilience and self-reliance.

Call. Click. Connect.

<http://www.militaryonesource.mil/navy>



June was Post-traumatic Stress Disorder (PTSD) Awareness Month. Although we've entered into July, I still feel it's important to share. PTSD is a serious condition that affects a growing number of wounded warriors and their families. To learn more about PTSD and find helpful resources or to access information on warrior care, contact **Navy Wounded Warrior - Safe Harbor** at **855-NAVY WWP (855 628-9997)**, navywoundedwarrior@navy.mil or <http://safeharbor.navylive.dodlive.mil>

FOCUS Family Resiliency Training™ for Military Families

Strengthening the Home Base

FOCUS (Families Over Coming Under Stress™) provides resiliency training to military children and families. It also teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively and to successfully set goals together and create a shared family story.

Site Location

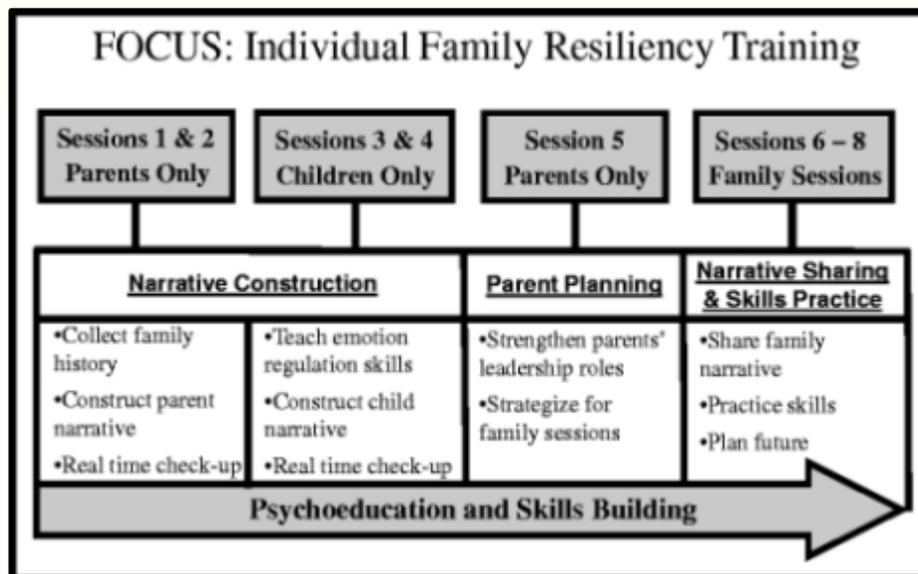
Naval Base San Diego San Diego, CA 92136

Dolphin Alley, Bldg. 265

Phone 619.556.6075

Fax 619.556.6076

SanDiego@focusproject.org





Fleet and Family Support



Meeting Your Needs at Home & at Sea

FFSP provides services through the Fleet and Family Support Centers (FFSC) such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the relocation assistance programs to assist service members and their families in need. FFSC has also recently opened a NEW SANTEE BRANCH!

*****One Call Serves All!*****

For 24/7 assistance at any Navy Region Southwest FFSC, call 1-866-923-6478. For more information on Fleet and Family Support Programs, please <http://navylifesw.com/sandiego/families/ffsc/>.



Career Services



Command Leadership Corner



Counseling and Assistance



Deployment Support



Disaster Preparedness



Family Enrichment



Financial Support



Relocation Support



Retiree Support



Sexual Assault Prevention and Response

Fleet & Family Support Center Locations (Near TACRON TWELVE)

Mon. - Fri., 7:30 am - 4:30 pm, Closed Sat., Sun., and holidays (unless otherwise noted)

Naval Base San Diego

3005 Corbina Alley
Bldgs. 259 & 263
San Diego, CA
(619) 556-7404

Naval Base Coronado

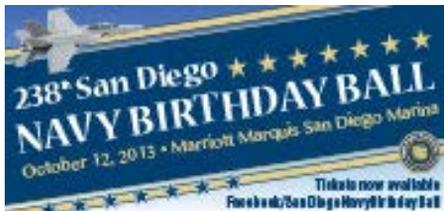
318 Saufley Rd.
Bldg. 318
San Diego, CA
(619) 545-6701



SAN DIEGO METRO

COMMUNITY SUPPORT PROGRAMS

Upcoming Events

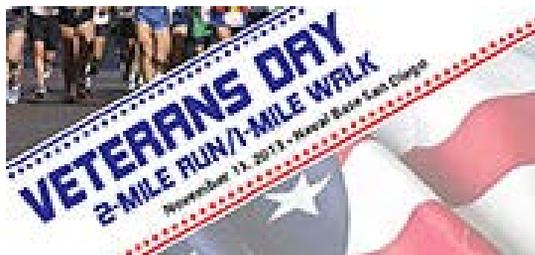


238th San Diego Navy Birthday Ball

October 12th • Marriott Marquis, San Diego Marina • Prices Vary
Tickets now available! For more information, visit
<https://www.facebook.com/SanDiegoNavyBirthdayBall>.

Nightmare on 32nd St ~ Halloween Family Film Festival

October 26 & 27 • NBSD Mariner Park • FREE • (619) 553-4259
Celebrate Halloween with MWR! Come Saturday night for a frightful time and walk through our Nightmare Trail. Faint of Heart for the Nightmare Trail? Bring your family on Sunday for the Halloween Family Festival. Kids are welcomed to wear their costumes and trick-or-treat throughout the Halloween Trail!



Veterans Day 2-Mile Run/1-Mile Walk

November 13 • 10 am • FREE • NBSD • Admiral Prout Field House Track • (619) 556-7444

This run is open to all ID cardholders! Check-in begins at 9:00 am at the NNSD Track behind the Admiral Prout Field House, Bldg. 3279. All participants must check in and be pre-registered. There is no day-of registration. For more information, please call (619) 556-7444.

Retired Military Personnel Seminar

Saturday, November 2 • 8 am-1:30 pm • FREE • Four Points by Sheraton Hotel • 619-556-8987
Free informative seminar for retirees, futures retirees, and their families from all branches of the uniformed services. For more information, please contact the Navy Region Southwest Retiree Activities Office at 619-556-8987 or email rao@navylifesw.com.



Support the thousands of sailors in the San Diego area by sponsoring programs and events throughout the year.

Click the following link for more information:

<http://navylifesw.com/sandiego/about/sponsorship/>



Mission

Service to all junior enlisted military families of all faiths in gratitude for their service.

San Diego Military Outreach Ministries (MOM) is a community supported charity that reaches out to young enlisted military families (E-5 and below and wounded warriors) in San Diego with a broad range of helping services. Among the services listed below, they also host regular motivational briefings on base.
(For more details, visit www.sandiegomom.org, or call (619) 461-4164.



Children's & Infant's Supplies...



Food bags & Gift Cards



... to include diaper bags filled with personal items



Household Goods & Furniture



Toys & Bikes



Baby Showers At Navy/Marine Bases



Family Readiness Gatherings & Holiday Events



Celebrating Young Military Families



Navy-Marine Corps Relief Society



The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need and to receive and manage funds to administer these programs.

Our Vision: We are a private, non-profit, volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Services - active, retired, and their eligible family members to achieve financial self-sufficiency and find solutions to emergency needs.

NMCRS San Diego, FSO

Navy-Marine Corps Relief Society
Bldg. 270, 3115 Dolphin Alley; PO Box 131470
Naval Base San Diego
San Diego, CA 92170

Hours: Mon-Fri 0800-1600

Phone: (619) 238-1587/1589

DSN: 526-8283

Fax: (619) 531-0083

Email: barry.white@nmcrs.org

Navy College Opportunities



Visit your local **Navy College office!** Navy College professionals provide educational services world-wide, anytime, anyplace to Sailors and their families, supporting their life-long learning goals and the Navy's mission. The following link provides information regarding the SOCNAV program and other benefits available to military families. Take full advantage of all of the awesome resources **Navy College** has to offer and go back to school!

Website: http://www.soc.aascu.org/socnav/Spouses_AidResources





American Red Cross



As a reminder, the American Red Cross has moved to a single telephone number for its emergency communication services

All military members and their families can use one number: **877-272-7337 (U.S Toll Free)** to send an urgent message to a service member. This means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

A call to **877-272-7337** allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies

Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling **877-272-7337** direct, accessing the number through a military operator or calling the local Red Cross station.

**For more information about the American Red Cross, and how you can reach out and donate, visit their website at <http://www.redcross.org> **



The Time is FINALLY here!

A Summary of Command MWR Fundraising Events of the 4th Quarter, FY-13:
Halloween Extravaganza, Children's and Adult's Christmas Party

HALLOWEEN EXTRAVAGANZA

WHEN: THURSDAY 31 OCTOBER, 1000

WHERE: TACRON 12 Courtyard

WHAT TO EXPECT:

Costume Contest

Chili Cook Off - \$5/plate

Dunk Tank- 2 FOR \$3 or 3 for \$5

Pie in the Face

2013 HOLIDAY PARTY

WHEN: FRIDAY, DECEMBER 6TH, 1800

WHERE: Admiral Kidd Conference Center, 33050 Acoustic Ave Ste 300, San Diego,
CA 92147

TICKET PRICES: E1-E3 = \$10

E4 = \$15

E5 = \$20

E6 = \$25

E7 & Above = \$30

CHILDREN'S HOLIDAY PARTY

WHEN: SATURDAY, NOVEMBER 30TH

WHERE: AIR TIME, 2705 Via Orange Way, Spring Valley, CA 91978

For more information please contact AC2 Natividad or OS2 Mora.

CPO Pinning Ceremony

A job well done and a huge congratulations to LSC Salamanca on this important milestone in his career!



Welcome Aboard

LCDR SAFRON
LCDR WARREN
LCDR WILLIAMS
LCDR ZALTSMAN
LS1 JAUREGUI
YN1 VOYCE

AC2 DOXEY
IS2 MARTINEZ
IS3 BRENNER
IS3 MARTINEZ
IT3 PENDLEY
IT3 WELLS

Fair Winds and Following Seas

LCDR HARTMAN
MAJOR THOMPSON
ACC HOLLOWAY
AC2 CHHAY
IS2 JERAN

IS2 PARSONS
OS2 DALLAS
AZ3 MARROQUIN
DC3 LOPEZ

Awards

NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

AC2 MURPHY
IS2 PARSONS

GOOD CONDUCT MEDAL

IT1 GILBERT
AC1 MURPHY
AC2 GIBBS
AC2 LONGSHORE
AC2 MATLOCK
AC2 MURPHY

(Continued on following page)

Awards

(Cont'd)

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

AC2 WARD

LETTER OF APPRECIATION

AN DALEY



CDR Hopkins recognizing all awardee's pictured above. Below, IS2 Parsons receiving her Navy and Marine Corps Achievement Medal. Job well done!



TALON TIMES

G*A*L*L*E*R*Y

LCDR Bogie, LCDR Taylor and LSC Salamanca welcome back our fellow TALON YN3 Alcantar from his year long augmentation in Djibouti, Africa!



TALONS not only work hard but play hard too! Our flag football team, coached by AC1 Murphy, put up a tough fight this season to be the best.

Crossing the Line



DET THREE members participated in the line-crossing ceremony onboard the USS BONHOMME RICHARD.





Pictured above upholding the long Naval tradition, we welcome the newest Trusty Shellbacks!



★ HAPPY ★ BIRTHDAY!



OCTOBER

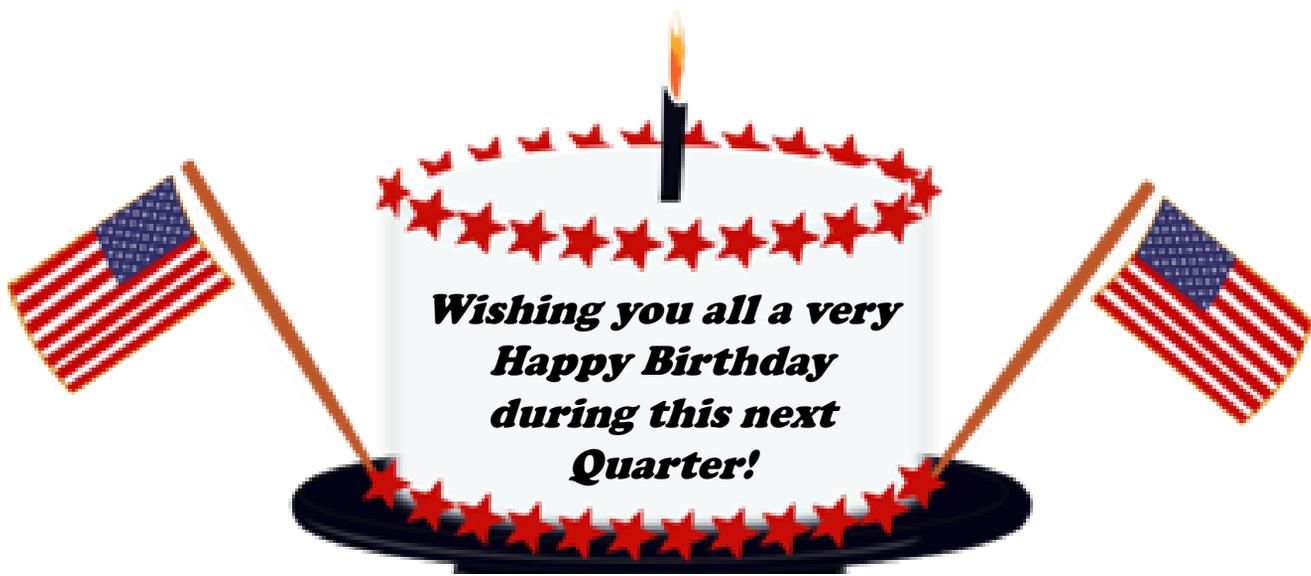
**AC2 BOLOSAN
AC2 ONEVATHANA
AC2 PARTLOW
CS2 TAYLOR
AC3 SEATON
ACAN DARROUGH
ACAN EPPS
OSSN HODGES**

NOVEMBER

**CDR HOPKINS
IT1 GILBERT
IS2 FELKER
AC2 SHOUSE
AC2 TORRES**

DECEMBER

**CDR TEACHOUT
LCDR SAFRON
OSC ROWLANDS
AC2 MATLOCK
AC2 SPICER
AC3 SUAREZCAMPOS**



TALON TIMES: CLOSING REMARKS

TACRON TWELVE once again has had an eventful and memorable 3rd Quarter of FY-13 filled with countless military achievements. As a Command, we continue to strive for success! In the forth coming Quarter let us continue to meet personal and Naval goals. Whether home or deployed, have a safe and accomplishing Holiday Season. Let's keep up the outstanding work, Talons!

TALON Times Newsletter Editor: AC2(IDW) Wailani H. Ali

