



# OMBUDSMAN QUARTERLY NEWSLETTER OCTOBER 2010

## A Message from the Admiral

Season's Greetings from headquarters! As we come to the end of another successful year at Reserve Forces Command, I want to thank all of you for the support you have given to our Navy Reserve and to each other. We have accomplished some amazing things this year, and would not have been nearly as successful without your service.

During this time of year, many of us spend time reconnecting with family. Some of us may travel to visit relatives. I ask that those of us who are fortunate enough to enjoy special family moments this holiday season take a little bit of time to remember our young Sailors and Marines who may not have those same opportunities. Whether deployed overseas or just stationed far from loved ones, our service members who are spending the holidays apart from family-some of them for the first time-should know that the extended family of our Navy and Marine Corps is here for them. Something as simple as a smile or wishing someone a happy holiday can go a long way toward lifting a young Sailor or Marine's spirits, and inspire them to do the same for one another. I know you will come through for them.

Again, thanks for all you have done to make this a successful year in the Navy Reserve Force. Mary and I wish you and your families the best during the holidays, and look forward to seeing you at our staff holiday party in December.

Warm regards, "Buzz" Little

Dear Families,

Hoping you and your love ones had a relaxing and enjoyable summer! I can't believe fall is here and we are all ready talking about the holidays. Fall can be a busy time of year with everyone going in different directions, especially for those that have children with many school activities. Remember to relax and enjoy the ride! I have included some different articles, tips, and websites that might help make this time of year a little less overwhelming.

Thanks,

Jeanne

CNRFC Ombudsman

Military Appreciation Day at the Zoo — Oct. 17. For additional information call 757-764-5232 or visit [www.usohr.org](http://www.usohr.org).

### **Command Holiday Party**

The command Holiday Party will be at the Cavalier Hotel (4201 Atlantic Avenue, Virginia Beach -Oceanfront), on December 9 (Thursday), 7pm-midnight.

MWR is offering babysitting services, \$10 per child which includes pizza and beverages. Contact PS1 Chanetta Williamson for more information at 322-5617.

A discount for a hotel room is also available: \$89+tax (king or double) Ocean view; \$99+tax (double) Ocean front; \$109+tax (king) Ocean front.

Reservations may be made by calling the hotel and mentioning CNRFC holiday party, 425-8555.



Tutor.com for U.S. Military Families program gives eligible military families access to free online tutoring and free homework help from professional tutors in more than 16 subjects.

Military families who are moving frequently or dealing with a deployed parent can rely on their tutors for expert help staying on top of tonight's homework or catching up on missed concepts and lessons - at no cost.

### **How do I know if I'm eligible for free online tutoring and homework help?**

Many military members and their families are eligible for free homework help and tutoring through the Tutor.com for U.S. Military Families program. Check out the [complete eligibility list](#) to find out if you and your family qualify for free access.



## What is the Military Child Education Coalition?

The Military Child Education Coalition (MCEC) is a 501(c) (3) nonprofit, world-wide organization. A model of positive leadership and advocacy, MCEC is focused on ensuring quality educational opportunities for all military-connected children affected by mobility, family separation, and transition. The MCEC performs research, develops resources, conducts professional institutes and conferences, and publishes resources for all constituencies.

For more information visit [www.militarychild.org](http://www.militarychild.org)

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## Nutrition Tip for School Mornings

### *Fruit Smoothies for Breakfast!*

Make a fruit smoothie for breakfast with one cup fortified soy milk and ½ cup fortified orange juice to get almost half the calcium you need for a day. For more information on making healthy and nutritious food choices, check out the Commissary's website at [www.commissaries.com](http://www.commissaries.com).

### *Parenting...Having a Baby or Adopting?*

Register your newborn or adopted child in the Defense Enrollment Eligibility Reporting System – DEERS – as soon as possible. Registering your child in DEERS is separate from enrolling your child in any TRICARE program option and is the first step to ensuring your child is eligible for TRICARE benefits. If you have not registered your child in DEERS within one year of birth or adoption, DEERS will show "loss of eligibility" on day 366, and your child will no longer be eligible to receive TRICARE benefits until he or she is registered in DEERS. For more information, see <http://www.tricare.mil/mybenefit/home/overview/Eligibility/DEERS/Children>

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The GI Bill is one of the military's most valuable benefits, supporting service members in their pursuit of higher education. The GI Bill assists with the cost of tuition for education and training programs, including undergraduate degrees, graduate degrees, technical training, and vocational training. While the Post-9/11 Veterans Educational Assistance Act of 2008 greatly improved the benefits offered to service members, this landmark legislation also enabled service members enrolled in the Post-9/11 GI Bill Program to transfer unused educational benefits to their spouses or children. For more details and to determine eligibility, visit the GI Bill website or contact Military OneSource at 1-800-342-9647 to speak to a counselor.

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## **In-State Tuition Locator: great resources for the class of 2010**

The locator provides information on eligibility of active military service members and their families for in-state college tuition rates in their home state or state of duty assignment. Visit [www.hrc.army.mil/site/education/InState/StateSummary.htm](http://www.hrc.army.mil/site/education/InState/StateSummary.htm)

## **Scholarships Opportunity:**

*Wings over America*

Please visit [www.wingsoveramerica.us](http://www.wingsoveramerica.us) for more information about scholarship opportunities and guidelines.

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## **Winterizing Your Home**

With winter coming, it is important to review a few simple tips to help you winterize your home and save some money in the process. Most of these tips are really simple, cost little, and can help reduce your energy bill – thus helping both your wallet and the environment!

- Seal duct work
- Seal air leaks
- Seal off fireplaces
- Lower thermostat
- Lower water heater to 120/125 degrees
- Change furnace filters every month
- Weather strip doors-windows
- Insulate water pipes coming from the water heater
- Add an insulation blanket to water heater
- Add insulation to attic

## **Quick Tips for Stress Reduction during the Holiday Season**

- Have a positive attitude
  - Try not to worry about things out of your control
  - Problem solve with people around for you. Ask them to help you alleviate stress
  - Exercise - A few extra minutes of exercise a day can benefit your overall health
  - Eat Nutritional food - Decrease the amount of fat and sugar you eat
  - Meditate, or take a class in relaxation and stretching techniques like Tai Chi or Yoga
  - Avoid drinking caffeinated beverages
  - Rest - Try to get eight hours of sleep each day
  - Get a massage - A massage can be beneficial for the mind and body
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## **Money Saving Tips For the Holidays and Beyond**

### **Give up something.**

Giving up one of your little luxuries to buy a gift for someone else is a noble gesture. Set aside what you would spend on your daily latte or Friday night pizza.

### **Count your pennies...literally.**

Empty your pockets or purse daily into a change jar. Use collected change to start your holiday fund.

**Plan ahead for grocery shopping...** Living within your grocery budget is easier when you plan ahead. Make a comprehensive list of what you need to get through the next period of time, and then stick to it.

### **Set up a holiday/ savings account.**

Have part of your paycheck direct deposited into a separate savings account that is solely for the purpose of saving for the holidays/special occasions.

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## **Great Websites for Holiday Festivities**

[www.visithamptonroads.com](http://www.visithamptonroads.com)

[www.festevents.org](http://www.festevents.org)

[www.downtownnorfolk.org](http://www.downtownnorfolk.org)

Websites include – art and craft events, holiday lighting ceremonies, concerts, festivals, parades and many other free and fee required activities.

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## **IMPORTANT/BASE PHONE NUMBERS/WEBSITES**

**Ombudsman, Jeanne Dusek:** 757-282-1870 or [CNRFC\\_Ombudsman@Yahoo.com](mailto:CNRFC_Ombudsman@Yahoo.com)

**TRICARE:** Customer Service: 877-874-2273  
Mail Order Pharmacy: 866-363-8667  
Dental Program: 800-866-8499  
TRICARE for Life: 866-773-0404 (TDD: 866-773-0405)  
Behavioral Health Provider Locator: 877-747-9579  
DEERS: 800-538-9552  
<https://www.hnfs.net/bene/home>

**CNRFC:** [navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm](http://navyreserve.navy.mil/Public/Staff/WelcomeAboard/default.htm)

**NAS Norfolk:** <https://cnic.navy.mil/norfolksta/index.htm>

**MWR:** MWR provides Single Sailor programs, fitness facilities, tickets and travel and motion pictures ashore. Furthermore, their programs encourage positive individual values, aid in recruitment and retention and provide for the physical, cultural and social needs of a mobile Navy.

Naval Support Activity Norfolk—757-836-1862  
Naval Air Station Oceana—757-433-3131  
Naval Amphibious Base Little Creek—757-462-8425  
Naval Station Norfolk—757-322-2337  
Naval Weapons Station Yorktown—757-887-4939

**ITT Ticket Offices:** Before hitting the area's theme parks or planning your next vacation to Disney, check with your local MWR Information, Tickets & Tours (ITT) Office for discounted tickets. ITT offices offer tickets to parks, museums, movie theatres, concerts and central Florida theme parks to include Walt Disney World, Sea World and Universal Studios. Discounted rates are available to active duty, retirees, DoD civilians, reservists and family members presenting a Military ID card.

Naval Amphibious Base Little Creek—757-462-7665  
Naval Air Station Oceana—757-433-3301  
Naval Station Norfolk—757-445-6663/6664  
Naval Weapons Station Yorktown—757-887-4609  
Norfolk Naval Shipyard Portsmouth—757-396-1776/1777  
Naval Support Activity Northwest Annex—757-421-8628

**Fleet & Family Support Center:** FFSC Hampton Roads: [www.ffscnorva.navy.mil](http://www.ffscnorva.navy.mil)

Military One Source: A 24/7 resource for military members, their spouses and families, and loaded with information: [www.militaryonesource.com](http://www.militaryonesource.com)