



ATRC OMBUDSMAN NEWSLETTER

AEGIS Training and Readiness Center



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Captain Ian Hall, Commanding Officer



Greetings from the Captain's Chair.

As we gear up for summer, I wanted to take the opportunity to touch on a few items.

First, in April, we bid farewell to CAPT Bob Kerno who led CSCS for the last two years. CAPT Kerno was a huge supporter of ATRC's training mission and was our strongest advocate as we expanded not only our training here in Dahlgren, but also to the waterfront. CAPT Don Schmieley now has the CSCS helm, and I am confident that we will continue to receive the same strong support for our mission.

Second, the days of summer are upon us! The weather has turned gorgeous (for the most part) and there are great opportunities to enjoy the great outdoors. I encourage you to utilize base MWR and ITT if you are looking for ideas of what to do. The nation's capitol is just a quick drive to the north; take advantage of touring our houses of government, the Smithsonian and other attractions. For those of you who will get orders to the west coast or overseas, this chance may not come again for a long time. Virginia has many other history related activities as well. Civil War type? Lots of battlefields to visit and walk. Interested in colonial times? Williamsburg and Jamestown are just to the south. Looking for fun in the sun? Virginia Beach is close by. There are mountains and rivers to the west for those of you who like hiking and camping. Start planning now to have some fun. All I ask is that you plan smart.

Finally (and looking ahead), this year is a Presidential election year, and I encourage all of you to vote in the November election. We are all citizen Sailors and we should be part of the process that we so valiantly defend. The Voting Assistance Officer is available to help you register to vote, either locally or as an absentee voter from your home state. Don't wait for the last minute, plan for success now.

For the staff, thanks for all the great work you've done through the winter and spring. You are doing a great job of developing sound technicians for the Fleet. For the students, keep up with your studies. Our AEGIS fleet needs your expertise as they deploy to the four corners of the globe. The more you learn here, the more you will be able to keep your system up while at sea. For the families, we can't do this without you; thanks for the tremendous support you give your Sailor. Great luck to all and keep charging.

All the best,

Ian M. Hall
Captain, United States Navy
Commanding Officer
Aegis Training and Readiness Center

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Senior Enlisted Leader LSCS (SW) M. B. HAYDEN



LSCS(SW) Marvin Hayden
Senior Enlisted Leader

Greetings!

As I closed out my first year as Senior Enlisted Leader at ATRC in April, I reflected on all the good that comes from this command; from the quality student throughput to the distinguished retirement ceremonies put together by our student, staff, and civilian compliments. I thought about what we, as a command, could do to not only build upon, but identify ourselves with for 2012. I am happy to be a part of ATRC's endorsement toward forging more socially conscious "citizen-Sailors" through increased volunteer efforts in our local community. Since the beginning of the year, ATRC Sailors and their families have participated in base clean-ups, veteran's home visits, state park clean-ups, women's shelter assists, and Adopt-A-Highway clean-ups. Sailors freely give their time to assist with the local USO and Aegis Association in efforts to provide self-serving command support for summer and holiday events. With each volunteer event I attend, I am more excited and motivated than the last by the displayed camaraderie amongst the Sailors and the local community and I am proud to be a part of it. We have several more events planned throughout the year and I look forward to further bonding with the ATRC family over the summer.



ATRC Sailors cut wood to repair a shed for Mary's Shelter (U.S. Navy photo by Fire Controlman 3rd Class Stormy Wofford, ATRC)

On another note, unfortunately, I feel the need to shed light, from a command perspective, on the increasingly alarming danger that is distracted driving. There is not one day on the road that goes by that I am not frustrated by the number of drivers I witness involved in actions other than driving. For me, distracted driving is right up there with driving under the influence. I constantly attempt to raise awareness on this very unsafe practice by supporting and communicating the use of wireless, hands-free devices if one must use the phone while driving. It's not only the high speed, aggressive drivers that you need to be on guard for; it's also the text-obsessed drivers in close quarter traffic. All it takes is two seconds with someone who has their eyes off the road to lose situational awareness for an accident to occur. So again, I ask our Navy families to not only drive responsibly, but if you witness someone driving near you using distracted driving practices to allow some increased distances between you and them.

"It follows then as certain as that night succeeds the day, that without a decisive naval force we can do nothing definitive, and with it, everything honorable and glorious."

President George Washington
15 November 1781

I fully expect all of my Sailors and their families to enjoy the summer months, stay aware of our limits, and remain ready to execute the mission at all times. Looking forward to another successful year with the ATRC family!

Very Respectfully,

Senior Chief (SW) Marvin B. Hayden
ATRC Senior Enlisted Leader
Marvin.hayden1@navy.mil

Important ATRC Links

[https://wwwa.nko.navy.mil/portal/surfacecombatsys/cscstrainingsites/atrc/team/home/aegistraredcen\(atrc\)vaombudsman](https://wwwa.nko.navy.mil/portal/surfacecombatsys/cscstrainingsites/atrc/team/home/aegistraredcen(atrc)vaombudsman)

<https://www.netc.navy.mil/centers/cscs/atrc/>

<http://www.facebook.com/pages/ATRC-Dahlgren/178219038871558>



A Message from your new ATRC Ombudsman



Hello Sailors and families!

My name is Amy Parker and I am your command Ombudsman. I want to take this opportunity to tell you a little about myself. I have been married to FC1 Parker for over 11 years now. We have four children whose ages range from 2 to 17. I am currently a stay at home mom. Since becoming a Navy spouse, I have served as treasurer for the USS Oscar Austin Family Readiness Group as well as served as their command Ombudsman for nearly four years. I have been involved in the "Navy life" from the get go. I encourage you to get involved as well!

As the warmer weather approaches it usually means fun in the sun. The kids are out of school, adults are on vacation and it's time for outdoor activities like riding bikes and hosting barbecues. However, summer also is the time of year when we are most likely to be injured. Keep these safety tips in mind this summer season:

One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skating, skateboarding, riding scooters, and all terrain vehicles and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.

Drink plenty of fluids. Don't wait until you are thirsty to get a drink.

Protect your skin! It is best to use a cream-based sunscreen with a broad-based spectrum, and with an SPF of 30+ for pool or beach use. Water-resistant brands are also good for these activities, as well as for use during exercise.

Use layers of protection to prevent a swimming pool tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.

Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.

Make sure your home playground is safe. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least 9 inches of wood chips or mulch.

To prevent serious injuries while using a trampoline, allow only one person on at a time, and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use full-size trampolines.

Install window guards to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parents' bedrooms, and other rooms where young children spend time. Or, install window stops that permit windows to open no more than 4 inches. Whenever possible, open windows from the top - not the bottom. Also, keep furniture away from windows to discourage children from climbing near windows.

Summer also means yard work. When mowing, keep small children out of the yard, and turn the mower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind rotary mower, never up and down. With a riding mower, drive up and down the slope, not across it. Never carry children on a riding mower.

These are just a few summer safety tips to keep in mind this season. For more safety tips check out: safetycenter.navy.mil, redcross.org, & familyeducation.com.

Finally, if you do not currently receive emails from me and would like to be added to my roster, please email me at atrcombud@gmail.com. Please include your name, Sailor's name if you are a spouse, and a phone number. Your information is kept confidential. I only send out information that may be pertinent to our Sailors and/or family members. I can also be contacted by phone at 540-850-1162. Feel free to contact me anytime.

I am honored to serve as ATRC Ombudsman and I look forward to meeting as many of you as I can!

Very Respectfully,

Amy R. Parker
ATRc Ombudsman

Announcements

NSASP CHILD DEVELOPMENT CENTER

CDC is looking for home care providers. If you live in military family housing, enjoy children, and need more income, you may have a profitable career caring for children in your home. Call 540-653-5823 for more information about on how to become a certified CDH provider.

BIRTH ANNOUNCEMENTS:

FC1 Don Wright and his wife, Anika, welcomed their new born daughter on February 29th
FC1 Van Osdel and wife, Noriko, became the proud parents of a new born daughter on March 5th
FC2 John Coleman and his wife, Molly, welcomed their new born son on April 25th



MAY IS MILITARY SPOUSE APPRECIATION MONTH

Military OneSource appreciates you and your spouses do every day! Call 1-800-342-9647 to speak with a consultant about a wide range of issues. Military spouses face challenges that civilian friends don't -- including frequent relocations and deployment separations -- which for many spouses means running the household as a single parent and working outside the home, too. Fortunately, the number and quality of programs and services just for military spouses continues to grow. Military OneSource provides a starting point. <http://www.militaryonesource.com>

ATRC SUMMER PICNIC!

Mark your calendars! The annual ATRC Summer Picnic (sponsored by the AEGIS Association) is scheduled for July 20th. There will be food, entertainment, music, friends & family, and activities. Come on out and enjoy the great summer weather with the rest of the ATRC Family.

EMERGENCY MANAGEMENT NOTICE

June 1st is the start of Hurricane Season. Now is the time to take action to protect you and your family.

- a. Prepare an evacuation plan. Having a plan will allow for timely evacuation should military or local authorities order an evacuation. If possible, plan to go to the home of a family member or friend outside the reach of the hurricane. Otherwise, ensure you plan for multiple destinations as hotels/motels will likely become unavailable quickly. Plan multiple routes to get there as traffic congestion is likely. If possible, travel with family, neighbors or friends. Ensure your vehicle is maintained and has a full tank of gas.
- b. Have emergency supplies on hand and a survival kit ready, regardless of your evacuation decision. Some recommended items include but are certainly not limited to: change of clothing, personal hygiene items, sleeping bags/blankets, first aid kit with essential prescription medications, battery operated radio, flashlights, extra batteries, eye-glasses, games or toys for children, important papers (birth certificates, shot records, property inventory, emergency contact phone numbers, etc) in Ziploc bags, bottled drinking water, canned food, can opener and any other items needed to survive without water or electricity for several days.
- c. Make arrangements for pets as most shelters and hotels will not allow pets. The King George animal shelter located off RT 205 will take dogs and cats until full. Either way, make arrangements with a kennel if ordered to evacuate. Ensure pets have identification tags, license and shots are current.
- d. Check your yard for missile hazards and remove or tie them down.

The Virginia Hurricane Preparedness Sales Tax Holiday is scheduled for May 25-31. The week allows Virginians to purchase certain preparedness supplies such as batteries, radios, bottled water, first aid kits and generators tax free. Learn more at <http://www.vaemergency.gov/readyvirginia/stay-informed/hurricanes/sales-tax-holiday> <<http://m1e.net/c?40728465-YAWzutr1ZmFFE%407484492-uGhmvSotpcTxw>>