



ATRC OMBUDSMAN NEWSLETTER



AEGIS Training and Readiness Center

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Captain Ian Hall, Commanding Officer



Greetings from the Captain's Chair. Connie and I are thrilled to be part of the ATRC team.

A little about ourselves ... we're both Navy brats who followed our fathers around the country during their careers. I went to college in Virginia; Connie in Michigan (Go Blue!). We have two college-age daughters and our parents have retired in Virginia. We're looking forward to enjoying what the area has to offer, visiting family, and figuring out how to kayak on the river.

Connie and I are big fans of the Ombudsman program; we remember back to the days when the program didn't exist and there wasn't a good support structure for the families. Navy has done a tremendous job putting this program together and I encourage you to use it. Our Ombudsman is a caring person who has the families' interest at heart, and she is available for your family in a time of need.

I would like to put in a plug for weekly coffees that Lauren has tried to setup. Sometimes we get so caught up in what we are doing that we neglect ourselves. Joining Lauren for coffee may give you a chance to unwind and share with others who are experiencing the same challenges as you. If coffees aren't appealing, give her (or us) some ideas ... the over-all intent is to get together and get to know one another.

I hope you and your family are able to enjoy the fall festivities and activities.

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



ATRC Family and Friends, as the new fiscal year begins (Oct 1st), so does the changing of the seasons and accompanying weather. Many of our staff and student populace are subject to the different and extreme weather that Dahlgren offers. Please take care to properly prepare for the upcoming winter months, because just as our summer months reached upwards of 100 degrees, in contrast, our winters bring about road closings, power outages, and challenging traversing of the roads.

There are several events offered throughout the base and local area from businesses and organizations that support the military. Please take the time to take advantage of some of these awesome opportunities. Contact myself or our Ombudsman for details on the events which are too numerous to mention them all here. Information can also be located online by visiting the ATRC Facebook page!
<http://www.facebook.com/pages/ATRC-Dahlgren/178219038871558>

I also want the Navy families to know that the ATRC staff, Ombudsman, and Fleet & Family Support staff are all committed to providing you the necessary assistance to enable a successful and rewarding tour for you and your service member.

The next few months will bring about many new things and changes both professionally and personally for many of us. With this installment of the first ATRC Ombudsman Newsletter for this fiscal year, I also want to say Welcome Aboard to all new staff, students, and their families, as well as Fair Winds and Following Seas to those that are transferring or departing ATRC for other ventures. It's a pleasure serving with you all.

Warmest regards,
LSCS (SW) Marvin B. Hayden
Marvin.hayden1@navy.mil

"I can imagine no more rewarding a career. And any man who may be asked in this century what he did to make his life worthwhile, I think can respond with a good deal of pride and satisfaction: 'I served in the United States Navy.'"

President John F. Kennedy

1 August 1963

CVN Display Class



ATRC Ombudsman.....Lauren Laich 540.850.1162 atrcombud@gmail.com

What is an Ombudsman?

Navy Family Ombudsmen are key resources for Sailors and their loved ones. 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 while navigating through the military lifestyle. In addition to providing referral information, Ombudsmen can facilitate communication between the Command and families as the point of contact.



NFAAS

NFAAS—www.NavyFamily.navy.mil The Navy's accountability, assessment, and recovery website for disaster affected Sailors and their Family Members. We are required to update our contact information with NFAAS twice yearly (April and October).

Fleet and Family Services Center (FFSC) 653.1839

On-base resource center for Sailors and Family Members. FFSC offers classes for new parents, members transitioning from service, relocation, and many other topics. Please call them or stop by for more information.

Winter is coming...are you prepared?

<http://safetycenter.navy.mil/>

The Naval Safety Center has information on several items, including winter preparation. Preparation is key to making it through winter weather comfortably.

Once you click on link, go to the sitemap tab, then click on the letter "W" to view winter resources.

Welcome Aboard New ATRC Family Members!!!



Giana Mia Cotto born May 26 (FC3 Fernando Cotto)

Sophia Juliet Gary born June 2 (FC3 Ryan Gary)

Robert Perry Heidtman born June 21 (FC3 Robert Heidtman)

Gwendolyn Timpner born September 1 (LTJG Andrew Timpner)

Jayden Garland born September 21 (FC2 Robert L. Garland)

Layla Rayne Wilcox born September 26 (FC1 Jeremy Wilcox)

We are on the Web!

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

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

Important numbers:

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