



FLEET ANTI-SUBMARINE WARFARE TRAINING CENTER

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

COMMAND NEWSLETTER

March 2012

ISSUE 19



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From the Captain's Desk...

Greetings FLEASWTRACEN Staff, friends, and family!

This has been an eventful quarter for the command. We have fully implemented all of the changes in our structure and our many improvement projects are nearing completion. There are also other events this quarter that have made a positive impact to the command.

First, I would like to congratulate LT Christopher Ayala for his selection as the 2011 CSCS Officer Instructor of the Year and 2011 FLEASWTRACEN Officer Instructor of the Year. Moreover, I would also like to recognize other instructors who have been selected: STGC Cole Schmeck as the 2011 FLEASWTRACEN Chief Instructor of the Year, STG1 Jack Harvell as the 2011 FLEASWTRACEN Instructor of the Year, and OS2 Megan Garcia as the 2011 FLEASWTRACEN Junior Instructor of the Year. Furthermore, I would also like to congratulate OS1 (SW) Amy Topham for selection into the Limited Duty Officer Program. Their devotion to professionalism and discipline is an example to all Sailors.

Also this quarter, we had two important visits to our command. We hosted RDML Sharpe, Chief Operating Officer (N7) of Naval Education and Training Center (NETC) and CAPT Kerno, Commanding Officer Center for Surface Combat Systems, who made his last visit here before retiring in April 2012. Accompanying CAPT Kerno were VADM (RET) Fitzgerald and RDML (RET) Mahon. Our distinguished guests appreciated the time and effort spent in preparation for their visit, and for ensuring that our command continues its dedication in training its Sailors.

As we continue on to the next quarter, we must continue to build on the achievements we attained in this quarter. We have the Training Assessment Activity Program (TAAP) Inspection coming up in April, and I have full confidence that all departments are ready for this inspection. All departments have started off the year with a bang while preparing for this major inspection, and I am optimistic that we will continue with the current training tempo into the next quarter.

R. E. THOMAS
CAPT USN



FLEET ASW TRAINING CENTER
COMMAND NEWSLETTER
CMC's CORNER

Greetings Staff, Family, and Friends,

I recently assumed duties as Command Master Chief for Fleet Anti-Submarine Warfare Training Center, having relieved CMDCM (SW/AW) Caballero on 10 February 2012. Master Chief Caballero did tremendously great things for FLEASWTRACEN during his tenure as CMC, and it is my sincere desire to continue his legacy. Master Chief Caballero, his wife Maureen, and family will soon start a new chapter in their lives as a Navy veteran and veteran family. It is with great admiration and gratitude that we wish them "fair winds and following seas".

As I begin my tour, one thing is abundantly clear: Fleet Anti-Submarine Warfare Training Center is alive and well and the men and women, who comprise our staff, represent the finest human beings that our Navy and country have to offer. Their smart military appearance, professional demeanor, and genuine concern for the Sailors they train and lead makes me proud to serve alongside. To see young Sailors march in formation with heads held high or look down from my office as they stand in ranks and proudly recite the Sailor's Creed under the watchful eyes of their instructors (your Sailors) is enough to bring a tear to the eye of even the crustiest old Sailor. I am truly blessed to have been given this assignment and look forward to the days and weeks ahead serving with them and by extension, each and every one of you.

Tax season is once again upon us. The command offers free tax preparation assistance as part of the Volunteer Income Tax Assistance (VITA) program. Our command VITA representative, STG1 Boucher, is standing by to assist in preparing your 2011 tax returns. This service is offered to all FLEASWTRACEN staff, students and their dependents. You can contact Petty Officer Boucher at (619) 524-5699 or marc.boucher@navy.mil.

Also, the semi-annual Physical Fitness Assessment (PFA) is just around the corner. Our official ten-week notice went out on 30 January 2012, so press on and be ready. In today's military culture of fitness, it is more important than ever to practice good nutrition and exercise regularly so that the PFA is merely an extension of your normal routine. Friends and family members are encouraged to spur their Sailors on toward that goal. Sometimes that can be the most powerful motivator a person can receive.

Again, my wife Julie and I are both pleased and proud to be a part of this great command. We look forward to meeting you at upcoming command events. Until then, be good to one another; take care and may God bless.

Warm Regards,
Bobby A. Maddox
Command Master Chief



FLEET ASW TRAINING CENTER
COMMAND NEWSLETTER
Ombudsman's Section

Dear Family, Friends and Staff of Fleet Anti-Submarine Warfare Training Center,

First and foremost I would like to welcome aboard CMDCM Bobby Maddox and his wife Julie. We are happy to have them as a part of the FLEASWTRACEN team.

The PFA is scheduled for April 10th. It's time to hit the gym just a little harder! Here are a couple of fun/free things that could help you out :

Disney Military Salute: 3-Day Park Hopper: \$97.25 valid any 3 Days through September 2012. This offer is open to active duty, retired, National Guard & reservists. Block out dates: April 2-14 and July 4, 2012.

It's also just about time for Spring Break in the San Diego School District. The break schedule is as follows:

Traditional School: Spring Break April 2-8 back to school on April 9th

Year round school: April 2-30 back to school on May 1st.

On the same note: During Spring break Parents should remember to keep an extra eye on children as they run out the door to play in the sun. Don't forget to use sun block with at least 15% SPF. Also traffic will be picking up so keep a vigilant eye for distracted drivers and remind the kids to do the same.

Here are some helpful suggestions to keep our kids busy and help us make family memories and the best part is IT'S ALL FREE!!

Free Activities for Kids and Adults in San Diego!

1. Head to San Diego's many beaches, all free to the public, to swim, body surf or hang-ten. Play in the sand, collect seashells or just bask in the sun. Gather family, friends and firewood for a cozy beach bonfire at one of the beaches in San Diego County, including Coronado Beach, La Jolla Shores and Mission Beach.
2. Visit La Jolla Cove and see the magnificent sunset on the ocean. La Jolla Cove is one of the most spectacular natural settings in the world. Go scuba diving or snorkeling off San Diego's shores and see spectacular creatures of the sea. La Jolla Cove offers some of the clearest waters on the California coast, as well as miles of protected underwater preserves to explore.
3. Rollerblade, skateboard or bicycle along the Mission Beach Boardwalk, a scenic 3-mile boardwalk along picturesque Mission and Pacific beaches explore the tide pools in Point Loma at low tide and get up close and personal with flowery anemones, scampering shore crabs, elusive octopus, spongy dead man's fingers and many other magnificent sea creatures.
4. Visit downtown San Diego's Seaport Village for hours of free entertainment, leisurely strolling and window shopping. Enjoy a laid-back day of hanging out in the grass and watching the many passing yachts and ships on picturesque San Diego Bay, or take in the sights from one of the many bay-view eatery.



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Ombudsman's Section

5. Stroll through the 16-block historic Gaslamp Quarter in downtown San Diego and view the renovated turn-of-the-century Victorian architecture, home to boutiques, art galleries, specialty shops and more.

6. Fly a kite along the grassy field in the Tecolote Shores of Mission Bay Park, a 4,600-acre aquatic park. Here, away from trees and overhead wires, friends and family gather to launch colorful kites into the bay breezes.

7. Stroll through Balboa Park and marvel at its beautiful Spanish Colonial Revival architecture. While there, take advantage of the park's variety of offerings, including 15 museums (select museums free on Tuesdays), free daily park tours, Stargaze outside the Reuben H. Fleet Science Center in Balboa Park on the first Wednesday of every month. The San Diego Astronomy Association sets up huge telescopes to offer guests a great view of all the stars in the night sky. Enjoy free organ concerts at 2:00 pm on Sundays at the Speckles' Organ Pavilion in Balboa Park. The Organ Pavilion features one of world's largest outdoor pipe organs, a San Diego landmark since 1914, where organists play traditional favorites, waltzes and show tunes on enormous 32-foot pipes. Spectacular gardens (seven are free daily). Visit other museums around town that offer similar free days. Both the downtown and La Jolla locations of the Museum of Contemporary Art San Diego are free on the third Thursday of each month from 5:00 - 7:00 pm.

8. Visit Old Town and witness the living legacy of San Diego history. Guests are also invited to wander free through Old Town's historic buildings, including the blacksmith shop, Seeley Stables, Stewart House, Estudillo House and the oldest schoolhouse in San Diego.

9. Bike or jog along Mission Bay Park's many trails. Joggers and walkers share more than 20 miles of scenic running paths that wind through sunlight and shade near the shoreline and feature workout courses at planned stations along the route.

10. Visit the U.S. Olympic Training Center in Chula Vista for a free tour of the 150-acre facility, including training fields and tracks, athlete dorms and the Otay Lake Reservoir. Tours are offered from the Copley Visitor Center at 11:00 am on Saturday. Self-guided tours are available daily between 9:00 am - 4:00 pm.

For those who may be asking, "How do I contact my Ombudsman?" Your Command Family Ombudsman is standing by to assist you and your family 24 hours a day, 7 days a week. You can reach me at (858) 205-9904 or by email @ fleetaswombudsman@gmail.com . No matter how big or small the problem may be, I'm standing by to help.

Thank you very much and I look forward to hearing from you!



fleetaswombudsman@gmail.com
Ellender "Helen" Green
FASWTC Ombudsman
Cell: (858)-205



FLEET ASW TRAINING CENTER
COMMAND NEWSLETTER
Departmental Updates

OPERATIONS DEPARTMENT

This is another productive quarter for our department. First, we would like to congratulate LT Christopher Ayala for earning the distinction as 2011 CSCS Officer Instructor of the Year. This follows LT Ayala's selection as 2011 FLEASWTRACEN Officer Instructor the Year, along with and was joined by STGC Cole Schmeck as the 2011 Chief Instructor of the Year. We commend them for the hard work and dedication to professionalism and instruction.

ASW Tactics Division had six convenings this quarter: one ASWO (Anti-Submarine Warfare Officer) course, two ASWE (Anti-Submarine Warfare Evaluator) courses (with one graduating in April 2012), one SSAS (Surface Ship ASW Specialist) class, and two TOW IMAT (Tactical Oceanographic Workshop Interactive Multi-Sensor Analysis Training) courses. We had 11 students graduated from ASWO, 16 students from ASWE, seven students from SSAS, and 20 from TOW IMAT. In addition, 2 site visits were conducted for TOW IMAT: one in Yokosuka from and one in Pearl Harbor, HI. Lastly, STGC McKinney will be going on a GSA next quarter, where she will be reporting to Afghanistan in April 2012.

Single Ship ASW (SSASW) Division had a busy quarter, successfully certifying 2 ships in ASW: USS VANDEGRIFT (FFG-48) and USS THACH (FFG-43). They also assisted in the ASW Advance Warfare Training (AWT) for the USS DECATUR (DDG-73) and USS STOCKDALE (DDG-106), and provided additional ASW refresher training to USS THACH (FFG-43), USS CURTS (FFG-38), and USS WILLIAM P. LAWRENCE (DDG-110).

The division had some personnel changes, bringing a wealth of knowledge and expertise to the already astute instructor team. STGCS Andre Ray came onboard from the USS HOPPER (DDG-70) in November and will be serving as the SSASW course Leading Chief Petty Officer. We also welcome OS1 John Roysdon, coming to us from the USS NITZE (DDG-94). OS1 Roysdon joined the team in February and will be serving as one of the Tactical Air Controller Instructors. Lastly, we would like to bid farewell to STGC Quentin Wells, who has accepted orders to the Personnel Exchange Program billet in Wilhelmshaven, Germany, and will be leaving the command in April 2012.

FOREIGN MILITARY SALES DEPARTMENT

LT Barry is currently turning over with LT Lejeune as the FMS Department Head. LT Barry is scheduled to separate from the US Navy in June 2012. In other news, our department had two re-enlistment ceremonies: STGC Maresh re-enlisted on 17 February 2012 for 6 years and GM1 Urias re-enlisted on 09 March 2012 for 4 years. Lastly, GMC Murray left FLEASWTRACEN to start his OSA in Afghanistan on 26 February 2012.



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Departmental Updates (continued)

SONAR DEPARTMENT

January brought an increase in training for the SONAR Basic Skills Division. We started off the New Year with seven STG "A" School courses online, four AAA and one BAAR course convenes, totaling 189 initial entry students. We have also had increased demand for student throughput in the SONAR Operations and Maintenance Division and are currently instructing 24 full classes around the clock. All courses of instruction are at full swing and the staff is ready and highly motivated to successfully manage the busy schedule slated for 2012.

With a total of 36 courses online and 370 students in training, SONAR Department definitely had its hands full, but still managed to impress RDML Clifford Sharpe (Chief Operating Officer, NETC) and CAPT Robert Kerno (Commanding Officer, CSCS) with our training skills and facilities. From Legacy "old school" SQS-56 Sonar System to state-of-the-art and future of ASW, AN/SQQ-89A(V)15 Sonar System, Staff and Students took advantage of the opportunity to show case our "Pride and Professionalism" in ASW training.

We have seen many changes and said goodbye to quite a few shipmates while welcoming aboard several more. SONAR Department hails the following individuals to the command: LCDR Austin Johnson of Los Angeles, CA from USS PELELIU (LHA-5); STG1(SW) Justin Bell of Belton, TX from USS MOMSEN (DDG-92); STG1(SW) Kiagu Karanja of Hyattsville, MD from USS CHUNG-HOON (DDG-93); STG1(SW) Adam Talbott of Baltimore, MD from USNS VICTORIOUS (T-AGOS-19); STG2(SW) Nathan Clark of Riverside, CA from USS CAPE ST GEORGE (CG-71). They bring with them a plethora of varied and much needed technical experience to pass on to students. Their recent Fleet experiences are welcomed and will increase the effectiveness of training in our department.

We would also like to welcome a new addition to the SONAR Department family: STG1 Bell and his wife Amber, welcomed a baby boy, Jackson Dwayne, to their family on 06 March 2012. He weighed 9 lbs 3 oz, was 21 inches long and he and his mother are doing well.

SONAR Department bids "Fair Winds and Following Seas" to the following people: STG1(SW) William Hawkins, transfers to student status for training, then is bound for the Fleet. STG2(SW) Marquerite Herzog and STG2(SW) Israel Rodriguez both made the decision to pursue goals as civilians and have moved on to life after the Navy, we wish them all the best!

Congratulations to STG1(SW) Jack Harvell who was selected as the Command's Mid-Grade Instructor of the Year (IOY) 2011. Way to represent FLEET ASW, STG1! Similarly, congratulations to STG2(SW) LaFlamme for his selection as Fleet Anti-Submarine Warfare Training Center Junior Sailor of the Quarter, 1st Quarter 2012.

Our biggest congratulations goes to our Command Sailor of the YEAR 2011, STG1(SW) Laura Farlett, who was also selected as CSCS SOY 2011, and subsequently participated as a finalist in NETC SOY 2011...we are ALWAYS proud of you!

STGC(SW) Brett, STGC(SW) Witherite and STG2(SW) Caldito recently decided to "Stay Navy," and re-enlisted continuing their Naval service. STGC(SW) Torres and STG1(SW) Flores qualified as Course Managers. In addition, STG1(SW) Almonte, STG1(SW) Northrup, STG1(SW) Parada, STG1(SW) Pease, STG1(SW) Varisco, STG2(SW) Dimitrievski, STG2(SW) Stupek, and STG2(SW) Valentine all recently completed their Instructor Certifications. Additionally, nice job to STG1(SW) Talbott and STG2(SW) Stupek for completing Auxiliary Security Force (ASF) Academy, both shipmates proudly "Stand the Watch"!



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Departmental Updates (continued)

COMBAT SYSTEMS DEPARTMENT

Combat Systems Department continues to do great things for FLEASWTRACEN. From instructing assigned courses to updating and developing curriculum, we have been very busy this quarter. Some of our accomplishments are as follows:

Strike Division trained PCU MICHAEL MURPHY (DDG-112) strike team in a high level Cruise Missile Tactical Qualification preparation. FC1 Patterson facilitated over 12 simulated missile firing scenarios in the 5th and 7th fleet operational areas. Additionally, training was also provided to USS PREBLE (DDG-88) Strike Combat System Training Team on scenario generation utilizing the Mission Distribution System and The Coordinated Training Nodes. Two Tactical Tomahawk Operations and Maintenance courses graduated 15 of the newest fleet ready sailors, and the navy's newest holders the 1136 NEC.

Air Intercept Control (AIC) Division successfully piloted the new Air Intercept Control Supervisor course of instruction and completed the distribution of curriculum to Center for Surface Combat Systems (CSCS) Unit Dam Neck. OSC Miranda completed a week long site visit in Dam Neck, VA to assist in the new course implementation and ensured the accuracy of their remaining air control courses.

OSC Gomes, OS1 Norsworthy, OS1 Hughes, and OS1 Laramie graduated AIC Basic classes 12040 and 12050, sending 11 new Air Intercept Controllers to the fleet to fill this critical NEC. OSC Taylor and OS1 McLain also graduated three Air Intercept Controllers from their recent AIC Re-qualification class ensuring that they were proficient and up to date with the Fleets latest tactics, techniques, and procedures.

Interoperability Division instructors OSC Ortiz and OSC Green assisted CSCS Detachment Yokosuka in teaching the Interface Control Officer (ICO) course to Commander Seventh Fleet units preserving valuable travel funds. Course revisions are in progress for the ICO course and Strike Group Multi-TADIL Training (SGMTT) keeping the interoperability team focused on course relevancy to produce the most capable fleet operators.

C4I Division is diligently working on the final stages of the new Global Command and Control System-Maritime (GCCS-M) version 4.1 installation and curriculum validation. It has been a long road to this point! Also, the team graduated class 12020 and sent 30 new GCCS-M operators to the Fleet.

Congratulations are in order for OS2 Garcia being selected as FASW's Junior Instructor of the Year. OSC Gomes and FC2 Tumbado successfully completed Instructor Qualifications ahead of schedule; well done!

In other news, we would like to welcome to OSC Paragas, OSC Griffith, OS1 Giakoumakis, and FC2 Tumbado. Lastly, OSC Trevino, transferred to Operations Department to teach the ASW/ASUW Tactical Air Controller course. We would also like to bid farewell to FCC Ottman and FCC Warren. FCC Ottman is transferring to the Fleet Reserve after 22 years of dedicated and honorable service, while FCC Warren is transferring to USS FITZGERALD (DGG-62) in Yokosuka, JA as the Leading Chief Petty Officer. Fair winds and following seas to FCC Ottman and FCC Warren!

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Departmental Updates (continued)

LEARNING STANDARDS OFFICE

The Learning Standards Office (LSO) is continuing to work with all departments in preparation for the upcoming Training Activity Assessment Program (TAAP) visit. TAAP visits occur every two years, and the FLEASWTRACEN TAAP is scheduled for April 2012. Representatives from Center for Surface Combat Systems (CSCS) will travel to San Diego and assess FLEASWTRACEN training materials, records and facilities. All of our programs will be evaluated and suggestions for improvement will be provided. In preparation for the upcoming visit, all training managers are reviewing their materials to ensure that they are up-to-date and accurate.

The LSO is also updating and improving the processes associated with Instructor Certification, Instructor Evaluation, Academic Review Board, Testing, Formal Course Review, Student Critiques, Course Accuracy Management Planning, Authoring Instructional Materials, In-Service Training, and the Master Training Specialist Qualification Program. All these processes ensure that students receive the best quality training while here at FLEASWTRACEN.

In December 2011 the LSO bid farewell to Mr. Dick Gunst, who retired after 41 years of government service. We all miss him, but wish him the very best.

If you have any questions for the LSO please call 524-1608.

MAINTENANCE

The command recently restructured and created the Maintenance Department. Led by the Director of Maintenance, Mr. Dave Silver, and the Maintenance Department Head, LT Tim Bittner, the department has quickly made a tremendous impact. A zone inspection program was developed and executed this quarter, and so far has been a huge success in improving the material condition of our training classrooms, labs, and staff spaces. Major renovation projects include the construction of a new quarterdeck in the SONAR training building and the installation of new energy efficient lighting throughout the OPERATIONS training building.

Maintenance Department has been literally "cleaning house." Enormous efforts by the maintenance team in the disposition and parts-inventory of thousands of pieces of spare electronics have led to the discovery of \$450K in obsolete parts that was turned over to the ASW Program Office and Southwest Regional Maintenance Center (SWRMC) technicians for use in support of fleet readiness. Additionally, the department has been conducting a wall to wall inventory to begin the process of re-invigorating the Plant Property Program, led by Mr. Rick Frazer.

Sadly, we had to say farewell to STGCS(SW) Anna Dapiaoen this quarter. Though she was only with the department a short time, she was a major role-player in its inception. We wish her the best in her new Over-Seas Assignment (OSA) in Bahrain. We would like to welcome STGC(SW) Jason Beattie who has assumed the duties as the Department Leading Chief Petty Officer as well as Command Material Maintenance Management (3M) coordinator. We would also like to welcome STG2(SW) Jordan, STG2(SW) Dimitrievski, STG2(SW) Martinez, and STG2(SW) Madamba who have recently joined the maintenance team from other departments within the command.



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New Family Members

Recent Births – Let's Welcome the Newest Additions of our FLEASWTRACEN Family!

STG1 Bell and his wife, welcomed their son Jackson Dwayne on 06 March 2012 at 1728. Jackson Dwayne is 21 inches in height and weighed in at 9 pounds and 3 ounce.

AWARDS AND RECOGNITIONS

OFFICER INSTRUCTOR OF THE YEAR:

CHIEF INSTRUCTOR OF THE YEAR:

MID-GRADE INSTRUCTOR OF THE YEAR:

JUNIOR INSTRUCTOR OF THE YEAR:

SENIOR INSTRUCTOR OF THE QUARTER (Q4 2011):

JUNIOR INSTRUCTOR OF THE QUARTER (Q4 2011):

SENIOR SAILOR OF THE YEAR 2011:

JUNIOR SAILOR OF THE YEAR 2011:

SENIOR SAILOR OF THE QUARTER (Q4 2011):

JUNIOR SAILOR OF THE QUARTER (Q4 2011):

LT AYALA

STGC (SW) SCHMECK

STG1 (SW) HARVELL

OS2 (SW) GARCIA

STG1 (SW) PAREDES

OS2 (SW) GARCIA

STG1 (SW) FARLETT

STG2 (SW) WHITEHAIR

STG1 (SW) COTRELL

STG2 (SW) LAFLAMME



(LEFT: STGC (SW) SCHMECK, RIGHT: OS2 (SW) GARCIA)



FLEET ASW TRAINING CENTER COMMAND NEWSLETTER **AWARDS CEREMONY**



NAVY AND MARINE CORPS COMMENDATION MEDAL

LT SEARS
STGCS DAPIA0EN

NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

LT VU
STGC BEATTIE
FCC WARREN
FCC OTTMAN
STG1 HAWKINS
OS2 GARCIA
STG2 GARCIA
STG2 WHITEHAIR

FLAG LETTER OF COMMENDATION

OS2 WEBER

MASTER TRAINING SPECIALIST

FC1 PATTERSON



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ADVANCEMENTS AND RE-ENLISTMENTS



(CLOCKWISE STARTING TOP LEFT: LT AYALA AND MRS. NYA AYALA, STGC BRETT, AND STGC MARESH)



FLEET ASW TRAINING CENTER
COMMAND NEWSLETTER
VIP VISIT

RADM SHARPE VISIT (29 FEB 12)



CAPT KERNO WITH VADM (RET) FITZGERALD AND RDML (RET) MAHON





FLEET ASW TRAINING CENTER COMMAND NEWSLETTER **COMMUNITY RELATIONS**



FEEDING AMERICA, SAN DIEGO COMREL

The FLEASWTRACEN Chief Petty Officer Association (CPOA) and FLEASWTRACEN Petty Officer Association (FPOA) participated in a joint community relations project on 09 March 2012 in support of Feeding America, San Diego. Over 40 volunteers packaged over 1,200 pounds of food for delivery to families in need throughout San Diego County. This community relations project is just one of the many aspects in the MCPON-directed CPO 365 concept. The MCPON's vision of 365 days of training and mentoring of First Class Petty Officers includes three phases leading up to Chief Petty Officer induction season. Fleet ASW Training Center's CPOA hit the ground running just weeks after CPO pinning and solidified their program by providing a CPO 365 Command Instruction. Weekly training and PT sessions have been vigorously conducted with outstanding feedback and have shown measurable results as CPO board eligibility for Sonar Technicians increased by 10% from last year.



FLEET ASW TRAINING CENTER COMMAND NEWSLETTER

IA/GSA Resources

IA/GSA Family Information

Here are a several resources you can use to find more information regarding IAs:

- [Navy Knowledge Online](#), or NKO, has the most current, accurate information about IA assignments.
- [NKO SpouseNET online forum](#) is a forum on NKO for IA families. The SpouseNET Forum provides a secure community for families to communicate with each other. It is monitored by the Navy's Ombudsman-at-Large. You can post comments and questions. (Please Note: A user name and password is needed to access this website.)
- [Expeditionary Combat Readiness Center](#) (ECRC) was established to help you get answers to questions about IA assignments. Call them toll free at (877) 364-4302.
- Fleet and Family Support Center (FFSC) is a great source of information. Every Fleet and Family Support Center throughout the Navy offers deployment readiness information specifically tailored to IA deployments.
- [U.S. Fleet Forces IA/IA Family Support](#) is a useful, informative website for those about to go on or come off IA/mobilization.

Pay and Finances

Managing money can be a challenge for many. If you find this is the case, do not forget your Command Financial Specialist, Fleet and Family Support Center, Navy-Marine Corps Relief Society and credit unions can help you with your deployment budget. Also, be sure to check out the Fleet and Family Support (www.nffsp.org) and the Defense Finance and Accounting System (www.dfas.mil) websites for more information.

Emergencies

Your command ombudsman or chaplain can direct you to help when you need it. These agencies are also available:

- American Red Cross (www.redcross.org)
- Navy-Marine Corps Relief Society (www.nmcrs.org)

Contact IA Coordinator LT Tanya Zinn at 619-524-1641 for questions.

IA/GSA Family Connection

Meet with other IA/GSA family members from around the world in the comfort of your own home! To participate in the IA/GSA Family Connection, you will need a computer with broadband Internet access and a telephone.

To join:

1. Go to the browser address listed next to the date you want to attend. It will take you to a registration website where you'll be asked for a few pieces of information.
2. You will receive a confirmation email from WEBINAR providing the Internet browser address for the session as well as the telephone number to dial.

To attend session:

1. Insert the website address for the session into your browser window. It will scroll and a box will come up on your screen.
2. Click "Download GoToMeeting".
3. Click "run".
4. A bar will appear in the middle of the page as it downloads.
5. If you arrive before the facilitator, a window will let you know. Do not exit the window. Just wait for the meeting to start.
6. Once completed, the computer will ask you to enter: Name & email address.
7. "Waiting to View Screen" will appear. You are connected.
8. Dial in on your phone by calling: **1-800-791-2345 Code: 40560**

These virtual IA family member discussion groups are hosted by Commander Navy Installations Command and Fleet and Family Support Centers worldwide.



FLEET ASW TRAINING CENTER COMMAND NEWSLETTER RESOURCES!

Top Web Sites to Know!

Amer. Red Cross (San Diego):	www.sdarc.org
American Red Cross (National):	www.redcross.org
Armed Services YMCA:	www.asymcasd.org
Commissary:	www.commissaries.com
CREDO:	www.cnrsw.navy.mil/credo
Fleet & Family Support Ctr:	www.cnrsw.navy.mil/fsc
GI Bill, Scholarships, & Job Search	www.gibillexpress.com
Lifelines:	www.lifelines.navy.mil
Military Child Educ. Coalition:	www.militarychild.org
Military Family Resource Ctr:	www.mfrc-dodqol.org
Military One Source:	www.militaryonesource.com
	<i>UserID: military; Password: onesource</i>
Military Students	www.militarystudent.org
Morale, Welfare, & Recreation:	www.mwrtoady.com
National Military Family Assoc:	www.nmfa.org
Naval Svcs Family Line:	www.lifelines.navy.mil/Familyline
Navy Exchange:	www.navy-nex.com
Navy League:	www.navyleague.org
Navy-Marine Corps Relief:	www.nmcrcs.org/sdiego-area
Ombudsman Program (Official):	www.ffsp.navy.mil
Operation Homefront:	www.operationhomefront.net
Personal Property Info	www.sd.fisc.navy.mil
Thrift Savings Plan Info	www.tsp.gov
TriCare:	www.tricareonline.com
	www.tricare.osd.mil
	www.triwest.com
TriWest:	www.triwest.com
United Concordia (Dental Plan):	www.ucci.com
United Through Reading:	www.read2kids.org
United Way:	www.unitedway-sd.org
USO San Diego:	www.usosandiego.org
VA GI Bill Info	www.gibill.va.gov

TAX SEASON NOTE: MILITARY VITA TAX PROGRAM

Greetings FASW! Tax season is right around the corner. I wanted to take this time to inform you about our command's FREE tax preparation program. The program is called VITA (Volunteer Income Tax Assistance).

This is a wonderful program that has been largely successful the last two years here at FASW. It is open to all military members, retirees and their dependents.

This year our team will consist of STGCS(SW) Dapiaoen, STG1(SW) Boucher, STGC(SW) Torres, and MA2(SW) Dumas, as well as a few new volunteers. Our team is professionally trained by the IRS and state of California to assist you in preparing your tax return. Keep on the lookout for our advertising fliers and POW notes in the near future for further details. Services for the season are expected to run from approximately the second week of January through 14 April.

Navv & DoD Information

Naval Region Southwest:	www.cnrsw.navy.mil
Navy Knowledge Online:	https://wwwa.nko.navy.mil
Official Navy Web Page:	www.navy.mil
MCAS Miramar:	ww.miramar.usmc.mil
Naval Base Coronado:	www.nasni.navy.mil
Naval Station (32nd Street):	www.navstasd.navy.mil
Navy Career Development:	www.staynavy.navy.mil
Navy Web Pages:	www.navy.mil/nol/alpha.html
Regional Support Office	www.rso.navy.mil/index.html
Travel/Per Diem/PCS Rates & Info:	https://secureapp2.hqda.pentagon.mil/perdiem
	www.CPF.navy.mil

U.S. Pacific Fleet:

Parenting Information

New Dad Classes	http://newdads.com
Family Activities	http://family.go.com
Babyzone:	http://sandiego.babyzone.com
Parenthood:	www.parenthood.com
Children's Books Online:	www.childrensbooksonline.org
Military Students:	www.militarystudent.org
Learning Disabilities Assoc.:	www.ldsandiego.org

New to the Area? Info & Relocation Support

Employment Info	www.caljobs.ca.gov
Homeport San Diego:	www.homeport-sd.com
Military Family Housing:	www.cnrswhousing.navy.mil
Military Acclimate:	www.militaryacclimate.com
San Diego Union Tribune:	www.signonsandiego.com
SITES (Info on Military Bases):	www.dmdc.osd.mil/appj/sites/index.jsp

Military Spouse Info

Adecco Career Accelerator (Jobs for Military Spouses!)	www.adeccousa.com/careeraccelerator/index.cfm
Military Spouses:	www.militaryspouse.org
Military Spouse Career Network:	www.mscn.org (Jobs!)
Navy Personnel Cmd Spouse Support:	www.npc.navy.mil/commandsupport/spoussupport
Navy Wives.Com:	www.navywives.com
USMC Spouses:	www.marinewives.com
Military Community:	www.sgtmoms.com
Military Spouses:	www.spousenet.com

Government Information

Federal Trade Comm. Consumer Guide:	www.ftc.gov
Federal Emergency Mgmt Agency:	www.fema.gov
Government Guide:	www.governmentguide.com
First Gov:	www.firstgov.gov
Gov Spot:	www.govspot.com
State Department Travel Advisory:	www.travel.state.gov

Deployment Support

Care Packages:	ww.geocities.com/militarycarepackage
Deployment Health:	www.deploymentlink.osd.mil
Send Free MARS Grams:	http://navymars.org
ECRC	www.ecrc.navy.mil
Navy Knowledge Online	www.nko.navy.mil