



FLEET ANTI-SUBMARINE WARFARE TRAINING CENTER

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

COMMAND NEWSLETTER

September 2012

ISSUE 21



From the Captain's Desk...

Greetings FLEASWTRACEN Staff, friends, and family!

As summer draws to a close, FLEASWTRACEN has made momentous progress in ensuring the advancement of staff instructors and in showcasing our training facilities to visitors and dignitaries.

Congratulations to our newest Chief Petty Officers: STGC David Almonte, STGC Kenneth Carrothers, STGC Jeremy Cottrell, STGC Michael Gonzalez, OSC Bradlee Hughes, OSC Scottie McLain, OSC Dustin Paredes, FCC Jeffery Prestwood, STGC Pedro Robles, OSC John Roysdon, and STGC Harry Wilson. By earning the rank of Chief Petty Officer, each of these Sailors has demonstrated that the energy devoted to professional development and to maintaining a strong grasp of their trade has been richly rewarded.

In addition, congratulations to our most recent Instructors, Sailors and Civilian of the Quarter: OS1 Stephen Lowe, Senior Sailor of the Quarter; OS2 Bryan Sumpter, Sailor of the Quarter; FC1 Robert Shaffer, Mid-grade Instructor of the Quarter; STG2 Andrew Hamann, Junior Instructor of the Quarter; and Mr. Richard Frazer, Civilian of the Quarter. Again, hard work and dedication provided the basis for each of their well-deserved selections.

Recently, Admiral Cecil D. Haney, (Commander, U.S. Pacific Fleet), and Read Admiral Donald P. Quinn, (Commander, Naval Education and Training Command), visited Fleet ASW Training Center. They were both extremely pleased with the professionalism of our staff and students and the material condition of our classrooms and labs. Keep up the good work!

As we move on to the last quarter of the calendar year, I strongly encourage everyone to continue the legacy of hard work established during the first three quarters of the year. We must daily strive to meet the ever-changing demands of the Fleet, maintain the integrity of our facilities and aggressively promote the professional development of our staff and students. I look forward to steadily improving the quality of training we provide to the Fleet in the days and weeks ahead.

R. E. THOMAS
CAPT USN

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FLEET ASW TRAINING CENTER
COMMAND NEWSLETTER
CMC's CORNER



Greetings FLEASWTRACEN Staff, Family and Friends,

Well, summer is almost over. I can't believe how quickly my first six months in the command have gone. Before you know it, we'll be carving Thanksgiving turkey and opening Christmas gifts. I hope that each of you had a terrific summer and that the holiday season ahead brings all that you wish for and that you make holiday memories to last a lifetime.

As many of you know, we just completed the Chief Petty Officer Induction season and welcomed eleven new Chiefs into the Mess. The season was filled, as it always is, with much training, PT and a renewal to the ideals that bind us together as Chief Petty Officers. Our newest Chiefs performed admirably throughout the season and they will no doubt continue to have a profound impact on the Sailors we train here at Fleet ASW. Those of you who provided support to your new Chiefs and the collective Mess during Induction earned the gratitude of each and every CPO in the command. Thanks for your support!!

As I mentioned in a previous issue of the command newsletter, the election season is upon us once again. Thousands have bled and paid the ultimate cost to ensure we have the right to elect our nation's leadership. In order to truly honor their sacrifice, we must exercise our right to vote. No matter your party affiliation or social convictions, voting is a privilege that must be acted on in order for our democracy to truly work. I strongly encourage you to educate yourself on the issues and candidates and cast your vote in November. One of our new Chiefs, STGC Ken Carrothers, has stepped up to serve as the Command Voting Representative, and he is standing by to provide assistance as needed.

As always, I continue to be impressed by the pride and professionalism of the staff in this command. Daily, they silently and diligently continue to mold, mentor and train the young Sailors that man our Fleet. Each of you can and should be justifiably proud of their commitment and dedication to our Navy and nation. Julie and I sincerely wish you the very best in the days and weeks ahead. Until next issue, God bless and Go Navy!

Sincerely,

CMC



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Departmental Updates

OPERATIONS DEPARTMENT

Operations department graduated a large number of students during the summer season. First, CIC Skills blazed through the summer months. OS J School led by OSC Paredes and OS1 Martin, graduated a total of 37 students over two convenes. RADAR Navigation (RADNAV) led by OS1 Willie Martin, saw USS HIGGINS (DDG 76), USS RUSHMORE (LSD 47), USS SPRUANCE (DDG 111), USS GARY (FFG 51), and USS PEARL HARBOR (LSD 52) steam through for either certification or training, graduating a total of 65 students. Search and Rescue (SAR) led by OS1 Gilfred Caiga, provided 37 students with the level of knowledge necessary to perform SAR duties during SAR missions. Surface Warfare Tactical Applications Course (SWTAC) led by OS1 Steven Lowe, graduated 14 students, returning them to their commands with requisite knowledge on Anti Submarine Warfare (ASW), Command, Control, Communications, Computers, and Intelligence (C4I), Surface Warfare, Air Warfare, Amphibious Warfare, and Mine Warfare. Computer Aided Dead Reckoning Tracer led by OS1 Steven Lowe and OS2 Stephen Young graduated six students from USS CHANCELLORSVILLE (CG 62).

In the Anti-Submarine Tactical Air Controller (ASTAC) Division, 19 students graduated from the ASTAC course, 5 from the Air Direction Controller course, and 6 from the Sea Combat Air Controller Course. Furthermore, Single Ship Anti-Submarine Warfare (SSASW) Division had a busy summer as well, with the USS RENTZ (FFG 46) finishing SSASW and the USS PINCKNEY (DDG 91), USS WILLIAM P. LAWRENCE (DDG 110) and the USS Antietam (CG 54) finishing the 1073 or ASW Refresher course. Finally, Anti-Submarine Warfare (ASW) Tactics Division graduated 15 students in the Anti-Submarine Warfare Officer (ASWO) course, bringing with them prerequisite knowledge about the duties and responsibilities of the ASWO before reporting to their command.

Apart from a huge volume of students that went through training, Operations Department is currently undergoing organizational changes as well, with CIC Skills continuing to play a vital part in the upgrade of Building 52. CIC Skills successfully completed the move of CADRT and TDSS, and continues to work on several other projects in Building 52. CIC Skills also welcomes OSC Green, OS1 Giakoumakis, OS1 Gillespie, OS1 Caskey, and OS2 Wardlaw to the division. These instructors previously taught at the school house that is located on the 3rd Fleet Complex. Lastly, we would like to welcome Air Intercept Controller Division as the newest division in our department as they completed their move to Building 52 while graduating a total of 45 students throughout the summer.

We also have instructors who made tremendous advancements in their career. First, we would like to congratulate the new Chief Petty Officers: OSC Bradlee Hughes, OSC Scottie McLain, OSC Dustin Paredes, and OSC John Roysdon. Next, we would like to congratulate OS1 Steven Lowe as the Senior Sailor the Quarter, Third Quarter 2012 and OS2 Bryan Sumpter as the Sailor of the Quarter, Third Quarter 2012. Furthermore, we would also like to recognize the following instructors who qualified as Master Training Specialist: LT Tanya Wilson, LT Anisa Kaplenk, STGC Jason Maresh, and OS2 Bryan Sumpter.

And finally, we would like to bid farewell to instructors who have either transferred to another command or have separated from the United States Navy: OSC Donald Taylor who transferred to the USS HIGGINS (DDG 76), OSC Tian Henry who transferred to the USS CHAFEE (DDG 90), and OS1 Gibson who separated from the United States Navy and is now working at Tactical Training Group Pacific (TACTRAGRUPAC).



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Departmental Updates (continued)

SONAR DEPARTMENT

SONAR Basic Skills and SONAR Operations/Maintenance Divisions have experienced an extremely busy, but safe, summer throughout this 3rd Quarter of 2012. SONAR Department's skilled instructors continue to provide highly-motivated Sonar Technicians to the Navy's Surface Fleet through a multi-faceted array of apprentice, journeyman, maintenance, and operator courses. The Naval Military Training Office has remained actively engaged in ensuring our newest Sailors have the professional and personal keys to success during their Naval careers.

Three Formal Course Reviews (FCR) were conducted during this quarter for the Legacy Maintenance office, providing an insight into our course curriculum's accuracy and validity. STG "A" School's latest course revision has proven to be very effective in relating the unfamiliar topics of Anti-Submarine Warfare and SONAR to our Navy's prospective Sonar Technicians. Apprentice Technical Training recently increased its capacity to allow Minemen (MN) students to complete their required training. STG1(SW) Jeremy Upchurch led the changes, saving the Navy over \$36,000 in travel costs. Bravo Zulu to the AN/SQQ-89A(V)15 Instructor office and local contractors who aided in the seamless transition of the AN/SQQ-89A(V)15 Maintenance curriculum from the program office to military ownership. A huge milestone for the Command!

It is always worthwhile to stop and recognize the hard work that our Sailors put into their duties and the achievements that are bestowed upon them. Congratulations goes out to the new Sonar Department Chief Petty Officers: STGC David Almonte, STGC Kenneth Carrothers, STGC Michael Gonzales, STGC Pedro Robles, and STGC Harry Wilson. This extremely important accomplishment and milestone in their career could not have occurred without their family's support. STG2(SW) Andrew Hamann, a phenomenal MK 116 Fire Control Instructor, was more than deserving of his recent selection as Junior Instructor of the Quarter. The Navy retained another great Sailor as we observed the re-enlistment of STG2(SW) Jon Goodwin. Additionally, FLEASWTRACEN's family increased this quarter with the welcomed addition of three new family members: STG2(SW) Christopher O'Malley and Kristy welcomed their son, Sean; STG2(SW) Dustin Petty and Melissa welcomed their daughter, Anniston; STG2(SW) Willis Langdon and Sara welcomed their son, Damien.

SONAR Department welcomes aboard the following newly reported Sailors: LTJG Michelle Smith from USS HIGGINS (DDG 76); STG1(SW) Brent Bowden of Charlotte, NC from USS FARRGUT (DDG 99); STG2(SW) Andrew Martzall of Lancaster, PA from USS PRINCETON (CG 59); STG2(SW) Jason Woods of Corpus Christi, TX from USS ANTIETAM (CG 54). Regrettably, we must bid "Fair Winds and Following Seas" to the following outstanding Sailors: STGC(SW) Gerald Torres, STG1(SW) Amanda Cooper, STG2(SW) Jon Goodwin, and STG2(SW) Zachary Robson will refresh their Anti-Submarine Warfare (ASW) skills with continued training pipelines before their next duty station; STGC(SW) Alicia Witherite, STG1(SW) Marc Boucher, STG1(SW) Douglas Davis, and STG1 Phillip Russell all move on to their next sea duty assignment; STG2(SW) Juan Gonzalez, STG2(SW) Paul Reaves, and STG2(SW) Eric Winfrey have made the decision to pursue options outside of the Navy. Finally, after culminating 20 years of dedicated service to our Navy, we bid a sad farewell to Senior Chief Petty Officer Dennis Holmes as he slowly transitions into retirement. Thanks to each and every Staff member who has had the honor of delivering only the best Sonar Technicians to the Fleet!

Finally, a hearty thanks goes out to the following departmental Morale, Recreation, and Welfare Representatives who contributed great efforts in ensuring FLEASWTRACEN's command picnic went off with a bang: STGC Harry Wilson, STG1(SW) Tamara Brinner, STG1(SW) Ryan Hoover, STG1(SW) Justin Northup, STG2(SW) April Davis, STG2(SW) Nicholas Phillips, STG2(SW) Benjamin Otto, STG2(SW) Patricia Stupek, and STG2(SW) Anthony Tapia. GREAT JOB!



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Departmental Updates (continued)

COMBAT SYSTEMS DEPARTMENT

Combat Systems Department would like to recognize all of our instructors for the parts they played in ensuring an exemplary third quarter. The GCCS squad conducted two pilot courses, one for GCCS-M 4.1 Operator and another GCCS-M 4.1 Watch Officer, graduating a total of 21 students. In addition, 30 Database Managers graduated from the GCCS-M Operator Course and 12 students from the GCCS-M 4.x Watch Officer course. Furthermore, Strike Warfare Division graduated 56 students across 5 courses in the summer.

We would also like to welcome the following Sailors who reported on board during the summer: LTJG Coulter Reyes, who relieved LT Quinzell Brown as Information Assurance Officer and Wardroom Treasurer, LT Ryan Pau who takes over as the Strike Warfare Division Officer; OS1 Ranona Robinson, OS1 Freddie Thomas, and OS1 Janice Alvey who will be teaching the GCCS-M Courses; and FC1 Christopher Puhek who will be teaching courses in the Strike Warfare division. In addition, we would like to welcome five junior sailors who are part of a new program that mitigates excessive hold time between "A" School and "C" School: FC3 John Willman, FCSN Brandon Bontrager, FCSN Jacob De Long, FCSN D'Anthony Logan, and FCSN Zachary McClure.

Our instructors have also excelled in other areas aside from training Sailors with the most up-to-date technology. FCC Shaunessy O'Brien headlined a group of senior Fire Controlmen at the annual Human Performance Readiness Review, providing valuable data and feedback used to help develop the fleet over the next year. Also, FC1 Chadwick Sutherland went to the Tomahawk Program Office in Point Hueneme for the Tactical Tomahawk Weapon validation and verification. We would like to recognize the following instructors who received their instructor certifications: OS1 Robinson and OS1 Thomas; and those who qualified as Master Training Specialist: LT Christina Humphries, FCC Graig Olivier, and FC1 Robert Shaffer.

We also would like to congratulate our newest Chief Petty Officer, FCC Jeffery Prestwood and our newest First Class Petty Officer, FC1 Maridominic Tumbado on their promotions. Well done!

Lastly, we would like to welcome the new family members to our department: Ayana Lynn Gibbs Brown, born on 06 May 2012; Tyler William Barber, born on 22 May 2012; and Dylan Brock Puhek, born on 19 July 2012.

MAINTENANCE

Maintenance Department continues to make a difference here at FLEASWTRACEN. Besides everyday preventative and corrective maintenance being accomplished in support of training equipment, Maintenance Department continues to drive facility and safety issues. Special recognition goes to Mr. Rick Frazer for his selection as FLTASWTRACEN Civilian of the quarter.

Besides working hard, Maintenance Department also plays hard. STGC (SW) Beattie just recently returned after representing the Command at the All Navy Softball tryouts in Pensacola, Florida. Not to be outdone, STG2(SW) Hubbard has received an invitation to the All Navy Basketball tryouts in Corpus Christi, Texas being held in October. We wish him luck.

Maintenance Department would like to welcome back STGCS(SW/AW) Dapiaoen from an arduous six month IA tour in Bahrain. Last but not least, we have to say goodbye to STG1(SW) Heller who is about transfer to Fleet Reserve after 20yrs of service. We wish him fair winds and following seas.



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Departmental Updates (continued)

LEARNING STANDARDS OFFICE

The purpose of the LSO is to ensure that all curricula is current and adheres to NETC standards, that the instructors are qualified and their skills remain current, and that the correct academic processes are followed. Every year the instructions that cover the various processes are reviewed and updated as necessary. The LSO is currently completing the update of instructions covering Student Critiques, Instructor Certification, Instructor Evaluations, Training manager and Course Manager Qualifications, eTRMS, Formal Course Reviews (FCR), In-service Training, Civilian of the Year, Master Training Specialist (MTS), Testing and Academic Review Board (ARB) and Course Accuracy Management Plan (CAMP).

Many of you may have heard of the Littoral Combat Ships (LCS). The LCS are fast, agile, networked surface combatants designed to operate in the near shore environment, while capable of open ocean tasking as well. The LCS Training Facility (LTF) will become part of FLEASWTRACEN on 01 October 2012. In preparation for the transition, the LSO has been working with the contracted LTF LSO, Mr. Darren Speer. To ensure a seamless transition, Mr. Speer has been provided with the updated FLEASWTRACEN instructions and processes.

The LSO recently filled a critical position that has been vacant since March. It is a pleasure to welcome Ms. Jacquelyn Cañez as the newest member of the LSO team. Jacquelyn worked with the LSO as an STG1 in 2009, prior to her retirement. She brings not only her considerable professional experience, but also a bubbly personality that enhances the entire department.

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



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CPO PINNING 2012





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CPO PINNING 2012 (CONTINUED)





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CPO PINNING 2012 (CONTINUED)



CONGRATULATIONS!



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VIP VISIT



07 AUGUST 2012
(RADM DONALD P. QUINN, COMMANDER, NAVAL EDUCATION AND TRAINING CENTER)



19 JULY 2012
(ADM CECIL B. HANEY, COMMANDER, U.S. PACIFIC FLEET)



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COMMAND PICNIC





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COMMAND PICNIC (CONTINUED)





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New Family Members

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

1. STG2 O'Malley and his wife welcomed their son, Sean Owen O'Malley, on 23 June 2012 weighing 8 pounds, 15.4 ounces.
2. STG2 Langdon and his wife welcomed their son, Damien, on 23 June 2012 weighing 7 pounds, 9 ounces.
3. LCDR Cabral and his wife welcomed their daughter, Mackenzie Adriana, on 19 July 2012 weighing 6 pounds, 5 ounces.
4. FC1 Puhek and his wife welcomed their son, Dylan Brock, on 19 July 2012 weighing 6 pounds, 11 ounces.
5. OS2 Imler and his wife welcomed their son, Samuel Aiden, on 12 August 2012, weighing 7 pounds, 10 ounces.

AWARDS

NAVY AND MARINE CORPS COMMENDATION MEDAL

LT HUMPHRIES
STGCS HOLMES
STGCS BUCAO
OSC TAYLOR
OSC DECKER
OSC HENRY

SAILOR OF THE QUARTER

OS1 LOWE

JUNIOR SAILOR OF THE QUARTER

OS2 SUMPTER

NAVY AND MARINE CORPS ACHIEVEMENT MEDAL

STG1 RUSSELL STG1 COOPER
STG1 BOUCHER OS1 VALLEJO
STG2 REAVES STG2 GONZALEZ
STG2 GOODWIN STG1 HELLER
STGC WITHERITE STG2 GUTIERREZ
STGC TORRES

MID GRADE INSTRUCTOR OF THE QUARTER

FC1 SHAFFER

JUNIOR INSTRUCTOR OF THE QUARTER

STG2 HAMANN

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

FC1 MCGAUGHY



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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 get 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.nmcrcs.org)

Contact IA Coordinator LT Tanya Zinn at 619-524-6500 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.



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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
UserID: military; Password: onesource
Military Students www.militarystudent.org
Morale, Welfare, & Recreation: www.mwrtday.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.nmcrs.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
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

Navy & 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>
U.S. Pacific Fleet: www.CPF.navy.mil

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.ldasandiego.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

