



Meeting Your Needs. At Home. At Sea.

Workshops

All workshops are open to active duty service members, spouses, retirees and civilians affected by base realignment. Workshops are also open to DoD civilians on a space available basis.

Registration is required.

Call (202) 433-6151 DSN 288-6151

2 September

CARIT Brief 1000-1200 FFSC

8 September

Smart Emotions 0730-1530 FFSC

9 September

Advanced Resume 0900-1200 FFSC

9 September

Lunch & Learn
Spending Plan 1130-1230 FFSC

10 September

Lunch & Learn
Parenting 1130-1230 FFSC

14,16,21,23 September

**Ombudsman Training
1700-2100 FFSC

17 September

Newcomers Finance 0800-1200 FFSC

22 September

Myers-Briggs Career Assessment
0900-1200 FFSC

23 September

Federal/Veterans Employment
1200-1500 FFSC

24 September

Lunch & Learn
Parenting 1130-1230 NNMC

27 September

CARIT Brief 1000-1200 FFSC

28 Sept – 1 Oct

**SAVI Training 730-1530 FFSC
(Sexual Assault Victim Intervention)

28 September

Smooth Move 900-1200 FFSC

29 September

Smooth Move 0900-1200 NNMC

** Must attend all classes in order to be certified

The Quarterdeck

September 2004

Ombudsman Appreciation Day

September 14th

Hoping to improve communication between Commands and family members, Chief of Naval Operations Admiral Elmo Zumwalt established the Navy Ombudsman Program in 1970. Each year the Navy sets aside the 14th of September for special recognition and appreciation for the Ombudsman.

An Ombudsman is a volunteer, appointed by the Commanding Officer (CO), who serves as a communication link between the CO and family members. He/she must be the spouse of an active duty or Reserve member of the Command. A major function of the Ombudsman is to provide information and referral services to the families.

The Fleet and Family Support Center (FFSC) provides training, certification and support to prospective and active Ombudsmen. Ombudsman Basic Training (OBT), offered at the FFSC, is a 13-module, 24-hour seminar that covers communication, information and referral, deployment support, relationships with Commands, confidentiality and more.

Ombudsman's workload varies from one Command to the next; Ombudsmen are as important to shore Commands as they are to Commands that deploy.

The Ombudsmen are volunteers and are not paid for their services.

We encourage you to take a few minutes to thank them and let them know how truly special they are for their dedication, time and hard work.

I Am An Ombudsman

By Gayle Brinkley
Navy Ombudsman, FFSC London

I am not a crutch
But I can support you

I am not a counselor
But I know one

I am not a taxi driver
But I can steer you in the right direction

I am not a rescuer
But I can help save lives

I am not a baby sitter
But I can refer you to a caregiver

I am not a gossip
But I am a great listener

I am not an enabler
But I can provide tools to empower you

I am not a master of anything
But I know many experts who understand your need

I am not a recreation or health specialist
But I am concerned about your morale, welfare and health

I am not a busybody as I've been called
But I am an Official Command Representative

I am a Navy Family Ombudsman
And I am of service to You
The Navy Family.

To learn more about the Ombudsman Program contact
The Fleet & Family Support Center
Bldg. 72, 2767 Watson Road. SW,
Phone 202-433-6151 DSN 288-6151
Toll Free 1-866-557-4410

<http://www.ndw.navy.mil/FFSC/Anacostia/Anacostia.htm>