

# FRC WEST Family Newsletter



August 2011



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FRC WEST Website:

<http://www.frcw.navy.mil/>

Commanding Officer: CDR Crawmer  
Executive Officer: LCDR MacMurdo  
Command Master Chief: CMDCM Perkins

## COMMAND NOTES

Hello FRC West families. Greetings and welcome to August 2011.

I hope that everyone's summer is going well and I thank everyone for keeping each other safe. In a few weeks we will welcome our new boss at COMFRC, Rear Admiral (select) Jaynes. We look forward to her visit and know that she will be impressed by the pride and professionalism of all the Sailors of FRC West.

The 2011 Chief Petty Officer results are finally out. We had five selected at FRC West. AOC (select) John Nichols and AOC (select) Jason Reynolds here at NAS Lemoore, ASC (select) Nicholas Perron, ASC (select) Kenneth Zumwalt and PRC (select) Robert Tolbert at JRB Fort Worth. My congratulations to all, I am extremely proud of their accomplishments. I know you all are too.

On the 15th of July we held our summer command safety stand-down. Our fun boss, AO1 Paul and the entire safety team did an excellent job of setting up the event. Representatives from the Fleet & Family Service Center, Navy College, Base MWR and Base Fire Department were on hand to give out useful information that we all can use. Great Job to all of those involved. A

special thanks to Junior Enlisted Association for helping with lunch at a great event that will be the model for future stand-downs!

I hope that everyone had a fun and safe month of July. The weather has been hot. Please continue to be diligent with water safety. Many of the lakes, rivers, and streams look very inviting on these hot days, however, they are Very Dangerous. The water is extremely cold and fast moving due to an abundance of snow dropped over the past winter in the Sierras Record snow = record high melt waters flowing out of the mountains. Please ensure that you are wearing a life jacket and heed to all posted warning signs at water recreation locations. Additionally, please continue to wear the proper Personal Protective Equipment when doing work around the home. We want everyone to enjoy a safe summer and come back from holidays & leave with all fingers and toes accounted for. □ That will wrap it up for the month of August. Hope all is well out there and as always be safe in everything you do.

Skipper  
CDR Steve Crawmer

## Ombudsman Notes

Hello Families of FRC West,

There have been a few changes made to how the newsletter will now be coming to you. Thanks goes to all those who have submitted their suggestions and ideas. I am also open to any changes that you may want to see in the future, so please share any ideas you may have. You may contact through phone or via email. Also we have included a new community section to showcase our families in their activities. Please the In the Community section for more details. Thank you and I look forward to hearing your thoughts and ideas.

Vannat Dudley

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## Want the Newsletter via email??

We hope that you find the newsletter to be a great source of information. We would like to meet your needs by sending you an electronic version of the newsletter. If you would prefer to receive the newsletter via email instead of snail mail, please send an email to Chief Turner at [Jennifer.P.Turner@navy.mil](mailto:Jennifer.P.Turner@navy.mil)

## Back to School

With School starting soon here are a few dates to remember!

**August 10**

Orientation

3:00 p.m. for Akers (in the Cafeteria)

6:30 p.m. for Neutra (in the Cafeteria)

**August 12**

Classes are posted

**August 15**

The first day of school

*Today is your day to celebrate*

*Today is your day to celebrate  
your day to be the star  
so let the ones you love all cheer  
and say how special you are*

*A year of fun and happiness  
is my birthday wish for you  
You are someone special  
and your birthday should be too!*



*Happy Birthday*

Poem taken from:  
[http://www.funmunch.com/events/birthday/birthday\\_poetry\\_for\\_free.shtml](http://www.funmunch.com/events/birthday/birthday_poetry_for_free.shtml)

## August Birthdays

| <u>Rate/Rank</u> | <u>Last name</u> |
|------------------|------------------|
| AT2              | ACHTENBERG       |
| PR2              | ALEXANDER        |
| AO2              | ALFANO           |
| AD1              | ALLEN            |
| AZ2              | ARAIZA           |
| AM3              | BACA             |



|      |                 |
|------|-----------------|
| IT1  | BARNABY         |
| AD2  | BARONE          |
| LSC  | BERNARDO        |
| AM2  | BORJAS          |
| AO2  | BRADFORD        |
| AFCM | BROKAW          |
| AMAA | CABRAL          |
| YNSN | CANALES         |
| PR1  | CASTILLO        |
| AMAN | COX             |
| AT2  | CRADDUCK        |
| CDR  | CRAWMER         |
| AD1  | DEPINA          |
| ATAN | DOWNEY          |
| LS1  | ELIZALDEMALCOLM |
| AT2  | FUELL           |
| ATAA | GRUTTOLA        |
| AT2  | HAMERSKI        |

## August Birthdays Continued

|      |           |      |                     |
|------|-----------|------|---------------------|
| AE2  | HUCKABAA  | AEAN | PEEPLES             |
| AD2  | HUTCHISON | AE2  | PERKINS             |
| AT2  | JACOBSON  | STG3 | POOLE               |
| ATAN | JOHNSON   | AM3  | POWERS              |
| AS2  | JOHNSON   | AZ3  | PRASAD              |
| AZ2  | JOSEPH    | LSSN | RENDON              |
| AT2  | KELLER    | AD2  | RUVALCABAMALDONADO  |
| AO2  | KILLGO    | ATAN | RYAN                |
| PR2  | KING      | AT1  | SEARS               |
| AZC  | KLINKEL   | ATC  | SIGLER              |
| AE3  | LANE      | ATAN | SIMS                |
| AD2  | LULL      | ATAN | SNIDER              |
| AM2  | MCGRATH   | AZ2  | SWANSON             |
| AO1  | MCILWAINE | AT3  | TAYLOR              |
| AD3  | MILEY     | AMAA | TIPTON              |
| PR3  | MOLINA    | AM2  | TRASK               |
| AZ3  | MONTOYA   | ADAN | VILLANUEVAFERNANDEZ |
| ASAA | MORENO    | AT1  | WARDLAW             |
| AM3  | NEVILLE   | ADAN | WRIGHT              |
| AO2  | OLIVARES  | AT3  | YATESEVANS          |
| AT2  | OLSON     | ATAA | ZIEGLER             |
| AOC  | PACUAN    | AM2  | ZMIJEWSKI           |

### Volunteers Needed!!!!

Are you interested in helping FRC West families in need? Volunteers are needed to make meals and set up for homecoming when we have sailors return. If you are interested please send your name and a good contact number to the

FRC West Ombudsman via email.  
Thanks in advance for help and concern in this matter.

**FRC WEST**

# THE FFSC Classes for the month of August

## Employment

Resume Writing Workshop (1000-1200)

August 9 at the Columbia College Computer Lab

10 Steps to a Federal Job (1000-1200)

August 11 at the Columbia College Computer Lab

Job Seeker's Orientation (1030 & 1330)

Every Wednesday at the FFSC (0900-1100)

## Anger & Stress Management

Anger's Away (0800-1600)

August 8 at CLC, Rm 104

## Family & Parenting

Parenting Together When We're Not

August 10 at CLC, Rm 104

Blended Families (0900-1100)

August 17 at CLC, Rm 104

## Personal Financial Management

Retirement Planning (0900-1100)

August 9 at the FFSC

Credit Management (1300-1500)

August 16 at the FFSC

CFS Advanced Training (1430-1600)

August 30 at the FFSC

## Relocation

Smooth Move Workshop (1000-1200)

August 18 at the FFSC

Married to the Military (0900-1200)

August 23 at the FFSC

## IA

IA Readiness Brief (1400-1600)

August 31 at the FFSC

IA Family Connection (1800-2000)

August 31, location TBA

## New Parent Support

Boot Camp for New Dads (1300-1500)

August 15 at the FFSC

Children's Discovery Time (1030-1130)

August 24 at the Housing Comm Ctr

## Ombudsman

Assembly Meeting (1800-2000)

August 1 at Fellowship Hall

Basic Training (0900-1400)

August 23, 24 & 25 at CLC Rm 104

Command POC Training (1400-1530)

August 18 at CLC Rm 104

## Exceptional Family Member

Command POC Training (1000-1130)

August 4 at the FFSC

Orientation (1000-1130)

August 11 at the FFSC



## Kid Zone

(Recipe of the Month)

### Pepperoni Spaghetti Bake

**PAM® ORIGINAL NO-STICK COOKING SPRAY**  
**1-1/4 CUPS ORIGINAL BAKING MIX**  
**1/2 CUP REDUCED FAT (2%) MILK**  
**2 CAN (14.5 OZ EACH) CHEF BOYARDEE® SPAGHETTI &  
MEATBALLS**  
**3/4 CUP SHREDDED PART-SKIM MOZZARELLA CHEESE, DIVIDED**  
**1/3 CUP SLICED TURKEY PEPPERONI**

**PREHEAT OVEN TO 375°F. SPRAY 13X9-INCH GLASS BAKING DISH WITH COOKING SPRAY. COMBINE BAKING MIX AND MILK IN MEDIUM BOWL; STIR UNTIL SOFT DOUGH FORMS.**

**DROP DOUGH BY SPOONFULS ON BOTTOM OF BAKING DISH (WILL NOT COMPLETELY COVER BOTTOM). SPOON 1 CAN SPAGHETTI AND MEATBALLS OVER DOUGH AND SPRINKLE WITH 1/2 CUP CHEESE. TOP WITH REMAINING CAN SPAGHETTI AND MEATBALLS, REMAINING 1/4 CUP CHEESE AND PEPPERONI.**

**BAKE 20 TO 25 MINUTES OR UNTIL DOUGH IS DONE IN CENTERS AND BROWNED.**

**COOK'S TIPS**

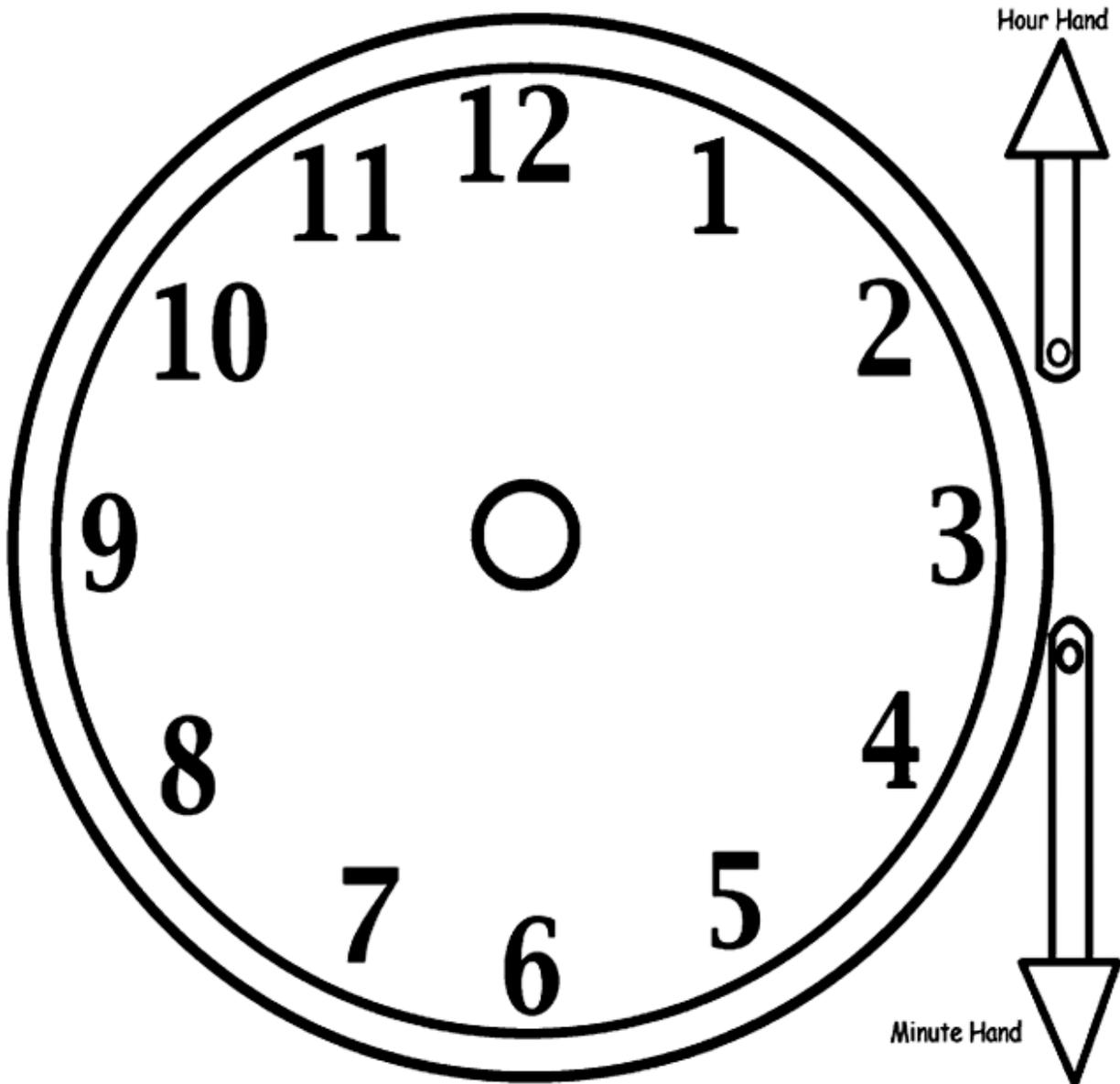
**ADD YOUR FAVORITE PIZZA TOPPINGS, IF DESIRED. GET THE KIDS INVOLVED WITH PREPARATION; THEY CAN PREPARE THE DOUGH, LAYER THE INGREDIENTS AND TOP THE DISH WITH PEPPERONI.**

**TAKEN FROM:**

**[HTTP://WWW.READYSETEAT.COM/RECIPES-PEPPERONI-SPAGHETTI-BAKE-567.HTML](http://www.readyseteat.com/recipes-pepperoni-spaghetti-bake-567.html)**

# TELL TIME

Decorate with Crayola® Colored Pencils or Markers. Cut out the clock face and hands. With a hole punch, punch holes through the circles in the hands. Slide a brass fastener through these holes, then through the center of the clock face. Point the hands at different numbers to help you practice how to tell time. When telling time, first look at the shorter hand, which tells the hour. Then look at the longer hand, which tells the minutes.





## Useful Websites

**America Supports You** - [www.americasupportsyoudod.com](http://www.americasupportsyoudod.com) - A DOD program that connects military service members and their families to homefront groups that provide assistance. A one-stop location for members to connect with hundreds of organizations eager to help.

**FFSC - Fleet and Family Support Center** - <https://www.nffsp.org> - Provides individual and family support to military members and families.

**Lifelines** - [www.lifelines.navy.mil](http://www.lifelines.navy.mil) - The LIFELines Services Network (LSN) focuses on the delivery of quality of life information and services to Active and Reserve sailors and family members.

**Military.com** - [www.military.com](http://www.military.com) - Works closely with government organizations to ensure complete and timely coverage of issues and events that affect their members.

**Military Child Education Coalition** - [www.militarychild.org](http://www.militarychild.org) - MCEC is a non-profit organization that identifies the challenges facing the highly mobile military child, increases awareness of these challenges in the military and educational communities and initiates and implements programs to meet the challenges.

**Military OneSource** - <https://www.militaryonesource.com> - This website includes information and resources on education, child care, and elder care, online articles, referrals, financial calculators, live online workshops called Webinars, and an "E-mail a Consultant" service. Also, includes "Smooth Move" relocations info and resources.

**Navy-Marine Corps Relief** - [www.nmcrs.org](http://www.nmcrs.org) - The Navy-Marine Corps Relief Society (NMCRS) provides financial, educational, and other assistance to members in the Navy, eligible family members, and survivors in need.

**Compass** - <http://www.gocompass.org> - COMPASS is a standardized Team Mentoring program developed by spouses for spouses. The primary focus is on spouses new to the Navy. However, ALL Navy spouses are welcome.

**Military to Medicine** - <http://www.militarytomedicine.org> - Provides education, training, support, and resources to military spouses and caregivers of war wounded through private and corporate entities. Offers education and training in the healthcare field.

**FRC WEST**

160 "L" Street

Lemoore, CA 93246-5049



«RATE» «NAME»  
«ADDRESS»  
«CITY», «STATE» «ZIP»