



NASK Ombudsman Newsletter

Volume 1 : Issue 4

Melissa Smith

361-522-5741

naskombudsman@gmail.com

Hello NASK Family!

Your NAS Kingsville Ombudsman here! In a blink of an eye June has arrived. I hope you all have wonderful plans for these coming summer months. MWR has some fun things planned including an end of school year bash, dive in movies, and more. Also the base has planned an amazing Independence Day Celebration this year to be held July 2nd so bring the family and join us in some food, games, and fireworks!

As summer arrives so does the potential for some nasty weather. It is so important for each family to have a plan and emergency kit ready in case of an event. Ask yourselves the following questions...

1. Do I have a plan in case of evacuation due to a Hurricane?
2. Do I have all supplies necessary to survive power outages or flooding?
3. Is my first aid kit stocked for summer booboos and emergencies?
4. Do I know the ombudsman's phone number in case of personal emergency and my spouse can't be reached?
5. Is my Tricare and page 2 up to date?

For great information on how to prepare your family please visit <http://ready.navy.mil/>

Make sure to check out the ITT office on base as a great resource for summer fun, they have rentals, discounted tickets for museums, amusement parks, hook games, and more. The team there is always willing to lend a hand!

Phone Number: 361-516-6449

Located next to the car wash :-)

Have a great month of June!!!!

-Melissa Smith

Spouses Club



Megan Hogan -President
naskspousesclub@gmail.com

Spouses Club Appreciation night was a blast filled with bowling, giveaways, and friend. Stay tuned for future events!!!!

New Spouse Orientation

New Spouse Orientation is offered as an on-demand course designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle. For more information visit the FFSC office or go to www.newspouseorientation.com

Santiago Fitness Center

June 2015
Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 0615-0700 Interval 0815-0900 Cycle 1700-1745 H.I.I.T	2 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	3 0615-0700 Interval 0815-0900 Cycle 1700-1745 H.I.I.T	4 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	5 0615-0700 Water Challenge (IN CASE OF BAD WEATHER, A CLASS WILL BE HELD INDOORS)	6
7	8 0615-0700 Interval **0815-0900 CIRCUIT **1700-1745 H.I.I.T - will not be held for the day	9 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	10 0615-0700 Interval 0815-0900 Cycle 1700-1745 H.I.I.T	11 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	12 0615-0700 Water Challenge (IN CASE OF BAD WEATHER, A CLASS WILL BE HELD INDOORS)	13
14	15 0615-0700 Interval **0815-0900 CIRCUIT **1700-1745 H.I.I.T - will not be held for the day	16 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	17 0615-0700 Interval 0815-0900 Cycle 1700-1745 H.I.I.T	18 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	19 0615-0700 Water Challenge (IN CASE OF BAD WEATHER, A CLASS WILL BE HELD INDOORS)	20
21	22 0615-0700 Interval 0815-0900 Cycle 1700-1745 H.I.I.T	23 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	24 Relay Race Day Relays held on Track 0705-0805 Classes will not be held for the day	25 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	26 0615-0700 Water Challenge (IN CASE OF BAD WEATHER, A CLASS WILL BE HELD INDOORS)	27
28	29 0615-0700 Interval 0815-0900 Cycle 1700-1745 H.I.I.T	30 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle				

Please come out and enjoy the newly added workout classes at the Santiago fitness center and as always your feedback is welcome to help grow the variety and frequency of classes. The fitness center is proud to welcome Anthony Abeto as their newest full time trainer! Also stay tuned for more fun sports leagues and exciting additions to the Santiago Fitness center.

Food For Thought

Take Your Name Off Solicitation Lists

One easy step you can take to reduce the number of sales pitches you receive is to take your name off of telemarketing and junk mail lists. Businesses that advertise or market their products and services directly to consumers typically purchase or compile their own lists of potential customers.

The answer to “how did they get my name?” is fairly simple: local phone listings, public real estate records, tax assessments on personal property, donations to political or charitable organizations, club rosters, alumni listings and a host of other sources. Online advertisers use “cookies,” which are small data files that track information about you, such as your Web browsing patterns and items you’ve put into online shopping carts.

Here’s how to cut the clutter:

- **Telemarketing Calls**
www.donotcall.gov
or call toll-free (888) 382-1222
- **Direct Mail and Email Offers**
www.dmchoice.org
- **Credit Card Offers**
www.optoutprescreen.com
or call toll-free (888) 567-8688
- **Online Cookie Collecting**
www.networkadvertising.org

Most legitimate businesses—including securities firms—will honor your request. So, if you receive a solicitation after taking the steps above, you should be all the more skeptical of the offer.



Fighting Fraud 101

Smart Tips for Investors

SaveAndInvest.org

MWR Upcoming Events

June

2015

morale welfare & recreation event calendar

<p>1 JUNE - 31 JULY TBA Station Library Read to the Rhythm Summer Program 1 JUNE - 31 AUG TBA The 50 Mile Swim Club 3 JUNE 1900 Liberty Movie Showing 4 JUNE 1900 Bingo Nights @ the No-Fly Zone 8 JUNE - 1 JULY TBA Santiago Fitness Center Swim Lessons 10 JUNE 1900 Liberty Movie Showing 13 JUNE 1100 MWR End of School Year Splash 13 JUNE TBA CYC Open Rec Trip "FUNTRACKERS Food & Games" 17 JUNE 1700 Station Library Orientation 17 JUNE 1900 Liberty Movie Showing 18 JUNE 1900 Trivia On Tap @ the No-Fly Zone 19 JUNE TBA HAWK'S LANDING Family Movie Night 20 JUNE 1100 King Ranch Tours 20 JUNE 1930 Santiago Fitness Center Dive In Movie 24 JUNE 1900 Liberty Movie Showing 26 JUNE 1900 Texas Hold'Em Poker Night @ the No-Fly Zone</p>	<div style="border: 2px solid blue; padding: 5px;"> <p style="text-align: center; font-weight: bold;">end of SCHOOL year splash</p> <p style="text-align: center; font-size: 0.8em;">LOCATION: SANTIAGO FITNESS CENTER POOL DATE: 13 JUNE 2015 TIME: 1100 to 1400 Music, Food, Water Slides, Bounce House Activities, Games, and tons of exciting fun in the pool! Must wear your outstanding attitude: healthy smiles/active bodies</p> <p style="text-align: center; font-weight: bold; color: red;">FREE FAMILY EVENT!</p> <p style="text-align: center; font-weight: bold; color: red;">FREE FAMILY EVENT!</p> </div>
---	---

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		2			5	6
		9		11	12	13
14	15	16				
21	22	23		25		27
	29	30				

Community Events

June 2015

*For a full list of events click the following
<http://www.kingsvilletexas.com/events/list/>*

1. ***Javelina Upbeat Music Project***
June 7 @ 8:00 am - June 12 @ 5:00 pm
2. ***S. Texas Pitmasters 2015 Shoot Out***
June 12 @ 5:00 pm - June 13 @ 6:00 pm
3. ***Yaklin Family Reunion Golf Tournament***
June 13 @ 8:00 am - 5:00 pm
4. ***Big House Bash***
October 17 @ 7:00 pm