



USS New Mexico Family Times

VOLUME 1, SPRING ISSUE

APRIL - MAY - JUNE - 2013

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Friends and Families of NEW MEXICO,

We are a few weeks into the NEW MEXICO's deployment to the European Command AOR. As the Captain stated "this will conclude a journey for most of our sailors that began in the shipyards of Newport News Shipbuilding and Electric Boat, and for NEW MEXICO sailors past and present, the importance of the first deployment and the journey from shipyard to the front lines



will probably be one of the single, most rewarding experiences of their careers." This inaugural deployment is not only a culminating event for our sailors, but for us, the spouses and partners who have been, and continue to be, so dedicated in our love and support while they take their turn on the front line and for this, I commend you.

Although our sailors spent months honing their tactical skills and improving their material condition to successfully complete the six-month deployment, as a spouse and partner, you may not have had the "training" necessary to feel as completely prepared for the various aspects of separation caused by the deployment. I know that life in general can be challenging but life as a Navy spouse and partner adds more difficulty to balancing your needs and the needs of your families. But as you are managing through the daily stresses, succeeding and moving towards achieving deployment balance, please remember that we have some wonderful resources available to us.

As the Ombudsman, Marlaina Malone has been appointed by the Captain to ensure mission readiness through family readiness. She is available to provide information on resources and referrals, services and opportunities available in the community and most importantly, she plays a vital role in establishing and maintaining current and accurate communication between the command and our family members. If you need information on a resource or service, or have a question or concern, Marlaina is available to assist you. She may not be able to answer everything, especially as it relates to port information, specifics of deployment, or whether or not an email got to your sailor, as communication through Naval channels often takes time and is dependent on others. I assure you though; she will provide information as soon as it is available to be released.

The NEW MEXICO FRG not only helped to prepare our families for deployment, but continues to provide ongoing family support during deployment by helping members to adjust to daily challenges by welcoming and mentoring members, through the coordination of and involvement in social events, activities and celebrations, and by providing assistance during personal times of need to name just a few. The group is entirely volunteer, self-sustaining and most importantly, inclusive. Participation can help you draw on the strength of new and old friends who are able to understand this challenging lifestyle, help enhance coping skills, and reduce anxiety during the deployment. There have been numerous recent opportunities to participate and many more to come during the next few months and I would encourage everyone to take the opportunity to connect with members of the NM family to find friends, fulfillment and support.

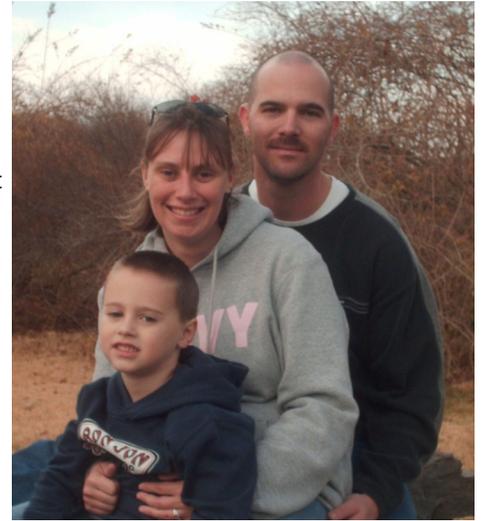
I would like to take the opportunity to recognize Marlaina Malone - Ombudsmen, Jessica Bergeron-FRG President, and the FRG committee for the outstanding support they provide to the NEW MEXICO spouses, partners and families. I would like to personally thank them for their leadership and dependability. The time they devote to providing encouragement to and inspiring camaraderie among our command family is tremendous and I'm grateful that their support at home ensures the successful and safe mission of our spouses and partners at sea.

I have great respect and regard for each of you and together, we can make this one of OUR single, most rewarding experiences as a Navy spouse and partner. I look forward to standing on the pier with my NEW MEXICO family and celebrating the longstanding tradition of Homecoming!

Sincerely,

Elizabeth P. Perez

Ombudsman Outlook...



Hello New Mexico Families,

We should all be very proud of ourselves we have made it almost to the halfway point of our deployment. This for many is their very first deployment. I'm sure several of us are experiencing the many emotional stages of deployment, remember you have many resources to help you through this. I hope our younger family members are all doing well with the deployment too. Please remember there is help for anyone who needs it. The Fleet and Family Support Center have people to talk to and help us through any rough times we might be having. I would like to give out some deployment and parenting web resources, these were in our deployment folders but just in case you didn't get one here they are:

National Resource Director: <http://www.nationalresourcedirectory.gov/familyandcaregiversupport/childrenandyouth/talkingtochildren>

University of Michigan "Welcome Back Parenting": <http://www.welcombackparenting.org/>

Real Warriors .Net: <http://www.realwarriors.net/family>

The Focus Project: <http://www.focusproject.org/home>

Untied Through Reading: <http://www.untiedthroughreading.org/military/>

Sesame Street Family Connections: <http://www.sesamestreetfamilyconnections.org/login/>

Military OneSource: <http://www.militaryonesource.com/>

Military Home Front: <http://www.militaryhomefront.dod.mil/>

I hope many of you find these sites to be helpful.

Summer will be upon us very soon, and with that I would like to remind everyone if you are planning a trip please remember to let me know of a good number to reach you at while you are away. I know there are many places where our cell phones don't work properly and I don't want anyone to miss out on any messages. Also if you are taking trips in cars make sure you give the car a good look over before you leave so you aren't caught by any surprises while driving. Check your tire pressure, fluid levels and things like that.

I know our FRG is getting very excited about the nice weather and being able to plan many events outside. I hope to see many of you at these events. They will also begin to start planning Homecoming. If we would like a great homecoming we need to help, they can't do it all by themselves. I know they are going to plan more fundraisers because a good homecoming takes money. If you have ideas for a fundraiser please let them know. They can only put together as good of a homecoming as they have the money for. Have a great Spring.

Marlaina Malone

FRG NEWS YOU CAN USE....

Greetings!

First of all, give yourselves a big pat on the back. You have survived the first few months of having a deployed sailor and are almost halfway there. That is something to be very proud of, so keep up the good work. The FRG is hosting a party to celebrate making it halfway. The party will be at Northlake on the Submarine Base on June 8th from 12pm-4pm. Everyone's invited! An email will follow with RSVP instructions; we hope to see you there.

In the coming months, the FRG's focus will shift to the Homecoming. We understand that there will be local and out-of-town family here to see the boat pull in. The Ombudsman and FRG will be your source for information on all homecoming details, as the time comes.

When our single sailors return to port, they don't come home to a fully functioning house, apartment or barracks room. The FRG is sponsoring a "Welcome Home" bag full of essential items (laundry detergent, dish soap and detergent, trash bags, toilet paper, breakfast bars, etc.) to give to the single sailors as they leave the pier. If you are able to donate any of these items, please contact the FRG. We would greatly appreciate any donations, as would the sailors.

The FRG has a lot of great events coming up in the next three months. Please check out the "Dates to Remember" page. Fundraising for homecoming is essential at this point in our deployment, so if you have any opportunities for our group, please contact us.

Our next FRG meeting is April 16th from 6pm-8pm at Scorpion Hall Bldg. #430. Childcare will be provided, so come on out!

Feel free to contact myself or any board member with any questions.

Respectfully,

Jessica Bergeron

President, USS New Mexico FRG

nmfrgpres@gmail.com

Up Coming Events

April:

13th - Submarine Birthday Ball

16th - FRG Meeting @ Scorpion Hall Bldg. #430, on base, from 6pm-8pm

22nd – Earth Day

24th - Fundraiser: Wendy's Burger Bash from 5pm-8pm (Long Point in Groton)

27th - Kids Picnic at the Playground @ Poquonnock Plains Park Groton- 10am-12pm

May:

5th –Cinco De Mayo

11th - Ladies night out

12th - Mothers Day

18th - Kids Picnic @ Gungywamp Road playground from 2pm-4pm
& Armed Forces Day

21st - FRG Meeting @ Scorpion Hall Bldg. #430, on base, from 6pm-8pm

27th – Memorial Day

June:

8th - New Mexico Halfway Party @ Northlake on base from 12pm-4pm (\$9 ticket)

14th - YOU PICK THE LADIES NIGHT OUT EVENT (email your suggestion to nmfrgpres@gmail.com) & Flag Day

16th – Fathers Day

18th - FRG Meeting @ Scorpion Hall Bldg. #430, on base, from 6pm-8pm

22nd - Strawberry Picking @ Scott's Yankee Farm in East Lyme from 10am-12pm

Visit our Facebook page for current and upcoming events.

<http://www.facebook.com/ussnewmexico.frg>

Command Family Ombudsman
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