NASK Ombudsman Newsletter

Volume 1 : Issue 1
Melissa Smith
361-522-5741
naskombudsman@gmail.com

Hello NASK Family!

Your NAS Kingsville Ombudsman here! I look forward to growing this newsletter into a great resource to reach all of you and to be a central location for each months activities and of course to share information to help you navigate this crazy thing called the military. If you ever have a question or just want to chat don't hesitate to call or email me. My contact information is above.

I hope this newsletter finds you all well. I don't know where the time has gone but in a blink of an eye it is already MARCH! I am happy to report that February's trial evening classes were a success and will be continued for this month (Please see article and schedule of classes on pages 4-7). If you have not yet filled out your fitness survey please do so. With your input we can further explore a wider variety of classes and times.
-Melissa Smith

Advancement exams on the horizon

March is an important month for many sailors that will be partaking in the Navy wide advancement exams!! As the test dates are looming upon us let us all wish those taking the E6, E5 and E4 exams good luck and May the odds ever be in your favor :-)

Command Corner

A message from the CMC
Kingsville Families,

February was Military Saves Month. The Fleet and Family Support Center (FFSC) started with a Proclamation signed by Capt Misner. Ramon and the FFSC Team have set up a special week of classes to help share facts and strategies to make the most of your money. Everyone knows military members serve our country, our service, and our communities for several reasons; none of which are very large pay checks. February is a time to stop and evaluate our spending habits, saving plans, and even prepare for filing our taxes. I want to take this opportunity to remind you of several services available to you.

Million Dollar Sailor class is provided by the FFSC to help educate sailors to save and the miracle of compounding interest over time.

Volunteer Income Tax Assistance (VITA) is a free service assisting families in filing their income tax for FREE!

Thrift Savings Plan (TSP) is the 401K plan for Sailors. We are able to pay ourselves through TSP. There are several types of funds each with their own risk and rewards. Recently FFSC held a class just about TSP. If you are interested contact Ramon and he can set up another class. The instructor comes out of Dallas so it is important to have a good turn out to warrant the travel required.

FFSC also teams up with MWR to conduct a fun run highlighting several elements of saving and spending.

Happy Military Saves Month!

I look forward to seeing you at the Town Hall meeting 4 Mar 1800 at the Club.

CMC

Spouses Club

Megan Hogan -President
naskspousesclub@gmail.com

NASK Spouses Club is a great place to meet and interact with other families in this area. Find us on facebook at….
https://m.facebook.com/groups/127958967354256?view=info&refid=18
for job listings, local events, new friends, and fun things to do in Kingsville.

Upcoming Events:
Friday March 7 at 6:00pm
Couples night out at El Corral Restaurant
Well behaved children welcome

Date TBD
Financial Peace University
Get financially fit with the lessons taught by financial advisor Dave Ramsey. Get out of debt, buy your first house, save for a growing family, and plan for retirement.
See Facebook for details

Family, Fitness, and Fun…

On board NAS Kingsville, just the same as many other fine bases, you will find an incredible fitness center to serve the needs of military men, women, and their families. The Santiago Fitness center offers a variety of equipment and staff who are eager to help meet the fitness needs of the personnel and families stationed here. The fitness director Gail Marsh has been an instrumental part in furthering the progress of this amazing center and gracious in working with myself to develop evening classes geared to meet the needs of sailors and spouses. Ms. Marsh lights up when asked about her goal for the fitness center saying "I want a top of the line center with the best staff and instructors to offer." This February has been the trial of evening classes and I can tell you firsthand that they are amazing. Seeing sailors come out to work hand in hand with their spouses is an incredible experience. My goal as Ombudsman is to help meet the needs of our families and their sailors and the newly established fitness classes accomplished just that, bringing together families as they strive for a life of health and fitness.

Physical readiness is key in the success of our military men and women. Having a variety of classes offered throughout the day can further assist in that as well as offer the opportunity to bring families together in this endeavor. Anthony Abeto, intern and group fitness instructor has created challenging and always changing classes that push sailors and spouses alike to grow and gain a new level of fitness. He has a passion for changing lives that is experienced in each session he instructs. The classes have provided something for everyone and at the end of the day cheering on your fellow sailors and spouses is an uplifting act. Together we can develop a strong community that will set the positive tone for a better tomorrow. I look forward to the results these classes will bring and am extremely honored to have been a part of making them a reality.

Melissa Smith
NAS Kingsville Ombudsman

A message from Anthony (Fitness center intern and evening class instructor)
"[We] act like mortals in all that [we] fear, and like immortals in all that [we] desire" -Seneca, On The Shortness of Life

Although many of you have come to the group classes on a regular basis, a few individuals have come sporadically, or I have not seen since the first day I taught Tabata Interval. As with anything, this is a process. Lifestyle change is something that takes a rewiring of habits. Let's do a better job of motivating each other and filling up these classes. A lot of people are frugal and stingy with money, so let us be penny-wise also with our time. Do not put off what you desire, because you are not immortal. This is a cognitive bias. Get to it now, because today is the youngest you will ever be. Life is long, if you know how to use it.

Santiago Fitness Center Update

March 2015

Are you looking for something new to include in your exercise routine? Try the website for American Council on Fitness at http://www.acefitness.org. In addition to Fit Facts, Tools & Calculators, and recipes, the site features a Kick Start Workout. If the cold is ruining your fitness plan, visit the 5 Cold Day 30 Minute Winter Workouts.

Santiago Fitness Center has a free 5K race each month. A 5K (3.1 miles) is a perfect start for a novice runner. For the first race, just enjoy the run and enjoy reaching a goal. Do not push for a certain time. The preparation for the race can begin 5 weeks out. You will want to start a walk/run program 4 times a week for 20 to 25 minutes a day to build endurance. Consider alternating different cardiovascular every other day (cycling, swimming) to add variety. Start at a distance you feel comfortable completing. Then increase time or distance by 10 to 15% each week. Vary the type of run by running a couple of days for distance and the other two days for harder interval training. Interval training may be as simple as jogging the straightaway of the track and sprint the curves. Two principles are key: gradual training and rest. Make sure that your shoes are not worn and be aware of the running surface. The order of surface preference from best to least desirable is rubber track, asphalt, dirt and concrete. Monitor your hydration by weighing yourself before and after running. A rule of thumb is to drink at least 16 ounces before the run and 7 to 10 ounces every 15 minutes during the run. Before the day of the race, find out the course. Then run the course on a training day or drive the course. This will avoid you getting mentally and physically fatigue when you do not know how much farther you need to go. Try to avoid running faster than your training pace. The run for March will take place on the 25th at 0700. It will be a road race or obstacle course. To run the obstacle course you will need to sign a waiver and pay an entry fee. For more information feel free to call the santiago fitness center :-)

Captain's Cup Wallyball tournament will be held on 17 March at 1800. Each team has 4 players and advance by winning the best of 3 games to 15 points. It is a single elimination tournament. Sign-up deadline is March 11 by 1800.

Do you know that you can receive a free Microfit computer fitness assessment? Just ask a fitness specialist for an appointment.

Please come by and say hello if you have an opportunity. I would love to hear how we can help to achieve your fitness goals.

Santiago Fitness Center
March 2015
Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T 1730-1815 Interval Training	3 **0615-0700 H.I.I.T.** 0900-0945 Circuit 1800-1850 Cycle	4 0615-0700 Interval 0815-0900 Cycle 1630-1715 Interval Training 1730-1815 H.I.I.T.	5 **0615-0700 H.I.I.T.** 0900-0930 H.I.I.T.	6 0615-0700 Circuit	7
8	9 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T 1730-1815 Interval Training	10 **0615-0700 H.I.I.T.** 0900-0945 Circuit 1800-1850 Cycle	11 0615-0700 Interval 0815-0900 Cycle 1630-1715 Interval Training 1730-1815 H.I.I.T.	12 **0615-0700 H.I.I.T.** 0900-0930 H.I.I.T.	13 0615-0700 Circuit	14
15	16 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T 1730-1815 Interval Training	17 **0615-0700 H.I.I.T.** 0900-0945 Circuit 1800-1850 Cycle	18 0615-0700 Interval **0815-0900 Circuit** 1630-1715 Interval Training 1730-1815 H.I.I.T.	19 **0615-0700 H.I.I.T.** 0900-0930 H.I.I.T.	20 0615-0700 Circuit	21
22	23 0615-0700 Interval **0815-0900 Circuit** 1630-1715 Interval Training 1730-1815 H.I.I.T.	24 **0615-0700 H.I.I.T.** 0900-0945 Circuit 1800-1850 Cycle	25 **MARCH INSANITY 5K FUN RUN** **0615-0700 Interval – WILL NOT BE HELD** **0815-0900 Cycle- WILL NOT BE HELD** **1630-1715 Interval Training - WILL NOT BE HELD** **1730-1815 H.I.I.T. - WILL NOT BE HELD**	26 **0615-0700 H.I.I.T.** 0900-0930 H.I.I.T.	27 0615-0700 Circuit	28

Fleet and Family March Events

MWR Upcoming Events

March 2015

mwr calendar of events

2-31 MAR 1030-1900	*Library Arts & Crafts Month*
4 MAR 1900	*Liberty Movie Showing*
3 MAR 1030 & 1600	*Library Read Across America Day Storytime*
6 MAR TBD	*Hunter's Cove Family Movie Night*
7-8 MAR 0645	*CYC Explore University of Texas Trip*
10 MAR 1800	*Captain's Cup Ultimate Frisbee Tourney*
11 MAR 1700	*Library Orientation*
11 MAR 1900	*Bingo Nights Live @ the No-Fly Zone*
11 MAR 1900	*Liberty Movie Showing*
13 MAR 1900	*Texas Hold'Em Poker Night Live @ the No-Fly Zone*
16-20 MAR 0630-1730	*CYC Spring Break Camp "Under the Big Top Circus"*
17 MAR 1800	*Captain's Cup Wallyball Tourney*
18 MAR 1900	*Liberty Movie Showing*
20 MAR 1600	*Library Movie Ticket Drawing "Insurgent"*
20 MAR 2000	*Casino Night Live @ the No-Fly Zone*
21 MAR 1100	*King Ranch Tours*
25 MAR 1900	*Liberty Movie Showing*
26 MAR 1900	*Trivia On Tap Live @ the No-Fly Zone*
28 MAR 0900	*American Red Cross Lifeguard Certification Class*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2015						
			MOVIE NIGHT	5	MOVIE NIGHT	
8	9	ULTIMATE FRISBEE	BINGO NIGHT!	12	TEXAS Hold'em	14
15	16	Wallyball	MOVIE NIGHT	19	Casino NIGHT	EST. 1853 KING RANCH
22	23	24	MOVIE NIGHT	TRIVIA NIGHT LIVE	27	28
29	30	31				

Community Events

MARCH 2015

Mnozil Brass Promises Exuberant Musical Fun

March 4 @ 7:00 pm - 9:30 pm

Edward N. Jones Auditorium, 855 North Armstrong, on the Texas A&M University-Kingsville campus, Kingsville, Texas

The Mnozil Brass are known as one of the world's premiere brass ensembles. With over 130 performances a year, the group has sold out houses from the farthest reaches of the European continent to Russia, China, Australia and the United States, and has captivated audiences with their blend of virtuosity and theatrical wit. The popular ensemble will perform a free public concert at Jones Auditorium, on the Texas A&M University-Kingsville campus, at 7 p.m. Wednesday, March 4.

Little Theatre

Students will perform Medea, an ancient Greek tragedy written by Euripides. It is based on the myth of Jason and Medea and was first produced in 431 BC. The plot centers on the barbarian protagonist, Medea, as she finds her position in the Greek world threatened and the revenge she takes against her husband, Jason, who has betrayed her for another woman. Medea will be performed in The Little Theatre at 7:30 p.m. Thursday, Friday and Saturday, March 12-14

Find out more »

SRC Color Run

March 28 @ 8:30 am - 11:00 am

Texas A&M University – Kingsville, 700 University Blvd., Kingsville, TX 78363

Contact the SRC Administration Office for more information at 361-593-5121 This event is open to both Texas A&M University-Kingsville and to the Community 5K Waiver (to be turned/filled out when payment is made) 5K Route

Find out more »

Farmers Market

March 28 @ 9:00 am - 1:00 pm Downtown Pavilion, 200 N. 6th, Kingsville, TX 78363

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