

# The Fleet & Family Support Center

Naval Support Activity Bahrain

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### The Navy Family Ombudsman Program promotes healthy, self-reliant families

The Ombudsman is a volunteer, appointed by the commanding officer, to serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvement opportunities, and "good deals" around the community.

They also provide resource referrals when needed. They are instrumental in resolving family issues before the issues require extensive command attention. The command ombudsman program is shaped largely by the commanding officer's perceived needs of his/her command. The command ombudsman is appointed by and works under the guidance of the commanding officer who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it will receive.

#### How does someone become an Ombudsman?

Appointed by the commanding officer, command ombudsmen are volunteers and spouses of services members within the command. Someone can apply for this position when the command advertises for volunteers or they can request to be placed on a standby list of volunteers for future consideration when a position(s) becomes available. Volunteers are screened, selected, and appointed by the commanding officer (CO). A board, which may include the command master chief (CMC), executive officer (XO), current ombudsman, and/or other command members, as directed, may assist the CO in the selection process.

#### Who can be an ombudsman?

It is Navy personnel policy that persons appointed as Navy Family Ombudsmen are the spouses of active duty members of the command or selected reserves. If the commanding officer/commander is unable to select the spouse of an active duty or selected reserve command member then it refers them to enclosure (I) of OPNAVINST 1750.1F for waiver procedures.

#### Who can use ombudsman services?

The ombudsman is a vital link between the command and Navy families. In broader terms, the Navy family is made up of all active-duty and selected reserve Navy members, including single and married service members, their family members, the service member's parents, siblings, and others at the discretion of the commanding officer.

#### What training is provided to the Ombudsman?

The ombudsman, with command support, receives Ombudsman Basic Training (OBT). OBT is a standardized course that provides the required knowledge and develops the skills necessary to perform effectively as the command ombudsman. Ombudsmen continue their education by attending ongoing training. These trainings provide in-depth information on a variety of topics such as public speaking, organizing resources, newsletter training and more.

#### Who should take OBT Orientation?

Any newly appointed ombudsman, who cannot attend Ombudsman Basic Training (OBT) within six weeks of their appointment, should try to attend a session of OBT Orientation. This 90 minute webinar does not replace the requirement to attend OBT, but will provide an overview of your roles and responsibilities as well as resources available to you. Schedules are posted on the FFSP Web site at [www.ffsp.navy.mil](http://www.ffsp.navy.mil).

For additional information about becoming an Ombudsman or to find out who your Ombudsman is, contact the Fleet & Family Support Center at 439-4046/1785-4046 or email [ffsc.bahrain@me.navy.mil](mailto:ffsc.bahrain@me.navy.mil)

**FFSC Director**  
Carolyn L. McCorvey, LCSW

**Counseling & Advocacy Supervisor / Family Advocacy Representative**  
Sharmane Delgado, MSW, LISW-S

**Sexual Assault Response Coordinator (SARC)**  
Ann C. Wilson, LCSW

**Clinical Social Worker**  
Nancy Busch, LCSW, CTS

**Clinical Social Worker**  
Susan Cartwright, LCSW, DCSW

**Work and Family Life Program Manager**  
Terri Johnson-Salter

**Family Life Specialist**  
Jonathan Ridgel

**Intercultural Relations Specialist**  
Alaa Affi

**Intercultural Relations Specialist**  
Sara Albob

**Management & Program Assistant**  
Bitto Palamattath

PSC 451 BOX 250 FPO AE 09834-0250

Tel: DSN 318 439-4046/COMM 011 (973) 1785-4046

Fax: DSN 318 439-4049/COMM 011 (973) 1785-4049

## Settling in at NSA Bahrain

**Sara Albob**, Intercultural Relations Specialist



Attend the NSA Newcomers' Orientation – INDOC. It is offered twice a month and you can attend any time your schedule allows. You do not have to attend with your sponsor. This program contains a wealth of information from departments such as NCIS, Security, Public Safety, the Clinic, Bahrain traffic safety and Arabic culture – too many to list! Attend the Culture Tour offered with indoc, this will give a great overview of the culture and community and really help you get your feet under you. Make a friend – bring a friend – be a friend!

Once you are settled, drop by the Fleet & Family Support Center (FFSC) located in Bldg 267 at the end of the center walkway on your right. We offer informational classes, community resource information, resume and job search assistance, volunteer opportunities, financial information and are the main information and referral point for the NSA community. Program and resource information is updated regularly on our Facebook page. "Like" our Facebook page for updates!

Visit Information Tickets & Travel (ITT) located in the NEX complex next to Navy Federal. They offer trips, discount tickets and information about local businesses that offer military discounts.

Check out the Morale Welfare & Recreation (MWR) information stands and bulletin boards located throughout the NEX complex. MWR offers fitness classes, outdoor recreation and party gear rentals, free movies on base, and a variety of entertainment programs.

Join the NSA Bahrain Family Group (NSABFG). This social organization has a coffee group, lunch bunch, book club, new moms' group, and networks for babysitters, household help and local resources. Send your contact information, including command information, to [nsabfg@gmail.com](mailto:nsabfg@gmail.com) to be included in their distro list and invited to their "secret" Facebook page.

If you are looking for a job, visit the Human Resource Office (HRO) located below FFSC and speak with them about your skills and desires. FFSC also posts community and contractor positions and will assist you with your resume. Not all jobs post with HRO - network!

## Relationship Red Flags

**Susan Cartwright**, LCSW

All of us enjoy the thrill of a new relationship! Yet at times the saying, "love is blind", may be appropriate as we overlook some "relationship warning signs", which we will identify as "red flags" in this article. These are some questions to ask yourself as you get to know someone:



Does the person seem to have "anger control" issues, or do they exhibit any violent tendencies or have a history of violence or battering? Does he or she have trouble with alcohol or suffer from any addictions? Has the person been dishonest or lied to you? Have they had any past or present criminal behavior? Does the person have problems with friends and family? Do they always seem to be "a victim" of something? Have they been verbally abusive to you or anyone else? Has the person been cruel to animals? Were they a witness to or was there violence or abuse in their childhood? Does the person have major financial or debt problems? Do you feel like you are "walking on eggshells" with this person? Does the person seem to want "too much, too soon"- are they moving too quickly? Are they intensely jealous? Do they try to isolate or control you? Is there a pattern of "Jekyll and Hyde" behavior? Does he or she seem to overreact to minor issues?

The above are some things to watch for as you begin a potential relationship with another person. If the above are issues you are concerned about, and you want to talk things over with one of our clinical team- call 439-4046 on base or 1785-4046 off base to set up an appointment. "We are here to help!"

## Communication is the Key

**Nancy Busch, LCSW**

Whether we are talking to co-workers, spouses, children or friends, effective communication is essential. We learn our communication patterns from our family of origin. The style of communication our family used is what we carry with us to relationship outside the home. Family use different styles of communication and some are more successful than others. One of the elements of effective communication is effective listening, really hearing what the other person has to say. We all have filters that can become barriers to listening. The most common filters are: What am I going to say next and Get to the point! If you are more concerned with what you will say before the other person has finished speaking, you may be missing very important information. The same is true if all you think about is "get to the point". You may very well be missing the point! Don't worry. We all have filters and use them frequently. The challenge is to become aware of our filters and make an effort to avoid them. That way you can enhance your communication efficacy.



## "Employment Searches From Afar"

**Glen E. Colbert, Work and Family Life Specialist**

Deployments can be exciting, fun and challenging. As a service member, family member, DoD Employee or Contractor, there are many challenges to finishing a deployment, one of which may be finding employment on your return home. There are some steps we can take to search for employment and network from afar.



To begin with, we need to know where to look for viable employment leads and networking contacts. A local "One Stop Center" can be your answer. Each state operates One Stop Centers in counties and cities throughout the U.S., and they function as a central location for employment and benefits information and resources. They employ job developers that promote the use of the state run employment websites for both employers and job seekers. This can give you access to a hidden job market, and postings that are being managed by a reputable person who gets no bonuses for the number of applicants. They do this work as part of their job description.

How do we find the networking contacts and One Stop Centers? Your first step is an online search for America's Career InfoNet ([www.acinet.org](http://www.acinet.org)). Once there, you will see three drop down boxes on the top right side of the screen. You can choose a state from that menu and when you click go, it will take you to that state's employment and benefits website. Once there, you can register, post your resume and begin searching for jobs in the area that you will return to. Some state employment sites will permit you to do an "Advanced Search," which will narrow your search down to details like, area, salary, full or part time work or key word searches. Some will even narrow it down to the "Preferred Employers," which are usually the employers that are working hand in hand with a job developer. These are likely your best bet to finding an employer that is seeking *REAL* candidates.

You can also search for the One Stop Center that is located in the nearest geographical area to where you will return to. There, you will find the job developers, a computer resource room and other assistance tools. If you search for local affiliates, One Stop Center locations or some other method to identify your state's Centers (Each state calls them a different name), you can get the address and telephone number of your nearest Center. Make contact with them. If you are or will be a veteran, then ask to speak to a Local Veterans Employment Representative (LVER), or anyone in the Veterans Services Department. This person will be able to tell you about local employment or education partnerships, job fairs, prominent employers or industries for the area or any special interest information you may be concerned with. It may be a good opportunity for you to also send your veterans services rep a copy of your resume. They can review it with you and tell you what employers in your area are looking for in candidates.

Networking from afar can be difficult, but by making contact in the area you are returning to, you can get a wealth of information. For further information on maximizing job search resources, contact our base Fleet and Family Support Center at [ffsc.bahrain@me.navy.mil](mailto:ffsc.bahrain@me.navy.mil) or DSN 3 18-439-4046. We look forward to hearing from you.

## Cultural Focus: Henna

**Alaa Afifi, Intercultural Relations Specialist**

Henna is traditionally popular in the Middle East, and it's becoming more popular in the United States. Henna has been used in the Middle East for Centuries not only to strengthen the hair, but to beautify the hands and feet as well. Henna is grown in the Middle East, Africa and India. Henna is a natural plant; whose leaves are first dried and ground to make henna powder. When the henna powder is mixed with lemon juice, Eucalyptus oil and sugar to make the fine henna paste, it forms a brown paste that stains the skin temporarily when applied as body art. Since, it is a pure natural product; there is no chance for any side effects. It's all natural and safe for the skin.

Henna has a variety of names given by each and every culture that use the art of henna and is sometimes called 'mehindi' or 'hinna'. Henna has been used on hair for dyeing and conditioning purposes and on nails. It can be found in hair shampoos, dyes, conditioners and rinses. Henna dye products are also used mixed with indigo or other plant material to obtain a greater color range. Extracts of henna are also used to stain wood and to dye leather and fabrics.

The application of henna is not only trendy, but is a natural, safer, hygienic and painless option. Making delicate and intricate patterns on the body with henna was an inexpensive way to look attractive. Bridal henna is one of the oldest and most widespread henna traditions. The bridal look was supposed to be incomplete with henna tattoo. Having tattoos for the entire family during a wedding was a way of strengthening bonds among women. Designs vary from culture to culture - from birds, plants, vines, and flowers, to paisleys, hearts and peacocks, the designs are unlimited.

Henna is...

an ancient body Art....



## Scrumptious Recipes

Part of the enjoyment of living in a different country is tasting its food which you can try in restaurants of Bahrain. But have you tried to cook one of the Arabic food and add it to your family's collection of recipes? Here is the recipe for tabbouli, a delicious and healthy salad.



### Tabbouli (Parsley and Cracked Wheat Salad)

#### Ingredients:

- 85 grams (3 oz., 1/2 cup) bulgur wheat
- 2 large bunches parsley (about 30 gr. before washing, or 1 1/2 cup chopped)
- 1 bunch fresh mint (about 10 gr. before washing, or 1/2 cup chopped)
- 1 cup chopped onions
- 1 large tomato
- 1/2 cup fresh lemon juice
- 60 milliliters (2 1/2 oz., 4 Tbs.) olive oil
- salt



- 1- Leave the bulgur in water for about 2 hours, then wash and squeeze out excess water.
- 2- Wash and chop the parsley, mint and onions very fine. Dice the tomato.
- 3- Combine all ingredients including bulgur.
- 4- Add salt to taste, lemon juice, and olive oil and mix well. Serve in a bowl lined with lettuce leaves.

This salad can be eaten with a fork, but in the Arab world the traditional way is to scoop up a bite of the mixture in a lettuce leaf and pop it into the mouth!

**Bel Hanaa Wal Sheffaa ( Enjoy your meal )!**