

THE PARROT



CALENDAR AT A GLANCE

ACTIVITIES:

MARCH 7, 2012 - Gaming Extravaganza from 12:30-4:30 PM

MARCH 9, 2012 - Children's Museum in Old San Juan

MARCH 10, 2012 - RBH Flea Market

MARCH 13, 2012 - Spouse's Club at 10 AM, SAR

MARCH 13, 2012 - Book Club at 8PM, B4

MARCH 14-30, 2012 - St. Partick's Poster Contest

MARCH 16, 2012 - RBH Pool Party from 4:30 - 8:30 PM

MARCH 25, 2012 - Youth Book Club at 2PM

FITNESS CLUB - T,W, & Th @ 8:00 am in the Spinning Room

YOGA CLUB - Contact MWR for more in formation

YOUTH RUN CLUB - T&TH @ 4:30PM, D8

PLAYGROUP - W @ 10am

KARATE - M&W 6:30 pm
Sign up at MWR

Submissions to The Parrot may be sent to:

rphparrot@yahoo.com

or given to the MWR office by the 25th of each month

The Parrot is in need of a new editor. If you are interested please send me an email. - Thanks

GAMES 2 U GAMING EXTRAVAGANZA

MARCH 7, 2012 FROM 12:30 TO 4:30PM

RBH

It's time to show off your gaming skills. On Wednesday March 7th, 2012 MWR will be hosting the Games 2U Gaming Extravaganza from 12:30 to 4:30PM. Free to all USCG SSJ Dependents under the age of 18. Video Gaming Tournament, Laser Tag, Giant Hamster Balls and the famous Booger War it will all be here!

RBH FLEA MARKET

MARCH 10, 2012

RBH

Are you ready for the PCS OUT Spring Cleaning? Well here it is! Rent your table at MWR for \$3.75. Tables are available on a first come first served basis. USCG AD and CIV personnel NOT residing at the community to include the UPH are encouraged to participate. A special area at the Parking Lot has been reserved so you can sell your items there. There is no charge for space in the parking lot. If you are an RBH resident you can use your carport and lawn to display your items. Do you want some free advertisement? Drop off a list of sale items and MWR will publish a flyer on March 8th with your items and address. Don't miss this Great Opportunity!

ST. PATRICK'S POSTER CONTEST

FROM MARCH 14 TO MARCH 30

For all SSJ dependants between the ages of 5 to 18. First 15 participants who bring a drawing or painting with the St. Patrick's theme will receive a "Cinema Gift" to be used at any of the Caribbean Cinemas Movie Theaters. Drawing drop off from March 14 to March 30.

IN THIS ISSUE:

MWR Events and News • Ombudsman Corner and Important Information • Fitness Opportunities • Spouses Club info and events • Playgroup

POOL PARTY AT RBH

MARCH 16, 2012 FROM 4:30PM - 8:30PM, RBH POOL

Join us for our monthly pool party. More details coming.

CHILDREN'S MUSEUM AT OLD SAN JUAN

MARCH 9, 2012

MWR will reimburse 100% of the admission fee for children going to the Children's Museum at Old San Juan. (15 Min walk from BJS) Paid receipts must be turned in to MWR no later than 23 March 2012 to be eligible for this offer. The reimbursement date is March 9th 2012 only. Please contact MWR for more information.

REMINDER

If you own pets, please ensure they are under your control at all times. There has been numerous complaints from the community regarding unattended pets and ongoing allergies. For more information contact the Housing Office.



TICKET REIMBURSEMENT PROGRAM

In an effort to provide quality programming to our patrons, we offer this program. Please take advantage of these great offers which MWR has developed just for you.

Your MWR Program will reimburse you part of the cost of ONE of the following:

1. *Mega Electronic Fest 2012 on Saturday, March 17 and Saturday, March 24*



25% Discount of the regular price (\$43.73) MWR reimbursement \$11.00 per AD Member and or authorized dependant(s). In order to receive reimbursement, receipts should be submitted to the MWR office no later than 13 April 2012.

At Hiram Bithorn Stadium, San Juan. With the participation of:

- Tiesto
- Knife Party
- Chase & Status
- Above & Beyond
- Martin Solveig
- Kill The Noise
- Fedde Le Grand
- Ed Rush & Optical
- and much more to be confirmed

Mega Electronic Fest was established in 2011 as the Caribbean Electronic Music Festival in San Juan Puerto Rico. The 12 hour event hosts some of the biggest names in electronic music. In March 2011 MEF received more than 20,000 music fans from the likes as Benny Benassi, Axwell, Bloody BeetRoots, Reva Starr, Adam Freeland, SubFocus, among others. The event is held in the largest outside venue in San Juan Puerto Rico, the Hiram Bithorn Stadium. The stadium holds 30,000 spectators making it the largest nightclub capacity in a production out of this world.

Official Site: www.facebook.com/megaelectronicfest

2. *Harlem Globetrotters on Sunday, March 11*

50% Discount of the regular price (\$17.50) MWR reimbursement \$8.75 per AD Member and or authorized dependant(s). In order to receive reimbursement, receipts should be submitted to the MWR office no later than 25 March 2012.

At Coliseo de Puerto Rico José Miguel Agrelot. For 85 tremendous years, the Harlem Globetrotters have thrilled audiences around the world. Today, a new generation of stars carries on this storied

OMBUDSMAN VOLUNTEERS NEEDED

We are need of volunteers for Ombudsmen for several of our units, cutters and for an ombudsman for Sector San Juan. An ombudsman serves all spouses and families as the liaison between the spouses, families and the command. An ombudsman can also direct you to resources available to you and your family. If you are interested in this rewarding position or if you would like to find out more about what an ombudsman does, please contact me, Kristen McQuillen at 216-533-7679 or ssjombudsman@gmail.com.

CLOTHING EXCHANGE

In April, after the RBH flea market we will have another clothing swap. Please check the April Parrot for the date and more information.

HOUSE HUNTING

Are you looking for a home at your new assignment? If your new unit does not have housing or you have received a waiver from housing, these sites may be helpful in finding a new home for purchase or rental. Keeping in mind the following are not official military sites, I recommend browsing through: militarybyowner.com, ahrn.com,

coastie2coastie.com, coastiesonthemove.com and military.com.

PREPARING FOR THE FUTURE

Preparing for the future often brings us to topics that we don't like to discuss or think about, but having a plan in place for you family in case of a tragedy is of the utmost importance. There are two sites to pass along that can start you on the path to getting some items in order.

One site highly recommended is:

http://www.uscg.mil/legal/la/Personal_Readiness_Plan.asp. It is important to be as ready as you can be; this includes Power of Attorney documentation, Wills, Healthcare Proxy forms, etc. All of these require legal consultation which is available to you through the Coast Guard at NO cost.

Our Sector San Juan Coast Guard Legal Office is located at the USCG base. They provide the following services for CG members and dependents:

- Notaries
- Uniformed services Employment Rights Acts
- Power of Attorney
- Motor Vehicles
- Wills & Advanced Medical Directives
- Immigration
- Consumer Matters
- Tort
- Landlord/tenant
- Taxes. including excised taxes
- Family Law
- Service Member Civil Relief Act

Please call for an appointment at 787-729-2370. Don't miss an opportunity to plan for your future!

The other site is <http://www.military.com/benefits/survivor-benefits/survivor-benefit-plan-explained>. This site discusses Survivor Benefit Plan. When a military retiree dies, their military retirement pay stops, leaving their family members without that benefit. This site can help you decide if this is a good option for your family.

COASTIE CONNECTIONS

Join the listserv and stay informed!

E-mail: prcoastieconnection@gmail.com

You will receive up-to-date information, helpful tips and much more!

SECTOR SAN JUAN AND RBH OMBUDSMEN:

Cushing: Nicole Wike 907-942-4078
cgccushingombudsman@gmail.com

Farallon: Sallie Bozeman 770-894-9306
cgcfarallonombudsman@yahoo.com

Key Largo: Isabel Roldan 732-693-3427
keylargo.ombudsman@gmail.com

Chincoteague: Angela Bartolome 787-946-1217
eclair17@msn.com

Matinicus: Shellie Fleming 305-522-4446
shellie.fleming@gmail.com

Reef Shark: Maira Ludvigson 508-280-8847

Sapelo: Cheri Adams 413-386-8244
ombudsmansapelo@yahoo.com

Sector Ombudsman: Kristen McQuillen
216-283-4050 hm
216-533-7679 cell
ssjombudsman@gmail.com

CHANGES TO DENTAL INSURANCE

Effective 01 may 2012, Metlife will become the dental carrier for the tricare dental program (tdp). Metlife will begin providing dental coverage to over 2 million family members of uniformed service active duty personnel, members of the selected reserve and individual ready reserve, their eligible family members, and survivors. Please note that the change to Metlife is for the tdp program only. United Concordia (ucc) will remain the contractor for the active duty dental program (addp).

Changes to the tdp will include enhanced dental coverage at a lower premium share than before. Metlife will distribute program information, provider network details and out of pocket savings details beginning in march 2012. Highlights to the benefits and enhancements are listed below:

- A. Coverage of posterior resin (tooth colored/ white) fillings.
- B. Increase in the annual maximum from 1,200 dollars to 1,300 dollars per enrollee.
- C. Increase in the lifetime orthodontic maximum from 1,500 dollars to 1,750 dollars.
- D. Additional 1,200 dollars per year for services related to dental treatment due to an accident as defined in the tdp handbook.
- E. No cost sharing for scaling and root planing (deep cleaning) for diabetics.
- F. Coverage of an additional third cleaning for women during pregnancy (as opposed to only 2 per year).
- G. Expansion of the survivor benefits to surviving spouse and children.

If beneficiaries would like to check to see if their current dentist is part of Metlife's network they can visit: <http://www.Metlife.Com/individual/> click "find a dentist" at the upper right-hand side of the web page and search for a "dental ppo" provider. If the dentist is not a member, dentists can apply to become part of this network by visiting: <http://www.Metdental.Com> <<http://www.Metdental.Com/>> Please note, claims will continue to be processed as they are now and changes in the mailing address, claims processing, etc. Will be provided also in march 2012.

Additional information about the contract is available at: <http://www.Tricare.Mil/tdpcontract> and benefit updates are available at: <http://www.Tricare.Mil> <<http://www.Tricare.Mil/>> .

YOUTH RUN CLUB

TUESDAYS & THURSDAYS @ 4:30PM AT D8

The RBH Youth Run Club meets on Tuesdays & Thursdays @ 4:30pm on the housing track by the front gate. We will stretch then do 1-2 laps. There will be no run club on rainy days due to the track getting to wet & the possibility of kids slipping in the puddles & hurting themselves.

This club is free & open to everyone ages 5 & up. There are t-shirts available for those who would like to purchase one. If anyone is interested in the purchase of a t-shirt or would like more information, please e-mail me.

The RBH Youth Run Club is in need of a new adult willing to run the club. I will be leaving the first weekend of May & the kids will need a new coach. The job is not hard at all. They meet on Tuesdays & Thursdays. It simply consists of the group gathering at the track, stretching & running their 1-2 laps around the housing track, while you keep track of their times. Some of the older kids choose to do sit-ups & push-ups after a short cool down. There are usually between 3-5 kids on average. This entire process usually takes 30-45 minutes.

If anyone is interested in taking over the run club please let me know. Even though I am not leaving till the first weekend of May, I was wanting to get someone to take over the club by April 3rd. April will be a fun filled month of PCS stuff for us.

Misty Marrero
mistydnramon2001@yahoo.com

SWIMMING LESSONS

Starting Monday, March 5th.

Aqua-aerobics M, W, F 10:00am - 11:00am

Pre-school (3-5yrs,Basics) M& W11:00pm-12:00pm

Pre-school (3-5yrs,Intermediate)M&W3:15pm-4:15pm

Progressive (6-12yrs) M & W 4:15pm-5:15pm

Private F- after 1:00pm

BOATING SAFETY COURSES

Boating safety courses will be offered at Sector San Juan from 9:00 am to 3:00 pm. on Saturday; March 3, March 10, & March 24 (pick one day) in the multi-purpose RM at Gonzales Hall. The cost is \$60 for Boat Skills and Seamanship Manual. Mr. Adal Cancel, FL 1-8 USCG Auxiliary and Mr. Wilson Irizarry, FVC/ SO-HR will be teach the course. Call MWR at 787-729-4320 or email FSC Mitchell at Lavonda.k.mitchell@uscg.mil for further information. This course is required for all Vessel Operators and Personal Water Craft operators in Puerto Rico and the continental US.

SPOUSES CLUB

MARCH 13, 2012 A 10AM, SAR

Just a friendly reminder of the next meeting is on Tuesday March 13th @ 10 am in the SAR. If you are a spouse who has a home based business and would like to get the word out there, now is your chance. Come Join us at the next spouses club meeting and share what you do and/or sell with other spouses. If you have any questions please contact Gloria Berliner at glvb@dgbgb.com or Lisa Keffer at kefferohana@gmail.com. Also the spouses club will be selling beer at the next pool party!! Hope to see you all at the next meeting!!



MORNING FITNESS GROUP

Morning fitness - Every Tuesday, Wednesday & Thursday at 7:30 am in the RBH the Spinning Room. Tired of working out alone? Come join the fun and workout to a variety of videos with other RBH ladies. Bring a mat, hand weights and water and be prepared to break a sweat in a relaxed and fun environment! Feel free to bring along any videos you have that you think would be fun for the group!! Everyone is welcome! And it is Free!

BOOK CLUB

MARCH 13, 2012, at 8 PM, B4

Next RBH Bookclub meeting will be March 13th ((8pm @ Melody Parrales' house, unit B4)) to discuss 'Defending Jacob' by William Landay. Also RBH Bookclub will be taking a field trip to the movies. March 22nd is the release of the 'Hunger Games'. More information will be sent out closer to that date. Anyone interested in having the book shipped for Barnes and Noble let me know, if an order is over \$25 it's free shipping. . . . we'll see about getting people

together.

YOUTH BOOK CLUB

SUNDAY, MARCH 25TH, 2PM

This month we will read Diary of a Wimpy Kid (#1), by Jeff Kinney. Even if you've read this book before, you can have a lot of fun with a special project! After you read each "month" of Greg's diary, write a diary entry of your own (or a short letter to Greg) about something that happened to him that month. Feel free to include drawings, cartoons, or questions. When we meet, bring your project to share and discuss. Everyone who participates will be invited to a special movie night to watch DoaWK and snack on some goodies! Contact Ms. Jessica with any questions @ 787-203-1721 or jessicataylor@hotmail.com.

(Parents, check the elementary or middle school library as well as the post library before you buy the book. It's very popular and there may be copies available to borrow. I have an extra copy or two that I can lend as well.)

PLAYGROUP

Playgroup meets every Wednesday at 10:00 am. This is a great opportunity to get the little ones together. Hope to see you there!

March 7: Outdoor play at the covered park
 March 14: Outdoor play at the covered park
 March 21: Outdoor play at the covered park
 March 28: Outdoor play at the covered park

If anyone is interested in taking over playgroup please contact the Parrot.



EMERGENCY CONTACT

You may want to memorize the following or print the following on a card that you can carry in your wallet.

Yo soy miembro de las Fuerzas Armadas de los Estados Unidos. En caso de alguna emergencia favor de transportarme al Hospital de Veteranos. Gracias.

(I am a member of the U.S. Armed Forces. In case of an emergency, please take me to the Veteran's Hospital. Thank you.)

USCG SECTOR SAN JUAN EMERGENCY NUMBERS:

RBH Gate Guard: 787-774-0054
Sector San Juan Clinic: 787-729-2305
Ft. Buchanan Clinic: 787-707-2587/2176
Duty Health Service: 787-360-1613
SSJ Officer on Duty 787-501-6437
SSJ 24-Hour Operations Center: 787-289-2041
Tricare Service Center: 787-707-2534
Tricare Emergency: 1-800-834-5514
Employee Assistance Program: 1-800-222-0364
Family Advocacy: 787-502-0324

* The HS and OOD phone number is always the same but the person on duty changes every day

PUERTO RICO EMERGENCY NUMBERS:

State Police: 787-720-2122
Municipal Police: 787-720-5040
Medical Emergency: 787-720-8033
Fire Department: 787-720-2222
Ashford Hospital Emergency Room: 787-723-6430
San Pablo Hospital: 787-740-4747

My ombudsman is _____

Her contact information is _____