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OMBUDSMAN  
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Congratulations on receiving orders to USS JACKSON (LCS-6), located in sunny San Diego where you will find miles of beaches, year-round great weather and home of the PACIFIC FLEET & LCS Two Variant Class Warships.

To make your transition as smooth as possible, our sponsorship program has compiled this electronic resource information guide to help prepare you for your move and help answer some of the more common questions and concerns shared by Sailors and their families before their arrival. The following pages contain information on:

- o Pay and Allowances
- o Travel and Lodging
- o Housing
- o Childcare and Schools
- o Medical and Dental
- o Family Employment and Education

# Before Your Move

Attend a Relocation Workshop at your local Navy Fleet and Family Support Center (FFSC). Find an FFSC near you: Centralized Scheduling 866-923-6478

<https://sandiego.navylifesw.com/ffsc>  
[www.facebook.com/FFSCSD](https://www.facebook.com/FFSCSD)

Ensure that you keep in constant contact with your sponsor with any questions, and updates you may have. If for some reason you can't connect with your sponsor, please email our command sponsorship coordinator for sponsor assignment and updates.



**CDR Michael Winslow  
Commanding Officer  
USS JACKSON (LCS-6)**

A native of Goldendale, WA, Commander Michael Winslow enlisted in the Navy in 1994 and volunteered for service in the submarine community as a submarine electrician. As a 2005 graduate of the University of Arizona, he was commissioned through the Seaman to Admiral 21 program (nuclear option). He earned his Master of Science in Mathematics from the Naval

Postgraduate School.

Winslow's sea duty assignments include duty on submarines, destroyers, amphib, and carriers in both the second and third fleet. During these tours, he deployed to the Arabian Gulf, 7<sup>th</sup> fleet, and the Aleutian island chain. He served as Electrical Division LPO aboard USS Florida (SSBN 728) Gold; First Lieutenant aboard USS Shoup (DDG 86); Reactor Mechanical Division Officer aboard USS Ronald Reagan (CVN 76); Combat Systems Officer and Chief Engineer aboard USS Somerset (LPD 25); Reactor Training Assistant aboard USS Gerald R. Ford (CVN 78); and Executive Officer aboard USS Jackson (LCS 6) Gold.

Ashore, he served as an Electrician at Electrical Repair Shop 51, NAVIMFACPACNORWE

ST; Staff Instructor, MARF Prototype, Ballston Spa, NY; N5 Department Head at Naval Base San Diego; Chief Staff Officer, Zumwalt Squadron One; and Chief Staff Officer, Surface Development Squadron One.

He relieved as Commanding Officer, USS Jackson (LCS 6) in May 2022.

Winslow's personal awards include the Navy and Marine Corps Commendation Medal (five awards), Navy and Marine Corps Achievement Medal (5 awards), and various other personal, unit and campaign awards.



**CDR Patrick Brinkman**  
**Executive Officer USS**  
**JACKSON (LCS 6)**

Born in Jacksonville, NC and the son of a Marine, Commander Patrick Brinkman enlisted in the Navy in 1999 and volunteered for service in the submarine community as a machinist mate. He completed a bachelor's degree in human resource management from the Newschool University and commissioned through the Officer Candidate School in 2008. Later, he earned a Master of

Business Administration from Liberty University.

At sea, Patrick served as an Engineering Laboratory Technician aboard USS San Francisco (SSN 711); Strike and Force Protection Officer aboard USS James E. Williams (DDG 95); Damage Control Assistant aboard USS Bainbridge (DDG 96); and Chief Engineer aboard USS James E. Williams (DDG 95) and USS Michael Monsoor (DDG 1001), where he is also a plank owner.

Ashore, he served as a Staff Instructor at NPTU Charleston, MTS 635; maintenance platoon OIC and admin officer at Maritime Civil Affairs and Security Training Command; and as an ASW/SUW Warfare Tactics Instructor at the Surface Advanced

Warfighting School (SAWS).

Patrick's personal awards include the Navy and Marine Corps Commendation Medal (four), Navy and Marine Corps Achievement Medal (four), and various unit, campaign, and service awards.



**CMDCS (SW) Denise  
Guerrero  
USS JACKSON LCS-6  
CREW**

Command Senior Chief Guerrero is a native of New York, but hails from Tamarac, FL, where she graduated from Travella High School. She enlisted in the Navy on 10 September 2001 and completed Recruit Training Command in Great Lakes, Illinois. She graduated from Storekeeper "A" School in Meridian, Mississippi. Her sea duty assignments include the following ships in Norfolk, Virginia: USS Cole (DDG 67) as

Financial Storekeeper, USS Nitze (DDG 94) as Supply Department Leading Petty Officer (LCPO), and USS Stout (DDG 55) as Department LCPO. She has deployed onboard USS Comfort (T-AH 20) in support of the humanitarian mission "Continuing Promise 2015". Deployments include service in the COMFOURTHFLT, COMFIFTHFLT, and COMSIXTHFLT areas of responsibility.

Senior Chief Guerrero's shore tours include Aviation Support Detachment Oceana, Naval Medical Center Portsmouth, Virginia as Material Management Department LCPO, and Naval Supply Systems Command Fleet Logistics Center Sigonella as the Senior Enlisted Leader. She was selected into the Command Senior Chief Program and reported to USS JACKSON (LCS 6) in Oct 2022.

She is a graduate of the Senior Enlisted Academy (243 Gold) and CMC/COB course 22140. Decorations she has earned include Meritorious Service Medal, Navy and Marine Corps Commendation Medal (3 awards), the Navy and Marine Corps Achievement Medals (7 awards), and the Good Conduct Award (7 awards), as well as various unit awards, campaign, and service decorations.

# Check us out on Facebook!!

## CONTACT INFO-



[pao@lcs6.navy.mil](mailto:pao@lcs6.navy.mil)



<http://www.surfpac.navy.mil/lcs6/>



## PROSPECTIVE GAIN QUESTIONS

0 Are you in contact with your sponsor????

0 Have you completed your LCS Screening form? If yes, do you have a copy? If not, I can provide you a copy of form 1306-94 along with the instructions in MILPERSMAN 1306/978, CONTACT YOUR SPONSOR TO CONFIRM YOU HAVE completed this requirement.

0 Do you have our Command Ombudsman contact information? Do you know how an Ombudsman can help you?

0 Where can you park your vehicle? Is your POV registered with Pass & ID.? Do you meet Decal and California DMV requirements, [www.dmv.ca.gov](http://www.dmv.ca.gov)?

0 Do you ride a motorcycle? Are you up to date on your motorcycle safety course? Do you know California State

laws for motorcyclists?

0 What is your current address and phone numbers including your cell phone? Will you have different contact information during your training pipeline at T2Q?

0 Prior to checking into COMLCSRON ONE/T2Q Have you made reservations at the Navy Lodge or a local hotel? Are you aware you can make reservations at the Navy Lodge, NGIS or the Marine Inn up to one year in advance with orders?

0 Do you need information on housing? Are you aware of [www.lincolnmilitary.com](http://www.lincolnmilitary.com) for information on military family housing and immediate move in locations?

0 Are you married? Does your spouse need information about the FFSC Family Employment Readiness Program/ Career Center, or the



FFSC Spouse Readiness Workshop to learn more about military and community resources?

- 0 Do you have children? IF yes, check out [www.greatschools.org](http://www.greatschools.org) for all schools in San Diego, along with test scores and parent evaluations.
- 0 If single/moving without dependents, how may I assist you with the relocation process?
- 0 If moving without dependents, do you plan on being a Geographic Bachelor?
- 0 Are you required to have a Family Care Plan? If so, remember you have 60 days after checking into the new command to file an updated plan with the FCP coordinator.
- 0 Do you need help setting up your move through personal property? Are you aware of the entitlements and pay you'll receive, including your

potential eligibility for Dislocation Allowance? If no, contact me or FFSC for information.

- 0 Do you have internet access? If yes, check out base specific information at <https://installations.militaryonresource.mil>. If you'll need internet access when you first arrive in San Diego, you can utilize the base Liberty Centers, the USO Downtown, or the Fleet and Family Support Center (FFSC).
- 0 Do you have a current ISOPREP? If no, please let us know as soon as you can so that we can help you prepare one upon arrival.
- 0 Do you have a current Government Travel card, passport, will, or a Power of Attorney? These are some items you will need prior to deployment.



## NEW TO SAN DIEGO ?



### BAYVIEW HILLS BRANCH

PH: 619-267-1720



### GATEWAY VILLAGE BRANCH

PH : 619-222-5548



### VILLAGE AT SERRA MES BRANCH

PH : 858-505-1369

FFSC Serves every member of the military and their families. They have information on Relocation, Deployment, Career Services, Counseling, Personal Financial Management, Information and Referral and more. Call 866-823-

6478 to book an appointment with a consultant. Visit [www.navylifesw.com/sandiego/families/ffsc](http://www.navylifesw.com/sandiego/families/ffsc)

# Flying in to San Diego

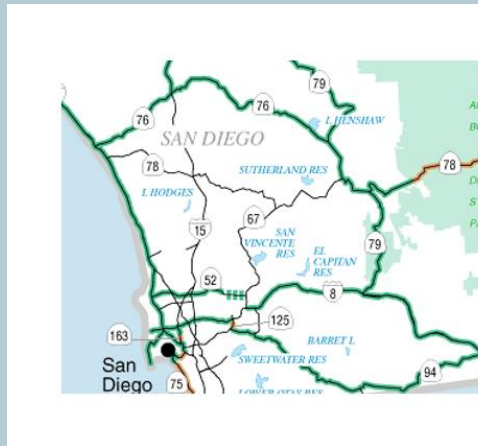
The San Diego Airport is close to downtown and located less than twenty minutes away from Naval Base San Diego. Be sure to communicate with your sponsor for directions or if you need a lift from the airport.

The Neil Ash USO Center at the San Diego Airport is the largest USO office in the world. They have free snacks, coffee, and drinks every day from 8am – 11pm. They will also assist with obtaining transportation. For more information, call 619-296-3192 or visit their website

<https://sandiego.uso.org>

# Driving to San Diego

*Naval Base San Diego is located just south of where Interstates 5, 8, and 15 intersect.*



Communicate with your sponsor for detailed directions on how to reach the base, and more importantly, how to find the LTF building or ship once on base and where you are authorized to park.

# Housing

Over 9,000 Navy housing units are located throughout San Diego County. Lincoln Military Housing manages all areas in San Diego County. For a complete list of housing properties, maps, and additional information, visit <http://lincolnmilitary.com/installations/san-diego-naval-complex/>



If you need housing sooner than what is available on the wait list, email [swlincoln.housing@navy.mil](mailto:swlincoln.housing@navy.mil) and ask for the “Hot Sheet,” which contains a list of immediately available housing.

# Lodging

If you’re going to need a hotel room you should book it well in advance of your move. Obtaining a room in San Diego at the last minute is difficult, especially during the summer. Below are some suggestions:

**Navy Gateway Inn and Suites** – Located aboard NAVBASE San Diego, as

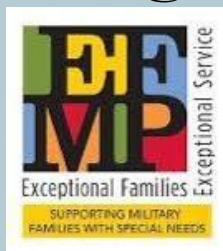
well as nearby bases. Walking distance from COMLCSRON ONE. Call 1-877-NAVY-BED or visit [www.dodlodging.net](http://www.dodlodging.net).

**Navy Lodge** – This option is the better option for family accommodations. Call 1-800-NAVY-INN or [www.navy-lodge.com](http://www.navy-lodge.com) to reserve. This is the only military lodging that allows pets in San Diego.

**Single Sailors** – Unaccompanied housing is located on the Dry side 32<sup>nd</sup> St. Building 3663 mailing address is 2450 McHugh St. San Diego, CA 92136-5395 (619)-556-1077.

**Hotel Voucher Program** – Once in San Diego, visit the MWR Tickets and Travel Office to find out which hotels are currently participating in the Hotel Voucher Program. Expect to save 15-20% through this program.

## Exceptional Family Member Program



The Navy's Exceptional Family Member Program (EFMP) addresses the special needs of a Sailor's family members during the assignment process. Special needs include medical, dental, developmental / educational requirements, mental health, wheelchair accessibility, adaptive equipment needs, or assistive technology devices. Be sure to register with your local office before travelling to San Diego. Once you're here, the following programs may assist you and your family:

**EFMP Coordinator** – Located at Naval Medical Center, San Diego. Call 619-532-8586

Website: <https://efrconline.org/>

### **Specialized Training for Military Parents** –

Provides workshops and resources for military families with special needs. Call 1-800-5-PARENT or visit [www.stompproject.org](http://www.stompproject.org)

### **San Diego City Schools Special Education**

#### **Ombudsman** –

Call 619-725-8187 for referrals, Information, and advocacy

### **Armed Services**

**YMCA** – Call 858-751-5755 or visit [www.militaryymca.com](http://www.militaryymca.com)

### **DEERS**



DEERS: Update sponsor and dependent's information by calling 1-800-538-9552 or online at [www.dmdc.osd.mil/milconnect](http://www.dmdc.osd.mil/milconnect)



## **THE MILITARY INSTALLATIONS (MI)**

**BOOKLET** This is a tool for military families to research their new base ! Open your web browser and go to [www.militaryinstallations.dod.mil](http://www.militaryinstallations.dod.mil)

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## **NAVY-MARINE CORPS RELIEF SOCIETY**

**(NMCRS)** NMCRS provides financial counseling, thrift shops, workshops and scholarships. Call NBSD : 619-767-6800

NBC : 619-545-4477

MCRD : 619-524-5734

MCAS : 858-577-1807

Website : [www.nmcrs.org](http://www.nmcrs.org)

## **MILITARY ONESOURCE**

Services available 24-hrs a day. Call 800-342-9647 or visit [www.militaryonesource.mil](http://www.militaryonesource.mil)

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## **WOMEN, INFANTS, CHILDREN (WIC) PROGRAM**

WIC provides vouchers, consulting, nutritional advice, and support to pregnant and new moms and children 5 and under. Eligibility is based on income. Phone :800-500-6411

Website : [www.sandiegowic.org](http://www.sandiegowic.org)



The client's needs are assessed and then they are connected to the appropriate resource in their community. Assistance is confidential and offered in more than 200 languages and dialects. Visit [www.211sandiego.org](http://www.211sandiego.org) or call 211 for more information

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- o If your new to San Diego and have not updated your Tricare Health Plan. Contact Healthnet Federal Services (TRICARE) at (844) 866-9378. In 2018 their business practices have changed a bit, which now requires service members

and their families to re-enroll during each PCS move.

**TRICARE** Call 844-866-WEST or 844-866-9378 or visit [www.tricare.mil](http://www.tricare.mil) for medical care concerns and enrollment questions.

## **TRICARE DENTAL**

Phone: 844-653-4061

Website: [www.tricare.mil/dental](http://www.tricare.mil/dental)

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## **OPERATION HOMEFONT**

Qualifying deployed military families can access financial assistance with car repairs, computers, moving costs, childcare costs and commissary vouchers when available. Certain restrictions apply. Call 855-282-0960 or visit

[www.operationhomefront.net](http://www.operationhomefront.net)

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## **FREE AND LOW-COST LEGAL SERVICES**



**Regal Legal Service Office**

Appointment-only attorney services include wills, divorce information, adoption information. Notary and special powers of attorney are available on a walk-in basis. Phone: 619-556-2211 (Appointment hotline) visit [www.jag.navy.mil/legal\\_services](http://www.jag.navy.mil/legal_services)

### **Legal Aid Society of San Diego**

Phone: 877-534-2524

Website: [www.lasds.org](http://www.lasds.org)

### **Military OneSource Legal Referrals**

Phone: 800-342-9647

Website: [www.militaryonesource.mil/financial-and-legal](http://www.militaryonesource.mil/financial-and-legal)

## **COLLEGE**

### **NAVY COLLEGE**

The Navy College office offers information on the T.A program, Navy COOL, GI Bill, financial assistance for spouses, testing, and information on scholarships available for active duty, dependents and veterans. NBSD, 3795 Norman Scot Rd. Bldg. 3280, Rm 103/104 (TSC Complex: dry side) Call

877-838-1659 or visit [www.navycollege.navy.mil](http://www.navycollege.navy.mil)

### **GI BILL**

Phone: 888-442-4551

Website: <https://www.benefits.va.gov/GIBILL/EBENEFITS>: [www.ebenefits.va.gov](http://www.ebenefits.va.gov)

## **CHILDARE & FAMILY RESOURCES**

### **MILITARY CHILD CARE**

The secure Department of Defense website provides a single gateway for you to find comprehensive information on military-approved child care programs worldwide.

Website: [www.militarychildcare.com](http://www.militarychildcare.com)

### **CHILD CARE AWARE OF AMERICA**

Childcare subsidies (formerly NACCRRA) Phone: 800-424-2246

Website: <http://usa.childcareaware.org>

### **FEE ASSISTANCE & RESPITE**

Website: <http://usa.childcareaware.org/fee-assistance>

### **SAN DIEGO MILITARY OUTREACH MINISTRIES (SD MOM)**

A local charity supported by churches, civic organizations, businesses, military members and private donors working with other nonprofit organizations. They have a large warehouse in San Diego filled with new or like-new furniture, including strollers, cribs, and other children's furniture that you can use to help settle you into your new home. Visit their website at <http://www.sandiegomom.org/> for more information. Ph. 619-461-4164

## **FAMILY EMPLOYMENT**

**Spouse Employment Resources** – Visit the Military Spouse Career Network at [www.msccn.org](http://www.msccn.org) or the Department of Labor's Career One Stop at <https://www.careeronestop.org/ResourcesFor/Veteran/veteran.aspx> for spouse

education and career  
development resources

## PERSONAL PROPERTY

Questions about  
storage or shipping  
household goods?



Call 1-855-HGH-MOVE (444-6683) or email:

[householdgoods@navy.mil](mailto:householdgoods@navy.mil)

Set up online at the NEX's  
Military Moving Center,

<https://www.mynavyexchange.com/moving/?mobile=no>.



Visit

<https://www.mynavyexchange.com/assets/Static/Moving/MovingGuide.pdf> for a  
guide on moving.



From military installation searches to special family needs, relocation and retirement, the MyNavy Family mobile application is a one-stop shop for Navy spouses and Sailors' families, combining official information from more than 22 websites. The app covers a wide variety of topics: New Spouse Mentorship & Networking; Employment & Adult Education; Parenthood; Special Needs Family Support; Moving & Relocation; Service Member Deployment; Counseling Services; Recreation, Lodging & Travel; Family Emergencies; and Transition & Retirement.

MyNavy Family mobile app is available for download to Apple iOS and Google Android mobile devices at

<https://www.applocker.navy.mil/>.



## Additional Resources & Networking



### Navy Wives Club of San Diego

– Navy Wives Clubs of America, Inc. is our Country's only non-profit national organization of Navy, Marine Corps and Coast Guard enlisted spouses. Their purpose is to unite all sea service enlisted wives into bonds of mutual friendship, assistance and welfare for their families, bases and communities in which they live. Visit them at

<http://www.navywivesclubsofamerica.org/about-the-navy-wives-clubs-of-america/national-clubs/> and look under “Young Matrons Club #3



### **San Diego Military Family Collaborative –**

This network originally formed in the early 1990s to coordinate services for military families by Social Advocates for Youth (SAY) San Diego. The Collaborative meets monthly and on average, 50 representatives from various organizations come together to share resources and collaborate on programs. Check them out at

<http://sdmilitaryfamily.org/>



**Naval Officers' Spouses' Club** –NOSC is a non-profit organization focused on providing enrichment and

mentoring for military spouses in San Diego through planned social and fellowship events. NOSC also provides philanthropic support through annual donations to local charities and college scholarships for military families with funding from the Sand Dollar shops. Visit them at <http://www.noscsandiego.com/>



**Surface Officers' Spouses' Club** –SOS of San Diego proudly supports those who ‘anchor’ the Surface community. Our mission is to encourage morale, friendship, and communication through social and charitable events that benefit the Surface Navy community. Visit <https://www.sossandiego.com>

## **PETS**

Not all species are allowed in California. Before travelling, visit the California Department of Agriculture for a list of

permitted and restricted species:

[http://www.cdfa.ca.gov/a\\_hfss/Animal\\_Health/Entry\\_Requirements.html](http://www.cdfa.ca.gov/a_hfss/Animal_Health/Entry_Requirements.html)  
<https://faa.gov/travelers/fly-pets>

Before traveling, have a recent photograph of your pet in case he / she is lost. Make sure to also have a pet collar and ID tag/Micro Chip. Have current health / immunization records and permits for your pet. MCAS Miramar offers pet health care services on a space-available basis. Call 858-577-6552 to schedule. San Diego has many dog-friendly areas for your pet to run around, many of them leash-free! Visit [www.sandiego.gov/park-and-recreation/general-info/dogs.shtml](http://www.sandiego.gov/park-and-recreation/general-info/dogs.shtml) for locations and hours.



# WELCOME ABOARD



USS JACKSON LCS 6



