

# OMBUDSMAN NEWSLETTER

## AUGUST 2004

USS KITTY HAWK (CV-63)

Hello again from the bridge of the Battle Cat!

USS Kitty Hawk and Carrier Air Wing 5 are together once again, doing what we do so well – working together at sea aboard this fine ship, the Battle Cat, launching and recovering aircraft. We are happy to again see everyone from Atsugi, and we are also getting to know many new faces on board – those who are joining our Hawk-5 team for the first time.

We're in the midst of an intense training cycle, which includes carrier qualifications and cyclic flight operations. It keeps us all pretty busy, from the pilots flying overhead to the airmen of the flight deck keeping the catapults and arresting gear operating to the firemen deep in engineering making sure the boilers remain on line and keeping us steaming through the ocean. There are so many people responsible for making things work so well out here. I can't say enough about them.

We are also conducting several tests and evaluations throughout our underway period, involving crew from every corner of the ship, including engineering, combat systems, weapons, maintenance and supply departments. Our plate is always full here in the FDNF.

We have all of this activity happening as part of our participation in Summer Pulse '04, the Navy's readiness demonstration of the CNO's Fleet Response Plan. We are one of seven aircraft carrier strike groups participating in the test being conducted in five major theaters of operation around the world. You'll see Kitty Hawk and Carrier Air Wing 5 featured in many news stories as a result of Summer Pulse.

Stay tuned to the Kitty Hawk Strike Group online at [www.kittyhawk.navy.mil](http://www.kittyhawk.navy.mil) for the latest in our activities.

Back in Japan, I hope you take time to enjoy the beauty of Japan and its people. Just prior to the Battle Cat getting under way, many of our Sailors took the opportunity to climb Mt. Fuji. This is one of the top 10 climbing destinations in the world, and we have it right outside our door. Our window of opportunity was small, as climbing season is only July and August, but our MWR team coordinated some special trips to get our Sailors up the big hill before we left town. A big thanks to MWR for making this happen. It'll be another year before the opportunity comes again.

I thank you for your efforts in keeping each of our Sailors in your thoughts and prayers. And now is a good time to start sending letters and care packages. Regardless of how long we are at sea, I guarantee your mail is appreciated more than you know.

Thank you again, and stay safe.

Sincerely,

Captain T.A. Parker  
Commanding Officer  
USS Kitty Hawk (CV 63)

Captain's  
Corner

こんにちは再度戦い猫の橋から!

USS Kitty Hawk 及び空母航空団5 はもう一度一緒にある、私達がそう湧き出させるものをして- この良い船の海で一緒に働く、戦い猫、航空機を進水させ、回復する。 私達は再度厚木からの皆を見て幸せであるそして私達はまた- 私達のタカ5 のチームにはじめて加わっている人々多くのニュー・フェースを船上に知ることを得ている。

私達は強い訓練周期の真っ只中にある、キャリアの資格及び循環飛行操作を含んでいるかどれが。それは私達をすべてにかなり使用中保つ、フライトデッキのパイロットに頭上に飛んでいる操縦者からカタパルトを保ち、消防士に作動する確かめる工学ボイラーでギヤを深く阻止することはライン及び私達を海洋を通して蒸気を発させ続けることに残る。ある従って多数は事の仕事をそうよく作る為の責任があるにここに民を住ませる。 私はそれらについての十分を言うことができない。

私達はまた私達の期間中の複数のテストそして評価を実施中に行なっている、船のあらゆるコーナーからの乗組員の包含、工学を含んで、戦闘システム、武器、維持及び供給部。 私達の版はFDNF で常に完全ここにである。

私達に夏の脈拍'04 で私達の参加の一部として起こるこの活動のすべてがある、CNO's の艦隊の応答の計画の海軍の準備のデモンストレーション。 私達は世界中で5つの主要な作戦区域で行なわれるテストに加わっている7つの航空母艦の殴打のグループの1才である。夏の脈拍の結果として多くのニュースで特色になったキティホーク及び空母航空団5を見る。

私達の活動の最新情報のためのキティホークの殴打のグループにで引続き注目しなさい [www.kittyhawk.navy.mil](http://www.kittyhawk.navy.mil)。

日本で、私は時間日本及び人々の美を楽しむ取得望む。ちょうど始まっている戦い猫前に 私達の船員の多数は台紙富士に上る機会を取った。これは世界の上の10の上昇の行先の1つである、そして私達はそれを私達のドアの外で訂正してもらおう。私達の絶好の機会は小さかった、季節に上ることが唯一に7月及び8月であるので、しかし私達が町を去った前に大きい丘の上の私達の船員を得るために私達のMWRのチームはある特別な旅行を調整した。これを作る為のMWRのおかげで大きい起こる。それは機会が再度来るもう一つの年前にである。

私はあなたの思考および祈りで私達の船員のそれぞれを保つことあなたの努力に感謝する。そして今手紙及び心配パッケージを送り始めるよい時間はある。私達が海にどの位にもかかわらずいるか、私は知っているより多くあなたの郵便が認められることを保証する。

再度ありがとう、そして滞在の金庫。

誠意をこめて、  
指令官

大尉 T. A. Parker  
USS Kitty Hawk (CV 63)

## Ombudsman Note

Dear Hawk Families,

I hope you were all able to spend some quality time with your loved ones before they left. Preparing to get underway can be stressful at times. Remember, whether it is said or not, your Sailor certainly appreciates your understanding and support at such times.

It's important to continue your support and stay positive while they are underway. Write your Sailor a letter, send some e-mails, and mail some care packages. If possible, avoid sharing your problems and bad news with your Sailor, unless it is important. It is not necessary to upset your Sailors and make them have a bad day just because you are.

If you are feeling frustrated, stressed, or depressed, try to seek comfort from your friends and family. Don't hesitate to ask for help – contact your Ombudsman Team or the Fleet and Family Service Center. We are here to help! You can also find support with the Enlisted Family Support Group or the Officers' Spouses Organization. Check the dates and events and attend the meetings. You will also meet lots of new friends!

If you have not done so already, please send your email address to us at [kittyhawkombudsman@yahoo.com](mailto:kittyhawkombudsman@yahoo.com). We will add you to our email tree and send out information about the cruise when it is available for us to release. Please contact us with any questions or concerns you have from 0800-2100 for routine calls. In case of an emergency, call us anytime.

Sincerely,  
Kitty Hawk Ombudsman Team

To Contact an Ombudsman via email:

[KittyHawkOmbudsman@yahoo.com](mailto:KittyHawkOmbudsman@yahoo.com)

.....  
Please provide complete information  
about the Sailor, such as:

Full Name and Rank  
Sailor's Department / Division

Kitty Hawk Care Line

243-9913

(Ombudsman – Option 3)  
From the United States, dial  
011-81-46-816-9913

To 'snail-mail' a Kitty Hawk Sailor  
(and send yummy care packages):

.....  
Sailor's Name and Rank  
Sailor's Department / Division  
USS Kitty Hawk (CV-63)  
FPO AP 96634-2770

## オンブズマンのノート

貴重なタカ家族、

私はそれらが去った前にすべてあなたの家族との質の時間を使えたことを望む。実施中に得ることを準備は緊張に満ちる時々。覚えなさい、それは前述であるかどうか、あなたの船員はそのような時に確かにあなたの理解およびサポートを認める。

それらが実施中にある間、あなたのサポートを続け、肯定的にとどまることは重要である。あなたの船員に手紙を書きなさい、ある電子メールを送りなさい、そしてある心配パッケージを郵送しなさい。可能なら、あなたの船員とあなたの問題および悪いニュースを共有することを避けなさいそれが重要でなければ。あるのであなたの船員の気分を害し、公正に悪い日を過させる必要でない。

失望する感じなら 重点を置かれる、または弱められる、あなたの友人および家族からの慰めを追求することを試みなさい。助けを求めることを躊躇してはいけない—あなたのオンブズマンのチームか艦隊及び家族のサービスセンターに連絡しなさい。私達は助けることここにいる！また入隊した家族の支援団体または役人の配偶者構成のサポートを見つけることができる。日付およびでき事を点検し、会合に出席しなさい。また新しい友人の多くに会う！

そう既にしなかったら、私達にあなたのEメールアドレスをで送りなさい [kittyhawkombudsman@yahoo.com](mailto:kittyhawkombudsman@yahoo.com)。私達は私達の電子メールの木にそれが解放することは私達のために利用できるとき加え、巡航についての情報を送出す。あなたが定期的な呼出しのための0800-2100から持っている心配か質問との私達に連絡しなさい。緊急事態の場合には、私達をいつでも呼びなさい。

誠意をこめて、  
キティホークのオンブズマンのチーム

# Hawk Facts

Did you know the Kitty Hawk has

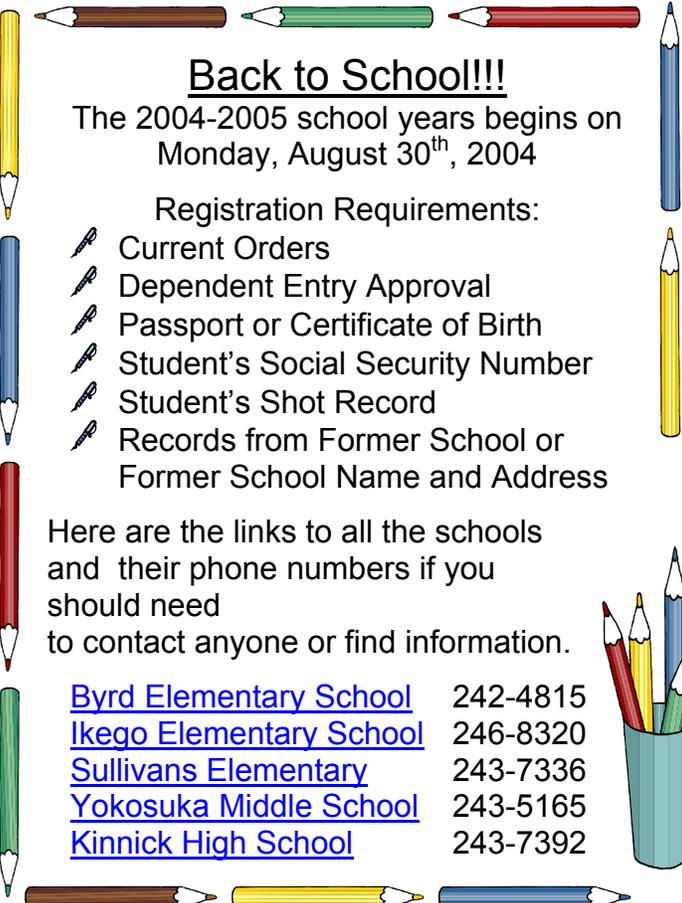
- ⚓ a 4,000,000 gallon fuel capacity
- ⚓ 1,500 computers
- ⚓ 2,400 telephones
- ⚓ 65 hospital beds
- ⚓ 5 dentists
- ⚓ 5,040 cans of soda consumed daily

Read this section each month for more interesting facts



## Some Tips for Making Deployments Easier...

- Ⓢ Keep the household routine and discipline the same. Consistency and continuity of discipline are important for the entire family.
- Ⓢ Expect that children will test the rules in the beginning to find out how far they can go.
- Ⓢ Encourage children to send their own letters, tapes, and pictures to their deployed parent.
- Ⓢ Have a family information center where postcards, letters, and pictures from the deployed parent can be posted. Make it fun with seasonal decorations and post some pictures of the ship and the Sailor's rack.
- Ⓢ Resist saying, "Wait till your father/mother hears about this!" Handle things when they happen.
- Ⓢ Help your children keep track of time and the parent's travel by using a map, a diary, a cruise calendar, a paper chain, a candy jar, etc.
- Ⓢ Tape conversations when children are arriving home from school, having dinner, or playing, and send them to the deployed parent.
- Ⓢ Talk with children to help them express feelings of anger or sadness. Let them know that it's okay to have these feelings and that parents sometimes feel the same way.



## Back to School!!!

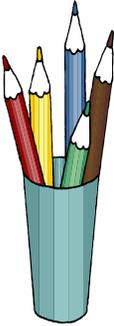
The 2004-2005 school years begins on  
Monday, August 30<sup>th</sup>, 2004

### Registration Requirements:

- ✍ Current Orders
- ✍ Dependent Entry Approval
- ✍ Passport or Certificate of Birth
- ✍ Student's Social Security Number
- ✍ Student's Shot Record
- ✍ Records from Former School or Former School Name and Address

Here are the links to all the schools  
and their phone numbers if you  
should need  
to contact anyone or find information.

<a href="#">Byrd Elementary School</a>	242-4815
<a href="#">Ikego Elementary School</a>	246-8320
<a href="#">Sullivans Elementary</a>	243-7336
<a href="#">Yokosuka Middle School</a>	243-5165
<a href="#">Kinnick High School</a>	243-7392



## Need Something Fun to do... While Beating the Summer Heat

Enjoy Half-Price Bowling  
On Wednesdays from 1030 to 1600  
Only 75¢ per Game!

### Get Out on the Water!

Kayaks and Row Boats available at  
Green Bay Marina for ½ price rental  
with no qualification requirements.  
Monday thru Friday 1100 to 1300

Get involved with any of the many  
classes and activities available at  
the Yokosuka Community Center.  
Learn to play a musical instrument,  
take up different kinds of dance, get  
specialty cooking lessons, & more...

## Sitters Needed

- Baby-Sitters 14 yrs old and up
- American Red Cross  
Certification is a must
- 2 hours Once a Month
- The 3<sup>rd</sup> Thursday of Every Month
- From 5:45pm to 8:30pm

This is an ongoing position and will get  
you many other babysitting  
opportunities.

If you are interested please contact the  
K. H. Enlisted Family Support Group at  
[khefsg@lycos.com](mailto:khefsg@lycos.com)

---

## ☀ Upcoming Base Events ☀

**National Kids Day** – Saturday, August 7<sup>th</sup>  
Berkey Field from 1600 to 1900

Join the celebration and enjoy free air toys, a  
skate contest, battle-of-the-bands, and tons  
more fun stuff. (Rain location - Thew Gym)

**Summer in Paradise Island Splash Pool Party**  
August 7<sup>th</sup> at Negishi Pool from 1800 to 2100

Hawaiian dance performances, buffet-style  
dinner, live drum band, and more...  
Adults - \$5, Children (3-11) - \$3

**Fire Prevention & Security Awareness Day**  
Monday, August 9<sup>th</sup> at Benny Decker Theater  
0900-1300 Come check out the smoke house  
trailer, earthquake machine, fire trucks, and  
Sparky and the Freddy Show

**Back to School Salsa Party**  
August 14<sup>th</sup> at Green Beach Pool 1200-1700  
Food, music, and games with pool admission

**Reggae Festival** – Saturday, August 28<sup>th</sup>  
Berkey Field from 1630 to 2030  
Live music by King-Kong Paradise, Caribbean  
food, air toys, and many games for children  
and adults. (Rain date - August 29<sup>th</sup>)

Grab the August issue of *Focus* magazine for more activities,  
events, tours, and information available.

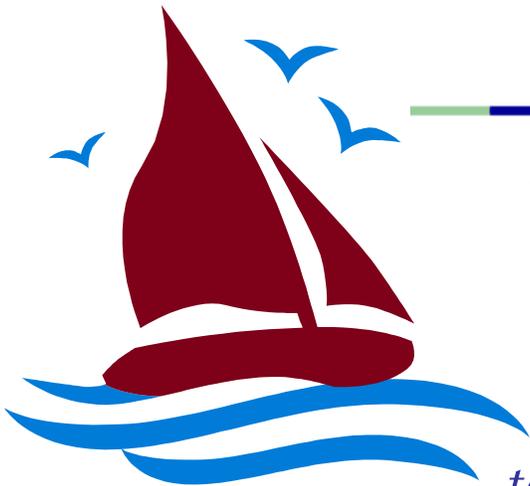
## Group Events

### KHEFSG · Kitty Hawk Enlisted Family Support Group

- August 19 – General Meeting at the Chapel of Hope at 1800.  
Nominations will be taken for New Board Elections.  
This meeting will include a Sampler Party with Pampered Chef, Party Lite and Stampin UP! Child care is available for \$2/child, but you must RSVP by August 16<sup>th</sup>.
- August 21 – Take a train ride to Machida and the 5 Story Hundred Yen Shop. The group will leave at 9am and come back around 3pm.
- August 22 – Family Bowling Party from 2pm - 5pm at no charge to you! Limited to Kitty Hawk Enlisted family members.

### KHOSO · Kitty Hawk Officers' Spouses Organization

- August 08 – Antique Shopping to Atsugi. Shop owners accept Yen or personal checks and will deliver upon request. If interested, please contact the KHOSO.
- August 17 – General Meeting and Pool Party, kids are welcomed! Check the Kitty Hawk bulletin board (at Post Office) for an update on times, dinner costs, and RSVP dates.
- Sept. 02 – KHOSO Board Meeting (no Aug. Board Meet.)-O'club @ 1730 All members are welcome. RSVP to President of KHOSO.



---

*We cannot control the strength,  
or the direction of the wind,  
but we can adjust our sails  
to meet the challenges in our lives.*

---