

OMBUDSMAN NEWSLETTER

JULY 2004



CAPTAIN'S CORNER

Hello once again Battle Cat families!

I hope you have had the opportunity to enjoy some quality family time over the last few weeks, and most recently a spectacular and safe 4th of July weekend.

It has been a busy and successful in-port maintenance period for us. It may seem like it was just the other day when you were preparing for your loved one's homecoming, and now you're preparing for another separation. I truly appreciate all you do to help us stay mission-ready through your support at home.

As part of maintaining Hawk's mission readiness, it is essential that our families are also ready on the home front. I know many of you did these checks earlier this year, but you may want to check your wills, powers of attorney, Armed Forces Identification Card expiration dates and applications, car insurance and registrations. These items might have been taken care of through the last underway period, but must be kept current in the event of schedule changes, which are always a possibility here in the Forward Deployed Naval Forces.

It is always good to remember that even if the ship is under way, there are many resources available for you on the home front. These resources include first, your command ombudsman, Fleet and Family Support Center, Navy and Marine Corps Relief Society, the American Red Cross and Kitty Hawk spouse clubs. Our ombudsmen and spouse support groups are the place to start should you need assistance.

Did you know that Kitty Hawk is part of the Navy's Summer Pulse '04? Some of you may have heard of Summer Pulse or read the recent story in the Seahawk about Kitty Hawk's participation, but some confusion exists over what the exercise is, and what it actually means to Battle Cat Sailors and their families.

Let me first address what Summer Pulse is. It is a test of the CNO's plan on how aircraft carrier strike groups are to operate and deploy. It's called the Fleet Response Plan and calls for the Navy to deploy up to six carrier strike groups within 30 days, with two additional strike groups able to deploy within three months. During Summer Pulse '04, the Navy is actually deploying seven aircraft carrier strike groups, including USS Kitty Hawk, simultaneously.

I know there are questions as to whether Summer Pulse will extend the underway time for Kitty Hawk Sailors. Currently, there is no impact to our schedule as this has been planned for, but as you all know, our ship's movement is never something set in stone.

So please keep an eye out for Kitty Hawk and Summer Pulse activity. You can stay up to date by watching the Battle Cat's Web site at www.kittyhawk.navy.mil.

Enjoy the rest of the summer and all that Japan has to offer. We aboard Kitty Hawk will be thinking of you at home as we press forward with Summer Pulse '04 and the missions at hand.

Again, thank you for your constant support.

Sincerely,

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



Ombudsman Note

Dear Families,

Welcome to our new and updated newsletter! It is more efficient and allows us to reach more families by putting it on the web and sending it via email. Look for it around the 5th of each month.

We have some new ombudsmen, but cannot post our names on the web. Check out the post office bulletin boards or attend a support group meeting to meet us in person.

A cruise is approaching and we want to let you know how important it is to keep in contact with us. Please send your email address to us at kittyhawkombudsman@yahoo.com so we can add you to our email tree. You'll get information about the cruise when we can release it. Another good idea if you are looking for supportive friends while your spouse is gone is to check out the Enlisted Family Support Group or the Officers' Spouses group.

Please contact us with any questions or concerns you have from 0800-2100 for routine calls. In emergencies, you can call anytime. We are volunteers that are here for you; the Navy Family! Call us on the Care Line 243-9913 (option 3). From the U.S. dial 011 81 46 816 9913.

Sincerely,

Kitty Hawk Ombudsman Team

LOOSE LIPS SINK SHIPS

Please remember that sharing information about the ship's movements over phones, emails, and in casual conversation puts all of our sailors and loved ones at risk! Operational Security is real and you play a vital part. NEVER give out specific information about the ship's movements. Your ombudsmen will release information to you when the command feels it is safe and prudent. Help do your part to keep our sailors safe!

FAST OFFICE

Please be sure to update your Family File, or start one at the FAST Office. The documents your file contains will help you when the ship is deployed and you need a new ID, lose a passport, need a copy of your POA, etc. Be sure to update your file if you've had changes in your phone number, address, or orders.

GET ORGANIZED!

Speaking of the FAST Office and getting your papers together, let's think about what you need to get together for the upcoming cruise.

- ✓ Power of Attorney
- ✓ Vehicle Maintenance
- ✓ Keep Red Cross number handy
243-7490
- ✓ NMRS 243-7905

- ✓ Complete your NEO packet
- ✓ Prepare your kids
- ✓ Start thinking of fun care packages to send
- ✓ Make sure you know what bills to pay and when to pay them

Summer Blues?

Get a hold of the FOCUS magazine. It is loaded with information and activities for on base and off. Make the most of your tour in Japan and take advantage of these wonderful opportunities. If you are bored, you aren't looking hard enough!

Hey Teens!

Stop saying that you are bored this summer because this base is FULL of things for you to do. Here are some phone numbers of places to call and find out what is going on for you and your friends. Go make some new ones!

MWR Teen Center: 243-5492

Ikego Teen Center: 246-8301

Negishi Teen Center: 242-4120

FFSC Youth Outreach: 243-9907

Boy Scouts: 243-7421

Girl Scouts: 243-4119

PCS

When relocating, give thought to the following about the emotions of your children.

- Irritability
- Change in sleep patterns
- Fighting or arguing
- Change in eating habits
- Fear of new places & people
- Being shy
- Feeling alone

Support, communication, and love are the three essentials for relocating families. If your child's feelings do not improve shortly after your move, contact your Fleet and Family Service Center for help.





American Spirit

“In the face of great perils never before encountered, our strong purpose is to protect and perpetuate the integrity of democracy. For this we must have the spirit of America, and the faith of America. We do not retreat. We are not content to stand still. As Americans, we go forward, in the service of our country, by the will of God.”

Franklin D. Roosevelt

Group Events

KHEFSG: Kitty Hawk Enlisted Family Support Group

July 15 — General Meeting at Green Beach Pool and Pot Luck. Bring the whole family and swim the night away! 1900-2200. RSVP

August 1 — Friendship Day Booth (Home Baked Goods Needed)

KHOSO: Kitty Hawk Officers' Spouses Organization

July 10 — Mexican Potluck & Newlyweds Game 1700

July 24 — Family Pizza Party and Game Night



Hawk Facts

Did you know the Kitty Hawk has

- 4 engines
 - 8 boilers
 - 2 anchors that weigh 30 tons each
 - 4 propellers
 - 6 doctors and surgeons
 - 900 loaves of bread baked daily
 - 2500 pounds of mail processed daily
- (Read this section each month for more interesting facts)

Useful Phone Numbers

Aquatics 243-6410

Negishi FFSC 242-4125

Hospital Info 243-5247

Negishi MWR 242-4120

Kitty Hawk 243-HAWK

Movie Hotline 243-6703

Ikego CDC 246-8060

School Age Care 243-5492

Ikego FFSC 246-8052

Yokosuka CDC 243-3219

Ikego MWR 246-8071

Yoko Hourly CDC 241-4101

NEX 243-5200

Yokosuka FFSC 243-3372

Negishi CDC 242-4316



COMPASS



Spouses helping spouses navigate through military life.



Are you a savvy, seasoned Navy Spouse?



Or, are you someone new to military life?

*Either way, **COMPASS** needs you!!*

COMPASS, open to **all** Navy spouses, is a spouse-to-spouse mentoring program that introduces participants to all aspects of the military lifestyle and local interests.

COMPASS offers participants the opportunity to develop a peer network, acquire the knowledge and develop the skills necessary to successfully meet future challenges.

COMPASS is free and reimburses childcare costs for volunteers and participants.

MENTORS are trained, volunteer, Navy spouses who have experienced Navy life, and possess the passion to mentor other spouses to gain knowledge and establish a peer network.

*Note: To be a Mentor you must be married to your Navy spouse for at least 3 years before becoming a mentor.

OTHER VOLUNTEERS support **COMPASS** by offering their time in many different aspects of the **COMPASS** program.

ALL MENTORS AND VOLUNTEERS must attend the **COMPASS** course before volunteering and/or becoming mentors.

FOR MORE INFORMATION and to sign up for this exciting program, please contact 246-5643 or COMPASSYokosuka@nsfamilyline.org