



Ombudsman Newsletter

The Gettysburg Chronicles

June 2011



USS Dwight D. Eisenhower (CVN 69)
FPO AE 09532

IKE Quarter Deck number
757-396-3643



Navy Family Ombudsmen are communication links, informational and referral resources and advocates for command family members. Appointed by the commanding officer, Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman are a point of contact for all family members connected to the command - including spouses, parents and extended family members. The Ombudsman Code of Ethics guarantees professionalism and confidentiality, within program guidelines. Each Ombudsman program is owned by the commanding officer and is unique to the command's size and needs.

Your IKE Ombudsman Team

- Alix 757-289-7049
 - April 757-652-4263 Duty Phone
 - Cora 757-469-6057
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 - Sherry 757-289-7046
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CAPT Marcus A. Hitchcock

I hope everyone had a relaxing Memorial Day weekend!

The past month has been extremely busy, and I'm happy to report all the hard work has paid off and we're now just days away from getting back to sea! Shipyard equipment is removed from our ship daily and it's a wonderful feeling to walk about the ship and see the pride and ownership on display as we make final preparations to put IKE back to sea and then return to our homeport of Norfolk.

Over the past month we have seen some incredible accomplishments. Last week we learned more than 170 Sailors were selected for advancement, and we also promoted four Senior Chiefs to Master Chief. It's good to see their hard work rewarded. Advancement is extremely competitive and the Sailors selected for promotion are truly the best of the best.

Before I talk about our schedule, I'd like to bid farewell to two wonderful ladies that have served IKE in volunteer positions. Mrs. April Kumley has been an IKE Ombudsman for nearly two and a half years. Her husband transfers in July and April will be missed as she has provided incredible service through two deployments. Also, Mrs. Alex Wooten soon leaves after serving for more than a year as the IKE Family Readiness Group Vice President. She too will be missed as her energy level was always a driving force behind all the events planned for our families.

Speaking of families, our Friends and Family Day Cruise is a GO! I can't share the exact date with you in this newsletter, but your Sailor knows the date. I encourage you to go to our FRG website and request a password. All cruise information, including the date, will be posted on that website. The URL is: <http://ikefamily.com>. When you log on for the first time you will be asked to fill out the new user request form. After you submit your form, we will verify with your Sailor that you are his/her family member and you will then receive an e-mail with your username and password. I strongly encourage everyone to gain access to this site as soon as possible.

In the coming weeks IKE will get increasingly busy as we get back to sea and start supporting naval aviation. Our first step is sea trials where IKE will test almost every system aboard the ship and also put our Sailors through a ton of drills to sort of knock the rust off and re-familiarize ourselves with at-sea operations. After sea trials we will go back to sea to certify our flight deck and begin launching and recovering aircraft at a very rapid pace. The rest of the summer is fast paced and we really don't have much time in port until August. The good news, from my perspective, is that IKE will soon be operational again and our Sailors focus will shift from preserving our great ship to operating it at sea.

As always thank you to the Ombudsman, FRG and families who love us and support us each and every day. We are able to serve our country because of your sacrifice and service. I wish everyone a very safe and enjoyable summer.

Captain Marcus Hitchcock
Command Officer

FAMILY READINESS



Contact Eisenhower's FRG at ikefrg@yahoo.com

President: *Debra*

Treasurer: *Lindsey*

Secretary: *Ashley*

Tech Advisor: *Alma*

If you need to get in touch with Alma about ikefamily.com you can email her at webmaster@ikefamily.com

Merchandiser: *Amanda*

Vice President: *Alex*

A Family Readiness Group (FRG) is a command organization that may operate on Department of Defense installations. Members typically include spouses, but may also include parents, grandparents, children and fiancés.

The purpose of an FRG is to plan and conduct social, informational, care-taking, and morale building activities that will increase family readiness and enable the total Navy family to meet the challenges of the mission and military lifestyle.

As Navy families, we are truly blessed to have such strong support teams when our Sailors are home and away. The FRG meeting is held the first Wednesday of the month at London Bridge Baptist Church.



Family Disaster Planning

Discuss with your family, friends and neighbors the types of disasters and emergencies that are most likely to happen and what to do in each case.

After a disaster, it's often easier to call long distance than to get a local call to connect. Ask an out-of-town friend or relative to be your family emergency contact. All family members should call this person in an emergency to check in. Be sure every member of your family knows the phone number and has coins or a prepaid phone card to call the emergency contact.

You might have trouble getting through, or the telephone system might be down altogether, but be patient.

Take a first aid, CPR or other class so that you have the knowledge to help yourself and others if needed.

If you do not own a vehicle or drive, learn what your community's plans are for those without private transportation now, before an emergency. Contact your local emergency manager to learn about plans in your area.

Decide now where you and your family will meet in case you can't return home because of an emergency. Keep a record of the location's address and phone number, as well as the phone numbers of your family, with you at all times.

Make a visual or written record of your possessions to help you claim losses in the event of damage. Include photographs of cars, boats and recreational vehicles. Get professional appraisals of jewelry, collectibles, artwork or other items that might be difficult to evaluate. Also, photograph the exterior of your home. Include the landscaping that might not be insurable but does increase the value of your property for tax purposes. Make copies of receipts and canceled checks for valuable items.

Make a plan for your pets.

Talk to your neighbors about how you can work together during an emergency. Find out if anyone has specialized equipment like a power generator or expertise such as medical knowledge that might help in a crisis. Decide who will check on elderly or disabled neighbors. Make back-up plans for children in case you can't get home in an emergency.

Read more about developing a Family Emergency Plan on www.vaemergency.com

For Older Virginians

Does your apartment complex, assisted living facility or nursing home have emergency plans? Find out what it is and practice it.

Identify what equipment you use on a daily basis and what you might do if they are limited or not available. Provide your power company with a list of all life-support equipment required by you or members of your household. Get another power source for the equipment in case the power goes out, if possible.

If you feel you might not be able to turn off utilities yourself, arrange for someone, such as a neighbor, to help you.

Post emergency numbers for utility companies by your phone, such as water and sewer, electricity and gas.

If someone in the household is hearing-impaired, they might have difficulty hearing sirens or other types of alerts.

In such cases, consider buying an alert system that features a visual signal, and make plans now through local emergency managers .

People who need special help or transportation during an evacuation should contact their local emergency manager , who can offer advice about what to do during an evacuation.

If you undergo routine treatments at a clinic or hospital, or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers and incorporate them into your personal support network.

Create a support network. If you anticipate needing assistance during a disaster, talk to family, friends and others who will be part of your personal support network. Write down and share each aspect of your emergency plan with everyone in your support network.

Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.

Make sure that someone in your local network has an extra key to your home and knows where you keep your emergency supplies.

Following an emergency, some people try to take advantage of those affected by disaster through price gouging and other scams. These people often target seniors. Be alert for such illegal activity. If you suspect someone is trying to take advantage of you, report it to the Federal Trade Commission at 1-877-382-4357 or to the Better Business Bureau.

For People with Disabilities

Create a support network. If you anticipate needing assistance during a disaster, talk to family, friends and others who will be part of your personal support team, and write down and share each aspect of your emergency plan with them.

Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.

Make sure that someone in your support network has an extra key to your home and knows where you keep your emergency supplies.

Teach people who will help you how to use any lifesaving equipment, and administer medicine in case of an emergency.

Practice your plan with people who have agreed to be part of your network.

Tell these people where you keep your emergency supplies.

Give one member of your support network a key to your house or apartment.

If someone in the household is hearing-impaired, they might have difficulty hearing sirens or other types of alerts.

In such cases, consider buying an alert system that features a visual signal, and make special arrangements ahead of time through local emergency management officials.

People who need special help or transportation during an evacuation should contact their local emergency manager who can offer advice about what to do during an evacuation.

Wear medical alert tags or bracelets to help identify your disability.

If you rely on dialysis or other life sustaining treatment, know the location and availability of more than one facility.

Show others how to operate your wheelchair.

Know the size and weight of your wheelchair in case it has to be transported.

For Pets

Many emergency shelters will not accept pets other than service animals.

Talk to your veterinarian or local humane society now about an emergency plan for your pets.

If you must evacuate, take your pets with you, if possible.

Make a plan now for your pet to stay at a friend's or relative's home, a pet-friendly hotel or motel or a kennel or vet's office that will shelter your pet in an emergency.

Get a pet emergency supply kit.

Do not leave your pet outside during an emergency. Bring them inside.

Navy Family Accountability and Assessment System (NFAAS) standardizes a method for the Navy to account, manage, and monitor the recovery process for personnel and their families affected and/or scattered by a wide-spread catastrophic event. The NFAAS provides valuable information to all levels of the Navy chain of command, allowing commanders to make strategic decisions which facilitate a return to stability.

NFAAS allows Navy Personnel to do the following:

Report Accounting Status

Update Contact/Location information

View Reference Information

Website is: <https://navyfamily.navy.mil>



**American
Red Cross**

Emergency Contact Update

Family members have expressed concern about how to contact their family during an emergency or crisis situation, for a status check. As part of an ongoing effort to better serve the military community, the American Red Cross announced that it will move to a single telephone number for its emergency communication services.

Beginning June 13, 2011, at 8:00 a.m. EDT, all military members and their families can use one number: 877-272-7337 (U.S. Toll Free) to send an urgent message to a service member. The change means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live. Sherri Brown, Senior Vice President for Service to the Armed Forces said "U.S. military personnel and their families can remain confident that the Red Cross will be there to keep them connected when there is a crisis at home."

A call to 877-272-7337 allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies. Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling 877-272-7337 direct, accessing the number through a military operator, or calling the local Red Cross station.

The Red Cross Service to the Armed Forces program provides assistance to more than 2 million service members and many of the nation's 24 million veterans. The Red Cross provides emergency communications linking service members with their families during time of crisis; comfort and care in military and veterans medical facilities; access to financial assistance in partnership with the military aid societies; information and referral and assistance to veterans.



Learning Opportunity from NASA

NASA Accepting Applications From 'Inspired' High School Students WASHINGTON -- U.S. high school students are invited to participate in NASA's Interdisciplinary National Science Program Incorporating Research Experience, or INSPIRE, through an online learning community. INSPIRE is designed to encourage students in ninth through 12th grades to pursue careers in science, technology, engineering and math (STEM). Applications are being accepted through June 30. NASA will make selections for the program in September. The selected students and their parents will participate in an online learning community with opportunities to interact with peers, NASA engineers and scientists. The online community also provides appropriate grade level educational activities, discussion boards and chat rooms for participants to gain exposure to careers and opportunities available at NASA. Students selected for the program also will have the option to compete for unique grade-appropriate experiences during the summer of 2012 at NASA facilities and participating universities. The summer experience provides students with a hands-on opportunity to investigate education and careers in the STEM disciplines. INSPIRE is part of NASA's education strategy to attract and retain students in the STEM disciplines critical to NASA's missions.

For more information about INSPIRE, visit: <http://www.nasa.gov/education/INSPIRE>.

To apply for the program, visit: <https://inspire.okstate.edu/index.cfm?liftoff=login.LoginForm> For information about NASA's education programs, visit: <http://www.nasa.gov/education> Charles Watford Correspondence Analyst Department of Veterans Affairs



The ABMA BOD's have approved extending the scholarship deadline this year until July 1, 2011 for all eligible applicants to submit IAW the criteria below.

Scholarships in the amounts of \$4000 and \$3000

Aviation Boatswain's Mates Association Scholarship

Deadline to submit application JULY 1, 2011

Please see website for more information and eligibility:

<http://www.abma-usn.org/>

First Question: If you were a previous member and you let your Dues lax. You can pay them up to date, and still apply. If you had let them laps for 5 years lets just say, they you need to pay for the past 5 years. If you had never been a member then the answer is NO you can not pay for two years and be eligible to apply. This would not be fair to those who have been and are current members.

Second Question: Yes Spouses are eligible (Male/Female). All dependents

Scholarship Qualification - Applicant must be a dependent (family member) of an active, dues-paid member of the ABMA for at least two years to qualify for this scholarship.

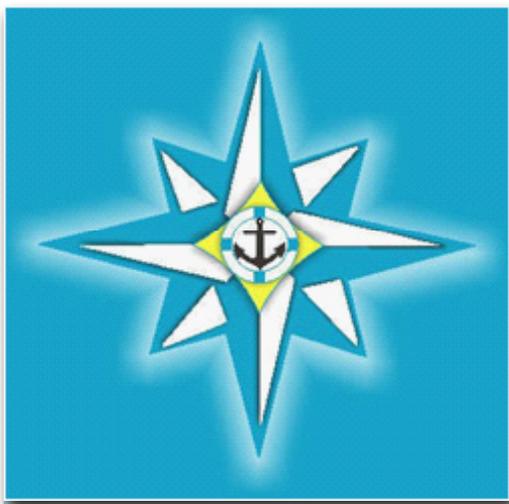
1. Applications are due annually to the Scholarship Chairman not later than June 1st.
2. Application should be typewritten or printed.
3. The application must be arranged in the order described below:
 - a. Application of Required Facts. Carefully plan a response to each item before typing the final draft.
 - b. The applicant shall prepare a statement setting forth his/her vocational or professional goals and relate how past, present and future activities make the accomplishment of this goal probable. The letter must be signed.
 - c. Official transcripts of student grades from the beginning of the 9th grade to due date of application may be photocopies bearing an original signature of the proper school authority. SAT or ACT test scores, if included, may be photocopies.
 - d. Current dated, signed letters of recommendation from one person, but not totaling more than three, in authority from high schools, college, or trade schools attended by the applicant. Letter may cover the applicant's ability, work habits, leadership, personality and integrity.
 - e. No more than two letters of endorsement from responsible community (non-school related) persons. These persons should not be related to the applicant. They should be capable of reporting on the applicant's participation in the community in terms of work service, leadership, notable skills and outstanding recognition. Each letter should be typed, dated, and signed.
 - f. Copies of exhibits of achievement in scholarship, leadership, athletics, dramatics, community service and exhibits such as awards and media items must be photocopies.
4. Social Security Number is required for school and ABMA records. Upon receipt of "Verification of Enrollment" form from proper school officials, an ABMA check for the amount of the award will be forwarded to the college or university to establish credit for the student.

Submit application to:

Aviation Boatswain's Mates Association Scholarship Chairman, Mr. Terry L New

3193 Glastonbury Drive

Virginia Beach, Virginia 23453



About Compass

COMPASS is a standardized Team-Mentoring program developed by spouses for spouses. COMPASS focuses on spouses new to the Navy, however; ALL Navy spouses are welcome. COMPASS improves quality of life through education, enabling spouses to understand, experience and meet the challenges of the Navy lifestyle. With this knowledge and realistic expectations, their journeys can be successful and rewarding.

COMPASS is a 12-hour program taught in three four-hour sessions. With Mentors acting as discussion leaders, participants are encouraged to ask any questions they may have in a non-judgmental climate. Participants are introduced to many aspects of the Navy. The standardized curriculum includes need-to-know topics such as the Navy mission, history, organization, customs and traditions, rights and benefits, deployment, pay, moving, interpersonal communication, and investing in self and community.

Another important benefit of COMPASS is the opportunity for spouses to establish a peer network. Because experienced spouses pass on their Navy lifestyle insights, the concept of "helping others to help themselves" is clearly observable and becomes an on-going action-oriented process.

Feel free to email us at NSFamline@aol.com for more information!

Website is <http://www.gocompass.org/index.htm>



The Christmas That You Missed!

The goal of this special event is to re-create Christmas Day for military families who were separated during the holidays because of deployment. 97.3 The Eagle's "Jimmy Ray & Jen" will broadcast LIVE from Ocean Breeze Waterpark and celebrate those who sacrifice so much for all of us. "Summertime" Santa Claus will be on-hand to greet the children and hand out gifts, while the families enjoy dinner by the Wave Pool and frolic in Buccaneer Bay. Photos with Santa and a special LIVE performance by Steel Magnolias are also scheduled.



Anticipated Schedule of Events Wed. June 29th, 2011:

-  6p-7p: Guests arrive
-  6:45: Dinner is served
-  7:30p-8p: LIVE set by Steel Magnolias
-  8p-9p: Photos with Santa; Hand out presents; Autograph Signing
-  9p: Guests depart

