



Ready For the BIG Reunion?

Story by MC3 Ridge Leoni
5 Star Staff Writer

The return to homeport is right around the corner and Sailors aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) (IKE) are getting anxious to reunite with their loved ones.

With away from Norfolk, families may have difficulties readjusting to the normal routine they had before. Fortunately, with experienced Sailors and available resources, deployers can better prepare themselves to reunite with their loved ones.

Lt. Cmdr. Santiago Rodriguez, one of IKE's chaplain, said it is important to plan now on how to reunite with spouses, significant others and children.

"Husbands and wives may worry that their spouse has changed, that there will be new strains in the relationship," said Rodriguez. "The most important factor in reconnecting with your spouse or significant other is establishing what is "normal" or what should be normal in the relationship."

The Parent's Guide to the Military Child During Deployment and Reunion, a document prepared for active-duty personnel and their families states that reunion is typically experienced with "euphoria and joy when the military parent

or spouse returns. Hidden beneath the surface are normal issues that must be readdressed and resolved as the family works to reincorporate the returned family member."

The guide also explains that the loved ones return may bring many new challenges, upsetting the balance that existed while deployed.

"Spouses and children may have operated with a new independence that is not easily surrendered. Old and new conflicts may arise over roles and responsibilities. Family counseling, support and assistance may be needed to reconstruct family interaction," states the guidebook.

Although sometimes a reunion may not be what a crew member expected, this experience is not uncommon. Rodriguez explained some of the common experiences when reuniting with your family.

"While still deployed, the service member should ask his wife/husband about the "expectations" of the children have for the returning parent," said Rodriguez. "If the child is too young, then the sailor needs to get a clear message of what your spouse is expecting you to fulfill in your child's life."

The Parent's Guide also elaborates on what to expect prior to a reunion.

"Approximately 6 to 8 weeks prior to homecoming, it is common to begin to have mixed feelings that include apprehension and worry

as well as excitement and anticipation. You will find yourself thinking of things to worry about even though you are anxious for your loved one to return. This is only natural. Working through these worries will help make homecoming and the readjustment required less stressful for everyone—including you!"

The guide advises family members to use the weeks before homecoming to plan how they will handle problems should they arise.

It is important to recognize that changes have occurred and both the loved ones who remained at home and the military member who has been away will need time to adjust, said Rodriguez.

Sailors should make a conscious effort to be positive in disposition, and make positive observations and accolades about each member of the family.

"Everyone including the sailor yearns to be valued and loved," said Rodriguez.

The document Parent's Guide to the Military Child further explained what is expected when readjusting with family.

Although Returning to homeport is much anticipated, mental preparation is needed. There are a variety of experiences you may encounter upon arrival and it is important to know how to react. With the document provided, which was emailed to all hands Monday night, Sailors have access to the appropriate knowledge.



While different risks and challenges appear, there is also the opportunity to negotiate stronger and improved family relationships after deployment. (Photo from Parent's Guide to the Military Child During Deployment and Reunion)

Don't Be A Twitiot

Story from the Navy Office of Information.

By now you've heard the quip that loose tweets sink fleets. This play on the popular World War II phrase about the very real dangers of compromising Operations Security (OPSEC) can leave our Navy leadership apprehensive and our Sailors unsure how to manage their natural desire to interact online.

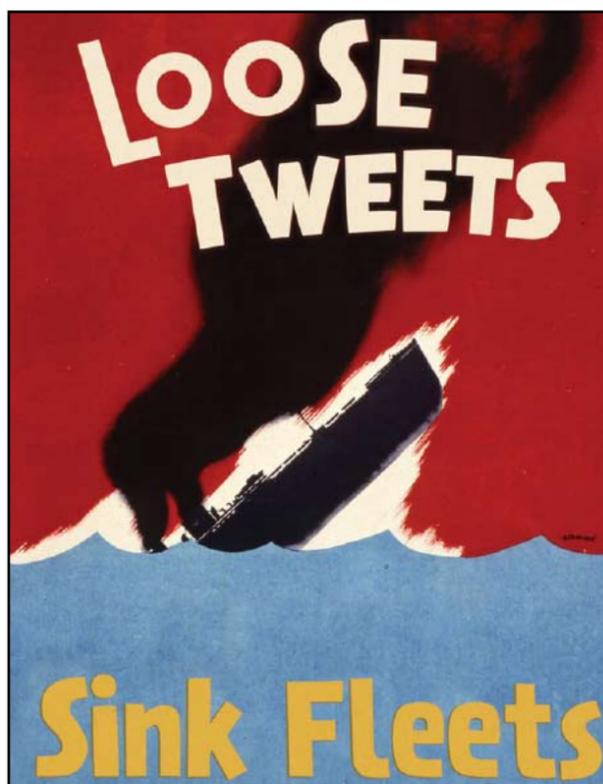
The word straight from the top is that Department of Defense and Navy leadership understand that social sites are important communication tools for Sailors. In fact, the Secretary of the Navy, chief of naval operations and master chief petty officer of the Navy are all very active on their own social profiles in Facebook and Twitter. The CNO is well-known for typing in his own Facebook status and MCPON goes on his Facebook wall to talk to people who leave comments for him.

That makes the message to the fleet loud and clear: we can use social media, but we have to do it responsibly. So how do we manage this delicate balance of telling our own stories and connecting to our loved ones while at the same time keeping ourselves and our shipmates safe? The basic guidelines outlined here will help you be secure in your communications with your friends and family online while not compromising your responsibilities as a Sailor.

Live those Core Values, they aren't just words to memorize. In uniform or out, online or not, you are representing the Navy. Communication online is instant, international and ever-lasting so act smartly and be honest at all times.

Identify yourself, your command or unit, your rank or posi-

tion when posting about Navy subjects. Don't try to hide who you are because it might create a bigger problem than if you just admitted it from the beginning. Be sure to also say that your remarks are your personal opinion, and not the expressed



opinion of the Navy.

Protect your family by not openly providing information about them (their names, their addresses, even their towns or schools). Many social sites do not let you post anonymously (like Facebook) and your full name and photo is attached to every posting. How hard would it be for someone to figure out who your loved ones are based on your personal profile? You never know who is watching and collecting information that could be used to hurt your family.

Understand profile security settings so you can make informed choices about who sees what in your profile. Just because someone isn't your "friend" doesn't mean that all of your information or even photos are blocked from that person. If you are not managing your personal security settings, it is quite possible that when you leave a comment on a public forum (like the Navy Facebook page) anyone who sees it there (including people you don't know) could see your entire profile.

Keep information safe and do not discuss classified or even unclassified sensitive information such as troop movement, personnel rosters, weapons information, etc. This includes training, equipment and ways to "cheat the system" with regard to equipment or security barriers. This also includes sensitive information about you and your family, such as your address, your phone numbers, your social security numbers, etc. All of this information can be used to steal your identity and commit crimes in your name – so be careful.

Avoid copyright and trademark issues. Do not include any copyrighted or trademarked material in any material posted



PROFILE



Electrician's Mate

EM3 (SW) Lourdes Spurlock

Department/Division:
Reactor/RE

Hometown:
Piscataway, N.J.

Time in the Navy:
3 Years, 8 months

Goals:
Advance to Second Class Petty Officer

Achievements:
Flag Letter of Commendation
Enlisted Surface Warfare Specialist

“As an electrician, I assist in maintenance involving electrical work in the propulsion plant to increase the reliability of the ship. I also serve as an ACFL (Assistant Command Fitness Leader) and ESWS coordinator for my division. I've learned a lot in the Navy and found that the service has a lot of opportunities to offer.”



ANNOUNCEMENTS/MOVIES



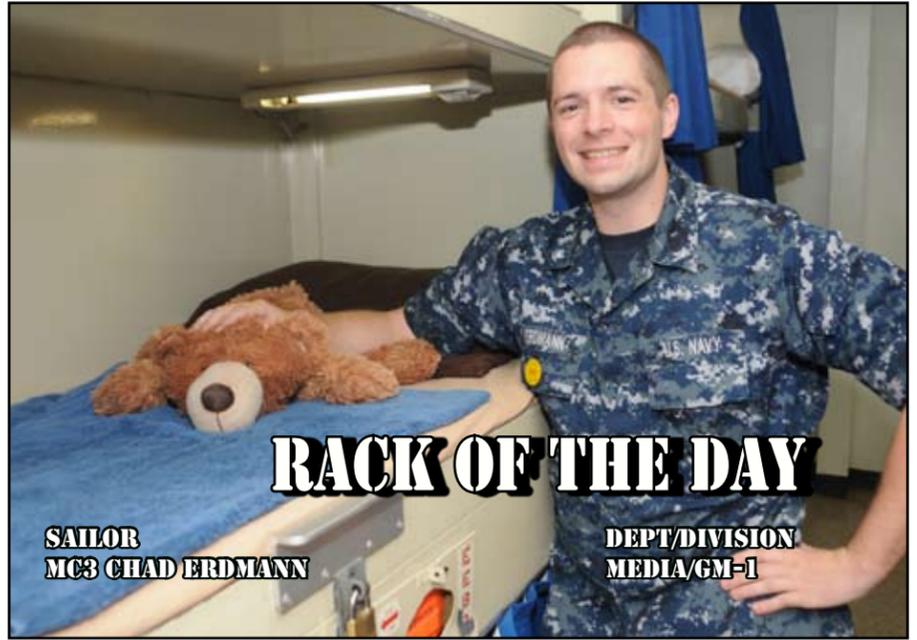
SPACE OF THE DAY



SAILORS
CS3 (SW) COREY BROOKS
CS3 KELLY CHAPPELL

SPACE
2-184-4-L

DEPT/DIVISION
SUPPLY/S-5



RACK OF THE DAY

SAILOR
MC3 CHAD ERDMANN

DEPT/DIVISION
MEDIA/GM-1



Responsible Use Begins With U

Don't Drink & Drive

DAPA Note

Are you Invincible? Just because you don't look or act drunk, doesn't mean you are OK to drive. Many alcohol-impaired drivers do not look or feel drunk in the traditional way. Studies have shown that a BAC as low as .02 interferes with your ability behind the wheel and makes it more likely you'll have a motor vehicle accident. The probability of a crash begins to increase significantly at .05 BAC and climbs rapidly after about .08 BAC.

Water Conservation

Now that the weather is getting warmer we see water usage levels creeping up towards 65 gallons per person. Water levels are steadily dropping, and if Sailors can't curtail the current usage rate, we will eventually end up with restricted water hours.

Reactor department is doing its best to help out by tweaking output levels of the distilling units. Reactor department will continue to tweak the distilling units to obtain maximum output, and if the crew restrains its usage we will be able to continue unrestricted water usage for the rest of deployment.

To keep usage levels at a minimum, take a proper navy shower. Turn the water on and rinse off, turn the water off and soap up, turn the water on and rinse off the soap, then turn the water off again. The total water usage time should be right around two minutes. If people take showers the way they are supposed to, potable water usage can be kept down to 45 or 50 gallons per person and IKE will be able to maintain water levels.

TWITIOT, from page 1

online. Whether embedding a song in a video or using a picture in a blog post, unless you have permission from the creator you're probably violating their copyright and can be held responsible for any financial damages. You are free to use any image from www.navy.mil, just provide proper attribution.

Don't lower your standards of conduct. If in a conversation someone is attacking the Navy or you unfairly, replace error with fact. Do not engage with others in an argument online: Remember when you wrestle with a pig you both get dirty.

Admit mistakes. If you make a mistake then admit it and correct it immediately. If you do edit a posting online, make it clear that it has been updated or edited – don't just try to make a change and pretend you never made the error. Remember that everything posted on the Internet even for a second may live on forever.

Don't violate someone else's privacy or the personal rights of others. If you wouldn't want to see the post about you then you probably shouldn't make the post about someone else.

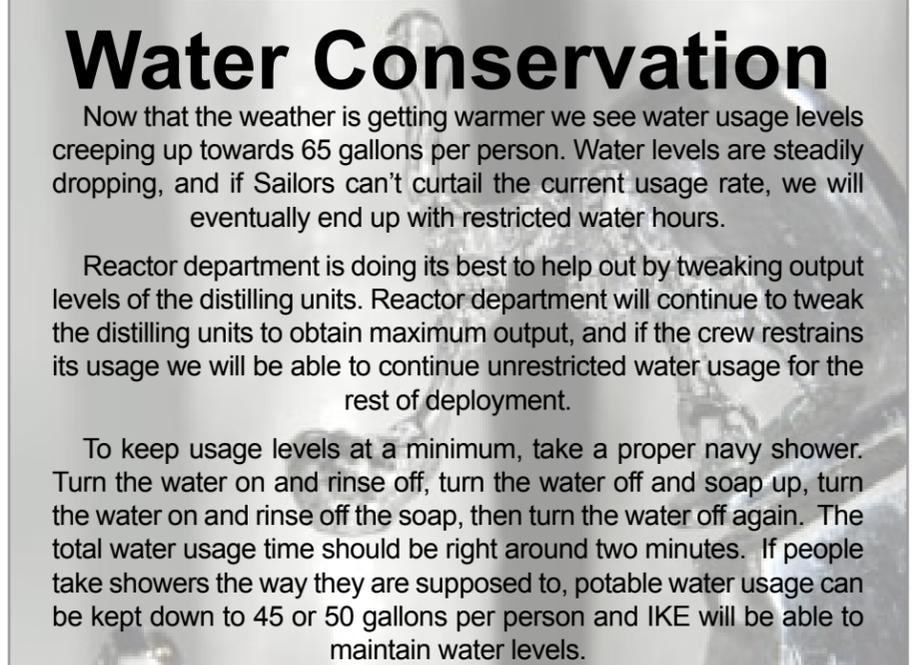
Don't release internal Navy information or documents that have not been approved for re-lease elsewhere. If you're not sure, ask your chain of command or a local public affairs officer.

Don't use your command's or the Navy's name to endorse events, products, companies, opinions or causes. Consult with legal or public affairs for specific guidance.

Use disclaimers. Identify that your views are yours alone and not of that of the U.S. Navy or the government, such as: "The postings on this site are my own and don't necessarily represent the U.S. Navy."

Talk about what you know and do not discuss issues outside of your personal experiences (as deemed acceptable) or areas where your professional expertise lies.

Avoid the offensive and use best judgment. Refrain from using profanity or uploading questionable and offensive material, including hate speech. Consider whether the information you're posting and the way you're presenting it could be taken out of context or used against the U.S. Navy, nation, your command or you. Be aware of the image you present.



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Wednesday, June 30, 2010
Vol. IX Issue 151
View online at
www.eisenhower.navy.mil/5Star.html
or
Outlook:Public Folders/PAO/5 Star

Proudly serving the crew of USS Dwight D. Eisenhower (CVN 69). 5 Star is published by USS Dwight D. Eisenhower's (CVN 69) Media Department for the IKE crew. Contents are not necessarily the views of, nor endorsed by, the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of USS Dwight D. Eisenhower (CVN 69). Editorial content is prepared and edited by USS Dwight D. Eisenhower's (CVN 69) Media Department. IKE's 5 Star is distributed daily underway and on Fridays inport on the forward and aft mess decks, Flag Mess, the CPO Mess, First Class Mess, Wardrooms I, II and III, RELMIN, MWR, IKE Mall and 7-11.

WEDNESDAY'S IKE MOVIE SCHEDULE

Channel 5

8:30 a.m. Da Vinci Code
10:30 a.m. Angels and Demons
12:30 p.m. My Best Friend's Wedding
3 p.m. Space Chimps
5:30 p.m. Feel the Noise
7:30 p.m. IKE News
8 p.m. Da Vinci Code
10 p.m. Angels and Demons
12 a.m. My Best Friend's Wedding
2 a.m. Space Chimps
4 a.m. Feel the Noise

Channel 6

8:30 a.m. Dear John
10:30 a.m. Post Grad
12:30 p.m. When in Rome
3 p.m. Tooth Fairy
5:30 p.m. X Files: I Want To Believe
7:30 p.m. IKE News
8 p.m. Dear John
10 p.m. Post Grad
12 a.m. When in Rome
2 a.m. Tooth Fairy
4 a.m. X Files: I Want To Believe

Channel 7

8:30 a.m. The Breed
10:30 a.m. Secret of Moonacre
12:30 p.m. The Hills Have Eyes 2
3 p.m. Valentines Day
5:30 p.m. Bug
7:30 p.m. IKE News
8 p.m. The Breed
10 p.m. Secret of Moonacre
12 a.m. The Hills Have Eyes 2
2 a.m. Valentines Day
4 a.m. Bug

Channel 8

8:30 a.m. SERE Training
10:30 a.m. 3M Ladderwells/Flushometers
12:30 p.m. Coping with Military Separations
3 p.m. Sexual Assault: It Could Happen to You
5:30 p.m. RSEP: Islam and the Middle East
7:30 p.m. IKE News
8 p.m. SERE Training
10 p.m. 3M Ladderwells/Flushometers
12 a.m. Coping with Military Separations
2 a.m. Sexual Assault: It Could Happen to You
4 a.m. RSEP: Islam and the Middle East