

The Gettysburg Chronicles

Ombudsman Newsletter

Captain's Blog

As 2010 comes to an end, looking back at all the things IKE has accomplished over the past year is truly amazing. Some of the most notable achievements include receiving the Secretary of Defense Phoenix Award for maintenance, the Chief of Naval Operations Environmental Quality Award, the Ramage Award, the Admiral Flatley Memorial Award, and of course completing a successful seven month deployment. None of this could have been accomplished without you - the families, friends and loved ones who unconditionally support your sailors whether they are deployed at sea or ashore in the shipyard. Thank you! Your sacrifice and support has been terrifically important in achieving our mission over the past year. I'm looking forward to 2011 and I am confident the IKE will become even greater than it she has been in 2010!

While celebrating the New Year, please be extra cautious on the roads. Not only is it a more dangerous due to irresponsible drivers, the weather continues to make the roads more treacherous than normal. If at all possible, find some place to stay indoors and off the roads as you ring in the New Year. If you do celebrate into the wee hours, please don't hesitate to use the IKE Safe Ride program or designate a sober driver to ensure you arrive at your destination safely and without incident. My Christmas wish is that we are all here, uninjured, as we get back to our daily routine on the 3 of January.

Although the weather has tried to stop us, our PIA period continues to be a success. The amount of work done on a daily basis is remarkable. Before you know it, IKE will be back on the waterfront and contributing to the business of the fleet!

All the best in 2011!!

Captain Marcus A. Hitchcock
Commanding Officer
USS DWIGHT D. EISENHOWER (CVN 69)



Ombudsman

Navy Family Ombudsmen are communications links, information and referral resources, and advocates for command family members. Appointed by the Commanding Officer, Command Ombudsmen are volunteers and spouses of service members within the command. As an official command representative, the Ombudsman is 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 will be unique to the command's size and needs. For more information, including frequently asked questions, e-mail us at ikeombudsman@yahoo.com.

January 2011

Seventeenth Edition

Captain's Blog

Calendar, MWR, Scholarship info

New to the Navy info

IKE FRG News



Your IKE Ombudsman Team

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Looking For A Scholarship?

Wings over America Scholarship Foundation, was established in 1987. Our mission is to provide college scholarships to dependent children and **SPOUSES** of all US Navy - officer and Enlisted - active duty, retired or deceased who served within Naval Air Forces (Carriers, Wings, Squadrons, etc.) Recipients are selected on the basis of scholastic merit and **Community Service**. Wings over America annually sponsors over forty scholarships to students who have chosen to continue their education. The foundation is funded solely through the generous contributions of private and corporate sources, and has proudly awarded over \$375,000 to outstanding students since 1987.

Apply starting October 1

Christine Wilson

Wings Over America Scholarship Foundation

4966 Euclid Rd. Suite 109

Virginia Beach, VA 23462

757-671-3200 x 118

www.wingsoveramerica.us

January 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
						1 Happy New Year!
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

ANNOUNCING JANUARY 17 LAUNCH OF MILITARY ONESOURCE TAX SERVICES!



Event highlights for the week of Tuesday - Sunday, January 3 - 9, 2011

Single Sailor

Admirals Hockey Trips
January 8 - vs. Connecticut
January 29 - vs. Springfield
Departing NSA Northwest JFC at 6 p.m. & returning by 11 p.m.
Call **421-8104** for details.

Wintgreen Ski Trip
Saturday, January 22
Departs Naval Station Norfolk, C9 at 4 a.m.
Cost is dependent on rank & includes transportation, ski board rentals & lift ticket.
Call **444-4033** for details.

For phone numbers & more information, visit www.mwr.com/entertainment/entertainment.asp.

Youth Activities

Kids Movie Night
Friday, January 7
NSA Youth Center, 6 to 8:30 p.m.
Open to children ages five to 12, \$5 per child includes dinner & movie. Sign up by Wednesday, January 5.
Call **396-2506** for details.

Teen Masquerade Ball
Saturday, January 8
JEB Little Creek Youth Center, 8 to 10 p.m.
Open to teens ages 13 to 18, \$2 per child, snacks available for purchase.
Call **462-8718** for details.

New Year's Dance
Friday, January 18
JEB Fort Story Youth Center
Ages five to 12 - 6 to 8 p.m.
Ages 13 to 17 - 8:30 to 10 p.m.
Only \$2 per person, free for families of a deployed sailor.
Call **422-7714** for details.

For childcare registration, visit www.ww2navy.mil/OWWeb/.

Fitness & Sports

2011... New Year, New You!
Many area fitness facilities are offering new incentive programs to help you lose weight & stay fit! Call your center for details.

Real Ryder Spin Class
NSA Norfolk Fitness Center, NH40 Chapel
Monday, Wednesday & Friday
Limited number of bikes available!
Call **835-1510** to register.

Indoor Soccer Leagues
MWR Portsmouth Gyms
League play begins Tuesday, January 11.
Call **953-7188** to register.
NSA Norfolk Fitness Center
League play begins Wednesday, January 12.
Call **866-1810** for details.

Winter Swim Lessons
January through March
Naval Station Norfolk, building V-73
Two sessions available, classes vary according to age.
Call **445-0063** for details.

COMING SOON
30 & Older Basketball Leagues
NSA Norfolk, Fitness Center
League play begins Monday, January 10
Call **866-1810** for details.
NAS Oceana, Fitness Center
League play begins Tuesday, January 11
Call **433-2200** for details.

Level One NIFFS Workouts
Wednesday, January 12 & 26, 11:30 a.m.
JEB Little Creek, Anacostia Hall
Call **462-2399** for details.

For more information on fitness activities, visit www.mwr.com/entertainment/MWRFitness.

NAS Oceana, Aerotheater - **433-2495**
JEB Little Creek, Gator Theater - **462-7534**
SHOWTIMES FOR BOTH THEATERS:

Harry Potter & The Deathly Hallows (PG-13)
Friday, January 7 at 7 p.m.
Sunday, January 9 at 4 p.m.

Tangled (PG)
Saturday, January 8 at 1 & 4 p.m.
Sunday, January 9 at 1 p.m.

Burlesque (PG-13)
Saturday, January 8 at 7 p.m.

Love & Other Drugs (R)
Sunday, January 9 at 7 p.m.

For more information & full movie schedules, visit www.mwr.com/entertainment/MWRDecorations/Bowling.

Bowling

8 & 9-Pin No-Tap Tournament
Saturday, January 8, 2 p.m.
JEB Little Creek, Gator Bowl
Only \$20 per person to enter.
Call **462-7952** for details.

Check your center for details on **Cosmic Extreme Bowling** Lunch Specials & Party Rentals!

For more information on bowling activities, visit www.mwr.com/entertainment/MWRDecorations/Bowling.

Golf

Free Golf Clinic!
Saturday, January 8, 10 a.m. to noon
JEB Little Creek, Eagle Haven Golf Course
Start your new year with professional tips.
Call **462-8526** for details.

For more information on Golf activities, visit www.mwr.com/entertainment/MWRDecorations/Golf.

Are You New to IKE or The Navy?

Are You new to The Mighty IKE, or the Navy??? Well If so a GREAT BIG WELCOME ABOARD!! We would like to encourage you to educate yourselves as much as possible with the information We (Your Family Readiness Team) provide you. On the Next page is a great source of information that will help you on your journey to become GREAT Navy spouses. Remember it is our job as Navy spouses to make sure the home front is maintained and secure, while our sailors are deployed. If you haven't already We strongly recommend you get on the Ombudsman, and FRG e-mail list at: ikeombudsman@yahoo.com & ikefrg@yahoo.com You don't want to be the only one without information especially during a deployment. Your sailors rely on you, while they are away, So It is vital to mission readiness that we know our job.

Helpful links and Information

WELCOME TO THE NAVY FAMILY!

As the wife or husband of a service member, you are eligible for many benefits, including health care, shopping privileges on base, and access to base facilities and programs. Once you arrive at a military installation, visit the Fleet & Family Support Center to find useful information on benefits and services. You'll find it helpful to attend orientations for military spouses and to read all the information available to you. In the meantime, here is a quick checklist to get you started.

The Basics

Ask your spouse to enroll you in the Defense Enrollment Eligibility Reporting System (DEERS). All service member and their dependents must be enrolled in DEERS to receive medical benefits. It is up to your spouse to enroll you. Check the website for information <http://www.tricare.osd.mil/deers/update-info.cfm>.

Obtain a military identification card from the ID card facility. To receive benefits as a military spouse, you will need an identification card. All family members, including children ages 10 and older, will need their own ID cards. Your card will allow you access to military bases, exchanges, and commissaries, and will make you eligible to receive a medical card. You will need your marriage license, birth certificate, photo identification, and Department of Defense Form 1172 (application form) to apply for an ID card. To find the office nearest you, go to <http://apps.mhf.dod.mil/pls/psqprod.f?p=MI.ENTRY.416232623683468>. Under "Select a program or service" scroll down to: ID/CAC Card Processing; then, enter an installation.

Register your car on base. You can do this through the Security Office on base. Check with them to see what documents you'll need, but expect to bring your driver's license, Department of Motor Vehicles registration, and proof of car insurance.

Ask your spouse to list you as a beneficiary on his or her Serviceman's Group Life Insurance (SGLI) policy. This is the time for your service member to update his or her record of emergency data sheet (DD Form 93). <http://www.insurance.va.gov/splSite/SGLI/SGLI.htm>

Determine whether you should change your state and federal income tax status to reflect your marital status. Check with the legal office or the Volunteer Income Tax Assistance program (VITA) on base to ensure you are doing what is right for your situation.

Memorize your spouse's Social Security number. You will need it for all sorts of paperwork and forms.

Know your Sailor's rate, rank, department or division, email, mailing address and full command name. Make sure your whole family has this information.

Know who your Command Ombudsman is. The Ombudsman is a spouse of a member of the command who voluntarily serves as the official liaison between the command and its families. Ombudsmen provide resource and referral, assistance during times of emergency and rapid communication between the families and the command. Ask your spouse for the name and phone number of your Ombudsman.

Develop your own Family Preparedness Plan. It is important to be prepared in advanced of any disaster – either natural or man made. Further information may be obtained at the following website: http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FamilyLine/FamilyPreparedness/index.htm

Once you have the basics taken care of, you will want to become familiar with all the other benefits and services you are eligible for as a military spouse. Here are some of the most important ones you will want to know about.

Health Benefits

Tricare <http://www.tricare.osd.mil/> As active duty dependents, you and your children will be eligible for health care. You and your spouse should review the types of plans that are available to you and determine which meets your needs best. You must be enrolled in DEERS (see above) to receive health benefits.

Dental <http://www.tricare.mil/mybenefit/home/Dental> Tricare offers a voluntary premium-based dental insurance plan for active duty family members. You and your service member should discuss your family's need to participate in this optional plan.

Housing

Housing <http://www.housing.navy.mil/onestop> The Housing website contains information on Navy quarters around the world. Learn about waiting lists, view floor plans and photos, and search the site for other relocation topics.

Deployment

Deployment http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportServices/DeploymentReadiness/index.htm If your spouse is in the Navy, chances are he/she will deploy at some point. This website contains information on getting prepared, communicating with your spouse during deployment, personal and financial readiness, and strategies for helping children. You will also learn about deployment support systems, the impact of deployment, and the emotional cycle you may experience.

Individual Augmentation (IA) http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportServices/CourseCalendarandRegistration/IndividualAugmenteeEventsforSpousesandFamilyMembers/index.htm A Sailor who leaves their assigned unit or command to deploy individually or with a small group is known as an Individual Augmentee. Log onto this website to learn more about the IA program and to access helpful information such as a family handbook, pay and benefits, emergency services, support networks, IA family events and chaplain information.

Children

New Parent Support <http://www.militaryonesource.com/MOS/FindInformation/Category/Topic/Issue/Material.aspx?MaterialID=14058> The New Parent Support Home Visitation Program was developed to assist military families in ways that friends and family do when you're back home. This program offers expectant parents and parents of newborn and young children the opportunity to learn new skills as parents and to improve old ones in the privacy of your home.

Children and Teens http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/ChildAndYouthPrograms/index.htm The Navy's Child and Youth programs are among the highest quality in the nation. The programs serve eligible children ages 4 weeks to 18 years. Learn about the Navy's Child Development Centers (CDC), youth and teen programs, after school and day camps, and much more.

Financial

Leave and Earnings Statement (LES) The LES is a comprehensive statement of leave and earnings. It is unique to each individual sailor. Learn to read and understand your Sailor's LES. http://www.dfas.mil/militarypay/militaryemploymentverification/navy_reading_your_les.pdf

Defense Finance and Accounting Services <http://www.dod.mil/dfas/> Information about military pay. From this site you can link to MyPay, <https://mypay.dfas.mil/mypay.aspx> which allows you to manage your pay, LES, W-2s, and more. A login and PIN are required.

Personal Financial Management Financial awareness and responsibility through a life-cycle approach is key to the personal readiness of Sailors and families. Learn about financial planning and strategies. Check with your local Fleet and Family Service Center (FFSC) http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/FamilyReadiness/FleetAndFamilySupportServices/PersonalFinances/index.htm for financial management classes.

Navy Pay and Benefits Guide <http://www.npc.navy.mil/NR/rdonlyres/7487DB4A-3727-4A77-AF7E-B64F4D279694/0/NavyPayandBenefitsGuide.pdf> Provides additional information about benefits to Sailors and their families.

Moving

Moving and Relocation <https://www.smartwebmove.navsup.navy.mil/swm/> Moving is a way of life for Navy families. This website contains important information to help make your move a smooth one. Please be aware that housing allowances change according to the duty station. This means your Sailor's pay may be more or less when you move. Make sure you know what your pay and allowances will be before you sign a lease or purchase a home.

Plan My Move <http://apps.mhf.dod.mil/pls/psqprod.f?p=107:1:3499702659455599> Provides planning tools, information and points of contact for your new duty station, checklists, benefit and entitlement details and education and employment options.

News From Our IKE FRG

Ships Mailing Info
Sailor's Name/Rank & Division
USS Dwight D. Eisenhower (CVN-69)
FPO AE 09532-2830
NNSY Q-Deck # 757-323-1205

Ombudsman
Newsletter

Your IKE FRG Meetings

IKE FRG Meetings are the First Wednesday of Every Month at London Bridge Baptist Church off of Potters Road in Virginia Beach. The Meeting Starts at 6:30. Child care will be provided at no charge.. **ONLY** if you **RSVP** with proper notice to ikefrg@yahoo.com. Our Next Meeting Is Feb. 2nd , 2011 See you there!



Please Welcome the Newest Members of our IKE Family Readiness Team

We Would like to take this time to Welcome The Newest Members of our IKE Family Readiness Team

- Lindsey Chacon (FRG)
- Alma Mitchell (FRG)
- Sherry Morgan (IKE Ombudsman)

We thank you ladies for your Volunteerism, hard work, and dedication to the Mighty IKE and Her Families.



IKE Merchandise

We have great new merchandise for sale! T-Shirts, Sweatshirts, Hats, Beanies and MORE!

View our inventory at www.ikefamily.com/merchandise or contact us at