



PCU SPRUANCE



WHILE THE RAIN AND RECENT WARMER TEMPERATURES HAVE MELTED SOME OF THE SNOW, THERE IS STILL PLENTY ON THE GROUND TO REMIND US OF HOW WONDERFUL SAN DIEGO WILL BE!

Welcome To Maine SPRUANCE Sailors!

Hello SPRUANCE Sailors and Families! This edition of the newsletter is dedicated to all of the Sailors and Families that are now on opposite ends of the USA and facing the start of an extended "land deployment." I hope that you will find some tools and

resources that will help you not only survive, but flourish, during this time.

I want to welcome all of the Sailors that have recently made the trip from sunny San Diego to snowy Maine. Luckily, I think the majority of you have missed out on the frigid blasts of arctic

air and the ever increasing piles of snow. I hope that these pictures help remind you of how lucky you are to arrive in Maine in April....

- Jennifer Burnham
SPRUANCE Ombudsman



DECEMBER 6, 2010



JANUARY 12, 2011



FEBRUARY 3, 2011

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CAPTAIN'S TABLE

Dear SPRUANCE shipmates and families,

This has been a busy and exciting period as the ship nears completion! The pace continues to pick up, and there will likely be some long work days ahead for your Sailor as we prepare for 3-weeks of Combat Operations training in Wallops Island, VA, preparations for the upcoming engineering assessment, Navigation and Deck certifications, and Force Protection certification. We are also in the process of inspecting and accepting each space on the ship, then loading it with all of our equipment, parts, and tools in preparation of moving aboard the ship in mid-June.

We completed two successful sea trials in February and March. The first trial was a brief 27-hour underway period designed to assess our new machinery control system, the first-ever in the Navy. The second sea trial in March was the final "Acceptance Trial" during which the Navy's Board of Inspection and Survey (INSURV) rides the ship to ensure that everything onboard was built and installed according to Navy specifications. This trip included weapons firing exercises in which our crew fired two Standard Missile 2's (SM-2), dozens of rounds of 5" ammunition from the 5"/62 Gun Weapon System, hundreds of rounds of 20mm ammunition from the Phalanx Close-In Weapons System (CIWS), and a few dozen rounds from the ship's chaff decoy launchers, a system which helps decoy enemy missiles away from the ship. Every evolution which involved ship's force was executed flawlessly and was praised by SUPSHIP and INSURV as the best they had seen during a new DDG's sea trials!

During those sea trials, the INSURV inspectors, inspectors from the Supervisor of Shipbuilding (SUPSHIP), and members of SPRUANCE crew were inspecting every inch of the ship for discrepancies in construction. Though we found numerous discrepancies, Bath Iron Works still builds the best ship in America, and they are on track to correct all of the things we found before the crew moves aboard the ship.

Preparations continue for the ship's Commissioning ceremony to be held in Key West, FL on October 1st, 2011. This is a once-in-a-career opportunity for most Sailors, so I highly encourage maximum participation by family and friends in the ship's Commissioning. We have arranged affordable options through the Naval Station Key West MWR for 2 and 3 bedroom rentals on base, as well as discounted hotel rates in Key West.

I thank the entire crew for your continued superb performance, and I thank our families for their unwavering support and sacrifices. We are working hard to make you all proud!

CDR Tate Westbrook, USN
Commanding Officer

Executive Officer's Corner

Hello from Maine Team SPRUANCE! I made the transition out to the Pre-commissioning Unit from San Diego in February just as many of your sailors have done and will do so over the next few weeks. It has been a wonderful time to be in Maine with the ship and part of the crew. We have completed multiple training events culminating in two Sea Trials. You will read in the department updates the specific accomplishments of your various loved ones and the Captain has already talked about the importance of these trials. The bottom line is everyone worked extremely hard both in Maine and in San Diego to prepare for these events and set the stage for the upcoming months. Along the way, they have set some records, achieved some firsts, and lived up to Admiral Spruance's legacy.

As I said, it is great to be here with the ship in Maine. However, it is extremely hard to be apart from my family. In this issue of the Newsletter, the Ombudsman has worked hard to provide resources and ideas on how to deal with this separation. The Captain and I both refer to this as a land deployment and for many it is the hardest type of separation. Those who are in Maine are focused on the ship's mission in the same manner as they would on deployment. Working long hours and with a significant time difference between here and San Diego there is the opportunity for a number of days to pass without any meaningful communication. Don't let this happen to you. Communication is the key to any successful relationship, business, or endeavor. Use the resources we have provided, ask for the advice from others who have been there and make the effort to communicate about what is going on in your lives.

Commissioning is just around the corner. The City of Key West and Navy League plan to ensure Commissioning is a once in a lifetime event. They are committed to providing the best for our sailors, our families, and the ship. One of those efforts is to provide an affordable housing option for families. There is a flyer in this issue providing you some of the specifics. Please take the opportunity to let us know if you want to reserve one of the options listed.

Once again, I thank each of you for your service and the support you provide. Have a wonderful day. I look forward to talking with you again soon.

Sincerely,

XO



Captain, Ashley, XO and Michelle in Key West in front of Trolley 111!



SPRUANCE Underway on Acceptance Trials

COMMAND MASTER CHIEF CMDCM Gregory Radel, USN

Spruance Families,

I hope that each and every one of you enjoyed your holiday season. As we move forward in the New Year the crew of SPRUANCE will face new and exciting challenges. We recently transferred around 50 Sailors from San Diego, and by the end of this quarter the remaining Sailors of SPRUANCE will be located in Maine with the ship. Up until this point we have had members stationed in San Diego, Norfolk, and on temporary assignment all around the world. So it sure is a great feeling to finally come together in one location and prepare to bring the ship to life.

On the 21st of January we recognized SPRUANCE's first ever Sailor of the Year. For 2010 the Sailor of the Year was YN1(SW/AW) Christina Brown. The ceremony was conducted during the Surface Navy Association luncheon in Bath Maine.

I want to wish all of the First Class Petty Officers that recently received the results for Chief Petty Officer eligible list, good luck and hopefully we will be selecting several well deserving Chief Petty Officers later on this summer. Finally, I know that we still have a couple of challenging months of weather ahead of us, so I urge all you to be careful out there on the roadways.

Take Care,
Command Master Chief



Hello From MICHELLE KESSLER

Hello, I would like to take this opportunity to introduce myself and let you all know how excited I am to be part of the SPRUANCE family. I trust everyone had a wonderful holiday season and you are now ready for spring. We have settled down in Chula Vista with our four children and dog, Cody, and enjoyed the San Diego weather over the past year.

I have had the pleasure of meeting many of you while you were stationed here or here temporarily for classes. In addition, I had the distinct pleasure of attending the Christening in Maine last June. There I met some of the other crewmembers and their families. We have a great Navy family here on SPRUANCE.

George transitioned out to Maine in February and I know many of you will experience the same separation in the near future. Please use the resources the Ombudsman has put together in these pages and know you are not going through this as a single individual or family. We are all here for each other as part of the SPRUANCE team.

As I look to the future, I know a wonderful time awaits us in Key West for the Commissioning. The city is rolling out the red carpet for SPRUANCE and it will be a marvelous time. I am proud to be a part of this new ship and look forward to getting to know and support the crew and their families as we bring this ship alive and make it one of the best in the Navy. I look forward to seeing everyone soon and the time when we will have the SPRUANCE here in San Diego.

Take Care and God Bless,
Michelle



**The Kessler Quadruplets showing some
SPRUANCE Pride!**



**Michelle & the Quadruplets
in San Diego**

ASHLEY WESTBROOK

April marks the start of an extended land deployment for many of our Sailors and their families.

This issue is dedicated to the family members who are left behind. I asked the SPRUANCE community what their number one piece of advice is for families facing their first (or 10th!) deployment. Here are some answers:

"WHAT ADVICE DO YOU HAVE FOR FAMILY MEMBERS FACING A DEPLOYMENT?"



From a Sailor's Perspective:

MY ADVICE TO FAMILIES IS SEND CARE PACKAGES. NOTHING MAKES A DEPLOYED SAILOR HAPPIER THAN GETTING SOMETHING FROM HOME- ESPECIALLY IF IT INCLUDES FOOD. WHEN YOU EAT THE SAME THINGS FOR 6 MONTHS, IT'S NICE TO GET VARIETY.
- LTJG HELEN EAVES

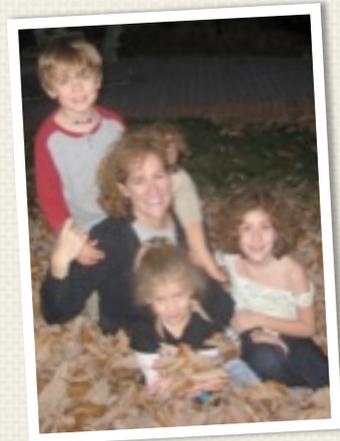
DEPLOYMENTS AND FAMILY SEPARATION ARE SO HARD, BUT UNFORTUNATELY A PART OF THIS NAVY LIFE. EACH OF US ARE DIFFERENT AND WHAT WORKS FOR ME, MAY NOT WORK FOR YOU.

THE THINGS WHICH HAVE CONSISTENTLY HELPED OUR FAMILY THE MOST OVER THE YEARS ARE

1.) KEEPING A CALENDAR COUNTDOWN WITH THE KIDS - FIND AN INEXPENSIVE FULL YEAR CALENDAR, MARK THE DATE THE SHIP RETURNS AND ANY VISITS WITH YOUR SAILOR, THEN EACH DAY LET THE KIDS MARK OFF THE DAYS UNTIL THE REUNION. THIS HELPED MY KIDS A LOT DURING OUR LAST LONG FAMILY SEPARATION AS THEY COULD SEE THE END 'IN SIGHT.'

3.) THE PHRASE "THIS TOO SHALL PASS." ON THOSE LONGEST DAYS, PARTICULARLY WHEN THE KIDS WERE LITTLE AND I DID NOT THINK I COULD MAKE ONE MORE MEAL OR CHANGE ONE MORE DIAPER OR CLEAN UP ONE MORE MESS, OR ANSWER ONE MORE KID QUESTION, I WOULD STOP, TAKE A DEEP BREATH (OFTEN HAVE A LITTLE CRY) AND SAY TO MYSELF..."THIS TOO SHALL PASS"...AND IT DID.

MY THOUGHTS AND PRAYERS ARE WITH YOU ALL AS YOU SAY GOOD BYE TO YOUR AMAZING SAILOR!



JAMIE RADEL

STAY AS BUSY AS POSSIBLE. THE BUSIER YOU ARE THE MORE TIME FLIES.



HAVING A JOB REALLY HELPS ME OUT. KEEPS MY MIND OFF OF MY SAILOR BEING GONE. I MAKE AS MANY PLANS AS POSSIBLE FOR MY WEEKENDS. VISITING FRIENDS AND FAMILY OR HAVING FRIENDS AND FAMILY OVER FOR A VISIT. I STAY INVOLVED WITH MY SON AND HIS SCHOOL WORK. I WORK ON MY HOBBIES THAT HAVE BEEN PUT OFF. MY FAVORITES ARE SCRAPBOOKING AND GARDENING. WORKING OUT IS ALSO A GOOD AT

HELPING KEEP ME OCCUPIED. I WALK MY DOG MORE WHEN MY SAILOR IS GONE, GOOD FOR ME AND MY DOG.

JUST ALWAYS KEEP IN MIND WHY WE MARRIED OUR SAILOR. IN THE LONG TERM WE CAN'T IMAGINE OUR LIVES WITH OUT THEM, SO OF COURSE WE CAN DEAL WITH THE SHORT TERM OF THEM BEING GONE FOR A FEW MONTHS.

As a member of a Military Family you have a wealth of resources available to you.

“WHERE CAN I TURN FOR HELP?”

Fleet and Family Support Center

Naval Base San Diego
Bldgs 259 & 263
(619) 556-7404

They have deployment packets available for anyone who would like one - just ask!

Your SPRUANCE Ombudsman:

Jennifer Burnham

SpruanceOmbudsman@gmail.com

207-350-9200

I have deployment packets available for any families in Maine that would like one.

Military OneSource

www.MilitaryOneSource.com

800-342-9647

‘Military Family’ doesn’t just mean Spouses and Children.

Having a child in America’s Navy isn’t without its challenges. If this is your child’s first time away from home it can be tough on him or her – and on you. Luckily you’re not the first parent to weigh the risk and to walk this road – in fact, you can learn a lot from those who have at sources like www.NavyForMoms.com.

JENNIFER BURNHAM



ASK FOR HELP. I THINK THAT MILITARY FAMILIES ARE OFTEN TOO PROUD TO ASK FOR HELP WHEN THEY NEED IT.

WHETHER IT BE FOR HELP WATCHING YOUR CHILDREN FOR A FEW HOURS SO YOU CAN TAKE A LOOOONG HOT BATH, HELP RUNNING ERRANDS, OR EVEN COOKING MEALS - LEAN ON YOUR SUPPORT NETWORK AND LET THEM TAKE SOME OF THE BURDEN OF DEPLOYMENT AWAY.

JENNIFER HYATT



MY ADVICE WOULD BE TO EMBRACE THIS TIME WITH A SENSE OF OPTIMISM AND KNOW THAT YOU CAN FACE THE CHALLENGE OF A DEPLOYMENT AND COME OUT EVEN STRONGER IN MIND, BODY AND SOUL BY UTILIZING THE RESOURCES THAT ARE AVAILABLE.

MEGAN KENNEY



VERIFY THAT YOU HAVE AN UPDATED POWER OF ATTORNEY AND THE SERVICE MEMBER’S PAGE 2 IS CURRENT. ALSO, IF THERE IS A PROJECT OR INTEREST YOU HAVEN’T HAD AN OPPORTUNITY TO INDULGE IN, MAKE THE TIME, EVEN THOUGH YOU MAYBE MISSING YOUR SPOUSE, YOU HAVE SOMETHING SPECIAL TO LOOK FORWARD TO AND PURSUE WHILE THEY ARE GONE.

Your local MWR is a great resource - let them help you fill the time until your Sailor returns.

MWR – the Place for Spouse and Family Fitness Looking for a fitness program geared to spouses? Look no further than your MWR department. Tons of programs are in place to help spouses get in shape, stay in shape, and meet new people while getting a workout in. Each installation has programs that vary in concept and design, so there is something for everyone. Here's a snapshot of some of the more popular programs you may find on your installation:

Stroller Strut – Outdoor fitness on a track which combines intervals of walking and running along with strength and endurance exercises.

Morning Movers – Outdoor exercise class and walking program offered at the school bus stop to get parents moving once their child is on the bus.

Saturday Program – Structured play for children ages 5 – 12 in two-hour intervals giving parents time to work out. The local Commissary provides healthy snacks.

Family Zumba – Mom and children ages 4 and up enjoy the Zumba craze.

Many installation fitness centers now have family member work out spaces that allow parents to supervise small children in a play area while they work out. Some centers are now equipped with exercise equipment for school aged children to get them actively involved in fitness at a young age and help develop a culture of fitness that will last a lifetime.

Whatever your fitness needs, check out your local MWR fitness programs or contact your Installation fitness professionals to get you started.

SAN DIEGO NAVAL BASE MWR TICKET OFFICE
ADMIRAL ROBINSON RECREATION CENTER/OAC
BLDG#: 3223
HOURS: MON-FRI: 9 AM-5 PM / SAT: 9 AM-2 PM
PHONE: (619) 556-2180

NAVAL BASE CORONADO (NAB / NASNI)			
NAB Athletics Office • Bldg. 162 • 619-437-3066			
North Island Athletics Office • Bldg. 651 • 619-545-2876			
Event	Start Date	Time	Location
Jodgeball Tourney	March 1	11 am-1 pm	NASNI Sports Warehouse Gym, Bldg. 651
Evening Soccer League	March 8	5-8:30 pm	NASNI Towers Fields 1 & 2
Singles Racquetball Tourney	March 14	11 am-1 pm	NASNI Courts, Bldg. 286 & 478
Volleyball League	March 14	11 am-1 pm	NASNI Sports Warehouse Gym, Bldg. 651
Traditional Bench Press Contest	March 16	11 am	NASNI Main Fitness Center, Bldg. 281
Ultimate Frisbee Tourney	April 11	11 am-1 pm	NASNI Towers Fields 1 & 2
Regeneration Class	April 13	12-12:30 pm	NASNI Main Fitness Center, Bldg. 281
Singles Racquetball Tourney	April 18	11 am-1 pm	NAB Gym, Bldg. 162
Opening Day Softball Tourney	April 23	8 am-4 pm	NASNI Towers Fields 1 & 2

NAVAL BASE SAN DIEGO (NBSD)			
NBSD Athletics Office • Bldg. 3279 • 619-556-7444			
Event	Start Date	Time	Location
Free Throw/3-Point Contest	March 3	4-6 pm	NBSD, Bldg. 3279
March Madness Basketball Tourney	March 14-18	5:15-8:15 pm	NBSD, Bldg. 3279
St. Patrick's Day 5K Run/1-Mile Walk	March 16	10 am	NBSD Track, behind Bldg. 3279
19th Annual Wool Walk	March 26	9 am	NBSD, Picnic area behind Bldg. 3417
Spring Basketball League	April 18	5:15-8:15 pm	NBSD, Bldg. 3279
Spring Softball League	April 18	5:15-8:15 pm	NBSD Fields

NAVAL BASE POINT LOMA (Main Base / NMAWC)			
NBPL, Main Base Athletics Office • Bldg. 1 • 619-553-6457			
NBPL, NMAWC Athletics Office • Bldg. 17A • 619-524-5455			
Event	Start Date	Time	Location
Family Fitness & Movie Night	March 4	5:30-8:30 pm	NBPL, NMAWC, Bldg. 42
Softball Base Championship	March 15	11:30 am	NBPL, NMAWC, Softball Field
St. Patrick's Day Heartbreak Hill Challenge	March 17	11:30 am	NBPL, Third Fleet Complex, Bldg. 69
Flag Football Base Championship	March 21	11:30 am	NBPL, NMAWC, Fields
Lunchtime Flag Football Tourney	March 29	11 am-1 pm	NBPL, Main Base, Fields
Softball Base Championship	March 29	11 am-1 pm	NBPL, Main Base, Softball Field
Spring Softball League	April 12	11:30 am	NBPL, NMAWC, Softball Field
Spring Basketball League	April 12	11 am-1 pm	NBPL, Main Base, Bldg. 1
Spring Volleyball 4-on-4 Tourney	April 15	11 am-1 pm	NBPL, Main Base, Bldg. 1
3-Point Basketball Shootout	April 18	11 am	NBPL, Main Base, Bldg. 1
Spring Aerobathon	April 20	11 am	NBPL, NMAWC Outdoor Courts
7th-Star Softball Tourney	April 27	11:30 am	NBPL, NMAWC, Softball Field

The Stages of Deployment

Before They Leave...

- ◆ Expectation of separation
Some feelings: denial, fear, anger, resentment and hurt.
- ◆ Emotional withdrawal
Some feelings: confusion, ambivalence, anger, pulling away.
- ◆ Emotional confusion
Some feelings: sense of abandonment, loss, emptiness, pain, and disorganization.



While They're Away...

- ◆ Adjustment (from 1-6 weeks after separation and throughout most of deployment)
Some feelings: hope, confidence, calm, less anger, loneliness.
Activities: establishing routine, establishing communications, self-growth.
- ◆ Adjustment (most of deployment)
Some feelings: hope, confidence, calm, less anger, loneliness.
Activities: establishing routine, establishing communications, self-growth.

Before They Return...

- ◆ Expectation of reunion
Some feelings: apprehension, excitement, high expectations, worry and fear.
Activities: planning homecoming, cleaning, dieting.



Now That They're Home...

- ◆ Honeymoon (or ...)
Some feelings: euphoria, blur of excitement.
Activities: talking, re-establishing intimacy, readjusting.
- ◆ Readjustment (6-8 weeks following return)
Some feelings: uncomfortable, role confusion, satisfaction.
Activities: renegotiating relationships, redefining roles, settling in.



Feelings and activities at each of these stages may be different for each of us, and that is okay.



For more information, call FFSC at 619/556-7404, or visit us online at www.cnrsw.navy.mil/fsc.

AROUND THE SPRUANCE



TOP LEFT: STG2 BOLTON, FC3 JACOB MARTIN, FROSTY'S OWNER, GM1 SAUNDERS, AND SH1 BERNABE CELEBRATE THE GENEROUS DONATION OF MAINE'S BEST DONUTS.

MIDDLE LEFT: LS2 DRUPAUL SINGH GIVES DC1 JOSHUA CORBITT THE SIGNATURE BUZZ CUT.

BOTTOM LEFT: MORAL WELFARE AND RECREATION (MWR) REPRESENTATIVE GM1 JESSICA SAUNDERS PRESENTS A SPRUANCE BALLCAP TO FROSTY'S DONUT AND COFFEE SHOP OWNER FOR GENEROUSLY DONATING DONUTS THAT SPRUANCE MWR USED FOR A FUNDRAISER.

TOP RIGHT: SH1 MARK BERNABE TRIMS LSC SCOTT BURNHAM'S HAIR.



Operations Department

OPS Hard at Work and Training. The last quarter has been a very busy quarter for Operations Department. OI Division, (OS's) have been rigorously preparing for SPRUANCE's Combat Information Center Team Trainer (CICTT) that will be held in Wallop's Island, VA. This event will ensure that our CIC watch teams are trained and ready to not only defend the ship, but also successfully meet and exceed any combat tasking SPRUANCE may receive. Deck Division (BM's) has assisted multiple ships on the San Diego waterfront to help them pass important inspections. In addition, they have just returned from Port Hueneme, CA, where they completed our pier side portion of qualification needed to conduct vital Underway Replenishments. Great Job Team!

Surviving and Thriving on Deployment. Deployments can be a difficult time for us all, however there are many things we can do to help alleviate the difficulties involved and make the most of the situation.

First, make sure your family is prepared and ready for most situations. Ensure your significant other's Will and Power of Attorney (POA) are complete, up to date, and stored in a safe, dry, place. Next, make plans to communicate with your loved ones on a daily basis. The Navy has invested a lot of money and effort to improve quality of life on deployment through readily available e-mail and phone systems making it possible to communicate on a daily basis. I highly encourage everyone to make a plan to stay in touch with your loved ones and remain an active part of each other's lives. Third, stay busy! Is there a class you have been meaning to take, an exercise routine you want to start, a interesting job you have had your eye on, or volunteer work you have not had time to do? Deployment is an excellent time to get started and will help pass the time until your loved one and the ship returns to San Diego.

Utilize the facilities and resources the Navy provides to do all of the things already mentioned. Navy Legal can help with Wills/POA, Fleet and Family Support for classes and support groups, and MWR for free Internet access and great discounts on SD area attractions. These things will help you and your sailor smoothly sail right through deployment!

Until next quarter...Take Care,

LT Dan Chilton (Operations Officer)





Engineering Department

Engineering Hard at Work and Training. The last few months have been very busy for Engineering Department. As you may recall from our last update SPRUANCE was anxiously awaiting to see if their hard work would pay off in the Aircraft Fire Fighting Certification. I am happy to report

that SPRUANCE passed the certification with glowing reviews. In a certification process that takes most ships several attempts, SPRUANCE achieved certification with only one dry run and one full speed run. In January despite the snow and cold, the ship successfully conducted Main Engine Light Off on the last two engines. As a result, SPRUANCE now has four fully operational Gas Turbine Engines and three Gas Turbine Generators. This led to SPRUANCE's first underway trial. During the month of February, many in the department went out for the Engineering intensive Assessment Trials. While underway, SPRUANCE had the opportunity to showcase her Engineering plant and unique DDG modernizations.

Congratulations. Bravo Zulu to GSM2 Perkey on his selection as SPRUANCE's Junior Sailor of the Quarter!

Sailors Helping Sailors. Engineering Department's assistance to other ships has not gone unnoticed. Ten engineers received Letters of Appreciation for their assistance with multiple repairs and support in preparation for INSURV inspections aboard USS WARRIOR (MCM-10) and USS CHIEF (MCM-14). USS HIGGINS (DDG 76) also thanked our Sailors for supporting them in passing Inspection and Survey.

Things on the Horizon. The rest of the department remains in San Diego and continues to do a great job in obtaining the training and qualifications necessary to complete their ultimate transition to Maine. Their efforts help ensure readiness in the department stays on track before we take ownership of SPRUANCE. The number of events, training opportunities, and evolutions is starting to pick up very quickly in Maine, and the department looks forward to the arrival of the rest of the Department for Phase IV in April.



Combat Systems Department

Welcome Aboard to chilly Maine for: FC1 Harrower, FC3 Griener, FC3 Morrow, ET2 Smith, ET2 Dane, ET3 Struckman, ET3 Jackman, ET3 Gray, IC3 Vidales, IC2 Jordan, and IT2 Washington. I'd also like to give a Bravo Zulu to FC1 Griffith and FC1 Myers for doing a great job organizing Command Indoctrination (INDOC) and transportation for Phase 3 Sailors this January.

Combat Systems Hard at Work! For the past few weeks, Combat Systems (CS) Sailors have been focused on training. We've all appreciated the great work and knowledge we've gained from the briefs on Fire Control (FC) Systems, and the opportunities to observe testing and operability from Supervisor of Shipbuilding Bath in preparation for our Surface Missile firing at Acceptance Trials in March. The pace of work has increased as we ready for the upcoming trials and certification events and I appreciate all the effort. CS Sailors are applying their technical and tactical knowledge they've gained at a level that has surpassed all expectations and set the standard here in Bath for Pre-Commissioning Units! The counterpart training we've received has allowed the FCs, ITs, and ETs to gain great experience in preparation for underway watches and as we prepare to sail away to sunny San Diego. The purpose of all the CIC training is to create a set of skills, which will allow us to demonstrate our CS suite at Acceptance Trials, which includes the Gun Weapon System (GWS) and Close In Weapon System (CIWS) and SM as part of the overall Aegis CS. The ETs and ICs have spent numerous hours on the ship monitoring the maintenance and operations of the Integrated Voice Communications System (IVCS), which are our phones, the Moriah Wind Indicating System, and DMS, an extra thanks to IC1 Street and ET2 Smith for their hard work. None of this would be possible without the support of CC Division, which continues to support our Local Area Network (LAN) and the daily radio and message needs, all under the leadership and supervision of IT1 Wilson and IT1 Arnold .

In February and March some CS Sailors were onboard SPRUANCE for Assessment and Acceptance Trials. Assessment Trials primarily verified SPRUANCE's engineering plant was ready for sea, but some Combat Systems' tests were done as well. Acceptance trials will prove to the Navy that SPRUANCE delivers the full combat capability it was designed to. During this trial, Combat Systems participated in the testing of all of its weapons systems, communications and sensors.

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LT Rader inbound from a successful Assessment Trials.



FC3 Justin Morrow practices firing SM-2 missiles.

Combat Systems Department (Continued)

Family Events! CS HAS TWINS TWICE! FC1 Harrower and his wife Misty welcomed twin daughters into the world on 16 December 2009 and FC1 Myers and his wife Tracey welcomed their new son and daughter into the world on 03 March 2011.



Combat Systems and Weapons Department Sailors team up in Combat Information Center. These Sailors have been practicing firing SM-2 missiles in preparation for Acceptance Trials.

Upcoming Events. From the end of March to mid April, Sailors from Operations, Weapons, and Combat Systems will travel to Wallops Island, Virginia to participate in simulated war games using a fully integrated simulation of SPRUANCE's weapon suite. This will refine the skills that will be used for certification, deployment, and beyond. By the time we return we will have begun Ship's Custody Transfer (SCT) and making preparations for our final Phase IV Sailors to arrive from San Diego. SCT is an important event; because, it marks the beginning of our ownership and responsibility of SPRUANCE.

Weapons Department

Sailors Excel on the Waterfront. Weapons Department's Sailors have volunteered their time and talents over the past two months to help deploying units meet requirements so they are able to go to sea and defend America. GM1 Salinas and STGSN Dano spent ten hours on the USS PICKNEY preparing Combat Gunnery (CG) and Combat Acoustics (CA) Divisions for Undersea Warfare (USW) Certification. With their expertise, PICKNEY Sailors learned how to simulate firing torpedoes and operate complicated USW equipment. SPRUANCE Sailors also made in impact on the minesweeper USS CHIEF, which is going through Inspection and Survey (INSURV), which is conducted about every 5 years, with nine Weapons Department personnel providing over 50 hours repairing weapons and associated equipment for the M2HB 50 caliber and M240B machine guns are ready for inspection and even more important support the CHIEF's upcoming deployment. Without the help of GM1 Salinas, FC2 Arland, GMSN Reinhardt, STGSN Yeo, STGSN Dano, STGSN Enos, STGSN Lafferty, STGSN Gomez, and STGSN McPeak, CHIEF's success IS DIRECTLY impacted by our Sailors!

Ready to Execute. In Bath, Maine we've had eight new Weapons Department personnel report for duty in the past two months: GMC Jones, FC1 Herrig, GM1 Saunders, STG1 Tan, STG2 Bolton, FC3 Martin, FC3 Beckwith, GM1 Salinas and GMSA Roderick who have already made an impact here and are assisting in preparations for Acceptance Trials. Without their effort, the testing and training to support a successful Trial could not be accomplished! The STs have been assisting the contractors with the Anti-submarine Warfare Operational Demonstration (ASW OPDEMO) and were the first to see their AN/SQQ-89A(V)15 in action as air slugs were fired. We would also like to welcome our newest officers onboard SPRUANCE: LTJG Rafael Danila, the Anti-Submarine Warfare Officer (ASWO), and LTJG Kyle Fullerton, the Strike Warfare Officer.

Force Protection Anti-Terrorism/Force Protection (AT/FP) preparations and training have intensified as the ship prepares to sail away from Bath, Maine. SPRUANCE Sailors will provide the internal and external security for immediate protection needs as the ship leaves Maine. CG Division has worked hard to support the defense of SPRUANCE by scheduling Crew Served Weapon range time, which resulted in six personnel being qualified on the M240B. FCCS Cosgrove and GMC Bias' leadership and training ensured all shooters were ready and scored high enough to qualify on the first attempt. MA1 Williams and GM1 Saunders have been working diligently to create training materials to get not just Weapons Department ready for AT/FP certification, but the ENTIRE ship as well! Thank you to everyone for your hard work.

(Continued Next Page)



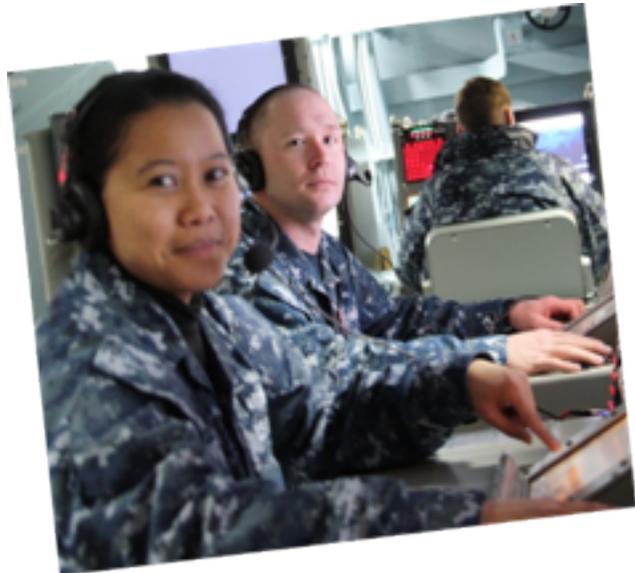
FC1 Brian Fruchey and FC2 Ron Kleinberger in Combat Information Center (CIC) practice engaging targets with the Gun Fire Control System (GFCS).

Weapons Department (Continued)

Qualifications, Qualifications, Qualifications!!! Visits to ships on the waterfront have increased as Weapons Department ushered in 2011. With only two and a half months until SCT, Sailors have been working on inport qualifications; such as, Messenger of the Watch, Petty Officer of the Watch, Officer of the Deck, and Chief of the Guard. “It is extremely easy to go on ships and ask them to teach us about different watchstations. They train us in pre-planned responses and ensure we are ready to stand unsupervised watches onboard SPRUANCE.” said FC2 Sparkman. For SPRUANCE to be able to defend herself against all threats inport and underway, multiple AT/FP watches are manned each day along with Quarterdeck watches. This is a HUGE responsibility for junior Sailors, and Weapons Department is ensuring they are ready by getting qualified as early as possible!

Family Updates. The end of 2010 was good for Weapons Department, with two new marriages, GM1 Salinas on December to his wife Ciara and GM3 Rose in November to Caroline, it’s also important to note that they are expecting a new baby girl on June 25th congratulations GM3 in addition to STGSN Dano and his wife Stephanie who are expecting their first boy on June 14th.

Upcoming Events. Weapons Department will be very busy in the next few months. After Assessment Trials in February, the crew prepared for Super Trials, two days of shooting all the weapons systems on the ship. There will be a 5” gun shoot, Close in Weapons System shoot, and Sonar operational demonstration. The contractors will be the people pushing the buttons, but the Gunners Mates, Sonar Technicians, and Fire Controlmen will be directly behind them, learning about their new systems and asking any questions they might have in preparation for Ship’s Custody Transfer (SCT) in April.



STG1 Maria Tan and STG2 Christopher Bolton pause to pose for the camera in between their undersea warfare demonstration.

Supply Department



MAIL CALL!

By: LS2(AW) Blakey

Deployments can be really overwhelming and challenging for both the Sailors and their families at home.

Communication is important in a relationship and is often tested during deployment. Keeping in touch with family members will not only lessen the families' worries, but also keep the Sailors at ease knowing that their families are well. Effective communication is the key to a successful deployment.

One of the best things about the Navy life is receiving a care package from their loved ones. That is why SPRUANCE's Supply Department is proud to offer their Fleet Postal Office services! Our Postal Petty Officer, LS2 Lake, will ensure to send out, receive, and distribute our Sailor's mail packages accordingly. SPRUANCE Sailors are now able to send and receive mail any time.

With the transition from San Diego to Bath, Postal Services for our Sailors will shift as well. From this month until the move aboard date, family members can send their mail to the following address:

PCU Spruance (DDG 111)
ATTN: (Name of Servicemember)
590 Washington St.
Bath, ME 04530

Once our Sailors have finally moved aboard, our mailing address will be changed to:

Name of Servicemember
USS Spruance (DDG 111)
FPO, AP 96678-1203

For further information regarding USPS mailing regulations and tips, please visit the following website: <http://www.usps.com/supportingourtroops/addressingtips.htm>

Congratulations. Bravo Zulu to LS2(SW) Singh, recently named SPRUANCE Plankowner of the Week! Petty Officer Singh is the Financials Manager, Storeroom Custodian and has also worked outside his rate as barber at the Precommissioning Unit.



Ship commissioning to draw thousands

BY ADAM LINHARDT Citizen Staff

alinhardt@keysnews.com



The Navy's newest and deadliest destroyer-class warship will be commissioned in Key West next year -- the city's first such ceremony -- in an upscale event expected to draw thousands. The \$1 billion, 9,200-ton, 509-foot USS Spruance will arrive about Oct. 1, the Navy and city of Key West said Wednesday.

Commander of the ship, Capt. M. Tate Westbrook, said its crew of 285 sailors will prepare the ship for war before it is officially commissioned, or formally put into active service. It will mark the first combat-ready destroyer warship to be commissioned in Key West waters, said Navy spokesman Jim Brooks. Afterward, the Spruance will set sail for Asia and Mideast waters.

A commissioning is different than a christening, in which the ship is named and a bottle of champagne often broken across the bow. The Spruance was christened earlier this year in Bath, Maine, where it was built.

"She will be the most capable warship in the nation and we're happy that the residents and visitors of Key West will be able to view her," Westbrook said. "I'm also happy that her crew will be able to take some rest in Key West before we set sail. I lobbied hard to commission the Spruance in Key West. Her crew have been working hard to make her sea-ready."

Between 5,000 to 10,000 military family members, Navy personnel and Department of Defense officials are projected to be in Key West for at least a few days for the commissioning, Mayor Craig Cates said.

City Manager Jim Scholl, a former commander of Naval Air Station Key West, also looks forward to the ceremony. "This is a great Navy town and Key West is a great town to host such an event," he said.

The Spruance, built at Bath Iron Works by Northrop Grumman Ship Systems, will be home-ported in San Diego. It's the newest of the Navy's new Arleigh Burke-class guided-missile destroyers that are fitted with the highly touted Aegis Weapon System. The superfast computer radar systems support Tomahawk missiles, which can destroy targets 1,000 miles away.

"Key West residents will be able to see a ship that represents the very tip of the spear of United States naval technology," Westbrook said. "The bottom line is that you paid for it. This is your \$1 billion warship and I couldn't think of a better town to show our citizens what she can do before we go to sea. The Conch Republic is one of the greatest port cities in the world and it's an honor."

The Spruance's two gas turbine engines produce more than 100,000 horsepower, enough to propel the ship faster than 30 knots, according to the Navy. The ship can work alone or alongside the largest aircraft carriers. The vessel can attack submarines, airplanes, other ships or land targets as indicted by its motto, "Launch the Attack," Westbrook said.

"It's going to be a very exciting week," Cates said. "And a historic week for Key West."

For more information about the Spruance and its armaments, visit [http://www.public.navy.mil/surfor/ddg111/Pages/Spruance\(DDG111\)-christened.aspx](http://www.public.navy.mil/surfor/ddg111/Pages/Spruance(DDG111)-christened.aspx)

Commissioning Week

Housing Options on Trumbo Point Navy Annex

Option 1: 3 Bedroom Townhouse for \$100 per night.
(68 Townhomes available)



Entrance



Bedroom 1



Bedroom 2



Bedroom 3



Back Porch Area



Kitchen

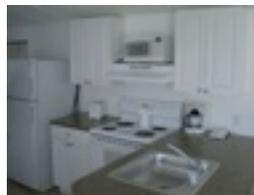


Living Room

Option 2: 2 Bedroom Trailer for \$65 per night.
(32 Trailers available)



Bedroom 1



Kitchen Area



Eating Area



Living Area



Bedroom 2

Options 3: Navy Gateway Inn Queen Bed \$56 per night.
(200 room available)

Questions or Reservations?

Contact your Departmental Leading Chief Petty Officer or
LTJG Nannig, the Commissioning Coordinator.

Fleet & Family Workshops



Call our Centralized Scheduling Center number
to register for any workshop: 1(866) 923-6478

Find Us Online: <http://www.cnic.navy.mil/CNRSW/FleetFamilyReadiness/index.htm> - Find Us on Facebook - <http://www.facebook.com/FFCPSanDiego>



APRIL 2011



DEPLOYMENT SUPPORT

Deployment Readiness Workshop

Apr 8, Fri, 8:30 AM - 9:30 AM, FFSC FRE

Homecoming Workshop

Apr 26, Tue, 6:30 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

IA Deployment Readiness Workshop

Apr 22, Fri, 1:30 PM - 2:30 PM, FFSC FRE

Managing Deployment Workshop

Apr 5, Tue, 6:30 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Mid Deployment Workshop

Apr 13, Wed, 1:30 PM - 2:30 PM, FFSC FRE

EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP) SUPPORT

Exceptional Family Member Program (EFMP) Orientation

Apr 6, Wed, 5 PM - 6 PM, FFSC MCB

Apr 6, Wed, 1:30 PM - 2:30 PM, FFSC FRE

Apr 12, Tue, 9 AM - 10 AM, FFSC NBPL

Apr 18, Mon, 2 PM - 3 PM, FFSC BVH

Apr 19, Tue, 10 AM - 11 AM, FFSC VSM

Apr 20, Wed, 3 PM - 4 PM, FFSC FRE

Apr 25, Mon, 5 PM - 6 PM, FFSC NBSD

EMPLOYMENT & TRANSITION ASSISTANCE

Finding Federal Employment

Apr 4, Mon, 5 PM - 7 PM, FFSC NBSD

Apr 5, Tue, 9 AM - 11 AM, FFSC NBSD

Apr 12, Tue, 9 AM - 11 AM, FFSC NBPL
Apr 13, Wed, 9 AM - 11 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Apr 21, Thu, 9 AM - 11 AM, FFSC NBC

Apr 22, Fri, 9 AM - 10 AM, FFSC FRE

Introduction to Owning Your Own Business

Apr 11, Mon, 5 PM - 7 PM, FFSC NBSD

Apr 12, Tue, 9 AM - 11 AM, FFSC NBSD

Apr 21, Thu, 5 PM - 7 PM, FFSC NBC

Job Search Strategies

Apr 13, Wed, 2:30 PM - 3:30 PM, FFSC FRE

Resume Writing

Apr 7, Thu, 9 AM - 11 AM, FFSC NBC

Apr 7, Thu, 9 AM - 11 AM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Apr 8, Fri, 2 PM - 3 PM, FFSC FRE

Apr 13, Wed, 10 AM - 12 PM, FFSC VSM

Apr 18, Mon, 5 PM - 7 PM, FFSC NBSD

Apr 19, Tue, 9 AM - 11 AM, FFSC NBSD

Apr 19, Tue, 9 AM - 10 AM, FFSC FRE

Apr 27, Wed, 10 AM - 12 PM, FFSC VSM

Winning Interview Techniques

Apr 5, Tue, 9 AM - 11 AM, FFSC NBPL

Apr 7, Thu, 10 AM - 11 AM, FFSC FRE

Apr 14, Thu, 9 AM - 11 AM, FFSC NBC

Apr 20, Wed, 10 AM - 12 PM, FFSC VSM

Apr 25, Mon, 5 PM - 7 PM, FFSC NBSD

Apr 26, Tue, 9 AM - 11 AM, FFSC NBSD

EDUCATION ASSISTANCE

Department of Veterans Affairs GI Bill 101

Apr 20, Wed, 5 PM - 6:30 PM, FFSC Murphy Canyon Branch

Troops to Teachers Program Overview

Apr 11, Mon, 4 PM - 5 PM, FFSC NBSD

INDIVIDUAL AUGMENTEE (IA) SUPPORT

Individual Augmentee (IA) Family Connection Meeting

Apr 12, Tue, 6 PM - 8 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Individual Augmentee (IA) Family Homecoming Workshop

Apr 20, Wed, 9:30 AM - 11:30 AM, FFSC NBSD

Individual Augmentee (IA) Sailor & Family Deployment Readiness Brief

Apr 19, Tue, 6 PM - 7:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Returned Individual Augmentee (IA) Workshop

Apr 21, Thu, 8 AM - 11:30 AM, FFSC NBSD

PERSONAL FINANCIAL MANAGEMENT

Car Buying Strategies

Apr 21, Thu, 3 PM - 4:30 PM, FFSC NBPL

Apr 21, Thu, 3 PM - 4:30 PM, FFSC VSM

Apr 28, Thu, 3 PM - 4:30 PM, FFSC BVH

Consumer Awareness / Tax Tips

Apr 4, Mon, 10:30 AM - 11:30 AM, FFSC FRE

Apr 4, Mon, 1:30 PM - 2:30 PM, FFSC FRE

Apr 5, Tue, 3:30 PM - 4:30 PM, Murphy Canyon Chapel, 3200 Santo Rd, SD CA 92124

Your Metro San Diego Fleet & Family Support Center Locations:

Naval Base San Diego (NBSD)
Buildings 259, 261 & 263
3005 Corbina Alley, Suite 1
San Diego, CA 92136-5190
Hours:
Mon, 7:30 am-7 pm
Tue-Fri: 7:30 am-4:30 pm
619-556-7404

Naval Base Coronado (NBC)
Building 318
Saufley Road
San Diego, CA 92135-7138
Hours:
Mon-Fri: 7:30 am-4:30 pm
619-545-6071

Naval Base Point Loma (NBPL)
Buildings 211 & 212
140 Sylvester Road
San Diego, CA 92106-3521
Hours:
Mon-Fri: 7:30 am-4:30 pm
619-553-8306

Murphy Canyon Branch (MCB)
4867 T Santo Road
San Diego, CA 92124
Hours:
Mon-Fri: 7:30 am-4:30 pm
858-277-4259

Bayview Hills Branch (BVH)
1967 Sky Harbor Road
San Diego, CA 92139
619-556-1275
Hours:
Mon-Fri: 7:30 am-4:30 pm
619-556-1275

The Village at Serra Mesa Branch (VSM)
3141 Afton Road
San Diego, CA 92123
619-556-1277
Hours:
Mon-Fri: 7:30 am-4:30 pm
619-556-1277



Our mobile FFSC, the Family Readiness Express (FRE), will be in Prospect View housing in April!
FFSC FRE's address: 8700 Redwood Drive, Santee CA 92071. Hours: Mon-Fri: 7:30AM-4:30PM. 858-431-6382.

Child care is available for classes held at the Murphy Canyon Chapel. Please call to arrange at least one week in advance: (619) 556-0031.

Tips For Surviving A Deployment

Jennifer Hyatt- Assistant Ombudsman/
East Coast

As we approach the upcoming deployment, I encourage you to approach it with a sense of optimism and utilize the strategies that seasoned spouses may have learned the hard way. Someone once said that, "experience is something you get just after you need it." With personal experience, a Bachelor of Science in Psychology and Education, and my current pursuit of a Master in Human Services: Marriage and Family; I realize that not everyone has the background needed to cope with a deployment. So it is my hope that my insight and tidbits of information on how to survive and possibly enjoy a deployment may serve you during your time of need and what can be known as the roller coaster of a deployment.

- Approach the deployment with a sense of optimism versus pessimism. When approaching a deployment with optimism one is likely to see the deployment as an opportunity versus a dilemma. In other words, try to look at the bright side of things. The distance gives you an opportunity to see your relationship through new eyes and an opportunity to grow closer (ironic I know).

- My husband and I are both Christians and graduates of Liberty University (an Evangelical Christian University), so we use our personal faith and resources such as Focus on the Family to cope with a deployment. You can find more information here: http://www.focusonthefamily.com/marriage/military_marriage.aspx

- Develop a binder with emergency information that you keep in a designated place should an unfortunate accident occur. Having the information at hand will allow you to handle various situations with a sense of control versus panic. Within my binder I have a first aid book, my husband's Will and General Power of Attorney, life insurance policies, ombudsman information, local fire and emergency numbers, the location of the nearest emergency room, the website addresses of the Military Home Front/ Navy One Source, Fleet and Family Readiness, and the local MWR, my support group, such as local babysitters and friends to call on should an emergency arise, and any other information you may find necessary.

- Empower yourself by taking or updating your first aid/ CPR certificate.

- My husband and I refresh our memories on the cycles of deployment, which can include: excitement, fear, denial, anger, hurt, worry, hope, resentment, frustration, and acceptance. This prepares us for the various stages of psychological adjustments that deployment brings. Knowledge is power and by equipping yourself with the knowledge of what to expect, it will allow you a sense of control and understanding when the time comes.

- Join a support group with others who you can relate your daily encouragement or challenges with. I error on the side of caution here, make sure the groups dynamics are relatively upbeat to lift your spirit and not a group to bring you down. In other words, you do not want a group who merely complains but is balanced in

addressing the concerns of a deployment and understands and supports the members. Ideally you want to be able to draw strength and come away from the group meeting feeling better not worse.

- Take advantage of community resources such as the local YMCA, church, sports and recreation, take college classes, volunteer, or join a local interest-driven group that allow you to enjoy your time versus counting down the days. You can request your area guide on "things to do" through your city/state chamber of commerce.

- Remember for those families who have children- children go through the same adjustments and challenges that parents do, so do not overlook them. I often update my children's school on the upcoming deployment, so they approach any behavior concerns with understanding.

- Remember you will handle the challenges of deployment if you take care of yourself: eat healthy, exercise, and get enough rest.

- Decide on money management during deployment, such as who will pay the bills during deployment, how much you want to try and save, and if there are any bills you want to focus on paying down during deployment. My husband and I have concluded that with the unexpected interruptions of internet connectivity (or lack of) it is a wise decision for me to handle the bill paying. In addition, my husband and I establish a separate account that my husband can utilize while deployed. We designate a certain amount to be allotted into that account. This way his money is separate from our bill and

living expenses and he knows just how much he can spend. Oftentimes, he will choose to conserve and save some of it to enjoy a family event upon returning from deployment. If money is handled properly during deployment you can come out looking better financially than you went in, use the time and money wisely.

- Understand that communication may not be reliable when deployed. The internet can go down, the phones can go down, etc... understand and do not go directly to the worst case scenario when you do not hear from your spouse.

- Send care packages! This is probably the most overlooked area for me. I tend to think out of sight/ out of mind while dealing with the everyday issues (or joys) of deployment. Remember that sending care packages and communicating as often as you can allows for a connection for your spouse to his/her loved ones at home. Try to keep communication positive and avoid information that will cause worry or fear that oftentimes the deployed spouse has no way of providing relief from. Be sure to include handwritten notes either in the care package or sent separately. Yes, I realize the convenience of email but "snail mail" is so much more personal (be sure to number your letters as they often arrive out of sequence and include recent photos).

- Contact your insurance company, companies like USAA will offer deployment readiness guides. In addition, my husband and I have even received discounts on our insurance while he is underway.

- Contact your credit card companies, companies such as the Military Star offer a reduced interest-rate, and no payments on credit cards while your loved one is deployed- something to take advantage of. You may also want to check out the Service Members Civil Relief Act (SCRA), which offers reduced interest-rate on credit cards, mortgages, and auto loans. It is primarily for debt that has incurred before entering military service, but check it out on debt incurred after because some companies will allow the reduction regardless in thanks to the military.

- Preparedness is Key: make sure such things as home repairs and car maintenance is complete before deployment.

- Take advantage of your local Fleet and Family Support Center. Oftentimes, they offer classes/ workshops and have multiple resources that will equip you to better handle the deployment.

- Join the USS Spruance's Facebook page to stay up-to-date on happenings and connect with others in the command that are sharing the same experience and can relate.

- My husband and I hang a world map on our wall, so the kids can relate to where their daddy is. A kid-friendly map that we use comes from DinoZ maps for kids. We put thumb tacks on all the places daddy has been.

- Remember that children thrive best when a routine is established and maintained, whether the deployed spouse is present or not. Routines give the children a sense of what to expect and allow them security, a sense of

control, and a way to cope with the parent's absence.

- Make sure your family has an emergency kit on hand. I have an emergency Tupperware box that I keep a flashlight, candles, first-aid supplies, etc... in. I also have a well-stocked tool box because you never know when you will need to fix the garbage disposal, which I have personally experienced and all I can say is YUCK!

- Keep a tire gauge in your car as well as have a spare tire, directions on how to change a tire, and any other tools needed to complete the task. Again I have personally experienced this situation a few times and being prepared is key- Believe me.

- If you are in a new area, keep a printed map in the car. I know, I know we all have GPS's but you never know when technology may fail. In addition, your insurance carrier will provide towing service as part of your policy, so you will want to keep information such as local tow truck drivers and repair shops you choose to use- never hurts to be prepared.

- Have a childcare plan in place. Local people you can trust with the care of your children. Even if you are a stay-at-home parent emergencies do arise.

- Keep a calendar that compiles all of your commitments in one place. Examples include, school activities, doctor appointment, sports and recreation activities, any other commitments you deem necessary. Having everything in one place will allow you to be more organized.

- Make sure your military ID card is up-to-date and will remain current during

during deployment.

- Make sure you have all social security cards, immunizations, marriage license, and birth certificates in one place.
- For parents with special needs children- make sure you allow time for adjustment to the idea of deployment, have all necessary support services in place, and have a plan for dealing with any issues that arise when your spouse is away.
- Get creative on how children will stay in touch with the deployed parent. Ideas can be as simple as the parent reading the child's favorite book on tape or video for nightly use to preparing them with a boat tour, which shows the kids where daddy or mommy will be, where they will sleep, eat, etc... this can establish a connection for the child. My husband has even sent postcards from all the places he goes, so the kids can connect and share the experience with him.
- I keep a list of items I want to discuss with my husband by the phone. Too often I finally get a call and then I can't think of anything to say. By keeping a list of items I may want to discuss with my husband I am ready for that next anticipated phone call.

Remember your Ombudsman Team is here to assist you- utilize the team for your needs. We have all been where you are and are willing to assist you in any way we can.

Additional resources:

Military One Source

www.militaryonesource.com (search "Deployment") for useful information.

Fleet and Family Readiness

http://www.cnic.navy.mil/CNIC_HQ_Site/WhatWeDo/FleetandFamilyReadiness/index.htm

Morale, Welfare & Recreation (MWR) San Diego http://www.mwrtoday.com/Sandiego/mwr_info.htm

Military Homefront

<http://www.militaryhomefront.dod.mil/>

Article Submitted by Jennifer Hyatt
East Coast Ombudsman Assistant



Did you know?

DoD is removing Social Security Numbers
from ID cards

SSN Removal

To protect your privacy and personal identity information, your Social Security Number (SSN) is being replaced with a DoD ID Number on all ID cards.

ID Card Changes:

- As of June 2011, SSNs will no longer be printed on any new ID card.
- SSN removal will occur in three phases.
- Your new ID card will have a **DoD ID Number** in place of your SSN.
- Your DoD ID Number will be used as the Geneva Conventions serial number.
- If you are eligible for DoD benefits, there will also be a **DoD Benefits Number** printed on your new ID card.



For more information about Social Security Number removal, please visit www.dmdc.osd.mil/smartcard.

PHASE I

Remove Dependent SSN
Started in December 2008

DEPENDENT ID CARD



DD Form 1173

Dependent SSN
replaced with
XXX-XX-XXXX

Sponsor SSN
remains visible



DD Form 1173-1

PHASE II

Remove All Printed SSNs
As of June 2011

COMMON ACCESS CARD (CAC)



DoD Benefits Number
(only on cards that convey DoD benefits)



DoD ID Number

ALL OTHER CARDS

Cardholder SSN replaced
by a DoD ID Number



DoD Benefits Number
(only on cards that convey DoD benefits)



PHASE III

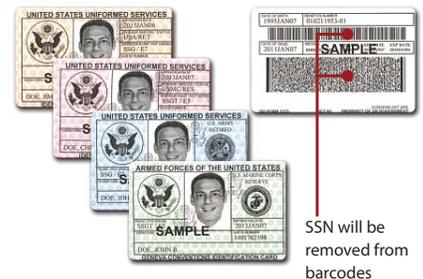
Remove SSNs Embedded in Barcodes
Beginning by end of 2012

COMMON ACCESS CARD (CAC)



SSN will be removed
from barcodes

ALL OTHER CARDS



SSN will be
removed from
barcodes

Frequently Asked Questions

Q. Who will get a new ID card?

A. All DoD ID cardholders will get a new ID card with a DoD ID Number in place of their SSN.

Q. When should I go get my new ID card?

A. Current ID cards should not be replaced until your card is within 30 days of its expiration date. If your ID card has an INDEF expiration date, and you would like your SSN removed, contact your nearest RAPIDS ID Card facility for an appointment.

Q. Will my ID be rejected without a visible SSN?

A. Your ID should not be rejected but you may be asked to verbally state your SSN or sponsor's SSN to access benefits.

Q. Will my medical provider use my DoD Benefits Number to process my claims?

A. Until all ID cards are replaced, providers may use either your SSN or DoD benefits number.

Q. Where can I get my new ID card?

A. ID cards are available at over 1,500 RAPIDS ID card centers worldwide. Visit the RAPIDS Site Locator at (www.dmdc.osd.mil/rsl/owa/home) to find a location near you.

Q. What should I bring?

A. Bring two forms of identification. One must be a valid (not expired) federal or state issued photo ID. Visit (www.uscis.gov/files/form/i-9.pdf) for more information.