



# HCS-25 NEWSLETTER

ikhsc25ombudsman@  
gmail.com

Volume 1, Issue 1  
November 2011

## LETTER FROM THE SKIPPER

Island Knights,

Thank you to the Family Readiness Group and all involved with the children's Halloween party. Your hard work truly paid off and it was a huge success. The games, art work, costume contest, and extensive set up were impressive. I look forward to the Children's Christmas Party which has been moved to the 10<sup>th</sup> of December.

It has been a great year for the squadron. Det ONE is having a very successful deployment with the George Washington Strike Group and will shortly return home. Det SIX continues to support the Essex Amphibious Ready Group and the new det will depart the beginning of December. Det FIVE has been slow on MEDEVACS, but working hard to consolidate and leave Iraq by the end of the year. I couldn't be more proud of the hard work and all Island Knight Team has accomplished since May. You're all true Navy professionals!!

I would like to welcome Ciara Davis to the Ombudsman team. She recently attended the official Ombudsman training, but truth be told, she has been working with Kiron Marco since May and they have been doing great work keeping everyone informed and answering the call of our family members. Please continue to use them as your command advocates.

Last November the Family Readiness Group was created by some of our motivated family members. Since then, they have held fund raisers, informational meetings and social events at the Spouse House, as well as welcoming home returning deployers at the airport and during Detachment Homecomings. I encourage you all to participate in the FRG as a way to meet family members who are "in your shoes." Special thanks go to the FRG board for their hard work putting the group together: Melissa McCasland and Monica Klein (co-Presidents), Trisha Lee (Vice president), Crystal Wyatt (Secretary), and Cece Blackman and Susan Doll (co-Treasurers). Keep up the exceptional work! It's greatly appreciated.

Sincerely,  
CDR John Compton

**ALL SPOUSES....**

WE ARE TRYING TO UPDATE OUR CONTACT INFORMATION.

PLEASE EMAIL US AT

[ikhsc25ombudsman@gmail.com](mailto:ikhsc25ombudsman@gmail.com)

WITH YOUR CURRENT EMAIL, ACTIVEDUTY MEMBERS RANK, RATE AND CONTACT INFORMATION.



Commanding  
Officer

[CDR John C. Compton](#)

Executive Officer

[CDR Kyle G. Strudthoff](#)

Command Master  
Chief

[CMDCM \(SW/AW\)](#)

[Kurtis J. Szyszka](#)

Command Ombudsman

Kiron Marco

Ciara Davis

671-488-1205

# Navy Holidays

## November Activities

\* Dirty Socks Fun Time Band November 10th at 7 pm at Big Screen Theater

- Thanksgiving Catered By Top o' the Mar
  - Meals to Go— Start Ordering Now!
  - Thanksgiving Lunch—November 24 from 1100 to 1400
- Festival of Trees
  - on Display at Top o-the Mar beginning November 27.

Winners announced Dec 18.



## December Activities

\*MWR and NEX Present the Holiday Wine Tour

-Held on December 1 at Top o'the Mar, Doors Open @ 1730, Tasting Begins at 1800. Cost: \$15 per person includes Mongolian MWR, Navy Entertainment and AFE presents the Harlem Globetrotters

-December 9th at CKFC Court 2-6 pm

\*MWR and AFE brings us the Florida Marlins—Saturday, Dec. 10th with youth clinic at 2 pm and games involvement at 7pm, Ebbett Field

\*MWR, FFSC, McCool, and Chapel presents Home for the Holidays—December 12-16.



\*Chamorro Christmas Night! By FFSC, December 12 2011, Time: 6-8 pm.

\*Christmas Craft Night by Naval Base Guam Recreation Committee~ December 15, 2011, Time:6-7:30pm.

\*Holiday Movie Under the Stars with MWR! Friday, December 16, 2011, Time: 7pm. Movie: Polar Express.

\*Guam High School Presents: a Holiday Band Concert! Thursday, December 8, Time: 7pm, doors open at 6:15pm at The Big Screen. All are welcome!

\*Guam Territorial Band presents a Christmas Concert at the Big Screen. 7:30pm, Admission FREE!

\*Participate in the MWR Christmas Boat Parade at the Marina! December 17th at 6:30pm. Paired with our Reindeer Run!

\*MWR Ultimate Frisbee Tournament: Friday and Saturday, December 16-17 at Blue Jacket Field.

\*CYP and MWR present Children's Holiday Program! Friday, December 16, 2011 at The Big Screen!

\*MWR's Big Screen Theater presents Winter Break Matinees, December 19-30, M-Thu at 3pm

\*MWR Celebrates the First Day of Winter with a Gingerbread House Decorating Contest! Thursday, December 22, 9am, NAPS.

\*MWR Celebrates Christmas Feast at Top O-the Mar, Sunday, December 25

\*MWR Holiday Cigar Night at Molly McGee's Irish Pub, Friday, December 30

\*MWR Celebrate New Year's Eve at Molly McGee's!! Saturday, December 31

# Andersen Holidays

## November Activities

- Dirty Socks Fun Time Band November , 11th 6pm at Bamboo Willies, Tarague Beach.
- Free Outdoor Movie Night Saturday, 12 November 7pm at Arc Light Park. The movie is PG rated "Hoodwinked 2 Hood vs Evil".
- Thanksgiving Dinner To Go  
Available from Top of the Rock  
Order by 18 November. For more info please call 366-6166
- Monthly Flea Market  
At the Hotspot Saturday, 19 November , from 8 to 11 am.



## USO Events

- USO/Matson Run for Our Heroes, Saturday, December 10th– Round-trip ticket for two from United as a Grand Prize drawing T-shirts for the first 1,000 runners.  
Time:0500: Show Time/ 0600: Go time, Location: "Old USO in Piti".
- USO Christmas Dinner at the Guam USO, Sunday, December 15th, Time: 12pm to 5pm.  
Location: Royal Orchid Hotel



*Until Every One Comes Home.®*



What is MOP's?

“Better Moms make a better Wold

Now In Guam!!

FACEBOOK: MOPS in Guam

mopsinguan@gmail.com

\*MOPs international, for nearly 40 years, has been walking alongside Mothers of young children during a challenging season, offering

practical help and spiritual growth.

\*We encourage, equip and develop Moms as women, mothers and leaders.

\*MOPs Mom journey together, sharing real

Relationship that are transformative and learning leadership development skills that will enrich the lives they touch.

What MOPs in Guam Needs...

1. Communicate to the NBG Mom community about MOPs:

\* Assistance in sharing the information about what MOPs is and who it supports.

2. Sitters/Teachers for pre-schoolers:

\*Committed volunteers needed (volunteers will be paid.)

Questions?

Contact Information:

EMAIL: mopsinguan@gmail.com

FACEBOOK : MOPs in Guam





## AROUND ANDERSEN.....

[Andersen Pet Lodge](#), 366-5020

Office - Mon-Fri: 10 a.m. to 5 p.m. \* Visitation - Daily: 11 a.m. to 4:30 p.m.

[Andersen Pool](#), 366-3202 To schedule a party or inquire about a class: 366-5204

Everyday: 11 a.m. to 6 p.m. \* Thu: CLOSED

[Arts & Crafts Center](#), 366-4248

Tue-Fri: 10 a.m. to 6 p.m. \* Sat: 10 a.m. to 5 p.m. \* Mon/Sun/Hol: CLOSED

[Auto Hobby Shop](#), 366-2745

Tue-Sat: 9 a.m. to 8 p.m. \* Sun: 12 to 6 p.m. \* Mon/Hol: CLOSED

[Child Development Center](#), 366-1601

Mon-Fri: 6:00 a.m. to 5:30 p.m

[Coral Reef Fitness & Sports Center](#), 366-8282

24 Hours a day 7 days a week

[Outdoor Recreation](#), 366-5204/5197

Mon&Fri: 8 a.m. to 5 p.m. \* Tue&Thu: 10 a.m. to 5 p.m. \* Sat: 8 a.m. to 12p.m.

Wed/Sun/Hol: CLOSED

[Teen Center](#), 366-7706/1640

Mon-Thu: 2 to 6 p.m. Fri&Sat: 2 to 10 p.m. Sun: CLOSED

[Veterinary Clinic](#), 366-3205

Mon/Tue/Wed/Fri: 8 a.m. to 4 p.m. \* Thu: 8 a.m. to 12 noon. \* Sat/Sun/Hol: CLOSED

[Youth Center](#), 366-3490

Admin Office Mon-Fri: 11 a.m. to 6 p.m.

Open Rec Mon-Fri: 2 to 6 p.m. \* Sat: 12 to 6 p.m. \* Sun: CLOSED

[Teen Center](#), 366-7706/1640

Mon-Thu: 2 to 6 p.m. Fri&Sat: 2 to 10 p.m. Sun: CLOSED

[School Age Program](#), 366-1291

Mon-Fri: 6:30 a.m. to 5:30 p.m



## Space A travel

Take advantage of Space-A travel at Andersen Air Force

Base for little to no out of pocket costs. The terminal is

located across the street from the Commissary and former

BX.

For more details and information, call 366-5165 flight recording

366-2095

e-mail-  
spacea.signup@andersen.af.mil

<http://www.andersen.af.mil/news/story.asp?id=123102862>



## Palm Tree Golf Course

Family Day

Sunday - \$34.00 for a family of four

After 2pm gets you:

Club

2 Carts

All you can golf.

\_\_\_\_\_

Patio Pub

Saturday Steak Night

\$16.95

Ribeye

Potato

Salad

Vegetable

## AROUND ANDERSEN.....

### FITNESS

#### **Coral Reef Fitness Center**

Stop by the fitness center to see what they have to offer.

They have many programs available to help you reach your fitness goals.

Hours of Operation:

Bldg 25045

24 Hours a day; 7 Days a week.

#### **Parent Exercise Room**

Located in Coral Reef Fitness Center

#### **HSC Squadron Workout room**

Located to the left as you enter the parking lot.

Spouses welcome, infants in cars seats only please!



### **Traditional Fina' denne' Dipping Sauce**

Yield: 1 1/2 Cup

Ingredients:

1/2 Cup Vinegar

3 T soy sauce

1/2 cup green onions (diced)

1/4 cup onions (minced)

3 small red chili peppers (chopped)

Directions:

In a bowl, add vinegar, soy sauce, green onions, onions and chili peppers. Set in refrigerator to chill for 30 minutes.



### SPOUSES

IF YOU ARE LEAVING THE ISLAND — PLEASE LET US KNOW YOUR TRAVEL PLANS SO WE CAN ACCOUNT FOR YOU, IN CASE OF AN EMERGENCY.



## DEPLOYMENT INFO.....

### Communicating with Children about Deployment

Parents need to communicate with children in ways that are developmentally appropriate. Timing and what is being shared are important factors. At home parents also help their children communicate with the deployed parent in age appropriate ways. Here are some simple explanations of what children can grasp at certain ages.

#### Three to four year olds

No concept of time. A three year old thinks that three months is next week. Parents need to use markers, such as, "Dad or mom will be home right before your birthday or before this holiday."

#### Early elementary school

Better understanding of time. They understand that three months is a long time. Calendars are helpful. You can mark the calendar and say, "This is the day that Dad or mom is supposed to come home."

#### Seven and eight year olds

Understand time and bigger concepts. They will be able to look at calendar and mark it. You can say, "This is the day dad or mom is supposed to come home." This age group understands concepts like good and bad. You can say dad or mom is going away to take care of the bad guys or bad things.

#### Nine, ten, eleven and twelve year olds

Abstract thinking has begun. They are aware of the news and can understand concepts like the "national good." You can put out a return date, and they will understand the timeframe. Reinforce this age group's skills by providing them with pre-stamped envelopes, as well as private email accounts for communicating.

#### Older adolescents

Challenging age group. This is an emotional period of time under the best of circumstances. It is an age when children need to identify with their same sex parent. If that parent is deployed, it is especially difficult for the child.

CALL US IF YOU WOULD LIKE A COPY OF THE DVD:

**Dealing with Deployment:  
Talk, Listen, Connect:  
Deployments,  
Homecomings, Changes.**

