





DSS Fitzgerald Ombudsman

September 2007

FROM 'THE BRIDGE

Dear Family and Friends of FITZGERALD,

The last time I had the pleasure to write to all of you we were at sea for the first time after our Selected Restricted Ability, dodging Typhoon Man-Yi as it approached Japan. Your Sailors brought FITZ home without incident and did not let up once in port, either. The Supply Department completed a Logistics Limited Team Trainer, a practice inspection and instruction period where assessors came on board from ATG to evaluate how Supply does business. We also achieved another milestone with the completion of Ballistic Missile Defense Tactical Operations where two watchteams were trained and certified by a team of out-

side experts in the operation of our sophisticated AEGIS Combat System. With this certification, FITZGERALD stands ready to answer our nation's call as an anti-ballistic missile asset. Across the board, from the post office to the radar rooms, your Sailors are achieving great things and impressing those both inside and outside the Nawy with their professionalism and devotion.

After a few weeks in port, and after a weather-induced delay, we safely completed our ammunition on load. For safety's sake and to allow for maintenance and upgrades, we did not keep any major weapons on board during the SRA period. After

spending only two and a half days at anchor, we are fully armed once again and ready for anything. I am exceedingly grateful to my crew for making the onload run smoothly and safely. To all who helped in the onload — from the ammo handlers to the CSs who kept the galley open late to feed those on watch — I thank you from the bottom of my heart!

As I am writing this, we are underway again after participating in a major exercise called VALIANT SHIELD 2007. This annual exercise brought together an awesome amount of military strength, including three carrier strike groups and a wide array of aircraft and submarines. As always, this training was challenging and rigorous, but FITZGERALD excelled just the same. Our watchstanders were trained, rested and vigilant, and our technicians and maintenance personnel worked around the clock to ensure our engineering plant and combat systems suite supported our participation in this exercise.

At the beginning of the exercise, we had the opportunity to conduct a live-fire exercise with our Harpoon anti-ship missiles. Because missiles are so expensive, this sort of training event is very rare — in fact,

this is the first time in my career that I have been part of such an experience! We were able to shoot two missiles at a target ship, the ex-USS KNOX, off the coast of Guam. After our missiles and a host of bombs from participating aircraft, the ex-KNOX ended her service to her nation and became a home for tropical fish and coral. The Commodore and I were both impressed with the planning, practice and execution that allowed such an inherently dangerous and infrequently conducted event to be conducted without a hitch.

This "SINKEX" was only the start of the exercise, and our days and nights were filled with anti-submarine scenarios and war-at-sea air combat exercises. There are several of our fellow ships and subsout there playing the enemy, and they are trying as hard as they can to make our training here as realistic and as difficult as possible. It is an honor to be able to

watch FITZGERALD Sailors up close as they go about the very serious business of defending our country on, above and below the sea.

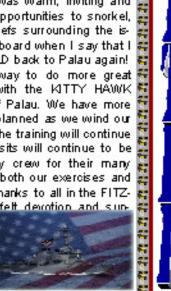
Following this exercise, we pulled into the tropical paradise of Palau for some much needed rest and relaxation. This visit was not without its serious side — I was honored to be able to present the family of US Army CPL Meresbang Ngiraked with his posthumous US citizenship. CPL Ngiraked was a native of Palau who gave his life serving our great nation in Iraq. Through his sacrifice, he showed himself to be a great American,

and I was glad to formally recognize that. I was also fortunate to play host to numerous Palauan officials in a reception on board Fightin' Fitz and thank them for their hospitality. Their island nation was warm, inviting and offered the crew and I mamy opportunities to snorkel, dive and fish in the beautiful reefs surrounding the islands. I speak for everyone on board when I say that I cannot wait to bring FITZGERALD back to Palau again!

We are now on our way to do more great things, having met back up with the KITTY HAWK Strike Group on our way out of Palau. We have more exercises and more port visits planned as we wind our way home, and I am sure that the training will continue to be beneficial and the port visits will continue to be enjoyable. Thanks again to my crew for their many hours of hard work that makes both our exercises and port visits such a success and thanks to all in the FITZ-GERALD family for their heartfelt denotion and sun-

port – you all make the Fightin' Fitz the success that she is!

Gratefully, CDR Dan P. Dusek, USN





From the Command Master Chief

Creetings FIGHTIN' FITZ and families. It's great to be operational and back out to sea again. Thank you for all of the hard work and support involved to get us ready to complete any tasking as we deploy for several weeks of operations and exercises.

Welcome to the newest members of the FITZOERALD family. If you have any questions or needs as you get acclimated to life in Japan, please let somebody know or ask questions.

As a reminder, the holiday seasons will soon be upon us - its never too early to look into \mathbf{r} mailing dates, especially for larger items that may need to be shipped via surface mail.

That's all for now. As always, thank you for all that you do and thank you for your service to our country.

Stay safe and enjoy the rest of the summer!

CMDCM Schoeppey





A Huge Brain Inlu ...

Grom your Command to the following for their dedication and hard work, as demonstrated by the following achievements

PROMOTIONS.

LCDR Hmelevsky

SWO/ESWS DESIGNATION

LTJG Araullo

DESTROYER SQUADRON FIFTEEN SALLOR OF THE QUARTER FC1(SW) Clayton

DESTROYER SQUALROW BLUE JACKET OF THE QUARTER

DCFN(SW) V anderstouw

HAVY AND MARINE CORPS COMMENDATION MEDAL AND LETTER OF APPRECIATION

CS1(SW) Schmidt

HAVY ACRIEVEMENT MEDALS

FC1 Forbes EN1(SW) Osmus FC2(SW) Graver OS2(SW) Robinson

6000 COMPACT MEDALS

QM2 McMorrow OS2(SW) Pek ET3 Temple CS3(SW) Ye-Robinson SHSN Walker

LETTERS OF COMMERCIATION

GSM2(SW) Resurrection EMB(SW) Jefferson CSSN Guerra

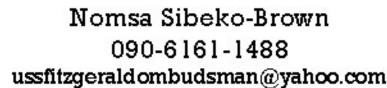
LETTERS OF APPRICIATION

STG1(SW) Brown FC2(SW) Manboard OS2(SW) Pek STG3 Jimenez TMB(SW) Laasmar CS3 Northcutt ET3 Sullivan GM3 Templeton FC3 Vo

GRADUATIONS

GSMFN Hill - Honor Graduate of Search and Rescue Swimmer School STG3 Stair - Graduate of Search and Rescue Swimmer School





Welcome to the September issue of our newsletter I have to say, in the four years that I have been in Japan, this was the hottest summer. Come to think of it, I think this was the hottest summer I have ever experienced in my life! As I write this newsletter we have yet another typhoon heading our way, Typhoon Fitow. Again, as previously, please take heed of the warnings and stay informed by watching Charmel 12 or the

CFAY website at http://www.cfay.navymil/. Please make sure you take action to have a an EMERGENCY PREPAREDNESS KIT ready at all times. This is important not only for Typhoons but for earthquakes as well

There have been major changes to Japanese Drinking and Driving Laws. If you are not aware of these, please read the following very carefully because the new rules do not allow for anyone to plead ignorance.

Amendment to Japan Road Traffic Law) DUI/DWI

.1. Penalties to actual drivers

- a. Driving Under Influence (DUI)

 Current Up to 3 years or up to 500,000 Yen

 Amendment Up to 5 years or up to 1,000,000 Yen
- b. Driving While Impaired (DWI)
 Current Up to 1 year or up to 300,000 Yen

 Amendment Up to 3 years or up to 500,000 Yen
- Penalties to others concerned.
- a Providing automobiles
 DUI Up to 5 years or up to 1,000,000 Yen
 DWI Up to 3 years or up to 500,000 Yen
- b. Providing alcohol beverages

 DUI Up to 3 years or up to 500,000 Yen

 DWI Up to 2 years or up to 300,000 Yen
- Riding as passengers in same automobiles operated by a drunk driver
 - DUI up to 3 years or up to 500,000 Yen DWI – up to 2 years or up to 300,000 Yen
- Refisal to take balloon test
 Current Up to 300,000Yen
 Amendment Up to 3 month or up to 500,000Yen
- Passengers in the rear seat
 IAW current law, passengers are not obligated to wear
 seat belts.

IAW amendment, passengers in rear seat must have seat belt on.

(This rule will be applied only when on the express highway.)

Who is a Navy Family Ombudsman?

An Ombudsman is the spouse of an active duty member of the command Applicants generally have experience in Navy Life and an excellent understanding of Navy resources available to families

What can an Ombudsman do for you?

There are two main roles an Ombuckman serves: Liaison between command and families, and Source of information to Navy families. Being a Liaison means that the Ombuckman links the command and the families. For instance, when a command is deployed, the Ombudsman receives information from command about the schedule and latest news concerning the status of the command. The commanding Officer utilizes the Ombudsman to disseminate information to families, and families are encouraged to use the Ombudsman to relay their concerns back to the command or other appropriate agency. The Ombudsman also knows how to handle family emergency situations and can refer the family to the right people in the Navy for help. If the command has an emergency or crisis, the Ombudsman will have the "official" word to share. The Ombudsman may use phone trees, care lines or newsletters in order to communicate news and information to the families.

The Ombudsman is an Information and Referral service to command families. This means that a spouse can call the Ombudsman to get accurate answers to variety of questions. For example, do I register my car in Japan?" "When is Navy Marine Corps Relief Society ope?" "I lost my ID card, howCan I get a new one?" "What childrare is available in this area?" The Ombudsman is also a resource for pertinent base and local phone numbers. If a spouse calls with a problem or concern, the Ombudsman can refer the spouse to the appropriate place. The Ombudsman is aware of the resources available on the base and in the local community.

The Ombudsman Program's code of ethics ensures that a person may talk to his or her Ombudsman about a family situation and the conversation will be kept confidential. In fact, because of the high standards of the Ombudsman Program, a breach of confidentiality is grounds for dismissal from the position

In most cases, all of the questions, problems, and/or concerns that Ombudsman receive are kept confidential. There are, however, instances when a situation MUST be reported to the Commanding Officer and the appropriate agency. These situations are referred to as the 5 Reportables.

These are

- All suspected child abuse/neglect.
- Alleged spouse a buse.
- Suspected/potential homicides, violence, or life endangering situations.
- All suspected/potential suicidal risks.
- Drug and Alcohol Abuse

Added to these 5 reportables will be other issues identified by the CO as reportable

Home Email Addresses

If you would like to receive reminder amount cements of meetings and messages pentaining to families or events that arise between newsletters, simply send me you home email address, and I will forward the information to you. The addresses are kept private and confidential, and all messages are sent blind carbon copy to assure this.

































































I hope everyone is getting back into the school routine! I would like to thank everyone for their participation in the last FRG meeting. Thanks for the taking the time out of your schedule to come and hear what we had to say. I hope that everyone made a new friend or two. We will be having monthly meetings and hopefully have a guest speaker as much as possible! If you have any suggestions as to whom you would like to hear from, whether it be FRCS or Security please let us know!

Please keep an eye on the Ombudsman bulletin boards at the post office for information regarding the Fightin' Fitz, FRG, and also information on things happening around the community. Also the careline has a message from the CO, Ombudsman and FRG President updated regularly.

I welcome Susan Batten as our new secretary! Thank you Susan, for taking time out of your schedule to volunteer vour valuable time.

Our first care package to the single sailors from the FRG went out Wednesday August 22. A special thanks to everyone who made donations.

If you haven't already been added to the FRG email list please send a request to fitzgeraldfrg@yahoo.com, I look forward to hearing from anyone interested in becoming a part of our Family Support Group.

Vivian Osnaus, FRG President - 243-3442

Officers

Hocant, Vice President Holly Whitman, Treasurer Saran Batten, Secretary Ships Carolino, 243-2451

Dots Has Bodd Madigasalo Aliay Grows



Need information regarding relationships? Raising children? Relocation? PC3ing? Choosing colleges for your children? Stress management? Whatever you might be trying to find information on, Military One Source is your best resource.

EDUCATIONAL MATERIALS: Whether you're homesick, dealing with relationship issues, managing stress, or buying your first car, we have free booklets, CDs, and articles to assist you. Materials are mailed at no cost.

INTERACTIVE WEB SITE: Prepare and file your federal and state tax returns. Look for videos on common issues such as communicating as a couple, budgeting, and managing anger. Other features include locators for education, child care, elder care, online articles, referrals to military and community resources, financial calculators, search by topic, live online workshops, and "E-mail a consultant."

www.militaryonesource.com or call

Stateside: 1-800-342-9647 Overseas:xx-800-8429-6477

(Country access codes can be found online). Collect from Overseas: 484-530-5908 (Dialan international operator first)





പ്രമെയെ വരുത്തെ പ്ര BY YUKI SCHOEPPEY



The 13th through 16th of August is called abon in Japan. Obon is a Buddhist event and is one of the most impor- and given gifts. tant traditions for Japanese people. Since abon is an important family gathering time, many people return to their hometowns during this period. Most businesses are closed, and people are on vacation. The beginning and the end of obon are marked with terrible traffic Jans. Airports, train stations, and highways are Jammed with travelers.

The next celebration is celebrated in September and is known.



as Tsukini, or moon viewing. This is a longstanding tradition that began among the royal court eiltes. who would gather beneath the full moon to write poens and drink sake. Since then the celebration evolved into an event where the common people

would pray for good harvest.

Unfortunately, the tradition is now rarely celebrated among the younger generation, and only a small percentage. of those in rural parts of Japan continue this tradition of offering tsukimi dango (rice dumplings), susuki (pampas grass), seasonal fruit, and sake to the moon in mid-september. in general, what is left of the tradition is the custom of eating. tsukini dango, taro, chestnuts, pears, and persimmons during this season but in actuality this custom is more associated with the autumn season itself than the tsukini tradition. The word tsukinii has also come to be used more when referring to foods with egg yolk resembling the moon in soba (buckwheat noodles), udon (thick wheat noodles), or a hamburger with

Around SEPTEMBER 15 we celebrate the next holiday. **festio-no-fil(Respect-for-the-aged Day).** This fioliday, which concerning the Welfare for the Aged was enacted in 1966. It serves to honor the elderly as well as celebrates their longev-

fried egg fillings rather than moon viewing. Retrieved from:

ity.On this day the elderly are taken out for entertainment

Around SEPTEMBER 23 We celebrate shubun no hi (Autumnal Equitor Day). The central theme here on this centrai day of a seven-day Buddhist memorial are family reunlons and the visitation of grave sites.

Following is a list of Japanese Holidays for your use National Holdans

Observed the 3rd Monday of September is the Autumnal Equinox Day (shubun no hi) September 22 or 23 Health-sports Day (tallfu no fil) observed the 2nd Monday In

Culture Day (bunka no hí) November 3

Labor Thanésgiving Day (éinró éansha no hí)

November 23

Emperors Birthday (tennó tanlóbí)December 23

| Other Celebrated Days | Date |
|---|--|
| Nanakusa | Заниагу 7 |
| Setsulbun | February 3 |
| Valentines Day | February 14 |
| Doll Festival (filmamatsurf) | March 3 |
| White Day | March 14 |
| April Fook' Day | ⇔prll 1 |
| Mothers Day | ман |
| Father's Day | 7HH2 |
| Вон | , ⇔идиst |
| TSHRIMI | September |
| Christmas Day | December 25 |
| Many companies and above beautiful to iden- | s altiquatistic reina mals and stress of |

Tany companies are alto e baed on holidays, although shopping mals and stores often when open.

Japan has three parts all conded periods: the Herr Year's Weeks (how the last neek of December to January 3); the Golden Week (from April 29 to May 5) and the Roy Week (in itregrets. Daving these terms all weeks of transportation including ballet trains air planes, high my bases and expressions one to be product to have a confortable trip Marking reserration is expentially you play to travelly these days. Petrieved from: http://www.gateiries.com/TorqueGinea/8930/En inde/html

Command Monthly Recipe Banbanji

By Yuki Schoeppey

2 chickenbreasis

http://www.anavi.coJp/en/w_theme/

- 2-3 slices fresh ginger root
 - llbsp sake
 - Včispsat
 - V1 b bean strout
 - H2 cocumber
 - 3 bbsproini
 - 3 thep soysavce
 - 3 lbsp rice unine vinegar

 - VC cupsesame seed

Boilwater in apan

fidd sake sat ginger slices, and chicken in the pan

Boilchicken breasts until cooked

Coolchicken and tear into thin strips

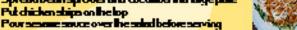
Boilbeansprouts in a pan for a minand drain

Cut coumber intothinstrips

Grind sesame seeds well and adds oy sauce, mini, and rice wine. y inegar

fidd some chicken soup slock in the sauce to adjust the thickness Stirthe sauce well

<mark>Spreadbean sprouts a</mark>nd occurbe in a large<mark>p</mark> Put chicken ships on the lop



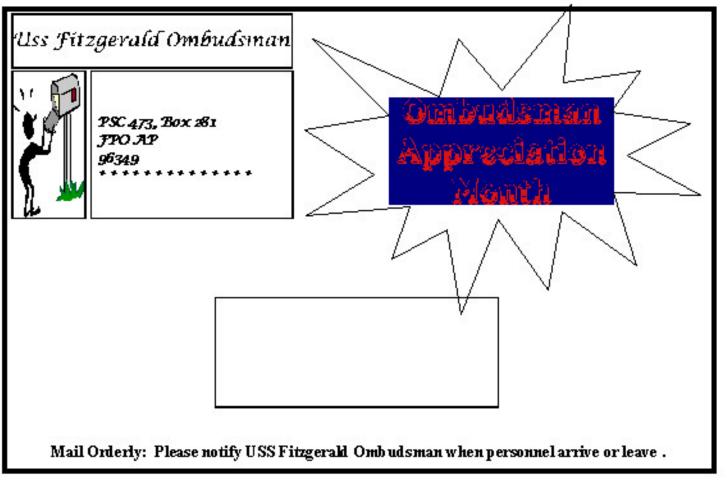




September 2007



| Sun | Mon | Tue | Wed | Тни | Fri | Sat |
|----------|-------------------------------|-------|-------|---------------------------------|--------------------|-----------------|
| <u>o</u> | mbuds | man [| Appro | eciatio: | n T o | 1 nth! |
| 2 | HAPPY LABOR DAY TO YOU! | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 Happy Shadent Day 1 | 21 Exercise Feace | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 Sun 30 |



USS FITZGERALD OMBUDSMAN NEWSLETTER

USS Fitzgerald

Commander Daniel Dusek

Executive Officer
John Tolg

Important Numbers

| 1 | 21100 |
|-------------------------|---------------------|
| FFSC | (046) 816-3372 |
| Employment/HRO | (046) 816-5725 |
| Commissary | (046) 816-7628 |
| Navy Exchange | (046) 816-5150 |
| Personal Property (US) | (046) 816-5426 |
| Personal Property (MOD) | (046) 816-7061 |
| Housing Welcome Office | (046) 816-8846/8847 |
| Naval Hospital Yokosuka | (046) 816-7144 |
| Naval Dental Clinic | (046) 816-8808 |
| Negishi Medical Clinic | (045) 281-4161 |
| TRICARE Desk | (046) 816-9528 |
| WIC Overs eas Program | (046) 816-9426 |
| PostOffice (Yokosuka) | (046) 816-6711 |
| Post Office Ikego | (046) 806-8051 |
| Post Office Negishi | (045) 281-4114 |
| NavyCollege | (046) 816-8131 |
| University of Maryland | (046) 816-4613 |
| University of Oklahoma | (046) 816-4990 |
| University of Phoenix | (046) 816-6985 |
| NMCRS | (046) 816-4450 |
| CommunityBank | (046) 816-4585 |
| NFCU | (046) 816-3333 |
| American Embassy | (033) 224-5000 |
| ITT | (046) 816-5613/7257 |
| | |

Command Master Chief Tyler Schoeppey (046) 816-2457 **Chaplain** LT Barry (046) 816-6409 Ombrude man Nomsa Sibeko-Brown (090) 6161-1488 (046)806-5765 CARECINE (046) 816-2451 **Quarterdeck** (046) 826-2460 Emengency on Base 911/110 Emengency Off Base Bare Security (046) 816-5000 American Red Crar (046) 816-7490/5291 Family Readinest Group (046) 896-3442

Outdoor Recreation (046) 816-5732 Bermy Decker Theater (046) 816-6703 Fleet Theater (046) 816-5406 Negishi Theater (045) 281-4126 PurdyGym (046) 816-5398 FleetGym (046) 816-5304 Library (046) 816-5574 Negishi Library (046) 281-4125 Main CDC (046) 816-3219 HourlyCDC (046) 896-4101 Child Dev. Homes (046) 896-5478 Youth Center (046) 816-3439 Navy Lodge (046) 816-6708 1-800-NAVY-INN Anny Veterinary (046) 816-6820 NEX Kennels (046) 816-4530 PAWS (046) 816-9996 Byrd Elementary (045) 281-4815 Ikego Elementary (046) 806-8320 Sullivans Elementary (046) 816-7336 Yokosuka Middle School (046) 816-5165 Kinnick High School (046) 816-7392 New Samno Hotel (033) 440-7871

