



USS 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 outside 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 Navy with their professionalism and devotion.

After a few weeks in port, and after a weather-induced delay, we safely completed our ammunition onload. 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 subs out 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 many 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 FITZGERALD family for their heartfelt devotion and support – you all make the Fightin' Fitz the success that she is!

Gratefully,
CDR Dan P. Dusek, USN



NAVY FAMILY OMBUDSMAN



From the Command Master Chief

Creeting 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 FITZGERALD 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 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 Bravo Zulu ...

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



PROMOTIONS

LCDR Hmelevsky

SWO/ESW DESIGNATION

LTJG Araullo

DESTROYER SQUADRON FIFTEEN SAILOR OF THE QUARTER

FC1(SW) Clayton

DESTROYER SQUADRON BLUE JACKET OF THE QUARTER

DCFN(SW) V anderstouw

NAVY AND MARINE CORPS COMMENDATION MEDAL AND LETTER OF APPRECIATION

CS1(SW) Schmidt

NAVY ACHIEVEMENT MEDALS

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

GOOD CONDUCT MEDALS

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

LETTERS OF COMMENDATION

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

LETTERS OF APPRECIATION

STG1(SW) Brown FC2(SW) Manboard OS2(SW) Pek
STG3 Jimenez TMB(SW) Laasmar CS3 Northcutt
ET3 Sullivan GMB Templeton FC3 V o

GRADUATIONS

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

Nomsa Sibeko-Brown

090-6161-1488

ussfitzgeraldombudsman@yahoo.com

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 Channel 12 or the CFAY website at <http://www.cfaynavy.mil/>. 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
2. 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
 - c. 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
3. Refusal to take balloon test
Current – Up to 300,000 Yen
Amendment – Up to 3 month or up to 500,000 Yen
4. 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 Ombudsman serves: Liaison between command and families, and Source of information to Navy families. Being a Liaison means that the Ombudsman 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, case 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 open?" "I lost my ID card, how can I get a new one?" "What childcare 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 Ombudsmen 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:

1. All suspected child abuse/neglect
2. Alleged spouse abuse
3. Suspected/potential homicides, violence, or life endangering situations.
4. All suspected/potential suicidal risks.
5. 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 announcements of meetings and messages pertaining to families or events that arise between newsletters, simply send me your 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.



FAMILY READINESS GROUP

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 FICS or Security please let us know!

Please keep an eye on the Onbudsman bulletin boards at the post office for information regarding the Fightin' Fitz, FRG, and also information on things happening around the community. Also the carousel has a message from the CO, Onbudsman 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 your 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 Osmos, FRG President - 243-3442

Officers
Vacant, Vice President
Holly Whisman, Treasurer
Susan Batten, Secretary
Shirley Caroline - 243-2451

Join the FIVE Children's Play Group



PLEASE NOTE
 THAT THE
 PLAYGROUPS
 HAVE BEEN
 CANCELLED
 UNLESS SOME-
 ONE ELSE
 WANTS TO
 RUN THEM.



Need information regarding relationships? Raising children? Relocation? PCSing? 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-800-3429-6477
 (Country access codes can be found online)
 Collect from Overseas: 484-630-6908
 (Dial an international operator first)





LIFE IN JAPAN...

BY YUKI SCHOEPPPEY



The 13th through 16th of August is called obon in Japan. Obon is a Buddhist event and is one of the most important traditions for Japanese people. Since obon 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 jams. Airports, train stations, and highways are jammed with travelers.

The next celebration is celebrated in September and is known as tsukimi, or moon viewing. This is a longstanding tradition that began among the royal court elites who would gather beneath the full moon to write poems 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 tsukimi dango, taro, chestnuts, pears, and persimmons during this season but in actuality this custom is more associated with the autumn season itself than the tsukimi tradition. The word tsukimi 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 fried egg fillings rather than moon viewing. Retrieved from: http://www.gnavi.co.jp/en/w_theme/

Around SEPTEMBER 15 we celebrate the next holiday **Keto no hi (Respect for the Aged Day)**. This holiday, which concerns the welfare for the aged was enacted in 1966. It serves to honor the elderly as well as celebrates their longevity.

On this day the elderly are taken out for entertainment and given gifts.

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

Following is a list of Japanese Holidays for your use

National Holidays	Date
Observed the 3rd Monday of September is the Autumnal Equinox Day (shubun no hi)	September 22 or 23
Health-sports Day (takki no hi) observed the 2nd Monday in October	
Culture Day (bunka no hi)	November 3
Labor Thanksgiving Day (kōrō kansha no hi)	November 23
Emperor's Birthday (tennō tanjōbi)	December 23

Other Celebrated Days	Date
Nanakusa	January 7
Setsubun	February 3
Valentine's Day	February 14
Doll Festival (hinamatsuri)	March 3
White Day	March 14
April Fools' Day	April 1
Mothers Day	May
Fathers Day	June
Bon	August
Tsukimi	September
Christmas Day	December 25

Many companies are also closed holidays, although shopping malls and stores often remain open.

Japan has three parts of holiday periods: the New Year's weeks (from the last week of December to Jan. 3), the Golden Week (from April 29 to May 5) and the Boy's Week (in July-August). During these times, all modes of transportation, including bullet trains, air planes, highways, buses and ferries are too crowded to have a comfortable trip. Making reservations is essential if you plan to travel in these days. Retrieved from: <http://www.gate-the.com/Toyo/Guide/0030/15/index.html>

Command Monthly Recipe

Banbanji

By Yuki Schoeppey

- 2 chicken breasts
- 2-3 slices fresh ginger root
- 1 tbsp sake
- 1/2 tsp salt
- 1/4 lb bean sprout
- 1/2 cucumber
- 3 tbsp mirin
- 3 tbsp soy sauce
- 3 tbsp rice wine vinegar
- 1/2 cup sesame seed

Boil water in a pan
Add sake, salt, ginger slices, and chicken in the pan
Boil chicken breasts until cooked
Cool chicken and tear into thin strips
Boil bean sprouts in a pan for a min and drain
Cut cucumber into thin strips
Grind sesame seeds well and add soy sauce, mirin, and rice wine vinegar
Add some chicken soup stock in the sauce to adjust the thickness. Stir the sauce well
Spread bean sprouts and cucumber in large plate
Put chicken strips on the top
Pour sesame sauce over the salad before serving



September 2007



SUN	MON	TUE	WED	THU	FRI	SAT
Ombudsman Appreciation Month!						1
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
						Sun 30

USS Fitzgerald Ombudsman



PSC 473, Box 281
JPO AP
96349

**Ombudsman
Appreciation
Month**

Mail Orderly: Please notify USS Fitzgerald Ombudsman when personnel arrive or leave .

USS FITZGERALD OMBUDSMAN NEWSLETTER



Important Numbers



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 Overseas Program (046) 816-9426
Post Office (Yokosuka) (046) 816-6711
Post Office Ikego (046) 806-8051
Post Office Negishi (045) 281-4114
Navy College (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
Community Bank (046) 816-4585
NFCU (046) 816-3333
American Embassy (033) 224-5000
ITT (046) 816-5613/7257

**USS Fitzgerald
Commander**
Daniel Durek
Executive Officer
John Tolg
Command Master Chief
Tyler Schoeppey
(046) 806-2457
Chaplain
LT Barry
(046) 816-6409
Ombudsman
Nomsa Sibeko-Brown
(090) 626-1488
(046) 806-5765
CARELINE
(046) 816-2451
Quartermaster
(046) 806-2460
Emergency on Base
911/110
Emergency Off Base
119
Base Security
(046) 816-5000
American Red Cross
(046) 816-7490/5291
Family Readiness Group
(046) 896-3442

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

