



USS Fitzgerald Ombudsman July 2008

FROM "THE BRIDGE"

Well, what can I say; it's been a busy few months! As you know, we barely had time to catch our breath in Yokosuka before returning to sea this month. In April, we made a stop in Malaysia, where we were the first foreign naval vessel to pull into a new base built by the Royal Malaysian Navy. While there, we were also given the opportunity to participate in the Freedom of Entry Day celebrations in Kota Kinabalu, along with the French and Brunei Navies. Many took the chance to enjoy some well-deserved rest and relaxation; golfing, enjoying the nightlife, fishing or trekking through the jungle, while a few brave souls even ventured to climb the fearsome Mt. Kinabalu, taller than our own Mt. Fuji.

Underway again, we soon learned that our successful year had not only earned the FITZGERALD Destroyer Squadron 15's Battle "E" Award for 2007, but was also the winner of the Marjorie Sterrett Award, as the top ship in the entire Pacific Fleet - the "Best of the West," from San Diego to Japan. The Sonar Technicians brought still more acclaim, winning the ASW Bloodhound award as the most proficient submarine-hunters in the Navy. When we had the chance, I was only too happy to give out Navy Achievement Medals to many well-deserving crewmembers in honor of their hard work at a few ship-board award ceremonies.

Such devotion was evident once more upon our return to Yokosuka in May. During an all-too-short period in port, the crew set about completing the bi-annual training inspections known as Unit Level Training Cer-

tification and achieved spectacular results. ULTRA-E (Engineering), ULTRA-C (Combat Systems), the Anti-Terrorism Force Protection (ATFP), Cruise Missile Tactical Qualification (CMTQ) and Supply Management Certification (SMC) all came and went and frankly even I, who have learned to expect amazing things from the crew, was awed by what they accomplished!

We completed the training cycle in record time, doing the best the inspectors had ever seen. Unfortunately we had little time to rest on our laurels, and I know many of you had been looking forward to spending time with your loved ones over the summer. The needs of the Navy demanded we proceed with real-world tasking and put out to sea. While I can't go into specifics, let me assure you that what we are doing is fulfilling a vital front-line mission for our nation.

Good news comforted our reluctant departure. In the span of one week there was cause for many congratulations as nine sailors tacked on crow's as newly-minted Petty Officers. Additionally, 19 Sailors made Petty Officer 2nd Class, and 8 made 1st Class. Furthermore, six of our chiefs made Senior Chief, and six of our Officers received promotions, all of which were duly earned!

I have only two words to express to you what I'm feeling for your sailors: Pride and Gratitude. Pride in their accomplishments, and gratitude that I have been given command of such a terrific crew. We will be home soon for a 4 month little break at home!

Gratefully,
CDR Daniel P. Dusek,
USN



NEWSLETTER



From the Command Master Chief

First, I would like to say "Fair winds and following seas" to CMDCM Tyler Schoeppey. Master Chief and his family have transferred to Misawa. Now I would now like to introduce myself. I am Master Chief Eric Cole. I come to the FIGHTN' FITZ from sunny San Diego where I served on the USS GERMANTOWN(LSD 42). Joining me in the FITZGERALD family is my wife, Wendy. Since receiving orders to FITZGERALD I have heard that we are the best DDG in 7th Fleet. I have been aboard about 1 month now and I can tell you all that I heard is very true! It is because of the dedication and hard work of your Sailors that the FITZ is such a fine ship. The many awards and accolades received over the last year prove it and show that your Sailors performance is recognized throughout the Navy. I know that your support enables these men and women to do such a great job.

The Command knows that support of families directly contributes to our readiness. We have the best Ombudsman on the waterfront, Mrs. Nomsa Brown. She is always available to all FITZ families. We also have a great Family Readiness Group (FRG). If you have not attended a Family Readiness meeting I encourage you to do so. The FRG is a great way to meet new people, gain information, and share experiences with others. We are planning a family day cruise for 1 August 2008. This is a time when family and friends (over the age of 8) come onboard and see their loved ones and our ship in action. I hope to see many of you onboard! I'm excited and honored to serve with your Sailors. I look forward to meeting all our family members soon. Protect Your People!



CMDCM Cole



USS Fitzgerald Family Readiness Group



Hello! My name is Vivian Osmus and I am your USS Fitzgerald Family Readiness Group President. I would like to take the time to tell you a little about our group as well as some of the things that we are planning and give you an opportunity to get you involved in your FRG.

The purpose of the FRG is to promote and create a friendly and social relationship among its members, to raise funds for group oriented activities and to serve as best permitted the family members and the crew of the USS Fitzgerald. Membership may consist of any USS Fitzgerald family member who wishes to become a part of this organization.

We hold monthly meetings and child care is provided for those that RSVP for a small fee. Information regarding these meetings is posted on the bulletin boards at the Yokosuka and Ikego post office and sent out via email (if you have requested so). We also try to have a social activity at least once a month.

We plan and organize various activities for children such as bowling parties, movie night, holiday parties etc. We hold fundraising events for these activities. One fundraiser we are currently working on is a Fitzgerald FRG cook book. We will be collecting recipes until July 31, 2008 (please submit one or five), we hope to have it back and up for sale by the end of August.

Other important dates to remember: July 17th will be our FRG Meeting beginning at 5:00 p.m. Also, on the same day, we will be electing our FRG officers. Please send in names for selectees at the latest by July 15th. Want to have some fun? Join us for Pool Day at the Green Beach Pool from 1:00 p.m. onward. If you would like to participate and/or receive emails from your Family Readiness Group please send an email to fitzgeraldfrg@yahoo.com.

Please let me know if you have any questions regarding our FRG!

*Vivian Osmus, President
Kelly Whitman, Vice President
Sabrina Flowers, Treasurer
Susan Batten, Secretary
fitzgeraldfrg@yahoo.com*

Nomsa Sibeko-Brown

090-6161-1488

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All, it has been a couple of months since I last put out our Newsletter. It is safe to say that the last months have been extremely busy with many changes happening all around. Our CMDCM Schoeppey and his family PCSd, we now have a new CMC. If you have not had the pleasure of meeting CMDCM Cole and his wife Wendy, please do so, they are a wonderful couple who are eager to work with all of you. For those of you like myself with high schoolers, we have just gone through a grueling period of preparing our children for graduations and I congratulate you! We have seen some of our families PCS and also received new families, join me in welcoming them to Yokosuka.

All of us have heard nothing but great news about the work that our men and women on the Fightin' FITZ have put forth. To echo what the CO and CMC have said, your continued and dedicated support, in spite of these arduous deployments, has attributed to the ability of our men and women staying focused on the mission. I know for some it has been difficult to have to carry on with the daily challenges of keeping house, dealing with children, and all of those issues which seem to come up ONLY when the ship is out to sea. However, you have pulled through and done so as champions. I applaud you! Hopefully your Sailors will recognize this when the ship returns. I am sure, as I do, you are looking forward to spending a few months this summer being together as a family.

However, as you spend time together, I wanted to share information with you that will assist in making this post deployment season a successful one. Most of us spouses who are left behind are used to running things and have difficulty letting go once our spouses are back home. The anticipation for home coming is often filled with feelings of joy, excitement and anticipation. However, feelings of apprehension might surface due to anxiety about your spouse not appreciating some of the changes you have made, or purchases you have made during their absence. The service member themselves might also be looking forward to being home but also apprehensive if they will be needed or accepted by the children and spouse.

Couples be prepared for an adjustment period since the spouse who has been at home might experience a loss of freedom and independence. This is not the time to demand to have control of the checkbook or to be the one making decisions. Such behavior suggests you do not trust your spouse and feel that you can

do a better job! Be respectful and allow yourself to integrate yourself into this routine. The returning spouse might feel like a stranger in his own home. Integrate yourself slowly into this adjustment period and restate your roles and responsibilities. Each partner may have undergone some changes during the separation and grown in their own way, learn to recognize these changes and DO NOT ignore them! Accommodate them and recognize each other's needs.

Remember, your children have their anxieties as well. Younger children will respond as their non-deploying parent is, while older children might share the same concerns as their parents. Often times, they might be anxious that they may not live up to their parent's expectation. Do not do anything drastic especially when it comes to routine, rules, and responsibilities. Find out from your spouse first how they have been doing things, what has worked or not worked. Ask how you may be of help and fit yourself into the existing routine. Remember, your children will likely seek out the parent who has been at home when needing anything; do not take this personal! Leave the discipline to the parent who has been at home for a little while to avoid being looked at as the bad guy.

Single sailors will also go through adjustments as well, as they will be looking forward to time away from the command but also concerned that their married friends might not want to spend time with them. So, please remember the single sailors as well, and if you can, welcome them into your home for a meal or two. Also, if they have roommates, girlfriends, families, and friends, they might have to renegotiate those relationships.

Refrain from throwing everything on the returning spouse's lap as soon as they walk in through the door! You have managed fine this far, a couple of days more will not hurt. However, if it is okay with your spouse for you take over things from the beginning, then do so. You know yourselves better. Enjoy yourself and take things easy, you owe it to yourself. As we celebrate 4th of July festivities, remember to drink responsibly.

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.

New Restricted Reporting Option for Domestic Violence Victims

As of January 2006, changes were made in how domestic violence incidents are reported. There are now two types of reporting options for victims of domestic violence.

Unrestricted Reporting:

- Victims use current reporting channels.
- Victim advocacy services and Family Advocacy Program (FAP) clinical will be offered.
- At the victim's request, health care services will be offered.
- Military police investigate and commands are notified.

Restricted Reporting:

- Allows adult victims of domestic abuse, who are eligible to receive treatment at an Medical Treatment Facility (MTF), to report an incident to specified individuals without initiating the investigative process.
- Specified individuals are: Victim Advocates, Healthcare providers including FAP clinical social workers, and Chaplains.
- Victims sign a statement of understanding.
- Communications remain protected unless the victim authorizes release or an exception applies.

Benefits of Restricted Reporting:

- Victim decides when to report.
- Victim receives appropriate health care and advocacy services.
- Victim controls the release and management of personal information.
- Victim may develop increased trust in "the system".
- Commanders will receive information about incidents, NOT personal information.

Limitations of Restricted Reporting:

- The abuser is not held accountable and may commit further abuse.
- The victim and abuser may continue to

have contact.

- Crime scene evidence will be lost.
- Military and civilian protection orders are unavailable.

Exceptions to Restricted Reporting:

- When disclosure is authorized by the victim.
- When a serious and imminent threat to the health or safety of the victim or another exists.
- When child abuse is suspected.
 - When a military, Federal, or state judge issues a subpoena for the covered communications or to other officials or entities when required by Federal or state statute or applicable U.S. international agreement.

What is at the Heart of Domestic Violence?

Power and control is at the heart of Domestic Violence. As a victim, you have the right to:

- Be treated with fairness and respect for your dignity and privacy.
- Be reasonably protected from the accused offender.
- Be notified of court proceedings.

- Confer with the attorney for the government case.
- Information about conviction, sentencing, imprisonment, and release of the offender.

You may also have the right to:

- Be reimbursed for related medical treatment, mental health counseling, funeral and burial costs, and lost wages.
- Be eligible for the military's Transition Compensation.

If you, or someone you know, need assistance, please contact FFSC's Victim Advocate at 243-7878.



Are You Prepared Should An Earthquake Hit?

The sudden and violent shaking experienced during an earthquake is caused by the shifting and breaking of subterranean rocks. Earthquakes can happen almost anywhere and anytime without warning, so you and your family should be prepared.

How to Prepare for an Earthquake

- Minimize home hazards by bolting shelves, bookcases, china cabinets, and other tall furniture and strapping the water heater to studs in the walls.
- Identify a safe place in every room of your home where nothing can fall on you, such as under a table, against a wall, or in a doorway.
- Practice earthquake drills as a family so everyone knows what to do, especially "Drop, Cover, and Hold On!"
- Create an evacuation plan as a family.
- Create an emergency communication plan in case family members are separated during an earthquake.
- Create an emergency supplies kit.

What to Do If There Is an Earthquake

- If you are indoors: Do not run outside. There may be falling debris. If possible, DROP to the ground, take COVER under a table or sturdy piece of furniture, and HOLD ON until the shaking stops. If you are not near any sturdy furniture, crouch in a corner or in a stable doorway where there is less of a chance of things falling on you. Stay away from windows, light fixtures, unstable furniture,

or anything that could fall. Stay inside until the shaking stops and you are absolutely sure it is safe to go outside. The electricity may go out, so don't use elevators.

- If you are outdoors: Move away from buildings, street lights, and utility wires or anything that could fall into somewhere open. Once in an open area, drop to the ground. Statistics show that the most injuries in earthquakes are caused by falling debris.
- If you are in a moving vehicle: Stop as soon as you can, away from buildings or anything that could fall. Stay in the vehicle. Proceed very slowly once shaking stops.
- Once you are in a safe place, muster with your command if you are military or civilian personnel or a member of the selective reserves.

What to Do When the Shaking Stops

- Check yourself and others for injuries.
- Turn off the gas if you suspect a leak.
- Stay tuned to the radio for further information and instructions.
- Expect aftershocks, which can come minutes, hours, or days after an earthquake. If an aftershock happens, "Drop, Cover, and Hold On."
- Be very careful of falling debris in homes or outdoors. This is how most injuries occur.
- If you are trapped beneath debris: Do not light a match for light. There may be gas

Preparedness Is Your Duty

The Navy encourages all personnel to maintain a basic level of preparedness for all potential hazards.

You are encouraged to be informed about potential hazards, have a family emergency plan, and make an emergency preparedness kit.

leaks in the area. Do not move around or kick up dust. Cover your mouth with a handkerchief or piece of clothing to reduce dust inhalation. Tap on a pipe or use a whistle to help rescuers find you. Shout only as a last resort as it will increase dust inhalation.

- If you live near the ocean, be aware of possible tsunamis, which are caused by earthquakes off the coast.
- After a declared emergency, register your needs with the Navy through the Navy Family Accountability and Assessment System (NFAAS) at <https://www.navyfamily.navy.mil/> or call 1-877-414-5358 or 1-866-297-1971 (TDD).

Where to Find Additional Information

- American Red Cross--- www.redcross.org/static/file_cont164_lang0_71.pdf
- Centers for Disease Control and Prevention (CDC)--- www.bt.cdc.gov/disasters/earthquakes/

It's **your duty** to stay informed, develop disaster plans with your family, and have ready an emergency supply kit good for at least three days.

Financial Planning For PCS Moves

Planning is the key to a financially successful relocation. There are many areas of your finances that may need a check-up and perhaps some changes, so that you will have a smooth move. Think about the following:

- \$ What financial obligations must you clear before departing this duty station and community?
- \$ What financial obligations will you incur during transition from this duty station to the next?
- \$ Which costs are reimbursed? Which are not?
- \$ What financial obligations will be incurred at the new duty station?
- \$ Do you have money set aside to pay for any expenses you must incur prior to reimbursement or that will not be reimbursed?
- \$ How will you handle the transfer of bank accounts and changes in cash flow?
- \$ If you have a second job or family members who work, how will you deal with the loss (at least temporarily) of that income?

These questions show some of the major considerations that you and your family need to think about, talk about, and determine how to deal with. Consider all the expenses of a move, take a look at your current spending plan, make some projections based on anticipated expenses, and be prepared for the best! A PCS move can be disruptive and expensive, but it can also be exciting, challenging and rewarding. Plan ahead, use all your resources, and enjoy your move.

Even if you are not shipping out immediately, start preparing your family financially by making a list of questions and issues, or by using the Family Financial Checklist. Check off issues as you learn about them and write notes on your findings. Review the list with your spouse or your children's designated caregiver so finances will be handled properly while you are away.

Anticipating your next move is important because when your orders finally do arrive, you may have only a few weeks before you hit the road. You'll lower your stress level—and help keep peace in the family—if you make financial planning for a move part of your everyday life.

Take risks: if you win, you will be happy; if you lose, you will be wise.

Family Financial Checklist

Bills

☐	☐	Mortgage
☐	☐	Car Loans
☐	☐	Credit Cards
☐	☐	Student Loans
☐	☐	Income Taxes
☐	☐	Other

Leases

☐	☐	Apartment
☐	☐	Car

Insurance

☐	☐	Life
☐	☐	Car
☐	☐	Homeowners'
☐	☐	Renters'

Legal Matters

☐	☐	Will
☐	☐	Power of Attorney
☐	☐	Health-Care Proxy and Living Will

Child Care and Other Issues Affecting Your Spouse and/or Children

☐	☐	Your Family Care Plan
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Issues for Guard and Reserve Members

☐	☐	Income
☐	☐	Health-Care Benefits
☐	☐	Returning to your Job
☐	☐	Small Business Owners

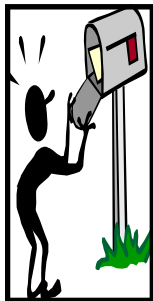


July 2008

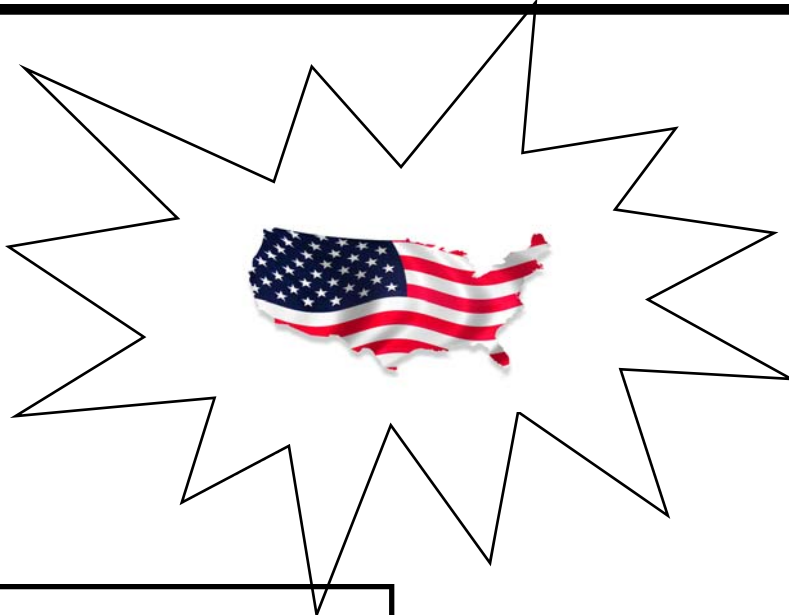


Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 	5
6	7  FRG Swim Day Green Beach Pool From 1:00 p.m. To 4:00 p.m.	8	9	10	11	12
13	14	15 Deadline for Submission of Names for FRG Officers!	16	17 Family Readiness Group Meeting 5:00 pm	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Uss Fitzgerald Ombudsman



PSC 473, Box 281
FPO AP
96349



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 Dusek

Executive Officer
John Tolg

Command Master Chief
Eric Cole
(046) 816-2457

Chaplain
LT Barry
(046) 816-6409

Ombudsman
Nomsa Sibeko-Brown
(090) 6161-1488
(046) 806-5765

CARELINE
(046) 816-2451

Quarterdeck
(046) 816-2460

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
Sullivans Elementary	(046) 816-7336
Yokosuka Middle School	(046) 816-5165
Kinnick High School	(046) 816-7392
New Sanno Hotel	(033) 440-7871

