

NEWSLETTER



NAVCOMTELSTA Far East
Command Ombudsman Newsletter



Welcome to this quarter's NCTS FE Ombudsman Newsletter. In this edition the focus is on Travel. What is the Smart Traveler Enrollment Program? How can I make sure I am prepared to travel abroad? How can I have a safe trip? All these questions and more will be

answered in this edition. Also included are the upcoming holiday parties and events. Be sure to check them out.

I hope you enjoy this edition of the Ombudsman Newsletter!

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NOTE FROM YOUR OMBUDSMAN

Hello Everyone,

I hope you all had a wonderful summer and an opportunity to view the fireworks this year. I heard they were amazing!

Fall is upon us and this is typically the time when families like to travel back home to visit loved ones for the holidays. This is also the time that a lot of great tours are available to other countries in our area. Be sure to check out the list on the MWR Wordpress page. I have included a list of resources at the end of the newsletter. Be sure to sign up for their emails to stay

informed on events like parades, movie times, tours, sports, etc.

If there is ever a subject of interest that you would like covered in the newsletter please let me know. If you would like to contribute an article to the newsletter, I would be happy to include it for command approval.

Should you ever have any questions, concerns, or be in need of any resource information remember I am here for you! Wishing you a wonderful Holiday Season,

Moriah Haefner

TIPS FOR TRAVELING ABROAD



(Image Credit: yupedia.com)

If you are planning on taking any of the IACE tours to the different countries in our area be sure to use the following tips to make your travel easier and safer:

- **Sign up for the Smart Traveler Enrollment Program.** When you the State Department know your travel plans through their free online service (<https://travelregistration.state.gov>) It will help them contact you in case of a family emergency in the US, or if there is a crisis where you are traveling. All information regarding your whereabouts will not be released to others without your express authorization in accordance with the Privacy Act.

- **Sign passport, and fill in the emergency information:** Make sure you have a signed, valid passport, and a visa, if required, and fill in the emergency information page of your passport.
- **Leave copies of itinerary and passport data page:** Leave copies of your itinerary, passport data page and visas with family or friends, so you can be contacted in case of an emergency.
- **Check your overseas medical insurance coverage:** Ask your medical insurance company if your policy applies overseas, and if it covers emergency expenses such as medical evacuation. If it does not, consider supplemental insurance.
- **Familiarize yourself with local conditions and laws.** While in a foreign country, you are subject to its laws. The State Department web site at http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html has useful safety and other information about different countries you may chose to visit.
- **Take precautions to avoid being a target of crime:** To avoid being

a target of crime, do not wear conspicuous clothing or jewelry and do not carry excessive amounts of money. Also, do not leave unattended luggage in public areas and do not accept packages from strangers.

- **Contact the State Department in an emergency:** Consular personnel at U.S. Embassies and Consulates abroad and in the U.S. are available 24 hours a day, 7 days a week, to provide emergency assistance to U.S. citizens. Contact information for U.S. Embassies and Consulates appear on the Bureau of Consular Affairs website at <http://travel.state.gov>. Also note that the Office of Overseas Citizen Services in the State Department’s Bureau of Consular Affairs may be reached for assistance with emergencies at 1-888-407-4747, from the U.S. or Canada, or 202-501-4444, if calling from overseas.

Resources:
<http://Travel.State.Gov>

SMART TRAVELER ENROLLMENT PROGRAM

Why It’s Important: The State Department is strongly encouraging American citizens planning to travel abroad to sign up for the Smart Traveler Enrollment Program. This program makes it possible to contact travelers if necessary, whether because of a family emergency in the U.S. or because of a crisis in the place the travelers are visiting. It is a free service provided by the State Department. Sign up can be done online or you can contact an embassy or consulate for access to the U.S. Embassy and consulate web pages.



If your family needs to reach you because of an emergency, they can pass a message to you through the Office of Overseas Citizens Services, which can be contacted from within the U.S. at 888-407-4747 (toll free), and from overseas at 202-501-4444. The Office of Overseas Citizens Services will contact the U.S. Embassy or Consulate in the country in which you are traveling in order to pass the message to you.

The State Department also advises leaving a detailed itinerary and copies of your passport biographical-data page with a friend or relative in the U.S. Also, check out their free App “[Smart Traveler](#)” for [iPhones](#) and [Androids](#).

In accordance with the Privacy Act, the Department of State may not release information about those registered without their express written authorization.

PLANNING YOUR TRIP: KNOW BEFORE YOU GO

Information gathered from: travel.state.gov/



1. Information Resources

- Familiarize yourself with your destination to get the most enjoyment out of the visit and to avoid known dangers.
- Be aware of restrictions on items that may be taken overseas:
 - See [Bringing Medications or Filling Prescriptions Abroad](#)
 - and [Customs and Import Restrictions](#)

2. Consular Information Program

- The Consular Information Program provides information to the American public about travel to specific countries: Country Specific Information, Travel Warnings and Travel Alerts.
- Check the Country Specific Fact Sheets which includes information on entry requirements,

crime and security conditions, areas of instability, road safety and other details relevant to travel. All information can be found at <http://www.travel.state.gov>

3. What to Take With You on the Trip, and What to Leave Behind

- **Valuables:** don't bring anything you would hate lose. Leave at home: valuable or expensive-looking jewelry, irreplaceable family objects, all unnecessary credit cards, social security card, library card, and similar items that may be in your wallet.
- **Do Bring:** medical necessities
- Leave copies of documents and itinerary with relatives in the U.S so that they may can reach you in case of an emergency.
- Make two photocopies of the passport identification page, airline tickets, driver's license and the credit cards you plan to take. Leave one copy with family or friends at home and pack the other copies separately from the originals.
- Leave a copy of the serial numbers of your travelers' checks with a friend or a relative at home.
- Carry your copy with you in a separate place and as you cash the checks, cross them off the list.
- Plan for the unexpected: take with you items you will need if your trip is unexpectedly extended. These items may include extra money or medications.

EMERGENCY RESOURCES



EMERGENCY

Here are some links to help you in case you experience an emergency while abroad:

- [Death of an American citizen abroad](#)
- [Arrest/detention of an American citizen abroad](#)
- [Sending Money](#)
- [Help for American Victims of Crime Overseas](#)
- [American citizens missing abroad](#)
- [Abduction of a child abroad](#)
- [Lost and Stolen U.S. Passports Abroad](#)

Contact Overseas Citizens Services:

From within the U.S. 1-888-407-4747
 From outside the U.S. 1-202-501-4444

About ACS: The State Department's Office of American Citizen Services and Crisis Management (ACS) is here to assist you and your family whenever and wherever we can. We work with our overseas embassies and consulates to provide emergency services to Americans abroad. We can help send money overseas to assist U.S. citizens, repatriate the remains of loved ones who have died, assist victims of crime, and help U.S. citizens who are detained in foreign prisons. ACS also administers a repatriation loan program to bring home destitute Americans. We operate a 24-hour Duty Officer Program.

We also work on task forces convened to deal with natural or man-made disasters.

CONGRATULATIONS ON YOUR ADVANCEMENT!!

Congratulations to the following command members who advanced to Chief Petty Officer this year!

- CEC Gomillion
- ICC Kennedy
- ITC Haefner
- ITC Paradowski



CONGRATULATIONS ON YOUR ADVANCEMENT!!

Congratulations to the following command members who advanced!



- | | |
|-----------------------------|------------------------|
| IT3 Barrogo, Cherylkathleen | IT2 Mcphail, Sarah |
| IT2 Carothers, Evan | IC1 Milton, Chane |
| IT3 Carter, Jacob | IT1 Puncel, James |
| IT3 Chang, Allen | IT3 Rodriquez, Colton |
| IT3 Erdmann, Karl | YN1 Sedam, Riley |
| IT2 Fox, Ryan | IT1 Shaw, Terrance |
| IT3 Gibeson, Marcus | IT2 Thelusma, Jeffrey |
| IT3 Guilfoy, Jason | ET1 Wingard, Adrian |
| IT2 Jinter, Alison | ET2 Zimmerman, Charles |
| IT3 Jones, Anthony | |
| IT3 Lasley, Krystal | |
| IT3 Mcgrady, Alexander | |

CONGRATULATIONS ON QUALIFYING!

Congratulations to the following
command members who are
EIDWS qualified:



August:

IT3 Sherman
IT2 Fludd
IT2 Jarvis
ITSN Rodriguez
ET3 Lightfoot

September:

IT2 Guirand
IT3 Hargrove
IT3 Ochoa
IT3 Griner
IT1 Hudkins
YN2 Sedam
ET2 Muise
IT3 Hoch
IT2 Fox

November:

ET2 Leong
ITC Docker
CE2 Larson
YN2 Sedam
CE2 Larson

COMMAND CHRISTMAS PARTY

All Military, GSCS, MLC and Contractors on the NCTS FE Team:

You are enthusiastically invited to attend the 2012 NCTS FE Holiday Party!

Theme: ChristmaHanuKwazaaka

Location: Club Alliance 3rd Deck Sports Bar

Date: 1 December 2012

Time: 1800-2200 Grand Prize give away at 2100!

There will be lots of door prizes, good food, good karaoke, games and fun! In addition, we will have an “ugliest sweater” contest. Come dressed in your ugliest sweater to win a prize!

Tickets can be purchased from the following members through COB 21NOV:

ETC Weaver, BLDG B-39A Room 117/119; 243-7503

ET2 Paulos, BLDG B-39A Room 117/119; 243-2183

In addition tickets can be bought with IT3 Seusse in Admin. Ticket prices are as follows:

E1-E4/MLC: \$25/2,000yen

E5-E6/GS-9 and Below: \$30/2,400yen

E7 and GS-11 and above \$40/3,200yen

A professional photographer will be on hand to take pictures. They have expressed that the Yen prices will be firm, however the dollar prices are subject to change. Attached is the price listing for packages. They accept all major credit cards. Website: www.keyshots.com

Childcare: We have coordinated with CDC for childcare. The cost will be \$20 for the first child and \$10 for each additional child for the entirety of the party. Childcare will be held at the Main Child Development Center. Parents are responsible for transportation to and from the CDC. Drop off time will be NET 1745 and pick up NLT 2300.



CHILDREN’S CHRISTMAS PARTY



The Children of NCTS are invited to a Christmas Party!

When: December 8, 2012

Time: 1200-1400

Place: Shobu Heights Tower Multi-Purpose Room

There will be a bounce house, cookie decoration, pictures and gifts with Santa, food, drinks and music!



For more information please contact: William.Kelley@fe.navy.mil 243-3696 or Maria.Hall@fe.navy.mil 243-7504

PHOTOS FROM SHINSEN FRIENDSHIP DAY 04 AUG 12

This event was to support community relations with our host nation and our committed support to the Shinsen Orphanage.



IT1 Kelly



ET3 Lightfoot



IT3 Dennis & ET1 Custodio

PHOTOS FROM HONCH CLEAN UP JULY 2012



CMC Mark, IT2 Pung, ET2 Stone, IT3 Bergman, IT1 Fludd, IT1 Kraynak, YN3 Vance, IT2 Clapp, IT3 Rodriquez, IT1 Bellnoski, IT3 Meade, PS1 Gacuya, ET2 Paulos, IT3 Griner, LSSN Collins, IT2 Johnson, IT3 Thelusma, IT2 Torres, IT1 Gaddis, IT3 Tillman, IT3 Garner, IT1 Estremera, ET2 Santana, IT1 Hall, ITCM Johnson, IT3 Vega, IT1 Hermogino, ITSN Ruhl.



YN3 Vance, IT3 Rodriquez, IT3 Meade, IT1 Kraynak, IT2 Johnson

RESOURCES

Are you looking to stay up to date with all the MWR events in the area? If so, head to: <http://mwryokosuka.wordpress.com>

There you will find links to sign up for emails to receive the latest news and happenings. The site also has a weekly job listing for those interested in employment with MWR.

There is also a section for the School Liaison Services, Club Operations, Navy Fitness, Child & Youth Programs, and much more. When you head to the site click on the photo with "Mail Chimp" listed and select what types of emails you would like to receive from MWR directly. Now you can stay up to date with all the upcoming events at CFAY.



FLEET AND FAMILY SUPPORT CENTER (FFSC)



Are you looking for classes put on by the FFSC? Or what exactly it is they do? If so, check out their webpage at: <http://www.cnic.navy.mil/Yokosuka/FleetAndFamilyReadiness/SupportServices/index.htm>

There you will find information on relocation, personal finance management, employment assistance, Information and Referral, calendar of events, maps, directions, Intercultural relations, military and family support, deployment, transition assistance, clinical counseling, new parent support, victim assistance and much more!

They also have a Facebook page: https://www.facebook.com/pages/FFSC-Yokosuka-Japan/146358918737022?ref=hl%3Ftarget%3D_blank