

**September
2010**



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★ *USS Preble DDG 88* ★
Ombudsman Newsletter



Commanding Officer's Message

Dear family and friends,

Since I took Command it's been a very busy few months filled with tremendous operational training and important time inport which is helping us prepare for our upcoming deployment. Fast paced and intense, know your Sailors are working very hard during our time away from you, to be the best at what we do - and they are. I know you can't see it, but let me be the first to tell you; they are impressive.

As you know, over the last 2 months PREBLE has been VERY busy as we transition from the Training Cycle period in our lives to our Deployment Period. We're all working very hard to ensure we're ready to answer the call when it comes. Collectively, we as a Team are aggressively working to enhance our Mission Readiness. This spans the gamut from material improvements to training for the missions we might face while we are deployed. Let me tell you Team PREBLE has been doing SUPERBLY - identifying what we need to do, coming up with a plan to accomplish it, and then executing that plan. I couldn't be more proud of each and every PREBLE team member.

As we look to the near future, we have a number of underway periods over the next several months. Your Sailors have access to our schedule and can share the dates with you as long as you do not share this information with others.

Please talk with them. We know how important knowing is...

Lastly, I'd like to thank everyone for attending the Pre-deployment Fair. Ton of good information! If you want more information or have additional questions please let us know and we'll steer you in the right direction.

With utmost respect,
CDR Cahill



Message from the Command Master Chief



Hello to all the families and friends of TEAM PREBLE. I hope this finds everyone doing well and enjoying a little bit of downtime in the ship's schedule. After arriving in late June as the new Command Master Chief, I have finally settled in with the ship and our fabulous crew. We have an extraordinary bunch of Sailors (Officers and Enlisted) that continue to impress us each day with their accomplishments. We do our best to feature them on our USS PREBLE Facebook account so if you haven't checked it out yet, please get online and see what they've been up to. Our Sailors are true professionals and we do everything possible to recognize their accomplishments. If you can think of any other way for us to show our appreciation of their hard work and dedication, PLEASE let us know. The team has just finished up the basic training phase (with our best overall readiness grades ever) and we are now doing some much needed material and equipment repair prior to our next operation. As we begin the intermediate and advanced training phases, we will hone our battle skills in preparation for deployment – projecting a terrorism and piracy deterrent by keeping the world's shipping lanes open to free and fair trade. As you watch the news, read the paper or online articles you know this is absolutely vital now more than ever. What you should also know is your sons and daughters are better trained, better equipped, and more professional than any other time in our history. I am very proud of them, truly honored and humbled by serving with them as we protect the freedoms of our great nation. If you have a question, concern, or idea for us... reach out and say hello, we'd love to hear from you.

Jeffery A. Campbell
USS PREBLE (DDG 88)
Command Master Chief

Here is some very valuable info: Please pass on to PREBLE extended family a great way to keep up to date:



Preble Website

<http://www.preble.navy.mil>

[Facebook Preble](#)

Ombudsman Information:

Toni Galligan

Email address: preble88ombudsman@yahoo.com

Phone Number: 858-449-6534

Kristine Ortwine

E-mail address: prebleomb@gmail.com

Phone Number: 619 417-1125

Preble Family Website

User Account Registration:

<http://www.family.surfor.navy.mil/Reg/Registration.aspx?ID=183>

Log-in

<https://ddg88.surfor.navy.mil>

Ship's Address:

Rate/Rank/Sailor's Name

Divison/Department

USS Preble DDG-88

FPO, AP 96675-1303

PREBLE'S Care Line

1-877-248-4295

San Diego Local Number:

619-237-1691



USS Preble Family Readiness Group

Email:

USSPrebleFRG@Gmail.com

Join the USS Preble FRG Yahoo Group

<http://groups.yahoo.com/group/preble88/>

Care Packages for Deployed Sailors

The United States Postal Service (USPS) offers FREE packaging materials to families of deployed military members.

How to Order

- 🕒 Call 1-800-610-8734, Monday -Friday 7am to 7pm, and Saturdays 7am to 6pm
- 🕒 Press "1" (for English)
- 🕒 Press "1" (for Operator)
- 🕒 Ask for "Care package for deployed Sailors" or "The Military Kit".

Vehicle Storage

Lock and Leave storage

COST 35.00 TO 55.00

CALL

6195229460 NBC

6194373028 NAB

6195243498 NBPL

6196961165 NBSD



Hello everyone! I hope that you will come and vote to keep our FRG alive!
I'm very glad that I decided to join and
I hope that many of you will be involved! The FRG can become like family
when your spouse is missing and it's great to know someone else is going
through the same situation at the same time! This is very important for the well
being of your deployment time!

Crystal A. Stephenson
FRG President



Tips on Thriving during deployment

Set some new goals for yourself. Build a fitness routine, take a course at a community college, start a new hobby, plant a garden.

Get involved. Get a part-time job, do some volunteer work, join the FAMILY READINESS GROUP.

Plan some special outings both with your children and without.

Make new friends. A family support group is a great place to meet new people. Their spouses are deployed too! Find someone you can call when you are feeling down or just need to talk with another adult.

Cook yourself special meals, consisting of foods you like but your spouse doesn't really like. Take a trip to the beauty salon, let someone pamper you.

Make plans to get out of the house. Weekends can sometimes seem long, when your spouse is deployed. Go for a long walk, go to the park, or visit a friend.

Get a Pet, after talking it over with your spouse

Make memories. If you have a video camera, make a home movie of the kids and yourself doing everyday things, such as cleaning the house, teenagers talking on the phone, or kids playing their sporting events.

For Partners at home: take good care of yourself. Get plenty of rest, exercise, and set some quiet time just for you. Don't settle for surviving...Learn how to "thrive" during deployment!

Fleet and Family has workshops call 6195567404 for Naval Base San Diego, Murphy Canyon 8582774259 and 6195538306 for Naval Base Point Loma.



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Email address:

preble88ombudsman@yahoo.com

Phone Number: 858-449-6534

Preble's Care Line

1-877-248-4295

**San Diego Local Number:
619-237-1691**



Preble Web Site

<http://www.preble.navy.mil>

Here is how to contact your sailor:

*Rate/Rank Your Sailor
USS Preble DDG 88
Divison/Department
FPO, AP 96675-1303*

*Emergencies: Please contact the
Ombudsman for assistance.*



Ombudsman's Note

Hello Preble families and friends,
I have been the ombudsman for the Preble for about three years now and I am looking forward to working with the new Command Triad and being an advocate for the families.

I want to remind everyone that I am here as a resource for you and I am the official voice of the command. I take this position very seriously and will do everything in my power to assist you with any needs, questions or concerns you may have. Anything that is brought to me is done with the utmost confidentiality and respect for the issue. I am always available so please don't feel that you are "bothering" me in any way. That is what I am here to do for you.

I want to take a minute to ask for volunteers. We are looking for those who can step up in an emergency and become emergency babysitters or drivers while the command is deployed, a "calamity Jane or John". It doesn't happen often but what a wonderful thing it can be to know we can count on our Preble families when a car breaks down and you need a ride to the doctor or emergency room. Please contact me if you are interested in volunteering for this undertaking.

As we get closer to deployment you will see more resources from me and please remember to fill out your ombudsman information sheets so that I can continue to send out news and communications to you and your loved ones.

Sincerely,
Toni Galligan

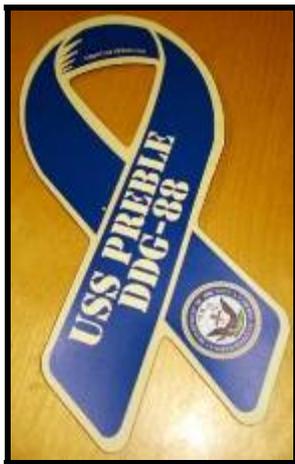
All families should have a Disaster Plan!

It is important that you have a Disaster Plan!! For example, recent history has shown that our area is susceptible to fires. What will you do if there are evacuations? Do you have emergency supplies in your home or vehicle(s)? Where will you meet your loved one if you become separated? How will you communicate if cell phones do not work? If we have to get underway, what will you do without your loved one? Everyone has to think this through

Note... Fleet and Family Support Center has a Family Disaster Plan checklist. Red Cross website also has a checklist. A Google search under "family disaster plan" will also highlight other resources available to you.

FRG Fundraising

**Preble Magnets
\$8 each**



Proceeds from these sales go back to the Preble sailors and families
Please email USSPrebleFRG@gmail.com

Did you know there is a spouse's guide to Navy life?

**Areas covered include
Moving dealing with
deployments benefits and ID
cards, Navy traditions,
finances, things to do and
see, and effective
communication
For more info
www.gocompass.org**



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Preble Family SURFOR

Preble Family Website

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Log-in

<https://ddg88.surfor.navy.mil>

Command Mission For this underway cycle.

This underway is the final step in preparing for deployment. Preble will be operating with the carrier (USS Ronald Reagan) and the rest of the strike group. In a period of several weeks, the Strike Group will conduct a wide variety of exercises like VBSS, Undersea Warfare, gun shoots, underway refueling and air operations.

In order to prepare for deployment, the ships and the crews are tested to ensure that they are ready for whatever they may face on deployment

FRG Training is available at the Fleet and Family Support Center.

**Please contact Shannon Klein
Individual Augmentee (IA) Program Coordinator
NRSW Fleet & Family Support Center San Diego**

[shannon.klein.ctr@navy.mil](mailto:shannon.klein_ctr@navy.mil)

(619) 556-6287