Captain's Cup kicks off with Mardi Gras 5K run at Thew Gym

Story and photo by Dan Bowen, CFAY Public Affairs

The cold and rain did nothing to dampen the competitive spirit of runners from Commander Fleet Activities Yokosuka (CFAY) and the various commands attached to the base as they kicked off the 2009 Captain's Cup with the Mardi Gras 5K run at Thew Gym Jan. 30.

The run was the first of 10 runs to be held throughout the year as part of the Captain's Cup competition. Navy Fitness Program Coordinator Luke Nelson was pleased to see the good turnout for the event and hopes that future turnouts will continue to grow as the weather gets better.

"We are getting a lot more families and active duty [personnel] out there, all interfacing together and it's pretty neat to see," said Nelson. "I encourage people to take part in it, get their commands to endorse coming out there, letting their Sailors go for a little longer lunch. It doesn't take that much time to encourage fitness and promote the Navy-fit way of life."

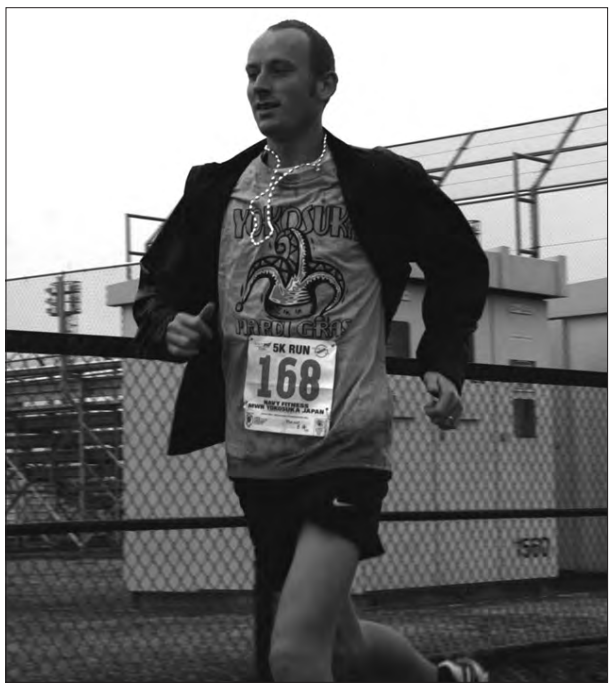
The Captain's Cup is a well-rounded sports program that emphasizes the promotion of physical fitness and the building of esprit de corps within and between the many commands attached to CFAY.

"Each command puts their best teams together to compete in different events throughout the year," said Morale, Welfare and Recreation (MWR) Sports Director Jessie Ecklund. "Bottom line, the Captain's Cup is about healthy competition, friendly rivalries and getting out there and having a good time with your fellow shipmates."

The competition is open to all military and United States civil service personnel and their family members who are 18 years old or older. Registration is possible by contacting MWR adult sports or by going through individual command sports coordinators.

Champions will be determined by the command that has accumulated the most points throughout the year and will be recognized by the MWR Athletics director and Athletics Department at a formal recognition ceremony highlighting the year's events. The Captain's Cup, which officially ends Dec. 31, awards the overall champion, runner-up and third place of each category with trophies and monetary awards of $500, $250 and $100 respectively to the winning commands' MWR funds. Separate awards will be presented in the men's, women's and co-rec categories.

Upcoming events include a floor hockey tournament at Chapel Court Hockey Rink March 2, a dodge ball tournament March 7 at the Fleet Gym, a power lifting competition March 13 at the Fleet Gym and a volleyball tournament March 30 at Purdy Gym. For more information on upcoming events or other Captain's Cup information check the MWR Focus magazine or contact MWR Adult Sports at 241-2955.



Thomas Frazer crosses the finish line well ahead of the pack in the Mardi Gras 5K earning USNH Yokosuka the first points of this year's Captain's Cup. Frazer, a former collegiate runner, also placed first at the recent Frost Bite Path Marathon in Yokota, an event with more than 7,000 participants.

Vice Adm. Winns visits CFAY as part of three-base speaking tour

Story and photo by Ben Avey, CFAY Public Affairs

Naval Inspector General (IG) Vice Adm. Anthony Winns came aboard Commander Fleet Activities Yokosuka (CFAY) Feb. 3 while on a three-base speaking tour to celebrate African-American History Month in Japan.

(Left) Naval Inspector General Vice Adm. Anthony Winns and Nile C. Kinnick High School Junior Reserve Officer Training Corps Cadet Commanding Officer Lt. Nicolette Jimenez salute as they pass through an honor guard en route to the Kinnick Little Theatre where Winns addressed a group of students and teachers Feb. 3. Winns visited CFAY while on a three-base speaking tour celebrating African-American History Month.

Joining Sailors, students and families at multiple celebrations aboard CFAY, Winns walked guests through his life story detailing some of the trials and triumphs while imparting a message of tolerance, perseverance and humanity.

Born in Florida, Winns explained what it was like for him to live in the segregated south as a child and related his first-hand account of school desegregation in the late 1960s and early 1970s.

In one case, Winns described the initial difficulties he faced when desegregation led the school district to bus him to an all white school in another part of town. Upon arrival, he found that his course of study was far behind that of his new peers. So far in fact, that he needed to take two math classes in a single year to catch up.

"So how did I overcome these obstacles," asked Winns, "I studied hard, I worked really, really hard, because I knew I had to play catch up, and that's what really got me back on the right track."

The hard work paid off as Winns went on to graduate with distinction from the United States Naval Academy in June of 1978 and subsequently become the first officer from his Naval Academy class to be selected for flag rank in May of 2000.

"The moral of the story is, no matter what words people say to you or about you or at you, don't let words diminish your motivation, your dedication, your desire, your strength, your willpower to succeed and be all that you can be," said Winns.

Currently, Winns serves as the Navy's IG which aims to be the "the conscience of the Navy" by providing uninhibited and objective analysis to Navy leadership and Congress with an emphasis on integrity, ethics, efficiency, discipline and readiness. He has held this post since 2007.

While here, Winns spoke at Yokosuka Diversity Empowerment Committee sponsored events at Nile C. Kinnick High School and the African-American History Month celebration at the Chapel of Hope. Other engagements included a tour of the *USS George Washington* (*GW*) (CVN 73) and a speech onboard *GW* for an African-American History Month event.

Winns three-base visit included stops at Naval Air Station Atsugi and Commander Fleet Activities Okinawa.

MCPON Rick West confirms "performance" as key to staying

By MCC(SW) Maria Yager, Navy Personnel Command Public Affairs

The master chief petty officer of the Navy (MCPON) visited Navy Personnel Command (NPC) Jan. 27 where he spoke with one of the largest chief petty officer communities in the Navy about senior-enlisted continuation boards.

"The response I've been receiving has been pretty positive. We're going to have a few who don't like this idea and that is OK," said MCPON (SS/SW) Rick West. "The senior-enlisted continuation board, I think, is a very important process for us. It gives us a quality check at the senior-enlisted levels."

According to NAVADMIN 030/09, performance-based senior-enlisted continuation boards call for an annual performance-driven review of chiefs, senior chiefs and master chiefs with more than 20 years of service and three years time in grade. Members not selected for continuation after the performance-based review will transfer to the fleet reserve or retire.

"I think this is absolutely awesome and I wish we would have implemented this 10 years ago. Some of our senior Sailors have quit. They have lost the energy and drive and we need to keep our Navy strong," said Command Master Chief (SW/AW) Billy Hill, assigned to NPC as CMC detailer.

"Our Navy is vacancy driven and if there is a hard-charging first class out there ready to step up, we need to give them the opportunity. We cannot promote them if we have senior enlisted people standing in the way," added Hill.

"I feel senior enlisted continuation boards are necessary. They will help overall progression and allow for better promotion and advancement opportunity," said Personnel Specialist 1st Class (AW) Millie Woodward, assigned to NPC.

Woodward, who was a recent NPC Sailor of the Quarter, currently has 13 years of active-duty service and is in a rating that has seen many of its billets civilianized. "Even when I do make chief, without these boards and Sailors retiring, there is little hope for much upward mobility," she added.

To date, NPC's active-duty continuation board coordinator has received more than 70 calls from the Fleet seeking more details with the two most common subjects being criteria and eligibility. Those topics have been prominent in discussions among chiefs in general, too.

"There has been a lot of talk about it since the message came out and for some people there is a lot of uncertainty. The feedback I've heard is that Sailors who may be facing these boards would like a little more information about the criteria," said Master Chief Information Systems Technician (SW/AW) Jerita Kearnes, senior enlisted advisor for NPC's enlisted distribution branch.

While the NAVADMIN does not specify what constitutes performance, the senior enlisted continuation board precept will outline that information.

According to the message, Naval Education and Training Professional Development and Technology Center, in Pensacola, Fla., will release a list of continuation board candidates to commands and servicing Personnel Support Detachments sometime this coming March.