Fleet Activities, Yokosuka, Japan

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CFAY steps up safety efforts, prepares community for summer

ICFN Danny Hirte from aircraft carrier *USS George Washington* (CVN 73) Engineering Department, grills meat during a command barbecue May 13. During summer time activities such as barbecuing, it is important to stay hydrated and be aware of how much time you spend outside to avoid heat related injuries like heat stress and heat stroke.

Story and photo by Joe Schmitt, CFAY Public Affairs

Commander Fleet Activities Yokosuka (CFAY) Safety Department is stepping up its summer safety efforts to get the community ready for the heat and humidity that come with summertime in the Kanto Plain region of Japan.

According to the Japan Meteorological Agency website, temperatures for that region can reach 40 degrees Celsius or about 104 degrees Fahrenheit with extremely high humidity. This can be dangerous for people who are participating in outside activities such or sports or exercising for long periods of time.

"There is a myriad of information on how to stay safe during any activity that you may want to do during the summer. First of all, you can research those events. Are you going scuba diving? Are you properly certified? If you are certified, are you in good shape? "That happens a lot with being safe in the summer," said CFAY Safety Officer Kordeen Kor.

"People are not ready for it. We've spent all winter inside and we are not running around getting in good physical shape. Then, the next thing we do is try to climb Mount Fuji and we exceed our capabilities," Kor said.

Another way to avoid summer injuries is to know what "flag condition" the area has set. According to the Navy Medicine website, the flag conditions are white, green, yellow, red and black. These represent an increase in heat and danger for heat related injuries (see ***Flag Conditions***, pg. 9).

"The best way to avoid these injuries is to stay hydrated and avoid prolonged activities outdoors when heat conditions like red or black flag are set," said Kor.

Summer outdoor activities don't have to be strenuous to require you to be cautious. Interior Communications Fireman Danny Hirte from *USS George Washington* (CVN 73) Engineering Department, was grilling meat during a command barbecue, and had water close at hand.

"You got to keep hydrated around here especially when you are moving around," Hirte said. "It's going to get warm and it's going to get humid so we need to have water like when we are on the ship, we have camel packs so we always have water."

As the base proceeds to reduce electrical power consumption by 25 percent as requested by the Government of Japan, the reduced use of air conditioners, a large power consumer, will mean residents will need to find other creative ways to stay cool.

"People will have to pay closer attention to the heat and their water intake," Kor added. "You can also do things like scheduling events for earlier in the day or when the weather forecast says it's not going to be quite as hot."

More information on summer safety can be found on the Safety Department's webpage of the CFAY website and also at the upcoming Safety, Health and Environmental Awareness Fair at the red brick area May 25.

Triathlon offers good-natured competition for CFAY members

Story and photo by MC3 Matthew R. Cole, Navy Public Affairs Support Element Japan

Sailors and other members of the Yokosuka community participated in the 2011 Subway Triathlon Series at Commander Fleet Activities Yokosuka (CFAY) May 7.

The "Off the Record Triathlon" is the first in the Subway Triathlon Series and consists of a 1.2 mile swim, 56-mile bike ride and 13.1-mile run. The 70.3 mile event started at the Green Bay Marina.

The triathlon gives members of the Yokosuka base community a chance for some good-natured competition outside of their normal working environment. "I've been challenged by some of the younger guys I work with," said Hospital Corpsman 2nd Class Shaun Lauer, a diver assigned to Ship Repair Facility-Japan Regional Maintenance Center (SRF-JRMC). "I mean, I can't let them think they can beat me."

For many, this was their first triathlon, but they wanted to see how they would stand up to the test. "I decided to participate because I wanted to see where I stood cycling-wise," said Chief Master-at-Arms Joshua Weemhoff, assigned to the guided-missile destroyer *USS Fitzgerald* (DDG 62). "The race lasted only a day, but the camaraderie and friendships that were made are going to last a lifetime."

Weemhoff's team of two placed first in the entire race with Ensign Nathanial Bishop finishing up the run portion for them. "I had no idea that my team would win. There were a lot of well-conditioned athletes out there who participated," said Weemhoff. "I wish there were more events like this, I applaud the efforts of MWR [Morale, Welfare and Recreation] and Navy Fitness."

This is the third year that the 70.3-mile "Off the Record Triathlon" was hosted by Yokosuka Navy Fitness. This year 17 individuals and 13 separate teams competed in the triathlon, which comprised of 33 active duty service members and 22 civilians.

MWR and Navy Fitness have been hosting the triathlon after a growing interest for longer distance events. "Since the first event, we have noticed that the triathlon community has grown larger every year," said Donna Carter, Navy Fitness event coordinator. "We noticed an interest by the youth here in Yokosuka, and we are looking to see how we can offer something to them as well."

Navy Fitness provides services for more than 26,000 active duty Sailors, civilians and family members.

A participant in the CFAY Morale, Welfare and Recreation 2011 Subway Triathlon series "Off the Record Triathlon" held May 7, starts the second leg of the three-part competition. The series is a 400-meter swim, 56-mile bike ride and a 13.1-mile run.

INSIDE

Blanket of response from Sailors provides help to Japan

***USS George Washington* (CVN 73) Sailors joined forces with members of the Free Masons of Japan to box up and ship out donated blankets to those in need May 10.**

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Navy Nurse Corps celebrate 103 years of service

USNH Yokosuka celebrated 103 years of the Navy Nurse Corps May 13. The Nurse Corps was established May 13, 1908 after an appropriations bill was signed by President Roosevelt.

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