

Yokosuka base celebrates accomplishments of Dr. King

Story and photo by MC3 Bryan Reckard,
Fleet Public Affairs Det. Japan

Members of the Commander Fleet Activities Yokosuka (CFAY) community participated in a Unity Walk on base Jan. 21 to honor and celebrate the accomplishments of Dr. Martin Luther King Jr.

The inaugural event was coordinated by the Yokosuka Diversity Empowerment Committee (YDEC). Unity Walk participants walked across the base, from Command Hill to Kosano Park, representing a unified community.

"Dr. Martin Luther King's idea was to have the community together and have unity within the community," said Fire Control Technician 1st Class (SS) John Arch, YDEC secretary. "So we decided to try to get all the different commands out on the base and have a Unity Walk to signify our community here on CFAY coming together."

According to Arch, the committee wanted to have all the commands on base participate in an event that involved more than a presentation. In his mind, the Unity Walk is the first of many great things to come from YDEC.

"I think it is wonderful," said Arch. "I love seeing the different age groups and the different cultures that are here. This is just a great beginning."

Offering a few remarks to fellow walkers, CFAY Command Chaplain Cmdr. Derek Ross said, "For many of the young people that have only seen this through the gaze of history, this gives them an opportunity to do something themselves, to dramatize

some of the work that Dr. King performed in America."

Dr. King was born Michael Luther King Jr. Jan. 15, 1929 in Atlanta, Ga. He later changed his name to Martin. At the age of 15, King graduated from high school and went on to earn a Bachelor of Arts degree from Morehouse College in 1948. King then went on to Crozer Theological Seminary where he was elected president and earned a Bachelor of Divinity degree in 1953. King went on to Boston University where he earned his doctorate in 1955 and met and married Coretta Scott King.

In 1954 King had his first job as a pastor of the Dexter Avenue Church in Montgomery, Ala. In December 1955 King accepted the leadership of the first non-violent demonstration of that time in the United States, the bus boycott which lasted 382 days.

From 1957 to 1968 King traveled more than 6 million miles, publicly spoke on more than 2,500 occasions and wrote five books as well as numerous articles. On Aug. 28, 1963, from the steps of the Lincoln Memorial during a march for freedom and jobs, Dr. Martin Luther King Jr. stood in front of 200,000 people and delivered one of the greatest speeches in American history.



Participants of the 2008 Unity Walk make their way across Commander Fleet Activities Yokosuka (CFAY). The event was the first coordinated by the Yokosuka Diversity Empowerment Committee (YDEC), celebrating the accomplishments and contributions of Martin Luther King Jr.

NMCRS; 104 years of aiding Sailors, Marines and their families

By Sean Dath, CFAY Public Affairs

The Navy-Marine Corps Relief Society (NMCRS) celebrated its 104th anniversary Jan. 23, with a cake cutting ceremony at Personnel Support Detachment and a special meal in their honor at the Commodore Matthew C. Perry General Mess.

NMCRS was founded in 1904 as a non-profit organization that is sponsored by the Navy. The organization provides financial assistance and education to active duty and retired Sailors, Marines and their families.



Fleet Activities Yokosuka Chief Staff Officer Cmdr. Jon Lundquist, thanks the Navy-Marine Corps Relief Society during a special meal and cake cutting ceremony celebrating the organization's 104th anniversary.

U.S. Navy photo by MC2 Brock A. Taylor

"We assist with many different financial matters," said Kristin Perry, chairman of volunteers, NMCRS Yokosuka. "These include helping with basic living expenses, rent, utility bills and sometimes a Sailor will get a Red Cross message that a family member has passed away, whatever their command is unable to assist with, they can come to us so that we can help to get them where they need to be."

In addition to the many ways NMCRS can assist Sailors and Marines financially, the organizations 250 offices around the world can also help in other ways. These include the spousal tuition aid program; the budget for baby program for new parents; emergency assistance to clients suffering from natural disasters; combat casualty assistance to Sailors and Marines serving in combat zones; and aid to those who fall prey to predatory payday lending practices.

Dealing with debt caused by predatory lenders is one of the organizations top priorities.



CS3 Nicole Katic, temporarily assigned to Commodore Matthew C. Perry General Mess from USS Shiloh (CG 67), serves Fleet Activities Yokosuka Sailors a special meal recognizing the Navy-Marine Corps Relief Society's 104th anniversary.

U.S. Navy photo by MC2 Brock A. Taylor

"The military gets targeted by these predatory lenders," said Sparkle Barnes of NMCRS Yokosuka. "It causes such hardship on a family when you are in debt. It can hurt you career wise, emotionally it can take a toll and make you less ready for a deployment."

NMCRS joined forces with other military aid and consumer organizations to help provide information to Congress that was instrumental in passage of the 2007 National Defense Authorization Act which restricts the high interest rates charged by payday lenders. By offering interest-free Quick Assist Loans up to \$300, repayable within 10 months, NMCRS hopes all active duty Sailors and Marines will make the organization their first resource when they need emergency funds.

"This is a resource for the Sailors, Marines and their family members to use anytime they need us," Perry said. "They can come in and their confidentiality is respected and they can receive a no-interest loan, if they borrow \$300 from us, they only pay back \$300 dollars. We want to make sure they don't make us their last resort."



Capt. Daniel L. Weed,
USN, Commander,
Fleet Activities
Yokosuka

CMDCM Wayne E.
Smith,
Command Master
Chief

Mochi Pounding Party – The Japan-America Society of Zushi is inviting Ikego residents to its annual *Mochi* Pounding party Feb. 8 from 11 a.m. to 2 p.m. at the Ikego Housing Complex Nikko Tower party room. This is a great opportunity for you to experience Japanese culture and traditions. Other activities at this event include *Kimono* fitting for picture taking, traditional Japanese Tea Ceremony, *Koto* and *Shakuhachi* (musical instruments) performances, Japanese cultural performances, and the sampling of Japanese food. Call the Ikego Officer in Charge (OIC) office at 246-8042 for more information.

Tax Center Volunteers Needed – The Tax Center is looking for volunteers to help during the upcoming tax season. No prior experience necessary. Training will be provided. Contact Lt. Phil Hamon at 243-5141 or e-mail Philip.hamon@fe.navy.mil for more information.

Kinnick High Boosters Bazaar – Kinnick High School Boosters will be holding a bazaar Feb. 2 from 9 a.m. to 5 p.m. and Feb. 3 from 9 a.m. to 4 p.m. at the Kinnick High Gym and Student Forum. Furniture, jewelry, *kimonos*, carpets, photos, souvenirs and more will be on sale. Contact Vicki Boehler at 243-7269 for more information.

TRICARE Online Registration – There will be an open registration opportunity at the Main Street food court Feb. 2 from 11 a.m. to 2 p.m. Representatives will be available to assist TRICARE Prime and Plus beneficiaries with registration that will allow beneficiaries to access Web based appointment booking, Rx Checker, personal health journal, features for children and more. Call 243-9528 for more information.

President's Day 3K Family Walk – Morale, Welfare and Recreation (MWR) will hold a 3K Family Walk Feb. 15 at 4 p.m. at the Purdy Fitness Center to celebrate President's Day. Hot chocolate will be provided to all participants. Pre-registration is not required. Contact the Adult Sports office at 241-2955 for more information.

NMCRS Spouse Tuition Aid Program – The Navy-Marine Corps Relief Society's Spouse Tuition Aid Program (STAP) Term IV will be accepting appointments Jan. 28 to March 14. Qualified candidates could receive up to \$350 for undergraduate

studies and up to \$400 for graduate studies, for each term. Contact NMCRS Yokosuka at 243-7905/4450 to make an appointment.

Single Sailor Volunteer Program – Enhance your military record and be rewarded for your efforts and contributions. Volunteer work includes helping out with various Morale, Welfare and Recreation events and programs. Volunteers must sign a "Volunteer Service Agreement (VSA)" at Spectrum. Sailors volunteering for programs will receive Letters of Appreciation and Liberty will track your hours and award you points for your efforts. Based on points earned, you will have the choice to "redeem" the points for prizes. For details, call 243-7346 and ask to speak to the Liberty staff.

JN Dispensary – The Japanese dispensary will be temporarily relocated to a pre-engineered building fabricated behind the current dispensary building. Medical service is available at the PEB from Jan. 23 to July 3, while the existing dispensary is renovated.

日本人従業員診療所の改装工事が1月23日に始まる予定です。それにともない、診療所を仮設プレハブに移動して診療を続けることになっています。仮設プレハブは診療所の奥の空き地に設置し、1月23日～7月3日までの間プレハブでの診療を予定しています。

BZ: Dec. 28, 2007 I was involved in a hit and run accident while getting off the Yoko Yoko expressway on exit six to Zushi. A gentleman who I believe is attached to a command on Yokosuka Base stopped to offer assistance and to see if I was OK. I would like to extend my deepest appreciation for your care and concern. Thank you!

BZ: I would like to express my sincere appreciation to the employees of Popeyes Chicken during a recent visit. I was instructed to wait about three minutes for my order so that they could make more. The wait time actually ended up being about 10 minutes. They apologized several times and provided me with a free drink while I waited. Also, when I finally received my order, they included additional portions of the item I ordered as service for my understanding and patience.

Q: I regularly ride the Ikego home to work bus and on numerous occasions when I take the bus home the students that are on the bus have been loud and disturbing to the adult passengers and eating food. Is the home to work bus a service mainly for the adults? I know that the students have a bus provided for them. I have two children in school and if they miss the bus or have appointments we make alternate arrangements for them to get home. I wish this would be addressed that

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if they are going to ride any of the home to work buses they have consideration for the adults and not be an annoyance.

A: The home to work bus is for working adults. Students have their own transportation. Students may use the bus on a space available basis and can only board the bus at the last stop and only after all adults have boarded. It is everyone's responsibility to ensure that all riders on the bus are being polite and considerate of other. If you see someone being an annoyance please politely remind them to behave. If necessary get the offenders name and pass it to security when you arrive at your destination.

Q: Are Japanese Nationals authorized to pick up U.S. Postal Service mail from the post office? If so, could the Post Office provide training to them in Japanese so that they have a better understanding of the procedures?

A: Once designated by their command and after completing required mail orderly training, Japanese Nationals are authorized to pick up personal and official mail for their command. Fleet Industrial Supply Center (FISC) Yokosuka Post Office will coordinate with those commands that have Japanese Nationals designated as Mail Orderlies and set up training in Japanese in an effort to better train them.

Q: I would like to bring up the quality of service of the Navy Exchange Auto Port. After I made an appointment, on the day of the appointment they tell me that my vehicle cannot be serviced because they don't have the right kind of equipment. In addition, the final cost was \$200.00 over the estimate. All they say is "we can't help it." I would like to know if we can take our business else where? Can I get a JCI inspection in Atsugi, Zama or Yokota?

A: Dear Valued Customer, we sincerely apologize and understand the frustration you have when we are not able to render the services expected. Our Auto Port staff has been given documented "Customer Service Training" and we are committed to refresher training. Sometimes it is necessary to see the vehicle before we can commit to the job requested. To order parts or get a parts diagram, it may be necessary to fax a copy of your vehicle registration to the manufacturer. Unfortunately after a job is started other unexpected parts may be required causing you additional expense or delay. Some vehicles require special tools or equipment that we must purchase to complete your job which may have limited or a one time use for our station. You may have your vehicle serviced at another location if you already have a "Y"

plate. We strive to provide the best level of customer service and stand ready to assist you with your automotive needs. If you would like to discuss this or require more detailed information, please feel free to contact the Auto Port Manager Tom Givens at 243-4778.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are greatly appreciated. Please address personal concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an e-mail to yo-cocorner@fe.navy.mil. We welcome your feedback, especially if it is of a general nature and can help others. The next "Commander's Corner" live call-in show is tentatively scheduled for Feb. 7. This is your opportunity to call in and speak with Commander, Fleet Activities, Yokosuka Capt. Daniel L. Weed about issues affecting our community. To contact the Seahawk, call 243-5607/3003 or e-mail: yo-cocorner@fe.navy.mil.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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USS Blue Ridge pays respect to Dr. Martin Luther King Jr.

Story and photo by MC2 Will L. Sweats, Blue Ridge Public Affairs

The 7th Fleet flagship *USS Blue Ridge* (LCC 19) took time to pay respect to Dr. Martin Luther King Jr. Jan. 22 for the contributions he made to the world as a civil rights leader.

Blue Ridge's Multi-Culture Committee put together an hour long presentation for the event complete with readings, song, video presentations and a several guest speakers. One of the guest speakers was 7th Fleet Chief of Staff Capt. Frederick W. Pfirrmann who told stories of how he uses King's beliefs and teachings in his own life everyday.

The keynote speaker, Master Chief Storekeeper (SW/AW) John Andoh, an African native, said King was the whole reason he believed he could come to America and make it in the Navy.

Also taking part in the event were two sets of twin brothers who are stationed onboard *Blue Ridge*, Tamoris and Tremaine Gordon and Lester J. and Chester R. McKenzie. Each took a turn in reading a piece of King's famous "I have a Dream" speech, which was finished with a video clip of the actual speech being delivered by King.

The whole event was coordinated by Operations Specialist 1st Class (SW) Kareem Coley, the ship's Multi-

Culture Committee president. Coley said the highlight of the presentation was "The poem recital of Strong Woman versus a Woman of Strength," which was recited by Aeographer's Mate 1st Class Antonia Brown, a Multi-Culture Committee member.

Brown said she chose the poem to honor the works of Coretta Scott King who fought hard to get her husband a day of tribute for all the works he had done in the civil rights movement. As Brown put it, "Behind, beside, in front of and all around every great man is a great woman."

The event was concluded with a lighting of two candles for Dr. Martin Luther King Jr. and Coretta Scott King by Ship's Serviceman 3rd Class Amanda Rampulla and Storekeeper 1st Class (SW/AW) Pamela Esgeb.

"It was an honor and felt good to be a part of a service for a man that was all about bringing everyone together," said Rampulla. "Just looking at the Navy today makes me see how far as a nation we have come and how close we are to realizing King's dream."

Blue Ridge is commanded by Capt. David A. Lausman and serves under Commander, Expeditionary Strike Group (ESG) 7/Task Force (CTF) 76, the Navy's only forward-deployed amphibious force.

AG1 Antonia Brown delivers a poem in dedication to Coretta Scott King during the Martin Luther King Jr. celebration onboard *USS Blue Ridge* (LCC 19).



Yokosuka Sailors, Kinnick students take part in COMREL project

By MCSN Kari R. Bergman, Fleet Public Affairs Det. Japan

Forward-deployed Sailors and their families participated in a local community relations project (COMREL) at Otsukadai Elementary School in Yokosuka Jan. 19.



The Kinnick High School "Rock Band" performs for children of Otsukadai Elementary School.

Photo by MCSN Kari R. Bergman

The highlight of the event was mochi-pounding and a performance by the Kinnick High School "Rock Band." Participants also learned to play some traditional Japanese games.

Mochi is a traditional Japanese food made by pounding sweet rice into a paste with heavy wooden mallets called kine, which traditionally brings good luck to Japanese families. The final product is then shaped and used in recipes ranging from soups to candy.

"I really enjoyed this event and it was a great way to get my kids involved with the other children in the community," said Ensign Shawn Kline, a participant in the event.

"It was great to be able to do something different from what we normally do in the States," said Gunner's Mate 1st Class Cory Cammon, another participant.

Cammon also mentioned that community outreach events like this are a great way to get to know the local community, interact with Japanese neighbors and learn more about their culture and how they do things.

"This is a brand new school and it was the first time we have held an event like this," said Yukiko Kosaka, a member of the Otsukadai Parent/Teacher Association. "I think we had a pretty good



Commander Fleet Activities Yokosuka (CFAY) Chief Staff Officer Cmdr. Jon Lundquist and CFAY Sailors pound mochi during a community relations project (COMREL) at Otsukadai Elementary School Jan. 19.

Photo by Fumiyo Sato

turn out and everyone had a pretty good time."

"It was great to be able to hold this event and get the Sailors and their families involved because every Saturday the school holds play events for the children," said Kosaka. "The school is right across the street from new Rental Partnership

Program (RPP) housing so the kids can come and join in on the games that go on at the school."

"My family and I just moved here and we're going to be moving into the RPP homes so this was a great way to get my children more involved in the school," said Kline.

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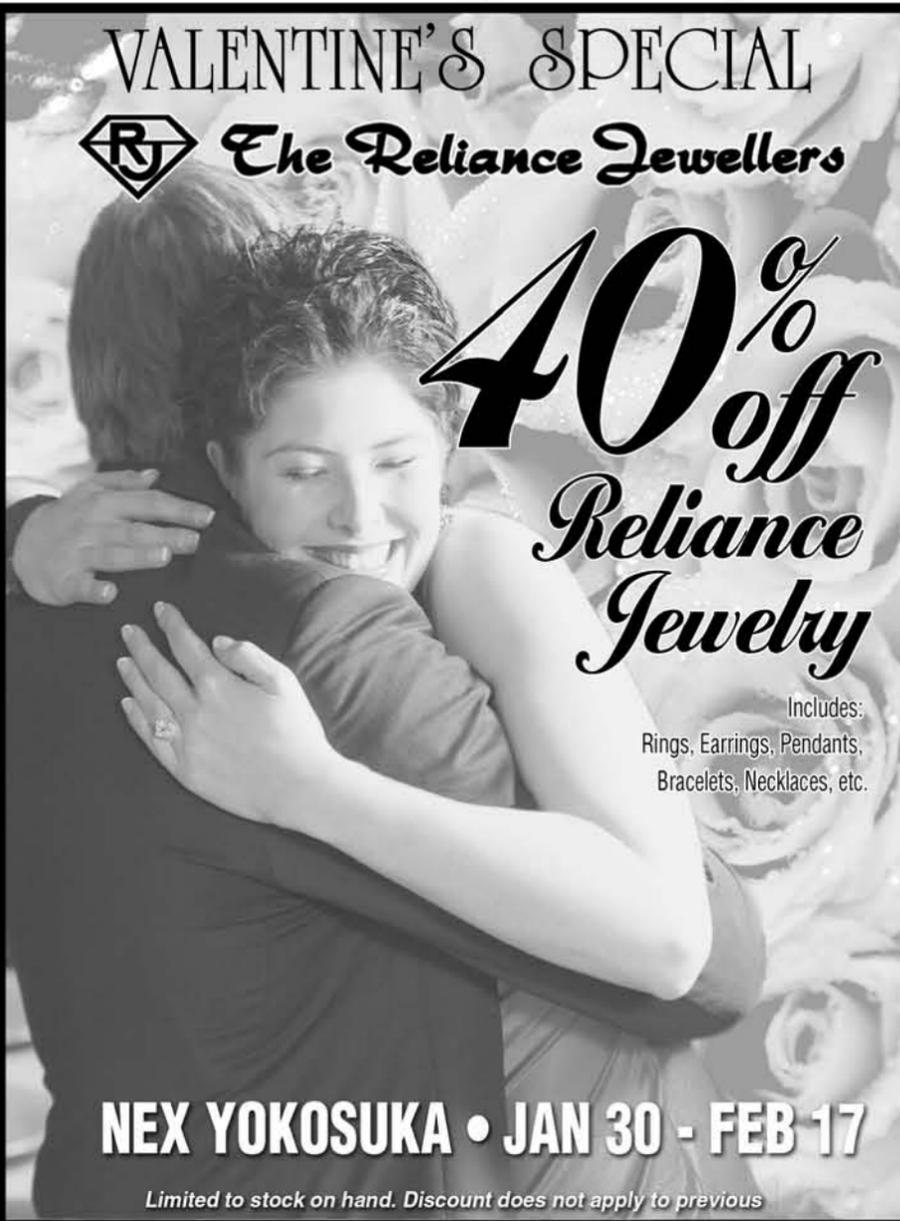
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Sailors, Japanese Police work together for motorcycle safety

Story and photo by MC3 Gabriel S. Weber, Fleet Public Affairs Det. Japan

Sailors from Commander Fleet Activities Yokosuka (CFAY) and Naval Air Facility Atsugi took advantage of a unique opportunity to increase their motorcycle skills at the Ikego housing Complex Jan. 18.

Members from the "White Angels," a Japanese motorcycle police division, spent several hours teaching the participants basic handling techniques and safety procedures during a hands-on safety course and demonstration.

"The goal is to promote safety and to reduce accidents and teach our drivers how to be safe out in town while they drive," said Chief Yeoman (SW/AW) Byron Shambley, Ikego's assistant officer-in-charge. "We have a lot of elderly citizens in Zushi, a lot of people that ride bikes and we just want to have our people have the necessary tools so they can be safe while they're driving out in town."

The police officers showed the participants how to conduct proper safety checks on their motorcycles and gave advice on braking, maneuvering and clutch control, which Aviation Machinist's Mate 1st Class (AW) Rommel Pitts said are valuable skills on the narrow streets of Japan.

"Out in town, it's pretty dangerous," Pitts said. "Having the local police come out and show us exactly what needs to be done out in town, it definitely helps."

The officers also helped the riders better understand Japan's motorcyclist rules of the road, something even the experienced riders in the group benefited from.

"We have our own rules on base, but once we know the rules out in town, then we know how to not get into trouble," added Pitts. "We know the different rules and regulations to follow."

The helping hand of the "White Angels" is evidence of the close relationship between the base and the surrounding community, according to Shambley.

"We're great neighbors with the Zushi police department," he said. "They support us and we support them. We're all working together to accomplish one goal, which is safety."



(Left) A member of Japan's "White Angels" motorcycle police coaches AD1 Rommel Pitts on proper braking technique during a motorcycle safety class at the Ikego Housing Annex near Fleet Activities Yokosuka.

USS John S. McCain invites family, friends for day at sea

Story and photo by Ensign Erik Sand, John S. McCain Public Affairs

When *USS John S. McCain* (DDG 56) got underway the morning of Jan. 24, she had a few more people aboard than usual. Getting underway to complete a local radar



SN Timothy Mitchell coaches Itsuko Tanaka as she tries her hand at cleaning in the *USS John S. McCain* (DDG 56) galley. *McCain* invited family and friends for a day at sea Jan. 24.

cross section evolution, the crew invited family and friends to experience life at sea for a day. Many crew members took the opportunity further by reaching out to the local community and inviting Japanese friends along. "It seemed like the perfect chance to share a snapshot of our daily routine with our families and our Japanese hosts," said *McCain* Commanding Officer Cmdr. John Banigan.

As family members and friends gathered on the messdecks for a safety brief prior to getting underway, the excitement was palpable. Ashley Brooks, wife of Ensign Benjamin Brooks, *John S. McCain's* electronics warfare officer said, "I've been looking forward to coming aboard for an underway for quite sometime."

For added excitement for the ship's guests, the First Class Petty Officer's association created an honorary Enlisted Surface Warfare Specialist (ESWS) qualification that family members could choose to pursue. As Fire Controlman 1st Class (SW) Douglas Hanson, who coordinated the mini-qualification, explained to the participants, "On a ship, if there's a fire, you can't call the fire department; the crew has to fight the fire itself. Today, you'll get a chance to learn how we do it." Tasks included learning about the functions of the ship's combat systems suite, the underway bridge watch and dressing out in damage control gear. At the end of the day, Banigan presented ESWS participants with certificates acknowledging their achievement.

At lunch, guests joined in celebrating the birthdays of *John S. McCain* Sailors born in December and January over a special meal. Afterwards, while some stayed on the messdecks to play games with members of the crew, other went into the galley to see how the meal had been prepared and even to help with the clean up.

As the ship was returning to Yokosuka in the afternoon, many family members gathered on the fantail or on the bridge to witness the sea detail. Summing up the day, 12 year old Koen Beugelsdijk, holding his hands a foot apart, said, "Today wasn't this cool, or even this cool," moving his hands as far apart as he could, "it was stretched all the way around the world cool."

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Announces that applications are now available for 2008 charitable contributions.

Applications are available at Takusan Treasures gift shop, the O'Club foyer or by emailing yoscccharities08@yahoo.com.

Deadline to submit applications is Wednesday, February 13, 2008

名所物見の旅 其の参拾 屋久島探訪 - 最高峰・宮之浦岳登頂

文・写真：河辺雄二、CFAY広報課

縄文杉を見学した9割以上の人はそこからUターンして帰路につくが、せっかくここまで来て主峰宮之浦岳に登頂しないで帰るわけにはいかない。宮之浦岳は標高1935メートル、九州地方の最高峰である。深田久弥「日本百名山」にリストアップされた日本最南端の名峰に登るには、山中で一泊する必要があるが、寝袋や食料も必要になるが、技術的にはそれほど大変な山ではない。

縄文杉に別れを告げ、高塚山から派生する尾根を巻くように進むと、10分ほどで高塚小屋の前へ出る。高塚小屋は小さい上にかなり古びているので泊まる気にはならなかったが、緊急時には非難小屋として役立つだろう。そこからもう1時間半頑張ると、新しく建てられた新高塚小屋に到着する。小屋は大きな二階建てで、中は広くて快適。周囲には水場も数箇所あり、宮之浦岳に登る大半の登山者がこの小屋に泊まる。屋久島登山の特徴は、水が豊富で至るところに湧き水が流れ、水筒を持つ必要がないことである。登山中の飲み水や炊飯用に常に水筒2個を持ち歩いている私にとって、屋久島山中ではあちこちで水の補給ができるので、水筒満タン3キロ分の荷が軽減され大いに助かった。

新高塚小屋の今夜の泊まり客は、北海道から来たという洗練された登山道具を持つおしゃれなヒゲのおじさんと俳優志望の若者と私の三人。翌朝早起きするため雑談もそこそこに、早めの夕食を摂って七時には皆就寝した。

宮之浦岳山頂で御来光を迎えるつもりで小屋を暗いうちに出発する。はじめは樹林帯の歩きにくい道を、ヘッドランプの光を頼り進む。稜線に出ると見通しがよくなって、峰々がぼんやりと浮かんで見える。宮之浦岳はまだ遙か先で、日の出に間に合うか心配だ。稜線の道は予想以上にアップダウンが多く、体力を消耗する。東の空が赤くなりはじめ気は焦るが、山頂に近づいてくると登山道は降雪が凍り付いていて滑って歩きにくい。

小屋を出発して二時間半。なんとか日の出前に山頂に到着した。若者は途中で脱落し、山頂にはヒゲのお



重厚な山容を見せる屋久島の最高峰・宮之浦岳。頂上からは遮るもの無い360度の展望がある。

じさんと私の二人だけ。登頂を祝って握手する。東には種子島の大きな島影が見える。隣り合った種子島は屋久島と正反対に、まったく高い山がない平坦な島である。今朝も雲ひとつ無い快晴で、日の出前は急激に気温は下がってきて、寒さでカチカチと歯の根が合わない。やがて東の海原から太陽が昇ってきた。太陽が出ると同時に今度は強風が吹きつけてくる。快晴の山の上で迎える日の出にはよくある現象で、おそらく太陽熱による急激な温度変化の影響で空気の対流が出来て起こるものだろう。風を避け岩陰でガソリンコンロを出して湯を沸かし、熱いコーヒーとフランスパンのサンドウィッチを食べてやっと心地ついた。陽が昇って暖かくなると、山の愛嬌者オコジョが岩の間から顔を出し、こちらを興味深そうに覗いている。

遮るもの無い宮之浦岳山頂の大展望を楽しんだ後は、宮之浦岳の西正面に対峙している永田岳へ向かう。九州地方第二の高峰・永田岳（1886メートル）は花崗岩の露

出した急峻な岩峰で、見ているだけで登高欲をそそられる。岩稜を伝って永田岳の頂上に出ると、山頂部の一部はかなり下のほうまで切れ落ちている。岩のテラスに座って遠くを眺めると、海岸近くの集落とその向

こうに永良部島を望むことができた。典型的な日本の離島の景色に、はるばる来たという感慨でジーンときた。旅する者にとって旅愁を誘うこうした風景に出会うことが、本当の旅の醍醐味といえる。（続く）

Chili's Grill and Bar
Yokosuka Naval Base, Japan
Job Title: Restaurant Manager

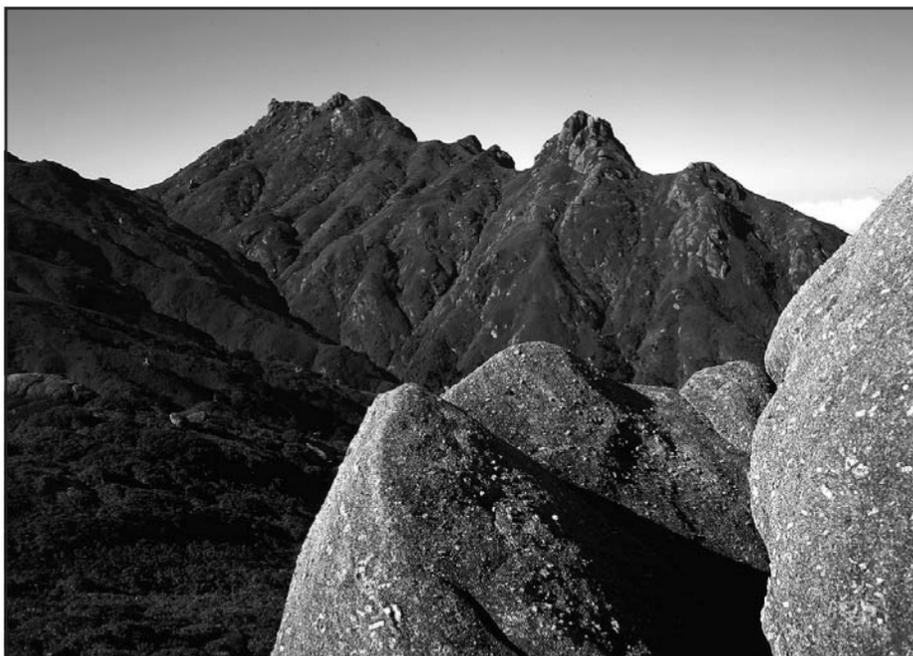
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屋久島第二の高峰・永田岳は花崗岩で構成された独特の山容で登山者を惹きつけている。屋久島の山岳はその急峻さから「洋上のアルプス」と異名をとっている。

Kaigun Warriors soccer team stuns Hun United

Story and photo by MC3 Eric Bodkin, American Forces Network

The soccer team "Kaigun Warriors," from Commander Fleet Activities Yokosuka (CFAY), began their inaugural season in the 1st division of the Tokyo International Friendship Football League (IFFL) Jan. 12 at the Oi Dani stadium with a resounding win over the current leader of the 2007 1st division.

Hun United sat atop the 2007 1st division table with 32 points from 10 games prior to the game and were very confident coming into the game. The Warriors had the opportunity, because of their recent holiday stand-down, to field one of their strongest teams in more than two years.

The Warriors were led in scoring by Eric Bodkin with three goals, George Murray with two goals and newcomer Pierre Bonguen with two goals. In addition, the Warriors coach praised the defense for keeping their opponents unbalanced and not giving them the opportunity to settle into any rhythm.

The victory ensured that the vote in November to unanimously promote the Warriors to the 1st Division and skip the 2nd Division was the correct choice by the league. However, there are 10 more 1st division games left this year and the Warriors are taking anything for granted.

The Warriors are currently the lone club with no sponsorship. Teams in the league are sponsored by corporations such as Magellan, Sony Corporation and various others. This has not hindered the team from setting their sights on becoming the champions at year's end.

Transportation will be our biggest obstacle as we need to get players out to games in Tokyo and Chiba. Any command that can provide transportation to our games would definitely lighten the load the players are bearing as they strive to maintain the image we have created for the U.S. Navy in 2007 while in the 3rd Division.

The following is the Warriors schedule including the first week of April:

- Feb. 3, 5 – 7 p.m. – KWC vs. Green G Triplets at Ikego
- Feb. 9, 10:45 a.m. – 12:15 p.m. – KWC vs. Nelson FC at Oi Daiichi
- Feb. 16, 9 – 11 a.m. – KWC vs. San United Tokyo FC at Oi Daiichi
- Feb. 23, 9 – 11 a.m. – KWC vs. Musashino FC at Oi Daiichi

- March 2, 12:20 – 1:50 p.m. – KWC vs. FC Onze at Oi Daiichi
 - March 16, 5 – 7 p.m. – KWC vs. Golo Diado FC at Shigaku-Jogyo-Dan
 - April 5, 3 – 5 p.m. – KWC vs. Tokyo Lions FC at Oi Daiichi
- For the 2008 season, the Warriors soccer team will have two teams participating in the IFFL, one in the 1st Division and one in the 3rd Division. If you are interested in becoming a member, contact the team's manager Anthony Pangjogie of Afloat Training Group Western Pacific at pjnavy1990@aol.com. More information about the IFFL and the team schedule can be found at <http://home.att.ne.jp/sun/iffil/index.htm>.



The soccer team "Kaigun Warriors," from Commander Fleet Activities Yokosuka, began their inaugural season in the 1st division of the Tokyo International Friendship Football League (IFFL) Jan. 12 at the Oi Dani stadium with a resounding win over the current leader of the 2007 1st division Hun United.

MWR Youth Sports rolls out "FitFactor" fitness program

By MC2(SW) Derek J. Hurder,
Fleet Public Affairs Det. Japan

Kids living at Commander Fleet Activities Yokosuka (CFAY) have a new reason to make healthy lifestyle choices this year. The Morale, Welfare and Recreation (MWR) Youth Sports program rolled out "FitFactor," a Navy-wide web-based fitness program offering incentives to children and teens for exercising and making healthy food choices.

The program is aimed at kids ages six through 18. Participants log healthy activities online and earn points. Points can then be redeemed for prizes. Kids also progress through a series of five levels during the program.

Participants can log points by taking part in a wide range of activities, from playing sports to walking the dog to helping prepare healthy meals.

"When they first sign up, they go online and pick some activities they like to do," said Brandon Bergeron, Youth Sports Fitness Coordinator. "Let's say they play basketball, they eat a good breakfast every day, and they go swimming every now and then. Every time they do those programs, they'll register it online and they'll receive points for that."

Bergeron feels that programs like FitFactor are especially important for families stationed overseas.

"We have an interesting dynamic with the kids on base," he said. "They sometimes feel that they don't



"FitFactor," a Navy-wide web-based fitness program, offers incentives to children and teens for exercising and making healthy food choices.

Image courtesy of CFAY MWR Marketing

have the same opportunities that they do in the states and they're not sure where to go to look for these opportunities. One of the things we try to do is show them that they do have sports to play, there are physical activities they can do during the day, there's lots of stuff for them. They just need to find us and we'll show them what to do."

Bergeron said the program was designed in hopes that a child's enthusiasm for healthy activity will spill over and encourage other family members to practice healthier lifestyles.

"It not only encourages kids to lead healthy lifestyles, it also encourages them to talk to their parents about it, get their parents involved, and make the whole family more fit and healthy," he said. "When parents see that their kids are really enjoying being active, they want to get out there and do it with them. Parents love interacting with their kids and they're always struggling to find some way to connect with them. If they can do that through physical activities, I think it's a really good way for parents to bond with their kids."

Bergeron said he plans to incorporate some family-driven events into the FitFactor program.

"Starting this year, we're going to start billing certain events as FitFactor events, and on those days, you can actually earn more points than usual."

The program has been well-received by Yokosuka parents and kids. More than 200 children have already started logging points. Bergeron said FitFactor is popular because it shows kids that exercise doesn't have to be a chore.

"It's not just 'go out and work out,'" Bergeron said. "This is 'go out and do fun things.' This shows you that you don't have to just suffer through exercise. You can have fun with it."

For more information or to schedule a FitFactor presentation call the FitFactor coordinator at 241-2952.

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MWR Happenings

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All Eligible CFAY Private and Command Sponsored Organizations in good standing with the CFAY Legal Office.

A Mandatory concessionaire booth planning meeting for those interested in operating a food, beverage, game or creature comfort booth at the Spring Festival will be held on February 14 at 1000 in Benny Decker Theater.



Outside the Gate

ITT Tickets

Discount Yunessun Hot Spring Tickets

ITT is now selling discount tickets to the relaxing hot springs of Yunessun in beautiful Hakone! Tickets cost ¥1,700 for adults (12 yrs old and above), and ¥1,000 for children (3 - 11 years old). Tickets are valid until June 30, 2008.

Discount Hakkeijima Sea Paradise Tickets

Discount tickets for Hakkeijima Sea Paradise are back! Tickets, good for admission to the aquarium, Dolphin Fantasy and all rides are now on sale at ITT for ¥4,600 for adults 16 years and older, ¥3,300 for juniors 6 - 15 years old and ¥1,900 for children 4 - 5 years old. Tickets are valid until March 31, 2008. *All rides in the park will be closed from January 15 - 25 for general maintenance.

Tokyo Disneyland and DisneySea Tickets

Did you know ITT sells tickets* to Tokyo Disneyland and Tokyo DisneySea? Get yours today for only ¥5,800 for adults, ¥ 5,000 for juniors and ¥3,900 for children! *Tickets to both parks have expiration dates that tickets must be used prior to. Tickets may not allow entry into the park during high attendance times.

Wiener Sangerknaben

Don't miss the Wiener Sangerknaben Boy's Choir of Vienna, Austria performing live at the Yokosuka Art Theater on April 27. ITT will begin selling tickets on February 9 for ¥5,200 (reserved seats). Children 6 years of age and younger cannot attend this concert.

Major League Baseball 2008 Season Opener

World Series Champions the Boston Red Sox are kicking off the regular season at the Tokyo Dome against the Oakland Athletics on March 25 and March 26, and MWR wants to take you there! ITT will begin selling ticket on February 9 for \$95 (B seats) and \$70 (C seats). Ticket prices include transportation. Limit 2 tickets per ID card holder. Must be at least 18 years of age.

For details about any of the ITT events listed above, give them a call at 241-5056/5057. Ticket sales are open to all DoD I.D. card holders, 18 years old and above attached to CFAY and tenant commands. For more information about the Outdoor Recreation trips listed below, call 243-5732.

Outdoor Recreation

One-day Ski/Snowboard Trip to Altsu Bandai, Fukushima Prefecture

Altsu Bandai boasts the biggest ski resort in its area, and Outdoor Recreation can get you there on February 9! Each of the 29 courses will meet the needs of all different levels of skiers and snowboarders with plenty of long runs, moguls and dry powder. There is also a world-class snowboard park at the resort where the Nippon Open and World Cup will be held this year. The cost is \$45 per person for transportation only. Lift tickets are available at the resort for ¥4,500.

One Day Ski/Snowboard Trip to Kusatsu, Gunma Prefecture

Join Outdoor Recreation on February 23 as we head to Kusatsu Kokusai, one of the oldest ski resorts in Japan. The resort stretches from the summit of Mt. Motoshiranie down to Tenguyama and offers visitors a dynamic ski or snowboard experience. Kusatsu Onsen is a popular attraction for visitor who want to relax in a hot spring after a day on the slopes. The cost is \$40 for transportation only. Lift tickets are available at the resort for ¥4,000 - ¥5,000. Heli-skiing/snowboarding is available for an additional \$100 (payable at the Outdoor Recreation Center).

Ski and Snowboard Lessons

Did you know Outdoor Recreation offers ski and snowboard lessons in English? Most resorts charge ¥5,000 - ¥6,000 for two hours of instruction in Japanese. Outdoor Recreation charges \$25 for a two hour lesson taught by a certified English speaking instructor.

Outdoor Recreation Sledding Tours

Not into skiing or snowboarding, but still want to get out and enjoy the snow? Did you know Outdoor Recreation offers sledding tours? We will be heading to Snowtown Yeti in Shizuoka Prefecture on March 2 and Fuji-ten in Yamanashi Prefecture on March 16 for some slip-sliding fun...and you're invited! The cost is \$35 for adults (12 years and older) and \$25 for children (up to 11 years old).

St. Valentine's Day Massacre Paintball Scenario Game

Want something to do around Valentine's Day other than spending money on candy, flowers and cards? Come out to the Ikego paintball field on February 16 for this scenario-style woodsball game, get the drop on your buddy and celebrate Valentine's Day, Cupid style! The cost is \$45 if you have your own gear and \$55 to rent gear.

Bicycle Maintenance and Repair

Do you need to adjust your brakes or have a complete overhaul on your bike? Have our certified bicycle technician take care of your major or minor bicycle repairs with a free estimate.

February With Your Youth Sports Programs

Youth Sports Mission Statement

To provide safe, fun, positive and high quality recreational sporting activities for the dependents of active duty personnel and DoD civilians associated with CFAY Japan. The Program is dedicated to promoting sportsmanship, the development of fundamental skills, teamwork and the support of the athletic & recreational needs of the youth community.

Youth Fitness Authority

Tuesdays and Thursdays in February from 1530 to 1630 at the Purdy Fitness Center

Youth Sports Fitness Authority program (sponsored by the Boys & Girls Club

of America). Work on your fitness, non-traditional and traditional sports and hand and eye coordination. Pre-register by the day before event at the Yokosuka SAC center. This program is for ages K-6th grade. **Free.**

PAYS

FREE T-Shirt for PAYS members! Parents Association for Youth Sports meeting is held on the last Tuesday of every month at 1700 in the Yokosuka Youth Sports office. Please sign up in advance to attend. Learn everything you need to know about the Youth Sports Program and the role you play as a parent. One time attendance entitles you for a registration discounts for Youth Sports activities and membership into the national organization. If you are already a member, bring your card to any of the Youth Sports Offices and claim your Free T-shirt. **\$5**

Information on all Programs

For more details or information on any programs please call:
Negishi Youth Sports: 242-4121, Ikego Youth Sports Office: 246-8017, Yokosuka Youth Sports Office: 241-2952 or for Youth Fitness and Special Events: 241-2952.

Upcoming Registrations

Baseball and Girls Softball

Baseball/softball registration begins February 25 and runs until April 4. Ages 3-15 are eligible. Season begins mid-April and runs through early June. The cost is \$40 for the first child and \$35 for every additional child. For details contact your local Youth Sports Office. Discounts for PAYS members.

Personal, Conditioning & Training Fitness Program for 12-18 Year Olds

Youth Sports will be offering the following programs in the late Spring and Summer months. More details to follow soon.

- Youth Golf
- Youth Track & Field Meet
- Dodgeball
- Teen Summer Basketball
- Youth Summer Sports Camps
- Summer Swim Teams
- General Start Smart Program for 3-4 year olds

Registration Policy

Youth Sports has a \$25 late fee for any registration taken after the deadline. This is due to a high volume of late registrants during each season, which causes delays in team rosters and scheduling. We will continue to accept late registration with no penalty for legitimate reasons (e.g. PSC orders or medical emergencies) and we would like to emphasize that this will not impact our current fees whatsoever which remain the same as long as you sign-up during the normal registration period (usually over 30 days in length). As an additional option, early registrations are accepted for situations where families will be on leave during registration (see our office for details).

MWR Positions

Come join the MWR team!

Are you a customer service and team oriented individual who possesses the qualifications for any of the positions listed here? Then come visit us in the MWR Building, room 225, or call 243-1246.

Club Operations

- Lead Cook:** NL-08, \$13.56/hr. CPO Club (1 RFT).
- Food Service Supervisor:** NF-3, \$11.47 - \$13.00/hr. Club Takemiya (1 RFT).
- Night Operations Manager:** NF-03, \$10.54/hr. Club Alliance (1 RFT).
- Cook:** NA-05, \$10.35/hr. Club Alliance (1 Flex), Food Court (1 RFT), Club Takemiya (2 RFT).
- Material Handler:** NA-05, \$10.35/hr. Food Court (1 Flex).
- Food Service Worker:** NA-03, \$8.96/hr. Food Court (9 RFT), Club Alliance (1 Flex), O' Club (2 RFT).
- Waiter/Waitress:** NA-03, \$8.96/hr. O' Club (1 RFT/7 Flex), CPO Club (1 RFT), Club Takemiya (1 RFT/2 Flex), Club Alliance (1 Flex), Negishi (1 Flex).
- Cashier:** NF-01, \$7.50 - \$9.50/hr (DOE). CPO Club (1 RFT), O' Club (1 Flex).
- Club Operations Assistant:** NF-02, \$8.39/hr. CPO Club (1 Flex).
- ID Checker/Security:** NF-01, \$6.70/hr. Club Alliance (1 RPT/5 Flex).

Support Activities

- Air Conditioning Equipment Mechanic:** NA-08, \$12.32/hr. Maintenance (1 RFT).
- Electrician:** NA-08, \$12.32/hr. Maintenance (1 RFT).
- Facilities Maintenance Worker:** NA-05, \$10.35/hr. Maintenance (1 RFT).
- Accounting Technician:** NF-02, \$8.39/hr. Finance (1 RFT).

Child Development Programs

- Program Assistant:** GSE-02, \$9.50/hr. Ikego (1 RFT/6 Flex), Hourly (2 Flex).

Community Activities

- Supervisory Recreation Specialist:** NF-03, \$21,500 - \$25,000/annum. Community Center (1 RFT).
- Recreation Assistant:** NF-02, \$9.50/hr. Youth Center – Yokosuka (3 Flex), Ikego (1 RFT), Negishi SAC (1 RPT).
- Food Service Worker:** NA-03, \$8.64/hr. Bowling Center (1 RFT).
- Recreation Assistant:** NF-02, \$8.39/hr. Wood Hobby Shop (1 RFT/1 Flex).
- Recreation Aide:** NF-01, \$7.25/hr. Bowling Center (2 Flex).
- Cashier:** NF-01, \$6.50/hr. Bowling Center Snack Bar (1 RFT/1 Flex).

Recreation

- Recreation Assistant:** NF-02, \$8.39/hr. Rentals – Customer Service (1 RFT/2 Flex), Special Events (1 RFT/1 Flex).
- Duty Manager:** NF-02, \$8.39/hr. Theater (1 Flex).
- Paintball Attendant:** NF-01, \$7.00/hr. Ikego Campground (1 Flex).

Athletics

- Field Maintenance Worker:** NA-05, \$10.35/hr. Athletics – Ikego (1 RFT), Yokosuka (3 RFT).
- Admin Assistant:** NF-02, \$8.39 - \$9.00/hr (DOE). Fitness/Wellness Center (1 RFT).
- Recreation Assistant:** NF-02, \$8.39/hr. Adult Sports (1 Flex).
- Gear Issue Attendant:** NF-01, \$6.50/hr. Athletics (2 RFT/1 Flex).
- Swim Instructor:** NF-02, \$10.00/hr. Aquatics (10 Flex).
- Head Lifeguard:** NF-02, \$9.50/hr. Aquatics (1 RFT/1 Flex).
- Swim Instructor/Lead Lifeguard:** NF-02, \$8.39/hr. Aquatics (1 RFT).
- Lifeguard:** NF-01, \$6.65/hr. Aquatics (8 Flex).

*Due to publishing timelines, some jobs listed may not be available. For the most up-to-date listing check out www.cfay.navy.mil/mwr

Benny Decker Theater

Friday, February 1

1730 I Am Legend PG13
2030 The Bucket List PG13

Saturday, February 2

1300 The Golden Compass PG13
1730 Enchanted PG
2030 This Christmas PG13

Sunday, February 3

1300 Enchanted PG
1730 The Golden Compass PG13
2030 I Am Legend PG13

Monday, February 4

1730 This Christmas PG13
2030 Cloverfield PG13

Tuesday, February 5 \$1 Movie Night

1730 August Rush PG
2030 I Am Legend PG13

Wednesday, February 6

1730 Cloverfield PG13
2030 The Bucket List PG13

Thursday, February 7

1730 This Christmas PG13
2030 Cloverfield PG13

Friday, February 8

1730 Cloverfield PG13
2030 National Treasure: Book of Secrets PG

Fleet Theater

Friday, February 1

1800 Hitman R
2100 The Mist R
2400 No Country For Old Men R

Saturday, February 2

1800 No Country for Old men R
2100 Charlie Wilson's War R
2400 The Mist R

Sunday, February 3

1800 No Country for Old Men R
2100 Hitman R

Monday, February 4

1800 I Am Legend PG13
2100 The Mist R

Tuesday, February 5 \$1 Movie Night

1800 The Mist R
2100 The Bucket List PG13

Wednesday, February 6

1800 Sinbad Comedy Show
Reserved Seating. Tickets available at ITT Office.

Thursday, February 7

1800 The Mist R
2100 No Country for Old Men R

Friday, February 8

1800 Charlie Wilson's War R
2100 Hitman R
2400 I Am Legend PG13

Negishi Theater

Friday, February 1

1900 Cloverfield PG13

Saturday, February 2

1300 Alvin and The Chipmunks PG
1900 Cloverfield PG13

Sunday, February 3

1300 August Rush PG



No Country for Old Men

Cast: Tommy Lee Jones, Javier Bardem, Josh Brolin, Beth Grant
Synopsis: Set in West Texas, a man on the run with a suitcase full of money is pursued by a number of individuals.



Cloverfield

Cast: T.J. Miller, Michael Stahl-David, Mike Vogel, Lizzy Caplan
Synopsis: Five young New Yorkers throw their friend a going-away party the night that a monster the size of a skyscraper descends upon the city. Told from the point of view of their video camera, the film is a document of their attempt to survive the most surreal, horrifying event of their lives.



The Bucket List

Cast: Jack Nicholson, Morgan Freeman, Sean Hayes, Rob Morrow, Beverly Todd
Synopsis: Corporate billionaire Edward Cole and working class mechanic Carter Chambers have nothing in common except for their terminal illnesses. While sharing a hospital room together, they decide to leave it and do all the things they have ever wanted to do before they die according to their bucket list. In the process, both of them heal each other, become unlikely friends, and ultimately find the joy in life



The Mist

Cast: Thomas Jane, Marcia Gay Harden, Laurie Holden, Andre Brougner
Synopsis: Following a violent thunderstorm, a small town community comes under vicious attack from creatures prowling in a thick and unnatural mist. Local rumors point to an experiment called the 'The Arrowhead Project' conducted at a nearby top-secret military base, but questions as to the origins of the deadly vapor are secondary to the group's overall chances for survival.



Hitman

Cast: Timothy Olyphant, Dougray Scott, Olga Kurylenko, Robert Knepper
Synopsis: The "Hitman" is a genetically-engineered, elite assassin known only as Agent 47. His hallmarks are lethal grace, unwavering precision, and resolute pride in his work. But even 47 couldn't anticipate a "random equation" in his life exactitude: the unexpected stirring of his conscience and the unfamiliar emotions aroused in him by a mysterious Russian woman.



Charlie Wilson's War

Cast: Tom Hanks, Julia Roberts, Philip Seymour Hoffman, Ned Beatty
Synopsis: Based on the true story of how Charlie Wilson, an alcoholic womanizer and Texas congressman, persuaded the CIA to train and arm resistance fighters in Afghanistan to fend off the Soviet Union. With the help of a rogue CIA agent, Wilson supplied money, training and a team of military experts that turned the ill-equipped Afghan's into a force that brought the Red Army to a stalemate and set the stage for conflicts in the Middle East that rage to this day.

The use of camcorders, still cameras, cellular telephones and any other recording devices in the auditorium during the exhibition of any movie is strictly prohibited. Violators will be escorted from the premises and recorded materials will be confiscated. All theatre privileges of violators will be terminated. Violators may be subject to criminal prosecution. For the most up-to-date movie information call 243-6703.

Food and beverages from outside sources are not permitted in theaters per COMFLEACTINST 1710.64E, ENCL. 33, PARA 3E(3).

Guitar Lessons

Ikego Community

Guitar instruction is now being offered at Ikego Community Activities. For dates and times, please call 245-8071 or stop by our office.

MWR Fitness is committed to enhancing the quality of life for all families in Yokosuka by offering fitness programming for all ages and keeping families fit, healthy and happy.



Fit Family Class Schedule – All Families Welcome

Movin' Mommas Stroller Class
Monday, Wednesday, Friday and Saturday from 0900 to 1000 in front of Purdy Fitness Center
"Strollers available for checkout"

Mom and Baby Yoga
Tuesday and Thursday from 0900 to 1000 in Purdy Fitness Center

Mom and Toddler Yoga
Tuesday from 1000 to 1100 in Purdy Fitness Center

Prenatal Yoga
Thursday from 1000 to 1100 in Purdy Fitness Center

P.T. Tots (walking to 24 months)
Tuesday and Thursday from 0945 to 1030 in Thew Gym Martial Arts Room

P.T. Tots (2 - 3 years old)
Tuesday and Thursday from 1030 to 1115 in Thew Gym Martial Arts Room

Special rates and discounts for all new moms. Contact MWR Fitness at 241-4486 for more details.

CPO CLUB

Valentine's Day Wine and Dine

Thursday, February 14, 2008
CPO Club in Silver Dollar Room

Enjoy a special romantic dinner with your loved one. Includes a five course meal complete with a glass of wine and a rose for the ladies. Seating is limited so be sure to buy your tickets at the cash cage today.

Live music will be performed by Caesar Urbano and his Jazz band.

Open to all hands. \$26.95 per person.
Couples only, please.
Call 243-5506 for details.

Thursday, February 14 from 1700 to 2100

Secret Valentine's Dinner for Two

Do you live on base? Let a professional limo service bring you to and from a secret Valentine's dinner! Enjoy a private dining area draped in white curtains where sounds of live music will filter through as you enjoy an elegant gourmet meal, each entrée coupled with select wines. Reservations are extremely limited, so make yours now by purchasing your tickets today at the 2nd floor cash cage. Call 243-3000 for details. **\$59.95 per couple including limo and gourmet meal paired with various wines.**



WELCOME TO NAVY

FitFactor



The Navy Youth and Teen Health & Fitness Program for ages 6-18.

The goal of the FitFactor program is to encourage you to make healthy choices and give you opportunities to participate in a variety of fun activities. By getting involved with the program you can reach fitness goals, increase your self-esteem, and set yourself on a healthy lifestyle path that will be continued throughout your adult years. Use the online incentive program to log points, gain levels, and get prizes! For more information or to schedule a FitFactor presentation please call 241-2952 and ask for the FitFactor coordinator.

New Participant?
Visit your local Navy School Age Care Center or Youth Sports Office to get enrolled and join in the FitFactor fun!
Check out the website at www.navygetfit.com

PRESIDENT'S DAY 3K

Friday, February 15 at 1600 in front of the Purdy Fitness Center

Load up the stroller and herd the rest of the family up to the Purdy Fitness Center to take part in this fun evening event. Hot chocolate will be provided to all participants. Pre-registration is not required. See you there!
For details call 241-4486.

The Backwoods Olympics

Saturday, February 23 from 1000 to 1300
at Ikego West Valley Campgrounds

For details call 246-8071 or access Yokosuka MWR's website at www.cfay.navy.mil/mwr



This event is open to all ID Cardholders and their sponsored guests. For more information, call or visit Ikego MWR Community Activities at 246-8071 or 046-806-8071 or e-mail at ronald.ketron@fe.navy.mil. Sign-ups start now at Ikego MWR Community Activities and will end on February 20.

7th Fleet Specialty Conference held at USNH Yokosuka

Story and photo by MCSN Kari R. Bergman,
Fleet Public Affairs Det. Japan

Forward deployed independent duty corpsmen (IDC) and general medical officers (GMO) attended the Seventh Fleet Specialty Conference at U.S. Naval Hospital (USNH) Yokosuka Jan. 16.

The conference provided medical training in the areas of orthopedics, ophthalmology and dermatology.

“Our goal was to provide everyone with a little bit more in-depth information on specific types of diagnoses, examination techniques, and treatment options so they can take the information back to their ship to help our Sailors when there’re out at sea,” said Lt. Cmdr. Brandon Bryant, a USNH orthopedic surgeon. “We’re here to support the fleet and this was something we could do for our fellow IDC and GMO’s who are out there, so that when they first see the injuries they have background information and understanding about the situation and how to manage different injuries accurately.”

According to Bryant, much of the information covered was subject matter review for everyone who has been in these types of situations before.

“This conference is a good refresher because the stuff you learn in school they cram all in,” said Chief Hospital Corpsman (SW) Kevin Varner, a participant in the conference.

“If you don’t use it everyday it tends to go away, so this helps you remember everything that you were taught. These conferences give us a chance to interact with different departments and find out what works best for everyone so that we can sync it all up and we get a little bit better patient care that way,” said Varner.

Bryant said that participants take different information away from these types of conferences and use it in the ways that best work for them.

(Left) HM2 Victor Brown and HMC(SW) Kevin Varner work together on proper splint application techniques during the 7th Fleet Specialty Conference at U.S. Naval Hospital (USNH) Yokosuka Jan. 16.



USNH Yokosuka hosts post-holiday party for children’s home

Story and photo by Jill Ward, USNH Yokosuka

Thanks to a cooperative effort, the residents of Kobo Cottage Children’s Home enjoyed a post-holiday celebration Jan. 19. The feeling was a cross between Halloween, Christmas and a birthday party. U.S. Naval Hospital (USNH) Yokosuka sponsored the events with the help of a wardrobe donation, private donations and the Yokosuka Officers Spouses Club (YOSC).



(Left) U.S. Naval Hospital (USNH) Yokosuka Chaplain Lt. Cmdr. Jack Carver and Commanding Officer Capt. Michael J. Krentz greet the residents from Kobo Cottage Children’s Home at the start of the post-holiday party Jan. 19.

Upon entering Sbarro’s pizza parlor, it would have been hard to tell the theme of the party if a “Happy New Year” sign was not posted on the wall. The residents of Kobo Cottage came to base all dressed up in their Halloween costumes. Spiderman, Superman, the Good Witch and a tiger sat eagerly at the table waiting for the pizza to arrive. In the interim, the party-goers were entertained by the Kobo residents who sang songs, shared

stories and performed Tae Bo.

USNH Yokosuka Commanding Officer Capt. Michael J. Krentz shared his happiness about hosting this great event. “We were able to be guests of Kobo Cottage for their Christmas pageant, and in this way we can reciprocate and welcome them to our home. This allows us all to celebrate the holidays when it is not so hectic, and we can focus on enjoying our time together.” Krentz then used his best Japanese to kick off the event.

USNH Yokosuka staff and family members were on hand to serve pizza to the hungry visitors. Despite the language gap, Sailors and residents laughed and teased each other until the time came to pass out the holiday presents. YOSC organized a present drive so that each of the residents had a gift to open. Bright-eyed happy children could be heard giggling and seen hugging stuffed animals.

Chaplain Jack Carver and Religious Program Specialist 1st Class Michaela Saffa-Wuya helped organize the day. “Everything went according to plan. The bus was available and on time, more than enough food and drinks for everyone, lots of volunteers and most of all, the children had a wonderful time,” Saffa-Wuya said.

When all the presents had been opened and the pizza party concluded, the entire group crossed the street to the Morale, Welfare and Recreation (MWR) bowling center. Bowling balls and shoes were already arranged for the Kobo residents who eagerly started bowling. From the 3 year-olds who used a hill-shaped ramp, to the 6 year-olds who were successful bumper-bowlers, to the older kids who competitively played against each other and the Sailors, each was competitive in the most fun way. The cookie trays, sodas and bowling felt like a birthday party.

Hospital Corpsman Travis Tucker was not going to go to either segment of the party. He had duty that night, so he thought it would be better to stay in and rest during the day. He decided to get up and go to the party rather than waste the day. He was glad he did. “My favorite part of the day was when the little ones sang “Amazing Grace.” It gave me chills.”

Tucker could be seen on lane number one helping the smallest of the residents bowl. “The [resident directors] would run, scream and laugh if any of the kids hit just one pin. They were so happy that [the ball] hit something,” he said. He and many other Sailors were seen helping the children bowl, listening to music and exchanging hugs.

The day of laughs and fun ended with as much energy as it began. It was said by more than one attendee that the kids would be talking about this day for weeks to come. The USNH staff and YOSC will do so, as well.

During flu season, ounce of prevention worth a pound of cure

By Lt. Kelly A. Trout, USNH Yokosuka

Christmas and New Year’s decorations have been taken down with the holiday season’s recent passing; however, one thing that can’t be put away is people’s vulnerability to catching the flu. The Center for Disease Control and Prevention (CDC) reports that five to 20 percent of U.S. residents get the flu each year with February being the peak month for the influenza season in the northern hemisphere.

What could that mean to the Yokosuka community? Soon, the base will be knee deep in sick days from work, children will be kept home from school and day care, and U.S. Naval Hospital (USNH) Yokosuka’s Emergency Department (ED) and clinics will have longer wait times. The good news is that there are a few simple things residents can do to prevent, treat and recover from this influenza season.

Influenza, or “flu,” is caused by a virus that can produce such symptoms as cough, runny nose, body aches, headaches and high temperatures. Influenza can even cause children to have diarrhea or ear infections. While the common cold and influenza are caused by different viruses, the physical symptoms can be the same; but, flu symptoms usually present as more severe.

According to Lt. Cmdr. Norak Chhieng, an ED physician, elevated temperatures are a major source of concern for parents who bring their children in to be evaluated. “No one knows the true reason why we have fevers. One thought is that it’s a body defense to rid itself of germs that have penetrated the immune system. Others feel it is a response to chemicals that the germs themselves produce. Whatever the reason, it is to our benefit as it serves as a signal, or red flag, that something is not right.”

“There are many causes of fever, and to the ED physician, it would be especially concerning if fever is associated with severe lethargy, a rash, inability to tolerate fluids, severe headache, neck stiffness or persistent vomiting,” said Chhieng. Controlling the body’s temperature is also an important intervention because it will not only prevent dehydration, but often times kids feel better when they are not hot. Also, in certain susceptible children, taking control of fevers may prevent seizures which can be a stressful experience for parents.

As for a lot of common airway germs, the flu is spread through respiratory droplets which can be transferred to and infect others who inhale the droplets. Also, the flu virus can be transmitted from person to person or via an object. Objects such as door handles or even a pen at a customer service desk can act as temporary “homes” for

the flu virus so when the next person opens the door or writes with the pen, they then become exposed to the virus. Exposure does not, however, mean you will actually get sick. Other factors such as immune status, often a reflection of diet, exercise, and stress levels, play an important role as well.

Treatments for the flu include plenty of rest, fluids, avoiding alcohol and tobacco use, and often use of over-the-counter meds. An important point to remember is that children or teenagers should never be given over-the-counter medications (OTCs) that have aspirin in them if they have the flu. According to Lt. Cmdr. Bob Goodwin, ED Department Head, “[OTC] use increases the risk for Reye’s Syndrome, a potentially fatal disease. Instead, acetaminophen or ibuprofen is preferred.” There is a flu-specific medication that can also help alleviate flu symptoms up to one day sooner, but it must be started within 48 hours from the onset of symptoms. “Tamiflu is recommended for people at high risk for complications from influenza who did not receive the flu vaccine. This includes people with heart and lung disease, kidney problems, or immunosuppression (HIV),” said Goodwin.

Prevention is the best defense when trying to avoid the flu. The number one way to help prevent catching the flu is to be vaccinated.

FISC fuel department keeps CFAY warm, on the move

Story and photos by Tim Shannon, CFAY Public Affairs

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's fuel department is the largest and arguably, most diverse fuel provider within the Department of Defense (DOD).

FISC maintains 10 percent of the DOD's fuel inventory, mostly in order to supply naval assets operating throughout the 7th Fleet area of responsibility (AOR), however, that is only one piece of a greater puzzle.

According to FISC Executive Officer Lt. Cmdr. Jason Fitch, FISC fuels spans across the services in much the same way it does around 7th Fleet's AOR.

"FISC's fuel department is truly a joint provider for every service component," Fitch said, adding that FISC meets the fuel requirements for every U.S. military installation in Japan and the U.S. Embassy in Tokyo.

One way in which FISC provides fuel to Commander Fleet Activities Yokosuka (CFAY) is through its government vehicle gas station, adjacent to the Navy Exchange (NEX) Auto Port.

The FISC gas station, according to Chief Aviation Boatswain's Mate Fuels (AW) Jerome Alba, meets the fuel needs of 30 tenant commands onboard CFAY, and is more than a place to fill up a government vehicle with gasoline.



Taeka Harper from the base housing office uses a Vehicle Identification Link (VIL) key to complete a simple and paper-free gasoline purchase for a government vehicle at the FISC government vehicle gas station.

We also deliver FJ-1 (ultra low sulfur diesel) and MUM (gasoline) to Ikego's gas station, Afloat Training Group's (ATG) fire fighting school, CFAY's security boats and pier heaters," said Alba.

Supplying shipboard watches and CFAY Security personnel with kerosene for their heaters in the winter not only keeps them more comfortable, but allows them to be more alert while on watch.

When asked what a watch would be like without the heaters, one Fleet Activities Civil Police officer said, "It would be very difficult. They are very convenient."

FISC fuel keeps security personnel and pier watches warm and alert while on watch to the tune of 49 thousand gallons of kerosene yearly, as well as pumping a quarter of a million gallons of gasoline to keep CFAY's government vehicles running.

The FISC government vehicle gas station is manned from 8 a.m. to 4:45 p.m. daily, except on Tuesdays and Sundays and anyone with a government vehicle and a vehicle identification link (VIL) key may fill up their gas tanks 24 hours a day.

Alba also stated in an emergency or if there is a malfunction, there are steps in place to ensure customer satisfaction.

"Our team is working hard to service all customers to meet their satisfaction," he said. "If there is any problem with the gas station or a VIL key, or anything that deals with the gas station, please direct any questions or concerns to me, ABFC Alba at 243-0609 or the Fuel department duty officer at cell phone number 080-5083-3951 if after working hours or on the weekend."



A Fleet Activities Civil Police worker keeps warm with a portable kerosene heater while on watch at the Daei gate.

FRV available for service members and DoD civilians

Story by Surface Deployment and Distribution Command Public Affairs

Starting late last fall, Department of Defense (DoD) customers became eligible for full replacement value (FRV) protection on most DoD funded personal property shipments. FRV covers dates that apply to personal property shipments with a pickup date on or after the following dates:

- Oct. 1, 2007 for international shipments (to and from outside the continental U.S.).
- Nov. 1, 2007 for domestic shipments (within the continental U.S.).
- March 1, 2008 for non-temporary storage shipments.
- March 1, 2008 for local move/direct procurement method shipments.

Under the FRV program, the transportation service provider (TSP)/carrier is liable for a minimum of \$5,000 per shipment or \$4.00 times the net weight of the shipment (in pounds), up to \$50,000.

Providing prompt notice of loss and damage will still be an essential part of the process. The customer must submit the DD Form 1840 (listing all damage discovered upon delivery) or the DD Form 1840R (listing all damage discovered after

delivery) to the TSP within 75 days of delivery. The TSP has the right to inspect the damaged items once the notice forms are received.

There is no additional cost to the customer for FRV coverage, but the customer must file the claim directly with the TSP within nine months of delivery by using the

DD Form 1844 to receive FRV. The TSP will settle the claim by repairing or paying to repair damaged items. The TSP will pay FRV cost on items that have been lost or destroyed. When the claim is filed directly with the TSP, the TSP will be responsible for obtaining all repair and replacement costs.

If the TSP denies the customers full claim, makes an offer on the claim that is not acceptable, or does not respond within 30 days, the customer may transfer the claim to the military claims office (MCO). If a customer files a claim with the TSP after nine months, but before the two year time limit for filing the claim, the TSP is only liable for depreciated value of lost or damaged items.

If the TSP does not respond to the claim within 30 days, or makes an offer that the customer does not accept, the customer may transfer the claim to the MCO within nine months of delivery. If the customer transfers the claim, the MCO will only be responsible for depreciated replacement cost on the claims. The MCO will then attempt to recover FRV from the TSP. If the MCO recovers FRV, the MCO will then pay the member the difference between the depreciated cost already paid and the FRV cost.

DoD customers can find a detailed set of guidelines that governs FRV coverage located on the Military Surface Deployment and Distribution Command Web site at <http://www.sddc.army.mil>.



(Left) Lt. j.g. Aubrey Young checks off items as they are delivered to his house as FISC quality control inspector, Ryu-ichi Inui stands by to answer any questions that may arise about damaged property.

Photo by Tim Shannon

SRF-JRMC Lean activities watched with keen interest

Story and photos by Takashi Kobayashi,
SRF-JRMC Continuous Improvement Office

Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) introduced and has been using a business management method called Lean manufacturing since the implementation of their 2005 Strategic Plan.

Lean began as a manufacturing concept with the objective of producing goods using less of everything compared to traditional mass production: less waste, less human effort, less manufacturing space, less investment in tools, and less engineering time to develop a new product. Lean is a management process derived mostly from the Toyota production system in Japan. The lean concept has garnered much attention in the U.S. manufacturing sector and is now being implemented in a growing number of industries. Although the term "Lean" as understood within the U.S. business community is not widely used in Japan, the use of Lean principals, combined with other continuous process improvement methods, largely originated in Japanese industry. Lean has been studied and refined in the U.S., and has become much more of a method of continuous process improvement that can be used beyond the traditional manufacturing sector so that any organization in America can easily introduce the concept. Private enterprises in Japan have begun to show a strong interest in these new Lean methods.

SRF-JRMC has embraced Lean methods and principles and has enthusiastically facilitated Lean activities among commands of U.S. Forces Japan, resulting in a number of requests from the Japanese private sector to provide briefings on the Lean process.

In March 2007, more than 30 members consisting of representatives from management and process improvement offices from the private sector, as well as professors at universities of the Japanese Society for Quality Control (JSQC), paid a visit to SRF-JRMC. While there, they received briefings and training in how SRF-JRMC engages the concept of Lean, how to organizationally deal with Lean processes and how to align Lean activities within the organization's strategic goals. The group expressed great interest in how work flows through an organization can be analyzed by use of the Value Stream Analysis (VSA), and how SRF-JRMC uses the VSA to eliminate waste throughout the entire organization.

The theme for the visit of JSQC was "Introduction of improvements and Lean beyond both the Japanese and American cultures."



More than 30 members consisting of private enterprises' improvement facilitating offices, supervisors and professors at universities of the Japanese Society for Quality Control (JSQC) paid a visit to SRF-JRMC in March, 2007. Capt. Stephanie Douglas, commanding officer of SRF-JRMC, briefs them on the Lean activities conducted at her command.

2007年3月、30名以上の各企業の改善推進事務局、管理職、大学教授によって構成された社団法人日本品質管理学会がSRF-JRMCを訪問し、SRF-JRMC司令官ステファニー・ダグラス大佐はSRF-JRMCでのLEAN活動の概要説明を行なう。

Gentaro Haneda of Konika Minoruta Export, Co. Ltd., a member of JSQC, stated his impressions of the visit in the article that ran in the Japanese Society for Quality Control (JSQC) newsletter issued in May 2007. "One thing that impressed the guests was that even though operational requirements often cause unforeseen changes in ship schedules, SRF-JRMC still manages to conduct intensive, five-day Lean events as schedules permit. During these Lean events, SRF-JRMC team members spend 100 percent of their time on conducting the event. This year, SRF-JRMC also sent four Lean event circles to the American Society for Quality Forum conducted in Milwaukee, Wis. All members of the circles made presentations in English, and came away with tremendous feelings of accomplishment. SRF-JRMC takes very seriously the job of motivating their employees to participate in Lean events."

After the JSQC's visit, SRF-JRMC received requests for more briefings and training from the private sector.

In response to these requests, the Continuous Improvement Office of SRF-JRMC conducted a lecture on Lean activities in front of an audience of more than 200 personnel at the Quality Forum 2007 held at Toranomon in Tokyo sponsored by the Union of Japanese Scientists and Engineers. The presentation was enthusiastically received, and requests for additional briefings continue to pour into the Continuous Improvement office.

These latest continuous improvement methods are now being used to re-engineer non-profit organizations that looked to private enterprise as a good model for management due to the ease by which these methods can now be adapted by any type of organization.

民間企業も注目するSRF-JRMCのLean活動

文・写真:小林孝、SRF-JRMC改善推進室

SRF-JRMCでは2005年の経営戦略計画からLEANと呼ばれる経営手法を導入している。もともとLEANというのはトヨタ生産方式がアメリカで研究され、徹底的に組織からムダを排除する方式として新たにLEANと名付けられたものである。つまり多くの改善手法と同様LEANも日本生まれの経営、改善手法だといえる。ところが、日本ではLEANという言葉が産業界では殆ど使われておらず、またアメリカに渡り、より洗練され、どんな組織にとっても導入し易い新しい改善手法、経営手法として磨きがかかったことにより、今度は逆に日本の民間企業がLEANについて大きな興味を示し、米軍においてLEANを積極的に推進しているSRF-JRMCには様々な民間企業、QCサークル団体から「LEANについてのレクチャーを行って欲しい」という依頼が数多く寄せられている。

2007年3月には社団法人日本品質管理学会(JSQC)がSRF-JRMCを訪問し、約30名の各企業の改善推進事務局、管理職、大学教授らがSRF-JRMCで取り込まれているLEANについてその概論、組織的取り組みの仕掛け、戦略的位置づけ、改善手法などについての研修を受けた。特に組織の業務フローをVSA(Value Stream Analysis)という手法で解析し、そのフローから全体の流れを基に無駄なプロセスを排除し全体最適を考慮しながら業務改善を行っていく手法については大きな反響があった。

訪問のテーマは「日米の文化を越えた改善リーンの紹介」であった。

JSQCのメンバーでコニカミノルタビジネスエキスパート株式会社に所属する羽田源太郎氏は、2007年5月にJSQCが発行した「JSQCニュース」で訪問の印象をこう書いている。「特徴的なのは、艦船の入港による業務負荷の変動に合わせて、時間的余裕のある時に短期集中(5

日間程度の期間を設定)して活動していることである。その間は改善活動に100%時間をあてる方式をとっている。また、本年はアメリカのミルウォーキーで開催されたASQの大会へ4サークルを派遣した。英語での発表とハードルは高いが、達成感も非常に強く、メンバーのモチベーションアップにも熱心に取り組んでいる。日米での言葉の違い、文化の違いを乗り越え、改善(Kaizen)という共通の概念のもと、トップと一体となって熱心に活動に取り組んでいることを知ることが出来、大変有意義な見学会であった。」

JSQCの訪問後、SRF-JRMCを訪れた各企業やQCサークル関連団体から「LEANについての講演を行って欲しい」という依頼が数多く寄せられることになった。

これを受けてSRF-JRMCの改善推進室(CIオフィス)では2007年東京虎ノ門で行われた日本科学技術連盟主催のクオリティフォーラム2007においてもLEAN手法を約200名を前に講演し、ここでも各企業から大きな反響を受け、その後もフォーラム参加者からの講演依頼が続いている状態である。

非営利団体で行われている最新の改善手法、経営手法は改善手法のお手本であった日本企業

各社にとっても、そのシンプルな手法、筋道の通った改善の枠組みが「この方式であれば簡単に大きな改善が達成できる」と注目されるほどの革新をもたらしているのである。



Shin Hosono, management analyst of the Continuous Improvement office, translates the briefing by Capt. Stephanie Douglas, commanding officer of SRF-JRMC, into Japanese for members of the Japanese Society for Quality Control (JSQC) during their visit.

改善推進室の細野伸さんはSRF-JRMC司令官ステファニー・ダグラス大佐の概要説明を社団法人日本品質管理学会のメンバーに日本語に翻訳する。

Common Access Card policies and procedures

By Fumiyo Sato, CFAY Public Affairs

Employees who work on Fleet Activities Yokosuka are required to have a Common Access Card (CAC) when they access base computers.

Personnel Support Detachment (PSD) Yokosuka issues the cards to active duty members, civilians, eligible contractors and Master Labor Contract (MLC) employees to help verify the users' identity when they access the Department of Defense computer system.

Depending on their working status, employees follow a different procedure when applying for a CAC card.

"For military, if you have reenlisted or have extend your enlistment, you need to have a supporting document or extension documents. For Government Service (GS) civilians, they need to go through the Human Resources Office (HRO) and they can update the system, and that will push over to the Defense Enrollment Eligibility Reporting System and at that point we can issue a CAC card," said Chief Personnel Specialist Corey Dahlheim, of PSD Yokosuka. "Now the contractors have to be entered into the Contractor Verification System, and once they are entered, they can come to our facility here and we can issue them a card."

After completing these requirements, applicants can make an appointment on the PSD Web site. On the day of the appointment, the applicants can expect anywhere from 18 minutes to an hour to issue their CAC card. Although PSD has an appointment only system to issue the ID card, it has some exceptions.

"The exception is that if you've lost your card or if your card has expired," said Dahlheim. "And for those who have children who turn 10 years old and need their first card or if a contractor has just been hired, we can issue them a card on a walk-in basis."

If you have lost your CAC card, you must report it to security first. "Security will give you a voluntary statement. At that point you can come here as long as no information is changed in the system and we can reissue a card," Dahlheim said.

CAC cards need to be renewed every three years for active duty members, U.S. civilian and MLC employees while contractors need to renew their cards every year.

CAC cards are issued in the ID card office located on the first floor of PSD, Building 1555. For more information, visit the PSD Web site at <http://www.psapac.navy.mil/PSDYokosuka/Misc/cac.htm>.

Hot Dog! It's Super Bowl Time!

By Kay Blakley,
DeCA home economist

Hot dogs are as American as apple pie. And even though they're closely tied to baseball, there is no reason they can't take center stage when you and fellow football fans gather to cheer your team in the Super Bowl. As a matter of fact, they're the perfect choice, if you want to keep the food offerings carefree.

Choose a high-quality dog by checking the ingredients label. Several taste tests have confirmed that hot dogs with the fewest nonmeat fillers and fewest grams of sugar consistently get the highest marks

from tasters. If you haven't tried the kosher hot dogs your commissary carries, put them to the taste test with your own family. In my opinion, their quality is excellent.

Yes, hot dogs are high in fat and sodium, so if you are a strict fat gram counter, choose those made with chicken or turkey. But if you're a die-hard dog lover like me, nothing but the "Real McCoy" will do. I'm perfectly willing to cut back on fat and sodium consumption in other meals in order to enjoy a really good hot dog on an occasional basis. You can do it, too – that's how all foods can be part of a healthy diet.

Whatever brand of hot dogs you choose, be careful not to condemn them to death by boiling. I know you've seen it – the poor dog boiled until the casing splits and the insides ooze out into unappealing blobs. Then a dripping wet dog is plopped into a classic soft hot dog bun creating a soggy mess that's not high on my list of favorite dishes. Yuk!

All hot dogs are precooked so all they need is three to five minutes in gently simmering water. A much better method, aside from grilling, is cooking the hot dogs on a nonstick griddle or skillet over medium heat. Turn them with tongs from time to time until they are heated through – moist on the outside and very lightly browned is just about right. The only decision left is what to top them with. Yellow mustard and sweet pickle relish is the classic topping, but there are many more delicious options.

Come to Kay's Kitchen at www.commissaries.com/kays_kitchen.cfm for ideas and recipes suited to almost every hot dog lover's taste. Plan your menu, shop the commissary for needed ingredients, invite plenty of friends, and when the game comes on, all that's left to do is chow down and cheer.

Head's Up Yokosuka! Community Announcements

Obi Art – Do you need a new decoration for your home? Would you like something unique and beautiful to remember your time here in Japan? The Community Center is offering classes on Obi Art, where you can design your obi as an excellent decoration piece for your home. Visit or call the Community Center at 243-6713 for more information.

Learn to speak Japanese – Have you ever walked out in town and wished that you could understand the Japanese language? It is never too late to learn. The Community Center is offering two Japanese Language classes; one with textbook and one without. This is a wonderful opportunity to learn the language of our host country. If you are interested in attending these classes, visit or call the Community Center at 243-6713 for more information or to sign up.

Individual Augmentee (IA) Spouse Support Group Meetings – Share your challenges and success strategies with others. Meet other IA spouses going through similar challenges. Take time out for yourself. For more information and dates on meetings, call the Fleet Family Support Center (FFSC) at 243-3372 or e-mail to lalanie.james@fe.navy.mil.

Yokosuka Housing Welcome Center – Effective March 1, The Yokosuka Housing Welcome Center, located next to the Navy Lodge, will start their new office hours. The new hours will be 8 a.m. to 4:30 p.m. Monday through Friday and 11 a.m. to 4:30 p.m. the first Wednesday of each month. Call the Yokosuka Welcome Center at 243-9067 for more information.

NMCRS Spouse Tuition Aid Program – The Navy-Marine Corps Relief Society's Spouse Tuition Aid Program (STAP) Term IV will be accepting appointments Jan. 28 to March 14. Qualified candidates could receive up to \$350 for undergraduate studies and up to \$400 for graduate studies, for each term. Contact NMCRS Yokosuka at 243-7905/4450 to make an appointment.

Pay USNH Yokosuka Medical bills online – Payment of USNH Yokosuka medical bills can now be paid using the www.pay.gov Web site. Patients should select the "Search Public Forms" field and then "USNH Yokosuka MSA." Contact Lt. Cmdr. Kevin Haug at 243-8574 or e-mail kevin.haug@med.navy.mil for more information or assistance.

TRICARE Online Service Registration – There will be an open registration opportunity at the Main Street food court Feb. 2 from 11 a.m. to 2 p.m. Representatives will be available to assist TRICARE Prime and Plus beneficiaries with registration that will allow beneficiaries to access Web based appointment booking, Rx Checker, personal health journal, features for children and more. Call 243-9528 for more information.

Pet of the Week



This week's Pet of the Week is Loze. He is a one year old black and white mixed who has been litter box trained, microchipped and all his shots recently updated. Loze is an outgoing cat that loves attention, is very playful and would be great for any family. If you are interested in adopting Loze or any animal at P.A.W.S., contact them at 243-9996, or visit their Web site at www.pawsyokosuka.org.

U.S. Navy photo by Eric Boehler

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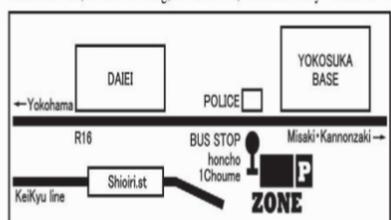
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The blue and green people

By Chaplain Donald Moss

A long time ago, in a beautiful valley, there were two towns. On one side of the river was a town known as Greenville. On the other side of the river was Blue Town.

Everything in Greenville was green. All the houses were green. The cars and trucks were green. All the people wore green clothes and they all had green hair. The dogs were green. Yes, even the cats were green.

Everything in Blue Town was blue. All the houses were blue. The cars and trucks were blue. All the people wore blue clothes and they all had blue hair. The dogs were blue. Yes, even the cats were blue.

Now the people in Greenville did not like the people of Blue Town. People from Greenville said bad things about Blue Town. The children learned rhymes that were not very nice: "Green is pretty. Green is glad. Blue is ugly. Blue is bad".

One day, one of the youngsters from Greenville went swimming in the river. Unfortunately, he was caught in a whirlpool that went round and round, pulling him down. He was about to go down, when he looked up and saw a man standing on the bank of the river. The man was holding out a branch and yelling, "Grab the branch. Grab the branch". Unfortunately, the man was blue.

The poor youngster was about to drown, but all his life he had heard, "Green is pretty. Green is glad. Blue is ugly. Blue is bad". He resisted as long as he could, but he couldn't hold out. At the last second, the boy grabbed the branch and the man pulled him to safety. That night the youngster from Greenville ate blue food, served in blue dishes, on a blue table. He slept in a blue bed in a blue room.

In the morning, all the blue people came for the green boy. They gave him a hearty breakfast and took him in a blue boat to the green side of the river. As soon as he jumped ashore, he ran as fast as he could to Greenville. He told everyone in Greenville that it was untrue that the blue people were bad.

There was a slow but sure change in Greenville. About a week after the youngster had returned, his mother showed up in church in a blue hat. She did. People were surprised, but the next week the ladies showed up in red and orange, and purple and all the others colors. They went to the city limit and took down the sign that said, "Greenville". They put up a new sign that said, "The Rainbow People". They chose that name because they had heard in church that God put a rainbow in the sky to "remember His mercy." After all, if God has mercy on everybody, why shouldn't we?



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241-3847 or e-mail us today at mail@chilis yokosuka.com

HRO USCS Positions

The following local/Japan-wide announcements are available at the Human Resources Office, Yokosuka customer service desk, bldg. 1472, from 8 a.m.-4 p.m., Monday-Friday, and at hro.cnj.navy.mil.

Applicants for worldwide vacancies must follow the procedure in the "Job Opportunities" page of the www.donhr.navy.mil Internet site. Applications and forms for local/Japan-wide vacancies must be received at the HRO, Yokosuka customer service desk, or through the mail at HRO, PSC 473 Box 22, FPO AP 96349-0022 by 4 p.m. on the closing/cutoff date of the announcement. Applications may also be submitted through the drop box located at the front entrance of the HRO, Yokosuka building. These applications must be in the drop box by 8 a.m. the following workday to be accepted as having been received the previous workday.

Postmark dated, faxed or e-mailed applications will not be accepted.

New

Medical Data Technician (OA) – GS-640-4/5, NH-03-08. Open: 01-18-08, Close: 02-18-08 (1st C/O: 02-01-08).

Materials Handler – WG-6907-06, FISC-05-08. Open: 01-25-08, Close: 02-08-08.

Continuing

Education and Training Technician – YB-1702-1, CFAY-176-07. Open: 12-27-07, Close: 03-28-08. *Location: Negishi.

Housing Management Assistant – YB-1108-1, CFAY-168-07. Open: 12-14-07, Close: 2-14-08 (3rd C/O: 1/25/08).

Produce Department Manager – GS-1144-07/08, COM-169-07. Open: 12/21/07, Close: 02-1-08.

HRO JN Positions

Vacancy information for Japanese National Employment is available at: <http://hro.cnj.navy.mil>, Job Hotline 243-9000 or (046) 816-9000, or at HRO Gate Office bulletin board (1st floor of Club Alliance building next to ISO). Urgently seeking applicants for part-time jobs (Hourly Pay Employees, HPTs in IHA) for various positions at MWR Clubs, Navy Exchange, and BEQ/BOQ. Office work, professional occupations, craft work, fire fighters, security guards, etc. job opportunities are also available.

Eligibility for Master Labor Contract (MLC) Employment (for appropriate fund activities jobs): Japanese citizens or non-Japanese citizens with permanent resident visa; who are 18 years and older. SOFA members and their dependents are not eligible for MLC employment.

Eligibility for Indirect Hire Agreement (IHA) Employment (for MWR, NEX, BEQ/BOQ jobs): Japanese citizens or non-Japanese citizens with permanent resident, spouse/family member of Japanese citizens or permanent resident, or long term resident visa, or SOFA dependents; who are 18 years and older and not a U.S. citizen.

NEX Positions

All positions are open until filled. Applications are accepted Monday-Friday, 8 a.m. to 5 p.m., at the Navy Exchange Human Resources Office, Bldg. 3316, Room 217. Contact NEX at 243-4418/5150.

To see job vacancies online, go to www.navy-nex.com, click on work for us, go to bottom of page, overseas. Find Japan and click go. Click on the base you want and then click on the job that interests you to learn how to apply.

Food Service Worker – Food Services. \$7.99/hr.

Food Sales Supervisor – Main Street Food Court. \$24,377-\$30,988/yr.

Food Delivery Operator – Ikego, Main Street Food Court. \$7.99/hr.

Motor Vehicle Operator – School Lunch. \$9.32/hr.

Sales Clerk (Specialty) – Main Store, Home Gallery. \$7-\$9/hr.

Sales Clerk – Main Store, Fleet Rec, Autoport. \$6.50-\$8/hr

Customer Service Clerk – Main Store. \$7-\$9/hr.

Supervisory Customer Service Clerk – Main Store. \$8.50-\$11/hr.

Store Worker – Main Store. \$7.99/hr.

Hair Stylist – Beauty Salon (Yokosuka, Negishi). Commission.

Personalized Services Clerk – Personalized Services. \$7.25-\$8/hr.

Supervisory Personalized Services Clerk – Personalized Services. \$8.39-\$10/hr.

Equipment Rental Clerk – Equipment Rental. \$7-\$8/hr.

Cashier – Cash Office. \$7.79/hr.

Warehouse Worker – Receiving, Storage (J1234). \$9.32/hr.

Labor (Visual Merchandiser) – Visual Merchandising. \$7.99/hr.

ID Checker – Loss Prevention. \$6.50/hr.

Procurement Clerk – Procurement. \$8.39-\$10/hr.

Security Guard – Main Store, Distribution Center. \$7.50-\$9/hr.

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Worship Schedule

YOKOSUKA: Chapel of Hope

• 243-6773/ 6774

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Mass, Main Chapel	1100
SUN	RCIA Class, Blessed Sacrament	0930
SUN	CCD, classrooms	0930
SUN	Youth Group, Old Thew Gym (G-113)*	1200
MON	Adult Bible Study, Rooms 2 and 4	1730
WED	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1830
THU	Choir Practice, Main Chapel	1700
FRI	Choir Practice, Choir Room	1700
1 st FRI	Mass, Main Chapel	1700
SAT	Vigil Mass, Main Chapel	1700
SAT	Baptism, Main Chapel	1530
SAT	Confession, Blessed Sacrament Chapel (or anytime by request)	1600

NOTE: Mass is held each day at 1200 in the Blessed Sacrament Chapel except for Wednesday (1200 in the Naval Hospital Chapel).

General Protestant

SUN	Worship Service, Main Chapel	0930
THU	Choir Practice, Main Chapel	1830

Protestant Liturgical

SUN	Communion Service, Fellowship Hall	1100
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Contemporary Christian

SUN	Worship, Main Chapel	1700
THU	Praise Team Rehearsal, Choir Room	1600

Gospel Praise Service

SUN	Worship service, Main Chapel	1230
TUE	Women's Bible Study, Classroom 10	1800
WED	Choir practice, Main Chapel	1830

Filipino Christian

SUN	Worship Service, Kinnick Little Theatre	1230
WED	Prayer Meeting, Classroom 3	1800

Church of Christ

SUN	Worship, Kinnick Little Theatre	0930
SUN	Sunday School	1100
WED	Bible Study, Classroom 1, 2 and 4	1800

The Church of Jesus Christ of Latter-Day Saints

SUN	Sacrament	0900
SUN	Sunday School	1020
SUN	Priesthood/Relief Society	1110

Location: Across from the City of Yokosuka Post Office (Off base)

Yokosuka Christian Fellowship

SUN	Fellowship Service (Ichiban Tower)	1230
WED	Youth Meeting (Chapel of Hope)	1800

Jewish Faith Community

FRI	Shabbat and Kiddush, Jewish Chapel (Chapel of Hope)	1800
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Soka Gakkai International (Buddhist)

2nd AND 4th THU Classroom 4 1830

Specialized Ministries

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

TUE Fellowship Hall/Classrooms 1615

Yokosuka Student Ministries (Middle School and High School)*

WED Middle School – Quest 1600
High School – One Way 1830

Protestant Women of the Chapel*

TUE Bible Study, Classroom 10 1830
THU PRECEPTS, Fellowship Hall 0930
THU Bible Study, Classroom 7 1600

Japanese Women's Bible Study*

TUE Main Chapel/Fellowship Hall, Classrooms 0900

"Mom's Time"

Last WED of the month 0930

COMPASS Spouse Support Group

WED, THU, FRI (Last week of month), Room 1 0900

Men's Christian Fellowship

TUE Study Group (Fleet Rec. Center, 3rd Deck) 1130
3rd SAT Breakfast (Location varies)

*Runs from September to June

NEGISHI: Chapel of the Rising Sun

• 242-4183

Roman Catholic

THU	CCD, classrooms	0900
SUN	Mass, Main Chapel	0800

Protestant

SUN	Worship Service, Main Chapel	1030
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IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

SAT	Vigil Mass	1900
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Pentecostal

SUN	Worship Service	1000
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A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

WED Ikego Elementary School 1630

Yokosuka Student Ministries (Middle School and High School)*

THU Middle School/High School – Q2 Kyoto Tower Party Room 1830

Note: In the event of an emergency (after 1630 and before 0730 the next day), the Chaplain on Duty can be reached by calling Commander, Fleet Activities, Yokosuka Security at 243-2300.

Fleet and Family Support Center

Classes This Week

Please call us at 243-FFSC (3372) to sign up today!

Monday, Feb. 4

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This four-day class meets on the 12th, 14th, 19th and the 21st of this month, and is designed to help you build skills in these four important areas of your life!
Developing Your Spending Plan – 12 p.m. (1 hr.): Do you want a 10% raise? Too much month at the end of the paycheck? Do you like to spend, spend, spend? Then create your own "Spending Plan" and get the most out of your money. In this interactive class, you learn financial planning skills that can help you manage your savings, expenses and debts, set financial goals and leave Japan much wealthier!
English as a Second Language (ESL) 10 a.m. (2 hrs.): ESL is designed for anyone whose first language is not English. In this class, students practice basic, English skills and learn about American culture. Special attention given to speaking English in an everyday setting.
Labor and You 1 p.m. (5 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy.

Tuesday, Feb. 5

Area Orientation Brief and Intercultural Relations Class 7:45 a.m. (4 days): **Feb. 5-8, this class will be held at the Fleet Theater.** Welcome to the Land of the Rising Sun, kanji, yen and bowing. This combined class is offered weekly, and is required for all incoming military personnel, Department of Defense civilians and family members. Representatives from around the base will talk about the unique policies, procedures and benefits associated with living and driving in Japan. Local experts will discuss cultural issues and adjusting to your new home.
Accelerated Transition Assistance (ATAP) 7:30 a.m. (4 days): This is a four-day seminar for military members and families with less than eight years of service. Topics include transition assistance, veteran's benefits, separation documents, job search skills and lifestyle changes. Eligible candidates are recommended to attend this workshop one year prior to projected separation. Reservations are required through your Command Career Counselor.
Boot Camp for New Dads 1 p.m. (3 hrs.): Yikes! What will it be like to have a new baby in the house? Boot Camp for New Dads is a unique program that brings "rookie" fathers-to-be together with "veteran" dads with newborns. The veteran dads will share their babies with the rookies for hands-on training, and demonstrate how to hold, comfort, diaper, swaddle, relieve gas/colic, and play with an infant.
Effective Resume Writing 11 a.m. (2 hrs.): Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, selective "power" words and eye-catching cover letters.
Individual Augmentee Spouse Support Group 10 a.m. (1 hr.): FFSC offers a variety of services in support of individual augmentees (IAs) and their families. An IA Spouse Support Group is for spouses of current, former and soon-to-be IAs to get together and share their ideas and concerns; a counselor will be available for questions. Children are welcome!

Wednesday, Feb. 6

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.)
Japanese Spouse Group 10 a.m. (2 hrs.): This class is focused on the special concerns of Japanese spouses that are new to the Navy and Yokosuka, Negishi, or Ikego Bases. Our bi-lingual instructors have valuable first-hand knowledge to share and will help you feel more comfortable with your new role as a Navy Spouse! The network portion of the class will give you the chance to make friends with other Japanese spouses and share your experiences as a military spouse. This class is conducted in Japanese.
Ikego Japanese Culture Series – Kamakura Tour 9 a.m. (6 hrs.): This class will tour the city of Kamakura. The class is led by a bilingual guide! Come join in the fun. Bring yen for train transportation, lunch and shopping. Call 246-8052 to sign up.
Saving and Investing 12 p.m. (1.5 hrs.): In this class, we'll teach you the difference between a stock and a bond. You'll learn about your risk tolerance, your time horizon, and what investment vehicles match your investor style. You'll learn about mutual funds, expense ratios, money markets. You'll even learn about dividend reinvestment plans and how you can buy stock directly from certain companies.
Yokosuka Widows Support Group 11 p.m. (3 hrs.): Widows of U.S. Military personnel are encouraged to attend this interactive support group to learn about your rights and entitlements as the widow of a U.S. military member.

Thursday, Feb. 7

Credit Management 12 p.m. (1.5 hrs.): Do you know your FICO score? You should! We'll teach you all you ever wanted to know about credit - how to build it, how to maintain it, when to use it, how not to abuse it, how to obtain your FICO score, how to opt out of those annoying credit card offers you get in the mail, along with a few other things. We'll also discuss your defenses against ID theft.
Employment Overview 11:30 a.m. (1 hr.): If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Reservations are required for this crash course on employment availability in the Yokosuka/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.
NMCRS' Budget 4 Baby 5 p.m. (2 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy. This class raises awareness about the impact a baby will have on the young parents' budget. Helpful information is provided which participants can use to reduce the financial impact of the birth of a child.
Ikego – Play Morning 9:30 a.m. (2 hrs.): Make play fun and educational for your child. Learn creative and new ideas to bring you and your child closer together through play. Children up to 5 are welcome, but must be accompanied by an adult. This Play Morning is held at Nikko Tower.

Friday, Feb. 8

Ikego Japanese Culture Series – Ukulele (2 hrs.): Immerse yourself in the Japanese culture by joining us to learn how to cover eggs in traditional Japanese washi paper. These delicate treasures make excellent souvenirs and add that special touch to any décor.
Yokosuka – Play Morning 9:30 a.m. (1.5 hrs.): This Play Morning is held at Ayame Tower.

Upcoming Classes

- Feb. 11** Communication, Anger and Stress Management, Assertiveness (CASA); English as a Second Language Enjoying Japanese Food; Ikego – Bull and Bears; Managing Your Transition (TAMP)
- Feb. 12** Area Orientation Brief and Intercultural Relations Class; Thrift Savings Plan; Welcome to Ikego
- Feb. 13** Communication, Anger and Stress Management, Assertiveness (CASA); Getting Started Teaching English Ombudsman Assembly; Ombudsman Advanced Training
- Feb. 14** The Basics of Retirement Planning; Welcome to Negishi
- Feb. 14** Car Buying Strategies; English Teachers Networking Group; FRG Leadership Meeting
- Feb. 15** Ikego – Play morning; Kerosene Heater Safety
- Feb. 15** Home Buying Basics; Sponsorship; Yokosuka – Play morning

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

Visit Our Web site

Go to: www.cfay.navy.mil. Click the "FFSC" Tab

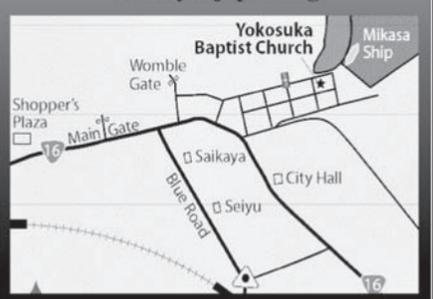
YOKOSUKA BAPTIST CHURCH

Service Schedule:

Sundays:	1000.....Sunday school
	1100.....AM Service
	1800.....Evening Service
Wednesdays:	1900.....Midweek Service
	1900.....Patch the Pirate Club

Call Pastor Mark Sage at (0803) 179-9516 or the church at (046) 823-4654. We are just outside the Womble gate, take an immediate left, go 400 meters through one traffic light and then a right. We are on the left hand side.

www.ybcjapan.org



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has no limits

For inquiries concerning advertisements rates & graphic designs in the Yokota Fuji Flyer, contact Ayumi Kadokura or Eros Rivers at 042-551-8142 or send email to fujifyer@eight-jp.net



designed by Eros D. Rivers

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The Kanagawa is the prefecture's distinguished daily newspaper. The newspaper contains articles on a wide variety of topics ranging from international news to detailed local city news from Yokohama, Yokosuka and Atsugi. The sports pages also contain many and varied articles about MLB and NBL, as well as children's sporting events and more.

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Automobiles

'96 Mercedes Benz C200. 4-dr, silver. Japanese car. 74,266 km. JCI good 'til Sept. 30, 2009. Base inspection good 'til Sept. 20, 2009. Asking \$8,000 obo. Car available Feb. 11-15, 2008. Call Eric at 080-5174-9042.
 '94 Honda Odyssey. \$1,300 obo. Runs great! Passed base inspection. New tires, new brakes. 88,200 km. JCI good 'til April 2008. Call Jon, 246-5915 or 243-9167.
Angel Motors – Specializing in U.S.A. Spec (LHD) Models! American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! **Angel Motors February Car Specials!** *Beautiful '97 U.S.A. BMW 528i with 59K miles, automatic transmission, in Alpine white, gray leather, with "angel eye" headlights, crystal tail lights for \$13,900. *Gorgeous '97 U.S.A. BMW M3 3.2 liter with 52K miles, 5MT in silver with black leather, "angel eye" headlights, crystal tail lights for \$13,900! Visit our web site for photos and all details! Contact Mike for more details at Tel: 090-8019-6372, e-mail: mike@angelmotorsjapan.com. Web site: www.angelmotorsjapan.com.
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Computer & Networking Services offer low cost computer repair and networking services. TCGBH can setup networks, install software, hardware and recover data. For technical assistance, contact CJ, 080-6603-2336. E-mail: TCGBHservices@yahoo.com. Remember "We will Come To You"
Chinese cooking class. Established in 1986. Learn to make 40 to 60 Chinese dishes in 9 lessons. Learn to make better Chinese food than most Chinese restaurants serve. New classes are always beginning. Classes are held in an American style home in Zushii. For more information, contact Alan at (046) 871-3513.
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Let us clean 4U! Do house cleaning on your schedule (weekly, biweekly, monthly). We also specialize in PCS cleaning. Honest, reliable and hardworking. Contact Yoko at 090-3572-5147 today!

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LTO Runs and Admin Services. Yokosuka/Ikego/Negishi Registrations, inspections, transfers, I do it all. No problem driving your vehicle to LTO. Call Reiko, 241-3100/080-5497-2600 or e-mail: reikorunsto@yahoo.com. 日本語もOKです!
LTO runs and junking services. Runs from Yokosuka and Ikego. New registration, deregistration, Japanese inspection, transfer. Also do mini-car registration. Please call Roselle at 090-4222-7435, e-mail: always_roselle@hotmail.com.
MAGICIAN. Children's Birthday Parties. Magic, Music, Comedy, and More! Complimentary Birthday Gift. (イベントや、お誕生日会などにマジック・マイクを呼びませんか?) Call "Magic Mike" DSN 243-4801 (after 2 p.m.) or 090-6199-4993 (24/7), magicmike4u@ezweb.ne.jp, www.magicmike.wetpaint.com.
PARTY PALS! The fun starts here! Invite a life-sized character, princess, or even a fairy to your next birthday party or company event. Book early to ensure availability – call today! 241-2907. View our characters on line: www.birthdaypartypals.com.
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Positions

Facility Project Manager SOUGHT! Requirements: 1. Have educational background on electricity and understand electrical theory. 2. Have technical skill on actual electrical wiring work and cable conduit work experience more than 5 years. 3. Speak, write and read Japanese and English (Business level). 4. Must reside in Japan. 5. Proper valid work visa. Workplace: Near Narita Airport. Pay: ¥440,000/month. Transportation cost paid (Max. ¥40,000/month). Paid vacation and holiday. Retirement age: 65. Contact Masae Watanabe at: m-watanabe@s-mt.co.jp, or fax (03) 5722-6180.
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SoftBank Telecom is looking for energetic outgoing people to fill sales associate position. Sales experience preferred. Dayshift to include weekends. Flex available. Submit resume to kharisma.sudler@tm.softbank.co.jp, 241-3525.
University of Phoenix Yokosuka is seeking qualified part-time practitioner faculty in the MBA program. Candidate must have MBA or related degree. Please contact Jim, jimparkins@email.phoenix.edu, or stop by our office.

Lost and Found

Lost new iPod nano. Black silicone case. Main NEX or furniture store area. Please return, no questions asked, it belongs to a 7 year old. Lacey, 246-5795.

Wanted

Drivers wanted for on-base taxi service. Will train. Make some extra cash during your off hours (2 hours minimum)...pretty good tips. Morning shift is available from 5:30 a.m. Contact 243-4511 or 090-3205-3472. Supervisory and Management training positions available.
 オンベースタクシーの運転手(パート)募集。MLC及びIHAでベース内で働いている方々、出勤前及び業務終了後の数時間働いてみませんか?月曜～金曜(Kitty Hawkが入港中)4 a.m.-8 a.m.は(2時間でもOK)運転好きな方、チップも入るし結構稼げますよ(普通免許でOK.)。243-4511か090-3205-3472まで電話ください。
Looking for English teacher to teach in your Negishi base home. Prefer who is available after 5 p.m. College degree or teaching experience needed. Have fun with students! Yuka, 090-4006-8414.
Looking for part-time English instructors teaching at home. Private lesson ¥2,500 and group lesson ¥1,500 each student per hour. Please e-mail your resume at: support@lily-ec.jp and get more information.

Yard Sales

Yard Sale. Sakura Heights Party Room on Saturday, Feb. 2. 9 a.m. - 12 p.m. PCS move, infant clothes, grill with two tanks, rugs, etc.

Announcements

Christian Achievement Academy – where excellence is the standard! Small classes. CAA is only a 5-minute walk from the Womble Gate. Accepting applicants for Pre-K-8th Grade for the 2007-2008 school year. Classes begin 8/27/07; Open positions Monitors needed. Call (046) 825-5521 and/or send resume to: caakingskids@yahoo.com.
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Room for rent. Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$250/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.
TIF Miscellaneous International Valentine Party Shibuya, Feb. 9, Saturday, 6:30-9 p.m., T's Salon. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. http://www.miscellaneousparty.com. Call 080-2001-0512, party@goover.co.jp.
World Friends Groundhog Day/Setsubun Special International Party Shinjuku, Feb. 2, Saturday, 6:30-8:50 p.m., Shinjuku Tokyo Loose. The full-scale international party in Shinjuku. Meet 200 people. 20 kinds of free cocktails. Free snacks with sandwiches. Male, ¥3,500. Female, ¥3,000. http://www.world-friend.com. Call 080-2001-0512, party@goover.co.jp.
YOKOSUKA BAPTIST CHURCH. Independent, fundamental, Baptist church with a military heart. Choumi Building, 27-6 Ogawacho (Across from Mikasa Park). For more information, call (046) 823-4654 or cell 080-3179-9516. www.ybcjapan.org.

Adoption

Adoption home studies and adoption services. Local licensed social workers can help. Call U.S. 001-888-687-3644. www.adopt-abroad.com.

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For more information, please call Asahi Advertising, Inc. at 243-3100/(046)816-3100, or contact them at:

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Valentine's Dinner Package
 Romance Dinner: Six course dinner \$49.95
 Limited Rooms are Available on Friday and Saturday Nights for guests who have reservation to Wellington's Dinner
 Special Room Set-up on Valentine's Weekend (15th & 16th February)
ADDITIONAL \$25
 ♥ A Bottle of Champagne, a Rose and Two "Tuxedo Strawberries" are waiting for you in the room when you check-in.



Valentine's Escoffier Dinner
 An eight course dinner accompanied with a selection of fine premium wines and fabulous live entertainment to enhance the evening
Friday 15, February
\$65.00 per person
 Seating at 19:00
 Dinner at 19:30



(Left) RP3 Jerry Thompson, RP2 James Barnes, RPC David Walsworth, RP3 Chris Struk, RPC Cassandra Shannon, RP2 Rob Nelson and OS2 Kelsey Gumm from Commander Fleet Activities Yokosuka Chapel of Hope participate in a cake cutting ceremony celebrating the 29th anniversary of the Religious Program Specialist rating Jan. 25.

Photo by Yuji Kawabe



BM1 Hayden Thrasher explains the purpose of the dry docks to sixth-grade students from Yokosuka Middle School. The students participated in a walking tour of the historic locations onboard Commander Fleet Activities Yokosuka. The Yokosuka base dry docks are the oldest in Japan, dating back to the late 1800s. Photo by Dale N. Duncan Jr.

RLSO awards achievement



Regional Legal Service Office (RLSO) Japan held an awards ceremony Jan. 22 to honor seven of its members for outstanding accomplishment and contributions over the past year and quarter. LN1 Paul McCarthy was named Sailor of the Year for his achievements as an Independent Duty Legalman at RLSO Branch Office Naval Air Facility (NAF) Misawa, where he performs much of the work of a Staff Judge Advocate (SJA) by providing legal support to more than 2,000 Sailors and their dependents. June Broussard was named Civilian of the Year for her devoted and tenacious efforts processing more than one hundred complex Freedom of Information Act (FOIA) requests. Lt. Justin McEwen was named Junior Officer of the Year for his dedicated service and leadership as Senior Trial Counsel and Trial Counsel since October 2006. Mr. Gerald Sauls was recognized for his indispensable paralegal and administrative support of the RLSO, in particular the Military Justice Department. RLSO also named Mari Terao as Civilian of the Quarter, LN2 Regina Hardin as Sailor of the Quarter and Lt. Michael Torrisi as Junior Officer of the Quarter. The RLSO also welcomes back LN1 Wanda Smylie from her six-month deployment as an Individual Augmentee to Combined Joint Task Force 82nd, Afghanistan. (Left) June Broussard, Mari Terao, LN2 Regina Hardin, RLSO Commanding Officer Capt. Stuart Belt, Gerald Sauls, LN1 Wanda Smylie and Lt. Cmdr. James Mills.

Photo courtesy of RLSO Japan



President of the International Food Service Executive Association (IFSEA) Ed Manley gives a lecture on food safety to military personnel during a Food Safety and Management Certification symposium at Commander Fleet Activities Yokosuka's (CFAY) Commodore Matthew C. Perry General Mess Jan. 23. IFSEA sponsors the Edward F. Ney award for best food service operators in the Navy. CFAY is a finalist for this award and is waiting for the results.

Photo by Fumiyo Sato



Rescue and assistance team members discuss their plan of attack during a drill aboard the guided-missile cruiser USS Shiloh (CG 67). Shiloh is forward-deployed to Yokosuka, Japan and currently underway on a regularly scheduled deployment. U.S. Navy photo by MC2 Chantel M. Clayton

Thai Restaurant
ENJOY Real Thai Food
 Restaurant operated by Thailanders

Ingredients and spices are supplied from Thailand & used by our Thai cooks to make delicious food!!

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- Fried Minced Shrimp
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- Spicy Pork Salad
- Pan-Fried Morning Glory
- Spicy Shrimp Soup with Lemon Grass
- Fish with Hot Sour Sauce
- Thai Style Fried Rice

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Get One FREE Thai Tea Drink
 One drink per CUT OUT AD (except for lunch hours) VALID UNTIL FEB 29, 2008



USS Blue Ridge (LCC 19) Commanding Officer Capt. David A. Lausman stands on the port side bridge wing backing up his executive officer and conning officer as they make preparations to come along side USNS John Ericsson (T-AO-194) during an underway replenishment.

U.S. Navy photo by MC2(SW) Peter D. Lawlor