



Women's History Month concludes with YDEC banquet

Story and photo by Tetaun Moffett,
CFAY Public Affairs

In celebration of Women's History Month, the Yokosuka Diversity Empowerment Committee (YDEC) sponsored the first ever "We Honor You" Banquet at Commander Fleet Activities Yokosuka Officer's Club March 29.

The banquet honored 15 women from various professions throughout the Kanto Plain area community; Peggy Wilson; Yoriko Ueda; Amelia Reid; Rusti Rausch; Yvette Lowery-Andrews; Beverly Leedom; Shelly Kennedy; Carolyn James; Willette Horne-Barnes; Andrea M. Hiles; Gloria L. Garner; Velveeta Coleman; Maria Corazon Umali-Bulesco and Yuko Kobayashi. These highly accomplished executives, teachers, professionals, community leaders and military members were all acknowledge for their great contributions within a diverse workforce.

"The women chosen were women who have provided expertise, professional growth and community service, said Shellinda Miller YDEC member.

"We celebrate this observance month by honoring women from various backgrounds, professions and who collectively speak six different languages. 'Women's Arts-Women's Vision' is this year's theme and during the



Sullivan's Elementary School Assistant Principal Peggy Wilson is presented with roses during the first ever Women's History Month "We honor you" banquet held March 29. Wilson was one of 15 accomplished women chosen from the Kanto Plain area who have provided expertise, professional growth and service within their community.

program we wanted to honor their originality, beauty, imagination and the multiple dimensions of their lives."

Throughout the event the women were honored with a poetry recital called "Phenomenal Woman" by Maya Angelo, a dance performance and song tribute.

Honorary guest speaker, Director of Military Liaison and

Civil Affairs Yuko Kobayashi shared her work experiences in the Japanese and Master Labor Contractor workforces; highlighting the various social challenges Japanese women have faced over the last decade.

According to Kobayashi, in the early seventies women had to work three times as hard as men in order to be equally recognized. Now after 22 years of service to the U.S. Navy Kobayashi expresses her sincere appreciation to her predecessors who made a great sacrifice to break the gender barriers.

"I strongly believe that the U.S. Navy is where personnel are given an opportunity to be challenged regardless of their gender and in the workplace I can say, where there is a will, there is a way," said Kobayashi.

"It's so important that we take the time to recognize the accomplishments of women," said Center for Information Dominance Learning Site Yokosuka Chief Cryptologic Technician (SW/AW) Ronald McGinnis.

"I was raised in a single parent home, and one of the most important lessons my mother taught me was to never quit until the job is done. She was a woman of action and as long as I live I will assure that her lessons and legacy continues on through my three lovely daughters."

CPO board eligible Sailors have until May to submit packages

By Dan Bowen, CFAY Public Affairs

The results of the chief petty officer exams taken in January are in and can be viewed with the help of command Educational Service Officers or at Navy Knowledge Online (NKO) at <https://www.advancement.cnet.navy.mil> by signing in and clicking on the "my advancement" link. Commander Fleet Activities Yokosuka (CFAY) Command Master Chief CMDCM (SW) Wayne Smith congratulates all those who are board eligible and encourages everyone to, "continue to work for advancement."

Smith also wanted to remind those who are board eligible that work still remains in order to ensure the best chance of success through the board selection process. "Those who made the board need to review their service records and ensure there are no obstacles that would prevent them from advancing," Smith said. "Make sure you are physically fit and prepared and within body composition assessment (BCA) standards."

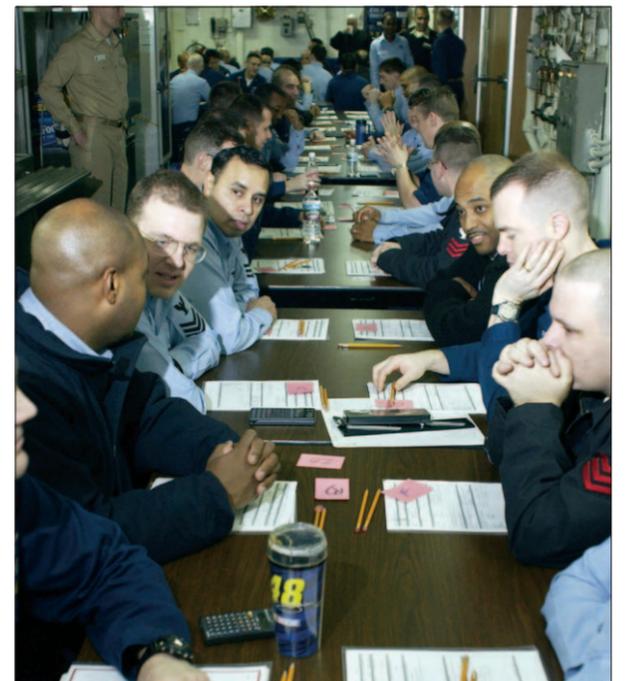
Individuals who become board eligible need to request a CD-ROM copy of their service record as soon as possible and verify their program success metrics (PSM). CD-ROMs can be ordered at <https://www.bol.navy.mil>. Once candidates receive a copy of their record, a selection board package can be prepared. Selection board packages enable candidates to submit any missing documents from their records.

It is recommended to have a chief petty officer review

your package before submitting it to the board; so that, you may avoid sending unnecessary paperwork. All correspondence must be on plain white paper. Use paper clips as fasteners; there should be no staples, binders, folders, or tabs. Do not send original documents to the board as they will not be sent back. Also, be sure to only send items or documents that are not already in your service record. Additionally, do not highlight any portions of the documents you send in. Packages must be postmarked no later than May 16 and mailed to: Navy Personnel Command Customer Service Center, President, FY09, Active E7 Enlisted Selection Board #360, 5640 Ticonderoga Loop, Building 768, Room E302.

"The Chief Selection Board is a fair and thorough process that always selects the best people," said Smith. "Don't be discouraged if you don't make it this time." With the number of superb performers in the ranks of the Navy, the competition for advancement is stiff. General traits the board considers are the diversity of sea/shore assignments, the diversity of sea/shore retention, demonstrated performance as a leader at sea, and consistently strong commanding officer or command recommendations.

It's never too early to begin preparing for advancement to chief petty officer. Sailors need to remain competitive with their contemporaries by choosing diverse and challenging command assignments and collateral duties at sea or on shore. Talk to your command Educational Service Officer for more information.



First class petty officers aboard USS Kitty Hawk (CV 63) wait for the head proctor to announce the start of the Chief Petty Officer advancement exam. As the first step toward promotion, eligible candidates must first pass a 200-question test in order to be considered by a promotion board to be selected amongst a Navy-wide pool of E6 candidates.

U.S. Navy file photo by PHAN Joseph R Schmitt

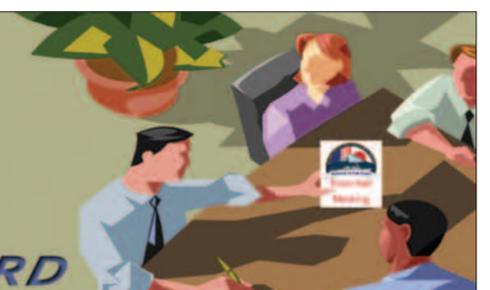
TOWN HALL MEETING

Ikego
Atsuka Tower
April 24, 6:30 p.m.

Negishi
Negishi Theater
April 29, 6 p.m.

Yokosuka
Benny Decker Theater
April 30, 6 p.m.

MAKE YOUR VOICE HEARD





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



CMDM Wayne E. Smith,
Command Master
Chief

司令官の相談室

dispensary building. Medical service is available at the PEB through July 31, while the existing dispensary is renovated.

現在、日本人従業員診療所の改装工事が行われております。診療は診療所奥の空き地の仮設プレハブに移動して続けられています。仮設プレハブでの診療は改装工事の終了が予定される7月31日まで続けられる予定です。

BZ: A big thank you to Kazumi Takahara at Naval Legal Service Office (NLSO) for going out of her way to assist my family with some issues that we had. She was very helpful translating due to the language barrier, prepared my package and made sure all the documents were together and even guided us to Yokohama. This was the best customer service I have ever received and I want to acknowledge her for all the service and support provided to my family. Thanks again and God bless.

Q: Recently I made purchases at the Main Navy Exchange (NEX) Yokosuka Food Court and also at the NEX store. In both instances, the NEX employees rounded up, charging \$8.60 at the Food Court for a sales purchase of \$8.57, and charging \$3.60 for a sales purchase of \$3.57 inside the main Exchange. I could not see written signs posted at the cash registers regarding the NEX policy of rounding up or rounding down and I tried asking the NEX employee. The employee told me that she didn't know the policy. I took a number at the Main Exchange Customer Service counter, waited, and then asked to see the on duty retail manager. The two NEX supervisors who met with me both admitted not really knowing the NEX policy. I suggested that the NEX should include this in their training of new employees and that the store's policy should be written and available. I understand that the NEX stopped using pennies a couple of years ago in order to save money. However, the lack of attention to detail in how to round up or round down may be costing its customers pennies and be doing a disservice to our Yokosuka community members.

A: Dear Valued Customer, thank you for taking the time to allow us to brush up on our training. Pennies are not ordered from the bank for the Navy Exchange, due to the high cost of shipping pennies overseas. However, our management staff has been trained to round up and down properly. If your purchase ends in .06 or .07 it will be rounded down to .05. If your purchase ends in .08 and .09, it will be rounded up to .10. For your information, we do accept pennies for purchases and will also honor a check that reflects a penny amount. If you desire additional information, please contact Lisa Ballejo, store manager at 243-4455 or ask for the duty manager.

Q: As we started this New Year and the concern on saving and conserving energy, I stumbled across an item of concern. Having been a customer at U.S. Fleet Industrial Supply Center (FISC) Yokosuka, they used to have an organizational chart made of photos of the president, vice president and etc.

Lights to the previous organizational chart would be turned off at night. The board was still visible. Now, there seems to be two huge 42 inch LCD screens in the entrance that are powered on, 24 hours a day. Is this really a necessary purchase or tool? Couldn't this money be used for something more constructive?

A: I have forwarded your concern to the U.S. Fleet Industrial Supply Center Yokosuka commanding officer. For my part as FISC marketing and communications director, I understand leadership continues to leverage new technologies for the simultaneous presentation and dissemination of important safety, command, historic and cultural information, as electronic digital technologies allow. I am aware that FISC not only remains in compliance with energy conservation policies, but has instituted a number of initiatives to ensure vigorous maintenance of its energy conservation program, including a Heating, Ventilating and Air Conditioning (HVAC) conservation program and sensor-based "light-off" technologies. Commander Fleet Activities Yokosuka is in the process of installing all new, energy-saving lighting systems in the FISC parking structure – all of which are expected to more than fully mitigate electronic display energy consumption. That being said, there is merit to limiting electronic display "screen-on" periods that FISC is already employing.

Q: Recently black metal steps have been placed in front of the dumpster at our tower. I guess this is the remedy to children not being able to reach the doors and place garbage inside the dumpster so the birds don't tear open the garbage left outside. If parents would be more responsible this would not be necessary. My reason for bringing this up is that I was taking empty boxes out at night and forgot the steps were there. I tripped and fell on the steps which required a trip to the emergency room. Luckily I did not break any bones, just a sprained arm and bruising. Can housing apply some type of reflective tape to these steps to make them more visible in the evening hours or remove them altogether and make the responsibility fall on the parents where it should in the first place?

A: Recently, existing wooden steps were replaced with the new metal ones due to deterioration and damage. To be consistent we also included dumpster areas that had missing steps. We will install motion sensor lights with a timer in areas where additional lighting is needed. You are correct the responsibility for ensuring proper disposal rest with the parents.

Q: I am writing regarding the toy and candy vending machines that used to be in the Navy Exchange main store and formerly Seaside restaurant. My daughter and her friends loved the candy and collecting the toys and stickers from things popular back home. I also collected the NFL and college helmets. These are things we could only get from the machines and

it was nice having these small reminders of home. I was wondering if the machines were removed for maintenance or construction and what are the chances of getting them back.

A: Dear Valued Customer, we have merely moved these machines to the laundry mat right next door! We are happy to hear these machines mean a great deal to your children. Thank you for taking the time to let us know.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are 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 May 1. 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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DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel that are currently registered in DBIDS but have had changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside building 1495. Customer service hours are Monday through Friday from 7 a.m. to 4 p.m.

Commissary Closure – The Yokosuka Commissary will be closed for inventory April 28-29 but will re-open for business with normal operating hours April 30.

Temporary Office Relocation – AIU Insurance, H&R Block, Girls Scouts and Stars and Stripes offices have been relocated to the first floor west wing of building J196 due to building renovation. Contact Lt. j.g. Hawkins at 243-6416 for more information.

NMCRS Caseworker Training Class – The Navy-Marine Corp Relief Society (NMCRS) is a non-profit organization that depends on volunteer support from the community to service Navy and Marine Corps families. If you are interested in volunteering as a caseworker and attending the Caseworker Training class in May, contact the NMCRS Yokosuka office at 243-7905 or 243-4450. The training is free and you can get reimbursed for child care and commuting expenses.

Need money for college? – The Navy-Marine Corps Relief Society's (NMCRS) Spouse Tuition Aid Program (STAP) Term V will be accepting appointments April 7 to May 23. Qualified candidates could receive up to \$350 for undergraduate studies and up to \$400 for graduate studies, per term. To make an appointment, contact NMCRS Yokosuka at 243-7905 or 243-4450.

Survey says... – The city of Yokosuka is asking for your input to a series of questions on a survey to help better serve the Yokosuka base community. If you would like to participate in this survey, visit the Web site <http://ycci.sukaichi.jp/enquete/>.

JN Dispensary – The Japanese dispensary will be temporarily relocated to a pre-engineered building fabricated behind the current

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after 2300 on 14 April will be towed at owners' expense.



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NEX Mart
Daily: 1000-2000

**"How did your
shopping go?"**

Please take a few moments to fill out
a Navy Exchange Questionnaire
so that we can better serve you
in the future.

Yokosuka based Sailor gets chance at country music stardom

Story and photo by MCSN John Mike,
Kitty Hawk Public Affairs

Machinist's Mate Fireman Apprentice Tommy Stanley from *USS Kitty Hawk* (CV 63) will compete against other military members for the chance to appear on "Nashville Star," a country-music themed, competitive-singing TV show, April 10 to 14 in Norfolk, Va.

"It's really hitting me now. It's not just four days in the states, it's four days for me to show what I was born to do," Stanley said.

Stanley, a Kirbyville, Texas, native always had a love for music and started singing with his church's choir at 6 years old.

It is a love he has kept for the last 18 years of his life.

"If he's not at work he's either sleeping or working on his music," said Machinist's Mate 2nd Class (SW) Christopher Maddux.

Maddux, who listens to Stanley's music on his portable media player, said Stanley's dedication to his music is unmatched.

Like most aspiring musicians, Stanley is looking for a chance to make it big. The first step for his opportunity presented itself in a singing competition at Commander Fleet Activities Yokosuka Officer's Club.

In a 45 second audition in front of three judges Stanley competed against service members from all military branches stationed in Japan. He sang "Lonely Oklahoma," a song he wrote about the saddest part in the heart, he said.

After his audition, Stanley waited to find out if he was one of the top three who qualified for the next round.

"Stanley was nervous, so I'd just go up and reassured him that it was going to happen," said Machinist's Mate 1st Class (SW/AW) Marvin Cook, who is one of Stanley's supervisors in *Kitty Hawk's* One Main Machinery Room.

Three days later, Stanley got an e-mail saying he

advanced, so he auditioned again for a chance to perform in front of the "Nashville Star" crew in Norfolk. He was recorded on camera performing the full version of "Lonely



MMFA Tommy Stanley, 24, of Kirbyville, Texas will compete in Norfolk, Va., for a chance to appear on the country-music themed, competitive-singing TV show "Nashville Star."

Oklahoma." Afterward, he would wait again as the tape was sent back to the U.S. for judging.

During that time the Engineering Department was behind Stanley and his dream, Cook said.

"Engineering is one of the oldest departments in the Navy and it has its own way of supporting its people," Cook said.

Before *Kitty Hawk* pulled out for routine training, all 400 Propulsion Division Sailors met in the hangar bay, Maddux said. At the end, Lt. Cmdr. Michael Zurich, the ship's main propulsion assistant, called Stanley in front of everyone.

He got a round of applause after Zurich told the group Stanley was going to Norfolk, even before Stanley knew, Cook said.

"It was like [Zurich] had a premonition Stanley was going," Cook said. Stanley said he appreciates the support he gets from his department.

"When I'm down I think about everyone who supports me and it keeps me after my dream of playing in front of thousands of people," Stanley said.

Although being a musician is his ultimate goal, joining the Navy was something Stanley had to do to push his life in a better direction.

"Everybody has their own reason for coming in the Navy. Some are looking for something new, others college, but for me the Navy has helped me find my way in life," he said.

Before the Navy, Stanley said he had a lot of free time to hone his skill, which he took for granted. As a machinist's mate, long hours in the engine room taught him to work harder with his precious free time.

"The time I have to work on [music] is a lot less, so while others go out, I work on my music," he said.

Music is something Stanley has a knack for, but he said it is something he still had to work hard at to perform at a high level.

"Looking back on my old tapes, I was pretty awful, but I kept practicing and pushing myself to get better," he said.

Stanley will get the chance to push his music career one step further in Norfolk, during his one shot; his one opportunity.

New PT uniforms ready to hit Navy Exchange shelves

By Kristine M. Sturkie, Navy Exchange
Service Command Public Affairs

The Navy's new Physical Training or PT uniforms are ready to hit Navy Exchange (NEX) Uniform Center shelves beginning this spring. To ensure there are enough uniforms in stock to meet demand the Navy Exchange Service Command (NEXCOM) is rolling out the uniforms in three waves.

"We want to ensure the rollout of the new PT uniform goes as smoothly as possible," said Cmdr. Mark Frierhood, director, NEXCOM's Uniform Program Management

Office. "Creating these waves allows us to watch our stock levels to ensure that the product meets the demand and that our manufacturers can keep us in stock. We know Sailors are enthusiastic to get the new uniforms, and we assure you, over the next five months everyone will."

The short sleeve gold performance PT shirt sells for \$10.99 while the blue nylon shorts, available in two inseam lengths, six inch and eight inch, are \$13.99. While only the short sleeve PT shirt and shorts are mandatory, there are other optional PT gear that will be available for purchase. Compression shorts are \$9.99 for men's and ladies' regular length, \$11.99 for the men's long length and long sleeved gold performance PT shirts are \$11.99.

The first delivery wave will begin in April when Recruit Training Command, Great Lakes, Ill., will start issuing the gear to new recruits.

In May, Sailors stationed in Virginia; West Virginia; Washington, D.C.; Maryland; Pennsylvania; California; Indiana and Illinois can begin purchasing uniforms from their local NEX.

NEXs in Hawaii; Europe; Japan; Guam; the Northwest and Southwest, which includes Jacksonville, Key West, Orlando and Mayport, Fla.; Georgia; Cuba; and South Carolina will stock the PT uniform beginning in June.

The final wave, which begins in August, will include NEXs in Rhode Island; New York; Connecticut; Maine; New Jersey; Mississippi; Louisiana; Texas; and Pensacola (Whiting Field and Corry Station) and Panama City, Fla.

In August, Sailors will also be able to purchase the PT uniform through the Uniform Support Center's toll-free phone center or its Web site at www.navy-nex.com.



The new Navy physical training uniform consists of a gold T-shirt and blue shorts. The T-shirt will have the word "NAVY" in safety reflective letters on the back and on the front. The shorts will have the Navy seal on the left leg. The Navy Exchange Service Command (NEXCOM) will begin rolling out the new Navy PT uniforms through the Navy Exchange Uniform Centers starting in spring.

U.S. Navy photo



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**SATURDAY
APRIL 12
1000-1400**

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the military
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NEX Mart
Daily: 1000-2000

"How did your shopping go?"

Please take a few moments to fill out a Navy Exchange Questionnaire so that we can better serve you in the future.

Web sites help Sailors manage their careers from their desktops

By Dan Bowen, CFAY Public Affairs

Navy Credentialing Opportunities On-Line (COOL) and Career Management System/ Interactive Detailing (CMS/ID) are two web-based services which help Sailors advance their careers from the convenience of their own desktops.

COOL, located at <https://www.cool.navy.mil>, provides Sailors information on fulfilling the requirements for civilian credentials. Sailors looking for professional growth opportunities can use COOL to gather background information about civilian credentials relevant to their Navy ratings and jobs, learn how to fill any gaps between Navy training and experience and civilian credentialing requirements and to identify credentials that have been approved for Navy funding via pre-paid vouchers or pre-approved reimbursements. The web site is also a valuable tool for education, career/retention and transition counselors who provide guidance on educational, professional growth, career opportunities and requirements.

CMS/ID, located at <http://www.npc.navy.mil/enlisted/cms>, is a convenient tool for Sailors and commands to identify the best possible match between available personnel and open billets. CMS/ID consists of four tools: Gates and Flags; Career Intentions; Physical Readiness Information Management (PRIMS) access; and Personal Data Page.

Gates and Flags is a system that notifies Sailors whether or not they are eligible for a job and indicates elements of their records or profiles that could prevent them from being selected for positions. Pop up screens explain the reason for the flag or gate, as well as the Military Personnel Manual (MILSPERMAN) reference.

The Career Intentions tool requires Sailors to identify their career intentions once a year to help provide detailers, career counselors and commands with a more accurate rating-strength forecast.

The PRIMS access tool, located on the Sailor History page of CMS/ID, enables Sailors to view their Physical Readiness Test (PRT) scores for the past five years. PRT scores are taken into consideration for certain jobs and could preclude otherwise qualified Sailors.

Navy Credentialing Opportunities On-Line (COOL) is one of two web based services which help Sailors advance their careers from the convenience of their own desktops.

The Personal Data Page shows Sailors' personal information including clearances, Exceptional Family Member status, marital status, number of family members, Perform-to-Serve status, etc.

For more information on what resources are available to help Sailors manage their careers, talk to your command career counselor, check out the latest Link Magazine, or visit www.npc.navy.mil.

'Spirit of Hope' award nominations sought

From Chief of Naval Personnel, Public Affairs

The Navy is looking for an individual or organization that embodies the core values of the men and women of our military: duty, honor, courage, loyalty, commitment, and integrity for nomination for the Spirit of Hope awards.

Since 2005, the Navy has nominated one outstanding individual or support organization that epitomizes the values of the late Bob Hope to receive the distinguished Spirit of Hope Award.

"The individual or organization nominated must have contributed selflessly to the improvement of Sailors' quality of life for an extended period of time," said Kacee Franklin, program analyst, Personal Readiness and Community Support Branch, Chief of Naval Personnel who is coordinating Navy's nominations. "Nominations should describe extraordinary achievement and contributions during 2007."

Originally commissioned by the United Services Organization (USO), the Spirit of Hope Award was inspired by Bob Hope's dedication to the men and women of the United States Armed Forces. This award is formally presented by the Wiegand Foundation, Inc. in an annual ceremony held in the Washington DC Capital area. The Spirit of Hope Award is open to active duty, reserve, veteran and civilian Navy employees or an organization. Members of the civilian community or nongovernmental organization supporting the Navy and embodying Navy core values are also eligible.

James H. Gaff, Jr., a World War II Normandy invasion Navy Landing Craft coxswain, was the Navy's first nominee and recipient of the award. Gaff spent a lifetime working with the Navy League in Florida to make it a model organization.

"These individuals followed in the footsteps of Mr. Hope's service to the spiritual, social, welfare, education, and entertainment needs of our Sailors," said Franklin.

Nominations must be submitted no later than April 30. Detailed information can be found on NAVADMIN 073/08 or visit ww.npc.navy.mil/CommandSupport/CommunitySupportProgramPolicies/the+spirit+of+hope+award.htm.

McCain's first class petty officer mess holds creative fundraiser

Story and photo by MC2 Byron C. Linder, Fleet Public Affairs Det., Japan

First class petty officers aboard the Arleigh Burke-class guided missile destroyer *USS John S. McCain* (DDG 56) held a creative fundraiser March 19, which saw the crew donating money to vote for 10 first class petty officers to replace food service attendants (FSA) assigned to the ship's food service division for a day of hard work.

Over a two-week time period, *McCain* Sailors purchased votes for members of the ship's First Class Petty Officer Association (FCPOA) to work in various food service spaces. Operations Specialist 1st Class (SW) David Barraza of Martinsville, Ind., the fundraiser's organizer, said the event was both entertaining and beneficial.



DC3 Steven Galarza, purchases a vote from OS1 David Barraza, to replace a food service attendant for a day with a first class petty officer aboard the guided missile destroyer *USS John S. McCain* (DDG 56). The votes are part of a Navy and Marine Corps Relief Society (NMCRS) fundraiser led by *McCain's* First Class Petty Officer mess March 19.

"This is all for fun and the money goes to a good cause," Barraza said. "The participation definitely exceeded my expectations. The Chief Petty Officer's mess and the wardroom came out to support us and it was just unbelievable," he said.

Fire Controlman 1st Class (SW) William Walters of Cope, S.C., explained the money raised would go to a variety of causes.

"The money is being split between the Navy and Marine Corps Relief Society (NMCRS), the ship's Morale, Welfare, and Recreation (MWR) fund, a Yokosuka orphanage we're going to be sponsoring and to the FCPOA for events like the children's holiday party," Walters said.

Ship's Serviceman 1st Class (SW) Ledrick Lackey of Houston said *McCain's* fundraising efforts for NMCRS were especially important for Sailors of the forward-deployed naval forces (FDNF).

"Being here in the FDNF, if something goes wrong at home, you can't just hop on a plane for a few hundred dollars like you can in the United States," Lackey said. "The average price for a plane ticket to the U.S. is a lot higher, so it's good we're here raising this money. We as first classes are the first leaders on the deckplates, so it's important we're willing to participate and show support for our command."

日本人従業員空席情報

職種名	等級	広報番号	募集範囲	締め切り	コック				
					コック	4	MWR-HPT-65-07(R3)	I,II,IV	April 14, 2008
					コック	4	MWR-HPT-16-08(R)	I,II,IV	May 27, 2008
					カウンターアテンダント	3	NE-HPT-CAY-06(OR)(A)	I,II,IV	空席広報参照
					カウンターアテンダント・フォアマンB	5	NEX-HPT-085-08(A)	I,II,IV	May 22, 2008
					カウンターアテンダント・フォアマンB	5	NEX-HPT-711-08(R2)	I,II,IV	May 26, 2008
					カウンターアテンダント・フォアマンB	5	NE-HPT-120-07(R6)	I,II,IV	May 2, 2008
					カウンターアテンダント・フォアマンA	4	NE-HPT-111-07(R6)	I,II,IV	May 21, 2008
					カウンターアテンダント・フォアマンB	5	NE-HPT-82-07(R3)	I,II,IV	May 2, 2008
					ジャンター	3	MWR-HPT-24-08	I,II,IV	May 2, 2008
					ジャンター	3	NEX-HPT-729-08	I,II,IV	April 7, 2008
					ジャンター	3	NEX-HPT-014-08(R)(A)	I,II,IV	May 2, 2008
					ジャンター	3	NEX-HPT-402-08	I,II,IV	May 22, 2008
					救命職	3	MWR-HPT-19-08	I,II,IV	April 17, 2008
					オフィスオートメーションクラーク	3	NE-NPT-737-08	I,II,IV	May 27, 2008
					クォーターズヘルパー	3	CFAY-HPT-QHY-03-08	I,II,IV	April 28, 2008
					セールスチェッカー	3	NE-HPT-SCY-06(OR)	I,II,IV	空席広報参照
					セールスチェッカー	3	MWR-HPT-15-08(R)	I,II,IV	May 13, 2008
					販売事務員	3	NE-HPT-87-07(R2)(A2)	I,II,IV	April 16, 2008
					サービスワーカー	2	MWR-HPT-SHY-06(OR)	I,II,IV	空席広報参照
					ウェ이터/ウェイトレス	2	MWR-HPT-64-07(R2)	I,II,IV	April 7, 2008
					ウェ이터/ウェイトレス	2	MWR-HPT-WHY-06(OR)	I,II,IV	空席広報参照
					応募には「募集範囲」に該当することが第一条件です。募集範囲 I, II, III は現基地従業員、IV は外部応募者を対象としています。				
					I: 部署/部隊内従業員 - 募集を出している部署または部隊に勤務している方の中から選考する場合です。範囲は最も狭いものです。				
					II: 現MLC/IHA従業員(通勤圏内) - 在日米軍施設の従業員で、募集する地区の通勤圏内の方。具体的には、横須賀を中心に、厚木、座間、ニュー山王東京、横田基地までが該当します。				
					III: 現MLC/IHA従業員(全在日米軍) - 日本全国の在日米軍に勤務する方です。三沢、岩国、佐世保、沖縄が含まれます。				
					IV: 外部 - 在日米軍施設の従業員ではない、完全に外部の求職者の方です。				
					横須賀基地及び周辺施設では日本人従業員を随時募集しています。事務職、専門職、技能職、消防士、警備員、サービス・飲食関係、常用雇用、期間限定、アルバイト等、様々な空席があります。				
					詳しくはHROホームページ(http://hro.cnfj.navy.mil/)、ジョブ・ホットライン (046) 816-9000 (軍電243-9000) または横須賀基地正門手前左、HRO日本人雇用課事務所(1階) 掲示板をご覧ください。				
事務系									
予算分析職	6	CNFJ-N8RP-003-08	I,II	March 27, 2008					
予算専門職	5	SRFJRC-069-08	I,II	April 10, 2008					
技師職(電気)	7	FEC-CI-002-08	I,II,III,IV	April 15, 2008					
技師職(環境)	7	SRFJRC-098-07(R4)	I,II,III,IV	May 15, 2008					
技師職(一般)	7	SRFJRC-146-07(R2)	I,II,III,IV	May 7, 2008					
エンジニアリング専門職	6	FEC-PRY113-002-08(R)	I,II,III,IV	April 9, 2008					
エンジニアリング専門職(船舶技師)	6	SRFJRC-92-06(OUF)(A2)	I,II,III,IV	空席広報参照					
ハウスキーピングマネージャー	4	USNH-03-08	I,II	April 9, 2008					
住宅事務職	4	CFAY-500-04-08(A2)	I,II,IV	April 14, 2008					
法律顧問職	7	TSO-02-06(OUF)	I,II,III,IV	空席広報参照					
管理分析職	7	SRFJRC-148-07(R2)	I,II,III,IV	April 15, 2008					
企画分析職	5	SRFJRC-070-08	I,II	April 9, 2008					
食堂支配人(交代勤務監督)	4	NEX-084-08	I,II,III,IV	May 22, 2008					
セールスチェッカー	3	NE-738-08(A)	I,II,IV	April 15, 2008					
技能系									
コック	5	CFAY-1100-03-08	I,II,IV	March 24, 2008					
食肉加工職	5	DECA-4-08	I,II,IV	April 16, 2008					
ジャンター	3	USNH-02-08	I,II	April 9, 2008					
サインペインター	6	FEC-PRY31-007-08(A)	I,II,III,IV	April 15, 2008					
倉庫係-配送係	5	CFAY-500-03-08	I,II,IV	April 7, 2008					
フォークリフト運転手・フォアマンA	7	NEX-735-08	I,II,III,IV	May 8, 2008					
ジャンター	3	MWR-17-08	I,II,IV	April 7, 2008					
サービスワーカー	2	MWR-15-08	I,II,IV	April 7, 2008					
ウェ이터/ウェイトレス・フォアマンA	3	MWR-06-08(R)	I,II,IV	April 21, 2008					
期間限定従業員									
倉庫係	4	NEX-732-08	I,II,IV	May 26, 2008					
時給制従業員									
ベーカー	4	NE-HPT-78-07(R3)(A)	I,II,IV	May 21, 2008					

Kinnick High School Red Devils begin defense of baseball titles

Story and photo by Sean Dath, CFAY Public Affairs

Yokosuka's Nile C. Kinnick high school baseball team recently began the 2008 baseball season and the defense of both the 2007 Department of Defense Dependents Schools (DoDDS)-Japan and Kanto Plain Association of Secondary Schools regular-season championship and the Kanto Plain tournament championship.

The team took the 2007 regular season title after posting a 17-2 record including winning their last 13 games. They won the tournament title over The American School in Japan (ASIJ) by defeating the Tokyo based international school by a score of 8-6.

Kinnick Head coach Kyle Siftar says that the team is ready for the challenge of defending the two titles for the upcoming season.

"We have eight players returning from last year's team, so I think we are looking pretty solid," Siftar said. "I think as long as we play like we know how to play, then we can be the team to beat."

Keeping the team focused on this year and not living off of last years success as well as making sure the players focus on the next game and don't look ahead in the schedule, are two of the elements that are crucial to having a successful season.

"I try to teach the guys that if we get a big head about ourselves, that's when you start to lose ballgames," said Siftar. "So the goal is to try to keep them poised and ready for each game."

Assistant Coach Richard LaBlanc noted that there are times when reminding the team that they are the defending champions can also be an effective tool to keep the kids focused.

"Last year we lost two games early in the season because we forgot how to win and the kids had gotten behind in the games and had a lack of confidence, Lablanc said. So I think it is just as important to get the kids to buy into the fact that they were champions to avoid those types of things from happening."

Kinnick High School Junior Tommy Coyne, a starting pitcher, has been a member of the team since his freshman year, and believes that this year's team has what it takes



A Kinnick Red Devils' pitcher prepares to deliver a fastball during the Kinnick High School baseball team practice March 13. The team recently began the 2008 baseball season and the defense of both the 2007 DoDDS-Japan and Kanto Plain Association of Secondary Schools regular-season championship and the Kanto Plain tournament championship.

to repeat as champions.

"We have a strong pitching rotation this year and we are a really good defensive team," Coyne said. "A lot of us were on the team last year and some of us have been together for three years now so we play well together as a team, I think that is important heading into the season."

Game point!



Two boys play one-on-one basketball as part of Fleet Activities Yokosuka's Youth Sports Program. Youth Sports is geared for youths of ages 3-18. The main facility in Yokosuka along with the satellite branches in Negishi and Ikego Housing areas, offers a variety of youth-oriented sports and activities throughout the year.

U.S. Navy photo by MC2 Derek J. Hurder

Indoor Triathlon challenges Yokosuka community to friendly competition

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

Approximately 20 members of the Commander Fleet Activities Yokosuka (CFAY) community signed up for the inaugural Indoor Triathlon at the Purdy Fitness Center March 17.

The Indoor Triathlon consists of a 200 meter swim in the Seahawk Natatorium, biking 15 miles on a stationary bike and running 5 km on a treadmill – all stationed on the pool deck.

"The triathlon gives a chance for all members on the base the opportunity to participate in a friendly competition and also gives you a chance to actually try the sport," said Fitness Program Coordinator Luke Nelson.

"Not everyone can say that they have done a triathlon and by participating in the indoor one, it lets you at least try it out and see where you stand as a triathlete," said Seaman James Wilkerson, a native of Nashville, Tenn., who participated in the event.

According to Nelson, the Indoor Triathlon is a week-long event for all members of the CFAY community.

"This event extends over the entire week of March 17 through 21 from 6 a.m. to 8 p.m. whenever the pool is available," said Nelson. "The winner is determined at the end of the week for both males and females with the fastest times."

"Participating in a triathlon has always been on my list of things to do in my life," Wilkerson said. "When I saw the opportunity to be in one, I definitely wanted to try it so that I could see where I stood. I plan on doing a lot more of them."



SN James Wilkerson, a native of Nashville, Tenn., pedals a stationary bike during the Indoor Triathlon at Yokosuka's Seahawk Natatorium March 17. The weeklong event consisted of a 400 meter swim, 15 mile stationary bike ride and 5 km treadmill run.

Yokosuka's Morale, Welfare, and Recreation fitness program promotes fitness through various activities such as 5k runs, weight loss challenges and exercise classes.

CFAY, Japan-America Society hosts golf tournament at Atsugi

Commander Fleet Activities Yokosuka and Yokosuka's Japan-America Society co-hosted the annual Friendship Golf Tournament at Naval Air Facility Atsugi's Whispering Pines Golf Course March 15. Ten members each from the American side and Japanese side participated in the event. The Japan-America Society is an organization that helps promote understanding and foster friendship between the people of Japan and the United States.

Photo by Ronald Nichols



MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • April 4, 2008

Cherry Blossom 10k Run

Sunday, April 6 at 0730 behind the hospital barracks near Womble Gate

Get outside before the Spring Festival starts and run under the Cherry Blossoms! This 6.2 mile run is designed to promote a positive relationship with our host country by inviting members of the Japanese community to compete along side of us. For details please email okada.maki@cfay.navy.mil.

*Events subject to change without notice.

桜10Kラン 4月6日(日)午前7時30分
ワンブルバゲードそば病院職員棟うら

春祭より一足先に桜の木の下を走りませんか。この6.2マイルのマラソンに日本の方々をお招きし、日米友好を促進します。詳細はokada.maki@cfay.navy.milまでメールにてどうぞ。

OFFICERS' CLUB RENOVATIONS

Monday, March 31 to Mid-July (Tentative)

Kurofune Lounge, the Game Room, and Main Cashier Cage will be open. Administration and Catering Offices will be open for inquiries and booking future reservations or parties. We apologize for any inconvenience.

For details, please call 243-5030/5002.

CHILD WATCH PROGRAM AT PURDY FITNESS CENTER

Let us watch your children while you work out! We now offer the option on Mondays, Wednesdays & Fridays from 0900 to 1215. The cost is \$3/1.5 hour session. For details please call 243-5398.

Grease
LIGHTNING
THE LIVE TRIBUTE TO GREASE!

Friday, April 11 @ 1900
Benny Decker Theater
Doors Open at 1800

Join the cast of this sock-hoppin' tribute to "Grease" and the hard-jivin' music of the 50's as they present a variety of costumes, props, comedy, and dance routines that will surely have you singin' and dancin' in the aisles.

For more details please call the MWR Entertainment Office at 243-6215

MONGOLIAN PRICE COMES DOWN

The CPO building has been repainted. Thank you to all of our patrons for bearing with us. The scaffolding will come down as well as the Mongolian BBQ price by 25% on Wednesday, April 16 and the soft drinks are on us! Call 243-5506 for details.





Outside the Gate

ITT Tickets

Attention Keikyu Passnet Users

Beginning March 15, all Keikyu train stations will no longer accept Passnet Cards. If you have an active card, please return it to the nearest Keikyu station for a refund on the balance of the card.

Discount Yuessun Hot Spring Tickets

ITT is now selling discount tickets to the relaxing hot springs of Yuessun 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 Hakeijima Sea Paradise Tickets

Discount tickets for Hakeijima 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 November 30, 2008.

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 is now selling tickets for ¥5,200 (reserved seats). Children 6 years of age and younger cannot attend this concert.

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

Beginner Day Hike at Kinubariyama in Zushi-Kamakura

On April 12, Outdoor Recreation is going hiking in nearby Kinubariyama. We will begin our hike near Nagoe Kiridoshi, which used to be one of the important entrances to the ancient capital. Kinubariyama has a spectacular view of Kamakura city, Sagami Bay and Mt. Fuji. After lunch, we will hike down for a visit at Houkokuji (Bamboo Temple). The walk will take approximately 3 to 4 hours. The cost is \$20 per person and includes admission to the temple.

Beginner/Intermediate Rock Climbing at Takatori-yama, Kanagawa Prefecture

If you're interested in challenging yourself but don't want the long drive, then join Outdoor Recreation on April 19 as we travel to nearby Takatori-yama – only 30 minutes from Yokosuka! The rock faces are tuff (a pile of volcanic ash), but are fit for beginners to advanced climbers. The cost is \$30 per person.

Beginner Surfing Class at Shanan Area, Kanagawa Prefecture

This trip, on April 19 includes surfboard and wetsuit rental, 4-hour class at sea and 1-hour mandatory briefing 2 days prior to the trip. The cost is \$65 per person.

2-Day Ski Trip to Gassan, Yamagata Prefecture

Due to the abundance of snow, Gassan ski resort doesn't open until April, so join Outdoor Recreation from May 10 thru 11 and enjoy world-class skiing when most resorts are closed for the season! The resort is located on a national park that has a huge backcountry terrain. Gassan is a completely different experience with a mountaineering skiing/snowboarding feel. This resort also offers areas for children to go sledding or to build snowmen. A pre-trip briefing is required before registering. The cost is \$150 per adult (12 years and older) and \$130 per child (up to 11 years old). Trip includes transportation, dinner, breakfast and lodging.

Paintball

For a fun day of shooting your friends, Ikego's Paintball Paradise is open for walk-in play every Saturday and Sunday from 1000 to 1600. Open Play is \$20 for one day's field fees, air and basic rental package. The field is also available Monday thru Friday for birthday parties, command functions, team building or just a group of friends. Reservation fees include field fees, air, basic rental package and 200 ball. A 2-hour reservation is \$20 and a 4-hour reservation is \$36.

Bicycle Storage

Are you tired from worrying about your bicycle? Do you hate getting the rust off of your gears and chain? Do you want to ensure that your bike stays clean, dry and ready for use? Then store it at Outdoor Recreation Center for only \$15 a month.

Getting In Shape With MWR's Wellness and Fitness Center

Story by JOHN SULLIVAN, MWR Marketing

Going to the gym. It's something I've been trying to find the time to get back into for quite some time now, and I don't think I'm alone. When I was in the Navy, it was easy...my command said I had to. Now that I'm a civilian it's a bit harder, I work full time, I have two small kids and a wife who works for a Japanese company and is required to work Japanese company hours (read: long). Basically, I have very little free time to get to the gym. Fortunately, this past February, I decided to do something about it. I decided to go to the MWR Wellness and Fitness and talk to Fitness Director, Debbie Deutsch about setting up a fitness program for me, and then writing about it in this column once a month as I progress towards my fitness goals. Hopefully I can motivate others like me to get out and exercise themselves by opening up a little of what I've gone through.

The Pre-Workout Health Assessment

Since this is the first article in the series, I might as well start at the beginning of the process. After consulting with Debbie, I was told to contact the USNH Health and Wellness Center on the 3rd floor of the Fleet Recreation Center and schedule a health assessment. This assessment consisted of a lifestyle questionnaire and a check of my blood pressure and body fat percentage, all of which took about 15 to 20 minutes. After that, I was ushered down the hall to the MWR Wellness and Fitness Center for a simple physical test. This consisted of a grip test to measure the relative strength of each arm, a cardio test on a treadmill and a flexibility test (which had me slightly worried since I'm about as flexible as a wrought iron fence). At the conclusion of these tests, I scheduled an appointment for one of the 2-day bimonthly Health and Wellness Center follow up seminars to find out the results of my tests. The seminars take about one hour each and are run to coincide with most people's lunch hour.

When I walked into the Navy College classroom where the seminar was to take place, there was about a half dozen people, all in the same boat as me; waiting to find out their results and get on with the business of getting healthier. When the instructor came into the class, he immediately handed out our confidential test results and began going over what everything on the sheet meant. Surprisingly, mine weren't as bad as I thought they would be. My blood pressure was within range (103/61 – less than 120/80 is good), my cardio was within the margin of acceptability (10 on a sliding scale – anything 10 or higher is passable), my arm strength wasn't half bad for someone who hasn't exercised in years (100 kilograms combined right and left hand on the grip test) and my overall health age was 33.5 years old (my actual age is 35, so this was a pleasant surprise). Of course, my flexibility was nowhere near what could be called normal (5 inches, which is barely touching my toes) but I knew that already, so it wasn't a big surprise. Moving on to the next step in the process, I scheduled an appointment with Debbie Deutsch at the Wellness and Fitness Center to come up a realistic workout plan for a guy with no real "spare" time to speak of. What we decided on was a Monday, Wednesday & Friday lunch time schedule involving both cardio and weight training.

The Workouts Begin

The PT portion of the health assessment was a good gauge of my physical abilities, but Debbie wanted to do some basic exercises as a baseline to design my training program around, so my first workout consisted mostly of doing basic cardio and weight training. The first thing we did was hop on the elliptical machine for 20 minutes of cardio. About five minutes in, I realized that it really had been a long time since I last went to the gym! My heart rate shot up to 165 and my legs felt like they were on fire. But I made it to the 20 minute mark (barely), and we moved on to weight training.

We hit the weight room at Purdy Fitness Center, and Debbie proceeded to run me through a series of strength exercises that, again, reminded me of the gaps in my physical activities. Luckily, Debbie is a very good motivator, so I was able to get through the exercises with little to no problems (except for the various burning muscle groups). Since this first session, I've gotten more accustomed to the routines, and the muscle burn doesn't seem as bad – although I'm told it never really stops. All-in-all, I like the direction I'm going as I start to fall back into the routines I developed on the Navy.

If you would like to learn more about physical training, call the MWR Wellness and Fitness Center at 241-4486 and schedule an appointment with any of the top-notch staff who work there. Whether you've been out of the game for a while like me, or you're a seasoned gym veteran looking for a break from your normal routine, MWR's certified personal trainer program has what you're looking for.

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-03, \$11.47 - \$13.00/hr. Club Takemiya (1 RFT).

Cook: NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (2 RFT), CPO Club (1 RFT).

Food Service Worker: NA-03, \$8.96/hr. Club Alliance (1 Flex), O' Club (2 RFT), Club Takemiya (1 RFT).

Waiter/Waitress: NA-03, \$8.96/hr. O' Club (8 Flex), CPO Club (1 RFT), Negishi (1 Flex), Club Takemiya (1 Flex) Club Alliance (1 RFT).

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), O' Club (1 Flex).

Cashier: NF-01, \$7.50-\$9.50/hr (DOE). CPO Club (2 RFT), O' Club (1 Flex).

ID Checker/Security: NF-01, \$6.70/hr. Club Alliance (1 RFT/7 Flex).

Support Activities

Air Conditioning Equipment Mechanic: NA-08, \$12.32/hr. Maintenance (1 RFT).

Child Development Programs

Cook: NA-04, \$9.96/hr. Main CDC (1 RFT).

Program Assistant: GSE-02, \$9.50/hr. Ikego (5 Flex), Main (2 Flex), Negishi (1 Flex), Hourly (1 Flex).

Community Activities

Recreation Assistant: NF-02, \$9.50/hr. Youth Center – Yokosuka (1 RFT/3 Flex), Negishi (1 RPT), Ikego (1 RFT), Teen Center – Ikego (1 Flex), Yokosuka (1 Flex).

Food Service Worker: NA-03, \$8.96/hr. Bowling Center (1RFT).

Recreation Assistant: NF-02, \$8.39/hr. Wood Hobby Shop (2 Flex), Youth Sports (1 Flex), Community Center (1 RFT/2 Flex).

Recreation Aide: NF-01, \$7.25/hr. Bowling Center (1 Flex).

Cashier: NF-01, \$6.50/hr. Bowling Center Snack Bar (1 RFT/1 Flex).

Recreation

Food Service Worker: NA-03, \$8.96/hr. Theater (2 Flex).

Recreation Assistant: NF-02, \$8.39/hr. Rentals – Customer Service (2 Flex), Special Events (1 Flex).

Ticket Seller: NF-01, \$5.85/hr. Theater (5 Flex).

Athletics

Duty Manager: NF-02, \$8.39/hr. Athletics (1 RFT).

Clerk Typist: NF-01, \$7.30/hr. Athletics (1 RPT).

Gear Issue Attendant: NF-01, \$6.50/hr. Athletics (3 Flex).

Swim Instructor: NF-02, \$10.00/hr. Aquatics (10 Flex).

Head Lifeguard: NF-02, \$9.50/hr. Aquatics (2 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, April 4

1730 Fool's Gold PG13
2030 Over Her Dead Body PG13

Saturday, April 5

1300 The Spiderwick Chronicles PG
1730 Fool's Gold PG13
2030 Welcome Home Roscoe Jenkins PG13

Sunday, April 6

Spring Festival – Movies will be shown at Fleet Theater

Monday, April 7

1300 The Spiderwick Chronicles PG
1730 Over Her Dead Body PG13
2030 Welcome Home Roscoe Jenkins PG13

Tuesday, April 8 \$1 Movie Night

1730 27 Dresses PG13
2030 The Eye PG13

Wednesday, April 9

1730 Shine A Light PG13
2030 Fool's Gold PG13

Thursday, April 10

1300 The Spiderwick Chronicles PG
1730 Cloverfield PG13
2030 Over Her Dead Body PG13

Friday, April 11

1900 Grease Lightning – Live musical show

Fleet Theater

Friday, April 4

1800 The Eye PG13
2100 Untraceable R
2400 Over Her Dead Body PG13

Saturday, April 5

1800 Shine A Light PG13
2100 There Will Be Blood R
0030 The Eye PG13

Sunday, April 6

1300 10,000 B.C. PG13
1800 Welcome Home Roscoe Jenkins PG13
2100 Shine A Light PG13

Monday, April 7

1800 Fool's Gold PG13
2100 Rambo R

Tuesday, April 8 \$1 Movie Night

1800 Over Her Dead Body PG13
2100 Rambo R

Wednesday, April 9

1800 Untraceable R
2130 There Will Be Blood R

Thursday, April 10

1800 Meet the Spartans PG13
2100 Shine A Light PG13

Friday, April 11 – Age restriction does not apply

1800 Jumper PG13
2100 Step Up 2: The Streets PG13
2400 Meet the Spartans PG13

Negishi Theater

Friday, April 4

1900 Rambo R

Saturday, April 5

1300 27 Dresses PG13
1900 Meet the Spartans PG13

Sunday, April 6

1300 Meet the Spartans PG13



Welcome Home Roscoe Jenkins

Cast: Martin Lawrence, Louis C.K., Nicole Ari Parker, James Earl Jones

Synopsis: Los Angeles based talk show host RJ Stevens returns to his hometown in the deep South set to prove to his family he is no longer the awkward kid they relentlessly picked on. But when his lovable family calls him on his big-city attitude and challenges him at every turn, RJ is forced to take a hard look at the man he's become. He may be a superstar in L.A., but he's just one of the guys in Dry Springs.



Fool's Gold

Cast: Matthew McConaughey, Kate Hudson, Donald Sutherland

Synopsis: Ben "Finn" Finnegan is a good-natured, surf bum-turned-treasure hunter who is obsessed with finding the legendary 18th century Queen's Dowry. After discovering a vital clue to the treasure's whereabouts, Finn enlists his estranged wife in the hunt rekindling a lost love. Let the treasure hunt begin!



Shine A Light

Cast: Mick Jagger, Keith Richards, Charlie Watts, Ron Wood

Synopsis: In autumn 2006 the Rolling Stones gave two concerts at Beacon Theatre in New York. Here, in the 2,800-seat old Broadway theatre that opened in 1928, we encounter living legends Mick Jagger, Keith Richards, Ron Wood and Charlie Watts. Before an enthusiastic audience that includes Hillary and Bill Clinton, the Stones present their hit songs as well as less known numbers.



Over Her Dead Body

Cast: Paul Rudd, Eva Longoria Parker, Lake Bell, Jason Biggs, Lindsay Sloane

Synopsis: Devastated when his fiancée Kate is killed on their wedding day, Henry reluctantly agrees to consult a psychic at the urging of his sister. Despite his skepticism over her psychic abilities, Henry finds himself falling hard for the clairvoyant, and vice versa. But there is a big snag...she is being haunted by Kate's ghost, who considers it her heavenly duty to break up the fledgling romance.

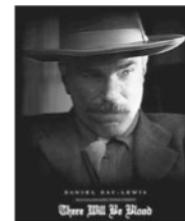
STALLONE



Rambo

Cast: Sylvester Stallone, Julie Benz, Paul Schulze, Matthew Marsden

Synopsis: John Rambo has retreated to northern Thailand, living a solitary and peaceful life in the mountains and jungles. A group of human rights missionaries search him out and ask him to guide them into Burma to deliver medical supplies. When the aid workers are captured by the Burmese army, Rambo decides to venture alone into the war zone to rescue them.



There Will Be Blood

Cast: Daniel Day Luis, Mary Elizabeth Barrett, Paul Dano, Dillon Frasier

Synopsis: Daniel Plainview is a charismatic and ruthless oil prospector, driven to succeed by his intense hatred of others and psychological need to see any and all competitors fail. When he learns of oil-rich land in California that can be bought cheaply, he moves his operation there and begins manipulating and exploiting the local landowners into selling him their property.

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).



**Saturday, April 19
Dinner at 1800 and Show at 1930**

Ja-pun is a zany musical revue that romps through the many wild and amusing experiences Gaijins (foreigners in Japan) go through while adjusting to life in Japan.

Tickets will be on sale on Tuesday, April 1 at the cash cage for \$27. For details, call 243-5506.

CPO CLUB

CPO CLUB
Ja-pun



Negishi Friendship Day Festival 2008

根岸米軍基地 基地開放日

Saturday, April 19 2008 from 1300 to 2000
Negishi Navy Base (Community Support Complex Parking Lot)

4月19日2008年(土曜日)午後1時-午後8時
雨天:4月20日 同時刻開催

Open Base

For details call MWR Program Office at 242-4120



Rain Plan: Sunday, April 20 from 1300 to 2000



WIRELESS INTERNET

- Club Alliance Sports Bar
- CPO Club Bar
- Officers' Club Bar
- Spectrum Liberty Center
- Fleet Rec, 3rd floor
- Yokosuka Library
- Green Beach Pool Deck
- Negishi All Hands' Club
- Negishi Library
- Ikego Pool Deck
- Ikego Club Takemiya
- Yokosuka Bowling Center
- Kosano Park
- Green Bay Marina
- ITT/Starbucks Outdoor Area



Administrative Professionals Day

Wednesday, April 23
All administrative professionals receive 50% off their lunch meal. Coming in for dinner? Order a set, three course menu with soft drink for \$7. For details call the CPO Club at 243-5506.

Youth Summer Camps



CAMP REGISTRATION

takes place Saturday, May 3
from 0800 to 1200 at Purdy Fitness Center
Doors open at 0800.



It's that time of year again; register your children and/or teens for the Teen Camp Adventure, Youth Sports, and School Age Camp Adventure programs! Get there early as space is limited. Registration details and forms will be included in upcoming editions of the Seahawk newspaper, MWR Focus magazine, and at www.cfay.navy.mil/mwr

Simple lifestyle changes can help prevent heart disease, stroke

By Sarah Taylor, USNH Yokosuka

There are many types of heart and blood vessel diseases. According to the American Heart Association, each year more than 870,000 people die from heart disease and stroke.

Many types of heart disease and stroke can be prevented with a few simple lifestyle changes such as:

- Don't smoke and avoid second-hand smoke
- Lower your blood pressure if it's high
- Eat a healthy diet low in salt, cholesterol and saturated fat
- Be physically active
- Get medical check-ups
- Follow your doctor's orders for taking medicine
- Control your blood sugar if you have diabetes

High blood pressure, also called hypertension, means the pressure in your arteries is consistently above the normal range. Blood pressure is the force of blood pushing against blood vessel walls. It is documented as two numbers, such as 122/78 mmHg (millimetres of mercury). The top number is the systolic number, or the pressure created when the heart beats. The bottom number is the diastolic number, which is the pressure in your blood vessels when the heart rests between beats.

The great danger is that sometimes it is hard to know when to be concerned about high blood pressure. There may be no obvious signs, so it is advised to see a doctor every year. Also, it is unknown what exactly causes it. Yet, high blood pressure can lead to hardened arteries, stroke or heart attack.

Heart attacks occur when the blood flow to a part of the heart is blocked. If this blockage cuts off the blood flow completely, the part of the heart muscle supplied by that artery begins to die. Call for help within five minutes or get to a hospital immediately if there are heart attack signs including:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest which lasts more than a few minutes, or goes away and comes back
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach

- Shortness of breath with or without chest discomfort
- Other signs such as breaking out in a cold sweat, nausea or lightheadedness

Immediate medical attention could help save a life when these symptoms are present.

Stroke and transient ischemic attack (TIA or "mini-stroke") occur when a blood vessel that feeds the brain gets clogged or bursts. Then, that part of the brain cannot work and neither can the part of the body it controls.

Major causes of stroke include: high blood pressure, high cholesterol, smoking, diabetes, heart disease and atrial fibrillation (abnormal heart rhythm). Again, call for help quickly if you have any of these warning signs of stroke and TIA:

- Sudden numbness or weakness of the face, arm or leg, mainly on one side of the body

- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination

Heart and blood vessel problems develop over time when arteries that supply the heart or brain with blood slowly become clogged from a buildup of cells, fat and cholesterol. This buildup is called plaque. Plaque can split open and cause a blood clot to form. When the blood flow gets blocked you could have a heart attack or stroke.

The information above is meant to help patients know the signs of heart disease and stroke. Should you have any concerns or questions, please contact your primary care provider. More information on heart attacks and stroke can be found at <http://www.americanheart.org>.

Fill 'er up



HM2 Leslie Cachero refills a patient's prescription using an automatic pill dispenser in the pharmacy at U.S. Naval Hospital Yokosuka.

U.S. Navy photo by MC2 Chantel M. Clayton

USNH Yokosuka Public Information Interviews

USNH Yokosuka will be undergoing its triennial Joint Commission and Navy Medical Inspector General survey April 22-25.

Patients and staff members may contact a Joint Commission surveyor and request a public information interview.

Those wishing to speak with a member of the Joint Commission may arrange for an interview by calling Lt. Cmdr. Felix Alfonso at 243-8511.

Concerns may also be brought to the attention of the Medical Inspector General by calling their hotline at 1-800-637-6175, DSN 295-9019 or by sending an e-mail to navymedighotline@med.navy.mil.

FISC readies for ERP implementation challenge

By Sam Samuelson, FISC Yokosuka Director of Corporate Communications

Enterprise Resource Planning (ERP) is a management system that will standardize the processes the Navy uses to manage its money, acquisition programs, logistics and people.

And the implementation of ERP is not going to be easy.

But, U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's ERP User Role Management Lead John Lagrua, has a sobering and reassuring opinion regarding the challenging implementation.

"So? The ATM (automatic teller machine) was hard," he said. "Who can live without those now?"

With banking systems' capacities to make cash available to its customers worldwide with just a few keystrokes, it's hard to imagine now the initial resistance of ATM use many years ago by customers. Lagrua makes the case that the initial learning curve of ATM use is not unlike some employee concerns regarding the adoption of ERP.

"I understand that," Lagrua says, "but, if you can look ahead – past the training and the initial learning curve – the sun sort of comes out and a lot of people are going to realize this is a great idea and one we can't live without."

That's especially true for a Navy component – Navy supply – so interwoven in a global economy and whose critical mission is to serve the fleet, according to FISC Yokosuka's deputy director for

Support Services and FISC ERP Team Leader Mike Murphy.

"We're stepping up to the plate, so to speak," Murphy said. "We're joining the 21st century in business management solution technology."

Navy ERP is being adopted to provide a standard, integrated set of management tools to facilitate business process reengineering and provide interoperable data for financial, acquisition and supply chain management.

Implementing such a monumental change will pay

Fortunately, there is a process. As the ERP lead, Murphy is already ramping up preparations to ensure as smooth and efficient a process as possible.

"Obviously, we have a very capable team in place to manage our roll-over to ERP," he said.

The team starts with the ERP Champion, the FISC Yokosuka Executive Director Greg Porter. As champion, Porter is devoted to ensuring an appropriate transition that recognizes the challenges and meets them head on. In fact, Porter is already in front of the challenge. He has

developed and will personally host "Road Shows" at various locations as one means to introduce ERP to the employees.

"It's a way to demonstrate to both employees and leadership that we mean business, but a big part of that business is preparing employees in the smartest, most effective and meaningful way possible," Porter said.

It starts with his ERP team.

"To deploy ERP, we are addressing three key areas; Change management, Training and Communications. We're also focusing on 'User Role Management.' In addition to that, we've established various 'touch points;' representatives from FISC departments to ensure their interests and concerns are addressed. Plus, they help provide feedback to ensure we're deploying ERP the most effective way possible," Murphy said.

ERP implementation won't be easy. That's understood. But following the analogy for ERP User Role Management

Photo by Tim Shannon

Lead John Lagrua, neither was setting up an ATM account.



(Left) FISC Yokosuka ERP User Role Management Lead John Lagrua, Sherri Thomas, Chizuko Tanaka and Kenji Tokunaga all participate in a teleconference with a representative from Navy Supply Information Systems Command (NAVSISA).

immeasurable dividends for FISC in the future.

But, as with any major initiative, there are growing pains.

FISC Academy enables new employees to see 'big picture'

By Tim Shannon, CFAY Public Affairs

In order to give new employees a better understanding of the command structure, U.S. Fleet and Industrial Supply Center Yokosuka (FISC) relies on a three-day workshop, referred to as the FISC Academy, to teach all new employees about the overall mission of the command.

The class consists of classroom lectures, provided by presenters from the various departments of FISC, explaining their purpose and location.



Yasuyuki Katori of FISC's fuel department explains how and why FISC continuously tests the fuel stored at FISC's Hakozaki fuel terminal.

Photo by Yohsuke Onda

Another part of the class is a tour of FISC facilities, including the Personal Property Shipping Office, the FISC Regional Hazardous Material Minimization Center (HAZMINCEN) and the Hakozaki fuel terminal, located across the bay from FISC, on Azuma Island.

According to FISC Master Labor Contractor (MLC), Mayumi Fukada, the class enables new employees to see the "big picture."

"The purpose of the FISC Academy, for everyone, military, U.S. civil servants and MLCs is all the same, to get to know each other," stated Fukada. "For example, some departments or branches [of FISC] take care of Information Technology (IT) issues, and some branches take care of contracting and the administrative office takes care of internal service types of things. Even though we work at the same command, we don't always know what other people are doing. So, the FISC Academy can provide information about what other people are doing at FISC Yokosuka so they can have a better understanding of FISC."

Fellow FISC MLC, Misae Nakada, was involved in the creation of the FISC Academy and stated that the goal of the class that she helped to establish in May 2005 has always been to give FISC employees a better understanding of their own importance in the success of the command mission.

"I think the biggest goal of the FISC Academy is for all employees to understand what FISC does and what they can do for FISC," said Nakada. "If all FISC employees understand what we are doing and who our customer is, they will understand how important they are. That is what our goal is [with the class]."



Thevapharkhorn "Ed" Malyong gives a tour of the FISC Hazardous Material Minimization Center to a group of master labor contractors new to FISC Yokosuka during a recent FISC Academy.

Photo by Yohsuke Onda

The FISC Academy truly is a class held for everyone working at FISC. The academy rotates from classes held primarily in Japanese for the MLCs to classes in English for the U.S. military and U.S. civilian employees at FISC.

Yutaka Imamura was one of the graduates of the most recent FISC Academy, held in February, and he thought the class offered him a better perspective of how things work at FISC and in the U.S. Navy.

"I really enjoyed it," he said. "I was surprised that we have so many different types of jobs at FISC. The FISC Academy was helpful for me. Now I understand what each code does and how they work with each other. I really enjoyed the tour of Hakozaki. That was my favorite part of the academy."

Apprentices become journeymen in graduation ceremony

By Keiichi Adachi, CFAY Public Affairs

Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) held their 2008 Apprentice Graduation Ceremony March 14, at the Yokosuka Officer's Club.

Twelve graduates successfully completed the intensive four-year training program and became journeymen in their trades.

Yokosuka Defense office Chief Norihiro Hashimoto, was the distinguished guest and speaker at the ceremony attended by approximately 40 SRF shop and department heads, officers, and friends and families of the graduates.

SRF-JRMC Commanding Officer Capt. Stephanie Douglas said, "You have all done a magnificent job in completing your apprentice program. It is wonderful to see you make it to this important day."

"Today, our graduates are entering a work environment characterized by tremendous change. The ships we will be working on will be more modern and our facilities, tools, and processes are continuously being upgraded to better support them," said Douglas.

In the 1980's a considerable number of highly skilled SRF craftsmen retired or approached retirement age. Because of that, it became necessary for the command to develop an adequate pool of technically trained and highly skilled craftsmen to maintain the high level of work.

Soon after, the SRF Apprentice Program, which was developed and established in 1985 for Japanese employees, and patterned after successful apprentice programs at other U.S. Navy shipyards, played a leading role as a source for creating these skilled craftsmen.

The four-year weekly program consisted of 5,284 hours of on the job work experience, 560 hours of trade theory, 248 hours of general study, and 980 hours of English training. To date, there are more than 550 graduates who form the core of the ship repair workforce at Yokosuka to "keep the 7th Fleet operationally ready."

During his speech Hashimoto stated that SRF-JRMC is proud of its 60 year tradition, since its founding in 1947 and of its reputation for significant accomplishments in its logistic support of the 7th Fleet and many other ships. He stated, "I have heard that the superior technical level which has been achieved here in SRF-JRMC is highly rated not only in the United States, but also in the rest of

the world. The Apprentice Program was established with a view of maintaining this tradition of excellence by allowing senior workers to pass on their knowledge and skills to younger generations."

Hashimoto concluded his speech by saying, "Life is a continuous study. I truly hope that you keep your desire to improve yourselves forever and grow further as members of society and develop into trustworthy technical experts at your workplaces."

Machine Shop Head Katsuyuki Komine, joined the apprentice program in 1986 as a student of the second apprentice program. His motivation to join the apprentice program was the opportunity to become a machinery engineer for ship repair, and learn the English language and culture in an American environment.

"I believe that the apprentice program is an outstanding program. The program is very effective for fostering personnel training at SRF-JRMC," said Komine.

One of the 12 graduates, pipefitter Kaname Nakano, said that he experienced a lot of things that he could not have done had he not joined the program. "I had a hard time throughout the required four year training, but now I think all that training was good for me," said Nakano.

In his remarks to the graduating class, Production Engineering Superintendent Sadayoshi Sato said, "Your graduation is a result of your continuous effort to learn the technical knowledge and the physical skills of your trade along with the assistance of your supervisors and senior workers. In addition, we should all acknowledge that you benefited greatly from the enthusiastic efforts of your English teachers. Thanks to them we will have better communications with our primary customer, the 7th Fleet,



Main leaders of SRF-JRMC, guest speaker, and new journeymen gather for a group picture after the 2008 Apprentice Program Graduation Ceremony.

Photo by Yuhji Kawabe

2008年度の技能訓練生卒業式を終えて、SRF-JRMCの指導者、来賓、卒業生を交えて記念撮影。
写真：河辺雄二、CFAY広報課

on the deck plates."

At the conclusion of the ceremony, Douglas and the group masters presented the graduates with their certificates and pins while proud family members and friends applauded the 2008 graduating class.

When the ceremony had concluded and the group moved to the reception area, Fire Control Instrument Repair Ryouhei Mizuno, made a speech on behalf of the graduates.

Mizuno said, "We became apprentices four years ago and have received a lot of training which has been very helpful to us – especially language training. It was impressive because at the beginning of the course, we were afraid to speak English and if we spoke Japanese, we received a penalty. It was hard, but we enjoyed it," said Mizuno.

All of the apprentices who attended the graduation ceremony have reached this first common goal; however, this is not the end. They have many more goals to reach as they face the excitement and challenges of their professional work.

卒業式でジャーニーマンとなった技能訓練生

文:安達慶一、CFAY広報課

3月14日、横須賀米海軍基地内の将校クラブにて、米海軍横須賀艦船修理廠及び日本地区造船統括本部(SRF-JRMC)の2008年度技能訓練生卒業式が行われた。12名の訓練生が4年にわたる集中的な訓練期間を終了し、それぞれの職種においてジャーニーマン(一人前の職工)となった。

SRF-JRMCの部署長、将校、訓練生の友人や家族を含め40名が参加した式では、横須賀防衛事務所の橋本憲廣所長が来賓として祝辞を述べた。

SRF-JRMC司令官のステファニー・ダグラス大佐は卒業生に対してのスピーチで次のように呼びかけた。「卒業生の皆さんおめでとうございます。皆さんが技能訓練プログラムを終了し、今日ここで皆さんの卒業式に立ち会うことが出来て、大変嬉しく思います。本日の卒業を境に、卒業生の皆さんは変動の激しい環境に入っていきます。私たちが作業する艦船は次々と近代化され、より高度な支援の為に施設、工具、そ



Main leaders of SRF-JRMC and participants of the ceremony look on while the journeymen deliver their speech at the beginning of the reception.

Photo by Fumiyo Sato

会食の初めにジャーニーマンによって行われた答辞をSRF-JRMCの指導者と式の参加者が見守る。

写真：佐藤典代、CFAY広報課

して仕事の手順も向上しています。」

1980年代になり多くの熟練技能者が定年を迎えSRFから去ることとなった。それに伴い高度な業務を維持してゆくために、訓練を積んだ熟練技能者の確保が必要となった。

その後、1985年に技能訓練制度は米本国の海軍造船所で実施されている見習工制度をモデルとして、日本人従業員のために計画設立されたものであり、技能者を養成する上で重要な役割を担っている。

4年にわたる月から金曜日まで技能訓練制度は、5284時間の職場における作業習熟、560時間の技能理論、248時間の一般教養と980時間の英語訓練から成る。現在、550名以上の卒業生があり、「第七艦隊の艦船を常に機能できる状態に保つ」為にSRF-JRMC横須賀の艦船修理の中核として業務に励んでいる。

講演の中で、橋本氏はSRF-JRMCは、1947年の創設以来、60余年の長い伝統を誇り、米海軍第7艦隊及びその他の艦船を造修する任務を担う部隊であると話した。「米本国を始め、世界各国から高い評価を受けていると聞いております。この伝統と優れた技術を先輩から後輩に引き継ぎたいという願いを込めて発足した制度が、この技能訓練制度であります。人生は、生涯勉強であるとはよく言われますが、いつまでも向学心・向上心を持ち、今後、社会人として、また、技術者として成長して行って下さい」と橋本氏は言葉を締めくくった。

機械工場長の小峰克之さんは1986年に第二期技能訓練生として技能訓練生制度に参加した。応募動機は艦船修理の機械工となれること、語学力習得の機会、および職場環境(米文化)に興味があったことである。

「技能訓練制度は大変素晴らしい制度であると考えています。SRF-JRMCの将来に向けての人材育成に効果的と考えます」と小峰さんは語った。

12名の卒業生の一人、配管工の中野要さんは技能訓練生制度以外では出来ない多くの経験を積めたと話し、こう続けた。「四年間の技能訓練は辛かったです、今となっては受けた訓練はとも良かったです。」

卒業生に送る祝辞の中で、造修部部長補佐の佐藤貞義氏はこう話した。「皆さんが技能訓練生を本日をもって卒業すると言う事は、職場の監督者や諸先輩の方々の御援助や御支援の下に、各自がそれぞれの職種において、技術的な知識や技



SRF-JRMC Deputy Commander Cmdr. Kenneth Depew, joined the journeymen during the reception for toasting their completion of the apprentice program and future success.

Photo by Fumiyo Sato

SRF-JRMC副司令であるケニス・デピュー中佐は、卒業生の技能訓練生制度の修了と将来の成功に乾杯の音頭をとった。

写真：佐藤典代、CFAY広報課

能習得に自分自身で弛まない努力をされた結果に他なりません。さらには、英語の先生方の熱心な御指導により、多大なる恩恵を受けた事も認識しておかなければいけません。英語の先生方による御尽力と御支援により、我々の第一のお客様である第七艦隊と艦船上でより良いコミュニケーションが取れるようになりました。」

式の締めくくりとして、家族や友人が2008年度の卒業生に暖かい拍手を贈る中、ダグラス大佐とグループマスターが卒業生に卒業証明書と卒業記章を授与した。

式が終わり参加者がレセプション会場に移動すると、射撃制御機器修理工の水野良平さんが卒業生を代表して答辞を述べた。「四年前に技能訓練生になり、大変役立つ多くの訓練を受けてきましたが、特に語学訓練が役に立っています。訓練の初期は英語を話す事が怖かったですし、日本語を話す罰則を科せられるので、印象に残るものでした。辛かったです、今では話す事を楽しんでいます」と水野さん。

式に出席した全ての訓練生は「卒業」という最初の共通目的を達成したが、これでゴールに到達したということではなく、優れた技能者としてこれから専門業務の遂行に挑戦する新しいスタート台に立ったと言うべきである。

Flashback: 1952



Employees of the Physical Training section of the Yokosuka Municipal office sell Olympic badges near the main gate of Commander Fleet Activities Yokosuka in 1952. Various exhibitions and entertainment events were held by the U.S. Armed Forces to help contribute to fundraising campaigns to help send Japanese athletes to the Olympic Games. Commander Fleet Activities Yokosuka also gave hearty support to the collection of funds by selling Olympic badges.

日本選手オリンピック派遣募金運動に就いてはアメリカ側でも非常な好意を示し、各地各様の催し物を実施してその収益を同募金に寄付したが、当基地でも基地内に於けるオリンピック・バッジによる募金運動に積極的な援助を与えた。
写真はメインゲート付近で募金に従事している横須賀市体育課係員。(1952年撮影)

Head's Up Yokosuka! Community Announcements

IA Welcome Home Ceremony – Please join USNH Yokosuka for the Individual Augmentee (IA) Welcome Home Ceremony, 11 a.m., April 4 at the USNH loading dock to recognize their service and to say thank you for a job well done. Contact Jill Ward at 243-7194 for more information.

Free Public Service Seminar by Dr. Charles Brown – The Fleet and Family Support Center (FFSC) and The University of Oklahoma (OU) would like to invite you to a free seminar on communication and conflict resolution April 9 from 11 a.m. -12:30 p.m. at the FFSC Annex building 1558, Take Room. This seminar is open to all Individual Augmentee (IA) families past and present. Dr. Brown is a professor of Human Relations at OU's Advanced Programs. Call 243-7935 for more information.

Victim Advocate initial training – The Fleet and Family Support Center (FFSC) is offering the Victim Advocate initial training course April 22-25 from 8 a.m. to 4 p.m. (application required) and SAVI refresher training course April 7 from 8 a.m. to 4 p.m. at the Fleet Recreation Center, 3rd floor, room 353. Contact FC2 Angela Kipping at 243-7148 for more information or to sign up for these courses.

An Evening with an IA Family – Meet an Individual Augmentee (IA) family and share their unique challenges related to an IA deployment. This is a forum provided for all IA families to gather, share ideas and ask questions. Join us April 15 from 5:30 - 6:30 p.m. at the Fleet and Family Support Center Annex building 1558, Take Room. Call 243-7935 for more information.

Healthy Relationships: for your child's future – Learn how family interactions will influence your child well into adulthood. The class is offered by Fleet and Family Support Center every second Tuesday of the month from 5 - 6:30 p.m., in the Take room, FFSC Annex. Call 243-7878 for more information or to sign up for the class.

FFSC Renovation – The Fleet and Family Support Center (FFSC) will be undergoing renovations from now to May 23. Call 243-3372 or 243-7878 for assistance or more information

Nine simple steps to home buying

By Fleet and Family Support Center, Yokosuka

You've seen the news: foreclosures on the rise; home values and home prices falling almost overnight; home owners nervous about losing their homes when their mortgages reset. It's all bad news, right? Not necessarily, for well-qualified home buyers the time to buy a house is now. The sub-prime mortgage crisis has changed the "rules" a bit, but you will do just fine by following these nine simple steps.

Credit score – You need to know what your three digit score is. If your credit score is 750 or above, you'll get the best rates available. If you're credit score is 660 or lower, you're considered "sub-prime," and in some cases, 680 or lower can be considered sub-prime. Get your score, and do what you can to improve the score if you are below 750.

Buyer beware – Thanks to the recent mortgage crisis, the innovative techniques many companies employed to help sub-prime borrowers improve their credit scores in the past, such as "piggybacking," are no longer allowed.

Consumer debt – Eliminate as much consumer debt as you can before buying a house. Credit card debt, personal loans, student loans, etc. Car payments aren't deal killers, but they won't help your cause any either. Mortgage and associated home-owning expenses are enough to strain anyone's finances.

Income and assets – Have proof of your income and assets in reserve. Two years ago, stated income, or a pay stub from your current employer was enough to get a mortgage. Now, gun-shy lenders want to see proof of income, assets in reserve, tax returns and lines of available credit (see credit score).

Down payment – Come to the table with enough to make at least a five percent down payment. There are plenty of "no money down" options out there, but experienced lenders want to see that the potential buyer has money to put down. That doesn't mean you have to put any money down, but lenders have been burned by underwriting loans where no money was put down.

Beware of the "haircut" – As loans are made based on the appraised value of the house, appraisers are now under intense scrutiny when they make their appraisals. Lenders are giving the appraisal a five percent haircut and approving loans at that reduced value, expecting home buyers to make up the difference. Not all lenders give the same haircut, but you should be prepared.

Educate yourself – We educate ourselves about cars, about clothes and about electronics, but for some reason, we don't educate ourselves about the housing market. Attend a home buying basics class at your local Fleet and Family Support Center (avoid the workshops offered by real estate agencies – they have a vested interest in getting your business).

Motivation – Knock at least 15-20 percent off the list price to see just how motivated a "motivated" seller really is. Ask the seller to pay closing costs. Realtors, lenders and builders have a vested interest in keeping the sales price as high as possible, even in a down market. As the home buyer, you don't want your initial offer to be accepted; you want the seller to counter.

Take your time – Everyone makes money from this transaction – except you as the home buyer. There are literally millions of houses available for sale all over the country. Make sure you pick a home that will suit your long-term family and financial needs.

The secret to a transformational experience

Watch for burning bushes and Navy spouses

By Chaplain Jack L. Carver

You can never overestimate the transforming power of entering into the holy presence of someone who is the spouse of a forward-deployed, underway Sailor. A recent experience left me feeling as if I should pull off my shoes and bow as Moses did at the burning bush.

We're all familiar with the story of Moses and the burning bush. During the midst of a typical work day, Moses spotted a burning bush which was not being consumed by fire. Bewildered by this sight, Moses made his way to the bush. Life for Moses would change forever after that experience.

I had just seated myself in the middle-school gymnasium and was awaiting the start of the spring band concert. Looking up, I noticed a close friend of the family, accompanied by two of her four children. While carrying her 10-month-old son with one hand, she held the hand of her 2-year-old daughter with the other hand, as she made her way to the standing area. A camera was hanging from her neck. I anticipated that they were coming to watch her oldest daughter perform.

Having accounted for three of her four kids (two daughters and a son), I left my seat and made my way to the back to say "hello" and ask about her other child and husband.

"He's underway and I just dropped her off at martial arts lessons."

By now, the 2-year-old was peering up at me from behind her mother's leg. The 10-month-old was grabbing for the camera that hung around mother's neck. To think this lady had already taken another child to martial arts lessons before attending the band concert of yet another child!

I was suddenly struck with a sense of awe and humility.

The band began warm ups. I pulled my camera out of my coat pocket and took three pictures before my battery went dead. Lack of preparation, again.

Not so with my friend. Her video camera caught the entire concert, with junior and the 2-year-old jarring mother like hockey players just before a face-off.

A thought occurred to me. She was a demonstrated expert in resource management, time management, logistics, and executive decision-making (i.e. "I said, 'No'"). Even more so, she was a perfect example of how to give and to love.

Then, a second thought occurred to me: "...and this is someone who might one day come to ME – the chaplain – for advice?" I acknowledged within myself that no book about theology or psychology, no professional conference or training, no credential before or after my name could ever offer me as rich a perspective about life as this Navy spouse had just taught me.

Somewhere out on the blue ocean was a husband and father who was missing another event in a child's life. Yet, he could feel ever so blessed to have a wife so loving and giving to care for their children and home while he was underway.

This experience suggests our God presents opportunities to grow and progress through life in interesting ways if we can see beyond the routine. Was not Moses in the midst of routinely tending to herds when he saw the burning bush? Everyday, we see people from a variety of walks in life throughout this base. Civilian and military. Male and female. Different ethnic groups. So often, I've walked by a Navy spouse holding a baby, pushing a stroller, or both without thinking about the fact that we all have so much to offer one another.

I find myself constantly chasing after credentials in order to prove I've attained a level of competency that makes me feel good about my potential. Yet, when my "eyes to see" are opened, I find that I gain so much greater perspective from people I encounter in everyday settings.

Pardon me for cutting this article so short, but there are many burning bushes to see.

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 <http://hro.cnfnavy.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

Child Development Operations Clerk (OA) – YB-303-1, CFAY-58-08. Open: 4-4-08, Close: 5-2-08 (1st C/O: 4-18-08). *Location: Negishi.

Child Development Operations Clerk (OA) – YB-303-1, CFAY-59-08. Open: 4-4-08, Close: 5-2-08 (1st C/O: 4-18-08). *Location: Ikego.

ESL Instructor – YA-1701-2, SRF-55-08. Open: 4-4-08, Close: 4-18-08.

Financial Management Analyst – YA-501-2, CNFJ-54-08. Open: 3-28-08, Close: 4-11-08.

Health System Specialist – YA-671-2, NH-57-08. Open: 4-4-08, Close: 5-2-08 (1st C/O: 4-18-08).

Information and Technology Specialist – YA-2210-2, NH-56-08. Open: 4-4-08, Close: 5-2-08 (1st C/O: 4-18-08).

Nurse – YH-610-1, NH-53-08. Open: 3-28-08, Close: 4-25-08 (1st C/O: 4-11-08).

Supervisory Education and Training Technician – YC-1702-1, CFAY-60-08. Open: 4-4-08, Close: 5-2-08 (1st C/O: 4-18-08).

Continuing

Claims Assistant – YB-998-1, NH-45-08. Open: 3-21-08, Close: 4-18-08 (1st C/O: 4-4-08).

Education and Training Technician – ATG-40-08. Open: 3-14-08, Close: 4-11-08.

Secretary – YB-318-1, NH-47-08. Open: 3-28-08, Close: 4-25-08 (1st C/O: 4-11-08).

Practical Nurse – YI-620-1, NH-48-08. Open: 3-28-08, Close: 4-25-08 (1st C/O: 4-11-08).

Practical Nurse – YI-620-1, NH-49-08. Open: 3-28-08, Close: 4-25-08 (1st C/O: 4-11-08).

*Part time, 30 hrs./week.

Practical Nurse – YI-620-1, NH-50-08. Open: 3-28-08, Close: 4-25-08 (1st C/O: 4-11-08).

*Part time, 24 hrs./week.

Human Resources Technician (Rect/Class) – YB-203-2, CNFJ-51-08. Open: 3-28-08, Close: 4-25-08 (1st C/O: 4-11-08). *Location: Atsugi.

Dental Assistant (Expanded Function) – GS-681-5, NH-44-08. Open: 3-14-08, Close: 4-11-08.

Education and Training Technician – YB-1702-1, CFAY-30-08. Open: 2-22-08, Close: 8-22-08. *Six months open register.

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 – Yokosuka Food Services. \$8.28/hr.

Food Delivery Operator – Yokosuka. \$8.28/hr.

Food Service Supervisor – Food Services. \$10.74/hr.

Cook – Food Services. \$10.35/hr.

Sales Clerk (Specialty) – Retail. \$7-\$9/hr.

Sales Clerk – Retail. \$6.50-\$8/hr.

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

Retail Storage Supervisor – Main Store. \$28,745-\$36,572/yr.

Store Worker – Main Store. \$8.28/hr.

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

Receptionist – Beauty Salon. \$7-\$7.50/hr.

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

Cashier – Cash Office. \$7.79/hr.

Labor (Visual Merchandiser) – Visual Merchandising. \$8.28/hr.

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

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

LP/Safety Investigative Assistant – Loss Prevention. \$7.50-\$9/hr.

Automotive Mechanic – Autoport. \$13.63/hr.

Desk Clerk – Navy Lodge. \$7-\$8/hr.

Mail Clerk (Courier) – Admin. \$7-\$8/hr.

General Clerk – Inventory Control. \$7-\$9/hr.

Passover

Please join us at the Chapel of Hope

Sunday, April 20 at 4:30 p.m.

in the Fellowship Hall for a Seder.

Everyone is welcome to attend.

RSVP required by April 15.

Please contact the Chapel of Hope

at 243-6773



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	1300
SUN	Sunday School	1420
SUN	Priesthood/Relief Society	1510

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)

Roman Catholic

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

Congratulations on the birth of your baby!

Brian Slusher and Angela Slusher are the proud parents of JOHN CALVIN SLUSHER born March 17 at 9:22 p.m., weighing 6 pounds 14 ounces.

If you'd like to see your baby announcement published in the Fleet and Family Support Center's section of the Seahawk-Umitaka, stop by our New Parent Support office in Bldg. 1558.

Classes This Week

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

Monday, April 7

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.

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This workshop is designed to help you build skills in these four important areas of your life!

Enjoying Japanese Foods 9 a.m. (4 hrs.): Come learn about Japanese cuisine. Join our bi-lingual staff on a trip to a local grocery store and traditional restaurant. Learn about basic Japanese ingredients, recipes and food etiquette.

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 is given to speaking English in an every-day setting.

Tuesday, April 8

Area Orientation Brief and Intercultural Relations Class 7:45 a.m. (4 days): **April 8-11, this class will be held at the Benny Decker 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.

Healthy Relationships: For Your Child's Future 5 p.m. (1.5 hrs.): Parents will learn how aspects of their family's life will influence their children's adult health and relationships. Call 243-7878 for more information and to sign up for the class.

Job Fair Preparation 10 p.m. (2.5 hrs.): Lecture on resume writing, interview techniques, networking in the 21st century, etc. to prepare participants for a Job Fair.

Welcome to Ikego 9 a.m. (4.5 hrs.): We invite both old and new residents of Ikego to meet your Ikego Community Leaders and learn what the Ikego community has to offer. Representatives from various Ikego offices will speak about their services. Meet new friends and neighbors, plus learn to take the train from Ikego to Yokosuka. Our guided walking tour of Zushi City will help you to enjoy your new home in Zushi.

Wednesday, April 9

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.)

IA Public Service Seminar with Dr. Brown 11 a.m. (2 hrs.): FFSC and The University of Oklahoma (OU) are hosting a FREE public service seminar on communication and conflict resolution. This seminar is open to all IA families past and present. Dr. Brown is a professor of Human Relations at OU's Advanced Programs. You are more than welcome to attend. I hope to see you there!

Ombudsman Advanced Training 6:30 p.m. (1 hr.): Ombudsman Advanced Training is continuing education for Ombudsmen, Command Leadership, and Command Leadership Spouses. Ongoing Training is offered every month, and a wide range of topics are covered, including Noncombatant Evacuation Operation, Newsletter Preparation, Local Resources, and much more.

Ombudsman Assembly 5:30 p.m. (1 hr.): Ombudsman Assembly meetings are opportunities to for Ombudsmen to network with one another, as well as to receive current information on local military and civilian resources, changes to the Ombudsman Program, and much more. All Ombudsmen, Command Leadership, and Command Leadership Spouses are encouraged to attend.

Welcome to Negishi 10 a.m. (5 hrs.): We invite both old and new residents of Negishi to meet your Negishi community leaders and learn what the community has to offer. Representatives from various Negishi offices will speak about their services. Meet new friends and neighbors, plus learn to take the train from Negishi to Yokosuka.

Thursday, April 10

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.

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, April 11

Ikego – Japanese Culture Series – Ukulele 10 a.m. (1.5 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.

Play Morning 9:30 a.m. (1.5 hrs.): This Play Morning is held at Ayame Tower.

Upcoming Classes

April 14	Communication, Anger and Stress Management, Assertiveness (CASA) English as a Second Language; Ikego – Thrift Savings Plan
April 15	Area Orientation Brief and Intercultural Relations Class; Developing Your Spending Plan IA Spouse Support Group Meeting; Ikego – Employment Overview and Tips
April 16	Communication, Anger and Stress Management, Assertiveness (CASA) Japanese Spouse Group; Getting Started Teaching English; Negishi – Thrift Savings Plan
April 17	EML/Space "A" Travel; English Teachers Networking Group Family Readiness Group Leadership Meeting Ikego – Play Morning Pre-Marriage Seminar; Saving and Investing
April 18	Sponsor and Sponsor Coordinating Training 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

Automobiles

'99 Mercedes Benz E430. 32,300 miles. Kelly blue book value approximately \$16,500, purchased for \$16,300, seeking quick sale at \$9,425 obo. Excellent condition, silver, navigation, black leather, heated seats, A/C, sunroof, satellite radio, TV, 10-disc CD player, wood trim interior, xenon headlamps, 4.3 liter V8 engine (279 horsepower), right hand steering, automatic power windows, keyless entry, automatic locks. 080-6596-6317. mattbuckner1979@yahoo.co.jp.

'94 Toyota Curren. 69,100 km. Good condition, silver, 2-dr, A/C, power windows, AM/FM, 12 disc CD player, new front brakes. Available in April. \$1,400. For more information, contact kgraewert@hotmail.com.

'92 Mazda RX-7. 13B Twin Turbo, 5-speed, nice interior, brand new HKS coil over suspension, new rats nest for turbos, new iridium spark plugs, new brakes, Mazda Speed intercooler, new HKS turbo filters, new RSR exhaust system, new shifter, 12" speaker/touch screen CD, new panel speakers, turbo timer, Infinity amp. Car just had oil change and filter change. Engine has 70,000 miles. Asking \$4,000 obo. Contact Logan Land at 080-5465-3825, or e-mail at: landl@cv63.navy.mil.

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 Angel Motors April Car Specials!** 1. Gorgeous '97 U.S.A. BMW M3 coupe 3.2 liter with 52K miles, 5MT in silver, "angel eye" headlights, crystal tail lights for \$13,900! 2. Low mileage (31,000 miles!) one owner '95 U.S.A. BMW 525i sedan (AT) full specs with premium and winter packages for \$8,900! 3. Fast '95 Skyline 2.5 turbo coupe with 5MT in silver loaded with many options for \$6,500! Visit our web site for photos and details, or call Mike to see. Contact Mike for more details at Tel: 090-8019-6372, e-mail: mike@angelmotorsjapan.com. Web site: www.angelmotorsjapan.com.

Dodge Grand Caravans, Nitro, Patriots, Wrangles and Jeep Grand Cherokees. American specifications. Drive them in Japan then take them back to the states with you. Warranty work available while you are here in Japan. For more information, contact Don Houdek at NEX New Car Sales at 080-3243-4689, or e-mail: dhoudek@militarycars.com.

Returning to the states by September 2009??? Now is the time to special order your new Ford or Chrysler vehicle. Order now and pick it up the day you get back to the states! For more information, contact Don Houdek at NEX New Car Sales at 080-3243-4689, or e-mail: dhoudek@militarycars.com.

U.S. SPEC CARS!! Available in Yokosuka. You can ship the car to the states. We are located at the Yokosuka entrance #7 on Yoko Yoko. 15 minutes from the base. Come and check our stock. English Spoken. 93-2 Yamanaka, Yokosuka. E-mail: auto@casper.co.jp. Web site: www.casper.co.jp. Call (046) 853-2110.

Motorcycles

'99 Harley-Davidson Electric Glide Classic. 28,000 km. Excellent condition. Must see and drive to appreciate. \$9,500 obo or yen equivalent. (046) 876-3513 or 080-5412-5627, e-mail: dgaroute@hotmail.com for photos.

Services

A Computer/Electronic technician is here to assist you with your computer, electronics and entertainment needs. @ Home service includes home networking setup, entertainment installation and computer repairs. Knowledgeably service with fair prices, call Edwin. 080-6797-2531 (Serving Yokosuka and Ikego areas).

Don't have time to CLEAN your house? Don't stress out. Let me do the work. Call now 090-6048-5146. Limited Customer.

Every Girl Deserves Free Jewelry! As seen in Oprah, Instyle, and Glamour Magazines. Silpada Designs Sterling Silver Jewelry uses only .925 Sterling Silver and a variety of stones and materials. Receive up to 30 percent of retail sales in free jewelry just for having a party with your friends. For more information, to place an individual order or to schedule your show, please e-mail or call Erica your Independent Representative at: 246-8855/080-6640-6536, mata.eb@gmail.com. Check out my website: www.mysilpada.com/e.mata.

Face Painting! PartyPaints face painting is perfect for birthday parties, school and office events. Availability is filling up fast, so call us today! Call PartyPaints 241-2907, e-mail: Artist@partypaints.com, www.partypaints.com.

Friendly female Japanese instructor offers authentic Japanese lesson and calligraphy at your house or Oppama class. Private lesson, ¥2,000. Group, ¥1,500/person. Call 080-5646-2952. Web camera lesson available. rosydreams@hotmail.co.jp.

Hair salon in YOKOHAMA hair expert for foreign Men and Women. Worked in London, NYC and Beverly Hills. U.S. certified. Master colorist. Foil Highlights and Low light. Specialize in thermal straightening and hair extensions. We also provide nail services. (045) 311-0139 ask for Yoshiko. info@afrodita.jp, www.afrodita.jp.

HEROKY'S Swedish Outcalls. A male therapist with deep pressure comes to your home! 9 a.m. to 4 p.m. ¥6,000/60 min. ¥8,000/90 min. To book: 070-6656-2626, herokee@gmail.com or www.heroky.com

LTO Run and Junking Services. New registration, Japanese

inspection, renewal, transfer address, deregistration, road tax and title transfers. Call Elvie at 090-4585-8329.

LTO Run. Car registrations, JCI inspections, registration renewals, title transfers, road tax, deregistration, new in Japan, need someone to help, call Derrick at 241-4415 or 090-3592-8809.

LTO runs and junking service. Car or paperwork. Japanese inspection, new registration, transfer registration, deregistration, change of address, road tax, temporary plates. Eight years experience. Call Fe, 241-4954 or 090-9317-8259.

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: reikorunlto@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.

LTO runs and junking service. Will drive your car/minicar to LTO for Japanese inspection, new registration, renewal, transfer registration, deregistration, change address, road tax, temporary plate. Six years experience. Please call Gemma, 241-2709 or 080-5022-8399.

LTO Runs and Junking Services. New registration, JCI, inspections, road tax, temporary plates, title transfers and other services. Please call Theresa, 241-3427, 080-3392-4384.

LTO Runs And Car Services. New registrations, Japanese inspections, registration renewals, title transfers, transfer address, and deregistration services. Call Cherry, 080-5046-0689, or e-mail: Harn_Che@yahoo.com.

LTO Runs and Admin Service. New registration, JCI inspection, title transfer, de-registration. For a quick LTO Run, call Gino, 080-5405-3788 or 241-3788.

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.

Need makeup artist on your special day? Experienced makeup and hair artist will work on location. For more detail, call 090-4167-0724 (if no answer, leave message), or e-mail: makeupybytakako@hotmail.com. Artist info: www.makeupybytakako.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.

PCS-ing? Moving to Washington State? (Bangor, Silverdale, Bremerton, Everett) I could help you find your dreamhome and investment. Please call Mae Dizon-Prudential, NW Real Estate. Mobile: 360-535-3721, home: 360-692-7586, e-mail: mae@pnwre.com. Web site: maed.pnwre.net.

PCS'ing and thinking about purchasing a home in today's Buyers Market? I educate home buyers about the "Home Buying Process" and will refer you to an experienced Realtor specializing in the area where you will be relocating. Save thousands of dollars on your new home purchase working with a realtor! FREE Service! Call Kim Ramos with Keller Williams Realty. Direct: 090-6503-9567, kramossells@kw.com, web site: www.2hdb.com/kramossells.

PIANO TUNING SERVICE – Spring Campaign 2008 (April-May). Upright Pianos ¥11,000 10,000; Grand Pianos ¥14,000 12,000. *The price may depend on the condition or type of piano. Please contact Edward Fukushima (Member of Japan Piano Technicians Association). (042) 473-4604 (Tel/Fax), 080-5441-1802, efukushima2@hotmail.com, efpiano442@ezweb.ne.jp.

Princess House Consultant. Interested in ordering Princess House products or hosting a show and earning free and discounted products? Call me today at 241-4177! Or visit: www.princesshouse.com/MMcginnis.

Princess House Party. Come and be entertained using our "Princess House Products." Every Saturday one o'clock. Call Helen, 241-4811, helenglen@yahoo.com. "SOFA sponsored personnel only." Best quality, elegant products. Catalogues available.

Want to learn Japanese? A qualified native Japanese teacher teaches Japanese to someone who is interested in learning Japanese. Please contact me at petitefille10@yahoo.com.

Positions

URGENT!! Facility Engineers (electricity). Requirements: 1. Have educational background on electricity and understand electrical theory. 2. More than three years on-the job experience. 3. Business level of English and Japanese (speak, write). 4. Proper valid work visa. Workplace: Otemachi, Tokyo. Pay: ¥400,000/month. Transportation cost paid (Max. ¥40,000). Paid vacation and holiday. Retirement age: 65 years old. E-mail your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Co., Ltd.

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 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.

Personals

WHY YOU NEED "STRAIGHT SCOOP ONLIFE OUTSIDE THE GATE"!!! Asking "the boys at the bar" about LIVING, WORKING & RETIRING IN JAPAN will only get you as many answers as there are bar stools. My 62 page "STRAIGHT SCOOP" is based on 27 years of FACTUAL RESEARCH on what the STRAIGHT SCOOP REALLY IS that covers the eight most important categories and updated annually. Send U.S. \$20 via cash, N.F.C.U. check or I.P.M.O. to J. V. Woodman USN/RET, 2-34 Shioiri-cho, Yokosuka 238-0042, Kanagawa-ken.

Announcements

Did you know there is a CHRISTIAN SCHOOL in Yokosuka? Christian Achievement Academy – where excellence is the standard! Offers the A Beka curriculum and small classes. Registration for 2008-2009 school year has begun for Pre-K - 6th grade. Positions available: Qualified Administrative Staff, Full-time/Substitute Teachers for all grades, and Monitors needed. Call (046) 825-5521 and/or send resume to: humanresource@caajapan.org.

Indian Ethnic Food in Yokosuka. Our dishes amount are good. Quality as perfect as Indian Hotel's Restaurant standard. We are 300 yards from Chuo Station. We pay ¥710 taxi money every 3/4 people coming to our restaurant. Please get receipt from taxi driver and enjoy real Indian ethnic dishes. Bayleaf Indian Restaurant. Tel. (046) 821-1922 and 090-3015-1749. Monday closed. Dinner starts from 6 p.m.

Mother's Day Spa – package Gift Certificate Sales. Facial, Waxing, Manicure Licensed from New York. G's Salon. Please call 241-2474 or 080-5677-6532.

Room for rent. Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$350/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.

TIF Miscellaneous International Party Shibuya, April 12, Sat., 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.

Waxing, Manicures, Facials 20% OFF!!, Grand Opening. G's Salon "strait from Manhattan" personalized service to bring out the beautiful you! Please call 241-2474 or 080-5677-6532 for appointment.

World Friends International Party Shinjuku, April 5, Sat, 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.

Asahi Advertising, Inc. is located next to CFAY Public Affairs in Bldg. 3154, Room 213, on Command Hill. Please stop by the office to place your advertisements!

Classified ads of 30 words or less can be purchased for either \$5 per issue, in cash, at Asahi Advertising, Inc. The fee is \$1 for every 10 additional words. These rates are for Department of Defense servicemembers, family members or civilian personnel only. Prices for all other ads must be separately negotiated with Asahi Advertising, Inc.

The deadline for classified ads is 4 p.m., Friday prior to publication date (one week in advance). Submitted classified ads will be published after payment has been confirmed.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

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

seahawk yokosuka@ys020407.americablejapan.com

The point of contact is Keiko or Tomomi, account executive. Regular business hours are Monday-Friday from 10 a.m. to 4 p.m.

Asahi Advertising, Inc.



Public Works Officer Cmdr. Tim Dewitt explains the progress of the Truman Bay excavation to Commander Naval Air Forces Vice Adm. Thomas Kilcline, Jr., during a tour of several CFAY Public Works construction sites including the harbor dredging project and the co-generation plant March 10. Kilcline visited CFAY as part of his Western Pacific tour of naval installations and sites throughout the Yokosuka, Atsugi, Iwakuni, Iwo Jima and Guam areas.

Photo by Yasuko Nakamura



CFAY Morale Welfare and Recreation (MWR) Sports Director Jessie Ecklund, acts as a spotter for Lt. Tony Azcona of Afloat Training Group, Western Pacific, during the bench press portion of the 2008 Captain's Cup Powerlifting Meet at the Fleet Recreation Center March 14.

Photo by Sean Dath



Lt. Cmdr. James Palma, a medical officer at U.S. Naval Hospital (USNH) Yokosuka is presented with a "Teacher of the Year" award by two Japanese interns March 24. USNH Yokosuka graduated five Japanese interns who spent the last year learning western medical practices at the hospital. USNH Yokosuka has sponsored the Japanese intern program since 1952.

U.S. Navy Photo by MC2(SW) Brock A. Taylor



(Left) Former Kinnick High School students Adrian Marsh, Christopher Woodie and Angele Devezin enlist in the U.S. Air Force during an enlistment ceremony at Afloat Training Group Western Pacific auditorium March 5.

Photo courtesy of ATGWP



(Left) CNFJ Fire Prevention Inspector Yuuko Hasegawa, CNFJ Regional Fire Chief Russell Tarver, Yokosuka North District Fire Chief Keiji Fujimoto and CNFJ Fire Prevention Chief George Salcedo hold up Yokosuka City Fire Department's *Machizukuri Taishou* award March 18. Fujimoto extended thanks to the CNFJ Fire Department for its contribution to the *bousai-kodomo daigaku*, kid's disaster prevention school, which teaches Japanese children fire safety and prevention. It is the first time Yokosuka has ever won this prestigious award.

Photo by Dan Bowen