

USS Kitty Hawk Sailor saves life of Japanese man

Story and photo by MC3 Olivia Giger,
Kitty Hawk Public Affairs

Ship's Serviceman Seaman Phillip Simmons of *USS Kitty Hawk* (CV 63) rescued a Japanese man from the train tracks of Yokosuka's Kenritsu Daigaku Station, at about 6:20 a.m. April 8.

Simmons said the Japanese man was having a seizure which caused him to lose his balance and fall onto the train tracks about four feet below the platform.

"I saw him start shaking, and start to lose his balance. Another Japanese man tried to catch him, but he fell over into the tracks, so I jumped down to him and tried to get him up," said Simmons.

Simmons said after he jumped down he heard the "song" for the next train start to play, and started to get worried. Musical notes and verbal announcements are used to announce arriving trains at Japanese stations.

"Four other people helped me by pulling him up to the platform, and then they helped me back up," said Simmons. "I could see the train coming and just kept thinking, 'Oh [no], I need to get back up.'"

Simmons said the train came about 10 seconds after he was pulled up to safety. At that point, the man was still seizing on the ground of the platform.

"I had a friend in junior high school who had seizures sometimes. Our teacher told us to put a pen in her mouth so that she couldn't bite or swallow her tongue," Simmons said. "So I took a pen out and put it in the man's mouth [to block] his teeth, checked his pulse and looked in his eyes to see if [his pupils] were dilated while the train

station [attendant] called an ambulance."

Operations Specialist 3rd Class Brian Dennis arrived at the station shortly before the ambulance arrived.

"I didn't know what was happening at first, 'cause I could tell the man was intoxicated," said Dennis. "Simmons was just trying to keep him calm."

Simmons said that when the man came out of the seizure, he tried to run away, and was fighting people who were trying to restrain him.

"I don't think he knew what had happened," said Simmons, whose actions caused his late arrival at work in the ship's S-3 Division.

Chief Ship's Serviceman Vernon Milligan said it took some convincing when Simmons arrived late to work that morning.

"He told me he had saved a Japanese national's life and I said, 'Yeah right, give me a better excuse,'" said Milligan.

Milligan said a couple of Sailors came and told him it was true, but it wasn't until a Japanese authority called the ship to confirm that he understood the scope of the events.

"If Simmons wasn't there that morning, that guy would be dead," Dennis said. "He's not the type of person to stand by and watch if someone needs help."

"It was just crazy; I definitely wasn't expecting to save a man's life when I woke up that morning," Simmons said.



SNSN Phillip Simmons cuts a Sailor's hair in *USS Kitty Hawk's* (CV 63) enlisted barber shop April 15. Simmons saved the life of a Japanese man at Kenritsu Daigaku Train Station by rescuing him from the tracks April 8.

CFAY, Zushi sign disaster preparedness, response agreement

Story and photo by MC2(AW) Chantel M. Clayton,
Fleet Public Affairs Det., Japan

A memorandum of understanding for disaster preparedness and disaster response operations between Commander Fleet Activities Yokosuka (CFAY) and the city of Zushi was signed during a formal ceremony at CFAY April 11.

Capt. Daniel L. Weed, CFAY commanding officer and Mayor Ryuichi Hirai of Zushi City, signed the memorandum, formally acknowledging that the base and Zushi would work together in the event of a natural disaster, such as a tsunami or earthquake.

According to Weed, this is the first time a memorandum between CFAY and Zushi has been signed. The memorandum is similar to the one put in place with CFAY and Yokosuka City last year.

"In March 2007 we signed a disaster memorandum, pledging support to the city of Yokosuka formally in the event of a natural disaster," said Weed. "It allows us to be able to walk through a variety of natural disaster scenarios and come up with some pretty concrete steps and actions prior to the event actually occurring. For example, we've discussed tsunamis, chemical spills, typhoons, minor earthquakes and actions that have to be taken to support that."

Weed said with this memorandum in place, the base and Zushi City can take steps to implement plans to help service members and their families living in Zushi, such as providing food, water and shelter, in the event of a disaster. This will be done through drills conducted between the base and the city.

"I can say, with some level of certainty, the more we coordinate and practice drills and exercises, the better served those communities would be in the event of a

disaster," said Weed.

Weed said although the memorandum is in place, other cities within the Kanto Plain would work together during a disaster.

"In times of crisis we would all work together," said Weed. "The secret to this event is being able to get together, become familiar with each other's processes for disaster maintenance, medical support, food, water, shelter, supplies and develop drills

and exercises to be able to test our policies and procedures. In the event of a natural disaster, we've worked through many of these issues already and can provide the swiftest, most effective support to the community as efficiently as possible."

Other agreements are in place and Weed hopes to have another signed with the city of Yokohama to support Sailors and their families living in that area.

"We haven't done anything yet with Yokohama, but that would be something we would want to pursue in the future," said Weed. "CNFJ [Commander U.S. Naval Forces Japan] signed a disaster memorandum in February 2008 with the governor of the Kanagawa prefecture, which mimics some of the same initiatives."

The memorandum will have a great effect on service members and their families living in the region, Weed said.

"In the event of a disaster such as a major typhoon or minor earthquake, people will be disconnected from food, water, supplies and communications,"

said Weed. "We have to identify where all Americans are living who are associated with Fleet Activities Yokosuka on the Kanto Plain and figure out how we are going to communicate with them to check on the status of what their needs are, and how we are going to provide food, water, shelter, medical supplies, transportation and security in the event of these natural disasters."



Commander, Fleet Activities Yokosuka, Capt. Daniel L. Weed and Zushi City Mayor Ryuichi Hirai, display the signed Memorandum of Understanding for Disaster Preparedness and Disaster Response Operations, during a signing ceremony at Fleet Activities Yokosuka (CFAY) April 11.



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



CMDCM Wayne E. Smith,
Command Master
Chief

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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 from now to May 23. Qualified candidates could receive up to \$350 for undergraduate studies and up to \$400 for graduate studies, per term. Contact NMCRS Yokosuka at 243-7905 or 243-4450 to make an appointment.

JN Dispensary – The Japanese dispensary will be temporarily relocated to a pre-engineered building fabricated behind the current dispensary building. Medical service is available at the PEB 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 million thanks to Dr. Walker of USNH Yokosuka for helping me get the resolution to my long-time ailment. She is a very professional, very nice and caring doctor. I would also like to thank Deborah Jean Gilles of USNH Yokosuka for her assistance and efficiency to make my trip to Tripler feasible.

Q: I am an international distributor for Nuskin/Pharmanex products. What is the procedure for setting up an information booth at Yokota and could you provide me a point of contact for Atsugi and Yokosuka?

A: Dear Valued Customer, Rusti Rausch is your point of contact for product that you would like to see in the Navy Exchange. In turn we will forward your requests to our buying team in Va. Beach. Please be ready to share your e-mail address and phone number. Ms. Rausch can be reached at 243-4438

Q: I was curious why my Americable bill increased an additional \$5 a month when there has been no noticeable increase in channels or service? They have added one cartoon network for Tier 2 but nothing for Tier 1.

A: Thank you for expressing your concerns over our upcoming rate increase; Americable does appreciate the feedback and sincerely values our customers' opinions. We don't make these decisions without a great deal of thought and analysis. In fact, our last cable television rate increase was nearly 3 years ago and since that time we have made numerous changes to improve our service. In June 2006, we determined that establishing a local 24/7 Tech Support Center in Yokosuka that could monitor the channels and quickly repair issues with the DVD recorded channels as well as walk customers through basic computer and connection problems would be a vast customer service improvement versus the stateside contractor that previously handled our support calls.

This upgrade coupled with normal salary increases resulted in our payroll going up over 25 percent since the last rate increase. Furthermore, even though the programmers have raised their rates to us every year, we have added new programming like Fox Japan, Fox Crime, & Boomerang in an effort to bring our subscribers even more of the stateside programming they have become so accustomed to receiving. This has resulted in our programming costs rising 17 percent since the last rate increase. We understand that our subscribers often expect the same number of channels for the same pricing they received in the states; however, this simply isn't possible.

Q: Is it possible at 4 p.m. each day to have two lanes at the Womble gate designated for traffic leaving the base? The center lane designated for traffic going directly to Route 16 and the left lane for people turning left. I use the Womble gate almost every day and end up waiting in a long line with many other vehicles wasting gas and time while someone up front sits at the exit of the far left lane waiting to go straight to Route 16 at the same time the other two lanes are being use very little for incoming traffic. This has been done many times before but the plan keeps changing.

A: We understand your concerns with time and gas. But it becomes a major traffic safety issue. We do not have the ability to control traffic when it goes outside the gate.

Q: I had heard once that the U.S. Naval Hospital (USNH) Yokosuka was going to start a drop in child care center in the hospital. Has there been any further decisions regarding this? I, as well as many others, think this is a fabulous idea. Not only would it create jobs, but it would also give parents an opportunity to see the doctor in emergent situations when there is no other available options. I do hope that this becomes a reality in the near future.

A: Great news! After some unavoidable delay, the Navy's Bureau of Medicine and Surgery approved the plan to establish a child waiting area onboard U.S. Naval Hospital (USNH) Yokosuka. While not actually a child care center, this will be an area where parents can leave children under qualified supervision while attending verified medical appointments. Our model is a similar capability to one that already exists at USNH Okinawa. Based on our current estimate of time required to prepare and staff the area, we anticipate that it will open during the summer months.

Q: I have a question concerning the civilian move to National Security Personnel System (NSPS) that pertains to pay grade requirements to get into certain establishments. For places that require a persons pay grade for patronage like the Officer's Club, checking visitors in on base, and the New Sanno Hotel (for the various room rates), how are they going to be able to tell the difference between a GS-5 and a GS-12 pay

grade once they become a NSPS pay grade?

A: The Grade level equivalency information under NSPS is not yet available. The Department of Defense is expected to provide the equivalency in the near future and as soon as that information is available, we will send out a general notice for publication. For now, the pre-conversion GS-grade will be used when required to get into certain establishments.

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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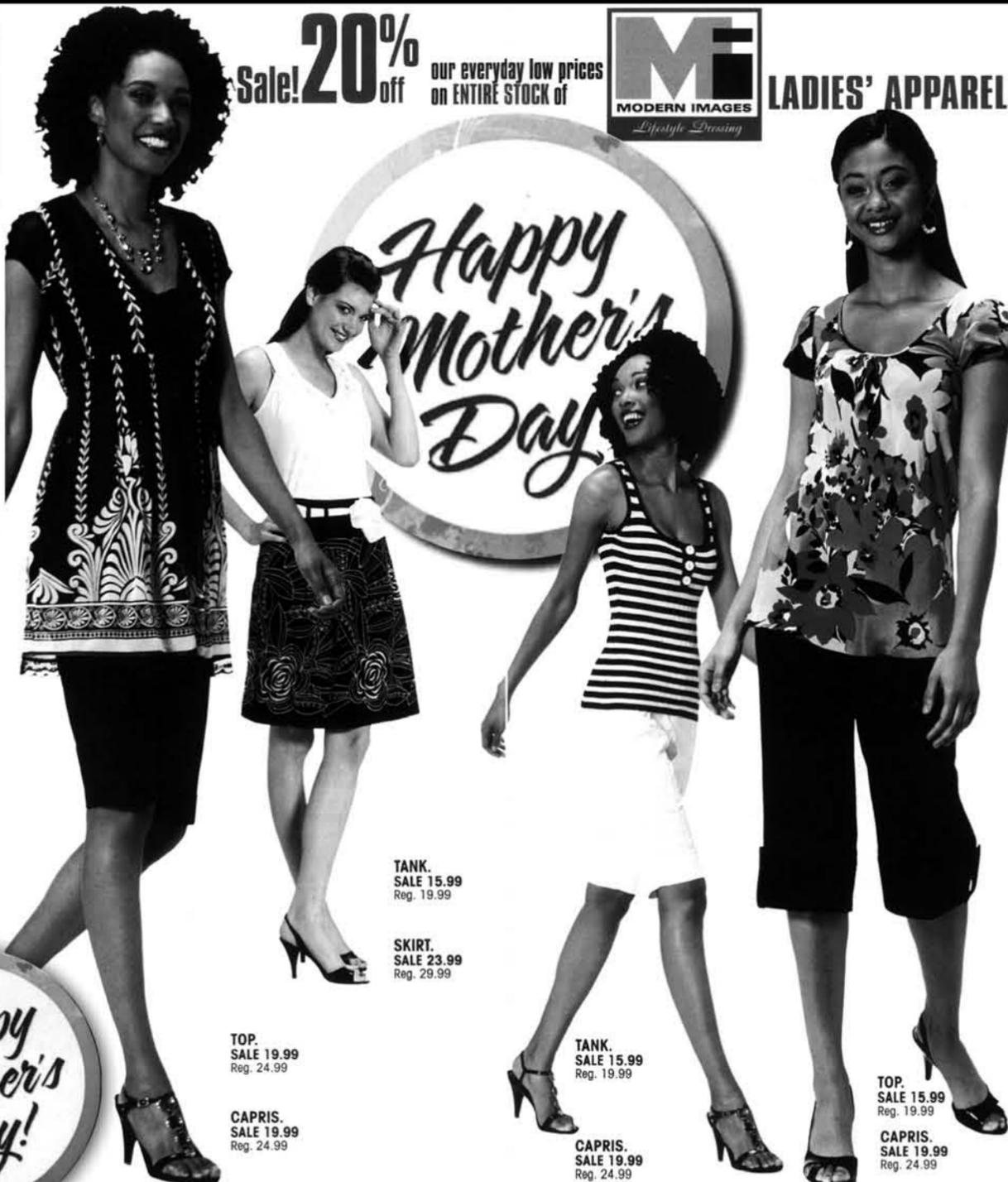
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Navy core competencies: *Stethem* flexes deck seamanship skills

By Ensign Annie George, *USS Stethem* Public Affairs

In today's Navy, advanced weapons systems and complex command and control architecture often take the spotlight. As guided missile destroyer *USS Stethem* (DDG 63) took to the sea March 18, her crew demonstrated the more traditional side of our Naval heritage – deck seamanship.

Since the manning of the first continental Navy ship, boatswain's mates have been the vanguards of seamanship. As part of its recent training cycle, *Stethem's* boatswain's mates and her "Steelworkers" showed off their well-honed skill sets.

In one week, *Stethem* conducted both day and night underway replenishments (UNREP), moored to a buoy, executed a Mediterranean-style mooring and towed another ship while finishing her Tailored Ship's Training Availability – Integrated Training Team (TSTA-ITT) and Final Evaluation Period (FEP).

The underway replenishment exercise took place soon after *Stethem* departed from Yokosuka, Japan, en route to Sasebo. There was a sense of excitement and a twinge of nervous energy for those Sailors participating for the first time.

"The day and night UNREPs were my first evolutions on the ship," said Boatswain's Mate Seaman Recruit Richard Jett. "Even though everything was busy, it was still exciting."

As *Stethem* entered Sasebo, a buoy mooring exercise presented another chance for the Steelworkers to excel. Mooring to a buoy is a very complex evolution; choreographing precise ship handling and seamanship expertise are the linchpins to a successful evolution.

As *Stethem* approached the buoy, the officer of the deck and conning officer took station on the foc'sle and maintained the ship's position until the anchor was firmly attached to the buoy and the ship was moored.

"I learned more about ship handling, environmental and engine and rudder responsiveness while mooring to the buoy than I have during any other evolution," Ensign Matthew Guyton said. "I was surprised at how much fine-tuning it took to keep the ship in position."

After leaving Sasebo, *Stethem* prepared to tow a commercial tug. With many junior deck division personnel standing under instruction watches for the first time, *Stethem* began the evolution in earnest. After towing the tug for just short of an hour and completing several turns, the exercise was successfully completed and *Stethem* began hauling in her lines.

"I learned a lot about how the bridge, the line-handlers and the towed vessel work together to make the towing go smoothly," said Boatswain's Mate Seaman Joshua Cuevas, a towing rigger (under instruction) for the towing evolution. "If the ship goes too fast or too slow as we pay out the towing hawser (line), then the catenary can become too taut and unsafe."

In preparation for an upcoming port visit, *Stethem* executed a "Med-Moor" upon return to Yokosuka.

"We have only a few people onboard who have done this kind of mooring evolution, so it really was a learning experience for everyone," said Lt. j.g. Andrew Brown, *Stethem's* first lieutenant. "The bridge, the flight deck, the line-handlers – all of them were well-briefed on their responsibilities."

The deck seamanship events were conducted as part of the training cycle to ensure that *Stethem* could safely and satisfactorily conduct UNREPs, towing exercises and mooring evolutions.

"We have a lot of junior Sailors in deck division and they will be the petty officers-in-charge the next time *Stethem* does these evolutions," said Boatswain's Mate 3rd Class Timothy Noon. "It was definitely a good opportunity to show all the deck Seamen that the job of a boatswain's mate is really important – we make sure that the ship can take on stores, moor to piers, operate small boats and assist other ships by towing."

"A lot of people say that the way boatswain's mates train their peers and subordinates is a bit rough, but the fast pace and pressure is necessary," said Boatswain's Mate 3rd Class Riley Nunley. "Boatswain's mates have to be able to work well under pressure and to work quickly – it's a matter of life and death for everyone involved in the evolution."

Stethem's Commanding Officer Cmdr. Paul J. Lyons, could not be more proud of the Steelworkers' performance during each evolution.

"Each evolution we did, in its own right, required meticulous planning, expert seamanship, and symmetry between all controlling stations," Lyons remarked. "These evolutions are bedrock core competencies and hallmarks of our business. The training



Flight Deck line handlers tend mooring lines as the guided missile destroyer *USS Stethem* (DDG 63) conducts a Mediterranean mooring evolution in Yokosuka. The mooring was a practice run allowing Sailors to become familiar with the evolution and required procedures.

U.S. Navy photo by ISC Marc de St. Aubin

was invaluable to polishing skill sets that potentially atrophied since deployment and in training new team members to execute."

USS Stethem (DDG 63) is named in honor of Steelworker 2nd Class Robert Stethem, killed by terrorists who hijacked TWA Flight 847 in 1985. Stethem was posthumously awarded the Bronze Star for the heroism he displayed that day.

Navy College office FAQ's

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Why is it a requirement for me to get an education plan? What good is it going to do me if I know what degree I want and what classes I need to take by looking at the schools catalog?

Dear Sailor,

An education plan is a written plan developed by the school that incorporates all applicable Navy credits and other credits earned at different accredited institutions toward a degree program of the Sailor's choice. The education plan will specify the goals that the Sailor must obtain to achieve the degree goal requested. Keep in mind that a degree plan is required in order to use Tuition Assistance (TA).

According to NAVADMIN 042/08, Sailors are still required to take courses consistent with an approved education plan and complete courses while on active duty. The Navy College Office is responsible for making ensuring Sailors have an education plan approved by the academic institution before TA authorized for more than five courses.

It's vital for you to have an Education plan created by the degree granting institution so you can "lock" in on the current degree requirement. If the requirements change and you don't have an education plan, you will be obligated to meet the current degree requirements.

You may contact the Institution directly and ask for an unofficial evaluation. Most schools do not charge for an unofficial evaluation, but some schools may have a minimum requirement of at least six hours of attendance before they will evaluate your credits. For additional information or points of contact for various institutions, please contact the Navy College Office at 243-8131 or e-mail to: jones.jamilah@cfay.navy.mil.

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5	6	7
Macaroni & Cheese w/Bacon Topping Garlic Roll Green Beans Chilled Fruit Cold Milk	Corn Dog Parmesan Noodles Peas and Carrots Chilled Fruit Cold Milk	Cheeseburger Lettuce and Tomato Chilled Peaches Cookie Cold Milk
12	13	14
Pork Eggroll w/ Sweet & Sour Sauce Rice Mixed Vegetables Chilled Fruit Cold Milk	Turkey Slices Mashed Potato w/ Gravy Peas and Carrots Fresh Fruit Cold Milk	Pork Nuggets w/ BBQ Sauce Potato Wedges Chilled Fruit Cold Milk
19	20	21
Spaghetti w/ Meat Sauce Garlic Roll Green Peas Chilled Fruit Cold Milk	Chicken Nuggets w/ BBQ Sauce Baked Beans Fresh Fruit Cold Milk	Teriyaki Chicken Rice Broccoli Chilled Fruit Cold Milk
26	27	28
HOLIDAY	Corn Dog Hash Brown Chilled Fruit Cold Milk	Baked Meatballs w/ Gravy Rice Mixed Vegetables Chilled Fruit Cold Milk
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Sailors host COMREL event with Sunko-Gakuen children's home

By MC2 Charles Newcomer,
USS Blue Ridge Public Affairs

USS Blue Ridge (LCC 19) and embarked 7th Fleet Staff Sailors shared a favorite American pastime with the children living at the Sunko-Gakuen Orphanage by throwing them a pizza party April 11.

The event began at noon with a ¥148,000 donation (equivalent to about \$1,500 U.S.) to the orphanage presented by Blue Ridge Commanding Officer Capt. David A. Lausman, who emphasized the close personal ties the Sailors of the 7th Fleet flagship have with the local community and with the Sunko-Gakuen orphanage in particular.

"We enjoy being part of the wonderful community here in Yokosuka," said Lausman. "I know that each and everyone of the Sailors here today consider this our home away from home and that we have a responsibility to be good neighbors and friends to the people of Yokosuka."

After the presentation of the check, the children and Sailors enjoyed the American style pizza and specially decorated cake delivered from Yokosuka Naval Base and then quickly went on to playing with the new donated toys and sports equipment on the orphanage's playground.

The scene resembled school yard playgrounds found all over the world except for the fact that many of the participants in the games were wearing dress blue uniforms.

Observing the spectacle one couldn't help but be

touched by the fact that despite a language barrier the kids and Sailors alike were having a genuinely great time in the sunny spring afternoon.

Local neighbors even stepped out on their porches and balconies to investigate the joyous commotion, watching and waving to the Sailors as they played with the children.

"The children know many of these Sailors here today not only because we have been here before as a command but also on account of the fact that some of our Sailors have spent free time here on their own helping with cleaning and repairs," said Blue Ridge Chaplain Lt. j.g. Steven Benefield. "In fact when we announced that Blue Ridge would be doing a community relations project in conjunction with the Chapel of Hope on base the sign up sheet was filled within a matter of minutes."

As the event came to a close and the kids waved good bye to the bus taking the Blue Ridge and 7th Fleet Sailors back to the flagship, many of those on board wished out loud that they could spend as much time as possible with the children and planned to participate in future community relations projects.

"Giving back to this community just seems like the right thing to do," said Storekeeper 3rd Class (SW) Jay Sigler. "I've spent a lot of time in Japan, learned the language, met lots of local friends and encourage new Sailors in the Yokosuka area to do the same. Community relations projects are a great way to get your feet wet if you are new here."



QMSN Mary Fornoff plays with children from the Sunko-Gakuen children's home during a community relations event April 11. USS Blue Ridge in conjunction with CFAY Chapel of Hope held the event that included a pizza party and time spent playing with newly donated toys and sports equipment.

U.S. Navy photo by MCSN Heidi McCormick

Afloat Training Group earns three CNO Flagship awards

By Afloat Training Group Public Affairs

In 2007, Afloat Training Group Western Pacific (ATGWP) participated in numerous activities in and around Commander Fleet Activities Yokosuka (CFAY), and within the local Japanese community. This year the Office of the Chief of Naval Operations (CNO) formally recognized ATGWP's contributions and achievements with three CNO Flagship Awards; the Personal Excellence Partnership Flagship Award, Health, Safety and Fitness Flagship Award and was runner-up for the Project Good Neighbor Flagship Award.

The CNO Personal Excellence Partnership Flagship Award is presented to the command with the best educational partnership program between a Navy command and school or youth service organization. For the past two years, Senior Chief Sonar Technician (Surface) Daniel Carmody has been a beloved character as the hero Gulliver, from Jonathan Swift's "Gulliver's Travels." Standing 6 feet, 7 inches, Carmody's towering stature and convincing portrayal of Gulliver has made him so popular with Japanese audiences that event promoters eagerly request his appearance every year. Fire Control Technician 1st Class John Arch coordinated with Cadence International, a ministry service developed by a group of military veterans, in raising \$17,000 towards refurbishing a worship house in the Ukraine. Arch also chaperoned 30 students from CFAY's Kinnick High School during a week-long retreat in Okinawa.

The CNO Health, Safety and Fitness Flagship Award is presented to the command with the best project that teaches and encourages individuals to lead healthy and active lives. Senior Chief Operations Specialist Andre Colomas co-developed last year's "None for the Road" campaign, a base-wide effort that ran from May 2007 through September 2007 to educate Sailors and their families on the effects and dangers of drinking and driving. ATGWP's commitment towards health and fitness promotion was best exemplified in the results of the 2007 Captain's Cup sports competition, in which they earned championship trophies in both the Men's and Co-Rec Divisions, and a 2nd place finish in the Women's Division.

The CNO Project Good Neighbor Flagship Award is presented to the command with the best year-round program or special project to provide humanitarian assistance to those less fortunate in the community. ATGWP Sailors have supported children of



(Left) SHC Romeo Mandal, ATGWP Command Master Chief OSCM Daniel E. Neal, STGCS Woodie L. Myers, ATGWP Commanding Officer Capt. Carl A. Carpenter and HMCS Donald A. Pangalangan display the three Chief of Naval Operations Flagship awards ATGWP was recently awarded.

U.S. Navy photo by Lt. Raymundo A. Gonzalez

the Shiroyama Children's Home for more than 40 years. In addition, they have volunteered more than 1,000 man-hours constructing a new playground complex complete with a sandbox, wading pool and swing set. They fostered an exchange of professional development with the Japanese sailors of the Japan Maritime Self-Defense 2nd Maritime Service School. Rand Lee of the training support department and ATGWP Sailors taught English to Japanese sailors using publications such as the Bluejacket's Manual and Naval Officer's Guide.

ATGWP Sailors understand the tremendous professional demands placed on them during their shore-duty assignment, but still volunteer to make time to enrich the community outside the building. Clearly, the Sailors at ATGWP go above and beyond their mantra of "Train Your Relief" while giving back to the local community.

名所物見の旅 其の参拾四 江戸前鯔 ミシュランの選んだ江戸前食文化

文：河辺雄二、CFAY広報課

昨年暮れのことになるが、フランスのタイヤメーカーによるホテル・レストランガイドの東京版が出て話題を呼んでいたことは記憶に新しい。私はグルメではないが日本の生んだ食文化を愛してやまない一人として、そのミシュランとやらがフランス料理やイタリア料理ならいざ知らず、日本の料理、中でもてんぷらや鯔をどのように評価するのか大いに興味があった。と言っても高級レストランなど縁遠い私にはグルメガイドなど利用する予定もなく、結局この「ミシュラン東京版」なる本を買わなかったが、ネット検索で結果を見てみると、てんぷらに関しては最高評価である三ツ星はおろか二ツ星の付いた店もなく、一ツ星に五軒のてんぷら屋が選出されただけだった。三ツ星や二ツ星にてんぷら屋が選ばれなかったのは、ミシュランの基準が分からないのでなんとも言えないが、一ツ星に選ばれた店に共通することは、素材の質や技術、サービスはもちろんのこと、店内は清潔で洗練されたセンスの良い店ばかり。その半面、最高クラスのてんぷらを供すると思えるが、昼夜それぞれ一〜二組しか客を取らない店とか、店構えや内装が昔ながらの下町風の店は入っていない。ミシュラン騒ぎ以降選出された店は非常に予約が取りにくくなったようで、常連にとっては迷惑千万な話だとも言える。

今回の本題である鯔については、驚いたことに輝ける三ツ星に選ばれた全八軒のうち、鯔屋が二軒も入っていた。そしてその三ツ星の鯔店「すきやばし次郎」と「鯔 水谷」の両主人は師弟関係にあるので、鯔に関してのミシュラン側の基準が垣間見えてくる。共通するのは伝統的な仕込みや握りの技術は勿論のこと、保冷技術の進歩に合わせて新しい鯔の研究を怠らない姿勢。それはただ目新しいものの追求ではけっしてなく、味にうるさい親方自身が握り鯔として本当においしいと納得しなければ、絶対客に出さないというポリシーがある。現在鯔職人を代表する名人、「すきやばし次郎」の小野二郎さんは京橋の名店「与志乃」出身。小野さんの弟子水谷八郎さんは「与志乃」と「すきやばし次郎」で修行して、暖簾分けの「よこはま次郎」を営業したあと銀座に戻り「鯔 水谷」を開店した。思えば1980年代の「すきやばし次郎」では水谷さんが中心になって握っていたので、その頃からの水谷さんの握る鯔のファンも多いのではないだろうか。

ミシュランは三ツ星から一ツ星まで15軒の鯔屋を選んでいて、それだけ日本の鯔を評価していると見てよいだろう。そしてさすがフランスの本だなと感心させられたのは、手間のかかる丁寧で伝統的な仕事を踏まえた上に、斬新な鯔の探求を怠らない鯔屋を多く選んでいることである。ミシュランはこれからの一流鯔店のあり方を提示しているようにも感じられる。いずれにせよ選ばれたのは高級感溢れる店ばかりで、気軽に立ち寄って鯔をつまめるような鯔屋はなく、ちょっと気合を入れなければ近づきたい。



当分の間ミシュランガイドを片手に鯔をつまむ客が、鯔屋のカウンターを席卷してしまうのだろうか。

イラスト：平野智美

江戸前鯔の真髄とは

握り鯔の江戸前とは江戸風の技術やスタイルという意味であり、東京湾（の魚）を指すという解釈は、鯔の場合は二義的な意味であろう。そして日本全国にある握り鯔の店はみな江戸前を名乗っている。

日本の鯔屋にはネタが木箱に入っているような高級店からどこの町にもある横丁の出前鯔、水槽に仰々しく魚を泳がせて新鮮さを前面に押し出した大衆店、家族連れが気軽に入れる回転寿司、持ち帰りやスーパーのバック詰めに至るまで、それぞれの需要に応じて存在しているが、全国を席卷しているのは酢飯の上に刺身が乗っているだけといった代物であり、江戸前の真髄といえる技を施したような鯔は、東京でも今はもうほんの一部になってきている。手間がかかる伝統的な仕事を伴う鯔は当然安くはないが、だからといって値段の高いところがよい鯔を出すとは限らないので、鯔屋選びは難しい。

超高級店はさておき、私のような庶民が通える値段

で、江戸前鯔愛好家らが満足できる鯔屋の見分け方のポイントを挙げると、まず握りの姿が美しいこと。不思議なもので、というか当たり前かもしれないが、握り鯔の流線形の姿を見ただけで腕の良い職人かどうか分かるものである。

次は漬け込みや煮物の仕事。ハマグリ、シャコ、アナゴ、煮イカなどの伝統的な鯔ネタが充実していることが重要。

サヨリやコハダ、サバなどの塩と酢のメ加減が絶妙で、酢飯にとても合うこと。

マグロは夏以外はなるべくシビ（黒鯔）を使い、赤身の質が素晴らしくて生なら爽やかな香りと甘み、ツケの握りならコクが楽しめること。

カスゴ、カツオ、蒸しアワビ、スミイカやアオリイカ、フッコ、マコガレイ、サバ、突きん棒といった季節ものが充実している。

ヒラメなどの白身は昆布で巻いて一晩寝かせたり、赤貝は握る前に甘酢にくぐらせ、キスやサヨリなどには海老で作った自家製のおぼろをわさびと共にはさんで供するなど、手間がかかっていること。

アナゴなどに塗る煮ツメが艶やかに光ってトロリとしていること。煮ツメを見れば店の格が分かるというもの。

わさびはそのつど摺りおろしてネタにはさむ。天然本わさびでなければ絶妙な香りと味が出ないし、本わさびには殺菌効果もある。

シャリが人肌ぐらいに暖かいこと。冷めた酢飯でおいしい握り鯔はありえない。

巻物で職人の実力がわかるというのが、平均した力で巻かれたおいしい巻き物にはなかなか出会えるものではない。

玉子焼きは海老のすり身の入ったカステラのような厚焼き、もしくは薄焼きで、河岸で買って来た出し巻き玉子などは論外。

握った鯔に職人が煮きり醤油を刷毛で塗って出し、醤油皿で醤油をつける必要がないこと。煮きりは一般の鯔屋と江戸前伝統店との一番大きな違いであり、極めつきのポイントといえる。

てんぷらや鯔のような江戸前食文化を象徴する食べ物は、優れた職人たちが東京に集中しているので、なかなか東京以外で名店を見つけることが難しい。日本各地に行くと、魚自慢だけが取り得の店が多いのが残念でならない。刺身で食べて美味しい魚でも鯔にしたならその限りではなく、いろいろ創意工夫して酢飯と合うようにおいしさを引き出すのが鯔職人の仕事である。

（続く）

今回は鯔屋で一番厄介な不明朗な料金のカラクリと伝説の名人。

Typhoon season means being prepared, informed, ready

By Naoko Izumi Bibb, Seahawk Contributor

Editor note: This article previously appeared in the April 25, 2007 edition.

In Japan, the typhoon season runs from May to November, with the peak storm season for the local area occurring in September and October.

In a typical year, the Yokosuka area could be threatened by 8 to 10 typhoons, though not all those storms pass over the immediate area and they vary in strength. Service members and families are advised to be prepared for potential weather emergencies.

To fully prepare, create one or more emergency kits that include enough supplies for at least three days, according to Commander Navy Installations Command (CNIC). There are six basic items that should be included: water, food, first aid supplies, clothing and bedding, tools and items for medical conditions. Have one gallon of water per person, per day and non-perishable food.

Local maps, a family emergency plan and an all-hazards weather radio enable residents to respond to an emergency more quickly. Other essentials are dust masks, personal sanitation supplies such as moist towelettes, garbage bags and plastic ties, according to the CNIC Web site.

After reviewing the checklists, keep the items in an easy-to carry container and place them in an area where they are easily accessible in the event of an emergency, according to the American Red Cross. Possible containers include a large, covered trash container, a camping backpack or a duffle bag. Make sure every member of the family knows where the kit is. It is important to regularly evaluate the kit and its relevance to the threats in the area. Throw away and replace any expired or damaged medications, food or water.

There are four TCCOR levels and five other advisories. The highest level is TCCOR I with a threat of destructive winds of 50 knots or greater within 12 hours. TCCOR I advises residents to move fragile items away from all windows or cover them with plastic and tape windows. TCCOR II warns of destructive winds of 50 knots or greater within 24 hours. TCCOR III anticipates the same destructive winds within 48 hours, and TCCOR IV predicts destructive winds within 72 hours. Once TCCOR IV is declared, each command is responsible for completing a checklist to ensure that all relevant personnel are notified. TCCOR All Clear indicates that a threat of severe weather is over.

Tropical cyclones are more commonly called typhoons in the Pacific Ocean. Local weather information can be found via the Commander Fleet Activities Web site at www.cfay.navy.mil, or by tuning in the base informational channel 12. Additionally, updates can be found at <https://metocph.nmci.navy.mil/jtwc.php>. Updates can be obtained every six hours at this Web site for all typhoons in the Pacific and the Indian Ocean.

 Cut and save

Typhoon Condition Information

TCCOR Storm watch - Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil for updates.

TCCOR IV - Essential personnel should be notified. Residents should obtain emergency supplies. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

TCCOR III - Residents are advised to secure outdoor loose items. Fill vehicles and gas grill tanks. Ensure emergency kits are ready. Move items away from windows and ensure sufficient money and important documents are easily accessible. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

TCCOR II - Secure outdoor items and all windows. Alert your commands' essential personnel. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

TCCOR I - Residents should move fragile items away from all windows or cover them with plastic. Tape all windows. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

TCCOR I Caution - Non-essential personnel should remain indoors. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

TCCOR I Emergency - All personnel must stay indoors and away from windows. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

TCCOR Recovery - Stay indoors while damage assessment and cleanup is accomplished. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

TCCOR All clear - Threat of severe weather is over. Stay tuned to channel 12, Eagle 810 AM radio and www.cfay.navy.mil.

Preparedness tip: Build & maintain an emergency kit

http://www.cnic.navy.mil/cnic_hq_site/OpPrepare/EPRRKit/EmergencyKits/index.htm

More sources of information:

Naval Oceanography ASW Center Yokosuka: 243-5595/046-816-5595

Joint Typhoon Warning Center: <https://metocph.nmci.navy.mil/jtwc.php>

Cut and save 

Image by CFAY Public Affairs

Also, the city of Yokosuka offers a disaster information e-mail service to deliver updated emergency weather information, such as storm and flood warning. The information can be sent directly to a personal computer or mobile phone. The service is available in English and

Japanese kanji and hiragana/katakana. To register and read the terms of use for the service, e-mail di-yokosuka-t@ktaiwork.jp for English instructions; bousai-yokosuka01-t@ktaiwork.jp for kanji; and bousai-yokosuka02-t@ktaiwork.jp for hiragana/katakana.

Parenting skills: discipline versus punishment

By Robyn L. Wilson, Fleet and Family Support Center

Learning how to effectively discipline your child is an important skill that all parents need to learn. Discipline is not the same as punishment. Discipline has to do more with teaching. Teaching your child right from wrong, how to respect the rights of others, which behaviors are acceptable and which are not. The goal of discipline is to help develop a child who feels secure, loved, and self-confident, and knows how to control his or her impulses. Physical abuse can occur when a parent attempts to "discipline" or "punish" their child for behavior they feel is unacceptable. Many people use the terms discipline and punishment interchangeably, but there is a difference.

Punishment is a "penalty" for misbehavior. Punishment, for example, can be physical, such as in spanking; or it can be psychological, as in expressing verbal disapproval. Discipline, on the other hand, is a tool that can help children learn self-control and take responsibility for their own behavior. Here are some alternatives to spanking:

- Be a positive role model. Most children learn behaviors by observing their parents' actions. Parents must model the ways in which they want their children to behave. If a parent often yells, screams or hits, the child is likely to do the same.
- Set rules and consequences. Make rules that are reasonable, fair, realistic and appropriate to a child's level of development. Explain the rules to children along with the consequences of not following them. It is important that these consequences are related to the actual misbehavior, so children can learn from them. If children are old enough, they can be included in establishing both the rules and consequences of breaking them. This can help build self-esteem and cooperation skills, and reduce children's feelings of resentment or anger.

- Be consistent in your methods of disciplining your child. This applies to all caregivers. It is normal for children to test their limits, and if you are inconsistent in what these limits are, you will be encouraging more misbehavior.

- Avoid physical punishment. Spanking has never been shown to be more effective than other forms of punishment. It makes your child more aggressive and angry.

- Avoid too much criticism. Make sure your child understands that it is the misbehavior that you are unhappy with and that you will always love him.

- Encourage and reward good behavior. Give your child verbal praise when they are behaving appropriately. In addition to giving verbal praise, occasionally reward children with tangible objects, privileges or increase responsibility - as long as such rewards are within reason.

- Give "time outs." Time outs involve removing children from a situation following a negative behavior. This can help children calm down, establish control, end the inappropriate behavior and reenter the situation in a positive way. Make sure to explain what the inappropriate behavior is and why the time out is needed. Tell children when the time out will begin and how long it will last, and have them sit facing a wall away from distractions. Set an appropriate length for the time out based on age and level of development, usually just for a few minutes. (Dinkmeyer Sr, Mckay, and Dinkmeyer Jr. 1996).

Inappropriate behavior always will have consequences of one kind or another. The parents' role is to help the child make the right decisions so consequences are not necessary. If consequence is necessary it should be appropriate, fair, never excessive and always fit the behavior to which it is responding. The goal is to increase discipline, which will decrease punishment. The Fleet and Family Support Center (FFSC) offers a parenting workshop called Elements of Successful Parenting. For more information and to sign up for the workshop, contact FFSC at 243-3372.

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • April 25, 2008

YOUTH SUMMER Camps

REGISTRATION

Saturday, May 3 from 0800 to 1200 only at Purdy Gym.

Camp Adventure

1st Week Monday thru Friday, June 16 - 20
Last Week Monday thru Friday, August 18 - 22

Yokosuka Camp A	(Entering 1st Grade - Entering 2nd Grade)
Yokosuka Camp B	(Entering 3rd Grade - Entering 4th Grade)
Yokosuka Camp C	(Entering 5th Grade - Entering 6th Grade)
Ikego	(Entering 1st Grade - Entering 3rd Grade)
Negishi	(Entering 1st Grade - Entering 6th Grade)

All families wishing to register their children for Camp Adventure Day Camp must bring in their latest LES Statement(s) before May 5th (Summer Camp Registration Day) to one of the three SAC location so that they can determine your Weekly Summer Camp Fee.

School Age Care Summer Camp Fees are calculated by determining Total Family Income. Fees are in accordance with Department of Defense Guidance.

Summer Program Fees:

	Total Family Income	1st Child	2nd Child
Category I	\$28,000 and below	\$45	\$36
Category II	\$28,001 - \$34,000	\$53	\$42
Category III	\$34,001 - \$44,000	\$65	\$52
Category IV	\$44,001 - \$55,000	\$77	\$60
Category V	\$55,001 - \$69,999	\$93	\$75
Category VI	\$70,000 and up	\$108	\$86

Parents that do not bring in their current LES statements before May 5 will automatically be calculated at the Category VI level and will pay \$108 per week.

Teen Center Camps

#1	Tuesday- Friday, July 1 - 4 (7th - 12th Grade)	Digital Arts Camp - \$50
#2	Tuesday- Friday, July 29 - August 1 (4 - 12 Grade)	Skate Camp - \$50

Important Registration Information

Lee Leach Camp Adventure Summer Camp
Isaiah Mincks Youth Sports Camp
Geoff Rhinehart Youth Outdoor Adventure Camp

*Child must have completed kindergarten during 2005/2006 school year or be entering 5th grade in 2006/2007 school year.

Outdoor Camps Adventure

Open Recreation (K-3rd grade)

#1 Tuesday - Friday, June 17 - 20 Introduction to Outdoor Adventure \$75

Pre-Teens (4th-6th grade)*

#2	Tuesday - Friday, June 24 - 27	X-Sports Camp	\$75
#3	Tuesday - Friday, July 8 - 11	Water Sports Camp	\$75
#4	Tuesday - Friday, July 15 - 18	Water Sports Camp	\$75
#5	Tuesday - Friday, July 22 - 25	Water Sports Camp	\$75
#6	Tuesday - Friday, August 5 - 8	X-Sports Camp	\$75
#7	Tuesday - Friday, August 12 - 15	Water Sports Camp	\$75

Teens (7th-12th grade)*

#8	Tuesday - Friday, June 24 - 27	Mountain Camp	\$200
#9	Tuesday - Friday, July 1 - 4	X-Sports Camp	\$75
#10	Tuesday - Friday, July 8 - 11	Surf Camp	\$200
#11	Tuesday - Friday, July 15 - 18	Mountain Camp	\$200
#12	Tuesday - Friday, July 22 - 25	Surf Camp	\$200
#13	Tuesday - Friday, July 29 - August 1	Water Sports Camp	\$75
#14	Tuesday - Friday, August 5 - 8	Mountain Camp	\$75
#15	Tuesday - Friday, August 12 - 15	X-Sports Camp	\$75

*Note - Each child is limited to one session of its kind. For example, if your teen (grades 7th-12th) wants to sign up for Water Sports Camps he/she can only sign up for one session of Water Sports Camps. This does not limit them from signing up for multiple sessions of different camps.

Youth Sports Camps

Youth Sports Camps participants must be between the ages of 7 to 15.

#1	June 16 - 20	Basketball	75 Spaces	\$65
#2	June 23 - 27	Flag Football	75 Spaces	\$65
#3a	July 1 - 3	Cheerleading	40 Spaces	\$40
#3b	July 1 - 3	Tennis	40 Spaces	\$40
#4	July 7 - 11	Baseball	75 Spaces	\$65
#5	July 14 - 18	Soccer	75 Spaces	\$65
#6	July 21 - 25	Dodgeball/ Floor Hockey	75 Spaces	\$65
#7	July 28 - Aug. 1	Volleyball	75 Spaces	\$65
#8	Aug. 4 - 8	Minor Sports and Fitness Camp	75 Spaces	\$65



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www.armedforcesentertainment.com



Negishi Community Adult Prom Night

Saturday, June 7

The night will include dinner, music and dancing. You may nominate your favorite couple or yourselves to be chosen as the Cactus King and Queen of the Senior Prom. Registrations will take place at the event. One lucky couple will be chosen from the entries to reign over the prom and will receive the Grand Prize Package. Three other couples will also be drawn from the entries to receive prize packages. Entries will be drawn at random and winners must be present at the time of the drawing to claim their prize package. For more information, please call Negishi Community Activities at 241-4120.

WIRELESS INTERNET

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



MWR Youth Activities Department

Registration form must be completed before registering on Saturday, May 3.

SPONSOR INFORMATION

Last Name First Name Email Address

PSC Mailing Address T-Shirt Size Phone Number

Camp Adventure Day Camps Lee Leach: DSN 241-2948 leach.lee@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Location	Please Circle All Week(s) Attending	Cost Per	Total
			YA YB YC	1 2 3 4 5 6 7 8 9 10		
			YD	1 2 3 4 5 6 7 8 9 10		
			YE	1 2 3 4 5 6 7 8 9 10		

Sports Camps Isaiah Mincks: DSN 241-2950 mincks.isaiah@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Please Circle All Week(s) Attending	Cost Per	Total
			1 2 3 _a 4 5 6 7 8		
			1 2 3 _b 4 5 6 7 8		
			1 2 3 _a 4 5 6 7 8		

Outdoor Adventure Camps Geoff Rhinehart: DSN 241-4100 rhinehart.geoff@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Please Circle All Week(s) Attending	Cost Per	Total
			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15		
			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15		
			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15		

Teen Center Camps Geoff Rhinehart: DSN 241-4100 rhinehart.geoff@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Please Circle All Week(s) Attending	Cost Per	Total
			1 2		
			1 2		
			1 2		

20% sibling discount will only be applied to Camp Adventure Day Camps. Example: If two children in the same family attend either OAC or YS, no discount will be given. However, if 1 child attends YS and the other attends Camp Adventure, the Camp Adventure fee will be discounted 20%.

IMPORTANT Full payment due at time of registration. Grand Total



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 Yunessun Hot Spring Tickets

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

Discount Hakkeijima Sea Paradise Tickets

Discount tickets for 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.

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/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 May 3 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.

Deep Sea Fishing at Nagai, Miura Peninsula, Kanagawa Prefecture

Like deep sea fishing? Then join Outdoor Recreation on May 4 as we head out for a day of fun in the sun catching either Shimagatsuo (Japanese flounder) or Saba (mackerel). The cost is \$120 per person and includes transportation, tackle, bait and an experienced sea captain.

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.

Whitewater Rafting and Canyoning at Minakami, Gunma Prefecture

Join Outdoor Recreation on May 11 for a whitewater rafting trip with a twist...we're going canyoning, too! Melted snow raises the water level to produce world-class rapids, making spring the best season for rafting in the Minakami region. The river has consistent grade four rapids for over 12km of rafting bliss! Afterwards, enjoy canyoning, navigating your way down steep canyons by abseiling, jumping waterfalls and swimming in clear pools. The cost is \$160 per person and includes whitewater rafting, canyoning and BBQ lunch.

Beginner's Surfing Class at Shonan Area, Kanagawa Prefecture

This class on May 24 includes surfboard/wetsuit rental, a one hour class in the water and a one hour mandatory briefing two days prior to the trip. The cost is \$65.

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 costs \$20 and a 4-hour reservation costs \$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.

May With Your MWR Community Centers

Yokosuka

Arts, Crafts, Skills & Development

Ikebana Sogetsu / Japanese flower arrangement (Ages 5 & up):

Tuesdays 13, 20 & 27 from 1400~1800 / Wednesdays 7, 21 & 28 from 1000~1200. Fee: \$10 per class + ¥840 for flowers.

Tea Box Covering: Tuesdays 13 & 27 from 1600~1800 / Friday 16 from 1000~1200. Fee: \$15 per class.

Supplies needed for this class can be purchased in the MWR Hobby Mart on the 2nd floor of the Community Center.

Chigiri-E (Torn paper picture): Wednesdays 7, 14, 21 & 28 from 0910~1110. Fee: \$15 per class + \$15 for materials.

Music & Dance

Latin Dance / Salsa: Mondays 5, 12 & 19 from 1800~1900. Fee: \$10 per class.

Japanese Dance (Adults): Fridays 2, 9, 16 & 23 from 1300~1400. Fee: \$10 per class.

Violin Instruction (Ages 4~adults): Tuesdays & Thursdays. Fee: \$60 per month for 4 classes. Please contact us for open slots.

Language

Beginning Japanese (Katayanagi): Wednesdays 7, 14, 21 & 28 from 1630~1715. Fee: \$7 per class (Conversational).

Pre-Intermediate Japanese (Katayanagi): Wednesdays 7, 14, 21 & 28 from 1720~1800. Fee: \$7 per class (Conversational).

Intermediate Japanese (Katayanagi): Wednesdays 7, 14, 21 & 28 from 1800~1845. Fee: \$7 per class (Conversational).

Children's Classes

Acting 101 (Grades 2 & up): Mondays 5, 12 & 19 from 1600~1700. Fee: \$10 per class.

Drawing: Fridays 9, 16, 23 & 30 from 1430~1600 or 1600~1730. Fee: \$7.50 per class.

TaeKwonDo (Team 1 for ages 6~12): Fridays 2, 9, 16, 23 & 30 from 1700~1820.

Ikego

Adult Classes

Kimono Dressing: Wednesdays from 1030~1200. Fee: \$15 per class + \$8 for maintenance. Please bring your own camera for photos.

Japanese Language: Tuesdays from 1200~1300 or 1300~1400. Fee: \$7 per class.

Taekwon-Do Martial Arts (Ages 10 & up): Wednesdays from 1835~1945. Fee: \$35.

Children's Classes

Guitar(Kikuta): Tuesdays from 1630~1900 or Wednesdays from 1730~1900. Fee: \$50 per month for 4 classes.

Japanese Language: Fridays from 1540~1630 or 1650~1740. Fee: \$7 per class.

Start Smart Play & Learn (Ages 2~5 with parent): Tuesdays from 1300~1400. Fee: \$32 for 4 classes a month.

Negishi

Adult Classes

Harp & Voice Training: Wednesdays. Fee: \$50 per month for 4 lessons. Please contact the Community Center for open slots.

Japanese Language (Beginners): Tuesdays from 1000~1100. Fee: \$30 for 5 classes. Thursdays from 1700~1800. Fee: \$30 for 5 classes.

Japanese Language (Intermediate): Tuesdays from 1100~1200. Fee: \$30 for 5 classes. Thursdays from 1600~1700. Fee: \$30 for 5 classes.

Children's Classes

Origami: Tuesdays from 1500~1600. Fee: \$3 for each classes + material fee (varies by project).

Karate (Kato - Ages 5~8): Mondays or Thursdays from 1600~1700. Fee: \$20 per month for 4 classes. Mondays & Thursdays from 1600~1700. Fee: \$36 per month for 8 classes.

Karate (Kato - Ages 9~15): Mondays or Thursdays from 1700~1800. Fee: \$20 per month for 4 classes. Mondays & Thursdays from 1700~1800. Fee: \$36 per month for 8 classes.

For a complete class listing, call your local Community Center, or log on to www.cfay.navy.mil/mwr/downloads/commctr.pdf

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

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).

Bartender: NA-05, \$10.35/hr. Club Alliance (1 Flex).

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

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

Lead Cashier: NF-02, \$8.39/hr. CPO Club (1 RFT).

Administrative Assistant: NF-02, \$8.39/hr. CPO Club (1 RFT).

Club Operations Assistant: NF-02, \$8.39/hr. CPO Club (1 RFT/1 Flex), O' Club (2 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 RPT/7 Flex).

Support Activities

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

Electrician: NA-08, \$12.32/hr. Maintenance (1 RFT).

Marketing Representative: NF-03, \$10.54/hr. Marketing (2 RFT).

Purchasing Agent: NF-03, \$10.54 - \$13.00 (DOE). Procurement (1 RFT). Open to current MWR Yokosuka NAF employees only.

Office Automation Clerk: NF-02, \$9.00/hr. Marketing (1 RFT).

Child Development Programs

Food Service Worker: NA-02, \$8.28/hr. Ikego CDC (1 RFT).

Program Assistant: GSE-02, \$9.50/hr. Ikego (5 Flex), Main (3 Flex), Negishi (1 Flex), Hourly (1 Flex).

Community Activities

Auto Worker Helper: NA-02, \$10.35/hr. Auto Hobby Shop (2 Flex).

Recreation Assistant: NF-02, \$9.50/hr. Youth Center - Yokosuka (1 RFT), Negishi (1 RPT), Ikego (1 RFT), Teen Center - Ikego (2 Flex), Yokosuka (1 Flex).

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

Administrative Assistant: NF-02, \$8.39/hr. Community Activities (1 RFT).

Lead Slot Cashier: NF-02, \$8.39/hr. Bowling Center (1 RFT).

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

Recreation Aide: NF-01, \$7.25/hr. Bowling Center (4 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).

Duty Manager: NF-02, \$8.39/hr. Theater (2 Flex).

Recreation Assistant: NF-02, \$8.39/hr. Special Events (1 Flex).

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

Athletics

Field Maintenance Worker: NA-05, \$10.35/hr. Athletics - Yokosuka (2 RFT)

Duty Manager: NF-02, \$8.39/hr. Athletics (2 RFT).

Recreation Assistant: NF-02, \$8.39/hr. Adult Sports (1 Flex).

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

Gear Issue Attendant: NF-01, \$6.50/hr. Athletics (1 RFT/5 Flex).

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

Head Lifeguard: NF-02, \$9.50/hr. Aquatics (2 RFT/1 Flex).

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 25

1730 College Road Trip G
2030 College Road Trip G

Saturday, April 26

1300 Nim's Island PG13
1730 College Road Trip G
2030 Nim's Island PG13

Sunday, April 27

1300 College Road Trip G
1730 Nim's Island PG13
2030 Jumper PG13

Monday, April 28

1730 College Road Trip G
2030 Witless Protection PG13

Tuesday, April 29 \$1 Movie Night

1730 Nim's Island PG13
2030 Definitely, Maybe PG13

Wednesday, April 30

1800 Yokosuka Town Hall Meeting

Thursday, May 1

1730 College Road Trip G
2030 Definitely, Maybe PG13

Friday, May 2

1730 Iron Man PG13
2100 Iron Man PG13
2400 Iron Man PG13

Fleet Theater

Friday, April 25

1800 Over Her Dead Body PG13
2100 Untraceable PG13
2400 Vantage Point PG13

Saturday, April 26

1800 Shine A Light PG13
2100 Vantage Point PG13
2400 Over Her Dead Body PG13

Sunday, April 27

1800 The Eye PG13
2100 Untraceable R

Monday, April 28

1800 Definitely, Maybe PG13
2100 Semi-Pro R

Tuesday, April 29 \$1 Movie Night

1800 Vantage Point PG13
2100 Welcome Home Roscoe Jenkins PG13

Wednesday, April 30

1800 College Road Trip G
2100 Witless Protection PG13

Thursday, May 1

1800 Semi-Pro R
2100 Vantage Point PG13

Friday, May 2

1800 Witless Protection PG13
2100 The Bank Job R

Negishi Theater

Friday, April 25

1900 Semi-Pro R

Saturday, April 26

1300 Definitely, Maybe PG13
1900 Witless Protection PG13

Sunday, April 27

1300 Step Up 2: The Streets PG13



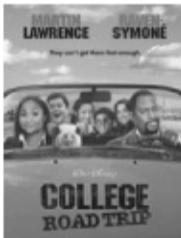
Iron Man

Cast: Robert Downey Jr, Terrence Howard, Gwyneth Paltrow, Jeff Bridges
Synopsis: Tony Stark is a billionaire industrialist and genius inventor who is kidnapped and forced to build a devastating weapon. Instead, using his intelligence and ingenuity, Tony builds a high-tech suit of armor and escapes captivity. When he uncovers a nefarious plot with global implications, he dons his powerful armor and vows to protect the world as Iron Man.



The Bank Job

Cast: Jason Statham, Saffron Burrows, Stephen Campbell Moore, Daniel Mays
Synopsis: Based on the true story of the 1971 London Baker Street bank robbery which was prevented from being told for over thirty years because of a Government gag order. The real story of how one of the biggest robberies in British history took place with no arrests ever made nor money ever recovered.



College Road Trip

Cast: Martin Lawrence, Raven Symone, Arnetia Walker
Synopsis: When an overachieving high school student decides to travel around the country to choose the perfect college, her overprotective cop father also decides to accompany her in order to keep her on the straight and narrow.



Nim's Island

Cast: Jodie Foster, Abigail Breslin, Gerard Butler, Alphonso McAuley
Synopsis: A young girl inhabits an isolated island with her scientist father and communicates with a reclusive author of the novel she's reading. Based on the book by Wendy Orr and Kerry Millard.



Step Up 2: The Streets

Cast: Briana Evigan, Adam G. Sevani, Mari Koda, Cassie, Telisha Shaw
Synopsis: When rebellious street dancer Andie lands at the elite Maryland School of the Arts, she finds herself fighting to fit in while also trying to hold onto her old life. When she joins forces with the school's hottest dancer to compete in an underground dance battle she ultimately finds a way to live her dream while building a bridge between her two separate worlds.



Definitely, Maybe

Cast: Ryan Reynolds, Abigail Breslin, Derek Luke, Isla Fisher, Elizabeth Banks
Synopsis: A 30-something political consultant tries to explain his impending divorce and past relationships to his 11-year-old daughter.

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).

Power Steering Fluid and Automotive Battery

Saturday, May 10 from 1300 to 1600
Behind the Gas Station's car wash
This 3-hour course will entail on how and when to check the power steering fluid and if it needs to be changed. Want to know the purpose of the automotive battery? This is your chance to learn and also to find out on how to check the water level in your battery. For more information call 243-5456.



KITTY HAWK LAST STAND BEACH VOLLEYBALL TOURNAMENT

Saturday, May 10 at 0900
Sand Volleyball Courts

Come out and challenge the members of the USS Kitty Hawk in one final sports event! Event is open to ALL Commands. No pre-registration required. Teams should show up at 0830 on the day of the event. Tournament will be one day only. For details call 241-2955.

Sunday, May 11 from 0900 to 1400 at CPO Club

Mother's Day Brunch Buffet

What's better than breakfast in bed? Mother's Day Brunch at the CPO Club with live entertainment! Where else can you get an exquisite array of breakfast and lunch items all at one place for a great price. For details, please call 243-5506.



\$12.95 per person
\$6.95 kids 8 to 11
\$4.95 kids 4 to 7

King Pin Promotion

Open to active duty open-play bowlers. \$1 per visit. Post your highest score for a lane. Every Tuesday morning of the month we will post and update the highest games for the lanes. At the end of the month, each lane winner will be awarded with a certificate printed with his or her name and lane number. Winners will also be eligible to roll off in a two-game tournament on last Friday of each month. Winners will receive gift certificates which are redeemable at the Pro shop or Mean Genes. Amounts will vary depending on number of entries. Offer is not valid during a league or tournament play. For more information, please call the Bowling Center at 243-5158.



School Age Care

Rock and Roll Night Grade K-6

Friday, May 16 from 1800 to 2100
Spend an evening of excitements with your friends and "Let's Rock the Boat." Bring your favorite music (appropriate) CD's and showcase your talents. There will be a competition on Rock and Roll Dance and Cupid Shuffle. Prizes will be awarded to the best Groups. Please register by May 9. For more information, please call 243-5492 or stop by Yokosuka Youth Center.



WANTED: SCUBA INSTRUCTOR

We are looking for a certified SCUBA instructor to provide basic and advanced diving classes. Please contact the Marina Manager at 243-4155.



AFAA Group Exercise Personal Training Workshop

Friday thru Sunday, May 16 thru 18 from 0800 to 1700
at Fleet Rec Group Exercise Room, 5th Floor

If you like to workout and would like to get paid for it, we have the perfect opportunity for you. MWR Fitness will be hosting Aerobics and Fitness Association of America (AFAA) courses to certify you as a Group Exercise instructor as well as courses to expand your fitness knowledge. To register and make payment, please come to the MWR Wellness and Fitness Office. For more details, please call 241-4486.

Course	Date	Cost
Primary Group Exercise - includes course, study guide, exam fee and two year international certification.	Friday, May 16	\$254
Practical Pilates Instructor Training Floor, Core & More	Saturday, May 17	\$110
	Sunday, May 18	\$110

Asian Pacific American Heritage Festival

Saturday, May 17 from 1100 to 1500

Join us in the DECA Courtyard to celebrate centuries of cultures from Japan, China, the Philippines, Hawaii, Polynesia, Micronesia, and so many more. There will be family fun, food, entertainment, and air toys for the kids. Call 243-5215 for more information.



WELCOME TO NAVY

FitFactor

NAVY CYP GET UP - GET OUT - GET FIT

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

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

For more information or to schedule a FitFactor presentation please call 241-2952 and ask for the FitFactor coordinator.

ENDURANCE

FitFactor Fitness

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

Compassion fatigue: learning the art of self-care

By Chaplain Jack Carver, USNH Yokosuka

Compassion fatigue not only affects employees in the healthcare industry, but people with all types of lifestyles and careers. People who serve as firefighters, security personnel, clergy, or in other customer service-oriented industries must learn the art of self-care to prevent the negative effects of compassion fatigue. Volunteers who serve in roles such as ombudsmen or with charitable organizations are susceptible to the effects of compassion fatigue. Stay-at-home parents who continuously orient their lives around the needs of their children are especially vulnerable.

According to experts in the field of stress management, those who practice self-care are more likely to provide high quality services to others who need support. For example, because those who enter the health services industry are often "others oriented," they are often susceptible to the effects of compassion fatigue. For many health providers, the thought of "me time" is a foreign concept. However, for the same reasons providers wash their hands to prevent getting or spreading a disease, they must also learn to practice self-care as a means of caring for both themselves and their patients. In fact, according to the Figley Institute, not taking care of yourself can be interpreted as unethical.

Experts define compassion fatigue as "The emotional residue of exposure to working with the suffering, particularly those suffering from the consequences of traumatic events." The one-way flow of energy and compassion while tending to the needs of others over a period of time, without being refreshed, begins to take a toll on those who care for others. Finding the assurance that the world is a hopeful place can be difficult when calendars are booked and emergencies happen.

How do you know if you are being affected by compassion fatigue? Some

symptoms of compassion fatigue include repeated thoughts of traumatic experiences, an inability to respond to what others say to you, questioning the meaning of life, experiencing less intimacy, combating physiological illness, a decline in initiative, and producing a lower quality of work at work or at home.

If you demonstrate symptoms of compassion fatigue, some ideas for self-care strategies that have proven to be effective include: writing down goals and daily decisions; labeling events with feeling words (e.g. happy, sad and mad); pursuing things that bring enjoyment and relaxation; discussing pressures with spiritual adviser, meditating, taking spiritual retreats; exercising, eating a healthy diet, practicing breathing techniques; identifying close friends that you can trust to share anything; and, creating healthy boundaries.

Experts also suggest that one have an assertive, active plan for self-care. Often, people find that having a "self-care partner" to hold you accountable for taking care of yourself can be an effective means to maintain self-care.

My personal awareness of the need to implement a personal self-care plan developed two years ago, when the hospital went through an extremely busy two-week phase. I found myself coming home extremely late and returning to work extremely early. One night, while preparing for bed, I found myself wondering how various people from the hospital were being affected, too. I could not sleep. My family stated I was irritable. Overall, I was going through the motions of work and life, like a hamster in a wheel; spending all that energy, but not enjoying my work or relationships.

By practicing self-care methods, I found a means to enjoy my work as a pastoral care provider. Should you have questions about self-care or concerns about compassion fatigue, feel free to contact the U.S. Naval Hospital (USNH) Yokosuka Pastoral Care Services at 243-8736.

Avian Influenza H5N1 virus outbreak reported in Republic of Korea

By U.S. Forces Korea Public Affairs

U.S. Forces Korea (USFK) officials are asking its service members and beneficiaries to use caution when eating in non-USFK approved establishments due to a recent outbreak of the Highly Pathogenic Avian Influenza H5N1 Virus (HPAI-H5N1) in the Republic of Korea. All dishes containing chicken and/or eggs should only be consumed if properly cooked. USFK is taking these precautions even as the Korean government aggressively works to contain the outbreak.

The HPAI-H5N1 Virus was identified in Gimje, North Jeolla province, late last week. Approximately 308,000 chickens at the site of the outbreak, and at six farms located within a 1,640 foot radius of the original outbreak site, were slaughtered. Disinfection and preparations for chicken culling continued in the nearby village of Sinam. Eggs produced at farms located within 1.9 miles of the site of the outbreak will be destroyed as a part of the containment efforts. Additionally, none of the 3.57 million birds in the 265 farms within a 6.2 mile radius of these farms will be allowed to leave the area, at least temporarily. Checkpoints were set up on roads linking North Jeolla to other provinces. The health ministry also warned poultry farms nationwide to heighten their disinfecting operations.

The 106th Medical Detachment (veterinary services), the unit responsible for ensuring the safety of USFK food products, said that all chicken and other poultry items purchasable from either AAFES or DeCA pose no risk of HPAI-H5N1 – most eggs are received from the U.S., and the rest are heat-treated and safe for consumption. All chicken products found in AAFES and DeCA come from the U.S. and are safe for consumption.

Military Preventive Medicine officials routinely perform food sanitation inspections for all USFK MWR restaurants, AAFES commercial vendors (Starbucks, Popeyes, Burger King, Robin Hood, etc.) located on USFK installations. They also perform the same type of inspection for the Navy Club, YongSan Garrison. USFK Preventive Medicine and Veterinary Inspectors cannot currently verify the safety of the food served in many privately managed enterprises.

USFK service members and beneficiaries are warned to avoid bird farms and bird markets. They also should avoid close contact with wild or farm birds and ensure chicken, quail and other feathered foods (including eggs) are fully cooked. For example, they should avoid the popular Korean dish "bibimbab" due to the standard lightly cooked egg ("easy over") that is used in the preparation of bibimbab.

USFK personnel should also ensure their seasonal flu shot is up to date in order to prevent interaction between bird flu and human flu viruses, which together could produce a pandemic influenza superbug that could be deadly to humans.

General safety precautions that will help protect personnel from any potential infection with HPAI virus include:

- Avoid eating uncooked or undercooked poultry or poultry products.
- Avoid all direct contact with poultry farms and bird markets.
- Avoid all contact with poultry being butchered for market or culled for safety purposes.
- Avoid contact with poultry feces or secretions.
- Thoroughly cook all foods from poultry, including eggs (no "runny" yolks) and poultry blood (no "pink" parts).
- Utilize proper hand hygiene practices by using soap and water for 15-20 seconds (or a waterless, alcohol-based hand sanitizing gel when soap is not available), especially when handling poultry or poultry products.
- Avoid contact with poultry and other birds suspected or known to be infected with HPAI virus.
- Cover the mouth and nose when coughing or sneezing.
- Obtain the annual influenza vaccination.
- Monitor your health within 10 days after any possible contact with uncooked or

undercooked poultry; if you develop flu-like symptoms (fever, cough, sore throat and muscle aches), or diarrhea, eye infection, or pneumonia (lung infection), see your healthcare provider immediately as these may be the early symptoms of HPAI.

Additional information on Avian Influenza can be found at the following Web sites:

- U.S. Army Center for Health Promotion and Preventive Medicine: <http://chppm-www.apgea.army.mil/news/influenzaWebsite/pages/Pandemic.htm>.
- U.S. Occupational Safety and Health Administration: <http://www.osha.gov/dsg/guidance/avian-flu.html>.
- U.S. Department of Health & Human Services: <http://pandemicflu.gov/>.

FISC Fuel Department racks up multiple API awards

Story and photos by Tim Shannon,
CFAY Public Affairs

Commander, Naval Supply Systems Command (NAVSUP) Rear Adm. Alan Thompson announced the results of the 2007 American Petroleum Institute (API) award for excellence in Navy bulk fuel terminal operations, petroleum supply chain management and fleet fuel support April 1.

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka won the award as "Best Navy Bulk Fuel Terminal" and two staff members of the fuel department, Chief Machinist's Mate (SW) Matt Dagan and Engineering Aid 1st Class (SW) Alex Mabunay were also recognized for their outstanding personal contributions to the Navy's fuels mission.

"It [the selection as API bulk fuel terminal of the year] is attributed, without a doubt, to our people," said FISC Fuels Director Pete Cartwright. "We had no safety mishaps; no personnel injuries that translated into lost man-hours and zero environmental incidents as well. I attribute our success to our dedicated staff who get the fuel where it needs to be without, putting it on the ground."

FISC Commanding Officer Capt. Andy Benson was in full agreement.

"We knew the competition would be stiff for all of the categories, but good things, such as the command and individual selections for the API awards, tend to happen when you have the largest fuel department in the Department of Defense (DoD) and a team of diverse and dedicated professionals," said Benson. "It is rewarding for me, personally, to see the hard work and dedication shown by our fuels department acknowledged by the API and the Navy."

Moving fuel safely and with no environmental

incidents was a note-worthy accomplishment, but it was far from the only thing FISC Yokosuka did in order to earn their selection as the Navy's best bulk fuel terminal. Despite having no automated fuel handling equipment, FISC Yokosuka fuel personnel supported 244 customers with 5,733 high-risk fueling evolutions.

This translated into moving 15.5 million barrels of bulk-petroleum product in 2007.

By defueling two forward deployed naval forces (FDNF) ships of off-specification fuel during a maintenance period and maximizing in-house maintenance and repair, FISC's Fuel Department also saved the Navy more than \$2.3 million dollars in outside maintenance costs.

When Benson and Cartwright talk about the outstanding people of FISC's fuel department, two that stand out are FISC's Dagan and Mabunay, who recently transferred from FISC to Naval Mobile Construction Battalion 7 (NMCB 7), Gulfport, Miss.

Dagan was the runner-up as Navy Fuels Chief Petty Officer of the Year and Mabunay was the winner of the Navy Fuels Petty Officer of the Year.

As the leading chief petty officer for Defense Fuel Supply Point (DFSP) Tsurumi and Hakozaki, Dagan oversaw more than 4,000 high-risk fueling evolutions that moved almost ten million barrels of petroleum. He also coordinated a bilateral mass casualty drill that included FISC, two different commands of the Japan Maritime Self Defense Force (JMSDF), three U.S. Navy commands and the Yokohama Fire Department.

"I was surprised by my nomination to represent the FISC Yokosuka Fuel Department," said Dagan. "I'm also proud to be recognized as runner-up."

Mabunay's selection was largely in part to his leadership of 22 Japanese Master Labor Contractors (MLCs), returning the largest fuel storage tank in the DoD to full service and his efforts to assign work to those in-house, vice bringing in



FISC Fuels Department's MMC(SW) Doneka Booker supervises the removal of a fuel pipe that developed a pin-hole at the Hakozaki Fuel Terminal. The faulty pipe was discovered during a routine maintenance check and was replaced before any fuel was spilled.

outside contractors. His efforts to do so saved the Navy over \$2 million, much to the delight of his commanding officer.

"Having individuals like Chief Dagan and EA1 Mabunay take the lead on projects and look for ways to improve processes makes my job and the fuels officer job a lot easier," said Benson. "It's very satisfying to go to any of our fuel department's locations and see that same attitude. There's a real sense of pride that permeates throughout our fuels team."

Teamwork, along with a "watch out for your co-workers" attitude is something that Cartwright is quick to point to as major contributing factors of the command's success, as well as a source of great personal pride.

"I have to be honest, I am pretty proud, but I recognize the fact that it's not about me. The credit goes to the troops," he said. "I've got really good people. They're passionate about what they do; they're dedicated and loyal. You couldn't find a more dedicated staff. Even though Chief Dagan and EA1 Mabunay won individual awards, it was a group effort straight across the board and a feather in the cap from the stand point that we were able to achieve this while our Fuels Officer, Lt. Cmdr. Jason Fitch was dual-hatted as XO (Executive Officer). Overall, I couldn't be more pleased. I have to be honest with you, it is good to be recognized by your peers and this was an outstanding, group accomplishment."

The API awards are presented annually, to recognize activities and personnel that made the most significant contribution to the Department of the Navy fuel operations, petroleum supply chain management and fleet fuel support.



(Center) FISC Fuels Department Director Pete Cartwright talks to his fuels teams in Sasebo and Misawa, Japan during a video tele-conference at the FISC Hakozaki Fuel Terminal on Azuma Island.

Navy ombudsman-at-large Campa tours FISC PPSO

Story and photo by Tim Shannon,
CFAY Public Affairs

As part of a tour of Commander Fleet Activities Yokosuka (CFAY), Diana Campa, U.S. Navy's ombudsman-at-large and wife to Master Chief Petty Officer of the Navy MCPON (SW/FMF) Joe Campa, visited the U.S. Fleet and Industrial Supply Center (FISC) Yokosuka Personal Property Shipping Office (PPSO).

The tour allowed Campa to see the upgrades that FISC has made to the PPSO and gain a better understanding of the PPSO's mission and how they are handling the carrier swap-out between *USS Kitty Hawk* (CV 63) and *USS George Washington* (CVN 73).

The tour was a bit nostalgic for Campa, who recognized a few of the changes the PPSO has made to improve customer service since her last visit.

"I shipped out a P.O.V. [Privately Owned Vehicle] in 2002 and I think they just had everyone in cubicles back then," said Campa. "I think it's great that FISC was able to put everything in one building and they are able to move people in and out so efficiently and in such a short time. That's pretty impressive."

Campa was shown the main customer service areas, including the counselor's offices, the Smart Web Move

work stations and the warehouse areas of the PPSO.

"We wanted to show Mrs. Campa our spaces and explain to her some of the programs we have in place in order to support our customers," said FISC PPSO Director Herb Elam. "We're pretty proud of the job we do here, so it was nice to get the opportunity to show off a little."

One of the initiatives Campa was able to see for herself



(Center) Navy Ombudsman-at-large Diana Campa speaks with SK2(AW/SW) Juliver Kintz and SK2(SW) Omerge McDonald during a tour of the FISC Yokosuka Personal Property Shipping Office April 9.

was the customer service desk recently added for *Kitty Hawk* Sailors preparing to transfer.

Another program, created at FISC Yokosuka, but spreading throughout the Navy, that Elam was proud to explain, is the "Outside the Box" program, where customers can call the PPSO and have their major appliance boxes picked up and stored in a FISC warehouse. The program saves the government money in constructing boxes to ship large items, such as big-screen TVs, reduces the chance of damage to items during overseas shipping and gives people a little more storage area in their homes.

At the conclusion of her tour, Campa took time to talk to a few of the Sailors working at the PPSO and posed for pictures with the staff.

"There are so many things that people need to worry about and be concerned about when they transfer and it looks like the process here is very smooth," she said before leaving. "I think the service they [FISC] are offering here is just wonderful."

MCPON Campa and his wife, Diana are touring several areas throughout the 7th Fleet area of responsibility, along with CFAY, to visit with and find out the concerns of the Sailors and families of the forward deployed naval forces (FDNF).

SRF-JRMC joins Spring Festival to share in fundraising chance

Story and photos by Keiichi Adachi,
CFAY Public Affairs

Recently, the Chief Petty Officers Association (CPOA) and Blue Collar Association (BCA) at Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC), Yokosuka participated in the U.S.-Japan Spring Festival to share some American spirit with our local Japanese community and to bolster fundraising efforts to support several local charities including Miura Shiratori-en, a home for mentally and physically challenged students and residents and Shinseikei, a local home for battered and abused women and children.

The ideal Spring day weather April 6 enhanced not only the friendship between the U.S. Navy and Japanese community during the Commander Fleet Activities Yokosuka (CFAY) U.S.-Japan Spring Festival, but also provided SRF-JRMC CPOA, BCA, and many other volunteers with the opportunity to set up booths to sell burritos, shish kababs and soft drinks.

Working a three-hour shift, more than 40 members of the CPOA, BCA, officers wardroom and civilian volunteers worked as a team to do the set-up, prepare foods and work the grills.

Chief Gunner's Mate (SW) Joseph Langone of SRF-JRMC Combat Systems Department explains the purpose of their activities, "Since we are a nonprofit organization, the money raised from our fundraisers goes toward support of local charities and our Morale, Welfare and Recreation (MWR). Our goal this year is to raise more than 100,000 yen to donate towards this effort."

Chief Cryptologic Technician (Technical) (SW) James Northrop, SRF-JRMC's MWR treasurer, said that a key element to the success of the fundraising event is to plan ahead, such as timely booth set-up, early preparation of foods, keeping up with the grills, and prepare for customer service.

"We sold out of our delicious shish kababs earlier than expected, and our members helped raise approximately \$1,300 for the CPOA, I really appreciate their efforts and teamwork throughout the event," said Northrop.



While ET1 (SW) Manuel Tamayo wraps burritos and FCCM (SW) Sean Mannion dishes out red rice, ETC (SW/AW) John Maze at the cash register, looks after customers with a smile during the U.S.-Japan Spring Festival. ET1 (SW) マニエル・タマヨさんはブリトーを巻き上げ、FCCM (SW) ショーン・マニオンさんはレッドライスを皿に取り分ける中、会計担当のETC (SW/AW) ジョン・メイズさんは笑顔で顧客を接客する。

Electronics Technician 1st Class (SW) Manuel Tamayo, BCA president, also expressed his appreciation for all the support from command personnel, that the BCA would not have been able to accomplish their complicated task without the SRF-JRMC teamwork.

"I had the easy job of just wrapping burritos during the festival. We made a net profit of \$2,400 for BCA. A large part of the profits will be used for charity donations within the local community at the end of the year," said Tamayo.

The festival also provided the members of SRF-JRMC with not only the chance for fundraising money, but also a family event for Ricky Banks, administrative services supervisor at SRF-JRMC.

Banks said "These open based festivals are great

family events and since a great portion of the funds raised goes towards benefitting others, my family and I just enjoy being a part of it."

Banks enjoyed the teamwork from all, "Everyone seems to have fun and enjoy working even if sometimes a bit tired. I think, for the most part, people enjoy being around laughter and seeing other people happy," Banks said.

"Even greater when it's between people of two countries. My family and I hope to be a part of many more such events."

"It is always amazing to see Japanese people come to the base and interact with members of our community. I am so delighted and appreciate people's turnout. It was a great day to view the beautiful flowering of cherry blossoms," said Langone.

SRF-JRMC スプリング・フェスタに参加、資金調達を支援

文・写真: 安達慶一、CFAY広報課

先頃、艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) にある 1 等兵曹協会 (CPOA) と (2 等兵曹以下 3 等水兵から成る) ブルーカラー協会 (BCA) が (横須賀基地で行なわれた) スプリング・フェスタに参加し、日本人と共に米国文化と精神を分かちあった。更にスプリング・フェスタへの参加は、虐待や乱用による女性や児童保護を目的とする (横浜にある) 真生会や知的・身体的に障害を持つ児童や居住者の介護施設 (長沢にある) 三浦しらとり園などを含む地域事業への支援資金調達に弾みをつけた。

4月6日の理想的な春の日和の元、横須賀基地内で行な

われたスプリング・フェスタは米海軍と日本人との友好関係を向上し、SRF-JRMCのCPOA、BCA、多くのボランティアがブリトー、シシカバブ、ジュースなどを販売する機会となった。

3時間交替により、40人以上のCPOA、BCA、将校、軍属のボランティアが一丸となって、ブースの設置、食べ物の準備、肉の焼きやグリルの面倒を見た。

SRF-JRMCのコンバットシステム部のGMC (SW) ジョセフ・ランゴーンさんはCPOA、BCA、ボランティアメンバーの活動目的を語る。「我われは非営利団体なので、資金調達によって集った資金は地域事業とSRF-JRMCでの士気、福祉、娯楽 (MWR) を高める支援に使われます。」そしてこう続けた。「今年の我われのゴールとする目標

金額は、100,000円です。」

SRF-JRMCのMWRで会計係を担当するCTTC (SW) ジェームズ・ノースロップさんが話すには、資金調達の成功をもたらすカギは、ブース設置、食べ物の下準備、グリルの火加減の調整、と顧客サービス役割分担といった十分な事前準備にあるとのことだ。

「思っていたよりシシカバブの売り切れが早かったですが、(CPOA)のメンバーの努力のおかげでCPOAには金額にして約1,300ドルの純利益がありました。イベントを通じて、彼らの努力とチームワークに感謝の念で一杯です」とCTTC (SW) ノースロップさんは話した。

BACはSRF-JRMCのチームワークなしに複雑なブースでの仕事の達成は出来なかったと、BCAの会長であるET1 (SW) マニエル・タマヨさんはSRF-JRMCのボランティアによる支援に感謝の念を表した。

「フェスタでは私はブリトスを巻き上げる簡単な仕事を担当しました。BCAが上げた純利益は2,400ドルでした。多くの資金は年末に予定される地域支援活動の寄付金に使用します」とET1 (SW) タマヨさんは語った。

スプリング・フェスタはSRF-JRMCのメンバーに資金調達の場をもたらしたばかりでなく、SRF-JRMCの総務サービス監督者であるリッキー・バンクスさんに家族行事の場ともなった。

バンクスさんはこう話した。「このような基地開放などの行事は、素晴らしい家族行事になります。調達した資金の大半が他の人達のためになるのですから、家族と私がその役割の一部を担って嬉しいです。」

バンクスさんはどんな物からもチームワークを楽しんだ、「時々疲れも見られましたが、誰もが楽しく愉快地販売、準備、下ごしらえに追われていました。全体的にですが、ブースの内外での笑い声を耳にし、手伝う人たちの笑顔を見て和木あいあいだったと思います」と話しこう続けた。「日米両国の人々にとってより良いものならば、家族と私はもっと多くの (スプリング・フェスタのような) 行事に参加したいと願っています。」

「日本人の皆さんがベースに来て、米海軍の軍人・軍属と交流をする姿を目にするのは、いつも感心します。とても嬉しいし、皆さんが来て頂くことに感謝します」とGMC (SW) ランゴーンさんは言葉を締めくくった。美しく咲く桜の花の観賞には最高の日であった。



Members of the Chief Petty Officer Association (CPOA), Blue Collar Association (BCA) and volunteers of SRF-JRMC worked together to keep up with the grills behind their booths during the Spring Festival.

スプリング・フェスタが行なわれる中、SRF-JRMCのCPOA、BCA、とボランティアメンバーが集り、ブースの後ろにあるグリルの火加減を調整する。

MWR Fit Family Program offers fitness classes for you, child

Story and photo by Fumiyo Sato, CFAY Public Affairs

Many parents who have small children might think they are too busy to exercise. Morale, Welfare, and Recreation's (MWR) Fit Family Program offers classes for both parents and their small children to exercise and interact with one another.

MWR Fit Family Program started offering "Baby and Mom Yoga" and "Prenatal Yoga" classes at Purdy Fitness Center last November. The "Mom and Baby Yoga" class is for babies who are up to 12 months old.



Participants perform yoga exercises with their babies during an MWR Fit Family Program Yoga class at Purdy Fitness Center March 27.

"We try to make it [the class] more fun," said Karri Skelton who instructs the new yoga classes. Skelton uses baby friendly music and toys for mothers to interact with their babies while exercising so that babies won't get bored during the session. "The class helps babies discover new sights and sounds," Skelton said.

Amanda Allen and her six month old daughter Faleen started taking the class back in November when Faleen was three month old. "She loves this class," Allen said about her daughter. "I think it is a great class for moms to bond with their babies and relax."

Besides exercising and interacting with babies, Skelton says it is also a nice place to bond with other mothers who have just had babies and who have similar questions and concerns.

"I would like people to know that it is not a serious yoga class. If you need to feed your baby you can nurse them and if babies want to take a nap, they can sleep. It is flexible," Skelton said.

The name of the class will soon change to "Baby and Me Yoga" instead of "Baby and Mom" because there are also fathers who are interested in taking the class.

The PT Tots class offered at Thew Gym is one of the most popular classes for parents with children up to five years old.

"We have seen participation triple [after] we got two great new instructors who really formatted the class and made it fun for the children and getting parents more involved," said Debbie Deutsch, MWR fitness program director. The children have the opportunity to learn new songs and dance, while being active and having fun. The class became so popular that MWR added an additional class to the schedule.

"We offer a wide variety of activities. You will see a lot of moms and children, and even dads participating in the program," Deutsch said. MWR's Fit Family Program is now offering new mothers a free pass to participate in the classes including the Moving Mom stroller class. Contact MWR Fitness at 243-4486 for more information.

Pet of the Week



This week's Pet of the Week is Gina. She is a nine month old Tabby who is litter box trained, microchipped and has all her shots updated. Gina is a very playful, affectionate cat who gets along well with children and would be a great addition to your family. To find out more about Gina or any animal at P.A.W.S., contact them at 243-9996, or visit the P.A.W.S. Web site at www.pawsyokosuka.org.

Photo by Vicki Boehler

Head's Up Yokosuka! Community Announcements

Spring IA Appreciation Day Celebration – The Fleet and Family Support Center in conjunction with Morale, Welfare and Recreation is inviting our Individual Augmentees (IA) and their families to Yokosuka's first Spring IA Appreciation Day celebration. Please join us Commissary red brick area May 2 from 10 a.m. to 2 p.m. Information booths, music and entertainment will be provided for everyone. IA's and their families (both past and present) can enter to win free prizes including a one night's stay at the New Sanno Hotel. Contact Frank Cassagnol at 243-3372 for more information.

Military Appreciation Day Carnival – The United Services Organization (USO) is inviting you to attend a Military Appreciation Day Carnival at Kosano Park (rain location is Thew Gym) May 18 from noon to 4 p.m. There will be food and beverage booths, game booths, air toys, live performances, giveaways and a magician and balloon maker. For more information or to volunteer for this event, contact the USO office at 241-4895. USO, until every one comes home.

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.

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

FFSC Compass Program Class – The next available class will be held May 28 through 30 in the Fleet and Family Support Center Annex, Take room. Compass, a three-day, 12 hour course is a peer-to-peer mentorship program designed to help Navy spouses adapt to military life. Contact Shelle Napier at 241-3282, for more information or to make a reservation.

Learn to speak Japanese – The Community Center is offering two Japanese Language classes; one with textbook and one without. This is a wonderful opportunity to learn the language of our host country. Contact the Community Center at 243-6713 for more information or to sign up.

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

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.

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

Made to worship

By Chaplain Robert E. Bradshaw

Everyone worships something. Some worship movie stars. Some worship sports heroes or teams. Some worship their possessions like cars, boats and houses. Some people worship their job, rank, or position. Regardless of what it is, we all worship something.

Whether or not we all agree on the object of worship one would be hard pressed to disagree that people spend their lives worshipping something or things. The object of our worship may change with time and life circumstances. I am sure an increase of sales of NY Giants or Kansas Jayhawks fan stuff has happened recently as there are bandwagon worshippers still figuring out what they will worship.

Why do we all have a tendency to worship? I believe it is because the God who created us all has placed in us a natural desire to worship. The right object of our worship then is God alone. It is ok to have favorite teams, actors, musicians, autos, places to live, and to even like what we do in our jobs but there is only one truly satisfying eternal object of our worship – God. Everything that we do is worship to God.

"Therefore I exhort you brothers and sisters, by the mercies of God, to present your bodies as a sacrifice – alive, holy, and pleasing to God, which is your reasonable service (spiritual act of worship). Romans 12:1 NET

Chris Tomlin, one of the premiere worship leaders for the church today put it best in one of his latest worship songs.

From the album "See the Morning" released on Sept. 26, 2006.

Before the day, Before the light, Before the world revolved around the sun
God on high, Stepped down into time
And wrote the story of His love for everyone

He has filled our hearts with wonder, So that we always remember

(Chorus) You and I were made to worship, You and I are called to love
You and I are forgiven and free, You and I embrace surrender
You and I choose to believe, You and I will see who we were meant to be

All we are, And all we have, Is all a gift from God that we receive
Brought to life, We open up our eyes, To see the majesty and glory of the King

He has filled our hearts with wonder, So that we always remember

And even the rocks cry out, And even the Heavens shout
At the sound of His holy name, So let every voice sing out
And let every knee bow down, He is worthy of all our praise

(Chorus again)

Enjoy your weekend and God Bless!

2008 Summer Employment Opportunities for Students

The Summer Youth Employment Program allows youths (ages 14-21) to earn while they learn. This program provides job opportunities during summer vacation (June 23-Aug. 5, 2008), for family member dependents of U.S. Military personnel and DOD Civilian employees. Dependents of contracting personnel are not eligible for the program.

The rate of pay for Summer Youth Employment has not been set, it is likely that the rate will equal or exceed last year's rate of \$5/hr. Applicants are required to be at least 14 years of age and not over 21. All applicants are required to have their own Social Security Number at the time of hire. Non-resident Alien applicants will be assigned a pseudo number for employment purposes only by HRO.

Applications must be submitted to HRO, Bldg. 1472, from April 2 through May 2 from 8 a.m. to 3:30 p.m. Parents or guardians may submit applications for their dependent children. Interested students must submit an application and a parental consent form with HRO. These forms may be obtained at Kinnick High School or Human Resources Office, Bldg. 1472. Application will be considered on a first come, first served basis.

For additional information, call Ms. Lisa Marsh at 243-3413.

Working Aide – AD-3502-01, SH-08. Open: 4-2-08, Close: 5-2-08.

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.cnj.navy.mil>.

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

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

New

Housing Support Assistant (OA) – YB-303-2, CNFJ-70-08. Open: 4-18-08 Close: 5-15-08 (1st C/O: 5-1-08). Not to exceed one year.

Support Services Specialist – YA-342-2, NH-71-08. Open: 4-18-08 Close: 5-1-08.

Continuing

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

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

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

Health System Specialist – YA-671-2, NH-57-08. Open: 4-4-08, Close: 5-2-08.

Information and Technology Specialist – YA-2210-2, NH-56-08. Open: 4-4-08, Close: 5-2-08.

Library Technician (OA) – YB-1411-1, CFAY-67-08. Open: 4-18-08, Close: 5-15-08 (1st C/O: 5-1-08).

Recreation Technician – YB-0189-1, CFAY-66-08. Open: 4-11-08, Close: 5-8-08.

Secretary (OA) – YB-318-1, NH-61-08. Open: 4-10-08, Close: 5-8-08.

Social Services Technician – YB-0186-1, CFAY-64-08. Open: 4-18-08, Close: 5-15-08 (1st C/O: 5-1-08).

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 – \$8-\$9/hr.

Sales Clerk – Retail. \$7-\$8/hr.

Customer Service Clerk – Main Store. \$8.25. \$9/hr.

Supervisory Sales Clerk – Retail and Autoport. \$8.39-\$11/hr.

Store Worker – Main Store. \$8.28/hr.

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

Receptionist – Beauty Salon. \$7-\$8/hr.

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

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

Department Manager – Retail. \$31,936-\$40,634/yr.

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

Automotive Mechanic – Autoport. \$13.63/hr.

Desk Clerk – Navy Lodge/Night Audit. \$9.50 + Differential.

Warehouse Worker – Distribution Center. \$9.66/hr.

Forklift Operator – Distribution Center. \$10.35/hr.

Forklift Operator Supervisor – Distribution Center. \$12.12/hr.

Administrative Specialist – Administration. \$26,390-\$33,575/annual.

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

Store Worker Supervisor – Main Store. \$10.10/hr.

ID Checker – Loss Prevention. \$6.50-\$7.50/hr.

National Day of Prayer Breakfast

Thursday, May 1, 7:30 a.m.

Commodore Matthew C. Perry General Mess

Guest Speaker is Commander Fleet Activities
Yokosuka Capt. Daniel L. Weed

All are welcome to attend.

Contact Chapel of Hope Chaplain M. B. Chaney at 243-6773 for more information. Note: Cost for breakfast is \$2.10 a person.

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
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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
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"Mom's Time"

Last WED	of the month	0930
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COMPASS Spouse Support Group

WED, THU, FRI	(Last week of month), Room 1	0900
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Men's Christian Fellowship

TUE	Study Group (Fleet Rec 3 rd Deck)	1130
3 rd 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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Adult Bible Study

WED	Nikko Tower Party Room	1800
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A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

WED	Ikego Elementary School	1630
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Yokosuka Student Ministries (Middle School and High School)*

THU	Middle School/High School – Q2 Kyoto Tower Party Room	1830
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Note: In the event of an emergency, the Chaplain on Duty can be reached by calling CFAY Security at 243-2300.

Fleet and Family Support Center

Spring Individual Augmentee Appreciation Day

Saturday, May 3, from 10 a.m. to 2 p.m.

The Fleet and Family Support Center in conjunction with MWR would like to invite our IAs and their families to Yokosuka's very first Spring Individual Augmentee (IA) Appreciation Day celebration! Please join us at the Commissary Red Brick Area. Information tables, music and entertainment will be provided for everyone. IAs and their families (past and present!) can enter to win free prizes including a one night stay at the New Sanno Hotel.

Classes This Week

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

Monday, April 28

Career Options and Navy Skills Evaluation Program (CONSEP) 7:30 a.m.-4 p.m. (4 days): CONSEP is a four-day seminar for mid-career sailors with 8-12 years of service. The seminar will focus on excellence, personal and professional development, career planning, and financial management. CONSEP assists participants in individual skills assessment identification, developing a detailed individualized career plan, identifying resources to achieve future goals, emphasizing individual excellence, and ultimately increasing their individual marketability.

Tuesday, April 29

Area Orientation Brief and Intercultural Relations Class 7:45 a.m. (4 days): April 28-May 4, 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.

Your Japanese Home 8 a.m. (4 hrs.): Tatami got you down, or mildew taking over? Come learn from our local resident expert how to make your new uchi a comfortable home. We'll take you on a field trip to a local store to point out products that can solve your household cleaning problems. We'll also discuss temperature control without thermostats, using your ofuro, and taking out the trash Japanese style.

Wednesday, April 30

No Classes

Thursday, May 1

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.

NMCRS' Budget 4 Baby 5 p.m. (2 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy. This class raises awareness about the impact a baby will have on the young parents' budget. Helpful information is provided which participants can use to reduce the financial impact of the birth of a child.

Friday, May 2

PCS Workshop 8 a.m. (4 hrs.): This 4-hour workshop provides service members and their families an opportunity to prepare for their next PCS move. Participants will benefit by receiving pre-move information from subject matter experts that represent the offices that handle the logistics of PCS moves. A wide variety of informative PCS materials are available at this class, free of charge.

Play Morning 9:30 a.m. (1.5 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 Ayame Tower.

The Disability Transition Assistance Program (DTAP) Briefing 1 p.m. (2 hrs.): Those who are getting out of the military and believe they may have a service-connected disability or an injury or illness that was aggravated by service, it doesn't have to be a medical discharge/retirement: When in doubt attend!

Negishi – Kid's Craft Class 10:30 a.m. (1.5 hrs): The Kid's Craft Class is a fantastic opportunity to interact with other parents and children while the kids do fun seasonal crafts. All ages are welcome and must be accompanied by an adult.

Upcoming Classes

- May 5** Elements of Successful Parenting (ESP)
English as a Second Language (ESL)
Labor and You
- May 6** Area Orientation Brief and Intercultural Relations Class
Boot Camp for New Dads
Ikego – Adult Craft Class
- May 7** Elements of Successful Parenting (ESP)
Japanese Spouse Group
- May 8** Ikego – Play Morning
- May 9** Yokosuka – Play Morning
Ikego – Ukulele Lessons

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

'96 Nissan Primera. Gray, black interior, 40K miles. Perfect mechanical condition. Factory original, no frills, easy resale. Clean, professional commuter car. \$2,000. Call Henry, 243-7768 (w), 246-8818 (h), 080-5471-8367 (m).

'94 Toyota Curren. \$800. 69,400km. Good condition. Silver, 2-dr. A/C, power windows, AM/FM, 12 disc CD player, new front brakes. 2008 road tax paid. Contact kgraewert@hotmail.com.

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.

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Motorcycles

'04 Harley-Davidson 1200R Sportster. 4,000 miles. Excellent condition. Must see to appreciate. \$5,000 obo or yen equivalent. 241-4872 or 080-3042-9437, e-mail: bretburrow@yahoo.com.

'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. Knowledgeable service with fair prices, call Edwin. 080-6797-2531 (Serving Yokosuka and Ikego areas).

Brute Force Photography Available for all your picture taking needs. Birthday parties, command functions, family photos, maternity and holiday portraits, you name it, we do it. E-mail Jen at: bruteforcephoto@gmail.com, or call at 090-8489-4514 for more information or see us on the web at: www.bruteforcephoto.com.

Buy Your Dream Car at Online Car Auction. We are a registered automobile company in Osaka, Japan – KCC Autos. If you need to purchase vehicles from the source – the auction venues in Japan – KCC Autos can help you buy at online auto auctions, reducing cost and increasing the chance of finding your desired car. From searching, bidding and purchasing, paperwork and shipping to your desired location (within or outside Japan). For more information, e-mail us at: cars@kcc-autos.com, or call (06) 6245-7679. Please visit our website: http://www.kcc-autos.com and read about our system on "Buying cars at online auctions".

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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.

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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 Junking Service. JCI inspection, registration, title transfer, address change, t-plate. Manual/Automatic OK. Ikego/Negishi OK. You can depend on

me rain or shine. Derrick, 241-4415, 090-3592-8809.

Junking your car. PCSing don't have the time or don't want the hassle. Call me first. I will do it for you. Call Derrick, 090-3592-8809, 241-4415 anytime night or day.

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: reikorunslo@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_rose@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.

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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.

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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・メ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.

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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 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.

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Positions

Christian Achievement Academy Positions Available. Qualified Administrative Staff, full-time and substitute teachers for all grades, and monitors needed. Call (046) 825-5521, or send resume to: humanresource@caajapan.org, or visit web site at: www.caajapan.org.

GREAT OPPORTUNITY \$90K Project Manager Position (Starting soon). Full time, \$60K salary (negotiable) and housing \$30K SOFA status included. Must have good computer skills and experience working with Excel, or Lotus, Spreadsheets and Microsoft Project Manager. Needs general experience in developing loss evaluations, value and life cycle cost techniques. Development and delivery of effective PowerPoint presentations, management training, project management principles such as planning, tracking and implementation skills. Send your resume immediately to: LTM@viola.ocn.ne.jp to the attention of Mr. Dickinson.

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: Tokyo Metro area. Pay: ¥400,000/month and above. Transportation cost paid (Max. ¥40,000). Paid vacation and holiday. 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が090-3205-3472まで電話ください。

Japanese Nanny Wanted ASAP. Single active duty parent, one 7-year-old daughter. Prefer Live-In. Some overnight care/light housework required. Please contact for details. 080-6726-7535.

Looking for a part-time English instructors. You can set your own lesson fee, teaching schedule and location. Please e-mail your resume at: support@lily-ec.jp and get more information.

PINOKIO English School in Tokyo is looking for English teachers. Flexible working day schedule. One day, two days or three days a week. *Monthly wages: One day a week is ¥36,000/month. *Two days a week is ¥75,600/month. *Three days a week is ¥113,600/month. Spring, winter and Japanese holidays paid, plus transportation fee. Located: 35 min's from Yokohama. Please call: Ms.Dena or Ms.Chiko. Tel. (03) 3752-0361. Fax. (03) 3752-0335.

Witty English Tutors wanted. Collegiate level desired but not essential. Call 856-5048 (between 6 and 7 p.m. at night). E-mail: wittytutors@gmail.com.

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. For tour or more information, call (046) 825-5521, or go to our web site at: www.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.

World Friends International Party Shinjuku, May 3, 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.

Adoption

Thinking about adopting a child? Yes – It can be done while living overseas! We can make it happen! Contact: www.Adopt-Abroad.com.

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!

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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.

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

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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.



(Left) Deborah Holland, a Navy and Marine Corps Relief Society (NMCRS) volunteer receives her 1500 Hour Volunteer Service Appreciation Certificate from NMCRS Chief Executive Officer (CEO) Steve Abbot during the annual NMCRS Volunteer Appreciation Luncheon held at the Chief Petty Officer's Club April 10. Approximately 40 volunteers were recognized for their volunteer work with certificates of appreciation and a Kokeshi doll.

Photo by Kazuyuki Takagi

Japanese, American Scouts enjoy Friendship Camporee



Japanese and American Scouts practice fire building skills during the Friendship Camporee, a three day joint camping event held at Commander Fleet Activities Yokosuka's Ikego Campground April 18-20. More than 220 youths from the Scouting Association of Japan's Kanagawa Prefecture camped alongside 150 American Boy Scouts from the Greater Tokyo Area, hosted by local Troop 35 of Yokosuka Naval Base. The Camp-O-ree featured a wide range of outdoor events including compass course, first aid, wall climbing, archery and a cooking contest. A campfire ceremony and friendship tree planting highlighted the event. The goal of the event was to establish closer ties to the host county's Scouting Association, and give local Scouts from both Japan and the U.S. exposure to the international aspect of world scouting.

Photo by Michael Brenyo



(Left) Steve Ancheta and Robyn Wilson of the Fleet and Family Service Center (FFSC), along with CFAY Command Master Chief Wayne Smith stand with FFSC's "Why I love being a military child" essay contest award winners as they display their award certificates April 17. Smith presented each winner with Navy Exchange and Sbarro gift cards.

Photo by Dan Bowen



Spring flowers are in bloom around Yokosuka Middle School thanks to a group of ESL (English as a Second Language) students who planted the flowers earlier in the school year as part of a class project. In addition to flowers, the students also planted herbs and vegetables.

Photo by Dale N. Duncan Jr.

Konnichiwa!



Information Technology Assistant Akihiro Horie performs trouble shooting assistance on a computer.

Photo by Yuhji Kawabe

- How long have you worked on base? Five years.
- Where do you work? DAPS Yokosuka.
- Favorite hobby? Traveling abroad.
- Life goal? To always perform my best at work.



(Left) Zushi-Hayama Lions Club President Kiyoshi Yabe, Ikuko Hayashi and Ikego Housing Officer in Charge Lt. Cmdr. Helen Murphy unveil a monument in memory of the late Seio Hayashi at Ikego's Cherry Tree Park March 29. The monument was erected to recognize Seio organizing the donation of more than 50 *Somei Yoshino* (cherry trees) to Ikego Housing while he was Lions Club committee chairman. In addition, the park was renamed Hayashi Friendship Park in his honor.

U.S. Navy photo by DC1(SW) Brian Godsey