

Stethem Sailors spread goodwill in Shimoda

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Memorial Day: honoring those who made ultimate sacrifice

Story and photo by Dan Bowen, CFAY Public Affairs

Command Fleet Activities Yokosuka (CFAY) honored American men and women who died in military service to the country at a Memorial Day service held at the Chapel of Hope May 26.

Commander U.S. Naval Forces Japan Rear Adm. James Kelly, the guest speaker this year, spoke to the civilians, family members and Sailors present at the ceremony about the fundamental idea of Memorial Day, "I think that for all of us who are serving, at the end of the day, we would want to know that if we gave our lives in the service of our country, that they wouldn't forget us."

Kelly also reminded those present of the National Moment of Remembrance, established by Congress, which asks Americans wherever they are at 3 p.m., local time, on Memorial Day to pause in an act of national unity for one minute. The reason 3 p.m. was chosen is that is the time when most Americans are enjoying their freedoms on the national holiday.

At his Memorial Day Address at the Arlington National Cemetery, President Bush expressed the sentiments felt by those who established the holiday in 1868, "To those who have known that loss and felt that absence, Memorial Day gives formal expression to a very personal experience. Their losses can be marked, but not measured. We can never measure the full value of what was gained in their sacrifice. We live it every day in the comforts of peace and the gifts of freedom. These have all been purchased for us."

Memorial Day was created with the issuance of General Order No. 11 on May 5, 1868 by General John Logan, the Commander-in-Chief of the all-volunteer Grand Army of the Republic. His order set the date of May 30 as Memorial Day and established the traditions Americans have been practicing since, "Let us, then, at the time appointed, gather around their sacred remains and garland the passionless mounds above them



Participants of the Memorial Day Ceremony at the Chapel of Hope held May 26 take a moment to reflect on the sacrifices of all those who have given their all to ensure that our freedom and way of life may endure.

with choicest flowers of springtime; let us raise above them the dear old flag they saved from dishonor; let us in this solemn presence renew our pledges to aid and assist those whom they have left among us as sacred charges upon the nation's gratitude, the Soldier's and Sailor's widow and orphan."

Black Ship Festival celebrates 154 years of Japan-America relations

By Dan Bowen, CFAY Public Affairs

The sleepy little resort town of Shimoda, located on the tip of the Izu peninsula, was once again transformed into a cosmopolitan city over the weekend May 16-18 as the city hosted Japanese and foreign dignitaries, military members and tourists for the annual Black Ship Festival, *Kurofune*, which commemorates the arrival of Commodore Matthew Perry to Japan in 1854 and the ending of *Sakoku*, the centuries old Japanese isolationist policy.

The festival began with the traditional breaking of a sake barrel by Commander U.S. Naval Forces Japan (CNFJ) Rear Adm. James Kelly, Commander Destroyer Squadron 15 (COMDESRON 15) Capt. Mark Montgomery, Chargé d'affaires Joseph R. Donovan of the U.S. Embassy, Japan Maritime Self-Defense Force Yokosuka District Vice Adm. Kenjiro Handa, Shizuoka Prefecture Bureau of Tourism Director Tsutomu Ideno, and Shimoda America-Japan Society Executive Director Takashi Watanabe. The three day festival included fireworks, parades and international sporting competitions.

Perry's legacy lives on today in the extraordinary relationship between the U.S. and Japan; Shimoda's black ship festival helps us appreciate how this partnership began and to whom we owe a debt of gratitude. Shimoda

Mayor Naoki Ishii said, "Shimoda is the first place Americans walked freely in Japan. We are proud of that fact and we want people to come and learn about our contribution to the history of Japan and U.S. relations."

of the *USS Susquehanna*, the sidewheel steamer that had served as Perry's flagship.

Perry sailed out of Norfolk, Va., harbor Nov. 27, 1852 to meet up with a squadron that was ported in Macao on the coast of China. He carried with him a letter for the Japanese government which sought to guarantee proper treatment by Japan for shipwrecked American seamen, to gain the right to secure provisions and coaling deposits and most importantly, to create profitable trade relations with the Japanese despite a 1717 edict that stated, "... for the future, let none, so long as the sun illuminates the world, presume to sail to Japan, not even in the quality of Ambassadors, and this declaration is never to be revoked on pain of death."

Although many believe that it was the cannon on Perry's ships that forced the Japanese to reverse their position, much of the credit needs to be given to Perry's strategy of staging an exhibition of modern arms, implements and machinery on the beach of Edo, which is modern day Tokyo. The Japanese were quick to grasp the

importance of the inventions on display, such as the telegraph, a miniature railroad, rifles, revolvers, clocks and other scientific instruments. The display opened many eyes to the benefits of Perry's trade proposals and his cause suddenly became appealing to the more progressive element in Japan.



Japanese and American participants wear the dress of their 19th century counterparts in the main parade of the Shimoda Black Ship Festival May 17 which commemorates the arrival of Commodore Matthew Perry to Japan in 1854.

Photo by Sean Dath

Keeping with the spirit of the festival, many Japanese and American participants dressed in 19th century clothing and activities and musical performances from that era were offered as well. One big difference between the ages was the presence of an Aegis class guided missile destroyer, *USS Stethem* (DDG 63), anchored in the harbor in place

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Supporting the Peace Corps 50 Plus Initiative

The Peace Corps has announced a 50 Plus initiative, a program designed to increase the number of older Americans serving as Peace Corps volunteers. Across the Department of Defense (DoD), many highly skilled and well-educated employees will soon be retiring from federal service and looking for new challenges in their lives. The Peace Corps is one such challenge worthy of their consideration. There are many benefits retiring DoD professionals might gain through service as Peace Corps Volunteers, such as cross-cultural experiences, living in an overseas community helping the local people reach their developmental goals and learning another language. Other positive factors that should appeal to applicants over 50 include health coverage and retirement considerations. For instance, the Office of Personnel Management (OPM) recently issued a regulation that allows annuitants to temporarily suspend their federal health benefits while serving as Peace Corps volunteers for the duration of their service. Peace Corps volunteers commit to 27 months of training and service overseas. Coming from all walks of life, volunteers range in age from college students to retirees. All bring with them a strong work ethic, a spirit of generosity and pragmatic problem-solving skills. To be eligible for volunteer service, one must be a U.S. citizen, at least 18 years of age and willing to spend 27 months in training and service abroad. Opportunities are available for those with a combination of job experience and education. Knowledge of a foreign language is not a requirement, as the Peace Corps provides language training. Explore how the Peace Corps can fit into your future and become a new challenge in your life. Talk to a Peace Corps recruiter at 800-424-8580 or visit their Web site at www.peacecorps.gov.

2008 Road Tax Information - All vehicle owners are required to have a 2008 USFJ form 15 base road tax decal affixed to their vehicles no later than June 16. In order to obtain the base decal the following documents must be present: SOFA ID card, proof of payment of the 2008 road tax, military registration and certificate of vehicle title, Japanese title, current base inspection sheet, Japanese Compulsory Insurance (JCI), liability insurance, SOFA drivers license and a parking certificate (if applicable). Vehicle owners with more than one vehicle will

have to present the above documents for each vehicle before a base decal can be issued. Contact the Vehicle Registration office at 243-5011/5896 for more information.

Command Roster Photos – Command roster photos are taken by appointment every Tuesday afternoon starting at 1:30 p.m. at CFAY Public Affairs office, Bldg. 3154, Room 213. Stop by our office or call 243-5607 to make an appointment. For service record photos (full length), please contact Fleet Public Affairs Center Detachment, Japan at 243-7378.

Yokosuka Middle School Registration – Many parents have already re-registered their students for the next school year at Yokosuka Middle School. Those parents who have not are asked to come in and complete the re-registration process. Students who have not re-registered by June 11 will be dropped from the computer system. Call 243-5165 for more information.

Tagoe River Clean up Community Relations Event – Zushi City invites you to join in the Tagoe River clean up community relations (COMREL) event June 8 from 1 to 4 p.m. Participants should meet at the Ikego Officer in Charge (OIC) office at 12:15 p.m., and proceed to JR Higashi Zushi Station. The event will begin at 1 p.m. Participates are advised to bring cotton work gloves, towels, tongs for trash pick up, insect repellent, suitable attire with ball cap and sunscreen. Call Michiko Kamioka at 246-8042 for more information.

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: I recently gave birth to my little girl at the U.S. Naval Hospital Yokosuka. I would like to send a special thanks to Dr. Morales, Dr. Cheng and Lt. Cmdr. Hiles whose care I was under during and after my delivery. My husband and I send a huge thank you to you and the entire labor and delivery staff on the third floor of the hospital. The kindness, support and concern, shown to me go way beyond anything that I could have ever imagined. The labor and delivery staff is friendly, professional and very knowledgeable. A group of people like you would make any new mom feel important and special. You all are the best and it shows that you all love what you do. Thank you again to each and

every one of you. Be blessed!

Q: I wanted to write in regarding what had happened in McDonalds March 19. I was there with my five-year-old son eating at the same time that the high school students were there. When those children left to go back the school, they left their garbage everywhere. There were bags on the floors, hamburger wrappers and napkins and drinks were left on the tables. I was in shock. Not only was it disgraceful but it was pitiful. I called the high school to post a complaint but I really felt that I needed to write in to let everyone know about this incident. Is there any way that McDonalds or other eating establishments can be off limits if this type of disrespect continues?

A: If students cannot behave or conform to expectations, we have in the past, placed certain areas off-limits during lunch and will do so again if we receive many complaints from any eating establishments.

Q: According to Sony Computer of America, if a Playstation (PS) 2 title sells more than 400,000 copies and has been on the market for more than nine months, the title will be eligible for the "greatest hits" category. Greatest hits titles usually sell for \$19.95 and a lot of videogame stores offer greatest hits titles at \$30 for any two. I decided to get a copy of Final Fantasy XII greatest hits for PS2 from the Navy Exchange (NEX) on base and noticed that it was priced at \$24.99 while major online retailers such as amazon.com, buy.com, bestbuy.com, gameexpress.com and others have the same game priced below \$20. Why?

A: The Navy Exchange strives to have the best pricing for our customers. There are many factors that determine pricing, one of the biggest is power buying. Wal-Mart operates 4,000 stores, Best Buy operates 750 stores and the Navy Exchange has 180 stores that sell video games. The larger volume stores will have the buying power to negotiate lower cost prices and set "loss leader" pricing to bring customers into their stores. Also, please note, e-commerce does not have the overhead costs required to run brick and mortar operations. Spyro "A New Beginning" became a greatest hit title in October 2006. Navy Exchange sells this for \$29.99. Sears sells it for \$29.99. Wal-Mart sells it for \$27.82. Final Fantasy became a greatest hit title in October 2006. Navy Exchange sells this for \$24.99. Sears sells it for \$19.99. Wal-Mart sells it for \$19.82. Although we try to remain competitive with our pricing, a \$19.99 retail price would be below our cost price. As we do not want to lose our loyal patrons to the other retailers, the Navy Exchange does accept internet price matching from Wal-Mart, Sears and JC Penney's. All you need to do is print out the web page from

one of these companies and bring it to the Navy Exchange Sight & Sound department. We would be more than happy to match their price. Quality goods and services at a savings is our mission and we thank you for your comments. If you have additional questions please feel free to contact the NEX Story Manager Lisa Ballejo at 243-4455.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address 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 cfay.pao.watch@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 July 3. 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 us at: cfay.pao.watch@fe.navy.mil.

Correction

The Ship Repair Facility-Japan Regional Maintenance Center (SRF-JRMC) article that appeared on page 11 of the May 30 Seahawk incorrectly stated the design-build construction contract to be 12 million vice 10 million.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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Summer safety: it's that time again for working in the yard

By CFAY Safety office

As the temperature rises and the grass turns green, people get the itch to begin their spring yard work. Before you grab your rake or fire up your lawn mower, review the following safety tips:

- Don't overdo it. Begin your spring work gradually in order to keep soreness and fatigue to a minimum.
- Limit your exposure to the sun and chose a good sunscreen to protect your skin. It's also a good idea to wear a hat when

out in the sun.

- Before beginning any job, inspect your tools and obtain any protective equipment that will be needed.
- If you are mowing the lawn, know how to operate the equipment. You should be dressed properly for the job by wearing close-fitting clothes, sturdy shoes and safety glasses or goggles. Clear the cutting area of debris before you begin. Keep your hands and feet away from all moving parts of the lawn mower.

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GW Sailors lend helping hand to children during Chile port visit

By MC2 Dave Reynolds, GWCSG Public Affairs

Sailors from the *George Washington* Carrier Strike Group (GWCSG) participated in a series of community relations (COMREL) projects May 15-16, while on a four-day scheduled port visit in Valparaiso, Chile.

Sailors from *USS George Washington* (CVN 73) (GW) and *USS Kauffman* (FFG 59) cleaned and painted at eight different sites, including schools and children's homes, as part of their deployment in support of Partnership of the Americas (POA) 2008.

U.S. Ambassador to Chile, Paul Simons, as well as local officials and members of the Chilean media, also turned out to be part of the day's events.

"I think it shows the generosity of the American people," Simons said. "The fact that these young Sailors are prepared to get up at the crack of dawn to help do this type of charitable work shows the positive side of the American character and the positive side of the United States Navy," Simons said, praising the volunteers for their work.

Sailors also volunteered to participate in Operation Hand Clasp, handing out 35 pallets full of donations, including books, toys and health care products to the children of Valparaiso. Project Handclasp is a Navy sponsored program which coordinates transportation and delivery of humanitarian, educational and goodwill material donated by corporations, charitable and public service organizations and private citizens.

"We accomplished so much today," said Lt. Cmdr. Jim Edwards, a Navy chaplain and *GW's* COMREL coordinator. "We painted numerous sites, making it a brighter day for everyone and at the same time had a chance to break down the culture gap."

Many strike group volunteers spoke fluent Spanish, allowing them to interact more effectively with the students.

"This kind of positive interaction gave our Sailors a meaningful way to share cultures with the Chilean people," Edwards said.

"Seeing them smile, having the kids come up to shake my hand and seeing the cheer and happiness in their faces was the highlight of my day," said Cryptologic Technician (Technical) 1st Class (SW/AW) Gregory Riddle of *GW's* Intelligence Department. "Anytime I can provide more for any child is rewarding for me. I enjoyed it tremendously."

Edwards said projects like these support the Navy's maritime strategy by promoting



USS George Washington (GW) Sailor CTT1 Gregory Riddle passes out donations to a local school in support of Partnership of the Americas and Operation Hand Clasp May 15-16. Sailors assigned to the *GW* Carrier Strike Group participated in a series of community relations projects while on a port visit to Valparaiso, Chile. U.S. Navy photo by MC2 Thomas Henderson

themes like friendship, mutual cooperation and understanding.

"We could not have done this without the help of the Chilean navy. Their help setting up the sites -- all the logistical support they gave and getting us where we needed to be -- made the COMREL a success. It showed that Partnership of the Americas has and will work for years to come, demonstrating that by working together, we can accomplish the task at hand."

Sailors enjoy cultural experience during Shimizu, Japan port visit

Story and photo by MC2 Nardelito Gervacio,
USS Blue Ridge Public Affairs

Sailors aboard amphibious command ship *USS Blue Ridge* (LCC 19) were invited to experience a cultural center like no other during a scheduled port visit May 30.

Twenty Sailors were invited to the home of Etsuko Yoshino, chairperson of the Shimizu Japanese Culture Organization, where the Sailors learned first hand about the richness and diversity of the Japanese people and culture.

Upon arriving at her home, the Sailors were greeted by Yoshino along with five Japanese teachers. After a warm introduction by all, the Sailors were taught how to write their names in Japanese characters, try on kimonos and even participated in a traditional Japanese tea ceremony.

"It was interesting learning about the Japanese culture and also taking part in the tea ceremony" said Electronic Technician 2nd Class (SW) Soodjai Pongsuvanrat. "It was an honor to be invited to her home"

Shigie Yamanashi, a teacher of Japanese Culture and assistant to Yoshino said, "I was in the Air Force many years ago and understand what military personnel go through. We love having military personnel come here and visit and learn about the Japanese culture. We have been doing this for three years now. *Blue Ridge* is the third ship to visit the cultural center and we are so happy they came."

The Sailors later got to play a game where the object is to pick up as many beans as possible using only chopsticks and to see who gets the most. At Yoshino's house, the winner of the fun yet dextrally challenging game got a prize.

"The visit was very satisfying to get out and actually see some Japanese culture away from or forward deployed port of Yokosuka," said Senior Chief Hospital Corpsman (SW/SS) David Peterson. "I got to put on a kimono for the first time today. I really enjoyed the whole experience."

As the Sailors prepared to leave, they all thanked Yoshino and her assistants for their warm hospitality and for teaching them a small part of Japanese culture.

"It was a wonderful experience," said Operations Specialist 2nd Class (SW) Virgilio Silva. "I had never put on a kimono before and it was my first time in a traditional Japanese home. I liked it and I would love to do it again."

Shimizu Japanese Cultural Organization is a non-profit group which promotes Japanese culture to foreigners who are interested in the richness and diversity of the Japanese culture.

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



Tomono Kazako, a Japanese teacher at the Shimizu Japanese Cultural Center, instructs ET2(SW) Soodjai Pongsuvanrat and OS2 Laura Mathieu the proper way to prepare tea for a Japanese tea ceremony during a scheduled port visit May 30.

Task Force 76 is headquartered at White Beach Naval Facility, Okinawa, Japan, with an operating detachment in Sasebo, Japan.

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USS John S. McCain Sailors aid local Yokosuka orphanage

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

Painting is not something Sailors usually volunteer for, especially on weekends, but over the past several weeks, Sailors from *USS John S. McCain* (DDG 56) have done exactly that.

Since shortly before *John S. McCain* entered a maintenance availability six weeks ago, Sailors from *John S. McCain* have been making weekly trips to the Kobo Cottage orphanage in Yokosuka to help spruce up the facility. So far, this team of volunteers has painted all of the common areas of this three story orphanage.

When the command heard Kobo Cottage was looking for volunteers, it jumped at the chance to get involved. "This is exactly the type of thing we need to be doing," said *USS McCain* Commanding Officer Cmdr. John Banigan. "It allows our Sailors to be more integrally involved with the local Japanese community, to give back to the community and provides a ready means for cultural exchange." After the work is finished, many Sailors stick around to play with the children, a treat for both the Sailors and children alike.

While the work at Kobo Cottage is sponsored by the command, *John S. McCain* First Class Petty Officers' Association has taken the lead in arranging the details.

The organization voted to purchase supplies needed for the project valued at more than \$400. Moreover, the first class petty officers have played a key role in recruiting interested Sailors and their families for the project.

Operations Specialist 1st Class Elton Williams, who

from the immediate leadership goes a long way toward making Sailors understand how important and rewarding this project is."

The children at Kobo Cottage, who range from 2 to 18 years of age, attend public schools. Their gratitude is

clear. "We greatly appreciate everything you've done. We will enjoy the fruits of your labor for years to come," said Esther Kaneko, the organization's director. Often when the Sailors arrive, the children will hug them and give thanks. They bring out their toys to show their new friends, and have even presented them with small gifts. Usually, the Sailors are invited for lunch. "They don't have much, but it's clear they're willing to share what they have," said Ensign David Armandt, *John S. McCain's* main propulsion officer.

The Sailors too, appreciate the chance to be involved in the community. "I realized that I could play video games anytime, so I decided to spend some time doing something different, and I'm glad I did," explained Boatswain's Mate Seaman Jonathan Heath. "The best part," he added, "was seeing the kids smile."

John S. McCain is an Arleigh Burke-class guided-missile destroyer. The 8,315-ton warship is a multi-mission platform designed to support carrier and expeditionary strike groups and is part of the forward-deployed naval forces operating from Yokosuka, Japan.

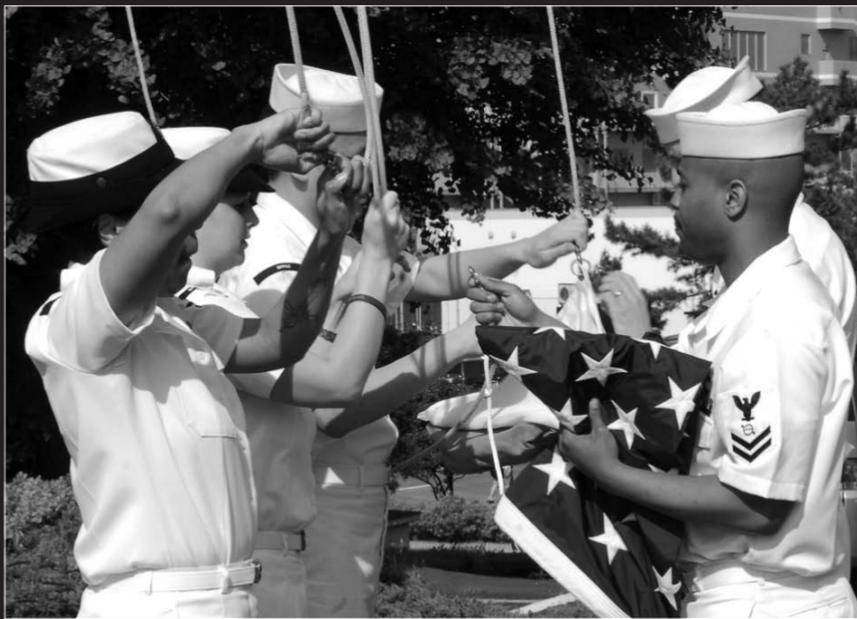


USS John S. McCain (DDG 56) crew members SN Sung Kim and Lt. Cmdr. Robert Ogden and his family share a meal with the residents and staff of Kobo Cottage. Sailors from *McCain* have been making weekly trips to the Kobo Cottage orphanage in Yokosuka to help spruce up the facility.

has led and coordinated the project, explained, "I've gotten several guys to volunteer by asking. A little interest

expeditionary strike groups and is part of the forward-deployed naval forces operating from Yokosuka, Japan.

Whose broad stripes and bright stars...



Sailors prepare the flags for morning colors at Commander Fleet Activities Yokosuka May 22. Sailors from various shore-based commands take turns serving as members of the base's colors detail.

U.S. Navy photo by MC3 Bryan Reckard

Stethem spreads goodwill in Shimoda during festival

Story and photo by MC3 Matthew White, Fleet Public Affairs Det., Japan

More than 50 Sailors from *USS Stethem* (DDG 63) participated in a community relations project at Shimoda Elementary School May 16.

Students and Sailors gathered in the gymnasium for a welcoming reception, where the entire student body sang a song before everyone played a game that got both groups ready for a day of learning, games and plenty of laughter.

"Seeing how receptive the kids were and how much fun they had was my favorite part of the day," said Master-at-Arms 1st Class Tavares Liggons.

After the reception wrapped up, the Sailors split into small groups and accompanied the children back to their classrooms, joining them in songs, enjoyed skit performances and learned about Japan from their young hosts.



HM3 Christopher Basillio of *USS Stethem* (DDG 63), folds origami art with children from Shimoda Elementary School during a community relations project May 16.

"I really enjoyed seeing how Japanese schools differ from American schools," said Sonar Technician (Surface) 2nd Class Keith Martinez, a native of Palm Bay, Fla. "There is a pretty big difference," he added. "The kids have a lot of fun, but it's a lot more organized," said Martinez. "Getting to play their games and have a chance to have fun with the kids was really fun," he added.

After a morning full of fun and games, the visiting Sailors ate lunch with their new friends.

"It was neat to see the kids serve us the lunch in their classrooms," said Martinez. "We really had a chance to interact with the kids in their environment and see how they learn. It was a unique experience."

Before the Sailors headed back to their ship, everyone gathered in the gymnasium for a farewell ceremony and enjoyed an unexpected surprise. The sixth grade class performed a dance routine for the Sailors to the traditional Japanese folk song "Catching Heron."

"I thought the performance was special," Martinez said. "They must have spent a lot of time practicing - it was really good."

名所物見の旅 - 其の参拾伍

江戸前鮓

鮓屋の料金と忘れ得ぬ名人

文・写真：河辺雄二、CFAY広報課

きちんとした店構えの鮓屋へ初めて入るとするのは、かなりの緊張を強いられるものである。鮓屋は職人と一対一で向き合わなければならない、そのうえ周りを常連客らしき人達に囲まれたりでもしたら、店のしきたりや雰囲気慣れるのにも時間がかかる。そしてなんととっても一番の問題は料金であり、高額な請求もありうるので、情報のない店にはなかなか近づき難い。四谷「纏寿し」のあの押し出しのよい一見コワモテの主人（実際はやさしい人です）にしてからが、「俺だって初めての鮓屋は怖いよ」と言っていたくらいである。

鮓屋の勘定はその不明朗さから多くの誤解を招くが、悪質な一部の店を除けばそれなりの理由はあるようだ。いつもと同じような鮓を食べた筈なのに、やたら高い料金を請求された場合に考えられることは、魚の極端な仕入れ値の高騰がある。ある老舗鮓店で聞いた話では、通常は原価の安いコハダなども、お盆前後のシーズン初めのシンコとなると、漁獲量によっては卸値が極端に跳ね上がってしまい、二貫で二千五百円以上になってしまうことがあるという。その老舗店では自分の店の客層を考え、高値の付いた魚は仕入れることはしないで銀座さんあたりにお任せすると言っていたが、銀座の高級店では他店との競争があるので、絶対に仕入れて客の注文に応じなければならないという面子があるのだそう

だ。生の黒鮓をはじめ全国に水揚げされる高級魚のほとんどが築地に集まり、こうした魚を仕入れる銀座界隈の鮓の料金は、高額な店賃も含めるとつもなく高くなってしまふ。その高級店ひしめく銀座の御三家「なか田」「久兵衛」「与志乃」と「すきやばし次郎」「寿司幸本店」を加えた五指と呼ばれるような一流店は、最高級の握り鮓と目の玉が飛び出るような料金が待ち構えているのは当然のことといえる。

もうひとつ、ご存知のように鮓屋は席数が少ない。これは職人が対応できる人数は限られているからで、一流店ともなれば食べた鮓の数ではなく、席を占領した時間で料金が決まるといってもよい。ある女優が銀座X店で数個しか食べていないのに何万円も取られたと憤慨した話があるが、ある鮓屋の親爺さんによれば、そんなのは当たり前で、おしゃべりに夢中になって鮓もろくに食わずに何時間も席を占領したら、Xクラスの店なら数個だろうと数十個食べようが料金はほとんど変わらないだろうとのことであつた。また世の中には支払った料金が高いことで最高の鮓を食べたと吹聴する人もいるが、高額だからといって一級品とは限らない。高級ぶっているが値段ばかり高くてひどい仕事の握りを出す店もあれば、仕入れを工夫して仕込みや握りの技術で一流店と遜色のない鮓を供する、良心的な料金の店も存在する。

客の態度で料金が変わるといふ話もよく聞くが、極端になるとこうした行為はぼったくりとなら変わらないし、許されることではない。しかし客側としても気分よく食べるためには、その店のリズムを掴むことが肝心で、お任せがよいのか、お好みだけなのか等、その店のベストの食べ方を知ることも重要だ。こちらは客なのだから威張っていれば良さそうなものだが、鮓屋はこれがなかなか難しく、雰囲気を壊して間合いが悪くなったら元も子もない。注文に際しても、老舗の中には軍艦巻きなどやらない店もあるし、甘エビを注文したら、「まともな鮓屋は車海老しか置かないもんだ」とか、通ぶってアナゴを焙るように頼んだら、「うちの焙れないです」と言われシラケたという話もある。沢煮という技法のアナゴは焙ればおいしい握りになるが、じっくり煮込む店のアナゴは焙ることは不可能なので注意を要する。

以前TV番組で女性レポーターが「最初は何から食べるんですかねえ、通はコハダとか玉子って言いますよねえ」と喋っていたが、好きなものから頼めばよさそうなものの、玉子はヤバイ

のである。前回述べたように玉子焼きは店の格を見る物差しとなるもので、カステラのような厚焼きや品の良い薄焼きなど店によって工夫を凝らした特徴がある。そして玉子は最後の締めとしてデザート代わりに頂くものであるのだから、最初に注文するということは、「お前さんの腕を見てやるから、玉（ギョク）握ってみな」といった意味合いになる。こんな時職人は「この野郎！」って気持ちにもなるだろうし、勘定にも影響しかねないので、子供以外は最初に玉子焼きを頼むのはタブーといえる。それに最初に玉子焼きを頼むなら、業者の納入する出し巻き玉子でも出てきたら、プッと席を立つぐらいの覚悟を持って臨むべきであろう。

食べ物に対する味の尺度は個人の嗜好によるものとする向きもあるが、私はやはり経験値が大きいと思っている。いろいろな店に通うことで、鮓に対するモノサシが出来て視野が広がり、最良の店を見つけれればうれしいものである。

最近鮓職人のことを板前と書いている人をよく見かけるが、鮓屋の調理場は板場ではなく、古来鮓は熟成させた漬物であったことから漬け場と呼び、昔から鮓調理人のことは職人と呼ぶのが常識である。その鮓職人の世界は師弟関係からいくつかの系統へとそれぞれの技術が継承され、また各店の主が新たに切磋琢磨して新境地を切り開いて鮓の食文化を構築している。前回取り上げたように「与志乃」の先代吉野末吉氏から「すきやばし次郎」小野二郎氏や「松波」松波順一郎氏、「鮓 水谷」水谷八郎氏といったように、一つの系統から多くの名人を輩出しているのはその一例である。

私個人の数少ない出会いの中で忘れ得ぬ名人を挙げると、まずは慶応2年創業の浅草の弁天山「美家古寿司」の四代目、大正6年生まれの内田栄一氏。栄一氏の技は「電球に指を突っ込んでピリッときて手を引っ込めたような早業」と形容された電光石火の握りで、下町の職人らしい腕と語りはいつも楽しかった。昭和18年生まれの息子の正氏の握りも私はすでに三十年近く食べているが、腕は栄一氏と甲乙つけ難く、伝統的な江戸前鮓として味は一流、値段は良心的と、安心して通える一軒である。冒頭に挙げた四谷「纏寿し」の主人遠藤明氏は栄一氏の弟子である。

数年前に残念ながら引退した神田「鶴八」の師岡幸夫氏は、昭和5年生まれで柳橋の「美家古寿司」出身。師岡氏はちょっと怖いその容姿も握りの技も、江戸前を体現したような鮓職人だった。その師岡氏が柳橋の師匠青木博章氏の握りには「一生かかっても到達できるかどうか」と言っていたのを聞いたことがあるが、今ではその加藤氏の握りを知る人はほとんどいないだろう。二十年ほど前にこの二人をモデルとして、「イキのいい奴」というTVドラマがNHKから放映された。

1980年代の「すきやばし次郎」のカウンターには、小野二郎氏と水谷八郎氏という現在のミシュラン三ツ星の二人が並んでいたわけで、今になってみるとすごいことであつたと思う。当代一の名人と評判を取る小野氏は、八十歳を超えてなお現役であるのには頭が下がる。

最後に私が理想とする鮓屋を挙げると、古き東京を彷彿とさせるロケーションと老舗の貫禄を感じさせる店構え、そして名人と向き合ってお鮓をいただけること。文政年間の江戸前鮓の始祖のひとつ「華家與兵衛」の流れを汲む人形町の「き寿司」や明治十二年創業の日本橋「吉野鮓本店」はその代表格といえる。



人形町の老舗「き寿司」。雰囲気のある店構えが一昔前の東京にタイムスリップしたような気分させてくれる。（「き」は七を三つ重ねた字で、ワープロでは出せないのひらがなで表記しました。）

Seahawks defeat Yokota Warriors in season opener

By MC2 Byron Linder, Fleet Public Affairs Det., Japan

It was a cold, windy night May 31 at Commander Fleet Activities Yokosuka (CFAY) Berkey Field, as the Yokosuka Seahawks football team battled the Yokota Warriors in a rematch of last year's United States Forces Japan- American Football League (USFJ-AFL) Championship. The result was the same but the score was different, with the Seahawks winning 48 - 6 behind a 22 carry and five touchdown (TD) effort by running back Carl Harris.

Yokosuka won 7 - 0 last September to win their 7th title in eight years.

"He showed us something tonight," said Head Coach Robert Cole. "We lost a pretty good back after last season and I think he more than filled the void with his play tonight. He's got excellent vision and can get outside when he needs to or make that cut on a drop of a dime to make someone miss."

Yokosuka drew first blood on the game's second play from scrimmage, when Defensive End (DE) Anozie Uzomanze fell on a fumble in the end zone. After Lorenz Piper blocked a punt on the Warriors second possession, Harris scored on fourth and goal from the Warrior's six yard line. Harris scored three more times in the first half on runs of two, four, and 11 yards.

Yokota scored on a 55 yard pass with two minutes to play in the 1st half, making the score 30 - 6 at half time. They didn't get any closer to the defending champs, as the Seahawks scored three more times in the 2nd half on Harris's 5th TD, Quarterback (QB) Mike Ott's four yard keeper and when defensive tackle Delrick Traylor recovered a fumble in the end zone in the fourth quarter.

"Our defense is awesome," said Cole. "Year in and year out, that is the strength of our team. Defensive Coordinator James Price gets these guys ready. He's amazing. He never stops learning or teaching and the players respond to that."



The defending champion Yokosuka Seahawks football team started the 2008 season off right with a big win over the Yokota Warriors in a rematch of last year's USFJ-AFL championship game by a score of 48-6 at CFAY's Berkey Field May 31. Photo courtesy of Robert Cole

Yokosuka tries to go up two games in the league when they face the Misawa Jets Saturday, June 7 at CFAY's Berkey Field, located behind Purdy Fitness Center. The Seahawks will also host the Kadena Dragons Wednesday, June 11. Both games will start at 6 p.m. Come out and show your support to the defending champion Yokosuka Seahawks.

Zenkokai Association recognizes CFAY Sailors, civilians

Story and photo by Kazuyuki Takagi, CFAY Public Affairs

The 2008 Nippon Zenkokai Association Good Conduct Award ceremony was held in the Meiji Jingu shrine in Tokyo May 24, where 172 individuals and 154 groups including U.S. service members received awards for their good deeds of the past year. The award groups fell into four categories: juvenile, emergency contributions, international contributions and non-Japanese.

"Welcome to 2008 Annual Award ceremony of the Good Conduct Association of Japan," said Kozo Fujita, executive vice president of the Good Conduct Association. "I'm honored to announce here the beginning of the ceremony."

The Nippon Zenkokai association is a non-profit organization under the control of the Japanese prime minister's office. The annual award, founded in 1951, is presented to individuals whose selfless acts are remarkably beneficial to their neighbors or the general public. In 1995 the award was opened to honor non-Japanese who have contributed to the

betterment of life in Japan.

This year's U.S. Navy individual winners were Master-at-Arms 2nd Class Robert Courneya and Lt. Robert L. Moran from Commander Fleet Activities Yokosuka; Noven Nicolas, Commander, Fleet Air Western Pacific;

Roger Avery from Naval Air Pacific Repair Activity; John Mitton from Naval Air Facility Atsugi; Hull Technician 1st Class John Moss, Naval Computer and Telecommunication Station Far East and Raymond John Denny from U.S. Fleet Industrial Supply Center Yokosuka.

The U.S. Navy group winners were Knights of Columbus Council 12970, United States Naval Hospital Okinawa Japanese Physician Medical Education Program, and the Naval Air Facility Atsugi Seabee Club.

The two service members from CFAY, Courneya of Security and Moran, Officer in Charge of Negishi housing base, were awarded for their efforts in providing aid to homeless and handicapped citizens, fostering childcare, environmental preservation and beautification projects.

"I participated in many things that humans can do to spread the good will of U.S. to the group. We are truly ambassadors for Japanese people. So, I participated in and coordinated about 35 community relation events last year," said Moran. "I feel great because I'll transfer in about three weeks. This is a great farewell gift that I'm going to get from the association."



More than 170 individuals and 154 groups including U.S. service members were awarded for their good deeds during the Nippon Zenkokai Association Good Conduct Award ceremony at Meiji Jingu shrine in Tokyo May 24.

USO, Disney host Yokosuka Military Appreciation Day carnival

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

Sailors and their families from the Yokosuka area enjoyed a Military Appreciation Day carnival at Commander Fleet Activities Yokosuka (CFAY) May 18. The event, hosted by the United Services Organization (USO), was sponsored by the Disney Corporation.

According to Juliet Domingo, the director of USO Japan, the carnival was meant to give families a fun venue to celebrate Military Appreciation Day.

"Today we are celebrating Military Appreciation Day and in conjunction with Disney," Domingo said. "The USO is hosting a free event in which we are offering free food, as well as games and prizes so family members can come out and celebrate the day."

There are currently 130 USO centers around the world, hosting service members 5.3 million times a year.

Domingo says that the carnival is just a taste of things to come, regarding what the USO can provide to Sailors and their families once the Yokosuka branch opens.

"The USO is a private non-profit organization whose mission is to provide morale, welfare and recreation to our active duty and family members throughout the world," Domingo said. "The military appreciation carnival is a look at what we



Sailors and their families from the Yokosuka area enjoy a Military Appreciation Day carnival at Commander Fleet Activities Yokosuka (CFAY) May 18. The event was hosted by the USO and sponsored by the Disney Corporation.

are able to provide for our military and family members here on Yokosuka base."

The USO was formed in 1941 and currently more than 25,000 volunteers donate their time to the organization. USO centers can be found in nine different countries, 21 states and the District of Columbia.

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • June 6, 2008

Sunday, June 8
Thew Gym, Yokosuka

SUPER

Doors open at 1000.
Early Bird Special from
1200 to 1245. \$5 to play
and worth \$3,000 in prizes.

BINGO

\$60,000

\$40,000 In 57 numbers or less.
guaranteed consolation prize.



Tickets are \$90 in advance (good for one bingo package) and \$120 at the door. Additional packages are \$55. Participants must purchase one package for entry. Advanced tickets available at available at Yokosuka clubs, Ikego Club Takemiya, Negishi All Hands' Club, Camp Zama Community Club, Atsugi Club Trilogy and Yokosuka ITT office. Advanced tickets are for paper bingo packages and cannot be exchanged for electronic handsets.

Tickets on sale until close of business on Saturday, June 7. SOFA-sponsored personnel and their guests may play; however, only SOFA-sponsored personnel may sign for prizes. Children, non-players and immediate family members of the staff are prohibited. Outside food and beverages are prohibited. For more information call 243-3000.



Mt. Fuji Briefings

Mt. Fuji Safety Briefing

Wednesdays, June 11, 18 and 25
from 1700 to 1800

Outdoor Adventure Program will be giving pre-trip safety briefings to prepare you on what to expect when climbing Mt. Fuji and what items are needed. This will help to make your climb easier and a memorable experience. These safety briefings will be held on the 2nd Floor of Green Bay Marina and are mandatory for all Mt. Fuji trips.

Negishi Friendship Day Festival 2008 (Open Base)

根岸米軍基地
基地開放日

Saturday, June 14
from 1300 to 2000

Negishi Navy Base (Community Support Complex Parking Lot)

Food and beverage booths, games, air toys, live performances throughout the day.

Friendship Festival 5K

Saturday, June 14 at Negishi Navy Base Housing
0830 for Registration, 0900 Start Time

Saturday, June 14 and Sunday, June 15 for rain delay.
Pre registration is free, day of event sign-up is \$5 or ¥1,000.
Please call Negishi MWR for sign up 242-4120.

Navy Friendship Day 2008

Saturday, August 2

Forty booths available for
interested Private Organizations

A mandatory organizational meeting will be held in the
Fleet Theater from 1000 to 1100

Wednesday, June 18

For applications or details, contact
Miyuki Takezawa at 243-4731
or email at takezawa.miyuki@cfay.navy.mil





Outside the Gate

ITT Tickets

Discount Yunessun Hot Spring Tickets

ITT is now selling discount tickets to the relaxing hot springs of Yunessun in beautiful Hakone! Tickets cost ¥1,700 for adults (12 yrs old and above), and ¥1,000 for children (3 - 11 years old). Tickets are valid until December 31, 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.

Disney on Ice: Princess Dream

Don't miss the chance to see all of your favorite Disney Princesses live and on ice at Yokohama Arena from August 21 - 25! ITT is now selling tickets for ¥5,600 (3 years and older, reserved seating). ITT will have bus transportation available for the August 21 & 22 for \$15 for adults, \$10 for children and \$7 for infants.

Blast II

Are you upset you missed all the fun and excitement of Blast I? Then you won't want to miss Blast II, live at Tokyo International Forum on August 6 - 10 & 13 - 17! ITT is now selling tickets for ¥11,000 per person for weekend shows and ¥10,500 per person for weekday shows.

Hit Songs of Love and Youthfulness

Hit Songs of Love and Youthfulness brings together the music of South America, Europe and Asia on one stage for one night only at Yokosuka Art Theater! ITT will begin selling tickets June 7 for ¥5,700 per person.

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

Intermediate Downhill and Cross Country Mountain Biking at Fujimi Panorama, Nagano Prefecture

Join Outdoor Recreation on June 7 as we travel to Fujimi Panorama for a mountain biking experience like no other. Fujimi is home to a 21 kilometer cross country loop, and two new dirt jump parks for the intermediate to expert XC rider. Experience the adrenaline rush of a 1000ft elevation drop from any of the three downhill shuttle runs. The cost is \$40 per person and includes transportation and knee and elbow pads. Lift tickets are available at the resort for ¥4,500. Bikes and helmets are available separately at Outdoor Rec.

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

If you're interested in challenging yourself, but don't want the long drive, then join Outdoor Rec on June 8 & 22 for rock climbing at it's finest - Takatori-yama is only a 30-minute drive from Yokosuka! We will hike up the trail to Takatori-yama where locals used to cut stones for building materials. The rock faces are tuff (a pile of volcanic ash) and a little bit crumbly, but fit for beginners to advanced climbers. The cost is \$30 per person.

Sea Kayaking at Hayama, Kanagawa Prefecture

Experience the adventure of sea kayaking on June 14 and 28 and learn basic paddling strokes as well as the Eskimo Roll, depending on ability. Immediately following a one hour class, paddle around the rocky shores of the small islands that trail along the coastline between Zushi and Chojagasaki. The cost is \$50 per person and includes transportation and sea kayak equipment. Trip location is subject to change, depending on the weather.

Mystery Intermediate Surfing Trip

Two days prior to this June 28 trip, our trip leaders will check the weather and wave forecast to determine the location of the trip. The cost is \$50 per person for transportation only. Rental surfboards and wetsuits are available at Green Bay Marina (2nd floor behind McDonald's) for an additional charge.

The Paradox That Is Mt Fuji

Story by STEVEN MARKSBERRY, Outdoor Recreation Manager

Both the seasoned mountaineer and novice climber agree that Mt. Fuji is a unique place. Snaking up the face of the mountain are well-worn, switchback trails lined with mountain huts hawking food, stamps, water and souvenirs. With enough yen, one can practically summit without bringing any supplies. Because of this, most self-respecting mountaineers sneer at Mt Fuji with a certain disdain. Some scoff, "what challenge awaits you on a mountain with man-made steps and sit down toilets?" However, these same reasons send thousands of tourists flocking daily to Fuji in July and August making the mountain one of the most enduring symbols of Japan. Roughly a quarter of a million people attempt to climb Fuji each year; unfortunately, the majority of them have no experience dealing with mountains. It is in this fact, which the paradox of Mt Fuji lies.

Mt. Fuji, a technically active volcano, stands at 12,388 feet, (3776 m.) At 7,560 ft lies the fifth station, which is the highest point with vehicle access. Visitors usually start here as most can climb to the summit and back before sunset. Without the need of technical rope work and with bilingual signs to guide you, the climb basically becomes a steep, intermediate hike accessible to those with moderately good health and a sense of adventure. But at 12,000 ft, Fuji may become dangerous for the ill prepared, inexperienced or simply unlucky. After all, mountains, ocean, and deserts, are living entities with moods that can change in a heartbeat. Mountains can be the most ornery because they create their own weather and redirect winds, clouds, rain, and even sunlight. They spit ice and snow and hurl down stones. Volcanoes particularly, will sink a climber's boots in loose gravel weighing down him or her. So what to make of the Mt. Fuji experience? Is it a crowded, touristy hike or an unpredictable, moody creature pitching rocks at you? Both. Fuji is a real mountain; visitors should not approach it like a trip to Disneyland. It is not a US park either. Vendors along the trails are private business owners that are not responsible for climbers' safety and wellbeing. Few of them are bilingual or medically trained. If you are not an experienced alpinist, it is strongly advised to not climb Fuji solo. Although many climb alone without incident, others encounter trouble.

The Outdoor Adventure Center staff has observed many climbers, both part of and not part of our group, in trouble on Fuji. What makes climbing potentially dangerous is that everyday problems may become life threatening exceptionally fast when they occur on a mountain. Here's an example of that:

Paul, age nineteen, is in excellent physical condition and plays ball daily. Despite warnings, he had 4-5 beers the night before so he could "sleep" on the bus a few hours. It's a humid, sunny, seventy-degree, day when the bus arrives at the fifth station at 0530. Paul chugs a water bottle and packs another in his pack along with an iPod, camera, two candy bars, jeans and sweatshirt. He was told that it's cold at the top. He's wearing a cotton t-shirt, rayon basketball shorts and high-top sneakers. No rain is in the forecast.

He begins the hike with his young, fit friends who are determined to get their souvenir hiking sticks stamped at each station along the trail. Because of this, they begin pushing themselves in a race to the top; at the 8th station and 10,000 feet, Paul is exhausted. He's out of water with no extra money to buy more. His friends begin to pull ahead of him and he tells them "I'll catch you at the top." Hiking alone, Paul's head begins to pound from dehydration and altitude. His body never recovered from the previous night's alcohol. The weather has shifted and it's below 50 degrees as the sun tucks behind clouds and the fog rolls in. At 11,000 feet, a light rain shower starts to fall, soaking his sweatshirt and jeans that he swapped earlier for his sweaty t-shirt and shorts. Although shivering, a fatigued and soaked Paul sees the top and continues to push on. Suddenly, he slips on a rock and turns his ankle. In seconds, Paul becomes immobile and can only watch as the rain is chased away by 25-knot winds and below-freezing temps. Some Japanese hikers offer help but Paul insists he is fine and ushers them to go on. Luckily, the good Samaritans catch an MWR trip leader and tell him that a "gaijin" is in trouble. By the time he's reached, Paul has a first-hand understanding of the AFN hypothermia commercials! The next hours are unpleasant for everyone. Paul is admitted in the hospital overnight and then on bed rest.

Paul's situation was completely avoidable had he heeded warnings, giving the mountain the respect it deserves. Here are a few tips to avoid being "a Paul."

Don't drink alcoholic beverages the day before you go: Alcohol is a diuretic causing a person to lose fluids that the body immediately seeks to replace. Remember that an individual whom can function without incident the day after a few drinks is operating at sea level. At 10,000 feet, our bodies are operating in a seriously different environment. Put simply: Begin your hike hydrated-never dehydrated.

If you have Sickle Cell Anemia, Sickle Cell Trait or a family history of these diseases, see a physician before you go. Although Sickle Cell Anemia isn't the only disease to be cautious of when climbing, in recent years it has proven to be the most devastating one. Because altitude and dehydration can affect the symptoms of this disease, see your physician before climbing. Never hike alone: Anything and everything can happen on that mountain and there is no way of calling for help. Mobile or cellular phones don't have guaranteed coverage, if any at all. Don't rely on them and never hike alone.

Wear appropriate clothing: Cotton, believe it or not, is one of the worst things you could wear. Instead, your clothes and stored-away rain gear and cold weather clothing should be made of non-absorbent, manmade materials. Wrap them first in a garbage bag if your backpack isn't waterproof. If you don't need them, you're lucky. If you do, you'll be thankful that you properly prepared for the hike.

Eat and drink: Hydrate often and eat small amounts frequently. Climbers roughly burn an amazing 7,000 calories! This is not a day to diet-be sure to bring snacks.

Be in shape: A climber should be able to comfortably walk or jog two to three miles without a break before taking on Fuji. A person who gets winded easily needs to build up his or her cardiovascular endurance before being exposed to higher altitudes.

Have some common sense and respect: Climbers don't determine when they summit mountains; mountains allow climbers to summit them. Hikers that find themselves over their heads should stop, take shelter and try again another day if needed. Mt Fuji isn't going anywhere.

The points covered in this article are just the beginning. On Yokosuka Base, there will be a Mt. Fuji brief at 1700 every Wednesday from June until the end of August in the Green Bay Marina. These free briefs are mandatory for all MWR trip participants but are open to everyone. Standing on that summit with a spectacular view of below is a great feeling of accomplishing a feat most will never attempt. But to stand on that summit, those considering climbing Fuji should prepare properly. A saying goes: "There are old climbers, there are bold climbers; but there are no old, bold climbers."

MWR Positions

Come join the MWR team!

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

Club Operations

Lead Cook: NL-08, \$13.56/hr. CPO Club (1 RFT).
Food Service Supervisor: NF-03, \$11.47 - \$13.00/hr. Club Takemiya (1 RFT).
Admin Assistant: NF-03, \$10.54/hr. O' Club (1 RFT).
Brew Master: NF-03, \$10.54 - \$15.00/hr. Club Alliance (1 RFT) – Open to current MWR employees only.
Night Manager: NF-03, \$10.54 - \$15.00/hr. Club Alliance (1 RFT).
Bartender: NA-05, \$10.35/hr. Club Alliance (1 RFT).
Cook: NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), CPO Club (1 RFT).
Food Service Worker: NA-03, \$8.96/hr. Club Alliance (1 Flex), O' Club (3 RFT), Club Takemiya (1 RFT).
Waiter/Waitress: NA-03, \$8.96/hr. O' Club (1 RFT/8 Flex), CPO Club (1 RFT), Club Takemiya (1 RFT/1 Flex) Club Alliance (1 Flex).
Admin Assistant: NF-02, \$8.39/hr. CPO Club (1 RFT).
Lead Cashier: NF-02, \$8.39/hr. CPO Club (1 RFT), Club Takemiya (1 RFT).
Club Operations Assistant: NF-02, \$8.39/hr. CPO Club (3 Flex), Club Takemiya (1 Flex), O' Club (2 RFT).
Cashier: NF-01, \$7.50 - \$9.50/hr (DOE). 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).

Child Development Programs

Food Service Worker: NA-02, \$8.28/hr. Ikego CDC (1 Flex).
Program Assistant: GSE-02, \$9.50/hr. Ikego (1 RFT/2 Flex), Main CDC (1 RFT/4 Flex), Hourly (3 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 PPT/3 Flex), Teen Center – Yokosuka (1 Flex).
Duty Manager: NF-03, \$10.54/hr. Bowling Center (1 Flex).
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 (1 Flex), Ikego (1 Flex), Community Center (2 Flex).
Recreation Aide: NF-01, \$7.25/hr. Bowling Center (2 Flex).
Cashier: NF-01, \$6.50/hr. Bowling Center Snack Bar (1 RFT/1 Flex).
Veterinary Health Technician: NF-03, \$10.54/hr. Vet Clinic (1 RFT).
Admin Assistant: NF-02, \$8.39/hr. Community Activities (1 RFT).

Recreation

Projectionist: NA-05, \$10.35/hr. Theater – Yokosuka (1 Flex), Negishi (1 Flex).
Food Service Worker: NA-03, \$8.69/hr. Theater (1 Flex).
Duty Manager: NF-02, \$8.39/hr. Theater (2 Flex).

Athletics

Field Maintenance Worker: NA-05, \$10.35/hr. Athletics (1 RFT/1 Flex).
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/1 Flex).
Swim Instructor: NF-02, \$10.00/hr. Aquatics (10 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, June 6
 1730 Chronicles of Narnia: Prince Caspian PG
 2100 Leatherheads PG13

Saturday, June 7
 1300 Chronicles of Narnia: Prince Caspian PG
 1730 Leatherheads PG13
 2030 Chronicles of Narnia: Prince Caspian PG

Sunday, June 8
 1300 Nim's Island PG
 1730 Chronicles of Narnia: Prince Caspian PG
 2100 Prom Night PG13

Monday, June 9
 1730 Indiana Jones 4 PG13
 2030 Leatherheads PG13

Tuesday, June 10 \$1 Movie Night
 1730 Nim's Island PG
 2030 Leatherheads PG13

Wednesday, June 11
 1730 Indiana Jones 4 PG13
 2030 Chronicles of Narnia: Prince Caspian PG

Thursday, June 12
 1700 You Don't Mess With The Zohan PG13
 2030 Leatherheads PG13

Friday, June 13
 1730 Kung Fu Panda PG
 2100 Kung Fu Panda PG

Fleet Theater

Friday, June 6
 1800 Prom Night PG13
 2100 The Ruins R
 2400 Forgetting Sarah Marshall R

Saturday, June 7
 1800 Drillbit Taylor PG13
 2100 Forgetting Sarah Marshall R
 2400 Prom Night PG13

Sunday, June 8
 1800 Forgetting Sarah Marshall R
 2100 The Ruins R

Monday, June 9
 1800 Prom Night PG13
 2100 Stop Loss R

Tuesday, June 10 \$1 Movie Night
 1800 21 PG13
 2100 The Ruins R

Wednesday, June 11
 1800 You Don't Mess With The Zohan PG13
 2100 Prom Night PG13

Thursday, June 12
 1800 Forgetting Sarah Marshall R
 2100 Indiana Jones 4 PG13

Friday, June 13
 1800 The Incredible Hulk PG13
 2100 The Incredible Hulk PG13
 2400 The Incredible Hulk PG13

Negishi Theater

Friday, June 6
 1900 Indiana Jones 4 PG13

Saturday, June 7
 1300 Indiana Jones 4 PG13
 1900 21 PG13

Sunday, June 8
 1300 Speed Racer PG



The Incredible Hulk
Cast: Edward Norton, Liv Tyler, Tim Roth, William Hurt, Christina Cabot
Synopsis: Fugitive Dr. Bruce Banner must utilize the genetic accident that transforms him into a giant, rampaging hulk to stop a former soldier that purposely becomes an even more dangerous version.



Kung Fu Panda
Cast: Jack Black, Dustin Hoffman, Jackie Chan, Ian McShane, Lucy Liu
Synopsis: Po the Panda is the laziest animal in the Valley of Peace, but unwittingly becomes the chosen one when enemies threaten their way of life.



You Don't Mess With The Zohan
Cast: Adam Sandler, Rob Schneider, Emmanuelle Chriqui, Nick Swardson
Synopsis: A Mossad agent fakes his death so he can re-emerge in New York City as a hair stylist.



Leatherheads
Cast: George Clooney, Renee Zellweger, John Krasinski
Synopsis: Dodge Connolly, a charming, brash football hero, is determined to guide his team from bar brawls to packed stadiums. But after the players lose their sponsor and the entire league faces certain collapse, Dodge convinces a college football star to join his ragtag ranks.



Forgetting Sarah Marshall
Cast: Jason Segal, Kristen Bell, Mila Kunis, Russell Brand, Bill Hader
Synopsis: After a devastating break-up with his girlfriend, TV sitcom star Sarah Marshall, a heartbroken and depressed Peter heads to Hawaii for a little vacation to try his best to forget every detail of his relationship. But love laughs at Peter, because Sarah is vacationing in the same exclusive resort as Peter, along with her new boyfriend.



Indiana Jones and The Kingdom of the Crystal Skull
Cast: Harrison Ford, Cate Blanchett, Karen Allen, Ray Winstone, John Hurt
Synopsis: In 1957, Indiana Jones is thrust back in action, venturing into the jungles of South America in a race against Soviet agents to find the mystical Crystal Skull.

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).

Youth Track & Field Meet

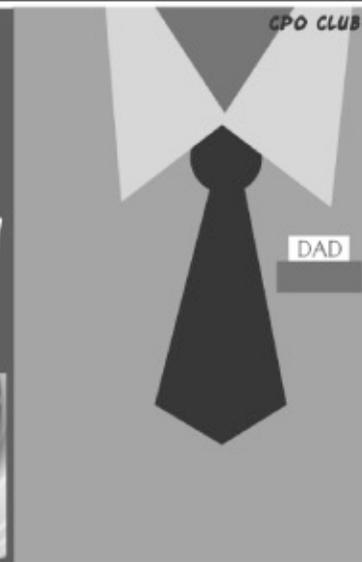
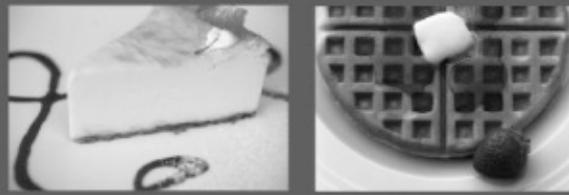
Saturday, June 14
starting at 0900 on Ikego Field #3
 (Please check in NLT 0830)

Youth Sports will host its annual Track & Field Meet for ages 7 thru 15. Events will include running, jumping and throwing events. Each participant will receive a certificate and top three in each event for each age group will receive placing medals. To participate, please register at any Youth Sports Office by June 6. Each youth can participate in up to three events during the day. Program is free!



FATHER'S DAY CHAMPAGNE BRUNCH

Sunday, June 15 from 1000 to 1400
 Enjoy a delicious brunch on this special day. Call CPO Club for reservations. Cost is \$12.95. For details, call 243-5506.



summer reading program

Starts Saturday, June 14

It's time for the Yokosuka Library Annual Summer Reading Program. Our theme "Get into the Games" will get you ready for the summer Olympics in August. There will be lots of great prizes this summer, including baseball hats, t-shirts, flyers, skateboard key-rings, free bowling and many more. See the display of the great prizes at the library. The program will run until August 9 and will follow with a celebration of the end of program party. For more info call 243-5574.



Fuji Indoor Climbing Challenge

Monday thru Sunday, June 16 thru June 22
in Purdy Fitness Center

So you think you are ready to climb Mt. Fuji this summer? Sign-up and take part in this climbing challenge in the comfort of the Purdy Fitness Center. All the details will be given upon sign-up.

Yokosuka Officers' Club and
 Armed Forces Entertainment Presents
Swimming Pool Event
 All Hands (Yes, this means you.)
Blue Island Tribe

Join us for an evening of Caribbean influenced reggae/rock that will put you in an island mood. Featuring a great buffet with Caribbean style foods.

Tickets on sale Monday, May 19
 Ticket price per person is \$15

No host beverage bar at 1700,
 food at 1730, band at 1800

No swimming allowed.
 For details call 243-5030/5002.

Are your kids bored this SUMMER?



Join us for the new

FIT 4 FUN camp

Mondays, Wednesdays and Fridays from 0900 to 1100
at the Purdy Fitness Center starting June 21 thru August 22

Put the DS down, turn their lives around. MWR Fitness and the MWR Youth Sports Program want to help your kids stay fit and healthy with the first annual Fit 4 Fun Camp. This camp will focus on cardio and strength training, proper nutrition, and help to establish and maintain a healthier lifestyle for your child. Participants will receive training from certified trainers and be provided a variety of activities inside and outside of the gym throughout the summer.

Mandatory meeting for parents and participants will be held at the MWR Fitness office, Monday, June 16 at 1700. Participants are required to complete a Health Assessment through USNH Health Promotions and MWR Fitness. Call 243-9776 to make appointment.

For kids 12 to 17 years of age - \$50 per child / \$25 for additional child

For more details, please contact MWR Fitness at 241-4486 or Youth Sports at 241-2950.

Grill Your Own Steak Night

Saturday, June 21
from 1700 to 2000
at Club Takemiya parking lot

Join us at the Ikego Club Takemiya parking lot for an evening of grilling. Club Takemiya will set up the grills and all you have to do is grill your own steak to perfection and enjoy your favorite beverage while cooking. For more information, please call 246-8071.



International Fresh Water Fishing Tournament

Saturday, June 21 from 0345 to 1700

Located at Tanzawa, Kanazawa. Open to 20 participants, at least 18 years of age or accompanied by an adult sponsor. Registration includes round-trip transportation, fishing license, international BBQ, and unlimited drinks. Participants must bring their own equipment including ice and ice chest. Register by Monday, June 16 at 1600. \$60



blue island tribe



Friday, June 20
at Officers' Club

PADI Open Water Dive Class

Monday, July 21 to Sunday, July 27
 Cost is \$355. Sign up at the Green Bay Marina.
 Must register at least one week in advance.

Club Alliance



Bring your friend and eat for free

Wednesday, June 25 from 1100 to Midnight
 Celebrate 25 years of entertainment by bringing a friend to lunch or dinner. Purchase any combo and your friend's combo is free. Offer good for dine in only. No takeout orders. For details, call 243-3000/5985.



Managing medical appointments at USNH Yokosuka

By Cmdr. Karen Kasowski, USNH Yokosuka

Summer is upon us, and in addition to an atypically high Permanent Change of Station (PCS) summer for U.S. Naval Hospital (USNH) Yokosuka, there are a greater number of people being deployed than ever before. USNH Yokosuka Commanding Officer Capt. Michael J. Krentz, continues to keep a patient and family centered focus of the hospital and to minimize the impact of this staffing shortage.

"This summer offers unique staffing challenges as global war on terror (GWOT) operations are underway and some shipmates change duty stations; however, with the combined efforts of the USNH Yokosuka staff and base community, everyone will receive quality patient and family centered care," said Krentz.

Every effort is being made to ensure appointments are available for eligible beneficiaries needing healthcare. In worst case scenarios, it can take an average of 12-14 days to schedule an appointment. This time may increase as the number of providers decreases this summer.

USNH Yokosuka is asking for the assistance of all beneficiaries to make the summer months more manageable by keeping their scheduled appointments. If everyone keeps their appointments, it allows patients to get needed care and often resolves health issues at an earlier stage. In addition, keeping appointments allows for better utilization of the limited resources. On average, the family medicine clinic has more than 100 appointments slots a month that are unfilled because patients do not show up for their appointment. That is 100 appointments that could have been

filled by other beneficiaries.

Unplanned events require individuals on occasion to reschedule or even cancel their appointment. This is understandable. The process for notifying the clinic is as simple as calling the central appointments number for any primary care (family medicine, pediatrics or internal medicine) appointment or the respective specialty care clinic. Taking just a few minutes to call makes one more appointment available for another beneficiary seeking care at USNH Yokosuka.

There are currently more than 50 USNH Yokosuka command-wide GWOT Individual Augmentees (IA). Some are stationed in Iraq, Afghanistan and Kuwait. The IA's include doctors, nurses, hospital corpsmen and support staff. Additionally, staff members have augmented humanitarian mission needs on USNS Mercy for Pacific Partnership 2008, which is slated for the next four months to visit several countries in the Far East. More than 72 USNH Yokosuka active duty staff members will be deployed this summer.

USNH Yokosuka is dedicated to keeping beneficiaries healthy, and is ready to meet their needs. Should an appointment need to be rescheduled or cancelled, beneficiaries are asked to call central appointments for primary care appointments at 243-5352 on base, or 046-816-5352 between 7 a.m. to 3:45 p.m. Specialty clinics may be contacted directly or by calling central appointments for the particular clinic phone number.

By working together, the summer staffing shortfalls at USNH Yokosuka will be manageable and the quality of care for the fleet and their families will remain high.

Japan region Ombudsman Symposium held in Tokyo

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

Ombudsmen from Navy commands throughout Japan came together for a three-day Ombudsman Symposium at Tokyo's New Sanno Hotel May 18.

The symposium gave ombudsmen the chance to learn better techniques for their job as an information link between command leadership and Navy families, gather information and make connections with the other ombudsmen in the region.

According to Lorraine Bacon, the regional work, family, life, education, and service coordinator for Commander U.S. Naval Forces Japan (CNFJ), meetings like this give ombudsmen a chance to share information they can take back to their commands and families.

"This is an opportunity for all of the ombudsmen within the region; from Okinawa, Sasebo, Atsugi, and Yokosuka to get together and share information and learn about ways that the program can benefit them as well as their families," Bacon said.

Bacon said sharing and gathering information are a major part of an ombudsman's job and the symposium gave new ombudsmen the chance to network with experienced members of the team.

"The big core thing with ombudsmen is they're all

about networking," Bacon said. "They are information referral specialists. They need to know who to go to, how to find the resources and how to do the referrals, so something like this is really important for somebody who is very new, as well as those who are more experienced because they need to see the faces, meet the people and hear what resources are out there."

During the first day of the event, Commander, U.S. Naval Forces Japan Rear Adm. James D. Kelly stopped by and spoke to conference attendees about some of the challenges they face as ombudsmen in the forward-deployed naval forces.

Kelly said that the symposium will give the group the opportunity to discuss real issues and the difficulties of being an ombudsman in Japan.

"It will help give all of the ombudsmen, plus a few folks from the Fleet and Family Support Center a chance to focus on what the issues really are and why maybe things are a little different in the ombudsmen business out here," said Kelly.

Commander U.S. Naval Forces Japan (CNFJ) Rear Adm. James D. Kelly talks to command ombudsmen at the CNFJ Ombudsman Symposium at Tokyo's New Sanno Hotel May 18. Ombudsmen from Navy commands all over Japan attended the symposium for training and networking.



Navy at forefront of medical research, yet volunteers still needed

By MCC(AW) Paul DeLaughter, Naval Medical Center Public Affairs

Navy doctors are at the tip of the spear in regards to medical research. However, senior officials are concerned that a decline in volunteerism may hamper their efforts to combat Malaria and other infectious diseases.

Forty percent of the Earth's population lives in Malaria endemic areas, and two to three people a minute die from the disease — most often children under the age of 2, said Judith Epstein, a clinical investigator for the Navy Medical Research Center.

According to Epstein, researchers from the Navy Medical Research Center's Clinical Trials Center, located on the National Naval Medical Center's campus, are currently working on a vaccine to eliminate the threat of malaria.

"A vaccine is the key ... this would change the world," Epstein said. "For the military, it would mean that our people could be deployed and we wouldn't have to rely on medicines to prevent malaria."

The Centers for Disease Control and Prevention define malaria as a mosquito-borne disease. People who contract malaria often experience fever, chills, and flu-like illness. If left untreated, the disease is often fatal.

Epstein said malaria is an illness that has plagued the military for decades. She referenced a 2003 peace keeping mission in Liberia in which 80 U.S. active duty service members contracted the disease. The mission had to be aborted after just 10 to 12 days on the ground, because nearly half of the expeditionary force became ill with malaria.

Cmdr. Cindy Tamminga, a clinical researcher at the Clinical Trials Center, said the drugs currently in use can effectively treat malaria, but the key is to defeat the disease before it needs to be treated, and a vaccine would do this.

"It's clear that malaria, and other diseases such as Dengue Fever, need to be researched to protect American service members abroad and people who live in high risk areas across the globe," Epstein said. "This can't be done without volunteers."

"Because active duty service members are required to be deployable at a moment's notice to support the global war on terrorism, active duty volunteerism has declined significantly," Tamminga said.

Richie said the Navy has authorized the use of civilians in its research in order to widen the pool of volunteers for infectious disease case studies.

Kathryn Smith, clinical research recruiter for the Navy Medical Research Center, said she understands that the focus of military medicine is on the war but, she said, research cannot be forgotten.

She said many of the people who volunteer do so because they have been abroad and seen the devastation malaria can do.

"The people who volunteer do so because they want to help. They want to make a difference," Smith said. "Unfortunately, in some cases these people are not eligible because they have been to endemic areas."

Dr. Jose Mendoza, director of the Clinical Trials Center, said the Navy has more than 35 years of malaria research under its belt. This, he said, puts the Navy at the tip of the spear in experience and knowledge regarding the disease.

"Malaria is usually associated with poverty but if we can eradicate it we could improve the quality of life for millions of people," said Mendoza, a native Venezuelan who also contracted malaria as a young man.

"If we could develop a successful malaria vaccine it will have an impact on the world similar to the Polio vaccine," Epstein said. "People have the opportunity to be part of something that will have a huge impact worldwide."

Fleet Mail Center moves mail throughout Pacific AOR

Story and photos by Tim Shannon,
CFAY Public Affairs

For more than 50 years, the Fleet Mail Center (FMC) has served as the Navy and Marine Corps primary distribution hub for all postal related services conducted throughout the Western Pacific area of responsibility (AOR).

Located in Yokohama, FMC now serves all Army, Navy and Marine Corps bases in the region as well as the ships homeported in Japan and those transiting through the AOR.

To move that much mail efficiently, U.S. Fleet and



(Left) A Japanese Customs official oversees the operation of FISC FMC employees sorting the mail for distribution.

Industrial Supply Center (FISC) Yokosuka relies on a lot of training and a strong chain of command in order to keep their military, civilian and master labor contractor (MLC) employees motivated and prepared for any contingency.

"I have learned a lot since coming here," said FISC Postal Clerk Seaman Justice Henrie. "They say that 'A' school is supposed to be your technical training, but I have learned more here than I ever learned at 'A' school. It's more hands on. It puts you right there dealing with everything because we are the biggest mail center in the fleet. Sure, the fast pace at FMC is challenging, but I work with a lot of great petty officers and a lot of great seamen and they know how to handle it. They are also really good about passing that knowledge on to the new people."

The knowledge and know-how passed along by senior FMC employees to their juniors, aids in moving more than three tons of mail each month, with a sharp increase in business around the holidays. Daily, FMC receives three truckloads of mail from Narita airport and, twice a week, they receive shipments sent by sea. All of this mail must then be sorted and distributed to the proper facility.

For FISC FMC new-comer, Postal Clerk 2nd Class (SW/AW) Demetrius James, the pace of operations was a bit of a surprise at first, but one she has quickly grown to enjoy.

"I didn't realize that we do so much here," she said. "There are so many places we are responsible for: Camp Fuji, Zama, Sasebo, Iwakuni. It makes you think, 'wow,' because we really do sort a lot of mail. Sure, it's hard work but it's a cool place to work, and there's nothing like getting the mail out to the fleet because I know how good it feels to get mail when you're underway."

Henrie agrees that providing a service so important to quality of life also helps to keep morale high at the FMC.



(Left) PC2(SW/AW) Demetrius James and PCSN Justice Henrie sort incoming mail for distribution at the Fleet Mail Center in Yokohama.

"I love what I do," Henrie said enthusiastically. "I love making people happy so it feels good to know that when someone gets excited about getting their package, I had something to do with it."

FISC Commanding Officer Capt. Andy Benson, while proud of all of his workforce, is quick to give credit to the mail workers at FMC for their work and customer service abilities.

"We're very proud of the great workers we have at the Fleet Mail Center," said Benson in a recent interview. "I'll tell you, the folks that work there are really unsung heroes. It's behind the scenes stuff and they do it with grace and with a smile. The mail never stops and they work very hard and very long days. My admiration for them knows no bounds because mail is very important to us. The efforts our people go to in order to keep the mail going and the customer service they provide while doing so is amazing. I really do appreciate their efforts to improve the quality of life for our military and civilian personnel and I think the community does as well."



FISC Contract requisition cut-off dates

Due dates for expiring funds requisitions are fast approaching. Please keep the following dates in mind when submitting purchase requests for contractual action. Customers are encouraged to communicate with U.S. Fleet and Industrial Supply Center (FISC) Yokosuka personnel as early as possible in the acquisition process. This will ensure adequate lead time for market research to locate commercially available items and services, prepare documentation, evaluate offers and ensure timely delivery of products and services.

For more information, call the FISC Yokosuka Contracting Office at 243-7622 for shore based contracts or 243-7861 for afloat-based contracts.

Estimated Amount	Type of Action	Due Date
\$3,000 or less	Micropurchase per NAVSUPINST 4200.99	Aug. 22
\$3,001 ~ \$25,000	Purchase/Delivery Order	Aug. 22
\$25,001 ~ \$100,000	Purchase/Delivery Order	Aug. 8
Up to \$100,000	Annual Rental and Maintenance (ARM) requirements	Aug. 8
Over \$100,000	Delivery Orders	June 14

ERP symposium standardizes material management operations

Story and photo by Tim Shannon, CFAY Public Affairs

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka invited representatives from several of its sites, as well as members of the in-house Regional Services Department for a two-day Navy Enterprise Resource Planning (ERP) symposium.

The symposium was conducted by FISC's Sid Frazier and Terry Dieckman who provided an overview of the various sites and how they would all be affected by the ERP implementation.

"The purpose of the symposium was to bring the sites together to work on standardizing material management operations, provide material managers an overview of regional material management and conduct material management and Navy ERP training," said Frazier. "Each topic generated dialog that helped provide insight on how the sites operate and the daily challenges everyone faces."

The symposium also allowed the visiting site representatives to see Defense Distribution Center Yokosuka Japan's (DDYJ) physical distribution operations during a tour of some of DDYJ's facilities. This provided those unfamiliar with the local operating procedures an opportunity to familiarize themselves with Defense Logistics Agency's (DLA) operations, as they are the main provider of physical distribution for Navy-owned inventory items.

Participants from the two-day ERP symposium came from FISC sites as close as Atsugi and as far away as Diego Garcia, in the Indian Ocean.



FISC Regional Inventory Management Director Sid Frazier talks about standardizing processes at a Navy ERP symposium at FISC Yokosuka.

SRF-JRMC volunteers pay visit to Shiratori-en

Story by Keiichi Adachi, CFAY Public Affairs

Twenty two volunteers, including sons and daughters of Yokosuka's Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) recently visited the Kanagawa Prefecture Miura *Shiratori-en*, a home for mentally challenged adults and children.

The main purpose of the visit is to mow the lawn and cut the shrubs in the yard at the *Shiratori-en* and around the entire facility.

The idea of the activities for the *Shiratori-en* was started during a meeting between SRF-JRMC and *Shiratori-en* representatives, in April.

The *Shiratori-en* considered the lawn mowing and shrubs cutting as a favor that SRF-JRMC did for them last year. *Shiratori-en* has large yards, but the number of employees at the *Shiratori-en* are limited and are not able to take care of all the lawn mowing and shrubs cutting themselves.

SRF-JRMC made a commitment to the *Shiratori-en* that guaranteed SRF-JRMC would take care of all their yard activities once a month during the period of May to November this year.

Yuuji Tanabe, a representative of the *Shiratori-en*, started working in April 2007 and has had the opportunity to interact with volunteers from SRF-JRMC. He said that volunteers from SRF-JRMC do everything from getting the mowers out of the warehouse, checking the mowers, mowing the lawn, cutting shrubs and weeds, sweeping up the fallen leaves, shrubs and weeds, packing up what is collected into vinyl bags and returning the mowers to the warehouse.

"I am impressed that the volunteers know their roles during their activities, and that they look like they're doing their activities while having fun with joy on their faces when they are working," said Tanabe. "I believe the strength the volunteers have is much stronger than what we Japanese have. I once had a chance to remove packaged vinyl bags after the volunteers left, and I felt the bags were too heavy to move, but the volunteers moved the bags around like a piece of cake, that shocked me a lot."



All the volunteers from SRF-JRMC and representatives of the *Shiratori-en* gather for a group picture after finishing their volunteer activities.

U.S. Navy photo by Cmdr. Kenneth Depew

芝刈りや草刈りなどの活動を終え、SRF-JRMCボランティアとしらとり園の職員が一同に集り記念撮影。

写真：ケニス・デビュー中佐、SRF-JRMC

Chief Electronic Technician (SW) Jason Miles lives near the *Shiratori-en* and joined the visit this time with his son, Kyle. "It was nice to do something positive in our host local community. I enjoy helping out with community service projects and helping those in need. We cut grass, trimmed trees and bushes, pulled weeds and bagged up almost 100 bags of leaves and weeds," Miles said. "I asked my son if he would like to come along and he was excited to help. He had a good time. He spent most of his time looking for and playing with bugs."

Ai Suzuki, the second time to visit the *Shiratori-en*, wanted to do something for the *Shiratori-en* and also wanted to have some experience as a volunteer. SRF-JRMC has been volunteering for 45 years. SRF-JRMC wishes to

continue this great activity for a long time in the future, according to Suzuki.

"When we visited the *Shiratori-en*, the residents' family meeting was held. A lot of family members told us, "Thank you very much for your help," that made me feel very good and I was very happy," said Suzuki.

According to Tanabe, the *Shiratori-en* has had a good relationship with SRF-JRMC for more than four decades, and that SRF-JRMC always thinks of the residents at the *Shiratori-en* when assisting by mowing the lawn, making various donations, and having an annual Christmas party. "We, the *Shiratori-en*, always appreciate what SRF-JRMC does for us and SRF-JRMC is a strong supporter to us," Tanabe said.

SRF - JRMC ボランティア、三浦しらとり園を訪問

文：安達慶一、CFAY広報課

息子さんや娘さんを含めた2名の艦船修理廠及び日本地区造船統括本部（SRF-JRMC）のボランティアが、さきごろ知的障害を持つ大人や子供が生活する神奈川県立三浦しらとり園を訪問した。

今回の訪問の目的はしらとり園内の庭や同園施設の周辺の芝刈りと草刈りであった。

しらとり園でのこの活動は、4月下旬に行なわれた。

SRF-JRMCとしらとり園の代表が持った会議で決められた。

去年SRF-JRMCが行ってきた芝刈りや草刈りが、しらとり園では好意的に受けとめられたようだ。しらとり園は広い敷地を保有しているが、しらとり園の職員の人数では全ての芝刈りや草刈りが十分には出来ないからだ。

そこで、SRF-JRMCは今年5月から11月まで月に一回、しらとり園の敷地での芝刈りや草刈りを行なう事を決めた。

しらとり園地域支援課長の田辺有二さんは2007年の4月からしらとり園での勤務を始め、SRF-JRMCのボランティアとの関わり合いを深めてきた。彼によると、ボランティアは芝刈り機を倉庫から出し、芝刈り機の点検、芝刈り、小枝や雑草をむしり、落ち葉を掃除、ビニール袋にそれらを入れ、芝刈り機を倉庫に戻すなど何でもやるという。

「芝刈りや草刈りの様子を見ていると、皆さん自分の役割を心得ているし、楽しそうに顔に笑みを浮かべながら働いているのには感じます」と田辺さんは話し、こう続けた。「SRF-JRMCのボランティアの皆さんのパワーは我われ日本人よりもずっと強いと思いますね。私が、ボランティアの皆さんが帰られた後にビニールに袋詰めされたものを移動の為に運ぼうとしたのですが、袋が重くてなかなか運べなかったのです。ボランティアの皆さんが軽々と運んでいたのはとてもショックでした。」

ETC (SW) ジェイソン・マイルズさんはしらとり園の近くに住んでおり、今回息子のカイル君と共に参加した。「地域社会に何か貢献する事はとても素晴らしいことです。地域社会への奉仕、必要とされる事を手伝える事はとても楽しいです。草を刈り、小枝を刈り込み、雑草をむしり、袋に詰めました。何と袋の数は100近くになってしまいました」とマイルズさん。そしてこう続けた。「息子にしらとり園に行くかと聞いたら、もう大喜びでした。でも実際は、虫取りをして遊ぶのに終始していました。」

今回2回目の訪問となった鈴木愛さんは、何かしらとり園の為に行動したかったのと、ボランティア活動を経験したかったと言う。SRF-JRMCは45年というボランティア活動を更新中。SRF-JRMCのこの素晴らしい活動が長く続くのを切に願っている鈴木さん。

「私達が訪問した日はしらとり園入居者の家族会があった日でした。たくさんの方々に『有難うございます。』と声を掛けられ、やって良かったと思ったり、すごく嬉しかったです」と鈴木さんは言葉を締めくくった。

しらとり園は40年以上もSRF-JRMCと交流があり、芝刈り、物品の寄付、恒例のクリスマスパーティなど、SRF-JRMCは常にしらとり園に関心を示してくれると田辺さん。「いつでも我々、しらとり園はSRF-JRMCが行ってくれる事にとっても感謝をしています。SRF-JRMCは我々の心の支えです。」



During their visit, volunteers from SRF-JRMC cut grass, trimmed trees and bushes, pulled weeds and bagged up almost 100 bags of leaves and weeds.

Photo by Ai Suzuki

しらとり園を訪問したSRF-JRMCのボランティアは、草を刈り、小枝を刈り込み、雑草をむしり、袋に詰めた。何と袋の数は100近くになった。

写真：鈴木愛、SRF-JRMC

Head's Up Yokosuka! Community Announcements

One Stop Fleet Medical and Dental Check-in – USNH Yokosuka presents a convenient, one-stop medical and dental check-in process to assist fleet Sailors and their families. Please come to the USNH Command Auditorium on the third floor every Monday starting June 2 to Sep. 29 during the hours of 9 a.m. to noon. Sponsors and their families will be guided through the main medical and dental areas to check in to ensure family members receive the best care possible. Please bring medical records, sponsor's orders, family entry approval and command sponsorship letter for a seamless transition.

Ikego West Valley Campgrounds – The Ikego West Valley Campgrounds is the place to spend a fun filled weekend with family or friends. Activities include camping, wall climbing, archery, trail hiking, frisbee golf, paintball and more! For campsite reservation, call 243-5732 or visit the Outdoor Recreation Center from 10 a.m. to 6 p.m., Thursday - Tuesday. Also, on Saturdays and Sundays, reservations may be made at the Ikego paintball area from 9 a.m. to 4 p.m. For your convenience, you may e-mail reservation requests to preston.valerie@cfay.navy.mil. Payments must be made in full within three days of the reservation date, otherwise it is subject to cancellation. Each site holds a maximum of 20 people.

Negishi Leisure Classes – Negishi leisure classes include ballet, karate, piano, ball room, ikebana, origami, tea ceremony, kimono dressing and Japanese language lessons. Available on the first and second floor of the Community Center Building. Please download schedule at www.cfay.navy.mil/mwr/commctr.pdf for class schedules. Call the Negishi Community Center at 242-4760 for more information.

Veterans Benefits – The Department of Veterans Affairs Overseas Military Services Coordinator visits Naval Air Facility Atsugi monthly to provide VA benefit information to active duty service members, family members and other veterans. You don't have to be retired or separated to qualify for some VA benefits. The VA representative provides a detailed briefing on benefits in conjunction with the Transition Assistance Program (TAP) and is also available for appointments. For Contact the Fleet and Family Support Center at 243-9632 for more information.

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

S2S program helps GW students adapt to new school, life in Japan

By Sean Dath, CFAY Public Affairs

Nile C. Kinnick high school students are helping incoming student family members of Sailors stationed on the *USS George Washington* (CVN 73) (GW) transition to their new school, as well as life in Japan.

Kinnick high school adopted a unique initiative called the Student 2 Student (S2S) program, created by the Military Child Education Coalition (MCEC), where a team of volunteer students, supervised by a school counselor, teacher or other school staff person, trains the inbound students on three subject areas: academics, relationships, and finding the way. The team provides a forum for students to quickly feel welcomed, comfortable and accepted into their new school community.

"All the information given to incoming students will help them fit in and feel more comfortable in their new surroundings faster," said Kinnick High school math teacher, Tom MacAvoy. "Which we hope translates to more positive attitudes and better grades in school."

According to their Web site, MCEC believes that the best support a transitioning student could have is from another student. Students are mentored in ways to assist students as they transition in or out of the school.

"I think the S2S program is a great way for Department of Defense Dependents schools (DoDDs) to have." Kinnick junior Azsa Alderman-Robinson said. "It is a great way for current students to meet new students and mentor them. It also helps to build social skills."

One of the biggest challenges for the incoming students is not only do they have to adjust to a new school, but a new country as well.

"When I moved to Japan, my family had a sponsor, but I don't think they were as involved as they could have been," said Alderman-Robinson. "I think its important to give incoming students information about the base and life in Japan prior to their arrival so that they can get a feel for what they are walking into and so that the culture shock won't be so bad."

Becoming an American



New U.S. citizens recite the "Pledge of Allegiance" at a Naturalization Ceremony held at Commander Fleet Activities Yokosuka Chapel of Hope May 23. Thirty seven service members stationed in Japan took part in the ceremony to be naturalized U.S. citizens. Family members and colleagues also attended to help celebrate their accomplishment.

Photo by Yuji Kawabe

Pet of the Week



This week's Pet of the Week is Yumiko. She is a two year old brown and white tabby mix who is litter box trained, microchipped, spayed and has all her shots updated. Yumiko is a loving and affectionate cat who would do well in a quiet, single pet home with older children. To find out more about Yumiko 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

What do you want?

By Chaplain Jack L. Carver

What do you want? While the question doesn't seem too complicated, I think it merits our efforts to periodically revisit it. Surprisingly, many of us seem to have difficulty answering it.

When I ask people, "What do you want?", I receive one of two responses: what people don't want or what other people in life want.

People often spend more time in telling me what they DO NOT WANT as opposed to what they DO WANT. For instance, consider the person who came for counseling because she felt depressed about not having a romantic partner. I asked, "What do you want in a partner?" Her response was, "I DON'T WANT one of these guys who aren't loyal." Another example was a young man who was at a crossroads in life and sought advice in making a decision about a job. I asked, "What do YOU WANT to do?" He responded, "I DON'T WANT to fry burgers."

In both of these cases, the individuals focused so much energy and time considering people and experiences they wanted to avoid that they had nothing left to consider in terms of what they wanted to experience. No self-exploration, self-assessment or inner reflection.

A second response to the question, "What do you want?" I often hear focuses more on other people than self. One person was talking about the desire to get married. I asked, "What is it that makes you want to get married?" The person responded, "Well, ever since I was a child, I remember my mom and dad talking about the day I get married. People are always asking why I'm not married yet." On another occasion, an individual was in a discussion about purchasing a motorcycle. I asked, "What will riding a motorcycle do for you?" He responded, "I don't want people to think that I'm just some guy going through a mid-life crisis."

Again, we discover that when people plan to invest in a lifelong relationship or a major purchase, they spend more time thinking about the responses of other people than their own desires. When I asked these individuals "What do YOU want?", I was not talking to their parents or to the people watching the gentleman riding the motorcycle. How will you hold your friends accountable in your marriage when he or she isn't the person with whom you're exchanging vows? If you're paying \$25,000 for a motorcycle, why do you care what anyone thinks about your mid-life crises while you ride your bike?

How do you approach decisions? Do you spend more time thinking about what you DO NOT WANT than what you REALLY WANT? Do you spend more time thinking about the reactions of others to your decision? Maybe past experiences leave us feeling we don't deserve to pursue what we want. Perhaps we are such people-pleasers that we leave our own needs at the doorstep when we set out on life's journey. For some reason, we detract thought and energy from pursuing a perfectly vital and fair question.

Whatever the reason, I encourage you to pursue the question. Think about it without anyone else in mind. What is selfish about saying things like: "I want to share the experience of developing a relationship with an intimate partner."; "I need a job with flexible hours and that offers opportunity for advancement."; "I want to get married because I want to celebrate the rest of my life with somebody."; or "I'm looking for a safe, thrilling way to get here and there."

None of us are perfect. There are no perfect mates. No perfect jobs. There are mates, jobs, hobbies and experiences that are more compatible with our own lifestyles and life interests than others. Chances are that finding them begins with focusing on what you want, rather than what you don't want.

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

Legal Technician (OA) – YB-0986-01, NLSO-89-08. Open: 5-28-08, Close: 6-10-08.

Child Development Operations Clerk (OA) – YB-303-1, CFAY-91-08. Open: 5-30-08, Close: 6-12-08.

Continuing

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

NEX Positions

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

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

Food Service Worker – Food Services. \$8.28-\$8.96/hr.

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

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

Food Service Worker Leader – School Lunch. \$9.10/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. \$8.39-\$11/hr.

Store Worker – Main Store. \$8.28/hr.

Warehouse Worker – Main Store. \$9.66/hr.

Hair Stylist – Beauty Salon (Negishi) . Commission.

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

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

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

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

Automotive Mechanic – Autoport. \$13.63/hr.

Defense Logistics Agency Positions

The following DDYJ vacancies are open to all federal employees, and can be found by doing an agency search for Defense Logistics Agency in the Japan area on U.S.A. jobs web site at <http://www.usajobs.opm.gov/>. Applicants must follow the instructions on the "How to Apply" tab of the U.S.A. jobs announcement. Resume, Application Form and any supporting documentation must be received by 11:59 p.m. (Eastern Standard Time) on the closing/first cut-off date of the announcement.

Administrative Support Analyst – YA-0301-02. Salary: \$39,407-\$54,325 per annum. Announcement Number: DDC-08-2520. Open: 5/23/08, Close: 6/10/2008.

Supply Technician – YB-2005-01, Salary: \$16,880-\$35,846 per annum. Announcement Number: DDC-08-2589. Open 5/30/2008, Close: 6/23/2008.

Miscellaneous

Youth Program Director for the Yokosuka Chapel of Hope Roman Catholic Faith Group for 4th Quarter 2008 – Must be a fluent English speaker and be able to work a flexible schedule dependent upon youth program needs. Applicant must be familiar with Protestant doctrines and resources for choosing instructional material. Must be able to effectively instruct, motivate and encourage student participants. Will be needed for instructional periods which include weekends, weekdays and evenings. Must be able to work closely with the chaplain in charge of the faith group. Previous experience at a Navy Chapel preferred. Please call the Chapel of Hope at 243-6773 for more information.

Organist for the Chapel of the Rising Sun Roman Catholic Mass for 4th Quarter 2008 – Must be a fluent English speaker and be able to work a flexible schedule dependent upon religious service needs. Must be able to read and play piano/organ at a performance level. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to transpose music as needed to adapt to the singing range of the chapel choir and be able to work closely with Catholic choir director and the chaplain in charge of the service. Previous experience at a Navy Chapel preferred. Please call the Chapel of Hope at 243-6773 for more information.

Organist for the Chapel of the Rising Sun Protestant Service for 4th Quarter 2008 – Must be a fluent English speaker and be able to work a flexible schedule dependent upon religious service needs. Must be able to read and play piano/organ at a performance level. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to transpose music as needed to adapt to the singing range of the chapel choir and be able to work closely with Protestant choir director and the chaplain in charge of the service. Previous experience at a Navy Chapel preferred. Please call the Chapel of Hope at 243-6773 for more information.

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
 2nd TUE Pre-Baptism Class 1830
 THU Choir Practice, Main Chapel 1700
 FRI Choir Practice, Choir Room 1700
 1st FRI Mass, Main Chapel 1700
 SAT Vigil Mass, Main Chapel 1700
 SAT Baptism, Main Chapel 1530
 SAT Confession, Blessed Sacrament Chapel 1600 (or anytime by request)

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

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

Soka Gakkai International (Buddhist)
2nd AND 4th THU Classroom 4 1830

Specialized Ministries

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*
TUE Fellowship Hall/Classrooms 1615

Yokosuka Student Ministries (Middle School and High School)*

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

Protestant Women of the Chapel*

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

Japanese Women's Bible Study*

TUE Main Chapel/Fellowship Hall, Classrooms 0900

"Mom's Time"

Last WED of the month 0930

COMPASS Spouse Support Group

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

Men's Christian Fellowship

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

**Runs from September to June*

NEGISHI: Chapel of the Rising Sun
• 242-4183

Roman Catholic

THU CCD, classrooms 0900
 SUN Mass, Main Chapel 0800

Protestant

SUN Worship Service, Main Chapel 1030

IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

SAT Vigil Mass 1900

Pentecostal

SUN Worship Service 1000

Adult Bible Study

WED Nikko Tower Party Room 1800

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

WED Ikego Elementary School 1630

Yokosuka Student Ministries (Middle School and High School)*

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

Note: In the event of an emergency, the Chaplain on Duty can be reached by calling CFAY Security at 243-2300.

Fleet and Family Support Center

Classes This Week

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

Monday, June 9

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This four-day class meets on the 12th, 14th, 19th and the 21st of this month, and is designed to help you build skills in these four important areas of your life!
Career Options and Navy Skills Evaluation Program (CONSEP) 7 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.
English as a Second Language (ESL) 10 a.m. (2 hrs.): ESL is designed for anyone whose first language is not English. In this class, students practice Basic English skills and learn about American culture. Special attention is given to speaking English in an every-day setting.

Tuesday, June 10

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **June 10-13, 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.
Baby Basics 11:30 a.m. (3 hrs.): Learn the basic aspect of daily infant care such as bathing, diapering, positioning, swaddling, playing and feeding, and about the Shaken Baby Syndrome.
Credit Management 11 a.m. (1.5 hrs.): Do you know your FICO score? You should! We'll teach you all you ever wanted to know about credit - how to build it, how to maintain it, when to use it, how not to abuse it, how to obtain your FICO score, how to opt out of those annoying credit card offers you get in the mail, along with a few other things. We'll also discuss your defenses against ID theft.
IA Family Evening: Spouse Support Group 5:30 (2 hrs.): FFSC offers a variety of services in support of individual augmentees (IAs) and their families. An IA Spouse Support Group is for spouses of current, former and soon-to-be IAs to get together and share their ideas and concerns; a counselor will be available for questions. Children are welcome!
Welcome to Ikego 9 a.m. (4.5 hrs.): We invite both old and new residents of Ikego to meet your Ikego Community Leaders and learn what the Ikego community has to offer. Representatives from various Ikego offices will speak about their services. Meet new friends and neighbors, plus learn to take the train from Ikego to Yokosuka. Our guided walking tour of Zushi City will help you to enjoy your new home in Zushi.

Wednesday, June 11

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This four-day class meets on the 12th, 14th, 19th and the 21st of this month, and is designed to help you build skills in these four important areas of your life!
Effective Resume Writing 11 a.m. (2 hrs.): Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, selective "power" words and eye-catching cover letters.

Thursday, June 12

Ikego – 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 Nikko Tower.
Thrift Savings Plan Overview 11 a.m. (1.5 hr.): Is it possible to become a millionaire on a military paycheck? Yes it is. The Thrift Savings Plan can be one of the vehicles to becoming a millionaire. This brief will provide an overview of the Thrift Savings Plan, How to enroll, TSP Investment Options, Contribution Limits, Withdraw Options, Retiring and Separating Options, L- funds and more.

Friday, June 15

Interview Techniques 12:30 p.m. (2 hrs.): This workshop teaches the participants how to be more confident about their next job interview. Topics include positive answers to difficult questions, dressing for success, the importance of body language and positive attitude, interview follow-up and salary negotiations.
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.

Upcoming Classes

- Jun 16** English as a Second Language
Manage Your Transition (TAMP)
Ikego – Car Buying Strategies
- Jun 17** Area Orientation Brief and Intercultural Relations Class
Enjoying Japanese Food
Healthy Relationships: For Your Child's Future
Ikego Employment Overview and Tips
Relational Intelligence for Couples
The Basics of Retirement Planning
- Jun 18** Basic Breastfeeding
Japanese Spouse Group
Negishi – Car Buying Strategies
Welcome to Negishi
Youth Enrichment: Problem Solving
- Jun 19** Car Buying Strategies
EML/Space "A" travel
FRG Leadership Meeting
Ikego Play Morning
Getting Started Teaching English
Pre-Marriage Seminar
- Jun 20** English Teachers Networking Group
Home Buying Basics
Sponsor and Sponsor Coordinator Training
Yokosuka Play Morning

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

Visit our Web site: www.cfay.navy.mil/ffsc/index.htm

Automobiles

'02 BMW 320i. \$12,800. 45,000 km. New Michelin tires, DVD stereo. JCI good September 2009. Contact 3377480901@jcom.home.ne.jp. Tel: 243-6632 (Don).

'99 Honda Accord Station Wagon. Silver, automatic. PCSing, must sell. Fantastic, must see. Looks almost new. Immaculate interior, smooth engine, fast pick up. FM/AM radio, MP3. \$2,700. 246-8361 from 7 a.m.-3 p.m., Monday through Friday or 246-7592 5 p.m.-10 p.m. 83,750 km.

'98 Honda Odyssey 7 Pax Van. \$4,000. Power windows/door locks, 4-cylinder, automatic, 4-dr, A/C, Kenwood CD/MD 6 speaker stereo, newly installed timing belt, front/rear brake pads. JCI 'til July 2009. Call 241-3086 or 090-3534-1346.

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! 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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Services

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.

Contractors/DoD Civilians on TDY to Yokosuka? Why stay in a hotel when you can have something better? SAVE most of the PERDIEM you are entitled to for food! Contact yamasmitt@jcom.home.ne.jp.

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

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

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

Home Based Businesses. Join representatives from Pampered Chef, Princess House and others for an hour of networking and building our businesses. Interested in becoming a consultant? Come ask questions! Meet us on Thursday, June 19 at 7 p.m. at Satsuki Tower Party Room. Contact Colleen at 241-4766 for more information.

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 Free Junking. Yokosuka/Ikego/Negishi Registrations, inspections, transfers, I do it all. No problem driving your vehicle to LTO. Call Reiko McCulough, 241-3100/080-5497-2600 or e-mail: reikoltoruns@yahoo.com. 日本語もOKです!

LTO runs and junking services. Runs from Yokosuka and Ikego. New registration, deregistration, Japanese inspection, transfer. Also do mini-car registration. Please call Roselle at 090-4222-7435, e-mail: always_roselle@hotmail.com.

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

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

LTO Runs and Junking Services. New registration, JCI, inspections, road tax, temporary plates, title transfer, JCI renewal, minicars, change address. Please call Theresa, 241-3427 or 080-3392-4384.

LTO Run and Junking Services. New registration, Japanese inspection, renewal, transfer address, deregistration, road tax and title transfers. Call Elvie at 090-4585-8329.

LTO Run Junking. Please call Emma, 090-1813-5382, 080-3426-6890, or fax or leave message at (046) 825-1885 anytime.

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.

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

PCS-ing? Moving to Hampton Roads? I have an immaculate condition home for you! 4 bedrooms, 2 1/2 baths. MLS# 0816098 go to http://www.williamewood.com/jacoborbach.

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 Lessons. All ages and ability levels accepted. Six years experience, degrees in Piano Performance and Music Education. Contact Kayla, 246-8804.

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.

Professional Resume Writing. Military-to-Civilian Resumes. Federal, KSA, Resumes-from-scratch, Veteran owned and operated. Any resume consulting. www.anyresume.com, anyresume@gmail.com.

整体 (Chiropractic in Yokohama for women) 横浜駅東口3分! その痛み我慢しないで! 1 hr.- ¥6,000. ~女性限定。受付時間11 a.m.-7 p.m. (Closed every Sunday) 6月末まで "Seahawkをみた!" で初回 ¥500 OFF 癒しの風ほっと屋 Call us now!! 080-5433-4533 (留守電の場合はメッセージをお願いします。)

Positions

au cell phone. Do you have cell phone? Please contact Yoshi at 090-9780-1784 if you wish to have new contracted au cell phone at Yokosuka NB.

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.

SoftBank Telecom is hiring energetic outgoing sales staff, for the Yokosuka area. Sales experience preferred. Fluent English-Japanese speaking is a plus. Please bring resume to SoftBank Telecom 1st floor of Fleet Rec, or e-mail to: kharisma.sudler@tm.softbank.co.jp.

University of Phoenix Yokosuka is seeking qualified part-time practitioner faculty in the MBA program. Candidate must have MBA or related degree. Please contact Jim, jimparkins@email.phoenix.edu, or stop by our office.

Pets

I have two iguanas that need new caretakers. One is a female that is 5 years old and the other is a male that is 2 years old. They have their own cages, have health certificates from the base vet, and can be imported to the U.S. If interested, please e-mail me at: iguanapet2008@yahoo.com for pictures and more details.

Wanted

Drivers wanted for on-base taxi service. Will train. Make some extra cash during your off hours (2 hours minimum)...pretty good tips. Morning shift is available from 5:30 a.m. Contact 243-4511 or 090-3205-3472. Supervisory and Management training positions available.

オンベースタクシーの運転手 (パート) 募集. MLC及びIHAでベース内で働いている方々、出勤前及び業務終了後の数時間働いてみませんか? 月曜～金曜 (Kitty Hawkが入港中) 4 a.m.-8 a.m.は(2時間でもOK) 運転好きな方、チップも入るし結構稼げますよ (普通免許でOK)。243-4511か090-3205-3472まで電話ください。

Looking for 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.

Looking for young and vibrant English Assistant teacher for young students. Experience not necessary, will provide training. Call (046) 857-9857.

HELP WANTED!! Softland Video/Full-time Manager. Location: Main Video

Store Adjacent to Starbucks and NEX (Yokosuka Base). Shift: Monday-Friday (9 a.m.-5 p.m.). Management experience preferred. Basic Windows knowledge preferred. Apply in person with resume (10 a.m.-5 p.m.). Personnel subject to a local back-ground check. For more information, please stop by the Main Video Store and speak with the Manager from 10 a.m.-4 p.m., Monday through Friday. DSN: 243-4717. COMM: (046) 816-4717. E-mail: yokosukavideo@yahoo.com or japanregion@yahoo.com

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.

Japanese/American Cultural Exchange Club. Learn English and about cultures. First three Wednesdays – 6:30 to 8:30 p.m. Near front gate. Contact Morris at mogator2003@yahoo.com, or H. Suzuki at: suzukih39@kyp.biglobe.ne.jp.

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.

Standard Indian Ethnic Food in Yokosuka. Our dishes quality Indian Hotel's Restaurant standard. We pay ¥710 taxi money once of 3/4 people in one taxi. 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.

TIF Miscellaneous International Party Shibuya, June 14, Saturday, 6:30-9 p.m., T's Salon. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. http://www.miscellaneousparty.com. Call 080-2001-0512, party@goover.co.jp.

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World Friends International Party Shinjuku, June 7, 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!

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

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

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

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

seahawk yokosuka@ys020407.americablejapan.com

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

Asahi Advertising, Inc.



Hawaiian/New Zealand Dancers entertain the crowd during an afternoon performance inside the Yokosuka Commissary courtyard May 17. Throughout the United States, Asian/Pacific American Heritage Month is celebrated with community festivals, traditional foods, parades and cultural performances.
Photo by Tetaun Moffett



MA2 Erica Roten and MA2 Joshua Heuttner hand an award to Arielle Avelino during the recent D.A.R.E. (Drug Awareness and Resistance Education) graduation ceremony. Avelino was one of four students who received an award for writing an outstanding essay related to drug resistance. All students at Yokosuka Middle School complete the 10 week D.A.R.E. program during their seventh-grade year.
Photo by Dale N. Duncan Jr.



(Left) CFAY softball team members MASN Kyle Ludwig, ETC William Sims, Lt. Cmdr. Chris Williams, MA2 Tim Dowden, MA2 Thomas Cohen, CMDCM Wayne Smith, MA3 Matthew Ellis, Michael Wittemore, Bettie Cheek, MA1 Eric Butts and MA2 Antoine Smith pose with their first place trophy after beating NAVFAC FE by a score of 15-14 during the Captain's Cup Softball tournament May 16.
Photo by Danielle Kelly



(Right) Chaplain Scott Shafer conducts prayers of blessing and thanksgiving during the Farewell Blessing Service for *USS Kitty Hawk* (CV 63), while BMC Russell Townsend rings a ceremonial bell 10 times with each prayer of blessing in honor of *Kitty Hawk's* 10 years of service while forward deployed in Yokosuka. More than 300 people attended the Chapel of Hope service May 16.
Photo courtesy of CFAY Chapel of Hope

101 Critical Days of Summer

(Center) Commander Fleet Activities Yokosuka (CFAY) Capt. Daniel Weed flanked by CFAY Safety and Occupational Health Specialist Odie Smith and CFAY Safety and Occupational Health Supervisor Kristen Hamon and CNFJ Regional Safety Manager Walter "Lucky" Hawkins, signs the 101 Critical Days of Summer Proclamation May 23. During the 101 critical days of summer, which started on Memorial Day and ends Labor Day weekend, CFAY will campaign to persuade, encourage and motivate service members and their families to take action in making the right decision to avoid unnecessary risk.
Photo by Fumiyo Sato