

Decontamination demonstration held for Japanese dignitaries

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

Sailors from U.S. Naval Hospital (USNH) Yokosuka held a chemical, biological and radiological (CBR) decontamination demonstration for members of the Japan Ground Self-Defense Force Chemical school and Japan's Ministry of Defense dignitaries June 4.

Clad in CBR decontamination suits, hospital corpsmen demonstrated the proper protocol for admitting CBR attack victims and triage procedures. In addition to static displays of decontamination gear, a decontamination tent was set up and a corpsman enacted the steps of removing contaminated clothing and scrubbing down before being admitted.

"In a real-world scenario, we would be set up and we would make sure before anyone enters our emergency room that they've been decontaminated," said Hospital Corpsman 1st Class (FMF) Michael Murphy, a preventative medicine technician who was an emergency medical technician and triage participant for the demonstration. "Our goal is to prevent the spread of whatever contamination the individuals might have on them. We want to keep what's dirty in a dirty area."

Lt. Cmdr. Alan Ross, a USNH Yokosuka audiologist and decontamination team leader, emphasized the focus on proper decontamination for the team.

"Our main focus here is decontamination. We don't

worry about the injuries so much, because that's the ER's (emergency room) job," Ross said. "We're just making sure they're decontaminated, so we can get them there and not have anyone in the emergency room get infected."

Ross explained the specialized training for the decontamination team is not standard for hospital

different scenarios. We practice giving atropine, we practice responding when a patient goes down and how to treat them and how to use the gear."

Ross said it was important to have the Japanese watch and understand the decontamination process at the hospital, because in a real-world scenario, cooperation between the United States and Japan would be essential to success.

"The Japanese are one of our closest allies and if there is an attack, we will need their support and they need to know what our capabilities are," Ross said. "We will be visiting their facilities and see what their capabilities are so we know how to help each other out. In past drills, we've actually sent patients out to the Japanese military hospital to learn what the care was like for them."

Capt. Michael J. Krentz, USNH Yokosuka's commanding officer, emphasized the importance of cooperation between the Japanese and U.S. services.

"We have the expertise and the ability to deal with this threat and we want to share it. We share it with our counterparts in the Japanese ground and maritime self-defense force, because if the threat turns into a reality, we will need to help each other," Krentz said. "We'll need to be interoperable. We work almost daily with the Japanese. We work with the civilian hospitals, with the military hospitals, and we're doing more every day to establish that collaborative relationship because we see ourselves as one line of defense against the threats to both of our nations."



Lt. Cmdr. Alan Ross, a USNH Yokosuka audiologist and decontamination team leader explains the features of various decontamination equipment during a demonstration for members of the Japan Ground Self-Defense Force and Japan's Ministry of Defense dignitaries at U. S. Naval Hospital Yokosuka, Japan June 4.

personnel.

"This is a specific team and a specific collateral duty people are assigned to," Ross said. "We train once a week for this. Every week we set up the tent and go through

military hospitals, and we're doing more every day to establish that collaborative relationship because we see ourselves as one line of defense against the threats to both of our nations."

Fire safety: protecting your home, family is everyone's business

By Dan Bowen, CFAY Public Affairs

Sailors are well aware of and prepared for the single biggest threat to a ship at sea - fire. What many may not consider though is that the primary danger to their families at home is also fire.

At Command Fleet Activities Yokosuka (CFAY), there have already been 16 fires reported since Jan. 1. Regional Technical Services Chief Frank Montone of Commander U.S. Naval Forces Japan (CNFJ) Fire Department said, "at most Department of Defense (DOD) installations the leading cause of housing fires is unattended cooking. Seventy percent of fires reported [in Yokosuka] have been cooking related."

It is important for all residents to understand the inherent dangers of leaving the kitchen area while cooking. According to the Home Safety Council's State of Home Safety in America Report, "fires and burns are the third leading cause of unintentional home injury and related deaths. Fire safety and survival begin with everyone in your household being prepared."

In order to avoid kitchen fires, residents should keep things that can burn, such as dishtowels, paper or plastic bags, and curtains at least three feet away from the range top and also be sure to roll up sleeves and use oven mitts to prevent loose-fitting clothes from touching a hot burner and catching fire. When cooking outside it is

also necessary to place grills at least three feet away from other objects, including the house and any shrubs or bushes and to never leave your grill unattended.

"In case of a cooking fire the first thing that should be done is to turn the stove top off and remove the pan or pot from the burner," said Montone. Next you should call 911 if you are on base or 046-816-0911 if you are off base.

When moving into a new residence it is vital that the first thing residents do is to check their smoke detectors and make sure they're operable. "Smoke is the silent killer," said Montone. "It is important to have smoke detectors on every level of the home and to change out the batteries yearly."

Also, new residents should sit down with their families and create a fire escape plan. Two exits should be identified out of every room and an outdoor meeting place should be agreed upon.

For more information on how to protect your family against fire in the home, visit www.firesafety.gov and be sure to visit CNFJ Fire Department public training sessions held at base events throughout the year.

A mother checks the batteries of one of the smoke detectors in the home. It is important to have smoke detectors installed on every level of the home, test them monthly and to change out the batteries yearly.

Photo courtesy of www.firesafety.gov





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



CMDCM Wayne E. Smith,
Command Master
Chief

司令官の相談室

contractors must present two forms of ID along with a memo on command letterhead from their sponsoring activity or trusted agent when requesting a replacement CAC. Retirees and disabled veterans must present two forms of ID. In all cases, lost or stolen CAC or ID cards should be reported to base security and the physical security office. Contact PS1(SW) G. A. Smythe at 243-7953 for more information.

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

横須賀基地に關係する軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は全て指紋認識データシステム (DBIDS) に登録する必要があります。既に登録された方で、データに変更がある方は、1495ビルのDBIDS登録事務所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで。

BZ: Kinnick High School (KHS) would like to extend a special note of appreciation to the entire staff of the Seahawk for the great coverage and assistance that they have provided for the many events at KHS this past year. Thank you, especially for your participation in Career Day last month. Your courtesy and professionalism has been exemplary, and above reproach. Michelle Stewart has been a wonderful point of contact when an upcoming event was about to occur. Thank you to Jeff Doepp for his help with editing, advice and publishing the articles in a timely fashion and thank you to Sean Dath for his perusal and recommendation of the submitted pictures as well as helping edit the articles. Your teamwork is a model for others to follow. Again, many thanks!

Q: There are some teenagers playing baseball behind my townhouse. There

is a pretty good size area between each yard. Although I truly support teenagers playing sports and doing something active with their time, I was wondering if there was someplace more appropriate for them to play. The baseball has gone into several yards and has hit some windows and doors. Not only am I concerned that the ball might break a window, I am also concerned that it might hit one of the children playing in their backyard or someone walking by. I have seen them hopping fences to get their ball back. I don't believe that the area that they are playing in is appropriate for baseball. Is there someplace else where they could be playing that would be better suited for them and the surrounding community?

A: Yes in Negishi, there is a ball field behind Housing Building 552. There are several in Ikego, three located near the main gate, two located as you drive toward the Ikego Campgrounds from the Main Gate and one as you drive towards the Mini-Mart from the Main Gate. Yokosuka has several ball fields, three along the sea wall across the street from the middle school and two in Berkey Field near Thew Gym.

Q: I want to first say Bravo Zulu to you for taking this e-mail process so seriously. I have written in before and you handled both situations in a timely manner. Thank you so much! I wrote back a couple of months about parents dropping off and picking their children up behind The Sullivan's School, where Shobu Heights is located. It is starting to become a problem again. Some days there are not so many cars dropping off and picking up kids and other days there are many. People park in the tower visiting spots, they park on the side of the road and some that have been warned by residents about dropping off their children, actually pull in the circle in front of the entrance to Shobu Heights to drop off and pick up their kids. They do this so it looks like they belong to the tower. I see enlisted and officers both doing it. There are signs clearly stating this is not a school drop off yet they choose not to pay attention. I try and talk to them and tell them but they say that I am not security and what I say does not matter. This is not the right attitude coming from either a spouse or military member. So I am here to ask for your help again.

A: First, thank you for the positive comments with your past experiences with the Action Line and with CFAY Security. We continually strive to

resolve these vehicle safety issues around the schools and housing. We do find it disappointing that people would respond to you in a negative manner when trying to watch out for the safety of children. As you have the right attitude toward this issue that everyone should help and police themselves. It should only take a friendly reminder to set it straight. Again thank you for bringing this to our attention, we have it for action and we appreciate your support.

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.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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Huffing or dusting, both have deadly consequences

By Lucky Hawkins, CNFJ Regional Safety office

The practice of huffing and dusting has been around for years but only seems to get real attention when someone accidentally kills themselves when doing it. This time it was one of our own Sailors from our forward-deployed naval forces (FDNF) whose substance abuse problem resulted in his own death just last week. Huffing is when an individual "huffs" inhalants from aerosol type canisters such as air fresheners, whipped cream, hair spray and spray paint, just to name a few. Dusting is the same as huffing, except the individual huffs "Dust Off" or related compressed air cans.

A high from the gas huffed gives rapid feeling of euphoria but at a terrible price. Huffing and dusting can result in damage to brain, lungs, heart, kidneys and liver. Users have been known to be paralyzed for 5-10 minutes after huffing. And, obviously, death can occur the first time it is tried, or any time after. Not sure how alcohol affects the effects of inhalants...but it certainly can't be good! The practice of huffing becomes addictive only because of the attention a user receives from others by doing, showing and supplying it. So don't misuse inhalants from aerosol type canisters; doing so can only lead to direct and significant bad personal consequences for those who do.

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Recruiting duty: great option to help advance Sailor's career

By MC2(SW/AW) Gabriel Owens, NRC Public Affairs

Commander Navy Recruiting Command (CNRC) is looking for high-quality Sailors to plus up its recruiting force.

Most Navy recruiters view recruiting duty as a very challenging and very rewarding assignment. Though the demands are tough, being prepared, is the first step toward success. The ability to be flexible, work long hours and talk openly and honestly to people are some of the characteristics needed to be a successful recruiter.

Obstacles can range from working around school or work schedules in order to meet with students and their parents, to traveling long distances to meet with prospective recruits on a daily basis.

Recruiting duty is not without its rewards. Recruiters can look forward to special duty assignment pay, meritorious promotions, the possibility of getting stationed in or near their hometown and being able to select choice of coast on their follow on tour.

Additionally, successful recruiting tours can be favorably looked on in selection boards, particularly for those Sailors looking to make chief petty officer.

The rewards of recruiting extend beyond helping a naval career. "During a two or three-year tour, a recruiter often sees a person he or she put into the Navy," said Lt. Christopher Carmichael, officer recruiter, Navy Recruiting District Michigan.

"You realize that your interview might have been the motivation they needed to increase a grade point average or lose an extra 10 pounds to meet enlistment requirements, and you witness their growth both personally and professionally. The greatest reward of all is changing people's lives for the better through a Navy career."

Sailors up for shore duty and in their window for transfer are encouraged to contact their detailers to discuss the possibility of helping to shape our Navy's future.

For more information contact a Command Career Counselor or visit www.cnrc.navy.mil/recruiter.htm to view the new "Recruit the Recruiter" video on the CNRC Web site.

USS Mustin's replenishment at sea



The guided-missile destroyer *USS Mustin* (DDG 89) receives fuel from the amphibious ship *USS Essex* (LHD 2) during a replenishment at sea. The *Essex* Amphibious Ready Group is standing by in international waters off the coast of Burma to support a potential humanitarian assistance tasking in the wake of Cyclone Nargis.

U.S. Navy photo by MCSN Kari R. Bergman

Campaign stars established to recognize multiple deployments

By MCSA Richard J. Two Bulls, Naval Media Center Public Affairs

The Department of Defense (DoD) established campaign stars for Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF). This is designed to recognize support delivered to OEF and OIF for seven different service stages.

In most cases this will correspond to more than one deployment, but the stars were not created to honor subsequent deployments. This initiative is in keeping with NAVADMIN 141/08, which is the basis for awarding the stars.

DoD established campaign stars for both the Afghanistan Campaign Medal (ACM) and the Iraq Campaign Medal (ICM).

"As both campaigns continued in duration, service members were serving more than one [deployment] in either Iraq or Afghanistan area of responsibility (AOR)," said Navy Awards branch head Barbara Wilson. "However, based upon current criteria for either campaign medal, you were only authorized one medal regardless of how many times or how long the duration was that you served in either AOR.

"The campaign stars will recognize a service member's participation in the various campaigns associated with Operation Enduring Freedom or Operation Iraqi Freedom on the ACM and ICM," said Wilson. "This NAVADMIN provides implementing guidance for the U.S. Navy."

ribbon of the medal, and on the ribbon bar in recognition of their participation in the campaign phase of which the medal was awarded. Therefore, the ACM and ICM will always be awarded at least one campaign star.

An additional campaign star shall be worn for each one or more days or participation in each designated campaign phase. Only one star is authorized for each phase, regardless of the number of deployments made during any designated phase.

For active duty personnel, commanding officers exercising Navy and Marine Corps Achievement Medal authority are authorized to issue campaign stars for the ACM and ICM to Sailors and Marines assigned to their command that meet the criteria for the ACM and ICM.

The following phases are: Liberation of Afghanistan: Sept. 11, 2001 - Nov. 30, 2001; Consolidation I (Afghanistan): Dec. 1, 2001 - Sept. 30 2006; Consolidation II (Afghanistan): Oct. 1, 2006 - to be determined; Liberation of Iraq: March 19, 2003 - May 1, 2003; Transition of Iraq: May 2, 2003 - June 28, 2004; Iraqi Governance: June 9, 2004 - Dec. 15, 2005; National Resolution: Dec. 16, 2005 - to be determined.



The Department of Defense (DoD) established campaign stars for Operation Iraqi Freedom (OIF) and Operation Enduring Freedom (OEF). The campaign stars will recognize a service member's participation in the various campaigns associated with Operation Enduring Freedom or Operation Iraqi Freedom on the Afghanistan Campaign Medal and the Iraq Campaign Medal.

Individuals who meet the eligibility criteria for the ACM or ICM shall wear a campaign star on the suspension

2004 - Dec. 15, 2005; National Resolution: Dec. 16, 2005 - to be determined.



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New web site helps families link up with deployed loved ones

By LIFELines Public Affairs/American Forces Press Services

The families of deployed Navy and Marine Corps personnel are invited to sign up for a new Web site, www.websitesforheroes.com, which allows them to maintain close family ties with their loved ones beyond the occasional phone call or e-mail. These family Web sites provide a safe and secure online environment for a military

Each personalized family Web site includes innovative features such as two hours of streaming video so parents can see what the family is doing back home, unlimited photo albums, interactive calendars and message boards that ensure military families don't miss life's special moments.

Web site image courtesy of WebsitesforHeros.com

family through a portal on the front page of the LIFELines Services Network, the Navy Department's official Quality of Life Web site at www.lifelines.navy.mil and www.lifelines.usmc.mil.

Each personalized family Web site includes innovative features such as two hours of streaming video so parents can see what the family is doing back home, unlimited photo albums, interactive calendars and message boards that ensure military families don't miss life's special moments.

Last year, the Department of Defense blocked access to some popular social networking sites in order to guarantee bandwidth availability for mission-critical functions.

Websitesforheroes.com is a Linux-based Web environment which means it is secure and password-protected, to ensure a level of privacy not found in most public sites.

"Deployments are hard on families," said Caliber Media Group Chief Executive Officer Terry Gniffke who co-founded websitesforheroes.com. "When you're away and you're in harms way, it's a lonely place. You miss home, and the greatest thing is to be connected in some way. Websitesforheroes allows that to happen."

Gniffke knows from experience just how important something like web sitesforheroes can be. The former Marine served in Vietnam, and he explained he waited up to three weeks for a single letter from home. "It's tough on the homefront, and it's tough on the other side," he said. "What a difference [websitesforheroes.com] would have made."

"We want as many Navy and Marine families as possible to take advantage of this fantastic resource," said retired Cmdr. Rudolph Brewington, director of LIFELines. Brewington learned of Gniffke's invention and worked with him to have the site cleared through DoD's "America Supports You" program which now has the site among its public-to-military support projects.

Under the program, websitesforheroes keeps families connected at no cost to the family. There are currently 1,200 families enjoying a family Web site that has been graciously sponsored by an individual or a corporation at a cost of \$99 per year per family. Specific families cannot be sponsored; the sites are awarded on a "first come, first served" basis to protect anonymity.

The goal for websitesforheroes.com is to keep military families connected and let them know that someone cares.

Survey says Sailors want information from Web-based, e-mail communication methods

By MCC(SW) Maria Yager, NPC Public Affairs

Results from the 2008 Navy Communications Quick Poll, released June 13, show a growing number of Sailors prefer Web-based and e-mail communication methods when seeking Navy information, but Sailors are not ready to go all-digital just yet.

The poll was co-sponsored by Navy Personnel Command's Center for Career Development and the Navy's Chief of Information.

The objective of the Quick Poll was to determine Sailor awareness, use and satisfaction with a number of Navy initiatives and communications methods including official Navy printed publications, NAVADMINS, Navy Web sites and unofficial sources of information such as e-mail or commercial news like Navy Times.

More than 60 percent of respondents say they prefer to get information from their chain of command via e-mail, followed by Navy Web sites. These were the most popular means followed next by NAVADMINS, Navy Times and official printed publications. While in most cases Sailors preferred to find their information on line, nearly 60 percent took

exception with LINK magazine and preferred a print edition to Web-based. LINK is the official Navy publication that connects Sailors to detailers and career information.

Navy Personnel Research, Studies and Technology (NPRST) Department, which specializes in scientific polling, administered the survey March 12-24. Nearly 7,500 randomly selected enlisted and officer Sailors were invited to respond to the survey. NPRST received 2,694 responses giving the poll a 36 percent response rate, up three percent from the 2006 poll.

The Quick Poll also evaluated use of Navy Knowledge On-Line (NKO) and Navy Personnel Command's site, www.NPC.navy.mil as resources for Navy information. First term enlisted Sailors are the largest group to use NKO regularly with a reported 76 percent listing NKO as the Web site they visit when looking for Navy information.

Senior officer and senior enlisted Sailors are more likely to visit Navy Personnel Command's Web site for Navy information.

Some of the other findings in the 2008 Communications Quick Poll revealed that more than 90 percent of Sailors have Internet access either at their own

workstation or through a shared computer. This finding is important because it can help Navy leaders determine the usefulness of Web-based training.

The results of the poll reveal fleet opinions and can influence leaders when evaluating Navy policies. One survey, focused on duty in remote locations, was used in setting assignment incentive pay for that location and another survey helped influence changes to the enlisted education policy.

As found in previous Quick Polls, Sailors prefer a variety of delivery methods when getting information about the Navy.

NPRST is the Navy's people-focused research laboratory, dedicated to shaping the Navy's and Marine Corps' human resources vision while providing the research and useful products to attain it. Our goal is to improve human resources (HR) processes and the life of every Sailor and Marine, from initial service application through retirement. Our organization solves HR problems with valid and useful products by uniquely blending deep functional knowledge with scientific and technical expertise.

For more information on Navy Quick Polls visit the NPRST Web site at www.NPRST.navy.mil.

名所物見の旅 - 其の参拾六 追憶の奥鬼怒温泉郷



我が追憶の宿・昭和五十年代の手白沢温泉。昭和初期の温泉宿を彷彿とさせるこの懐かしい風情のある建物は、現在は快適できれいな宿に改築された。

文・写真：河辺雄二、CFAY広報課

日光国立公園の鬼怒川源流部に鬼怒沼山という、頂上付近一帯に大きな沼と湿原が広がるたいへん趣のある山がある。初めてこの山に登ったのは雪深い厳冬期で、雪に埋もれた沼畔の避難小屋に一泊して鬼怒沼山に登り、鬼怒川上流の奥鬼怒に下山した。山から下りきったところに日光沢温泉があり、温泉付山小屋といった感じの素朴な宿が建っていた。そこからは平坦になった道を進むと、加仁湯（かにゆ）、八丁ノ湯と温泉は続き、その日は八丁ノ湯に宿を取った。

八丁ノ湯は大きい露天風呂に湯が岩を伝って滝のように流れていて、当時こうした温泉は初めての経験だったので、大いに感動し何回も入って楽しんだ。宿泊している大半は登山客で、大広間での夕食時は山の話に花が咲いていた。客に“どぶろく”が振舞われ、これもまた初めて味わうものだった。少し酸っぱく炭酸が入っているような味で、とても酒とは思えない。私には“どぶろく”と聞くと密造酒というイメージがあり、当時読んだ森敦の芥川賞受賞作「月山」を連想してしまった。カラスと蔑称される黒いコートを着た税務署の職員たちが、密造酒探索に雪深い山村を訪れる場面が、雪に覆われたこの温泉宿と妙に重なり、とても印象に残った。ともあれこの八丁ノ湯は、私が温泉探訪に目覚めるきっかけを作ってくれた温泉でもある。

翌日はバス停のある女夫淵（めおとぶち）温泉まで歩いた。ここからバスが東武鉄道の駅がある鬼怒川温泉方面へ出ている。鬼怒川最上流のこれらの温泉は昔



旧手白沢温泉の客室でくつろぐ。情緒溢れるランプの宿は、数十年前のその当時ですでに珍しいものであった。

から有名なようで、昭和初期の辻まことの山岳紀行にも登場し、日光沢温泉、加仁湯、八丁ノ湯に手白沢温泉を加えて奥鬼怒温泉郷と呼んでいることを後日知った。

その後数回奥鬼怒温泉郷を訪ねる機会があり、日光沢温泉に泊まって鬼怒沼山から山伝いに尾瀬まで縦走したり、女夫淵から手白沢温泉まで紅葉に染まった山道を、あまりの美しさに歓声をあげながら歩いたこともあった。この時はアフリカ勤務の友人が日本に里帰りしていたので、日本風情溢れる温泉に案内して大いに喜ばれた。

そして今回、数十年ぶりで奥鬼怒温泉郷を訪れた。最近は大変人気のある温泉で、どこも予約が必要だと聞いていたので、手白沢温泉を予約して出かけた。女夫淵温泉から新緑美しい沢沿いの道を歩く。野鳥の囀りがあちこちから聞こえ、森は陽の光に輝いて美しい。のんびり歩いて一時間半ほどで思い出深い八丁ノ湯に出た。昔の面影を残す木造の二階建ての旧館の他に新館やログハウスが増設されて収容人数も増え、ずいぶん大きな宿となっている。そこから10分で加仁湯に到着。加仁湯は今や温泉ホテルを名乗っていて、その姿は驚くほどの変貌を遂げていた。昔は宿の玄関に“岳小屋加仁湯”と書かれた板が掛かるだけの侘しい山小屋だったのが、ホテルの名に恥じないほど近代化された建物になっている。この二つの温泉は林道にマイクロバスを乗り入れており、宿泊者を女夫淵温泉バス停まで送迎しているという。

加仁湯から本道を外れて大きく迂回するように山道を30分ほど進むと、近くの沢から硫黄の臭いが漂ってきて、温泉に近いことが分かる。やがて沢の向こうの森の中から手白沢温泉が姿を見せた。一目見て愕然とする。以前の鄙びた面影はまるでなく、シーザーじゃないけれど、「手白沢お前もか」といった気分になった。宿で聞くと数年前に全館リニューアルしたとい

う。快適には違いないだろうが、私のような古い温泉宿ファンとしては、新築された建物はどうにもしっくりこない。しかし温泉の良さは以前から変わらぬもので、内湯はリニューアルでよりきれいになり、野趣溢れる露天風呂も大量の湯がドウドウと流れ気持ちが良い。夕食はフランス料理なのでまたまた驚く。以前の山菜中心の素朴な食事とは雲泥の差で、今はグルメの宿を名乗っているそうだ。山の幸をふんだんに生かしたフレンチは、この奥深い森の宿とマッチして、まったく違和感はなかった。最近幅広い年齢層の女性客が温泉探訪の中心となっているので、きれいな宿と大きな女性専用露天風呂、そしてグルメプランが欠かせないのだそうだ。

翌日は日光沢温泉まで足を伸ばしてみた。うれしいことに日光沢温泉は古い湯小屋の外観のまま、建物の前には薪が山と積まれていて、以前と何一つ変わっていない。今や貴重な温泉宿であり、一軒ぐらいいはこのままの姿で残ってほしいものだと思う。奥鬼怒温泉郷は各温泉それぞれ泉質が違うので、効能にあわせて宿を選ぶのもよいかも。湯量豊富で常にかけ流しなのも、ここの人気の理由であろう。

奥鬼怒温泉郷はこれからまた変貌していくだろうが、将来もマイカーの乗り入れをさせないようにして、この素晴らしい温泉と自然を守ってほしいと願って帰路についた。



白沢温泉露天風呂。湯量豊富で常に大量の湯が流れている。



奥鬼怒温泉郷への玄関口にある女夫淵温泉。水量豊かな沢沿いに眺めの良い露天風呂があり、温泉ファンを楽しませてくれる。



The Sullivans School teacher named District Teacher of the Year

By Lorri M. Blanchard, Japan District Superintendent's office

The Japan District Superintendent's office named Deirdre McAlpin as the 2009 District Teacher of the Year. McAlpin was selected to represent the Department of Defense Dependent Schools (DoDDS) Japan by a review panel. The panel based their decision on a number of factors to include her interview, recommendation letters and brief summation of her teaching career.

McAlpin teaches fifth-grade math, science and health at The Sullivans School in Yokosuka, Japan. A teacher for six years, she received her Bachelors of Business Administration from the University of Houston and Masters of Education in Instructional Leadership and Curriculum from the University of Oklahoma. Involved with DoDDS as a former student, parent of high school students and as an educator, she finds using real world experiences are an important part of teaching and reaching students today.

When asked about his impression of McAlpin, David Russell, principal of The Sullivans School said, "For six years I have watched her improve her teaching, her students and her school. She has an endless positive energy, a gravity that invigorates and motivates. Stand too close to her and you are pulled into her orbit."

Also known as Ms. Mac, McAlpin believes collaboration is an important component which allows students to learn at their highest level. She works closely with colleagues, parents and students to achieve that goal. Major factors that she feels strengthen her teaching include using curriculum standards to guide instruction as well as integrating technology into her lessons and when communicating with families, especially through the use of her classroom Web page. In addition, McAlpin finds working in the school improvement process advances student achievement to encourage greater learning.

Through her active involvement with the high school McAlpin consistently works in partnership with others due to a belief that her primary role as an educator is to prepare students for the future. She believes education should have connections and



Deirdre McAlpin, a fifth-grade math, science and health teacher at The Sullivans School was named the 2009 DoDDS Japan District Teacher of the Year by the Japan District Superintendent's office.

Photo by Patrice Noma

meaning for students – it is not good enough to just "know" it. Within a collaborative environment, McAlpin feels students gain a lasting understanding of the world so they are better prepared for the future.

Sailors, family members participate in CFAY sprint triathlon

By MC2 Nardelito Gervacio, Fleet Public Affairs Det., Japan

Sailors, family members and a few Japanese guests spent their Saturday morning testing their strength and endurance in the Fleet Activities Yokosuka Sprint Triathlon held on base June 7.



Family members and friends cheer on participants during the bike leg of the Yokosuka Sprint Triathlon held on base June 7. Participants swam 400 meters in Truman Bay, cycled 10.5 miles and wrapped up the event with a 5K run.

U.S. Navy photo by Lt. Erica J. Nelson

The morning event started at Mikasa Park, as 28 participants signed in and prepped for the daunting task ahead of them. After a safety brief and introductions made by Morale, Welfare and Recreation (MWR) Fitness Program Coordinator Luke Nelson, participants waited for the bellow of the starter's siren before engaging in a 400 meter swim, a 10.5 mile bike ride and finally a 3.1 mile run.

Families and friends gathered at the Green Bay Marina to catch a glimpse of the swim leg of the competition. As racers emerged from the water, spectators lined the sides of the road and shouted encouragement as their favorite passed by during the bike event.

Tomoki Inoue, a Japanese speedster came in first at 1:21:10. Second place honors went to Koji Miura in 1:22:30 and MWR's own Lee Leach rounded out the top three with a time of 1:23:17.

"I enjoyed this event very much and very happy with my time" said Inoue.

For Sailors, families and government employees living in a forward-deployed area such as Yokosuka, MWR events give them the chance to participate in activities that are not always easily accessible in a foreign country.

"To have these kinds of events on base is wonderful," said Ryan Goris, a triathlete and civilian instructor on base. "It gives people the opportunity to get out and try it and I think it's great."

For those who missed the opportunity or are hooked and want the opportunity to race again, MWR has another even planned after the summer heat and humidity passes.

"The next event will be in the end of September and it will probably be the same race and course and if things go real well on this test run it might be even longer," said Nelson "There were a lot of first timers here today and I hope to get even more the next time we do it again."

The next base running and racing events will be a Team Triathlon, Saturday, June 28 at 7 a.m. at the Green Bay Marina.

The rainy season in Japan

By Fumiyo Sato, CFAY Public Affairs

It's that time of year again. Japan's Metrological Agency announced that the 2008 rainy season started in the Kanto plain area June 2. The rainy season is called *tsuyu* in Japanese and usually lasts about a month. This year, the rainy season started six days earlier than usual and 20 days earlier than last year.

The collision of cold northerly and warm southerly air masses makes the rainy season in Japan. *Tsuyu* usually starts in Okinawa first in May and then other places in Japan follows. Hokkaido, the northern island, is the only place that does not have *tsuyu*. During the rainy season, the weather stays unstable. Although it does not rain every single day, having an extra umbrella at your work place might help to prepare you for the rain. The average total precipitation during the rainy season for the Kanto plain area is 1.8 inches.

Master-at-Arms Seaman Apprentice Adam Crotzer said, "I don't enjoy the rainy season at all." Crotzer arrived in Japan last December and it's his first time experiencing the rainy season, "But I still try to go to the beach and to Disneyland."

The rainy season also brings humidity in Japan. The combination of high humidity and temperature increases the chance of mold in the house, especially in the shower room. Opening the windows periodically to maintain a good air flow throughout the house will help reduce mold growth.

Sometimes you should expect train and bus delays depending on weather conditions. Drivers also need to be careful when driving in the rain. Drivers need to have enough space with other vehicles and pay attention to pedestrians, especially at night.

Although *tsuyu* may be the most depressing season of the year, it is the best season to see hydrangea blooms or *ajisai* in Japan. There are many parks famous for *ajisai*. Some of the most beautiful *ajisai* parks are located in nearby Kamakura.

Yokosuka City holds Family Sports Day



American and Japanese children ages 2 to 7 participate in a running race during a family sports day held at the City of Yokosuka Welfare Center June 14. The event was sponsored by the city to foster and promote better community relationships between the base and local communities.

U.S. Navy photo by MC2 Nardelito Gervacio

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • June 20, 2008



blue island tribe
the endless summer

FREE
No swimming allowed

Swimming Pool Event – Open to All Hands
(Yes, this means YOU!)

Blue Island Tribe

Friday, June 20 at Officers' Club

Join us for a great evening of Caribbean influenced reggae/rock that will put you in an island state-of-mind. No host beverage bar @ 1700 • Band begins @ 1800

For details call 243-5030/5002 or access www.cfay.navy.mil/mwr

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.

June
Pizza of the month

Club Alliance
All Hands Club
Italian Gardens
243-3000/5985



MEGA MUSHROOM



Outside the Gate

ITT Current Tours (July) - Sign up now.

Friday, July 4

Fujikyu Highland Park "Fourth of July"
\$82A/\$71J/\$55C/\$20I

Tokyo Disneyland Amusement Park
\$89A/\$75J/\$61C/\$15I

Friday and Saturday, July 4 and 5

Universal Studio Japan Overnight
SGL \$295A, TWN or TRL \$250A/\$200C/\$71

Saturday, July 5

Joren Waterfall and Nanadaru Open-Air Hot Spring
with Seven Waterfalls \$77A/\$64J/\$52C/\$25I

Sunday, July 6

Hiratsuka Tanabata Star Festival \$29A/\$20C/\$15I
Experience of Bullet Train Ride, Gyoza Lunch, O-ya
Heiwa Kannon and O-ya Stone Museum Tour
\$137A/\$90J/\$77C/\$25I

Monday, July 7

Fuji Safari Park \$76A/\$49C/\$25I

Tuesday, July 8

Ikea Kohoku Shopping \$15A/\$8C

Wednesday, July 9

Tokyo DisneySEA Amusement Park
\$89A/\$75J/\$61C/\$15I

Friday, July 11

Tokyo Summerland Water/Amusement Park
\$76A/\$57J/\$47C/\$15I

Saturday, July 12

Fukiware Waterfall, Blueberry Picking and
Usaburo Kokeshi Doll Factory \$82A/\$61J/\$41C/\$25I

Nikko Sightseeing \$90A/\$67J/\$57C/\$25I

Fujikyu Highland Amusement Park
\$87A/\$75J/\$61C/\$20I

Sunday, July 13

Japanese Soba Noodle Making, Peach Picking and
Shirayuri Winery \$110A/\$77J/\$55C/\$25I

Mt. Fuji East Area Spring/Summer Sightseeing with
Kubota Itchiku Dye-Art Museum \$69A/\$45C/\$25I

Yunessun Hot Spring with Lunch Buffet \$69A/\$45C/\$15I

Monday, July 14

Yakiniku Buffet and Zoorasia \$47A/\$35J/\$25C/\$10I

Wednesday, July 16

Tokyo Disneyland Amusement Park
\$89A/\$75J/\$61C/\$15I

Spa Resort "Hawaiians" with Lunch Buffet
\$90A/\$68J/\$51C/\$25I

Thursday, July 17

Costco Kanazawa Seaside Shopping \$10A/\$5C

Friday, July 18

Nikko Edo Wonderland Theme Park \$99A/\$63C/\$25I

Saturday, July 19

Tobu Zoological Water/Amusement Park
\$83A/\$64C/\$20I

Hakone Sightseeing with Open-Air Museum
\$80A/\$65J/\$50C/\$20I

Sunday, July 20

Tokyo Sightseeing \$47A/\$35J/\$29C

New Sanno Brunch and Edo Tokyo Museum
\$54A/\$47J/\$31C/\$10I

Tuesday, July 22

Kumagaya Uchiwa Parade Float Festival
\$56A/\$39C/\$20I

Thursday, July 24

Soma Nomaori Samurai Battle Festival \$93A/\$69C/\$30I

Friday, July 25

Tokyo Summerland Water/Amusement Park
\$76A/\$57J/\$47C/\$15I

Saturday, July 26

Mt. Fuji East Area Spring/Summer Sightseeing with
Kubota Itchiku Dye-Art Museum \$69A/\$45C/\$25I

Sankei-en Japanese Garden and
Yokohama Royal Wing Dinner Cruise
\$116A/\$62J/\$24C/\$8I

Sunday, July 27

Spa Resort "Hawaiians" with Lunch Buffet
\$90A/\$68J/\$51C/\$25I

Tokyo DisneySEA Amusement Park Tour
\$89A/\$75J/\$61C/\$15I

Monday, July 28

Tobu Zoological Water/Amusement Park
\$83A/\$64C/\$20I

Wednesday, July 30

Yunessun Hot Spring with Lunch Buffet \$69A/\$45C/\$15I

Thursday, July 31

Hakone Kosui Fireworks Festival and Cable Car Ride
\$59A/\$36C/\$15I

Future ITT Tours (Aug/Sept) - Sign-up starts Tuesday, July 1.

Saturday, August 2

Joren Waterfall and Nanadaru Open-Air Hot Spring with
Seven Waterfalls \$77A/\$64J/\$52C/\$25I

Noritake Square, China Pete's and
Camp Zama Shopping \$28A/\$20C/\$10I

Sunday, August 3

Hakone Sightseeing with Open-Air Museum
\$80A/\$65J/\$50C/\$20I

Yakiniku Buffet and Zoorasia Nighttime Visit
\$50A/\$37J/\$26C/\$10I

Monday, August 4

Fujikyu Highland Amusement Park
\$87A/\$75J/\$61C/\$20I

Tokyo Disneyland Amusement Park
\$89A/\$75J/\$61C/\$15I

Wednesday, August 6

Tokyo Summerland Water/Amusement Park
\$76A/\$57J/\$47C/\$15I

Tokyo DisneySEA Amusement Park
\$89A/\$75J/\$61C/\$15I

Friday, August 8

Toshima-en Water/Amusement Park \$68A/\$51C/\$15I

Saturday, August 9

Nikko Sightseeing \$90A/\$67J/\$57C/\$25I

Mt. Nokogiri Ropeway Ride/Hiking and
Tokyo Bay Ferryboat Ride \$57A/\$37C/\$15I

Sunday, August 10

Mt. Fuji East Area Spring/Summer Sightseeing
\$65A/\$38C/\$25I

Monday, August 11

Mt. Fuji Hike from 5th to 6th Station \$37A/\$26C/\$20I

Tuesday, August 12

Ikea Kohoku Shopping \$15A/\$8C

Saturday, August 16

Tokyo Sightseeing \$47A/\$35J/\$29C

Sunday, August 17

New Sanno Sunday Brunch, Imperial Palace Outer
Garden and Showa Memorial Museum \$55A/\$33C/\$10I

Monday, August 18

Tokyo Summerland Water/Amusement Park
\$76A/\$57J/\$47C/\$15I

Wednesday, August 20

Tokyo Disneyland Amusement Park
\$89A/\$75J/\$61C/\$15I

Toshima-en Water/Amusement Park \$68A/\$51C/\$15I

Thursday, August 21

Disney On Ice "Princess Dream" Transportation Service
\$15A/\$10C/\$7I

Costco Kanazawa Seaside Shopping \$10A/\$5C

Friday, August 22

Disney On Ice "Princess Dream" Transportation Service
\$15A/\$10C/\$7I

Kamogawa Sea World with Lunch Buffet
\$72A/\$51J/\$31C/\$15I

Saturday, August 23

Kisoji Old Japanese Post Towns and Soba Making
\$99A/\$80C/\$30I

Yakiniku Buffet and Zoorasia Nighttime Visit
\$50A/\$37J/\$26C/\$10I

Sunday, August 24

Yunessun Hot Spring with Lunch Buffet \$69A/\$45C/\$15I

Mt. Fuji East Area Spring/Summer Sightseeing
\$65A/\$38C/\$25I

Tuesday, August 26

Fuji Yoshida Fire Festival \$41A/\$29C/\$20I

Sunday, August 31

Nishizawa Ravine Intermediate Hiking, Shirayuri Winery
and Grape Picking \$83A/\$70J/\$55C/\$30I

Spa Resort "Hawaiians" with Lunch Buffet
\$90A/\$68J/\$51C/\$25I

ITT Tickets

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.

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

Sea Kayaking at Hayama, Kanagawa Prefecture

Experience the adventure of sea kayaking on June 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.

Mt. Fuji Safety Briefing

Interested in climbing Mt. Fuji? Outdoor Adventure Program
can help you prepare for your Mt. Fuji climb with their
mandatory safety briefs every Wednesday in July and
August in the Green Bay Marina Classroom (2nd floor above
McDonalds). These briefs will help potential climbers know
what to expect when climbing Japan's tallest mountain, and
what items are needed for the trip. This will help make you
climb easier and a more memorable experience. Please sign
up at the Outdoor Recreation Center.

MWR Positions

Come join the MWR team!

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

Club Operations

Food Service Supervisor: NF-03, \$11.47 - \$13.00/hr. Club Takemiya (1 RFT).

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).

Material Handler: NA-05, \$10.35/hr. O' Club (1 RFT).

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

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

Lead Cashier: NF-02, \$8.39 - \$10.50/hr DOE. Club Takemiya (1 RFT).

Club Operations Assistant: NF-02, \$8.39/hr. CPO Club (2 RFT/3 Flex), Club Takemiya (1 Flex), O' Club (3 Flex).

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

ID Checker/Security: NF-01, \$7.00/hr. Club Alliance (1 RPT/7 Flex).

Support Activities

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

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

Marketing Representative: NF-03, \$10.54/hr. Marketing (1 RFT).

Accounting Technician: NF-02, \$8.39/hr. Finance (1 RFT).

Child Development Programs

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

Program Assistant: GSE-02, \$9.18/hr. Ikego (3 Flex), Main CDC (1 RFT/5 Flex), Hourly (3 Flex), Negishi (1 Flex).

Community Activities

Auto Worker Helper: NA-05, \$10.35/hr. Auto Hobby Shop (2 Flex).

Recreation Assistant: NF-02, \$9.18/hr. Youth Center – Yokosuka (1 RFT/3 Flex), Ikego (1 RFT), Negishi (1 RFT).

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 – Ikego (1 Flex), Community Center (1 Flex).

Recreation Aide: NF-01, \$7.25/hr. Bowling Center (3 Flex).

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

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

Recreation

Projectionist: NA-05, \$11.68/hr. Theater – Yokosuka (1 Flex).

Food Service Worker: NA-03, \$8.69/hr. Theater (1 Flex).

Paintball Attendant: NF-01, \$7.00/hr. Ikego Campground (2 Flex).

Athletics

Athletics Maintenance Worker: NA-05, \$10.35/hr. Athletics (1 RFT).

Field Maintenance Worker: NA-05, \$10.35/hr. Athletics (1 RFT/1 Flex), Ikego (1 RFT).

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

Pool Attendant: NF-01, \$5.85/hr. Aquatics (1 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 20

1730 The Incredible Hulk PG13
2030 The Forbidden Kingdom PG13

Saturday, June 21

1300 Indiana Jones 4 PG13
1730 The Forbidden Kingdom PG13
2030 You Don't Mess With The Zohan PG13

Sunday, June 22

1300 The Forbidden Kingdom PG13
1730 You Don't Mess With The Zohan PG13
2030 The Incredible Hulk PG13

Monday, June 23

1300 Kung Fu Panda PG
1730 Kung Fu Panda PG
2030 The Forbidden Kingdom PG13

Tuesday, June 24 \$1 Movie Night

1730 Baby Mama PG13
2030 You Don't Mess With The Zohan PG13

Wednesday, June 25

1730 Kung Fu Panda PG
2030 The Incredible Hulk PG13

Thursday, June 26

1300 Nim's Island PG
1730 The Forbidden Kingdom PG13
2030 Baby Mama PG13

Friday, June 27

1730 Get Smart PG13
2030 Get Smart PG13

Fleet Theater

Friday, June 20

1800 You Don't Mess With The Zohan PG13
2100 Forgetting Sarah Marshall R
2400 Street Kings R

Saturday, June 21

1800 The Incredible Hulk PG13
2100 Street Kings R
2400 Smart People R

Sunday, June 22

1800 Smart People R
2100 Forgetting Sarah Marshall R

Monday, June 23

1800 Baby Mama PG13
2100 88 Minutes R

Tuesday, June 24 \$1 Movie Night

1800 Smart People R
2100 Forgetting Sarah Marshall R

Wednesday, June 25

1800 88 Minutes R
2100 Street Kings R

Thursday, June 26

1800 You Don't Mess With The Zohan PG13
2100 The Incredible Hulk PG13

Friday, June 27

1800 You Don't Mess With The Zohan PG13
2100 88 Minutes R
2400 Smart People R

Negishi Theater

Friday, June 20

1900 Iron Man PG13

Saturday, June 21

1300 The Forbidden Kingdom PG13
1900 The Incredible Hulk PG13

Sunday, June 22

1300 The Incredible Hulk PG13



Get Smart

Cast: Steve Carell, Anne Hathaway, Dwayne Johnson, Alan Arkin

Synopsis: Maxwell Smart is on a mission to thwart the latest plot for world domination by the evil crime syndicate known as KAOS.



88 Minutes

Cast: Al Pacino, Alicia Witt, Leelee Sobieski, Neal McDonough

Synopsis: Dr. Jack Gramm is a college professor who moonlights as a forensic psychiatrist for the FBI. When Gramm receives a death threat claiming he has only 88 minutes to live, he must use all his skills and training to narrow down the possible suspects, who include a disgruntled student, a jilted former lover, and a serial killer who is already on death row, before his time runs out.



Street Kings

Cast: Keanu Reeves, Forest Whitaker, Hugh Laurie, Chris Evans, Jay Mohr

Synopsis: Tom Ludlow is a veteran LAPD cop who finds life difficult to navigate after the death of his wife. When evidence implicates him in the execution of a fellow officer, he is forced to go up against the cop culture he's been a part of his entire career, ultimately leading him to question the loyalties of everyone around him.



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.

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).



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 combos free. Offer good for dine in only. No takeout orders. For details, call 243-3000/5985.

Friday, July 4 at 0900 on Main Softball Field IM 4th of July "One Pitch" Softball Tournament

Teams/Commands must register by Wednesday, July 2 at 1700 at the Adult Sports Office. Coaches/Captain's meeting on Thursday, July 3 at 1100 or 1700 at the Adult Sports Office on the third floor of the Fleet Recreation Center. Tournament will last three days.



Green Beach Pool, Ikego Pool and Negishi Pool will be having BBQ, games and fun for the entire family from 1200 to 1500.

INDEPENDENCE DAY CELEBRATION

Friday, July 4 from 1600 to 2000

Bring the entire family to celebrate the United States' Independence Day at Kosano Park in a fair setting.

Fireworks display at 2000 Recreation Bay (Best view from Berkey Field)
Rain Plan: Fireworks only on Saturday, July 5 at 2000.
Event Information Line: 243-4731

Kids Zone Activities

Petting Zoo (1600 to 1800), Game Booths, Air Toys, Tattoos, Entertainment, Contests
Advance ticket sales available in the ITT Office from June 23 to July 3. All sales are final. No refunds or exchanges.

1 ticket: \$0.50 20 tickets: \$8
10 tickets: \$4.50 40 tickets: \$15

Athletic Events

Captain's Cup Firecracker 5k Run
0830 at Thew Gym

Come and earn some points for your command. The first will receive a red, white and blue T-shirt. Strollers are welcome.

Entertainment

Dandy Go (Juggler)
1600 to 1700 at Kid's Zone Stage

Eagles Tribute Performance
1700 to 1750 at Main Stage

Fleetwood Mac Tribute Performance
1820 to 1900 at Main Stage

Madonna Tribute Performance
1910 to 1950 at Main Stage

Adult and Youth Contests

Tricycle Races, Twinkie Eating Contest, Chili Cook Off, Watermelon Eating Contest
- Prizes will be awarded



Voice Your Opinion!

Annual Customer Satisfaction Survey

The survey will be available online beginning July 7 at the following URL:
www.cfgroup.net/ffr<file://www.cfgroup.net/ffr>



Month of July and August Two Times The Fun Open Play Bowling Tournament

During July and August the bowling program at Yokosuka will host their first Doubles Open play event.

Event #1 - Family Doubles Tournament

Mom and Dad may bowl with three children in this fun event. Cost will be \$2 per team. You may compete as many times as you wish in each month. There will be three different divisions of competition according to the ages of the children.

- Group A - Youth ages 3-6
- Group B - Youth ages 7-10
- Group C - Youth ages 11-14

At the end of each month there will be a roll off of the top five teams in each division with the winners advancing to a super final in the second weekend in the month of September.

Event #2 - Adult Open play Doubles Tournament

This fun event is open to all open play bowlers. Sign up with your partner before you start your open play session. Cost will be \$2 per team. Post your first three games of this session and stand a chance to win gift certificates redeemable for food and beverage from the Bowling program. Grand prize for this event consists of a bowling ball, bag and shoe package for each bowler on the winning team (valued at \$200 each). At the end of each month we will host a roll off for the monthly qualifiers and the two winning teams will roll off for the championship in the second weekend of September.

Please note: This is a scratch format; handicaps will not be used. Teams can bowl for scores anytime during open play. However, you must notify staff before bowling for scores. Only the first three games of any session will count towards scores. For details call 243-4200/5153.

Ten tips for a man's healthy life

By Center for Disease Control and Prevention

Eat healthy. "An apple a day keeps the doctor away." There's more truth to this saying than we once thought. What you eat and drink and what you don't eat and drink can definitely make a difference to your health. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet, and watch how much you eat.

Maintain a healthy weight. Obesity is at an all time high in the United States, and the epidemic may be getting worse. Those who are overweight or obese have increased risks for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke. Eat better, get regular exercise, and see your health care provider about any health concerns to make sure you are on the right track to staying healthy.

Get moving. More than 50 percent of American men and women do not get enough physical activity to provide health benefits. For adults, thirty minutes of moderate physical activity on most, preferably all, days of the week is recommended. It doesn't take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and don't overdo it. You can develop one routine, or you can do something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.

Be smoke-free. Health concerns associated with smoking include cancer and lung disease. Smoking triples the risk of dying from heart disease among those who are middle-aged. Second-hand smoke - smoke that you inhale when others smoke - also affects your health. If you smoke, quit today! Helplines, counseling, medications, and other forms of support are available to help you quit.

Get routine exams and screenings. Sometimes they're once a year. Other times they're more or less often. Based on your age, health history, lifestyle, and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, and cancers of the skin, prostate, and colon. When problems are found early, your chances for treatment and cure are better. Routine exams and screenings can help save lives.

Get appropriate vaccinations. They're not just for kids. Adults need them too. Some vaccinations are for everyone. Others are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain health conditions. Protect yourself from illness and disease by keeping up with your vaccinations.

Manage stress. Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. What's your stress level today? Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.

Know yourself and your risks. Your parents and ancestors help determine some of who you are. Your habits, work and home environments, and lifestyle also help to define your health and your risks. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.

Be safe - protect yourself. What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, or having smoke detectors? It's all of these and more. It's everything from washing your hands to watching your relationships. Did you know that men at work die most frequently from motor vehicle incidents, machine-related injuries, homicides and falls? Take steps to protect yourself and others wherever you are.

Be good to yourself. Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home and play. Pay attention to your health, and make healthy living a part of your life.

Why is it so important to give blood?

By HM1 Jeffrey Rogers,
USNH Yokosuka

Three lives can be saved with a single blood donation. By giving a little of yourself, a donation of blood gives sick or injured troops and their families a second chance at life. Blood and blood products are used for patients of all ages for many reasons, from cancer patients to those with battlefield injuries. Military members and their families depend on blood donors every day.

An easy way to save lives comes through making a commitment to donating blood once a season. This simple action helps ensure that blood is available when and where it is needed most.

Even if you were turned away from donating before, you may be able to give now and there are other ways to contribute. Get involved and help by asking others to donate, spreading the word about upcoming opportunities to donate, volunteering at blood drives, or simply watching a friend's children so they have time to donate. Everyone can play a part by helping those in need.

A blood donation truly is a "gift of life" that a healthy individual can give to others in their community who are sick or injured. In one hour's time, a person can donate one unit of blood

which in turn can be separated into three individual components, contributing to saving multiple lives.

Many people consider it "a right" to receive blood when needed, but do not often consider the return responsibility of giving blood to maintain the supply for others. Especially to meet war time needs of the military, the Armed Services Blood Program relies on everyone's help.

For our military family, friends and service member in need, blood resources need to be shared. All blood donation centers need more donors, and need donors to give blood more often. If half the people who donate one time a year were to donate a second time, there would be fewer shortages of blood.

There is a special need for type "O" blood. Type "O" negative blood is called the "universal blood type" because it can be transfused to people of all blood types. However, all types of blood are always in need.

Please give. There will be an opportunity on base June 24 and 25 at the Fleet Recreation Center on the 4th floor from 8 a.m. to 4 p.m. This is a chance to be a hero for someone else. For more information on blood donations and the Armed Services Blood Program, go to <http://www.militaryblood.dod.mil>.

Navy Counselors Association Symposium to be held in July

By MC3(SW/AW) Jhi Scott, Naval Media Center Public Affairs

The 20th annual Navy Counselors Association (NCA) Symposium is being held at the Town and Country resort and Convention Center in San Diego, July 21-25.

The theme of this year's symposium is "Getting Brilliant on the Basics," and discusses a broad range of career development processes and policies such as retention, attrition and career management.

"This symposium is my number-one forum to communicate with the NC community on retention policies, news and best practices," said Master Chief Navy Counselor (AW/SW) Joseph Mack, NCA president. "Retaining our best Sailors is a priority for every Navy leader, and it starts with having the best information at your fingertips."

This training is important, not just to career counselors, but to the entire Navy. Command master chiefs and other military and civilian personnel involved in Sailors' professional development are welcome.

One of the highlights of the symposium is the selection of the Counselor of the Year. Each command can nominate an assigned career counselor for the symposium's Counselor of the Year. The symposium selects two career counselors each year, one from sea duty (type 2, 3 or 4) and one from shore duty (type 1 or 6). Candidates names must be submitted no later than July 17.

USNH CPO's visit Himeji Castle



USNH Yokosuka chief petty officers visited Himeji Castle in Hyogo Prefecture as part of a team building excursion May 26.

U.S. Navy photo by HMC Angelito Campano

USS George Washington

Family
Assistance
Support
Team
(F.A.S.T.)



Supporting all George Washington and cross-decking Kitty Hawk families.
Call 243-5093/5081 or
080-2074-1837 for more information.

FISC hosts Advanced Contracting for Mission Support class

Story and photos by Tim Shannon,
CFAY Public Affairs

Representatives from the Defense Acquisition University (DAU) conducted a 10-day Advanced Contracting for Mission Support course at U.S. Fleet and Industrial Supply Center (FISC) Yokosuka recently.

One of the course facilitators, Don Mansfield, from the DAU Western Region Headquarters in San Diego, stated the class is a prerequisite for those looking to advance as contracting specialists for the Department of Defense (DoD).

"The way certification works in the acquisition workforce is that there are three levels," said Mansfield. "Depending on the discipline, there are different courses that have to be taken. One of the disciplines is contracting. Everyone in this class is engaged in contracting somehow, so they are going for their level-two certification."

According to the class syllabus, the purpose of the course is to build upon the existing knowledge of the

contract specialists. It adds methods to negotiate fair and reasonable prices and to consider the legal implications for various contract situations. This is done by presenting case studies that develop critical thinking, cost analysis, negotiation and contract administration skills necessary for successful contract performance.

Mansfield also explained that the importance of having qualified contract specialists cannot be understated and, although they operate behind the scenes, contracting specialists benefit us all.

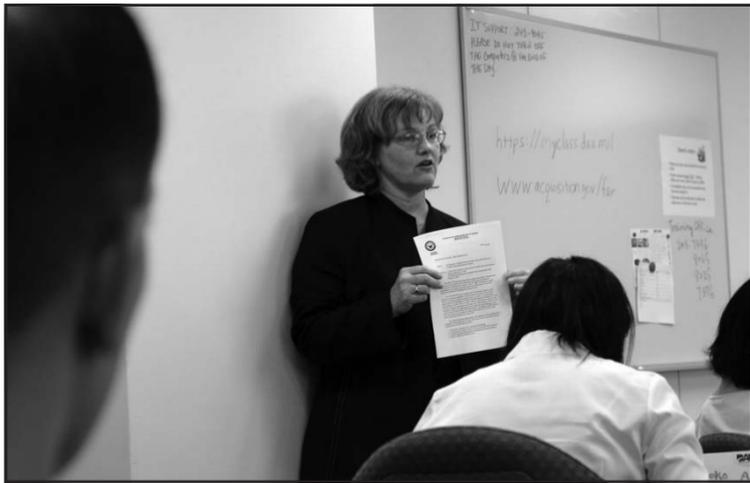
"Sometimes people don't know what contracting people do," he said. "It's actually quite a lot. This base couldn't run without contracting people setting up contracts for doing all sorts of different things. It ranges from providing simple services, to supplies for the ships, to repairs for the ships. The

government employees and the government workforce alone cannot meet the mission of the government. We rely on the industrial base. Contracting is a vital cog in that mechanism but it's sometimes overlooked. Every day, contracting touches us but most people don't see it."

Mansfield was joined in teaching the class by Debbie Bartlett, from DAU's headquarters in Virginia. She explained that she was excited about teaching the class, as it offered her a chance to visit Yokosuka for the second time in 20 years and that teaching a class largely made up of Japanese Master Labor Contract (MLC) employees provided fewer linguistic difficulties than she expected. "We're getting good dialog and discussion with the students, which makes the class a little easier to teach,"



Contracting Specialist Masayo Yamashita participates in a group discussion of a case study during the Advanced Contracting for Mission Support course at FISC Yokosuka.



Defense Acquisition University facilitator Debbie Bartlett explains negotiation strategies during the FISC Yokosuka hosted Advanced Contracting for Mission Support course.

FISC logistician honored by Japanese Prime Minister's office for 'Good Conduct'

By Tim Shannon, CFAY Public Affairs

In a ceremony inside the Sanshu-Den Hall at the Meiji Shrine in Tokyo, U.S. Fleet and Industrial Supply Center (FISC) Yokosuka Logistics Support Center Lead Ray Denny was honored for his public service and "good conduct" May 24.

Denny, along with six other individuals and three organizations, was presented with the Good Conduct Association of Japan (*Zenkokai*) Award, given to those whose volunteer activities contribute to the betterment of life in Japan.

His nomination and subsequent selection for the "good conduct" award stems from his civic activism. Denny

has been a fixture at the Kanto Plain Special Olympics, dating back to 1984. He's also spent countless hours organizing and participating in visits to children's hospitals and cleaning the beaches near Kurihama and his home in Nobi. He also volunteers periodically to assist Commander U.S. Naval Forces Japan (CNFJ) Regional Fire Department during disaster drills in Nobi.

"The actions, volunteerism and devotion to community that Ray Denny has documented, demonstrate a community spirit worthy of recognition," said FISC Director of Corporate Communications Sam Samuelson. "His continued volunteer work remains a distinctive example of community service and serves to uphold and maintain the mutually beneficial relationship between the military and civilian communities."

Denny is quick to point out, however, that civic activism is a family affair at the Denny home. His daughter, Marie, was recently part of a group of students from Kinnick High School who sent boxes of Girl Scout cookies to Yokosuka-based Sailors serving on Individual Augmentee (IA) assignments in Iraq and Afghanistan.

"My wife and children often share in the volunteer duties with me and they allow me to dedicate time to helping those less fortunate," he said.

This is Denny's second time receiving the *Zenkokai* award, which is proudly displayed in his office. He received the first one in 1987.

Along with participating, Denny also promotes volunteering to those around him.

"Get off base," he advises. "The Japanese are wonderful neighbors and appreciative of our efforts."

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 gallant or benevolent acts are remarkably beneficial to their neighbors or the general public. In 1995 the award was opened to honor foreigners who have contributed to the betterment of life in Japan.



FISC Logistics Support Center Lead Ray Denny proudly displays his *Nippon Zenkokai* (Japan Good Conduct Award) at the Sanshu-Den Hall, Meiji Shrine in Tokyo May 24.

Photo by Junko Denny





FISC Yokosuka's SK2(AW/SW) Juliver Kintz – A.K.A. Petty Officer 'Did you know?' – assists a customer at FISC's SMARTWEBMOVE work center.

FISC's Petty Officer 'Did You Know?' asks... Did you know... ..you can ship a vehicle back to the United States?

To ship a vehicle, you must have orders, proof of ownership (title and/or bill of sale), registration or deregistration paperwork from the Vehicle Registration Office (VRO) and proof that the vehicle meets Environmental Protection Agency (EPA) and Department of Transportation (DoT) standards. If the vehicle doesn't, it can still be shipped, as long as the owner has a contract with a U.S. registered importer, ensuring the vehicle will be in compliance with EPA and DoT standards after the owner arrives in the United States.

For more information regarding personal property and household goods, please call one of the following numbers:

Inbound Personal Property:	243-5426
Outbound Personal Property:	243-7062
Quality Control:	243-6324

SRF-JRMC Spouses' Club visits *Shinsei-kai*

By Keiichi Adachi,
CFAY Public Affairs

Recently, three members of Ship Repair Facility-Japan Regional Maintenance Center (SRF-JRMC) Spouses' Club, President Joanna Valenzuela, Vice-president Christy Murphy and Treasurer Pilar Recker (treasurer) visited the *Shinsei-kai* in Yokohama to present Mother's Day gift bags on behalf of the club's members.

The *Shinsei-kai* is a facility for mothers and children who are victims of domestic violence and for infants whose parents are unable to take care of them.

"Our visit to the *Shinsei-kai* was to deliver gift bags to the mothers living in the home to help them celebrate Mother's Day. Each bag was filled with items for the mothers to pamper themselves with, for example, lotions, nail polish and make-up," said Joanna Valenzuela, SRF-Spouse's Club President.

Shinsei-kai Facility Head Susumu Moriwaki said, "We really appreciate the gift bags for the 20 families living in the *Shinsei-kai* facility. The spouses' club from SRF-JRMC takes care of the mothers as well as the children. The children show smiles on their faces while their mothers use cosmetic items, and the children are delighted when their mothers became more beautiful."

The gifts bags were assembled by members of the spouses club and filled with donations made by the members and other spouses from SRF-JRMC, according to Valenzuela.

"Each mother feels appreciated when they open the gift bags and unwrap the items. The gift bags are tailor-made for the mothers by club members," said Moriwaki.

The Spouses' Club is made up of spouses that got together to form a group connection with each other and with the community. The club's main goals are to provide support to any spouses of SRF-JRMC, contribute to the community through helping the two homes that we sponsor and provide a scholarship program for dependents of SRF-JRMC personnel who plan to attend college.

The two homes that the club helps to sponsor along with the rest of SRF-JRMC are the *Shinsei-kai* and the *Miura Shiratori-en* which is a home for people who are physically and mentally challenged.

"We make donations to these homes as well as help with maintenance tasks and we also visit the *Shiratori-en* during the Christmas season and join in on a Christmas celebration," said Valenzuela.

The club's Mother's Day visit started last year when club members discovered that the club had been



(Left) Members of the SRF-JRMC Spouses' Club Christy Murphy, Pilar Recker and Joanna Valenzuela gather for a group photo with *Shinsei-kai* Vice Facility Head Hide Moriwaki and Facility Head Susumu Moriwaki during a recent visit to the *Shinsei-kai* in Yokohama to present Mother's Day gift bags on behalf of the spouses's club members.

Photo by Ai Suzuki

SRF-JRMCの婦人会を代表して横浜にある(社会福祉法人)真生会を訪れ、母の日ギフトバッグを贈呈後、クリスティ・マーフィさん、パレンズエラさんの息子ヤコブ君を抱くピラー・レッカーさん、ジョアンナ・パレンズエラさん、施設長の森脇晋(すすむ)さん、副施設長の森脇ヒデさんが集り記念撮影。

写真：鈴木愛

involved with *Shinsei-kai* in the past, and that the *Shinsei-kai* wanted to continue the relationship.

Valenzuela said, "This is the second year that we have put together these gift bags and we always have a great time doing it. As well as the gift bags, we also make a donation to the home. Last year we made a cash donation of \$250."

According to Valenzuela, When the three members of the club visited the *Shinsei-kai*, they met with the *Shinsei-kai*'s principal and two staff members. They talked about the home and what the *Shinsei-kai* does, presented the gift bags, took photos and talked about other ways that the club could be of help to the *Shinsei-kai*, including trimming bamboo, shrubs and bushes

around the property.

Members of the SRF-JRMC Spouses' Club are not sure how long the club has had a relationship with the *Shinsei-kai*. All that is known is the club was active with the *Shinsei-kai* in the past and had lost touch with them for a while before Valenzuela or any of the current members were associated with the spouses club.

"When we discovered that the group had been involved with them in the past we jumped at the opportunity to reestablish our friendship. We look forward to maintaining this friendship in the future and hope that we can be of greater service to them in the coming years," said Valenzuela.

SRF-JRMC 婦人会、社会福祉法人真生会を訪問

文：安達慶一、CFAY広報課

先頃、艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) の婦人会の会長であるジョアンナ・パレンズエラさん、副会長のクリスティ・マーフィさん、会計のピラー・レッカーさんの3人が、婦人会を代表して横浜にある(社会福祉法人)真生会を訪れ、母の日ギフトバッグを贈呈した。

真生会は家庭内暴力を受けたお母さんや児童、育児が困難だからという理由で預けられた乳児たちの施設だ。

「我われの訪問は、真生会で暮らすお母さんにギフトバッグを手渡して母の日を祝うことでした。ギフトバッグには、お母さんが好きに使ってもらえるような(肌・髪などにつける)ローション、マニキュア液、化粧品などを出来るだけ多く詰めました」と話すのは、婦人会会長であるジョアンナ・パレンズエラさん。

真生会施設長を務める森脇晋(すすむ)さんは電話インタビューでこう語ってくれた。「真生会施設で生活する20家族へのギフトバッグの贈呈に対して、真生会の誰もが心から感謝しております。SRF-JRMC婦人会の皆さんは児童ばかりでなく、彼らのお母さんにも気を配ってくれています。お母さんが頂いた化粧品を使うと児童たちの

顔には笑みがこぼれますし、お母さんがより綺麗になると児童たちはとても嬉しいようです。」

パレンズエラさんによると、会員や他のSRF-JRMCの(軍人・軍属)の配偶者よりの寄付品を会員が包装する。

「ギフトバッグから品目を取り出して包装を開ける時に、お母さんは感謝の念があふれるようです。会員の皆さんによるお母さんへの手作りのギフトバッグなのです」と森脇さんはお母さんの声を聞かせてくれた。

地域社会や会員相互の関係を培うために婦人会は成り立っている。婦人会の求めるゴールにはSRF-JRMCの配偶者に手を差し伸べること、2つの施設の活動を後援を通じて、地域社会に貢献すること、そして、大学への進学を計画するSRF-JRMC従業員の扶養家族に奨学金制度を提供することだ。

SRF-JRMCの従業員と共に後援する2つの施設とは、真生会と知的障害を持つ人々が生活する施設の三浦しらとり園だ。

「婦人会は両施設の整備活動を含め寄付や寄金を行なっています。クリスマスシーズンには、三浦しらとり園を訪れクリスマスを祝います」とパレンズエラさん。

去年から婦人会の母の日訪問は始まった。それは古くから婦人会と真生会の関わり合いがある事が分かり、真生会も友好関係を続けたいと分かっ

たからだ。

パレンズエラさんはこう話した。「ギフトバッグの作成は2年目になります。会員の皆さんはいつも楽しく作ってます。ギフトバッグと同様に、真生会には寄付も行なっています。昨年は現金30,000円を寄付しました。」

パレンズエラさんの話しによると、3人の婦人会会員の訪問に際し、真生会施設長と2人の職員らと会合を持ち、その中で施設概要や施設の役割を話した。そして、ギフトバッグを贈呈し記念写真を撮り、最後に施設周辺の竹、低木、小枝の刈り込みや清掃を含め、婦人会として出来る他の支援について話し合った。

どれくらい長く婦人会が真生会との関係を深めてきたかは定かではないとパレンズエラさん。分かっている事の全ては、古くは真生会と婦人会の交流が活発であったようだが、パレンズエラさんや他の現会員が婦人会に参画する以前に、真生会とは疎遠になったようだ。

「過去に婦人会が真生会と交流を深めていた事実が分かり、友好関係の再構築に取り掛かりました。婦人会としては将来もこの友好関係が保てることを期待し、来る年毎に真生会にとり、SRF-JRMCの婦人会が多大な支援になることを願っています」とパレンズエラさんは言葉を締めくくった。

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 from now 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.

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

Are your household chemicals stored safely?

By Kristin Hamon, CFAY Safety

Many products commonly found in and around your home may threaten your health, even when used and stored in a seemingly safe manner. Consider the variety of products in your home: paints, cleaners, oil, batteries, hobby materials, wood preservatives, adhesives, pesticides and more. Aerosol cans of hair spray and deodorant, nail polish/ nail polish remover and toilet bowl cleaners also fall into the category of hazardous materials. These products may contain solvents, petroleum products, heavy metals or other toxic chemicals. Although they are helpful, products with these ingredients have the possibility to harm your health.

When storing household products, the main concerns are child safety, vapors, and the prevention of damage to household equipment or the environment. Here are some tips for safely storing your household chemicals:

- Store hazardous household products in a locked cabinet or one inaccessible to children. If hazardous products are stored in a shed or cabinet, its doors should be kept shut and locked when not being used or when children are playing nearby.

- Store products by type and in a place with adequate ventilation. For example, pesticides should be on the highest shelf while paints should be on a different shelf. Incompatibles, such as chlorine bleach and ammonia, may react, ignite, or explode if stored or mixed together.

- Store flammable products outside your living area and far away from places where they could catch fire. Never store or use flammable products such as hair spray, cleaning solutions, paint products, or pesticides near an open flame (pilot light, lighted candle, fireplace, wood burning stove, grill, etc). Although you may not be able to see or smell them, vapor particles in the air could catch fire or explode.

- Never store pesticides or other household products in cabinets where food is stored or near food intended for people or animals. Never store pesticides where you keep your medicines. Never transfer pesticides or other household products to soft drink bottles, milk jugs, or other food containers.

- If you can smell a household product while it is in storage, the lid may be loose or ventilation may be insufficient to protect your health. Routinely check storage areas and make sure that containers are closed tightly and that the sides of the containers are not bulging.

A good place to start is to tour your home and write down every household product in a notebook. Ask yourself the following questions and if you answer "no" to even one of the following questions, you may not be storing products safely. Do you...

- Keep products out of reach of children and pets, preferably in a locked, secure area?

- Store products in their original containers?
- Clearly label and date any alternative containers?
- Keep containers tightly sealed and dry?
- Store products away from any well or waterway?
- Keep products in a well-ventilated area and away from sources of ignition?
- Store batteries and flammable chemicals in an area shaded from direct sunlight?
- Store products by type?

For more information about household chemical safety, visit www.epa.gov or call the Safety office at 243-5523.

Negishi hosts Japan-U.S. Bowling Tournament



(Left) Tournament participants MM2 Jeremiah Kirnberger of CFAY Yokohama Detachment, Katsuichi Tanabe, Kieko Asai and OS1 William Peters of CFAY Yokohama Detachment pose for a photo during the second Japan-US Friendship Bowling Tournament held at the Negishi Bowling Center May 31. Tanabe and Asai display the bowling balls they won for placing first with a score of 196 in the "Scotch Doubles" game. Scotch Doubles is a system of doubles play where the two bowlers on each team play alternate shots throughout the game. The only time one of the pair ever completes a frame on his or her own is when scoring a strike.

Photo by Rieko Fujita

Pet of the Week



This week's Pet of the Week is Sylvester. No, he isn't looking for Tweety, just a good family to call home. This 11 month-old male is litter box trained, microchipped, neutered and has all his shots updated. Sylvester is very friendly with all aged children and would be a welcomed addition to any home. To find out more about Sylvester 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

Life

By Chaplain Scott Shafer

What do we do with our lives? What happens in the wake of our passing? What kind of affect are we having upon our world and the people around us?

Jesus, in the book of Matthew, is a very unusual character. He travels from place to place, speaking words, but invariably he leaves life and hope and healing behind him. A detective might be able to trace his path by simply looking for people who had been unexpectedly healed.

A lot of times, when we look at Jesus, we are merely reflecting our own wants and desires. If we are angry, we might remember Jesus overturning the tables in the temple, or saying, "I have not come to bring peace, but a sword." However much of the testimony of his life stands above our wants in the moment, while he may have been angry on occasion, he was here as a life-giving presence!

In Chapters 8 and 9 of Matthew there is an extended narrative of Jesus traveling from place to place. Just by his very presence, people are being healed and finding new life. A man possessed by demons is healed. Two women are raised back to life. Another woman finds herself healed because she touched Jesus' cloak. A storm is stilled and a leper is cleansed. All this and more occurs within the span of two chapters!

In John 10:10 Jesus tells us, "I came that they might have life, and that they might have it more abundantly." This is the word that he personified in his life. As he lived, he gave life to others.

As we live, we can give many things to other people. If it has been a long day and we are frustrated, we can give someone else a hard time. It might be a stranger, or it could be family, but we all have a way of taking our own pain and then give it to someone else. What do we give others? Is it the grace that we have received from Christ? Are we giving others life, or death? Do we give people a hard time, or do we help them? Are we aiding life, the life that Jesus represents, or are we just aiding ourselves? I would expect, that, as I have received grace from Christ, then so am I to give grace to others.

In all of our lives, in our own ways, we are all like Johnny Appleseed. He was a missionary who traveled in early America leaving apple nurseries behind him. He traveled throughout America leaving wonderful gifts of life and sweetness behind him. I can imagine that when Johnny Appleseed died that he went to his lord and his lord said to him, "Well done my good and faithful servant." I would hope that we would all have the same testimony.

Amen.

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 by close of business (4 p.m.) of the closing/cut-off date of the announcement. Postmark dated, faxed or e-mailed applications will not be accepted.

New

Recreation Technician – YB-0189-1, CFAY-95-08. Open: 6-13-08, Close: 6-26-08.
Supervisory Safety and Occupational Health Specialist – YA-0018-1/2, CFAY-94-08. Open: 6-13-08, Close: 6-26-08.

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/Ikego. \$9.10/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.
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.
Forklift Operator – Distribution Center. \$9.66/hr.
Vending Operations Clerk – Vending. \$7-\$9/hr.
Retail Operations Clerk – Main Store. \$9-\$11/hr.

Miscellaneous

Administrative Assistant Services – Please contact Ms. Barrera at the Office of Naval Research Global for more information. DSN 229-3114, e-mail: loretta.barrera@aoard.af.mil.

Organist for the Chapel of Hope General Protestant Worship Service – 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 chaplain in charge of the service.

Organist for the Chapel of Hope Protestant Liturgical Service – 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 the Protestant choir director and chaplain in charge of the service.

Choir Director for the Chapel of Hope Roman Catholic Faith Group – Must be able to read and catalog music in order to instruct, motivate and encourage choir members in the art of singing religious music for worship services. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to work closely with Catholic organist and the chaplain in charge of the service.

Organist for the Chapel of Hope Roman Catholic Mass – 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.

Organist for the Chapel of Hope Gospel and Praise Faith Group – 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 the Gospel and Praise choir director and the chaplain in charge of the service.

Choir Director for the Chapel of Hope General Protestant faith group – Must be able to read and catalog music in order to instruct, motivate and encourage choir members in the art of singing religious music for worship services. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to work closely with the Protestant organist and the chaplain in charge of the service.

Director of Religious Education for the Chapel of Hope Roman Catholic faith group – Must be familiar with the Roman Catholic doctrine and resources for choosing instructional material. Must be able to effectively recruit, train and motivate volunteer teachers order to 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.

Director of Religious Education for the Chapel of Hope Protestant faith group – Must be familiar with Protestant doctrines and resources for choosing instructional material. Must be able to effectively recruit, train and motivate volunteer teachers order to 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.

Roman Catholic Priest is needed to officiate the Mass as needed at the Negishi Chapel of the Rising Sun on Saturday nights and Sunday mornings – Must be able to work within the guidelines of the Navy Chapels and with the Staff Roman Catholic Priest assigned to Command Fleet Activities Yokosuka.

Roman Catholic Priest is needed to officiate the Mass as needed Ikego Housing Base on Saturday nights – Must be able to work within the guidelines of the Navy Chapels and with the Staff Roman Catholic Priest assigned to Command Fleet Activities Yokosuka.

Youth Program Director for the Yokosuka Chapel of Hope Protestant faith group – 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.

Youth Program Director for the Yokosuka Chapel of Hope Roman Catholic Faith Group – Must be able to work a flexible schedule dependent upon youth program needs. Must be familiar with Catholic 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.

Organist for the Chapel of the Rising Sun Roman Catholic Mass – 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.

Organist for the Chapel of the Rising Sun Protestant Service – 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.

Positions above:

- Must be fluent English speaker and be able to work a flexible schedule dependent upon religious service needs.
- Previous experience at a Navy Chapel preferred.
- Please call the Chapel of Hope at 243-6773 for more information.



VOLUNTEER OPPORTUNITY

CHAPEL OF HOPE

**is seeking volunteers to sponsor families of
USS George Washington (CVN 73) aircraft carrier**

FREE TRAINING FOR VOLUNTEERS WILL BE PROVIDED !

SIGN UP NOW!

**Contact Cora Bulseco at 243-7321
or e-mail to Maria.Bulseco.rp.ctr@fe.navy.mil 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

Congratulations on the birth of your baby!

Jaime Coston and Michelle Coston are the proud parents of **ORIANNA PAIGE COSTON** born May 23, 2008 at 2:31 p.m., weighing 8 pounds 10 ounces.

Silvano Herrera and Sandra Herrera are the proud parents of **ADRIAN HERRERA** born May 27, 2008 at 12:30 p.m., weighing 5 pounds 8 ounces.

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

Classes This Week

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

Monday, June 23

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 everyday setting.

Tuesday, June 24

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **June 24-27, 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.

Employment Overview 11:30 a.m. (1 hr.): If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Reservations are required for this crash course on employment availability in the Yokosuka/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

Ikego – Kid's Craft 10 a.m. (1 hr.): The Kid's Craft Class is a fantastic opportunity to interact with other parents and children, while the kids do fun seasonal crafts. All ages are welcome and must be accompanied by an adult.

Wednesday, June 25

Effective Resume Writing 12:30 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 26

Government Employment Tips 11 a.m. (2 hrs.): Simple step-by-step approach to correctly completing government application forms such as the SF-171, OF-612, OF-510, and the government-style resume. Definition of federal terms and how to address KSA's are some of the items that will be covered.

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.

Friday, June 27

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

June 30 No Classes
July 1 Boot Camp for Dads
 Ikego – Japanese Culture Series – Craft Class for Adults
July 2 Japanese Spouse Group
July 3 Ikego – Play Morning
July 4 Holiday

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

'99 Mitsubishi Ding. \$2,650. White outside, beige inside. New tires great on gas. Well maintained. 50,000 miles. Call 080-5497-1787. Free LTO run.

'98 Honda Integra. 26,000 km. Silver, 4-dr, 12 months JCI. Really nice, dependable car. Great on gas. One owner. Call 080-5497-1787. \$2,500. Free LTO run.

'97 Audi A-4. \$3,650. Silver outside, blue inside. 47,000 miles. Clean, very nice. 4-dr. Call 080-5497-1787. Free LTO run.

'97 Daihatsu Pyzar. \$2,000. Black outside, beige inside. Super clean car/ minicar. 50,000 km, only 31,000 miles. Call 080-5497-1787.

'97 Honda Integra. \$2,650. White exterior, black interior. 66,000 km. Sharp looking car, sporty. Call 080-5497-1787.

'97 Honda Logo. 4-dr/hatchback, A/C, power everything. JCI and base inspection February 2010. Y-plates. Perfect for off base. Fits me, wife, 2 babies, groceries. \$2,200. Jim, 243-5393, 080-6792-7300.

'97 Honda Odyssey. \$2,150. White outside, beige inside. Wood trim dash. 46,000 miles. Call 080-5497-1787. Free LTO run.

'97 Mazda Demio. \$1,650. Wine outside, gray inside. Very clean car, only 17,000 km. That's only 8,000 miles. Perfect Japanese car. Call 080-5497-1787. Free LTO run.

'97 Mazda MPV. \$2,150. 55,000 km, that's only 29,000 miles. DVD/TV/ CD/MD. All the D's. White outside, beige inside. Nice family car. New tires. Just add family. Call 080-5497-1787.

'95 Honda Odyssey. \$2,050. Wine outside, gray inside. 66,000 km. Dependable family car. New tires. Call 080-5497-1787.

'95 Toyota Crown. \$1,650. Pearl white outside, beige inside. 54,000 km. 4-dr, alloy rims. Great car. Call 080-5497-1787. Free LTO run.

'93 Toyota Celsior (Lexus LS400). Blue, 19 inch rims, black leather, Navi. Very nice car at \$3,200 great price. Call 080-5497-1787.

For Sale 2004 Nissan March. Looks brand new. Intelligent key system. 27,000 km. JCI good 'til June 2009. Excellent audio system. \$6,500 or yen equivalent. Call Yuki, 080-5038-5619.

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.

BMW Military Sales – Factory discount pricing. Pre-purchase plan available for future purchase. Also available quality used European and Japanese cars. Int'l. Auto Emporium Office: (045)787-4335. Mobile: (090) 8485-4701. E-mail: LTM@viola.ocn.ne.jp.

Buying a used car. Ask do you guarantee this car? If they say no, ask yourself why not. Then call Bigwave, 080-5497-1787 and buy a dependable car.

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

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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 yamasmit@jcom.home.ne.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.

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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 acceptable. rosydreams@hotmail.co.jp.

LTO Runs and Junking Services. Japanese inspection, new registration, transfer registration, deregistration, change of address, road tax, temporary plates, could junk and deregister your car in a day or less, on base or off base OK. 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.

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LTO Run and Junking Services. New registration, Japanese inspection, renewal, transfer address, deregistration, road tax and title transfers. Call Elvise 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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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.

Pet Sitter. I will watch your pets in my Yokosuka townhouse. Please leave message for Evan, 241-2032.

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

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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) 運転好きなら、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.

Goover English School Looks for Teachers. ¥3,500/hr. We look for experienced native English teachers who live on military bases. Negishi, Yokosuka, Yokota, Camp Zama, Atsugi, Sagami-Depot, Ikego, SHA. Web site provides more information. Apply now! http://www.goover.co.jp/english/. (042) 727-8508.

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.

Positions

Christian Achievement Academy Positions Available. Qualified Administrative Staff, full-time and substitute teachers for all grades, and

monitors needed. Call (046) 825-5521, or send resume to: humanresource@caajapan.org, or visit web site at: www.caajapan.org.

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.

Yard Sales

Multifamily Sale Saturday, June 21. Baby, boys and girls from size 0 to 14, electronics, household goods, baby toys, maternity, men's and women's clothes, strollers, carriers and jewelry. Nikko Tower party room 10 a.m. to 4 p.m.

Pets

Free Yellow Lab. JKC, 2 1/2 years old. PCS, cannot take. Well behaved, friendly. Shots up to date. Housebroken, good with children. Please call Mary, 241-3103.

Announcements

A Chance to Be Rich is Now. What you do now, will determine your future. Invest in prime properties close to Fabulous Las Vegas. Buy now while it is still low and affordable. Low down payment with HIGH PROFIT. No qualifying, No credit check, for sale by owner. Your money will NOT grow in the bank. It's the right time, the right location, the right terms. Don't be left out this time. Act now. Invest with us and grow rich. For info and details, e-mail: LAND4INVEST@live.com.

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.

To arrive Bayleaf Restaurant from base gate. It costs ¥710 by taxi. Easy arrive to Bayleaf take taxi. Get receipt from taxi driver. 3 to 4 persons in one taxi we pay ¥710 once. Monday closed. Bayleaf Indian Restaurant, 1-45 Uwamachi, Yokosuka. Tel (046) 821-1922, 080-3015-1749.

World Friends International Party Yokohama, June 21, Sat, 6:30-9 p.m., Bar Why Not. Biggest international party in Yokohama. Meet 150 people. 20 kinds of free cocktails. Free snacks. ¥3,000. http://www.worldfriends-party.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.

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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 executives. Regular business hours are Monday-Friday from 10 a.m. to 4 p.m.



Sailors and civilians from the Center for Naval Engineering sweep up debris during the first of what will be a monthly clean up of the overpass in front of Carney Gate June 13. To volunteer for the next clean up scheduled for July 11, contact ABH1 Gregory Stacy at 243-7853.

Photo by Sean Dath



An Electronic Attack Squadron 136 EA-6B Prowler launches from USS Kitty Hawk's (CV 63) flight deck June 15. COMPACFLT recently announced that Kitty Hawk will participate in the Rim of the Pacific (RIMPAC) 2008 Exercise scheduled to take place in the Hawaiian operating area from June 29 through July 31.

U.S. Navy photo by MC3 Kyle D. Gahlau

Kinnick students receive scholarships at luncheon



Commander Fleet Activities Yokosuka Capt. Daniel L. Weed and Japan-America Society of Yokosuka President Keizo Kosano stand with Kinnick High School (KHS) students Elizabeth Rose, Rodney Johnson and Michael Bamba during the Yokosuka Scholarship Luncheon, held at the Chief Petty Officer's Club June 10. The three students were presented scholarships from Kosano on behalf of the Japan-America Society of Yokosuka. The society has been awarding scholarships to students of KHS consecutively for 26 years.

Photo by Sean Dath



Sixth-grade students scramble to find their shoes after running 50 yards in the scrambled shoe race. The event was one of 20 events held at this year's Dragon Day. Nearly 600 students from across all grade levels competed in the event and enjoyed a free lunch from the Parent-Teacher Organization.

Photo by Dale N. Duncan Jr.

Konnichiwa!



Information Technology Assistant Daisuke Murota performs calculating processing and entering financial data on the computer at his workstation.

Photo by Yuji Kawabe

Where do you work? Naval Facilities Engineering Command

How long have you worked on base? 10 years

What is your favorite sport? Basketball

Life goal? To see my children have a happy life



(Right) Tech. Sgt. Angela Custer and HM2 Francis Asuncion from USNH Yokosuka gave candy to children in the district of Matanog, Maguindanao, Philippines while providing free medical and dental care to people in need May 31. They are deployed aboard the Military Sealift Command hospital ship USNS Mercy (TAH 19) for Pacific Partnership 2008.

U.S. Navy photo by MC2 Mark Logico