

Aug. 2  
10 a.m. to  
8 p.m.

## 7th Fleet bids Crowder farewell, welcomes Bird

By U.S. 7th Fleet Public Affairs

Vice Adm. Doug Crowder relinquished his duties as commander U.S. 7th Fleet to Vice Adm. John M. Bird during a change of command ceremony held July 12 aboard *USS Blue Ridge* (LCC 19).

Adm. Robert F. Willard, commander, U.S. Pacific Fleet, was the guest speaker at the time-honored ceremony, and commended Crowder for his work. "For the past two years, Vice Adm. Crowder has dedicated himself and his staff to the security and the stability of the Asia-Pacific region," said Willard. "I can recall no one who's done it better."

"In each engagement," he continued, "Vice Adm. Crowder's forces have imparted commitment and friendship and have departed with a renewed sense of how to best adapt the 7th Fleet to another Navy culture and to a unique operating environment."

Willard presented Crowder with the Navy Distinguished Service Medal. The citation read: "Vice Admiral Crowder is an impressive strategist, diplomat and leader who displayed extraordinary foresight while promoting U.S. Pacific Command and U.S. Pacific Fleet security cooperation and warfighting objectives throughout the vast 7th Fleet area of responsibility."

After receiving the award, Crowder lauded his staff for their terrific work, which he said made his tour so successful. He also emphasized the close working relationships that 7th Fleet shares with its partners in the Pacific.

Crowder's next assignment is Deputy Chief of Naval Operations for Operations, Plans and Strategy, N3/N5, Office of the Chief of Naval Operations, Pentagon, Washington, D.C.

Crowder's relief, Bird, comes from U.S. Pacific Fleet where he served as deputy commander and chief of staff. He has extensive experience in the Asia-Pacific Region from being the Division Chief for Central, South and Southeast Asia and the Assistant Deputy Director for Political-Military Affairs Asia, (J5) on the Joint Chiefs of Staff and also as the 39th Commander of Submarine Group 7, Commander, Task Force 74, and Commander, Task Force 54 in Yokosuka.

"To be given the opportunity to return to Japan and command the 7th Fleet is truly a dream come true," Bird said. "There is no better job, no better team, and no better place to be stationed."

See *7TH FLEET*, pg. 12



U.S. Pacific Fleet Commander Adm. Robert Willard shakes hands with Vice Adm. Doug Crowder after presenting the outgoing U.S. 7th Fleet commander the Navy Distinguished Service Medal. Crowder relinquished command of the fleet July 12 to Vice Adm. John M. Bird aboard *USS Blue Ridge* (LCC 19). Bird is the 46th commander of the U.S. 7th Fleet.

U.S. Navy photo by MC1 (SW) Ben Farone

## Anti-violence "train the trainer" session held at CFAY

Story and photo by  
MC2 Nardelito Gervacio,  
Fleet Public Affairs Det., Japan

Leaders from Commander Fleet Activities Yokosuka attended anti-violence training July 2, gaining essential tools to engage and prevent violence across the forward-deployed naval forces.

Lt. Joseph Ford of Fleet and Family Support Center, Diego Garcia facilitated the training and talked about the importance of self-control during aggressive confrontations.

"I'm here to provide an additional tool for the anti-violence training, it's called de-escalating hostile situations and presenting a practical solution, it also ties in with the CARE [Combined Anti-Violence Reflection and Education] program."

According to Commander U.S. Naval Forces Japan's (CNFJ) Regional Master Chief, CNOCM (AW/SW) Luis Cruz, the CARE program was designed to educate Sailors on the importance of anti-violence and to train all leaders on its prevention.

"Combined refers to the involvement of the entire community, including Sailors and everybody else who works or lives here," Cruz said. "Anti-violence is a key training point, because the mass media has desensitized the

power of violence, when in all actuality, it is negative and destructive. Reflection is an important part of the program, as it forces all members of the community to step back and look at themselves and ask if they care about



the Navy and their society. Education ensures everybody is informed and understands the importance of anti-violence. Learning is a never-ending process that makes us all better and our organization stronger."

The training included PowerPoint slides, discussions and audience participation. Some of the main topics leaders were concerned with include self control, confrontations and the consequences of actions and reactions to situations. This training coupled with the CNFJ CARE program are preventive tools for every Sailor to use when the need arises.

"We want to improve understanding up and down our chain of command on what factors can lead to violence and what must be done by each individual to avoid violence of any type," said Rear Adm. James Kelly, Commander, U.S. Naval Forces Japan. "The program also addresses methods of recognizing potentially violent personalities and taking preventative actions to calm the situation and avert any potentially violent act before it starts."

See *TRAINING*, pg. 12

Both enlisted and officer leaders from various CFAY commands listen as Lt. Joseph Ford of Fleet and Family Support Center, Diego Garcia facilitates an anti-violence "train the trainers" session at the Benny Decker Theater July 2.



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



**CMDCM Wayne E. Smith,**  
Command Master  
Chief

## 司令官の相談室

**H.I.T. Travel Agency Bankruptcy** – The Tokyo-based company, H.I.T. Travel Agency filed for bankruptcy June 26. People who have purchased or reserved tickets through the travel agency are being instructed to file for claims through the Tokyo Tourism Bureau by July 31 to obtain a refund. For more information and instructions for filing claims, contact your base legal service office or go to [www.usfj.mil](http://www.usfj.mil) and click on the H.I.T. Travel bankruptcy Information link under the Public Affairs section.

**Friendship Day 2008** – Commander Fleet Activities Yokosuka annual U.S. Forces Japan Friendship Day is scheduled for Aug. 2. Womble gate will be open to inbound visitors from 10 a.m. to 7 p.m. and closed to outbound flow at 9 p.m. The event will end with a fireworks display from 7:30 to 8:10 p.m.

**Sure Start program** – The Sure Start program is accepting applications for 2008/2009. Applications are available at The Sullivans School and at Ikego Elementary School. Call 243-7336 for more information.

**Narita Bus Schedule change** – Effective immediately, the last bus from Narita Airport will depart at 7:30 p.m. vice 7 p.m. Call 243-7777 for more information.

**Revised Japan bicycle riding law takes effect** – A revised Japan bicycle riding law now allows bicyclists younger than 13 and older than 70 to ride on

the sidewalk. Previously, all cyclists were banned from riding on the sidewalk. The law, which went into effect last month, says riding on the sidewalk is permitted if road conditions are dangerous or if the cyclist is physically impaired. Children under the age of 13 are required to wear a helmet. Only one person is allowed on the bicycle at any given time. Violators could face fines up to ¥50,000 (about \$500). Contact the base Safety office for more information about the law or bicycle safety.

**BZ:** First I would like to commend the swim instructors. The camp instructors for summer swim lessons are by far the best I have seen since 2003. Our family has had at least one of our children in Camp Adventure and the swim lesson program for children since 2000. These instructors are so great with the little ones and the older 9 to 11 year-olds. If you could use a model of what any MWR facilitator or instructor should be or act as such, they would be it. I thank you and most of all my children think the world of you too.

**BZ:** I would like to give a huge thank you to the Child Development Center (CDC), the Youth Center staff and Camp Adventure counselors at both facilities. They have always been fantastic with our children and us, the parents. What an awesome crew you have.

**Q:** My question is about the party rooms in the towers. I live in a tower with my two babies and have a party room underneath my home. I have had nothing but trouble with this room since I moved in here. As you can imagine it gets very loud at night. This noise constantly keeps my children from being able to go to sleep. I don't understand why people our allowed to have live bands, DJ, and karaoke if they cannot keep the volume levels

down to an acceptable level. I called housing and asked about the rules of the room regarding noise levels. I have gone down myself and tried to talk to the people using the room but it has had no effect. I have even had to call security to come and ask them to keep the volume down. Frequently there are people standing outside our windows talking loud and carrying on, banging the doors constantly and drinking alcohol outside the party room. The parents also let their children play in the lobby area of the tower. Recently I nearly got hit by a young child swinging a broom stick around in the lobby. The children also constantly lock the doors so you can't get into the building and the elevators are always covered in candy and trash. Another problem that I am having as of recent is the people using the party room are bringing a charcoal grill and cooking right under my 20 month old child's room and the fumes come straight into his room. I had no knowledge of the use of this room until we had already accepted the unit, or I would not have taken the apartment. I understand the procedure to move but with a new baby and a toddler it's not possible for us to move with my husband away for the rest of the year. As you can see this has been and is becoming an even larger point of frustration for me and others. What I would like is to have the rules of the party room highly emphasized. I believe if the rules are put up in the room and made aware to all that use the room, maybe it might be tolerable for all.

**A:** Thank you for submitting your comments via the Action Line. Our reservation form will be modified to ensure the rules and regulations are emphasized when the reservation is made. The reservation form will also include the rules and regulations with requester's acknowledgement. In addition signs will be placed on the

wall of the rooms as a reminder to all users and guests. Failure to comply with the rules and regulation may result in the suspension of the privileges as follows:

- First offense: 90 day suspension
- Second offense: Six month suspension
- Third offense: Permanent suspension

If you have any questions, please contact the nearest Housing Office at 243-9067 for Yokosuka or at 246-8027 for Ikego.

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](mailto: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 Aug. 7. This is your opportunity to call in and speak with Commander, Fleet Activities, Yokosuka Capt. Daniel L. Weed about issues affecting our community. To contact the Seahawk, call 243-5607/3003 or send an e-mail to us at: [Seahawk-Umitaka@fe.navy.mil](mailto:Seahawk-Umitaka@fe.navy.mil).

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

Michelle Stewart Public Affairs Officer

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## Mandatory sports bike rider training course

By CFAY Safety office

A new safety course called the Military Sport Bike Rider Course (MSRC) is now mandatory for all motorcyclists that operate a sports motorcycle.

The U.S. Navy defines a sports bike as performance bikes or "crotch rocket." Sport bikes are typically much smaller and lighter than cruisers and are essentially consumer versions of the motorcycles used in production-based forms of motorcycle sport road racing. The bikes are designed to emphasize speed and handling. The riding position places the feet toward the back, the hands low and the spine inclined forward. Sport bikes are capable of high speeds with great stability in corners. They can be difficult to manage by the inexperienced.

The MSRC is a one-day long class consisting of specialized training dedicated to military sport bike riders and focuses on critical skill sets and decision making required when riding high-powered sport motorcycles. The course includes classroom time, three hours of interactive exercises that cover several topics including body positioning, cornering, braking and swerving and reinforcing issues such as risk assessment, offsetting risks and executing good judgment, as well as practical experience out on the range to hone their skills and assess their abilities with exercises including performing quick-stops and evading, learning curve control and adjustments, braking while leaned over, cornering and swerving and negotiating multiple and decreasing radius

curves. While they may be more maneuverable, they do ride differently than cruisers or other types of motorcycles.

The new training is being made mandatory due to the fact that so many Sailors and Marines are buying these machines without much riding experience. Statistics show that the increased number of sport bikes on the road has had an affect on mishap rates. The rise in sport bike popularity corresponds to a rise in motorcycle fatalities. In 2007, a majority of fatalities involved sport bikes, and of the 31 fatalities that have occurred in the Navy and Marine Corps in 2008, at least 28 involved sport bikes. This new course is designed to reverse this disturbing trend by giving riders valuable experience.

The MSRC is required for all military personnel riding sport bikes on or off base and all Department of Defense civilian personnel riding sport bikes on base. The MSRC is designed to complement the skills learned and experienced in the required Experienced Rider Course (ERC) so it will satisfy the three year recertification requirement for the ERC.

Rider coaches that will be teaching the MSRC will be attending an instructor class to be held the end of July. As soon as qualified rider coaches are in place, the Yokosuka base will offer as many classes as soon as possible to ensure all personnel requiring the training receive it in a timely fashion. All MSRC classes are limited to twelve motorcyclists and are filled on a first come, first serve basis.

Contact the Safety office by e-mail at: [cfaysafety@fe.navy.mil](mailto:cfaysafety@fe.navy.mil) or call 243-7095 for more information or to sign up for the class.

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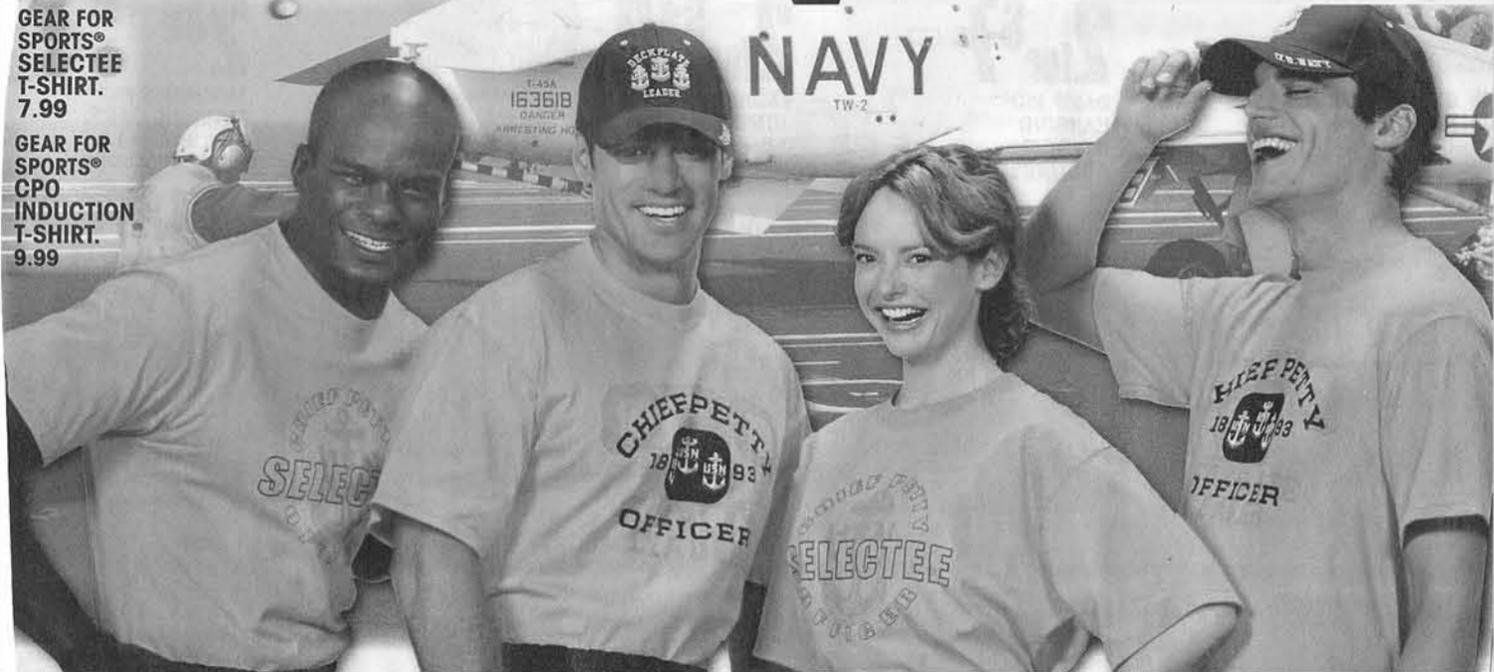
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## Shiloh Sailors lend helping hand during Sasebo Fourth of July visit

Story and photo by Ensign Julie J. Holland,  
USS Shiloh Public Affairs

Sailors from the Ticonderoga-class cruiser *USS Shiloh* (CG 67) had the opportunity to lend a hand by providing landscaping support to a local vocational home on the Fourth of July holiday as part of a community relations project during their four-day port visit to Commander Fleet Activities Sasebo (CFAS).

The community relations project (COMREL) was at Sakura Challenged Home. The Sakura Challenged Home provides daily assistance to mentally handicapped young adults in their early to mid-twenties. *Shiloh* Sailors spent the morning weeding and raking yard debris along with moving an estimated 90 to 100 concrete slabs.

The work accomplished by *Shiloh* Sailors was much appreciated by the staff at Sakura Home. One of the coordinators of the day's project, CFAS Religious Ministries Chaplain Lt. Cmdr. Charles E. Hodges, said that caring for the residents and assisting them with their vocational work does not allow the staff the time they need to maintain the appearance of the facility along the road. He went on to comment that "the place looks much better than it did. And when it looks better, the staff and clients feel better about their work."

"We were given the opportunity to do a little bit of

cleaning and interaction with the people," said Lt. j.g. Mack Elliot. "It was an opportunity for us to interact with the local community and repay the people of Sasebo for their gracious hospitality."

For some Sailors, participating in community relations projects provides them a new experience.

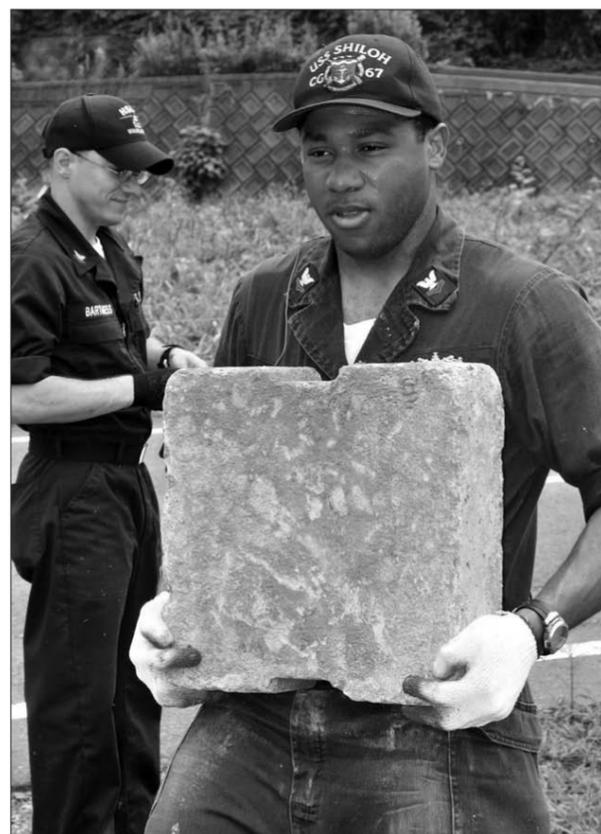
"I like helping out," said Sonar Technician 2nd Class Rosanna L. Witt. "I like visiting different communities, learning different cultures and seeing different environments."

Both Elliot and Witt said COMREL events help the U.S. Navy give back to countries, cities and local communities during U.S. Navy port visits.

"I think it gives our Sailors an opportunity to meet the people of our host nation, and it also gives the people of our host nation the opportunity to see what the Navy is all about and experience our core values of honor, courage and commitment firsthand," said Elliot.

*Shiloh* is forward-deployed to Yokosuka, Japan, and routinely operates throughout the Western Pacific region in support of U.S. 7th Fleet missions.

**IC2(SW/AW) Daniel E. Carter, a Sailor stationed aboard the guided-missile cruiser *USS Shiloh* (CG 67) moves concrete blocks during a community relations (COMREL) project at the Sakura Challenged Home in Sasebo, Japan during the Fourth of July weekend.**



## Fitzgerald Sailors enjoy taste of home during Saipan port visit

Story and photo by Lt. j.g. Scott Cheney-Peters,  
USS Fitzgerald Public Affairs

The officers and crew of the guided-missile destroyer *USS Fitzgerald* (DDG 62) got a taste of home this Fourth of July, courtesy of a port call at Saipan, the capital of the U.S. Commonwealth of the Northern Mariana Islands. Pulling in for four days of liberty, the crew also took part in the island's 62nd Annual Liberation Day celebrations, commemorating the successful efforts to free the Northern Marianas during World War II, and the beginning of a new life for the islands' inhabitants.

Festivities at the sun-drenched event included a two-hour parade, amusement rides, concession stands exhibiting the island's culinary selections and an evening fireworks display over Garapan Beach. The Sailors were no mere spectators however - a contingent of 20 from the *Fitzgerald* displayed their marching prowess in the parade while the ship's 1st Lieutenant, Ensign Adriel Brito called cadence. One group in the crowd found particular enjoyment at the martial display - a band from the Veterans of Foreign Wars (VFW) Post 3457, which had earlier opened its doors to the ship's crew for the traditional Independence Day feast of grilled hamburgers and hot dogs, cheered and saluted as the crewmembers marched by.

For two of the marchers, the day also afforded a special opportunity to honor relatives who had given their life during the island's liberation, which saw more than 3,000 Americans killed and another 10,000 wounded. In a brief ceremony at the VFW post, Ensign Brian Jaffe and Culinary Specialist 1st Class Kenneth Batten each accepted a memorial medal on behalf of a relative who had served on Saipan from 1944-1945.

Batten accepted the medal for his great uncle, Woodrow Thomas Garrett, a corporal in the 4th Marines Division. Garrett's time on Saipan was cut short by a sniper, and he passed away soon thereafter on a hospital ship anchored nearby.

"His name is inscribed in the Saipan World War II Memorial Court of Honor," said Batten, who is the first of his family to be able to visit the memorial. "Seeing his name

and receiving the medal - was very powerful moments."

For Jaffe it was his grandmother, Margaret Kruger Jaffe, who came as an Army first lieutenant in the Nurse Corps stationed at Saipan's General Hospital in 1945. Jaffe was pleased to hear about her award, but felt that she was only one of many others who deserved it.



*USS Fitzgerald* (DDG 62) Sailors march down Beach Road as part of Saipan's 62nd Annual Liberation Day festivities July 4. *Fitzgerald* visited the island during a scheduled port visit.

## CMC program: Starting early is key

By Navy Personnel Command

If you have an interest in applying for the Command Master Chief or Command Senior Chief program, starting early is the key.

Here are a few things to remember:

- Applying for this program means that you are worldwide assignable, and the needs of the Navy will determine where you will be assigned.

- Your command master chief (CMC) is step one in the process. Have a one-on-one with him or her to find out if this program is for you. The CMC community expects you to be professional, knowledgeable and competent.

- The CMC Instruction 1306.2E and NAVADMIN 208/07 will get you started.

- Female master chief and senior chief petty officer's are encouraged to apply.

- The weekly "Hotsheet" is a list of assignments open to post tour CMC's, contact your detailee for a copy.

- The weekly "One Star" is a list of assignments open to command senior chiefs.

All applications must be post marked by Dec. 1, 2008. Late applications will not be considered.

When you get a moment, read your chief petty officer creed one more time. You are still required to be the example of what is right and keeping the bow of your Sailors pointed fair."



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# Midshipmen Exchange improves future interoperability

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

**T**wenty midshipmen from the Japan Maritime Self-Defense Force (JMSDF) experienced U.S. Navy operations first-hand, by spending three days underway aboard *USS Shiloh* (CG 67) and *USS Stethem* (DDG 63) June 25 - 27.

“The main purpose of them being here was to give them an introduction to the U.S. Navy,” said Ensign David Rose, midshipman training officer and strike officer aboard *Shiloh*.

“It is a very meaningful opportunity to build a good friendship between the JMSDF and the U.S. Navy,” said JMSDF Lt. j.g. Noakishira Saka, midshipman training liaison aboard *Shiloh*.

The exchange is part of the midshipmen’s year-long education at the JMSDF Officer Candidate School, and it exposes the future leaders of the JMSDF to how the U.S. Navy functions, which is meant to improve the working relationship between the close allies.

“[We showed them] how we operate, how our ships work, and the culture on our ships so they have a better understanding of the way the U.S. Navy operates inside of itself,” said Rose. “When they become future officers in the fleet they will know more of what to expect from us when they are working with us.”

Simultaneous training in both JMSDF and U.S. Navy operations is designed to enhance the midshipmen’s ability to work seamlessly in future joint exercises and help keep the region safe.

“When they get this training they are also getting JMSDF training at the same time, so it allows them to see both perspectives of how the U.S. operates and how the JMSDF operates,” Rose said. “So when they become officers they’ll have a wider knowledge base to draw on when they get out to the ships.”

The midshipmen were given a tour of their respective host ship, walking through engineering spaces and the combat control center. They also had the opportunity to do live fire-hose training with *Shiloh* Sailors and one-on-one question and answer sessions with enlisted departmental subject matter experts.

“[The midshipmen] are all very interested in the Navy and very interested in learning what we have to do,” Rose said. “They always had notebooks with them so that they could take notes and remember what we were teaching them and they were always, asking questions.”



Japan Maritime Self-Defense Force (JMSDF) midshipmen operate a fire hose during training aboard the guided-missile cruiser *USS Shiloh* (CG 67) June 26. The future JMSDF officers are participating in an exchange program to teach Sailors from foreign naval services how the U.S. Navy operates to enhance interoperability with other nations.

Midshipman Yu Takahashi said he was impressed with the professionalism and satisfaction the U.S. Sailors have in their job.

“I saw [damage control] training as a routine, but they try to motivate themselves to get better skills, so I would say there is enjoyment,” Takahashi said.

Takahashi went on to say that the level of enjoyment and pride U.S. Sailors take in completing their mission is something he would like to take back to the JMSDF.

“It was a great experience to have them onboard,” said *USS Stethem* Commanding Officer Cmdr. Shan M. Byrne. “There is no better opportunity for international relations than to have our young people, those who will become our nation’s leaders, meet and understand each other.”

## *Stethem* Sailors spend time with children at Korean orphanage

By Ensign Allison Tyler, *USS Stethem* Public Affairs

Sailors from *USS Stethem* (DDG 63) participated in a community relations (COMREL) project with the Hee Rak Orphanage in Busan, Republic of Korea, during a recent routine port visit while operating in the western Pacific Ocean.

More than 35 *Stethem* Sailors participated in the project, led by Chief Electrician’s Mate (SW) Severo Elecanal. The Sailors spent several hours at the orphanage, touring the facilities, reading to the children and teaching them a few words in English. The Sailors also played soccer, basketball and badminton with the kids. Many Sailors expressed a desire to do a community relations project at the facility again the next time *Stethem* visits Busan.

“One thing that has always struck me about the places we go is how sad I feel when we leave the kids behind at the end of the day, said Lt. j.g. Rebecca Wright as the project ended. “At this orphanage you could see just how well loved the kids were, and the effort the staff puts into making sure they have happy childhoods. It was so wonderful to spend time with them and see how happy they were.”

Fire Controlman 1st Class (SW) Bryan Gaa also enjoyed his experience.

“I try and take part in every COMREL *Stethem* does; it’s my favorite part of the port visits. The children at the orphanage were so sweet and loved to show off their artwork and play games,” he said.

*USS Stethem* is named in honor of Petty Officer Robert Stethem, killed by terrorists when they hijacked Trans World Airline (TWA) flight 847 in 1985. Petty Officer Stethem was posthumously awarded the Bronze Star for the heroism he displayed that day.



*USS Stethem* (DDG 63) Sailor BM3 Jessica Koehne chases after the ball while playing basketball with two children from the Hee Rak Orphanage in Busan, Republic of Korea. *Stethem* Sailors spent the day playing basketball, soccer and other games during a COMREL project at the orphanage.

U.S. Navy photo by EMC(SW) Severo Elecanal



# Japan-America Student Conference members visit CFAY

Story and photo by Kazuyuki Takagi, CFAY Public Affairs

**T**hirty-six Japan-America Student Conference (JASC) members including students from Waseda, Keio, Kyoto, Tokyo, and other major universities visited Yokosuka Naval Base to deepen the understanding of Japanese and American relations through a base tour June 30.

JASC was the first international student exchange group in Japan, founded in 1934 to improve U.S. relations in Japan and to help build trust between the U.S. and Japan under the philosophy that "World peace lies in the Pacific Ocean and the peace of the Pacific Ocean depends on the peace between the United States and Japan. Students need to get involved."

The JASC Base tour started with a group picture in front of Commander Fleet Activities Yokosuka (CFAY) headquarters. Then, the group visited the Afloat Training Group Western Pacific Firefighting facility where they observed a firefighting demonstration using a dummy helicopter, and walked around the facility to learn how Sailors learn the skills that are required to save the ship from damage.

The group also toured Aegis Guided-Missile Destroyer, *USS Mustin* (DDG 89). The group was first split into three groups, and was guided by *Mustin's* Public Affairs Officer Ensign Brian Greenert and other sailors around the ship visiting the pilot house, the flight deck, Combat Information Center (CIC) and the forecandle areas.

After the ship tour, the group had lunch at the CFAY Galley where they had a chance to talk with junior officers. CFAY Commanding Officer Capt. Daniel Weed briefed the group, covering everything from Japan's regional security to Japan's international roles. The students were also given the opportunity to talk with Weed during a question and answer session.

After lunch, the students toured the major facilities on base such as Commander U.S. Naval Forces Japan (CNFJ) headquarters, CFAY headquarters, the dry docks and other historical and cultural assets on base.

"This was a great opportunity to learn more about the U.S. Naval Base," said Tomomi



**USS Mustin (DDG 89) Public Affairs Officer Ensign Brian Greenert explains some of the ship's capabilities ranging from the AN/SPY1D Radar to the Vertical Launching System (VLS) to the Japan-America Student Conference members June 30.**

Sakamoto, JASC participant from Kyoto University. "The brief Capt. Weed gave was very informative and he was very friendly to us. He said many good things about Japan. I would like to come and visit again."

## Installations to receive SLO to serve as link between families, schools

By Bruce Moody, CNIC Public Affairs

Commander, Navy Installations Command (CNIC) is creating the position of school liaison officer (SLO) to serve as a link between Navy families and schools.

Development of the SLO program is in the final stages. CNIC Vice Adm. Bob Conway ensured the program was introduced to region commanders at the Navy Installations Command Board of Directors meeting, June 10-12, at Naval Base Kitsap.

SLO's will work with local school districts to ensure school personnel are aware of the stress military families may face due to frequent moves and extended deployments.

Civilian employees of CNIC's Child and Youth Program (CYP) will fill the SLO positions.

School issues have been raised as a quality of life issue for Navy families, according to Chuck Clymer, CYP manager.

"Navy leadership is proactively addressing this by establishing school liaison officers with the intent to level the playing field for transitioning military children and youth." Said Clymer.

Clymer said there is a need for SLO's because Navy children move an average of every 2.9 years and attend up to nine different schools by graduation. Argus Survey results show that the fourth most often reason for leaving the Navy is impact on family.

SLO's will help prepare students, parents, schools and Navy leaders respond to permanent-change-of-station (PCS) and deployment issues impacting school-age children. They will help Navy families be the best "advocates" for their child's education.

They also will connect Navy Child and Youth Education Services' Youth Sponsorship program to school districts serving Navy families.

"[SLO's] will work closely with local school personnel to identify and resolve issues that impact transitioning military students and will serve as a link between military families and schools during in and out-processing periods and deployments," Clymer said.

To make the connection, CYP will work very closely with Fleet and Family Support providing deployment support, counseling and advocacy, relocation assistance and

ombudsman support. SLO's will also link with services and programs delivered to Navy families in the Exceptional Family Member Program. They will be the primary advisor to commanding officers and staff on matters relating to schools serving the installation.

SLO's will be hired as non-appropriated funds employees and will work in Navy Child and Youth Programs worldwide at either the installation or Navy region level, depending on the mission requirements at each location.

Navy SLO's will provide six core services:

School transition services: Focus is on permanent-change-of-station moves and "leveling playing field" for transitioning military children and youth.

Deployment support: SLO's will serve as a conduit, connecting educators to the Navy deployment support system to inform educators on the cycles of deployment and tools that are available to assist them when working with Navy children.

Command, school, community communications: The SLO will provide support as the subject matter expert for commanders on issues to connect command, schools and community resources.

Home school linkage and support: SLO's will assist Navy families by gathering and sharing information on home schooling issues, policies and legislation from local school districts. In addition, they will leverage Navy CYP resources to support these families.

Partnerships In Education (PIE): PIE creates a volunteer network of resources to support all installation and community members who have a stake in the success of all youth.

Post-secondary preparations: SLO's will leverage installation and school resources to provide graduating military students access to post-secondary information and opportunities.

"This summer, CYES will begin hiring Navy region-level SLO's, followed by installation-level SLO's by the end of the summer through the fall," Clymer said. "Most Navy installations will have at least one SLO. Where we have a small installation, Child and Youth Education Services will be delivered from within an existing CYP function."

### Asian Antiques and Furniture Auction

sponsored by

### FY09 CPO SELECTEES

Saturday, August 16, 2008

Yokosuka Middle School Gymnasium

Preview 10:00 a.m.

Live Auction 11:00 noon

Over 300 items including:

Antique Furniture from Asia and Tibet, Decorated Porcelain, Lamps, Hand tied Rugs, Clocks, Carved Jade, Mirrors, Paintings, Nautical collection, Crystal, Screens, Cloisonne plus many One-of-a-kind items.



Don't Miss This Special Event !!

For information please call Senior Chief Edison at DSN 315-243-6202 / 6201 / 6111



If you have information pertaining to any criminal activity:



Call or e-mail the NCIS Yokosuka Tip Line and leave a detailed message:

24-Hour Tip Line: 243-6102

E-mail: [Tipline@ncis.navy.mil](mailto:Tipline@ncis.navy.mil)

In emergencies, please call 911 (on base) or 119 (off base)

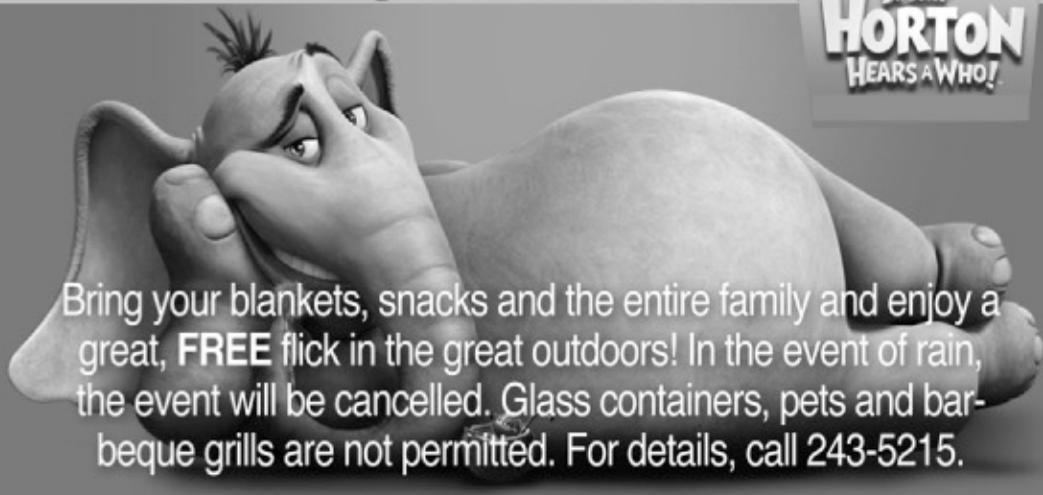
# MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • July 18, 2008

## OUTDOOR MOVIE NIGHT

Saturday, July 19 at 2000

Negishi Ball Field



Dr. Seuss  
**HORTON**  
HEARS A WHO!

Bring your blankets, snacks and the entire family and enjoy a great, **FREE** flick in the great outdoors! In the event of rain, the event will be cancelled. Glass containers, pets and bar-beque grills are not permitted. For details, call 243-5215.

Open to All Hands

**Hawaiian Luau**  
at the Officers' Club

Friday and Saturday,  
July 25 and 26 at 1700



Join us for this tasty feast, while enjoying a 13-person Hawaiian/Polynesian show flown in direct from Hawaii. Buy your tickets early. Sold out last three years. Tickets on sale now. For details call 243-5030.

Get in the games,  
**READ!**

## 2008 SUMMER READING PROGRAM

Now thru Friday, August 8

Our theme "Get Into the Games" will get you ready for the upcoming summer Olympics in August. Prizes will be awarded for every 10 books read (ages 0 to 6); and 5 books read (ages 7 to 18). See the display of the great prizes at the library. Age appropriate Library books only. For details please call 243-5574.



Yokosuka Teen Programs



**TOSHIMAEN**  
**WATER PARK**

Wednesday, July 30 at 0900 at Ikego Teen Center

Join us for a day of summer fun, rides and swimming at the water park. Payment and permission slips due by Friday, July 25. For more information please call 241-4100.

## MENU from 1730 to 1930

- 🍴 Kalua Pig Roasted on a Spit
- 🍴 Huli Huli Chicken
- 🍴 Hawaiian Poi
- 🍴 And more!

|                 |                 |
|-----------------|-----------------|
| Adult           | \$39.95 / ¥4500 |
| Child (4 to 11) | \$24.95 / ¥3000 |



# Outside the Gate



## ITT Current Tours (Aug/Sept)

Sign up now.

### 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 Night Time Visit \$50A/\$37J/\$26C/\$10I

### Monday, August 4

Fujiky 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 Night Time 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

## Future ITT Tours (Sept/Oct)

Sign-up starts Friday, August 1.

### Monday, September 1

Tokyo Disneyland Amusement Park \$89A/\$75J/\$61C/\$15I  
Tokyo DisneySEA Amusement Park \$89A/\$75J/\$61C/\$15I  
Odawara Castle, Hakone Complex Mosaic Museum and Lunch Buffet at Hakone-Yumoto Fujiya Hotel \$72A/\$49J/\$28C/\$15I  
Mt. Fuji East Area Spring/Summer Sightseeing \$65A/\$38C/\$25I

### Saturday, September 6

Joren Waterfall and Nanadaru Open-Air Hot Spring with Seven Waterfalls \$77A/\$64J/\$52C/\$25I  
Japanese Paper Lamp Shade Making, Begonia/Owl Park and Shiraito Waterfall Tour \$91A/\$68C/\$25I

### Sunday, September 7

Mt. Fuji East Area Spring/Summer Sightseeing \$65A/\$38C/\$25I  
Yokota Air Base AAFES Exchange Shopping \$33A/\$23C/\$15I  
Nikko Sightseeing \$90A/\$67J/\$57C/\$25I

### Tuesday, September 9

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

### Saturday, September 13

Seto Pottery Special Sales Shopping \$65A/\$45C/\$30I

### Sunday, September 14

New Sanno Sunday Brunch, Fukagawa Edo Museum and Kiyosumi Japanese Garden \$55A/\$33C/\$10I  
National Sport of Japan "Sumo" Tournament \$78A/\$68C/\$10I

### Thursday, September 18

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

### Friday, September 19

KHS Football Spirit Bus Transportation to Zama \$20A/\$15C/\$10I

### Saturday, September 20

Tokyo Sightseeing \$47A/\$35J/\$29C  
"Ukai" Japanese Ancient Cormorant Fishing and Inuyama Castle \$119A/\$84C/\$30I

### Sunday, September 21

Hakone Sightseeing with Open-Air Museum \$80A/\$65J/\$50C/\$20I  
Spa Resort "Hawaiians" with Lunch Buffet \$90A/\$68J/\$51C/\$25I

### Saturday, September 27

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

### Saturday thru Monday, September 27 thru 29

Kyoto Sightseeing Overnight  
SGL \$535A, TWN \$425A/\$350C/\$132I or  
TRL \$395A/\$320C/\$132I

### Sunday, September 28

National Sport of Japan "Sumo" Tournament \$78A/\$68C/\$10I  
Yunessun Hot Spring with Lunch Buffet \$69A/\$45C/\$15I

## ITT Tickets

### Discount Yunessun Hot Spring Tickets

ITT is now selling discount tickets to the relaxing hot springs of Yunessun in beautiful Hakone! Tickets cost ¥1,700 for adults (12 yrs old and above), and ¥1,000 for children (3 - 11 years old). Tickets are valid until December 31, 2008.

### Discount Hakkeijima Sea Paradise Tickets

Discount tickets for Hakeijima Sea Paradise are back! Tickets, good for admission to the aquarium, Dolphin Fantasy and all rides are now on sale at ITT for ¥4,600 for adults 16 years and older, ¥3,300 for juniors 6 - 15 years old and ¥1,900 for children 4 - 5 years old. Tickets are valid until November 30, 2008.

### Tokyo Disneyland and DisneySea Tickets

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

### Disney on Ice: Princess Dream

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

### Blast II

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

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

### 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.

### Intermediate Day Hike to Mt. Fuji, Yamanashi Prefecture

What a story to tell back home! Trek, climb, scramble and in the end, taste the victory of climbing Japan's tallest mountain every Saturday from July 5 thru August 23. Considered by many to be an absolute must-do when visiting Japan. The hike, which will begin at Mt. Fuji's fifth station, will challenge even the fittest and most experienced hikers. The cost is \$60 per person.

### Intermediate Overnight Hike to Mt. Fuji, Yamanashi Prefecture

Experience the breathtaking view as the sun races across the vista over 12,000 feet below on August 19 - 20. On our first day, we will hike to the eighth station where we will stay the night at one of the mountain huts. The second day, we will set out for the summit early and catch the sunrise as the rest of Japan lies in darkness. The cost is \$140 per person and includes lodging and transportation (meals not included).

# MWR Positions

## Come join the MWR team!

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

### Club Operations

**Lead Cook:** NL-08, \$13.56/hr. CPO Club (1 RFT).

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

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

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

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

**Food Service Worker:** NA-03, \$8.96/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), Food Court (5 RFT/1 Flex), O' Club (1 RFT).

**Waiter/Waitress:** NA-03, \$8.96/hr. O' Club (2 RFT/8 Flex), Club Takemiya (1 Flex) Club Alliance (1 Flex).

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

**Recreation Assistant (Bingo):** NF-02, \$8.39 - \$9.50/hr. CPO Club (1 RFT).

**Club Operations Assistant:** NF-02, \$8.39/hr. CPO Club (2 RFT/2 Flex), Club Takemiya (1 Flex), O' Club (4 Flex), Club Alliance (3 Flex), Negishi (1 Flex).

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

**ID Checker/Security:** NF-01, \$7.00/hr. Club Alliance (4 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 (3 RFT).

**Personnel Clerk:** NF-01, \$7.50/hr. Personnel (1 RFT).

### Child Development Programs

**Program Assistant:** GSE-02, \$9.18/hr. Main CDC (5 RFT/6 Flex), Ikego (3 RFT/4 Flex), Hourly (2 RFT/4 Flex), Negishi (2 RFT/1 Flex).

### Community Activities

**Auto Worker Helper:** NA-05, \$10.35/hr. Auto Hobby Shop (1 Flex).

**Recreation Assistant:** NF-02, \$9.18/hr. Youth Center - Yokosuka (1 RFT/2 Flex), Ikego (2 RFT), Negishi (1 Flex).

**Clerk/Driver:** NF-02, \$8.39/hr. Youth Center (1 RFT).

**Duty Manager:** NF-03, \$10.54/hr. Bowling Center (1 RFT).

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

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

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

**Clerk Typist:** NF-02, \$8.39/hr. Veterinary Clinic (1 RFT).

**Supervisory Recreation Specialist:** NF-03, \$12.00/hr. Youth Center - Ikego (1 RFT).

### Recreation

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

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

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

**Recreation Aide:** NF-01, \$7.00/hr. Single Sailor (2 Flex).

### Athletics

**Supervisory Rec Specialist (Fitness Director):** NF-04, \$16.05/hr. Athletics (1 RFT).

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

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

**Duty Manager:** NF-02, \$8.39/hr. Athletics (2 RFT/3 Flex).

**Recreation Assistant:** NF-02, \$8.39/hr. Adult Sports (2 Flex).

**Gear Issue Attendant:** NF-01, \$6.50/hr. Athletics (2 RFT).

**Swim Instructor:** NF-02, \$10.00/hr. Aquatics (8 Flex).

**Lifeguard:** NF-01, \$6.65/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](http://www.cfay.navy.mil/mwr)

## Benny Decker Theater

### Friday, July 18

1730 Wall-E G  
2030 What Happens in Vegas PG13

### Saturday, July 19

1300 Chronicles of Narnia: Prince Caspian PG  
1730 Wall-E G  
2030 Hancock PG13

### Sunday, July 20

1300 Wall-E G  
Benton "Benny" Decker B-Day \$1 Movie Matinee  
1730 Hancock PG13  
2030 What Happens in Vegas PG13

### Monday, July 21

1300 Speed Racer PG  
1730 Wall-E G  
2030 Iron Man PG13

### Tuesday, July 22 \$1 Movie Night

1730 Get Smart PG13  
2030 What Happens in Vegas PG13

### Wednesday, July 23

1730 Wall-E G  
2030 Made of Honor PG13

### Thursday, July 24

1300 Chronicles of Narnia: Prince Caspian PG  
1730 Wall-E G  
2030 Hancock PG13

### Friday, July 25

1730 The Dark Knight PG13  
2030 The Dark Knight PG13

\*Final Showing

## Fleet Theater

### Friday, July 18

1800 Hancock PG13  
2100 The Strangers R  
2400 Hancock PG13

### Saturday, July 19

1800 You Don't Mess With The Zohan PG13  
2100 The Strangers R  
2400 What Happens in Vegas PG13

### Sunday, July 20

1800 The Strangers R  
2100 You Don't Mess With The Zohan PG13

### Monday, June 21

1800 You Don't Mess With The Zohan PG13  
2100 Hancock PG13

### Tuesday, July 22 \$1 Movie Night

1800 Iron Man\* PG13  
2100 You Don't Mess With The Zohan PG13

### Wednesday, July 23

1800 Sex and the City R  
2130 Sex and the City R

### Thursday, July 24

1800 Wanted R  
2100 Sex and the City R

### Friday, July 25

1800 Sex and the City R  
2130 Wanted R  
2400 Sex and the City R

\*Final Showing

## Negishi Theater

### Friday, July 4

1900 Iron Man PG13

### Saturday, July 5

1300 Kung Fu Panda PG  
1900 Wanted R

### Sunday, July 6

1300 Get Smart PG13



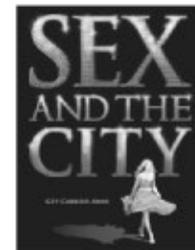
#### The Dark Knight

**Cast:** Christian Bale, Heath Ledger, Aaron Eckhart, Maggie Gyllenhaal  
**Synopsis:** The Caped Crusader returns, protecting Gotham City from the mad criminal mastermind, The Joker.



#### Hancock

**Cast:** Will Smith, Jason Bateman, Eddie Marsan, Charlize Theron  
**Synopsis:** Unpopular superhero Hancock saves the life of a PR executive who attempts to salvage his public image.



#### Sex and the City

**Cast:** Sarah Jessica Parker, Kim Cattrall, Cynthia Nixon, Kristin Davis  
**Synopsis:** The continuing adventures of Carrie, Samantha, Charlotte and Miranda as they live their lives in Manhattan four years after the series ended.



#### Wanted

**Cast:** Angelina Jolie, Morgan Freeman, James McAvoy, Common  
**Synopsis:** 25-year-old Wes is the most disaffected, cube-dwelling drone the planet has ever known. After his estranged father is murdered, Wes is recruited into the Fraternity, a secret society that trains him to avenge his dad's death. With wickedly brilliant tutors Wes grows to enjoy all the strength he ever wanted. But, slowly, he begins to realize there is more to his associates than meets the eye.



#### Wall-E

**Cast:** Jeff Garlin, Benjamin Burt, Kim Kopf, Fred Willard, Sigourney Weaver  
**Synopsis:** What if mankind had to leave Earth, and somebody forgot to turn the last robot off? Wall-E, spends every day doing what he was made for. But soon, he will discover what he was meant for, as he adventures across the galaxy chasing his dream.



#### The Strangers

**Cast:** Liv Tyler, Scott Speedman, Gemma Ward, Laura Margolis  
**Synopsis:** Three mysterious strangers terrorize a young couple in a remote house after they return from a wedding.

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).

# 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>](http://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 243-42005133.

Original creations by Heather Cantz

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# 32nd Annual NAVY FRIENDSHIP DAY Festival

Saturday, August 2 - Open Base

- 1000 Mikasa Park Gate Opens to Visitors
- 1000 to 1700 8th Annual Car Show
- 1000 to 1500 Ship Visit
- 1900 Womble Gate Closes
- 1930 to 2010 Fireworks Display



Friendship Day is a great opportunity to enhance our relationship with our host nation and local communities by showing our appreciation for their support. Join us for a day of fun and fellowship with our host nation guests. There will be live entertainment, air toys, food and game booths, car show, and of course, the biggest fireworks display of the year. For more information, call 243-4731 or visit [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr).

# Navy Surgeon General makes visit to Yokosuka

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

The Navy's Surgeon General, Vice Adm. Adam Robinson, Jr., paid a visit to Commander Fleet Activities Yokosuka as a part of his tour of naval hospitals in the Western Pacific July 11.

While in Yokosuka, Robinson served as the keynote speaker in a change of command ceremony for U.S. Naval Hospital, Yokosuka, which he commanded from 2001 to 2004. He spoke about the importance of Navy medicine in the region and applauded the efforts and accomplishments of the medical community.

"Navy medicine is not only here to do the force health protection mission from an operational point and expeditionary point of view," Robinson said. "But that we are also capable of exceptional family member programs."

Robinson added that the medical staff in Yokosuka will play a critical role as the base prepares to welcome *USS George Washington* (CVN 73), which is slated to replace *USS Kitty Hawk* (CV 63) as the Navy's only forward-deployed aircraft carrier later this year.

"As [*USS George Washington*] begins its new operations here very soon, and as 1,500 families that are coming with the [*George Washington*] are arriving here, we have to make sure that we provide patient family-centered care," he said. "We are here for those families so they will know that they are fully protected and fully cared for by the Navy."

Robinson also attended a mural unveiling that commemorates members of Yokosuka's medical community who have deployed in support of the war or terrorism.

Hospital Corpsman 3rd Class Youngran Jun, a native of Pensacola, Fla., who created the mural, said she hopes it will be source of pride for the Navy's medical community.

"I just feel that instead of people being remembered when something tragic happens, we can have something to show for it and it's something people will look at every day and say, "This is what we do," Jun said. "When I was drawing it, people would come up to me and stare at the wall and tell me their stories about how they knew [the subjects]."

Robinson said the mural, and commemorations like it, are important in helping the world remember the sacrifices of those who serve in harm's way.

"When people like HM3 [Jun] are able to draw murals and help talk to corpsmen about their experiences, it is truly one of the best and most therapeutic things we can do to affirm to those people who have gone into harms way and have served selflessly that the people who have died or have been injured have not been forgotten."

**(Left) Navy Surgeon General Vice Adm. Adam M. Robinson presents Capt. Michael J. Krentz with the Legion of Merit during U.S. Naval Hospital (USNH) Yokosuka's change of command. Capt. Kevin D. Moore relieved Krentz during the July 10 ceremony.**



## Life after a traumatic event and the road to recovery

By Sarah Taylor, USNH Yokosuka

If you are having trouble dealing with a traumatic event, you are not alone. Feelings of anxiety, sadness, worry, uneasiness, fear, anger and isolation are common after a trauma; so is reliving the event through disturbing memories and nightmares. If these thoughts and feelings last for more than a month, you may have post traumatic stress disorder (PTSD).

Having PTSD can make it hard for you to function in daily life, but it can be treated. You can feel better. A healthcare provider can work with you to help you understand and manage the disturbing thoughts and difficult feelings you have.

What is PTSD and why do people have these thoughts? PTSD is a type of anxiety disorder, involving conditions that involve heightened feelings of fear and dread. It most often develops after a person feels their or another's life is threatened. Some events that can trigger PTSD include military combat, a terrorist attack, natural disasters, rape, violence or sexual abuse.

In dangerous situations, fear and anxiety naturally kick in. This feeling is part of the body's natural defense system, called the "fight or flight" response. It is what makes us avoid a dark alley or run out of a burning building. This system helps ensure our survival. With PTSD, the body is having trouble recovering from the stress of the dangerous experience and response. The defense system is stuck on "go."

Some patients feel nervous about receiving a PTSD diagnosis, and may worry about what happens next. These concerns are normal. It is important to be honest with a healthcare provider as he or she will work with each person to determine if there should be a PTSD diagnosis and develop the best treatment plan.

Mental health professionals, such as therapists and psychiatrists, help people work through their toughest problems. They can teach patients how to manage symptoms of PTSD. They can also help patients deal with the thoughts and feelings that are related to the trauma. This is done through "talk therapy," or psychotherapy, medication or both.

Family members of a traumatized person should find out as much as they can about PTSD, even if their loved one does not choose to seek treatment. Family members can encourage the survivor to inquire about education and counseling, but they should not pressure or try to force help. While in the process of getting help, if family members feel comfortable, they can let the potential patient know that they are willing to listen if the person would like to talk about the trauma; however, the family should stop if it gets too overwhelming. If everyone is able, it is also important to talk about how the trauma is affecting the family and what can be done about it.

The road to recovery from PTSD can be difficult. Talking about personal issues and facing feelings and thoughts can be challenging; nevertheless, you do not have to face PTSD alone. Healthcare providers, family members and friends can help. For more information on PTSD, please see the Department of Veteran's Affairs Web site at [www.ncptsd.va.gov](http://www.ncptsd.va.gov).

## Inadequate sleep, serious problems

By Department of Health and Human Services

Nearly everyone finds themselves dragging by Thursday morning each week, eagerly anticipating the weekend and looking forward to "catching up on some sleep." Trouble is, lack of sleep isn't just exhausting, it's got some serious health consequences. If you're an adult and averaging less than eight hours of sleep every night, the results can be more troublesome than stifling yawns all day.

Inadequate sleep can cause problems as simple as inability to focus and function in your daily routine, but it can also lead to consequences as serious as accidents and death. According to the National Heart, Lung, and Blood Institute (NHLBI), lack of sleep can accumulate into "sleep debt," which leads to costly results, including decreases in performance, concentration, reaction time and consolidation of information processing. Sleep debt can lead to full-blown sleep disorders with symptoms including: snoring, sleep apnea, memory lapses, narcolepsy, insomnia and a decrease in overall daytime performance.

More than 70 million Americans have sleep disorders. Among the most common of symptoms is the less notorious Restless Leg Syndrome (RLS). RLS, a sensory disorder, is primarily comprised of a feeling of total restlessness in one's legs when at rest. Nervous sensations like prickliness, itching and tingling in the legs cause RLS sufferers to have difficulty sleeping or sleeping restfully. Primary RLS frequently begins in childhood or early adulthood and can be a lifelong problem. Secondary RLS is a situational response, usually due to a medical condition, lifestyle choices and substances like caffeine, alcohol and tobacco. Some medications, including allergy medicines, antidepressants and anti-nausea medicines can be to blame. If you suspect you have RLS, speak with your doctor. If you are in fact suffering from RLS, some cases are mild enough to be treated with simple lifestyle changes.

Sleep is critical. It is the time when your body not only rests, but also goes through critical rejuvenation processes to help you prepare for the next day. For more information on the importance of sleep and dealing with sleeping disorders, visit the Neurology Channel Web site at [www.neurologychannel.com/sleepdisorders/treatment.shtml](http://www.neurologychannel.com/sleepdisorders/treatment.shtml) or the National Heart and Lung Institute Web site at [www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/).

# FISC all-hands summit addresses 'state-of-the-enterprise'

By Tim Shannon, CFAY Public Affairs

More than 500 military, U.S. civil service, contractor and Master Labor Contract (MLC) employees of U.S. Fleet and Industrial Supply Center (FISC) Yokosuka attended an all-hands summit at the Fleet Theater onboard Commander Fleet Activities Yokosuka (CFAY) July 3.

The summit allowed FISC Yokosuka Executive Director Greg Porter to give a "state-of-the-enterprise" address, featuring command-wide initiatives that would better serve FISC customers while simultaneously benefitting the command.

Porter spoke about FISC's successful transition to the National Security Personnel System (NSPS) and the upcoming transition to a Navy-wide initiative to install a common and secure Information Technology (IT) infrastructure, called "One-Net."

He also explained to the audience that FISC's functional alignment, a paradigm shift allowing FISC to better anticipate and meet the needs of its customers, is progressing. Porter also stated that while the functional



(Left) FISC Fuels Director, Lt. Cmdr. Matt Holman, FISC Detachment Atsugi Officer in Charge Cmdr. James Matthews, Bill Frazier and Cmdr. Steph Armstrong listen to a speech given by FISC Commanding Officer Capt. Andy Benson during FISC's summer all-hands summit at the Fleet Theater July 3.

Photo by Yohsuke Onda

alignment appears, on the surface, to be complete, there is still a great deal of work being done behind the scenes to fully complete this historic logistics initiative.

"The 'Concepts of Operations' (CONOPS) was a start, but we still have more to do," said Porter. "The CONOPS was published in February with the intention of having a single source to reference, regarding roles and responsibilities under the new organizational alignment. The way ahead is to expand and update the information and transition into a FISC Yokosuka operating manual. The department heads are moving out, proactively reviewing processes, manpower and customer requirements to exercise the new organizational alignment."

Porter also spoke of FISC's continued use of Lean Six Sigma and the updating of FISC's communications plan to better target information to the appropriate audience.

Lastly, Porter discussed the results of FISC's recent Command Climate Survey, proudly stating that FISC Yokosuka fared well in the survey but will not rest on its laurels.

"We will be conducting focus groups to drill deeper into three areas: training and career development, balance between work and personal life and rewards and recognition," he said.

Porter then turned the microphone over to FISC Commanding Officer Capt. Andy Benson, who used the all-hands summit as a platform to thank his workforce for their dedicated service and to express his pride in the goals collectively achieved through the coordinated efforts of everyone under his command.

Benson concluded his remarks with a special thanks to the MLC's of FISC, who exceeded his professional expectations and made him feel welcome in their country, leading him to refer to his time in Japan as, "the greatest experience of my life."

"I cannot thank you enough for sharing with me the beauty of your land and the richness of your culture," said Benson. "A few of the MLC's here today have traveled with me on various trips, and they know, whenever



FISC Commanding Officer Capt. Andy Benson addresses his command while FISC interpreter Toshiyuki Ito stands by to interpret his words into Japanese at the FISC all-hands summit.

Photo by Yohsuke Onda

I touch down at Narita [airport], I feel like I've come home."

Along with Benson's comments and kind farewell and Porter's state-of-the-enterprise address, the FISC all-hands summit was also used to provide important safety training by FISC's Gary Beckwith, with the assistance of Odie Smith and Joe Umemura from the CFAY Safety office.

The summer all-hands summit was the first for relative new-comer, FISC Fuels Director Lt. Cmdr. Matt Holman. It allowed him to gain a greater understanding of how far-reaching FISC is, and to meet many of the key players at FISC.

"The summit was a great opportunity to see all the faces of the FISC Yokosuka headquarters area assembled in one place," he said. "It gave me a sense of the scope of the enterprise and was a good forum for leadership to present important issues and ideas directly to all assembled. I was impressed by the organization of the program and the amount of communication that occurred. The safety presentation was also very well prepared and rehearsed. It was a good starting point for facts and awareness and I hope leaders will use the lessons learned to continue speaking directly to their people on a daily basis and for shipmates to work together to create a culture of safety."

## FISC welcomes Takayama, Higashikawa as newest JMSDF interns

By Tim Shannon, CFAY Public Affairs

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka officially welcomed Japan Maritime Self-Defense Force's (JMSDF) Lt. Michio Takayama and Lt.j.g. Yoshinori Higashikawa into the FISC wardroom at the 81st FISC/JMSDF Officer Training launching ceremony July 7.

Takayama comes to FISC from JMSDF Sasebo



FISC Master Labor Contract employee Masayo Shimada plays the *shamisen* at the 81st FISC/JMSDF officer training ceremony at the historical *Tadodai* house in Yokosuka.

Photo by Yohsuke Onda

District headquarters, where he worked as the assistant contract officer. His skills will be put to use in FISC's Contracting Department.

"We're excited to have Lt. Takayama become a part of our department," said FISC Contracting Officer Cmdr. Steph Armstrong. "I'm sure he'll be a valuable asset. We benefit a lot from the work done by all the [JMSDF] interns."

Higashikawa transferred to FISC Yokosuka after a tour as Supply Officer onboard *JS Arashio* (SS 586), homeported in Kure. He will join FISC's Operations Department.

The welcoming ceremony took place at Yokosuka City's Tadodai house, the historic residence of the Japanese Imperial Navy's Commander-in-Chief, and was attended by several senior personnel from FISC, Defense Distribution Center, Yokosuka, Japan (DDYJ) and the JMSDF.

The program commenced with remarks from FISC Executive Officer Cdr. Jeff Rathbun and Maritime Supply Office (MSO) Logistics and Supply Division Director Capt. Masao Hosoya.

After the speeches, the guests enjoyed lunch and a musical program. FISC Master Labor Contract employee Masayo Shimada provided entertainment for those in attendance with a traditional *shamisen* performance that earned rave reviews from Rathbun and FISC MLC advisor Kumiko "Miko" Toi.

Another highlight of the FISC/JMSDF 81st Officer Training launching ceremony was the presentational pinning of a FISC name tag on the new interns by Rathbun.

Takayama and Higashikawa were selected for the FISC/JMSDF intern program after going through a very competitive screening board with several other officers



FISC Executive Officer Jeff Rathbun pins a FISC Yokosuka name tag on FISC/JMSDF intern Lt. Michio Takayama while Lt.j.g. Yoshinori Higashikawa stands by to receive his.

Photo by Yohsuke Onda

from the JMSDF.

The FISC intern program traces its roots back to 1952 and is highly coveted among JMSDF supply officers because the additional supply corps training and English language experience often translate into very successful careers in the JMSDF.

Three of the 173 FISC interns have gone on to reach the rank of vice admiral, and many officers from the internship program achieve flag officer status.

Takayama and Higashikawa replace Lt.j.g. Shoichi Ishiyama, who recently became the 173rd graduate of the FISC/JMSDF program and will report to his next duty station as aide to the commander at the Maritime Materiel Command in Tokyo.

# SRF-JRMC improving communication skills

Story and photo by Keiichi Adachi,  
CFAY Public Affairs

“I had an opportunity to talk with a Sailor about my work on the ship as part of the English training. Of course I could not understand fully what he was talking about. A week later I talked with another Sailor. I could not understand him very well, so I realized that English is very important for my job, and that I was just nervous when talking to the Sailors,” said Takashi Sakaya, of the shipfitter shop at Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) during his presentation at the recent apprentice English graduation ceremony.

The apprentice English graduation ceremony was held recently in the SRF-JRMC conference room and consisted of an introduction of teachers, short speeches and brief presentations by students, in English.

The students, 14 in all, displayed their English speaking abilities for an audience consisting of Capt. Stephanie Douglas, the commanding officer, other senior leaders of SRF-JRMC and supervisors and coworkers, all of whom came to celebrate their graduation after an intense 10 months of training.

Kristen Balinrude, one of the English instructors, has been teaching English to Japanese students for four years. She expressed her feelings while teaching the English course.

She said that she recalls the best moments for her is seeing the eyes of her students light up the second when they fully understand a complicated grammar point or word, or some aspect of American culture, and that seeing that clarity in the students makes me feel good. “Many students say that speaking and listening is what they would like to practice most. But given the choice between a speaking-listening activity and grammar drills, they might choose the grammar because it’s what they know and what they’re use to. I’m always trying to push them farther but not make them too nervous, Balinrude said.”

According to David Gilson, Language Training Division Head, in 1984, SRF decided to look into the possibility of establishing a language program for its employees. A survey was completed and it was determined that such a program was needed. Then the English Language Training Program was established and apprentice classes began in 1985.

“Problems in communication at SRF-JRMC must be overcome in order to get work done and done correctly. This is where language training can help make a difference. Thanks to the support that SRF-JRMC gives for language training, we have a great



(Center) Capt. Stephanie Douglas, commanding officer of SRF-JRMC and 14 apprentices get together for a group photo after completion of the apprentice English graduation ceremony.

訓練生語学訓練の卒業式を終えて、SRF-JRMC司令官ステファニー・ダグラス大佐と14人の訓練生が集合写真に納まる。

facility to teach in, but more importantly, we have great teachers,” said David Gilson in his staff introduction during the ceremony. “Our small but dedicated team works hard to make its contribution to the SRF-JRMC mission by helping people improve their second language skills.”

According to Gilson, the main purpose of the apprentice English course is to improve the ability of apprentices to understand spoken and written English and to improve their oral communication skills. The training better enables them to use English, as necessary, in the performance of their duties.

After the students’ presentations, Douglas helped hand out diplomas and gave a short speech. Douglas said that she personally recognized the efforts of the Language Training Division to accomplish a critically important mission for SRF-JRMC – making sure that students know how to speak English on the job.

“Being able to communicate well internally for SRF-

JRMC is important. It’s very important for us to be able to communicate between shops, codes and ships’ forces. One of you mentioned ‘talking to a Sailor.’ That is extremely important,” said Douglas during her speech.

Douglas said that keeping English skill levels up is going to be even more important because students will have to communicate with new Americans and Sailors. SRF-JRMC is going to experience a shift in its maintenance partner.

“We have a new maintenance partner in taking care of USS George Washington (CVN 73) (GW) by the members of the Puget Sound Naval Shipyard (PSNS),” said Douglas. “They do not understand the culture and the language, but we still have to communicate with them. We have a joint project team to work with GW, between the PSNS and SRF-JRMC members, on both sides, Americans and Japanese. We have to be able to communicate with them. The level of complexity of our communication continues to increase.”

## SRF-JRMC、コミュニケーション能力を向上中

文・写真：安達慶一、CFAY広報課

「語学訓練の一環として、艦船の乗組員と自分の仕事について話す機会があった。当然ではあったが、彼が何を話しているかは十分には分からなかった。1週間後、別の乗組員と話してみた。彼の話していることも良く理解できなかった。このことから、自分の仕事において英語がとても重要であること、乗組員と話していた時は緊張していたと気がついた」と艦船修理廠及び日本地区造修統括本部（SRF-JRMC）の船殻工場働く酒谷昂史さんは、訓練生語学訓練の卒業式に行なったプレゼンテーションの中で述べた。

卒業式はSRF-JRMCの会議室で行なわれ、講師の紹介、スピーチや訓練生たちの発表などで構成された。

10ヶ月の訓練を終え、SRF-JRMC司令官ステファニー・ダグラス大佐、SRF-JRMCを代表する指導者、訓練生の監督者と同僚が卒業式を祝うために集まる中、14人の訓練生たちは英会話の運用能力を披露した。

英語講師の1人クリステン・バリンルードさんは4年間訓練生に英語を教えてきた経験から、語学コース指導の感想をこう話した。

バリンルードさんは、生徒が複雑な文法や単語、もしくは米国文化の一面を十分に理解すると、すぐに目の輝きが変わり、分かったのだという様子を見せたと言う。そのことで、こちらの気分も良くなっ

たものだと回想し、こう続けた。「主に生徒たちは話す事と聞き取りを学びたいと口にする。しかし、『会話』か『文法』かという選択を与えると、生徒は『文法』を選ぶかもしれません。それは、生徒は『文法』に慣れ、知っているからです。常に生徒の能力を高めることを目指してはいますが、余り緊張をさせないようにも努めています。」

語学訓練部主任を務めるデイビッド・ギルソンさんによると、1984年、SRFは日本人従業員用の語学育成プログラムの実施可能性を見極める調査を決定。調査を終了しプログラムが必要と判断された。そして1985年には、英語訓練プログラムを発足し、訓練生英語クラスも産声を上げた。

「SRF-JRMCにおけるコミュニケーション上の問題は、業務を正しく終える為に絶対に解決されるべきです。ここに語学訓練の真髄が問われるのです。SRF-JRMCによる語学訓練に対する支援のおかげで、素晴らしい教室、より重要である有能な講師がいるのです」とギルソンさんは講師紹介のスピーチで語り、こう続けた。「従業員の持つ第二言語能力の向上を補助することにより、我われの献身的なチームはSRF-JRMCの任務への貢献のために懸命に働いている。」

ギルソンさんによると、訓練生英語クラスの主な目的は、訓練生の会話力と文書読解力の向上を通じて、口頭でのコミュニケーションの向上だ。この訓練で業務を行なう上での英語使用の可能性を高めてくれる。

訓練生の発表後、ダグラス大佐は訓練生たちに卒業修了書を授与、短いスピーチを行った。ダグラス大佐は訓練生たちが業務上英語で会話ができるというSRF-JRMCにとり重要な任務の達成に貢献した語学訓練部の努力を個人的に労いたいと述べた。

「SRF-JRMCにとり業務に於いてコミュニケーションが良く取れることは重要であり、更に部署や艦船の乗組員たちとのコミュニケーションの確保はとても大切です。訓練生の1人が『乗組員との会話』について語ってくれましたが、それは本当に大事な事です」とダグラス大佐はスピーチの中で述べた。

訓練生たちはこれから将来パートナーとなるアメリカ人や顧客となる乗組員とコミュニケーションを持つ必要があるため、英語の運用能力の保持はより重要課題になるだろうとダグラス大佐は話し、SRF-JRMCは整備修理を行うパートナーの転換を余儀なくされると伝えた。「ピュージェット・サウンド海軍工廠（PSNS）の従業員と言う空母ジョージ・ワシントン（CVN 73、GW）の面倒をみる新しい整備修理パートナーとの協力が必要となります」とダグラス大佐は話し、こうスピーチを締めくくった。「PSNSの従業員は日本文化も言葉もわかりませんが、コミュニケーションは不可欠です。GWと協働するジョイントチームであり、米国人のPSNSとSRF-JRMCの従業員で構成されます。ですからコミュニケーションの確保が必要となり、コミュニケーションの複雑の度合いは上がり続けます。」

## Head's Up Yokosuka! Community Announcements

**American Red Cross Youth Volunteer** – Calling all youth! Would you like to gain hands-on skills and experience, or give back to the community? Why not become a youth volunteer? Stop by our office located on the 2nd floor of the Community Center or call 243-7490 for more information on volunteer and leadership opportunities. Together, see what a difference we can make.

**American Red Cross Community Courses and Training** – If you'd like to become a volunteer, register to attend one of our volunteer orientations held the first and third Wednesday of every month at 10 a.m. CPR, First Aid, and Automated External Defibrillator (AED) certification is scheduled for Saturday, July 12 or July 16. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

**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.

**Make yourself heard** – "Proceedings" a military publication produced by the U.S. Naval Institute (U.S.N.I.), is looking for enlisted personnel and junior officers from all services to submit essays and opinions to help the magazine maintain their "high intellectual energy level." You don't have to be a polished writer in order to submit; "Proceedings" only asks that you have something to say that matters. They will help you to get your words down. Some prestigious people such as Chairman of the Joint Chiefs of Staff Adm. Mike Mullen, Chief of Naval Operations Adm. Gary Roughead, Commandant of the Marine Corps Gen. James Conway, Commandant of the Coast Guard Adm. Thad Allen and author Tom Clancy have all contributed to USNI publications, often, when they were in junior positions. Go to <http://www.usni.org/magazines/AuthorGuidelines.asp> for more information.

**TRICARE Online offers prescription refills** – TRICARE Online (TOL) is now giving you more options for online management of your health care needs, including refilling your prescriptions using TOL. There are three unique components of this online capability: request prescription refills at U.S. Naval Hospital (USNH) Yokosuka, check refill status and request prescription refills from TRICARE Mail Order Pharmacy (TMOP). If you are a TRICARE Prime Pacific beneficiary and are registered with a TOL account - your account is power! Log onto [www.tricareonline.com](http://www.tricareonline.com) to access this new feature. Contact the TRICARE Service Center at 243-9528 or 243-8740 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.

**New Ikego Bulk Item Trash Pickup Service** – If you reside in an Ikego Townhouse, please call 246-8302 for bulk item trash pickup. The contractor will only pick up the items you have placed on your front patio. Please inform the contractor which items you would like to get picked up to ensure they do not mistakenly dispose of undesigned items. If you reside in an Ikego High-Rise, please place your bulk items in the dumpster enclosure. Prior arrangements are not necessary. Call 246-8302 for more information.

**7TH FLEET**, cont'd from pg. 1

After thanking Willard and Crowder, Bird told his staff: "You have my solemn pledge that I will ensure the operational readiness of 7th Fleet to quickly and decisively respond to the full range of contingencies, from humanitarian assistance to high-end military operations."

Bird is the 46th commander of the U.S. 7th Fleet, which has responsibility for all naval forces in an area spanning more than 52 million square miles of the Pacific and Indian Oceans – stretching from the international date line to the east coast of Africa, and from the Kuril Islands in the north to the Antarctic in the south.



(Left) 7th Fleet Chaplain Capt. James Puttler, Vice Adm. John M. Bird and Vice Adm. Doug Crowder, salute while Sailors raise Bird's personal flag after assuming command of U.S. 7th Fleet from Crowder during a change of command ceremony held July 12 aboard *USS Blue Ridge* (LCC 19).

U.S. Navy photo by MC1 (SW) Ben Farone

**TRAINING**, cont'd from pg. 1

While training leadership is the first step in prevention, spreading the word on the deckplates will help ensure success.

"The target audience today is the trainers or leaders," Ford said. "We hope to have these trainers go out and present this information to all hands situations like general military training (GMT) and departmental training or quarters," Ford added.

Chief Machinist Mate Silverado Delacruz, a native of San Diego, said the training helped highlight the importance of controlling violence.

"I learned a lot about controlling your emotions, what not to do during confrontations and avoiding situations where you can lose a lot, your family and your career," Delacruz said.

Storekeeper 2nd Class (SW) Mariel Gatbonton, a native of Dededo, Guam gathered helpful information as well.

"I learned a lot during this training, how to sacrifice yourself for your family for a better future, because you care," Gatbonton said. "I also learned how to stay in control if someone disrespects you."

## Pet of the Week



This week's Pet of the Week is Takachan. Takachan is a one and a half year-old female. Takachan is spayed and has all her shots up to date. Takachan gets along well with most children, is playful, as well as talkative! She would be a great addition to any family.

To find out more about Takachan 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](http://www.pawsyokosuka.org).

Photo by Vicki Boehler

# The bridge

By Chaplain Donald Moss

Two brothers inherited the family farm. They divided the farm in half and each brother built his own house on his own side. The brothers, Giorgio and Giovanni, hated each other. They argued about everything. Finally, they came to blows and stopped speaking to each other.

Giovanni sat in his house and considered how he might strengthen his position against his brother. He decided to hire a crew to dig a deep ditch between the two farms. The workers labored for months, digging the ditch very deep. After the ditch was finished, Giovanni was very pleased because he knew his brother would be very offended and know how much Giovanni hated him.

Giorgio was offended by the huge ditch that divided their property. He considered how he might get even with his brother. He considered and considered. Finally, he decided to build a high fence around his house. He wanted the fence high so that Giovanni could not see his house. He knew that would offend Giovanni and show him how much he hated him.

So, Giorgio hired a carpenter to build the fence. He instructed him to build it high, so that Giovanni could not see in. He instructed the carpenter to complete the fence while he was away on business. Giorgio hoped the fence would be completed upon his return.

When Giorgio came back, he was disappointed to see there was no fence. He immediately approached the carpenter to ask, "Why haven't you completed the fence?"

The carpenter answered, "Sir, I am sorry. I decided to build what you needed, not what you wanted". The carpenter took Giorgio to the ditch and showed him a most beautiful bridge that he had constructed.

While Giorgio was viewing the bridge, Giovanni looked out the window and saw the beautiful bridge. He said, "Blessed be God and all the angels and saints. My brother has decided to forgive me. I must do something."

So, Giovanni went to the village and bought a new cow to give to his brother as a present. When he returned with the cow, he began to cross over the bridge.

Giorgio looked out the window and saw Giovanni coming with the cow. He said to himself, "Oh blessed be God and all the angels and saints in heaven. My brother is coming to visit me. He must have forgiven me. I must go out to meet him."

So, the two brothers met on the bridge to forgive each other. Then they approached the carpenter and asked him to stay on to help them build more fine things. But the carpenter couldn't stay. He had to move on to help other people build bridges in their lives.

They never knew the name of the carpenter. Some say it was that famous carpenter mentioned in the bible. If you ask, that carpenter will help you build some bridges too.

## 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](http://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

**Child Development Operations Assistant (OA)** – YB-303-1, CFAY-101-08. Open: 7-11-08, Close: 7-24-08.  
**Education and Training Technician** – YB-1702-1, CFAY-102-08. Open: 7-11-08, Close: 7-24-08.  
**Public Affairs Specialist** – YA-1035-1/2, CFAY-104-08. Open: 7-11-08, Close: 7-24-08.  
**Supervisory Safety and Occupational Health Specialist** – YC-0018-2, CFAY-105-08. Open: 7-11-08, Close: 7-24-08. \*Japan wide.

### Continuing

**ESL Instructor** – YA-1701-2, SRF-100-08. Open: 07-03-08, Close: 08-01-08.  
**Public Affairs Technician** – YB-1002-2, NH-84-08. Open: 6-27-08, Close: 7-18-08. \*Japan wide  
**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](http://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 Delivery Operator** – Food Services. \$8.28/hr.  
**Food Service Supervisor** – Food Services. \$10.74/hr.  
**Food Service Workers** – Food Services. \$8.28/hr.  
**Food Service Worker Leader** – School Lunch. \$9.10/hr.  
**Motor Vehicle Operator** – School Lunch. \$9.66/hr.  
**Front Desk Clerk** – Navy Lodge. \$7-\$8/hr.  
**Department Manager** – Autoport. \$31,936-\$40,634/yr.  
**Automotive Mechanic** – Autoport. \$13.63/hr.  
**Department Manager** – Main Store. \$31,620-\$48,844/yr.  
**Customer Service Clerk** – Main Store. \$8.25-\$9/hr.  
**Sales Clerk** – Main Store. \$6.50-\$8/hr.  
**Specialty Sales Clerk** – Main Store. \$7-\$9/hr.  
**Supervisory Sales Clerk** – Main Store. \$8.39-\$11/hr.  
**Store Worker** – Main Store. \$8.28/hr.  
**Retail Operations Clerk** – Main Store. \$9-\$11/hr.  
**Service Clerk** – Personalized Services. \$7.25-\$8/hr.  
**Equipment Rental Clerk** – Rental Center. \$7-\$8/hr.  
**Hair Stylist** – Beauty Salon. Commission.  
**Receptionist** – Beauty Salon. \$7-\$8/hr.  
**Vending Operations Clerk** – Vending. \$7-\$9/hr.  
**Inventory Supply Clerk** – Distribution Center. \$9.50-\$11/hr.  
**Warehouse Worker** – Distribution Center. \$9.66/hr.  
**Forklift Operator** – Distribution Center. \$10.35/hr.  
**Security Guard** – Distribution Center. \$7.50-\$9/hr.  
**Cashier** – Cash Office. \$7.50-\$9/hr.  
**Human Resources Assistant** – Human Resources. \$8.39-\$10/hr.  
**Laborer (Visual Merchandising)** – Visual Merchandising. \$8.28/hr.  
**Retail Operations Clerk** – Procurement. \$7.50-\$8.50/hr.  
**Security Guard** – Loss Prevention. \$7.50-\$9/hr.  
**Hair Stylist** – Negishi. Commission.  
**Food Service Worker Leader** – Ikego. \$9.10/hr.

## Miscellaneous

**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 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.

Please call the Chapel of Hope at 243-6773 for more information.

**Emergency Medicine Physician** – The Government is seeking to place under contract, an individual who holds a current, unrestricted license to practice as an Emergency Medicine Physician in any one of the fifty States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands. The deadline for submission of solicitation package is July 25, 12 p.m. For details, call Ms. Kobayashi/FISC Contracting at 243-6835 or (046) 816-6835. Solicitation#: 08-Q-2316.

**Post-Deployment Service Coordinator** – The Government is seeking to place under contract, an individual who holds a current, unrestricted license to practice as a licensed social worker or licensed marriage and family therapist in any one of the fifty States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands. The deadline for submission of solicitation package is July 25, 12 p.m. For details, call Ms. Kobayashi/FISC Contracting at 243-6835 or 046-816-6835. Location: U.S. Naval Hospital Yokosuka. Solicitation#: 08-Q-2424.



**Groups**  
**POWER LAB**  
DISCOVERING JESUS' MIRACULOUS POWER

Give your children a new enthusiasm for God's word- and for Jesus! As kids engage with fun, science-themed surprises, you'll see amazing things happen. A week of games, Bible stories, crafts, and dramatic skits all add up to making a life long difference in the lives of your children!

**VACATION BIBLE SCHOOL 2008**  
(Sponsored by the Protestant Services of the Chapel of Hope)

**WHO:** Any child starting Kindergarten-5th grade  
(Pre-school is available for volunteer's children!)

**WHEN:** Monday, August 18th- Friday, August 22nd  
0900-1215

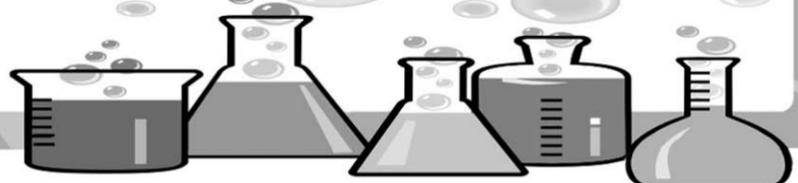
**WHERE:** Chapel of Hope

**COST:** FREE!!!!

**VOLUNTEERS ARE NEEDED!**

There are a ton of opportunities for adults and responsible teens to help. Please check out the web-site to find out how you can participate in making this year's VBS one of our best yet!

For more information and to REGISTER YOUR CHILD ON-LINE, go to:  
[www.groupvbs.com/webtoebox/myvbs/YOKOVBS](http://www.groupvbs.com/webtoebox/myvbs/YOKOVBS)  
Registration forms are also available in the chapel office.  
Questions? Call Cara Balseca at 243-7321 or Nate Johnson at 243-6175 or e-mail [yokovbs@fastmail.net](mailto:yokovbs@fastmail.net)



# 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 |
| TUE                 | Women's Bible Study  | 0900 |
| WED                 | Confession   | 1600 |
| WED                 | Perpetual Help Novena, Main Chapel                           | 1700 |
| WED                 | Mass, Main Chapel  | 1730 |
| 2 <sup>nd</sup> TUE | Pre-Baptism Class  | 1830 |
| THU                 | Choir Practice, Main Chapel                                  | 1700 |
| FRI                 | Choir Practice, Choir Room                                   | 1700 |
| 1 <sup>st</sup> FRI | Mass, Main Chapel  | 1700 |
| SAT                 | Vigil Mass, Main Chapel                                      | 1700 |
| SAT                 | Baptism, Main Chapel   | 1500 |
| SAT                 | Confession, Blessed Sacrament Chapel (or anytime by request) | 1600 |

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

## General Protestant

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

## Protestant Liturgical

|     |                                    |      |
|-----|------------------------------------|------|
| SUN | Communion Service, Fellowship Hall | 1100 |
|-----|------------------------------------|------|

## 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 2, 3 and 5 | 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)

## Jewish Faith Community

|     |   |      |
|-----|---|------|
| FRI | Shabbat and Kiddush, Jewish Chapel (Chapel of Hope) | 1800 |
|-----|---|------|

## Soka Gakkai International (Buddhist)

2<sup>nd</sup> AND 4<sup>th</sup> 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 0930

### COMPASS Spouse Support Group

WED, THU, FRI (Last week of month), Room 5 0900

### Men's Christian Fellowship

TUE Study Group (Fleet Rec 3<sup>rd</sup> Deck) 1130  
3<sup>rd</sup> SAT Breakfast (Location varies)  
\*Runs from September to June

### NEGISHI: Chapel of the Rising Sun • 242-4183

## Roman Catholic

|     |                   |      |
|-----|-------------------|------|
| SUN | Mass, Main Chapel | 0800 |
| SUN | Confession        | 1700 |
| SUN | Bible Study       | 1730 |
| THU | CCD, classrooms   | 0900 |

## 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!

Marc Nash and Kyoko Nash are the proud parents of **IRENE AIKA NASH** born June 24, 2008 at 1:44 p.m., weighing 7 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, July 21

**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.

**Managing Your Transition (TAMP)** 7:30 a.m. (4-1/2 days): This seminar is for separating military and pre-retirees. The program will inform you about your veteran's benefits, retirement pay and travel entitlements. The class focus will be on job search strategies, interview skills, resume preparation and the psychological preparation necessary for transitioning to a new career. Spouses are urged to accompany the transitioning service member. Reservations must be made through your Command Career Counselor.

### Tuesday, July 22

**Area Orientation Brief and Intercultural Relations Class (Pre-registration required)** 7:45 a.m. (4 days): **July 22-25, 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.

**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.

**The Basics of Retirement Planning** 10 a.m. (1.5 hrs.) If working as a Walmart greeter at age 65 is your dream, skip this class. However, if you want to plan for your financial future, this class is for you. In this class, you'll learn about the value of time and money. You'll learn that a few good financial decisions in your 20s or 30s can drastically improve your retirement outlook. You'll learn about investment strategies, which states do not tax retirement income, and other cost related information. Nobody plans to fail, they fail to plan!!!

### Wednesday, July 23

**Youth Enrichment Class – Decision Making (Middle school students)** 3 p.m. (1 hr.): Decision, decisions, decisions – seems like you always have to make them even when you are in middle school. We can teach you effective ways of solving everyday problems as well as making appropriate decisions. The training is for ages 10-14 (15 if student is still in middle school). Must meet 4 times for 1 hour session to obtain a certificate of completion.

### Thursday, July 24

**Car Buying Strategies** 11 a.m. (1.5 hrs.): Check out my ride! Do you know what a holdback is? If not, we'll see you in class. In this class, you'll learn all the ins and outs of buying a car. How to negotiate price, trade-in, financing, etc. We'll teach you lingo that car sales people speak, and the strategies they use. You'll learn about car insurance, premiums, deductibles, gap insurance, and a host of websites that will arm you with the knowledge to get the best deal on wheels.

**Family Readiness Leadership Meeting and Training** 11 a.m. (2 hrs.): This is an opportunity for Family Leadership Readiness Group Leaders to discuss the opportunities and challenges facing family readiness groups here in Yokosuka as well as to share ideas and ask questions of other groups. All FRG leaders, Command Leadership, and Command Leadership Spouses are encouraged to attend.

**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.

**Making Decisions** 9 a.m. (1.5 hrs.): Are you willing to try and new and different perspectives of how to resolve conflicts, dilemmas and challenging issues? Well, the Fleet and Family Support Center is now offering a new class on different methods of how to make decisions. For further information and sign-up, please call 243-3372.

### Friday, July 25

**Home Buying Basics** 1:30 p.m. (1.5 hrs.): Only the biggest financial decision you'll ever make. In this 2-hour session, you'll learn about the loan process, types of mortgages, how to choose a real estate agent, lending institutions, how to avoid costly mistakes, the VA program, and the correlation between FICO scores and interest rates. We'll talk hot markets, cold markets, prime rates and closing costs. Realtors, lenders and builders all make money off you. Don't let them get more than they should. You'll get 6 weeks of financial information in 2 jam packed hours!

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

**Separating or Retiring in Japan** 2 p.m. (2 hrs.): Participants will learn to the procedure for separation from military/government service in Japan from a topic expert. The class will cover various entitlements and restrictions and how they affect SOFA. Attendance is recommended for those considering separation from service with the intent to stay in Japan.

## Upcoming Classes

|         |  |
|---------|--|
| July 28 | English as a Second Language                                     |
| July 29 | Government Employment Tips<br>Your Japanese Home                 |
| July 30 | Youth Enrichment (High School)                                   |
| July 31 | No Classes   |
| Aug. 1  | PCS Workshop<br>Negishi – Kid's Craft<br>Yokosuka – Play Morning |

**Negishi FFSC**  
242-4125

**Fleet and Family Support Center**  
243-FFSC (3372)

**Ikego FFSC**  
246-8052

Visit our Web site: [www.cfay.navy.mil/ffsc/index.htm](http://www.cfay.navy.mil/ffsc/index.htm)

## Automobiles

**'96 Toyota Hilux Surf SSX.** 15 months JCI remaining. Inspection due September 2009. Blue and silver. Looks good, runs great. Automatic transmission, power everything, four wheel drive, cold A/C. 107,000 miles. Call Mike: DSN 246-5975, cell 090-6532-5774, e-mail: irongoliath@gmail.com. Asking \$3,000 obo.

**'94 Toyota RAV4.** 2-dr, excellent vehicle. \$2,000 obo. '93 Mitsubishi RVR. Runs great. \$500. Mike, 080-5004-2619/(046)822-1775/243-6237, Michael.wyckoff@dla.mil.

**Angel Motors – Specializing in U.S.A. Spec (LHD) Models!** American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! 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.

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

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

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

## Services

**Birthday cakes and things is back open for business.** For my most recent retirement birthday, baby shower and cupcake cakes, please check out www.myspace.com/tinh27, or birthdaycakesandthings.com

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

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

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

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

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

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

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

**LTO and Free Junking.** Need to junk it now? Don't wait days. JCI inspection, title transfers, road tax, deregistration, T-plate. 12 years in Japan. Negishi, Ikego, any transmission OK. Call Derrick, 241-4415 or 090-3592-8809.

**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.** New registration, Japanese inspection, transfer registration, deregistration, change of address. Road tax, temporary plates. 日本語もOK. Call Cherry, 080-5046-0689.

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

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

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

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

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

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

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

**Waxing (B.B. and all kinds), Manicure, Facials.** G's Salon "straight from Manhattan" personalized service to bring out the beautiful you! Please call 241-2474 or 080-5677-6532 for appointment.

**We can motivate Japanese lesson for shopping, dining out, or prepare for JLP Test for your fulfilling career at your location or my school.** Private, ¥3,000/80 min. Contact youcanlearnjapanese@gmail.com.

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

## Wanted

**Drivers wanted for on-base taxi service.** Will train. Make some extra cash during your off hours (2 hours minimum)...pretty good tips. Morning shift is available from 5:30 a.m. Contact 243-4511 or 090-3205-3472. Supervisory and Management training positions available. オンベースタクシーの運転手(パート)募集。MLC及びIHAでベース内で働いている方々、出勤前及び業務終了後の数時間働いてみませんか? 月曜 - 金曜 (Kitty Hawkが入港中) 4 a.m. - 8 a.m. は(2時間でもOK) 運転好きな方、チップも入るし結構稼げますよ (普通免許でOK)。243-4511か090-3205-3472まで電話ください。

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

**Needed nanny from 7 a.m.-4 p.m., Monday-Friday in our home on Yokosuka main base.** Must care for two children (5 years old) before and after school and one all day (2 years old). Must care for all three when school is out or when students are released early. Light housework required. Pay: \$1,350/month. Interested individuals, call 090-9390-6806.

## Positions

**Facility Engineers (Heavy Electrical Machinery Division).** 1. Have educational background on electricity and understand electrical theory. 2. More than three years on-the-job experience for heavy electrical machinery. 3. Business level English and Japanese (speak, write). 4. Proper valid work visa. Workplace: Tokyo Metropolitan area. Pay: ¥350,000 and above/month. Transportation cost paid (Max. ¥40,000). Paid vacation and holiday. Retirement age: 65 years old. E-mail your resume to: m-watanabe@s-mt.co.jp. Shi-ei Real Estate Business Co., Ltd.

**Laboratory Technician needed at The Center for Health Promotion and Preventive Medicine-Pacific, Camp Zama.** U.S. citizen possessing a Bachelors of Science in Life Science is desired. Please contact Captain Guan at 263-8490, or jian.guan@amedd.army.mil.

**SoftBank Telecom is hiring energetic outgoing Sales Staff for the Yokosuka branch.** Dayshift only. Comp. wages. Apply in person 1<sup>st</sup> floor Fleet Recreation, or send resume 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

**Moving Sale.** Kerosene heaters, transformers, Japanese style tread mill, Japanese telephone line with Japanese phone, plus more. Mike, 080-5004-2619/(046) 822-1775/243-6237, Michael.wyckoff@dla.mil.

## 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.

**Moving to NAS Jacksonville, NAVSTA Mayport.** I have an immaculate home with 2-car garage, 3BR, 3 baths, refrigerator W/D deluxe home theater package. Please call 241-4494, 080-6744-5468 anytime. E-mail: lenlenbj@msn.com.

**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.

**Unable to locate jobs on military bases?** Here is an excellent opportunity for spouses as distributors! Our products are for men and women! Our products are PROVEN to reduce wrinkles, sagging skin, bags under the eyes, lines on the forehead, unwanted flab, hair rejuvenation and increased antioxidant absorption. And our products are scientifically based and one-of-a-kind! Scientifically Proven Anti-Aging Treatment with Galvanic Spa – Look 10 years younger in just 10 minutes. Taking vitamins? Try LifePak Nano – Best on the market and results confirmed. Call Rick at (042) 542-2977/080-3394-4647, or via e-mail at: rikisan2007@hotmail.com, or visit my Web site at: http://anderson.nsedreams.com.

**We offer our dishes unforgettable experience, combining exquisite cuisine from all regions of India with a graceful ambience.** Great exotic tastes that exhibit the riches of a glorious past and the luxury of a colorful presents. We have many innovative dishes not found at other Indian restaurants and prepare your food exactly the way you like. Tel. (046) 821-1922, 080-3015-1749.

**World Friends International Party Yokohama, July 19, Saturday, 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.

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

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

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

seahawk yokosuka@ys020407.americablejapan.com

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

**Asahi Advertising, Inc.**



(Left) AG2 Brianna Frazier and AG2 Kristopher Rodriguez, release a weather balloon on *USS Kitty Hawk's* (CV 63) fantail July 9. The balloon rose to about 30,000 feet and a 'radiosonde' on it gathered wind, temperature, dew point and humidity readings from the atmosphere. The data was then used to predict the capability and range of the ship's radar systems. *Kitty Hawk* is participating in the 'Rim of the Pacific' exercise with units from Australia, Chile, Japan, the Netherlands, Peru, South Korea, Singapore and the United Kingdom.

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



U.S. Naval Hospital (USNH) Yokosuka staff conducted their command physical training regimen followed by a 5k run led by Commander Navy Medicine West Rear Adm. Christine M. Hunter as part of the day-long USNH Yokosuka change of command celebration July 10.

Photo by Jill Ward



Deck Department Sailors assigned to the amphibious command ship *USS Blue Ridge* (LCC 19) fake out three shots of the starboard side anchor chain to perform maintenance on the swivel shot and detachable links June 25. *Blue Ridge* serves under Commander, Expeditionary Strike Group 7/Task Force 76, the Navy's only forward deployed amphibious force.

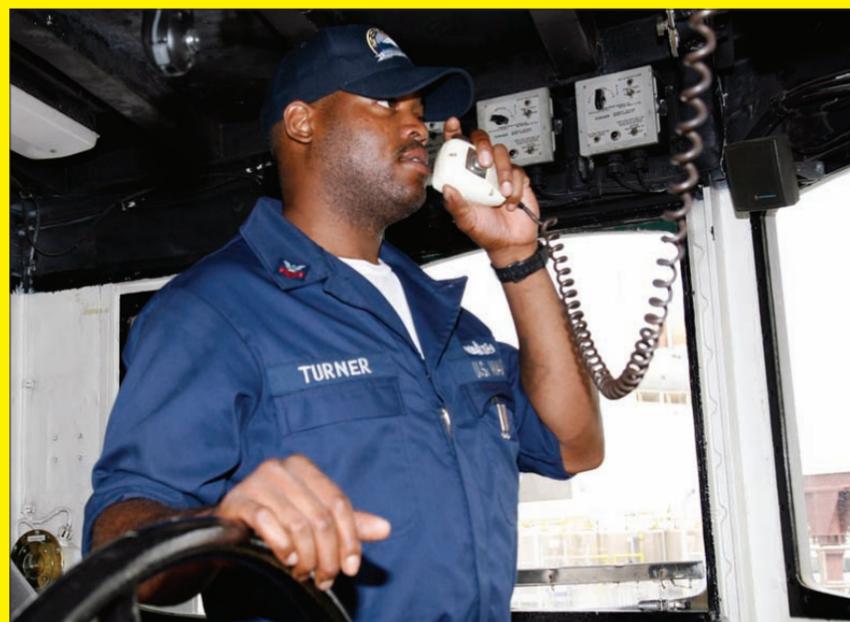
U.S. Navy photo by MC2 Peter D. Lawlor



PCSN Larry Robinson from Clarksville, Tenn., puts customs forms onto multiple packages at the Fleet and Industrial Supply Center (FISC) Yokosuka Post Office. FISC Yokosuka Post Office services more than 20,000 Sailors, Marines, Soldiers, families and civilians living in and around the Yokosuka area.

U.S. Navy photo by MCSN Stephen W. Rowe

## Konnichiwa!



QM1(SW) James Turner talks with Commander Fleet Activities Port Operations dispatcher from the bridge of tug boat YTB 787 *Kittanning*.  
Photo by Yuji Kawabe

- Where do you work? CFAY Port Operations.
- How long have you been in Japan? Three years.
- What is your favorite sport? Football.
- Life goal? To become a master chief.