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Seahawk 海鷹 Umitaka



U.S. Fleet Activities, Yokosuka, Japan

Vol. LVIII, No. 30

www.cfay.navy.mil

Aug. 1, 2008



YOKOSUKA FRIENDSHIP DAY

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

Pacific Fleet master chief visits Yokosuka

By MC3 Gabriel S. Weber, Fleet Public Affairs Det., Japan

Pacific Fleet Master Chief (SW/AW) Tom Howard visited Yokosuka, Japan July 16-18 during his tour of U.S. naval installations in the 7th Fleet area of operations.

Howard gathered with chief petty officers from commands at Commander Fleet Activities Yokosuka for an early morning workout, after which he spoke to them about the importance of their mission and their role as enlisted leaders.

"Nowhere else is the Navy more important, in my opinion," said Howard. "Our mission out here in the Western Pacific is a mission that people who haven't been here don't fully understand. For forward-deployed naval forces (FDFN) in the Western Pacific, specifically here in Japan, our mission is a very high op-tempo mission. Our Sailors here are routinely deployed from Yokosuka or Sasebo. Even when they're in [Yokosuka or Sasebo], they're actively engaged in what they need to be doing."

Howard added that his previous assignments in Japan helped him understand the importance of the FDFN mission and the sacrifices of the Sailors in the region.

"I spent five-and-a-half years here in Japan before moving to Hawaii and I understand what the FDFN is all about; I understand the challenges our Sailors sometimes face out here and it's important to come back out here and to engage with them. We've got great leadership out here from our flag officers down to our youngest Sailors and it's important to make sure that our young Sailors understand how important they are."

For Chief Personnel Specialist (AW) Louis Saldaña from Plainview, Texas, Howard's visit showed his support for the Sailors of the Pacific Fleet.

"His visit shows that he is supporting us, not only in the FDFN, but throughout the Pacific area," said Saldaña. "That trickles down to all the troops."

Howard said the group workout session is important for building



Pacific Fleet Master Chief FLTCM(SW/AW) Tom Howard visited *USS Blue Ridge* (LCC 19) and discussed new Navy uniforms, liberty policies, and revised chief petty officer evaluations with ship's company and 7th Fleet Staff Sailors on the ship's mess decks July 17.

U.S. Navy photo by MC3 Class Heidi McCormick

unity among the chiefs of the Pacific Fleet.

"I think that anytime we can get the entire chief's organization together like this, we're able to build our own 'esprit de corps,' it builds camaraderie within the chief's organization. I think it's a phenomenal event when Yokosuka chiefs are able to get together in the way they did and it's great for the other Sailors to see that."

Saldaña added that having chief petty officers participate in the physical training sets a good example for junior Sailors to follow.

"When they see that the Fleet Master Chief is out here and the chiefs are out here, it tells them that they should be out here, too, as a unit."

NCIS agents, fire fighters add new tools to toolboxes

Story and photo by Dan Bowen, CFAY Public Affairs

Naval Criminal Investigative Service (NCIS) special agents and fire fighters representing services and facilities from around the Far East attended the Fire Investigator course, a two-week program teaching arson investigation techniques and procedures, at the CNFJ Fire Department onboard Commander Fleet Activities Yokosuka (CFAY) July 14-25.

The course covered the entire spectrum of fire investigation beginning with the basic fire tetrahedron and progressing through the effect of fire on various building constructions, the effects of different types of incendiaries, accelerants and locating the origin and cause of fires. It



Misawa Air Force Base Fire Protection Inspector Kouko Matsukura examines a charred chair taken from the burn room looking for any tell-tale signs to determine the cause of the fire during the practical training phase of the Fire Investigation course held at CNFJ Regional Fire Department July 22.

also included a presentation by Commander U.S. Naval Forces Japan (CNFJ) Force Jag Advocate Lt. Cmdr. Glen Hancock detailing the procedures required for collecting and packaging evidence and testifying at court.

"We strive to be well-rounded investigators and be able to come onto any scene and determine the cause of what happened and who's responsible, whether it's an accident or intentional," said Marine Corps Air Station Iwakuni NCIS Special Agent Terrence Guishard. "[The course] gives you what you need to get to a scene and know what you're doing, to be more confident investigating fires."

A plywood building, separated into a properly furnished bedroom, living room, storage room, and office was constructed behind the CNFJ Fire Department and burned to simulate the different types of fires an investigator will face in the field.

"We were able to go into a burn facility and look at the effects the fire had in there," CNFJ Kanto Plain Training Chief Brett Johnson said. "We took all the little things into account, such as whether it was an accident or intentional, and tried to determine the origin and then the cause of the fire."

Course participants were evaluated as they photographed the scene, investigated each item in the room, examined the burn patterns and looked for clues. A comprehensive written exam was given on the final day of the class. A score of 70 percent or better will earn attendees the title of certified Department of Defense Arson/Fire Investigator.

The Fire Investigation course was taught by James "Cotton" Thompson, an adjunct instructor for the Maryland Fire and Rescue Institute and the National Fire Academy. Thompson has been teaching Fire/Arson Investigation courses since 1985 and is recognized as one of the premiere instructors in this field.

"We chose Maryland Fire and Rescue Institute for two primary reasons: first, their reputation for delivering quality training to their customers; and secondly, their ability to award state and national certifications to candidates who successfully complete both practical training and required written exams," said CNFJ Regional Fire Chief Russell Tarver.

司令官の相談室



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



CMDCM Wayne E. Smith,
Command Master
Chief

www.gsa.gov/smartpay for more information

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.

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

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.

BZ: This letter is written to you in the hope that you would find it possible to formally express my sincere appreciation to the following people for the excellent support and assistance they have provided and are still providing. Prior to my June 15 arrival, my sponsor answered every question I had and assured me repeatedly that I will be taken care of, and so it was. Chief Personnel Specialist Ferdinand Quinto of the USS George Washington (GW) Family Assistance Support Team (FAST) was able to send a friendly face to meet me at the airport, and I received help to get

on the bus by a member of his team, Fire Controlmen 2nd class Greg Bunder. At the Navy Lodge, I was met by my sponsor Angela LeMay, and what a great sponsor she is; husband and wife team Chief David LeMay and Angela are still checking on me daily to ensure that I am comfortable in this environment or if I require assistance. I couldn't have asked for more, I got the best. Also there to greet me was Chief Quinto and Lt. Manny Aranda. Chief Quinto had reconfirmed the bus arrangements with me via e-mail two days prior to my arrival. He also took care to e-mail my husband on the GW of my safe arrival. Personally, I have witnessed my share of sponsors throughout the years and I know that people have quite unreasonable requests and expectations of these sponsors. It never ceases to amaze me that there is not more emphasis on the fact that all sponsors are volunteers and should be treated as the valuable resource they are and not misused by people requesting sponsors. Most of the time, exactly those people are the most ill prepared, still blissfully ignorant of the new place and country upon their arrival, yet arrogant enough to expect sponsors to do what is ultimately their responsibility. The Fleet and Family Support Center (FFSC) sponsor coordinator, the sponsors and the GW FAST are doing an amazing job. FFSC can be proud to have such a dedicated staff member as Angela Lemay working for them. I have the privilege and pleasure to witness her going above and beyond her duties. From Personnel Support Detachment (PSD) Yokosuka to Housing office personnel including the Japanese translators assisting with house hunting or Navy Lodge personnel to the bus drivers on base, what a pleasure to be here. Thank you Security, TRICARE staff, FFSC, Morale, Welfare and Recreation (MWR) staff and the entire Area Orientation Brief/Inter-Cultural Relations (AOB/ICR) staff for a job well done and for making my arrival

so smooth and pleasant. A special thank you to a kind, unknown person that found my brand new eye glasses on the base bus and turned them into the Navy Lodge front desk. Amidst all the daily complaints you may receive, I hope this will let you know that there are fabulous people out there doing a fabulous job. I for one, am grateful to have found them and wanted to use this platform to express my appreciation and thank you all personally for your efforts in assuring that arriving GW families receive the best care.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an e-mail to cfay.pao.watch@fe.navy.mil. We welcome your feedback, especially if it is of a general nature and can help others. The next "Commander's Corner" live call-in show is tentatively scheduled for 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: Seahawk-Umitaka@fe.navy.mil.

Government Travel Credit Card change – Government Travel Credit Cards (GTCC) issued by Bank of America (BOA) will expire Nov. 29. Cardholders will receive a new GTCC from Citi sometime during the summer 2008. Cards will be shipped in a deactivated status, which means they are not available for immediate use. Cardholders will need to verify receipt of the new travel card by following the instructions on the sticker affixed to the front of the card. The card will be activated and ready for use Nov. 30. Your agency program coordinator will provide specific instructions on disposal procedures. Card disposal should only occur after Nov. 29. BOA will accept payments after the changeover for any charges applied to the old card. Cardholders need to pay all outstanding undisputed charges prior to Nov. 29. If your current GTCC issued by BOA is in good standing, you will automatically receive a new card. Keeping your account information up-to-date will ensure that you receive your card this summer. Only new applicants after Nov. 29 will need to apply for a card. Individuals whose accounts were deemed ineligible for a card under BOA will need to reapply for eligibility under the Citi contract. Your new card will be mailed to your mailing address on file with BOA, so ensure this address is current. Cardholders who do not receive their card by Oct. 31 should notify their agency program coordinator. Cardholders can visit the following Web sites at <https://www.navsup.navy.mil/ccpmd>, www.defensetravel.dod.mil or

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

Michelle Stewart Public Affairs Officer

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PRIVATE ORGANIZATION FINANCIAL TRAINING



Private Organization Financial Training for all board members (presidents, vice-presidents, treasurers and secretaries) onboard Fleet Activities Yokosuka will be held at the Fleet Theater from 9 a.m. to noon, Aug. 6.

The training is provided to introduce the new rules that govern private organizations and to provide training on various aspects of private organizations including financial management.

The training is open to all private organization members as well as all other interested parties.

Contact Commander Fleet Activities Yokosuka
Command Evaluation Office at 243-7294 or
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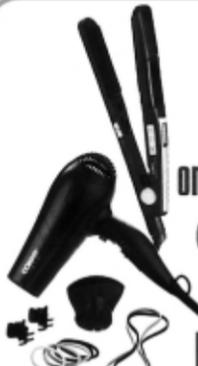
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Kitty Hawk serves as platform for missile defense system

By MCC Jason Chudy, *USS Kitty Hawk* Public Affairs

USS *Kitty Hawk* (CV 63) is serving as the aircraft carrier test platform of an anti-ship missile defense system, known as the Nulka, during exercise 'Rim of the Pacific,' which recently concluded.

The Nulka system is already in service on U.S. Navy destroyers and cruisers and some amphibious warfare ships, including the San Antonio class of dock landing ships, said Senior Chief Cryptologic (Technical) Steven Showalter of the Navy's Program Executive Office, Integrated Defense Systems Above-Water Sensor Directorate.

It is also installed on Australian and Canadian warships, but nothing as large as an aircraft carrier.

"This test will help with the process to see if it's feasible protection for the carrier," Showalter said.

Showalter joined with John Weare of the U.S. Naval Research Laboratory; Noe Duarte and Doug Morgan of the Naval Surface Warfare Center, Crane Division, Ind.; and Rich Magyar of Northrop Grumman on *Kitty Hawk* for the tests.

Other U.S., Canadian, Australian, and United Kingdom personnel were also taking part in the tests on other ships and aircraft as part of TAPA.

TAPA stands for The Technical Cooperation Program Anti-Ship Missile Defense Project Arrangement, and encompasses researchers and military personnel from Australia, Canada, the United Kingdom and United States.

The Nulka, an Australian Aboriginal word meaning "be quick", is basically a rocket-launched decoy system that draws enemy missiles away from the ship.

Although the system would be fired from shipboard launchers, *Kitty Hawk's* tests involved the Nulka being towed away from the ship by helicopter.

During the tests, Learjets carrying electronics simulating enemy missiles flew toward *Kitty Hawk*. Data from both the Learjets and the towed Nulka system will be brought to the U.S. Naval Research Laboratory in Washington, D.C., where it will be turned into a computer model of the tests.

"This will show what Nulka would do for the carrier," said Showalter about the computer models.

This is not the first time that the Nulka has been tested on a carrier. During RIMPAC 2006, *USS Abraham Lincoln* (CVN 72) also served as a test platform.



A *USS Kitty Hawk* (CV 63) Sailor and an Air Center Helicopters Incorporated employee hold wiring coming out of a MK-53 Nulka Decoy Launching System to a Bell 417 4E helicopter as it lands on the flight deck July 13. The Technical Cooperation Program (TTCP) joint task force were conducting the TTCP's Anti-Ship Missile Defense Project Arrangement which investigated advanced anti-ship missile capabilities using the Nulka. The Nulka system acts as a decoy for missiles launched at ships by simulating them electronically.

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

Kitty Hawk completed participation in RIMPAC with units from Australia, Chile, Japan, the Netherlands, Peru, South Korea, Singapore and the United Kingdom. Taking part were 35 ships, six submarines, more than 150 aircraft, and 20,000 Sailors, airmen, Marines, soldiers and Coast Guardsmen.

This was *Kitty Hawk's* last exercise before returning to the U.S. mainland for decommissioning in early 2009. *Kitty Hawk* first participated in the exercise in 1973.

Olmsted Scholarship Program seeks applicants for 2010

By Ed Barker,
Naval Education and Training Command Public Affairs

The Naval Education and Training Professional Development and Technology Center (NETPDTC) is accepting applications from regular or reserve line officers for the fiscal year 2010 Olmsted Scholarship Program.

Qualified officers with at least three years of commissioned service - but no more than 11 years of total active federal service as of April 1, 2009 - are eligible to apply for the program, which provides up to one year of foreign language study and two years of graduate study and other cultural travel experiences often leading to a graduate degree at a foreign university.

The Olmsted Foundation, named in honor of Gen. George and Carol Olmsted, and the Department of Defense have jointly sponsored this scholarship program since 1959. Since its inception, the scholarship has focused on educational and charitable purposes.

Retired Rear Adm. Larry Marsh serves as president and chief executive officer of the Olmsted Foundation and was an Olmsted Scholar from 1968-1970 in Munich, Germany.

"Gen. Olmsted, our benefactor and founder, certainly had great vision when he said that the world's greatest leaders must be educated broadly," said Marsh.

"For the past 49 years, our programs have educated young officers in foreign language fluency and foreign cultures, which are becoming more and more important in today's world. With the growing importance of foreign language training and cultural immersion, all the services plan to increase their quotas for Olmsted Scholars next year."

The scholarship program educates career line officers who display extraordinary potential for becoming future military leaders. The program is open to all branches of the U.S. military. Selected officers serve as full-time students in a two-year graduate internship at a foreign university.

Scholars normally study in a language other than English, and interact with the culture of their host country. A background in a specific foreign language is not a prerequisite to selection. Scholars are expected to live on the local economy, travel widely, and be affiliated with U.S. embassies or consulates for administrative purposes only. Olmsted Scholars receive their normal pay and allowances, and if married, are normally accompanied by their families.

With the selection of the 50th Olmsted Scholar Class on March 28, 491 scholars have completed, are completing, or are preparing for two years of study abroad. Their studies to date have been in 37 languages, in 175 different foreign universities, spanning 58 countries worldwide.

Olmsted Scholarship applicants are required to meet a list of qualifications and prerequisites, and complete and submit a command-endorsed nomination package no later than Sept. 15, 2008. Nomination packages are forwarded to NETPDTC in Pensacola. In October, the applications are reviewed and a final, Navy-sponsored list of nominees is selected.

The Navy nominations are then submitted to the Olmsted Foundation Board of Directors, along with nomination packages from the other services. During a comprehensive interview at their Falls Church, Va. Office, foundation staff examine the nominee's academic and professional background, motivation to be a scholar, choice of foreign university, proposed course of study, language aptitude and career goals. The interview panel makes its recommendations to the Board of Directors for final

decisions on the nominees at their meeting in late March 2009.

Recipients can expect to begin language training in the summer/fall of 2009 at the Defense Language Institute or a comparable course of instruction, with foreign university studies beginning in 2010 and completion of study in 2012.

Preferred courses of study include social and political sciences, history and international relations. Other non-technical or non-science choices made by the scholar may be authorized.

Historically, Olmsted Scholars have benefited from this opportunity and often promote to senior leadership positions. As of 2006, 32 scholars have achieved general officer and flag officer rank.

One such former Olmsted Scholar is Vice Adm. William D. Crowder, deputy chief of Naval Operations. Crowder was selected as an Olmsted Scholar and studied European Economic and Political Affairs at the University of Lausanne, Switzerland from 1980-82. In November 1982, he was awarded the Jean Monnet Medal for Leadership by the President of the French Senate in Paris.

"My Olmsted Scholarship laid the groundwork for the rest of my career and opened up my sight picture of the rest of the world," said Crowder. "It has served as an outstanding foundation for every job I've had since then. It was an incredible opportunity and in my opinion, the best graduate program the Navy has to offer. It was not just about career enhancement, but life enhancement."

Specific guidelines for applying for the Olmsted Scholarship Program can be found in NAVADMIN 158/08 and at the Olmsted Foundation Web site at www.olmstedfoundation.org/. The George and Carol Olmsted Foundation contributed information for this story.

For more news from Naval Education and Training Command, visit www.navy.mil/local/cnet/.

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New ship *USNS Richard E. Byrd* begins operations in 7th Fleet

By Sealift Logistics Command Far East
Public Affairs

Military Sealift Command (MSC) dry cargo/ammunition ship *USNS Richard E. Byrd* (T-AKE 4) entered the waters of the U.S. Navy's 7th Fleet July 24, marking the first Lewis and Clark-class multi-product combat logistics support ship in service in the 52 million-square-mile region.

Byrd replaces MSC combat stores ship *USNS Niagara Falls* (T-AFS 3), which has been forward deployed supporting 7th Fleet since 1994.

Though the entry into the fleet's territorial waters was unceremonious, it signals a significant change for Logistics Group Western Pacific, also known as Commander Task Force (CTF) 73, which will operationally control the ship while in theater.

"This ship will enable our command to provide the warfighter with a level of support that is unprecedented," said Rear Adm. Nora Tyson, CTF 73 commander. "It brings a much more robust capability to the fight."

The 689-foot-long underway replenishment vessel, known as a T-AKE, replaces the current capability of the Kilauea class ammunition ships and Mars class combat stores ships, and it also possesses the capability to refuel ships at sea.

"The combat stores ships are extremely capable and have developed a real 'can-do' culture for any mission in 7th Fleet. However, having the T-AKE as a one-stop

logistics ship in the Navy's largest theater will significantly improve the flexibility of our operations," said Capt. Jim Smart, CTF 73 assistant chief of staff for logistics.

"While we say a sad farewell to *Niagara Falls* and honor her many years of fine service and her reputation for professional excellence, we welcome and are glad to have *Byrd* and its crew on the Navy team in the Western Pacific."

Byrd has a crew of 124 civil service mariners working for MSC as well as a military detachment of 11 Sailors who provide operational support and supply coordination. When needed, *Byrd* can also carry a supply detachment.

MSC operates approximately 110 noncombatant, merchant marine-crewed ships that replenish U.S. Navy ships, conduct specialized missions, strategically preposition combat cargo at sea around the world and move military cargo and supplies used by deployed U.S. forces and coalition partners.

***USNS Richard E. Byrd* (T-AKE 4) slides into the San Diego harbor during the ceremonial christening and launching of the ship May 15, 2007. *Byrd* is the fourth ship of an expected class of 11 T-AKE dry cargo-ammunition ships built for the Military Sealift Command and replaces *USNS Niagara Falls* (T-AFS 3), which has been forward deployed supporting 7th Fleet since 1994.**

U.S. Navy photo by MC2 Mark Leonesio



Defense Department to phase out full SSN on ID cards

By Gerry J. Gilmore, American Forces Press Service

As a means of combating identity theft, the Defense Department will issue identification (ID) cards without full social security numbers (SSN) printed on them, a senior official said.

The Defense Department cares about protecting personal information as well as increasing database security, Mary Dixon, director of the Defense Manpower Data Center based in Arlington, Va., told Pentagon Channel and American Forces Press Service reporters.

"Identity theft is a very real problem today," Dixon said. "Criminals who pilfer SSN-bearing ID cards can virtually assume someone's identity through a few computer keystrokes and clicks of a mouse."

TriCare, the military services' health maintenance organization, already has removed SSN's from its members' ID cards.

Plans are to remove the SSN's from ID cards issued to military family members by the end of this year, noting that those cards still would display the sponsors' SSN, for now. Between 2009 and 2010, all department-issued ID cards will feature only the last four digits of a holder's SSN.

"About 3.4 million people now have department-issued common access cards (CAC)," Dixon said. Around two-thirds of those card holders are military members, and some civilians who deploy overseas, who have full SSN's printed onto the back of their CAC.

"You might lose that card," Dixon pointed out, noting that family members, including children, could misplace their ID cards, too.

According to Dixon, modern information technology precludes the need to have full SSN's printed onto employee and family member ID cards.

"Today, all of our [computer] systems can 'talk' to each other, so we don't necessarily need to know all of that information printed on your card," she said.

MMFN Tommy Stanley voted off Nashville Star talent show

By MC3 Matthew Reinhardt, *USS Kitty Hawk* Public Affairs

After more than five weeks on the NBC show "Nashville Star," *USS Kitty Hawk's* (CV 63) Machinist's Mate Fireman Tommy Stanley was eliminated from the competition July 7, having made it to the top eight.

Host Billy Ray Cyrus opened the show by calling both Stanley and contestant Melissa Lawson to the center of the stage.



(Left) MMFN Tommy Stanley from *USS Kitty Hawk* (CV 63) stands on the stage of the Acuff Theater in Nashville, Tenn. with Nashville Star host Billy Ray Cyrus June 23. Stanley was eliminated from the competition July 7.

U.S. Navy photo by MC1 Kim deJong

Cyrus then told the contestants that one had received the highest number of votes, and the other the lowest, from the previous week's show. Viewers vote for what they believe are the top performers.

Stanley had received the lowest number of votes the week before.

Although eliminated from the show, Stanley will remain in Tennessee, working at the Navy Office of Community Outreach in Millington and working with Navy Band Mid-South on special engagements. The date of his return to the ship has yet to be determined.

The elimination struck some *Kitty Hawk* Sailors hard.

"He's like a brother to me," said Machinist's Mate 3rd Class Cody Davis, who appeared on Nashville Star the week before Stanley's elimination. "He's the most talented person I know, and he may not have won, but I think everyone in the world can see he has talent."

"We are so proud of him," said Machinist's Mate 1st Class Marvin Cook, Stanley's supervisor. "The motivation and work ethic he showed on 'Nashville Star' mirrored what he brought to work every day."

Stanley was the only service member on the show, having won the 'all service' military competition in Norfolk, Va., to represent the military in the show.

日本人従業員空席情報

職種名	等級	広報番号	募集範囲	締め切り
事務系 (MLC)				
技師職 (電気)	7	SRFJRC-098-08	I,II,III,IV	Aug. 12, 2008
技師職 (一般)	7	FEC-C1-004-08(R)	I,II,III,IV	Aug. 6, 2008
技師職 (一般)	7	FEC-C1-003-08(R)(A)	I,II,III,IV	Aug. 7, 2008
技師職 (一般)	7	FEC-C1-005-08(R)	I,II,III,IV	Sept. 9, 2008
エンジニアリング専門職 (環境)	6	FEC-PRY4-002-08	I,II,III,IV	Sept. 10, 2008
エンジニアリング専門職 (一般)	6	FEC-PRY113-002-08(R3)	I,II,III,IV	Sept. 2, 2008
エンジニアリング専門職 (機械)	7	SRFJRC-065-08(R2)	I,II,III,IV	Sept. 3, 2008
エンジニアリング専門職 (機械)	6	FEC-PRY2-008-08(R)	I,II,III,IV	Aug. 12, 2008
エンジニアリング専門職 (船舶技師)	6	SRFJRC-92-06(OUF)(A2)	I,II,III,IV	空席広報参照
一般補給品専門職	5	FISC-023-08	I,II,IV	Aug. 4, 2008
日本文化・日本語教師職	6	DODEA-BES-01-08(A)	I,II,III,IV	Aug. 6, 2008
法律顧問職	7	TSO-02-06(OUF)	I,II,III,IV	空席広報参照
メンテナンスコーディネーター	4	NCTSFE-011-08	I,II,III	Aug. 8, 2008
安全専門職	5	SRFJRC-076-08(R)	I,II,III,IV	Aug. 4, 2008
技能系 (MLC)				
第25期技能訓練生	3	SRFJRC-113-08	I,II,III,IV	Sept. 14, 2008
電子機械及び圧力装置基準測定工	8	SRFJRC-096-08(R)	I,II,III,IV	Sept. 2, 2008
電子装置基準測定工	9	SRFJRC-068-08(R3)	I,II,III,IV	Sept. 25, 2008
技能系 (IHA)				
自動車機械工	7	NEX-405-08(A)	I,II,IV	Aug. 6, 2008
コック	4	MWR-34-08	I,II,IV	Aug. 13, 2008
ハウスキーパー職・フォアマンA	4	NEX-749-08	I,II,III,IV	Sept. 22, 2008
水泳プール装置操作職	5	MWR-28-08	I,II,IV	Aug. 4, 2008
ウェ이터/ウェイトレス・フォアマンB	4	MWR-32-08	I,II,IV	Aug. 13, 2008
倉庫係	4	NEX-744-08	I,II,IV	Aug. 8, 2008
時給制従業員				
ベーカリー	4	NE-HPT-78-07(R4)	I,II,IV	Aug. 11, 2008
美容師	5	NEX-HPT-747-08	I,II,IV	Sept. 5, 2008
当直事務職	4	CFAY-HPT-QHY-05-08(R)(A2)	I,II,IV	Aug. 12, 2008
当直事務職	4	CFAY-HPT-QHY-06-08	I,II,IV	Aug. 11, 2008
児童育成プログラム見習/補助職	2/3	MWR-HPT-45-08	I,II,IV	Aug. 14, 2008
コック	4	MWR-HPT-16-08(R2)	I,II,IV	Aug. 27, 2008
コック	4	MWR-HPT-65-07(R5)(A)	I,II,IV	Sept. 16, 2008
コック	4	NEX-HPT-089-08(R)	I,II,IV	Sept. 25, 2008
コック	4	MWR-HPT-46-08	I,II,IV	Sept. 24, 2008
コック・フォアマンA	5	NEX-HPT-088-08(R)	I,II,IV	Sept. 25, 2008
カウンターアテンダント	3	NE-HPT-CAY-06(OR)(A2)	I,II,IV	Aug. 1, 2008
カウンターアテンダント・フォアマンB	5	NEX-HPT-085-08(R)	I,II,IV	Aug. 1, 2008
カウンターアテンダント・フォアマンB	5	NE-HPT-120-07(R8)	I,II,IV	Sept. 16, 2008
カウンターアテンダント・フォアマンA	4	NEX-HPT-095-08(R)	I,II,IV	Aug. 14, 2008
カウンターアテンダント・フォアマンA	4	NEX-HPT-105-08(R)(A)	I,II,IV	Sept. 16, 2008
カウンターアテンダント・フォアマンB	5	NE-HPT-82-07(R5)	I,II,IV	Sept. 16, 2008
ハウスキーパー職	3	NEX-HPT-015-08(R3)(A)	I,II,IV	Aug. 8, 2008
ジャンター	3	MWR-HPT-24-08(R)	I,II,IV	Aug. 18, 2008
ジャンター	3	NEX-HPT-402-08(R)(A2)	I,II,IV	Aug. 21, 2008
ランドリーワーカー	3	MWR-HPT-56-07(R4)	I,II,IV	Sept. 18, 2008
オフィスオートメーションクラーク	3	NE-HPT-737-08(R)	I,II,IV	Aug. 28, 2008
セールスチェッカー	3	NE-HPT-SCY-06(OR)(A)	I,II,IV	Aug. 1, 2008
セールスチェッカー	3	MWR-HPT-15-08(R2)	I,II,IV	Aug. 20, 2008
セールスチェッカー	3	MWR-HPT-05-08(R3)	I,II,IV	Sept. 24, 2008
サービスワーカー	2	MWR-HPT-SWY-06(OR)	I,II,IV	空席広報参照
サービスワーカー	2	MWR-HPT-32-08(R)	I,II,IV	Aug. 18, 2008
ストックハンドラー	3	NEX-HPT-136-08	I,II,IV	Sept. 16, 2008
車両運転手	5	NEX-HPT-134-08(A)	I,II,IV	Sept. 16, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-64-07(R4)	I,II,IV	Sept. 24, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-WWY-06(OR)	I,II,IV	空席広報参照
倉庫係	4	MWR-HPT-42-08	I,II,IV	Aug. 13, 2008

応募には「募集範囲」に該当することが第一条件です。募集範囲I,II,IIIは現基地従業員、IVは外部応募者を対象としています。

I: 部署/部隊内従業員 - 募集を出している部署または部隊に勤務している方の中から選考する場合があります。範囲は最も狭いものです。

II: 現MLC/IHA従業員(通勤圏内) - 在日米軍施設の従業員で、募集する地区の通勤圏内の方。具体的には、横須賀を中心に、厚木、座間、ニュー山王東京、横田基地までが該当します。

III: 現MLC/IHA従業員 - 日本全国の在日米軍に勤務する方です。三沢、岩国、佐世保、沖縄が含まれません。

IV: 外部 - 在日米軍施設の従業員ではない、完全に外部の求職者の方です。

横須賀基地及び周辺施設では日本人従業員を随時募集しています。事務職、専門職、技能職、消防士、警備員、サービス・飲食関係、常用雇用、期間限定、アルバイト等、様々な空席があります。

詳しくはHROホームページ(<http://hro.cnfj.navy.mil/>)、ジョブ・ホットライン (046) 816-9000(軍電243-9000) または横須賀基地正門手前左、HRO日本人雇用課事務所(1階) 掲示板をご覧ください。

8月の県内花火大会情報

8月1日

神奈川新聞花火大会 (荒天時翌日に順延)

開催時間: 19:15 ~ 20:30

打ち上げ数: 8000発

場所: 神奈川県横浜市西区みなとみらい臨海パーク前面海上

交通: みなとみらい線みなとみらい駅徒歩5分、JR横浜駅、桜木町駅徒歩15分

さがみ湖湖上祭花火大会 (荒天時翌日に順延)

開催時間: 19:30 ~ 20:50

打ち上げ数: 5000発

場所: 相模原市相模湖町与瀬

交通: JR中央本線相模湖駅徒歩10分。中央高速道相模湖IC15分、又は相模湖東IC5分

湘南ひらつか花火大会 (荒天時翌日に順延)

開催時間: 19:30 ~ 20:30

打ち上げ数: 3000発

場所: 平塚市千石河岸先(相模川河口)

交通: JR東海道本線平塚駅から神奈川中央交通バス須賀港行き終下車徒歩5分 (当日臨時バスの運行あり)

8月2日

あつぎ鮎まつり大花火大会 (荒天時翌日に順延)

開催時間: 19:00 ~ 20:40

打ち上げ数: 約10000発

場所: 厚木市厚木

交通: 小田急線厚木駅徒歩10分。東名高速道路厚木ICから国道129号経由で3.5km

小田原酒匂川花火大会 (荒天時8月4日に順延)

開催時間: 19:30 ~ 20:20 (予定)

打ち上げ数: 5000発

場所: 酒匂川スポーツ広場、小田原大橋周辺

交通: JR東海道本線鴨宮駅徒歩15分

サザンビーチちがさき花火大会 (荒天時翌日に順延)

開催時間: 19:30 ~ 20:20

打ち上げ数: 3500発

場所: 茅ヶ崎市中海岸 サザンビーチちがさき

交通: JR東海道本線茅ヶ崎駅徒歩20分、直行臨時バスで10分。新湘南バイパス茅ヶ崎海岸ICより国道134号経由で約2km

よこすか開国祭開国花火大会 (荒天時翌日に順延)

開催時間: 19:30 ~ 20:10

打ち上げ数: 10000発

場所: 横須賀市平成町

交通: JR横須賀線横須賀駅徒歩20分、又は京浜急行横須賀中央駅徒歩15分

箱根園サマーナイトフェスタ (8月2日、3日)

開催時間: 20:00 ~ 20:30

打ち上げ数: 4000発(2日間)

場所: 神奈川県足柄下郡箱根町箱根園湖上

交通: 東海道新幹線小田原駅から伊豆箱根バス箱根園行きで1時間、箱根園下車すぐ。東名高速道路厚木ICから小田原厚木道路経由で52km、又は御殿場ICから乙女道路経由で24km

湯河原温泉海上花火大会

開催時間: 20:00 ~ 20:40 (予定)

打ち上げ数: 4000発 (予定)

場所: 足柄下郡湯河原町吉浜

交通: JR東海道本線湯河原駅から箱根登山バス真鶴駅行きで7分、海の家下車すぐ

8月4日

芦ノ湖夏祭りウィーク湖尻籠神祭 (荒天時 8月9日に順延)

開催時間: 19:30 ~ 20:30

打ち上げ数: 2500発

場所: 箱根町湖尻

交通: JR小田原駅からバス湖尻又は湖尻桃源台行き1時間、湖尻下車、徒歩すぐ。

8月5日

芦ノ湖夏祭りウィーク鳥居焼まつり (荒天時8月12日に順延)

開催時間: 19:30 ~ 20:30

打ち上げ数: 3000発

場所: 足柄下郡箱根町箱根

交通: 箱根登山鉄道箱根湯本駅から箱根町、又は開所跡行きバスで40分、終下車徒歩すぐ。箱根新道芦ノ湖大観ICからすぐ

江の島花火大会 (荒天時翌日に順延)

開催時間: 19:15 ~ 20:15 (予定)

打ち上げ数: 5000発 (予定)

場所: 藤沢市片瀬海岸西浜

交通: 小田急江ノ島線片瀬江ノ島駅徒歩すぐ。

8月7日

三浦海岸納涼祭り花火大会 (荒天時翌日に順延)

開催時間: 19:30 ~ 20:30

打ち上げ数: 3000発

場所: 三浦海岸

交通: 京急三浦海岸駅徒歩5分。横浜横須賀道路佐原ICより約30分

RPP offers American style off base housing for Sailors in Yokosuka

By Fumiyo Sato, CFAY Public Affairs

One of the first challenging tasks you may have to perform upon your arrival in Japan may be finding a place to live. Aside from choosing to live in on base housing in Yokosuka Base, Ikego or Negishi Base housing, living in off base housing is also an option for incoming personnel.

The Rental Partnership Program (RPP) offers affordable, secure and quality off base housing for military and civilian personnel and their families. The off base housing meets the program's criteria such as screens on all windows, parking and a reasonable proximity to Commander Fleet Activities Yokosuka (CFAY) Naval Base. The units are equipped with state of the art household appliances and every room is equipped with individual air conditioning/heating units.

According to Yokosuka Housing Welcome Center's Deputy Director Osamu Ogata, renting an off-base apartment in Japan costs more than what people pay in the United States. Japanese apartments require a landlord fee and agent fee in addition to a rental deposit, which is equivalent to four months rent. However, the beauty of RPP housing is that you don't have to pay these fees.

Under an agreement with Commander U.S. Naval Forces Japan (CNFJ), Yokosuka's real estate developer Takara House Corporation completed building a new RPP housing, called Sakura Residence and Sakura Hills, which fully opened to Navy personnel in April.

Sakura Hills development has townhouses with 116 three and four bedroom unfurnished units. Sakura

Residence consists of three buildings with 135 one-bedroom and 65 two-bedroom furnished condominiums. Compared to regular off base Japanese housing, both units are spacious.

Takara House Corporation President Shinkichi



The Rental Partnership Program (RPP) offers affordable, secure and quality off base housing for military and civilian personnel and their families. The units are equipped with state-of-the-art household appliances and every room is equipped with individual air conditioning/heating units.

Photo by Yuhji Kawabe

Kazume says he made the housing complex for U.S. servicemen to live in Japan comfortably. "We want them [Sailors and their family members] to bring good memories of Japan back with them when they return to their home country. There are lifestyle cultural differences between Japan and the United States. We tried to make residences more American, for example, we put in a

garbage disposal, which is not a common appliance within the Japanese community," Kazume said. Dishwashers and ovens are also included in the housing units.

Sailors who will share a two-bedroom unit don't need to worry about having common roommate conflicts that may arise from sharing the same space. Instead, they will have two refrigerators and two separate bathrooms in the new two-bedroom units, according to Kazume.

"The great thing about this housing is its living environment," Kazume said. Both townhouse and condominiums are located in a quiet suburb of Yokosuka, approximately 4.4 miles from CFAY. Grocery stores and parks are within walking distance. There is also a shuttle bus to CFAY for commuting.

The Sakura Residence has custom-made furniture for Americans, especially for taller people. All the electric appliances such as microwave ovens, coffee makers, pots and pans also come with the units. New residents will receive linens as welcome presents at the condominium. A Japanese front desk clerk is available from 9 a.m. to 9 p.m. to assist residents.

Yokosuka Welcome Housing Center is now offering tours to Sakura Hills and Sakura Residence every Wednesday. The tour starts at 1:30 p.m. "When you sign a lease for an RPP unit, you are required to sign for a one-year lease. For those who are interested in RPP, it is required to get command approval. We also will need to screen your OHA (Overseas Housing Allowance) to make sure it is sufficient to cover the rent," said Ogata.

Contact the Yokosuka Housing Center or visit their Web site <http://housing.cfay.navy.mil/> for more information.

CFAY Yokohama Detachment Sailors, volunteers give gift of food

Story and photo by MC2 (SW/AW) Brock A. Taylor, Fleet Public Affairs Det., Japan

Sailors and volunteers from Commander Fleet Activities Yokosuka's (CFAY) Yokohama Detachment spent much of their day feeding the homeless at the Kotobuki-cho Welfare Center in Yokohama July 22.

According to Rieko Fujita, CFAY Yokohama detachment's community relations specialist, Kotobuki-cho is one of three major homeless areas in Japan.

"Since we are so close to Kotobuki-cho, we decided we wanted to help the homeless people here," Fujita said.

Base volunteers donated the food, which included cereal, milk, oatmeal, pasta, soup and other items. The club located at Negishi housing complex also contributed food. According to Fujita, 20 volunteers fed more than 100 homeless Japanese citizens.

Culinary Specialist 1st Class (AW) Anthony Sykes said he enjoyed using his culinary skills for those who need it most.

"I think everyone enjoyed the food and was very grateful that we helped," Sykes said. "I'd be happy to do this again."

CFAY Yokohama Detachment, which includes the Negishi housing base, is near the heart of downtown Yokohama. Fujita says that even though the base is so close, a lot of the homeless don't even realize American neighbors live next door.

"The homeless people are starving every day, so they don't care where the food comes from," Fujita said.

Fujita believes that events like these help the community outside the gate realize U.S. Navy presence exists and that they are an avenue for community outreach.

"The [Yokohama City] welfare people know CFAY Yokohama is helping the Kotobuki-cho and a lot of people in the area are becoming aware of our presence," Fujita added.

Culinary Specialist 2nd Class James Cocking, a native of Bessemer, Mich., and also assigned to CFAY Yokohama detachment says it's all about people helping people.

"It shows camaraderie," Cocking said. "I mean ... not only the Navy helping the community, but as human beings helping human beings."

CFAY Yokohama detachment regularly plans community relations events and many of them range from cleanup projects to open-base events. Fujita says they will try to schedule another homeless food donation around Thanksgiving.

Fujita also added that people who want to help don't have to wait for an actual outreach event. They can donate clothing and canned food at anytime to the CFAY Yokohama Officer-in-Charge (OIC) office located at the Negishi housing base's Navy Exchange complex.



A Japanese man waits in line while Culinary Specialist 2nd Class James Cocking, a native of Bessemer, Mich., and assigned to Commander Fleet Activities Yokosuka's (CFAY) Yokohama Detachment serves oatmeal. Cocking and 20 other volunteers prepared and served donated food to over 100 homeless people at the Kotobuki-cho Welfare Center in Yokohama July 22.

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • August 1, 2008

32 Annual

NAVY FRIENDSHIP DAY

Saturday, August 2 - Open Base

Join us for a day of fun and fellowship with our host nation guests. There will be air toys, food and game booths, live entertainment, car show and the biggest fireworks display of the year.

Friendship Festival 10k Run - 0830 at Thew Gym: The first participants to register on race morning will receive a free T-shirt. Please remember that strollers are always welcome.

IM Friendship Day Softball Tournament - 0900 at Main Softball Field: Come out and watch American and Japanese softball teams.

Friendship Football Game - 1600 at Berkey Field: Watch the Yokosuka Seahawks battle the Meiji-Yasuda Pirates of the Japanese X-League in American Football.

JMSDF Open Base "Summer Festa" - 1000 to 1600: Free boat transportation from Yokosuka base to JMSDF across from Fleet Recreation and free shuttle busses located around Fleet Theater.

In the event of inclement weather:

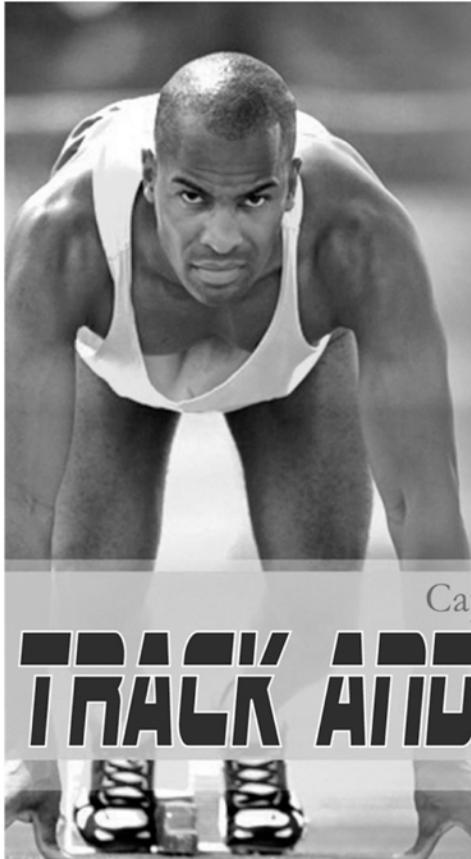
Fireworks only on Sunday, August 3 at 1930. Call 243-4731 for news and updates. For more information call 243-4731 or visit www.cfay.navy.mil/mwr

1000	Womble Gate Opens	1200 to 1800	Manga Books
1000 to 1500	Ships Visit	1200 to 1800	Seventh Fleet Band
1000 to 1700	8th Annual Car Show	1900	Womble Gate Closes
1000 to 1800	Skateboard Exhibit	1930 to 2010	Fireworks Display
1200 to 1245	Official Ceremony		



FRIENDSHIP DAY PARKING LOT CLOSURES

Beginning Wednesday, July 30 at 2330 and ending Saturday, August 2 at 2330, the following parking lots will be secured in order to accommodate the 32nd Annual Navy Friendship Day: Benny Decker Theater • Bowling Center (east & west side) • PSD • Officers' Club (backside) • Hart Street (road between Kosano Park and McDonlad's). Purdy Fitness Center Parking will be secured from Thursday, July 31 at 2330 to Saturday, August 2 at 2330. Purdy Fitness Center will be open from 0530 to 1000 on Saturday, August 2 in honor of Friendship Day.



Individuals/teams must register by Wednesday, August 6 at 1700 at the Adult Sports Office. Participant meeting on Saturday, August 9 at 0830 at the Ikego Track.

Saturday, August 9 at 0900 at the Ikego Track

Captain's Cup Men's and Women's

TRACK AND FIELD MEET

For details call 241-2955.

Surf Theme Party (Adults Only)

Saturday, August 9 from 1900 to 2300 at Negishi Community Swimming Pool

Surfs up! Invite your friends and have fun under the stars. MWR will kick the party into surf mode with music, food, games, contests, prizes and more. Regular pool fees or passes for admission. For more information, call MWR Community Activities Office at 242-4120 or (045) 281-4120.





Outside the Gate

ITT Tickets

Discount Yunessun Hot Spring Tickets

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

Discount Hakeijima Sea Paradise Tickets

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

Tokyo Disneyland and DisneySea Tickets

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

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 now 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.

Rock Climbing in Takatori-yama, Kanagawa Prefecture

Are you interested in challenging yourself but don't want the long drive? Then join us on August 10 as we travel to nearby Takatori-yama (only 30 minutes from Yokosuka). After a short hike up a trail where locals used to cut stones for building materials, we will arrive at the climbing area. The rock is tuff (a pile of volcanic ash) and a little but crumbly, but is fit for beginners to advanced climbers. The cost is \$30 per person. The last day is August 4.

Snorkeling at Okinoshima, Tateyama, Chiba Prefecture

Enjoy snorkeling at a small coral island in Tokyo Bay on August 10! The cost is \$45 per person and includes transportation. Snorkels, masks, wet suits, fins and gloves are available for rent at Green Bay Marina (behind McDonald's). Last day to sign up is August 7.

Deep Sea Fishing in Nagai, Miura Peninsula, Kanagawa Prefecture

This trip, on August 17, includes transportation, tackle, bait, and an experienced sea captain to take you out for a day of fun in the sun! You can catch either Mahi Mahi or Saba (mackerel). The cost is \$120 per person. Last day to sign up is August 8.

Water Skiing, Tubing and Wakeboarding at Green Bay Marina

Join us for a great day of waterskiing on August 17! Can't water ski? Come on out and wakeboard! Can't wakeboard? Come out a ride the tube! Drivers are provided so just bring yourself and be ready for some fun in the sun! The cost is \$30 per person per hour. Last day to sign up is Friday, August 15. Novice experience in water skiing or wake boarding is a prerequisite.

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).

Resource Information Center

We rent a wide variety of extreme outdoor videos, DVD's and how-to books all for only \$2 per week.

Exercising in the Heat

By EUGENE McCLELLAND, Wellness Program Coordinator

Being in the military means that exercising is pretty much a given, everyone should be doing it. However, not everyone is familiar with the ins-and-outs of doing it properly.

Most of us know that exercising in the heat is hazardous, but we rarely consider ourselves at risk for heat injury. It is important to understand the risks involved when planning outdoor activities. It is also essential to understand the environment and how your body responds to the elements.

The number one sign of an impending heat injury is excessive thirst. And thirst is the first sign of dehydration. The average person loses between .5 liters to 1.5 liters of sweat per hour. That fluid loss is dramatically increased during exercise. To ensure proper hydration, one should drink about 15 oz. of water approximately two hours before exercise and 7-10 oz. ever 10-20 minutes during exercise. And always re-hydrate within two hours post exercise. Dehydration can lead to heat cramps usually presented in the stomach, arms and legs. Heat cramps, in turn, can lead to heat exhaustion, a condition which begins to shut down the body by reducing blood flow. The signs and symptoms for heat exhaustion are: nausea, intense thirst, headache, loss of coordination, fatigue, loss of appetite, impaired judgment, cool, moist skin, and a weak and rapid pulse. If signs of heat exhaustion occur, the individual should be moved into a cool, shaded area with his or her feet elevated 8-12 inches above the head. Apply cool packs to the armpits, neck and groin areas and loosen any tight clothing. Continue to fan and administer cool water until the core temperature drops significantly. And always contact a physician. Heat exhaustion can lead to an even greater injury in which almost always leads to death, and that is heat stroke. Heat stroke is often mistaken for a heart attack and is not always superseded by heat cramps or exhaustion. The absence of sweating and a high core temperature (103° F) are the first signs of heat stroke. Other signs and symptoms include hot, flushed, dry skin, rapid pulse, constricted pupils, difficulty breathing and all the signs of heat exhaustion amplified. Care for a victim of heat stroke should be recruited rapidly. Move the person to a shaded area, douse them with cool water, and immediately contact 911.

The human body interacts with the surrounding environment during exercise as well as its own internal thermometer. Evaporation is the primary means by which the body dissipates heat. If the environment is too humid, then the body cannot evaporate heat as quickly as it should. If the outside temperature is too high and the air is dry, the body will produce more sweat and, thus, dehydrate more rapidly. The issue of clothing is one that should also be carefully considered when preparing for activities in the heat. One needs to choose fabrics that are light in color and made of dry fit material. This type of fabric has wicking properties that allows heat and sweat to transfer more rapidly from the body. However, cotton is also an acceptable material for exercise. Even though cotton may soak up sweat, it promotes cooling and evaporative heat loss.

The military has set guidelines using flags to signify the level of heat and exercise to be performed or suspended during certain atmospheric temperatures. The system used is the Wet Bulb Globe Temperature Index. It takes into consideration elements such as ambient temperature, humidity, air movement and radiant heat. It is important to note which heat condition is set for your area before planning any outdoor activities.

Follow these simple guidelines for outdoor activities and you will survive to see many more.

For more information on health and fitness, stop by the MWR Wellness and Fitness Center on the third floor of the Fleet Recreation Center, or give them a call at 241-4486.

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).
Night Operations Manager: NF-03, \$10.54 - \$15.00/hr. Club Alliance (1 RFT).
Bartender: NA-05, \$10.35/hr. Club Alliance (1 Flex).
Cook: NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), CPO Club (2 RFT), Food Court (1 RFT).
Material Handler: NA-05, \$10.35/hr. Food Court (1 Flex).
Food Service Worker: NA-03, \$8.96/hr. Club Alliance (1 Flex), Food Court (6 RFT/1 Flex).
Waiter/Waitress: NA-03, \$8.96/hr. O' Club (7 Flex), Club Takemiya (1 RFT/1 Flex) Club Alliance (1 Flex), 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).
Cashier: NF-01, \$7.50 - \$9.50/hr. O' Club (1 Flex), CPO Club (1 RFT).
ID Checker/Security: NF-01, \$7.00/hr. Club Alliance (7 Flex).

Support Activities

Electrician: NA-08, \$12.32/hr. Maintenance (1 RFT).
Marketing Representative: NF-03, \$10.54/hr. Marketing (1 RFT).
Office Automation Clerk: NF-02, \$9.00/hr. Marketing (1 RFT).
Accounting Technician: NF-02, \$8.39/hr. Finance (4 RFT).
Personnel Clerk: NF-01, \$7.50/hr. Personnel (1 RFT).

Child Development Programs

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

Community Activities

Community Center Manager: NF-03, \$22,000 - \$33,000/annum. Negishi Community Center (1 RFT). Open to Current MWR Yokosuka NAF employees only.
Supervisory Recreation Specialist: NF-03, \$12.00/hr. Youth Center - Ikego (1 RFT).
Auto Worker Helper: NA-05, \$10.35/hr. Auto Hobby Shop (1 Flex).
Recreation Assistant: NF-02, \$9.18/hr. Youth Center - Yokosuka (1 Flex), Ikego (1 RFT), Negishi (1 Flex).
Administrative Assistant: NF-02, \$8.39/hr. Community Activities (1 RFT).
Clerk/Driver: NF-02, \$8.39/hr. Youth Center (1 RFT).
Recreation Assistant: NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports - Ikego (2 Flex).
Recreation Aide: NF-01, \$7.25/hr. Bowling Center (1 Flex).
Cashier: NF-01, \$6.50/hr. Bowling Center Snack Bar (1 RFT/1 Flex).

Recreation

Sailing Program Manager: NF-03, \$22,000 - \$33,000/annum. Green Bay Marina (1 RFT).
Food Service Worker: NA-03, \$8.96/hr. Theater (1 Flex). Open to current MWR employees only.
Recreation Assistant: NF-02, \$8.39/hr. Outdoor Recreation - Special Events (1 Flex).
Administrative Assistant: NF-02, \$8.39/hr. Theater (1 RFT).

Athletics

Supervisory Rec Specialist (Fitness Director): NF-04, \$16.05/hr. Athletics (1 RFT).
Field Maintenance Worker: NA-05, \$10.35/hr. Athletics - Ikego (1 RFT).
Duty Manager: NF-02, \$8.39/hr. Athletics (1 Flex).
Gear Issue Attendant: NF-01, \$6.50/hr. Athletics (1 RFT/4 Flex).
Swim Instructor: NF-02, \$10.00/hr. Aquatics (10 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

Benny Decker Theater

Friday, August 1

1730 Kung Fu Panda PG
 2030 Hancock PG13

Saturday, August 2

Friendship Day Activities - Movies will be shown at Fleet Theater
 The age restriction will not be in effect for this date.

Sunday, August 3

1300 Chronicles of Narnia: Prince Caspian PG
 1730 The Incredible Hulk PG13
 2030 Indiana Jones 4 PG13

Monday, August 4

1300 Kung Fu Panda PG
 1730 Hancock PG13
 2030 The Dark Knight PG13

Tuesday, August 5 \$1 Movie Night

1730 Indiana Jones 4 PG13
 2030 The Incredible Hulk PG13

Wednesday, August 6

1730 The Dark Knight PG13
 2130 Hancock PG13

Thursday, August 7

1300 Chronicles of Narnia: Prince Caspian PG
 No movies after matinee due to official function

Friday, August 8

1730 The Mummy Tomb of the Dragon Emperor PG13
 2030 The Mummy Tomb of the Dragon Emperor PG13

Fleet Theater

Friday, August 1

1800 The Happening R
 2100 Wanted R
 2400 The Happening R

Saturday, August 2

1300 Kung Fu Panda PG
 1800 Hancock PG13
 2100 The Incredible Hulk PG13
 2400 The Happening R

Sunday, August 3

1800 The Happening R
 2100 The Strangers R

Monday, August 4

1800 Sex and The City R
 2130 The Happening R

Tuesday, August 5 \$1 Movie Night

1800 Wanted R
 2100 Hancock PG13

Wednesday, August 6

1800 The Strangers* R
 2100 Sex and The City R

Thursday, August 7

1800 The Incredible Hulk PG13
 2100 The Dark Knight PG13

Friday, August 8

1800 The Love Guru PG13
 2100 The Dark Knight PG13
 0030 The Love Guru PG13

*Final Showing

Negishi Theater

Friday, August 1

1900 The Dark Knight PG13

Saturday, August 2

1300 The Dark Knight PG13
 1900 Sex and The City R

Sunday, August 3

1300 The Dark Knight PG13



The Mummy:

Tomb of the Dragon Emperor

Cast: Brenden Frasier, Jet Li, Maria Bello, Michelle Yeoh, John Hannah
Synopsis: In the Far East, trouble-seeking father-and-son duo Rick and Alex O'Connell unearth the mummy of the first Emperor of Qin -- a shape-shifting entity who was cursed by a wizard centuries ago.



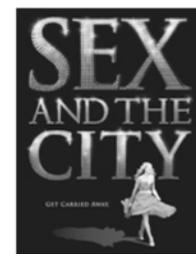
The Love Guru

Cast: Mike Myers, Jessica Alba, Romany Malco, Verne Troyer
Synopsis: Pitka an American raised outside of his country by gurus, returns to the States in order to break into the self-help business. His first challenge: To settle the romantic troubles and subsequent professional skid of a star hockey player whose wife left him for a rival athlete.



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.



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.



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.



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.

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).

National
ELVIS
 Week Specials



CLUB ALLIANCE

“The King” Special
 Italian Gardens
 Saturday thru Sunday, August 9 thru 17

Our special starts with an order of mozzarella sticks followed by a large Elvis pizza made with shredded barbecue chicken, sliced red onion, mozzarella cheese and just the right amount of tangy barbecue sauce on our delicious crust. The meal finishes with a giant, swinging hips dessert that will have your taste buds “all shook up”. \$19.95

Elvis Song Contest
 Sharky’s Bar and Brewery
 Monday, August 11 from 2000 to 2100

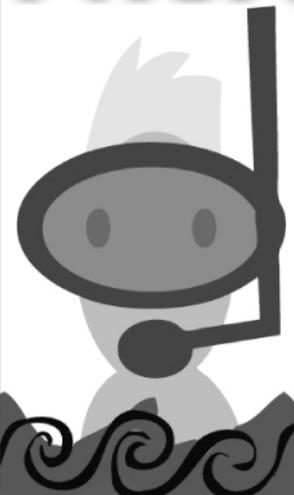
Celebrate National Elvis Week by singing an Elvis song. Our house band will back you up or bring your own CD. Contest won’t interrupt other song choices. Winners receive NEX gift cards and more.



9th Annual International
Friendship Swim
 Festival

Sunday, August 17 from 1430 to 1930

We are looking for U.S. Swimmers to participate in this race. Enjoy an International BBQ and a summer evening with our local (Japanese) swimmers immediately following the race. Cost is \$10 per person and includes International BBQ. If you would like to just watch the race and enjoy the meal, cost is \$5. Please register by Friday, August 1 at 1600 at the International Program Section of the ITT Office. For details, please call 243-4731.




Live Entertainment SURVEY
 We want to hear from YOU!

MWR would greatly appreciate if you would give us a few minutes of your time and let us know what live entertainment you would like for us to bring to you.



For the online survey, please copy and paste the following address into your web browser:
http://www.surveymonkey.com/s.aspx?sm=mxTqXHqaiQAQIHRBJLPC_2fQ_3d_3d

Development Center

Apply at HRD or MWR Personnel
 Call 243-1246.

Jobs NOW available!

Free Certification & Training
Full-Time & Part-Time Positions
Paid Vacation Time & Sick Leave
Benefits & Pay Exceeds Private Sector



Youth Splash-N-Dash Bi-athlon

Event is FREE!
 Saturday, August 16 at 0830
 at Green Beach Pool

Please pre-register at the Youth Sports Office. (please arrive by 0800 to sign in) Fourth annual event at Green Beach Pool for kids 6-18 years of age. All participants will receive a participation award. Open to all Ikego, Negishi and Yokosuka youth. Youth must be able to swim/run the following distances: 8 & Under - 50 Meter Swim - .5K Run • 9-10 Years - 100 Meter Swim - 1K Run, 11-12 Years - 100 Meter Swim - 1.5K Run • 13-15 Years - 100 Meter Swim - 1.5K Run • 16-18 Years - 200 Meter Swim - 2K Run.



All Day Movies

Saturdays
 Invite your friends and don't just sit at home. We supply all the popcorn so come on down to the Negishi Teen Center. For more info call 242-4121. Free



NEGISHI OPEN BASE
 Rain date Sunday, August 17

BON ODORI
FESTIVAL 2008 根岸米軍基地 日米親善盆踊り大会
Saturday, August 16
from 1500 to 2100
 Negishi Navy Base (Community Center Parking Lot)

For more information call Negishi MWR Program Office at 242-4120 or (045) 281-4120.




TRICARE urges beneficiaries to be prepared for the unexpected

By Annemarie Felicio,
TRICARE Management Activity

Summer is here, and so are the risks associated with the season. TRICARE wants to remind beneficiaries to prepare for the unexpected. A natural disaster, like a typhoon or hurricane, is just one of the unpredictable weather patterns that can disrupt life at any time and emphasize the importance of uniformed service families being prepared for a disaster.

Having a complete emergency kit is essential for emergency preparedness. Families are encouraged to keep emergency kits up-to-date, making sure they have basic items such as food, water, a battery operated weather radio, flashlights and first aid supplies so they can be ready for any disaster.

When preparing emergency kits, healthcare needs are often overlooked. Since medical assistance may not be immediately available after a disaster, TRICARE wants to stress some simple steps to make sure medical necessities are included in everyone's emergency preparedness kit. Store these items in a waterproof container, and keep them with you in the event you have to evacuate the area.

Here is a list of health-related items to include in kits for each family member:

- Copies of each family member's uniformed services ID card (or sponsor's name and Social Security number),

Medicare card or other health insurance card, if applicable.

- Copies of family members' names, addresses, phone numbers, etc.
- Copies of medical records for each family member.
- A list of primary care managers, other doctors' names and phone numbers.
- Emergency contact names and phone numbers.
- Regional and pharmacy contractors and Medicare contacts which can be downloaded on one handy flyer available at: <http://www.tricare.mil/tricaremart/product.aspx?id=425&s=disaster>.
- A list of known prescription medications and doses.
- A list of each family member's allergies
- A properly stored 30-day supply of prescription medications.
- Non-prescription drugs such as pain relievers, anti-diarrhea medication, antacids, laxatives, itch control creams, etc.
- Style, model and serial numbers for any medical devices.
- Extra batteries for wheelchairs and hearing aids.
- Any personal items such as eyeglasses and other special equipment.

For more information and more valuable tips on disaster preparedness please visit the Department of Homeland Security's Web page at: <http://www.ready.gov/> or TRICARE's disaster relief Web page at: <http://tricare.mil/mybenefit/home/LifeEvents/PreparingForADisaster>.



Take time now to review the contents of your disaster preparedness kit. Check to be sure packaging is intact and air-tight. Look at expiration dates on packaged foods, water, medicines and batteries. Even items with long shelf lives should be swapped out for freshness and quality. If you don't have a kit, now is a great time to assemble or buy one and customize it. Photo courtesy of the American Red Cross

Eating nutritiously will help keep you out of the doctor's office

By Lissa Wohltmann, LIFELines Service Network contributor

Diets don't always work, various studies suggest that those who use a special diet to lose weight gain it all back - and then some.

Even if you don't need to lose weight, good nutrition will help keep you healthy and out of the doctor's office.

So what exactly is good nutrition? The U.S. government's food pyramid Web site no longer has any nutritional information in each section, but you can still find out more inside "MyPyramid" at www.MyPyramid.gov, with its interactive site. Just click on one of the sections and up will pop the type of real food you should be eating.

For example, the large orange section shows where you should get most of your calories - from grains. At least half of your grains should be whole wheat. If you want to find out more, just click the "learn more" button and up will pop what foods are in that particular group, a little about the group and examples of different foods.

If you noticed, nowhere does the pyramid indicate any processed food, so leave those choices to the bare minimum.

And of course, good nutrition would never be complete without regular exercise. For instance, you may go jogging for two miles, which will use up only 200 calories. However, if you sit down afterward, you will burn up more calories than someone else who is sitting and didn't exercise. Regular exercise, then, is a force multiplier for good health when teamed with the right foods.

To provide you with some lifestyle changes in your new eating patterns, the President's Council of Physical Fitness and Sports offers tips to help.

- Start your day with breakfast because it gets you going after a long night without food. You can have hot or cold cereal with fruit and soymilk or low-fat milk, some whole-wheat toast with peanut butter or yogurt with fruit.
- Move your body and work up a sweat. Fit physical activities into your everyday routine. Walk, bike or jog wherever it's possible. Not only will your body be stronger and healthier, your mind will be sharper.
- Snack smart with food from different food groups. Don't instantly dive into a bag of chips or a box of donuts. They won't keep you going for the entire day. You'll get an instant burst of energy, but just as fast, it will leave you. Instead, try a glass of low-fat

To find out more about good nutrition and eating healthy, go to "MyPyramid" at www.MyPyramid.gov with its interactive site. Just click on one of the sections and up will pop the type of real food you should be eating.

Image courtesy of www.MyPyramid.gov

milk/soymilk and a few graham crackers, an apple or celery sticks with peanut butter and raisins, or some dry cereal. For the rest of the day, eat small portions that include fruits, vegetables, protein, carbohydrates and just a little fat.

The key is to come up with a plan to eat small meals and maintain consistency. In just a few short weeks, your body will thank you.

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

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!

Groups POWER LAB
DISCOVERING JESUS' MIRACULOUS POWER

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/webtoybox/myvbs/YOKO08
Registration forms are also available in the chapel office.

Questions? Call Cora Balboa at 243-7321 or Kate Johnson at 243-6175 or e-mail yokovbs@yostmail.net

FISC partners with NAVFAC for more efficient logistics support

Story and photos by Tim Shannon,
CFAY Public Affairs

Naval Facilities Engineering Command (NAVFAC) Far East handles the public works needs of all Navy and Marine Corps installations throughout the 7th Fleet area of responsibility (AOR), from Japan and Korea to Singapore and Diego Garcia, in the Indian Ocean.

In order to better focus on their mission, NAVFAC has entered into an agreement with U.S. Fleet and Industrial Supply Center (FISC) Yokosuka to manage their logistics needs.

According to FISC's NAVFAC Materials Support Division Officer, Lt. Colin Hartigan, it's a logical and beneficial agreement.

"I believe NAVFAC views this as beneficial for them to bring the body of expertise that FISC has in supply chain management to their command," said Hartigan.

"Having supply specialists control their [NAVFAC's] supply functions allows for more accountability and better tracking of their supply needs. They obviously saw the

value in having their supply system managed by FISC."

Hartigan explained that the NAVFAC Materials Support Division supports NAVFAC by managing their hazardous material (HAZMAT) and their supply storage warehouse, maintaining inventory control of supplies and by processing the purchase orders for equipment and supplies.

"We also perform the market research for items we purchase by using catalogs and the internet to ensure the best deal," added FISC Contract Specialist, Kiyoe Akiyama.

The logistics support that FISC provides also saves NAVFAC a lot of money each year.

"One of the things we are working on now is the cost avoidance of

excess material," said Hartigan. "What we're trying to do is get the supplies to line up with the demand so that there is as little excess as possible. We have to send a lot of excess material to be disposed of via DRMO (Defense Reutilization and Marketing Office). What we are trying to do is to more efficiently control the supply chain, so we have the option of returning items to the supply chain instead of paying to dispose of them."

Hartigan explained that another beneficiary of FISC's partnership with NAVFAC is the Seabees of U.S. Naval Mobile Construction Battalion (NMCB) 5, stationed in Yokosuka.

"A lot of the excess stock that is

leftover is 'free-issue' material, so we bring in the Seabees, and let them use those excess supplies for their projects," said Hartigan.

By allowing the Seabees to use the "free-issue" materials, they are also able to complete more projects, with fewer additional purchase costs, so FISC's cooperative agreement with NAVFAC turns out to be beneficial to more than just the two commands. It saves taxpayer money.

FISC's NAVFAC Materials Support Division also handles the NAVFAC Transportation office's needs as well, ensuring that government vehicles maintained by NAVFAC and loaned out to other commands always have the automotive parts needed to keep the fleet of vehicles ready for issue. By helping to keep NAVFAC's vehicle fleet fully operational, and by saving NAVFAC money, FISC and NAVFAC's partnership is one that everyone working and living onboard Commander Fleet Activities Yokosuka benefits from, either directly or indirectly.



(Right) FISC's NAVFAC Materials Support Division Officer Lt. Colin Hartigan interacts with one of his warehouse managers during a routine walk-through of the warehouse spaces.



(Right) FISC's NAVFAC Materials Support Division Inventor Manager Satoru Irie assists BU2(SCW) Andrew Brandmeier of NMCB 5 identify material requirements for a scheduled Seabee project.

NAVSUP leaders, stakeholders discuss ERP implementation

by NAVSUP and FISC Yokosuka Corporate Communication Offices

Naval Supply Systems Command (NAVSUP) senior leaders and key stakeholders met in Norfolk, Va., July 8-9 to focus on the Oct. 2008 implementation of Navy Enterprise Resource Planning (ERP) as well as other structural and functional changes underway within the NAVSUP organization.

The first day of the conference focused on ERP, the end-to-end business management system that will enable the Navy to unify, standardize and streamline mission support activities into one secure, reliable and accessible system.

"We need to continue our momentum and stay engaged as we move forward with our implementation of ERP 1.0," said NAVSUP Commander Rear Adm. Alan S. Thompson, who welcomed everyone attending the meetings – including key stakeholders.

The admiral advised Navy leaders to complete the necessary ERP training and continue communicating the program's importance to their workforces.

"Training is critical and we need to get it right and have the best people as our trainers," he said.

"The participation of NAVSUP leadership is critical to ERP's success," said ERP Program Manager Karen Meloy, who provided a program overview and update at the conference.

The program is scheduled to "go live" at NAVSUP Oct. 1.

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's ERP implementation starts with the ERP Champion, FISC Yokosuka Executive Director, Greg Porter. As champion, Porter is devoted to ensuring an appropriate transition that recognizes the challenges and meets them head on. In fact, Porter is already in front of the challenge. He has developed and personally hosted "Road Shows" at various locations as one means to introduce ERP to the employees.

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

In the first phase of ERP, more than 10,000 NAVSUP employees will self-service their timekeeping and attendance. About a third of those employees will also see changes in the IT systems that enable them to do their jobs in financial processes, acquisition, project systems, and workforce management.

The conference concluded with Rear Adm. Thompson thanking those in attendance for their open, candid discussion regarding the new initiative. "In particular, I'd like to thank our stakeholders for their participation and helping NAVSUP best support Navy and the Joint Force," he said.



FISC Contract requisition cut-off dates

Due dates for expiring funds requisitions are fast approaching. Please keep the following dates in mind when submitting purchase requests for contractual action.

Customers are encouraged to communicate with U.S. Fleet and Industrial Supply Center (FISC) Yokosuka personnel as early as possible in the acquisition process. This will ensure adequate lead time for market research to locate commercially available items and services, prepare documentation, evaluate offers and ensure timely delivery of products and services.

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

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

U.S. Coast Guard ships dry dock at SRF-JRMC

Story and photos by Keiichi Adachi,
CFAY Public Affairs

Sea power of the United States, ensured by the Navy, Marine Corps and Coast Guard, secures the United States from direct attack; secures strategic access and retains global freedom of action; strengthens existing and emerging alliances and partnerships and establishes favorable security conditions.

Recently Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) had an opportunity to dry-dock two Coast Guard ships at Dry Dock 4. *Sequoia* (WLB 215) is a buoy tender and *Washington* (WPB 1331) is a patrol boat. Both are homeported at Apra Harbor in Guam. The *Sequoia* has 51 crew members onboard including 4 women and the *Washington* has a total of 16 crew members onboard.

The *Washington's* mission is primarily a law enforcement and search and rescue platform and *Sequoia* primarily provides services/aids to navigation, including buoys, day beacons and lights, in federal waterways to ensure that commerce flows freely. Both ships are able to support all the Coast Guard's primary missions including maritime safety, maritime mobility, maritime security, environmental protection and national defense, according to Lt. Cmdr. Matthew Salas, commanding officer of the *Sequoia*.

"Usually, all the dry-dockings are calculated and approved by Kamikawa-san, the dock master. The docking officer approves the plan. We chose to dry-dock two ships in the same dry dock because they fit and it makes sense," said Lt. Jerry Kim, superintendent for both ships from Space and Naval Warfare Systems (SPAWAR) Facility, Yokosuka.

The *Sequoia* is 220 feet long, and the *Washington* is 110 feet long. Together, they are shorter than a frigate. There is plenty of space to put two ships inside the dry dock.

"We put the *Washington* inside first. Tied her up with ground tackle, followed by the *Sequoia*. Then we seated the caisson and de-watered the dry dock. *Sequoia* landed first onto the blocks and then the *Washington*," said Kim.

Both ships will conduct required maintenance of engineering and auxiliary systems. Also, naval engineering



Workers of SRF-JRMC safely put Coast Guard ships *Washington* (WPB 1331) and *Sequoia* (WLB 215) inside Dry Dock 4.

SRF-JRMCの従業員が沿岸警備艇セコイヤ (WPB1331) とワシントン (WLB215) を4号ドックに安全に入れた。

design changes will be conducted to improve preservation of exterior and interior equipment.

"SRF-JRMC conducts mostly hull, mechanical and electrical work for both ships and a lot of engineering work such as sea water valves and air conditioning piping will also be done. On the *Sequoia*, we are giving a good overhaul to her main deck equipment such as the buoy crane and hydraulic cross deck winches. On the *Washington*, the work is proportional. It also has engineering work and deck work, and of course, hull preservation," said Kim.

"This is the first time any Coast Guard cutter has used the facility. As with any first, there are many lessons learned that we can use to improve future visits. SRF-JRMC and Commander Fleet Activities Yokosuka, have been highly responsive to any support we need," said Salas.

For many of the crew, it's their first visit to Japan. They are excited about the opportunity to visit and see another culture. Not many in the Coast Guard have the opportunity to come to Japan, so they are looking forward to having a memorable experience here, according to Salas.

"This dry-docking provides not only overall maintenance to both ships that require it, but also good working relations with SRF-JRMC, Coast Guard and the Japanese work force," said Kim.

The dry-docking for the two Coast Guard ships is scheduled until the middle of September, according to Kim.

Most members of the ships will be available to conduct maintenance independent of contract work and continue with ship's administrative requirements. Several will take advantage of the time to attend required training or take leave to see Japan.

SRF-JRMC、米国沿岸警備艇セコイヤ号、ワシントン号を同時入渠

文・写真: 安達慶一、CFAY広報課

米国の海軍力は海軍、海兵隊、そして沿岸警備隊から成り、米国本国への攻撃からの守備、国際的な「活動の自由」の確保、既存もしくは発展中の同盟諸国との関係の強化、良好な安全保障の確立など軍事作戦上幅広い範囲に及んでいる。

先頃、艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) は、2隻の沿岸警備隊の船を4号ドックに入渠させた。設標船 (ブイ母船) のセコイヤ (WPB1331) と監視船のワシントン (WLB215) はグアムのアパラ港を

母港とする。セコイヤには4人の女性を含む51人の乗組員、ワシントンには16人の乗組員が乗船している。

ワシントンの主な任務は法の執行、船舶の捜索と救助であり、セコイヤの主な任務はブイ、無線標識、信号灯など保守と船舶の航海を支援し、連邦水路において商業船のスムーズな流れを確保することだ。海洋上の安全、機動性、保安、環境保護、国防を含む、全ての沿岸警備隊の任務を全うすることができるとセコイヤの艇長を務めるマシュー・サラス少佐は言う。

「通常、全ての艦船の入渠はドックマスター神川さん入渠に必要な技術的な計算と承認。そして、ドッキング将校による入渠計画の承認が必要です。今回は合理的と思われたので2隻の船を同じドックに同時に入渠させました」と話すのは、米海軍電子技術部隊に所属し、2隻の修理監督者を務めるジェリー・キム大尉。

セコイヤの全長は66メートル、ワシントンの全長は33メートルで合わせても1隻のフリゲート艦よりも短く、ドック内に十分スペースもあり2隻を同時に入渠させた。

「先ず最初にワシントンを入れ、陸上の

巻き上げ機でワシントンを固定し、次にセコイヤを入れて、ケイソンを設置してドック内の海水を抜きました。セコイヤを先に盤木に着底させてから、ワシントンを着底させました」とキム大尉は述べた。

2隻の船では要求されている工学と補助システムの整備が行なわれる。また、船内外の機材保全の為海軍工学デザインの変更による工事も行なわれる。

「2隻に対してSRF-JRMCが行なう整備は船体、機械系統、電気系統の仕事がほとんどですが、海水バルブ、エアコンの配管工事など多くの工学系統の整備も施されます。セコイヤではブイクレーンや水圧式の交差式甲板巻き上げ機などの主要甲板機材をオーバーホールします。ワシントンでも同様な整備が行なわれ、工学系統や甲板整備、船体の整備も行ないます」と整備内容を語るキム大尉。

「沿岸警備隊の船がSRF-JRMCのドックを利用するのは初めてだと思います。最初と言っても、将来の入渠に備えて学ぶことがたくさんあります。SRF-JRMCと横須賀基地司令部の港湾部は我われの必要とすることにとっても迅速に対応してくれました」とサラス少佐は入渠作業の感想を述べた。

サラス少佐によると、ほとんどの乗組員の日本訪問は初めてで、米国文化と違う文化に触れる多くの機会に、胸を躍らせていると言う。沿岸警備隊が日本を訪れる機会は多くなく、乗組員は心に残る思い出を持つという期待で一杯だ。

「今回の船の入渠は単に要求される整備を提供するだけでなく、SRF-JRMC、沿岸警備隊、そして日本人従業員に良好な業務関係をもたらしている」とキム大尉は言葉を締めた。

キム大尉によると、2隻の入渠は9月半ばまで予定されている。

乗組員のほとんどは独自の契約整備を行う事と、管理業務に従事する為船に残るが、中には時間が許す限りトレーニングを受けたり、日本の風物詩を楽しむ為に休暇を取るようだ。



SRF-JRMC personnel successfully orchestrate the dry-docking of U.S. Coast Guard ships, *Sequoia* (WLB 215, left) and *Washington* (WPB 1331) in Dry Dock 4.

SRF-JRMCの従業員が4号ドックで、沿岸警備艇セコイヤ (WPB1331) とワシントン (WLB215) の入渠を無事終了した。

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.

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 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 undesignated 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.

FVAP Web site now offers voter registration, ballot delivery tools

By Federal Voting Assistance Program
Public Affairs

The Federal Voting Assistance Program (FVAP) recently announced their updated Web site, <http://www.fvap.gov/> now features automated Voter Registration and Ballot Delivery tools. These two improvements will provide voters with greater access to timely and accurate absentee voting information and an electronic alternative to the by-mail process, designed to expedite the absentee voting process and facilitate communication between local election offices and voters.

Voters are encouraged to use the new tools, now available on the Web site, to complete the Voter Registration and Absentee Ballot Request Form using only the specific information they need for their state. Voters from participating states and jurisdictions may also elect to use the feature to send a completed, signed and scanned Registration and Ballot Request Form to their local election office and receive their blank ballot online via a secure server. The tool uses a multi-layer approach to security which ensures that the voter's personal information is not viewed by anyone except the intended recipient. These advancements will provide military and overseas voters an easier way to register and request absentee ballots, as well as another alternative to the by-mail process of absentee voting, without sacrificing the security of the voter's identity.

FVAP also launched a comprehensively redesigned Web site, based on user feedback and focus group studies. The user-friendly site has state-specific instructions for voting absentee, assisting all military and overseas citizen voters. There are also updated sections of the site dedicated to providing information for Voting Assistance Officers and election officials. We hope you find it informative and easy to use.

What a secret!

By Chaplain William M. Stewart

As our modern world seems to spin faster and faster, year after year, I find that it is oftentimes very difficult to achieve good quality time with people. In fact, I find that many times, it's even a challenge to get people's attention. Everyone is running here or there, glued to the television or computer, or b-bopping to some kind of music on the MP3 player; new distractions changing daily. There is one thing that hasn't changed though, and that's the ability to get someone's attention with a mere... secret. Instead of screaming at the top of your lungs, one just has to let someone know they have a secret and then a simple whisper becomes more powerful than a yell. All ears are standing by!

I like movies such as "National Treasure" and its sequel, and I'm as much game for a good secret or code as anyone. Maybe there is some hidden message that will give me unrivaled superpowers! Maybe there's something hidden that will make me filthy rich, beyond imagination. It's just fun to ponder the possibilities knowing deep down that it's just fantasy. To discover the magical attraction to secrets is just finding out something that is normally, unknown. And the fun part is finding that many secrets are right in front of us; we just can't see them. Maybe that's why so many people spend many enjoyable hours, just looking for hidden objects in puzzle pictures these days.

One of the greatest secrets I have found during my life thus far was described by the Apostle Paul in the Bible. I say "found" because I don't know that I always let its full power rule my life, even though it easily could if I would just let it. The secret is this, "Be content in any situation." Interestingly, Paul did not say he found this secret, he said he learned it. Although this secret is so powerful for one's life, it is not just a matter of being aware of it that allows someone to actually tap into its benefit. One has to learn how to access the true power of this secret, many times through life's difficult experiences, trials and tribulations. In going through both good times and hard times, we start realizing that God is right there with us. We realize we can grow through challenging times knowing that our strength comes not through the things of this earth, but through our creator and sustainer who loves us dearly.

It is usually quite easy to be happy when things are going great. Conversely, it is so easy to allow ourselves to become distraught or even depressed when life deals us challenges that are beyond our control. To realize there is really someone out there who cares so much for us; to realize there is someone out there who will never leave us nor forsake us, even during the most difficult times; to realize there is an all-powerful God watching over us 24-7 and is in control, even when we feel we are not; and to realize we will always have our needs provided for both here on earth and ultimately in eternity... these are the clues to learning the power of the secret of being content in life. Paul learned this secret well... you and I can as well when we learn to trust in the lord through difficult struggles. May God bless each of you as you explore one of the greatest treasures of life... learning to be content.

"I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength."

– Philippians 4:12b-13

HRO USCS Positions

The following local/Japan-wide announcements are available at the Human Resources Office, Yokosuka customer service desk, bldg. 1472, from 8 a.m.-4 p.m., Monday-Friday, and at <http://hro.cnfnavy.mil>.

Applicants for worldwide vacancies must follow the procedure in the "Job Opportunities" page of the www.donhr.navy.mil Internet site. Applications and forms for local/Japan-wide vacancies must be received at the HRO, Yokosuka customer service desk, or through the mail at HRO, PSC 473 Box 22, FPO AP 96349-0022 by 4 p.m. on the closing/cutoff date of the announcement. Applications may also be submitted through the drop box located at the front entrance of the HRO, Yokosuka building. These applications must be in the drop 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 Clerk (OA) – YB-303-1, CFAY-111-08. Open: 7-25-08, Close: 8-7-08.
Nurse – YH-610-1, NH-109-08. Open: 7-22-08, Close: 8-8-08.
Public Affairs Specialist – YA-1035-2, NH-110-08. Open: 7-23-08, Close: 8-20-08 (1st C/O: 8-7-08).

Continuing

Education and Training Technician – YB-1702-1, CFAY-107-08. Open: 7-18-08, Close: 12-31-08 (Cut-off dates may be established until filled). *Negishi CDC.
ESL Instructor – YA-1701-2, SRF-100-08. Open: 07-03-08, Close: 08-01-08.
Education and Training Technician – YB-1702-1, CFAY-30-08. Open: 2-22-08, Close: 8-22-08. *Six months open register.

NEX Positions

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

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

Food Delivery Operator – Food Services. \$8.28/hr.
Food Service Supervisor – Food Services. \$10.74/hr.
Food Sales Supervisor – Food Services. \$24,621-\$31,298/yr.
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.
Retail Operations Clerk – Main Store. \$9-\$11/hr.
Sales Clerk – Main Store. \$6.50-\$8/hr.
Security Guard – Main Store. \$7.50-9/hr.
Specialty Sales Clerk – Main Store. \$7-\$9/hr.
Supervisory Sales Clerk – Main Store. \$8.39-\$11/hr.
Supervisory Customer Service Clerk – Main Store. \$8.39-\$11/hr.
Store Worker – Main Store. \$8.28/hr.
Personalized Service Clerk – Personalized Services. \$7.25-\$8/hr.
Service Operations Clerk – Services Administration. \$8.39/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 Supervisor – Distribution Center. \$12.12/hr.
Security Guard – Distribution Center. \$7.50-\$9/hr.
Human Resources Assistant – Human Resources. \$8.39-10/hr.
ID Checker – Loss Prevention. \$6.50-\$7.50/hr.
Laborer (Visual Merchandising) – Visual Merchandising. \$8.28/hr.
Security Guard – Loss Prevention. \$7.50-\$9/hr.
Sales Clerk – Ikego. \$6.50-\$8/hr.
Hair Stylist – Negishi. Commission.

Miscellaneous

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 Aug. 1, 12 p.m. For details, call Ms. Kobayashi/FISC Contracting at 243-6835 or (046) 816-6835.

Location: BMC Iwakuni. Solicitation#: 08-Q-1355.

Location: BMC Sasebo. Solicitation#: 08-Q-2130.

Pediatric Physical Therapist – The Government is seeking to place under contract, an individual who holds a current, unrestricted license to practice as a licensed Physical 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 Aug. 1, 12 p.m. For details, call Ms. Kobayashi/FISC Contracting at 243-6835 or (046) 816-6835.

Location: EDIS Misawa AFB. Solicitation#: 08-Q-2425.

Clinical Child Psychologist – The Government is seeking to place under contract, an individual who holds a current, unrestricted license to practice as a licensed Clinical Child Psychologist 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 Aug. 8, 4 p.m. For details, call Ms. Kobayashi/FISC Contracting at 243-6835 or (046) 816-6835.

Location: EDIS Yokota AFB. Solicitation#: 08-Q-2319.

Worship Schedule

YOKOSUKA: Chapel of Hope
• 243-6773/ 6774

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Mass, Main Chapel	1100
SUN	RCIA Class, Blessed Sacrament	0930
SUN	CCD, classrooms	0930
SUN	Youth Group, Old Thew Gym (G-113)*	1200
MON	Adult Bible Study, Rooms 2 and 4	1730
WED	Confession	1600
WED	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1730
THU	Choir Practice, Main Chapel	1700
THU	Women's Bible Study	1730
FRI	Choir Practice, Choir Room	1700
1 st 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
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Contemporary Christian

SUN	Worship, Main Chapel	1700
THU	Praise Team Rehearsal, Choir Room	1600

Gospel Praise Service

SUN	Worship service, Main Chapel	1230
TUE	Women's Bible Study, Classroom 10	1800
WED	Choir practice, Main Chapel	1830

Filipino Christian

SUN	Worship Service, Kinnick Little Theatre	1230
WED	Prayer Meeting, Classroom 3	1800

Church of Christ

SUN	Worship, Kinnick Little Theatre	0930
SUN	Sunday School	1100
WED	Bible Study, Classroom 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
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Soka Gakkai International (Buddhist)

2nd AND 4th THU Classroom 10 1800

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 3rd Deck) 1130
3rd 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!

Jarred Lang and Molly Lang are the proud parents of **LEAH HELEN LANG** born July 10, 2008 at 12:09 p.m., weighing 6 pounds 14 ounces.

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

Classes This Week

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

Monday, Aug. 4

Accelerated Transition Assistance (ATAP) 8 a.m. (4 days): This is a four-day seminar for military members and families with less than eight years of service. Topics include transition assistance, veteran's benefits, separation documents, job search skills and lifestyle changes. Eligible candidates are recommended to attend this workshop one year prior to projected separation. Reservations are required through your Command Career Counselor.

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This workshop is designed to help you build skills in these four important areas of your life! **Credit Management** 10 a.m. (1.5 hrs.): Do you know your FICO score? You should! We'll teach you all you ever wanted to know about credit – how to build it, how to maintain it, when to use it, how not to abuse it, how to obtain your FICO score, how to opt out of those annoying credit card offers you get in the mail, along with a few other things. We'll also discuss your defenses against ID theft.

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 given to speaking English in an everyday setting.

Labor and You 1 p.m. (5 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy.

Tuesday, Aug. 5

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **Aug. 5-8, 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.

Boot Camp for New Dads 1 p.m. (3 hrs.): Yikes! What will it be like to have a new baby in the house? Boot Camp for New Dads is a unique program that brings "rookie" fathers-to-be together with "veteran" dads with newborns. The veteran dads will share their babies with the rookies for hands-on training, and demonstrate how to hold, comfort, diaper, swaddle, relieve gas/colic, and play with an infant.

Developing Your Spending Plan – 10 a.m. (1 hr.): Too much month at the end of the paycheck? In this interactive class, you'll learn the importance of a written spending plan. You'll learn about the Financial Pyramid, the Financial Planning Worksheet, and creative ways to find extra cash on even the tightest budget. We don't tell you how to spend it, we teach you how to keep more of it.

Wednesday, Aug. 6

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

Employment Overview 11:30 p.m. (1.5 hrs.): If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Reservations are required for this crash course on employment availability in the Yokosuka/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

Ikego – Japanese Culture Series – Kamakura Tour 9 a.m. (6 hrs.): This class will tour the city of Kamakura. The class is led by a bilingual guide! Come join in the fun. Bring yen for train transportation, lunch and shopping. Call 246-8052 to sign up.

Project Armor 3 p.m. (1.5 hr.): PA is basically life skills training. Introduce topics like: Value of Good Health, Risk-Taking, Media and Health, Managing Stress, Anger and Other Emotions, Communications, and Healthy Relationships. For age (15-18).

Thursday, Aug. 7

Ikego – Play Morning 9:30 a.m. (2 hrs.): Make play fun and educational for your child. Learn creative and new ideas to bring you and your child closer together through play. Children up to 5 are welcome, but must be accompanied by an adult. This Play Morning is held at Nikko Tower.

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

Saving and Investing 10 a.m. (1.5 hrs.): In this class, we'll teach you the difference between a stock and a bond. You'll learn about your risk tolerance, your time horizon, and what investment vehicles match your investor style. You'll learn about mutual funds, expense ratios, money markets. You'll even learn about dividend reinvestment plans and how you can buy stock directly from certain companies.

Friday, Aug. 8

Interview Techniques 11 a.m. (2 hrs.): This workshop teaches the participants how to be more confident about their next job interview. Topics include positive answers to difficult questions, dressing for success, the importance of body language and positive attitude, interview follow-up and salary negotiations.

Ikego – Japanese Culture Series – Ukulele (1.5 hrs.): Immerse yourself in the Japanese culture by joining us to learn how to cover eggs in traditional Japanese *washi* paper. These delicate treasures make excellent souvenirs and add that special touch to any décor.

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

Upcoming Classes

- Aug. 11** Communication, Anger and Stress Management, Assertiveness (CASA)
English as a Second Language
Negishi – More Bang For Your Buck
- Aug. 12** Area Orientation Brief and Intercultural Relations Class
Baby Basics
Welcome to Ikego
- Aug. 13** Communication, Anger and Stress Management, Assertiveness (CASA)
Negishi – More Bang for Your Buck
Welcome to Negishi
Youth Enrichment (Middle School)
- Aug. 14** English as a Second Language; Breastfeeding Support Group
Ikego – Play morning
Ikego – Ikebana Class
Thrift Savings Plan
- Aug. 15** Effective Resume Writing; Sponsor and Sponsor Coordinator Workshop
Youth Intercultural Relations (grades 9-12)
Yokosuka – Play morning

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

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

Automobiles

'96 Honda Odyssey. JCI good January 2009. Shocks and struts replaced December 2006. 106,000 km and runs great. Great Family Car. Available now for \$1,600 or best offer. Please call Wilson, 243-8018 to see/test drive.

'95 Nissan March. 4-dr, blue. Good condition. JCI good thru October 2009. PCSing October 08. \$1,000 obo. Call John, 080-6577-3630.

Angel Motors – Specializing in U.S.A. Spec (LHD) Models! American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! **Angel Motors September Cars!** 1. Beautiful '97 U.S.A. BMW 528i sedan and 52K miles, silver, leather, "angel eye" headlights, crystal tail lights for \$12,900! 2. Fast, custom 1996 Mazda RX-7 (RHD), 75K KM, MT in red for U.S. \$6,500! (car now at Yokosuka base!) Visit us: www.angelmotorsjapan.com. 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.

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.

Sale! Sale! Sale! Car Summer Discount Sale. AA MOTORS – The name you've known for many years. Can you trust buying a non-maintained car from somebody leaving? If not, then AA Motors is there for you with quality cars at unbelievable prices. We can also do all the paperwork, base inspection and LTO Run so just sit back and relax. Check it out: '96 Odyssey, \$1,800. '97 Skyline, \$1,900. '93 Bighorn, \$2,200. '98 Honda Capa, \$2,100. '96 Stepwagon \$2,550. '98 Dingo, \$2,250. '97 March, \$1,600. '97 Primera, \$1,500. '97 Grand Cherokee, \$ 4,500. '95 RVR, \$1,300 and many more. Call 080-5462-0735, or e-mail us at: ttgroupjapan@yahoo.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.

Miscellaneous

For Sale 2 Twin Metal Loft Beds Like New! \$150 each obo. Paid \$300 at NEX. Please call Mary, 246-8630 or 080-3404-4511.

For sale IKEA single Metal Loft bed. Only \$45. You must pick up and build the bed. Please call Chris, 090-5210-0652/090-5210-0054, or e-mail kkj_sale@yahoo.co.jp.

For Sale. New Honda motorcycle Jacket, with armor plating, Rocket Black Leather, purchased new December 2007 never worn. Asking \$200 obo, call 090-8304-0649.

Services

2 BZ 2 Clean? House cleaning service can be scheduled to meet your routine needs. On or off base. Please leave a message and call-back number. Call 080-3489-7657.

Authentic and friendly Japanese instructor offers Japanese lessons for dining out, shopping and Japanese proficiency test at your location or Oppama class. Private lesson. ¥3,000/80 min. Contact 080-5646-2952, sensei4urs@gmail.com.

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/tinanh27, 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.

Computer and Networking Services. We offer low cost computer repair and home/business networking services. We can set up "Secure" wireless and LAN networks. We also, install software, install hardware, contain viruses, and recover "precious" data. Vonage set up and trouble shootings available. We will respond within 24 hours. Please contact: CJ, 080-6603-2336/chaunceyharris@ezweb.ne.jp. Travis, 080-6616-5634.

Computer Services by Edwin – a 12 yr. Computer veteran is here to assist you with your PC/MAC. From virus infected computers to hardware and LCD replacement. Call 246-7628 or 080-6797-2531 to schedule and at home evaluation. Serving Yokosuka/Ikego areas. Hablamos español.

Education Administrator. Do you work outside the home or just desire a quality home school education for your child? Then I have a solution to meet your needs. I can administer an accredited homeschool program, School of Tomorrow (A.C.E.) for your child. Grades 1-12 accepted. Open enrollment. Please contact me for more information at 241-3116 or 080-3526-0172.

English Class? YUCK! If you have heard your student say this, keep reading. If English is not your student's best subject, and he/she needs help/motivation with reading; understanding/analyzing novels, poems, plays, short stories; writing various types of essays and prose; developing vocabulary; identifying and understanding literary terms; help with English projects; etc... I am here to help! I am a CERTIFIED English teacher with 11 years of experience.

I am licensed in VA to teach 7th-12th grade English classes and credentialed in CA to teach K-adult English classes including ESL. Please contact Lisa via e-mail at: Eng_Esl_magister@hotmail.com, or call 241-4393.

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

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

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.

KRush Photography. Specializing in babies, milestones, maternity, and family portraits. We're also great for senior portraits, special events, and all of your other photography needs! Visit krushphotography.com, or e-mail: Cindy@krushphotography.com.

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

LTO Runs and Free Junking (could junk in a couple of hours). New registration, Japanese inspection, renewal, change address, transfer title, deregistration, road tax, T-plates. Call Elvie at 090-4585-8329.

LTO Run and 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.

LTO Runs and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, road tax, temporary plates. Call Mylan, 080-5863-3703 or 241-3037.

Free Junking Service in 1 hr. or less. Also free LTO service included. One call will do it. Don't worry. Negishi, Ikego no problem. Call Derrick, 090-3592-8809, home 241-4415.

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 Run and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, road tax, temporary plates. Call Jackie, 080-6657-9716 and 080-3394-5445.

MAGICIAN. Birthday Parties. Book your command's Christmas party now! Complimentary birthday gift. (イベントや、お誕生日会などにマジック・メイクを呼びませんか?) Call "Magic Mike", 090-6199-4993, (046) 827-4639, magicmike4u@ezweb.ne.jp, www.magicmike.wetpaint.com.

MorsePhotoStudio.com. Senior graduation, weddings, birth of a child, and family get togethers are precious times in a persons life especially overseas. Rely on a photographer with experience. View our photo gallery online. For appointments, please call Sherry Morse at 080-6736-4961.

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: makepbytakako@hotmail.com. Artist info: www.makepbytakako.com.

Piano Tuning Service – Autumn Campaign 2008 (September-October). Upright pianos, ¥11,000 ¥10,000. Grand Pianos, ¥14,000 ¥12,000. *The price may depend on the condition or type of piano. Please contact Edward Fukushima (Member of Japan Piano Technicians Association). (042) 473-4604 (Tel./Fax), 080-5441-1802, efukushima2@hotmail.com, efplano442@ezweb.ne.jp.

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.

マリッジカウンセリング. ミリタリーメンバーと結婚し、言葉の壁や習慣、価値観の違いにとまどい、良い夫婦関係が築けない日本人女性のためのカウンセリングです。http://marriage-counseling.hp.infoseek.co.jp/ Call 090-6300-1220, or suzukiyokosuka@yahoo.co.jp.

Positions

Facility Engineer. *Over three-year on-the-job experience for building maintenance. *Conversational level English and Japanese. *Workplace: Tokyo area. *Pay: A-position up to ¥330,000/month for full time and ¥1,200/hr. for part time. B-position up to ¥400,000/month for full time. *Transportation cost paid (Max. ¥40,000). *Paid vacation and holiday. *Retirement age: 65 years old. E-mail Ms. Watanabe for details or your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Co., Ltd. (03-5722-4680).

Office Worker or Receptionist. *Native level Japanese (speak, write, read) and business level English. *Computer literacy. *College graduate. *Daytime shift work (no weekend and holiday work) for receptionist position. *Work place: Kinshi-cho/Otemachi/Nakameguro. *Pay: ¥210,000/month and above. *Uniforms are provided for receptionist position. *Transportation paid up to ¥40,000/month. *Paid vacation and holiday. *E-mail Ms. Watanabe for details, or your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Business Co., Ltd. (TEL: 03-5722-4680).

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(GW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。

Deploying mom/working Dad. Need housekeeper/cook from 3-6 p.m., Monday through Friday for 6th and 9th grade boys. Salary negotiable. 241-4159, call between 8 and 9 p.m.

English teacher's assistant needed. Monday to Friday, 3-6 p.m. Yokosuka area, no experience necessary. For details, contact Ms. Kato, (046) 857-9857.

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

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.

We need a used AU phone. Ours died from water damage! 241-4159 between 8 and 9 p.m.

Yard Sales

\$1 Yard Sale!!! 3 families have all items priced \$1 or less. Saturday, Sept. 27, 8 a.m. Kyoto Tower in Ikego.

Announcements

Authentic Indian Restaurant in Yokosuka City. Bayleaf presents the ethnic Indian dishes. Completely hotel restaurant's standard food. Lunch time: 11:30 a.m. to 2:30 p.m. Dinner: 5:30 to 9:30 p.m. Monday closed. We are 300 yards from More's and the southern side to the high land. Tel: (046) 821-1922, 080-3015-1749. Web site: http://www.yokosukaindian.com.

Buyers Market in fabulous Las Vegas. House prices are at all time low. Time to buy your dream home or for investment. I specialize in representing you, the buyer. No cost to you, seller pays. Let me find the right house for you and negotiate the best deal for you. E-mail: realtorchriscoobb@gmail.com. Web site: http://christophercoobb.las.mlxchange.com. Cell phone: (702) 630-0790.

DoD Civilians and Contractors – Get out of that small Hotel Room! House available very close to base. Furnished, internet, Cable, the works! E-mail: yamasmith@jcom.home.ne.jp. Phone: 080-5436-8408.

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: anderson@nsedreams.com, or visit my Web site at: http://anderson.nsedreams.com.

Room for rent. Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$300/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.

Shinjuku World Friends International Party, Oct. 4, Saturday, 6:30-8:50 p.m., Shinjuku Tokyo Loose. The full-scale international party in Shinjuku. Meet 200 people. 20 kinds of free cocktails. Free snacks with sandwiches. Male, ¥3,500. Female, ¥3,000. http://www.world-friend.com. Call 080-2001-0512, party@goover.co.jp.

Yokosuka Baptist Church. Independent, fundamental, Baptist church with a military heart. Choumi Building, 27-6 Ogawacho (Across from Mikasa Park). For more information, call (046) 823-4654 or cell 080-3179-9516. www.ybcjapan.org.

Adoption

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

Asahi Advertising, Inc. is located next to CFAY Public Affairs in Bldg. 3154, Room 213. Visit our office or call us at 243-3100/ (046) 816-3100 or e-mail to: seahawkkyokosuka@ys020407.americablejapan.com to place an ad or for more information. Business hours are 10 a.m. to 4 p.m., Monday-Friday. deadline for classified ads is 4 p.m., Friday prior to publication date (one week in advance).

Asahi Advertising, Inc.



USS Providence (SSN 719) Commanding Officer Cmdr. Mike Holland shakes hands with JDS Yaeshio (SS 598) Commanding Officer Cmdr. Taizo Fujita before the start of a friendly game of softball at CFAY's Burkey Field July 17. Yaeshio, a JMSDF submarine sponsored Providence during its port visit to Yokosuka.
U.S. Navy photo by MC2 Nardelito Gervacio



(Left) Members of the Japan Ground Self-Defense Force (JGSDF) Kurihama camp along with Commander Fleet Activities Yokosuka (CFAY) Sailors CFAY CMC Wayne Smith, SK2 Yu He, MA3 Jason Hall, GSM2 Fedemar Tupaz, MA2 Lakisha Crockett and CS1 Resty Villacorta pose for a group photo after participating in the Kurihama Perry Festival Parade July 12. The festival is held each year to commemorate the signing of a treaty that opened the doors of trade between Japan and the United States.

Photo by Kyoko Sugita



Commander Fleet Activities Yokosuka Port Operations Officer, Lt. Cmdr. Brian Lax is piped through side boys following his retirement ceremony July 18. Lax retired after 20 years of naval service.

Photo by Sean Dath



A refueling detail aboard USS John S. McCain (DDG 56) crosses the flight deck after successfully refueling an SH-60 helicopter July 21. McCain responded to a distress call from a crashed aircraft off the coast of Guam and provided search-and-rescue assistance and fuel capabilities for rescue aircraft.

U.S. Navy photo by MC2 Byron C. Linder

Konnichiwa!



DCC(SW) Christopher Langteau does some ship damage control plotting on the damage control diagram.

Photo by Yuji Kawabe

Where do you work?

USS Mustin (DDG 89).

How long have you been in Japan?

9 years.

What is your favorite food?

Gyoza.

Life goal?

To succeed in life