

## Negishi Housing celebrates 43rd *Bon Odori* Festival

Story and photo by Sean Dath, CFAY Public Affairs

Residents of Negishi Housing and the citizens of Yokohama celebrated Negishi's 43rd annual *Bon Odori* Festival Aug. 16.

More than 4,800 people attended the popular open base event which featured vendors offering various Japanese and American foods, live music, a Taiko drum performance, Hawaiian hula dancers and a traditional Japanese *Bon* dance.

*Bon Odori* is a Japanese Buddhist Folk dance performed outdoors around a raised platform called a *Yagura*. During *Bon* Week each August, many Japanese hold memorial services, family gatherings and festivals to pray for their ancestors' souls.

According to Capt Daniel Weed, Commander Fleet Activities Yokosuka (CFAY), the festival is a great opportunity to promote goodwill among Japanese and U.S. citizens.

"Our community relationship between Negishi and Yokohama are closer here than anywhere in Japan," Weed said. "The generosity and good will shown by Naka Ward and the city of Yokohama to our American community have forged a solid and long lasting relationship that spans decades and sets the foundation for future success together."



The Sagami Dragon Drummer group gives a Taiko Drum performance during the 43rd annual Negishi *Bon Odori* Festival, held at Negishi Housing in Yokohama Aug 16. More than 4,800 local residents attended the event which also featured Japanese and American foods, live music and traditional Hawaiian and Japanese dances.

Following the opening ceremony; Weed, Zushi American International Underwriters (AIU) Insurance Company President Kazuko Kosugi, Officer in Charge Negishi Housing Lt. Cmdr. Rome Delasalas and Naka Ward Director General Naoshi Nakagami took part in the opening of a large barrel of Japanese sake donated by AIU, a tradition at Negishi *Bon Odori* festivals for many years.

Nakagami said that the efforts of the Navy are what made his first Negishi *Bon Odori* as director general a success.

"Thank you for the invitation to the 43rd *Bon Odori* festival today," said Nakagami. "Being able to host an event like this which has begun a 43 year tradition within the local community is not possible without a great deal of effort from the CFAY Yokohama detachment and supporting personnel involved in coordinating this event. I would like to express my sincere appreciation for their effort."

Some of the people who attended the event for the first time were family members of the Sailors stationed aboard the *USS George Washington* (CVN 73), which Weed said made this year's *Bon Odori* a special one.

"This year is a special celebration for us as we welcome the newest addition to our CFAY family; the Sailors and families of *USS George Washington*. I'm pleased to share the *Bon* celebration with our new friends and welcome you with warmth and friendship," Weed said.

## McCain commemorates the Great White Fleet 100th anniversary

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

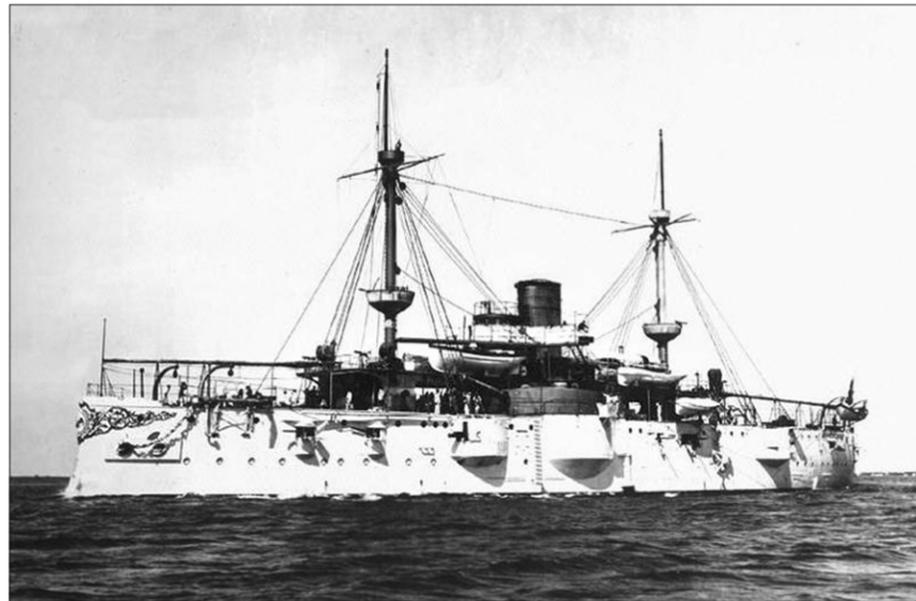
*USS John S. McCain* (DDG 56) arrived in Sydney, Australia Aug. 20 to commemorate the historic 100th anniversary of the Great White Fleet – "Hands Across the Sea."

One-hundred years ago, the Great White Fleet (GWF) departed Hampton Roads, Va., becoming the first and only global naval voyage in history. Theodore Roosevelt, 26th president of the United States, sent a portion of the Atlantic fleet on a world tour to test naval readiness, establish global presence and generate international goodwill. Sixteen battleships, along with auxiliary support ships, with 14,000 Sailors and Marines, deployed on a 14-month journey that covered some 43,000 nautical miles, making 20 port calls on six continents. The participating ships, painted white except for gilded scrollwork on their bows, later became known as the "Great White Fleet." This deployment demonstrated to the world that the United States had arrived as a significant, outward-looking world power with peaceful intent toward every nation.

"Theodore Roosevelt's idea to send a fleet of 16 U.S. battleships on a world tour was a dramatic gesture aimed at audiences both at home and abroad," said the Honorable Dr. Donald Winter, Secretary of the Navy. "To the world, the message was that the United States had arrived as a significant world power, outward-looking and filled with goodwill towards every nation. To the public of this great country, the message was that you have a Navy to be proud of and that the strength of the U.S. Navy is a primary source of our status as a nation of influence and power."

Honoring the 100th anniversary of Theodore Roosevelt's Great White Fleet deployment underscores the Navy's commitment to sustaining a Navy and Marine Corps responsive to the challenges of the 21st century. Today, informed by its diplomatic tradition, the U.S. Navy continues to work with partners to deter aggressors, protect the right to operate freely at sea, and provide humanitarian assistance and disaster relief around the world. The Navy's Maritime Strategy – "A Cooperative Strategy for 21st Century Seapower" – emphasizes the need for increased global cooperation to promote global peace and prosperity.

President George W. Bush, in a letter to the Australian Prime Minister, made a commitment that brought *McCain* to Sydney for the 100th anniversary commemoration. *McCain*, adorned with a "GWF 100th Anniversary" on its bridge wings, pulled smartly into Sydney harbor and was welcomed by all of Australia.



The United States commissioned her first battleship, *USS Texas*, April 15, 1895. This coal-burning ship, had an overall length of 309 feet and an extreme beam of 64 feet, displaced 6,315 tons, and had a complement of 30 officers and 362 enlisted men. She carried two 12-inch and six 6-inch guns and was equipped with four 14-inch torpedo tubes. For protection she carried 12-inches of steel armor, and while not the titan of later years, for her era she was one of the most powerful ships in the world.

Photo courtesy of the Naval Historical Center

With the Royal Australian Navy guided missile armed frigate *HMAS Darwin* (FFG 04) leading the way into the harbor, *McCain* proudly pulled into the Australian Navy base pier.

*USS John S. McCain*, commanded by Cmdr. John S. Banigan, is one of seven Arleigh Burke-class guided missile destroyers assigned to Destroyer Squadron (DESRON) 15 and forward-deployed to Yokosuka, Japan.



# 司令官の相談室



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



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

**P.A.W.S. Birthday Bash and Silent Auction** – P.A.W.S. (Pets Are Worth Saving) will have their annual Birthday Bash Masquerade and Silent Auction at the Chief Petty Officer's Club, 5 to 9 p.m., Saturday, Sept. 6. Come celebrate our 12th birthday with us with dinner, music and prizes! (Be sure to wear a mask for the grand prize raffle). Don't miss this year's silent auction; we have already received some great items including gift baskets from Navy commands, jewelry, home accessories, massage gift certificates, liquor sets and more! Tickets are only \$20 and include your meal (beef, chicken, or vegetarian). All hands, contractors, Japanese, and guests are welcome to attend. Tickets are on sale now through Aug. 28. Contact P.A.W.S. by e-mail to [usskittytalk@hotmail.com](mailto:usskittytalk@hotmail.com), or stop by the shelter Tuesdays and Thursdays from 4:30 to 6:30 p.m. P.A.W.S. is located across from the Navy Exchange (NEX) Depot and NEX Taxi Office.

基地内のペット保護団体PAWSの誕生パーティーとサイレント・オークションが9月6日土曜日午後5時から9時までチーフ・ペティ・オフィサーズ・クラブで開催されます。PAWS設立12周年を祝うパーティーは、ディナーや音楽、賞品抽選会など盛り沢山の内容です。オークションの出品物を数点既に受け取っていますが、魅力的な品物ばかりですので是非見逃さないように。食事付き入場券の値段は20ドル、8月28日まで販売されていますので、[usskittytalk@hotmail.com](mailto:usskittytalk@hotmail.com)までeメールもしくは火曜日から木曜日の午後4時30分から6時30分の間にPAWSまで直接お訪ねください。場所はNEXデポとNEXタクシー事務所の前です。

**Product Caution Advisory** – A faulty adapter plug has been discovered on Toshiba TV, model number 47WL66, sold at the Yokosuka Navy Exchange (NEX)

which could be a potential fire hazard. If you have purchased this model TV from the Yokosuka NEX, please contact NEX Divisional Manager Brad Hoover at 243-6751 to obtain a safety approved replacement adapter.

**Yokosuka Boy Scout Troop 35 Scout O' Rama** – Yokosuka Boy Scout Troop 35 will hold their Scout O' Rama at Kasano Park, Yokosuka Base from 10 a.m. to 3 p.m., Sept. 6. Contact Clement Mosseri at 241-4097 to participate or for more information.

**Relay For Life Fundraiser** – Team Sirens, Relay For Life is conducting a fundraising party Sept. 6 from 5 to 10 p.m. at the Ajisai Heights Party Room, to help raise money for the American Cancer Society and Relay For Life. Stampin' Up and Tupperware products will be available for purchase. Refreshments will also be available. Contact Holly Varner by phone at 241-4856/080-5516-7833 or by e-mail to: [relayforlifeyokosuka@yahoo.com](mailto:relayforlifeyokosuka@yahoo.com) for more information.

**USS Shiloh (CG 67) Family Information Fair** – USS Shiloh (CG 67) will hold a "Pot Luck" Family Information Fair in the Commander Fleet Activities Yokosuka Headquarters, 2nd floor auditorium, Thurs., Sept. 11 at 6 p.m. Child care will be provided. Contact Claire Blackwell at 090-8301-1853 for more information.

**AIAnon/AIAteen Meetings** – Is your life affected by someone's drinking? To help them, you have to help yourself first. AIAnon (Adult) meetings will be held 6 to 8 p.m. Tuesdays and AIAteen (ages 12 to 18) meetings will be held 6 to 8 p.m. Thursdays at the Fleet and Family Support Center Annex, Take Room. E-mail to [sherpet3@hotmail.com](mailto:sherpet3@hotmail.com) for more information.

**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 10a.m. CPR, First Aid, and Automated External Defibrillator (AED) certification is scheduled for Sept. 6, 10 and 20.

Become a certified youth Red Cross babysitter by signing up for Babysitter's Training class scheduled for Saturday, Sept. 27. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

**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/ccpmid>, [www.defensetravel.dod.mil](http://www.defensetravel.dod.mil) or [www.gsa.gov/smartpay](http://www.gsa.gov/smartpay) for more information

**BZ:** A Bravo Zulu goes out Negishi Housing Office Manager Christopher Churchhill and Negishi Officer in Charge Lt. Cmdr. Romadel De Las Alas and his son, who worked together to help me by

mowing my lawn and get it back to regulation requirements because my husband is away and I am seven months pregnant and unable to physically do it myself. Thank you, your help was greatly appreciated.

**BZ:** I would like to give a big Bravo Zulu to everyone involved in the recently held Negishi Bon Odori Festival. I attended the festival several years ago on my first tour and when I transferred one of the things that stuck in my mind were events like the one held on Saturday. It's good to see that Negishi Housing continues to hold open base events. They truly are a great way to come together with the local citizens of Yokohama.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an e-mail to [cfay.pao.watch@fe.navy.mil](mailto:cfay.pao.watch@fe.navy.mil). We welcome your feedback, especially if it is of a general nature and can help others. The next "Commander's Corner" live call-in show is tentatively scheduled for Sept. 4. 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](mailto:Seahawk-Umitaka@fe.navy.mil).

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

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## Congratulations fiscal year 2009 chief petty officer selectees

Name	Command	Name	Command
CSC(SEL)(SW) Romualdo Belo	CFAY	BMC(SEL)(SW) Adam Melancon	CFAY
ITC(SEL)(SW/AW) Benjaman Bland	DDYJ	FTC(SEL)(SS) Daniel Miles	ATGWP/CID
CTRC(SEL)(SW) Steven Boyle	NIOC	SKC(SEL)(SW/AW) Teddy Murao	FISC
OSC(SEL)(SW) Gregory Briggs	CNFJ	MAC(SEL)(SW) Paul Norwood	CNFJ
CSC(SEL)(SS) Brian Broughton	CSG7	SKC(SEL)(AW/SW) Felix Onejeme	ATGWP/CPDP
SKC(SEL)(SW/AW) Jesus Castaneda	DDYJ	STGC(SEL)(SW/IUSS) William Palmer	CNFJ
MAC (SEL)(SW) Reginald Chambers	CFAY	ATC(SEL)(AW/SW) Eric Patten	ATGWP/CPDP
OSC(SEL)(SW/AW) Kinyatta Cooper	GW FAST Det.	BMC(SEL)(SW) Donna Powell	ATGWP
HMC(SEL)(FMF/SW) Shawn Dean	USNH	ABHC(SEL)(AW) Edward Rodrigues	ATGWP/CNELS
SKC(SEL)(SW) Maria Delgado	DDYJ	HMC(SEL) Jeffery Rogers	USNH
MCC(SEL)(SW/AW) LaTonya Ellis	CNFJ	CTRC(SEL)(SW/AW) Courtni Rowden	ATGWP/CID
GSMC(SEL) Jesus Escuderosalas	ATGWP	MMC(SEL)(SW) Brian Russell	CFAY
ITC(SEL)(SW) Alan Florez	DDYJ	FCC(SEL)(SW) Ambrose Schulte	ATGWP
CSC(SEL)(SW/AW) Ariel Gonzales	CFAY	ENC(SEL)(SW/AW/SCI) Wayne Springs	CFAY
MAC(SEL)(PJ) Franklin Halterman	CFAY	QMC(SEL)(SW) Clint Tergeson	CSCS Det.
MAC(SEL)(SW) Michael Hancock	CFAY	MAC(SEL)(AW) Michael Thomas	CFAY
OSC(SEL)(SW/AW) Shamir Jones	CSG7	ETC(SEL)(SS) Roy Trantham	CSG7
ETC(SEL)(SS) Todd Julius	CSG7	BMC(SEL)(SW) Wemppy	CFAY
OSC(SEL)(SW) Richard Lapp	ATGWP	OSC(SEL)(SW) Damiean Williams	ATGWP
SKC(SEL)(AW/SW) Marco Martinez	FISC	OSC(SEL)(SW/AW) John Wirsing	CFAY
OSC(SEL)(SW/AW) Thomas McCorkle	ATGWP	GMC(SEL)(SW) Terrance Wright	ATGWP

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# Yokosuka's damage control experts train Essex Sailors

Story and photo by MC2 David Didier, Fleet Public Affairs Det., Japan

Instructors at the Center for Naval Engineering Learning Site, Yokosuka (CNELS) train Sailors daily on what to do in case of flooding at sea. Sailors from *USS Essex* (LHD 2) sharpened their skills and learned from damage control experts during the ship's current port visit to Yokosuka Aug. 20.

Flooding is a very real and very dangerous possibility for ships at sea. Through this high-tech simulated training, students experience real flooding in a safe, simulated environment.

"Safety is the most important thing at this school," said Chief Aviation Boatswains Mate (Fuel) Joseph Garrido, a native of Guam and instructor at CNELS. "Next to that is the education that this schoolhouse provides to the fleet to get them up to speed on new instructions and if not to just be a refresher for them."

Sailors start their training day with classroom lessons on critical damage control and communication skill-sets that could save the ship.

"This morning we went through all of the different types of pipe patching and shoring," said Lt.j.g. Connie Schlemmer a native of Bremerton, Wash., an *Essex* repair locker officer. "We learned more about communicating with one another in the locker, how to fight flooding and save the ship."

Students receive a walk-through of one of the Navy's most high-tech and newest wet trainers. The wet trainer looks like any other building from the outside. But on the inside, it contains a large tank that can hold millions of gallons water and has the ability to simulate massive flooding at the flip of a switch - giving Sailors the ability

type of training that we displayed here today, they would have never saved that ship," said Aviation Boatswains Mate (Handling) (AW) Gregory Stacey, a native of Thomasville, Ga. and instructor. "That is why it's good for these Sailors to come out and get this type of training on shoring, pipe-patching and dewatering."

The walls and pipes in the wet trainer have holes and ruptures built into them to allow water to flow through and into the space giving Sailors the opportunity to put their shoring and pipe patching skills to the test.

"The trainer is realistic. We actually have the ruptures in the bulkheads and hatches and the scuttles and we actually can give them that real life flooding that they are going to encounter when they are onboard the ship," Stacey said. "We can pressurize the water to about the amount it would be in a real life scenario it is as realistic as we can make it."

The real-life approach to this training is designed to set Sailors up for success and get a feel for what they might encounter.

"The students get to have hands on experiences with the box patches, dewatering equipment and different types of shoring," added Garrido. "We get them from start to finish finding the flooding and making the shoring to fix the problem and save the ship."

"We want to make sure the students get something from this training and being able to take the knowledge back to the ship and pass it on to other Sailors that don't get the opportunity to come to this course," Stacey said.



Sailors assigned to *USS Essex* (LHD 2) work together to help a shipmate egress from a flooding space during damage control training at the Center for Naval Engineering Learning Site, Yokosuka wet trainer Aug. 20.

to experience shipboard flooding and try to stop it. "It is very important to have this kind of training, as most may remember the situation that happened with the *USS Cole* a few years ago. If those Sailors hadn't had this

# Sailors bring supplies, good times to Korean orphanage

Story and photo by MCC(SW/AW) William F. Gowdy, *USS Blue Ridge* Public Affairs

*USS Blue Ridge* (LCC 19), embarked 7th Fleet staff chief petty officers (CPOs), CPO selectees and Korean Navy sailors worked together during a community relations (COMREL) project at the Hee-Rak-Won Childrens Welfare Foundation Aug. 20.

Hee-Rak-Won translated in English means "Delight and Merriness Home" and serves as an orphanage in the city of Busan.

Sailors had the opportunity to work and interact with dozens of children ages four to 18, teaching English and playing frisbee, soccer and other games while unloading and sorting toys and medical hygiene items from Project Handclasp.

"Overall I think it was a great experience and gave me a chance to see another side of Korea," said Chief Ship's Serviceman (SEL)(SW/AW) Derrek Robinson, a veteran of several COMRELs during his time aboard *Blue Ridge*, adding that he enjoys the feeling of changing and improving other people's lives.

Deputy Director of Hee-Rak-Won, So Ang Park, said having the Sailors visit is a positive experience for the children. "The U.S. Sailors are like aunts and uncles to these children." In addition to teaching English, she said, "The Sailors are able help accomplish major tasks in a very short time; tasks that would normally take a very long time."

Chaplain Lt. j.g. Steven Benefield, the *Blue Ridge* coordinator of the COMREL, shared his thoughts about participating in the event. "What blessed me most about this COMREL is we went there expecting to help and bless them but the end result was we were blessed more than we blessed them."

The day was wrapped up with a small speech from Hee-Rak-Won Superintendent Park Hyo Il, who explained that the Project Handclasp items would be distributed appropriately to the children of the facility and any extra items would be shared with



*USS Blue Ridge* (LCC 19) and 7th Fleet staff chief petty officers (CPO) and CPO selectees participate in a community relations (COMREL) project, distributing products from Project Handclasp at the Hee-Rak-Won Children's Welfare Facility Aug. 20.

other local organizations. In closing he said, "Thank you all for coming. It means a lot to the kids who always enjoy your visits."

Before departing, the chiefs and CPO selectees gave their command ball caps to the children who then proudly wore them as they waved good bye to the departing Sailors.

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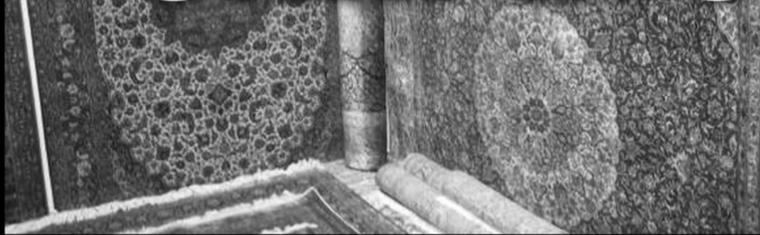
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# Fall events offer professional, personal growth for Navy women

By Lt. Cmdr. Elizabeth Zimmermann,  
Navy Diversity Directorate Public Affairs

A robust and interesting schedule for this fall is providing Navy women a wealth of opportunities for professional development, leadership building and networking.

From the Grace Hopper Celebration of Women in Computing Conference to the Working Mother Media's Multicultural Women's Town Hall, these events increase opportunities for women to receive inspiration, to find mentors and to provide mentoring to those they meet, and to become empowered to succeed – all key components of the Chief of Naval Operations Adm. Gary Roughead's diversity policy.

"Every individual, military or civilian, must be encouraged and enabled to reach his or her full potential. They must be inspired and empowered to attain the most senior levels of leadership. That empowerment today is unleashed by involved, thoughtful, proactive and enlightened leaders... Future empowerment is cultivated by that same leadership and mentorship and an active commitment to attracting and recruiting the very best."

In addition, attendance brings the diverse face of the Navy to the American public.

"We want to engage in outreach activities that bring Sailors in contact with the people we serve, across the spectrum of our society," said Navy Diversity Director Capt. Ken Barrett. "These events, and others like them, are opportunities for individuals to not only gain professional or personal knowledge, but to show what our Navy has to offer as a Top 50 employer."

Attendees of the 5th Annual National Latina Symposium presented by Latina Style magazine will learn about issues such as advancing Latinas in the workplace, entrepreneurship and business, emerging technology trends, wealth creation and financial security, political leadership, professional development and balancing health, career and personal life, Sept. 5.

Latina Style presents the only national awards program honoring Latinas serving in the Armed Forces, and networking opportunities abound.

For an opportunity to celebrate the advances of women in technology attend the Grace Hopper Celebration of Women in Computing Conference in Keystone, Colo., Oct. 1-4.

"This is a great opportunity to showcase female Navy technical professionals at one of the largest technology gatherings in the world," said Lt. Stephanie Miller, director of the Navy's Women's Policy Program.

"Not only will this event focus on the research and career interests of women in computing, but what better group to attend a symposium named after one of our than Navy women?"

Leading researchers will present their current work, and special sessions will focus on the role of women in today's technology fields, including computer science, information technology, research and engineering. Officer, enlisted and civilian women are encouraged to join women from *USS Hopper* (DDG 70) in representing the Navy at this conference.

Later in October, comes another opportunity for female officers from all military services to expand their leadership skills at the 5th Annual Academy Women Fall Leadership Symposium. The event is being held Oct. 17-19 at the Women in Military Service for America Memorial in Arlington, Va. This year's theme is "Stories from Our Sisters," and speakers include the first female general officers: Generals Jeanne Holm, Wilma Vaught, Pat Foote and Adm. Marty Evans. There will be a number of panels and other activities, and a career workshop devoted to professional development.

Those who miss the Grace Hopper symposium may be interested in attending the National Women of Color in Technology Conference in Dallas, Oct. 23-25. The conference supports and recognizes minority women in technology careers. It connects them with mentors, and provides a forum to discuss the key issues in U.S. job growth diversity, the critical shortage of women in IT careers, technological innovation, and women-owned IT ventures.

"There were many opportunities to network with other women, and I found all the women to be tremendously supportive and encouraging," said Tasha Lopez, a previous conference attendee.

"It was refreshing to be surrounded by women who look and act like women and are highly successful not only in their careers but also in their personal lives."

In Baltimore, Nov. 6-8, the Society of Women Engineers (SWE) are holding their annual convention. SWE empowers women to succeed and advance in their careers as engineers and leaders. Navy members are encouraged to attend this year's conference, entitled "Women Leading a Technical Revolution."

Mothers in the Navy, or anyone with an interest in gaining insight on how to compete and collaborate at senior levels, develop mentor relationships and manage conflict, are encouraged to attend the Working Mother Media's Multicultural Women's Town Hall in Washington, D.C., Nov. 19. This year's topic is "Power Networking – How to Build Influential Value Based Relationships."

"There are so many opportunities out there to increase individual's professional and personal options. We are constantly on the look out for venues that will benefit Navy women if they attend," said Miller. "It's simply a matter of taking a bit of time to get involved."

Visit the Women's Policy Office Web page for more opportunities throughout the year at [www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy/](http://www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy/).

# GW welcomes nearly 600 new shipmates from *USS Kitty Hawk*

By MC2 Dave Reynolds, *USS George Washington* Public Affairs

*USS George Washington* (CVN 73) (GW) Sailors welcomed nearly 600 new shipmates Aug. 12 as former *USS Kitty Hawk* (CV 63) Sailors reported to their new ship.

Representatives from nearly every shipboard department manned tables in the ship's hangar bay, streamlining what could have been a very time-consuming check-in process. *GW* sponsors were on hand to meet the new Sailors and guide them through the line, also helping to fill out necessary paperwork.

Between 150-200 Sailors were able to check in each day, thanks to the "assembly line," as Senior Chief Personnel Specialist (SW/AW) Daniel Sanchez, *GW*'s administrative department's leading chief petty officer, called it.

"It's geared towards getting Sailors properly checked in as quickly as possible," Sanchez said.

He said that Sailors were able to complete about 90 percent of the check-in process, as well as meet members of the *GW* chain of command and some new shipmates, in less than an hour.

"Each department, especially those that gained Sailors, played a huge role in making

this successful," Sanchez said. "However, [our] admin department plays the lead. Sailors have to come through us to ensure that all their paperwork is in line and to get them entered into the ship's [administrative] system."

Sanchez said that coordination was the biggest challenge.

"You have so many moving pieces that need to fit together just for one single event," he said. "You could compare it to planning a concert — you have to book the band, print the tickets, rent a venue and set up chairs. There are a lot of different things to plan for."



The aircraft carrier *USS Kitty Hawk* (CV 63) sails past the nuclear-powered aircraft carrier *USS George Washington* (CVN 73) as it arrives in San Diego to conduct turnover with *George Washington*.

U.S. Navy photo by Kyle D. Gahlau

Administrative Department Sailors had a chance to prepare soon after the ship arrived in San Diego in late May. More than 70 new Sailors checked in May 31.

"It did wonders as far as planning," Sanchez said. "It was definitely a good learning experience for us. We were able to take some information and use it toward this actual cross-deck. There were lessons learned and we got a very good idea of how to make this bigger transition run smoother."

With a complete crew on board, *GW* is getting ready to head to Japan as the Navy's only forward-deployed aircraft carrier.

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# 事故訓 - 黒はお嫌い

文・イラスト：松森豊、NAVFACFE安全課

変電所の周りに立ち木の枝が覆い被さってきたので、職員達で枝払いを行うことにしました。この時期は蜂への注意を要するのですが、前週に当該木立のスズメバチの巣を一つ除去したばかりなので、まあ大丈夫でしょう。バケットトラックに乗り込んだ作業員二人は、枝を払い始めました。と、切り落とした枝の一つが更に下の枝に当たりました。

その下の怒った蜂の群バケット目指しました。枝になった巣の除つけられなバチの巣がでしょう。

バケットの1人は白いT、う1人は黒いしていました。は、『蜂は黒を襲う傾向がいた事がある

この災害例においては、正にその通りに蜂は黒Tシャツの作業員だけを狙って襲いかかりました。この時、下で見ていた人の言葉を借りれば、蜂達は、黒Tシャツ作業員の周りに群がったそうです。

幸い、万が一の為に、バケットの中には蜂用スプレーを1本準備していましたが、白Tシャツ作業員がそれを使って蜂と果敢に戦い、かろうじて撃退する事ができました。しかしその間、黒Tシャツ作業員は、腕や手、肩等4カ所も刺されました。白Tシャツ作業員は無傷でした。スズメバチの毒は強く、被災者の上半身は痛々しく腫れてしまいました。医者は一日の安静を指示し、監督者はその日は本人に帰宅療養を命じました。

蜂の災害は、極東海軍施設技術部隊（NAVFACFE）では頻発します。被災者ご本人にはお気の毒ですが、今回の事例では非常に良い対比的な教訓を得る事ができたと思います。黒Tシャツ氏の尊い犠牲は、NAVFACFEにおいて、きつときつと、今後の同様な作業時に未永く生かされる事でありましょう。



その途端で枝からは、れがわーんとして上昇しての中に前週行去作業中に見かったスズメ残っていたの

中の作業員、シャツを、もTシャツを着きつと皆さんい服を着た人ある』と、聞と思います。

## Lesson learned: Black attracts

Story, translation and illustration by Yutaka Matsumori, NAVFAC Far East Safety office

The trees around a transformer plant were too overgrown. Workers started to cut branches while in a bucket truck. For this kind of task, especially during summer, workers know they needed to be careful against hornets. They had checked the work site and knew that their pest control shop had just removed a hornet hive last week. Therefore, it would be probably safe enough to start the work.

When one branch was cut, it disturbed another branch below, and a swarm of angry hornets immersed from the leaves and was heading to the bucket above. There must have been a hive left inside the leaves not found last week.

The two workers in the aerial bucket wore T-shirts, one black, the other white. You should probably know that bees and hornets are apt to attack black targets. This indeed happened. The hornets began to attack the black T-shirt worker. Later, another worker below watching the attack stated the hornets flew around the black T-shirt worker as the center. Fortunately and wisely, they had brought an anti-bee spray can. Using this spray the white T-shirt worker fought against the hornets, and eventually succeeded in removing the hornets. But, before he succeeded, the black T-shirt worker got four stings on his hand, arms and shoulder. The white T-shirt worker remained uninjured. Since the stings were very poisonous, the worker's upper body was swollen in the places that were stung. The physician instructed him to be calm for the rest of the day, and his supervisor ordered him to go home and rest.

We are very sorry for the injured worker, but because of this mishap, we were able to obtain good comparative results and put out this important precautionary reminder, when working outdoors around bushes and trees, don't wear black!

## 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
<b>事務系 (MLC)</b>				
化学職	6	FEC-OPEV1-001-08(R)	I, II, III, IV	Oct. 9, 2008
化学職	6	SRFJPMC-088-08 (R)	I, II, III, IV	Oct. 14, 2008
技師職(一般)	7	FEC-CI-005-08(R)	I, II, III, IV	Sept. 9, 2008
技師職(一般)	7	FEC-CI-006-08	I, II, III, IV	Oct. 2, 2008
技師職(一般)	7	SRFJPMC-146-07 (R4)	I, II, III, IV	Oct. 14, 2008
技師職(機械)	7	SRFJPMC-115-08	I, II, III, IV	Oct. 6, 2008
エンジニアリング専門職(環境)	6	FEC-PRY4-002-08	I, II, III, IV	Oct. 10, 2008
エンジニアリング専門職(機械)	7	SRFJPMC-065-08(R2)	I, II, III, IV	Sept. 3, 2008
翻訳 - 翻訳職	5	SRFJPMC-150-08	I, II	Aug. 25, 2008
法律顧問職	7	TSO-02-06(OUF)	I, II, III, IV	空席広報参照
船積計画事務職	4	DDYJ-012-08	I, II	Aug. 22, 2008
船積計画事務職	4	DDYJ-011-08	I, II	Aug. 22, 2008

### 事務系 (IHA)

ジャンター・フォアマンA	4	MWR-38-08	I	Aug. 25, 2008
児童育成プログラム補助職	3	MWR-23-08(R)	I, II, IV	Sept. 2, 2008

### 技能系 (MLC)

第25期技能訓練生	3	SRFJPMC-113-08	I, II, III, IV	Oct. 14, 2008
自動車機械工	7	DDYJ-007-08(R)	I, II, III, IV	Aug. 26, 2008
製かん工	7	SRFJPMC-127-08	I, II, III, IV	Aug. 26, 2008
電子装置基準測定工	9	SRFJPMC-068-08(R3)	I, II, III, IV	Oct. 25, 2008
機械工	7	FEC-PRY31-006-08(R)	I, II, III, IV	Sept. 2, 2008
構築物施設工	4	FEC-PRY31-013-08	I, II, III, IV	Sept. 2, 2008
船舶内燃機関機械工	7	SRFJPMC-130-08	I, II, III, IV	Oct. 14, 2008
船舶内燃機関機械工	7	SRFJPMC-125-08	I, II, III, IV	Aug. 26, 2008
船舶整備工	6	SRFJPMC-126-08	I, II, III, IV	Aug. 26, 2008
船舶パイプ取付け工	7	SRFJPMC-128-08	I, II, III, IV	Aug. 26, 2008
一般船舶機械工	7	SRFJPMC-129-08	I, II, III, IV	Oct. 14, 2008
船舶設備取付け工	7	SRFJPMC-124-08	I, II, III, IV	Aug. 26, 2008
溶接工	7	FEC-PRY31-008-08	I, II, III, IV	Sept. 2, 2008

### 技能系 (IHA)

ハウスキーパー	3	NEX-406-08	I, II, IV	Oct. 10, 2008
ハウスキーパー・フォアマンA	4	NEX-749-08	I, II, III, IV	Oct. 22, 2008
ジャンター	3	MWR-39-08	I, II, IV	Oct. 15, 2008
冷蔵及び空気調節機械工	7	FEC-PRY31-014-08	I, II, III, IV	Sept. 2, 2008

### 期間限定従業員

セールスチェッカー	3	MWR-37-08	I, II, IV	Aug. 25, 2008
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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です。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、沖縄が含まれます。

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.cnj.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。

# Navy's second-highest civilian honor awarded to RLSO MLC

By Dan Bowen, CFAY Public Affairs

Judge Advocate General of the Navy Vice Adm. Bruce E. MacDonald awarded the Navy Superior Service Award to International Law Director, Region Legal Service Office (RLSO) Japan/Legal Advisor to Commander Fleet Activities Yokosuka (CFAY) Koichi Sekizawa for service, "marked by his outstanding professionalism, perseverance, and commitment to excellence," while supervising foreign criminal jurisdiction cases for U.S. Naval forces assigned to Japan. Commander U.S. Naval Forces Japan (CNFJ) Rear Adm. James Kelly presented the award during an award luncheon at the Chief Petty Officer's (CPO) Club Aug. 11.

"He is a teacher, a mentor, a hard worker, a sage legal technician and, most of all, an extremely loyal member of the Yokosuka legal team," said RLSO Commanding Officer Capt. Stuart Belt. "I want to personally thank Sekizawa-san for all that he has done over the last 30 years for the U.S. Navy and for Yokosuka."

During his time in Yokosuka, Sekizawa has helped ensure the relationship between the U.S. and Japan stays strong and on course. Among his many responsibilities, Sekizawa is often called upon by both Japanese governmental agencies and the U.S. Navy to make presentations before courts, public prosecutors and officials regarding international treaties and the



Rear Adm. James Kelly presents Koichi Sekizawa the Navy Superior Service Award during an award luncheon at the CPO Club Aug. 11. Sekizawa has performed as the International Law Director, Region Legal Service Office (RLSO) Japan and Legal Advisor to CFAY for more than 30 years.

Photo by Yuhji Kawabe

cultural differences of laws in Japan and the U.S.

"It is hard work to keep the alliance and relationship strong, vibrant and healthy," said Kelly. "Sometimes there will be problems; the only way we can work through these problems is to have a foundation that is based on recognition, respect, love and passion. I can't think of a better symbol for that relationship... for everything that goes into that foundation than Sekizawa-san."

Sekizawa first came to CFAY in May 1968 as an office clerk at the contracting office of the Naval Supply Depot. Shortly after starting, he was promoted and sent to Ship Repair Facility (SRF) Sasebo as a contract negotiator. He took positions in Tokyo at a few Japanese companies for several years before returning to CFAY in 1972 and resuming his work for the U.S. Navy.

"I loved the liberal working environment of the U.S. Navy. Basically, it was guaranteed and secure in the U.S. Navy that if you work seriously and try to improve yourself at work, they treat you fairly," said Sekizawa. "The United States government has always been improving the quality of life of their Japanese employees."

Sekizawa offers anyone who would endeavor to fill his shoes some sage advice: study hard and be humble; perform your job ordinarily as people would ordinarily expect you to perform; and to commit to heart President Kennedy's aphorism, ask not what the U.S. government can do for you, ask what you can do for the U.S. government.

# USS Oneida steam gauge, historical documents donated to CFAY

Story and photo by Yuji Kawabe, CFAY Public Affairs

Yokohama residents Ryokichi Takeshita and his wife Yukari visited Commander Fleet Activities Yokosuka (CFAY) Commanding Officer Capt. Daniel Weed Aug. 1, to donate a steam gauge and historical documents belonging to the *USS Oneida*, which was sunk in the Tokyo Bay 138 years ago.

Takeshita's father Hisao Takeshima carefully protected and kept the steam gauge more than a half century. After Takeshima passed away eight years ago, his son thought that the steam gauge needed to go back to where it belonged. Since the *USS Oneida* was an United States Navy ship, Takeshita thought CFAY would be the best place for the steam gauge. As Takeshita talked about the behind story of the steam gauge, CFAY Capt. Daniel Weed expressed his astonishment and deep appreciation and said he would like to exhibit them as memorabilia of the *USS Oneida*.

Takeshima was an experienced diver and salvage work contractor. After Takeshima heard the story from local fishermen and other local citizens that the *USS Oneida* was sunk in the ocean, he had great interest in searching the sunken ship. In 1952, Takeshima searched for the ship in his spare time and found the ship more than 12 feet below the surface of the sea near Kannonzaki, Yokosuka. Because of the strong current and poor underwater vision, Takeshima used to say it was quite difficult to do the salvage work.

After the government permitted Takashima to salvage the ship the following year, Takeshima found the remains of three people, matchlock guns and sabers. Takeshima contacted the United States Embassy in Yokohama, and the U.S. Forces in Japan obtained and buried the remains.



Commander Fleet Activities Yokosuka Commanding Officer Capt. Daniel Weed poses with Ryokichi Takeshita and his wife Yukari with the *USS Oneida* steam gauge Aug. 1. The steam gauge was salvaged from the ship by Takeshita's father in 1954.

On April 1, 1954, Takeshima salvaged the steam gauge from around the engine room area. Since the steam gauge was stamped with a *USS Oneida* insignia, the sunken ship was officially recognized as the *USS Oneida*.

Since the ship had carried great amounts of money and treasures, many people who were only interested in the financial rewards from it came to approach Takeshima. Many of them attempted to take Takeshima's salvage permission away from him.

According to Takeshima's research, since the ship's bottom was covered with sand, Takeshima concluded that he could not find anything unless he salvages the ship. Since the salvage work cost a large amount of money, many investors and companies worked behind the scenes. In 1955, the salvage company in Nagasaki went bankrupt soon after it started the salvage work. Takeshita said his father was angry with the company's management and the way they treated the remains of the dead. The salvage work has not been conducted since then.

Takeshita learned about the *USS Oneida* from his father since childhood. Takeshita said his father was passionate about the ship. "Since many sailors died on the ship, I believe that people who don't have morals shouldn't do the salvage work," Takeshita said.

CFAY built a monument and held a memorial ceremony in Kosano Park, March 6, 2008 honoring the *USS Oneida*. Capt. Weed asked Takeshita to attend the next *Oneida* Memorial Ceremony and Takeshita accepted his invitation.

## CFAY Housing Office "Yard of the Month" winner

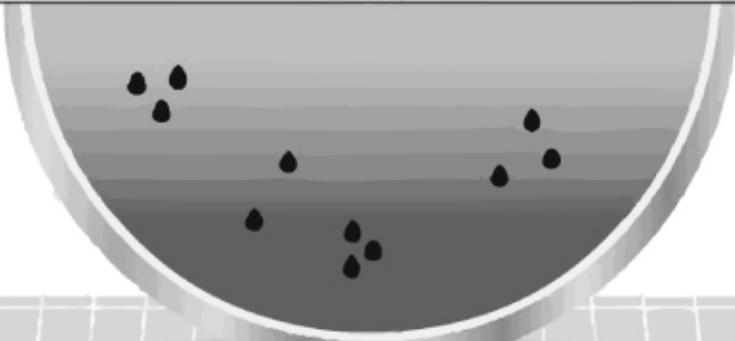


Commander Fleet Activities Yokosuka Chief Staff Officer Cmdr. Emil J. Salansky Jr., presents the CFAY Housing Office Welcome Center 1st place "Yard of the Month" for August certificate, sponsored by Morale, Welfare and Recreation to Frisca Flores of 156 Gridley Lane Aug. 21. Stephen and Susan Martin of 121 Gridley Lane earned 2nd place and Lee and Evangelina Zukowski of 119 Gridley Lane placed 3rd. For more information or to participate in the Yard of the Month, contact the CFAY Housing Office Welcome Center at 243-9037.

Photo by Yuji Kawabe

# MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • August 29, 2008



**Pool Party**  
**LABOR DAY!**

Green Beach, Ikego and Negishi Pools  
1200 to 1500  
Fun and food for everyone!

Yokosuka Teen Center

## CLUB NIGHT

Fridays at 1930

We will have a wide variety of music and a killer DJ! Free  
Want more info? Call 243-5542



Negishi Club  
**Mexican Platter**

**Fridays**  
from 1700 to 2000

Dinner served with Spanish soup, taco salad, fajitas, burritos, enchiladas, Spanish rice, refried beans, vegetable of the day and flour tortillas.

For more info call 242-4151.

Every Sunday at 1600 to 1800 and 1815 to 2015

## SUNDAY FAMILY PROGRAM



\$20 for a family of 4 and free shoe rental. Come join the fun with great music as our feature!

For more info call 243-4200.

## FitFactor

NAVY CYP

GET UP - GET OUT - GET FIT

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



The goal of the FitFactor program is to encourage you to make healthy choices and give you opportunities to participate in a variety of fun activities. Use the online incentive program to log points, gain levels and get prizes! For details call 241-2952.

Wednesday, September 10 at 2000

"Missed making rate by two lousy points and PRT was tough on all my joints." Sound familiar? Share a verse or two of your original, saddest country song. Get the most laughs or cheers to win. Sign ups begin at 2000 at the bar and contest starts at 2100. Need ten participants to hold contest. Winner receives a \$50 NEX gift card and runner up receives a \$20 NEX gift card. For more information call Club Alliance at 243-3000.

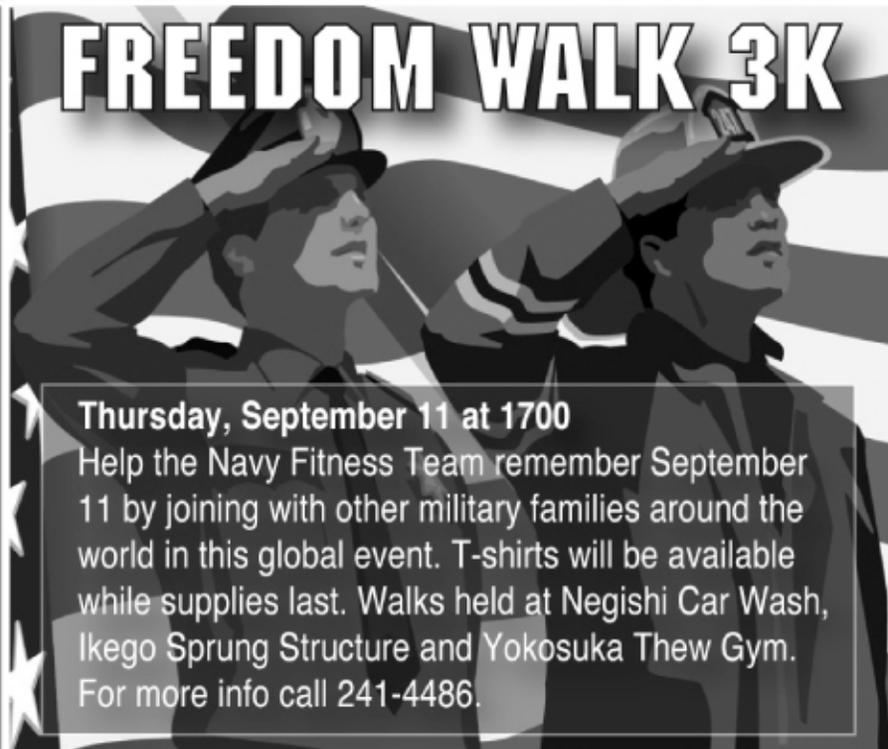


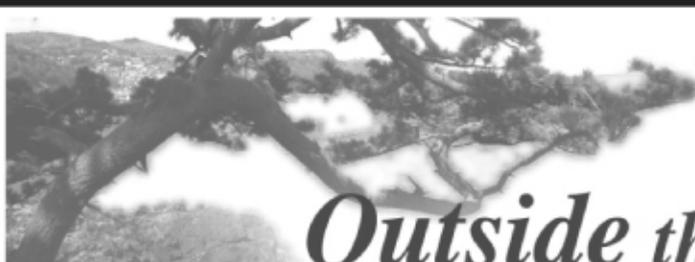
## SADDEST COUNTRY SONG CONTEST

## FREEDOM WALK 3K

Thursday, September 11 at 1700

Help the Navy Fitness Team remember September 11 by joining with other military families around the world in this global event. T-shirts will be available while supplies last. Walks held at Negishi Car Wash, Ikego Sprung Structure and Yokosuka Thew Gym. For more info call 241-4486.





# 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

### Moto GP World Championship Grand Prix of Japan

Don't miss your chance to see Valentino Rossi, Nicky Hayden and reigning World Champion Casey Stoner as round 15 of the Moto GP World Championship comes to Japan's Motegi Speedway on September 26, 27, 28! ITT is now selling tickets for (A seat - grand stand) ¥13,000 adult/¥1,900 child; (C seat) ¥10,000 adult/¥950 child; (E seat) ¥9,000 adults/¥650 child; (G seat - road course 90° inside corner) ¥8,000 adult/¥1,400 child; (Z seat - road course 90° outside corner) ¥10,000 adult/¥1,900 child; (non-reserved seat) ¥7,000 adult/¥650 child. Paddock Passes are an additional ¥10,000 per day, and pit walk tickets are ¥2,000 per day. Child prices are for ages 3 - 12 years old.

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

### Rock Climbing at Takatori-yama, Kanagawa Prefecture

If you are interested in challenging yourself but don't like the long drive, then join us on September 6 as we travel to Takatori-yama - only a 30-minute drive from Yokosuka! Hike up the trail where locals used to cut stones for building materials to the climbing area where the rocks are tuff (a pile of volcanic rock) and a bit crumbly, but are fit for beginners to advanced climbers. The cost is \$30 per person. Last day to sign up is September 1.

### Mystery Intermediate Overnight Surfing

Two days prior to this September 6 & 7 trip, our trip leaders will check the weather and wave forecast to determine the best location for the trip. The cost is \$165 per person and includes transportation, lodging, breakfast and dinner. Wetsuits and surfboards are available for rental at the Green bay Marina for an additional charge. Last day to sign up is September 4.

### Sea Kayaking at Motosu-ko, Yamanashi Prefecture

Enjoy the feeling of gliding smoothly over the calm water of the lake on September 13! Motosu-ko is located north-west of Mt. Fuji, in the middle of the mountains and has the clearest water of all Fuji Five Lakes. The cost is \$70 per person and includes transportation and sea kayaking equipment. Last day to sign up is September 8.

### Deep Sea Fishing at Nagai, Miura Peninsula, Kanagawa Prefecture

Join us on September 14 and enjoy a day of fun in the sun on the water catching wither Mahi-Mahi or Saba (mackrel)! The cost is \$120 per person and includes transportation, tackle, bait and an experienced sea captain to guide the way. Last day to sign up is September 5.

### Snorkeling at Hizorihama, Izu Peninsula, Shizuoka Prefecture

Spend the day in and on the water with Outdoor Recreation on September 21! Located at Izu National Park, Hizorihama is only accessible by boat and boasts the clearest water in Izu Peninsula. With great visibility and a variety of sea creatures, Hizorihama is the last true snorkeling paradise in Japan! The cost is \$70 per person and includes transportation, charter boat and shower room at Hizorihama. Last day to sign up is September 18.

### Cabin Rentals at Ikego West Valley Campground

Enjoy camping in comfort with your friends and family. These cabins will accommodate four to six people comfortably. All campsites require a reservation, which can be made up to 90 days in advance at the Outdoor Recreation Center or by calling 243-5732 or 241-3709. The cost is \$40 per night. Payment must be made three days prior to reserved date, otherwise subject to cancellation.

# Interval Training: Sprinting Towards An Outstanding PRT

by DEBBIE DEUTSCH, MWR Fitness Director

With the approach of Fall, brings the next round of the bi-annual Physical Readiness Testing (PRT) cycle. For those individuals that are seeking ways to improve upon previous PRT scores and for those that are just hoping to pass, interval training may be the answer.

Interval training involves alternating short bursts of intense activity with active recovery. For example, running for two minutes, walking for two minutes, and alternating this pattern throughout the duration of the workout. The intensity is dependent on each individual's level of fitness and what he/she is trying to achieve. This could also be said for the length of each interval. The high-intensity should be long and strenuous enough to get out of breath, approximately 80-85% of one's maximum heart rate. The recovery period should be long enough for one's pulse to return back to its resting rate.

Interval training is a favorite of fitness professionals and coaches because of its effectiveness in cardiovascular buildup and also its ability to make more well-rounded runners. This type of training utilizes the human body's two energy-producing systems: aerobic (with oxygen) and anaerobic (without oxygen.) The aerobic system uses oxygen to convert carbohydrates into energy, thereby allowing you to walk or run for several miles. The anaerobic system, on the other hand, does not require oxygen and draws energy from carbohydrates (in the form of glycogen) stored in the muscles, thereby allowing you to perform short bursts of high-intensity activities such as sprinting and jumping. Interval training not only strengthens the cardiovascular system, but increases one's performance level and burns more fat!

Try these interval workout ideas!

- Cycle or run at high intensity (determined by your fitness level) for one minute. Follow this with three minutes of lighter cycling or running. Repeat this cycle ten times for a 40-minute workout.

- If you are walking outside, walk as fast as you can for one block, then an easier pace for two blocks. Using landmarks is a great way to make this fun.

- If you are on the elliptical machine, increase your speed and/or incline for one minute, decrease the speed and grade two minutes. Repeat this cycle ten times, adjusting the speed and incline with each interval.

***“Interval training involves alternating short bursts of intense activity with active recovery.”***

Remember, the point is to push yourself just beyond your comfort level, but not to the point of complete exhaustion or injury. Tailor the timing to your own fitness level and fitness goals. Please remember that a proper warm-up and cool down is necessary to prevent injury. As a precaution, individuals with heart disease, high blood pressure, and joint problems, should consult a physician before attempting interval training.

If you have any questions and would like help in designing an interval program to meet your fitness needs, please call MWR Fitness at 241-4486.

*Debbie Deutsch is an Aerobics & Fitness Association of America (AFAA) certified Group Exercise Instructor and an American Council on Exercise (ACE) certified Personal Trainer with over 12 years experience in the Fitness Industry.*

# 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 RFT/1 Flex).  
**Cook:** NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), CPO Club (2 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).  
**Waiter/Waitress:** NA-03, \$8.96/hr. O' Club (4 Flex), Club Takemiya (1 RFT), CPO Club (1 RFT).  
**Administrative Assistant:** NF-02, \$8.39 - \$9.50/hr. CPO Club (1 RFT).  
**Lead Cashier:** NF-02, \$8.39 - \$10.50/hr. CPO Club (1 RFT).  
**Recreation Assistant (Bingo):** NF-02, \$8.39 - \$9.50/hr. CPO Club (1 RFT).  
**Club Operations Assistant:** NF-02, \$8.39/hr. CPO Club (2 Flex), Club Takemiya (1 Flex), O' Club (4 Flex).  
**Cashier:** NF-01, \$7.50 - \$9.50/hr. O' Club (2 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).  
**A/C Equipment Mechanic:** NA-08, \$12.32/hr. Maintenance (1 RFT).  
**Accounting Technician:** NF-02, \$8.39/hr. Finance (2 RFT).

### Child Development Programs

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

### Community Activities

**Duty Manager:** NF-03, \$10.54/hr. Bowling Center (1 RFT).  
**Cook:** NA-05, \$10.35/hr. Bowling Center (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 PPT/4 Flex), Ikego (1 RFT), Negishi (1 Flex), Teen Center – Yokosuka (1 RFT/2 Flex).  
**Food Service Worker:** NA-03, \$8.96/hr. Bowling Center (1 RFT).  
**Recreation Assistant:** NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports – Ikego (2 Flex), Community Center (1 Flex).  
**Recreation Aide:** NF-01, \$7.25/hr. Bowling Center (1 Flex).  
**Cashier:** NF-01, \$6.55/hr. Bowling Center Snack Bar (1 RFT/1 Flex).  
**Recreation Aide:** NF-01, \$6.55/hr. Teen Center – Yokosuka (1 Flex).

### Recreation

**Sailing Program Manager:** NF-03, \$22,000 - \$33,000/annum. Green Bay Marina (1 RFT).  
**Recreation Assistant:** NF-02, \$8.39/hr. Outdoor Recreation – Rentals/Customer Service (1 Flex).  
**Duty Manager:** NF-02, \$8.39/hr. Theater (3 Flex).  
**Recreation Aide:** NF-01, \$7.00/hr. Green Bay Marina (1 Flex).  
**Paintball Attendant:** NF-01, \$7.00/hr. Ikego Campground (1 Flex).  
**Ticket Seller:** NF-01, \$6.55/hr. Theater (1 Flex).

### Athletics

**Field Maintenance Worker:** NA-05, \$10.35/hr. Athletics – Ikego (1 RFT), Negishi (1 RFT).  
**Recreation Assistant:** NF-02, \$8.39/hr. Adult Sports (1 Flex).  
**Duty Manager:** NF-02, \$8.39/hr. Athletics (2 RFT/4 Flex).  
**Gear Issue Attendant:** NF-01, \$6.55/hr. Athletics (2 RFT/2 Flex).  
**Swim Instructor:** NF-02, \$10.00/hr. Aquatics (10 Flex).  
**Head Lifeguard:** NF-02, \$9.50/hr. Aquatics (1 RFT).

\*Due to publishing timelines, some jobs listed may not be available. For the most up-to-date listing check out [www.cfay.navy.mil/mwr](http://www.cfay.navy.mil/mwr)

## Benny Decker Theater

**Friday, August 29**  
 1730 Journey to the Center of the Earth PG  
 2030 Journey to the Center of the Earth PG  
**Saturday, August 30**  
 1300 Meet Dave PG  
 1730 Journey to the Center of the Earth PG  
 2030 Journey to the Center of the Earth PG  
**Sunday, August 31**  
 1300 Meet Dave PG  
 1730 Journey to the Center of the Earth PG  
 2030 Meet Dave PG  
**Monday, September 1 – Labor Day**  
 1300 Journey to the Center of the Earth PG  
 1730 Kit Kittredge: An American Girl G  
 2030 Star Wars: The Clone Wars PG

**Tuesday, September 2 \$1 Movie Night**  
 1730 Kit Kittredge: An American Girl G  
 2030 Meet Dave PG  
**Wednesday, September 3**  
 1730 Journey to the Center of the Earth PG  
 2030 Star Wars: The Clone Wars PG  
**Thursday, September 4**  
 1730 Star Wars: The Clone Wars PG  
 2030 Hellboy II: The Golden Army PG13  
**Friday, September 5**  
 1730 Space Chimps G  
 2030 Mama Mia PG13

## Fleet Theater

**Friday, August 29**  
 1800 Hellboy II: The Golden Army PG13  
 2100 Tropic Thunder R  
 2400 Hellboy II: The Golden Army PG13  
**Saturday, August 30**  
 1800 Tropic Thunder R  
 2100 Hellboy II: The Golden Army PG13  
 2400 Hellboy II: The Golden Army PG13  
**Sunday, August 31**  
 1800 Hellboy II: The Golden Army PG13  
 2100 Tropic Thunder R  
**Monday, September 1**  
 1800 Meet Dave PG  
 2100 Hellboy II: The Golden Army PG13

**Tuesday, September 2 \$1 Movie Night**  
 1800 Hancock PG13  
 2100 Tropic Thunder R  
**Wednesday, September 3**  
 1800 Hellboy II: The Golden Army PG13  
 2100 Get Smart\* PG13  
**Thursday, September 4**  
 1800 Journey to the Center of the Earth PG  
 2100 Meet Dave PG  
**Friday, September 5**  
 1800 Star Wars: The Clone Wars PG  
 2100 Tropic Thunder R  
 2400 Star Wars: The Clone Wars PG

\*Final Showing

## Negishi Theater

**Friday, August 29**  
 1900 Star Wars: The Clone Wars PG  
**Saturday, August 30**  
 1300 Kit Kittredge: An American Girl G  
 1900 Hancock PG13

**Sunday, August 31**  
 1300 Star Wars: The Clone Wars PG



**Space Chimps**  
**Cast:** Andy Samberg, Cheryl Hines, Patrick Warburton, Jeff Daniels  
**Synopsis:** Three NASA chimps are sent to a galaxy far away. Two have "The Right Stuff," and the other, a good natured goofball, has "The Wrong Stuff." The simian slacker becomes a reluctant hero and learns the true meaning of courage as he and his crewmates, risk everything in an effort to save the peaceful inhabitants of a distant planet from the evil dictator Zartog.



**Journey to the Center of the Earth**  
**Cast:** Brenden Fraser, Josh Hutcherson, Anita Briem  
**Synopsis:** A science professor's untraditional hypotheses have made him the laughing stock of the academic community. But on an expedition in Iceland, he and his nephew stumble upon a major discovery that launches them on a thrilling journey deep beneath the Earth's surface, where they travel through never-before-seen worlds and encounter a variety of unusual creatures.



**Hellboy II: The Golden Army**  
**Cast:** Ron Perlman, Selma Blair, Jeffrey Tambor, Doug Jones, Seth MacFarlane  
**Synopsis:** The mythical world starts a rebellion against humanity in order to rule the Earth, so Hellboy and his team must save the world from the rebellious creatures.



**Kit Kittredge: An American Girl**  
**Cast:** Abigail Breslin, Stanley Tucci, Glenna Headly, Jane Krakowski  
**Synopsis:** 10 year old Kit lives in a boarding house her parents own in Cincinnati, Ohio. She has a passion for writing, & dreams of having something of hers put in the local paper someday. With the help of her friends, Sterling & Ruthie, will her dream finally come true?



**Star Wars: The Clone Wars**  
**Cast:** Matt Lanter, Ashley Eckstein, James Arnold Taylor, Tom Kane  
**Synopsis:** As the Clone Wars sweep through the galaxy, the heroic Jedi Knights struggle to maintain order and restore peace. More and more systems are falling prey to the forces of the dark side as the Galactic Republic slips further and further under the sway of the Separatists and their never-ending droid army.



**Tropic Thunder**  
**Cast:** Ben Stiller, Robert Downey, Jr., Jack Black, Jay Baruchel, Nick Nolte  
**Synopsis:** A group of self-absorbed actors set out to make the an explosive war film. But after ballooning costs force the studio to cancel the movie, the frustrated director refuses to stop shooting, leading his cast into the jungles of Southeast Asia, where they encounter real bad guys.

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).

**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**

**DIGITAL ARTS**



**Wednesdays & Thursdays**

Learn basics of graphic design, photography, how to play and record music and more! We have programs and staff who can help teens have fun being creative. Call the Ikego Teen Center at 246-5929 for more information.

Japan Jams Entertainment presents...



**Adults Only**

**Paul Rodriguez**  
**Comedy Show**



**Thursday, September 18 at 1900 in the Fleet Theater**

Advance tickets are \$5.  
Tickets go on sale Saturday, September 6 at ITT.

For more information please call 243-5212.

**AUTO HOBBY SHOP JUNKING SERVICE**



Effective September 15, This service will no longer be available through MWR. Junking services will resume with NEX Autoport at 243-5826 or Base Recycling Center at 243-3817.

Outdoor Recreation

**ZUSHI OPEN 1**  
**5-Man Paintball Tournament**



Saturday and Sunday, September 20 & 21 at Ikego Paintball Paradise  
Games begin at 0800

For more information, call Outdoor Recreation Center at 243-5732.

Open Base Event ベース開放イベント

**IKEGO FRIENDSHIP DAY** 池子 フレンドシップデー

**AND 5K Run/2.5K Kids Run**

(MUST BE OVER 5 YEARS OF AGE FOR THE KIDS RUN)

フレンドシップデー5キロマラソン/2.5キロこどもマラソン

**Saturday, September 20 from 1130 to 1730**

9月20日(土曜日)午前11時30分~午後5時30分

お問い合わせ:

米海軍池子住宅支所室 (046)806-8042

逗子市役所基地対策課 (046)873-1111 内線 321

Rain day will be Sunday, September 21 from 1130 to 1730.

# NAVFAC engineer supports Paralympic Cycling Team

By Yasuko Nakamura, NAVFAC Far East Public Affairs

Now that the 2008 Olympic in Beijing are over, The Paralympic games will start Sept. 6-17 in Beijing, China. The Paralympics are a multi-sport event for athletes with physical disabilities, and are held every four years following the Olympics. There is one Naval Facilities Engineering Command (NAVFAC) Far East employee who supports the Japan Paralympic (Para) Cycling Team, behind the scenes.

Akira Kurihara, a technical engineer of the Atsugi Public Works Department, was a bicycle racer. His strong commitment to the Para-Cycling Team started back in 1990 when Kurihara, together with some para-cyclists participated in a normal cycling race.

"We were welcomed by some ... on the other hand, we received many boo's telling us to go home," said Kurihara. "It was a mortifying moment. I gradually quit racing and spent my spare time supporting the para-cyclists. In 2001, I became a team leader manager for the Japanese Paralympic Cycling Team."

At the same time, Kurihara became a director for the Japan Cycle Association for the Disabled (JCAD). His effort includes providing training, technical advise, collecting donations, finding sponsors, selecting members, maintaining their Web site, preparing for competitions, and preparing form documents and reports for cyclists who are not able to do so by themselves. Everything is done by him as a volunteer.

"The situation is very hard in all events including budget... and we have so many things which need to be improved," said Kurihara. "I really don't have my private time... why do I do this? I just can't quit when I think of all the hard effort of para-cyclists and supporters. I like those hard working people, and I like cycling."

The Paralympics are often confused with the Special Olympics, which are only for people with intellectual disabilities. Paralympic's eligibility includes mobility disabilities, amputees, visual disabilities and those with cerebral palsy. The XIII Summer Paralympics in Beijing is considered to be the largest ever number of nations at the Paralympics. Approximately 4,000 athletes from 145 countries will be competing in 20 events. Japan will send four cyclists; Masaki Fujita, Tatsuyuki Ooshiro, Hiroshi Takahashi, Mutsuhiko Ogawa and Masahi Ishii to this year's games.

When Team Japan departs for Beijing Sept. 2, you won't see Kurihara with the team.



(Left) Akira Kurihara poses with all the members of Team Japan at the recent Cycle Festa held at the Tokyo Dome June 26. The Cycle Festa was the first big cycling event to be held in Japan inviting cyclists with disabilities.

Photo by Yuko Sato

"I will leave later and stay only for a week to support them," said Kurihara. "Whenever I work as a volunteer, I consider myself as a representative of the U.S. Navy. I hope people will have some positive image of the host nation employees though my voluntary effort. Team Japan has the best members we have ever had, and we are expecting to accomplish our best results in Beijing."

"The Olympics/Paralympics Games strengthens ties between host nation employees and Americans on military bases with cheers being heard for more than one country's competitor," said Capt. Christopher Kiwus, Naval Facilities Far East commanding officer. "Mr. Kurihara is creating a great sense of community. We'll be cheering for him and his team as they race for the gold!" Kiwus said.

## USO to host service salute for U.S., JMSDF service members

By MCSN Kari R. Bergman, Fleet Public Affairs Det., Japan

The United Service Organization (USO) plans to host a service salute banquet for active-duty U.S. and Japan Maritime Self-Defense Force (JMSDF) service members Sept. 5.

The USO service salute banquet is held to honor active-duty service members who demonstrate outstanding performance both on and off the job.

"The purpose of the service salute is to honor 10 service members from both the U.S. and JMSDF for their outstanding duties," said Country Director for USO Japan Juliet Domingo. "The banquet is also a fundraiser, where all the proceeds go back into the community for the various services the USO offers."

Commander, U.S. Naval Forces Japan (CNFJ) Rear Adm. James D. Kelly, will be the guest speaker; as various flag officers from JMSDF and business leaders from the Tokyo area are expected to attend. Entertainment will be provided courtesy of New York's "American Bells."

"Tickets are available for \$150 for anyone who would like to honor the outstanding service members," said Domingo.

This year's USO service salute is the organization's first banquet in the Tokyo area in more than 10 years, said Domingo.

"Normally the service salute banquet is held in Sasebo, Japan," said Domingo. "So it's great to be able to bring the service salute back to the Kanto Plain."

The USO service salute banquet will be held Sept. 5 at the New Sanno Hotel in downtown Tokyo, with a social hour starting at 5 p.m.

Contact the USO office at 241-4895 for more information or to purchase tickets.

### USO Upcoming September Events

**Hump Day** – Free pizza for active duty members, Wednesdays, 5:30 p.m.

**USO Outreach** – Free giveaways inside the Fleet Recreation Center Sept. 2-16, from 11:30 to 1 p.m.

**Free Dinner Friday** – Free meals for all active duty members and their families Sept. 12-26, from 5:30 - 7 p.m. at the USO Yokosuka Center.

**New Release Movies** – Watch new release movies at the USO, Saturdays starting at 1 p.m. Free beverages and popcorn included.

**Night In Vegas** – A Vegas style evening for all SOFA sponsored adults Sept. 27 from 8 to 11 p.m. at the Club Alliance Ballroom. Free food, dancing, casino-style games, Elvis look-alike-contest and even a little white chapel.

## Navy's ADR process helps manage workplace conflict

By Tom Labelle,  
CNFJ Human Resources Office

Conflict and/or differences of opinion are a constant in the workplace, and if handled in a constructive manner, often has the potential for enhancing work processes and improving working relationships. When conflict becomes disruptive to the work environment, however, it may be time to seek assistance. Help is available through your Human Resource Office (HRO) and the Navy's Alternate Dispute Resolution (ADR) process.

Secretary of the Navy Instruction 5800.13A, Alternative Dispute Resolution (ADR) Policy and Mission of the Department of the Navy ADR Program Office promotes Navy's policy to use ADR to the maximum extent practicable.

It also provides guidance on confidentiality, the use of ADR agreements and binding arbitration. The Navy's goal is to resolve disputes and conflicts at the earliest stage feasible, by the fastest and least expensive method possible and at the lowest achievable organizational level prior to litigation.

Navy's ADR method of choice is mediation. In 2007, Navy's mediation resolution rate was 77 percent. Mediation is a voluntary and confidential ADR process involving a neutral third-party who assists employees and

activity officials by facilitating discussions on workplace disputes. In the Equal Employment Opportunity (EEO) process, the employee normally initiates the request for mediation. However, management or the employee may initiate a request for mediation for any type of workplace disputes.

Still not sure if it's right for you? Let's take a look at the top five reasons mediation is catching on in the workplace:

- People are generally more satisfied with resolutions that they develop themselves rather than with agreements that are decided by third parties.

- Mediation expedites the process, allowing management and employees to resolve issues quickly and reduces production losses.

- Mediation assists the parties involved to help restore or maintain positive working relationships.

- Mediation is less adversarial than traditional third party resolution and encourages parties to focus on individual and common interests to reach agreements that meet both parties' needs.

- Mediation is a means of significantly reducing financial liability associated with processing complaints and/or disputes.

Mediation is voluntary. If one party does not want to participate, mediation does not occur. However agency

supervisors and managers, and employees are strongly encouraged to participate in attempts to resolve both informal and formal complaints of discrimination and other workplace disputes through ADR.

A mediation session involves discussion of the dispute by the employee and the management/supervisory official, as opposed to the formal presentation of witnesses and evidence occurring in a trial or other traditional third party process.

The session is normally attended by the mediator, the employee and the management/supervisory official and their representatives. Mediation can usually be completed in less than a day.

Additionally, the mediator has no power to render a decision or to force the parties to accept a settlement. Rather, the mediator's role is to assist the parties in their negotiations by identifying obstacles to settlement and developing strategies for overcoming them.

Mediation provides an environment and opportunity where disputing parties can explore feelings, clear up misunderstandings, open lines of communication, find areas of agreement and devise mutually acceptable "win-win" solutions to the disputed issues.

For more information on the process, call HRO EEO at 243-9579 or visit the Navy ADR Web site at <http://www.adr.navy.mil>.

## Full Replacement Value available to all military, USCS employees

By Surface Deployment and Distribution Command Public Affairs

Starting in the spring, Department of Defense (DoD) service members and DoD civilians became eligible for full replacement value (FRV) protection on most DoD funded personal property shipments.

Under the FRV program, the transportation service provider (TSP)/carrier is liable for the greater of \$5,000 per shipment or \$4.00 multiplied by the net weight of the shipment (in pounds), up to \$50,000.

Providing prompt notice of loss and damage will still be an essential part of the process. The customer must submit the DD Form 1840 (listing all damage discovered upon delivery) or the DD Form 1840R (listing all damage discovered after delivery) to the TSP within 75 days of delivery. The TSP has the right to inspect the damaged items once the notice forms are received.

There is no additional cost to the customer for FRV coverage, but the customer must file the claim directly

with the TSP within nine months of delivery by using the DD Form 1844 to receive FRV.

The TSP will settle the claim by repairing or paying to repair damaged items. The TSP will pay FRV cost on items that need replacing or have been lost or destroyed.

When the claim is filed directly with the TSP, they will be responsible for obtaining all repair and replacement costs.

If the TSP denies the customers full claim, makes an offer on the claim that is not acceptable, or does not respond within 30 days, the customer may transfer the claim to the military claims office (MCO).

If a customer files a claim with the TSP after nine months, but before the two year time limit for filing the claim, the TSP is only liable for depreciated value of lost or damaged items.

If the customer transfers the claim, the MCO will only be responsible for depreciated replacement cost on the claims. The office will then attempt to recover FRV from the TSP. If the office recovers FRV, the office will then pay the member the difference between the depreciated cost already paid and the FRV cost.

The Military Surface Deployment and Distribution Command has published a detailed set of guidelines that governs FRV program coverage on its Web site located at: [www.sddc.army.mil/](http://www.sddc.army.mil/).



(Right) FISC Personal Property Shipping Office employee John Ganley answers a Sailor's question regarding the full replacement value (FRV) program.

Photo by Tim Shannon

## FISC trainers return from NAVSUP, prepare to teach new system

By H. Sam Samuelson,  
Director of Corporate Communication

They began trickling back slowly. Then, by the middle of August, the full compliment of U.S. Fleet and Industrial Supply Center (FISC) Yokosuka Navy Enterprise Resource Planning (ERP) trainers had returned to their FISC offices ready to add a new dimension to their normal day-to-day roles.

They will be teachers.

"As teachers, one of our goals is to give our employees the training, tools and support they will need in order to access, navigate and effectively use ERP systems to perform their assigned roles," said Max Crouch, one of the first identified ERP trainers at FISC.

ERP is being adopted Navy-wide to provide a standard, integrated set of management tools to facilitate business process reengineering and provide interoperable data for financial, acquisition and supply chain management.

Implementing such a monumental change for users starts with training.

By now, most employees who will use ERP have completed the Web-based training. Coordinators admit the training can be slow, but say that, in the end, once

completed, the training forms the basis for classes like the ones Crouch will be teaching.

Crouch is joined by other military and civilian FISC Yokosuka trainers, including Chief Information System Technician (SW/AW/NAC/PJ) John Ginkens, who says his role is to demystify the use of ERP.

"That's our job, to put a human face on and guide you through the use of ERP tools," Ginkens said. "Our job is to help you become familiar with ERP."

That's important, Crouch agrees, because individuals' jobs won't be changing.

"What's changing is the tools you'll be using to complete your job," Crouch said. "That's one of the good things about ERP: a single, one-stop, integrated system."

"Once we're done teaching you, you'll be much more comfortable with the system and then see how much of an advantage it is."

Crouch and Ginkens, along with 11 other trainers, spent close to a month learning ERP systems themselves in Mechanicsburg, Pa., the headquarters city for Naval Supply Systems Command (NAVSUP). A select few then continued "master" level training in San Diego, Calif., before they all returned to Yokosuka to begin classroom training Aug. 11.

Training is not limited to Yokosuka. There are also classes scheduled in Sasebo and Singapore. Classroom training has been scheduled for both workforce management roles (such as supervisory tools, including time and attendance) and purchasing roles (such as purchase approval and buyer documentation).

The trainers are: Crouch, Ginkens, William Spearman III, Cindy Hamann, Chikako Ohyama, Ellen Silva, Kenji Tokunaga, Kyoko Kiri, Charles "Chuck" Trauffer, Chief Engineman (SW) Brian Metzger, Lawrence "Larry" Woyak and Paul Opera.



Dedicated ERP FISC employees pose for a picture, many prior to their trip to Mechanicsburg, Pa. The group traveled to NAVSUP headquarters to become qualified to train Navy ERP to FISC employees.

Photo by Tim Shannon

## NAVSUP contracts ERP on-site support

By H. Sam Samuelson,  
Director of Corporate Communication

While there may be no one more dedicated to the smooth introduction and adoption of Enterprise Resource Planning (ERP) than U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's ERP implementation team, dedication doesn't translate to immediate expertise.

Just ask FISC Yokosuka's ERP Lead Coordinator, Mike Murphy, acting director for Code 300 Support Services.

"Our ERP team has an exhaustive level of devotion to getting ERP right," Murphy said, "but, right now our commitment is leveled at becoming trained, not just to use ERP but to train the remainder of FISC's employees."

Fortunately, NAVSUP has supplied help in the form of a team of ERP experts who can accelerate our understanding, training and adoption of ERP.

"The OSS, or On-Site Support team, is made up of contractors who know ERP in and out," Murphy added.

Right now, FISC has welcomed two OSS team members: Wes Greene and Sarah Keith. Each are senior business analysts with separate commercial firms that specialize in the software on which ERP is based. They are, effectively, ERP doctors here to diagnose issues and ensure the healthy development of FISC ERP team coordinators.

"We're here to help your ERP implementation team make the transition as smooth as possible," said Keith. "We can assist in every level of ERP, from training to ERP help desk support."

Wes Greene echoes the sentiments.

"The FISC Yokosuka ERP implementation team and its trainers are where the 'rubber meets the road,'" Green said, "We're like the navigators who will guide them."

"Essentially, we'll be leading in the pre- and post-deployment of ERP at FISC. We'll be preparing the ERP 'war room' (central ERP coordination office), assisting in user training and cut-over activities and stand by when users experience issues with ERP tools."

Keith and Greene will be joined by at least two other OSS ERP experts. Up to four OSS team members will remain at FISC at least through the remainder of the year.

# Unique 3W course helps take corrective action

Story and photo by Keiichi Adachi,  
CFAY Public Affairs

A variety of training courses for language, leadership, communication, safety, computers and supporting daily business are available at Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC). These courses provide the employees with opportunities to improve their daily business effectiveness and efficiency.

SRF-JRMC recently completed a unique training course called "Why, Why, and Why (3W)." The course started in June and has been conducted 10 times over the past three months. In total, 256 employees from various shops and divisions have taken part in the course.

The reason the program was introduced was to improve upon the English version of "Root Cause Analysis Workshops" that SRF-JRMC conducted in the past to improve the way people analyze, document, communicate and solve problems. However, the results from the initial course for Japanese employees proved to be ineffective.

According to Hiroshi Aoki, supervisory quality control specialist of the Quality Assurance (QA) Office, the internal responses to the reporting document (QA-14) that describes corrective action to the findings from shops and divisions were also unsatisfactory. The QA office thought that employees may find it difficult to report or fully understand how to respond to findings. For this reason, the QA Office asked the training Division to conduct the 3W course to improve the employees' reporting skills.

The best way to prevent problems that have happened already is to properly find and understand the root causes of the problems. "To do that, we need not only to identify root causes based on personal experience; but also, to identify hidden root causes using a proven methodology," said Hitoshi Ogura, president of Management Dynamics Ltd. Co.

Mikio Kato, supervisory production control specialist of the Planning and Estimating Division said, "After attending the 3W course, I now understand the importance of focusing on causes of problems by utilizing the "why-why-why" philosophy when analyzing possible causes."



(Standing) Hitoshi Ogura visits individual groups and gives each of them a different problem example to conduct a cause mapping utilizing the Why-Why-Why (3W) concept during the 3W course. The course is designed to improve the way people analyze, document, communicate and solve problems.

3Wのトレーニング中、講師の有限会社マネジメント・ダイナミクス社長の小倉仁志さんは個々のグループを回り、3Wの考え方をういてコースマッピングを行なうために異なった問題例を配布する。

According to Kato, problems that require corrective action occur frequently, but being forced to address the same problems repeatedly can become a production control issue, so it is very important for us to set up prevention training to address these types of problems.

We should need only one drastic corrective action for a problem to avoid it happening again. We use 3W as a way to find out the best corrective action, but it takes time to become skillful in the use of 3W, so we need to apply the 3W mindset both at work and at home to become

truly proficient users of the program.

Kato said that the 3W course provided him with a good opportunity to create a network with other shops and divisions.

"I'm able to talk with members belonging to other shops and divisions about their daily business and hear their opinions, which benefits me. I don't think my one shop could support the SRF-JRMC mission. Our mission is built on the foundation supported by all employees at SRF-JRMC," said Kato.

## 3W が是正措置文書の向上をはかる

文・写真：安達慶一、CFAY広報課

艦船修理廠及び日本地区造修統括本部(SRF-JRMC)では、言語、リーダーシップ、コミュニケーション、安全、コンピューター、日常業務支援など様々なトレーニングを従業員に提供している。これらのトレーニングは日々の業務の向上が効果的、効果的に行なえる事を目的としている。

SRF-JRMCでは先頃、「なぜ、なぜ、何故(3W)」と呼ばれるユニークなトレーニングを終了した。トレーニングは6月からの3ヶ月間に10回行なわれ、SRF-JRMCの様々な部署から計256人の従業員がこのトレーニングに参加した。

このトレーニングが行なわれたきっかけは、先に問題点の分析、文書化、話し合い、解決方法を向上するために行なわれた英語版の「ルートコース分析トレーニング(再発防止用の根本原因の分析ツール)」の向上にあった。英語で行なわれたトレーニングでの日本従業員の理解度は十分ではなかったからだ。

品質保証部(QA)品質管理監督職の青木洋(ひろし)さんによると、現場での問題点に対しQAがショップに発行した是正措置要求書(QA-14)への対応に十分なものが少なかった。そこでQAは担当する従業員が問題点の報告に手間取っているかもしれないし、問題点に対する対応方法を十分に理解していないかもしれないと考えた。この様な理由を基に、従業員の報告技術の向上を求めて、QAは訓練課に3Wトレーニングの導入を求めた。

問題点再発防止の最善策は、問題点の根本原因を適切に見つけて理解することだ。「それを行なうには、個人的な経験で根本原因を探すだけではなく、実証されている方法で隠れている真の根本原因を見つけることです」と語るのは3Wの講師である有限会社マネジメント・ダイナミクス社長小倉仁志(ひとし)さん。

企画見積部生産管理監督者職の加藤幹朗(みきお)さんはこう話した。「3Wを終了して、可能性ある根本原因を分析するに当たって、『なぜ、なぜ、何故』を使って問題点の原因に焦点を合わせる重要性が理解できました。」

是正措置が必要な問題点は多く生じるが、同様な問題点を繰り返し指摘する事は生産管理の問題へと発展するので、問題に対応する防止トレーニングを実施することはとても重要だと加藤さんは加えた。

問題点の再発防止には1つの徹底した是正措置が必要だ。最善の是正措置を見出す為の方法として3Wを使用するのだが、3Wの使用が上手くなるには時間がかかる。真の3Wの使い手になる為には仕事場や家庭でも3Wを心がけることが必要だ。

加藤さんによると、3Wのトレーニングは他の部署の皆さんと知り合いになる機会を提供してくれたとのこと。

「チームを組んだ他の職場の方々の日常業務や意見を聞く機会を持って、とても有意義でした。SRF-JRMCの使命は1つの職場単位で支援できるものではなく、SRF-JRMCの様々な部署の従業員によって支援される事に成り立ち、遂行されて行くものです」と加藤さんは言葉を締めくくった。

## 第25期技能訓練生募集

艦船修理廠及び日本地区造修統括本部(SRF-JRMC)

募集締切：9月14日(日)

筆記試験：10月13日(土)

面接試験：11月15日(土)

職種	人数	職種	人数
製かん工	1	大工(造船工)	3
石工または煉瓦積工	1	一般船舶機械工	2
光学機器修理工	1	船舶内燃機関機械工	2
兵器修理工	2	塗装工	4
船舶電子機械工	3	潜水員	1
船舶設備取付け工	3	索具工、船舶	2
板金工、船舶	3	電子装置基準測定工	1
溶接工	4	合計15職種 / 33人	

応募方法：詳細は横須賀基地空席広報(広報番号：SRF-JRMC-124-07)をご覧ください。

空席広報入手先：

- \* 基地ゲート横、日本人雇用課事務所カウンター(クラブアライアンス一階奥)
- \* (独)駐留軍等労働者労務管理機構横須賀支部(LMO/IAA)管理第一係(村瀬ビル4階)
- \* ホームページでもご覧になれます。 <http://hro.cnfj.navy.mil/>

問い合わせ先：〒238-0011神奈川県横須賀市米が浜通1-6村瀬ビル4階  
(独)駐留軍等労働者労務管理機構横須賀支部(LMO/IAA)管理第一係  
電話番号(046) 828-6959

受付時間：月曜～金曜、8時30分～5時30分(日本の祭日を除く)

## Head's Up Yokosuka! Community Announcements

**Compass Program Class** – The next available class will be held Oct. 29 through 31 at the Chapel of Hope in classrooms 2 and 4 from 9 a.m. to 1 p.m. each day. Compass is a peer-to-peer mentorship program designed to help Navy spouses adapt to military life. Contact Shelle at 264-7270 or Marina at 246-7766 for more information or to register for the class.

**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 10a.m. CPR, First Aid, and Automated External Defibrillator (AED) certification is scheduled for Sept. 6, 10 and 20. Become a certified youth Red Cross babysitter by signing up for Babysitter's Training class scheduled for Saturday, Sept. 27. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

**Sophie Summer Sale** – Mark your calendars! American Red Cross' bi-annual Chinese Antique Furniture and Persian Rug Sale will be happening on Labor Day weekend, Aug. 30 and 31. Support your Red Cross volunteers by stopping by the Thew Gym Labor Day weekend. If you would like to volunteer for this special event, please call 243-7490.

**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.

**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 Sept. 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 you receive the best care possible. 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](http://www.tricareonline.com) to access this new feature. Contact the TRICARE Service Center at 243-9528 or 243-8740 for more information.

**USS Shiloh (CG 67) Family Information Fair** – USS Shiloh (CG 67) will hold a "Pot Luck" Family Information Fair in the Commander Fleet Activities Yokosuka Headquarters, 2nd floor auditorium, Thurs., Sept. 11 at 6 p.m. Child care will be provided. Contact Claire Blackwell at 090-8301-1853 for more information.

**Yokosuka Boy Scout Troop 35 Scout O'Rama** – Yokosuka Boy Scout Troop 35 will hold their Scout O'Rama at Kasano Park, Yokosuka Base from 10 a.m. to 3 p.m., Sept. 6. Contact Clement Mosseri at 241-4097 to participate or for more information.

## NAVFAC artist tells Cinderella story with Kinugasa exhibition

By CFAY Public Affairs

Naval Facilities Engineering Command Far East (NAVFACFE) Public Affairs Officer and American artist C. Kelly Lohr will display a large exhibit of 25 vivid oil paintings at Hamayuukaikan Cultural Arts Building in Kinugasa Sept. 5-7.

Lohr, a painter of light and rich color, brings to life Michaela, the true to life story of a beautiful ballet dancer who modeled for Lohr for 14 months in Omaha, Nebraska.

"The Michaela story has never been told. I had no idea how difficult it would be to exhibit the work in Japan," Lohr said. "I am very grateful for this opportunity – the only one I will have to share my work here!" Lohr and her paintings will leave Japan a few weeks after the exhibition.



**NAVFAC FE Public Affairs Officer and American artist Chris Lohr, at work in her studio. Lohr will display a large exhibit of 25 vivid oil paintings at Hamayuukaikan Cultural Arts Building in Kinugasa Sept. 5-7.**

Lohr, who has had solo exhibits in art museums in the U.S. found many closed doors in Japan.

"It has been such a heartache to me. I came with my own dreams of meeting other artists, exhibiting my work and sharing. But that didn't happen very much."

She said that living in Japan was a good experience; however, she wishes she had more of an opportunity to share her passion with those in the local community.

"This work is the best of my life, but nobody wanted to see it. It seems I was always trying to convince people that I could be creative and still work for the military. Of course I can – lots of people are!"

Lohr arranged for the exhibition because she says she feels badly about leaving without having ever shown the work. "I've loved every minute of living here. In a way, the Michaela story is a way of giving back. I want to share it. It is the kind of story that is never too late."

Lohr tells the story in an on-site video in English with Japanese subtitles. Entrance is free and is open Sept. 5, 6-9 p.m., Sept. 6, 10 a.m. to 8 p.m., and Sept. 7, 9-11:30 a.m.

Contact Chris Lohr by phone at 090-3513-3715 or by e-mail at [sajima-arts@hotmail.com](mailto:sajima-arts@hotmail.com) for more information.

## Pet of the Week



This week's Pet of the Week is Sakura. Sakura is a four-month-old female kitten with all her shots up to date. She is very playful and would give anyone lots of fun and entertainment. Sakura would be a great addition to households with children five years of age and older. To find out more about Sakura or any animal at P.A.W.S., contact them at 243-9996, or visit the P.A.W.S. Web site at [www.pawsyokosuka.org](http://www.pawsyokosuka.org).

Photo by Vicki Boehler

## TRAFFIC ADVISORY

A large rally and demonstration will be held at VERNY Park Aug. 31 from 4:30 to 5:30 p.m.

Access to Yokosuka Naval Base will be limited to inbound vehicle and pedestrian traffic only at Carney (main) Gate and outbound vehicle and pedestrian traffic only at Womble (back) Gate.

In addition, traffic congestion is expected in the following areas:

- Verny Park
- Shopper Plaza
- Fleet Activities Yokosuka main gate/Honcho Intersection
- Mikasa Ginza
- Chuo Train Station
- Yonegahama intersection

# To the very end!

By Chaplain William M. Stewart

If you followed the Summer Olympics this year, you would have to agree that it has been another of incredible feats and defeats. United States' Phelps' achievement of eight gold medals and numerous broken world records was nothing short of spectacular. Japan's Kitajima was amazing in his swimming, winning numerous medals and breaking several records as well. I would predict the XXX Olympiad of 2012 that is to be held in London will be equally full of excitement, as has so many others have been throughout the years.

Since the international Olympiad's inception at Athens, Greece in 1896, people from most all of the world have come together and competed as representatives of their countries (now over 200). The pride beaming from medal winners can seldom be contained, many breaking down in tears as their national anthems are played while they stand in front of the entire world. From the oldest winner in Olympic history, at age 72, to the youngest, which age we may never know (wink), the thrill of the winners knowing their performance was the best in the world has to be one of the most incredible feelings a person can ever take in.

I would imagine the feeling was not much different for the runners in the original Olympiads of Greece, dating back to around 776 BC. The work involved to achieve victory would have been just as real back then, requiring much incredible mental and physical endurance over time to win the gold (or actually a crown of woven olive leaves back then)! Only those who could endure the immense training, and then only those who could persevere to the very end, could even have a chance at being the victor.

It appears that the Apostle Paul must have been quite familiar with these Olympiads, which consisted at that time mainly of races. He was a highly educated man, visiting and teaching in much of Greece, even Athens where the first modern Olympics was held. In several passages of his writings, Paul uses the "race" to explain much of his teachings about Christianity and life as a whole. While in Athens, he explained to the crowds about another race; one that offers a prize that is not temporary but eternal. That race, of course is the race of life itself and life after.

In this race of which Paul talks, the main spectator is God himself, and instead of simply watching us go through the race alone, he greatly wants to run with us. The race is not won by being the fastest, not by jumping the highest, not by how many flips we do. The race is simply won by realizing who God is and then running with him by our side through life's ups, downs, flips and turns; letting him guide us through the journey. This is what allows each of us to win a race that is greater than any Olympics could ever offer...offering with it a prize eternal. May God bless each of you as you run the race!

*Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever.*

- I Corinthians 9:24-25

## 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.cnfi.navy.mil>.

Applicants for worldwide vacancies must follow the procedure in the "Job Opportunities" page of the [www.donhr.navy.mil](http://www.donhr.navy.mil) Internet site. Applications and forms for local/Japan-wide vacancies must be received at the HRO, Yokosuka customer service desk, or through the mail at HRO, PSC 473 Box 22, FPO AP 96349-0022 by 4 p.m. on the closing/cutoff date of the announcement. Applications may also be submitted through the drop box located at the front entrance of the HRO, Yokosuka building. These applications must be in the drop by close of business (4 p.m.) of the closing/cut-off date of the announcement.

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

### New

**Education and Training Technician** - YB-1702-1, CFAY-122-08. Open: 8-22-08, Close: 9-4-08. \*Two positions.

### Continuing

**Health System Specialist** - YA-0671-2, NH-113-08. Open: 08-04-08, Close: 08-29-08.  
**Practical Nurse** - YI-0620-1, NH-114-08. Open: 08-06-08, Close: 09-04-08.  
**Education and Training Technician** - YB-1702-1, CFAY-107-08. Open: 7-18-08, Close: 12-31-08 (Cutoffs may be established until filled). \*Negishi CDC.

## NEX Positions

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

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

- Food Delivery Operator** - NA-2. Food Services. \$8.28-\$9.66/hr. (1 Flex)
- Food Service Supervisor** - NS-2. Food Services. \$10.74-\$12.56/hr. (1 RFT)
- Food Sales Supervisor** - NF-3. Food Services. \*\$24,621-\$31,298/yr. (1 RFT)
- Food Service Workers** - NA-2. Food Services. \$8.28-\$9.66/hr. (14 Flex)
- Night Auditor Desk Clerk** - NF-1. Navy Lodge. \*\$9.50 + differential (1 Flex)
- Automotive Mechanic** - NA-10. Autoport. \$13.63-\$15.91/hr. (1 RFT)
- Sales Clerk** - NF-1. Fleet Rec Center. \$6.55-\$8/hr. (1 RPT)
- Supervisory Sales Clerk** - NF-2. Uniform Fleet Center. \*\$8.39-\$11/hr. (1 RFT)
- Department Manager** - NF-3. Main Store. \*\$31,620-\$48,844/yr. (1 RFT)
- Customer Service Clerk** - NF-1. Main Store. \*\$8.25-\$9/hr. (2 Flex)
- ID Checker** - NF-1. Main Store. \$6.55-\$7.50/hr. (1 RFT)
- Sales Clerk** - NF-1. Main Store. \*\$6.55-\$8/hr. (2 RFT, 4 Flex)
- Specialty Sales Clerk** - NF-1. Main Store. \*\$7-\$9/hr. (3 RFT, 2 Flex)
- Supervisory Sales Clerk** - NF-2. Main Store. \*\$8.39-\$11/hr. (4 RFT)
- Supervisory Customer Service Clerk** - NF-2. Main Store. \*\$8.39-\$11/hr. (1 RFT)
- Store Worker** - NA-2. Main Store. \$8.28-\$9.66/hr. (2 RFT)
- General Clerk** - NF-1. Inventory Control. \*\$7.50-\$9/hr. (1 RFT)
- Personalized Service Clerk** - NF-1. Personalized Services. \*\$7.25-\$8/hr. (3 Flex)
- Equipment Rental Clerk** - NF-1. Rental Center. \*\$7-\$8/hr. (1 RFT, 1Flex)
- Hair Stylist** - NA-7. Beauty Salon. Commission (1 Flex)
- Receptionist** - NF-1 - Beauty Salon. \*\$7-\$8/hr. (1 Flex)
- Warehouse Operations Clerk** - NF-2. \*\$11-\$12/hr. (1 RFT)
- Warehouse Worker** - NA-4. Distribution Center. \$9.66-\$11.27/hr. (1 RFT)
- Warehouse Worker Supervisor** - NS-4. Distribution Center. \$12.12-\$14.16/hr. (1 RFT)
- Security Guard** - NF-1. Distribution Center. \*\$7.50-\$9/hr. (1 RFT)
- Assistant Contract Specialist** - NF-3. Administration. \*\$26,390-\$40,760/yr. (1 RFT)
- Retail Operations Clerk** - NF-1. Procurement. \*\$7.50-8.50/hr. (1 RFT)
- Sign Painter** - NA-7. Main Store. \$11.68-13.62/hr. (1 RFT)
- Manicurist (Nail Technician)** - NA-5. Ikego. Commission (1 Flex)
- Hair Stylist** - NA-7. Negishi. Commission. (1 Flex)

\*Salary based on experience

## Miscellaneous

- Family Practice Physician** - The Government is seeking to place under contract, an individual who holds a current, unrestricted license to practice as a Family Practice Physician in any one of the fifty States, the District of Columbia, the Commonwealth of Puerto Rico, Guam or the U.S. Virgin Islands. Solicitation#: 08-Q-2135.
- General Dental Laboratory Technician** - Navy seeks one full-time contract General Dental Laboratory Technician for USNH Yokosuka Dental Clinic. Solicitation#: 08-Q-2323.
- ICU Nurse** - Navy seeks one full-time contract ICU Nurse for USNH Yokosuka. Solicitation#: 08-Q-2134.
- Multi Surgical Nurse** - Navy seeks one full-time contract Multi Surgical Nurse for USNH Yokosuka. Solicitation#: 08-Q-2324.
- Podiatrist** - The Government is seeking to place under contract, an individual who holds a current, unrestricted license to practice Podiatric Medicine (Podiatry). Solicitation#: 08-Q-2427.

Positions listed above:

- The deadline of solicitation package is Aug. 29, 4 p.m.

**Health Technician** - Navy seeks three full-time contract Health Technicians for U.S. Naval Hospital, Yokosuka. A certification as a medical assistance or prior experience as a Hospital Corpsman or Medic is required. Deadline for submission of solicitation package is Sept. 2, 2008, 4 p.m. Solicitation#: 08-Q-1373.

• For details, call Ms. Kobayashi/FISC Contracting at 243-6835 or (046) 816-6835.

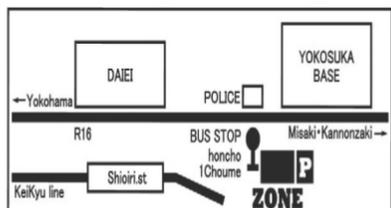
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このイベントには是非ご参加ください

## 横須賀 パプテスト教会

2008年 8月31日 午前10時

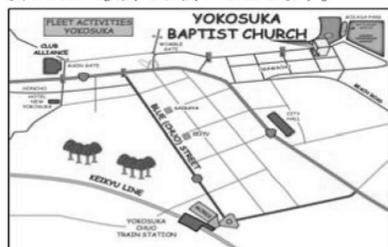
横須賀パプテスト教会では 日本人の友人を招いて特別なイベントを行います。この日本語で、そしてまた英語にも通訳されるこの礼拝で私たちが時間を共有しませんか? 特別講師として埼玉県から伊豆 洋一先生(牧師)を迎えます。伊豆先生のお説教は私たちにとても良い刺激となることでしょう。

礼拝の後 アメリカ、日本そしてフィリピン料理を用いた国際色豊かな食事をご用意いたします。食事を含めたすべての活動にもいっさい費用はかかりません。

小さいお子さんは託児所でお預かりしますし、高学年のお子様にも 特別なクラスを設けておりますので安心して聖書のメッセージを楽しむことができます。

ご質問等ございましたらこちらで承ります  
[pastor@ybcjapan.org](mailto:pastor@ybcjapan.org) また詳しい情報は  
[www.ybcjapan.org](http://www.ybcjapan.org) (英語)  
[www.ybcjapan.org/nihongo.htm](http://www.ybcjapan.org/nihongo.htm) (日本語) へどうぞ。

それでは 教会でお会いしましょう。



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

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

### General Protestant

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

### Protestant Liturgical

SUN	Communion Service, Fellowship Hall	1100
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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)

2<sup>nd</sup> AND 4<sup>th</sup> 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 3<sup>rd</sup> Deck) 1130  
3<sup>rd</sup> SAT Breakfast (Location varies)  
*\*Runs from September to June*

#### NEGISHI: Chapel of the Rising Sun

• 242-4183

### Roman Catholic

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

### Protestant

SUN Worship Service, Main Chapel 1030

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

### Roman Catholic

SAT Vigil Mass 1900

### Pentecostal

SUN Worship Service 1000

### Adult Bible Study

WED Nikko Tower Party Room 1800

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

WED Ikego Elementary School 1630

#### Yokosuka Student Ministries (Middle School and High School)\*

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

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

# Fleet and Family Support Center

## Congratulations on the birth of your baby!

Joseph Hennis and Latia Stoke are the proud parents of **JOSEPH HENNIS** born Aug. 7, 2008 at 9:05 a.m., weighing 6 lbs 9 oz.

Rieko Takeuchilunamgee and Alfred Takeuchilunamgee are the proud parents of **RAFAEL MATEO TAKEACHILUNAMGEE** born Aug. 8, 2008, weighing 8 lbs.

Jesse Flores and Melinda Flores are the proud parents of **THEODORE PERRY MAKANA M FLORES** born Aug. 7, 2008 at 9:03 p.m., weighing 7 lbs 1oz.

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, Sept. 1

Holiday

### Tuesday, Sept. 2

**Area Orientation Brief and Intercultural Relations Class (Pre-registration required)** 7:45 a.m. (4 days): **Sept. 2-5, 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.

**Relational Intelligence for Couples (RIC)** 9 a.m. (1.5 hrs.): This is a two day workshop for active duty personnel and their spouses/significant others, and dual military couples. RIC is designed primarily for couples who want to improve their marriages and decrease arguments or destructive patterns of behaviors.

### Wednesday, Sept. 3

**Developing Your Spending Plan** 10 a.m. (1 hr.): Do you want a 10% raise? Too much month at the end of the paycheck? Do you like to spend, spend, spend? Then create your own "Spending Plan" and get the most out of your money. In this interactive class, you learn financial planning skills that can help you manage your savings, expenses and debts, set financial goals and leave Japan much wealthier!

**Ikego - Kamakura Tour** 9:30 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.

**Japanese Spouse Group** 10 a.m. (2 hrs.): This class is focused on the special concerns of Japanese spouses that are new to the Navy and Yokosuka, Negishi, or Ikego Bases. Our bi-lingual instructors have valuable first-hand knowledge to share and will help you feel more comfortable with your new role as a Navy Spouse! The network portion of the class will give you the chance to make friends with other Japanese spouses and share your experiences as a military spouse. This class is conducted in Japanese.

**"Project Armor" - Life Skill Training** 3 p.m. (1.5 hrs.): 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 (10-14).

### Thursday, Sept. 4

**Ikego - Play Morning** 9:30 a.m. (1.5 hrs.): Make play fun and educational for your child. Learn creative and new ideas to bring you and your child closer together through play. Children up to 5 are welcome, but must be accompanied by an adult. This Play Morning is held at Nikko Tower.

**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, Sept. 5

**Credit Management** 11:30 p.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.

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

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

**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.

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

**Ukulele Lessons** 10 a.m. (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

- Sept. 8 Accelerated Transition Assistance (ATAP); Thrift Savings Plan Elements of Successful Parenting; English as a Second Language; Labor and You
- Sept. 9 Area Orientation Brief and Intercultural Relations Class; Healthy Relationships: For Your Child's Future Welcome to Ikego; Baby Basics
- Sept. 10 Welcome to Negishi; The Basics of Retirement Planning Japanese Conversation (Pre-registration required); Elements of Successful Parenting Youth Enrichment Class (Middle School)
- Sept. 11 Ikego - Play morning; Car Buying Strategies Interview Techniques; Ikego - Ikebana Class
- Sept. 12 Home Buying Basics; Yokosuka - Play morning Japanese Conversation (Pre-registration required)

Negishi FFSC  
242-4125

Fleet and Family Support Center  
243-FFSC (3372)

Ikego FFSC  
246-8052

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**FOR SALE!!!** Details: Silver 2007 Jeep Grand Cherokee Laredo 4x4 – \$28,000. Left hand drive (Stateside model) 6,778 miles, 3.7 liter V6 engine, 5-speed, W5A580 automatic transmission Engine Computer Smart System, All Terrain Tires mud and snow, 17"x7.5" aluminum wheels medium slate gray cloth with low bucket seats, electric bucket seat with height adjust system, Auto Skid and Traction Control System, ABS/BAS System, cruise control, auto shift, custom global navigation system, custom mud, snow and sand floor mats. Custom rear cargo mud, snow and sand mat. Low profile rack SUV cargo storage container, low profile carrier – fits 6 sets of skis or 4 snowboards. Can be used as a luggage rack or on travel storage container. Call or see Ronnie at 243-5923, Ronald.Santaniel.ctr@fe.navy.mil.

**FOR SALE!!!** Dark green 1997 Mitsubishi Gallant. Low mileage. Automatic, navigation system, 6-disc CD changer, power windows/locks, ABS, spoiler, strong engine. \$1,950 obo. Contact Jon or Kristy at 080-5059-5407 or 080-5171-8738.

**FOR SALE!!!** White 1995 Nissan Rasheen. Unique car. Low mileage. Automatic, stereo/CD, giant sunroof, roof-rails, super cold A/C. New tires, power windows/locks. \$2,300 obo. Contact Jon or Kristy at 080-5059-5407 or 080-5171-8738.

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**Driver's Education Class.** Next class begins Sept. 15, 2008. Open to SOFA personnel. High school students must be 16 years old. Contact Mike Adair, mikeadair1@yahoo.com, or 080-6515-9897. Cost ¥31,000. Class size limited.

**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 7<sup>th</sup>-12<sup>th</sup> grade English classes

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

**LTO 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 Evlie 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.

**Junking Services.** Car junk and deregister your car in a day or less. LTO Runs from Yokosuka, Negishi, Ikego and off base OK. Call D at 080-3467-7248.

**LTO Runs and Free Junking.** New registration, Japanese inspection, transfer registration, deregistration, road tax, temporary plates. Call Mylan, 080-5863-3704 or 241-3037.

**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: makeuppytakako@hotmail.com. Artist info: www.makeuppytakako.com.

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

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

**Want to learn Japanese?** A qualified native Japanese teacher teaches Japanese to someone who is interested in learning Japanese. Please contact me at: petitefille10@yahoo.com.

**紫外線を浴びたお肌のお手入れしませんか?**美白バック&フェイシャルマッサージ(20ドル)。デコルテまでのコース(30ドル)まつげカール(20ドル)。横須賀基地内は無料出張OK!詳しくはhttp://www.ys023989.americablejapan.com/es/the.html 電話090-8293-7685携帯メールmatsuge-kurur.in5@ezweb.ne.jpまで。

## Wanted

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

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

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

**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.

## Positions

**Facility Engineers (Heavy Electrical Machinery Division).** 1. Have educational background on electricity and understand electrical theory. 2. More than three years on-the job experience for heavy electrical machinery. 3. Business level English and Japanese (speak and write). 4. Proper valid work visa. Workplace: Tokyo Metropolitan area. Pay: ¥400,000/month and above. Transportation cost paid (Max. ¥40,000). Paid vacation and holiday. Retirement age: 65 years old. E-mail your resume to: m-watanabe@s-mt.co.jp. Shi-ei Real Estate Business Co., Ltd. **University of Phoenix Yokosuka is seeking qualified part-time practitioner faculty in the MBA program.** Candidate must have MBA or related degree. Please contact Jim, jimparkins@email.phoenix.edu, or stop by our office.

## Yard Sales

**EMPTY HOUSE MOVING SALE.** Super children's books, toys, cook books, Japanese language and culture books, clothes, toys, fabric, obi, kid's Jenny Lind rocker, men's watches, new curtains, book shelves, Pooh comforter, great junk! ELECTRONICS: JVC 3 disc recorder, SkyPerfect TV satellite and receiver, JVC 3 CD changer, Canon AE1 camera, Kenwood subwoofer, Yamaha AV receiver, Yamaha computer speakers, Sony Vaio laptop with Japanese operating system, and more. Bring your wagon and small change, and come in out of the heat! Free items, too. 12 Gridley Lane, 6:30 a.m.-5 p.m., Saturday, Aug. 23. Park curbside on Gridley Lane.

## Announcements

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

**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.

**Room for rent.** Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$350/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.

**TIF Special International Party Shibuya, Aug. 30, Saturday, 6:30-9 p.m., T's Salon 2F.** Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. http://www.tokyo-party.com. Call 080-2001-0512, party@goover.co.jp.

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

**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: seahawk yokosuka@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.**



STG1 Anthony Demangone from Afloat Training Group Western Pacific dressed as the fictional character Gulliver meets and greets local citizens during the 62nd Anjin Festival in Ito City, Shizuoka Prefecture Aug. 10.  
Photo by Yoshiyuki Kirigaya



(Left) Richard E. Byrd Elementary School teacher Erin Goodfellow meets one of her new students Madison Freeman during the school's open house event Aug. 22. Madison's mother Rosie Freeman and her sister Delaney joined her for the event.  
Photo by Nancy Turner



DCFA Chenhong Lee assigned to the *USS Essex* (LHD 2) sights up his next shot during a game of pool at the Single Sailor Center "Spectrum" lounge at CFAY's Fleet Recreation Center Aug. 18.  
U.S. Navy photo by MC2 David Didier



(Left) Daryl and Brannon Glatz stack as many Oreo cookies as they can within the 60 second time limit during The Yokosuka Commissary annual Oreo Cookie Stacking Contest Aug. 15. Brannon took first place in the 4 to 8-year-old category by stacking 29 cookies in 60 seconds. The winner in the 9 to 13-year-old category was 10-year-old Thomas Burke. A total of 48 children for both age groups participated in this year's contest.  
Photo by Toshiko Hemric



Yokosuka Middle School's (YMS) new principal Geoff Fong and new assistant principal Sonja Rodriguez discuss procedures at the YMS administration office. Fong transferred here from Okinawa and Rodriguez transferred here from Sasebo. Both are looking forward to a productive year with the staff and students of YMS.  
Photo by Dale N. Duncan Jr.

## Konnichiwa!

 A man in a dark blue shirt is working on a bicycle in a workshop. There are other bicycles and tools in the background.
 

Ski and snowboard mechanic Hideyuki Yasutomi, repairs bicycles at the Outdoor Recreation Center.	Photo by Fumiyo Sato
How long have you worked on base?	8 years.
Where do you work?	Outdoor Recreation Center.
What is your favorite food?	Tonkatsu.
Life goal?	To own my own bicycle shop.