

Yokosuka businesses show support with base friendly sticker

Story and photo by Dan Bowen,
CFAY Public Affairs

The Yokosuka Chamber of Commerce and Industry (YCCI), in conjunction with Commander Fleet Activities Yokosuka (CFAY) recently distributed a "base friendly establishment" sticker to 40 stores and restaurants located near the Yokosuka Naval Base.

The sticker is received by establishments who have become members of the Web site www.sukaichi-e.com (Sukaichi), a Web site aimed at helping the foreign residents in the area get information in English about many of the restaurants, stores, hotels and other places of interest in Yokosuka.

"The YCCI mailed out the stickers to all the stores and restaurants who signed up as members," said CFAY Community Relations Specialist Kyoko Sugita. "They announced the project to the Yokosuka Press Club and it is up to us to promote the program to our U.S. Navy related members."

As members of the new program, local businesses will receive translation support for point-of-sales business, menus and online information posted on Sukaichi. This is especially convenient for CFAY personnel as it allows them to view product offerings, prices, hours of operation and other pertinent information in English on the Web site before ever stepping foot in a shop.

This is also a big boost for local storekeepers who have wanted to share their products and services with the more than 20,000 foreign residents in the area, but lacked the confidence or ability to reach that audience effectively.

"We put the sticker out about two weeks ago because we want to extend a big welcome to American customers," said Akiko Ookawara, the owner of Gyorantei, a sushi shop offering fresh fish cuisine and located one minute from the base. "We are the closest shop to base, but not many people know that we are here. We hope that [base personnel] will go on Sukaichi, learn about our shop, download a coupon and come enjoy authentic Japanese sushi."



(Left) The Base Friendly Establishment Sticker is shown placed in the window of local Yokosuka authentic Sushi restaurant Gyorantei. The new stickers are part of a program by the Yokosuka Chamber of Commerce and Industry and CFAY to help foreign residents in the area get information in English about many of the restaurants, stores, hotels and other places of interest in Yokosuka.

To date, the stickers have been given to member shops located within a 15 minute walk from CFAY. YCCI plans on extending the coverage of the program throughout the city in the near future.

CNO, MCPON visit USS George Washington, address crew

By MC2 Carlos Gomez,
USS George Washington Public Affairs

Chief of Naval Operations (CNO), Adm. Gary Roughead, visited *USS George Washington* (CVN 73) at Naval Air Station North Island, San Diego, to address the crew and take questions as the ship prepares to get

underway for Yokosuka, Japan.

Upon deployment to the 7th Fleet area of operations in the Western Pacific, *George Washington* will become the Navy's only permanently forward-deployed aircraft carrier, replacing *USS Kitty Hawk* (CV 63), the Navy's last diesel-powered aircraft carrier.

"Now you really are the ambassadors of the United States Navy and ambassadors of the United States," said Roughead, a former *George Washington* Carrier Strike Group commander. "I know this ship. I know the crew. And you are going to do an absolutely superb job."

More than 500 *Kitty Hawk* Sailors and 1,800 Carrier Air Wing 5 Sailors have moved aboard *George Washington* since *Kitty Hawk* returned to San Diego Aug. 8.

The CNO commended the *George Washington* crew on their firefighting efforts during a fire May 22, and the subsequent 55,000 man days of repairs performed by the crew and the civilian workforce since the ship arrived here May 27.

"You have done an absolutely incredible job," Roughead said to *George Washington's* crew during an all-hands call in the ship's hangar bay. "This ship was tested, but you fought valiantly and effectively."

Before leaving, Roughead

and Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr. answered questions from the crew ranging from sea-shore rotations to recent world events.

GW departs for Japan

The aircraft carrier *USS George Washington* (CVN 73) (*GW*) with her crew of approximately 5,500 Sailors departed San Diego Aug. 21, to begin her journey to Yokosuka, Japan to replace *USS Kitty Hawk* (CV 63) as the United States' only permanently forward-deployed aircraft carrier.

Commanded by Capt. John R. Haley, *GW* became the flagship for the Commander, Task Force 70 (CTF 70), Rear Adm. Richard B. Wren last week after he and his staff moved to *GW* from *Kitty Hawk*.

The security environment in the Western Pacific region requires the United States to station the most capable ships forward for deterrence and the best possible response times for maritime and joint force operations. The forward deployment of *GW* ensures the ability of Commander, U.S. Pacific Fleet, to fulfill the U.S. Government's commitment to the defense of Japan, and the maintenance of international peace and security in the Far East in support of mutual cooperation and security. This posture also brings our most capable ships with the greatest amount of striking power and operational capability in the timeliest manner.

GW's replacement of *Kitty Hawk* is part of the Navy's long range effort to routinely replace older ships assigned to the Navy's forward-deployed forces with newer or more capable platforms.



Chief of Naval Operations (CNO) Adm. Gary Roughead speaks to Sailors and Marines during an all-hands call aboard the Nimitz-class aircraft carrier *USS George Washington* (CVN 73) in San Diego. CNO spoke about the importance of the ship's upcoming forward deployment and the role of Sailors as ambassadors for the Navy and the nation.

U.S. Navy photo by MC1 Tiffini M. Jones

司令官の相談室



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



CMDCM Wayne E. Smith,
Command Master
Chief

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.

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.

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 sent to your current mailing address on file with BOA. Cardholders who do not receive their card by Oct. 31 should notify their agency program coordinator. Cardholders can visit the following Web sites at <https://www.navsup.navy.mil/ccpmd>, www.defensetravel.dod.mil or www.gsa.gov/smartpay for more information.

Q: I am currently stationed in San Diego but will soon be stationed on the *USS George Washington* (CVN 73). My wife, who is Japanese, is already in Japan. Will she be able to drive her parents car onto the base to go the NEX, Commissary and bank? She has a copy of my orders and her dependent entry approval.

A: Your wife would be able to if she has all the proper paperwork for the vehicle (the additional liability insurance which is required as per base instruction, not required by Japanese government and written permission); and she has a Japanese license or a U.S. Forces Japan Operator’s permit which is obtained when you go through the Area Orientation Brief – Intercultural Relations (AOB-ICR) class and has taken the drivers test; or her mother and or father can operate the vehicle and she can sponsor them onto the base with her.

For identification purposes her mother or father would be required to have their driver’s license and a resident card or passport to show proof of citizenship.

Q: I have a question regarding establishments serving breakfast on base. With the closure of the Seaside Club and opening of Chili’s, transient personnel living in the Navy Lodge were forced to go elsewhere for breakfast. The last remaining club on base serving breakfast was the Officers’ Club. The O’ Club is now re-opened after the recent re-modeling. I was told by O’ Club personnel that they will not be serving breakfast because, “it is not profitable.” Isn’t the O’ Club, as well as the other clubs, supported by Morale, Welfare and Recreation (MWR)? Currently, to the best of my knowledge, the only places open for breakfast on the entire Yokosuka base for family and non-military personnel are McDonalds and the American Grill in the Navy Exchange (NEX) Food Court (temporarily closed for re-modeling). I understand it may not be financially profitable to open a club (i.e. Club Alliance, CPO Club, O’Club, etc...) for breakfast, it would improve morale, especially for those families in transit.

A: Thank you for your comments. As recently as March 2008 we looked at this situation and determined that it doesn’t make financial sense to offer a breakfast option at the Officers’ Club or other MWR facilities that don’t attract enough customers to cover basic expenses. You are correct that the Officers’ Club and others are part of the MWR Department, but they are considered Category “C” activities and the Navy requires that this category be self-supporting (i.e., they must generate enough revenue to cover all their own expenses and make enough profits to pay for long-term replacement of equipment). In the 11 months after the Seaside Club closed and we opened breakfast at the Officers’ Club we averaged less than 25 customers per day and produced an average loss of between \$50 and \$140 per day. Based on this data, we chose not to open an alternate location for a sit-down breakfast option once the Officers’ Club

closed for renovation. While we sincerely regret that some customers will be inconvenienced by this decision, the guest numbers over the last 11 months we did offer a sit-down breakfast make it very clear that there are not enough of these folks to justify keeping the service open. Fortunately there are several breakfast options available for those individuals who desire one, including McDonald’s (who’s breakfast numbers far exceed anything seen at the Officers’ Club), Starbuck’s, and the NEX main store Food Court, to name just three. Thank you again for your feedback.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and “Bravo Zulu” comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don’t get results, send an e-mail to cfay.pao.watch@fe.navy.mil. We welcome your feedback, especially if it is of a general nature and can help others. The next “Commander’s Corner” live call-in show is tentatively scheduled for Oct. 2. 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.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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Slow down, speed kills

By April Phillips,
Naval Safety Center Public Affairs

For most of us, a speeding ticket is little more than an annoyance – a couple hundred bucks or more down the drain for fines and court costs, and higher insurance rates down the road. However, each and every day, Sailors and Marines are killed on the highways and the number one reason for their fatal crashes is excessive speed.

Speed is considered one of the “fatal four” factors that lead to traffic fatalities, said Dan Dray, a traffic safety specialist at the Naval Safety Center.

“Our number one killer of Sailors and Marines is personal motor vehicle mishaps, and the biggest reason those fatalities occur is speed,” Dray said.

He said that for every single mile per hour driven over the speed limit, the risk of being in an accident increases by five percent.

Statistics prove that slowing down is an effective way to reduce the risk of traffic accidents. Not only does reduced speed reduce the potential severity of an accident that does occur, it also gives you a better opportunity to avoid accidents altogether. Slowing down gives you more time to react to

hazards such as highway debris and unexpected actions by other drivers.

The National Highway Traffic Safety Administration and the Insurance Institute for Highway Safety report that single-vehicle crashes, such as cars that run off the road or hit an embankment, are most likely to occur at speeds in excess of 70 miles per hour. The risk of injury with all types of crashes increases with speed. Studies have shown that the risk of injury is lowest when the driver is going at or just below the posted speed limit and the risk increases exponentially at higher speeds.

However, Dray said there’s another reason to slow down. Speed can hit Sailors and Marines where it hurts – their wallets.

“I urge people to take the rising gas prices into consideration,” he said. “The faster you drive, the higher your fuel consumption rate, lowering your overall fuel economy.”

Translation: Speed equals more money at the gas pump.

“Now is a great time to practice risk management skills by reducing speed,” Dray said.

The Naval Safety Center’s website has tools and resources to help you and your command reduce motor-vehicle mishaps, visit us at: <http://www.safetycenter.navy.mil/ashore/motorvehicle>.

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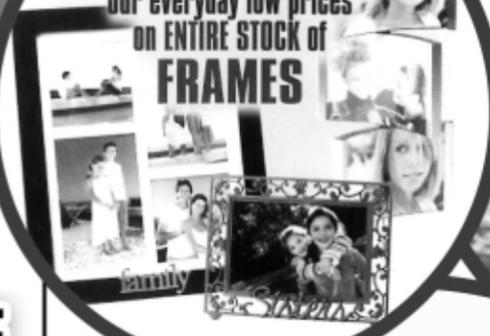


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USS Shiloh wraps up successful Thailand port visit

By Ensign Julie Holland,
USS Shiloh Public Affairs

Sailors from the guided-missile cruiser *USS Shiloh* (CG 67) and members of the embarked Helicopter Squadron Light 51, Detachment 4, participated in two community relations projects during *Shiloh's* port visit to Thailand Aug. 11-15.

This port visit provided the more than 350 *Shiloh* Sailors on board a chance to experience Thailand's culture and hospitality through sightseeing and community relations projects with their hosts.

Nearly a quarter of the crew participated in one of two community relations projects sponsored by *Shiloh* and the Rotary Club International.

The first project involved painting a classroom in the Chonburi School for the Deaf. This was followed by a barbecue picnic for the students and faculty hosted by the Sailors. Volunteers, including "Iron Chef Thailand" and Capt. Al Abramson, *Shiloh's* commanding officer, served ribs, hot dogs and hamburgers.

The second project involved *Shiloh* Sailors distributing pallets of school books, toys and medical supplies, as part of Project Handclasp, to a local school and health clinic.

"The volunteer spirit was infectious," said Lt. j.g. Mack Elliot. He added that he would recommend such a community relations project to anyone who has never experienced the joy of giving something to a community.

"Just the reward of seeing all the children happy made

it a worthwhile endeavor."

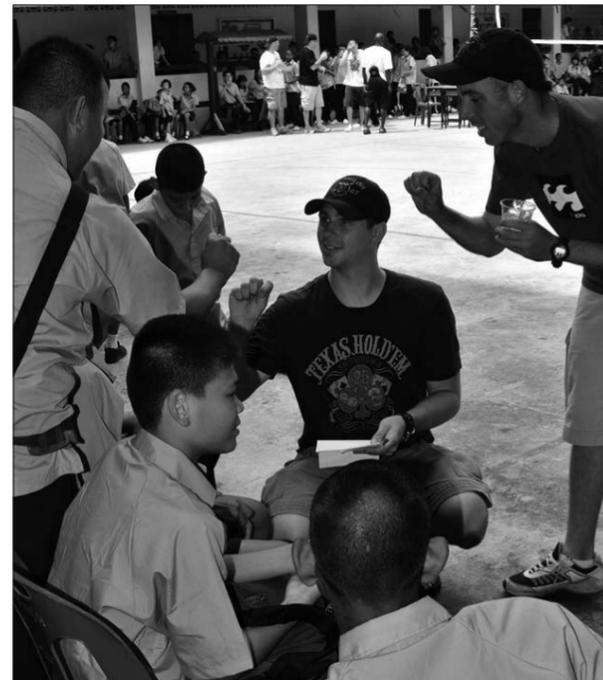
Elliot said his favorite part of the day was challenging the kids to a friendly game of volleyball after painting the schoolhouse. Despite their best efforts, the *Shiloh* volleyball team was defeated by the Chonburi School All-Stars.

"This went really well. I can say that we've really made a difference in somebody's life with the clothes and toys that were donated and just the interaction of the Sailors and the children and staff," said Gas Turbine Systems (Mechanical) 1st Class (SW) Christopher Lardin.

Lardin's thoughts were echoed by Electronics Technician 1st Class (SW) Jessica Fulton, who said that seeing all the crew members spending their liberty time for such a great cause really motivated a lot of people. These events also demonstrated the fellowship between the people of Thailand and the U.S. military.

"I think it was a spectacular success," said Senior Chief Electronics Technician (SW/AW) Mark Sadowski, the event coordinator. "The participation by *Shiloh* Sailors was stellar. They worked together as a team, and the impact was seen clearly in the eyes and in the sound of the voices of the children who enjoyed their presence and were very grateful to all who were involved."

Shiloh is part of the Forward Deployed Naval Forces of the U.S. 7th Fleet. The U.S. 7th Fleet is the largest of the forward-deployed U.S. fleets, with approximately 60-70 ships, 200-300 aircraft and 40,000 Sailors and Marines assigned at any given time. For more information, visit the U.S. 7th Fleet Web site at www.c7f.navy.mil.



Sailors stationed onboard the guided-missile cruiser *USS Shiloh* (CG 67) learn sign language from school children of the Chonburi School for the Deaf following a community relations project where Sailors painted classrooms and hosted a barbecue picnic grilling hamburgers, hot dogs and spare ribs for the more than 350 students and 50 teachers of the school during a port visit to Thailand Aug. 11-15.

U.S. Navy photo by AE3(AW) Steven L. Khor

Cowpens departs Indonesia after successful port visit

By Ensign Alison Derr,
USS Cowpens Public Affairs

The guided-missile cruiser *USS Cowpens* (CG 63) departed Batam, Indonesia after a three-day port visit Aug. 22. The first United States Navy cruiser in many years to visit Batam, the "Thundering Herd" embraced this port visit not solely as a liberty port, but also as an opportunity to engage and interact with Indonesian citizens.

In preparation for the port call, *Cowpens* organized a variety of events, activities and excursions to appeal to everyone. "We hosted tours, played sports and had the opportunity to spend lots of time with the citizens of

Indonesia," said Information Systems Technician 1st Class (SW) Alicia Borders. "It all depended on what exactly you wanted to do while we were Indonesia," she said.

Some crewmembers participated in sporting events while others visited orphanages and community organizations around the Batam countryside, spending time interacting with the children and helping renovate educational facilities.

"I had the opportunity to attend two events with local children," said *Cowpens* Electrical Officer Ensign Michell Czarniak. "[The events] were, by far, some of the most amazing experiences I've ever had in my life."

Cowpens Sailors said the happiness and excitement the students displayed made the port visit to Batam extremely worthwhile.

"It was an amazingly rewarding experience" said Sonar Technician 2nd Class (SW) James McLaughlin. "To see the light and smiles in their faces when we walked in the room and then as we spent time with them was incredibly rewarding."

Additionally, the crew conducted ship tours for school groups. Approximately 250 school-aged children from kindergarten to high school came during the three-day port visit to learn more about *Cowpens* and interact with Sailors.

"They were so thrilled by the opportunity to come onboard our ship and see everything from the helicopter hangar to the pilot house," said Fire Controlman 1st Class (SW/AW) Vincent Romeo, a tour guide for the tour groups. "They loved every thing they laid their eyes on and loved taking pictures of themselves with the Sailors who were out and about throughout the ship," he said.

USS Cowpens (CG 63) is part of the forward-deployed naval forces of the U.S. 7th Fleet. The U.S. 7th Fleet is the largest of the forward-deployed U.S. fleets, with approximately 60-70 ships, 200-300 aircraft and 40,000 Sailors and Marines assigned at any given time.

IA Grams inform commands, Sailors on IA topics, issues

By U.S. Fleet Forces Public Affairs

Individual augmentee (IA) Sailors continue to be an integral part of the Navy's support of the war on terrorism. With approximately 13,000 Sailors on IA orders, one of Navy leadership's top priorities is to continue supporting this mission and communicating all facets of the IA process to Sailors and their families.

U.S. Fleet Forces Command (USFF), designated as the executive agent for the IA Continuum, is streamlining a direct line of communication to the fleet and Navy families through a new product called IA Grams.

These messages from USFF will serve as a single resource for information and policy updates to commands, Sailors and their families on all IA matters. Topics and issues to be covered in future IA Grams will include deployment health assessment policy, individual readiness, 'parent command' responsibility and family support.

"Communicating the Navy's IA policies, support programs and updates has been challenging, with many commands having different roles in the IA process," said Al Gonzales, USFF deputy chief of staff for personnel development and allocation. "Our primary goal is ensuring we have a clearly defined standard guidance and common operating picture, and communicating that to the fleet. IA Grams are one of the tools we'll use to accomplish that."

Under the new construct of USFF acting as the executive agent for the IA Continuum, they will now assume the duties and tasks previously performed by Task Force IA.

Task Force IA and USFF will complete the transition of responsibility at a joint conference later this month. Some key areas leaders at the conference will focus on improving for Sailors and their families include the Continuum of Care and Operational Stress Control, IA family support programs, the IA and GSA detailing processes and post-deployment reintegration efforts.

Additionally, a forthcoming OPNAV instruction will provide the overarching policy guidance Sailors and their families need for a clear process through the IA Continuum. Until its release, all commands should continue to operate in accordance with current policy and coordinate with USFF.

"It is essential that command leaders ensure our actions supporting IAs and their families embody the top-level support that is expected for all of our Navy families," said Gonzales. "Commands have diligently answered the bell with increasing IA requirements, and we will continue to improve our lines of communication and support to the commands, the Sailors and Navy families."

Additional IA Continuum info is available at www.cffc.navy.mil/augmentees/index.htm.

Future IA Gram messages will be released via Navy message traffic, and also posted to the USFF Web site.

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“Deuces” go wild in Yokosuka’s Club Alliance performance

Story and photo by MCSN Kari R. Bergman,
Fleet Public Affairs Det., Japan

The forward-deployed amphibious assault ship *USS Essex* (LHD 2) ship’s band “The Deuces” performed at Yokosuka’s Club Alliance Aug. 26, delivering their fun brand of rock and roll to their shipmates and other area Sailors.

The four-Sailor band schedules performances at every port *Essex* visits. Chief Warrant Officer Doyle Purdy, lead singer, says they cover current and classic rock songs to keep the crew entertained.

“We have put on performances in the Philippines, South Korea, Australia, Yokosuka and also our homeport of Sasebo to lift the spirits of our shipmates while we are out on deployments,” said Purdy.

“It’s great to be able to go to all these different ports that we visit and be able to take time away from the ship to relax and have a good time listening to the Deuces play music that I know and really enjoy hearing,” said Aviation Boatswain’s Mate 3rd Class Frank Rodriguez, who is assigned to *Essex*.

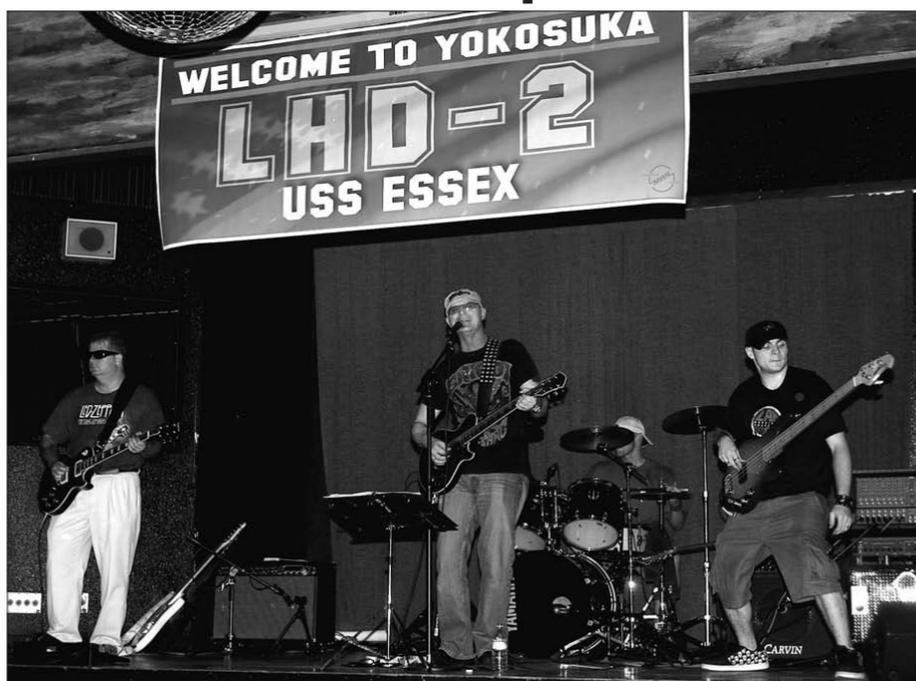
According to Purdy the band members are really close and share a passion for music and delivering it to the crew of the *Essex* and any other potential fans.

“The band has been together for about a year and a half now and we are a pretty tight-knit group,” said Purdy. “When we are out to sea for long periods of time, it is really a lot of fun to have a steel beach picnic and play for to the crew to help boost the morale.”

Every member of the band had different reasons for joining the group.

“The reason why I decided to play in the ship’s band was because I have a love for music and I wanted to give something back to the ship,” said Aviation Ordnanceman 3rd Class Keith Campbell, bass guitarist.

Currently, “The Deuces” is four members strong: Chief Warrant Officer Doyle Purdy provides rockin’ lungs and throat, Master Chief Electronics Technician (SW/AW) John Roush shreds the lead guitar, Lt. Joshua Daily keeps rhythm by pounding the skins and



The forward-deployed amphibious assault ship *USS Essex* (LHD 2) ship’s band, “The Deuces,” perform at Yokosuka’s Club Alliance Aug. 26 during the ship’s scheduled port visit.

Aviation Ordnanceman 3rd Class Keith Campbell lays some sick bass lines.

Essex is the lead ship of the only forward-deployed U.S. Expeditionary Strike Group and serves as the flagship for CTF 76, the Navy’s only forward-deployed amphibious force commander.

Chief selectee’s one step closer to anchors, new uniforms

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

Forty chief petty officer (CPO) selectee’s from Yokosuka shore commands got a chance to shop for their new khaki uniform items at the Navy Exchange (NEX) uniform store Aug. 19.

The NEX closed its uniform shop to the public and set aside some time dedicated to outfitting the areas soon-to-be CPOs with their khakis and coveted anchors of gold.

“Tonight we are holding our CPO event for our shore commands, which includes Fleet Activities Yokosuka and everybody under them,” said Barbara Christgua, of the Navy Exchange uniform shop. “What we’re doing is getting their uniforms together for the selectees who will be pinned in September. They are getting their uniforms bought today so they will be ready when their time comes.”

NEX Uniform Center Manager Judy Delmendo gave the selectees brief instructions and what to expect once the doors were opened for their special shopping experience.

“We are expecting 40 chief selects tonight, helping them with buying uniforms items and tailoring them, so we should be very busy tonight,” said Delmendo.

After falling into ranks and singing

“Anchors Aweigh,” the doors opened at 7 p.m., allowing the prospective chiefs to start shopping for their new uniforms items with the help of their sponsors.

Throughout the evening, chief selects enjoyed random prize drawings and complementary food.



BMC(Sel) Adam Melancon, a native of St. Louis, Mo., picks out new chief petty officer uniform items at the Navy Exchange (NEX) Uniform Night event Aug. 19. The Yokosuka NEX uniform shop closed its doors to the public to offer area selectees a chance to shop for their new uniform items.

“For the event we do prizes and cakes to show support for the community – especially for the CPOs,” said Christgua.

Many of the chief selectees reveled in the opportunity to try on their khaki uniforms and combination covers – both synonymous of their new rank. Although they won’t don their CPO anchors until Sept. 16, events like this and what follows during the rest of the induction season have them excited about the future.

“I’ve waited a long time and worked hard for this day to come,” said Chief Boatswain’s Mate (Sel) Wemppy, a native of Houston. “We have a few more weeks before we are all officially called ‘chief,’ I’m still very nervous, but very excited at the same time.”

Chief selects are currently in an indoctrination and training period called the induction season which is a six-week training process.

Upon completion of the training, each CPO select will be pinned with anchors mid September and start their new journey as a chief petty officer.

Since the establishment of the CPO grade April 1, 1893, selection for chief continues to be one of the most significant and proudest days in an enlisted Sailor’s naval career.

New sea-shore flow announced

By Chief of Naval Personnel Public Affairs

NAVADMIN 234/08 which explains that as part of the new sea-shore flow (SSF) enlisted career paths, Sailors’ sea tour lengths will now be determined by sea tours completed, such as first sea tour or first shore tour, instead of by pay grade.

Specific SSF timelines for individual ratings are listed by rating in the NAVADMIN.

“Sea-shore flow is not an automatic increase in sea duty. In fact, 90 percent of Sailors will see either no change or a decrease in their sea tour lengths,” said Cmdr. Craig Schappner, operations analysis section head for the Chief of Naval Personnel.

SSF provides the optimal balance between sea duty and shore duty, enhances stability and improves predictability of the career paths for Sailors in a sea-centric Navy.

The change to SSF was made to help ensure proper manning of all sea duty and front line operational billets. At the same time, it helps to provide a more desirable work-life balance throughout a Sailor’s career by working to offset the often arduous nature of sea duty with predictable periods of meaningful work ashore.

Visit www.npc.Navy.mil/aboutus/bupers/totalforcediv/ for more information.

パラリンピック北京大会を支えるNAVFAC従業員

文：中村泰子、NAVFAC極東広報課

第29回夏季オリンピック北京大会の興奮はまだ冷めやらないが、北京では新たな感動のステージの幕が開く。パラリンピックとは身体に障害をもつ人にとって、オリンピック同様、世界最高峰のスポーツ競技大会であり、現在ではオリンピックと同じ年に同じ場所で開催されている。第13回北京パラリンピック大会は9月6日から17日まで開催される。この大会に出場する日本代表自転車チームを陰で支えているのが海軍施設字術部隊（NAVFAC）PWD厚木のエンジニア、栗原朗さんだ。自らも自転車競技者である栗原さんは90年頃、競技を通して日本障害者自転車協会（JCAD）の存在を知ったと言う。

「最初は、年に1～2回イベントのお手伝いなどをしていました。大きなきっかけは、視覚障害者と一緒に一般のレースに出たのですが、歓迎をされた一方、かなりブーイングも浴びました。『帰れ、あんなやつらを出すな』、とか。これはかなり悔しくて。それから徐々に自分の競技はやめて、サポートに専念するようになり、2001年からは、日本チームのチームリーダー・マネージャーの立場になりました」と栗原さんは当時を振り返る。

同じ年に、栗原さんはJCADの理事にも就任する。支援の内容は、寄付・スポンサー募集、日本チームの編成・選考（そのための国内大会準備も含む）、関係団体とのやりとり、強化計画と実行、国際大会遠征、ホームページ作成、会報作成、視覚障害や脳障害のある選手に代わり書類を書く等、多岐に亘る。しかも、そのすべてが彼のボランティア精神で行われている。

上司であるアンドリュー・ヘイズ中尉は栗原さんの活躍を次のように賞賛する。「栗原さんの活動には本当に頭が下がる思いです。人生において自分の“場所”を見出し、パラサイクリストの皆さんに協力出来る事は素晴らしい事です。栗原さんの行動はパラサイクリストの皆さんだけでなく、日本、そして米海軍と日本の協調関係に大きなプラスの印象をもたらします。北京では、栗原さんのチームの皆さんが最高の結果を出せるよう応援しています。」

一方、栗原さんはボランティア活動・運営の厳しさを次のように話す。「いわゆるボランティアですので、手当てもないし、諸費用は原則自費で厳しいですね。国際大会遠征や強化合宿も自己負担が伴いますし。文書郵送費・あいさつ回りの交通費はすべて自費、時間も取られてプライベートはほとんど無くなりました…。本当にいろいろな事があり、『もう勘弁』と思う事もありますが、必死に努力して結果を残そうともがいている選手や応援している人たちのことを思うと、やめられなくて。何よりも努力している彼らと自転車競技が好きなんです。」

パラリンピックはスペシャル・オリンピックと混同されがちだが、二つは別ものだ。スペシャルオリンピックは、知的障害者の社会的自立を目指しており、4年に一度だけ開かれるわけではない。パラリンピックには障害の度合いに応じた階級が存在する。たとえば、障害種は切断などの「運動機能障害/LC」、「脳性麻痺/CP」、「視覚障害/B」、「聴覚障害/VI」があり、競技ごとに記号+度合いを数字で表わしている。



3輪を練習中のCP2小川睦彦さん（右）CP3/CP2 - この2区分では2輪のカテゴリーであるCP3に出場するの、3輪のカテゴリーであるCP2に出場するのかの決定を選手に委ねている。

（写真提供：栗原朗さん）

一生懸命やることで、いろいろな方々に米軍従業員を評価理解してもらえれば嬉しいです。自転車で経験・学んだことは、仕事にも役立ちます。長年の苦勞がありましたが、今回の自転車日本チームはこれまでで最高のチームです。厳しい合宿・準備で過酷な日々ですが、輝かしい成績を残して、みんなと喜びを分かち合いたいし、多くの方々に喜んでいただければと思います」と栗原さん。

最後にキーワズ司令官からも応援のメッセージが届いている。「駐留する立場である我々アメリカ人や、米軍基地で働くホスト国の従業員にとって、お互いの国の選手がオリンピックやパラリンピックで活躍するのは嬉しい事です。栗原さんは素晴らしい共同社会を作り上げていると思います。金メダルを期待しています。」

自転車競技は9月7日から14日の日程で行われるので、ぜひ機会があれば応援してほしい。北京パラリンピックのオフィシャル・サイトはこちら。

http://www.paralympic.org/release/Main_Sections_Menu/Paralympic_Games/Beijing_2008/

栗原さんが理事を務める日本障害者自転車協会のウェブは<http://www.jcadweb.com/>。これまでの選手の活躍や障害者カテゴリーの説明等が掲載されている。



2007UCIパラサイクリング世界選手権フランス・ポルドー大会でメダリストを称える栗原朗さん（写真中央）。写真左から：CP4脳性まひ第4区分1,000mタイムトライアル世界新で金、個人追い抜きで銀メダルに輝いた石井雅史さん、栗原朗さん、LC3運動機能障害第3区分1000mタイムトライアルで銀メダルを獲得した藤田征樹さん。

注：CP4 - CPクラスは脳性麻痺、交通事故等で麻痺が残った選手ものクラス。CP4は障害程度の最も軽い選手の区分で、バイク（2輪車）で競争する。LC3 - このクラスは主に片方の下肢に障害があり、上肢に障害を持つあるいは持たない競技者を対象としている。ほとんどの競技者は片脚でペダルを踏むか、両下肢に義足を使用してペダルを踏む。

（写真提供：栗原朗さん）

日本人従業員空席情報

職種名	等級	広報番号	募集範囲	締め切り
事務系（MLC）				
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(一般)	7	FEC-CI-003-08(R2)	I,II,III,IV	Oct. 28, 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	Sept. 10, 2008
法律顧問職	7	TSO-02-06(OUF)	I,II,III,IV	空席広報参照
人事事務職	4	CNFJ-N13-09-08	I,II,III,IV	Sept. 11, 2008
人事配置職	5	CNFJ-N13-10-08	I,II	Sept. 11, 2008
貯蔵品管理事務職	4	FISC-026-08	I,II	Sept. 10, 2008
訓練教師職(一般)	5	SRFJPMC-160-08	I,II	Sept. 10, 2008

事務系（IHA）

オフィスオートメーション クラーク	3	NEX-750-08	I,II,IV	Oct. 22, 2008
倉庫事務職	3	NEX-751-08	I,II,IV	Sept. 8, 2008

技能系（MLC）

第25期技能訓練生	3	SRFJPMC-113-08	I,II,III,IV	Sept. 14, 2008
通信ケーブル接続工	8	NCTSFE-012-08	I,II,III,IV	Oct. 3, 2008
電子装置基準測定工	9	SRFJPMC-068-08(R3)	I,II,III,IV	Sept. 25, 2008
船舶内燃機関機械工	7	SRFJPMC-130-08	I,II,III,IV	Oct. 14, 2008
一般船舶機械工	7	SRFJPMC-129-08	I,II,III,IV	Oct. 14, 2008

技能系（IHA）

コック	4	MMR-40-08	I,II,IV	Sept. 8, 2008
エクイップメントメンテナンスメカニック	7	MMR-35-08	I,II,III,IV	Sept. 11, 2008
ハウスキーパー職	3	NEX-406-08	I,II,IV	Oct. 10, 2008
ハウスキーパー職・フォアマンA	4	NEX-749-08	I,II,III,IV	Sept. 22, 2008
ジャーナラー	3	MMR-39-08	I,II,IV	Oct. 15, 2008

期間限定従業員

オフィスオートメーションクラーク	3	FEC-BDRES-003-08	I,II,III,IV	Sept. 16, 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.cnfj.navy.mil/>)、ジョブ・ホットライン (046) 816-9000(電電243-9000) または横須賀基地正門前左、HRO日本人雇用課事務所(1階) 掲示板をご覧ください。

Negishi community gets rare tour of historic Yokohama landmark

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

Sailors living and working at Commander Fleet Activities Yokosuka's Yokohama Detachment, their family members and Japanese citizens got a rare look inside one of Yokohama's historic landmarks right outside the Negishi housing base Aug. 26.

The City of Yokohama opened the gates to an old horse racetrack grandstand, the only remnant of the racetrack which was built more than 140 years ago.

According to Negishi housing's Web site, the grandstand originally opened in 1867 and was initially open only to foreign jockeys, but soon came to include Japanese jockeys. After World War II, the U.S. Army Corps of Engineers occupied the area and between 1945 and 1953, built a housing area and golf course on the old racetrack site, as well as converted the grandstand into administrative offices. On July 1, 1959, the Army turned the areas over to the U.S. Navy, making Negishi the Navy's first overseas housing activity.

The Corps of Engineers also built three other housing areas in Yokohama which reached their peak usage during the Korean War. Following the practice of returning lands seized by the Occupational Forces back to the government of Japan, the housing areas were returned in 1983, leaving Negishi Heights as the military's sole housing area of Yokohama. The grandstand is one of the only visible sites linking Negishi housing with its past.

"I get a view of the grandstand from the office everyday," said Lt. Cmdr. Rome Delasalas, Officer-in-Charge of Commander, Fleet Activities Yokosuka's Yokohama Detachment. "It was great to get a chance to go inside it, because sometimes you look at something and you don't appreciate it as much until you actually stop and look at it more closely and that opportunity was provided today."

For a lot of the Negishi residents, they see the grandstand everyday but really don't have an idea of the history behind it.

"It was pretty interesting to see the history of how this place came about," said Culinary Specialist 1st Class (AW) Anthony Sykes, a native of Chicago. "I thought it was an old factory but I had no idea this was an old horseracing stand. Taking a tour was kind of enlightening. I went inside and saw different things that it was used for."

According to Delasalas it has been a long time since people had an opportunity to see the grandstand.

"I am very thankful for the opportunity to come out and see something that a lot of other people haven't got the chance to see," said Delasalas. "I feel honored to get this chance



(Center) OIC of CFAY Yokohama Detachment Lt. Cmdr. Rome Delasalas along with Sailors and residents of Negishi housing complex gather on the steps of the old horse racetrack grandstand at Negishi's Memorial Race Track Park Aug 26.

U.S. Navy Photo by MC2 David Didier

because when you're looking at everything you think about how this used to be the emperor's race track, you think of the history and you think of the survivability of this building."

According to Negishi housing's Web site, in December 1875 Emperor Meiji Tenno made the first of thirteen visits to Negishi. The grandstand was one of the few structures to survive the Great Kanto Plain earthquake of 1923. The wooden structure was subsequently destroyed in the resulting fire that immediately engulfed Yokohama, but was rebuilt in 1929. American architect J.H. Morgan designed the concrete art-deco structure that still stands today.

"You can travel all over Japan, but Japan has been around for thousands of years and they have history that is sitting right in front you, so take advantage of it," said Delasalas.

Post 9-11 GI Bill increases Sailors educational opportunities

By MC2(SW) Matthew Bradley, CFAY Public Affairs

The Post 9-11 GI Bill, which was signed into law June 30, 2008, considerably improves education opportunities for service members.

This new entitlement is set to take effect Aug. 1, 2009, and will cover the cost of tuition, housing, and books at a state school.

Individuals who served on active duty after Sept. 10, 2001 are eligible for this benefit. The maximum amount an individual can receive are the established charges of



Commander U.S. Naval Forces Japan Rear Adm. James Kelly observe a demonstration of a computerized College Level Examination Program (CLEP) at Yokosuka's Navy Campus. CLEP exams combined with the New Post 9-11 GI Bill can help Sailors achieve their educational goals.

U.S. Navy file photo by MC2 Chantel M. Clayton

the respective schools, or the maximum amount established for by individual states.

Service members must have served at least 90 days, or 30 continuous days if discharged due to a service-connected disability. The amount of benefits individuals can receive is based on time of service, ranging from 40 percent for less than six months of service to 100 percent after 36 months.

The benefit includes tuition at a public institution of learning in the state that a student is attending. Students will also receive Basic Allowance for Housing (BAH) at the same rate as an E-5 with dependents. This amount is based on the BAH rate for the zip code where the student is enrolled. The housing allowance benefit doesn't apply to active duty service members, those attending half time or less and those pursuing distance learning.

Students will also receive book and supply stipend of up to \$1,000 per year. This amount is paid proportionally for each quarter, term or semester attended, and is prorated based on the percentage of the maximum benefit payable. This benefit does

not apply to active duty members.

After the new bill takes effect the Department of Defense (DoD) may allow individuals to transfer the entitlement to one or more of their dependents. The service member must have served in the armed forces for at least six years and agree to serve at least another four years. The DoD will determine eligibility requirements and may impose additional eligibility requirements. It may also limit the number of months that can be transferred.

Individuals will remain eligible for benefits for 15 years from the date of last discharge or release from active duty of at least 90 continuous days. Individuals will generally receive 36 months of benefits. However, individuals are limited to 48 months of combined benefits under educational assistance programs administered by the Department of Veterans Affairs.

These new benefits can be paid on or after Aug. 1, 2009, and no payments will be made to training pursued before that date. More information about the Post 9-11 GI Bill can be found at www.gibill.va.gov.

Single Sailor Program

By Fumiyo Sato, CFAY Public Affairs

Morale Welfare and Recreation's (MWR) Single Sailor Volunteer Incentive Program offers single Sailors the opportunity to donate their time to the Commander Fleet Activities Yokosuka (CFAY) community.

Single Sailor Volunteer Incentive Program is part of the Single Sailor Program. Regardless of rank, any single Sailor is eligible to apply and participate in the program. Geographical bachelors, Sailors who are married, but their family is not accompanying them to their duty station, are also eligible to join the program. The volunteer work includes helping out staff on special events such as, base-wide events and other programs, according to Single Sailor Program Coordinator John Crockett.

While serving in the community, Sailors who participate in the program can enhance their military record. "It's a program that is designed to give us assistance but it is also a good opportunity for Sailors to come out and get letters of appreciation (LOA) and help out the community [and to] spend time in a constructive manner and also learn some skills that help them out with job résumés and things of that nature," said Crockett.

After finishing the volunteer work, Sailors will receive LOA's for their assistance. MWR has issued nine such letters to volunteers for Negishi's Easter egg hunt event, seven letters for last years Grand Illumination open base event and 10 letters for the Mikoshi Parade.

Single Sailors interested in signing up for the Single Sailor Volunteer Incentive Program will need to fill out a the Volunteer Service Agreement form. "The form is processed through the main office and once it is approved, the person is placed on the list of people to contact for the special events," Crockett said.

Visit the Spectrum Lounge on the first floor of the Fleet Recreation Center or call the Spectrum Center at 243-7346 for more information.

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • September 5, 2008



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

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.

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.

FitFactor

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.

Japan Jams Entertainment presents...

Paul Rodriguez Comedy Show

Adults Only



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 243-5215.



Outside the Gate

ITT Tickets

Discount Yuessun Hot Spring Tickets

ITT is now selling discount tickets to the relaxing hot springs of Yuessun 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

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.

Beginner's Surfing Class at Shonan Area, Kanagawa Prefecture

Join Outdoor Recreation on September 20 as we hit the water for a beginner surfing class at Shonan Beach! The cost is \$65 per person and includes surfboard & wetsuit rental, four hour class in the water and one hour mandatory briefing two days prior to the trip. The last day to sign up is September 18.

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.

Sea Kayaking at Hayama, Kanagawa Prefecture

Experience the adventure of sea kayaking on the western side of Miura Peninsula on September 27. Immediately following a one-hour class where participants will learn basic paddling strokes as well as the Eskimo Roll, depending on your ability, we will paddle around the rocky shores of the small islands that trail along the coastline between Zushi and Chojagasaki. The trip location is subject to change, depending on the weather. The cost is \$50 per person and includes transportation and sea kayaking equipment. The last day to sign up is September 17.

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.

Resource Information Center

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

The Many Faces of Tokyo

Story and Photo courtesy of JESSICA WILSON-MCFARLANE



Asakusa Kannon Temple is the oldest temple in Tokyo and is considered a must-see for anyone visiting Tokyo.

Looking for a little adventure? Try the Tokyo Sightseeing Trip offered by the MWR Information, Tours, and Ticketing, (ITT) program. Now, I've been to Tokyo before--guidebook in one hand, English-to-Japanese dictionary in the other, with a train schedule clenched between my teeth. Recalling the hours I spent wandering from one tourist spot to another, I decided to let ITT do the hard work so I could knock out a few Tokyo hot spots in one day.

Our informative guide immediately began chatting about Japanese culture, the upcoming sights and about Japan in general while the tour bus zipped down the toll road on our way to our first sight, the Meiji Shrine. We were there in no time!

Dedicated to the Emperor and Empress of the same name, the Meiji Shrine is tucked in a forested park that itself is buried in the concrete jungle of Harajuku. One of the most impressive sights on this first leg of the tour is the short stroll to the temple itself. Monstrous Torii gates constructed from 1,500 year-old Japanese Cypress trees guard the entrances and looking upward while walking through them is truly humbling. There are many additional sights including an Iris Garden, (only a few hundred yen,) Treasure Museum, and serene footpaths leading away from the temple.

Our next leg of the tour took us to an architectural icon of Japan's capital-Tokyo Tower. This giant antennae, built in 1958 to broadcast network television, enjoys the architecture of Paris's Eiffel Tower and the entertainment complex of Seattle's Space Needle, all in a thick coat of Safety Orange-colored paint! A visit to the observation tower is included in the ITT trip, but for a few yen more, visitors can go straight to the top. There are also plenty of restaurants, souvenir shops, an aquarium, a wax museum and a "trick art gallery." We had several hours to explore the many sights within the tower. The highlight of the tour--and perhaps of Tokyo--is the city's oldest temple, Asakusa Kannon Temple, also known as Sensoji. There's much to see, touch, smell, and taste in this busy area that surrounds the temple dedicated to the Buddhist goddess of mercy. A popular ritual is for a visitor to cleanse his or her spirit in the clouds of incense smoke from the giant urn directly in front of the Kannon Temple. Nearby is a Buddha sculpture that is said to improve a person's physical ailment if he or she rubs the ailing body part on the Buddha, and then rubs him or herself.

Artisans and merchants line the people-packed walking street, Nakamise Dori, which leads to the temple. Traditional businesses cling to old-school style as they prepare food like osembe, or rice crackers, in the same shop front from which they sell it. I suggest keeping your appetite in check until you arrive in Asakusa. It's fun to nibble on everything that is being cooked along the way, from sweet bean cakes, or youkan, to grilled, pounded rice, or mochi.

The final leg of the Tokyo tour is a short stroll from Asakusa. A riverboat winds its way through the Sumida River, and tourists can now enjoy a contrasting view of Tokyo's more modern architecture. The boat tour is included in the price of the ITT tour and the tour bus is at the port waiting to take the group back to Yokosuka.

Whether you're a travel procrastinator or are brand new to Yokosuka, do yourself a favor and see the capital city of Tokyo. If you want to save cash and sweat--yes, sweat!--try ITT's Tokyo Sightseeing Tour. Rather than making the trek by foot, train and subway, the MWR tour bus equipped with bathroom will zip you from site to site. The tour is jam packed with sites and can also help a newcomer get his or her bearings in the giant, Japanese metropolis.

The next Tokyo Sightseeing trip is Sunday, September 20. For more details, visit the ITT office or call 243-5613/7257. Happy Trails!

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 (2 RFT), CPO Club (1 RFT).
Administrative Assistant: NF-02, \$8.39 - \$9.50/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 (3 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 (2 RFT), Negishi (1 Flex), Teen Center - Yokosuka (1RFT).
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), Yokosuka (1 Flex), Community Center (1 Flex).
Clerk/Driver: NF-02, \$8.39/hr. Youth Center (1 RFT).
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

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 (4 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 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

Benny Decker Theater

Friday, September 5

1730 Space Chimps G
 2030 Mama Mia PG13

Saturday, September 6

1300 Space Chimps G
 1730 Star Wars: The Clone Wars PG
 2030 Meet Dave PG

Sunday, September 7

1300 Kit Kittredge: An American Girl G
 1730 Space Chimp G
 2030 Star Wars: The Clone Wars PG

Monday, September 8

1730 Kit Kittredge: An American Girl G
 2030 Journey to the Center of the Earth PG

Tuesday, September 9 \$1 Movie Night

1730 Star Wars: The Clone Wars PG
 2030 The Dark Knight PG13

Wednesday, September 10

1730 Journey to the Center of the Earth PG
 2030 Star Wars: The Clone Wars PG

Thursday, September 11

1730 Space Chimps G
 2030 Mama Mia PG13

Friday, September 12

1730 X-Files: I Want to Believe PG13
 2030 X-Files: I Want to Believe PG13

Fleet Theater

Friday, September 5

1800 Star Wars: The Clone Wars PG
 2100 Tropic Thunder R
 2400 Star Wars: The Clone Wars PG

Saturday, September 6

1800 Mama Mia PG13
 2100 Hancock PG13
 2400 Mama Mia PG13

Sunday, September 7

1800 Mama Mia PG13
 2100 Tropic Thunder R

Monday, September 8

1800 Mama Mia PG13
 2100 Hellboy II: The Golden Army PG13

Tuesday, September 9 \$1 Movie Night

1800 Meet Dave PG
 2100 Hellboy II: The Golden Army PG13

Wednesday, September 10

1800 Mama Mia PG13
 2100 Tropic Thunder R

Thursday, September 11

1800 Hancock PG13
 2100 Hellboy II: The Golden Army PG13

Friday, September 12

1800 Step Brothers R
 2100 Tropic Thunder R
 2400 Step Brothers R

*Final Showing

Negishi Theater

Friday, September 5

1900 Journey to the Center of the Earth PG

Saturday, September 6

1300 Journey to the Center of the Earth PG
 1900 Hellboy II: The Golden Army PG13

Sunday, September 7

1300 The Dark Knight PG13



X-Files: I Want to Believe
Cast: David Duchovny, Gillian Anderson, Xzibit, Amanda Peet, Billy Connolly
Synopsis: Mulder and Scully are called back to duty by the FBI when a former priest claims to be receiving psychic visions pertaining to a kidnapped agent.



Step Brothers
Cast: Will Ferrell, John C. Reilly, Adam Scott, Mary Steenburgen, Kathryn Hahn
Synopsis: Two spoiled guys become competitive stepbrothers after their single parents get hitched.



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 Frasier, 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, 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.



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.

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 243-8703. Food and beverages from outside sources are not permitted in theaters per COMFLEACTINST 1710.84E, ENCL. 33, PARA 3E(3).

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

Race begins at 1030 Start/ Finish Near the Ikego Main Gate

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

For more information call 246-8071.

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

Ikego Teen Center



Fit Factor Skate Park Party

Saturday, September 20 from 1200 to 1400

Come out to Ikego's skate park and have fun skate boarding and having fun! There will be music and food. Cost: \$2

For more info call 246-5929.

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.

Development Center

Apply at HRO 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

ATTENTION!

Anyone patronizing a Japanese establishment and has a visible TATTOO, may prohibit them from entering.

Some of the places include:

- Waterparks
- Onsens
- Disney Resort
- Restaurants



For more information, please call the ITT Office at 241-5056/5057 or visit the website at www.cfay.navy.mil/mwr



On guard against combat stress, Post-Traumatic Stress Disorder

By Perry Lockhart, LIFELines Services Network

Suffering trauma is an inevitable fact of life that begins at birth and ends only with death. Our lives are defined by what we experience and how we react to all of the events surrounding us, for better and worse. While we may prefer to travel life's road without hitting the potholes and bumps, it's impossible to avoid all of them.

Bad things do happen on the road to "Easy Street." From infancy, we develop coping skills to deal with the flats and fender benders of life. Fortunately, most of our problems are just dings and scratches, requiring only minor repair or a day in the shop. Because they are so frequent, we more or less get used to dealing with them.

But when a major accident happens — the life-threatening, horrific episode that changes your life forever — typical coping skills may not be enough to get you back on the road. In fact, you might not feel the true effects until well after the physical scars have healed.

Combat stress and Post-Traumatic Stress Disorder (PTSD) can develop after exposure to a terrifying combat event or natural ordeal. According to the National Center for PTSD, 7.8 percent of Americans will experience PTSD at some point, with women (10.4 percent) twice as likely as men (5 percent). Service members who have seen battle are, of course, even more at risk; it's estimated that 30 percent of Vietnam vets have suffered PTSD and the numbers for more recent combat are still being calculated.

According to the American Psychiatric Association's Diagnostic and Statistical Manual, Fourth Edition (DSM-IV), PTSD can occur after an event that causes intense fear, horror or extreme helplessness. Such events include:

- Threat of death or loss of physical integrity to the survivor.
- Death, threat of death or loss of physical integrity to family or close friends. In this case, the survivor does not have to be physically present.
- Sudden loss of home or community.
- Seeing another person who has been seriously injured or killed.

PTSD can develop after you experience a serious accident or injury, a shooting or stabbing, or sexual or domestic abuse, after the unexpected death of a family member or friend or a child's life-threatening illness, or after you witness a killing or serious injury, endure a natural disaster, or hear about or are exposed to terrorist events.

PTSD can develop within three months of the event, and symptoms last at least a month, but it may be years before symptoms appear — in some cases, decades. Left untreated, it can significantly impair your health, your sex life, your marriage and friendships.

According to the American Counseling Association (ACA), the first step toward recovery is to recognize the signs. Do you or a loved one have any of these symptoms?

- Re-experiencing the event through vivid memories or flashbacks.
- Feeling "emotionally numb."
- Feeling overwhelmed by what would normally be everyday situations and diminished interest in doing normal tasks or pursuing usual interests.
- Crying uncontrollably. This can be distressing to males, especially military men.

- Withdrawing or isolating oneself from family and friends, and avoiding social situations.

- Relying increasingly on alcohol or drugs to get through the day.
- Feeling extremely moody, irritable, angry, suspicious or frightened.
- Having difficulty falling or staying asleep, sleeping too much and having nightmares.
- Feeling guilty about surviving the event or being unable to solve the problem, change the event or prevent the disaster.

- Feeling fear and a sense of doom about the future.

Many people with PTSD have involuntary flashbacks, obsessive memories, nightmares or frightening thoughts, especially when exposed to events or objects that remind them of the trauma.

Anniversaries of the event can also trigger symptoms. Most people with PTSD try to avoid any reminders of the ordeal.

Once PTSD appears, the severity and duration vary. Some people recover within six months, while others suffer much longer. Depression, gastrointestinal problems and other disorders may accompany PTSD, and may even mask the symptoms, so it's important for anyone who has suffered severe trauma in their life to discuss this with their physician if they're being treated for other illnesses.

When PTSD has been properly diagnosed, a variety of treatments are available. These include:

- Cognitive-behavioral therapy.
- Group therapy.
- Exposure therapy, in which the patient gradually and repeatedly relives the frightening experience under safe, controlled conditions to help him or her work through the trauma.

- Medications to help ease associated symptoms of depression and anxiety and help promote sleep. Scientists are studying which treatments work best for which type of trauma, according to the National Institute of Mental Health.

- Education and practicing self-help techniques.

It's never too late to begin treatment if you or someone you care about is suffering from PTSD. There may be no quick fix, but facing and dealing with PTSD can only benefit you and all those around you.

Free or reduced cost school lunch program

By CFAY school liaison officer

What is the free or reduced cost school lunch program? The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Under this program, qualifying families will be given school lunch, at qualifying schools, either free of charge or at a greatly reduced rate. The process is simple and completely discrete. The school lunch tickets are identical to those of individuals paying the full rate, thus ensuring no negative stigma. This program helps to put money back in your pocket and everyone is encouraged to apply. Moreover, only 12 percent of applications received last year were denied.

Changes to the program enacted February 2007 have increased the number of individuals who may be eligible for this program. The table below indicates the qualifying criteria utilized to determine eligibility.

Applications can be downloaded from the Fleet and Family Support Center (FFSC) Web site accessed via the www.cfay.navy.mil home page. Select the FFSC tab and then School Lunch Program.

Questions about the program can be directed to OS2 Hardaway at 242-9606 or Ensign Shawn Kline at 243-9106.

Household Size	Reduced Price Meals	Free Meals
1	24,050	16,900
2	32,375	22,750
3	40,700	28,600
4	49,025	34,450
5	57,350	40,300
6	65,675	46,150
7	74,000	52,000
8	82,325	57,850
For each additional family member	8,325	5,850

Heading off to college

By Tricia Summers, LIFELines Services Network

Like any rite of passage, going off to college for the first time comes with a multitude of changes for every incoming freshman, not to mention their parents. Like a sudden tidal wave, starting college means newfound independence, freedom to live as you please, and having to accept responsibility for your own scholastic motivation. This means a serious adjustment for the child, and often an even more serious adjustment for the parent. Summer camp or school ski trips were one thing, but those only lasted a few weeks — this time, it'll be months before you see your kid walking in your front door again. This change is therefore not just physical — it's also emotional.

Do you remember the first time your son or daughter went out on a date? You probably spent most of the evening worrying and waiting up for them to come home, nervous about what they might be in a fledgling-adult social situation. And while you're sure to be proud and thrilled about the opportunities that await your son or daughter in the realm of post-secondary education, many parents worry about the sudden detachment from their child's day-to-day life. It's difficult to accept that you won't always know what they're doing and who they're spending time with, but think of it as the challenge you've been preparing them for their entire lives. All of the values you've instilled, all of the habits you've encouraged and discouraged, all of the interests and responsibility you've tried to promote are being put to the test.

To ease the transition, there are a few things you can do to help as a parent. Talk about some of the issues they're likely to confront. If your child was top of their class or the star point guard, it's important to help them gain proper perspective to avoid having a difficult time transitioning from the "big fish in a small pond syndrome" — after all, the scene at college is bound to require some serious adjustment. And while the "Freshman 15" (these days it's often the Freshman 25) is all too common, it helps to encourage your freshman to avoid those late-night pizzas and take advantage of the university gym, even just to work off some stress.

College presents a new sort of academic environment, and it is tailored to the independently motivated. You're likely to get several anxious phone calls — or maybe, hardly any phone calls at all — but the important thing is to maintain a steady level of encouragement and support. Trust me — during exam time, that sort of phone call can make all the difference. And speaking of differences, most parents may prefer not to think about their child's newfound collegiate social environment, but the reality is that nearly every college kid has to deal with alcohol, sex, and sometimes-even drugs. Having a conversation about these subjects is awkward and difficult, but it's important to prepare your son or daughter for these situations, especially if you haven't confronted them yet. They need to understand the risks of such behaviors — and if you can create a conversation rather than a lecture, you're far more likely to get through to them.

College is a big step — not only for the incoming freshman, but for their parents as well. But if you can try remembering what it was like when you first left home, you'll be that much better equipped to navigate the choppy waters. There is also a great resources to check out if you'd like more advice and ideas at <http://school.familyeducation.com>.

'Recruit to Asia' presentation offers new horizons

By H. Sam Samuelson,
FISC Yokosuka Corporate Communication and
Tim Shannon, CFAY Public Affairs

Federal civil service employees and active duty military members considering future civil service employment around Asia were invited to attend a special "Recruit to Asia" presentation in the San Diego, headquarters of Commander Navy Region Southwest (CNRSW) Human Resource Office (HRO) Enterprise Training Room Aug. 5.

The presentation was hosted by U.S. Fleet and Industrial Supply Center (FISC) Yokosuka Executive Director Greg Porter.

Porter stressed that – while FISC Yokosuka is hiring qualified applicants for many of its opportunities overseas – anyone seeking information regarding federal overseas employment in the western pacific region was more than welcome to attend.

"My Asia recruiting presentations are for anyone," said Porter regarding the recruiting pitch that he gave in San Diego.

"It's not just for U.S. Civil Service (USCS) employees, but active duty or reserve Navy, Marine Corps – anyone looking to explore overseas employment options in Japan or anywhere in Asia," he added.

"This is a great region, multi-cultural, enriching and potentially very professionally satisfying," Porter said.

He also stated that his recruiting effort is not meant to draw employees from one area or another; rather, it is to reach out to employees who might be seeking new opportunities elsewhere, or retain quality employees who might be seeking to leave civil service and explore opportunities outside government.

"The idea is to retain the best employees, offer them a culturally rich, professionally rewarding alternative to leaving government service," he said.

"And, for active duty military members exploring their post-military opportunities – well, with them, we should be preaching to the choir. Federal civil service offers exotic travel too."

The presentation will outline the opportunities, benefits, pay scales and cultural rewards of living and working in an Asian environment.

"The pay and allowances are truly a great benefit," Porter said.

According to Porter, depending on the job agreement, civil service employees may even retain return rights back to their original place of employment after they finish

Gallop Management Journal.

Another reason the DoD is currently one of the most popular federal job employers is that its more than 700,000 employees are spread out in 146 countries at more than 6,000 locations, making it very easy to experience life in a foreign country, according to the article.

Porter is one such employee, with a history of overseas employment of his own.

Prior to his role as FISC Yokosuka's executive director, Porter was the comptroller for Navy Region Europe headquartered in London, England. He relocated with the command to Naples, Italy in June 2004 and was promoted to regional business manager. He assumed his current role as executive director of FISC Yokosuka in August, 2007.

Another is FISC employee, Sherri Thomas, who came to Japan about a year ago from Washington D.C., with her husband, Chief (sel.) Master-at-Arms (AW) Michael Thomas, who currently works at Commander Fleet Activities Yokosuka's (CFAY) Security Office.

"By all means, I'm glad we took an overseas assignment," she said. "It's so peaceful here."

Thomas said she was surprised by how much she came to enjoy life in Japan largely due to Japan's low crime rate.

"Honestly, having lived here, it will be hard for us to leave Japan," she added. "I enjoy seeing children being able to be children and elderly people being able to walk the streets safely."

Porter plans future "Recruit to Asia" presentations in both California and Hawaii. However, dates have not yet been determined.

For more information on the presentation, contact the FISC Yokosuka's Corporate Communications Director H. Sam Samuelson at: howard.samuelson@fe.navy.mil, or at DSN 243-8062.



FISC civil servants Sherri Thomas – who transferred from Washington D.C. - and Paul Opera confer about an upcoming presentation for a video-teleconference at FISC Yokosuka.

Photo by Tim Shannon

their overseas tour.

Overall, the Department of Defense (DoD) is also becoming a popular employer due to the large number of higher paying jobs being vacated as "baby boomers" (people who were born during the post-World War II baby boom that occurred between 1946 and the early 1960s) prepare to retire, according to an article released in the

Post office renovation adds space for customers, employees

Story and photos by Tim Shannon,
CFAY Public Affairs

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's Post Office onboard Commander Fleet Activities Yokosuka (CFAY) began a multi-phased renovation project in mid March.

The first phase of the renovation, which was completed late last month, was to increase the size of the post office building, according to FISC's Postal Clerk 1st Class (SW) Marcus Parks.

"We've made a 1,600 square-foot addition to the post office to provide more space for customer service and to help us with the increase in business that we will see when the *USS George Washington* (CVN 73) arrives," said

Parks. "Now that the construction is completed, we are moving on to the second phase of the project."

The second phase, according to Parks, consists of moving the customer service and finance operations in the front portion of the post office to the newly renovated area in the rear. This will allow the construction crews to renovate the front area, providing more space for post office customers.

"During the busier seasons at the post office, it can get pretty crowded in there, so we want to expand that area to make it easier for the customers to do their business and for the postal workers to provide better customer service," said former FISC Business Office Facilities Manager and current Naval Facilities Engineering Command (NAVFAC) Real Properties Manager Todd Williams.

To make the transition smoother a team from NAVFAC visited the FISC Post Office Aug. 26 to better understand the layout and electrical needs of the post office.

"NAVFAC is going to be disassembling the counters in the front - the IRT (Integrated Retail Terminal) working stations - and relocating them in the back," said FISC post office Leading Chief Petty Officer, Chief Postal Clerk (SW/AW) Daniel Weaver. "They wanted to know the layout so that everything can go smoothly with the transition and so they would understand how to run the



NAVFAC translator Chie Johnson explains in Japanese the electrical layout of the FISC Post Office to a NAVFAC work crew while FISC contractor Mike Sajadi oversees the evolution.

power lines."

Weaver added that the overall goal of the renovation is to improve service in a way that is transparent to the customer.

"During the renovation, there will be zero drop-off in customer service," he said. "We're going to offer the same service that we always have in the front section. Plus, we added an IRT station at the pack-and-wrap (located adjacent to the FISC Post Office) as well."



FISC Yokosuka Post Office Leading Chief Petty Officer PCC(SW/AW) Daniel Weaver answers questions during a tour of the postal facilities for a team of workers from NAVFAC.

SRF-JRMC honors return of Individual Augmentee

By Keiichi Adachi,
CFAY Public Affairs

Most recently during an all hands ceremony members of Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) welcomed back Lt. Jason Deutsch from Afghanistan, where he was assigned as an Individual Augmentee (IA) from Feb. 20 to July 30.

SRF-JRMC Commanding Officer Capt. Stephanie Douglas presented him with the Defense Meritorious Medal with its citation on behalf of Robert Cone, Maj. Gen., United States Army Commander of the Combined Security Transition Command - Afghanistan (CSTC-A).

"We are excited to have him home and we are glad he is safe, so we don't worry anymore," said his wife Debbie Deutch.

"We are proud of his job he has done and service to the country. Our children are very glad daddy is back."

Deutsch was a member of the Engineering section of the Combined Joint Task Force (CJTF-ENG) Directorate of CSTC-A.

He was one of three engineering department heads and was responsible for more than 200 million dollars of construction in direct support of U.S. Forces in Kabul, Afghanistan.

Additionally, Deutsch was also part of the crew who sorted and delivered donated items to people of the local community near his base, every Friday.

He actively participated in the weekly Volunteer Community Relations (VCR) program normally held on Monday evenings at Camp Eggers, where he



(Left) Capt. Stephanie Douglas, commanding officer of SRF-JRMC, Lt. Cmdr. (Sel) Mitchell Perrett, Lt. Jason Deutsch, his wife Debbie, son Dakota, and daughter Kiersten Ashley gathered and pose for the group photo during the Deutsch's welcome ceremony.

Photo by Yuji Kawabe, CFAY Public Affairs

segregated clothing, toys and supplies, donated by numerous individuals from around the world, and assisted in the packaging of these items for upcoming VCR missions.

SRF-JRMC conducted its own VCR program, which began on March 20, for 19

weeks and the commands have been active in sending new and used shoes, clothing, school supplies, candies, snacks, toys and other donated items.

A grand total of 8,640 pounds, over 4 tons, was shipped to Deutsch.

Douglas presented letters of

appreciation to Deutsch's wife Debbie, daughter Kiersten Ashley and son Dakota.

Chief Yeoman (SW) Renee Green and Lt. Cmdr. (Sel) Mitchell Perrett were also awarded for their significant contributions to SRF-JRMC's VCR project during the ceremony.

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(月・祝)

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-113-08)をご覧ください。

空席広報入手先：

- * 横須賀基地正門横、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)

SRF-JRMC、ドイツ大尉を歓迎

文：安達慶一、CFAY広報課

先頃、艦船修理廠及び日本地区造修統括本部(SRF-JRMC)の従業員は、米陸軍の人員補強の個人有志派兵兵(IA)として、2月20日から7月30日までアフガニスタンで手腕を發揮してきたジェイソン・ドイツ大尉を式典を開き歓迎した。

SRF-JRMC司令官ステファニー・ダグラス大佐は、ドイツ大尉が所属していたアフガニスタンにある合同治安移行司令部(CSTC-A)司令官ロバート・コン陸軍少将より賞状と共に送られた防衛勲功章を彼に授与した。

「ジェイソンを我が家に安全に迎えられとても嬉しくてたまりません。もう彼を心配することはなくなりました。国への軍務と仕事振りを誇りに感じます。お父さんが帰ってきて子供たちはとても喜んでいます」と奥さんのデビーさんは式典を終えて話してくれた。

3人の技術工学部門長の一人としてCSTC-A傘下の合同機動部隊局の技術部に所属していたドイツ大尉は、カブールにおいて米軍の支援の下、2億ドル以上の建設工事の責任を負っていた。

更に、ドイツ大尉は毎週金曜日、彼の滞在する基地に近接する集落を訪れ、寄付された品物を分類し住民に配る隊員の一人でもあった。キャンプ・エガースで毎週月曜日の夕方に行なわれる地域住民関係活動(VCR)の分類作業に参加し、世界中から寄付により集った衣料、玩具、補給品の仕分けを行い、次のVCRに備える為に仕分けされた物の箱詰めを手伝っていた。

SRF-JRMCでは独自のVCRを今年の3月20日より始め、19週間行なった。VCR支援では指定された寄付箱に集った新品・中古品の靴、衣料品、学用品、あめ、スナック類、玩具などを分類、梱包してドイツ大尉へ発送した。19週間での物資の総量は8,640ポンド、4トンを越えた。

ダグラス大佐はドイツ大尉の家族であるデビーさん、娘のキースタン・アシュレイさんと息子のダコタさんに感謝状を手渡し、更にSRF-JRMCのVCR活動に尽力したYNC(SW)レニー・グリーンとミッチェル・パレット少佐(選)を表彰した。

Commissary's next case lot sale promises bulk sizes for less

By Kevin L. Robinson, Defense Commissary Agency

For most folks, September means the return of school bells for students and football for sports fans. For commissary customers, that page on the calendar also means a worldwide case lot sale in their community.

This year, the Defense Commissary Agency's (DeCA) September worldwide case lot sale promises to continue a trend of record numbers of customers taking advantage of savings up to 50 percent or more on bulk-sized products. These items range from canned goods, beverages, toilet paper, paper towels, produce, fresh meat, seafood, pet supplies, cleaning and laundry products and more.

"As far as our military members and their families are concerned, these sales events help them extend their commissary benefit even further," said DeCA's Director and Chief Executive Officer Philip E. Sakowitz Jr. "The crowds we see during case lot weekends in either May or September tell us that saving big bucks isn't lost on our customers."

Generally, the products are seen stretched out in a section of a commissary parking lot or inside a store warehouse. Some 50 to 60 percent of the items are sold in "club pack" product assortments similar to the oversized or multiple products sold at commercial warehouse club outlets.

Last year's sale set an all-time record for the event, eclipsing the September 2006 sale by 10 percent. Nearly 2 million cases were sold with sales of about \$13.8 million.

"Case lot sales have truly become events for our customers," said Charlie Dowlen, DeCA promotions manager. "With the children going back to school, families are looking for an opportunity to save money. This event offers that and then some."

Dowlen expects the larger commissaries stateside will offer about 100 more items compared to what was on the list for the May case lot sale. Although some stores, such as smaller commissaries in the U.S. and commissaries on installations outside of the continental U.S. will carry a more limited selection, all stores will offer customers the massive savings associated with these events, he said.

Most commissaries hold case lot sales but schedule them on different weekends



Customers line up for the May 2008 Case Lot Sale at the Yokosuka Commissary. DeCA holds worldwide case lot sales twice a year - in May and September. The biannual event offers shoppers an opportunity to buy bulk quantities of their favorite products at increased savings.

Photo by Mark Kubo

throughout September. To find out when your commissary is hosting a sale, go to the special case lot sale Web page at https://www.commissaries.com/case_lot_sale.cfm. The Yokosuka Commissary case lot sale is tentatively scheduled for Sept. 27 and 28.

Customers who live in regions with multiple commissaries can use the DeCA Web site for information on all sales in their area.

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.

Healthy Relationships: for your child's future – Learn how family interactions will influence your child well into adulthood. The class is offered by Fleet and Family Support Center every second Tuesday of the month from 5 - 6:30 p.m., in the Take room, FFSC Annex. Call 243-7878 for more information or to sign up.

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.

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.

USO Upcoming September Events – The following is a list of USO events for September:

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

USO Outreach – Free giveaways inside the Fleet Recreation Center from now to Sept. 16, 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.

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. Call Claire Blackwell at 090-8301-1853 for more information.

Pet of the Week



This week's Pet of the Week is Yumiko. The smile on her face says it all! Yumiko is a 3-year-old brown tiger and white spayed female. She will be placed in foster care soon because of a special need but she is looking for her forever home. She is a sweet and loving cat who loves to sit in your lap and cuddle. To find out more about Yumiko or any animal at P.A.W.S., e-mail them at usskittytalk@hotmail.com or call 243-9996.

Photo by P.A.W.S.

CNFJ briefs chief selectees



Commander U.S. Naval Forces Japan (CNFJ) Rear Adm. James D. Kelly speaks to Yokosuka chief petty officer selectees about leadership and their future challenges during a briefing at CFAY's Chief Petty Officer's Club Aug. 26.

U.S. Navy photo by MCC Eric B. Hannah

Waiting

By Chaplain Scott Shafer

Romans 8:28 has these words for us, "We know that all things work together for good for those who love God, who are called according to his purpose."

I believe that these words, that are found in the New Testament, are true. Yet, I have had a hard time having faith in them throughout my life, because "all" encompasses a lot of events that were not always positive, and some were painful.

This past weekend my wife and I went on a trip to Ito. This is a short trip of around an hour by train, but it rained. For some reason, I find the word "rain" somewhat inadequate to describe what happened. It rained! "Cats and dogs" fell from the sky, along with elephants and zebras. Animals were lined up two by two, and I even think I saw people building arks. It rained so much that the trains just stopped running!

So we waited on the train, with thousands of people...and we waited. It was wonderful! I napped. I read over one hundred pages in my book. We snacked, and talked. It was a busy day turned into a quiet day.

The rain continued and the trains still did not run. We were just three stops from where we needed to go, but it was much too far to walk. There were many events that happened that were frustrating. At times we weren't even sure that we were going to be able to get to our destination, or even back to Yokosuka.



But all throughout that day I didn't worry. My wife and I didn't feel anxious. We had a Japanese friend with us, who knew the way. She translated the announcements on the speaker, and told us where we would need to go.

Even when all of the more than three thousand people got off the train and had to find buses and taxis to get home, she found us a taxi. We were looked after and cared for all throughout this time! You and I have a friend who is with us each and every day, and his name is Jesus Christ. He is there to help you when you need his help the most. By his presence in my life I have found frustrating situations transformed into faith-filled times, because I have learned to trust in him. I cannot make the trains run. If I get upset and shout at the people who run the railway, well, they don't control the weather. But, if I have faith things tend to work out.

After eight hours of waiting we found our way to our destination! It was a wonderful ride! The day was wet and stormy, but we were safe. God is always there working for good within our lives.

So when your trains stop, pause to have faith in the One who created you. Take the time to believe in the One who saved you...and rather than being filled with frustration you may be given the gift of faith. As you learn that what lies outside of our hands is safe within God's hands.

I sense His divine hands, and remember a simple verse, "For God so loved the world that he gave his only begotten son, that whoever believes in him should not perish but have everlasting life."

Amen.

HRO USCS Positions

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

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

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

New

Public Information Technician – YB-1002-1/2, CFAY-123-08. Open: 8/29/08, Close: 9/11/08.

Public Information Technician – YB-1002-1/2, CFAY-124-08. Open: 8/29/08, Close: 9/11/08.

Human Resources Technician (Rct/Cla) – YB-0203-1/2, CNFJ-125-08. Open: 8/29/08, Close: 9/11/08.

Child Development Educational Specialist – YA-1701-02, NH-126-08. Open: 8/29/08, Close: 9/25/08 (1st cut-off date: 9/11/08).

NEX Positions

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

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

Food Delivery Operator – 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, 1 Flex)
Hair Stylist – NA-7 – Beauty Salon. Commission. (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

Worship Schedule

YOKOSUKA: Chapel of Hope
• 243-6773/ 6774

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Mass, Main Chapel	1100
SUN	RCIA Class, Blessed Sacrament	0930
SUN	CCD, classrooms	0930
SUN	Youth Group, Old Thew Gym (G-113)*	1200
MON	Adult Bible Study, Rooms 2 and 4	1730
WED	Confession	1600
WED	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1730
THU	Choir Practice, Main Chapel	1700
THU	Women's Bible Study	1730
FRI	Choir Practice, Choir Room	1700
1 st FRI	Mass, Main Chapel	1700
SAT	Vigil Mass, Main Chapel	1700
SAT	Baptism, Main Chapel	1500
SAT	Confession, Blessed Sacrament Chapel (or anytime by request)	1600

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

General Protestant

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

Protestant Liturgical

SUN	Communion Service, Fellowship Hall	1100
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Contemporary Christian

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

Gospel Praise Service

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

Filipino Christian

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

Church of Christ

SUN	Worship, Kinnick Little Theatre	0930
SUN	Sunday School	1100
WED	Bible Study, rooms 2, 3 and 5	1800

The Church of Jesus Christ of Latter-Day Saints

SUN	Sacrament	1300
SUN	Sunday School	1420
SUN	Priesthood/Relief Society	1510

Location: Across from the City of Yokosuka Post Office (Off base)

Jewish Faith Community

FRI	Shabbat and Kiddush, Jewish Chapel (Chapel of Hope)	1800
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Soka Gakkai International (Buddhist)
2nd AND 4th THU Classroom 10 1800

Specialized Ministries

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

TUE	Fellowship Hall/Classrooms	1615
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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
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COMPASS Spouse Support Group

WED, THU, FRI	(Last week of month), Room 5	0900
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Men's Christian Fellowship

TUE	Study Group (Fleet Rec 3 rd Deck)	1130
3 rd 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
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IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

SAT	Vigil Mass	1900
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Pentecostal

SUN	Worship Service	1000
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Adult Bible Study

WED	Nikko Tower Party Room	1800
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A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

WED	Ikego Elementary School	1630
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Yokosuka Student Ministries (Middle School and High School)*

THU	Middle School/High School – Q2 Kyoto Tower Party Room	1830
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Note: In the event of an emergency, the Chaplain on Duty can be reached by calling CFAY Security at 243-2300.

Fleet and Family Support Center

Classes This Week

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

Monday, Sept. 8

Accelerated Transition Assistance (ATAP) 8 a.m. (5 days): This is a four-day seminar for military members and families with less than eight years of service. Topics include transition assistance, veteran's benefits, separation documents, job search skills and lifestyle changes. Eligible candidates are recommended to attend this workshop one year prior to projected separation. Reservations are required through your Command Career Counselor.
Elements of Successful Parenting 9 a.m. (2 hrs.): Elements of Successful Parenting (E.S.P.) is a dynamic service designed to elicit and enhance participants' basic understanding of parenting children of all ages. ESP is a 4-session, 8-hour workshop that builds upon the knowledge and experience parents already have while offering key insights to nurture their ongoing parenting success.
English as a Second Language (ESL) 10 a.m. (2 hrs.): ESL is designed for anyone whose first language is not English. In this class, students practice Basic English skills and learn about American culture. Special attention is given to speaking English in an every-day setting.
Labor and You 1 p.m. (5 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy.
Thrift Savings Plan Overview 11 a.m. (1.5 hr.): Is it possible to become a millionaire on a military paycheck? Yes it is. The Thrift Savings Plan can be one of the vehicles to becoming a millionaire. This brief will provide an overview of the Thrift Savings Plan, How to enroll, TSP Investment Options, Contribution Limits, Withdraw Options, Retiring and Separating Options, L- funds and more.

Tuesday, Sept. 9

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **Sept. 9-12, 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.
Healthy Relationships: For Your Child's Future 5 p.m. (1.5 hrs.): Parents will learn how aspects of their family's life will influence their children's adult health and relationships. Call 243-7878 for more information and to sign up for the class.
Welcome to Ikego 9 a.m. (4.5 hrs.): We invite both old and new residents of Ikego to meet your Ikego Community Leaders and learn what the IKEGO community has to offer. Representatives from various Ikego offices will speak about their services. Meet new friends and neighbors, plus learn to take the train from Ikego to Yokosuka. Our guided walking tour of Zushi City will help you to enjoy your new home in Zushi.
Baby Basics 11:30 a.m. (3 hrs.): Learn the basic aspect of daily infant care such as bathing, diapering, positioning, swaddling, playing and feeding, and about the Shaken Baby Syndrome.

Wednesday, Sept. 10

Elements of Successful Parenting 9 a.m. (2 hrs.)
Getting Started Teaching English 11 a.m. (2 hrs.): Learn how to get started teaching English in Japan. We will discuss types of teaching positions, legalities, marketing yourself, average prices to charge, topics for lesson plans and much more.
Japanese Conversation (1.5 hrs.) (Pre-registration required): Are you tired of feeling like a foreigner? Come join us to learn the language of our host nation, and start fitting in! This class will run from September thru November and will help increase your command of the Japanese language. This popular offering frequently has a waiting list, so don't delay, call us and reserve your spot today!
The Basics of Retirement Planning 10 a.m. (1.5 hrs.): If working as a Walmart greeter at age 65 is your dream, skip this class. However, if you want to plan for your financial future, this class is for you. In this class, you'll learn about the value of time and money. You'll learn that a few good financial decisions in your 20s or 30s can drastically improve your retirement outlook. You'll learn about investment strategies, which states do not tax retirement income, and other cost related information. Nobody plans to fail, they fail to plan!!!
Welcome to Negishi 10 a.m. (5 hrs.): Come meet new friends and neighbors, plus learn how to take the train from Negishi to Yokosuka.
Youth Enrichment Class – Decision Making (Middle school students) 3 p.m. (1 hr.): Decision, decisions, decisions – seems like you always have to make them even when you are in middle school. We can teach you effective ways of solving everyday problems as well as making appropriate decisions. The training is for ages 10-14 (15 if student is still in middle school). Must meet 4 times for 1-hour session to obtain a certificate of completion.

Thursday, Sept. 11

Car Buying Strategies 10 a.m. (1.5 hrs.): Check out my ride! Do you know what a holdback is? If not, we'll see you in class. In this class, you'll learn all the ins and outs of buying a car. How to negotiate price, trade-in, financing, etc. We'll teach you lingo that car sales people speak, and the strategies they use. You'll learn about car insurance, premiums, deductibles, gap insurance, and a host of websites that will arm you with the knowledge to get the best deal on wheels.
Interview Techniques 1 p.m. (2 hrs.): This workshop teaches the participants how to be more confident about their next job interview. Topics include positive answers to difficult questions, dressing for success, the importance of body language and positive attitude, interview follow-up and salary negotiations.
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.
Ikego – Ikebana 10 a.m. (2 hrs.): Ikebana Class is a Japanese flower arrangement class. This class uses flowers and other things from nature to make decorative center pieces. This class will be taught by a certified Ikebana Instructor. The Instructor will give a demonstration and then the participants will make their own flower arrangement.

Friday, Sept. 12

Japanese Conversation (1.5 hrs.) (Pre-registration required): Are you tired of feeling like a foreigner? Come join us to learn the language of our host nation, and start fitting in! This class will run from September thru November and will help increase your command of the Japanese language. This popular offering frequently has a waiting list, so don't delay, call us and reserve your spot today!
Home Buying Basics 1:30 p.m. (1.5 hrs.): Only the biggest financial decision you'll ever make. In this 2-hour session, you'll learn about the loan process, types of mortgages, how to choose a real estate agent, lending institutions, how to avoid costly mistakes, the VA program, and the correlation between FICO scores and interest rates. We'll talk hot markets, cold markets, prime rates and closing costs. Realtors, lenders and builders all make money off you. Don't let them get more than they should. You'll get six weeks of financial information in two jam packed hours!
Play Morning 9:30 a.m. (1.5 hrs.): This Play Morning is held at Ayame Tower.

Upcoming Classes

- Sept 15 Elements of Successful Parenting (ESP) ; English as a Second Language
- Sept 16 Enjoying Japanese Food
- Sept 16 Area Orientation Brief and Intercultural Relations Class; Ikego – Employment Overview and Tips
- Sept 17 IA Spouse Support Group; Relational Intelligence for Couples; SAVI
- Sept 17 Basic Breastfeeding; Japanese Spouse Group; Elements of Successful Parenting (ESP)
- Sept 17 Getting Started Teaching English; International Spouse Support Group
- Sept 17 Hello Yokosuka – Youth Transition/Deployment Support Group; Ikego – Enjoying Japanese Food
- Sept 18 Ikego – Play Morning; English Teachers Networking Group; English as a Second Language
- Sept 18 Pre-Marriage Seminar; Separation or Retirement Japan
- Sept 19 Effective Resume Writing; Sponsor and Sponsor Coordinator Training; Yokosuka – Play Morning

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

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

Automobiles

Car for Sale. 2000 Nissan Avenir. 89,000 km. Only one owner, car is in perfect condition. Inspection expire September 2009. JCI expire October 2009. Asking \$2,300. Contact Dennis, 243-9111, 080-6722-3702, dennis.alcorn@fe.navy.mil.

Angel Motors – Specializing in U.S.A. Spec (LHD) Models! American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! **ANGEL MOTORS SEPTEMBER CARS!** 1. Beautiful '97 U.S.A. BMW 528i sedan and 52K miles, silver, leather, "angel eye" headlights, crystal tail lights for \$12,900! 2. Fast, custom 1996 Mazda RX-7 (RHD), 75K KM, MT in red for U.S. \$6,500! (car now at Yokosuka base!) Visit us: www.angelmotorsjapan.com. Visit our web site for photos and details, or call Mike to see. Contact Mike for more details at Tel: 090-8019-6372, e-mail: mike@angelmotorsjapan.com.

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

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

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

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

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

Services

2 BZ 2 CLEAN? House cleaning service can be scheduled to meet your routine needs. On or off base. Fluent Japanese speaker. Call 080-3489-7657.

Birthday cakes and things is back open for business. For my most recent retirement birthday, baby shower and cupcake cakes, please check out www.myspace.com/tinanh27, or birthdaycakesandthings.com

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

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

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

Dog Lovers Attention. Looking for dog hotel while you're away? Offering dog camp for solving behavioral problems training by bilingual professional. Send your tail-wagging-friend over to beautiful Hokkaido and we'll fly back and drop him/her off at your area. Visit <http://one-to-hounds.com>.

Driver's Education Class. Next class begins Sept. 15, 2008. Open to SOFA personnel. High school students must be 16 years old. For more info, go to www.yokosukadriversed.com. Cost ¥31,000. Class size limited.

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

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

Friendly Japanese instructor offers authentic Japanese lesson for

dinning out, shopping and Japanese proficiency test at your location or Oppama class. Private lesson, ¥3,000/80 min. Contact 080-5646-2952, sensei4urs@gmail.com.

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

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

House Cleaning Service. Weekly or biweekly. Please call Maria at 241-4947.

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, 080-5863-3703 or 241-3037.

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

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

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

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

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

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

PIANO TUNING SERVICE – Autumn Campaign 2008 (September-October). Upright pianos, ¥11,000 ¥10,000. Grand Pianos, ¥14,000 ¥12,000. *The price may depend on the condition or type of piano. Please contact Edward Fukushima (Member of Japan Piano Technicians Association). (042) 473-4604 (Tel./Fax), 080-5441-1802, efukushima2@hotmail.com, efpiano442@ezweb.ne.jp.

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.

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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.

Positions

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

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。

English Teacher for Children. Part/Full-time positions are available in Yokosuka, Zushi and Yokohama area. Training is provided. For more information, please call (046) 865-8717, Monday-Friday, 10 a.m.-6 p.m.

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

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.

Announcements

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.

Did you know there is a CHRISTIAN SCHOOL in Yokosuka? Christian Achievement Academy – where excellence is the standard! Offers the A Beka curriculum and Small classes. Registration for 2008-2009 school year has begun for Pre-K - K5. www.caajapan.com. Call 046-825-5521and/or, e-mail: Admission@caajapan.com.

Navy-Marine Corps Relief Society caseworker training to be held Sept. 23, 24 and 25. Please call 243-7905 for more details.

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

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

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

The Only Authentic and Ethnic Indian Cuisine in Yokosuka. Our high standard dishes will guide you a culinary trip in Indian sub-continental exotic and delicious region. We have various spice level. We are 300 yards from Yokosuka Chuo Station in Uwa-machi Shopping Town. Monday closed. Tel. (046) 821-1922 (Land), 080-3015-1749 (mobile).

TIF Miscellaneous International Party Shibuya, Sept. 13, Saturday, 6:30-9 p.m., T's Salon. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. <http://www.miscellaneousparty.com>. Call 080-2001-0512, party@goover.co.jp.

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.



(Left) American Red Cross Station Manager Alphonso Oliver presents a check in the amount of \$1,688.89 to Kinnick High School Principal Lorenzo Brown and Kinnick High School Basketball Coach Mike Adair Aug 22. The funds were raised during the inaugural American Red Cross Basketball Clinic and will be used to support Kinnick's basketball program.

U.S. Navy photo by MC2 Matt Bradley



(Right) CSSN Ecnesto Guentes and SN Ferlissia Page prepare steaks for the special meal menu in appreciation of Women's Equality Month at Yokosuka's Commodore Matthew C. Perry General Mess Aug. 26.

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

Konnichiwa!



Master Labor Contract Employee Tsutomu Onodera types out a steel tag for small equipment parts.

Photo by Yuji Kawabe

How long have you worked on base? Two years, six months.

Where do you work? Ship Repair Facility Machinery Shop.

What is your favorite food? Hamburger Steak.

Life goal? To be married and have a happy family.



(Right) CFAY Commanding Officer Capt. Daniel Weed presents Facilities Engineering Acquisition Officer Lt. Cmdr. Michael Comstock with a flag honoring his six month Individual Augmentation (IA) in Iraq Aug. 27. Comstock was attached to the U.S. Army Corps of Engineers (USACE) supporting the Al Anbar Provincial Government.

Photo by Yuji Kawabe



CFAY Safety Specialist Chie Sekizawa hands out bottles of water to people entering and exiting Yokosuka Base Aug. 29. CFAY Safety and Clear Vision joined efforts by providing bottles of water as a reminder to be safe during the Labor Day weekend.

Photo courtesy of CFAY Safety and Clear Vision