Fleet Activities, Yokosuka, Japan

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CFAY receives 2010 environmental excellence awards

By Paul Long CFAY Public Affairs

Commander Fleet Activities, Yokosuka (CFAY) won the U.S. Forces Japan (USFJ) Host Nation Coordination and Pollution Prevention awards for calendar year 2010. The award recognizes CFAY's commitment to environmental management support ensuring the protection of Yokosuka and the surrounding area.

"The award was presented to NAVFAC FE (Naval Facilities Engineering Command, Far East) on Aug. 15," said Delphine Lee, a supervisory environmental engineer at NAVFAC FE. "CFAY won two of the four awards, the other award was for pollution prevention," Lee said.

According to Ryouko Araki, an environmental technician with NAVFAC FE, this award exemplifies the harmonious relationship between the base and the local community.

"I think our Earth Day events helped us to win this award," Araki said. "We collaborated with the Kanagawa Prefectural Fisheries Technology Center, more than 100 Japanese and American Girl Scouts, the Yokosuka Bubble Club (scuba) and 4th-graders from Sullivans Elementary School.

Eel grass helps to naturally clean the marina and that this project was a great learning opportunity for school children. "We started this event three years ago and it's become a custom. I hope this program will continue," Araki said.

According to Lee the NAVFAC FE Adopt-A-Monument and base historical and cultural tours for both Japanese and Americans were integral parts of Host Nation Coordination Program.

"The Adopt-A-Monument program is a pretty big deal and we've been doing it for three years now," said Lee. "It's really volunteers adopting an individual monument. It promotes a group feeling, a sense of pride over the cultural resources of the base."

Araki also said that CFAY Environmental runs the Adopt-A-Monument program that participants are responsible for monthly cleaning of the areas surrounding the assigned monuments March through September. "We have two monuments that are open for new volunteers due to former volunteers who have transferred," Araki said.

Lee said that CFAY Environment is looking for more volunteers for all of their programs, not just the Adopt-A-Monument program. Contact Araki at 243-5136 for further details.

After divers planted eel grass, Sulivans Elementary School 4th-graders, release young marbled flounder into Green Marina May 16. The project has become an annual event for the students to help and learn about environmental issues like improving the local marine ecosystem. Events like the eel grass planting contributed to CFAY being the 2010 USFJ Host Nation Coordination and Pollution Prevention awards, according to NAVFAC FE Environmental Technician Ryouko Araki.

Photo by Joe Schmitt.

CFAY MWR Salty Dog Sprint Triathlon challeges participants

Story and photo by MC2(SW/AW) John Smolinski, CFAY Public Affairs

Participants competed in a 400-meter swim, a 15-kilometer bike ride and a 5-kilometer run during the Salty Dog Sprint Triathlon at Commander Fleet Activities Yokosuka (CFAY) Aug. 27.

This event was hosted by Morale, Welfare and Recreation (MWR) Navy Fitness Yokosuka department and is the fourth triathlon as part of the 2011 Subway triathlon series.

"I have been doing these off and on now for the past 20 years," said Ian Prickett, retired Navy Sailor and current worker for MWR Field Maintenance Department. "I have done most of the base triathlons and half-ironman event in Australia while I was still in the Navy. This is really an enjoyable time. I really enjoy the swimming and biking portions of the event."

Participants of the Salty Dog Sprint got the opportunity to swim in the open waters of Green Bay Marina.

"I think swimming in the open water will be easier than swimming in the pool," said Brian Mahoney, a retired Navy Sailor and currently working for Puget Sound Shipyard attached to *USS George Washington*. "In the pool, you have to do eight laps and here you just have four pillars to go around. "You just focus on getting around to the end."

The goal of the Navy Fitness Program is to create "Fitness for Life" for the entire Navy population, including active-duty Sailors, family members, retirees and Department of Defense (DoD) civilians.

"I'm doing this for the challenge," said Mahoney. "I'm 46 years old and six months ago I was in pretty bad shape, so I started running."

Navy Fitness Yokosuka offers individual and group instruction from certified fitness professionals in cardiovascular conditioning, strength training, flexibility and nutrition, and design events for the beginner of all ages.

"I'm training for the half-marathon in October, and I'm starting to get in better shape, so I thought I could do this even though I'm not a strong swimmer," said Mahoney. "The staff here and some of the other competitors talked me into doing a triathlon, so here I am. This is my first one."

Starting a training program can be difficult especially with pressures balancing work and family life.

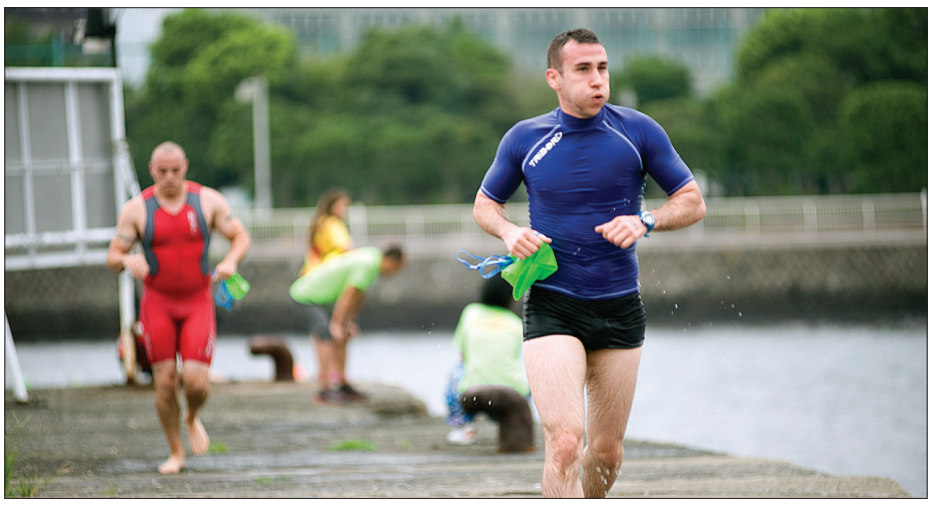
"Just go out and do it," said Mahoney. "Your body will appreciate it."

Statistics show activity levels decline steadily with age, and by their mid-50s few people take regular exercise.

"We're all going to get old, but the quality of life as we get old is what is really important," said Mahoney. "The more fit you are the more quality you are going to have in life...I must say that I'm excited where I am going with my health."

"The Fall in 2 Tri Sprint Triathlon" is the last race of the 2011 Subway series and is scheduled for Sept. 17.

Navy Fitness Yokosuka services a community of 26,000 active duty Sailors and Marines, civilians and family members.



MC1 Ben Farone transitions from the swim portion of the triathlon over to the staging area where he will continue on to the bike portion during the CFAY MWR Salty Dog Triathlon Aug. 27.

INSIDE

Helpful identity theft protection measures

Identity theft is a serious crime. People whose identities have been stolen can spend months or years cleaning up the mess thieves have made.

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Sullivans students begin new school year

The flag at The Sullivans Elementary School was raised for the first time for the 2011-2012 school year as parents, teachers, and students looked on Aug. 29.

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