CFAY kicks off CFC-O, celebrates 50th anniversary

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

Commander Fleet Activities Yokosuka (CFAY) kicked off the 2011 Combined Federal Campaign-Overseas (CFC-O) and celebrated its 50th Anniversary at Commodore Matthew C. Perry General Mess with a cake-cutting ceremony Oct. 3.

The CFC-O aims to promote charity through a voluntary program that is employee-focused and cost-efficient, providing all Federal employees the opportunity to donate to approved charitable organizations.

Master Chief Petty Officer of the Navy (MCPON) Rick West presided over the ceremony and cake-cutting.

West said that the United States Navy has a long and proud tradition of patriotism and service. Through the CFC-O, Sailors are giving the opportunity to touch the life's of people and communities in need throughout the world by contributing to more than 2300 charitable organizations.

Last year, CFAY and other tennet shore commands raised a combined total of $387,615 for the 2010 CFC season. This year's goal is to beat last year's number and make 100 percent contact with all CFAY Sailors, Department of Defense and federal employees.

The campaign will run from Oct. 3 through Dec. 2, and anyone wishing to donate needs to look no further than within their own command or department CFC-O representative.

Service members can also go to www.cfcoverseas.org to complete a paperless contribution via credit card, debit card or e-check, or donate via payroll allotment, cash or check on a paper pledge card through their departmental representative.

Master Chief Petty Officer of the Navy (MCPON) Rick West participates in the ceremonial cake-cutting to kick off the 2011 Combined Federal Campaign-Overseas at Commodore Matthew C. Perry General Mess Oct. 3.
U.S. Navy photo by CSC Florentino Aliban

Breakfast: The most important meal of the day

By Kay Blakley,
Defense Commissary Home Economist

Now that you've purchased school clothes, backpacks, and what seems like enough paper, pencils and glue sticks to last a lifetime, it's time to focus on good foods for growing minds.

We all know that breakfast is the most important meal of the day, right? And we used to think as long as you ate something for breakfast you'd be good to go. But, recent research says that what you eat matters as much as the fact that you do eat.

A nutritious breakfast is defined as one containing complex carbohydrates, fiber, protein and a small amount of fat.

In real food terms, think whole grain bread or cereal –the higher the fiber content the better; low-fat protein sources like boiled egg, peanut butter, low-fat or fat-free milk, yogurt or cheese; fresh fruit and vegetables or 100 percent juice without added sugar.

When kids have a breakfast built around these core areas they are able to concentrate better on the learning at hand. They're more alert and creative, have better problem-solving skills, improved hand-eye coordination, tend to be more physically active and miss fewer days of school. Does that sound like an ad for a wonder drug to you? It does to me too! But, I believe it because I've seen the impact of a healthy breakfast on my own kids, and even experienced it with myself. The meal doesn't have to be anything terribly involved – microwave scrambled eggs, whole grain toast and orange juice, sliced fresh fruit topped with yogurt and sprinkled with granola, peanut butter and banana slices on a whole grain English muffin and a glass of milk are all balanced breakfast menus.

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Be sure to keep lunch and dinner balanced, too. If your meal contains a little something from each of the food groups detailed at the website myplate.gov, you'll see how smart food choices help to move your kids to the head of the class.

Depending on the commissary for all those smart food choices moves mom to the head of the class, too.

The following are some easy recipes, available at http://www.commissaries.com/kays_kitchen.cfm, to help you get started:

- Apple cartwheels
- Lunchbox bean dip
- Omelet in a mug
- Mom's egg mcmuffin
- Breakfast burritos
- Creamy wheat cereal with maple syrup and bananas
- Oatmeal sconuts
- Whole wheat flax'n apple muffins.

The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment.

Authorized patrons purchase items at cost plus a five percent surcharge, which covers the costs of building new commissaries and modernizing existing ones.

Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings amounting to thousands of dollars annually.

A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families, and help recruit and retain the best and brightest men and women to serve their country.

FMLA update: Qualifying emergency leave

From CNRJ HRO

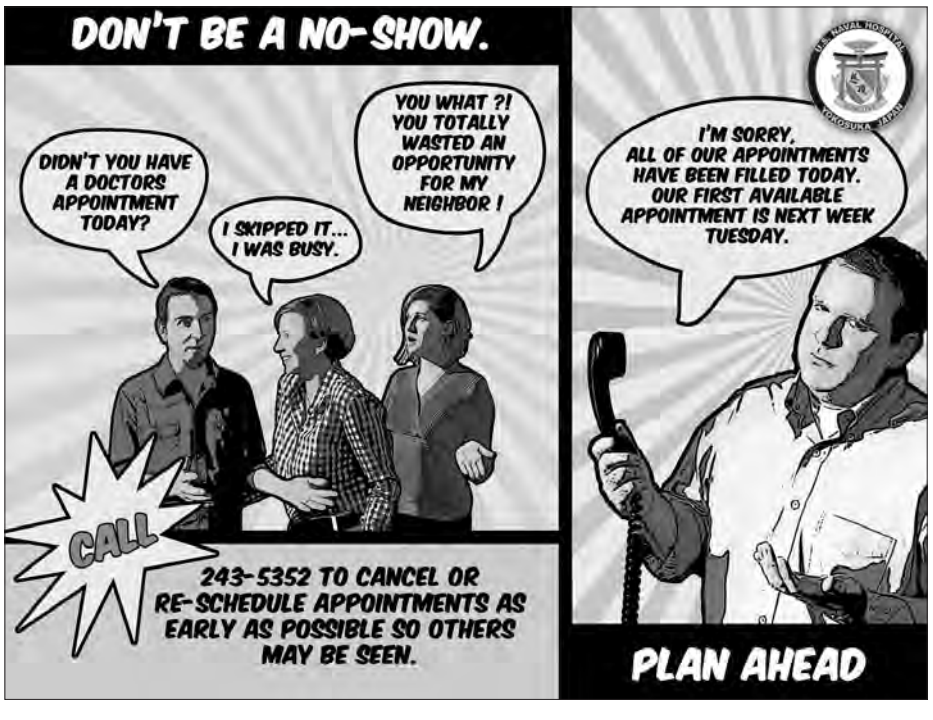
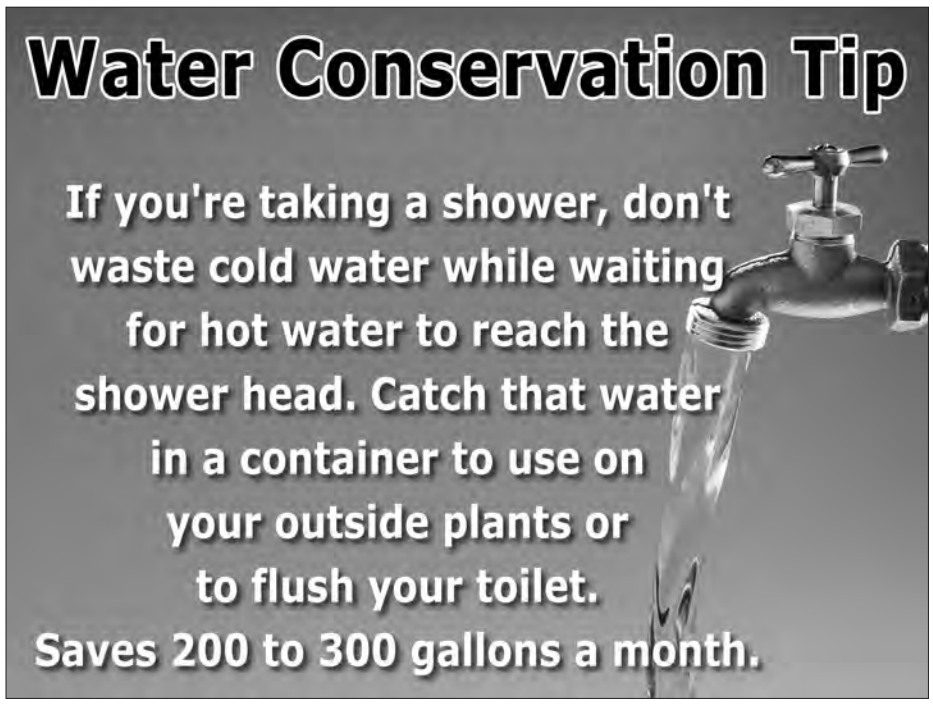
Are you a Federal employee? Is someone in your immediate family a member of the Armed Forces? If so, did you know that you may be entitled up to 12 workweeks of unpaid leave?

Effective Oct.31, the Office of Personnel Management will amend the existing Family and Medical Leave Act (FMLA) regulations to provide eligible federal employees up to 12 administrative workweeks of unpaid leave for qualifying emergency purposes. A qualifying exigency arises when the spouse, son, daughter, or parent of a federal employee is on covered active duty in the regular or reserved Armed Forces or has been notified of an impending call/order to covered active duty status.

Qualifying exigency leave may be taken for the following reasons:

- Short-notice deployments
- Counseling
- Military events and related activities
- Rest and recuperation
- Childcare and school activities
- Post-deployment activities
- Financial and legal arrangements
- Additional activities

Before invoking FMLA entitlements for emergency leave purposes, an eligibility determination must be made and an individual analysis must be conducted.

If you are interested in applying for this important entitlement, please fill out Form WH-384 located at http://www.dol.gov/whd/forms/wh-384.pdf and submit it to your supervisor.

If you have any questions regarding the contents of this article, please call Commander Naval Region Japan Human Resources Office at 243-3410/8198/8184.