

Thousands flock to witness Grand Illumination, Festival of Trees

More than 29,000 visit base, tour USS George Washington (CVN 73)

By Sean Dath, CFAY Public Affairs

Commander Fleet Activities Yokosuka (CFAY) followed up its tree lighting ceremony which kicked off the holiday season earlier in the week by hosting its second annual Grand Illumination event Dec. 6.

The number of visitors who filed through Carney and Womble gates when they opened to the public at 9 a.m. was more than double from last year.

"I figured there would be a huge turnout with the *GW* being here," said Information Systems Technician 2nd Class Casey Medved of *USS Blue Ridge* (LCC 19). "Even to us Americans it is a big deal, we want to walk around on it, so I am not surprised at all [with the size of the turnout]."

Hundreds of volunteers prepared for the event by helping to decorate various sites throughout CFAY including the Fleet Theater, Chief Petty Officer's Club, the CFAY auditorium and *USS George Washington* (CVN 73) (*GW*) along with other ships along the waterfront.

Visitors were treated to a variety of foods and activities which included the Festival of Trees, the Seika Kindergarten holiday concert, Santa's Village and the most popular attraction of all, a tour aboard *GW*, the first time the Navy's only forward-deployed aircraft carrier was opened for viewing to the public.

"I came to today's event to see the new aircraft carrier, *George Washington*," Kawasaki resident Yoshiharu Aoki said. "*George Washington* is a beautiful, modernized ship.

When I asked Sailors if I could take a picture of them, they said 'Okay.' It was really fun interacting with them."

In addition to *GW*, the Japan Maritime Self-Defense Force (JMSDF) ship, *JS Shirane* (DDH 143) also provided tours to thousands of visitors.

"I came to see *GW*, but I didn't know that the JMSDF also opened a ship, so I feel lucky," said Yokohama resident, Yoshiya Kawachi. "*George Washington* is very big. It was my first time riding an aircraft's elevator, and I was



Thousands of Japanese visitors wait in line to enter CFAY for the Grand Illumination open base event Dec. 6. Yokosuka Base opened its gates to more than 29,000 visitors who enjoyed holiday lights and decorations, a festival of Christmas trees, American fare and a tour of *USS George Washington* (CVN 73).

U.S. Navy photo by MC2 Barry Hirayama

surprised to see how it worked. I had fun visiting [the ship]."

For some Americans living abroad who visited the base, the chance to taste some American food was worth the long wait in line.

"I heard there was Taco Bell on base and I haven't had that since I left Arkansas [six months ago]," said Jeff Dudley, an elementary school English teacher residing in Yokosuka. "Unfortunately I wasn't able to get over to Taco Bell, but [Anthony's] Pizza was a great consolation prize."

As the sun began to set, the thousands of brightly colored

holiday lights which adorned buildings and ships throughout CFAY became the main focus of the spectators who remained.

"I come to the Grand Illumination event every year. I like to take pictures of the illumination," said Aoki. "I really want to come to next year's Grand Illumination because every year the event has a different atmosphere."

Open base events like this help strengthen neighborly bonds and encourage friendship between Japanese citizens and the U.S. Navy community.

CNO selects Fleet Master Chief Rick West to serve as MCPON

By MC2(SW) Rebekah Blowers, Chief of Naval Operations Public Affairs

The Chief of Naval Operations (CNO), Adm. Gary Roughead announced his selection of Fleet Master Chief (FLTCM) (SS/SW) Rick D. West, as the 12th master chief petty officer of the Navy (MCPON) in NAVADMIN 349, dated Dec. 5.

West is currently serving as fleet master chief, U.S. Fleet Forces Command and previously served as fleet master chief, U.S. Pacific Fleet. He brings to this assignment 27 years of fleet experience, including six tours at sea highlighted by leadership positions aboard submarines and surface ships. In addition to his experience as fleet master chief in the Pacific and Atlantic, he served as chief of the boat in *USS Portsmouth* (SSN 707), command master chief in *USS Preble* (DDG 88), and Submarine Squadron 11, and force master chief, Submarine Force U.S. Pacific Fleet.

"From my earliest days in the Navy, and throughout my career, chief petty officers have shaped and influenced me. Master Chief West has the experience, insight and confidence to continue to provide me that which I need to hear, not want to hear. He will have that degree of access and trust. I look forward to working closely with him in all that is ahead," Roughead said.

In the NAVADMIN, Roughead also

praised MCPON (SW/FMF) Joe R. Campa Jr., who took the helm in July 2006, citing numerous milestones Campa achieved in his time serving as the senior enlisted member of the Navy.

"MCPON Campa can take great pride in his many contributions during his watch. His extraordinary leadership, keen insight, and sound judgment enhanced the role of

the chief petty officer. He authored the chief petty officer's mission, vision, guiding principles, revitalized the master chief petty officer of the Navy's leadership mess, and empowered fleet, force, and command master chiefs. Most importantly, he re-established the deckplate leadership that is the essence of a U.S. Navy chief petty officer. His efforts significantly increased the impact of Navy senior enlisted leaders and, in doing so, improved the readiness of the Navy," Roughead said.

The master chief petty officer of the Navy serves as an advisor to the chief of naval operations and to the chief of naval personnel in matters of importance to enlisted personnel and their families. The MCPON is also an advisor to the many boards focused on enlisted personnel issues; is the enlisted representative of the Department of the Navy at special events; may be called upon to testify on enlisted personnel issues before Congress; and, maintains a liaison with enlisted spouse organizations.



(Left) Commander U.S. Fleet Forces Command Fleet Master Chief Rick West chats with a Sailor aboard guided-missile cruiser *USS Philippine Sea* (CG 58). The Chief of Naval Operations (CNO), Adm. Gary Roughead announced his selection of West, as the 12th master chief petty officer of the Navy (MCPON) Dec. 5.

U.S. Navy photo by MC1 Toiete Jackson

FISC Post Office steps up effort to meet holiday demand

Story and photo by Blake Vives,
CFAY Public Affairs

During the holiday season, the focus on customer service intensifies at the U.S. Fleet and Industrial Supply Center Yokosuka Military Post Office.

Postal employees work longer hours to meet the demands created by an influx of holiday packages.

"For incoming mail, instead of getting one truck in the evening, most of the time we will get two trucks per day. So, that means we have more people here to sort mail and make sure it gets to the customer as soon as possible," said the Postal Officer of FISC Yokosuka and Ikego Post Offices Postal Clerk Chief (SW/AW) Daniel L. Weaver.

To handle the increase in outgoing mail to the United States, the FISC Yokosuka Post Office offers mailing appointments for customers with four or more packages.

"We offer mailing appointments for people who have multiple packages to make it easier on them so they don't have to wait in long lines," said Weaver.

The FISC Yokosuka Post Office will remain open until 8 p.m. on Christmas Eve to distribute any packages

arriving last minute.

"We worked the day after Thanksgiving, when everybody else had a four-day holiday. We will be working on Christmas Eve. We're here 24 hours a day, five days a week and on the weekend we're working 12 hour days. That's how we do it.

We work really hard," said Postal Clerk 1st Class (SW) Maria Roldan.

Weaver says the extra effort during the holiday season comes with being a postal clerk.

"This is part of being a postal clerk. That's one of the things that you take on when you sign up: Christmas is going to be the busiest time of the year for you, unlike some Navy rates where everybody is taking a vacation. That's our time to provide the best customer service that we can," said Weaver.

Weaver explained that it is important for the FISC Yokosuka Post Office to provide outstanding service to its customers because the post office provides a vital link back home for many service members. "This is the only way that service

members, especially single Sailors, can get packages back and forth. I think [the FISC Yokosuka Post Office] does play a significant role in the morale of the service members," said Weaver.



PC3 Budd Brown places an all purpose date stamp (APDS) on an outgoing package at the FISC Yokosuka Military Post Office Nov. 25. The APDS is used to tell where the mail originated from and what date it left that location.

Patience and preparation are essential for a quick trip to the post office this holiday.

"Please be patient while we are trying to process all of the customers," Roldan advises. "It would be helpful if you come with your customs form filled out, your package properly wrapped and the address clearly written. So, when you come to the window, we will try and knock them out as fast as we can," said Roldan.

Mailing appointments for four or more packages available

Post Office appointments are now being accepted if you are mailing out four or more packages during this holiday season.

Appointments will be accepted through Dec. 20. No appointments scheduled on Saturday or Sunday.

Boxes must be properly packed and wrapped and customs forms filled out before the appointment.

Payment methods accepted include; cash, checks, or credit card (Visa, MasterCard and Discover).

For more information or to make an appointment contact:

For Yokosuka:

PC1 Parks or PC2 Jourden: 243-9828/5486

For Ikego:

PC2 Henderson: 246-8024/8051

For Negishi:

PC2 Woods: 242-4114

Ghost of holiday past visits FISC operations officer

By H. Sam Samuelson, FISC Office
of Corporate Communication

Editor's note: This is part-one of a two-part story.

When Charles Dickens penned the legendary "A Christmas Carol" in 1843, he popularized the quaint notion that, maybe, spirits of events past might foretell as yet untold and surprisingly coincidental events in the future.

Bah humbug?

Not to Cmdr. Eric Bach, director of operations at U.S. Fleet and Industrial Supply Center Yokosuka Japan.

This year's dawning of the holiday season brought Bach a spirit of his own past with the advent of the recent 100th anniversary of the Great White Fleet port visit to Yokohama, in October 1908.

Bach's ghost of holiday past this year: his great-grandfather.

"He was here," Bach said, simply. "He was in Japan a hundred years ago."

Indeed, Bach is the great-grandson of Navy Deck Seaman John Howard Rockenbaugh, who served aboard a flagship of the Great White Fleet, the battleship *USS Minnesota* (BB 22), under Rear Adm. William H. Emory.

Minnesota was one of 16 ships divided among four squadrons. The Great White Fleet, of course, was assembled and deployed under the orders of then-President Theodore Roosevelt as a "grand pageant of power," and circumnavigated the globe from 1907 to 1909 making 20 port calls on six continents, plus, of course, the island of Honshu, city of Yokohama.

According to U.S. naval historical archives, President Roosevelt – one time secretary of the Navy – bid official farewell to ships of the Great White Fleet from the weather deck of the presidential yacht *Mayflower*, anchored off Hampton Roads,

Va. According to U.S. naval historical records: "President Roosevelt and throngs of onlookers gathered on shore, felt a great sense of pride and exhilaration as 16 battleships of the US Atlantic Fleet, all painted white, save for gilded bows, steamed in a long majestic column out of Hampton Roads to the open sea, flanked by their attending auxiliary ships."

The naval deployment was conceived and carried out on a scale that had never been attempted by any nation before - the first around-the-world cruise by a fleet of steam-powered, steel battleships, according to naval records.

Today, Bach carries with him copies of postcards issued in commemoration of the Great White Fleet port visit to Yokohama – sepia toned images of ships, Japanese figures in kimono and the environs of Yokohama in 1908 – complete with American flags bearing 46 stars. Bach reflected on one of the post cards.

"It just sort of fills me with wonder knowing that, now, exactly 100 years later, this Navy man, this young deck seaman's great-grandson, has not only returned to Japan, but lives here as well," said Bach.

In fact, Bach is no stranger to Japan at all. A 1993 U.S. Naval Academy graduate, he visited Japan as a midshipman during his sophomore summer cruise aboard *USS Midway* (CV 41). Six years later, in 1996, he was assigned to the Sasebo, Japan-based *USS Patriot* (MCM 7), a tour he calls "blind luck" since it coincided with a Supply Corps tour rotation policy that permitted him to remain in Japan, rather than rotate among minesweepers out of Ingleside, Texas.

Bach also generates a wry smile when he imagines how great-grandfather Rockenbaugh might react to further news of his progeny: Bach's wife is Japanese (they met during his tour in Sasebo) and today they are proud parents of Eric, 6, and



(Left) FISC Yokosuka Director of Operations Cmdr. Eric Bach discusses his great-grandfather's role as a deck seaman aboard Great White Fleet flagship *USS Minnesota* with former Operations Officer Lt. Rich Jones.

Photo by Yohsuke Onda

Minami, 4, an inquisitive daughter who has entered the endless "why" and "what" stage.

In a sense, Bach himself now shares an endless curiosity, much like his daughter, about his great-grandfather and his great-grandfather's exploits aboard the *USS Minnesota*, flagship of the Second Squadron, Great White Fleet of 1908.

"We have his postcards, but they are tantalizing devoid of any real detail," Bach said. "We do know enough that this was a significant part of his life – a crewman aboard a flagship of the Great White Fleet – and that he served a two-year Navy enlistment. It's very satisfying being a part of that legacy now."

HOLIDAY MAILING DEADLINES



To ensure timely delivery of holiday cards and packages by Dec. 25 to and from APO/FPO addresses and to international addresses, we recommend you mail your items by:

• Express Mail Military Service (three days)	Dec. 20
• First-Class Mail (Letters/Cards less than 13 ounces)	Dec. 11
• Priority Mail (More than 13 ounces)	Dec. 11
• Parcel Airlift Mail (PAL)	Dec. 4
• Space Available Mail (SAM)	Nov. 28

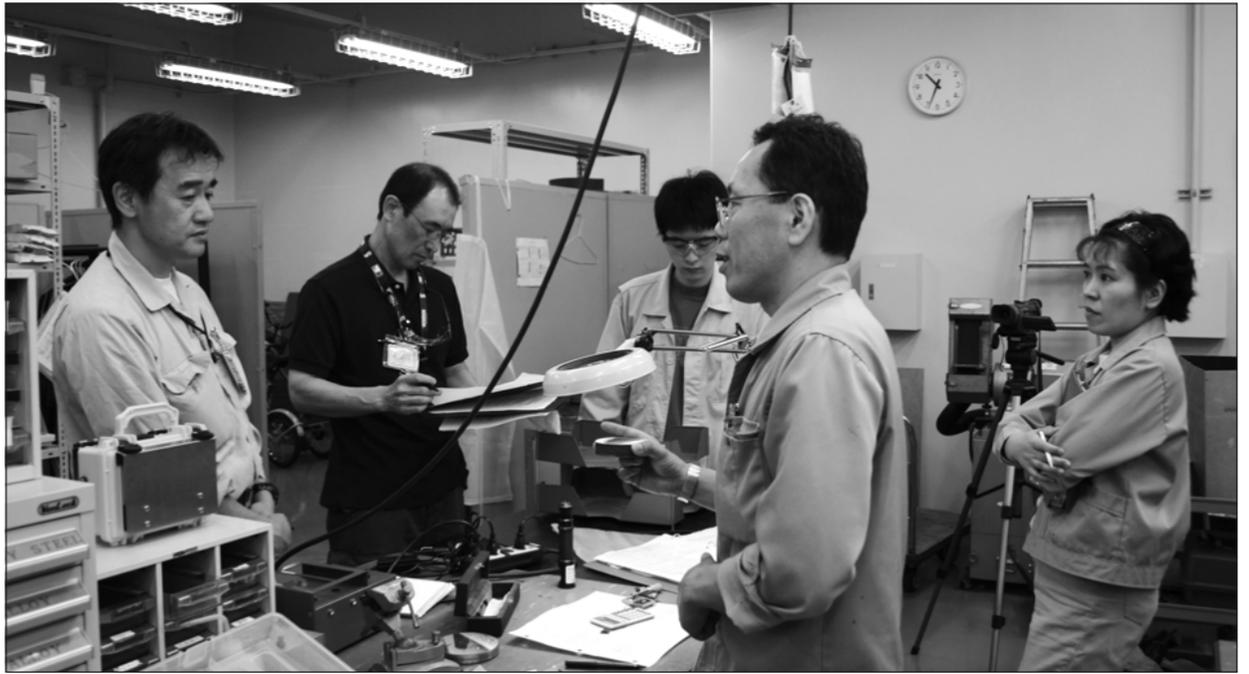
SRF-JRMC Yokosuka's laboratory receives recertification

Story and photo by Keiichi Adachi,
CFAY Public Affairs

The U.S. Naval Sea Systems Command (NAVSEA) Assessment Team conducted an annual audit of Yokosuka's Ship Repair Facility and Japan Regional Maintenance Center's (SRF-JRMC) laboratory during the week of Nov. 3-7. The audit resulted in the recertification and accreditation of the laboratory in accordance with NAVSEA Laboratory Accreditation Program based on the International Standards Organization (ISO) 17025.

The initial accreditation on-site assessment that was conducted last year was extremely challenging and paramount for the laboratory. The 2007 audit focused primarily on ensuring that the laboratory had fully documented their administrative and technical processes, and had effectively developed and implemented their standard operating procedures. "For a laboratory going through this process for the first time, there was a significant effort to develop and implement procedures that comply with the requirements of the NAVSEA Laboratory Accreditation Program manual," said Director of NAVSEA Laboratory Quality and Accreditation Office (LQAO) Edward Hartzog Jr. "After all, the laboratory procedures are accredited; the re-accreditation assessments focused on evaluations of laboratory documentation to verify that the laboratory is following these procedures."

Takeshi Ishida, SRF-JRMC Laboratory division head said "The main purpose of the certification by NAVSEA in 2007, was to establish the basic quality assurance systems and processes required to maintain the laboratory." At the time of the initial audit, the laboratory had prepared the minimum of ten laboratory analytical methods required for certification. Ishida said "Since we received the first certification, the number of required testing methods has increased from 10 to 29, and the laboratory certification needed renewing. This time the LQAO assessment team audited the quality assurance systems and processes, and the laboratory effectively demonstrated that they were applied as required. We developed standard operating manuals for the new testing



Members of the SRF-JRMC laboratory conduct internal inspections to take a close look at the quality assurance system and testing methods. This is to ensure continual improvement within the laboratory.

ラボの職員による内部査察を実施し、品質保証システムと分析試験方法をより詳しく見た。これは分析ラボの継続的な改善に結びつく。

methods to train lab chemists and technicians, and everyone in the lab also spent a considerable amount of time and effort for getting prepared for the audits."

Recertification for accreditation of the laboratory is scheduled bi-annually as required. Follow-up assessments are held to ensure that the laboratory is following the documented procedures and update as necessary when new equipment is purchased or new methods are introduced.

SRF-JRMC laboratory chemist Tomomi Saito, felt confident with the audit as he was preparing his assignments. Just days prior, he began contemplating the expectations required for certification, thought processes on how to communicate properly to the auditors and properly perform test methods and procedures; which began to weigh heavily on him. Saito said, "Before the audit, I felt that I had a maddening clock in my head while

I was getting prepared, such as establishing of standard operating procedures, making sure of required documents, and doing things related to those processes."

Ishida said the two key elements in continuing certification is first; to properly perform required processes and second is to periodically conduct internal inspections to take a close look at the quality assurance system and testing methods. This promotes continued improvement for the laboratory.

As for 2009, the laboratory is determined to become certified by the American Association of Laboratory Accreditation (A2LA). This certification will enable the laboratory to perform environmental analysis as well. The laboratory will require to work closely with the SRF-JRMC Environmental Department to determine the scope of accreditation and environmental analytical services that are required.

SRF - JRMC 分析ラボ、分析所品質認証を更新

文・写真：安達慶一、CFAY広報課

先ごろ米海軍海洋システム部隊(NAVSEA)に所属する監査チームが、米海軍横須賀艦船修理廠及び日本地区造修統括センター(SRF-JRMC)の分析ラボ業務の再監査を行なった。再監査の結果は、国際標準化機構(ISO)17025(分析所及び構成機関の能力に関する要求事項)を基本としたNAVSEAの分析所品質認証プログラムに従い、分析ラボが認証基準を維持していることを裏付けた。

NAVSEAの分析所品質認証オフィス(LQAO)所長を務めるエドワード・ハーツゾグ氏によると、去年初めて行なわれた認証取得監査は分析ラボにとり挑戦し甲斐のあるものだったようだ。そこでは分析ラボが管理・技術的プロセスを十分に文書化し、作業標準

書の使用を効果的に実施しているかどうかを確認することが主眼であった。「初めてこのようなプロセスを経験する分析ラボにとり、NAVSEAの分析所品質認証プログラム指導書が要求する手順の作成と遂行には大変な労力が必要となりました。最終的には手順は認証され、再監査では分析ラボが所定の手順にのっとり業務を行なっている事を証明するラボ資料に焦点があてられました」とハーツゾグ氏。

2007年のNAVSEA監査による認証の主たる目的は、基本的な品質保証システムとプロセスを作成だったと分析ラボ課長の石田隆さんは話した。最初の監査で分析ラボは10項目の分析試験方法しか準備ができなかった。これは認証を得るには最低の方法数である。

「最初の認証を受けて以来、分析試験方法の数が10から29に増え分析ラボの認証の更新が必要になりました」と石田さんは話し、こう続けた。「今回NAVSEAの監査チームは品質保証システムとそのプロセスを調査し、我われが要求に従って運用していることを有効に実証できました。分析ラボの化学分析者と技術者を養成する作業標準手引書を開発しました。分析ラボの全員が監査に対応する為に多くの時間と努力を費やしました。」

分析ラボの認証の更新は2年毎に行なわれる。新しい分析装置の購入、もしくは新たな分析試験方法が求められる場合には、必要とされる文書化された作業や改訂された作業に従って業務が行なわれることを確認する為の監査が必要となる。

分析ラボの化学分析職の斉藤具視さんによると、監査に向けた準備に追われている時は、監査では緊張しないだろうと思っていたと言う。しかし、実際は認証取得への期待感、監査官とのやり取りへの思い、分析試験方法の適切な実施などが、斉藤さんにとり相当な重圧となつたらしい。

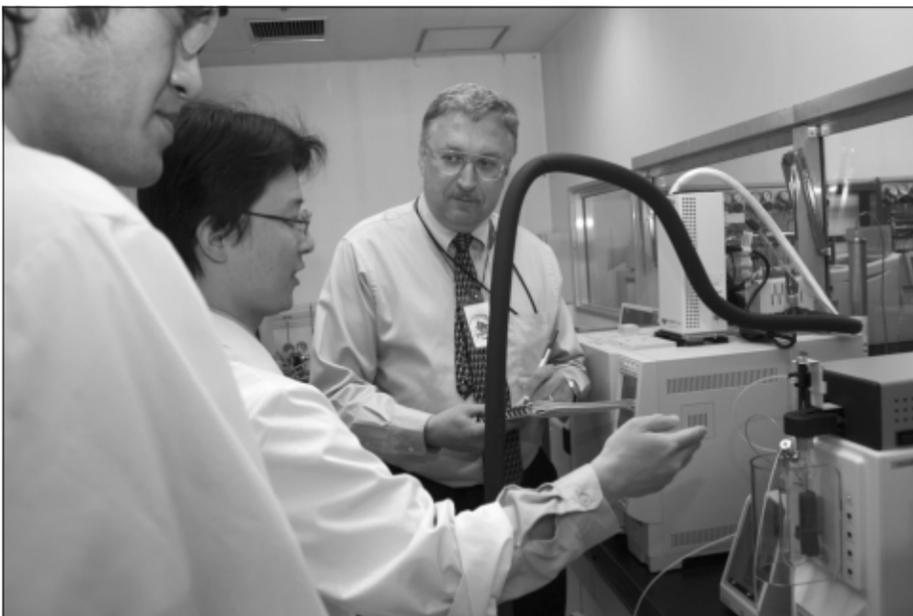
「監査前に作業標準書の作成、必要書類の不備の確認、又は関連するプロセス業務など準備に追われている時は、頭の中に壊れた時計があったように感じました」と斉藤さんは語った。

さらに、監査は分析ラボが適切に業務を行なっているかを確実にする利点がある。試験を行っていた分析担当者が不在な場合でも、監査を終え文書化された作業標準書は分析ラボの管理能力の継続に役立つ。

「仮に熟練の分析者が病欠、退職もしくは不在の状況で、文書化された作業標準書がないとすると、新たに業務内容を文書化するのに数年の月日を費やすことになるでしょう。業務の文書化という手段は、新任の分析者が最小の教育訓練を経て、前任者の分析業務の引継ぎができるという構想です」とハーツゾグ氏。

石田さんによると、認証の更新には2つの重要なことがあると言う。第1に決められた事を決められた通りに行う。第2にラボの職員による内部査察を実施し、品質保証システムと分析試験方法の改善を継続的に実施することだ。これは分析ラボ業務の継続的な改善に結びつく。

2009年には環境分析(有害・廃棄物、排水などの分析)について米国試験所認定協会(A2LA)の認証を取得したいと分析ラボは胸をふくらます。その達成にはSRF-JRMCの環境課と話し合い、何の分析が必要かを絞ることが重要だ。



(Left) Laboratory chemist Manabu Oomiya looks on as SRF-JRMC Supervisory Engineer and former NAVSEA auditor Bill Ingersoll questions laboratory chemist Takeyuki Takenouchi on the process from the audit checklist. Ingersoll ensured that Takenouchi knew and understood the test procedures and quality control requirements in the standard operating procedure (SOP) and Laboratory Quality manual.

化学分析職の大宮学さんが見守る中、環境課で働く元NAVSEAの監査官のビル・インガ・ソル博士は化学分析職の竹之内武幸さんに監査で予想される質問をし、竹之内さんが標準作業手順(SOP)とラボ品質手引書にある試験手順と品質管理要求事項を熟知しているかを確認する。竹之内さんがラボ品質手引書にある試験手順と品質管理要求事項の手順を実演する。

Head's Up Yokosuka! Community Announcements

USO Yokosuka and Boeing Holiday Bash – USO Yokosuka and Boeing are hosting The Boeing Holiday Bash from 11 a.m. to 3 p.m., Dec. 14 at the red brick area in front of the commissary. Enjoy free food, games, prizes and a chance to win two free round trip tickets to Hawaii. The event is open to all Status of Forces Agreement (SOFA) personnel. Contact Juliet Bucayu-Domingo, country director, USO Japan at 241-4893 for more information.

Yokosuka Commissary Holiday Schedule – The Yokosuka commissary holiday schedule is as follows:

- Early closure - Dec. 12 at 5 p.m.
- Early closure - Dec. 24 at 5 p.m.
- Closed - Dec. 25
- Open - Dec. 26
- Closed - Jan. 1
- Open - Jan. 2

Community Bank Remodeling – The Community Bank is undergoing remodeling from now until Dec. 28 but will be open for normal business operations throughout the remodeling period with the exception of Dec. 19 when the bank will be closed all day. Contact Nick Morrill at 243-3060 or Aminta Murcia at 243-3074 for more information.

Navy Family Housing Yokosuka Bulk Trash Collection Service – Effective Dec. 1, bulk trash collection service for Yokosuka townhouse residents will be provided by calling 243-6558. The items can be left by the garbage containers located in the front enclosure. Please do not place your valuable personal items by garbage containers as they may be mistaken for trash. Contact the Housing Facilities Office at 243-9067 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 10 a.m. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

Patience's not a virtue, but necessity while in Japan

By CFAY Safety Office

A fellow traffic safety professional once told me, "It's not when someone gets in your way while you are driving, but how often it happens when you drive here in Japan." This is a reality no matter what your vehicle of choice is. You have to keep your head on a swivel and maintain a high level of situational awareness at all times while driving on or off the installation.

We all share the roads and we all have the right to be on these roads to get from one place to another whether by car, bicycle, motorcycle, moped or walking. The key word here is share. We must consider the fact that we are not in our home country of the U.S. and traveling conditions here in Japan are very different. We have more pedestrians, bikes and motorized two-wheeled vehicles than you are probably used to. Knowing this, we must condition ourselves to think and act the way our host nation does. As the old saying goes, "When in Rome, do as the Romans do."

We live, work and play in a very congested, heavily traveled area with ongoing construction projects, limited parking and mission related activities going on during most of the day. The next time you're traveling to and from work or running errands on base, try to keep in mind that you are not the only one trying to get somewhere. Do your part by following the rules and by having a little more patience. We are all ambassadors in Japan and we should all strive to be a responsible member of the CFAY family.

The following are some responsible tips we can all use while driving, riding or

walking in Japan:

While driving a car:

- Stay alert.
- Never talk on your cell phone.
- Follow the posted traffic signs.
- Use headlights in low visibility conditions and in tunnels.

• Be courteous.

• Expect the unexpected.

While riding bicycles:

- Obey traffic laws.
- Ride with the flow of traffic.
- Use designated bicycle lanes.
- Wear required Personal Protective Equipment (PPE).

• Dismount and walk your bike in crosswalks.

• Never ride with headphones.

• Make eye contact with drivers.

• Use a light at night.

While driving a motorcycle:

- Follow all traffic laws.
- Keep your bike in top-notch condition.
- Wear all required PPE.
- Stay alert.

• Just because you can go fast, doesn't mean you should.

While walking:

• Use designated cross walks.

• Do not assume others can see you.

• Do not wear headphones or talk on the phone while crossing the street.

• Wear light colored clothing at night.

• Just because you have the right of way does not give you the right to have it your way.

Drink responsibly no matter how you travel!

Contact the CFAY Safety Office at 243-7354 for more information.

God's will

By Chaplain Scott Shafer

For me, the Christmas story always began with Mary. An angel appears to her and says, "Greetings favored one! The Lord is with you." Mary was troubled by this greeting, and we can understand her caution. In our world today, we think of divine favor as a license to do whatever we want. It is as if divine favor were something that allowed us to express our will, without thinking of the will of God. These are two entirely different things.

I have had people tell me that they felt they were doing God's will in their lives. I have seen God's will be used as a justification for divorce, for breaking relationships or for people to take the easy way out of their obligations. On rarer occasions, I have seen people say they were doing God's will when they were doing very difficult tasks. It was as if they could not even hope to dream to do what they were doing, except that it was indeed God's will. They did not choose the easy way, but took the hard way.

I do not believe that God's favor is a frivolous thing. It involves obligation and pain. We know this from examining the life and death of Christ. He did his father's will and died on a cross. Even in the garden of Gethsemane he prayed for this cup of suffering be taken from him, but he concluded by saying, "Yet, not my will, but yours be done."

Mary had found favor with God and was going to be asked to do something unthinkable for a young virgin in her day. This was not an era where premarital intimacy was tolerated, but was punished severely. Even though she was engaged, people would talk about her and her fiancé Joseph in the worst possible terms. Her own family could have shunned her.

The angel, as all angels seem to do, told Mary, "Don't be afraid." These are words that we need to hear every day because so often we are bound by fear. In our day, it is very easy to choose death. Mary chose life. Mary chose to do the difficult thing. Mary was not afraid. Mary said, "...let it be with me according to your word."

There are times when we have to let go of our selfish preconceptions, when we just have to let go and trust God to work things out. Mary was a young virgin. She had little experience in this world, but she chose to trust God. I would hope to have the same kind of faith when I am confronted by problems and possibilities in our world today. Mary said, "Yes!" Our world has never been the same. Amen.

Chapel of Hope International Christmas Celebration – The Chapel of Hope cordially invites you to an evening of music and fellowship at the International Christmas Celebration, Sunday, Dec. 12 at 5 p.m. Contact the Chapel of Hope at 243-6773 for more information.

Pet of the Week



This week's Pet of the Week is Snowy. Snowy is a 5-year-old Siamese mix spayed female looking for her forever home. She loves to talk and really loves attention. She does well with children when given time to get used to them, as she is a bit shy. To find out more about Snowy or any animal at P.A.W.S., contact them at 243-9996, by e-mail to usskittytalk@hotmail.com or visit our Web site at www.petsareworthsaving-yokosuka.org. If you are thinking about adopting a pet from P.A.W.S this holiday season, please plan ahead. Applications take one week to process. P.A.W.S. will be closed Dec. 25, 30 and Jan. 1.

Photo by P.A.W.S.

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 Division

Lead Cook – NL-08, \$13.56/hr. CPO Club (1 RFT).
Food Service Supervisor – NF-03, \$11.47-\$13/hr. Club Takemiya (1 RFT).
Night Operations Manager – NF-03, \$10.54 - \$15/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 (1 RFT/2 Flex), Food Court (1 RFT).
Material Handler – NA-05, \$10.35/hr. Food Court (1 Flex).
Food Service Worker – NA-03, \$8.96/hr. Club Alliance (1 Flex), Food Court (4 RFT/1 Flex), Club Takemiya (1 RFT).
Waiter/Waitress – NA-03, \$8.96/hr. O' Club (1 RFT/5 Flex), CPO Club (2 RFT/2 Flex), Club Alliance (1 Flex).
Recreation Assistant (Bingo) – NF-02, \$8.39/hr. CPO Club (1 RFT).
Club Operations Assistant – NF-02, \$8.39/hr. CPO Club (1 RFT/1 Flex), Club Takemiya (1 Flex), Club Alliance (2 Flex), O' Club (3 Flex).
Cashier – NF-01, \$7.50-\$9.50/hr. CPO Club (1 RFT), O' Club (1 Flex).
ID Checker/Security – NF-01, \$7/hr. Club Alliance (6 Flex).

Support Activities

A/C Equipment mechanic – NA-08, \$12.32/hr. Maintenance (1 RFT).

Child Development Program

Program Assistant – CY-02, \$9.18/hr. Main CDC (1 Flex), Ikego (2 Flex), Hourly (1 Flex), Negishi (1 Flex).

Community Activities Division

Regional Child and Youth School Liaison – NF-04, \$40,000-\$65,000/annum. CNFJ Yokosuka (1 RFT).
Teen/Open Rec Coordinator – NF-04, \$31,500-\$50,000/annum. Community Activities (1 RFT) – Open to current eligible APF/NAF employees worldwide.
Supervisory Recreation Specialist – NF-03, \$22,500-\$32,000/annum. Ikego Youth Center (1 RFT). Worldwide recruitment.
Supervisory Recreation Specialist – NF-03, \$22,000-\$32,000/annum. Community Center (1 RFT).
Recreation Assistant – CY-02, \$9.18/hr. Youth Center – Yokosuka (5 Flex); Negishi (1 Flex), Teen Center (5 Flex).
Recreation Assistant – NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports – Yokosuka (2 Flex).
Cashier – NF-01, \$6.55/hr. Bowling Center Snack Bar (1 RFT/1 Flex).
Recreation Aide – NF-01, \$7.25/hr. Bowling Center (2 Flex).

Recreation Division

Recreation Assistant – NF-02, \$8.39/hr. Outdoor Recreation – Customer Service (2 Flex).
Paintball Attendant – NF-01, \$7/hr. Ikego Campground (1 Flex).
Recreation Aide – NF-01, \$7/hr. Single Sailor Center (1 Flex).
Field Maintenance Worker – NA-05, \$10.35/hr. Athletics – Yokosuka (2 RFT/2 Flex).
Recreation Assistant – NF-02, \$8.39/hr. Adult Sports (1 Flex).

Athletic Division

Duty Manager – NF-02, \$8.39/hr. Athletics (2 RFT).
Clerk Typist – NF-01, \$7.50/hr. Athletics (1 Flex).
Gear Issue Attendant – NF-01, \$6.55/hr. Athletics (1 RFT/3 Flex).
Swim Instructor – NF-02, \$10/hr. Aquatics (1 RFT/10 Flex).
Lead Lifeguard – NF-02, \$8.39/hr. Aquatics (1 RFT/1 Flex).
Lifeguard – NF-01, \$6.65/hr. Aquatics (5 Flex).

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

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.cnfj.navy.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

Human Resources Specialist (Recruitment/Classification) – YA-201-02 CNFJ-170-08. Open: 12-08-08, Close: 12-22-08.

Nurse (Specialist) – YH-610-01/02, NH-165-08. Open: 12-05-20, Close: 12-19-08.

Continuing

Education and Training Technician – YB-1702-1, CFAY-129-08. Open: 9-8-08, Close: 12-30-08 (Cutoffs may be established as vacancies occur).

Human Resources Technician (Staff/Class) – YB-203-01/02, CNRJ-163-08. Open: 11-21-08, Close: 12-22-08. *Location: Okinawa.

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/annual (1 RFT)
Food Service Workers. NA-2 – Food Services. \$8.28-\$9.66/hr. (12 Flex)
Room Attendant (Housekeeping). NA-2 – Navy Lodge. \$7.95-8.63 (3 Flex)
Automotive Mechanic. NA-10 – Autoport. \$13.63-\$15.91/hr. (1 RFT)
Supervisory Sales Clerk. NF-2 – Autoport. *\$8.39-\$11/hr. (1 RFT)
Sales Clerk. NF-1 – Fleet Rec Center. \$6.55-\$8/hr. (1 Flex)
Customer Service Clerk. NF-1 – Main Store. *\$8.25-\$9/hr. (2 RFT)
Sales Clerk. NF-1 – Main Store. *\$6.55-\$8/hr. (5 RFT, 2 RPT, 10 Flex)
Specialty Sales Clerk. NF-1 – Main Store. *\$7-\$9/hr. (3 RFT, 1 RPT, 3 Flex)
Supervisory Sales Clerk. NF-2 – Main Store. *\$8.39-\$11/hr. (4 RFT)
Store Worker Supervisor. NS-1 – Main Store. \$10.10-\$11.79/hr. (1 RFT)
Store Worker. NA-2 – Main Store. \$8.28-\$9.66/hr. (1 RFT, 2 Flex)
ID Checker. NF-1 – Main Store. *\$6.55-\$7.50/hr. (1 Flex)
Security Guard. NF-1 – Main Store. *\$7.50-\$9/hr. (1 RFT)
Cashier. NF-1 – Cash Office. *\$7.50-\$9/hr. (1 Flex)
Personalized Service Clerk. NF-1 – Fleet Rec. *\$7.25-\$8/hr. (1 Flex)
Equipment Rental Clerk. NF-1 – Rental Center. *\$7-\$8/hr. (1 Flex)
Hair Stylist. NA-7 – Beauty Salon – Commission (1 RFT, 1 Flex)
Flower Shop Courier. NF-1 – Flower Shop. \$6.55-\$8/hr. (1 Flex)
Inventory Supply Clerk. NF-2 – Distribution Center. *\$8.39-\$11/hr. (2 RFT)
Warehouse Worker. NA-4 – Distribution Center. \$9.66-\$11.27/hr. (1 RFT)
Manicurist (Nail Tech). NA-5 – Ikego. Commission (1 Flex)
Supervisory Sales Clerk. NF-2 – Ikego Mini Mart. *\$8.39-\$11/hr. (1 RFT)
Food Service Worker. NA-2 – Negishi. School Lunch (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	0900
TUE	Bible Study	1800
3 rd MON	Fellowship Program	1700

Japanese Women's Bible Study*

TUE	Main Chapel/Fellowship Hall, Classrooms	0900
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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

Congratulations on the birth of your baby!

Jeff Sparling and Jessica Sparling are the proud parents of **SEREN ARIAH SPARLING** born, Dec. 1, 2008 at 4:23 a.m., weighing 8 pounds 13 ounces.

Troy McFadden and Sarah McFadden are the proud parents of **HANNAH MAI RILEY MCFADDEN** born, Dec. 1, 2008 at 8:16 a.m., weighing 5 pounds 9 ounces.

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

Classes This Week

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

Monday, Dec. 15

Area Orientation Brief and Intercultural Relations Class 8:45 a.m. (5 days): **Dec. 15-19, 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.

English as a Second Language 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 everyday setting.

Tuesday, Dec. 16

Ikego – Employment Overview and Tips 10 a.m. (1.5 hrs.): If you are interested in the local employment market, please join this class and talk with our full-time spouse employment assistance manager. Reservations are required for this crash course on employment availability in the Yokosuka/Ikego/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

Individual Augmentee Spouse Support Group 5:30 (1 hr.): FFSC offers a variety of services in support of Individual Augmentees (IAs) and their families. An IA Spouse Support Group is for spouses of current, former and soon-to-be IAs to get together and share their ideas and concerns; a counselor will be available for questions. Children are welcome!

International Spouse Support Group 10 a.m. (1.5 hrs.): This class will be offered on a quarterly basis at FFSC. This particular session will cover the Legal issues associated with being an international Spouse and the challenges that you may have come across. This is a great opportunity to meet other spouses that may be in a similar situation as yourself. We look forward to seeing you there.

Wednesday, Dec. 17

Basic Breastfeeding 2 p.m. (3 hrs.): Learn the breastfeeding basics that will help you manage the whole breastfeeding process and make it a success! This class will give you the knowledge to help you prevent or overcome any problems that may occur.

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.

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

Space A Travel/EML Brief 1 p.m. (1 hr.): Representatives from Yokota's AMC Terminal, and a U.S. Navy specialist on EML Travel will conduct this one and a half-hour brief. Travel tips and procedures will be explained in detail along with current flight schedules and destinations for Space A travel.

Youth Enrichment Class – Decision Making (High School Students) 3 p.m. (1 hr.): Decision, decisions, decisions – seems like you always have to make them. We can teach you effective ways of solving everyday problems as well as making appropriate decisions. The training is for ages 15-18 (18 or over if student is still in high school). Must meet four times for 1-hour session to obtain a certificate of completion.

Welcome to Negishi 10 a.m. (5 hrs.): We invite both old and new residents of Negishi to meet your Negishi community leaders and learn what the community has to offer. Representatives from various Negishi offices will speak about their services. Meet new friends and neighbors, plus learn to take the train from Negishi to Yokosuka.

Thursday, Dec. 18

English Teachers Networking Group 10 a.m. (2 hrs.): New and experienced English teachers are invited to learn from, network with and support each other in this monthly session. Topics discussed will include developing age-appropriate lessons, sharing resources and off-base employment opportunities for teachers.

Family Readiness Group Leadership Meeting and Training 11 a.m. (2 hrs.): This is an opportunity for Family Leadership Readiness Group Leaders to discuss the opportunities and challenges facing family readiness groups here in Yokosuka as well as to share ideas and ask questions of other groups. All FRG leaders, Command Leadership, and Command Leadership Spouses are encouraged to attend.

Friday, Dec. 19

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

Dec. 22	English as a Second Language (ESL)
Dec. 23	Government Employment Tips; Ikego – Kid's Craft Class
Dec. 24	No Classes
Dec. 25	Holiday
Dec. 26	Yokosuka – Play Morning

Negishi FFSC 242-4125	Fleet and Family Support Center 243-FFSC (3372)	Ikego FFSC 246-8052
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Visit our Web site: www.cfay.navy.mil/ffsc/index.htm

Automobiles

Toyota Caldina AWD Turbo. 37K miles, JCI taxes fees paid to Dec. 12, 2010. Passed inspection Nov. 26, 2008. Loaded ETC toll module, DVD/TV/navi. Excellent, reliable. Available now. 241-3499. \$4,500.

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 December 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.

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.

Motorcycles

'94 Kawasaki ZX400 Motorcycle. \$2,200. JCI and inspection good through October of 2010. 17,000 km only! Great bike in great shape! Call Jason, 080-3720-0416.

Services

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

BW Audio for all your car stereo needs. Full custom shop, whatever you need we can make it or install it. Call 080-5497-1787.

Drivers' Education Class. Next class begins Jan. 19, 2009. Open to SOFA personnel. High school students must be 16 years old. For more information, go to www.yokosukadriversed.com. Cost ¥31,000. Class size limited.

Friendly Japanese instructor teaching authentic Japanese language classes for survival Japanese and JLPT preparation.

Please contact me today at Mayumi@japanese-sensei.com, or visit my Web site at: <http://www.japanese-sensei.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.

Invest in Your Future Now! Ask our real estate agents specializing in Hawaii property for you. E-mail: hawaiianagent@yahoo.com. Japan, 090-1837-0762. Hawaii, 1-808-285-5442.

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

LTO Runs and 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 at 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 Service in 1 hr. or less. Also LTO service. One call will do it. Don't worry. Negishi,

Ikego no problem. Call Derrick, 090-3592-8809, home 241-4415.

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

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

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

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

LTO and 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.

Wanted

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

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

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

Teaching Job @ Home. Getting tired of job hunting? You can work at your on/off-base home teaching language, cooking, craft, etc. Visit: <https://yokosukalcen-d2.r-cms.jp/>. Contact 090-6505-1647/ yokosukalc@gmail.com.

Want to Buy Used Computer Monitor. Call 241-4713 or 080-5863-2029.

Announcements

Are You Looking for an Apartment or House to Rent? We cater to military needs. Ocean view! Mountain View! Spacious balcony! American style bathroom! *Tatami* room! Let us find your dream apartment or house. We have several houses and condominiums for sale. Also start your real estate business in Japan today! Our friendly staff will work hard to get you the best deal possible. Call us, (046) 825-0245 10 a.m.-6 p.m. Contact at: chintai@heiseiyokosuka.co.jp. Address: 1-18 Wakamatsu, Yokosuka Heisei Housing Co., Ltd. Our Company is in front of Coco's curry shop near Yokosuka chuo station.

House for rent. Off base. NO key fee, NO deposit, NO guarantor required. An old small house on a hill. \$900/month. Contact house owner: yamadatoshinori@yahoo.co.jp.

Standard Indian Restaurant in Yokosuka. It's 250 meters from More's departmental store. See the internet to guide you to restaurant. We use very selected food ingredients and ensure the quality perfect as Indian hotel restaurant's standard. In the dish we ensure the sufficient food amount. More than four persons you need

reservation. Web <http://www.yokosukaindian.com>, <http://www.indiancurry-bayleaf.jp>,

<http://r.gnavi.co.jp/b186300>. Tel. (046) 821-1922, 080-3015-1749. Monday closed.

Three bedroom apartment available. Large gas oven microwave, large refrigerator, three AC/heater units, secure entrance and parking. Harbor view. Base contract available. English speaking landlord. E-mail: arebee07@gmail.com. Phone 080-5412-2701.

TIF Miscellaneous Christmas International Party Shibuya, Dec. 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.

Yokohama World Friends Christmas International Party, Dec. 20, Saturday, 6:30-9 p.m.

Club Why Not. Biggest international party in Yokohama. Meet 150 people. 20 kinds of free cocktails. Free snacks. ¥3,000. <http://www.worldfriends-party.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 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, on Command Hill. Please stop by the office to place your advertisements!

Classified ads of 30 words or less can be purchased for either \$5 per issue, in cash, at Asahi Advertising, Inc. The fee is \$1 for every 10 additional words. These rates are for Department of Defense servicemembers, family members or civilian personnel only. Prices for all other ads must be separately negotiated with Asahi Advertising, Inc.

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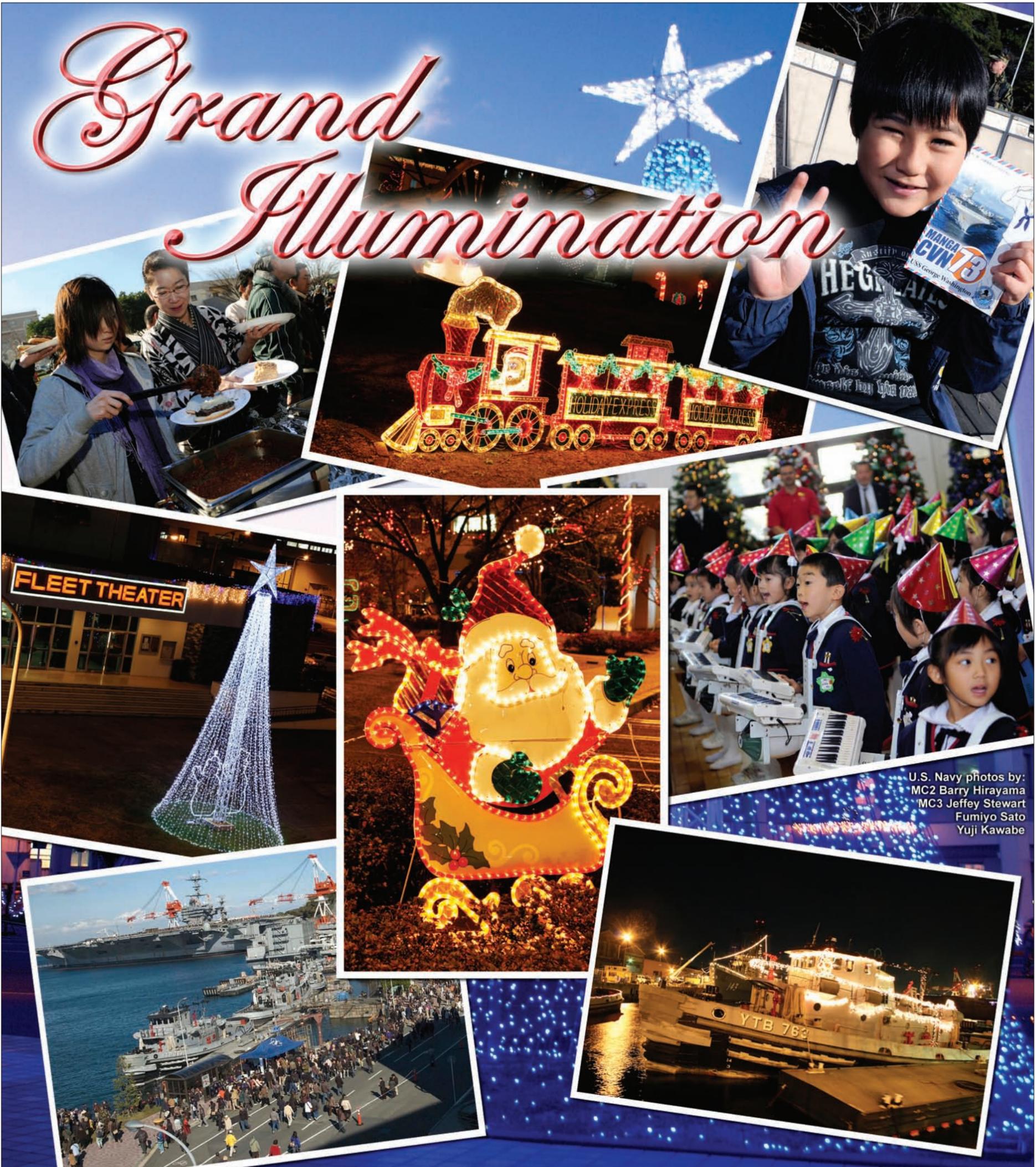
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The point of contact is Keiko or Tomomi, account executives. Regular business hours are Monday-Friday from 10 a.m. to 4 p.m.

Asahi Advertising, Inc.

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 Fumiyo Sato
 Yuji Kawabe



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



CMDCM Wayne E. Smith,
Command Master
Chief

司令官の相談室

Attention Seahawk Readers – The Dec. 19 edition of the Seahawk will be the last Seahawk of 2008. We will resume publication in 2009 with the Jan. 9 edition. The entire Seahawk staff wishes all our readers Seasons Greetings and a very happy and prosperous New Year.

Channel 12 Slide Scroller Submissions – All community announcement presentations for airing on local base channel 12 can be created using Microsoft PowerPoint software but must be saved and submitted as a jpg/jpeg type file. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. E-mail to eric.hannah@fe.navy.mil for more information.

Seahawk Articles/Photos and Community Announcement Submissions – Deadline for community announcements and article/photo submissions for the Seahawk is the Friday before the next Seahawk edition. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Please include your telephone contact information in the body of the e-mail. Contact the Seahawk editor at Seahawk-Umitaka@fe.navy.mil or call 243-2567/3003 for specific submission requirements or for more information.

DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel that are currently registered in DBIDS but have had changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside building 1495.

Customer service hours are Monday through Friday from 7 a.m. to 4 p.m. 横須賀基地に關係する軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は全て指紋認識データシステム (DBIDS) に登録する必要があります。既に登録された方で、データに変更がある方は、1495ビルのDBIDS登録事7所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで。

Q: Is it possible to make the tables near the shopping areas designated non-smoking areas? I ask this because every time I take my daughter to the commissary, there is that corridor that is just full of smoke. It's like walking through a bar to get into the Navy Exchange (NEX). It's the same outside of Starbucks and Taco Bell. If you dare walk by that area, there's always a group of people taking smoking breaks or casually smoking and it all blows right in a passerby's face. Those pedestrians walking by aren't always adults, and I for one don't appreciate having to walk my daughter through a cloud of smoke every single time I want to go to the NEX.

質問: ショッピングエリア付近を禁煙場所に指定することは可能でしょうか? というのも、娘を連れてカミサリーストアに出かける度に常に煙草の煙が蔓延している場所があり、まるでバーの中を通り過ぎてNEXに行くかのようです。これはスターバックスやタコベルの外も同様です。先に申し上げた場所を通ると常に一服中の人たちや喫煙習慣を持つ人たちがいて、通りすがりの人たちの顔に煙がかかるのです。通行人は必ずしも大人ではありませんし、私も自身もNEXで買い物をする度に煙草の煙の中に娘を通らせたいとは思いません。

A: Dear Valued Customer, the area between the NEX Home Accents Store and the NEX Laundromat is a temporary smoking area – only until the live Christmas trees are sold out. Once the trees are sold, the smoking area will return to the original designated area between the Laundromat and the commissary in the red brick area. We understand your frustration and apologize for this temporary inconvenience. The area in front of Taco Bell, the benches immediately across the street and the area next to

the NEX shopping cart corral are all non smoking areas. If you would like to discuss further, please feel free to contact me directly at 243-4438.

回答: NEXホームアクセントストアとコインランドリーの間は、クリスマスツリー販売終了までの仮設の喫煙所です。ですから、ツリーの売り切れ次第、喫煙所は従来のコインランドリーとカミサリーストア間の赤レンガ地域に戻ります。ご相談者の心情を拝察いたしますと共にご迷惑をお掛けいたしましたお詫び申し上げます。またタコベル前と道路すぐ前のベンチ及びNEX買い物カート用の囲い等は 全て禁煙指定となっております。この件に関しましてさらに深い話をご希望される方は、243-4438までお電話をお願いいたします。

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 Jan. 8. 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.

MCPON

holiday message

By MCPON Joe R. Campa Jr.

I'd like to thank all of you and your families for what you do in support of our Navy and this nation. The United States Sailor is a world-wide presence and every one of you have helped in establishing our Navy's reputation as a friend to those in need.

During this holiday season I ask that you take a moment to consider what it is we stand for and the responsibilities each of us have to one another, our families and our country. We live and serve in uncertain times, but your fellow Americans take great comfort in knowing that the men and women who wear this uniform are always at the ready.

Many of you will spend time with loved ones during Christmas and the New Year. As you do, please remember our shipmates who won't have the same opportunity. They will be deployed at sea or on the ground, preserving the very freedoms we enjoy as Americans. Keep them in your thoughts and prayers.

Look out for one another and stay safe. Use common sense while you travel and take every step you can to make sure your families and fellow Sailors do the same.

Shipmates, the work you do every day continues to inspire me. It is something I'll carry with me the rest of my life. Enjoy your holidays and be sure your families understand that our Navy is grateful for the sacrifices they make on your behalf.

Have a safe and happy holiday season.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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CFAY Holiday Greetings!

Come share your holiday cheer on channel 12!

What: TV Holiday Greetings on Channel 12.

Who: All hands, SOFA Family Members, MLC employees.

Where: CFAY production studio, Bldg. C-5 room 217.

When: By appointment, Nov. 24 – Dec. 15.

Dress: Working/Service Dress Blues or business casual.

Contact Tony Hill at 243-5109 or ronald.hill@fe.navy.mil for more information.

Early Bird Sale HOT ELECTRONIC DEALS!

**SATURDAY YOKOSUKA ONLY
DECEMBER 13 8 A.M. - NOON**

79⁹⁹
reg. 99.99

**Kodak Easy Share
Digital Camera
Bundle C713**

7.0 Mega Pixel
3X Optical Zoom
Mini Tripod
1GB SD Card
Carry Case

save
over
20%



89⁹⁹
reg. 139.99

**Audiovox
Portable
DVD Player
D1888**

8" LCD Screen
16:9 Widescreen
2.5 hour battery
Built in Stereo Speaker

save
over
35%



save
over
15%

39⁹⁹
reg. 47.99

**iHome
Alarm Clock for
iPod with
Digital Player
Pink-IH4P
Blue-IH4B**

iPOD Docking Station
Alarm Clock Radio
Charges iPOD



save
over
40%

59⁹⁹
reg. 99.99

**Audiovox
Portable DVD Player
D1788**

7" LCD Screen
16:9 Widescreen
2.5 hour battery
Built in Stereo Speakers



save
over
45%

9⁹⁹
reg. 18.99

**Coby Digital
Key Chain
DP-151**

Hold 60 Photo's
1.5" LCD Screen
Rechargeable Battery
4 Hours Viewing Time



save
over
65%

9⁹⁹
reg. 29.99

**COBY MP3 Player
MP5652G**

2GB
LCD Display
Clip's On



10% off
All Canon
Digital Cameras



To Yokosuka customers, The only entrance to the Electronics Department for sale event items will be beside the Mini-Mart ID stand. Get there early!

A Black Tie Affair

Dec 15, 2008 17:00-21:00 • Yokosuka Main Store
Please look for our Electronic and Jewelry Sale!



YOKOSUKA

Main Store & Mini-Mart
Mon-Sat : 0900-2100
Sunday : 0900-2000

NEX Depot
Mon-Fri: 0900-1700
Sat & Sun : Closed

Autoport Mini-Mart
Daily: 0600-2300

IKEGO

Mini-Mart
Monday: 1000-2100
Sat-Sun: 0900-2100

NEGISHI

NEX Mart
Daily: 1000-2000

Sailors, Marines enjoy Thanksgiving “Meals in the Home”

Story and photo by MC1(SW) Peter D. Lawlor,
USS Blue Ridge Public Affairs

More than 100 Sailors and Marines from the amphibious class flagship USS Blue Ridge (LCC 19) were treated to holiday meals during their Thanksgiving holiday port visit to Hong Kong thanks to the 30-plus families and businesses in the area who volunteered for the “Meals in the Home” program.

The American Women’s Association of Hong Kong sponsored Meals in the Home program gives expatriates working and living in Hong Kong a chance to show their support for U.S. servicemen and women by inviting them in to their businesses and homes for a meal and hospitality.

“We’ve been doing this for six years and we love it,” said veteran Meals in the Home volunteer Tim Sullivan about the program. Tim’s wife Becky was introduced to the program through fellow members of the American Women’s Association chapter in Hong Kong and has hosted dozens of Sailors and Marines at their Grand Garden high rise residence in Hong Kong ever since.

Sullivan believes sharing his home with service members is one way he can help alleviate their loneliness during holidays or extended periods away from home. As the son of a retired Air Force brigadier general who served 35 proud years in

the U.S. military, Sullivan said he personally understands the difficulty of missing family members on the holidays.

“I know what it’s like to be far away from family on the holidays,” said Sullivan. “I know the commitment service members and their families make for our country.

themselves in a traditional American style [atmosphere] while overseas on the holidays.”

The Sullivan’s both agree the experience is just as rewarding and enjoyable for them as it is for their military guests.



Tim and Becky Sullivan say grace with son’s Sam and Nick leading the prayer as they host two Sailors and two Marines from USS Blue Ridge (LCC 19) for a Thanksgiving dinner in their home. The Sullivans have been hosting service members in their home for dinner for the last six years. More than 30 businesses and families in the area opened their doors and provided meals to more than 100 Sailors and Marines during the ship’s port visit to Hong Kong.

This is one small way my family and I can contribute to America; by helping young servicemen and women enjoy

“It really helps to stay in touch with the people who are really doing something for your country,” said Becky. “For Tim and I, we meet a lot of entrepreneurs and business people where money is the most important thing, but when the military is in town and we get a chance to talk to them and see what it is that they are doing and what really motivates them; it’s not money, it’s pride and it’s patriotism... it makes us feel good to be Americans.”

Two Sailors and two Marines spent their Thanksgiving with the Sullivans this year. Their six and four-year-old son’s Nick and Sam said grace before the meal and gave thanks for the delicious holiday feast spread out before them as the family’s two Siamese cats lovingly welcomed the servicemen with a gentle brush of fur against their legs under the dining room table.

Holiday music played lightly in the background as members at the table created their own incidental harmony of subtle clanking spoons, forks and cutlery against serving dishes of everything from turkey and dressing to candied yams and green

bean casserole.

Storekeeper 2nd Class (AW) Jose Betancourt was one of the Sailors in attendance for Thanksgiving dinner at the Sullivans’ home and said he was very appreciative to be invited.

“Tonight was very special and the food was good... really good. The Sullivans are great people. It’s nice to know there are Americans like them overseas who support the troops,” Betancourt said.

“It was good actually being a part of something family oriented for Thanksgiving,” said Marine Cpl. Joseph Niesen who said had he not have gone to the Sullivans home he would have had an unmemorable holiday. “Family is big where I come from so it was nice for me to go into a nice house with loving parents and kids and actually be around a family for Thanksgiving.”

Niesen said he would highly recommend the Meals in the Home program to any service member overseas as did Marine Sgt. Reginald Lampety who also had a place set for him at the Sullivans’ table. “I was really honored to have the opportunity to spend time with a family like that on Thanksgiving Day especially,” said Lampety. “It felt like our home while we were there, which is what Thanksgiving is all about; family and home.”

Lampety expressed his thanks for the Sullivans’ invitation and for making his Thanksgiving Day complete. “If I wouldn’t have went to the Sullivans I probably would have just stayed on the ship, ate at the galley and went to bed,” said Lampety. “It changed my night drastically because I got to spend time with a family, I learned more about Hong Kong and I had a nice dinner. It was a good opportunity and I will definitely sign up again next time.”

Sailors keep CFAY beautiful



Left) IS2 Jonathan Ellison, a native of Fayetteville, N.C., CTR1 Daniel Adkins of Albuquerque, N.M., IS2 Jonathan Donate, from Orange Park, Fla., and ISSA D’Angelo Davis of St. Louis, Mo., pick up trash aboard CFAY during a base-wide cleanup effort Dec. 1.

U.S. Navy photo by MC3 Bryan Reckard

MWR

Morale, Welfare & Recreation

Happenings

FREE!

Surely you can do better than this guy!

Holiday Lighting Contest

***Sunday, December 14 at Yokosuka Community**

This event provides an opportunity to get the community into the holiday spirit. Judges will be on-site to determine winners for each category. There are no registration requirements. Lights must be turned on by 1730. All winners will be notified by phone and will receive a plaque and gift certificates.

**Due to operational requirements, both ashore and afloat, the judging for Yokosuka has been postponed as advertised. We apologize for any inconvenience that this may have caused. For more information, please call 241-2209.

Kernel Popcorn

Wednesday, December 17
Negishi CDC at 1500
Negishi Club at 1730

Thursday, December 18
Yokosuka Library at 1030
Ikego CDC at 1500

Friday, December 19
Yokosuka Main CDC at 0900
Negishi Rock N' Roll Road Show at 1700

Saturday, December 20
CPO Club at 1100
Ikego Rock N' Roll Road Show at 1700

Sunday, December 21
Officers' Club at 0930
Club Takemiya at 1700

...more dates to come!

Everyone's favorite Children's Magic show is back by popular demand. Kernel Popcorn will be performing at Ikego's, Negishi's and Yokosuka's CDCs, SACs and clubs during the holiday season. For more information, please call 243-5215.

HOLIDAY FUN, ENTERTAINMENT, GAMES,

Yokosuka Teen Center
Saturday, December 13 from 1300
Call 243-5542 for more information.

Negishi Teen Center
Saturday, December 20 from 1600
Call 242-4121 for more information.

Ikego Teen Center
Saturday, December 20 from 1800
Call 246-5929 for more information.

Holiday Party

FREE EVENT!

TREATS, MUSIC AND MORE!

Child Development Centers SPECIAL OPENINGS

Yokosuka CDC
Saturday, December 13 from 1700 to 2400

Negishi CDC
Saturday, December 13 from 1700 to 2300

Ikego CDC
Saturday, December 20 from 1700 to 2400

Single Sailor Spectrum Center

Paintball Challenge
Saturday, December 13 at 1200
at Ikego Paintball Paradise
Free transportation will leave Fleet Recreation Center at 1130.

Liberty EXPO
Friday, December 19 from 1430 to 1630 at the Spectrum Center

The Twelve Cardio Days Before Christmas

Saturday, December 13 to Wednesday, December 24

Sign up and log at least twenty minutes of exercise per day for as many days as you can handle. Participants earn prizes based on total number of days and minutes. Visit the staff at the Purdy Fitness Center for details.

Holiday Rock & Roll Road Show

Friday, December 19 from 1700 at Negishi Housing Area
Please call 242-4760 for more information.

Saturday, December 20 from 1700 at Ikego Housing Community
Please call 246-8071 for more information.

Join our traveling band as they rock-n-roll Christmas style through Negishi & Ikego Housing. The "Traveling Band" will stop at various sites on base along with friendly "helpers" serving up refreshments. And don't miss Kernel Popcorn! FREE event!

Saturday, December 20 at 0830
Driving Range (near Seawall)

Bring the entire family out for this social walk along the water. Enjoy some hot chocolate and coffee after the event. Strollers are welcome.

Family Jingle Bell 3k Walk

Drunk Driving... Not Child's Play!!

Call a base taxi or see the duty manager for assistance. Participate in our designated driver program.

On-Base Taxi
Base Phone: 243-4444
Cell Phone: 046-816-4444

Off-Base Taxi
Base Phone: 99-046-825-4444
Cell Phone: 046-825-4444

NONE FOR THE ROAD

Benny Decker

Friday, December 12			Tuesday, December 16 - \$1 Movie Night		
1730	Four Christmases	PG13	1730	Bolt	PG
2030	Four Christmases	PG13	2030	Nick and Norah's Infinite Playlist	PG13
Saturday, December 13			Wednesday, December 17		
1300	Bolt	PG	1730	Four Christmases	PG13
1730	Four Christmases	PG13	2030	Max Payne	PG13
2030	Australia	PG13	Thursday, December 18		
Sunday, December 14			1730	The Secret Life of Bees	PG13
1300	Four Christmases	PG13	2030	W.	PG13
1730	Bolt	PG	Friday, December 19		
2030	Four Christmases	PG13	1730	The Day the Earth Stood Still	PG13
Monday, December 15			2030	The Day the Earth Stood Still	PG13
1730	The Secret Life of Bees	PG13	2330	The Day the Earth Stood Still	PG13
2030	Flash of Genius	PG13	*Final Showing		

Fleet

Friday, December 12			Tuesday, December 16 - \$1 Movie Night		
1800	Max Payne	PG13	1800	My Best Friend's Girl	R
2100	Quarantine	R	2100	Quarantine	R
2400	Max Payne	PG13	Wednesday, December 17		
Saturday, December 13			1800	Quantum of Solace	PG13
1800	W.	PG13	2100	Australia	PG13
2100	Max Payne	PG13	Thursday, December 18		
2400	My Best Friend's Girl	R	1800	Max Payne	PG13
Sunday, December 14			2100	Quarantine	R
1800	Max Payne	PG13	Friday, December 19		
2100	W.	PG13	1800	W.	PG13
Monday, December 15			2100	The Secret Life of Bees	PG13
1800	My Best Friend's Girl	R	*Final Showing		
2100	Max Payne	PG13			

Negishi

Friday, December 12			Sunday, December 14		
1900	Flash of Genius	PG13	1300	Quantum of Solace	PG13
Saturday, December 13					
1300	Beverly Hills Chihuahua	PG			
1900	The Secret Life of Bees	PG13			

MWR Theaters

Synopsis

The Day the Earth Stood Still

Cast: Keanu Reeves, Jennifer Connelly, Kathy Bates, Jon Hamm, Jaden Christopher Smith
Synopsis: Aliens land on earth with a message for all humans "Live in Peace or be destroyed."

W.

Cast: Josh Brolin, Elizabeth Banks, James Cromwell, Ellen Burstyn, Thandie Newton
Synopsis: W. takes viewers through Bush's eventful life -- his struggles and triumphs, how he found both his wife and his faith, and of course the critical days leading up to Bush's decision to invade Iraq.

Four Christmases

Cast: Vince Vaughn, Reese Witherspoon, Zak Boggan, Noah Munck, Haley Hallack
Synopsis: A couple struggle to visit all four of their divorced parents on Christmas Day.

Max Payne

Cast: Mark Wahlberg, Mila Kunis, Beau Bridges
Synopsis: Coming together to solve a series of murders in New York City are a DEA agent whose family was slain as part of a conspiracy and an assassin out to avenge her sister's death. The duo will be hunted by the police, the mob, and a ruthless corporation.

Australia

Cast: Nicole Kidman, Hugh Jackman, David Wenham, Joel Edgerton, Bryan Brown
Synopsis: Set in northern Australia before World War II, an English aristocrat who inherits a sprawling ranch reluctantly pacts with a stock-man in order to protect her new property from a takeover plot. As the pair drive 2,000 head of cattle over unforgiving landscape, they experience the bombing of Darwin, Australia, by Japanese forces firsthand.

The Secret Life of Bees

Cast: Queen Latifah, Dakota Fanning, Jennifer Hudson, Sophie Okonedo, Alicia Keys
Synopsis: Set in South Carolina in 1964, the tale of Lily Owens, a 14-year-old girl who is haunted by the memory of her late mother. To escape her lonely life and troubled relationship with her father, Lily flees with Rosaleen, her caregiver and only friend, to a South Carolina town that holds the secret to her mother's past. Taken in by the intelligent and independent Boatwright sisters, Lily finds solace in their mesmerizing world of beekeeping, honey and the Black Madonna.

The use of camcorders, still cameras, cellular telephones and any other recording devices in the auditorium during the exhibition of any movie is strictly prohibited. Violators will be escorted from the premises and recorded materials will be confiscated. All theatre privileges of violators will be terminated. Violators may be subject to criminal prosecution.

For the most up-to-date movie information call 243-6703.

Food and beverages from outside sources are not permitted in theaters per COMFLEACTINST 1710.64E, ENCL. 33, PARA 3E(3).

MWR ITT & ORC

For details about any of the ITT events listed, 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 Outdoor Recreation services, call them at 243-5732.

Note: Tickets for Matsuyama Ballet "The Nutcracker" are sold out.

FREE Tickets for Kanazawa Zoological Gardens in Yokohama
 ITT will be giving away tickets for FREE admission to the Kanazawa Zoological Gardens. Tickets will be valid until Tuesday, March 31. Regular admission fees: Adults ¥500 / Junior ¥300 / Child ¥200 to military DOD ID card holders and their family members attached to Yokosuka Naval Base from Friday, January 2.

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

Discount Hakkeijima Sea Paradise Tickets
 Discount tickets, good for admission to the aquarium, Dolphin Fantasy and all rides are now on sale at ITT for ¥4,200 for adults 16 years and older, ¥3,200 for juniors 6 - 15 years old and ¥1,800 for children 4 - 5 years old. Tickets are valid until March 31, 2009.

Tokyo Disneyland and DisneySea Tickets
 Get your tickets today for only ¥5,800 for adults, ¥ 5,000 for juniors and ¥3,900 for children! *Tickets to both parks have expiration dates. Tickets may not allow entry into the park during high attendance times.

Outdoor Recreation

One Day Ski Trip to Kagura Mitsumata
 Dust off your skis or snowboard and join Outdoor Rec as we head to Kagura Mitsumata on December 20. This large popular resort has 1225m of vertical drop and is almost guaranteed excellent snow conditions. There is a great selection of 20 courses, supported by a good lift system. Snowboarding is allowed on all slopes. The main Mitsumata slopes and the early Tashiro slopes (with mini half pipe and one make) are very popular courses with snowboarders. The cost is \$55 per person for transportation only. ¥4,000 lift ticket can be purchased at the resort.

One Day Ski Trip to Hakuba Goryu and Hakuba 47
 Have fun at two resorts for the price of one on December 27. Hakuba Goryu offers 926m of vertical drop with 16 courses serviced by 13 lifts. Hakuba 47 offers 800m of vertical drop with seven course serviced by six lifts. Each has a snowboard park with half pipe, quarter pipe, tabletop and wave. The cost is \$60 per person for transportation only. ¥4,500 lift tickets can be purchased at the resort.

Overnight Ski Trip to Naeba
 Spend Christmas at a world class ski facility this year! Outdoor Rec is heading for the great snow and long runs of Naeba on December 24 & 25. Try Tashiro's powder snow using Dra-Gondola (5.5km). Walk out of the Prince Hotel and ski, with lifts and gondolas right outside the hotel! Night skiing is available, as well as a large and delicious variety of restaurants for dinner. A perfect skiing holiday! The cost is \$250 for adults, and \$225 for children under 12. Price includes transportation, two day lift ticket, dinner, breakfast and lodging (2 or 3 people per western style room with bathroom).

4-Day Ski Trip to Niseko, Hokkaido
 Challenge yourself to the ultimate premium powder experience from February 27 thru March 2! Niseko is considered the "best of the best" with its real powder snow conditions covering three major resorts:

Outdoor Recreation

cont... Annupuri, Higashiyama and Hirafu...all accessible with one lift ticket. Local mountain Yoteizan is almost identical to Mt. Fuji and dominates the view from all slopes. The cost is \$650 per person for a 2 person room, \$635 per person for a 3 person room, \$615 per person for a 4 person room and \$595 per person for a 5 person room. Cost includes all transportation (bus and air), lodging and three breakfasts. Accommodation is for three days, four nights at Pension Alice, located three minutes from Hiseko Hirafu ski resort by free shuttle bus.

Ski and Snowboard Lessons
 Have you tried skiing or snowboarding? Or would you like to brush up your basic skiing or snowboarding technique? We offer ski and snowboard lessons by certified instructors. Only \$25 for a two hour lesson in English.

Ski and Snowboard Service
 Do your skis or snowboard need a tune up or waxing? We offer repair and tune up services for your convenience. Hot wax only fee is \$10 and a full tune up is \$20. P-TEX repair is also available. Repair fee is assessed by the size of the damage.

Sledding / Skating Trips
 Friday, December 26: Sledding at Skating at GrinPa
 Sunday, January 11: Sledding at Fujiten
 Monday, January 19: Sledding at Skating at GrinPa
 Friday, January 23: Sledding at Fujiten

Resource Information Center
 Outdoor Rec rents a wide variety of extreme outdoor videos, DVD's and how-to books all for only \$2 per week.

Paintball
 We offer Scenario Saturdays and Speedball Sundays. Reservations are a must. Please call 241-3709 / 243-5732 for more information.

MWR Communities

Christmas Tree Lighting Ceremony - Monday, December 1

As the ceremony in Negishi kicked off, over 100 children and parents gathered at the Community Center to be a part of another exciting Christmas season. It all started with children from the Youth Center, displaying a wonderful showcase of Christmas carols. Singing traditional songs; the children's voices must have carried a message all the way to North Pole as the fat man in the red suit payed a surprise visit. Children immediately surrounded him with their Christmas wish list in hand and even had the chance to pose for photos with Santa. A holiday cake, hot chocolate and cookies were offered to all before the highlight of the ceremony - the illumination of the 25' Christmas Tree. It was time for Santa to zoom off and head for Ikego.

Ikego residents gathered to see the spectacular lighting of a 25' Christmas Tree and to start what is sure to become a holiday tradition. Festivities began with Christmas carols sung by the children (K-6) of MWR School Age Care Program. Hot chocolate and holiday cookies were served just as Santa stopped by for more photos and greetings. A prize drawing and the lighting of the tree closed the ceremony as Santa sleighed away to Yokosuka.

Yokosuka, yet again, kicked off this holiday season in style by lighting its 25' tall Christmas Tree for the second year straight! It was a crisp evening but that did not keep the community from showing up at this affair. Over 120 people left their cozy homes in order to take part and show their Christmas spirit. Children from School Age Care Program sang "Rudolf the Red-Nosed Reindeer" as spectators sipped on hot chocolate and munched on holiday cookies. Special guest musicians "Shonan Brass" from the 7th Fleet Band also performed for the crowd just before a special visit from Santa Claus. Before returning to North Pole, Santa and three lucky children got to push the button for the lighting of the tree and for the beginning of a wonderful holiday season.

Santa Claus was a busy man for sure. And we thank him for making the special trip just for us at CFAY. But most of all, we'd like to thank you for showing your spirit and making this event a fun and successful one. From all of us here at MWR, we wish everyone a safe and wonderful Holiday Season!



音楽散歩 ～ TSCHAIKOWSKY ～ その魅力と名曲の数々

文・写真：河辺雄二、CFAY広報課

クリスマスシーズンが近づくと舞台舞踊劇「くるみ割り人形」を連想する人も多いだろう。雪がちらつくイブの夜、子供たちがはしゃぎながらシュタールパウル家の屋敷に入って行く冒頭のシーンは、クリスマスならではの情景である。欧米各地では11月下旬あたりからクリスマスまで毎年「くるみ割り人形」が上演されるという。私はバレエという柄ではないが、我が家の娘がバレエ観劇に夢中なので、そのお付き合いからバレエ舞台の美しさを知った次第である。もっとも組曲「くるみ割り人形」は子供の頃から耳にしていたが、その「くるみ割り人形」で印象深いのが1970年代初頭エマーソン、レイク& パーマーというムーンシンセサイザーを中心にしたロックバンドの演奏だった。当時はクラシックとロックは相反する関係にあるように思っていたが、クラシック音楽に囲まれた環境に育った欧州のロックミュージシャンは、伝統音楽と非常に深い関係にあることを教えられた。

ところで古典でありながら現代でも人気の高い「白鳥の湖」「くるみ割り人形」「眠れる森の美女」はすべてピョートル・チャイコフスキーの作曲で、チャイコフスキー三大バレエ音楽と呼ばれている。改めてこれほどの親しみやすい名曲を作曲したチャイコフスキーってすごいなと思ってしまう。もちろんバレエ音楽だけでなくピアノ協奏曲やヴァイオリン協奏曲をはじめ「悲愴」などの交響曲も彼の音楽を代表する名曲である。音楽にまったく興味がない人でも「くるみ割り人形」や「白鳥の湖」の旋律は何度も耳にしているだろうし、あるいはピアノ協奏曲第一番にしても、有名なベートーヴェンのピアノ協奏曲第五番「皇帝」やショパンのピアノ協奏曲より確実に知られている。それほどにチャイコフスキーは万人受けしてしかも音楽性が高く、幅広いファンを持つ作曲家といえよう。作曲当時ピアノ協奏曲はニコライ・ルービンシュタインに酷評されたこともあるというから驚くが、当時としてはやや前衛的な部分がそういった評価を生んだのだろうか。

先日そのチャイコフスキーピアノ協奏曲のCDをある所で聴いて、クラシックは演奏家でこうも違うものかということ再認識させられた。名の知れたピアニストの演奏なのにまったく緊張感がなく、まるでバックグラウンドミュージックのようだった。クラシック音楽は二十世紀初頭の終盤頃から録音が残されるようになり、我々は数多くの巨匠たちのピアノ演奏を聴くことが出来るという恩恵に浴して、私はその中でも天才の名に相応しいのはウラディーミル・ホロヴィッツとグレン・グールドだと思っている。そしてチャイコフスキーピアノ協奏曲で私がお勧めしたいのはホロヴィッツの演奏なのである。1941年と1943年のニューヨークカーネギーホールでのライブ盤が知られており、この二回のコンサートとも衝撃的でとてつもない演奏を聴かせてくれる。ニューヨークでのホロヴィッツの演奏は、チャイコフスキー・ピアノ協

奏曲の白眉であろう。しかもホロヴィッツの岳父であり二十世紀を代表する指揮者トスカニーニとの共演であるから、当時の話題性も高かったようだ。まず1年盤は最初からものすごく速い。こんな速い演奏は、私は寡聞にして他に知らない。トスカニーニとホロヴィッツが火花を散らせながら演奏しているのが目に浮かぶようだ。3年盤の方も二人が主導権争いをしているような緊張感溢れる演奏で、第一楽章が終わったところで感極まった聴衆が思わず拍手をしてしまうのである。第二楽章になるとますます白熱して、ホロヴィッツもトスカニーニもお互いに妥協することなく超絶的技巧とパワーをもってフィナーレまで突き進む。つくづくこんな熱気に包まれた演奏に立ち会えた当時の人達は、なんて幸せなんだろうとうらやましく思う。

閑話休題。今年もいよいよ年末。毎年クリスマスシーズンにはチャイコフスキーの三大バレエをはじめ、名作バレエの上演が目白押し。我が家も半年前に手に入れたチケットを握りしめて出かけるとしよう。一流どころの来日バレエ公演なら帯同するオーケストラも素晴らしい演奏を聴かせてくれるので、私にとってはこちらの方が楽しみである。

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)				
管理専門職	5	SRFJRM-039-09	I, II	Dec. 16, 2008
化学職	6	SRFJRM-088-08(R2)	I, II, III, IV	Feb. 4, 2009
技師職 (建築)	7	FEC-PRY2-011-08(R)	I, II, III, IV	Feb. 17, 2009
技師職 (電気)	7	FEC-CI-001-09	I, II, III, IV	Jan. 12, 2009
技師職 (一般)	7	FEC-CI-003-08(R3)	I, II, III, IV	Jan. 6, 2009
技師職 (機械)	7	SRFJRM-115-08(R)	I, II, III, IV	Dec. 16, 2008
技師職 (船舶技師)	7	SRFJRM-024-09	I, II, III, IV	Jan. 26, 2009
技師職 (船舶技師)	9	SRFJRM-178-08(R)	I, II, III, IV	Feb. 4, 2009
エンジニアリング専門職 (建築)	6	FEC-PRY2-002-09	I, II, III	Jan. 29, 2009
エンジニアリング専門職 (建築)	6	FEC-PRY2-001-08(A2)	I, II, III, IV	Jan. 13, 2009
エンジニアリング専門職 (環境)	7	FEC-PRY41-001-08(R)	I, II, III, IV	Jan. 14, 2009
産業衛生士	5	USNH-02-09(R)	I, II, III, IV	Feb. 2, 2009
法律顧問職	7	TSO-02-06(OUF)	I, II, III, IV	毎月1日、15日
司書事務職	3	CFAY-600-02-09	I, II	Dec. 17, 2008
品質管理代行者 (一般)	6	SRFJRM-033-09	I, II, III, IV	Jan. 29, 2009
翻訳職	6	SRFJRM-014-09	I, II	Dec. 12, 2008
技能系 (MLC)				
フォークリフト運転手	6	SRFJRM-015-09	I, II, III, IV	Dec. 15, 2008
フォークリフト運転手	6	DDYJ-010-09	I, II	Dec. 26, 2008
船舶整備工・フォアマンA	7	SRFJRM-072-08(R5)	I, II, III, IV	Jan. 26, 2009
技能系 (IHA)				
自動車車体及びフェンダー修理工	6	NEX-409-09	I, II, IV	Dec. 15, 2008
エキップメントメンテナンスメカニック	7	MMR-35-08(R)	I, II, III, IV	Dec. 19, 2008
ワイター/ウェイトレス・フォアマンB	4	MMR-32-08(R2)(A)	I, II, IV	Jan. 27, 2009
保安系 (MLC)				
移動巡視警備員	2	CFAY-1200-03-09	I, II, IV	Dec. 24, 2008

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

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

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

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

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。

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



クリスマスシーズンにはチャイコフスキー作曲のバレエ「くるみ割り人形」が欧米を始め世界各地で上演される。日本では一流バレエ団の来日公演は人気が高く、チケットを手に入れるのに苦労する。右下のCDは天才ホロヴィッツのニューヨーク・カーネギーホールで演奏されたチャイコフスキーピアノ協奏曲第一番ライブ盤。

CFAY tree lighting ceremony kicks off Christmas season

By Dan Bowen, CFAY Public Affairs

Commander Fleet Activities Yokosuka (CFAY) Morale, Welfare and Recreation (MWR) hosted a tree lighting ceremony to kick-off the Christmas season in front of the Fleet Theater Dec. 1.

The tree lighting ceremony is the first event of the month and is the pre-cursor building up to the Festival of Trees and the Grand Illumination.

The event featured warm cookies, hot chocolate, a giant Christmas tree, Santa Claus and some presents to the delight of the many Sailors and family members present. More than 80 students from The Sullivans School donned their elf hats and sang Christmas carols to the crowd. The 7th Fleet Shonan Brass quintet also appeared helping to give the night a true holiday feel with several Christmas songs.

Santa Claus made an appearance to hand out presents to three lucky kids who were also asked to help light the 25-foot tree. Similar events at Ikego and Negishi were also held and MWR coordinated the events so that each tree would light up simultaneously.

Yokosuka Teen Center Manager Stefan Schmidt served as the master of ceremonies and was pleased to see all the smiling faces in the crowd. "Giving kids a fun time, that's what it's all about," said Schmidt.

December is a busy month for MWR which has scheduled a number of events throughout the holidays to help single Sailors and families alike get in the festive spirit. From Tokyo Christmas shopping trips and jingle bell walks to sledding and ice skating trips, MWR is doing its best to ensure personnel attached to CFAY are able to make the most out of their time while they are forward-deployed.

"Time is precious with your family," said Schmidt. "And a chance to share something like this [tree lighting ceremony] or any of the other events puts punctuation on it and says that was special."

(Left) MU1 Bob Booker, assigned to the 7th Fleet Band's Shonan Brass Quintet plays the French horn in front of the Fleet Theater Dec 1. Booker and the Shonan Brass helped warm up a crowd of CFAY residents as they enjoy a Christmas tree lighting, which kicked off Yokosuka's 2008 Grand Illumination ceremony.

U.S. Navy photo by MC2(SW/AW) Brock A. Taylor



FFSC offers course to prevent post-holiday financial hangover

By Ben Avey, CFAY Public Affairs

The Fleet and Family Support Center (FFSC) will continue to offer its annual holiday financial management class onboard Commander Fleet Activities Yokosuka (CFAY) throughout the month of December.

The course, offered since the beginning of November, is designed to help educate Sailors and their families about spending during the holiday shopping season. Course instructor and FFSC Work and Family Life Consultant Michael Spiltener explained that shoppers often spend far too much money and that causes post-holiday stress.

"The importance of watching your money during the holiday season is to prevent a 'holiday hangover'. That's when the bills start showing up in the mail in January, February and March, and you have to pay them off," said Spiltener. "So, you were happy during the holidays because you were purchasing everything, and all of a sudden all the bills start showing up. Now you're going to have to cut back to find that extra money to pay off debts and credit card bills."

To prevent this "hangover," FFSC and Spiltener teach families how to avoid the holiday spending binge by preparing a plan and setting spending limits for you and your family. The class is broken up

into three sections: financial management for every season; financial management for the holiday season; and tips and techniques. It utilizes educational holiday songs, interactive discussions and a power point presentation to

"It's just to get people thinking about what they're going to be spending for the holidays," said Spiltener.

While financial management is always a topic of interest for CFAY families, the holiday shopping season brings with it a magnitude of spending that cannot be rivaled by any other time of the year.

According to a survey sponsored by the National Retail Foundation, more than 172 million shoppers visited stores and retail Web sites during the "Black Friday" weekend. Spending per shopper increased 7.2 percent from 2007 to \$372.57 and total sales reached an estimated \$41 billion dollars.

In addition to the holiday spending course which will be offered throughout December, FFSC teaches seven different financial classes each month throughout the year. They include: Car Buying Strategies; Credit Management; Developing Your Spending Plan; Home Buying Basics; Saving and Investing; Basics of Retirement Planning and Thrift Savings Plan.

The focus of FFSC is to assist military and eligible Status of Forces Agreement sponsored civilian personnel and their families with the challenges

of prolonged family separations, single service member isolation and frequent relocation.



(Right) Michael Spiltener, a financial advisor with Yokosuka's Fleet and Family Support Center (FFSC), gives a presentation on responsible holiday spending to members of the base community Dec. 1.

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

walk students step-by-step through proven methods that can offer more financial stability.

Officers build wardroom, community cohesion with "Dining Out"

Story and photo by Mark Elrod, CFAY Public Affairs

Officers from the Commander Fleet Activities Yokosuka (CFAY) community gathered recently to experience a centuries-old military tradition, Dining Out.

The dining out gave junior officers an idea of what a dining out means, and how it's supposed to be, because they are not held too often, according to Personnel Support Detachment Officer in Charge Lt. Shannon Lewis.

"Dining out is, kind of, a dying trend, if you will, amongst the Navy," said Lewis. "I've only, in my eight years [in the Navy], been to one."

According to Lewis, the idea was the brainchild of CFAY Commanding Officer Capt. Daniel Weed, who wanted to introduce junior officers to a dining out.

"This was an opportunity for [Weed] to mentor us as well as build cohesion amongst his wardroom and the CFAY community," Lewis said.

For fun during the event, there are two designated characters who are in charge of proceedings.

"The two main characters for this event are Mr. Vice, Lt. j.g. Josh Perry, who sits at his very own table in direct line of sight of Mr. President [Weed] and we watch what

the two of them do," said Lewis. "For all the members of the mess, we have a list of rules that we need to abide to."

The list is comprised of 10 categorical violations of etiquette; smoking at tables prior to the lighting of the smoking lamp, haggling over dates of rank, improper wear of uniform, poor language, improper toasting procedure, leaving the dining room without permission of the president, carrying cocktails into the dining room prior to the end of dinner and drawing a sword (except in a ceremony). If a member of the mess violates one of the rules, they are required to drink from the grog bowl.

Traditional grog is rum watered-down with weak beer. Grog at a Dining Out has other added ingredients that are used to present an unpleasant appearance to the mixture.

"The grog is a mixture of different types of alcohol with things such as meatballs, raw oysters or Tootsie Rolls added for effect," Perry said.

Some of the officers of the mess want to continue the tradition by holding dining out events annually.

"Hopefully, maybe there will be a demand for it next year," said Lewis.

A Bagpiper provides part of the entertainment during the recent Yokosuka Dining Out at the CFAY Arleigh Burke Commissioned Officers' Club.



Part two: Straight talk on alcohol abuse and alcoholism

By Health Link, Medical College of Wisconsin

Editors note: This is part two of a four part series.

According to the Brown University Center for Alcohol and Addiction Studies, more than half of all adults have a family history of alcoholism or problem drinking, and more than nine million children live with a parent dependent on alcohol and/or illicit drugs.

Can alcoholism be treated? Yes. Most alcoholics need help to recover from their disease. With support and treatment, many people are able to stop drinking and rebuild their lives. Alcoholism treatment programs use both counseling and medications to help a person stop drinking. A range of medications is used to treat alcoholism: some are used during the first days after a person stops drinking to help him or her safely withdraw from alcohol. These medications are not used beyond the first few days, however, because they may be highly addictive. Other medications help people remain sober by reducing the craving for alcohol or by making the person feel sick if he or she drinks alcohol.

Does alcoholism treatment work? Alcoholism treatment works for many people. But just like any chronic disease, there are varying levels of success when it comes to treatment. Some people stop drinking and remain sober. Others have long periods of sobriety with bouts of relapse. And still others cannot stop drinking for any length of time. With treatment, one thing is clear, however: the longer a person abstains from alcohol, the more likely he or she will be able to stay sober.

Do you have to be an alcoholic to experience problems? No. Alcoholism is only one type of an alcohol problem. Alcohol abuse can be just as harmful. A person may drink too much and too often but still not be dependent on alcohol. Some of the problems

linked to alcohol abuse include not being able to meet work, school or family responsibilities; drunk-driving arrests and car crashes; and drinking-related medical conditions. Under some circumstances, even social or moderate drinking is dangerous – for example, when driving, during pregnancy, or when taking certain medications.

Are specific groups of people more likely to have problems? Alcohol abuse and

alcoholism cut across gender, race and nationality. Nearly 14 million people in the United States – one of every 13 adults – abuse alcohol or are alcoholic. In general, though, more men than women are alcohol dependent or have alcohol problems. The incidence of problems with alcohol is highest among young adults ages 18-29 and lowest among adults ages 65 and older. We also know that people who start drinking at an early age (14 or younger) greatly increase the chance that they will develop alcohol problems at some point in their lives.

How can you tell if someone has a problem?

Answering the following questions can help you find out if you or a loved one has a drinking problem:

- Have you ever felt you should cut down on your drinking?
- Have people annoyed you by criticizing your drinking?
- Have you ever felt bad or guilty about your drinking?
- Have you ever had a drink first thing in the morning to steady your nerves or to get rid of a hangover?

If you answered “yes” to just one of the questions, a possible alcohol problem may exist. More than one “yes” answer means it is highly likely that a problem exists. If you think that you or someone you know might have an alcohol problem, it is important to see a doctor or other health care provider right away. They can help you determine if a drinking problem exists and plan the best course of action.



Alcohol abuse and alcoholism cut across gender, race and nationality. Nearly 14 million people in the United States – one of every 13 adults – abuse alcohol or are alcoholic. In general, though, more men than women are alcohol dependent or have alcohol problems.

FDNF Sailors recognized as good citizens, friends of Japan

By MC1(AW) Robert S. Cole,
Fleet Public Affairs Det., Japan

Sailors from several commands throughout Japan were honored for their professionalism on the job and their off-duty ambassadorship efforts at the 18th U.S.-Japan Navy Friendship Association (JANAF) award ceremony Nov. 26.

“It is recognition of the very large leadership role that these Sailors have shown in helping to build mutual understanding and goodwill with the citizens of our host country,” said Commander U.S. Naval Forces Japan Rear Adm. James Kelly. “They have given selflessly of their time and efforts to organize many events and opportunities that allowed for United States and Japanese participants to work together to share our cultures and improve our communities. I could not be prouder of their outstanding dedication and service as our best of the best ambassadors of the forward-deployed naval forces (FDNF).”

Senior Chief Culinary Specialist (SW/AW) Wendell L. James of Expeditionary Strike Group Seven Detachment Sasebo,

Chief Cryptologic Technician (SW) Merrill R. Tilley of U.S. Navy Information Operations Command Misawa,

Okinawa and Operations Specialist 2nd Class (SW) Delrick Traylor of *USS Lassen* (DDG 82), along with four personnel from



OS2(SW) Delrick Traylor from *USS Lassen* (DDG 82) is congratulated by Commander U.S. Naval Forces Japan Rear Adm. James D. Kelly after receiving a 2008 U.S. Japan Navy Friendship Association (JANAF) certificate Nov 26.

Quartermaster 1st Class (SW/AW) Michael R. Saavedra of Commander Fleet Activities

U.S. Navy photo by MC3 James Verton

the Japan Maritime Self-Defense Force were recognized for their efforts in strengthening Japanese and American partnerships. All were presented a plaque and certificate from JANAF President Makoto Yamazaki.

James, Tilley, Saavedra and Traylor each played integral roles in volunteer groups in their respective commands. They were instrumental in recruiting volunteers to clean beaches, parks, assist local orphanages in their communities and participating in annual sporting events between the two nations.

Traylor, *USS Lassen's* Sailor of the Quarter and a member of the Yokosuka Seahawks football team, said that receiving this type of recognition is a humbling experience.

“It was such an honor to even be considered as a nominee,” said Traylor.

“Winning the award has given me an unexplainable feeling that hasn't hit me all of the way just yet.”

His chain of command is proud of the way he, as a junior Sailor, has led *Lassen's* crew by example.

“He set the standard by going above and beyond what's expected of a second class petty officer,” said *Lassen* Command Master Chief, CMDCM(SW/AW) Leon R. Walker, Jr.

“I hope me winning this award will start to encourage Sailors to get out and help the community more,” Traylor said. “It doesn't matter how you contribute, every good deed and helping hand makes a difference.”

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