Fleet Activities, Yokosuka, Japan

SEAHAWK 海鷹 UMITAKA

Serving Yokosuka Base for more than 50 years

Vol. LXIII, No. 10 www.cnic.navy.mil/yokosuka March 16, 2012

Students at The Sullivans School receive visit from special guest

By Jamie Chevalier, Seahawk contributor

The Sullivans Elementary School students met with author, illustrator and inspirational humorist Trevor Romain during an assembly at Benny Decker Theater March 2.

In support of his "With You All the Way" tour, Trevor Romain met with the students to inform them about various support tools that are available for their use. The Trevor Romain Foundation has teamed up with the USO to develop the "With You All the Way" deployment kit. These kits help children and their families prepare for deployment, stay connected during the separation and plan for reintegration.

In support of his "With You All the Way" tour, author, illustrator and inspirational humorist Trevor Romain visits The Sullivans Elementary School students during an assembly at Benny Decker Theater March 2.
Photo by MC2 (SW/AW) John Smolinski

"Trevor's resources help students positively express and understand their feelings and empower them with tools to deal with life's challenges," said Audrey Richardson-Murphy, school counselor at The Sullivans. "Lessons shared in the DVD's as well as Trevor's 'Bullies Are a Pain in the Brain' curriculum are incorporated in classroom guidance lessons. We also use his DVD's 'What On Earth Do You Do When Someone Dies and Taking The "Duh" Out of Divorce' as a resource for helping students and parents cope with grief and divorce."

Romain has written and illustrated children's books for more than 20 years and has been speaking to military children around the world. Romain realized his life's work with children while he was on military duty in Angola, when he met a little boy who changed his life.

"In a hospital there were beds full of kids," Said Romain, during his introduction to the students. "A little boy, probably five, reached up and said 'Please sir can you hold me tight?'… I had never been held so tightly in my life. The boy started to cry and his tears ran down my neck and into my shirt and touched my heart. From that day on for the rest of my life, I decided I wanted to work with children, especially children who are hurting."

Romain encourages students not to keep their emotions hidden. He told them how to deal with difficulties in three steps: reach in, reach out, reach up.

"Reach in to figure out what's bothering you, what those feelings are," said Romain.

see ***Romain*** pg. 12

Japanese chefs teach *George Washington* chefs a new 'old dish'

From *USS George Washington* Public Affairs

Soba chefs from the Shonan International Women's Association and local Japanese chefs visited the nuclear-powered aircraft carrier *USS George Washington* (CVN 73) March 6 to teach enlisted culinary specialists and other interested Sailors how to prepare and cook soba, a traditional Japanese noodle dish.

The local chefs taught a wide variety of cooking techniques to Sailors of all ranks in attendance. From junior enlisted, to chiefs and officers, Sailors learned how to properly prepare the soba from scratch.

"The most challenging part was the hand movements," said Culinary Specialist Seaman Recruit Samantha Santiago. "You have to be almost perfect because if you don't finish it quickly the noodles will dry out."

Although the origins of soba are debatable, it is commonly know that soba became a popular dish in Japan during the Edo period (1603-1868) where it was produced in temples and eaten in tea ceremony establishments. soba is a very thin noodle that is made from buckwheat flour.

It is prepared by creating thick dough, flattening it out and then layering before carefully slicing each individual noodle into the correct width, and finally molding them into the proper shape. The preparation for the noodles alone takes approximately 40 minutes, with only a minute and a half to cook them.

After the joint team of chiefs ensured the meal was properly cooked, the culinary specialists alongside the local soba chefs prepared and served the soba with seaweed, green onions and a fish soup to *George Washington*'s commanding officer, executive officer and command master chief in the ship's wardroom.

"Everyone enjoyed tasting the soba noodles," said Santiago.

"The noodles were actually colder than you would expect," said Culinary Specialist Seaman Katherine Laboy. "The temperature caught me completely off guard."

Sailors aboard *George Washington* are typically served American-style foods, yet with the chance to grow more familiar with Japanese foods and dishes it allows the chance of expansion in the diversity of the ship's galley food.

"It's fulfilling to say that I've lived in Japan for three years and learned how to make local Japanese food," said Santiago. "When I get home, I would love the chance to show everyone what I've learned."

"I'm confident enough to try it out on my own," said Laboy. "I could probably remake it, just maybe not as well."

Japanese soba chefs teach Sailors from the aircraft carrier *USS George Washington* (CVN 73) how to prepare soba March 6. The Sailors presented a sample of the dish to the commanding officer and his staff after the training. *George Washington* is the Navy's only full-time forward-deployed aircraft carrier ensuring security and stability in the Western Pacific Ocean.

U.S. Navy photo by MCSA Brian H. Abel

With nearly 20,000 meals served daily underway, *George Washington*'s Supply Department continually works on improving the quality and diversity of the food served to the ship's crew members.

INSIDE

Navy announces new drug testing parameters

To align with new DoD policy, Navy will begin testing for more commonly abused prescription drugs during random urinalysis starting May 1.

Pg. 4

USS Shiloh Sailors learn from executive chef

An executive chef came on board the Ticonderoga-class guided-missile cruiser *USS Shiloh* (CG 67) March 3-16, in support of the Naval Supply Systems Command's "Adopt-a-Chef" program.

Pg. 8