USNH Yokosuka conducts annual blood drive aboard CFAY

By Fumiyo Sato, CFAY Public Affairs

U.S. Naval Hospital (USNH) Yokosuka held a blood drive, in coordination with the U.S. Pacific Command Armed Services Blood Center Okinawa, at Commander Fleet Activities Yokosuka (CFAY). Approximately 150 Sailors and civilians donated blood during the three-day blood drive.

HR Alvin Farthing donates blood during the Armed Services Blood Drive at USNH Yokosuka. The annual blood drive kicked off aboard *USS George Washington* (CVN 73) March 30 and continued at USNH Yokosuka March 31 and the James D. Kelly Fleet Recreation Center April 1.

U.S. Navy photo by MCSN Charles Oki

The annual blood drive kicked off aboard *USS George Washington* (CVN 73) March 30 and continued at USNH Yokosuka March 31 and the James D. Kelly Fleet Recreation Center April 1.

"This is actually one of our mobile blood drives," said Pacific Command Armed Services Blood Center Okinawa Deputy Director Edward Griffin. "We come from Okinawa and we travel around the Pacific to find donors."

The collected blood will be shipped to Okinawa for processing. The blood stays in the military community, supporting a population of 175,000 active duty, family members and Department of Defense civilians across the Pacific. It includes supporting blood for eight medical treatment facilities, ships and operations in the Pacific area.

"We had a conversation in my office and found out that we have a blood drive, so I came here to do something good," said CFAY Administration Office Yeoman 2nd Class Marvin H. Ellzey, who was among the 40 people who donated blood at the Fleet Recreation Center.

"We are happy with the units of services we have received," said Griffin. "More people showed up, but many times there were things such as travel history that deferred them. Many other people wanted to donate, but some of them could not."

According to Griffin, approximately only three to five percent of the population actually donates blood.

"In my opinion, it is the highest form of community service and it literally saves lives," Griffin said. "If every person who donates blood brought a friend, we would never have a blood shortage in the entire United States. I would highly encourage people to come out and donate."

Yokosuka Morale, Welfare and Recreation (MWR) Library Director Jeff Corner has been donating blood for more than 30 years. "I am amazed that it is kind of easy to give back something [to the community]," said Corner. "They are really good with the needles so it doesn't hurt much."

Commander Submarine Group Seven Seaman Patricia Allen donated blood for the first time during the drive.

"I wanted to do something good," Allen said after donating blood. "I have never given blood before. But today I was able to do it."

Latest spring styles storm runway during NEX fashion show

Story and photo by Dan Bowen, CFAY Public Affairs

The Navy Exchange (NEX) and Morale, Welfare and Recreation (MWR) teamed up to offer residents of Commander Fleet Activities Yokosuka (CFAY) a sneak peek at the upcoming spring styles at a fashion show in the Kosano Dining Room at the Officers' Club March 28.

NEX Visual Merchandising Manager Sherrill Wines organized the event and was happy to have the chance to show what's coming to the NEX in a fun, relaxed community event.

"The sneak peek is a quick glimpse of what's coming into the store," said Wines. "We highlighted Karen Stone and Style and Co. but new stuff is coming in everyday so [we wanted] to just give you an idea of what the looks are going to be for the spring and summer time and the colors that are popular."

The show was divided into three sets; it started off with "dressing-up-for-a-night-out" clothing and progressed to "barefoot-on-the-beach" casual. Lt. j.g. Kyla Avey from U.S. Naval Hospital Yokosuka attended the event with her husband and was pleased with the ensembles that were put on display.

"You don't have to spend a bundle of money to look good," said Avey. "It's also nice to know if you do want to spend some money and buy something nice, you have options."

The evening featured both men's and women's fashions. The models for the evening were a collection of residents from around the base. "The models you saw [here] are probably your friends, neighbors or co-workers," said Wines.

The models strutted their stuff around a parasol-lined stage to a playlist of fun and hip music. Each model had their own unique moves and poses and received appreciative applause from patrons who were enjoying a prime rib buffet as they took in the show. Prizes were also awarded between sets which helped to make the evening even more entertaining.

This was the second show Wines has put on since she arrived to CFAY more than four years ago. Pleased with the turn-out and result of the show, she plans to put more on in the future. "We are going to do one more in the summertime for the kids going back to school," said Wines. "If you couldn't make this one we sure hope you'll make it out to the next one."

Pat Thompson models the latest spring styles to hit the Navy Exchange (NEX) during a fashion show put on by NEX and CFAY's Morale, Welfare and Recreation Department in the Kosano Dining Room at the Officers' Club March 28.

Fleet Activities Yokosuka Sailors participate in Tokyo Marathon

Story and photo by MCSN Charles Oki, Navy Public Affairs Support Element Japan

More than 50 Sailors and family members from Commander Fleet Activities Yokosuka (CFAY) participated in the 2009 Tokyo Marathon March 22.

Approximately 30,000 people participated in the run through downtown Tokyo, passing such landmarks as Tokyo Tower, the Senso-ji temple in Asakusa and the Imperial Palace.

Officials closed off 22 miles of Tokyo roads for the race which attracted thousands of spectators. Lt. Rebecca Frazer, a Fortville, Ind., native, said she enjoyed the camaraderie she experienced with her fellow marathoners and took encouragement from the cheering spectators.

"The Japanese people were cheering the whole way," said Frazer, who finished in 3:08. "I couldn't quite understand what they were saying but the fact is, the support was there and it was great."

"It was also really cool to see the city and to get to know the other marathoners a little better," she added.

Lt. Cmdr. Vinny Wood, a Long Island, N.Y., native who finished the race in 3 hours to qualify for the Boston Marathon, said he prepared for the race for nearly six months, on some days logging up to 20 miles.

"Even if you don't complete a marathon, you can train for any race and it will keep you in shape," Wood said.

Chief Mass Communication Specialist (SW/AW) Mike Raney of Rancho Cucamonga, Calif., said many runners from CFAY and Yokota Air Base stayed in the same Tokyo hotel the night before the race.

"The place was packed with military people who put in the hard work to do stuff like this," said Raney. "I think that says a lot about the culture of fitness and that people are taking it seriously."

Raney, who crossed the finish line in 2:48, said motivation, dedication and hard work are key factors for people who want to improve their run times or increase their fitness.

"When it gets tough, don't give up," said Raney. "I respect everybody who goes out there and gives it a go, puts in the work and tries their hardest. You don't have to be a super star to be a runner; you just have to be somebody willing to do the work."

(Center) MCC(SW/AW) Mike Raney runs during the 2009 Tokyo Marathon March 22. More than 50 Yokosuka Sailors and family members entered the approximately 30,000-runner race.