Locals flex their muscles at MWR bodybuilding competition

Story and photo by Dan Bowen, CFAY Public Affairs

More than 200 people crowded into the Fleet Theater here to see local men and women show off their physiques at the 2010 Yokosuka Bodybuilding and Figure Championships Oct. 3.

International Federation of BodyBuilders (IFBB) professional bodybuilder Zoa Linsey made an appearance serving as the guest poser and trophy presenter.

Information Systems Technician 3rd Class Chris Silk from *USS Blue Ridge* (LCC 19) took part in the contest and was awarded 2nd place in the open heavyweight division. His first contest, Silk was excited to get up on the stage and show off the results of all of the hard work he's put in at the gym.

"It was the first contest I've done," said Silk. "It was a whole other experience. I've played college football, played in some big games, made some big plays and got that rush from the crowd, but up there [on the stage] it was a whole other rush. I'm out of words; I can't even explain it. It was awesome and I can't wait to get back up there and do another contest."

Commander Fleet Activities Yokosuka, Morale, Welfare and Recreation (MWR) hosted the contest, which was opened it to the public and had a number of contestants from around the Kanto Plain as well as one from Hong Kong. After a lengthy prejudging phase, the final contestants performed their routines, complete with background music, in front of the judges and an enthusiastic crowd.

"I flew from Hong Kong, not just for this, but [the contest] was the main reason," said James Stokes, a United Kingdom native who is in his second season of competing. "The theater was the perfect venue for a bodybuilding contest. It was a good atmosphere; people were cheering and really supportive. It helps, because if you're feeling a bit nervous, the crowd makes you feel more comfortable."

The crowd had plenty to cheer about with 31 contestants, who were split up into seven divisions according to weight, providing entertainment, and inspiration, to the audience. Contestants were judged on the proportion, shape and balance of each of the contestant's bodies as well as muscular development which takes into account the density, separation and definition of the muscle groups. The women's competition was based on National Physique Committee judging criteria which places emphasis on the athleticism of the physique rather than muscularity.

According to MWR Fitness Director Brent Grubb, the level of dedication required by active duty members who competed speaks not only to their devotion; but also, it illustrates the Navy's commitment to providing programs and menus that will keep its Sailors fit.

James Stokes looks on as IT3 Chris Silk from *USS Blue Ridge* (LCC 19) receives his medal for a 2nd place finish in the Open Heavyweight Division during the MWR sponsored 2010 Yokosuka Bodybuilding and Figure Championships held here at the Fleet Theater Oct. 3.

"We had a couple of guys out there that were part of afloat commands so they spent parts of the preparation for this competition underway," said Grubb. "I think that tells you a little bit about how far the Navy has come as far as trying to promote a healthier lifestyle. These guys were able to go underway and have healthy food available, diet down and get in the shape that they were able to get into for the competition. If they are able to do that on a ship, anybody should be able to do the same thing."

Applied Suicide Intervention Skills Training offered in Yokosuka

By CNFJ Regional Chaplain's Office

Editor's note: An ASIST workshop will be held Oct. 27 and 28 from 8 a.m. to 4:30 p.m. in room 220 at the Community Readiness Center. Participation in all sessions is required. During the course of the workshop, participants will receive 15 hours of suicide intervention skills training. For more information or to register for the class, contact RPC Alan Dagg at alan.dagg@fe.navy.mil or Capt. John Swanson at john.swanson@fe.navy.mil, or call the CNFJ Regional Chaplain's Office at 243-6931.

Commander U.S. Naval Forces Japan-Commander Navy Region Japan (CNFJ-CNRJ) Command Religious Ministry Team Chief Religious Program Specialist (SW/FMF) Alan Dagg and Capt. John Swanson recently kicked off National Suicide Prevention Month for Okinawa area commands with the Applied Suicide Intervention Skills Training (ASIST) workshop on board Commander Fleet Activities Okinawa at Kadena Air Base.

ASIST is a two day workshop developed by LivingWorks that teaches basic suicide first-aid skills to military personnel, family members, ombudsman and caregivers of all walks of life.

Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that protect and promote life. ASIST trained caregivers will be better able to:

- Identify people who have thoughts of suicide.
- Understand how your beliefs and attitudes can affect suicide interventions.
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living.
- Review a person's current risk factors and develop a plan that increases safety from suicidal behavior for an agreed amount of time and then link persons at risk to resources.
- Follow up on all safety commitments, accessing further help as needed.

ASIST teaches participants how to better understand a person's invitations to discuss suicide and the uncertainty that is often present when someone has thoughts of suicide. ASIST also teaches participants how to listen to an individual's reasons for dying, as well as living, and to help them see the uncertainty. Once a person can openly discuss reasons for dying, reasons for living inevitably begin to emerge. Reasons for living may not be very clear to someone having thoughts of suicide, particularly at the beginning of a suicide intervention. However, even just wanting to have reasons for living can usually be enough to motivate a person at risk to choose life.

Full participation in the two-day workshop is required. Training includes large group presentations, small group discussions, videos, and intervention skills practice. This course is challenging and safe and will equip participants in suicide first-aid. Uniform for the workshop is civilian clothes and is open to military, civilian personnel, contractors, Japanese employees, Ombudsman, as well as adult family members. Participants can be from any pay grade, however, we desire volunteers who have an interest in suicide first-aid.

If you were caught in a riptide, would you want a lifeguard nearby? Would you want that lifeguard to be attentive and a strong swimmer? Would you want the lifeguard to have the courage to come to you? ASIST trains lifeguards who are willing to meet people with thoughts of suicide where they are.

Navy observes Domestic Violence Awareness Month

By CNIC Public Affairs

The Navy is observing Domestic Violence Awareness Month (DVAM) in October as an opportunity to inform Sailors and Navy spouses about domestic violence prevention efforts as well as reporting options for victims.

Domestic violence cuts across all age groups and social classes. It happens to Sailors as well as spouses; to men as well as women.

Domestic violence goes beyond physical abuse. It includes emotional abuse such as threats, isolation, extreme jealousy and humiliation. It also includes sexual abuse. Whenever an adult is placed in physical danger or controlled by threat or use of physical force by their spouse or intimate partner, she or he has been abused. The risk for abuse is greatest when victims are separated from supportive networks.

Much is misunderstood about what happens when a Sailor or spouse seeks help for their relationship before domestic violence occurs. All couples have arguments. Making an appointment for couple's counseling does not automatically result in the creation of a Family Advocacy Program, or FAP, case. Nor does family or couple's counseling harm one's career or security clearance.

The Defense Department changed the question on its long-standing security clearance form referencing an applicant's mental health history. As of 2008, Standard Form 86, the Questionnaire for National Security Positions no longer asks for mental health treatment details if the care involved only marital, family, or grief counseling, not related to violence by the applicant, unless the treatment was court-ordered.

Another myth is that counseling is only sought by people who have been arrested or are filing for divorce. Through counseling, however, adults can learn to treat their partners with compassion and respect and avoid manipulation and criticism, even during arguments.

Professional services of licensed counselors are available free of charge at Fleet and Family Support Centers. These are available to active duty and their family members – even Sailors who are unmarried can have couple's counseling with their partners.

A variety of courses that teach healthy relationship skills are also available at Fleet and Family Support Centers. These include anger management and conflict resolution. These are also free and available to both active duty military and spouses.

Help is also available for victims of domestic abuse.

There are two types of reporting options, restricted and unrestricted. Restricted reports do not involve military chain of command or law enforcement. Unrestricted reports will include some type of investigation by command and or law enforcement. Both options make available to victims the full range of advocacy, medical and counseling services.

Speak with a counselor of victim advocate at a local Fleet and Family Support Center or a healthcare provider at a military treatment facility about restricted and unrestricted reporting options for domestic violence. If you think you may be a victim of domestic violence, contact the National Domestic Violence Hotline at 1-800-799-SAFE or visit your installation Fleet and Family Support Center for information on available resources.