Yokosuka Sailors win CNIC All-Regions Culinary Competition

By MC3 Charles Oki, Navy Public Affairs Support Element Japan

Two Sailors from Commander Fleet Activities Yokosuka won the first ever Commander Naval Installations Command (CNIC) All-Regions Culinary Competition Sept. 24.

Culinary Specialist 2nd Class (SW) Chad Shiflett, who serves as an enlisted aide to Commander U.S. Naval Forces Japan (CNFJ) and leading petty officer of CFAY bachelor housing Culinary Specialist 1st Class (SW) Matthew Abel, walked away with the inaugural award.

The competition was held at the CulinAerie Recreational Cooking School in Washington D.C., where culinary specialists from Navy Regions Hawaii, Southwest, Northwest, Mid-Atlantic, Southeast and Naval District Washington, D.C. participated.

Competitors had two and a half hours to prepare a soup, salad and entrée using sesame seeds as the secret ingredient. The preparation began with the creation of a menu, where the Sailors had to plan out the meal they were about to prepare.

The winning menu prepared by Shiflett and Abel featured an Oriental carrot soup with parmesan sesame crisp, soba noodle salad with pickled vegetables and miso marinated shrimp with sautéed asparagus tips and Oriental rice.

(Left) CS2(SW) Chad Shiflett, who serves as an enlisted aide to CNFJ and leading petty officer of CFAY bachelor housing CS1(SW) Matthew Abel, walked away with the 1st place trophy in the inaugural CNIC All-Regions Culinary Competition held at the CulinAerie Recreational Cooking School in Washington D.C Sept. 24.
Photo courtesy of CS2(SW) Chad Shiflett

For Shiflett, the highlight of the competition was being able to meet fellow culinary specialists from across the fleet and learning about their culinary experiences.

"I really think it's awesome to be able to compete against people from all over the Navy," said Shiflett. "We were able to interact with people from eight of the Navy regions and learn about the things they've experienced. I think anyone who gets to attend an event like this will gain a lot of good knowledge from it, but also see another side of the Navy other than the ships."

Following the CNIC All-Regions Culinary Competition, Shiflett and Abel represented the U.S. Navy along side Sailors from Navy Region Mid-Atlantic at the Military Culinary Competition held at the historic Marine Barracks in Washington, D.C. Sept. 26.

Teams representing all branches of the U.S. Armed Forces were present at the event, with teams from the White House, Chairman of the Joint Chiefs of Staff, Air Force Chief of Staff and Department of Homeland Security staffs competing.

The competition, similar to the CNIC competition, challenged military chefs by making them use an entire box of secret ingredients in their meals, rather than just one.

Although the Navy team fell short in the armed forces contest, their preparation and success in the CNIC competition led to commendable representation of the forward-deployed naval forces and kudos from CNFJ Rear Adm. Richard Wren.

"Petty Officer Shiflett and Petty Officer Abel really came together as a team and did an outstanding job of representing Commander Naval Region Japan," said Wren. "They trained together for nearly three weeks to hone their skills and it paid off. We could not have asked for a better team to represent the forward-deployed naval forces. Those two Sailors have a great future ahead of them and should be proud that they competed so well in our name. Everyone in Navy Region Japan shares their pride in winning the All-Navy 1st place trophy."

Professional Bodybuilder Leo Ingram makes appearance at CFAY

Story and photo by Fumiyo Sato, CFAY Public Affairs

International Federation of BodyBuilders (IFBB) Professional Bodybuilder Leo Ingram visited Commander Fleet Activities Yokosuka (CFAY) to take part in autograph sessions at the Fleet Recreation Center Oct. 2.

Ingram, a former Chief Engineman, served in Yokosuka for four and a half years. While serving in the Navy, Ingram started competing in contests in 1993.

"I started naturally with weight lifting in my spare time," said Ingram, who became an IFBB professional bodybuilder in 2006. "Away from the ship, while a lot of people went out to town to do various other things, I chose to come to the gym and work out to improve my physique."

Ingram's accomplishments include overall winner of All Forces National Bodybuilding, Fitness and Figure Championship 2005 and overall winner of North American Championship 2006 where he qualified as a professional.

At the Navy Exchange (NEX) and food court in the Fleet Recreation Center, Sailors enjoyed the opportunity to talk to Ingram. Many of them asked him professional advice about working out and took pictures.

"It's a good opportunity to learn something from him," said *USS George Washington* (CVN 73) Chief Hospital Corpsman Randahl S. Benson after receiving his autograph at the NEX.

Ingram says it is important to work out to enjoy a long, healthy life, not just to become a bodybuilder.

"You can change, no matter what age you are," said Ingram.

Before starting bodybuilding, Ingram said his body fat percentage was nearly border line. Then he learned more about nutrition and started seeing changes in his body. Now as a nutritionist and personal trainer, Ingram points out the lack of knowledge about nutrition prevents people from being fit and healthy.

"People think they're eating good food but [actually] they're not," said Ingram. "In addition to working out, nutrition is a key to changing your body. People don't really understand that they work out but fail to adhere to the diet side so they don't achieve what they want to accomplish."

Besides paying attention to nutrition, Ingram said making a work out routine is also important as well as giving rest to recover.

"It is not easy though, we do have jobs and stuff like that, but make it a priority and it becomes routine. Add it to your routine and make it part of your routine on a daily basis. Then… you might end up on the stage like I did," Ingram said with a smile.

(Right) HMC Randahl S Benson of *USS George Washington* (CVN 73) shakes hands with IFBB Professional Bodybuilder Leo Ingram at the Navy Exchange in the Fleet Recreation Center Oct. 2.

Notification guidance for continuation board released

By MCC(SW) Maria Yager, Navy Personnel Command Public Affairs

A Navy message released Oct. 13 outlines how the Navy will notify Senior Enlisted Continuation Board candidates of their status. According to NAVADMIN 298/09, Sailors considered by the board will be classified in one of three categories:

A – Selected for continuation
B – Not selected for continuation
C – Not selected for continuation and in a legal hold status

Once the board results are approved by the chief of naval personnel, Navy Personnel Command (NPC) will notify commanding officers of category B and C Sailors so commanders may personally and confidentially counsel affected Sailors. Once notifications are complete, all results will be posted on Bupers Online at https://www.bol.navy.mil where individuals may check their results personally.

The Senior Enlisted Continuation Board convened Sept. 21. The board reviewed 5,686 records including 3,234 chiefs, 1,678 senior chiefs, and 774 master chiefs.