

CFAY celebrates the life, achievements of Martin Luther King Jr.

Story and photo by Mark Elrod,
CFAY Public Affairs

In recognition of the life and achievements of Dr. Martin Luther King (MLK) Jr., Commander Fleet Activities Yokosuka (CFAY) held a MLK Celebration at the Cultural Exchange Center Jan. 13.

According to MLKday.gov, Dr. Martin Luther King, Jr. devoted his life to advancing equality, social justice and opportunity for all. He also challenged people to build a better union and taught that everyone has a role to play in making America what it ought to be. With his leadership, the United States made great strides against racial discrimination and toward increased civil rights.

"He took a stand when most were afraid, and he did it through nonviolent means. So, that says a lot about who he was and the kind of things he would like to see for future generations," said Aviation Boatswain's Mate-Fuel Airman Willie Lee Moore Jr., who recited a portion of King's famous "I Have a Dream" speech, during the celebration. "The speech represents a life goal, something to always strive for and aspire for. Dr. King has always been one of my heroes. So, to represent him in a foreign country, like this, is an honor."

In his speech King said, "I say to you today, my friends, so even though we

face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident: that all men are created equal.'

"I have a dream that my four little children will one day live in a nation where they will not be judged by the

color of their skin but by the content of their character. "I have a dream today."

Prior to Moore's recital of King's speech, opening remarks about African-American history and culture were delivered by CFAY Security Officer Lt. Antoine Thornton and translated into Japanese for local citizens and Japanese media, who were in attendance for the event, by CFAY Public Affairs Community Relations Specialist Kyoko Sugita.

"Japanese people know about the racial differences between whites and blacks, and know, a long time ago, white people enslaved black people," said Aiko Shimizu, a resident of Yokosuka City. "We have to know about the past, so that we don't do it again."

In addition, CFAY Command Evaluation Office Financial Management Analyst Barbara Mark sang hymns and inspirational songs for the attendees in the audience.

Though King was assassinated April 4, 1968, some may wonder how King might feel today with the United States having its first African-American president.

"I think Dr. King would feel a great sense of accomplishment and be very proud of where we've come from and how far we've progressed," said Moore. "Everybody should take time to recognize the past and our history, because it's hard to know where you are going unless you know where you've been."



ABFAN Willie Lee Moore Jr. recites a portion of the famous Dr. Martin Luther King Jr. speech "I Have a Dream," during the CFAY MLK Celebration held at the Cultural Exchange Center Jan. 13.

Iraq veteran addresses coping with operational stress injuries

Story and photo by Dan Bowen, CFAY Public Affairs

Navy and Marine Corps Combat Stress Programs Consultant Dr. Heidi Kraft visited Commander Fleet Activities Yokosuka to speak to base leaders, ombudsman and others about operational stresses and how to cope with them in a day-long series of conferences Jan. 13.

A former Navy Psychiatrist and Iraq War veteran, Kraft is the author of the book, "Rule Number Two: Lessons I Learned in a Combat Hospital," which details her experience counseling warfighters on the front lines. Since her time in Iraq, she has traveled extensively speaking to military and family members about her experience.

"I hope everyone who has had a chance to be at one of these presentations hears a couple of things: one, it's up to us to care for one another as Sailors, as Sailor's families as leaders. Communities notwithstanding, it will be and continues to be up to us to care for one another," said Kraft in an interview following a presentation to Yokosuka ombudsman at the Community Readiness Center. "The second point is: injuries that occur to people, whether in combat or high operational tempo, are normal."

Rene Pashuta attended the ombudsman presentation and was appreciative that the Navy provided personnel the opportunity to hear Kraft's words. Echoing Kraft's message that we, as a community, are responsible for taking care of each other, Pashuta feels it's important for individuals to become involved in the community to ensure they will also be able to take care of themselves should the need arise.

"Join your family readiness group, join the clubs around you and take advantage of courses like Compass, which explain the military lifestyle. There's just a ton of opportunities," said Pashuta. "That way, when you're not OK, you'll have a group you can call upon, someone that is in your boat, someone that truly gets it."

Throughout the presentation, Kraft emphasized the point that Sailors and family members are "normal people under extraordinary circumstances." The term and, especially the associated stigma, of psychiatric illness does not apply to those in the community who are having trouble adjusting to hardships of individual augmentee tours or serving in high-tempo areas.



A participant thanks Dr. Heidi Kraft, a former Navy psychiatrist, Iraq War veteran and author of the book, "Rule Number Two: Lessons I Learned in a Combat Hospital" after a presentation to ombudsman at the Community Readiness Center Jan. 13.

"We're talking about injuries and I hope people are able to conceptualize these symptoms as injuries that can be treated and can be healed," Kraft said. "The message I've tried to tell people throughout all these talks and every chance I get is that it's OK if you're not OK, and I think that if we all go forward thinking that way about each other we'll be able to take care of each other in the most effective way."

see related story *Q&A session with Dr. Heidi Kraft*, pg. 10



Traffic rules revision aimed at increasing driver safety

Traffic rules on base are about to change. Although there has been a decrease in accidents in the past four years, the Safety Office wants to get those numbers lower.

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Odyssey of the Mind Club prepares for competition

Members of the Odyssey of the Mind Club at Byrd school have begun preparing for the Odyssey of the Mind competition to be held at The Sullivans school April 2.

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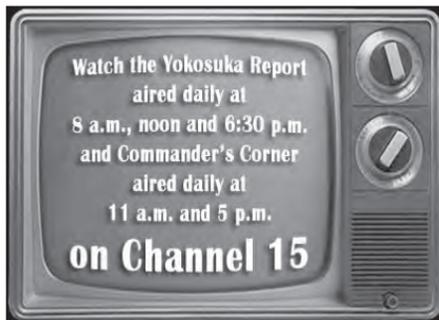


Capt. David A. Owen,
Commander,
Fleet Activities
Yokosuka



CMDMCM Gregory
Vidaurri,
Command Master
Chief

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Heads Up Yokosuka!

Community announcements/Action line

New Slide Submission Policy for Base Channel 15 – CFAY Public Affairs is implementing a new slide submission policy that will ensure content and information on the channel is up-to-date and presented according to television standards. Effective Feb. 1, all slides on the channel which have not been submitted and, or resubmitted to yokosukareport@gmail.com with a submission form will be removed. The form can be found on the main page of the CFAY Web site at www.cnmc.navy.mil/yokosuka. Please call 243-3003 for more information.

New Stop Sign, Crosswalk Added – For all personnel who utilize Halsey Avenue, between Sampson and King Street, a stop sign and crosswalk has been added to Halsey Avenue to protect pedestrians when crossing the street. Please exercise caution when traveling in this area.

Kinnick High School Bazaar – The Kinnick High School Bazaar will be held in the school gym Jan. 29 from 9 a.m. to 5 p.m. and Jan. 30 from 9 a.m. to 4 p.m. Call 243-7392 for more information.

Carney Gate (main gate) Construction – There will be lane closures near guard house area due to a current construction project from now through Feb. 5, 2011. Additionally, the boardwalk pedestrian gate will be closed from Feb. 3-5. Dates on this project are tentative and may change due to site conditions and work progress. Please plan ahead and obey posted traffic signs during this construction period.

現在、正面ゲートでは建設プロジェクトが進んでおり、ガード小屋付近で車両レーン規制が行われています。規制は来年2月5日まで行われる予定です(月～金:午前8時30分～午後4時45分。週末・祝日:午前8時～午後4時45分)。また、ボードウォーク側歩行者用ゲートは2月3日から5日まで終日閉鎖となりますのでご注意ください。上記の日程は現場の状況や工事の進捗により変更されますのでご了承下さい。時間に余裕を持ち、ゲートの標識に従うようお願いします。

CFAY PWD Environmental Division Essay Contest – The CFAY Public Works Department Environmental Division is sponsoring the Earth Day Environmental Essay contest March 1 through 15 for all fourth-grade students (The Sullivans Elementary School only). The theme for the essay contest is "What can you do to help save Earth?" Two winners will be chosen and announced at a date to be determined. Essays should be no longer than one page and submitted to The Sullivans School teachers Steve Parker

or Tanya Chambers no later than March 15. The first-place winner will receive a \$10 Navy Exchange Gift Card and environmental items. The second-place winner will receive environmental items. Call Lily Mow at 243-2732 for more information.

Tax Center Opening – The installation Tax Center will open Tuesday, Feb. 8 at 9 a.m. on the 3rd Floor of the Community Readiness Center. Call 243-6465 for more information.

Berkey Field Tennis Court Facility Renovation – The Berkey Field Tennis Court Facility will be closed for renovation from Jan. 27 through May 12. For safety reasons, the entire facility including the skate park will be enclosed by a construction barrier and unavailable to the public during the renovation time period. Call 243-7250 for more information.

Navy Exchange Fitness Author Book Signing – Fitness guru and personal trainer Tony Horton, best known for the Power 90 Extreme home fitness program, will be signing copies of his new book "Bring It" – The revolutionary fitness plan for all levels that burns fat, builds muscle and sheds inches, at the Yokosuka Navy Exchange Jan. 30 from 1 to 3 p.m. Contact Lisa Ballejo at 243-4455 for more information.

Earth Day Part 64 – Commander Fleet Activities Yokosuka, Morale, Welfare and Recreation (MWR) is looking for volunteers to participate in Earth Day Part 64 to help "Green Up" the base Feb. 5 from 10 a.m. to 1 p.m. An international barbecue will be offered to participants after the event. Sign up by Jan. 31. Call 243-4731, or visit the MWR website at <http://www.cnmc.navy.mil/yokosuka/mwr> for more information.

BZ: Bravo Zulu and a huge thank you to Linda Brown with the Ikego Housing Office. She has the warmest personality and biggest heart. I am a brand new first-time mom and didn't want her to see my messy house and she reassured me that I was doing my best and that every new mom feels that way. She made my day!

Deadline for Seahawk submissions – Deadline for submissions to the Seahawk is the Thursday before the next Seahawk edition. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Contact the Seahawk editor by e-mail to Seahawk-Umitaka@fe.navy.mil or call 243-2567/3003 for specific submission requirements or for more information.

CFAY December Traffic Court Results

Rank	Violation	Points/Revocation As Directed by Instruction	Disposition by Traffic Judge
CIV	Permitting an individual without a USFJ license to drive a motor vehicle	One-year revocation	One-year revocation and traffic school
CIV	Driving a motor vehicle Without a USFJ license	One-year revocation	One-year revocation and traffic school
E-5	DWDI (0.032 BAC)	60-day suspension	60-day suspension and traffic school
CIV	DUI (0.059 BAC)	One-year suspension	One-year suspension and traffic school
E-5	DWDI (0.032 BAC)	60-day suspension	60-day suspension and traffic school
CIV	Two speeding violations	Six points	Nine points and traffic school
E-5	Failure to report a traffic accident	Six months suspension	Three months suspension and traffic school
CIV	DWI (0.082 BAC)	Two-year revocation	Two-year revocation and traffic school
E-6	DWDI (0.042 BAC)	60-day suspension	60-day suspension and traffic school
CIV	Reckless driving	One-year revocation	Six months probation and traffic school
E-7	Reckless driving/Speeding 39 kph over Speed limit	One-year revocation	One-year revocation and traffic school
E-7	Speeding citation	Three points	Three points and traffic school
CIV	Two parking citations And two expired liability Insurance citations	Eight points	Six points

The above list is traffic court results only. Approximately 20 percent of all traffic citations issued are handled over the telephone and approximately 70 percent are uncontested.

Senior enlisted trainers sought for Officer Candidate School

Story and photo by **Scott A. Thornbloom**,
Naval Service Training Command
Public Affairs

As Officer Training Command (OTC) began a new year of training tomorrow's Navy leaders Jan. 1, the command is looking to attract a few more senior enlisted trainers to Officer Candidate School (OCS) and several other OTC schools.

Since the Navy established OCS in 1951, officer candidates have been trained by Navy officers and Marine Corps drill instructors (DIs). Senior enlisted, or chief petty officers (CPOs), have also played a role in officer training for a number of years. In the 90s, Navy senior enlisted recruit division commanders (RDCs), or "red ropers," were added to the OCS training team.

Chiefs, senior chiefs and master chiefs who wear the red shoulder aiguillettes work with Marine Corps drill instructors to train and mentor the candidates. OCS would now like to increase its number of senior enlisted trainers.

"We are looking for chiefs and senior chiefs who are physically fit and motivated and want to make a difference in shaping the future of the Navy," said Master Chief Electronics Technician (SW/AW) Matt Anuci, the senior enlisted advisor and OCS red roper at OTC.

Anuci said it is not well known around the fleet that RDCs, who many people associate with the Navy's only boot camp, Recruit Training Command (RTC), aboard Naval Station Great Lakes, Ill., are also being assigned to OTC.

"We're such a small command and when you think 40,000 recruits go through RTC each year and you are always seeing the red rope of an RDC (more than 600) there, the natural assumption is that's the only place where there are RDCs," Anuci said. "The Navy also sends E-5

and E-6 RDCs to Great Lakes. Newport is totally different because we only have a select few senior enlisted RDCs."

Anuci said that OCS needs senior enlisted RDCs because of "the opportunity to mentor and mold and develop the division-officer-to-chief relationship that is a constant in the fleet."

He also said there is a need for more senior enlisted RDCs at OTC because many of the current 12 will transfer within the next couple of years. As with most commands, the turnover of Sailors, especially chiefs, is constant and continuous. So OTC is always on the lookout for qualified and motivated senior enlisted members to accept orders to OTC.

OTC has also been talking with Navy Personnel Command (NPC) about detailing chiefs and senior chief petty officers who have previously been an RDC early in their careers. OTC would like to see senior enlisted return from the fleet to a shore duty billet at OTC as second tour RDCs. But this isn't a requirement.

The Shore Special Program Detailer (PERS-4010D) at NPC in Millington, Tenn., periodically sends out message traffic and announcements recruiting for RDCs at OTC.

In a recent RDC recruiting notice, NPC announced the need for hard-charging Navy professionals to provide RDC (NEC 9508) support at OTC. The announcement described the position as one that prepares OCS graduates for service in the fleet as naval officers.

The announcement, made periodically in LINK Magazine or on the NPC website at <http://www.persnet.navy.mil/ReferenceLibrary/Publications/LinkOnline/>, looks for E-7 RDCs for OTC to function as senior enlisted technical experts and be responsible for the training, administration, good order and discipline and general welfare of assigned students throughout all



MMC Jamie Hebert motivates a candidate during the first week of the 12-week Officer Candidate School (OCS) at Naval Station Newport. Officer Training Command (OTC) is looking to attract a few more senior enlisted trainers to OCS and several other OTC schools. U. S. Navy photo by Scott A. Thornbloom

phases of training."

"This is absolutely the most rewarding job I've ever had, and at the same time is the most demanding job that I've ever had," Anuci said.

GW recognizes several key players during maintenance period

By **MCSN Cheng S. Yang**, *USS George Washington* Public Affairs

As the aircraft carrier *USS George Washington* (CVN 73) (*GW*) undergoes a routine maintenance period, members of several organizations have stepped forward as leaders to keep the "Spirit of Freedom" mission-ready and in the highest possible material condition.

To recognize these individuals, the ship holds weekly awards quarters honoring Sailors and civilians for their professionalism in the performance of their duties. The first of these ceremonies was held Jan. 14.

"Between every organization, there was 100 percent team work. Together, you are making a real difference," said *GW* Commanding Officer Capt. David A. Lausman, who was on hand to announce the "Key Players of the Week."

"They have gone above and beyond what's required of them and displayed great initiative that's been recognized by both their peers and their supervisors," Lausman added.

Civilian workers Kouichi Kobayashi, Masaki Murazoe, Tatsumi Takahashi, Ryan Cole and Steve Tucker were recognized during this awards quarters.

Kobayashi is a forklift operator, Murazoe works on the rigging, Takahashi led the removal, inspection and reinstallation of the EA-6B Prowler support cans in the hangar bay and Cole and Tucker supported offload and onload operations in the hangar bay.

Aviation Boatswain's Mate - Equipment Airman Bryan Carter, a crew member aboard *GW*, was also recognized for his inspections of various catapult metering injectors which allowed for early testing of the catapult number 2 lube system.

"We hold these events to let the workers and crew know that their hard work



Sailors assigned to *USS George Washington* (CVN 73) (*GW*) listen to Commanding Officer Capt. David A. Lausman during a captain's call in the forecandle of the ship. *GW*, while undergoing a routine maintenance period, recognized several key players during a weekly awards quarters.

U.S. Navy photo by MCSN Christopher S. Harte

is not going unnoticed," said Master Chief Engineman Michael Piazza, one of the ship's maintenance leaders. "For those who were named a Key Player of the Week, I hope this challenges them to keep pushing forward to be the next awardee."

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	FISC-08-11	I, II	Feb. 3
技師職 (一般)	7	FEC-CI-002-11	I, II, III, IV	Feb. 17
エンジニアリング専門職 (海事)	6	SRFJPMC-089-10(R3)	I, II, III, IV	Feb. 22
一般補給品専門職	5	FISC-06-11	I, II, III, IV	Feb. 2
生産管理技師	10	SRFJPMC-083-10(R4)	I, II, III, IV	Feb. 15
生産管理専門職	6	SRFJPMC-119-10(R2)	I, II, III, IV	Feb. 22
品質管理代行者 (一般)	6	SRFJPMC-040-11	I, II, III, IV	March 22
貯蔵品管理事務職	4	FISC-07-11	I, II, III, IV	Feb. 2

技能系 (MLC)

重量装置機械工・フォアマンB	9	SRFJPMC-043-11	I, II	March 1
船舶整備工	6	SRFJPMC-039-11	I, II, III, IV	Feb. 2

保安系 (MLC)

火災防護検査職	4	RFD-001-11	I, II, IV	Dec. 20
緊急活動派遣職	4	RDC-01-11(A)	I, II, III, IV	March 15

限定期間従業員 (MLC)

訓練技術職	6	SRFJPMC-017-11(R)	I, II, III, IV	March 10
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時給制従業員

コック	2-4	MWR-HPT-06-11(R)	I, II, IV	Feb. 9
コック	2-4	NEX-HPT-271-10(R)	I, II, IV	March 9
カウンターアテンダント	2-3	NEX-HPT-CAY-B02-11	I, II, IV	April 12
カウンターアテンダント	2-3	NEX-HPT-CAY-C02-11	I, II, IV	April 12
カウンターアテンダント	2-3	NEX-HPT-CAY-D02-11	I, II, IV	April 12
カウンターアテンダント・フォアマンA	2-4	NEX-HPT-042-11	I, II, IV	March 15
ジャンター	2-3	MWR-HPT-12-11	I, II, IV	Feb. 2
ジャンター	2-3	NEX-HPT-637-11	I, II, IV	March 9
ジャンター	2-3	NEX-HPT-627-11	I, II, IV	Feb. 22
セールスチェッカー	1-3	NEX-HPT-SCY-B02-11	I, II, IV	April 12
セールスチェッカー	1-3	NEX-HPT-638-11	I, II, IV	Feb. 7
販売事務職	1-3	NEX-HPT-614-11(R)(A)	I, II, IV	Feb. 2
サービスワーカー	2-2	MWR-HPT-SWY2-11	I, II, IV	March 15
ストックハンドラー	2-3	NEX-HPT-043-11	I, II, IV	March 23
ストックハンドラー	2-3	NEX-HPT-041-11	I, II, IV	March 15
倉庫係	2-4	NEX-HPT-628-11	I, II, IV	Feb. 22

応募には「募集範囲」に該当することが第一条件です。

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です。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。

但し、横須賀、池子、横浜地域の空席に応募される外部応募者の方は、駐留軍等労働者労務管理機構横須賀支部(046-828-6959)へ空席応募用紙を提出して下さい。

応募書類はすべて空席広報締切日必着です。現従業員が応募書類を提出する際、急ぎの場合は郵送ではなく、直接上記空席応募用紙提出箱へ提出されるか、HRO (建物#C1472)まで直接配達可能な宅配便のご利用をお勧めします。郵送の場合 (速達、ゆうパック等の特別郵便を含む)、基地内にある米国の郵便局を経由するため、HROに到着するまで1週間以上かかることもあります。また、速達や書留、レターパック (エクスパック) 等の追跡サービスは、基地内郵便局到着までを追跡するもので、その日時にHROに書類が配達されたと言う証明にはなりません。

詳しくはHROホームページ (<https://www.cnmc.navy.mil/Japan/HumanResources/MLCIHA/index.htm>) をご覧下さい。基地正門脇、クラブ・アライアンス1階(建物番号1495)から、HRO日本人雇用課ゲート事務所は撤退しましたが、同所にて、空席広報掲示板の閲覧、空席応募用紙提出箱への書類提出、空席応募用紙の入手が、毎日午前6時から午後6時まで出来ます。御用の方は、アメリカの休日を除く月曜から金曜、午前8時から午後4時45分に、空席応募用紙提出箱のすぐ上の壁に設置されています、HRO直通電話をご利用下さい。

横須賀市イベント情報

田浦梅林まつり

「かながわ花の名所100選」にも選ばれている田浦梅の里。白梅、紅梅約2700本が咲きほこります。頂上の展望台からは東京湾が一望できます。期間中はイベントや出店もあります。

日時: 2月5日 (土) ~3月13日 (日)
場所: 田浦梅の里

関連イベント(閲覧自由・無料)

親子たこあげ大会

日時: 2月6日 (日) 13:00~14:00 (雨天13日に延期)
会場: 田浦梅の里芝生広場
※風を持参すればどなたでも参加できます。

生花展示会・俳句展示会・和風展示会・写真展示会

日時: 2月26日 (土) 12:00~14:00・2月27日 (日) 10:00~14:00
会場: 田浦小学校体育館

俳句会

日時: 2月26日 (土)
10:00~12:00・・・投句 (一人3句・正午締切)
12:00~16:00・・・句会 (互選・採点) および表彰

会場: 田浦神明社社務所

クリーンキャンペーン

日時: 2月27日 (日) 11:00~12:00 (雨天中止)
会場: 田浦町内

演芸大会

日時: 2月27日 (日) 10:00~14:00
会場: 田浦小学校体育館

田浦青少年自然の家写真展示会

日時: 1月14日 (金) ~3月31日 (木)

第110回ドブ板バザール

100軒以上の様々な出店やパフォーマンス、ライブ演奏をお楽しみください。

日時: 2月11日 (祝) 12日 (土) 13日 (日)、10:00~18:00
交通: 京急汐入駅・下車徒歩すぐ

Base traffic rules revision aimed at increasing driver safety

By Joe Schmitt, CFAY Public Affairs

Traffic rules on board Commander Fleet Activities Yokosuka and Negishi and Ikego Housing Detachments are about to change.

CFAY Traffic Safety Officer Michael Kretschmer is heading up those changes. He explains that while there has been an 8.16 percent decrease in vehicle accidents from 2007 to 2010, he wants to get those numbers even lower.

Traffic safety changes start with the Traffic Safety Committee. The committee is made up of the CFAY Traffic Safety Office, a representative from each of the tenant commands and can include Japanese police officers and traffic safety engineers. They meet once a month to discuss statistics, regulations, new initiatives and how to improve safety on and off base.

The main idea for improving traffic safety is to make rules more uniform and compliant with the "Manual on Uniform Traffic Control Devices." The manual is used in the United States to make sure driving is safe and consistent across the country. Kretschmer is implementing it here so driving on one part of the base is not completely different from driving on another part of the base or out in town.

One big change will be the update to speed limit signs. "There are no fives on a Japanese speedometer, all the numbers end in zero," said Kretschmer. "We want drivers to concentrate more on driving then trying to go 15 kph."

Most of the speed limits that end in five will go up to the next even 10 kph and the signs will also be made more visible. When the signs are replaced they will also be made more reflective so it will take less light to make them fully visible in low light situations.

Crosswalks are planned to be made more visible, too. "We are in the process of consolidating and moving some of the crosswalks," Kretschmer said. "They will be under street lights and moved to the corners of streets where you can see them better."

The rules for motorcycles will be also be reviewed with the same ideas of unity and conformity. "Right now we have rules on PPE [Personal Protective Equipment] and people are not following them. Riders need to have the correct helmets, eye protection, vests, gloves and boots," he said. "So, we are going to be stepping up enforcement of the rules and you won't be allowed to ride on base unless you are wearing the correct gear."

Traffic Safety is also making bicycling on base safer. "We are planning to redo some of the paint lines and give bicyclists a better defined use of the road with other drivers," he said. "But, that means that they have to be on the correct side of the road, be wearing



MA1 James Guthrie, of Wichita Falls, Texas, directs traffic at the CFAY Womble Gate. Traffic rules on the base and housing detachments are under revision and are aimed at increasing driver safety.

U.S. Navy photo by MCSN Mike Mulcare

all the PPE and follow the rules for riding a bicycle on base."

Mandatory traffic school is part of enforcing the rules and changes. "Regardless of what [the judge's sentence] is, being found guilty means that you will have to go through traffic school," he added. "But, I think most people need to go through the course. Things change all the time and sometimes people forget some basic information. So, a remedial course would be good for anybody."

The traffic safety changes will start being implemented this fiscal year. You can find out more information by reading the "Vehicle Code for Fleet Activities Yokosuka" instruction (COMFLEACTINST 5800.2G) found on the CFAY website under Safety.

Important steps to take when you transfer with pets from Japan

By PS3 Travis Daniels,
PSD Yokosuka

If you own a pet, before you even start packing for your next permanent change of station, there are important steps you will need to take in order for your pet to be placed on a flight with you, and all sorts of documents and items to get. Here, we will look at the requirements, restrictions and the government of Japan (GOJ) regulations of the import and export of pets.

The key to planning your flights with pets is time. As soon as you get your orders to your next duty station you will need to schedule your flight reservations through a designated transfer clerk or through Navy Personnel Transportation Office. A 20-day window is required for booking with pets. When providing pet information, you will need to include the weight of the pet and the pet carrier, which must be large enough for the pet to stand, turn around and lay down in normal posture. You will also need to provide the pet's age, breed and sex; as well as Rabies Vaccination certificate or

Veterinary Health certificate.

If you plan to fly with Air Mobility Command (AMC), your pet and its kennel cannot exceed a combined weight of 150 pounds. If you exceed the weight limit, your pet will need to be shipped by a local cargo company. Families are allowed only two pets unless flying under the Space-Available Pet program, which passengers may reserve more pet space 15 days prior to AMC flight departure through the local transportation office. Soft-sided and collapsible kennels will not be accepted for pets in the cargo area. For AMC flights, the required arrival time is no later than 2 hours and 20 minutes prior to flight departure. Passengers on contract commercial flights may check-in up to 6 hours prior to departure.

The GOJ has requirements for the import and export of pets. First, your pet must have a microchip embedded, which includes your address and the pet's shot record. The identification number of the chip must be documented on the rabies certificate, the health certificate and on the rabies serology (FAVN) test results sheet. The most recent

vaccinations must be given no less than 30 days and no later than 12 months prior to arrival. After the second rabies shot, your pet will need to have a Fluorescent Antibody Viral Neutralization Test.

The GOJ also requires an advanced notification of pet movement as soon as transportation is scheduled for Status of Forces Agreement (SOFA) members on commercial air. In the "Remarks" section, annotate the following: "This pet belongs to a U.S. SOFA sponsored family and will be assigned to (list installation)." For notification, visit the Japan District Veterinary Clinic (JDVC) website at: www.usarj.army.mil/organization/vet/. You will need to obtain the MDJ Form 270, Pet Quarantine and Examination certificate, which allows your pet to be released to you for transportation to the U.S. Military Quarantine Facility, from this website. You will then need to submit the form to the Animal Quarantine officer upon arrival, then to the U.S. Military Veterinary Treatment Facility within 72 hours of arrival. Visit the JDVC website for more information.

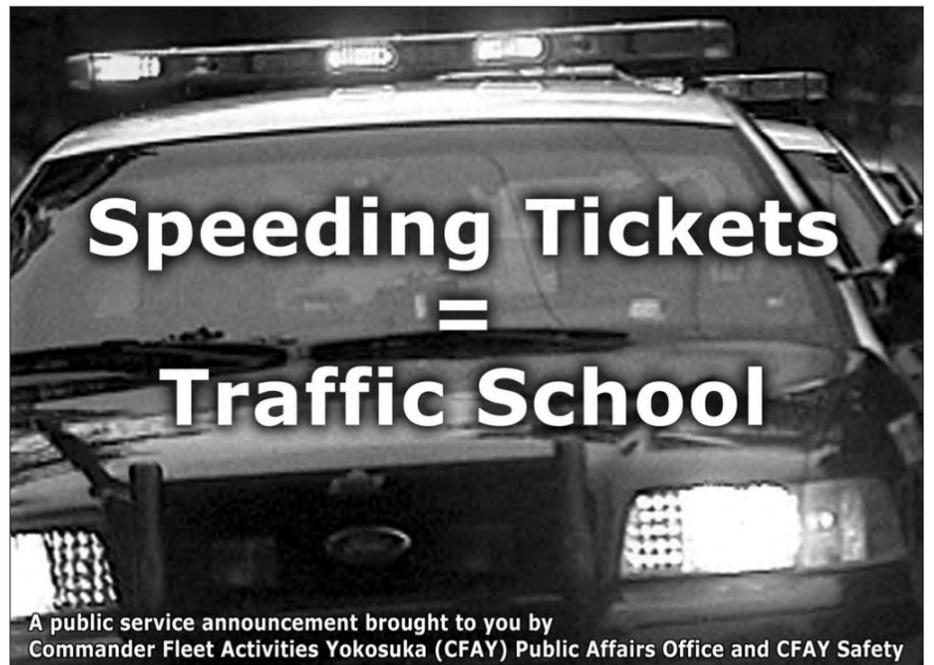


(Left) Veterinary Technicians Pfc. Vikki Espinoza and Allison Hendricks give a vaccination shot to a pet at the Yokosuka Branch Army Veterinary Service Office. The owner is updating his pet's shot record before transferring back to the states as part of a PCS move.

Photo by Joe Schmitt

ROAD CONSTRUCTION ON NIMITZ BLVD

Construction and repaving of Nimitz Blvd. will begin Jan. 27 and continue until April 5. Womble Gate will close at 9 p.m. Feb. 24-25 and March 9-11 and 14. Traffic control will be conducted during this period to ensure the continual flow of vehicles in this area.



Byrd school Odyssey of the Mind Club prepares for competition

Story and photo by Nancy Turner,
Richard E. Byrd Elementary School Public Affairs

Members of the Odyssey of the Mind Club at Richard E. Byrd Elementary School have begun working on creative problem solving projects in preparation for the Odyssey of the Mind competition to be held at The Sullivans Elementary School April 2, for Department of Defense Dependent Schools in the Kanto Plain.

The club meets after school on Thursdays for an hour. Byrd Elementary school Gifted Education teacher Megan Peresie sponsors the group along with parent volunteer Tammy Schreiber.

Each group participating in the competition will first select a problem from the 2011 problem list provided by the Odyssey of the Mind organization. The group then solves the problem and presents their solution at the Odyssey of the Mind competition. Groups will also be given problems to solve. The winners are chosen based on each group's prepared presentation and solutions to problems during the competition.

During the second club meeting held Jan. 13, students were divided into three grade groups and used their creativity to pass a hula hoop around a circle of students without letting it touch the floor or using their hands.

The students formed a circle holding hands and passed the hoop along the circle. Members then had to create a cantilever structure in ten minutes using clay and toothpicks. The instructions given for the cantilever specified that the structure had to sit on a table behind a boundary line and include cantilever structures that stick out as far as possible beyond the boundary line. The cantilever structures were then scored based on how far they extended beyond the boundary.

Odyssey of the Mind is an international program for children in kindergarten through college that provides opportunities for students to develop and use creative problem solving skills.

Teams of students apply creative problem solving skills in a range of areas from



Richard E. Byrd Elementary School fifth grader Joshua Gonzalez and fourth grader Ken-ichi Shay work on their cantilever extensions with the help of teacher Megan Peresie during a Odyssey of the Mind Club meeting Jan. 13. Students use and develop creative problem solving skills during this weekly after-school club in preparation for the April 2 Kanto Plain DoDDS schools competition.

building mechanics to literature interpretation. Competitions are held on local, state, and world levels. The United States and 25 other countries participate in the program.

National Geographic Bee held at Sullivans Elementary School

By Steve Parker, The Sullivans Elementary
School Public Affairs

The National Geographic Bee or "Geobee" local final rounds were held at The Sullivans Elementary School Jan. 10. The first place winner will now take a written examination to qualify for advancement in the worldwide competition.

This year's first, second and third place winners were fifth grader Michael Palermo, who won a \$200 savings bond, fifth grader Emma Hargrave, winner of a \$100 savings bond and fourth grader Payton Lear who won a \$50 savings bond. This year's prizes were donated by the Sullivans Parent-Teacher Organization.

The Geobee is an annual geographic contest for American elementary and middle-school students. The Geobee, held every year since 1989, is open to students in the fourth through eighth grade in participating American schools. More than four million students a year begin the geography competition locally by competing for a spot in the finals, which culminates in a national competition of the winners from each state every May in Washington, D.C. Alex Trebek has moderated the final round since the competition began 21 years ago.

At Sullivans, fourth and fifth grade students answered questions in the opening round by tuning in their classroom televisions as Calvin Grosshuesch, Sullivans' Geobee sponsor for the last 15 years, read out 30 questions over the

student-staffed Sullivans School television Network, SSN. The winners from that round competed against their grade level at an assembly in The Sullivans multipurpose room Dec. 10. From that pool, eight fifth graders and two fourth graders competed in the school's final round Jan. 11.

The questions, even at the opening round are quite challenging. For example, one of the first round

questions was, "Kangaroo Island, south of the Yorke Peninsula is the third largest island in what country?" Another question from the second round of grade level competition was, "The Somali Basin lies off the east coast of which continent?"

Grosshuesch said he enjoys sponsoring the Geobee because, "Every year I learn something new... and I always wanted to be Alex Trebek." Payton Lear, from Jennifer Moser's class, and one of the two fourth-grade finalists, prepared for the bee by using applications on her mom's iPhone. She stated she was excited and scared about the competition.

"I liked the questions and the fact that you're in the Geobee," said Jade Rattanaxay, a fifth-grade finalist from Theresa Wright's class. "But the actual [competition] was nerve wracking!"

By the way, the answers to the above two questions are Australia and Africa, respectively. So study up on your orology and your eremology, don't neglect your geography, and you could win the next Geobee or if you're too old to qualify, perhaps you can impress your friends at your next trivial pursuit party.

The Sullivans School Vice Principal Andrea Mial and Sullivans Geobee sponsor Calvin Grosshuesch pose with third-place winner Payton Lear, second-place winner Emma Hargrave and this year's first place winner, Michael Palermo after an awards presentation following the final round of the 2011 Sullivans School National Geographic Bee Jan. 11.

Photo by Jan Slusher



The editor asks:

"Did you know," the holiday we celebrate the third Monday in February is not actually Presidents Day?

"The origin of Presidents Day lies in the 1880s, when the birthday of George Washington, commander of the Continental Army during the American Revolution and the first president of the United States, was first celebrated as a federal holiday. In 1968 Congress passed the Uniform Monday Holiday Bill, which moved a number of federal holidays to Mondays. The change was designed to schedule certain holidays so that workers had a number of long weekends throughout the year, but it has been opposed by those who believe that those holidays should be celebrated on the dates they actually commemorate. During debate on the bill, it was proposed that Washington's Birthday be renamed Presidents Day to honor the birthdays of both Washington (Feb. 22) and Abraham Lincoln (Feb. 12); although Lincoln's birthday was celebrated in many states, it was never an official federal holiday. "Following much discussion, Congress rejected the name change. After the holiday bill went into effect in 1971, however, Presidents Day became the commonly accepted name, due in part to retailers' use of that name to promote sales and the holiday's proximity to Lincoln's birthday.

Q&A session with Dr. Heidi Kraft

By MC2 Latrice Ames,
U.S. 7th Fleet Public Affairs

Dr. Heidi Kraft, a clinical psychologist and former Navy lieutenant commander, sat down with Commander U.S. 7th Fleet Public Affairs to discuss the military's most pressing side effects of combat.

What inspired you to use a quote from the TV show M*A*S*H for the title of your book?

My book is entitled rule number two, and it's based on an episode in the first season of M*A*S*H in which Henry tells Hawkeye that's there two rules of war. Rule number one is that young men die and rule number two is that doctors can't change rule number one. After my experience in Iraq with Marines in 2004, and my sort of revelation of how amazingly similar our field hospital was to that depicted in M*A*S*H. I felt like there was no other title.

Why is it important for leaders to understand what stress is?

I think that leaders across all of our military services are up against this after 10 years of war. The stress that our service members are under in both operational tempos as well as in combat, is starting to be an accumulative affect. We're starting to see across all services and with our veteran populations that the long term affects of these deployments are starting to be something that affects readiness, families and our service members. I think all leaders have to find a way to understand it and be ready to address it in their own ways.

What can an individual do to improve their health against potential PTSD?

There's a fair number of new pre-deployment kinds of training where we're teaching people, bio-feedback to control the physiologic reaction to stress. By controlling heart rate, respiration and blood pressure to feel the physiologic sense of a stressful event less. And there's some thought that if you can control the physiology, the event may be perceived as less traumatic. A lot of the data about those studies is still out there, but I think teaching someone to expect what to expect, there's less of a delta or a difference between what's expected or what is found in an environment. It is always helpful when teaching someone how to reach for social support and how to surround him or herself with people who understand and can help. All of those things are good tools and will reduce the risk.

What are some of the signs that someone may be contemplating suicide?

Suicide is contemplated by people who feel depressed, period. A person has to be suffering from depression in order to get the point that suicide is an option. The typical and most important sign is someone who feels hopeless, who feels that the future is not a viable option for him or her. A person who feels hopeless about the future, feels alone, is someone who I would consider is at risk.

Are there any signs that are not obvious that should be looked for?

If a person has decided that he or she wants to end his or her life and decides not to reach out for help it's entirely possible that there'll be no signs at all, but that's the unusual person. That's the exception to the rule. The majority of us

are ambivalent about death. We would much rather stay alive. Much rather have someone intervene even if we feel very hopeless. So, if you know a person well, sometimes you can tell changes in their personalities or starting to prepare his or her personal effects, make plans for giving away his or her things, saying good-bye kind of things. You sort of need to know a person in order to see that happening. So those may be some of the signs that are a little less obvious. But the big ones are just making a plan, making a plan for how a person will go forward.

So, when someone is considering suicide and is looking for help who should they turn to?

It could literally be anybody that could intervene if a person is feeling suicidal. And it should be anybody. That's why we teach people it's always OK to ask someone if he or she is considering hurting him or herself. It will never put the idea in someone's head if it wasn't there before. It's really important to intervene in the process as it's moving along, and give the person some level of support. A place to feel less alone at that moment. So, literally that help could be provided by anyone.

What are the stigmas associated with asking or seeking help?

Ah, the military for a long, long time has had a horrible stigma with regards to mental health. I think it's just been a long standing cultural phenomenon. We have no tolerance for anything less than perfection and now that we've been at war for so long people are starting to struggle, it's more and more important to realize that it has to be OK to have suffered an injury as a result of significant stress. By allowing people to have those injuries and to seek help for them to get them healed is a very important part of growing as a military community through all this.

Just to kind of sum it up, are there any other resources available for some of the issues we just talked about?

I think over the course of today we talked about both the mental health clinics and fleet and family service centers here on base are certainly extremely important resources for both service members and families. But, there's also military one source which has an online component that service members and families can use, as well as I think I heard some other folks talking about resources such as the schools psychologist and some support groups that are on the base and have been really helpful for a lot of the folks around here. I think what it comes down to the most important thing to take away from all of this is that we need to care for one another. Be watchful to the people from our left to our right. Make sure that they're doing OK, and know that they are in fact our responsibility and make sure that they get help if they need it.

Is there anything else you'd like to say or add?

I think the theme for today across all of my talks has been something that a very wise corpsman told me when I got back from the war. Which is, "it's okay if you're not okay." These are normal people under extraordinary stress and many of them will be injured by these experiences and that is okay. It's okay for them to not be okay. I hope that that will continue to be something that we can find the strength to tell each other.

KHS Spanish Honor Society gives back to neighboring community



Nile C. Kinnick High School Spanish Honor Society members Mitchell and Walker Cleary, Elena Santiago and Ajia Murphy help clean up after participating in Tokyo's Second Harvest Japan, giving food to those in need.

Story and photo by Vicki Boehler,
Nile C. Kinnick High School Public Affairs

Nile C. Kinnick High School (KHS) Spanish Honor Society was able to give back to their neighboring Japanese community when they participated in Tokyo's Second Harvest Japan, giving food to those in need Jan. 7.

Unemployment, orphanages, single parent families and the homeless, especially in the winter, tend to bring about the increased need for food security. It is believed that more than 650,000 people in Japan are not getting properly fed.

Second Harvest Japan was established in 2000 to help comfort that need. Today the soup kitchen and food bank is located in the Akihabara area of Tokyo and services the needs of many. But the need is still overwhelming.

KHS Spanish Honor Society advisor Jameelah Muhammad and her students saw that need. While at Second Harvest the class viewed a video detailing Japan's history of financial and food subsidy programs for the poverty stricken as well as the failed program of the 90s, similar to the United States food stamp program. While that program didn't thrive, the soup kitchens and other programs to feed Japan's needy continue.

KHS junior Ajia Murphy was moved by the number of single mothers in need of food. Those whose life skills are more limited than most surprised her as well.

"The stigma that people are lazy and don't want to work is wrong," Murphy said. "Not all Japanese have the high IQ people believe them to automatically have. This is why some can't support themselves."

The students committed time to prepare and distribute food to almost 700 homeless men and women in Ueno Park, Tokyo. This included serving and interacting with the people of all ages. They met with the elderly, handicapped and pregnant women. At the end of the day the students left with dishpan hands after the clean up. They also went home with a greater sense of satisfaction knowing the people they fed wouldn't be hungry... at least not that night.

"It felt good to be helping feed that many people who were hungry," KHS sophomore Mitchell Cleary said.

TRAFFIC SAFETY

REVERSE
the TREND!

Traffic Accidents
from
Jan. 1 to Jan. 23
is
29

DRIVE SMART! DRIVE SAFE!

SRF - JRMC 訓練生ら数学を学ぶ

文・写真: 安達慶一、CFAY広報課

艦船修理廠及び日本地区造修統括本部(SRF-JRMC)では2009年10月7日より毎週木曜日の午後4時間、訓練生35名に基本数学講習を行なっている。講習は2011年2月3日に終了予定だ。

SRF-JRMCは技能訓練制度は基本労務契約(MLC)のもとに雇用される日本人従業員の技能習得を目的として設立された。この制度は第7艦隊を常に機能できる状態に保つという部隊方針の遂行に必要とされる熟練工の養成にも不可欠だ。また、制度は米本国の海軍造



Math instructor Kazuo Akimoto tries to relax the students during a math session. He explains to the students that mathematics helps them to do their jobs easier and more accurately.

数学講師の秋元一夫さんは訓練生をリラックスさせることに力を発揮。彼は数学はややこしいものではなく業務を正確にまた簡素化させるのに役立つと説く

船所の見習工制度をモデルとしていて、発足より熟練工育成の資源としてリードする役割を担ってきた。

基本数学は契約講師により教授されていたが1997年の第12期訓練生の卒業で訓練生プログラムから除かれていた。それを2009年に再開したとSRF-JRMC訓練部の吉倉陽生(はるお)さんは説明する。

講習では日本の公立中学校数学レベルを基本としているとはいえ、中学生が通常学習する範囲を全て網羅するのではなく、効果的な図面寸法の計算や単位の換算など業務に関連する分野に集約している。訓練生に数学的かつ体系的な思考方法を教え、SRF-JRMCの将来の職人や監督者となる支援をするものだ。

この講習再開は職場改善のリーディング活動の賜物であり、工場従業員がSRF-JRMC改善推進室へ訓練部に工場に働く訓練生に数学の講習を主催して欲しいとの要望に基づく。

「改善推進室の秋元一夫さんは室長のケビン・シリリングさんと工場からの要望を話し合ってくれました。シリリングさんも快く承認してくださり、秋元さんも講習再開のアイデアを理解し引き受けてくれました。もう1人の改善推進室の貝原壮香(まさたか)さんが、日々、訓練生が現場でどのような数学的問題を抱えているのか秋元さんに伝えてくれました。」と吉倉さんは述べた。

講習では訓練生に数学への興味・関心を喚起させ、積極的に講習に参加させることが肝心であり、「知識や考え方に焦点を当てます。」と秋元さんは語る。そのため、秋元さんは単に机上の知識だけでなく、数学史、現象などで実際のエピソードなどを挿入するよう努めているという。

訓練生の1人が言うには、「講習で秋元さんは我々を飽きさせません。彼は質問に対して個人のレベルに合わせて、何を理解すべきかを分かり易く教えてくれます。また、貝原さんも自らが工場に働いていた知己に数学の問題点の経験を通じて我われを助けてくれます。」

数学は毛嫌いされがちだが、予想以上の熱心な授業態度に秋元さんは関心している。全員が毎回、必ず真剣に課題に取り組み、教室にはペンを走らせる音と、一人一人の息遣いだけしか聞こえない静寂の時間が訪れるという。「その後は、ガッツポーズか溜め息かに運命は分かれます。殆どの受講生が、『かつてこんなに数学に集中したことはなかった。』と言います。この体験こそがこれからの仕事に役立つものと信じています。」

吉倉さんが話すには、講習の顕著な成果はまだ分からないものの、訓練生同士が分からないところを互いに補い合ったり、解説し合う姿が頻繁に見られるようになってきたという。「同期、先輩、後輩の訓練生が期生の枠を超えて、切磋琢磨しながらチームワークを築いていく姿は素晴らしいと思います。訓練部では次年度以降のプランにはショップ、訓練生からのフィードバックを盛り込むつもりです。」

SRF-JRMC apprentices learn mathematics

Story and photo by Keiichi Adachi, CFAY Public Affairs

Members of the Apprentice Program at U.S. Naval Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) have been attending mathematics refresher sessions since Oct. 7, 2009. Taught every Thursday afternoon, the four-hour sessions will conclude Feb. 3, 2011.

SRF-JRMC developed its Apprentice Program to offer local Japanese nationals the opportunity to become skilled journeymen while working as master labor contact (MLC) employees at SRF. This also allows SRF to develop skilled labor to fit its needs in keeping the 7th Fleet operationally

ready. Consistent with apprentice programs at other U.S. Naval shipyards, the SRF Apprentice Program has played a leading role as a source for creating skilled craftsmen since its inception.

According to Haruo Yoshikura from the SRF-JRMC Training Division, basic math was taught by contract instructors as part of the Apprentice Program through the 12th Apprentice Class in 1997. SRF reintroduced math instruction to the Apprentice Program curriculum in 2009.

These refresher sessions are based on math levels taught at Japanese public junior high schools. However, the sessions do not cover all areas that junior high students usually learn. Areas the apprentices study are job related, such as calculations used in planning and

design and for unit conversions. These refresher sessions allow the apprentices to learn and understand job related and systematic mathematical applications, thus better preparing them to become future journeymen and even supervisors at SRF-JRMC.

The return of math instruction to the apprentice curriculum was a result of recommendations developed at several Lean events and shop employees submitting requests to the command Continuous Improvement (CI) Office requesting that SRF Training Division host math training for shop apprentices.

“Kazuo Akimoto, a member of the CI Office, discussed the requests with CI Director Kevin Schilling. Schilling generously accepted, and Akimoto acknowledged the idea to start math training. Masataka Kaihara, another member of the CI Office, assists Akimoto to conduct math training and to explain what kinds of mathematical issues the students face in their daily work areas,” said Yoshikura.

Akimoto said that one of the main objectives of the training is to get the students to develop an interest and curiosity in math, and to participate proactively during each session. “We would like to focus the students on knowledge and thought processes,” he said. To do so, Akimoto tries to use math history, uses cases and actual experiences related to math as much as possible, as well as student hands-on work with equations and applications.

“Mr. Akimoto does not bore us during his sessions,” said one of the students. “He always comes to our individual level when students have questions and plainly explains answers to show clearly what we need to understand. Mr. Kaihara also helps us through his personal experiences with math issues when he worked at a shop.”

According to Akimoto, most people do not love math, but the students have studied and tried harder than he expected. Every time a math problem is assigned during a session, they always willingly work the assignment – the silence of their effort is only broken by the sounds of pencils writing and breathing. “Then we see either raised clenched fists in triumph or hear their sighs from the challenge. Most students tell us, ‘We have never concentrated in math before.’ I hope this experience will be helpful and useful for each of them,” Akimoto said.

Yoshikura offers that although results from the training are not visual and concrete, he impresses upon the junior and senior apprentices to take care and help each other when someone may not understand clearly, and that the resultant building of teamwork is wonderful. “Our division will be focusing on and reviewing feedback from the students as we start to plan for the next math training,” said Yoshikura.

SRF-JRMC four-time holiday lighting contest winner



Last year marked the fourth consecutive year where Commander, Fleet Activities, Yokosuka (CFAY), recognized U.S. Naval Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) as Best Decorated Tenant Command in the annual Morale Welfare and Recreation (MWR) Department sponsored Holiday Decoration contest. (Third from left) SRF-JRMC Commanding Officer Capt. Steven Stancy congratulates FC1(SW) Homer Thompson, who spearheaded the SRF decorations effort, after receiving the first place plaque and other recognition as CFAY's Best Decorated Tenant Command. Santa Claus and other members of the command shared in the celebration.

Photo by Keiichi Adachi

2010年、艦船修理廠及び日本地区造修統括本部(SRF-JRMC)は4年連続で横須賀基地司令部(CFAY)の士気、福祉、娯楽部門(MWR)よりクリスマス装飾コンテストのベスト装飾部隊部門カテゴリー1位の表彰を受けた。SRF-JRMC司令官スティーブ・スタンシー大佐(左から3番目)と装飾の音頭をとったFC1(SW)ホームー・トンプソン、サンタクロス、その他部隊従業員がCFAY主催の装飾部隊部門1位の表彰の盾を手に集合写真に納まる。

文・写真: 安達慶一、CFAY広報課

Your regular “spiritual” checkup

By Chaplain Barry A. Metzger

Next month I will receive my annual physical health assessment at U.S. Naval Hospital Yokosuka. I know I should look forward to it but the truth is, I will have to admit to both my doctor and my dentist that I have not kept many, if any of the promises made to self and physician during last year's assessment.

I'm sure I will need shots and I could have flossed more regularly. Many times in the past, I would jokingly say to folks going to medical for regular check ups that it's also time for their spiritual assessment, only to be greeted by nervous laughter.

Well, I started looking into this idea and found an article by Gordon MacDonald in "Leadership" journal that provided me with what I considered to be a pretty good formula for the spiritual checklist. I share these with you here. The spiritual, would begin with the "doctor" asking the questions listed below.

My patient's conversion story. Is your commitment still current? Do you still believe and remain true to your beliefs? Does the joy that came from first following that belief still exist? We could follow up with: When was the last time you reaffirmed your commitment?"

Memory. Any events in your recent or far-off past that are plaguing you? Are there any resentments, anger, unresolved conflict or regrets that need examination and resolution? Are there any behaviors, attitudes, desires that are costing you the respect of your spouse, your ship mates, your chiefs or commanding officers? How is your capacity to forgive? Do you hold on to anger or bitterness even though it is bad for you? How is your capacity to repent? Again, are we stubborn about continuing to live in accordance with our will, though we know we have been wrong and it destroys us?

Motivation. Do you sense a motivation beyond yourself? Are your motivations pure or self seeking? Are you driven to be recognized, admired or even loved for the wrong reasons? Does your relationship with God entuse you to get out of the rack with anticipation? Do you feel a sense of purpose in your life, on the job, at home, helping others or through a hobby?

Discipline. This word is kind of tough. The others we can handle but this one requires some honest soul searching. The question might be, "What are the things you systematically push yourself to do because they don't come naturally to you but which are necessary in order to make you a more effective person and leader?" A key word for families and personnel today is resiliency. MacDonald states, "The practice of discipline produces an artificial suffering designed to make us all better, more resilient people." He would include categories to consider such as physical, intellectual, financial, time management, emotional, ego and worship. I would interject here a phrase long remembered from my days in chaplain school when our drill instructor would say to us "Don't cheat yourself!" We have to be honest in this area. Are these disciplines merely empty wishes or are we maintaining them on a regular basis?

Stress tests may be required, which would include indicators of how things are at home and with friendships. How are you doing with being in touch with the world beyond work or family and making a difference?

Some key points to leave the patient with are found in the Apostle Paul's writing to Timothy, "Keep yourself pure, turn away from godless chatter and endure hardship." I hope this helps us in self evaluation. Personally, I will have to take a close look at some of these areas.

Excerpts taken from "Your Regular Checkup" by Gordon MacDonald, Leadership Journal, Fall 2010 p. 75-78.

Jeu selected next DeCA director

By Kevin L. Robinson, DeCA Public Affairs

Joseph H. Jeu has been selected as the new director and CEO of the Defense Commissary Agency (DeCA). His appointment became effective Jan. 3.

Jeu comes to DeCA from the U.S. General Services Administration (GSA), where he was the assistant commissioner for general supplies and services for the Federal Acquisition Service. As DeCA director, Jeu succeeds Philip E. Sakowitz Jr., who retired in June 2010.

"Over the span of his distinguished career, Mr. Jeu's comprehensive experience has been in leading and delivering results in business operations, including capital investments, in a worldwide retail activity," said Dr. Clifford L. Stanley, undersecretary of defense for personnel and readiness.

In his previous assignment at GSA, Jeu was responsible for managing three business lines: supply operations, providing more than \$1.4 billion in products to federal agencies worldwide; acquisition operations, establishing government contracts of nearly \$23 billion a year; and property management, disposing of nearly \$1 billion in excess personal property.

Jeu is no stranger to walking the aisles of a grocery operation. His roots as a retailer began in 1975 as a management trainee with Safeway Stores Inc., in Landover, Md. When he left Safeway, he was one of the grocery chain's youngest store managers.

"Returning to commissaries is a homecoming of sorts, and I'm privileged to have the opportunity to once again serve those who selflessly dedicate their lives in service to our great nation," Jeu said about becoming the director of DeCA. "Serving our customers' needs is paramount and will always be my number one responsibility."

His government career began in 1978 as a commissary specialist with the U.S. Army Troop Support Agency's European Region. In 1979, he was promoted as a commissary officer in Heidelberg, Germany, where he was responsible for managing a store with annual sales of \$11 million.

After working three years in the Pentagon with the Department of the Army's deputy chief of logistics, Jeu joined Headquarters Marine Corps in 1984. There, he managed the Marine Corps Commissary System that included 15 commissaries and two commissary complexes. The Marine Corps complex system – one complex on the East Coast at Camp Lejeune, N.C., and another on the West Coast at Marine Corps Air Station El Toro, Calif. – functioned like mini headquarters elements, managing the stores in their area.

In 1987, Jeu was promoted to head of the Marine Corps Services Branch, where he managed the Marines' garrison-level vehicle fleet, personal property and food service programs. He also continued control of Marine Corps commissaries until Oct. 1, 1991, when the creation of DeCA consolidated the four services' military commissaries into one organization.

Jeu began his 10-year run with GSA after his 2000 appointment to the Senior Executive Service and subsequent selection as the assistant commissioner for transportation and property management for the organization's then Federal Supply Service, also known as FSS. Four years later, he was promoted to assistant commissioner in the office of global supply, a significantly larger program where he managed the FSS stock and other programs that support federal activities worldwide, which include the Department of Defense, Federal Emergency Management Agency and the U.S. Forest Service wildfire suppression program.

He is the recipient of the 2009 Presidential Rank Award for Meritorious Executive. As a Meritorious Presidential Rank recipient, Jeu was recognized as a leader in the top five percent of the federal government's Senior Executive Service. In June 2010, President Barack Obama appointed him as a member of the Committee for Purchase from People Who Are Blind or Severely Disabled. He has also received the Navy Superior Civilian Service Award in 1987 and the Navy Distinguished Civilian Service Award in 2001.

Jeu graduated from the College of William and Mary in Williamsburg, Va., in 1975 with a bachelor's degree in business administration. In 1991, he completed the Harvard University Senior Officials in National Security Program.



Joseph H. Jeu has been selected as the new director and CEO of DeCA.

Photo courtesy of DeCA

Seahawk Submission Deadline – Deadline for Seahawk submissions is the Thursday before the next Seahawk edition. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Include your telephone number in the e-mail. Call 243-2567/3003 or e-mail to Seahawk-Umitaka@fe.navy.mil for more information.

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A FREE financial education forum for military servicemembers and families.

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MONDAY, FEBRUARY 7, 2011

FLEET THEATER

0900-1100: OPEN TO ALL SOFA
1300-1500: OPEN TO ALL SOFA

COMMUNITY READINESS CENTER
4TH FLOOR AUDITORIUM

1700-1830: OPEN TO ALL SOFA
COLLEGE SAVINGS (PARENTS ENCOURAGED TO ATTEND)

TUESDAY, FEBRUARY 8, 2011

FLEET THEATER

1000-1200: OPEN TO ALL SOFA
PRIORITY SEATING FOR USS GEORGE WASHINGTON
PERSONNEL AND FAMILIES

1300-1500: OPEN TO ALL SOFA
PRIORITY SEATING FOR USS GEORGE WASHINGTON
PERSONNEL AND FAMILIES

CREDIT MANAGEMENT • SAVINGS • INVESTMENTS
COLLEGE SAVINGS • RETIREMENT • TSP

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

- Material Handler** – NA-05, \$10.94/hr. Club Alliance (1 RFT)
- Waiter/Waitress** – NA-03, \$9.48/hr. Club Takemiya (1 RFT/1 Flex), CPO Club (3 Flex), Officers' Club (5 Flex).
- Food Service Worker** – NA-03, \$9.48/hr. Officers' Club (1 RFT)
- Cashier** – NF-01, \$7.50-\$9.50/hr. O' Club (1 RFT/1 Flex), CPO Club (2 RFT).
- ID Checker/Security** – NF-01, \$7.25/hr. Club Alliance (3 Flex).

Support Activities

- Electrician** – NA-08, \$13.06/hr. Maintenance (1 RFT).
- Accounting Technician** – NF-02, \$8.71/hr. Finance (1 RFT).

Child Development Program

- Program Assistant** – CY-01/02, \$9.59-\$11.75/hr. Hourly CDC (5 Flex), Ikego CDC (1 Flex), Main CDC (1 RFT/6 Flex), Pre-School CYP (4 Flex), Negishi CDC (1 RFT/1 Flex).
- Operations Clerk/Driver** – NF-02, \$8.71/hr. Ikego CDC/SAC (1 RFT).

Community Activities Division

- Child and Youth Program Leader** – CY-02, \$13.15/hr. Yokosuka Youth Center (1 RFT).
- Auto Worker Helper** – NA-05, \$10.94/hr. Auto Hobby Shop (2 Flex).
- Program Assistant** – CY-01/02, \$9.59-\$11.75/hr. Yokosuka SAC (1 RFT/3 Flex), Negishi Youth Sports (1 Flex), Yokosuka Teen Center (2 Flex), Yokosuka Youth Sports (2 Flex), Ikego Teen Center (1 Flex) Ikego SAC (1 RFT).
- Food Service Worker** – NA-03, \$9.29/hr. Bowling Center (1 RFT).
- Operations Clerk** – NF-02, \$8.71/hr. Ikego Youth Center/SAC (1 RFT).
- Recreation Assistant** – NF-02, \$8.71/hr. Yokosuka Community Center (1 Flex).
- Recreation Aide** – NF-01, \$7.25/hr. Bowling Center (2 Flex).
- Cashier** – NF-01, \$7.25/hr. Bowling Center (1 RFT).

Recreation Division

- Projectionist** – NA-07, \$7.25/hr. Bowling Center (1 Flex).
- Food Service Worker** – NA-03, \$9.48/hr. Theater (1 Flex).
- Duty Manager** – NF-02, \$8.71/hr. Theater (2 Flex).
- Recreation Assistant** – NF-02, \$8.71/hr. Outdoor Recreation – Customer Service/Rentals (2 Flex).
- Ticket Seller** – NF-01, \$7.25/hr. Yokosuka Theater (3 Flex), Negishi Theater (1 Flex).

Athletics Division

- Swim Instructor** – NF-02, \$10.00/hr. Aquatics (10 Flex).
- Head Lifeguard** – NF-02, \$9.50-\$12.00/hr. Aquatics (2 RFT).
- Lead Lifeguard** – NF-02, \$8.71-\$10.00/hr. Aquatics (2 RFT).
- Duty Manager** – NF-02, \$8.71/hr. Athletics (1 Flex).
- Clerk Typist** – NF-01, \$7.52/hr. Athletics (1 RFT).
- Lifeguard** – NF-01, \$7.25/hr. Aquatics (5 Flex).
- Gear Issue Attendant** – NF-01, \$7.25/hr. Athletics (1 RFT/1 Flex).

*Due to publishing timelines, some jobs listed may not be available. For the most up-to-date listing check out:

<https://www.cnic.navy.mil/yokosuka/mwr>

HRO USCS Positions

Call 243-5725/8168 for more information.

New

- Administrative Support Assistant (OA)** – GS-0303-07, CNRJ-09-11. Open: 01-24-11, Close: 02-04-11.
- Human Resources Assistant** – GS-0203-5/6/7, CNRJ-12-11. Open: 01-24-11, Close: 02-02-11.

Continuing

- Educational Aide/Technician (Child Youth Programs)** – GS-1702-2/3/4, CFAY-120-10. Open: 11-03-10, Close: 04-29-11. *Open register – Yokosuka/Ikego.
- Educational Aide/Technician (Child Youth Programs)** – GS-1702-2/3/4, CFAY-121-10. Open: 11-03-10, Close: 04-29-11. *Open register – Negishi.
- Family Advocacy Support Specialist (Yokosuka)** – GS-0101-09, CFAY-105-10. Open: 09-30-10, Close: 03-24-10 (Cutoffs in two weeks interval).

NEX Positions

Join a winning team. The NEX has RFT, RPT and Flex positions to fit your schedule. Applications are accepted Monday-Thursday, 9 a.m. to 3 p.m., at the NEX Human Resources Office, MWR building room 226, or visit our Web site at www.navy-nex.com. Come and work for us! Call us at 243-5150 or 243-4418 for more information.

*Salary based on experience. Positions are open until filled.

- Department Manager, NF-3** – Main Store. *\$32,415-\$36,830/yr. (1 RFT)
- Dispensing Optician, NF-3** – Main Store. *\$11.02-\$14/hr. (1 RFT)
- Supervisory Sales Clerk, NF-2** – Main Store and Ikego/Mini Mart. *\$8.71-\$10/hr. (2 RFT)
- Supervisory Personalized Services Clerk, NF-2** – Main Store. *\$8.71-\$10/hr. (3 RFT)
- Sales Clerk, NF-1** – Various locations. *\$7.25-\$8/hr. (13 Flex/1 RPT)
- Sales Clerk (Specialty), NF-1** – Main Store (Watch/Shoes/Jewelry). *\$7.25-\$9/hr. (5 Flex/1 RFT)
- Customer Service Clerk, NF-1** – Main Store Service Department. *\$7.25-\$8/hr. (1 RFT/1 RPT/1 Flex)
- Computer Sales Technician, NF-1** – Main Store. *\$7.25-\$8/hr. (1 RPT)
- Hair Stylist (Hair Care Shop), NA-7.** *12.45/hr. plus commission (1 RFT)
- Fork Lift Operator (DC), NA-5.** *\$10.94-\$11.38/hr. plus shift differential (1 Flex)
- Warehouse Worker, NA-4** – Distribution Center. *\$10.22-\$10.65/hr. (2 Flex)
- Store Worker, NA-2** – Main Store/Auto Port. *\$8.77-\$9.13/hr. (1 RPT/5 Flex)
- Room Attendant, NA-2** – Navy Lodge. *\$8.77-\$9.13/hr. (1 FFT)
- Food Service Worker Supervisor, NS-2** – Main Street Food Court. *\$11.38-\$11.85/hr. (1 RFT, 2 FFT)

- Health Technician (Neurology)** – One full-time contract Health Technician for USNH Yokosuka. Solicitation#: N62649-11-Q-2102.
- Registered Nurse** – One full-time contracts Registered Nurse for BHC Sasebo. Solicitation#: N62649-11-T-0028.
- Family Nurse Practitioner** – One full-time contract Family Nurse Practitioner for BHC Atsugi. Solicitation#: N62649-11-T-0026.
- Family Practice Physician** – One full-time contract Family Practice Physician for BHC Sasebo. Solicitation#: N62649-11-T-0031.
- Psychiatrist** – One full-time contract Psychiatrist for USNH Yokosuka. Solicitation#: N62649-11-T-0025.
- ICU Nurse** – One full-time contract ICU Nurse for USNH Yokosuka. Solicitation#: N62649-11-T-0029.
- Preventive Medicine Technician** – Two full-time contracts Preventive Medicine Technicians for USNH Yokosuka. Solicitation#: N62649-11-T-0023/0024.
- Physician Assistant** – One full-time contract Physician Assistant for BHC Iwakuni. Solicitation#: N62649-11-T-0027.

For details, call Masami Kobayashi/FISC Contracting at 243-6835 or (046) 816-6835. Interested applicants should register with the Central Contractor Registration (CCR) at: <https://www.bpn.gov/ccr/default.aspx>

Worship Schedule

YOKOSUKA: Chapel of Hope

• 243-6773/ 6774

Seventh Day Adventists

3rd SAT Yokohama Seventh Day
Adventists Church 0930

Note: In the event of an emergency, the Chaplain on Duty can be reached by calling CFAY Security at 243-2300.

Roman Catholic

SUN Mass, Main Chapel 0800
SUN Mass, Main Chapel 1100
TUE, THU AND FRI Weekday Mass 1145
TUE ACTS 1730
WED USNH Yokosuka Chapel 1200
WED Perpetual Help Novena, Main Chapel 1700
WED Mass, Main Chapel 1730
THU Choir Practice, Main Chapel 1700
THU Women's Bible Study 1730
FRI Holy Hour Adoration Mass
(Tsubaki Tower party room) 1700
FRI Choir Practice 1700
1st FRI Mass, Main Chapel 1700
SAT Vigil Mass, Main Chapel 1700
SAT Confession, Blessed Sacrament Chapel
(or anytime by request) 1600
1st SAT Baptism, Main Chapel 1400

Roman Catholic Ministries

SUN RCIA Class (Ayame Tower) 0930
SUN CCD (2nd Deck Community Center) 0930
2nd/Last WED Pre-Baptism Class 1800

General Protestant

SUN Worship Service, Main Chapel 0930
THU Choir Practice, Main Chapel 1815

Gospel Praise Service

SUN Worship Service, Main Chapel 1230
WED Choir Practice, Main Chapel 1730

Contemporary Evangelical Christian

SUN Worship, Main Chapel 1700
THU Praise Team Rehearsal, Choir Room 1600

Church of Christ

SUN Worship, Community Center
Auditorium 2nd deck 0900
SUN Bible Class 1030
WED Bible Study
(Community Center Auditorium 2nd deck) 1800

Protestant Liturgical

SUN Communion Service
(Community Center Auditorium 2nd deck) 1100

Filipino Christian Fellowship

SUN Worship Service
(Community Center Auditorium 2nd deck) 1230
WED Prayer Meeting, room 3 1800

Latter-Day Saints

SUN Priesthood/Relief Society 0900
SUN Sunday School 1000
SUN Sacrament 1050

Location: Directly across the street to the west from the Yokosuka City Post Office (Off base)

Jewish Faith Community

FRI Shabbat and Kiddush,
Jewish Chapel (Chapel of Hope) 1800

Soka Gakkai (Buddhist)

2nd and 4th THU Classroom 10 1800

Protestant Ministries

Yokosuka Student Ministries (Middle School and High School)*

WED High School – One Way 1730
THU Middle School – Quest 1630

Protestant Women of the Chapel

1st MON Fellowship Program 1600
TUE Bible Study, Classroom 10 0900
TUE Bible Study 1800

Japanese Women's Bible Study

TUE Main Chapel/Fellowship Hall 0900

Men's Christian Fellowship

TUE Study Group (Fleet Rec 3rd Deck) 1130
3rd SAT Breakfast (Location varies) 0800

Bible Study

THU Christian Bible Study 1730

Negishi: Chapel of the Rising Sun

• 242-4183

Roman Catholic

SUN Mass, Main Chapel 0900

Negishi Protestant Service

SUN General Service 1030

Ikego: Religious Services

(Kyoto Tower Party Room, 243-6773/6774)

General Protestant

SUN Worship Service 1000

Ikego Protestant Service

SUN General Service 1000

Adult Bible Study

WED Nikko Tower Party Room 1800

A.W.A.N.A. Children's Ministry

WED Ikego Elementary School 1630

Fleet and Family Support Center

Upcoming Classes

Monday, Feb. 7

Areal Orientation Brief and Intercultural Relations Class (Pre-registration require) 8:45 a.m. (5 days): Feb. 7-11, this class will be held at the 4th Deck Auditorium, Community Readiness Center.

CASA – Communication, Anger and Stress Management, Assertiveness: 2 p.m. (2 hrs.)

English as a Second Language: 10 a.m. (2 hrs.)

Labor and You: 1 p.m. (6 hrs.)

College Saving Plan: 5 p.m. (2 hrs.)

Foundation Military Financial Education Forum: (2 days) 9 a.m. and 1 p.m. (2 hrs.)

Tuesday, Feb. 8

Learn to Write Hiragana and Katakana: 4:15 p.m. (1 hr.)

Modeling Networking Group: 10 a.m. (2 hrs.)

Health Relationships: 5 p.m. (1.5 hrs.)

Baby Basics: 1:30 p.m. (3 hrs.)

Ikego – Cultural Class for Adults: 10 a.m. (1.5 hrs.)

Welcome to Ikego: 9 a.m. (5 hrs.)

Wednesday, Feb. 9

Credit Report Course and More: 2 p.m. (1.5 hrs.)

CASA – Communication, Anger & Stress Management, Assertiveness: 2 p.m. (2 hrs.)

Japanese Spouse Group: 10 a.m. (2 hrs.)

EML/ Space A: 1 p.m. (1 hr.)

Thursday, Feb. 10

Car Buying: 10 a.m. (1 hr.)

Effective Resume Writing: 10 a.m. (2 hrs.)

Ikego – Play Morning: 10 a.m. (1.5 hrs.)

Friday, Feb. 11

Yokosuka – Play Morning: 9:30 a.m. (1.5 hrs.)

***Please visit our website for more details about our classes.

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

Visit our website: www.cnrc.navy.mil/Yokosuka/CommunitySupport/FFSC/index.htm

Find us on Facebook! Search "FFSC Yokosuka" from your Facebook account.

Regional Workforce Development Training Schedule

- **PowerPoint 2003 Level 1 (in Japanese):** Feb. 7-8, ¥16,800
 - **PowerPoint 2003 Level 1 (in English):** Feb. 9-10, ¥20,000
 - **Word 2003 Level 2 (in Japanese):** Feb. 15-16, ¥16,800
 - **Briefing on Military Spouse Employment Program:** Feb. 17, no cost
 - **Word 2003 Level 2 (in English):** Feb. 23-24, ¥20,000
 - **Excel 2003 Level 2 (in Japanese):** March 1-2, ¥16,800
 - **Customer Service Course (in Japanese):** March 3, no cost
 - **Excel 2003 Level 2 (in English):** March 3-4, ¥20,000
 - **PowerPoint 2003 Level 2 (in Japanese):** March 8-9, ¥16,800
 - **PowerPoint 2003 Level 2 (in English):** March 15-16, ¥20,000
 - **Briefing on Military Spouse Employment Program:** March 18, no cost
 - **Cross-Cultural Understanding in the Workplace:** March 22-23, \$389
 - **Access 2003 Level 2 (in Japanese):** March 22-23, ¥16,800
 - **Access 2003 Level 2 (in English):** March 28-29, ¥20,000
 - **Assertiveness Training (Non-Native English Speakers):** March 24-25, \$389
- For more information, call 243-7328, e-mail to rwd-student-services@fe.navy.mil or visit the website <https://www.cnrc.navy.mil/japan/programs/rwd/index.htm>.



BM1 Shandell Black takes the Navywide chief petty officer (CPO) advancement exam in the Club Alliance ballroom on board CFAY Jan. 20. Every first class petty officer must first pass the CPO exam before being eligible for the CPO board.
U.S. Navy photo by MC3 Charles Oki



After reading the book "Stone Soup" Jan. 11, Richard E. Byrd Elementary School students Sean Cooper and Ali Curci in the kindergarten/first-grade multiage class made vegetable soup using math measurements and counting skills selecting 10 of each vegetable to add to the soup.
Photo by Nancy Turner



The winners of The Sullivans Elementary School D.A.R.E (Drug Awareness Resistance Education) Essay contest stand with D.A.R.E officer MA2 Patricia Mitchell and the school's assistant principal Andrea Mial during a ceremony held in the Benny Decker Theater Jan 20.
Photo by Yuji Kawabe



U.S. Naval Hospital Yokosuka nurse Lt. Phonthip Eadens shows Ikego Girl Scout Troop 13 "Daisies" around the Emergency Department during a tour of the hospital Jan. 3. The Daisies, who are 5-6 years old, also visited the hospital laboratory and the Maternal Infant Newborn Department to earn their "Discover Nursing" patch.
Photo by Ben Avey

Konnichiwa



Master Labor Contract employee sheet metal worker Jun Suzuki measures a piece of sheet metal prior to cutting for use on board *USS Blue Ridge* (LCC 19).
Photo by Yuji Kawabe

- Where do you work? SRF-JRMC.
- How long have you worked on base? Ten years.
- What is your favorite food? Hamburgers.
- What is your life goal? To continue to play professional street basketball.

Pet of the week



The Pet of the week this week is Toulouse. This handsome orange tabby is a young kitten, under four months old. Toulouse is playful, sweet, and loves sleeping with his brother and sister. He would do well in any home and would adjust well to living with other cats or even dogs. Do you have room for this little guy in your lap? To find out more about Toulouse or any animal at Pets Are Worth Saving (P.A.W.S.), contact them at 243-9996, by e-mail to usskittytalk.yokosuka@gmail.com or visit the P.A.W.S. website at www.pawsyokosukajapan.com.
Photo courtesy of P.A.W.S.