



GW sponsors awarded for 'going above and beyond'

Story and photo by Mark Elrod,
CFAY Public Affairs

Sponsors of *USS George Washington* (CVN 73) family members were rewarded for their efforts in a ceremony here at Commander Fleet Activities Yokosuka (CFAY) Chapel of Hope, Aug. 28.

Sponsors are individuals who take on the responsibility of helping new people adjust to their new surroundings.

"A sponsor is your own information-referral specialist," said CFAY Fleet and Family Service Center (FFSC) Work and Family Life Consultant Angela LeMay, sponsor coordinator for the *GW* and mistress of ceremonies. "That's the great thing about having a sponsor, especially when you are coming overseas. It just makes everything go smoothly. It makes for a great transition to Japan."

Usually, sponsors are part of a particular command, according to LeMay.

"This is the first time this has been done, in the Navy, where people that were not part of the command were sponsoring families," she said.

"The purpose of the award is to let the sponsor know that we appreciate them. So they can have that piece of paper on their wall to let them know that they went above and beyond," LeMay said.

According to LeMay, some of the sponsors set up post office boxes, phone lines, and Navy Lodge reservations for their sponsored families.

In some cases, the sponsors even went the extra mile by taking pictures of base housing and making beds, with fresh linens donated by the New Sanno Hotel for the

families before they arrived, according to LeMay.

"I communicated with the service member about insurance, housing, buying a vehicle, living out in town, housing allowances, cost of living allowances... all the relevant information," said PS1 (SW/AW) Allison Daniels, of FFCS.

She discovered that she was able to pick up the keys for her sponsored family's residence and figured she could help them get settled before they arrived.

"I picked up the keys and had temporary furniture delivered (to their residence)," she said.

Some sponsored families didn't have any knowledge about CFAY and Japan and simply needed information, according to Isabelle Gonzales. "I would do the research and e-mail them back and tell them what I found out," said Gonzales.

"I don't think there is anything more important than knowing where you're going to come to before you get on that plane," said LeMay.

For some sponsors it was about getting to know the families and establishing relationships with them, so they



CFAY Commanding Officer Daniel L. Weed poses with the sponsors of *USS George Washington* (CVN 73) families after presenting awards in a ceremony held at Chapel of Hope Aug. 28.

would have a friend here, according to Belinda Kate Kelloff, whose husband cross-decked from *USS Kitty Hawk* (CV 63) to the *GW*

"I just wanted to help people to help people, because I've been here before and I know how hard it can be coming from one culture to another. Not understanding the culture can get quite confusing," said Kelloff.

see AWARDS, pg.8

USS John S. McCain pays respect at Australian Commemoration

Story and photos MC2 Byron C. Linder,
Fleet Public Affairs Det., Japan

Sailors of guided missile destroyer *USS John S. McCain* (DDG 56) paid respect and participated in the Battle for Australia Commemoration Sept. 3 at the Shrine of Remembrance in Melbourne, Australia as part of the Great White Fleet centennial



Sailors of guided missile destroyer *USS John S. McCain's* (DDG 56) color guard parade the colors during the Battle for Australia commemoration ceremony at the Shrine of Remembrance in Melbourne Australia, Sept. 3.

anniversary celebration.

The Battle for Australia Commemoration honored the courage, sacrifice and service of Australians and their allies who fought and repelled attacks on Australia, the Kokoda Track, at Milne Bay, Coral Sea, Midway, and other locations between 1942 -43, during World War II.

Cmdr. John S. Banigan, *McCain's* commanding officer and members of his crew represented the U.S. Navy at the ceremony.

McCain's color guard joined the Royal Australian Navy ship HMAS Cerberus' color guard to ensure the national ensigns of both Australia and U.S. were prominently displayed while opening the ceremony.

With the arrival of official guests came a musical performance by the Melbourne Philharmonic Choir.

Banigan joined key members of the Australian Defence Force in placing a floral tribute at the shrine's eternal flame.

The playing of both Australian and U.S. national anthems and retiring of the colors closed a solemn occasion with appropriate respect.

Ship's Serviceman 3rd Class (SW) Juan Guerrero, a member of *McCain's* color guard and native of Milwaukee, Wis., emphasized the importance of *McCain's* attendance on behalf of the U.S. Navy.

"Every time we go out there, we're representing the U.S. Navy and it's important to spread a positive image with events like that," Guerrero said. "We can't forget those who died and presenting the colors together is a good thing for us to do. We come together to remember the past while looking forward to the future."

"It was a solemn occasion. One of joy and heartfelt sorrow," Banigan added. "The praise given the United States as one of Australia's 'key allies' was lauded time and time again throughout the ceremony and thereafter."

USS John S. McCain, commanded by Cmdr. John S. Banigan, is one of seven Arleigh Burke-class guided missile destroyers assigned to Destroyer Squadron (DESRON) 15 and is permanently forward-deployed to Yokosuka, Japan.



Capt. Daniel L. Weed,
Commander,
Fleet Activities
Yokosuka



CMDCM Wayne E. Smith,
Command Master
Chief

司令官の相談室

Multipurpose room policy change effective Oct. 1, 2008 – All MFH residents may make reservation 60 days in advance. Smoking and consumption of alcoholic beverages are prohibited. Use of barbeque indoors or within 10 feet of building is prohibited. Pets are not authorized. For further information or questions, please contact Housing Facilities Office at 243-9067.

Product Caution Advisory – A faulty adapter plug has been discovered on Toshiba TV, model number 47WL66, sold at the Yokosuka Navy Exchange (NEX) which could be a potential fire hazard. If you have purchased this model TV from the Yokosuka NEX, please contact NEX Divisional Manager Brad Hoover at 243-6751 to obtain a safety approved replacement adapter.

Government Travel Credit Card change – Government Travel Credit Cards (GTCC) issued by Bank of America (BOA) will expire Nov. 29. Cardholders will receive a new GTCC from Citi sometime during the summer 2008. Cards will be shipped in a deactivated status, which means they are not available for immediate use. Cardholders will need to verify receipt of the new travel card by following the instructions on the sticker affixed to the front of the card. The card will be activated and ready for use Nov. 30. Your agency program coordinator will provide specific instructions on disposal procedures. Card disposal should only occur after Nov. 29. BOA will accept payments after the changeover for any charges applied to the old card. Cardholders need to pay all outstanding undisputed charges prior to Nov. 29. If your current GTCC issued by BOA is in

good standing, you will automatically receive a new card. Keeping your account information up-to-date will ensure that you receive your card this summer. Only new applicants after Nov. 29 will need to apply for a card. Individuals whose accounts were deemed ineligible for a card under BOA will need to reapply for eligibility under the Citi contract. Your new card will be sent to your current mailing address on file with BOA. Cardholders who do not receive their card by Oct. 31 should notify their agency program coordinator. Cardholders can visit the following Web sites at <https://www.navsup.navy.mil/ccpmd>, www.defensetravel.dod.mil or www.gsa.gov/smartpay for more information.

American Red Cross Community Courses and Training – If you'd like to become a volunteer, register to attend one of our volunteer orientations held the first and third Wednesday of every month at 10 a.m. CPR, First Aid, and Automated External Defibrillator (AED) certification is scheduled for Sept. 6, 10 and 20. Become a certified youth Red Cross babysitter by signing up for Babysitter's Training class scheduled for Saturday, Sept. 27. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel that are currently registered in DBIDS but have had changes to their profile must come in and update their information. The DBIDS registration office is located at

the main gate inside building 1495. Customer service hours are Monday through Friday from 7 a.m. to 4 p.m. 横須賀基地に關係する軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は全て指紋認識データシステム (DBIDS) に登録する必要があります。既に登録された方で、データに変更がある方は、1495ビルのDBIDS登録事7所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで。

BZ: We wanted to give a big Bravo Zulu to Rodriguez Hope, a very kind man from the *USS Blue Ridge* (LCC 19). Last week, my husband and I suddenly suffered a flat tire on route 24 leaving Ikego for Yokosuka where we work. Mr. Hope was willing to take us and two teachers to school so we could teach our kids. Many thanks for helping out!

BZ: CFAY Public Affairs Office would like to send a Bravo Zulu to Ronald D. Gooden of Americable for his continuous technical support to the Commander's Access Channel 12. His outstanding professional, innovative suggestions and technical expertise has played a vital role in maintaining system integrity and allowing us to achieve our mission.

BZ: I would like to send out a huge Bravo Zulu to two men who work at the Fast Office. Mr. Jack Deberry and AO2 Montemurro deserve a big shout out for saving me! I was set to fly out to Guam for my U.S. citizenship interview and the day before I left I was sent a late e-mail asking for a letter from my husband's command, which was deployed at the time! I was not registered with the Fast Office at the time, but upon providing the right paperwork, these two men swiftly got the letter I required just in the nick of time, ultimately saving me! Bravo Zulu guys. Thank You!

BZ: We would like to say "Bravo Zulu" to Lt. Philip Hamon at Legal. We went into his office for a consultation several months ago, which he gave his expert advice on. But, during the visit we mentioned an unfortunate situation that

had happened to us. He was astounded that we had fallen through a loop hole as active duty personnel members. He took the initiative and wrote a letter on our behalf to our local and federal government explaining this oversight. We had written a similar letter 3 years ago with no result. Within one month of his letter we were contacted by the government. They are now in the process of correcting this major issue that had happened. Lt. Hamon changed our lives. He gave us faith in the Naval Legal system. Thank you Lt. Hamon! Keep doing what you do!

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an e-mail to cfay.pao.watch@fe.navy.mil. We welcome your feedback, especially if it is of a general nature and can help others. The next "Commander's Corner" live call-in show is tentatively scheduled for Oct. 2. This is your opportunity to call in and speak with Commander Fleet Activities Yokosuka Capt. Daniel L. Weed about issues affecting our community. To contact the Seahawk, call 243-5607/3003 or send an e-mail to: Seahawk-Umitaka@fe.navy.mil.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

Michelle Stewart	Public Affairs Officer
Sean Dath	Lead PA Specialist

Editorial Staff

Tim Shannon	Photojournalist
Keiichi Adachi	Photojournalist
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Mark Elrod	Photojournalist
Fumiyo Sato	Photojournalist
Dan Bowen	Photojournalist
Jeff Doepp	Seahawk Editor
Hideo Kaihatsu	Seahawk/Umitaka Editor

Asahi Advertising

Tomomi Hirano	Account Executive
Keiko Kishi	Account Executive

COMFLEACT Yokosuka
Public Affairs Code 013
PSC 473 BOX 01
FPO AP 96349

Phone: 243-5607/3003



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National Days of Prayer, Remembrance

A Proclamation by the President of the United States of America

During National Days of Prayer and Remembrance, we pay special tribute to the thousands of innocent victims who died on September 11, 2001.

Our nation honors the brave citizens, service members, police officers, and firefighters who heroically responded in the face of terror. On these important days, we reflect on the terrible events of September 11, 2001, and lift the victims and their families in our prayers.

Our nation will never forget the individuals who lost their lives in New York, Pennsylvania, and at the Pentagon. America remains inspired by the countless acts of kindness and sacrifice we saw that day -- fearless rescuers who rushed toward danger, a beloved priest who died helping others, two office workers who carried a disabled person 68 floors to safety.

We also pray for the safety and success of the members of our Armed Forces now serving freedom's cause. We seek God's grace on their families, and commit to Heaven's care those brave men and women he has called home.

We ask the Almighty to watch over America and pray for

his providence and continued blessings on our country. May he always guide the United States of America.

As we defend our country against its enemies, we pray for help in protecting the gift of freedom from those who seek to destroy it, and we ask the Almighty to strengthen all those securing liberty on distant shores.

Now, therefore, I, George W. Bush, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States, do hereby proclaim Friday, September 5, through Sunday, September 7, 2008, as National Days of Prayer and Remembrance.

I ask that the people of the United States and their places of worship mark these National Days of Prayer and Remembrance with memorial services, the ringing of bells, and evening candlelight remembrance vigils.

I also invite all people across the world to share in these Days of Prayer and Remembrance.

In witness whereof, I have hereunto set my hand this twenty-eighth day of August, in the year of our Lord two thousand eight, and of the Independence of the United States of America the two hundred and thirty-third.

– George W. Bush



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O' Club grand re-opening ceremony reveals new renovations

Story and photot by Fumiyo Sato,
CFAY Public Affairs

After five months of the renovation, Admiral Arleigh A. Burke Officers' Club (O' Club) re-opened Aug. 22.

The grand re-opening ceremony was held in the evening to celebrate its newly decorated facilities.

Commander Fleet Activities Yokosuka (CFAY) Commanding Officer Capt. Daniel Weed made a speech to the CFAY public outside of the O' Club main door.

"We are just starting a kind of journey here and what we will see here and taste here tonight is the start that we invested about 1.3 million dollars," he said.

Some of the renovations include kitchen and deli, main lobby, hallways, bathrooms, the Admiralty, Cabin and Sakura rooms.

"This is a place where you can bring any of your friends and family guests," said Weed. "You will be proud that you have the Officers' Club that you can use and enjoy and symbolizes a kind of our hometown community."

Following his speech, Weed concluded the opening ceremony by participating in the ribbon cutting ceremony with O' Club Manager Ben Ruleas.

After the cutting of the ribbon, many guests rushed into the club.

The highlight of the grand re-opening was that guests were able to enjoy various types of food in every upgraded room.

In the Kosano Dining Room, guests had buffet style dinner while listening to a piano performance.

Japanese sushi rolls were also provided in the Japanese style Sakura Room.

Near the swimming pool area, people enjoyed a Luau show along with Hula dance performances.



Guests enjoy a Hula dance performance while eating dinner near the swimming pool area at the Officers' Club grand reopening night Aug. 22.

In addition to renovating the facilities, new menus were at Kosano, the Warehouse and the Kurofune Lounge for the guests.

Many of the guests visited the club with their family members and friends.

The future renovation plan also includes new landscaping around the front of the building and upgrading the main entrance doors.

Sobriety test helps security officers recognize potential dangers

Story and photo by Kazuyuki Takagi,
CFAY Public Affairs

Commander Fleet Activities, Yokosuka (CFAY) Security Department recently held a workshop for CFAY Security officers and CFAY volunteers to help them better recognize impaired drivers by utilizing the Standardized Field Sobriety Test (SFST).

The test is a battery of the three tests, Horizontal Gaze Nystagmus (HGN), Walk and Turn (WAT), and One Leg Stand (OLS) to help law enforcement officers become more skillful at detecting DWI suspects.

These tests were developed as a result of research sponsored by the National Highway Traffic Safety Administration (NHTSA)

In the Horizontal Gaze Nystagmus test, the officer observes the eyes of a suspect as the suspect follows a slowly moving pen horizontally with his or her eyes.

In the Walk-and-Turn test, the subject is directed to take nine steps, heel-to-toe, along a straight line.

After taking the steps, the suspect must turn on one foot and return in the same manner in the opposite direction.

In the One-Leg Stand test, the suspect is instructed to stand with one foot approximately six inches off the ground and count aloud by thousands (One

thousand-one, one thousand-two, etc.) until told to put the foot down.

The Walk-and-Turn test and One-Leg Stand test are "divided attention" tests that are easily performed by most unimpaired people.

"This program has been tested thousands of times by thousands of officers and found to be up to 93 to 95

percent accurate," said Master-at-Arms first class (SW) Victor A. Collazo, patrol officer, CFAY Security. "These three tests combined can definitely take impaired drivers off the streets and hope to save lives."

On Aug. 20 and 21, five to seven volunteer drinkers gathered on Naval Air Facility, Atsugi and CFAY, and were given 4 drinks of 80 proof liquor or approximately 6 – 10 12 OZ. Beers to achieve a blood alcohol concentration between 0.06 and 0.14.

"Drinks provided were Gin, Rum, Beer, and Tequila. We also have Coke and Orange juice with that," said Collazo "The beer has been generously donated by the Navy Exchange."

According to Collazo, the Security Department is trying to hold the workshop once a month.

They encourage more volunteers to participate in the workshop to help make it more successful, he said.

"I hope that more people, more security departments get on line with SFSTs," said Collazo. "It has been proven to be more accurate."

"Together with sobriety the check points we have on base, hopefully we can prevent any incidents that occur in Yokosuka and any other military base here in Japan," Collazo added.

Anyone interested in more information about becoming a volunteer drinker for the workshop, can contact Collazo at 243-5000



Volunteer drinker, CTM3 Robert Phillips, of NIOC, Yokosuka, receives a Horizontal Gaze Nystagmus test (HGN) from CFAY Security officers as he participates in the SFST workshop at CFAY.

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USS George Washington prepares for overseas voting

By MC3 Bryan Reckard,
USS George Washington Public Affairs

Since leaving San Diego Aug. 21 for their new home overseas in Yokosuka, Japan, the crew of USS George Washington (CVN 73) (GW) has been preparing for their first voting experience in the forward-deployed naval forces during the 2008 general election taking place Nov. 4.

With a change of location comes a change in the way Sailors will participate in the electoral process.

Although some Sailors have experienced the absentee voting process before, many have not. There are certain steps that need to be taken to ensure the process runs smoothly and that every vote counts.

According to Senior Chief Legalman Catherine Walz, GW Legal Department's leading chief petty officer, Sailors need to visit the Federal Voting Assistance Program Web site at www.fvap.gov, so they know where to mail their ballot request.

They also need to find out if their state requires the ballot request to be notarized, which will be specifically stated.

Their command's legal representative can help with the notarization process.

Walz noted that one of the more pressing concerns is having enough time to complete the process.

"The biggest concern for Sailors is the federal post office address and we have to factor in a couple of weeks' time for things getting to the registrar's office and their ballot to actually get back to them," Walz said. "That's why they need to get these in the mail in the next couple of weeks."

While absentee voting may be a new experience for some GW Sailors, especially those new to the Navy, Walz assures Sailors that absentee ballots count the same as those cast at the voting booths.

"The absentee ballots certainly count," Walz said. "That's why it is such a big deal and we are putting a lot of emphasis on it. There was a lot of concern that the ballots didn't reach [the States] in time to get counted



USS George Washington (CVN 73) transits off the coast of Southern California while conducting its combat operations efficiency evaluation with Carrier Air Wing (CVW) 5.

U.S. Navy photo by MC2 Clifford L. H. Davis

and that they waited to count absentee ballots. That's why I'm trying to get everybody proactive now, so that we know that your stuff's going to get to you on time."

While voting is not required, Sailors are highly encouraged to participate in the electoral process and leaders should encourage their involvement.

In a memorandum to military secretaries and top commanders sent Nov. 26, 2007, Secretary of Defense

Robert M. Gates called attention to the significance of having service members practice their right to vote.

"Voting is both a right and a responsibility of citizens in our country," Gates said. "[Leaders of the armed services must] do everything we can to encourage participation and ensure that our service members and families are able to exercise their right to vote and have that vote counted."

AWARDS, cont'd from page 1

"I, basically, tried to get them ready before they came over (to Japan)," said "I e-mailed them and we chatted on the phone," Kelloff continued. "I didn't want to help too much, because you want them to stand on their own two feet... so I got the hard stuff done and then I (encouraged them) 'You can do it.'"

According to LeMay, the sponsors coordinated with various CFAY organizations (e.g. Chapel of Hope, Fleet and Family Support Center, Patriot's Landing, Navy Lodge, Navy Housing, Personnel Support Detachment, Personal Property Office, and United Service Organization (USO)).

Representatives from Patriot's Landing met some families at Narita airport to help them with their luggage and escort them to the bus, and the USO made welcome baskets, according to LeMay.

For some sponsors the help didn't stop once the families arrived. They continue to assist the families.

"I keep in touch with them; I talk to them; I check on them periodically to see how they are doing," said Gonzales.

"My 'sponsee' has had lots of concerns since she has been here and I try to ease here concerns, said Daniels. "This is just to get her settled, so she won't be worried about anything."

During the ceremony, each sponsor was personally presented a gold-leaf certificate of appreciation from CFAY Commanding Officer Capt. Daniel L. Weed.

However, according to some of the sponsors the true reward was not the certificate.

"It's not about the award. It's not about the recognition. It's about personal gratitude and the smile on my 'sponsee's' face," said Daniels.

"I enjoyed it, because (the families) were telling me that they were stress free when they came here," said Gonzales. "For me, knowing they came here stress free and knowing they were happy with what I did for them is the most rewarding part of being a sponsor."

"It is a tremendous amount of work, but it is so rewarding to see new families come here and get a greeting when they get to the Navy Lodge or at PSD when they arrive on the bus (from Narita)," said LeMay.

Nobody was designated to be a sponsor; it was completely voluntary, she said.

"Everyone did this out off their own heart and that makes a big difference," LeMay said. "This could not have been done without the sponsors."

After the ceremony, during the reception, each of them also received a gift certificate for Sbarro's restaurant.

FFCS offers sponsor training for anyone interested in volunteering as a sponsor. For more information on sponsorship training contact FFCS at 243-3372.

USS George Washington

Family Assistance Support Team

(F.A.S.T.)

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名所物見の旅 - 其の参拾八 「恐怖の吊り橋」へ再チャレンジ

文・写真：河辺雄二、CFAY広報課

シーホーク紙上に新設された日本語ページで始められたこの連載も9月で丸三年を迎え、旅物37回と音楽その他4本の計41本のエッセイを載せることが出来ました。これもひとえに叱咤激励してくださる読者の皆様のお蔭であり、心から感謝いたします。このシリーズは基地司令部の広報紙に統合される以前には艦船修理廠広報紙「錨」に不定期に載せていたので、その期間を含めると二十年以上になります。

文章を書く時には、例えば「凄い」などといった言葉を連発して陳腐な内容にならないよう事実の描写を心がけているのですが、表現力の乏しさに毎回力不足を感じています。何回も読み直して良いと思った文章も、紙面に印刷されたものはまた違った印象になるもので、金曜日に刷り上がった紙面を見て愕然とすることがしばしばあり、特に文章のリズムの悪さには我ながら呆れるばかりです。そんな私の拙い文章にお付き合いいただいている読者の皆様に、もっと面白い記事をお届けできるよう一層の努力をしていきたいと思えます。

また内容に関して私は基本的に「誰も知らない、行ったことのない所」を紹介するという理想としているのですが、私自身の行動範囲の狭さも要因となって、なかなか皆を感心させる所を紹介できていないのが現状です。そんな中であって唯一自信を持っているのが、2006年2月3日号で紹介した「恐怖の吊り橋」でした。今回は三周年記念として「恐怖の吊り橋」のその後の情報をお届けします。

静岡県寸又川源流の逆河内川（さかごうちがわ）に架かる「夢想（無想）の吊り橋」は寸又峡温泉手前から寸又川左岸林道を14キロ進み、分岐点から日向林道（逆河内林道）に入って8キロのトータル22キロの地点にある。車の乗り入れは不可能で、林道で人と会うことは滅多にないが、動物の気配は濃密で猿やカモシカが何度も姿を見せ、

当然熊除けの笛は必携である。寸又峡の林道の基点から徒歩で約四時間の行程。林道分岐点から左岸林道をそのまま進むと日本百名山の光岳（てかりだけ）へ片道2日で登頂できる。南アルプス深南部のこの周辺は本州の中では東北の真昼山地と並ぶ最も人跡少ない奥深いところであり、このエッセイの読者の中で「夢想の吊り橋」を渡ったことがある人は皆無とは言わないがまずいないだろうし、大半は聞いたこともなかったのではないだろうか。

奇しくも同じ年の11月、フジテレビの「ザ・ベストハウス123」という番組で「渡るのが怖い橋ワースト3」として堂々その第一位にランクされたという。しかし番組では「夢想の吊り橋は非常に危険で公表できない。」と場所を明らかにせず、おまけに取材班は吊り橋の袂にすら行くことが出来ずに、以前に登



「夢想の吊り橋」を林道から眺めると急峻な谷に懸かっているのがよくわかる。

山者が家庭用ビデオカメラで撮ったものと、ヘリでの空撮による映像を流しただけであったという。私はこの番組を見ていないので詳しいことはわからないが、取材班が渡るのとはまかく、袂にさえ辿り着くことも出来なかったのが不審であった。

「夢想の吊り橋」を1950年の設置としているネットの情報もあるが、現在の吊り橋が設置されたのは1975年のようだ。私はこの吊り橋を過去2回訪れているが、初めて訪れた時にはまだ昔の旧吊り橋の残骸が朽ち落ちて深い谷に垂れ下がっていた。これを見て、これから渡る吊り橋のほうは大丈夫だろうかとか大変な恐怖感に襲われ、渡る覚悟を決めるまで暫しの時間が必要だった。しかし渡ってみると足が竦むようなこともなく、これと比べたら昔南アルプス遠山川沿いにあった森林鉄道軌道跡に頻出した大半が腐った枕木橋を渡ったときのほうが、余程危険を感じて足が震えたものだった。「夢想の吊り橋」の特徴は何といっても見た目の迫力にあり、長さ170メートル、高さが100メートル近くあって、周辺の山深いロケーションと相まって恐怖心を掻きたてているのである。



「夢想の吊り橋」は足巾しか渡し木がなく、つまずいたら下へ真っ逆さま。



渡った対岸から見た「夢想の吊橋」。全長170メートル、高度が100メートルあり、しかもかなり揺れるので恐怖感が増す。

久しぶりに南アルプス深南部を訪れて、「夢想の吊り橋」を再撮影しようと思っていたが、8月の豪雨の影響で寸又川左岸林道から日向林道は荒廃が進み、あちこち崖崩れで道が塞がれている危険な状態であった。そして約12キロの地点では谷底まで200メートル近く一直線に崩落していて、完全に通行不能で先に進むことを断念した。これから長雨と台風シーズンを迎え、そのうえ熊の出没時期も重なるので、晩秋以降に再挑戦しようと考えている。スコップ持参で崩壊地にステップを作りながら進まなければ吊り橋に近づくことは難しいだろうし、となれば日の短い冬季よりも春になるのを待ったほうがよさそうでもある。もし自力で突破できない場合は林道が復旧しない限り、残念だが「夢想の吊り橋」を再び渡るとは永久に夢想となってしまいそうである。（今号掲載した写真は過去二回の取材時に撮影したものです。）

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)				
化学職	6	SRFJRC-088-08 (R)	I, II, III, IV	Oct. 14, 2008
児童育成プログラム補助職	3	CFAY-600-04-08	I, II, IV	Sept. 25, 2008
電気技師職	7	FEC-CI-007-08	I, II, III, IV	Nov. 6, 2008
技師職 (環境)	7	SRFJRC-161-08	I, II, III, IV	Sept. 22, 2008
技師職 (環境)	7	FEC-PRY41-001-08	I, II, III, IV	Nov. 6, 2008
技師職 (一般)	7	FEC-CI-006-08	I, II, III, IV	Oct. 2, 2008
技師職 (一般)	7	SRFJRC-146-07 (R4)	I, II, III, IV	Oct. 14, 2008
技師職 (一般)	7	FEC-CI-003-08(R2)	I, II, III, IV	Oct. 28, 2008
技師職 (機械)	7	SRFJRC-115-08	I, II, III, IV	Oct. 6, 2008
通訳翻訳職	5	SRFJRC-165-08	I, II	Sept. 17, 2008
法律顧問職	7	TSO-02-06(OUF)	I, II, III, IV	空席広報参照
監督翻訳職	7	SRFJRC-164-08(A)	I, II	Oct. 15, 2008
事務系 (IHA)				
オフィスオートメーション クラーク	3	NEX-750-08	I, II, IV	Oct. 22, 2008
技能系 (MLC)				
第25期技能訓練生	3	SRFJRC-113-08	I, II, III, IV	Sept. 14, 2008
通信ケーブル接続工	8	NCTSFE-012-08	I, II, III, IV	Oct. 3, 2008
電子装置基準測定工	9	SRFJRC-068-08(R3)	I, II, III, IV	Sept. 25, 2008
高圧高熱暖房装置操作工	7	FEC-PRY32-003-08(R)	I, II, III, IV	Sept. 25, 2008
船舶内燃機関機械工	7	SRFJRC-130-08	I, II, III, IV	Oct. 14, 2008
一般船舶機械工	7	SRFJRC-129-08	I, II, III, IV	Oct. 14, 2008
技能系 (IHA)				
ハウスキーパー職	3	NEX-406-08	I, II, IV	Oct. 10, 2008
ハウスキーパー職・フォアマンA	4	NEX-749-08	I, II, III, IV	Sept. 22, 2008
ジャンター	3	MWR-39-08	I, II, IV	Oct. 15, 2008
保安系 (MLC)				
消防員 (陸上)	2	RFD-016-08	I, II, IV	Sept. 29, 2008

応募には「募集範囲」に該当することが第一条件です。募集範囲 I, II, III は現基地従業員、IV は外部応募者を対象としています。

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は、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。

横須賀基地及び周辺施設では日本人従業員を随時募集しています。事務職、専門職、技能職、消防士、警備員、サービス・飲食関係、常雇用、期間限定、アルバイト等、様々な空席があります。

詳しくはHROホームページ (<http://hro.cnfj.navy.mil/>)、ジョブ・ホットライン (046) 816-9000 (軍電243-9000)、または横須賀基地正門手前左、HRO日本人雇用課事務所 (1階) 掲示板をご覧ください。

Sailors climb Fuji four times in 24 hours for charity

By MC2 (SW/AW) Brock Taylor,
Fleet Public Affairs Center, Det. Japan

Three Yokosuka-based Sailors and one civilian accomplished a goal of climbing Japan's tallest mountain four times in 24 hours Sept. 1, to raise money for charity.

Lt. Doug Szwarc and Lt. Justin Hoff, assigned to Commander, Submarine Group (SUBGRU) 7, Chief Mass Communication Specialist (SW/AW) Mike Raney of Fleet Public Affairs Center, Det. Japan and Luke Nelson of Yokosuka's Morale Welfare and Recreation sports scaled up and down Mt. Fuji in 21 hours and 59 minutes, well below their goal of one day.

The event, officially labeled Fuji for Charity rose over \$10,000 for two organizations: The Shunkou Gakuen orphanage in Yokosuka, Japan and South Carolina's Guardian Ad Litem program for abused and neglected kids.

Szwarc, organizer of Fuji for Charity attributes much of the donations to the professional website created by Information Systems Technician 2nd Class Adam Jones of SUBGRU 7, who spent a lot of his off-duty time building and updating the website www.fujiclimb.com.

Szwarc climbed the mountain last year with former colleague, Lt. Jeff De Groot and accomplished three climbs 32 minutes under the 24-hour mark. After carefully planning each leg of the climb using computer software, Szwarc was confident

he could squeeze one more climb in 24 hours this year.

Szwarc attributes a lot of his motivation to completing the "Four in 24" challenge to the camaraderie between all the climbers.

"We had such a strong team and all of us had a tight

bond and we knew each other well enough to where it just worked out really well," Szwarc said.

Raney, the oldest of the climbers and an avid runner said the climb pushed him to the limit, but he still managed to complete the endeavor.

"While we were coming back [from the third climb] I really wasn't feeling that good ... mentally, I was almost destroyed and ready to quit," said Raney.



(Left to Right) MCC (SW/AW) Mike Raney, Luke Nelson, Lt. Justin Hoff, Lt. Doug Szwarc, and Rob Lovern at the summit during the second climb.

After a 30-minute nap in his car, Raney mustered the energy he needed to join his team for the last climb at 10:15 p.m.

Every year, tens of thousands of people from all over the world climb the 12, 388 ft. mountain. Hoff considers

climbing Mt. Fuji once an intermediate challenge. As on of MWR's Mt. Fuji guides, he climbed the mountain 11 times prior to this challenge and ran a 1/2 marathon up the mountain, but never more than one time in a day, let alone four times.

"This is the longest distance I have gone straight," Hoff said. "I figured if I'm crazy enough to run up it, I might as well be crazy enough to do it for a good cause."

Luke Nelson spends most of his days helping others stay physically fit working at MWR fitness.

As a 2008 Ironman Hawaii qualifier, even he felt the agony of climbing jagged rocks and descending loose gravel four times in one day.

"It's not seriously demanding up front. But when you do something like this for 24 hours everything aches and everything hurts," Nelson said.

By the end of the challenge just before 4:00 a.m., tired, thirsty and longing for a hot shower and soft bed, the climbers knew the exhaustion was for a good cause.

"Some of the donations were based on how many people went up and how many times. So I was glad I was able to complete the four climbs," said Hoff.

"Once you're done, that's the best feeling. To know you did it," said Nelson. "By no means was this easy, but it was worth it and for a good cause."

The climb also had delivered personal satisfaction as well.

"This ranks up there with some of the marathons I've run and other athletic

endeavors because it was a challenge. When I was broken down mentally and wanted to quit and having the other guys pull me up and make me finish - it rates pretty high in my book," said Raney. "It's something I can tell my kids, 'hey look what dad did.'"

CFAY CPO selectees give back to Yokosuka community

Story and photo by
MCSN Kari R. Bergman,
Fleet Public Affairs Det., Japan

Commander, Fleet Activities Yokosuka's (CFAY) Chief Petty Officer (CPO) Selectees the Far East CPO Mess joined forces Sept. 4, in a show of neighborly outreach by hosting a two-venue community relations project (COMREL) outside the gates of the base.

The COMREL involved restoration of



GMC (SW) (sel) Terrance Wright paints a fence at Yokosuka's Chuo Park during a Chief Petty Officer community relations project.

equipment and clean up efforts at two of Yokosuka City's parks.

The selectees and genuine CPOs split

up between the two projects, half going to Yasurra Park and the other half out to Chuo Park.

"The city of Yokosuka asked for some help in restoring the fence here at Chuo Park and some metal jungle gyms and a swing at Yasurra Park," said Chief Information Systems Technician (SW/AW) Lynne Jones. "The fence and also the jungle gyms needed some sanding, primer, and painting to be done to them."

While the work was hard and temperatures were high, so was motivation and pride in doing a beautification project at places enjoyed by both Japanese and American Yokosuka residents.

"It feels really good to participate in this COMREL because we are out here helping out our host nation and giving something back to them," said Chief Gunner's Mate (Sel.) (SW) Terrance Wright.

The local CPO organization worked closely with the city of Yokosuka to come up with an idea for this year's off base

project and ensure that every effort was made to make the day a success.

"We do an on base and off base COMREL every year with the chief selectees and this year we decided to keep it close to home here in the Yokosuka area," said Jones. "When we first approached the city of Yokosuka with the idea of doing a community project here in Yokosuka, they were more than willing to work with us and they also provided us with all the supplies that we needed to complete the project."

Over the past six weeks, the Yokosuka area selectees have participated in both on and off base COMREL projects and other important team building evolutions.

"At the beginning of the selection process I believe that we were a group of individuals, but now we have learned to become a team," said Wright. "One thing that I have learned through this process is that you can't do it all by yourself you need to lean on your shipmates to get something accomplished."



MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • September 12, 2008

Japan Jams Entertainment presents...



Paul Rodriguez Comedy Show

Adults Only



Thursday, September 18 at 1900 in the Fleet Theater

Advance tickets are \$5.
Tickets go on sale Saturday,
September 6 at ITT.

For more information please
call 243-5215.

Every Sunday at 1600 to 1800 and 1815 to 2015

SUNDAY FAMILY PROGRAM



\$20 for a family of 4 and free shoe rental. Come join the fun with great music as our feature!

For more info
call 243-4200.

FitFactor

NAVY CYP GET UP - GET OUT - GET FIT

The Navy Youth and Teen Health & Fitness Program for ages 6 to 18



The goal of the FitFactor program is to encourage you to make healthy choices and give you opportunities to participate in a variety of fun activities. Use the online incentive program to log points, gain levels and get prizes! For details call 241-2952.

Open Base Event 海軍開放イベント



IKEGO FRIENDSHIP DAY 池子 フレンドシップデー

AND 5K Run/2.5K Kids Run

(MUST BE OVER 5 YEARS OF AGE FOR THE KIDS RUN)

フレンドシップデー5キロマラソン/2.5キロこどもマラソン

Saturday, September 20 from 1130 to 1730

9月20日(土曜日)午前11時30分~午後5時30分

お問い合わせ:
米海軍池子住宅支所室 (046)806-8042
逗子市役所基地対策課 (046)873-1111 内線 321

Race begins at 1030 Start / Finish Near the Ikego Main Gate

For more information call 246-8071.

Rain day will be Sunday, September 21 from 1130 to 1730.



Outside the Gate

ITT Tickets

Discount Yunessun Hot Spring Tickets

ITT is now selling discount tickets to the relaxing hot springs of Yunessun in beautiful Hakone! Tickets cost ¥1,700 for adults (12 yrs old and above), and ¥1,000 for children (3 - 11 years old). Tickets are valid until December 31, 2008.

Discount Hakeijima Sea Paradise Tickets

Discount tickets for Hakeijima Sea Paradise are back! Tickets, good for admission to the aquarium, Dolphin Fantasy and all rides are now on sale at ITT for ¥4,600 for adults 16 years and older, ¥3,300 for juniors 6 - 15 years old and ¥1,900 for children 4 - 5 years old. Tickets are valid until November 30, 2008.

Tokyo Disneyland and DisneySea Tickets

Did you know ITT sells tickets to Tokyo Disneyland and Tokyo DisneySea? Get yours today for only ¥5,800 for adults, ¥ 5,000 for juniors and ¥3,900 for children! *Tickets to both parks have expiration dates that tickets must be used prior to. Tickets may not allow entry into the park during high attendance times

Moto GP World Championship Grand Prix of Japan

Don't miss your chance to see Valentino Rossi, Nicky Hayden and reigning World Champion Casey Stoner as round 15 of the Moto GP World Championship comes to Japan's Motegi Speedway on September 26, 27, 28! ITT is now selling tickets for (A seat - grand stand) ¥13,000 adult/¥1,900 child; (C seat) ¥10,000 adult/¥950 child; (E seat) ¥9,000 adults/¥650 child; (G seat - road course 90° inside corner) ¥8,000 adult/¥1,400 child; (Z seat - road course 90° outside corner) ¥10,000 adult/¥1,900 child; (non-reserved seat) ¥7,000 adult/¥650 child. Paddock Passes are an additional ¥10,000 per day, and pit walk tickets are ¥2,000 per day. Child prices are for ages 3 - 12 years old.

For details about any of the ITT events listed above, give them a call at 241-5056/5057. Ticket sales are open to all DoD I.D. card holders, 18 years old and above attached to CFAY and tenant commands. For more information about the Outdoor Recreation trips listed below, call 243-5732.

Outdoor Recreation

Beginner's Surfing Class at Shonan Area, Kanagawa Prefecture

Join Outdoor Recreation on September 20 as we hit the water for a beginner surfing class at Shonan Beach! The cost is \$65 per person and includes surfboard & wetsuit rental, four hour class in the water and one hour mandatory briefing two days prior to the trip. The last day to sign up is September 18.

Snorkeling at Hizorihama, Izu Peninsula, Shizuoka Prefecture

Spend the day in and on the water with Outdoor Recreation on September 21! Located at Izu National Park, Hizorihama is only accessible by boat and boasts the clearest water in Izu Peninsula. With great visibility and a variety of sea creatures, Hizorihama is the last true snorkeling paradise in Japan! The cost is \$70 per person and includes transportation, charter boat and shower room at Hizorihama. Last day to sign up is September 18.

Sea Kayaking at Hayama, Kanagawa Prefecture

Experience the adventure of sea kayaking on the western side of Miura Peninsula on September 27. Immediately following a one-hour class where participants will learn basic paddling strokes as well as the Eskimo Roll, depending on your ability, we will paddle around the rocky shores of the small islands that trail along the coastline between Zushi and Chojagasaki. The trip location is subject to change, depending on the weather. The cost is \$50 per person and includes transportation and sea kayaking equipment. The last day to sign up is September 17.

Int. Downhill and X-Country Mountain Biking at Fujimi Panorama, Nagano Prefecture

Outdoor Rec is going mountain biking on September 27! Fujimi Panorama is home to a 21 km cross country loop that offers all types of terrain for the intermediate to expert XC rider, as well as two new Dirt Jump Parks. Experience the adrenaline rush of a 1000 ft. elevation drop on any of the three downhill shuttle runs. Challenge yourself and run the NORBA Pro Level "A" Course, which offers a very rough and fast 3 km of terrain. The "B" Course offers 5.2 km of downhill switchbacks with 3 high-speed sections and two "rock gardens". The "C" Course offers 6.7 km of winding downhill switchbacks that is suitable for beginner/intermediate level riders. Cost covers transportation, lift ticket, and knee/elbow pads. Bikes and helmets are available separately at the ORC Rental Counter. The cost is \$40/¥4,800 per person for lift ticket and ¥300 for insurance payable at the resort. Last day to sign up is Thursday, September 25.

Resource Information Center

We rent a wide variety of extreme outdoor videos, DVD's and how to books all for only \$2 a week!

October With Your MWR Youth Sports

Registration Policy

Please register early for all sports programs. Youth Sports has a \$25 late fee for any registration taken after the deadline. Each season, we have a high volume of late registrants, which in turn causes delays in team rosters and scheduling. We will continue to accept late registration with no penalty for legitimate reasons (e.g., PSC orders or medical emergencies) and we would like to emphasize that this will not impact our current fees whatsoever which remain the same as long as you sign-up during the normal registration period (usually over 30 days in length). As an additional option, early registrations are accepted for situations where families will be on leave during registration (see our office for details).

Ongoing until Friday, October 17

Youth Flag Football, Volleyball and Outdoor Cheerleading Registration

The seasons will begin Monday, October 27 and runs through Saturday, December 13. \$40 for the first child and \$35 for every additional child. PAYS members receive a \$5 discount per child.

Start Smart Flag Football Program - available for 3 to 4 years old, which introduces youth to the fundamentals of the game. 5 to 7 years old will play in the coach play league, ages 8 to 10 and 11 to 15 will play in the Kanto Plains Leagues (age groups may change slightly due to number of registrations)

Cheerleading - is for youth 5 to 15 and will be split onto a Junior and Senior squad (age split is determined by number of registrations). Cheerleaders will cheer at the Youth Flag Football games during the season. Registration fees and dates, along with season dates are the same as flag football.

Girls Volleyball - is for ages 9 to 15, and teams will play within the Kanto Plains League. Age groups are 9 to 11 and 12 to 15 (subject to change slightly due to registration numbers).

Tuesdays & Thursdays from 1530 to 1630

Yokosuka Youth Fitness Authority

Wednesdays from 1530 to 1630

Ikego Youth Fitness Authority

Work on your fitness, non-traditional and traditional sports, and hand/eye coordination. Pre-register by the day before event at your respective SAC center. This program is for ages K-6th grade. **Cost: Free**

Thursday, October 2 from 1600 to 1700

Youth Sports Ikego Gym Night

Join us for our Ikego gym night for an hour of family fitness Olympics! The China Olympics may be wrapped up, but who says we can't keep the Olympic spirit going?! All family members are welcome to participate and the program is FREE.

Thursday, October 23 from 1700 to 1900

at the Yokosuka Youth Sports Office (Thew Gym)

Youth Sports Parent's Assembly

Come join in on our Quarterly Parents Assembly. All Youth Sports Parent's are welcome to participate as we'll be discussing the following: upcoming fall and winter programs; recap summer and fall sports programs; touch on spring sports; discuss parent's handbook; practice and game schedules; end-of-the-season awards; and, uniforms. Refreshments will be served. We'll kick off the Youth Flag Football season with a Field Day including: parents meeting; skills assessments for ages 9 and up, and a skills clinic for ages 8 and under. The day is for all flag football youth, ages 5 to 15. There will be a brief parents meeting to explain practice/game schedules, transportation, inclement weather, sportsmanship (PAYS), youth nutrition, uniforms and awards. Coaches and soccer players will rotate through punting, passing, agility and kicking stations, and the day will end with issuing uniforms. Transportation will be provided from Negishi, and back. Please sign up at the Negishi Teen Center by close of business on Thursday, October 23 if you need transportation.

PAYS

Free T-Shirt for PAYS members. Parents Association for Youth Sports meetings are held the last Tuesday of every month at 1700 in the Yokosuka Youth Sports office. Please sign up in advance to attend. Learn everything you need to know about the Youth Sports Program and the role you play as a parent. One time attendance entitles you for registration discounts for Youth Sports activities and membership into the national organization. If you are already a member, bring your card to any of the Youth Sports Offices and claim your FREE T-shirt. **Cost: \$5**

Information On All Programs

For more details or information on any programs please call: Negishi Youth Sports, 242-4121; Ikego Youth Sports Office, 246-8017; Yokosuka Youth Sports Office, 241-2952; or, for Youth Fitness and Special Events, 241-2952. Or you can log on to our website at www.cfay.navy.mil/mwr

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

Lead Cook: NL-08, \$13.56/hr. CPO Club (1 RFT).
Food Service Supervisor: NF-03, \$11.47 - \$13.00/hr. Club Takemiya (1 RFT).
Night Operations Manager: NF-03, \$10.54 - \$15.00/hr. Club Alliance (1 RFT).
Bartender: NA-05, \$10.35/hr. Club Alliance (1 RFT/1 Flex).
Cook: NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), CPO Club (2 RFT).
Material Handler: NA-05, \$10.35/hr. Food Court (1 Flex).
Food Service Worker: NA-03, \$8.96/hr. Club Alliance (1 Flex), Food Court (6 RFT).
Waiter/Waitress: NA-03, \$8.96/hr. O' Club (4 Flex), Club Takemiya (2 RFT), CPO Club (1 RFT).
Administrative Assistant: NF-02, \$8.39 - \$9.50/hr. CPO Club (1 RFT).
Recreation Assistant (Bingo): NF-02, \$8.39 - \$9.50/hr. CPO Club (1 RFT).
Club Operations Assistant: NF-02, \$8.39/hr. CPO Club (1 RFT/2 Flex), Club Takemiya (1 Flex), O' Club (4 Flex).
Cashier: NF-01, \$7.50 - \$9.50/hr. O' Club (2 Flex), CPO Club (1 RFT).
ID Checker/Security: NF-01, \$7.00/hr. Club Alliance (7 Flex).

Support Activities

Electrician: NA-08, \$12.32/hr. Maintenance (1 RFT).
A/C Equipment Mechanic: NA-08, \$12.32/hr. Maintenance (1 RFT).
Accounting Technician: NF-02, \$8.39/hr. Finance (2 RFT).
Marketing Representative: NF-03, \$10.54/hr. Marketing (1 RFT).

Child Development Programs

Program Assistant: GSE-02, \$9.18/hr. Main CDC (1 Flex), Ikego (1 RFT/4 Flex), Hourly (3 Flex).

Community Activities

Duty Manager: NF-03, \$10.54/hr. Bowling Center (1 RFT).
Cook: NA-05, \$10.35/hr. Bowling Center (1 RFT).
Auto Worker Helper: NA-05, \$10.35/hr. Auto Hobby Shop (1 Flex).
Recreation Assistant: NF-02, \$9.18/hr. Youth Center - Yokosuka (1 PPT/4 Flex), Ikego (2 RFT), Negishi (1 Flex), Teen Center - Yokosuka (1RFT).
Food Service Worker: NA-03, \$8.96/hr. Bowling Center (1 RFT).
Recreation Assistant: NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports - Ikego (2 Flex), Yokosuka (2 Flex), Community Center (1 Flex).
Clerk/Driver: NF-02, \$8.39/hr. Youth Center (1 RFT).
Cashier: NF-01, \$6.55/hr. Bowling Center Snack Bar (1 RFT/1 Flex).
Recreation Aide: NF-01, \$7.29/hr. Bowling Center (2 Flex).
Recreation Aide: NF-01, \$6.55/hr. Teen Center - Yokosuka (1 Flex).

Recreation

Duty Manager: NF-02, \$8.39/hr. Theater (3 Flex).
Recreation Aide: NF-01, \$7.00/hr. Green Bay Marina (1 Flex).
Paintball Attendant: NF-01, \$7.00/hr. Ikego Campground (1 Flex).
Ticket Seller: NF-01, \$6.55/hr. Theater (4 Flex).

Athletics

Field Maintenance Worker: NA-05, \$10.35/hr. Athletics - Ikego (1 RFT), Negishi (1 RFT).
Recreation Assistant: NF-02, \$8.39/hr. Adult Sports (1 Flex).
Duty Manager: NF-02, \$8.39/hr. Athletics (3 RFT/2 Flex).
Gear Issue Attendant: NF-01, \$6.55/hr. Athletics (1 RFT/2 Flex).
Swim Instructor: NF-02, \$10.00/hr. Aquatics (10 Flex).
Head Lifeguard: NF-02, \$9.50/hr. Aquatics (1 RFT).

*Due to publishing timelines, some jobs listed may not be available. For the most up-to-date listing check out www.cfay.navy.mil/mwr

Benny Decker Theater

Friday, September 12			Tuesday, September 16 \$1 Movie Night		
1730	X-Files: I Want to Believe	PG13	1730	Kit Kittredge: An American Girl*	G
2030	X-Files: I Want to Believe	PG13	2030	Star Wars: The Clone Wars	PG
Saturday, September 13			Wednesday, September 17		
1300	Meet Dave	PG	1730	Meet Dave*	PG
1730	Journey to the Center of the Earth	PG	2030	Hellboy II: The Golden Army	PG13
2030	Hellboy II: The Golden Army	PG13	Thursday, September 18		
Sunday, September 14			1730	Journey to the Center of the Earth	PG
1300	Star Wars: The Clone Wars	PG	2030	The Dark Knight	PG13
1730	Journey to the Center of the Earth	PG	Friday, September 19		
2030	X-Files: I Want to Believe	PG13	1730	Mamma Mia	PG13
Monday, September 15			2030	Swing Vote	PG13
1730	Space Chimps	G	*Final Showing		
2030	The Dark Knight	PG13			

Fleet Theater

Friday, September 12			Tuesday, September 16 \$1 Movie Night		
1800	Step Brothers	R	1800	Hancock*	PG13
2100	Tropic Thunder	R	2100	Mamma Mia	PG13
2400	Step Brothers	R	Wednesday, September 17		
Saturday, September 13			1800	X-Files: I Want to Believe	PG13
1800	X-Files: I Want to Believe	PG13	2100	Step Brothers	R
2100	Step Brothers	R	Thursday, September 18		
2400	X-Files: I Want to Believe	PG13	1900	Paul Rodriguez Adult Comedy Show	
Sunday, September 14			Friday, September 19		
1800	Step Brothers	R	1800	Hellboy II: The Golden Army	PG13
2100	Hellboy II: The Golden Army	PG13	2100	Step Brothers	R
Monday, September 15			2400	The Mummy 3	PG13
1800	Mamma Mia	PG13	*Final Showing		
2100	X-Files: I Want to Believe	PG13			

Negishi Theater

Friday, September 12			Sunday, September 14		
1900	Mamma Mia	PG13	1300	Space Chimps	G
Saturday, September 13					
1300	Kit Kittredge: An American Girl	G			
1900	Space Chimps	G			



Swing Vote

Cast: Kevin Costner, Dennis Hopper, Nathan Lane, Kelsey Grammer
Synopsis: Bud Johnson, an apathetic, beer-slinging, lovable loser, is coasting through a life that has passed him by. The one bright spot is his precocious, over-achieving twelve year-old daughter Molly. She takes care of both of them, until one mischievous moment on Election Day, when she accidentally sets off a chain of events which culminates in the election coming down to one vote... her dad's.



Step Brothers

Cast: Will Ferrell, John C. Reilly, Adam Scott, Mary Steenburgen, Kathryn Hahn
Synopsis: Two spoiled guys become competitive stepbrothers after their single parents get hitched.



Journey to the Center of the Earth

Cast: Brenden Frasier, Josh Hutcherson, Anita Briem
Synopsis: A science professor's nontraditional hypotheses have made him the laughing stock of the academic community. But on an expedition in Iceland, he and his nephew stumble upon a major discovery that launches them on a thrilling journey deep beneath the Earth's surface, where they travel through never-before-seen worlds and encounter a variety of unusual creatures.



X-Files: I Want to Believe

Cast: David Duchovny, Gillian Anderson, Xzibit, Amanda Peet, Billy Connolly
Synopsis: Mulder and Scully are called back to duty by the FBI when a former priest claims to be receiving psychic visions pertaining to a kidnapped agent.



Space Chimps

Cast: Andy Samberg, Cheryl Hines, Patrick Warburton, Jeff Daniels
Synopsis: Three NASA chimps are sent to a galaxy far away. Two have "The Right Stuff," and the other, a good natured goofball, has "The Wrong Stuff." The simian slacker becomes a reluctant hero and learns the true meaning of courage as he and his crewmates, risk everything in an effort to save the peaceful inhabitants of a distant planet from the evil dictator Zartog.



Hellboy II: The Golden Army

Cast: Ron Perlman, Selma Blair, Jeffrey Tambor, Seth MacFarlane
Synopsis: The mythical world starts a rebellion against humanity in order to rule the Earth, so Hellboy and his team must save the world from the rebellious creatures.

The use of camcorders, still cameras, cell phones and any other recording devices in the auditorium during the exhibition of any movie is strictly prohibited. Violators will be escorted from the premises and recorded materials will be confiscated. All theatre privileges of violators will be terminated. Violators may be subject to criminal prosecution. For the most up-to-date movie information call 243-6703.

Food and beverages from outside sources are not permitted in theaters per COMFLEACTINST 1710.64E, ENCL. 33, PARA 3E(3).

AUTO HOBBY SHOP JUNKING SERVICE



Effective September 15, This service will no longer be available through MWR. Junking services will resume with NEX Autoport at 243-5826 or Base Recycling Center at 243-3817.

Outdoor Recreation

ZUSHI OPEN 1 5-Man Paintball Tournament



Saturday and Sunday,
September 20 & 21
at Ikego Paintball Paradise
Games begin at 0800

For more information, call Outdoor Recreation Center at 243-5732.

Ikego Teen Center



Fit Factor Skate Park Party

Saturday, September 20 from 1200 to 1400
Come out to Ikego's skate park and have fun skate boarding and having fun! There will be music and food. Cost: \$2
For more info call 246-5929.

ATTENTION!

Anyone patronizing a Japanese establishment and has a visible TATTOO, may prohibit them from entering.

Some of the places include:

- Waterparks
- Onsens
- Disney Resort
- Restaurants



For more information, please call the ITT Office at 241-5056/5057 or visit the website at www.cfay.navy.mil/mwr



Main CDC Special Opening
USS George Washington
Mommy and Daddy Reunion

Saturday, September 27 from 1700 to Midnight

Reservations accepted now.
Call 243-3219 for details.

Open to the entire community.

Main Child Development Center

OPEN HOUSE

Welcome USS George Washington Families
Tuesday, September 30 from 0930 to 1100
Wednesday, October 1 from 0930 to 1100



Open to the entire community.
Call 243-3219 for details.



32nd Annual Mikoshi Parade

Open Base Event

Sunday, October 19
from 0900 to 1700
U.S. Captain's Cup Parade

Registration Location: International Programs Section at the ITT Office, 243-4731
Registration Deadline: Wednesday, October 8 at 1600 / Volunteers Needed: 80 to 100 People
Practice Date: Sunday, October 12 from 1300 to 1400 (All Volunteers must practice) Participants will be issued a loaner Happi coat and given a commemorative T-shirt and headband.
General Information: Mikoshi volunteers will meet in front of the Main Gate at 0900 on Sunday, October 19. From the Main Gate we will walk to the Mikoshi staging area at the Chuo Station. Captain's Cup points will be awarded to all volunteers at 10 points per person with a maximum of 100 points per Command per Division (male or female).

Subject to change without notice.
For more information call 243-4731 or 0468-16-4731
or check website at www.cfay.navy.mil/mwr.

Three things I wish I'd known when I started college

By Trisha Summers for LIFELines

The summer before you go off to college for the first time, it seems like everyone around you has got some advice. "Dorm life is a lot different than living with your parents," they'll say. Well, obviously. "Watch out for that Freshman Fifteen," or "Don't get behind on your coursework – in college, you're more responsible for yourself than ever before." And these are all true, but I guarantee you that nearly every college guidebook that you pick up at your local Barnes & Noble will tell you the same thing twenty-times. Most people writing these books got out of college in the early '80s, so it's easy to want ignore them altogether. I got out of college a year ago, and the truth is, most things about college you end up learning the hard way. But there were certainly a few things I wish I'd paid attention to, or I wish someone a bit older had mentioned to me.

1) Spend a little extra time reading the course listings information and the freshman orientation schedule. I spent all of my teens studying classical voice and loved it dearly. I never had any intention of being a music major – I knew I wanted to study English Lit – so I figured that if I wanted to continue voice lessons, I'd have to do that privately. However, halfway through my freshman orientation week, I found out that non-music major students could take an applied vocal study elective course (for credit!) with the Music Department, provided that I prepared and performed an audition. I completely missed the audition for that year,

and if I had known about it earlier, I could've prepared a program in the last few weeks of the summer before leaving home. I made it into the course the following year, but it meant I was a year behind in vocal study for the rest of college. Incidentally, I also missed the Intramurals information night, and missed out joining one of the intramural basketball teams freshman year. So if there's something you love to do, inquire about those opportunities now. That way, you won't be kicking yourself down the road.

2) The "Freshman Fifteen" isn't just because of unhealthy cafeteria food. First of all, the cafeteria food is generally pretty bad for you. It's very heavy in carbs, fat, and salt, and thanks to the fact that most cafeterias are set up like an all-you-can-eat buffet, you end up consuming MUCH more than you normally would. Add that to the fact that you're staying up all night studying and socializing, keeping strange hours and ordering late-night pizza, and you've got a problem. Okay, I was lucky – I didn't really gain weight my freshman year, BUT I went from being extremely athletic to hardly exercising at all. I ended up getting out of shape and inadvertently losing my usual stress-reliever: exercise. It wasn't until halfway through college that I really started taking advantage of the athletic center, and do not underestimate how important it is to get your exercise, especially during exams. During exams in particular, you're jacked up on caffeine, chained to a desk in the library, and totally stressed out. A nice jog or a kickboxing class can make

you feel like a whole new person, releasing tons of tension. And it's true – you'll be burning a lot of those greasy cafeteria calories in the process. Plus, don't forget about the great cost – since it's probably included in your mandatory student fees, it won't cost you anything additionally. Trust me, I live in New York City right now and I'm paying almost \$80 a month for a gym membership. I really miss that free gym pass.

3) Laptops are so much better than desktop computers. Okay, this is ultimately subject to opinion (and your major), but I learned this lesson the hard way. Consider this: I preferred the feeling of working on a desktop when I graduated from high school, so saved up my waitressing money and bought one. Unfortunately, I quickly learned that loud roommates and dorm distractions made me wish I could just write my papers in the library. By sophomore year, I gave my desktop to my brother and shelled out more waitressing money for a laptop, essentially buying a computer twice in about a year's time. True, laptops run a higher risk of theft so you have to keep a close eye on the thing and lock it up with a cabling device. But the freedom of movement – and not having to block out the noise of my giggling roommates – was crucial for me.

College is an incredible experience, and I hope you are as excited as I was. It goes by so quickly that it's dizzying, so make sure you don't miss out on any opportunities that come your way – after all, college means a lot of the joys of being an adult with a bit more freedom to take risks and try new things.

MUSE program brings expertise, power to CFAY

By Dan Bowen, CFAY Public Affairs

Mobile Utilities Support Equipment Program (MUSE) completed their mission of terminating four substations Sept. 5.

The team first arrived in May to install several generators and substations that will provide power to the fleet and Commander Fleet Activities Yokosuka (CFAY).

"Since the voltage requirements for the Seventh Fleet are different than what could be obtained commercially, we needed to call MUSE," said Naval Facilities Command Far East (NAVFACFE) Electrical Engineer Tsukasa Kikuchi. "They provided excellent support."

The installation was the second biggest installation the MUSE program has ever conducted. The stations generate enough electricity to power 9,000 residences. The stations were required to provide support for conducting load tests for the newly installed shore power boxes and to provide power until the cogeneration plant is brought fully online.

"These Seabee assets were instrumental as they provided the necessary power transformation CFAY Public Works (PW) needed to conduct their intensive commissioning process," said MUSE Construction Electrician 1st Class Juan Aragon. "The N-bus will serve as the primary distribution of electrical power for all ships ported at Yokosuka, especially the *USS George Washington* (CVN 73).

A six-man MUSE team completed the

initial phase of the project in July. "We are here now to terminate four substations that were used to test the load," said Aragon. "Two are going home with us and two will be used to support the *USS Enterprise* (CVN 65)."

Working in Japan and with Master Labor Contractors (MLC) from NAVFACFE was a true pleasure for MUSE Steel Worker 1st class Raymond Cabral. "The efficiency of the workers here on CFAY was absolutely amazing," said Cabral. "I was able to learn a

lot by just watching [MLCs] perform their jobs. They are very professional and their finished work, especially the wiring, is like a piece of art."

MUSE team members have assets in four continents and spend extensive time traveling around the world supporting the utility needs of Department of Defense locations.

The MUSE program provides power plants, steam plants, substations and technical expertise wherever needed.

The program does more than just stand up equipment; they also train customers how to use, operate and maintain their equipment and conduct periodic inspections while their equipment is in use. Additionally, they are responsible for providing relief when commands lose power due to natural disasters.

"During the recent wild fires in San Diego, MUSE was instrumental in providing power to 3,000 Marines who would have otherwise been unable to live in their barracks, work at their work centers or even eat at the galley," said Cabral. "It's challenging, but it really is a great job."



SW1(SCW) Raymond Cabral shorts 480V windings of an un-energized substation to perform an insulation resistance(IR) test Aug. 26. The test measures total resistance of substation windings, changes in IR measurements can help predict presence of wet or dead-shortened windings.

Photo by CE1 Juan Aragon

MWR Hobby Mart helps supply artistic needs

By Kazuyuki Takagi, CFAY Public Affairs

Every year a lot of U.S. military personnel and their families come to Japan, and many of them are interested in Japanese arts and crafts.

Moral Welfare Recreation (MWR) Hobby Mart carries a variety of hobby supplies to help them create.

MWR Hobby Mart has a wide selection of arts, crafts and hobby supplies, and carries a wide variety of fabric patterns and scrap booking supplies at very reasonable rates, and also supports the Community Center which offers a wide variety of classes for the community.

"The Hobby Mart offers a lot of supplies you need

to take some of classes we have at the community center. For example, if you sign up for any one of Japanese craft classes, a lot of supplies can be found here," said Jenifer Patton, Community Center Manager. "If you are taking a Japanese language class, we have books available. If you are taking a piano class, piano sheet-music is available."

Hobby Mart also carries artificial flowers, ballet leotards, stockings and shoes, tap dance shoes, yarns, paints, brushes, washi paper, origami paper, Japanese bookmarks, other Japanese Souvenirs such as, Japanese tea boxes, Japanese text books, guitar and piano books and more.

Hobby Mart is located on the 2nd floor of the community center and has just received new shipments of items for your creative and artistic needs.

"I think that the advantages are beautiful crafts you can either display in your home or send to your home and your family," said Patton. "It's also nice to take home a skill from Japan. We offer Ikebana (Japanese flower arranging) classes which offers you the skills to take home and be able to either continue it in the States, and learn more, or just to be able to show your friends or family, people you might encounter, a little bit of Japanese life and Japanese culture you were able to bring it home with you."

FISC's ISSOP helps the Navy by 'carrying the load'

Story and photos by Tim Shannon,
CFAY Public Affairs

Leaders in today's Navy are often challenged with competing priorities while maintaining mission readiness; but "work smarter – not harder" is a concept that resonates throughout the fleet from deckplates to highest offices of the Pentagon.

One way in which U.S. Fleet and Industrial Supply Center (FISC) Yokosuka works smarter is through the Inter-service Supply Support Operations Program (ISSOP).

Inter-service Supply Support Operation Teams (ISSOTs), contracted locally by the Alutiiq company, working for ISSOP perform tasks that are standardized and can be done by outside sources freeing up shipboard and tenant command personnel to do more mission-oriented tasks.

"Think of it as an inter-governmental temp agency," said FISC Yokosuka ISSOP Manager and Contracting Office's Representative Mark O'Kelley. "For instance, if a ship has a need for labor support to pull materiel from storerooms or provide for off-load services, we can usually have a crew on-site in less than a week. In fact, I've had people onboard within a day. ISSOP is one of the best programs available for providing short-term, short-fused

labor support to commands in need of additional personnel."

Having a flexible workforce that can provide short-fused support to tenant and shipboard commands in need of assistance has made the program successful Navy-wide and earned the ISSOTs working onboard Commander Fleet Activities Yokosuka (CFAY) a reputation of being a valuable asset on the waterfront.

"They provide bodies to bring on the stores which alleviates the burden of the ship to provide working parties like we have had in the past," said *USS Curtis Wilbur* (DDG 54) Supply Department Leading Chief Petty Officer Senior Chief Culinary Specialist (SW) Karl Shannon.

Shannon further explained that his positive opinion regarding

FISC's ISSOP is shared by many leading culinary specialists (CSs) on the CFAY waterfront.

"I've spoken to other leading CSs here on the waterfront and their (the ISSOTs) customer service support as far as getting the stores onboard in a timely manner is overwhelmingly excellent."

O'Kelley is quick to point out, however, that ISSOP does more than just load stores on to ships. His office handles many functions ranging from program management to environmental support.

"Some of the services we provide here at CFAY include environmental programmatic support to assist with managing pollution control," he said. "We also supply CFAY with support for their emergency management office. We provide recycling support to CFAS as



ISSOT workers contracted by the Alutiiq Co., aid *USS Curtis Wilbur* (DDG 54) by unloading food stores Aug. 27.

well as services here in Yokosuka to SRF/JRMC (U.S. Ship Repair Facility/Japan Regional Maintenance Center), FISC Yokosuka with ERP (Enterprise Resource Planning) and NSPS (National Security Personnel System) program management support, as well as travel program management support for ATG (Afloat Training Group Western Pacific)."

With all of the assistance FISC Yokosuka's ISSOP provides, they are on target to do between \$6.5 and \$7 million worth of contractual support this year according to O'Kelley. But for ISSOT foreman Andy Spears, the numbers pale compared to the job satisfaction.

"I love my job," he said emphatically. "When I first started moving provisions, I thought it really had a lot of potential to help the Navy. Yeah, we're only moving boxes but it feels like you're really doing something important because people that should be doing more important tasks can concentrate on doing those tasks. We have a pretty technical Navy these days, and a lot those people work in pretty technical ratings and they are required to get qualified at their work stations. So, what we do allows Sailors more time to get qualified or conduct troubleshooting, whatever they need to do, while the menial labor is taken care of by somebody else. What we do allows the Sailors to spend more time on things that are more mission-oriented."



FISC ISSOP Manager and Contracting Office's Representative Mark O'Kelley researches a Statement of Work contract for a project for SRF/JRMC.

PPSO offers 'cradle-to-grave' support during PCS moves

Story and photo by Tim Shannon,
CFAY Public Affairs

Anyone who has experienced a Permanent Change of Station (PCS) move can tell you, the amount of things that need to be kept track of can be overwhelming.

When you transfer to a foreign country, language and cultural differences can also get thrown into the mix, making the experience even more of a challenge.

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's Personal Property Shipping Office (PPSO) eases that stress by providing a service that minimizes the amount of work required by the customer.

"The first thing you should do after checking in to the Navy Lodge is to come over and talk to us," said PPSO Director Herb Elam. "From there, we'll take your room number so that when your property comes in, we can get in contact with you. If you have an e-mail address, we'll take that as well so that when your property arrives, we can notify you. And as soon as you find a place to live and have a physical address, you should contact us so that we may make arrangements to have your property delivered to your home."

Elam further explained that the process used by the Department of Defense (DoD) is fully computerized and networked, and the days of the paperwork shuffle are a thing of the past.

"No paperwork is required," he said. "All you need to bring when checking in with the PPSO is your ID (identification) card so that we have proof of who you are. You don't even need to bring a copy of your orders. We'll have a copy of them in the advance paperwork we

receive from the origin TMO (Traffic Management Office)."

Once the check-in is completed and the customer's household goods arrive, the PPSO will notify the customer to schedule a date for their things to be delivered by a Japanese moving company to their new home. FISC's PPSO screens the companies thoroughly, ensuring that only the most qualified and professional moving companies deliver your household goods, minimizing the chance of anything being lost by the movers.

PPSO Packing Inspector Leader Paul Bauer added that by only hiring moving companies with at least one bilingual mover per crew, nothing is lost in translation either.

"We've learned language is one of the biggest concerns for new customers," said Bauer. "Our regulations state that each moving crew must have at least one English speaking person on every crew."

Bauer also explained, along with having an English speaker there from the moving company, FISC also provides quality control inspectors, all of whom are bilingual, to ensure that things go smoothly and that any concerns the customer may have can be taken care of, on-scene, and in a timely manner.

"Our Japanese inspectors who go

along on the moves and are skilled speakers," he said. "They try to spend a minimum of 15 minutes at each move, talking to the member and looking at the quality of work of the moving companies, and they can take care of any issues or questions you have. They are there to mediate between you and the moving company."

From paperwork free check-ins, to on-site bilingual inspectors ensuring everything a smooth move to your new home, the FISC PPSO provides cradle-to-grave service to all its customers transferring to Commander Fleet Activities Yokosuka.



Nicole Williams receives assistance from FISC Yokosuka PPSO Packing Inspector Leader Paul Bauer regarding the particulars of her household goods shipment.

SRF-JRMC Sasebo hosts Change-of-Charge ceremony

By Keiichi Adachi, CFAY Public Affairs

Cmdr. Daniel Lannamann assumed command from Cmdr. Stephen Williamson in a Change-of-Charge ceremony held at the Showboat Theater onboard Commander Fleet Activities, Sasebo (CFAS) Aug. 29. More than 300 people were in attendance which included Japanese employees, U.S. civilians, service members, and 13 employees from Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) Yokosuka and SRF-JRMC Sasebo Detachment.

"It is an honor for me to be invited to oversee this important ceremony, which recognizes the formality of the transfer of charge," said SRF-JRMC Commanding Officer Capt. Stephanie Douglas, during her speech. "As officer-in-charge (OIC) of the Ship Repair Facility and Japan Regional Maintenance Center Detachment Sasebo, the OIC has similar levels of responsibility and accountability as those entrusted with command. The actions of the detachment have great influence on the command and the customers in the port that you serve."

In supporting ship maintenance and modernization, Williamson's direct leadership of both men and women of the Sasebo detachment completed 10 on-time Chief of Naval Operation (CNO) scheduled availabilities, as well as numerous continuous maintenance availabilities, totaling more than 350,000 man-hours of productive effort and 34,000 man-hours of unscheduled maintenance.

This includes flawlessly executing a multitude of late night or weekend emergent tasks to resolve critical operation limiting repairs and fleet technical support for all of the ships in Expeditionary Strike Group Seven.

Douglas said that "phenomenal" is a word that best describes what kind of leader Williamson is, and is the best word to describe what all the employees have accomplished together in the last three years to meet the mission of keeping the Seventh Fleet operationally ready here in Sasebo, and that "phenomenal" is also the best word to describe what all the employees have done to also prepare SRF-JRMC for the future and bring us into being one JRMC.

Williamson's accomplishments don't end with what the fleet customer sees. He also has devoted much time and energy into taking care of and developing the people at the Sasebo Detachment; from instituting leadership training to aggressively working to build his bench of talent, his dedication to his people was most evident.

There have been no lost work days at the detachment in three years and there has not been a single mishap resulting in injury in 15 months.

"It is clear he took me seriously when I said 'there is no



Capt. Stephanie Douglas, commanding officer of SRF-JRMC presented Cmdr. Stephen Williamson the Meritorious Service Medal and a plaque in a Change-of-Charge ceremony held by SRF-JRMC Sasebo Detachment at the Showboat Theater onboard Commander Fleet Activities Sasebo.

Photo by MC2 (SW) Joshua Waho, Fleet Public Affairs Det., Sasebo
分所長交代式でSRF-JRMC司令官ステファニー・ダグラス大佐がステファン・ウィリアムソン中佐に勲功章と記念の盾を授与。
写真：MC2 (SW) ジョシュア・ワオー、ベイセン佐世保

more important work than to ensure the safety of every individual, every day,' and it is also clear that his attitude and approach to caring for people greatly contributed to SRF-JRMC as a command earning the Secretary of Navy Safety OCONUS Award in 2007," said Douglas.

Williamson became the Sasebo Detachment OIC in June 2005. During his tenure, he spent his time on the LEAN team to ensure the detachment was indeed pursuing unrelenting, continuous improvements. Under his leadership, the detachment stood up their own continuous improvement office, conducted their own value stream analysis and rapid improvement plans while at the same time supported joint events with Yokosuka whenever possible. As the result of his efforts, \$1.4 million in material cost avoidance and great progress in

standardizing work processes between Sasebo and Yokosuka were realized.

"To the U.S. folks here in Sasebo, both military and civilian, you are the best group of leaders I have ever known. We have enjoyed success after success because you and your people, not me, made it happen. You work every day to make this organization the great one that it is. I made you a promise when I got here that I would try my best to ensure we were thought of as part of one SRF-JRMC team. And finally, to the people that made my job the easiest and most rewarding one I have ever done, the SRF-JRMC Detachment Sasebo Japanese workers. I, of course, cannot name you all but know that each of you contributes to the success of SRF-JRMC," said Williamson during his speech.

SRF - JRMC 佐世保分所、分所長交代式を行なう

文：安達慶一、CFAY広報課

8月29日、米海軍佐世保基地のショウボートシアターで行なわれた艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) 佐世保分所長交代式で、ダニエル・ラナマン中佐がステファン・ウィリアムソン中佐から分所長の任務を引き継いだ。来賓、分所の日本人従業員、軍属、軍人、横須賀SRF-JRMCの13名の従業員を含め300名以上が交代式に出席した。

「分所長任務交代を公式に執り行う重要な式典に招待されたことは名誉なことです」とゲストスピーカーSRF-JRMC司令官ステファニー・ダグラス大佐は述べ、こう続けた。「SRF-JRMC佐世保分所の分所長は、部隊と同様のレベルの責任と任務を要求されています。佐世保分所が行なってきたことや働きぶりは、SRF-JRMC自体、更に佐世保基地に展



Cmdr. Daniel Lannamann took command from Cmdr. Stephen Williamson in a Change-of-Charge ceremony held at the Showboat Theater onboard Commander Fleet Activities, Sasebo (CFAS) Aug. 29.

Photo by MC2 (SW) Joshua Waho, Fleet Public Affairs Det., Sasebo
8月29日、米海軍佐世保基地のショウボートシアターで行なわれた艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) 佐世保分所長交代式で、ダニエル・ラナマン中佐がステファン・ウィリアムソン中佐から分所長の任務を引き継いだ。

写真：MC2 (SW) ジョシュア・ワオー、ベイセン佐世保

開する顧客の艦船にも多大な影響を与えてきました。」

艦船の整備・近代化への支援においてウィリアムソン中佐指導の下、佐世保分所の従業員は米海軍作戦本部長(CNO)が予定した10の定期修理を予定通り無事に完了し、同様に合計35万マンアワー以上の生産的努力、34万マンアワー以上の予定外整備をも達成した。この数字には、重要かつ修理時間に限りのある業務や第7遠征攻撃群の傘下にある全ての艦船への艦隊技術支援など解消する為に多くの深夜及び週末の緊急業務達成時間も含まれる。

「驚異的」とはまさにウィリアムソン中佐がどのような指導者であるかを形容する最善の言葉であり、佐世保分所において使命の「第7艦隊の艦船を常に機能できる状態に保つ」に対応する為に過去3年間に全ての従業員が達成してきた事を表す言葉だとダグラス大佐は語り、更に「驚異的」とは将来への準備と全ての従業員が1つのSRF-JRMCになる為に行なってきたことを表現する言葉だと加えた。

ウィリアムソン中佐の成し遂げてきた事は艦隊の顧客支援では終わらなかった。指導者の育成トレーニング、有能な人材の育成など、佐世保分所従業員への啓蒙や育成に時間とエネルギーを惜しげなく注いだ。

過去3年間には1日も休業事故の日がなく、過去15ヶ月間にケガを含む事故もない。

「毎日、個々の従業員の安全を確保する以上の仕事はないと伝えた私に対してウィリアムソン中佐が真剣に取り組んでくれたことは明らかですし、従業員に対する気配りに関する彼の態度や取り組みがSRF-JRMCに2007年海軍長官安全表彰 (米本国以外の施設を対象) をもたらしてくれました」とダグラス大佐は話した。

ウィリアムソン中佐は2005年の6月に佐世保分所長に就任した。在任期間中は、分所がたゆみなく継続的な改善を迫る為にリーントームの活動に時間を割いた。又、彼の指導の下、分所に改善推進室を立ち上げ、可能な限り横須賀からの支援を得ながら分所独自のバリューストリーム分析や短期集中改善プラン行なった。その結果として、140万ドルの資材経費削減と横須賀と佐世保間の業務プロセス標準化に大いに役立った。

「佐世保分所の軍人・軍属の皆さんは私が知る限りの素晴らしいリーダーです。多くの成功を共にしてきましたが、これは皆さんとその下で働く従業員のおかげです。現在のように素晴らしい組織を作り上げたのは日々皆さんの仕事振りで。分所長に就任した時に皆さんに、SRF-JRMCの一部であると思われるように最善を尽くすという約束をしました。最後になってしまいましたが、仕事をやりやすく、私が行なってきた仕事の中で最も報われたモノにしてくれたのは、佐世保分所で働く日本人従業員のみなさんです。名前を挙げる事は出来ませんが、皆さんの1人1人が1つのSRF-JRMCの成功に貢献していることは十分に分かっています」とウィリアムソン中佐は言葉を締めくくった。

Head's Up Yokosuka! Community Announcements

Chapel of Hope September Events –

Jewish High Holy Day Services

- Sept. 29 from 5 to 6:30 p.m. a pot-luck dinner will be held. Following the dinner Erav Ha Shana will be held from 7 to 8 p.m.
- Sept. 30 from 9 to 11:30 a.m. Rosh Ha Shana divine worship.
- Oct. 8 from 6:30 to 8 p.m. Yom Kippur Kol Nidre service.
- Oct. 9 from 10 to 12 p.m. Yom Kippur morning service. Evening service (Neila) will be held from 5:30 to 6:30 p.m.. Following Neila a "Break The Fast" service will be held from 6:30 to 8 p.m.. All services will be held in Chapel of Hope. Dinners will be held in Chapel of Hope Fellowship hall.

K4J (Kids for Jesus)

Sept 12 a "City Carnival" and "Happy Birthday Mary" celebration will be held at the Chapel of Hope Fellowship Hall at 5 p.m.. For more information contact Teresa Rodriguez at 243-6175. or at teresa.rodriguez.ctr@fe.navy.mil

USO September Events – The following is a list of USO events for September:

Hump Day - Free pizza for active duty members, Wednesdays, at 5:30 p.m.

USO Outreach - Free giveaways inside the Fleet Recreation Center from now to Sept. 16, 11:30 to 1 p.m.

Free Dinner Friday - Free meals for all active duty members and their families

Compass Program Class – The next available class will be held Oct. 29 through 31 at the Chapel of Hope in classrooms 2 and 4 from 9 a.m. to 1 p.m. each day. Compass is a peer-to-peer mentorship program designed to help Navy spouses adapt to military life. Contact Shelle at 264-7270 or Marina at 246-7766 for more information or to register for the class.

American Red Cross Community Courses and Training – If you'd like to become a volunteer, register to attend one of our volunteer orientations held the first and third Wednesday of every month at 10a.m. CPR, First Aid, and Automated External Defibrillator (AED) certification is scheduled for Sept. 20. Become a certified youth Red Cross babysitter by signing up for Babysitter's Training class scheduled for Saturday, Sept. 27. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

CFAY driver's license office helps educate personnel

By Fumiyo Sato, CFAY Public Affairs

The transportation system is well developed around Yokosuka area. You can go to various places by taking a train or bus.

However, it might become a little bit more convenient if you obtain a drivers license.

To obtain a driver's license in Japan, you need to have a valid driver's license issued in the United States, the United States territories, Japan, or international license.

Newly arriving personnel are required to attend a week long Area Orientation Brief and Inter Cultural Relations class (AOB/ ICR) which includes a driving brief session on Friday. The driving brief class, which usually starts from 9 a.m. to 3 p.m., helps new personnel understand Japanese traffic laws.

"We cover Japanese traffic laws and how much traffic tickets cost. We go over the base policy like you don't talk on the cell phone when you are driving, and alcohol consumptions which is zero tolerance for us," said Traffic Safety Specialist Odie Smith, of CFAY Safety Office, Traffic Safety Division. "On Friday, we do everything except driving behind the wheel."

At the end of the brief, attendees take a written exam, which consists of 50 multiple-choice questions and usually takes about 45 minutes to complete.

Upon passing the test with a score of 80 percent or better, personnel can immediately make an appointment for their driving test.

"If they fail, they need to make another appointment for the written test, but they have to wait for three working days to take the next exam.," said Smith.

"If you fail the exam on Friday, you cannot retake the test until next Wednesday. If you fail the test again, you have to wait for a month to retake the test," Smith explained.

In addition to newly arriving personnel, those who were stationed in Japan before also need to take the class again, according to Smith.

"Because if you leave, the chances are very high that the rules and laws will change, so we have to re-teach, possible, new policies."

The procedure for getting a drivers license differs depending on your military status, driving experience and age.

In Japan, people are allowed to obtain a drivers license when they turn 18 years old.

Status Of Forces Agreement sponsored teenagers between the ages of 16 and 18 are allowed to drive on the base, only.

People who have never driven before need to take a special, 45-hour driving class in addition to the driver's brief.

Additionally, personnel with expired driver's licenses also need to take the 45-hour class.

"Fortunately we've got one now, a personal contractor who does all the training. He is a certified state of Texas driving instructor and [also] a certified school teacher so he meets all the requirements," Smith said. "The cost for (the course) is 31,000 yen and the training includes 45 hours of training; 39 hours of that is in a classroom and six hours of driving."

Depending on the military rank, active duty members need to submit additional documentation to obtain their drivers license.

E-4 and below personnel need to have a request form from their command in order to take the driving test.

"People who are below E4 need to have a request chit and description with they need to drive whether it is specific private vehicle or a government vehicle. If it doesn't say that, they have to go back to the command and start over. So my office needs to know whether they just want to drive their own car or they are required to drive a government vehicle," Smith said.

However, there is an exception for married, E-4 and below personnel.

"You need to come to the license office when the time to take their driving part with updated family entry page. They don't need to have a request chit, but they have to have the proof that they got dependents."

In Japan, people have to choose what types of driver's license they want to obtain first.

For example, if you choose to drive an automatic vehicle for the road test, your license limits to drive only automatic vehicles in Japan.

On the other hand, if you choose to drive a manual-transmission vehicle, you can drive both types of vehicles in Japan.

"For everybody who wants to get a license here in Yokosuka, we provide a vehicle when getting a road test. We provide automatic and manual-transmission vehicles, at no cost. All they have to do is show up at their appointment and they drive," Smith said.

The road test examiners will check the driver's familiarization with driving on the left side of the road and operating the vehicle in safe manner.

"You are also challenged with facing the road that is smaller than it used to and driving in unfamiliar area. Any parking area is all small compact area. People tend to lack the awareness of how big their cars are. It is always a big challenge," Smith said.

The road test starts from the license office and various parts of the base and back to the license office.

The examinees also need to demonstrate the proficiency in backing into parking spaces and parallel parking.

Drivers can renew their drivers license every three years due to typical tour is usually three years.

"If you extend or take additional order to Japan, you need to take an extension letter and order to the license office that will renew your license," Smith said

For more information on obtaining a driver's license at CFAY visit the Driver's License Office, located in Building C9, Mondays through Fridays, 7:45 to 4:15 p.m. or call 243-5647.

The cure for writer's block

By Chaplain Robert Bradshaw

It is a privilege to write articles for the Seahawk. For all of us Chaplains, there is a lot of thought put into each article because every one of you is important. There are times, though when so many different thoughts flow into my mind. There are many things I wish to say. I always thought writer's block happens when a writer has nothing they could put in words and therefore they were blocked. For me, writer's block is like driving in Japan during Golden Week. All roads are clogged, but there is lots of movement and even some chaos. There are plenty of thoughts, but they are all competing for the same space.

As I sit to do the prewriting, there are times that it is hard to focus on what topic to put on paper. It is much like meditating or praying. There are so many things competing for our attention. Distractions that keep us from being on task are numerous. I don't believe that we are crazy when we experience these things. I just believe that we are so busy and are doing so many things that the act of being still – whether to write, meditate, pray, or plan – can be difficult. The motive is pure. How do I narrow it down to one good thing I would like to share with you when there are so many things I would like to share?

I believe that there is a second issue that causes writer's block, invades our times of thought, prayer, meditation, or simply responding to an email. There is so much negative that pervades society – or so it seems. Clearing the paths to do any of these things requires us to narrow the things that compete for our time or thoughts and choosing to see the beautiful things in life instead of the negative.

A verse from the Bible that helps me choose what to share as well as block out the negative is found in Philippians 4:8 and is as follows:

“Finally, brothers, **whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.**”

So this week I choose to write about you instead of to you. To the thousands of you who raised your right hand to become a part of something larger than yourself; to the thousands who support us who volunteer by taking jobs as General Schedule, Master Labor Contract, and contract workers; to the hundreds who take a teaching position away from family and friends to teach our kids; to the thousand of family members who sacrifice even more to support all the aforementioned...I salute you!

I encourage each of us to put into action the principle behind this verse. Then writing becomes easier. Praying becomes less distracting. Responding to emails becomes more productive. Even life becomes sweeter.

May God bless each of us as we navigate this journey we call life.

HRO USCS Positions

The following local/Japan-wide announcements are available at the Human Resources Office, Yokosuka customer service desk, bldg. 1472, from 8 a.m.-4 p.m., Monday-Friday, and at <http://hro.cnfi.navy.mil>.

Applicants for worldwide vacancies must follow the procedure in the “Job Opportunities” page of the www.donhr.navy.mil Internet site. Applications and forms for local/Japan-wide vacancies must be received at the HRO, Yokosuka customer service desk, or through the mail at HRO, PSC 473 Box 22, FPO AP 96349-0022 by 4 p.m. on the closing/cutoff date of the announcement. Applications may also be submitted through the drop box located at the front entrance of the HRO, Yokosuka building. These applications must be in the drop by close of business (4 p.m.) of the closing/cut-off date of the announcement.

Postmark dated, faxed or e-mailed applications will not be accepted.

New

Supervisory Recreation Specialist (Youth Activities) – YC-0188-1, CFAY-128-08. Open: 9/5/08, Close: 9/18/08.
Mail Technician – YB-0305-1, FISC-127-08. Open: 9/3/08, Close: 9/17/08.

Continuing

Child Development Educational Specialist – YA-1701-02, NH-126-08. Open: 9/29/08, Close: 9/25/08.

NEX Positions

All positions are open until filled. Applications are accepted Monday-Friday, 8 a.m. to 5 p.m., at the Navy Exchange Human Resources Office, Bldg. 3316, Room 217. Contact NEX at 243-4418/5150.

To see job vacancies online, go to www.navy-nex.com, click on work for us, go to bottom of page, overseas. Find Japan and click go. Click on the base you want and then click on the job that interests you to learn how to apply.

Food Delivery Operator. NA-2 – Food Services. \$8.28-\$9.66/hr. (1 Flex)
Food Service Supervisor. NS-2 – Food Services. \$10.74-\$12.56/hr. (1 RFT)
Food Sales Supervisor. NF-3 – Food Services. *\$24,621-\$31,298/yr. (1 RFT)
Food Service Workers. NA-2 – Food Services. \$8.28-\$9.66/hr. (14 Flex)
Night Auditor Desk Clerk. NF-1 – Navy Lodge. *\$9.50 plus differential (1 Flex)
Automotive Mechanic. NA-10 – Autoport. \$13.63-\$15.91/hr. (1 RFT)
Sales Clerk. NF-1. Fleet Rec Center. \$6.55-\$8/hr. (1 RFT)
Supervisory Sales Clerk. NF-2 – Uniform Fleet Center. *\$8.39-\$11/hr. (1 RFT)
Cashier Checker. NF-1 – MiniMart. *\$7-\$8.25/hr. (1 Flex)
Department Manager. NF-3 – Main Store. *\$31,620-\$48,844/yr. (1 RFT)
Customer Service Clerk. NF-1 – Main Store. *\$8.25-\$9/hr. (2 Flex)
ID Checker. NF-1 – Main Store. \$6.55-\$7.50/hr. (1 RFT)
Sales Clerk. NF-1 – Main Store. *\$6.55-\$8/hr. (1 RFT, 4 Flex)
Specialty Sales Clerk. NF-1 – Main Store. *\$7-\$9/hr. (3 RFT, 2 Flex)
Supervisory Sales Clerk. NF-2 – Main Store. *\$8.39-\$11/hr. (4 RFT)
Supervisory Customer Service Clerk. NF-2 – Main Store. *\$8.39-\$11/hr. (1 RFT)
Store Worker. NA-2 – Main Store. \$8.28-\$9.66/hr. (2 RFT, 2 Flex)
General Clerk. NF-1 – Inventory Control. *\$7.50-\$9/hr. (1 RFT)
Personalized Service Clerk. NF-1 – Personalized Services. *\$7.25-\$8/hr. (3 Flex)
Equipment Rental Clerk. NF-1 – Rental Center. *\$7-\$8/hr. (1 RFT, 1 Flex)
Hair Stylist. NA-7 – Beauty Salon. Commission (2 Flex)
Warehouse Operations Clerk. NF-2 – *\$11-\$12/hr. (1 RFT)
Warehouse Worker. NA-4 – Distribution Center. \$9.66-\$11.27/hr. (1 RFT)
Security Guard. NF-1 – Distribution Center. *\$7.50-\$9/hr. (1 RFT)
Assistant Contract Specialist. NF-3 – Administration. *\$26,390-\$40,760 (1 RFT)
Retail Operations Clerk. NF-1 – Procurement. *\$7.50-8.50/hr. (1 RFT)
Sign Painter. NA-7 – Main Store. \$11.68-13.62/hr. (1 RFT)
Manicurist (Nail Tech). NA-5 – Ikego. Commission (1 Flex)
Hair Stylist. NA-7 – Negishi. Commission (1 Flex)

*Salary based on experience

Worship Schedule

YOKOSUKA: Chapel of Hope
• 243-6773/ 6774

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Mass, Main Chapel	1100
SUN	RCIA Class, Blessed Sacrament	0930
SUN	CCD, classrooms	0930
SUN	Youth Group, Old Thew Gym (G-113)*	1200
MON	Adult Bible Study, Rooms 2 and 4	1730
WED	Confession	1600
WED	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1730
THU	Choir Practice, Main Chapel	1700
THU	Women's Bible Study	1730
FRI	Choir Practice, Choir Room	1700
1 st FRI	Mass, Main Chapel	1700
SAT	Vigil Mass, Main Chapel	1700
SAT	Baptism, Main Chapel	1500
SAT	Confession, Blessed Sacrament Chapel (or anytime by request)	1600

NOTE: Mass is held each day at 1200 in the Blessed Sacrament Chapel except for Wednesday (1200 in the Naval Hospital Chapel).

General Protestant

SUN	Worship Service, Main Chapel	0930
THU	Choir Practice, Main Chapel	1830

Protestant Liturgical

SUN	Communion Service, Fellowship Hall	1100
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Contemporary Christian

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

Gospel Praise Service

SUN	Worship service, Main Chapel	1230
TUE	Women's Bible Study, Classroom 10	1800
WED	Choir practice, Main Chapel	1830

Filipino Christian

SUN	Worship Service, Kinnick Little Theatre	1230
WED	Prayer Meeting, room 3	1800

Church of Christ

SUN	Worship, Kinnick Little Theatre	0930
SUN	Sunday School	1100
WED	Bible Study, rooms 2, 3 and 5	1800

The Church of Jesus Christ of Latter-Day Saints

SUN	Sacrament	1300
SUN	Sunday School	1420
SUN	Priesthood/Relief Society	1510

Location: Across from the City of Yokosuka Post Office (Off base)

Jewish Faith Community

FRI	Shabbat and Kiddush, Jewish Chapel (Chapel of Hope)	1800
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Soka Gakkai International (Buddhist)

2nd AND 4th THU Classroom 10 1800

Specialized Ministries

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

TUE Fellowship Hall/Classrooms 1615

Yokosuka Student Ministries (Middle School and High School)*

WED Middle School – Quest 1600
High School – One Way 1830

Protestant Women of the Chapel*

TUE Bible Study, Classroom 10 1830
THU PRECEPTS, Fellowship Hall 0930
THU Bible Study, Classroom 7 1600

Japanese Women's Bible Study*

TUE Main Chapel/Fellowship Hall, Classrooms 0930

COMPASS Spouse Support Group

WED, THU, FRI (Last week of month), Room 5 0900

Men's Christian Fellowship

TUE Study Group (Fleet Rec 3rd Deck) 1130
3rd SAT Breakfast (Location varies)
**Runs from September to June*

Negishi: Chapel of the Rising Sun
• 242-4183

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Confession	1700
SUN	Bible Study	1730
THU	CCD, classrooms	0900

Protestant

SUN Worship Service, Main Chapel 1030

IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

SAT Vigil Mass 1900

Pentecostal

SUN Worship Service 1000

Adult Bible Study

WED Nikko Tower Party Room 1800

A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

WED Ikego Elementary School 1630

Yokosuka Student Ministries (Middle School and High School)*

THU Middle School/High School – Q2 Kyoto Tower Party Room 1830

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

Fleet and Family Support Center

Classes This Week

Please call us at 243-FFSC (3372) to sign up today!

Monday, Sept. 15

Elements of Successful Parenting 9 a.m. (2 hrs.): Elements of Successful Parenting (ESP) is a dynamic service designed to elicit and enhance participants' basic understanding of parenting children of all ages. ESP is a 4-session, 8-hour workshop that builds upon the knowledge and experience parents already have while offering key insights to nurture their ongoing parenting success.

English as a Second Language 10 a.m. (2 hrs.): ESL is designed for anyone whose first language is not English. In this class, students practice basic, English skills and learn about American culture. Special attention is given to speaking English in an everyday setting.

Enjoying Japanese Foods 9 a.m. (4 hrs.): Come learn about Japanese cuisine. Join our bi-lingual staff on a trip to a local grocery store and traditional restaurant. Learn about basic Japanese ingredients, recipes and food etiquette.

Tuesday, Sept. 16

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **Sept. 16-19, this class will be held at the Benny Decker Theater.** Welcome to the Land of the Rising Sun, kanji, yen and bowing. This combined class is offered weekly, and is required for all incoming military personnel, Department of Defense civilians and family members. Representatives from around the base will talk about the unique policies, procedures and benefits associated with living and driving in Japan. Local experts will discuss cultural issues and adjusting to your new home.

Ikego – Employment Overview and Tips 10 a.m. (2 hrs.): If you are interested in the local employment market, please join this class and talk with our full-time spouse employment assistance manager. Reservations are required for this crash course on employment availability in the Yokosuka/Ikego/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

Individual Augmentee Spouse Support Group 5:30 p.m. (1 hr.): FFSC offers a variety of services in support of individual augmentees (IAs) and their families. An IA Spouse Support Group is for spouses of current, former and soon-to-be IAs to get together and share their ideas and concerns; a counselor will be available for questions. Children are welcome!

Relational Intelligence for Couples (RIC) 9 a.m. (1.5 hrs.): This is a two day workshop for active duty personnel and their spouses/significant others, and dual military couples. RIC is designed primarily for couples who want to improve their marriages and decrease arguments or destructive patterns of behaviors.

Wednesday, Sept. 17

Basic Breastfeeding 2 p.m. (3 hrs.): Learn the breastfeeding basics that will help you manage the whole breastfeeding process and make it a success! This class will give you the knowledge to help you prevent or overcome any problems that may occur.

Elements of Successful Parenting 9 a.m. (2 hrs.)

International Spouse Support Group 9 a.m. (1.5 hours.): This class will be offered on a quarterly basis at FFSC. This particular session will cover the legal issues associated with being an international spouse and the challenges that you may have come across. This is a great opportunity to meet other spouses that may be in a similar situation as yourself. We look forward to seeing you there....

Japanese Spouse Group 10 a.m. (2 hrs.): This class is focused on the special concerns of Japanese spouses that are new to the Navy and Yokosuka, Negishi, or Ikego Bases. Our bi-lingual instructors have valuable first-hand knowledge to share and will help you feel more comfortable with your new role as a Navy Spouse! The network portion of the class will give you the chance to make friends with other Japanese spouses and share your experiences as a military spouse. This class is conducted in Japanese.

Getting Started Teaching English 11 a.m. (2 hrs.): Learn how to get started teaching English in Japan. We will discuss types of teaching positions, legalities, marketing yourself, average prices to charge, topics for lesson plans and much more.

"Hello Yokosuka" – Youth Transition/Deployment Support Group 3 p.m. (1.5 hrs.): Moving to a new place could be overwhelming. We can provide you a support group to help you transitioning better to your new school, new home and new environment.

Ikego – Enjoying Japanese Foods 9:30 a.m. (4 hrs.): This tour will to an organic vegetable and fruit stand in Kamakura. Then you will have an Okumiyaki Buffet Lunch in Kamakura. Cook your food yourself on a hotplate. The cost is 2,100 yen (which includes drinks) plus 260 yen for the train. Learn about Japanese Cuisine!

Thursday, Sept. 18

Ikego – Play Morning 9:30 a.m. (1.5 hrs.): Make play fun and educational for your child. Learn creative and new ideas to bring you and your child closer together through play. Children up to 5 are welcome, but must be accompanied by an adult. This Play Morning is held at Nikko Tower.

English Teachers Networking Group 10 a.m. (2 hrs.): New and experienced English teachers are invited to learn from, network with and support each other in this monthly session. Topics discussed will include developing age-appropriate lessons, sharing resources and off-base employment opportunities for teachers.

Pre-Marriage Seminar 9 a.m. (1 1/2 days): Engaged to be married? Planning on tying the knot here in Japan? If so, then you need to attend this seminar. We will cover important areas regarding marriage procedures, command sponsorship, immigration, passport procedures, financial management, successful marriage and family planning. This course is a required prerequisite for marriage in Japan under COMNAVFORJAPAN instructions.

Separating or Retiring in Japan 2 p.m. (3 hrs.): Participants will learn to the procedure for separation from military/government service in Japan from a topic expert. The class will cover various entitlements and restrictions and how they affect SOFA. Attendance is recommended for those considering separation from service with the intent to stay in Japan.

Friday, Sept. 19

Effective Resume Writing 12 p.m. (2 hrs.): Effective resumes get interviews. Learn to market your skills, knowledge and accomplishments using specific formats, selective "power" words and eye-catching cover letters.

Sponsor and Sponsor Coordinator Training 2 p.m. (2 hrs.): This class provides volunteer or designated command sponsors with background information and useful tips so that they can help new personnel before and after their relocation to Japan. Creative communication and support is discussed as a means to make newcomers feel that they are a valued part of the team as quickly as possible. Adult and teen family members are welcome to attend. Basic instruction in the management of an effective Command Sponsor Program in accordance with OPNAVINST 1740.3 will also be covered.

Play Morning 9:30 a.m. (1.5 hours.): This Play Morning is held at Ayame Tower.

Upcoming Classes

Sept. 22	English as a Second Language; Manage Your Transition (TAMP)
Sept. 23	Area Orientation Brief and Intercultural Relations Class; Ikego – Kid's Craft Class
Sept. 24	Government Employment Tips; Negishi – Bulls and Bears; Youth Enrichment
Sept. 25	FRG Leadership Meeting and Training; Ikego – Play Morning
Sept. 26	Yokosuka – Play Morning

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

Visit our Web site: www.cfay.navy.mil/ffsc/index.htm

Automobiles

Car for Sale. 2000 Nissan Avenir. 89,000 km. Only one owner, car is in perfect condition. Inspection expire September 2009. JCI expire October 2009. Asking \$2,300. Contact Dennis, 243-9111, 080-6722-3702, dennis.alcorn@fe.navy.mil.

Angel Motors – Specializing in U.S.A. Spec (LHD) Models! American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! **ANGEL MOTORS SEPTEMBER CARS!** 1. Beautiful '97 U.S.A. BMW 528i sedan and 52K miles, silver, leather, "angel eye" headlights, crystal tail lights for \$12,900! 2. Fast, custom 1996 Mazda RX-7 (RHD), 75K KM, MT in red for U.S. \$6,500! (car now at Yokosuka base!) Visit us: www.angelmotorsjapan.com. Visit our web site for photos and details, or call Mike to see. Contact Mike for more details at Tel: 090-8019-6372, e-mail: mike@angelmotorsjapan.com.

BMW Military Sales – Factory discount pricing. Pre-purchase plan available for future purchase. Also available quality used European and Japanese cars. Int'l. Auto Emporium Office: (045)787-4335. Mobile: (090) 8485-4701. E-mail: LTM@viola.ocn.ne.jp.

Dodge Grand Caravans, Nitro, Patriots, Wranglers and Jeep Grand Cherokees. American specifications. Drive them in Japan then take them back to the states with you. Warranty work available while you are here in Japan. For more information, contact Don Houdek at NEX New Car Sales at 080-3243-4689, or e-mail: houdek@militarycars.com.

Returning to the states by September 2009??? Now is the time to special order your new Ford or Chrysler vehicle. Order now and pick it up the day you get back to the states! For more information, contact Don Houdek at NEX New Car Sales at 080-3243-4689, or e-mail: houdek@militarycars.com.

U.S. SPEC CARS!! Available in Yokosuka. You can ship the car to the states. We are located at the Yokosuka entrance #7 on Yoko Yoko. 15 minutes from the base. Come and check our stock. English Spoken. 93-2 Yamanaka, Yokosuka. E-mail: auto@casper.co.jp. Web site: www.casper.co.jp. Call (046) 853-2110.

Services

2 BZ 2 CLEAN? House cleaning service can be scheduled to meet your routine needs. On or off base. Fluent Japanese speaker. Call 080-3489-7657.

Authentic and friendly Japanese instructor offers Japanese lessons for dining out, shopping and Japanese proficiency test at your location or Oppama class. Private lesson. ¥3,000/80 min. Contact 080-5646-2952, sensei4urs@gmail.com.

Birthday cakes and things is back open for business. For my most recent retirement birthday, baby shower and cupcake cakes, please check out www.myspace.com/tinanh27, or [birthdaycakesandthings.com](http://www.birthdaycakesandthings.com)

Brute Force Photography Available for all your picture taking needs. Birthday parties, command functions, family photos, maternity and holiday portraits, you name it, we do it. E-mail Jen at: bruteforcephoto@gmail.com, or call at 090-8489-4514 for more information or see us on the web at: www.bruteforcephoto.com.

Computer and Networking Services. We offer low cost computer repair and home/business networking services. We can set up "Secure" wireless and LAN networks. We also, install software, install hardware, contain viruses, and recover "precious" data. Vonage set up and trouble shootings available. We will respond within 24 hours. Please contact: CJ, 080-6603-2336/chaunceylharris@ezweb.ne.jp. Travis, 080-6616-5634.

Computer Services by Edwin – a 12 yr. Computer veteran is here to assist you with your PC/MAC. From virus infected computers to hardware and LCD replacement. Call 246-7628 or 080-6797-2531 to schedule and at home evaluation. Serving Yokosuka/Ikego areas. Hablamos español.

CUSTOM PURSE DESIGN EVENTS make fabulous ladies nights out! Hundreds of fabric, style, and ribbon options. Hostesses earn credit toward their own creation. Call Kristen at 241-3223, or e-mail: ckristen@ymail.com.

Education Administrator. Do you work outside the home or just desire a quality home school education for your child? Then I have a solution to meet your needs. I can administer an accredited homeschool program, School of Tomorrow (A.C.E.) for your child. Grades 1-12 accepted. Open enrollment. Please contact me for more information at 241-3116 or 080-3526-0172.

Every Girl Deserves Free Jewelry! As seen in Oprah, Instyle, and Glamour Magazines. Silpada Designs Sterling Silver Jewelry uses only .925 Sterling Silver and a variety of stones and materials. Receive up to 30 percent of retail sales in free jewelry just for having a party with your friends. For more information, to place an individual order or to schedule your show, please e-mail or call Erica, your Independent Representative at: 246-8855/080-6640-6536, mata.eb@gmail.com. Check out my website: www.mysilpada.com/e.mata.

G's Salon – Waxing (B.B and all kinds), Manicure, Facials. "Straight from Manhattan" personalized service to bring out the beautiful you! Please call 241-2474 or 080-5677-6532 for appointment.

Hair salon in Yokohama hair expert for foreign Women and Men. Worked in London, NYC and Beverly Hills. U.S. certified. Master colorist. Foil Highlights and Low light. Specialize in thermal straightening and hair extensions. We also provide nail services. (045) 311-0139 ask for Yoshiko. info@afrodita.jp, www.afrodita.jp.

LTO Runs and Junking Services. New registration, JCI, inspections, road tax, temporary plates, title transfer, JCI renewal, minicars, change address. Please call Theresa, 241-3427 or 080-3392-4384.

LTO Runs and Free Junking (could junk in a couple of hours). New registration, Japanese inspection, renewal, change address, transfer title, deregistration, road tax, T-plates. Call Elvie at 090-4585-8329.

LTO Run and Junking. Please call Emma, 090-1813-5382, 080-3426-6890, or fax or leave message at (046) 825-1885 anytime.

LTO and Free Junking. Need to junk it now? Don't wait days. JCI inspection, title transfers, road tax, deregistration, T-plate. 12 years in Japan. Negishi, Ikego, any transmission OK. Call Derrick, 241-4415 or 090-3592-8809.

LTO Runs and Junking Services. Japanese inspection, new registration, transfer registration, deregistration, change of address, road tax, temporary plates, could junk and deregister your car in a day or less, on base or off base OK. Eight years experience. Call Fe, 241-4954 or 090-9317-8259.

LTO Runs and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, change of address. Road tax, temporary plates. 日本語もOK. Call Cherry, 080-5046-0689.

LTO Runs and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, road tax, temporary plates. Call Mylan, 080-5863-3703 or 241-3037.

LTO Runs and Junking Service. New registration, JCI inspection, title transfer, de-registration. For a quick LTO Run, call Gino, 080-5405-3788 or 241-3788.

Free Junking Service in 1 hr. or less. Also free LTO service included. One call will do it. Don't worry. Negishi, Ikego no problem. Call Derrick, 090-3592-8809, home 241-4415.

LTO Runs and Free Junking. Yokosuka/Ikego/Negishi Registrations, inspections, transfers, I do it all. No problem driving your vehicle to LTO. Call Reiko McCulough, 241-3100/080-5497-2600 or e-mail: reikoltoruns@yahoo.com. 日本語もOKです!

LTO runs and Junking Services. Runs from Yokosuka and Ikego. New registration, deregistration, Japanese inspection, transfer. Also do mini-car registration. Please call Roselle at 090-4222-7435, e-mail: always_roselle@hotmail.com.

MAGICIAN. Birthday Parties. Book your command's Christmas party now! Complimentary birthday gift. (イベントや、お誕生日会などにマジック・メイクを呼びませんか?) Call "Magic Mike", 090-6199-4993, (046) 827-4639, magicmike4u@ezweb.ne.jp, www.magicmike.wetpaint.com.

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Need makeup artist on your special day? Experienced makeup and hair artist will work on location. For more detail, call 090-4167-0724 (if no answer, leave message), or e-mail: makeupbytakako@hotmail.com. Artist info: www.makeupbytakako.com.

PIANO TUNING SERVICE – Autumn Campaign 2008 (September-October). Upright pianos, ¥11,000 ¥10,000. Grand Pianos, ¥14,000 ¥12,000. *The price may depend on the condition or type of piano. Please contact Edward Fukushima (Member of Japan Piano Technicians Association). (042) 473-4604 (Tel./Fax), 080-5441-1802, efukushima2@hotmail.com, efpiano442@ezweb.ne.jp.

Professional Resume Writing. Military-to-Civilian Resumes. Federal, KSA, Resumes-from-scratch, Veteran owned and operated. Any resume consulting. www.anyresume.com, anyresume@gmail.com.

Positions

URGENT!! Facility Engineer. Requirements: *Over three years on-the-job experience for building maintenance. *Conversational level English and Japanese. *Workplace: Tokyo. *Pay: A-position up to ¥330,000/month for full time and ¥1,200/hr. for part time, B-position up to ¥400,000/month for full time. *Transportation cost paid (Max. ¥40,000). *Paid vacation and holiday. *Retirement age: 65 years old. For more details, contact Ms. Watanabe at: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Co., Ltd.

Wanted

Drivers wanted for on-base taxi service. Will train. Make some extra cash during your off hours (2 hours minimum)...pretty good tips. Morning shift is available from 5:30 a.m. Contact 243-4511 or 090-3205-3472. Supervisory and Management training positions available.

オンベースタクシーの運転手(パート)募集。MLC及びIHAでベース内で働いている方々、出勤前及び業務終了後の数時間働いてみませんか?月曜-金曜(Kitty Hawkが入港中)4 a.m.-8 a.m.は(2時間でもOK)運転好きな方、チップも入るし結構稼げますよ(普通免許でOK)。243-4511か090-3205-3472まで電話ください。

English Teacher for Children. Part/Full-time positions are available in Yokosuka, Zushi and Yokohama area. Training is provided. For more information, please call (046) 865-8717, Monday-Friday, 10 a.m.-6 p.m.

Help Wanted!! Softland Video/Full-time Manager. Location: Main Video Store Adjacent to Starbucks and NEX (Yokosuka Base). Shift: Monday-Friday (9 a.m.-5 p.m.). Management experience preferred. Basic Windows knowledge preferred. Apply in person with resume (10 a.m.-5 p.m.). Personnel subject to a local back-ground check. For more information, please stop by the Main Video Store and speak with the Manager from 10 a.m.-4 p.m., Monday through Friday. DSN: 243-4717. COMM: (046) 816-4717. E-mail: yokosukavideo@yahoo.com or japanregion@yahoo.com.

Looking for a part-time English instructors. You can set your own lesson fee, teaching schedule and location. Please e-mail your resume at: support@lily-ec.jp and get more information.

Announcements

Buyers Market in fabulous Las Vegas. House prices are at all time low. Time to buy your dream home or for investment. I specialize in representing you, the buyer. No cost to you, seller pays. Let me find the right house for you and negotiate the best deal for you. E-mail: realtorchriscoobb@gmail.com. Web site: <http://christophercobb.las.mlxchange.com>. Cell phone: (702) 630-0790.

Navy-Marine Corps Relief Society caseworker training to be held Sept. 23, 24 and 25. Please call 243-7905 for more details.

Unable to locate jobs on military bases? Here is an excellent opportunity for spouses as distributors! Our products are for men and women! Our products are PROVEN to reduce wrinkles, sagging skin, bags under the eyes, lines on the forehead, unwanted flab, hair rejuvenation and increased antioxidant absorption. And our products are scientifically based and one-of-a-kind! Scientifically Proven Anti-Aging Treatment with Galvanic Spa – Look 10 years younger in just 10 minutes. Taking vitamins? Try LifePak Nano – Best on the market and results confirmed. Call Rick at (042) 542-2977/080-3394-4647, or via e-mail at: anderson@nsedreams.com, or visit my Web site at: <http://anderson.nsedreams.com>.

Room for rent. Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$300/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.

The Only Authentic and Ethnic Indian Cuisine in Yokosuka. Our high standard dishes will guide you a culinary trip in Indian sub-continental exotic and delicious region. We have various spice level. We are 300 yards from Yokosuka Chuo Station in Uwa-machi Shopping Town. Monday closed. Tel. (046) 821-1922 (Land), 080-3015-1749 (mobile).

TIF Miscellaneous International Party Shibuya, Sept. 13, Saturday, 6:30-9 p.m., T's Salon. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. <http://www.miscellaneousparty.com>. Call 080-2001-0512, party@goover.co.jp.

Yokohama World Friends International Party, Sept. 20, Saturday, 6:30-9 p.m., Bar Why Not. Biggest international party in Yokohama. Meet 150 people. 20 kinds of free cocktails. Free snacks. ¥3,000. <http://www.worldfriends-party.com>. Call 080-2001-0512, party@goover.co.jp.

Yokosuka Baptist Church. Independent, fundamental, Baptist church with a military heart. Choumi Building, 27-6 Ogawacho (Across from Mikasa Park). For more information, call (046) 823-4654 or cell 080-3179-9516. www.ybcjapan.org.

Adoption

Thinking about adopting a child? Yes – It can be done while living overseas! We can make it happen! Contact: www.Adopt-Abroad.com.

Asahi Advertising, Inc. is located next to CFAY Public Affairs in Bldg. 3154, Room 213. Visit our office or call us at 243-3100/(046) 816-3100 or e-mail to: seahawk yokosuka@ys020407.americablejapan.com to place an ad or for more information. Business hours are 10 a.m. to 4 p.m., Monday-Friday. deadline for classified ads is 4 p.m., Friday prior to publication date (one week in advance).

Asahi Advertising, Inc.



USS Blue Ridge (LCC 19) SK 2 Chris Noerjadi mans a .50 caliber machine gun and scans the horizon for enemy combatants during a general quarters training drill while underway Aug. 26.

U.S. Navy photo by MC2 Peter D. Lawlor

Konnichiwa!



Hospital Corpsman 3rd Class (SW) Jamysha Thomas administers a shot in the Medical Treatment Room of USS Mustin (DDG 89).

Photo by Yuji Kawabe

How long have you been in Japan? Two years.

Where is your home town? New Orleans.

What is your favorite food? Gumbo.

Life goal? To become a natal nurse.



Yokosuka Middle School student Sara Tuskey helps new student Destinee Allen at her locker. Sara is part of the YMS Dragon Core, a group of students who strive to welcome new students and help them to adjust. The Core's job is especially important this year as the school has seen an increase in student population.

Photo by Dale N. Duncan, Jr.



Naval Computer and Telecommunications Station, Far East CMC (SS) Andy Worshek speaks to the spouses of Yokosuka area Chief Petty Officer (CPO) selectees Aug. 21 during a CPO Select Spouse Night event. The gathering was intended to help the spouses of the selectees better understand the six-week induction process and answer questions concerning their spouse's new role as a CPO.

U.S. Navy photo by MC3 Gabriel S. Weber



CFAY Security MA2 David Scott, who also serves as a Drug Abuse Resistance Education instructor, accepts a \$3000 check from Fleet Reserve Association (FRA) Branch 103 President Robert Dean at FRA Sep. 3. The money will go towards stickers, books and graduation gifts for the kids of CFAY, Ikego and Negishi who successfully complete the 10 week course. The course educates kids about avoiding and successfully dealing with peer pressure, violence, drugs and alcohol.

Photo by Dan Bowen, CFAY Public Affairs



Commander, Submarine Group Seven's, Rear Adm. Michael Connor and CMC (SS/SW) Jimmy Schubert join Commander, U.S. Seventh Fleet, Vice Adm. John Bird, Commander, U.S. Naval Forces Japan, Rear. Adm. James Kelly and Regional Master Chief, CNOCM (AW/SW) Luis Cruz as they lead area commanders, CPO's and CPO Selectees on a cool down lap following a successful leadership run around CFAY Sept. 3.

U.S. Navy photo by MCSA Charles Oki