



Commander U.S. Naval Forces Japan selects regional SOY

By MC3 Gabriel S. Weber,
Fleet Public Affairs Det. Japan

Commander U.S. Naval Forces Japan (CNFJ) selected the region's Sailor of the Year (SOY) during an awards ceremony Feb. 1 at



MA1(SW) Karen Campbell of Commander Fleet Activities Sasebo was selected as Commander U.S. Naval Forces Japan regional Sailor of the Year.

U.S. Navy file photo

Yokosuka Naval Base.

Master-at-Arms 1st Class (SW) Karen Campbell, Commander Fleet Activities Sasebo's SOY, received the regional award following an intensive week of training with seven other SOYs from around the region and the command master chiefs from each installation.

"This week was one of the most knowledgeable weeks I've experienced in the military so far," said Campbell. "There's so much information to learn and as peers, we all got together and brainstormed different ideas on how to make it better as first classes in our commands."

CNFJ Regional Command Master Chief, CNOCM (AW/SW) Luis Cruz talked about the characteristics a selection board looks for in a SOY candidate.

"The attributes that we look for are the leadership traits, the coach-style leader, the mentorship they perform," he said. "We're looking for a well-rounded Sailor, especially a Sailor who had tremendous impact to the individual commands and how they influence their commands up the chain of command as well as their subordinates."

While the selection board looked at things like professionalism, performance, leadership and uniform appearance – Campbell said every candidate was

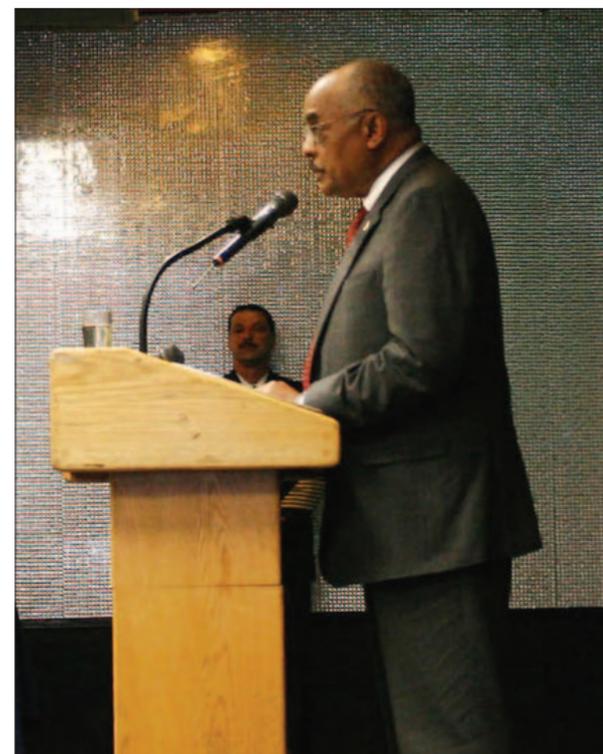
worthy of the title.

"All the SOYs were absolutely incredible," said Campbell. "It had to be a very difficult decision for them to make today, because we all have the same drive to get the work done. We all have the same passion about our job and we definitely want to make sure that our junior Sailors are well taken care of. I think that's what came out today - taking care of the junior Sailors."

Campbell added that participating in the SOY selection process has given her new insights to take back to her command and pass on to those junior Sailors.

"I'll continue to compete, but the main thing is that it gives me the experience to bring back to my junior sailors," she said.

"It's a great thing for them, and it's a great week," said Cruz. "As they represent the positive things about our Navy, the direction that we're headed, we



Assistant Secretary of the Navy, the Honorable B.J. Penn, speaks to participants and guests during the CNFJ Sailor of the Year banquet at Commander Fleet Activities Yokosuka Feb. 1.

Photo by Fumiyo Sato

feel very confident that where our young Sailors are today, they will continue to lead our great Navy to success in the future."

Assistant SECNAV Penn visits

By Kazuyuki Takagi, CFAY Public Affairs

Assistant Secretary of the Navy for Installations and Environment The Honorable B.J. Penn, visited Commander Fleet Activities Yokosuka (CFAY) for an environmental tour of several base facilities Jan. 31.

Penn, accompanied by Commander Naval Facilities Engineering Command (NAVFAC) Rear Adm. Wayne Shear, Commander Fleet Activities Yokosuka Capt. Daniel Weed and Commanding Officer NAVFAC Far East Capt. Christopher Kiwus visited Berth 12 where Penn was briefed on building construction and the Truman Bay dredging project.

see VISIT, pg. 8



Assistant Secretary of the Navy for Installations and Environment the Honorable B.J. Penn, is briefed on the progress of a 3,300 square foot kitting building construction project by the Seabees of Naval Mobile Construction Battalion Five (NMCB-5) Detachment Yokosuka.

Photo by Yasuko Nakamura

Japan celebrates Setsubun with bean-throwing custom



Japan celebrated *Setsubun* Feb. 3, in honor of the beginning of the Spring Equinox as it is marked in the traditional Japanese calendar. The term *Setsubun* was originally used to describe the changing of each season but now, only the day before the beginning of spring in the traditional Japanese calendar is called *Setsubun*. Japanese people celebrate the day in a unique way. On the night of *Setsubun*, many households do *Mame-Maki* or a bean-throwing ceremony. Roasted soybeans are thrown out the door of their home or at a family member wearing an *Oni* (demon) mask, while they chant "*Oni wa soto, Fuku wa uchi*," which means "fortune in and evil out." The beans are thought to symbolically purify the home by driving away the evil spirits that bring misfortune and bad health with them. Then, as part of bringing fortune in, it is customary to eat the soybeans, one for each year of one's life, and in some areas, one for each year of one's life, plus one more for good luck for the year to come.

Photo by Yuhji Kawabe



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

CMDCM Wayne E.
Smith,
Command Master
Chief

司令官の相談室

YOSC Scholarship Opportunity – The Yokosuka officer's Spouse Club (YOSC) is offering scholarship opportunities to Kinnick High School seniors. Applications will be available at the Guidance Counselor's office starting March 28. Contact your guidance counselor for more information.

JN Dispensary – The Japanese dispensary will be temporarily relocated to a pre-engineered building fabricated behind the current dispensary building. Medical service is available at the PEB from Jan. 23 to July 3, while the existing dispensary is renovated.

日本人従業員診療所の改装工事が1月23日に始まる予定です。それとともない、診療所を仮設プレハブに移動して診療を続けることになっています。仮設プレハブは診療所の奥の空き地に設置し、1月23日～7月3日までの間プレハブでの診療を予定しています。

BZ: I would like to offer up a Bravo Zulu to the fine young men and women who man our gates and probably get tired from the long hours of standing in all kinds of weather that is involved. They do a great job all the time no matter what the hour or weather condition. Keep up the great work!

Q: Can you provide clarification on the policy regarding wearing headphones on base?

質問：基地内でのヘッドホン使用に関する方針を教えてください。

A: Earphones or other listening devices may not be used in any manner that will cause the user to cover either one or both ears while operating a motorized or non-motorized (bicycle, skateboard, etc.) vehicle while on base roads and streets. Provided the volume is adjusted so that the user may still hear normal ambient sounds, these devices are authorized to be worn over the ears when running on the designated running path that encircles Berkey Field and while walking on sidewalks provided they are removed when using crosswalks.

回答：基地内の道路及び通りを原動機付きまたは自転車・スケートボード等の原動機無しの乗り物を操作する場合、操作者の方側あるいは両側の耳を覆う物はイヤホンもしくはその他のいかなる機器であれ、その使用は禁止されています。また、周囲の通常の音が聞こえるように機器の音量が調整されていれば、ランニング中のパーキーフィールド周辺ランニング指定区域での使用は認められております。また、横断歩道上では外すのであれば、歩道での使用も認められています。

Q: I have a question about the drive-thru ATM. There have been several times when I have gone through there to find several people waiting to use the ATM on a walk-up basis. Who has priority use of the drive-thru ATM? It seems to me that cars would have the priority and I wonder why more pedestrians do not use the walk-up ATM's that are located throughout the base.

A: Although the ATM you are referring to is a drive-thru ATM, it was never intended to be accessible solely to drive-up customers. That location was selected because of its proximity to the waterfront and provides Sailors with a convenient location to do their banking as they exit the installation. Use of the ATM is on a first-come, first serve basis - the exact same procedure utilized at all the other ATM's on the installation. There are no head-of-line privileges for drive-up customers. Everyone needs to be patient and understanding with each other.

Q: Could we limit all households on Yokosuka base, with only a few critical exceptions, to just one registered vehicle per household? This would not be a major sacrifice, considering we already restrict our younger Sailors from having a car, and most of us can get by with one car in Japan, if no car at all. This would greatly alleviate our traffic/parking situation on base.

A: Your plan, along with many other similar plans, has been considered in the past, and we are constantly look for ways

to ease the congestion and parking problems. Reducing the number of SOFA-sponsored cars is an option that would only be used as a last resort, since many of our families are either dual military or have two working adult members. The community can help by only registering one vehicle and by increasing the use of public transportation, taxis, and carpooling before we consider such drastic measures.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are greatly appreciated. Please address personal 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 yococorner@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 March 6. 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 e-mail: yococorner@fe.navy.mil.

Passport Rules Change – Effective immediately, both parents must appear in person to apply for a new passport or renew an existing passport for children under the age of 16. For more information, visit the U.S. Embassy, Japan Web site at: <http://tokyo.usembassy.gov>.

Womble Gate Closure – The Womble gate will be closed for maintenance and upkeep Feb. 16 from 8 a.m. to 4:30 p.m.

Kannonzaki Beach Clean-up – Fureai Volunteer group will conduct a beach clean-up community relations event at Kannonzaki Beach from 9:30 a.m. to noon March 9. Red flags will mark the area of clean-up. Parking is limited. Please arrive by train or carpool. Call 046-821-1709 for more information

DD-214's now available online – The National Personnel Records Center has provided a Web site for veterans to gain access to their DD-214's and other documents from their military files. Go to <http://vetrecs.archives.gov> to access the new Web site. E-mail kenneth.yakle@navy.mil for more information.

NMCRS Spouse Tuition Aid Program – The Navy-Marine Corps Relief Society's Spouse Tuition Aid Program (STAP) Term IV will be accepting appointments Jan. 28 to March 14. Qualified candidates could receive up to \$350 for undergraduate studies and up to \$400 for graduate studies, for each term. Contact NMCRS Yokosuka at 243-7905/4450 to make an appointment.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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Survey says...

The Yokosuka City and Chamber of Commerce is looking for ways to better serve the Yokosuka Base community by asking for your response to the following survey questions:

- What is your favorite restaurant in Japan and why?

- What is your favorite store in Japan and why?

Submit your response by e-mail to Seahawk-Umitaka@fe.navy.mil or in person to Commander Fleet Activities Yokosuka Public Affairs office, building 3154, room 213, by **March 7**.



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MCPON outlines expectations of the petty officer first class

By MCCS(SW/AW) Bill Houlihan, MCPON Public Affairs

Following up on remarks he made to the Surface Navy Association (SNA) National Symposium Jan. 15, Master Chief Petty Officer of the Navy (MCPON)(SW/FMF) Joe R. Campa Jr., has specifically outlined the expectations of a Navy petty officer first class.

On Jan. 29, in communication with the Navy's chiefs mess through his regular newsletter titled, "To the Deckplates," Campa listed those expectations as:

"...we must be able to leverage the leadership and talent that lies within our first class community."

MCPON(SW/FMF) Joe R. Campa Jr.

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Over the past several months, Campa had been stressing the important role played by the petty officer first class in his

discussions with Sailors around the Navy. At the same time senior enlisted leaders from the fleet were providing their input.

In his remarks to the SNA, Campa emphasized that the Navy doesn't have "a single Sailor to spare," and said that taking greater advantage of the leadership talents of the senior petty officers is critical to Sailor development in the fleet. He reemphasized that last week.

"As our Navy moves forward, we must be able to leverage the leadership and talent that lies within our first class community. The increased demands on our maritime forces and non-traditional missions make it imperative that we strengthen the leadership that we provide our Sailors on the deckplate," said Campa.

Campa said that formalizing the expectations is only the first step. Now it's up to the Navy's first class mess to use that guidance as a means to evaluate their own

effectiveness as leaders. Critical to this deckplate initiative will be the involvement of the chief's mess.

"None of these concepts are new and I would say the great majority of our first classes are on board already. Defining clear expectations provides a structure our chiefs can train to and our Sailors can strive for," said Campa.

Campa deliberately inserted the phrase "deckplate triad" into the expectations of the first class petty officer and said he expected it to become a reality in the fleet.

Under "communication," he said: "First class petty officers clearly communicate standards to the Sailors they lead, while consistently keeping the chain of command informed. The deckplate triad of division officer, chief petty officer and first class petty officer is only effective with other [petty officer first class] inputs and deckplate perspectives."

Campa told the SNA audience that the relationship between the chief and the division officer has always been strong, and should remain that way.

"But," he added, "consider how much more effective that leadership team could

be if it evolves into a triad to include the petty officer first class."



Master Chief Petty Officer of the Navy Joe R. Campa Jr., spoke to attendees of the annual Surface Navy Association National Symposium Jan. 15.

U.S. Navy file photo by MC1 Jennifer A. Villalovos

7th Fleet flagship kicks-off quadruple Hong Kong COMREL events

By USS Blue Ridge Public Affairs

USS Blue Ridge (LCC 19) and embarked 7th Fleet Staff Sailors conducted four community relations (COMREL) projects Jan. 29 across the diverse modern metropolis of Hong Kong, further fostering peace and goodwill.

"When a Sailor or any U.S. citizen does good deeds around the world, it reflects great credit upon the United States," said Chief Religious Programs Specialist (SW/AW) Savorn Bascom, the officer in charge of the Fu Hong Society COMREL.

For some Sailors this was their first time participating in a COMREL activity. "I've been in the Navy for five years and this is my first COMREL," said Damage Controlman 3rd Class Jojo Makura who attended the Hong Chi Pinehill Village COMREL. "I feel proud to have been able to help the kids here." He spent the day doing some landscaping at the Hong Chi Pinehill Village for mentally disabled children and said the work was personally gratifying and also a good exercise.

For other Sailors accustomed to attending COMRELS, they know it is a rewarding way to spend liberty while in a foreign port. Yeoman 3rd Class Tamoris Gordon said he attended a COMREL in the Philippines last year where Blue Ridge and 7th Fleet Staff Sailors were able to help thousands of Filipinos. "I have continued volunteering for COMREL events for that good feeling of helping others ever since."

"When you travel as much as we do you realize that there are places in the world where people are really struggling and need help," said Gordon. "I know my service is also adding to the good reputation of the United States too."

Bent Dam Christensen and his wife Inger Lise Dam Christensen are Christian missionaries from Glyngore, Denmark who manage the Tao Fong Christian Society. They said they were nervous that the overcast skies and the chill in the air would hinder the project, "But Sailors who helped us here today were working hard, laughing and enjoying themselves," said the couple.

The work that was done and received did not go unappreciated said, Keith Yau, the assistant manager of Hong Kong's Ronald McDonald House, where Sailors cleaned the garden and common areas. "It is a great honor to have the Blue Ridge crew come to our house," he said.

The U.S. 7th Fleet Band also chipped in the days events by visiting the COMREL



SH2 Michael Ehle, from USS Blue Ridge (LCC 19), scrubs a ventilation dust trap in the kitchen of a Ronald McDonald House while other Sailors clean the rest of the kitchen as part of a community service project. Ronald McDonald House is a non-profit organization that provides temporary housing for family members of seriously ill children awaiting medical care.

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

locations and playing a handful of tunes at each. "You can see that the children enjoyed it very much," said Yau.

Blue Ridge serves as the flagship for Commander, U.S. 7th Fleet and is permanently forward deployed to Yokosuka, Japan and serving under Commander, Expeditionary Strike Group (ESG) 7/Task Force (CTF) 76, the Navy's only forward deployed amphibious force. Seventh Fleet Forces are tangible proof of the U.S. commitment to peace and stability in Asia, and they directly support U.S. national goals of strengthening alliances, defeating global threats, and preserving the free flow of trade.

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www.ybcjapan.org
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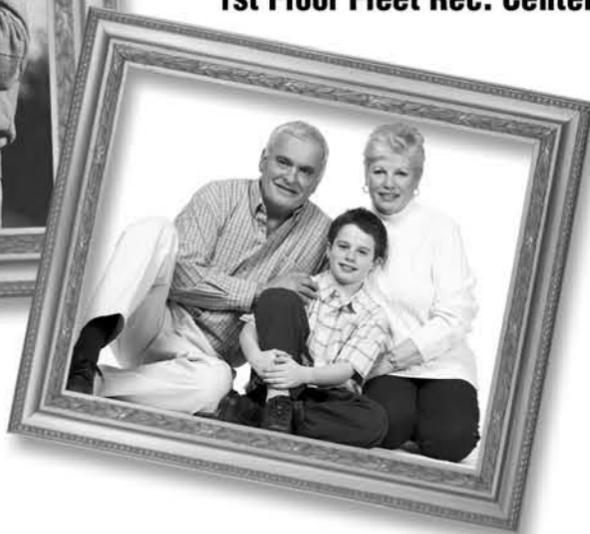
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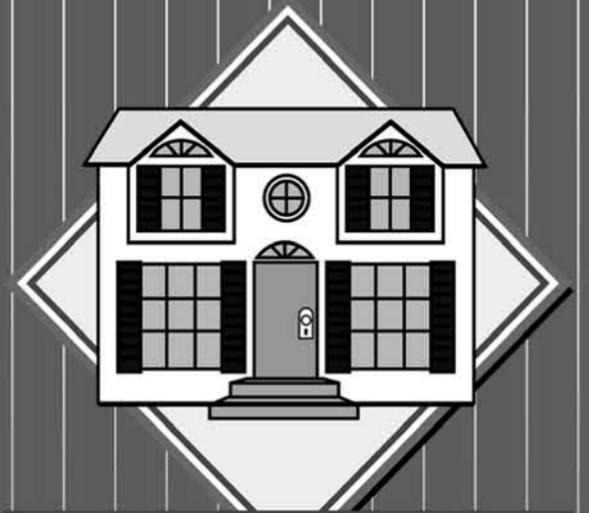


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COMDESRON 15 commands receive retention excellence awards

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

Six commands from Commander Destroyer Squadron (COMDESRON) 15 were awarded the Retention Excellence Award for achieving Navy-wide goals in retention and attrition rates Jan. 31.

COMDESRON 15 staff, as well as the Arleigh Burke-class guided-missile destroyers *USS Lassen* (DDG 82), *USS Fitzgerald* (DDG 62), *USS Mustin* (DDG 89), *USS Curtis Wilbur* (DDG 54), and the Oliver Hazard Perry-class guided-missile frigate *USS Gary* (FFG 51), all earned the prestigious award.

USS Gary, which recently changed its home port to San Diego, received the award for its service under COMDESRON 15 in fiscal year 2007.

"We were very fortunate this year having five of our ships awarded for retention excellence," said COMDESRON 15 Commodore Capt. Mark Montgomery.

"By receiving the Retention Excellence Award, COMDESRON 15 commands have proven that even in a challenging area of operations such as

Yokosuka, Japan, it is possible to successfully merge a challenging operational commitment and quality of life," said Chief Navy Counselor Bertha Johnson, assigned to COMDESRON 15.

"Our chain of command showed us great support allowing the Sailors to develop in their careers and that is what helped contribute to the *Lassen* receiving the award for retention excellence," said Navy Counselor 1st Class (SW/AW) Milton Styron of *USS Lassen*.

According to Johnson, various efforts contribute to high retention in the Seventh Fleet area of responsibility.

"The unique OPTEMPO [operational tempo] of the FDNF [forward-deployed naval forces] community can be difficult to adjust to but many Sailors, once adjusting, find the Navy truly exhilarating," said Johnson. "There are also other incentives for retaining Sailors, such as great liberty ports, various community relations projects, educational opportunities, and many others."

"As long as the chain of command is engaged and supports their Sailors and shows that they care about them retention will always improve," said Sonar Technician Surface 1st class (SW) Aaron Castillo of *USS Curtis Wilbur*.



(Left) Destroyer Squadron (COMDESRON) 15 Commodore, Capt. Mark Montgomery, presents a Retention Excellence Award to the retention team of *USS Mustin* (DDG 89). Six COMDESRON 15 commands were recognized for retention excellence during fiscal year 2007.

"I think Sailors out here have the opportunity to envision their 15 or 20 year career in the Navy, because they get to operate so much and see what their first classes petty officers and their Chiefs and Officers do on their ships on a daily basis,"

said Montgomery. "Sailors get to decide if this is what they want to do be doing for five, 10 or 15 years from now and that frames the issue much easier for the career counselors. They can provide better guidance and we end up having higher retention."

CSCS ensures Yokosuka's forward-deployed naval forces are combat ready

By MC2 Chantel M. Clayton, Fleet Public Affairs Det. Japan

Sailors from the Center for Surface Combat Systems (CSCS) Det., Yokosuka have an important role in the combat readiness of the ships forward-deployed to Commander Fleet Activities Yokosuka Japan. A team of trainers worked with the crew of *USS Shiloh* (CG 67), Jan. 28 to Feb. 1.

This small contingent of Sailors has the responsibility of ensuring that every ship in Yokosuka has a qualified naval surface fire support (NSFS) team and can deliver ground support from the sea during a time of conflict.

"We train ships on how to deliver ordinance, or five-inch rounds in support of ground troops," said Chief Fire Controlman (SW) Don Watson. "Ground troops may need rounds to help support them during combat, or need beach prep, maybe to soften up a beach before they land, to help engage the enemy - whatever support they may need. We teach ships how to deliver that ordinance on time to support those ground units."

According to Watson, a ship's NSFS team goes through five days of training and tests before they can be qualified to shoot on a range. A ship's NSFS team consists of operations specialists, fire controlmen, a navigation team and a gun liaison officer.

"There are three days of classroom instruction and two days of practical application," said Watson. "After the three days of instruction, our students have to pass a progress test. We then create a scenario for them to follow, which tells them how they are going to conduct naval surface fire support. Day five consists of a written test and a graded practical. If the students pass the final test, the ship

is qualified to fire at a shooting range."

According to Lt. Cmdr. Robert Moore, the detachment's assistant officer-in-charge, ships have 90 days after initial qualifications are met to fire ordinance at a shooting range. However, ships that cannot meet the 90-day time period are given a two-day refresher course, allowing them more time to get to a firing range.

Watson says a ship's qualifications are good for two years, however, keeping a ship qualified can be challenging.

"Attrition is one of the reasons why a ship has to continuously re-qualify," said Watson. "If the gun liaison officer leaves within the 24-month time period or if two or more people who are assigned to critical billets leave, the ship is automatically disqualified. Qualifications would have to start all over again."

According to Moore, CSCS training teams are six members strong and cover all aspects of ensuring forward deployed ships are qualified.

"Four team members are NSFS personnel," said Moore. "There is one operations specialist who gives an introduction to TADILS (Tactical Data Link System), and a fire controlman to train on spy performance, mission planner, and RSC (Radar Sensory Control) enhance."

According to Watson, this type of training and qualifying is just a small piece of what the command is all about.

"We are actually very important in ballistic missile defense, single ship anti-submarine warfare (ASW), and anything that deals with the AEGIS weapons system," said Watson. "We own everything dealing with combat systems on the entire waterfront."

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職種名	等級	広報番号	募集範囲	締め切り
事務系				
化学職	6	SRFJRC-036-08	I, II, III, IV	March 7, 2008
技師職(電気)	7	FEC-PRY2-005-08	I, II	Feb. 26, 2008
技師職(一般)	7	FEC-OPBDR-002-07(R2)	I, II, III, IV	March 21, 2008
エンジニアリング専門職(環境)	6	FEC-PRY4-001-08(A)	I, II, III, IV	March 4, 2008
エンジニアリング専門職(材料)	7	SRFJRC-096-07(R3)	I, II, III, IV	March 18, 2008
エンジニアリング専門職(船舶技師)	6	SRFJRC-92-06(OUF)(A2)	I, II, III, IV	空席広報参照
法律顧問職	7	TSO-02-06(OUF)	I, II, III, IV	空席広報参照
生産管理専門職	7	SRFJRC-035-08(R)	I, II, III, IV	Feb. 25, 2008
安全計画管理職	7	FEC-09-001-08(R)	I, II, III, IV	Feb. 19, 2008
食堂支配人(交代勤務監督)	4	NEX-726-08	I, II, III, IV	March 27, 2008
技能系				
クレーン運転手	7	SRFJRC-008-08(R)	I, II, III, IV	Feb. 26, 2008
保安系				
緊急活動隊派遣職	4	RDC-02-08	I, II	March 18, 2008
期間限定従業員				
会計技術職	4	FEC-FM-003-08(R)	I, II, III, IV	Feb. 12, 2008
技師職(電気)	7	FEC-PRY2-002-08	I, II, III, IV	Feb. 21, 2008
技師職(機械)	7	FEC-PRY2-003-08	I, II, III, IV	Feb. 21, 2008
エンジニアリング補助職(安全)/安全専門職	4/5	CFAY-004-01-07(R3)(A2)	I, II, III, IV	Feb. 19, 2008
オフィスオートメーションクレーク	3	NCTSFE-001-08	I, II, III, IV	Feb. 25, 2008
時給制従業員				
カウンターアテンダント・フォーマン A	4	NE-HPT-38-07(R2)(A)	I, II, IV	March 12, 2008
ベーカー	4	NE-HPT-78-07(R2)	I, II, IV	Feb. 20, 2008
コック	4	MWR-HPT-59-07(R2)	I, II, IV	April 3, 2008
コック	4	MWR-HPT-16-08	I, II, IV	Feb. 27, 2008
カウンターアテンダント	3	NE-HPT-CAY-06(OR)(A)	I, II, IV	空席広報参照
カウンターアテンダント	3	NEX-HPT-018-08(R)(A2)	I, II, IV	March 14, 2008
カウンターアテンダント・フォーマン B	5	NEX-HPT-711-08(R)	I, II, IV	March 17, 2008
カウンターアテンダント・フォーマン A	4	NE-HPT-83-07(R2)(A)	I, II, IV	March 12, 2008
カウンターアテンダント・フォーマン A	4	NEX-HPT-712-08(R)(A)	I, II, IV	March 31, 2008
カウンターアテンダント・フォーマン A	4	NE-HPT-111-07(R5)	I, II, IV	March 7, 2008
カウンターアテンダント・フォーマン B	5	NE-HPT-82-07(R2)(A)	I, II, IV	Feb. 18, 2008
顧客サービス係	3	NE-HPT-35-07(R3)	I, II, IV	March 7, 2008
ホテル事務職	3	NEX-HPT-330-07(R)	I, II, IV	March 17, 2008
ハウスキーパー職	3	NEX-HPT-015-08(R)	I, II, IV	March 14, 2008
ジャンター	3	NE-HPT-328-07(R)	I, II, IV	March 13, 2008
ジャンター	3	MWR-HPT-43-07(R5)	I, II, IV	March 21, 2008
ジャンター	3	NEX-HPT-729-08	I, II, IV	April 7, 2008
ランドリーワーカー	3	NEX-HPT-56-07(R3)	I, II, IV	March 19, 2008
セールスチェッカー	3	NE-HPT-SCY-06(OR)	I, II, IV	空席広報参照
セールスチェッカー	3	MWR-HPT-05-08(R)	I, II, IV	March 25, 2008
セールスチェッカー	3	MWR-HPT-15-08	I, II, IV	Feb. 20, 2008
セールスチェッカー	3	MWR-HPT-69-07(R)	I, II, IV	April 3, 2008
サービスワーカー	2	MWR-HPT-SWY-06(OR)	I, II, IV	空席広報参照
ストックハンドラー	3	NEX-HPT-055-08	I, II, IV	March 13, 2008
車両運転手	5	NEX-HPT-059-08	I, II, IV	March 31, 2008
車両運転手	5	NE-HPT-501-07(R2)	I, II, IV	April 3, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-48-07(R3)	I, II, IV	March 21, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-04-08(R)	I, II, IV	March 21, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-64-07(R2)	I, II, IV	April 7, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-WWY-06(OR)	I, II, IV	空席広報参照
倉庫係	4	NEX-HPT-724-08(A)	I, II, IV	March 6, 2008
倉庫係	4	NEX-HPT-727-08(A)	I, II, IV	April 2, 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があります。範囲は最も狭いものです。

II: 現 MLC/IHA 従業員(通勤圏内) - 在日米軍施設の従業員で、募集する地区の通勤圏内の方。具体的には、横須賀を中心に、厚木、座間、ニュー山王東京、横田基地までが該当します。

III: 現 MLC/IHA 従業員(全在日米軍) - 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。

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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。

花粉症、シーズン前に対策を

文：開発秀雄、CFAY 広報課

この2週間ばかりは南関東でも週末になると雪が降っているようで、ニュースでは雪化粧が施された都心の公園や雪に慣れない都会人が悪戦苦闘しながら雪道や凍結した道を歩く様子を映し出していました。3日の日曜日など横須賀でも珍しく積もるほどの降雪がありました。雪の影響で週末のお楽しみである中央競馬が開催中止。手持ち無沙汰もあいまって、週末はTVの前からあまり動かない私も珍しく玄関前の雪かきなんぞ始める始末。それじゃあ2週続けて雪も降ろうというものです。

地球温暖化が云われて久しいですが、今年はなんとなく例年よりも寒いような気がします。しかしあと1ヶ月半もすれば桜の季節。ところが桜の開花を前にして、憂鬱になるのは私ばかりではないでしょう。暖かくなり始めると同時にやって来るのが花粉症シーズン。既に症状が出始めている方々もいらっしゃるのではないのでしょうか。

昨年12月、環境省は今春のスギ・ヒノキ科花粉の飛散予測を発表。昨春と比較して東海から関東・東北での今春の花粉の総飛散量予測は1.5倍から3倍になる地域が多い見込みとのことです。昨春の3倍と聞くだけで目や鼻の周辺がモゾモゾしてくるようです。また、前年まで全く症状とは縁がなかったような人が、突然罹ってしまうのも花粉症の特徴です。現在、日本人の約20%が花粉症だと言われていますが、その人口は年々増え続けています。

花粉症とは?

花粉症とは、花粉の飛ぶ季節にだけ症状が現れる季節性のアレルギーで、植物の花粉に反応して鼻水やくしゃみなどを引き起こします。アレルギー反応を起こす原因となる物質を「アレルゲン」と言います。花粉症の最も代表的なアレルゲンはスギ花粉ですが、その他にもヒノキ、ブタクサ、ヨモギなど約50種類の植物が、花粉症の原因として報告されています。花粉と接触して数分～数時間で、くしゃみ、鼻水、鼻づまりや、目のかゆみ、涙、充血などの症状が現れます。症状を繰り返すと、酷い場合ぜんそくの発作を引き起こすこともあります。そのほか皮膚やのどのかゆみなどの症状があります。また、胃や腸などがアレルギーを起こすと、消化不良や食欲不振、便秘や下痢になったり、偏頭痛を伴うこともあります。

花粉症の原因

近年花粉症患者が急増した原因に、国の造林計画によるスギの植林でスギ花粉が増加したことに加えて、排気ガスや工業化による大気汚染の影響で、鼻の粘膜が弱ったことが挙げられます。また、食事の欧米化によって腸の免疫システムの崩れたことも花粉症に関係していることが認められるようになりました。小腸は食べ物を消化・吸収すると同時に、体全体の約60%の免疫細胞や抗体を持っているので、免疫システムに重要な役割を持つ小腸の免疫細胞の数や質のバランスが崩れると、アレルギーの病気になりやすくなる訳です。

いつ花粉の飛散が始まるか?

桜の開花日のように、花粉にも飛散開始日があります。18mm四方のカバーガラスを使用して計測、1cm²あたりの数を算出した数値により決められ、1月1日以降1cm²あたりの花粉の数が、2日続いて1個以上になった最初の日が飛散開始日となります。気温が高い日が数日続けば花粉の飛散は始まります。今年は寒い日が続いているおかげで花粉の飛散が例年より遅いようですが、暖かい日が続くと要注意です。また、桜と同様にスギ花粉前線というのもあるようです。花粉は空気が乾燥して風の強い日に多く飛びます。最高気温15度以上、湿度60%以下、あるいは雨が降った翌日晴天になると特に多く飛びます。

対策アイテムあれこれ

マスク：マスクで花粉の侵入を約半分に抑えられるといえます。できるだけ顔にフィットするものを選びましょう。特殊なフィルターの付いた花粉症用マスクも販売されています。

眼鏡等：目に入る花粉を半分以下に防ぐことができます。ゴーグルのように顔にフィットするタイプが、より効果的に花粉をカットできます。横の隙間をガードした花粉症用のメガネなども市販されています。

帽子：全体にツバのあるタイプが、花粉のシャットアウト効果が高くなります。

上着：花粉が付着しにくく落としやすいナイロンなどのツルツルした素材、表面に凹凸のないツルツルした生地や、静電気の起きにくい素材がいいでしょう。どこぞの相撲部屋の親方ではありませんが、「ツルツル」がいいようです。

空気清浄機：空中に浮遊している花粉の多くは空気清浄機で捕集できるようですが、床に落ちている花粉までは収集することができません。掃除機や雑巾がけで床や畳の掃除もお忘れなく。

(続く)

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Commissary unveils new checkout system, do-it-yourself registers

Story and photo by Tetaun Moffett,
CFAY Public Affairs

The Yokosuka Defense Commissary Agency (DeCA) unveiled their new front end checkout system, the Commissary Advanced Resale Transaction System (CARTS) Feb. 1.

The new system features new cashier stations designed to make checking out groceries easier and more efficient. The commissary added nine new ergonomic design registers and five self checkout registers that accommodate shoppers who just want to shop on the go.

"DeCA decided to replace the legacy cash register system," said Totolua Ripley, Yokosuka commissary store manager. "Over a three day period we ripped out all the old registers and replaced them with state-of-the art technology."

All DeCA Commissaries have recently adopted this new speed check out process. "The planning process took up to 12 months but we finally have the new systems in and ready to better serve our customers," said Ripley.

The registers that are receiving the most attention are the five self checkout registers. The self checkout registers are an added feature that allows the customer to purchase

their groceries, without the aid of a cashier. Customers now have a choice between traditional checkout and doing it themselves. By doing it themselves, customers will place their groceries on the stand and follow the instructions given by the automated voice teller.

"I had a little concern earlier when I saw the self-checkout registers, I wondered if I should even try it, but it was a lot easier than I anticipated," said Theodore Joyner a regular customer. "It was easy, fast and simple to use. This will definitely make the lines move faster and

encourage people to use the commissary even more." According to Joyner, coupons didn't slow the process down either. Joyner used his coupons and the self checkout register was able to process each coupon into his charges.

Some of the features of the new self checkout register include a 15-inch, color screen display and a touch-screen display that allows customers to identify their items then scan the barcodes. The prompt screen is user friendly and provides step by step instructions on how to process each item. Customers can pay with cash, debt card or credit card.

In addition, the commissary provides an attendant to observe each sale and to assist customers with their checkout if a problem arises.

"I encourage the community to come out and experience the self checkout services. It's a much valued system and instead of waiting in line to be served you can now serve yourself by ringing up your own groceries," Ripley said.



Theodore E. Joyner checks out his groceries using one of five new self checkout registers at the Yokosuka commissary. The new registers along with the Commissary Advanced Resale Transaction System (CARTS) was installed Feb. 1.

Valentine's Day in Japan: it's all about the chocolate

By Fumiyo Sato, CFAY Public Affairs

After the largest holiday season (New Year's) ends in Japan, you might start seeing heart-shaped displays along with kitchen equipment to make home made chocolate and a variety of gift wrapping kits at the stores. It is a sign that Valentine's Day is coming soon in Japan. Compared to traditional Valentine's Day, women take the initiative on Japanese Valentine's Day.

Valentine's Day originates from Saint Valentine, a priest who served during the 3rd century in Rome (present day Terni, Italy). Since Emperor Claudius II believed that single men made better soldiers than married men, he banned marriage for young men. Valentine defied Claudius, believing it was an injustice of decree. He continued to perform marriages for young lovers in secret.

After Claudius found out, he ordered to put Valentine to death. Valentine's Day was started as a religious memorial day to commemorate the anniversary of Valentine's death or burial. Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

Valentine's Day in Japan originated in Kobe city, Hyogo Prefecture. The city of Kobe's official Web site explains how a chocolate company in Kobe started adopting the western cultural event. When the owner of a chocolate company in Kobe learned about Valentine's Day from an American newspaper reporter, he had an interest in the event. His company, Morozoff, placed the first Valentine's Day advertisement in a Japanese newspaper printed in English in 1936. In 1992, the city of Terni, Italy sent the "Statue of Love" to the city of Kobe recognizing Kobe as the origin of Valentine's Day in Japan.

Although, the first Valentine's Day advertisement appeared in Japan in 1936, it did not reach the general Japanese public until the Mary Chocolate Company in Tokyo promoted Valentine's Day chocolate in a department store in 1958. According to the Chocolate and Cocoa Association of Japan's official Web site, only five chocolate bars were sold during the three day campaign,

As the Japanese economy developed, chocolate consumption became more common. In the late 1960s, Japanese snack companies started promoting "Valentine's Day chocolate." Advertisements encouraged women to give chocolate to men while expressing their love on this special day. In the 1980s, Valentine's Day chocolate became popular among the younger generation and more companies got involved in the Valentine's Day chocolate campaign to attract more customers.

Valentine's Day chocolate originally was targeted to romance; however, as time went by, women started giving chocolate to male friends, co-workers and bosses. The chocolate given without romantic interest was called "Giri-choco" or "social obligation chocolate." The difference between true love chocolate and *giri choco* is that women tend to give that special person handmade chocolates along with a nice gift, while they give store-bought chocolate as *giri choco* to others. However, many people don't think of it as obligation chocolate anymore.

Current trends show that women give chocolate not only to men, but to female friends, family members and others to express their appreciation and gratitude. Valentine's Day is no longer the only special day for Japanese women to declare their love. In 2005, major Japanese department stores started promoting "My choco" or "my chocolate" for women to buy high end priced chocolates for themselves.

Although men do not need to do as much on Japanese Valentine's Day, they are expected to return a gift to women on "White Day" which is celebrated March 14. The event was created in 1980 by the National Candy Industrial Cooperative Association in Japan to promote consumption of candy. The association named the day "white" in reference to sugar, an ingredient in candy.

Command Sponsor Program

By PSC(SW/AW) John Valentin, PSD Yokosuka

The command sponsor program is governed by OPNAV instruction 1740.3B. The goal of the sponsor program is to minimize the anxiety associated with any Permanent Change of Station (PCS) move, and to afford service members and their families the greatest opportunity for a successful and productive tour of duty. To accomplish this goal an effective program must be in place to ensure each Sailor and their family are engaged by their sponsor. This starts at the command level. A sponsor coordinator at each command must be identified and afforded the training provided by the Fleet and Family Support Center (FFSC). The sponsor coordinator has a vital role to making this program work. The coordinator is responsible for training prospective sponsors as well as assigning an appropriate sponsor to each arriving Sailor.

Sponsor coordinators should have their e-mail address updated on the Stay Navy Web site by visiting the Naval Personnel Command Web site and following the Sponsor Assignment Aid link, this ensures all incoming Sailors using the Sponsor Assignment Aid have their requests forwarded to the appropriate person. Too many times we see turnover and the sponsor coordinator has not been updated on the Web site. This leaves our Sailors without a point of contact in their peer group at their next command to communicate with. Today we see many Sailors receiving short fuse PCS orders. Worldwide detailing requirements are often short fuse due to situational requirements and message traffic often arrives after the Sailor has already departed. Relying on a welcome aboard message does not suffice.

At Commander Fleet Activities Yokosuka (CFAY) we are taking steps to improve our program and give it the attention it needs by placing chief petty officer oversight on the program. Each department will have their departmental leading chief petty officer's provide inputs with primary and alternate chief petty officer's assigned as CFAY sponsor coordinators. They will track all contact made to our prospective Sailors and their family concerns. The goal is to have 100 percent accountability for all of our incoming Sailors. We want our Sailors and families to know that their well being and concerns are taken seriously and we are here to make their transition to the forward deployed Naval forces in Japan a seamless one.

Regularly scheduled sponsor training is provided by the FFSC monthly but can also be coordinated by contacting Scott Keehn at 243-9626.

VISIT, cont'd from pg. 1

Penn also visited the construction site of the cogeneration plant and the Home Port Ashore barracks where he was given an overview of the CFAY Bachelor Enlisted Quarters.

Penn's tour concluded at Commander U.S. Naval Forces Japan, Sailor of the Year banquet where he was guest speaker. Sailors from Yokosuka and other bases throughout Japan were in attendance.

"On behalf of Secretary of the Navy and your extended Navy family, I congratulate you once again for your accomplishments, and I look forward with great anticipation of your future service and achievements. You have proven yourselves as outstanding role models," said Penn. "And I am confident that you will continue to perform and you'll be extraordinary teachers and leaders. Thank you for this unique opportunity to be here today. It's truly wonderful."

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • February 15, 2008

The Backwoods Olympics

Saturday, February 23 from 1000 to 1300
at Ikego West Valley Campgrounds



This event is open to all ID Cardholders and their sponsored guests. For more information, call or visit Ikego MWR Community Activities at 246-8071 or 046-806-8071 or e-mail at ronald.ketron@fe.navy.mil. Sign-ups start now at Ikego MWR Community Activities and will end on February 20.

For details call 246-8071

SATURDAY, FEBRUARY 23 FROM 1450 TO 2030

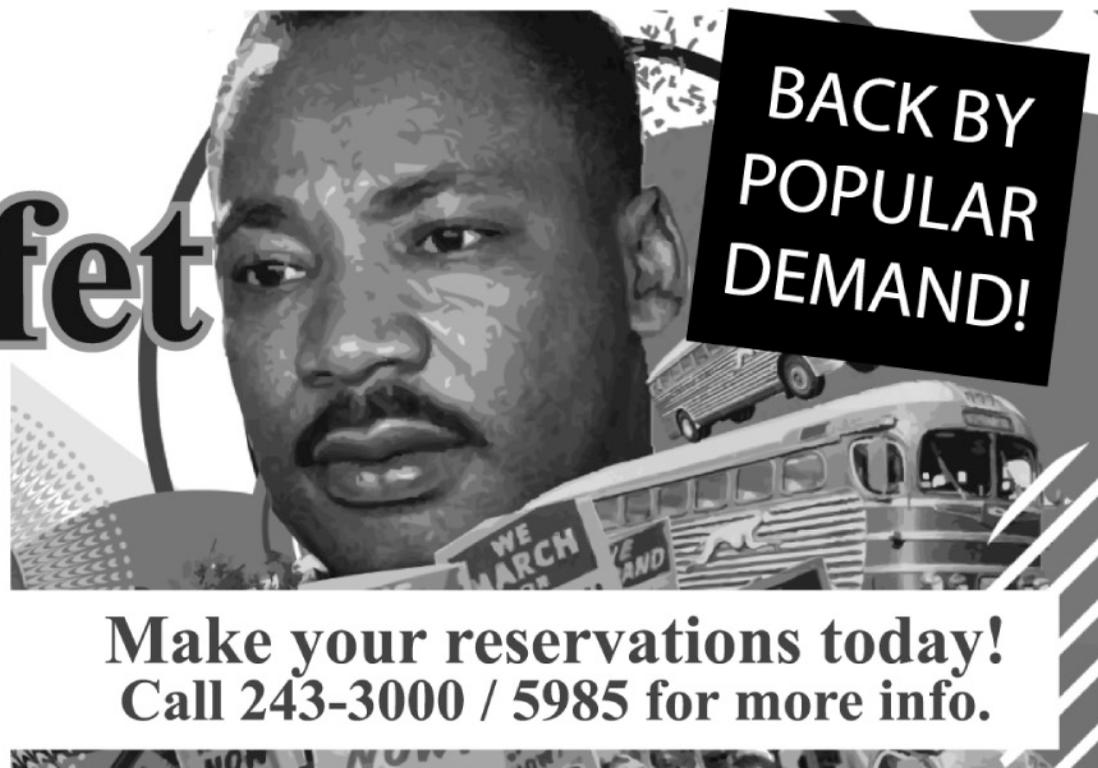
INTERNATIONAL SALTWATER FISHING TOURNAMENT

THIS TOURNAMENT IS OPEN TO 50 PARTICIPANTS
18 YEARS OLD OR ACCOMPANIED BY AN ADULT
SPONSOR. REGISTRATION FEE IS \$10.00, WHICH
INCLUDES INTERNATIONAL BBQ MEAL, AND
HOT/COLD DRINKS. PARTICIPANTS MUST BRING
THEIR OWN EQUIPMENT INCLUDING ICE AND ICE
CHEST FOR THE FISH. PLEASE REGISTER BY 1600,
TUESDAY, 19 FEBRUARY 2008. TO SIGN-UP OR FOR
DETAILS ON ANY INTERNATIONAL PROGRAM'S
ACTIVITIES, PLEASE VISIT THE INTERNATIONAL
PROGRAM SECTION IN THE ITT OFFICE (BLDG
#1559, NEXT TO STARBUCKS) OR CALL 243-4731.



Southern Comfort Buffet

Friday, February 29
from 1700 to 2100
at Italian Gardens
in Club Alliance



BACK BY
POPULAR
DEMAND!

Make your reservations today!
Call 243-3000 / 5985 for more info.



Outside the Gate



Current ITT Tours (March / April)

- Sign up now

Saturday, March 1

Spa Resort "Hawaiians" with Lunch Buffet
\$70A/\$60J/\$50C/\$34I

Wild Snow Monkey Park at Jigoku-dani Valley and
Matsumoto Castle \$65A/\$44C/\$39I

Sunday, March 2

Heiwajima Antique Fair Shopping \$17A/\$12C/\$9I
Tokyo Sightseeing \$28A/\$23J/\$17C

Saturday, March 8

Wild Snow Monkey Park at Jigoku-dani Valley and
Matsumoto Castle \$65A/\$44C/\$39I

Sunday, March 9

Experience of Bullet Train Ride, Shiraito Waterfall and
Fujisan Hongu Sengen Taisha Shrine
\$100A/\$60C/\$31I

Tokyo DisneySEA Amusement Park
\$76A/\$63J/\$52C/\$10I

Tokyo Disneyland Amusement Park
\$76A/\$63J/\$52C/\$10I

Saturday, March 8 thru Sunday, March 9

Nagoya's History and Industry Overnight
SGL \$190A/ TWN or TRL \$182A/\$150J/\$130C/\$65I

Wednesday, March 12

Wild Snow Monkey Park at Jigoku-dani Valley and
Matsumoto Castle Tour \$65A/\$44C/\$39I

Saturday, March 15

Nagoya Fertility Festival Tour \$50 Adult only

Sunday, March 16

New Sanno Sunday Brunch and 17th Anniversary of
St. Patrick's Day Parade in Harajuku \$40A/\$25C/\$14I
Wild Snow Monkey Park at Jigoku-dani Valley and
Matsumoto Castle \$65A/\$44C/\$39I

Monday, March 17

Tokyo Disneyland Amusement Park
\$76A/\$63J/\$52C/\$10I

Chiba Mother Farm and Strawberry Picking
\$46A/\$37J/\$23C/\$19I

Fuji Safari Park \$62A/\$40C/\$31I

Saturday, March 22

Wild Snow Monkey Park at Jigoku-dani Valley and
Matsumoto Castle \$65A/\$44C/\$39I

Sunday, March 23

Hakone Sightseeing with Open-Air Museum
\$64A/\$54J/\$40C/\$27I

Yunessun Hot Spring with Lunch Buffet \$54A/\$35C/\$19I

New Sanno Easter Brunch and Edo Tokyo Museum
\$50A/\$45J/\$27C/\$16I

Tuesday, March 25

Wild Snow Monkey Park at Jigoku-dani Valley and
Matsumoto Castle \$65A/\$44C/\$39I

Saturday, March 29

Wild Snow Monkey Park at Jigoku-dani Valley and
Matsumoto Castle \$65A/\$44C/\$39I

Fujikyū Highland Amusement Park \$74A/\$64J/\$53C/\$26I

Sunday, March 30

Mt. Fuji East Area Winter Sightseeing with Kubota Itchiku
Dye-Art Museum \$49A/\$31C/\$27I

Tokyo International Anime Fair 2008
\$32A/\$22J/\$18C/\$13I

Sunday, April 6 thru Monday, April 7

Universal Studios Japan Overnight SGL \$260A/
TWN \$230A/\$170C/\$68I/ TRL \$220A/\$160A/\$68I

Thursday, April 10 thru Saturday, April 12

Kyoto Sightseeing Overnight SGL \$535A/
TWN \$405A/\$345C/\$100I TRL \$365A/\$310C/\$100I

Future ITT Tours (April / May)

- Sign up begins Monday, March 3

Saturday, April 5

Sankei-en Japanese Garden Yokohama Royal Wing
Dinner Cruise \$92A/\$50J/\$20C/\$9I

Mt. Minobu Kuonji Temple Cherry Blossom and
Shirayuri Winery \$65A/\$43C/\$26I

Sunday, April 6

Kawasaki Fertility Festival Tour \$21 for Adult only

Monday, April 7

Fuji Safari Park \$68A/\$44C/\$25I

Tuesday, April 8

Tokyo Disneyland Amusement Park
\$76A/\$63J/\$52C/\$10I

Ikea Kohoku Shopping \$10A/\$5C

Wednesday, April 9

Tokyo Summerland Amusement Park
\$63A/\$47J/\$40C/\$18I

Thursday, April 10

Tokyo DisneySEA Amusement Park
\$76A/\$63J/\$52C/\$10I

Friday, April 11

Sanrio Puroland Amusement Park \$56A/\$49J/\$40C/\$12I

Saturday, April 12

Taiko Drum Festival at Narita San Temple
\$39A/\$28C/\$20I

Sunday, April 13

Spa Resort "Hawaiians" with Lunch Buffet
\$79A/\$65J/\$55C/\$28I

Hakone Sightseeing with Open-Air Museum
\$71A/\$58J/\$44C/\$23I

New Sanno Sunday Brunch, Fukagawa Edo Museum and
Kiyosumi Japanese Garden \$49A/\$29C/\$12I

Thursday, April 17

Costco Kanazawa Seaside Shopping \$8A/\$4C

Saturday, April 19

Mt. Fuji East Area Sightseeing with
Kubota Itchiku Dye-art Museum \$58A/\$37C/\$24C

Joren Waterfall, Nanadaru Open-Air Hot Spring with
Seven Waterfalls \$67A/\$56J/\$45C/\$30I

Sunday, April 20

Hitsujiyama Moss Phlox Park, Chichibu Festival Museum
and Nagatoro Riverboat Ride \$73A/\$46C/\$27C

Yunessun Hot Spring with Lunch Buffet \$60A/\$41C/\$17I
Experience of Bullet Train Ride, Parade Float Museum
and Strawberry Picking \$107A/\$68C/\$25I

Saturday, April 26

Tokyo Sightseeing \$46A/\$34J/\$28C

Friday, May 23 thru Monday, May 26

Hiroshima, Kurashiki and Himeji Castle Overnight
SGL \$320A TWN \$300A/\$250C/\$93I
TRL \$285A/\$235C/\$93I

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 June 30,
2008.

Discount Hakkeijima 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 March 31, 2008. *All rides in the park will be
closed from January 15 - 25 for general maintenance.

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.

Wiener Sangerknaben

Don't miss the Wiener Sangerknaben Boy's Choir of
Vienna, Austria performing live at the Yokosuka Art
Theater on April 27. ITT is now selling tickets for ¥5,200
(reserved seats). Children 6 years of age and younger
cannot attend this concert.

Sumo Yokosuka Basho

Japan's national sport is coming to our own backyard for
a one day tournament at Yokosuka Sogo Taikukaikan on
April 6 and MWR can get you there! ITT will begin selling
tickets on February 23 for ¥10,000 (S seats), ¥7,000 (A
seats) and ¥3,500 (B seats). Gift sets can be purchased
for an additional ¥3,500.

*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

One Day Ski/Snowboard Trip to Kusatsu, Gunma Prefecture

Join Outdoor Recreation on February 23 as we head to
Kusatsu Kokusai, one of the oldest ski resorts in Japan.
The resort stretches from the summit of Mt. Motoshiranie
down to Tenguyama and offers visitors a dynamic ski of
snowboard experience. Kusatsu Onsen is a popular
attraction for visitor who want to relax in a hot spring after
a day on the slopes. The cost is \$40 for transportation
only. Lift tickets are available at the resort for ¥4,000 -
¥5,000. Heli-skiing/snowboarding is available for an
additional \$100 (payable at the Outdoor Recreation
Center).

Beginner Day Hike to Ten-en, Kamakura, Kanagawa Prefecture

This fun hike on February 25 begins behind Kamakura
Daibutsu and walks along a ridge trail. From Kenchouji
Temple, the trail continues to the Ten-en Hiking Course,
also known as Kamakura Alps. Enjoy lunch with the view
of Kamakura City and the ocean. The course finishes at
Kamakura-gu Shrine. This recreational day-hike will take
approximately 4 hours. The cost is \$20 per person and
includes admission fee to the temple.

Overnight Snow Hike and Ice Climbing at Yatsugatake

Hike through the snow to the west side of Yatsugatake,
surrounded by alpine scenery and a breathtaking view on
March 16 & 17. Experience ice-climbing at the man made
40ft ice-pillar. The trip includes transportation and lodging
in a mountain hut with 2 light meals (call for pricing).
Participants must attend the briefing at 1700 on March
13.

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/hr. Club Alliance (1 RFT).
- Cook:** NA-05, \$10.35/hr. Club Alliance (1 Flex), Food Court (1 RFT), Club Takemiya (2 RFT).
- Material Handler:** NA-05, \$10.35/hr. Food Court (1 Flex).
- Food Service Worker:** NA-03, \$8.96/hr. Food Court (10 RFT/1 Flex), Club Alliance (1 Flex), O' Club (2 RFT).
- Waiter/Waitress:** NA-03, \$8.96/hr. O' Club (1 RFT/8 Flex), CPO Club (1 RFT), Club Takemiya (1 RFT/2 Flex), Club Alliance (1 Flex), Negishi (1 Flex).
- Cashier:** NF-01, \$7.50 - \$9.50/hr (DOE). CPO Club (1 RFT), O' Club (1 Flex).
- Club Operations Assistant:** NF-02, \$8.39/hr. CPO Club (1 RFT), Club Alliance (1 Flex), Negishi Club (1 Flex), Club Takemiya (1 Flex).
- ID Checker/Security:** NF-01, \$6.70/hr. Club Alliance (1 RPT/7 Flex).

Support Activities

- Air Conditioning Equipment Mechanic:** NA-08, \$12.32/hr. Maintenance (1 RFT).
- Electrician:** NA-08, \$12.32/hr. Maintenance (1 RFT).
- Facilities Maintenance Worker:** NA-05, \$10.35/hr. Maintenance (1 RFT).
- Accounting Technician:** NF-02, \$8.39/hr. Finance (1 RFT).

Child Development Programs

- Program Assistant:** GSE-02, \$9.50/hr. Ikego (6 Flex), Hourly (2 Flex).

Community Activities

- Supervisory Recreation Specialist:** NF-03, \$21,500 - \$25,000/annum. Community Center (1 RFT).
- Recreation Assistant:** NF-02, \$9.50/hr. Youth Center – Yokosuka (3 Flex), Negishi SAC (1 RPT).
- Recreation Assistant:** NF-02, \$8.39/hr. Wood Hobby Shop (1 RFT/1 Flex), Youth Sports (1 Flex).
- Recreation Assistant:** NF-02, \$8.39/hr. Youth Sports (1 RFT). Open to current CFAY MWR employees only
- Recreation Aide:** NF-01, \$7.25/hr. Bowling Center (4 Flex).
- Cashier:** NF-01, \$6.50/hr. Bowling Center Snack Bar (1 RFT/1 Flex).

Recreation

- Recreation Assistant:** NF-02, \$8.39/hr. Rentals – Customer Service (1 RFT/2 Flex), Special Events (1 RFT/1 Flex).
- Duty Manager:** NF-02, \$8.39/hr. Theater (1 Flex).
- Paintball Attendant:** NF-01, \$7.00/hr. Ikego Campground (1 Flex).
- Recreation Aide:** NF-01, \$7.00/hr. Single Sailor (1 RFT).

Athletics

- Field Maintenance Worker:** NA-05, \$10.35/hr. Athletics – Yokosuka (3 RFT).
- Admin Assistant:** NF-02, \$8.39 - \$9.00/hr (DOE). Fitness/Wellness Center (1 RFT).
- Recreation Assistant:** NF-02, \$8.39/hr. Adult Sports (1 Flex).
- Gear Issue Attendant:** NF-01, \$6.50/hr. Athletics (2 RFT/1 Flex).
- Swim Instructor:** NF-02, \$10.00/hr. Aquatics (10 Flex).
- Head Lifeguard:** NF-02, \$9.50/hr. Aquatics (1 RFT/1 Flex).
- Swim Instructor/Lead Lifeguard:** NF-02, \$8.39/hr. Aquatics (1 RFT).
- Lifeguard:** NF-01, \$6.65/hr. Aquatics (8 Flex).

*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, February 15		
1730	The Water Horse: Legend of the Deep	PG
2030	Jumper	PG13
Saturday, February 16		
1300	The Water Horse: Legend of the Deep	PG
1730	The Water Horse: Legend of the Deep	PG
2030	Jumper	PG13
Sunday, February 17		
1300	The Water Horse: Legend of the Deep	PG
1730	Jumper	PG13
2030	Cloverfield	PG13
Monday, February 18 – President's Day		
1300	The Water Horse: Legend of the Deep	PG
1730	The Water Horse: Legend of the Deep	PG
2030	P.S. I Love You	PG13

Tuesday, February 19 \$1 Movie Night		
1730	I Am Legend	PG13
2030	P.S. I Love You	PG13
Wednesday, February 20		
1730	The Water Horse: Legend of the Deep	PG
2030	Jumper	PG13
Thursday, February 21		
1730	P.S. I Love You	PG13
2030	Cloverfield	PG13
Friday, February 22		
1730	The Spiderwick Chronicles	PG
2030	The Spiderwick Chronicles	PG

Fleet Theater

Friday, February 15		
1800	Walk Hard: The Dewey Cox Story	R
2100	Cloverfield	PG13
2400	Walk Hard: The Dewey Cox Story	R
Saturday, February 16		
1800	No Country For Old Men	R
2100	Walk Hard: The Dewey Cox Story	R
2400	Cloverfield	PG13
Sunday, February 17		
1800	Walk Hard: The Dewey Cox Story	R
2100	No Country For Old Men	R
Monday, February 18		
1800	Cloverfield	PG13
2100	Walk Hard: The Dewey Cox Story	R

Tuesday, February 19 \$1 Movie Night		
1800	Cloverfield	PG13
2100	No Country For Old Men	R
Wednesday, February 20		
1800	Charlie Wilson's War	R
2100	Walk Hard: The Dewey Cox Story	R
Thursday, February 21		
1800	Walk Hard: The Dewey Cox Story	R
2100	Jumper	PG13
Friday, February 22		
1800	Alien vs. Predator: Requiem	R
2100	Walk Hard: The Dewey Cox Story	R
2400	Alien vs. Predator: Requiem	R

Negishi Theater

Friday, February 15			Sunday, February 17		
1900	P.S. I Love You	PG13	1300	National Treasure: Book of Secrets	PG
Saturday, February 16					
1300	National Treasure: Book of Secrets	PG			
1900	Charlie Wilson's War	R			



Alien vs. Predator: Requiem
Cast: Reiko Aylesworth, Steven Pasquale, Gina Holden, David Hornsby
Synopsis: Warring alien and predator races descend on a small town, where unsuspecting residents must band together for any chance of survival.



The Spiderwick Chronicles
Cast: Michael Khan, Freddie Highmore, Sarah Bolger, David Strathairn
Synopsis: Upon moving into the run-down Spiderwick Estate with their mother, twin brothers Jared and Simon Grace, along with their sister Mallory, find themselves pulled into an alternate world full of faeries and other creatures.



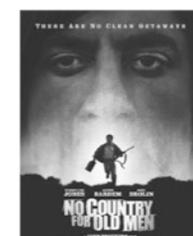
Jumper
Cast: Hayden Christiansen, Samuel L. Jackson, Jamie Bell, Diane Lane
Synopsis: A genetic anomaly allows a young man to teleport himself anywhere. He discovers this gift has existed for centuries and finds himself in a war that has been raging for thousands of years between "Jumpers" and those who have sworn to kill them.



The Water Horse: Legend of the Deep
Cast: Emily Watson, Ben Chaplin, Alex Etel, David Morrissey, Geraldine Brophy
Synopsis: Angus, a young Scottish boy, finds an enchanted egg. Taking it home, he soon finds himself face-to-face with an amazing creature: the mythical "water horse" of Scottish lore. Angus begins a journey of discovery, facing his greatest fears and risking his life to protect a secret that would give birth to a legend.



Walk Hard: The Dewey Cox Story
Cast: John C. Reilly, Jenna Fischer, Kristen Wing, Tim Meadows
Synopsis: America loves larger-than-life musician and songwriter Dewey Cox! But behind the music is the up-and-down-and-up-again story of a musician whose songs would change a nation.



No Country for Old Men
Cast: Tommy Lee Jones, Javier Bardem, Josh Brolin, Beth Grant
Synopsis: Set in West Texas, a man on the run with a suitcase full of money is pursued by a number of individuals.

The use of camcorders, still cameras, cellular telephones 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).

Captain's Cup



MARDI GRAS 5K RUN

This will be the first Captain's Cup run of the 2008 series. Compete for age group awards while earning points for your command's bid for the overall championship. A special prize will be awarded to the **Best Mardi Gras Costume!** T-shirts will be given away on a first come, first served basis, so come early. Strollers welcome. For details call 241-4486.

Friday, February 29 Run starts at 1130 in front of Thew Gym

Register by 1700 on Wednesday, February 20 at the Adult Sports Office!

How does your squad stand?

Can you handle the BIGGEST softball event of the year?



Softball
IM SPRING LEAGUE

Monday, February 25 at 1730 on Main Softball Field

League will have A, B and C Divisions, based on overall skill level. Coaches/Captain's meeting at 1100 or 1700 on Thursday, February 21 at the Adult Sports Office on the third floor of the Fleet Recreation Center. Tournament will run 8 to 10 weeks. Please call, 241-2955 for more details.

WELCOME TO NAVY



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

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. By getting involved with the program you can reach fitness goals, increase your self-esteem, and set yourself on a healthy lifestyle path that will be continued throughout your adult years. Use the online incentive program to log points, gain levels, and get prizes! For more information or to schedule a FitFactor presentation please call 241-2952 and ask for the FitFactor coordinator.

New Participant?
Visit your local Navy School Age Care Center or Youth Sports Office to get enrolled and join in the FitFactor fun! Check out the website at www.navygetfit.com

Ikego Community

Guitar Lessons

Guitar instruction is now being offered at Ikego Community Activities. For dates and times, please call 245-8071 or stop by our office.



SUPER BINGO

Sunday, March 9
Thew Gym, Yokosuka

\$60,000
In 56 numbers or less.



Tickets are \$90 in advance (good for one bingo package). Advanced tickets available at Yokosuka clubs, Ikego Club Takemiya, Negishi All Hands' Club, Camp Zama Community Club, Atsugi Club Trilogy, and Yokosuka ITT office. Advance tickets are for paper bingo packages and can not be exchanged for electronic handsets. For more information call 243-3000.

MWR Fitness is committed to enhancing the quality of life for all families in Yokosuka by offering fitness programming for all ages and keeping families fit, healthy and happy.



Fit Family Class Schedule – All Families Welcome

Movin' Mommas Stroller Class
Monday, Wednesday, Friday and Saturday from 0900 to 1000 in front of Purdy Fitness Center
"Strollers available for checkout"

Mom and Baby Yoga
Tuesday and Thursday from 0900 to 1000 in Purdy Fitness Center

Mom and Toddler Yoga
Tuesday from 1000 to 1100 in Purdy Fitness Center

Prenatal Yoga
Thursday from 1000 to 1100 in Purdy Fitness Center

P.T. Tots (walking to 24 months)
Tuesday and Thursday from 0945 to 1030 in Thew Gym Martial Arts Room

P.T. Tots (2 - 3 years old)
Tuesday and Thursday from 1030 to 1115 in Thew Gym Martial Arts Room

Special rates and discounts for all new moms. Contact MWR Fitness at 241-4486 for more details.

Negishi Teen Center

Barbecue Late Night Closing

Saturday, February 23 from 1500 to 2400
Stay up until midnight playing games, watching movies, listening to music and hanging out! Must be 13 years old or older. For more info call 242-4121.



USNH Immunizations clinic expansion expedites service

Story and photo by Jill Ward, USNH Yokosuka

In order to meet the needs of the U.S. Naval Hospital (USNH) Yokosuka community, the expansion of the Immunizations clinic is about to get underway. The clinic will remain on the first floor in its current location, and will be able to better accommodate patients.

Construction on the Immunizations clinic will begin the last week of February and will continue into the first part of March. Since most of the work will be done after hours and on the weekends, there will be a minimal impact on services. Patients will still be seen during this time.

This expansion will decrease the wait times for patients who utilize the walk-in services, and allow for more efficient services. The space is designed to provide a waiting room, an administrative area and an immunizations room.

An additional immunizations station will help expedite the immunization process. Also, an area has been set aside for those cases that need extra privacy. Another computer station will accelerate data entry and increase patient flow.

When a patient arrives at the Immunizations clinic, a corpsman will walk the patient through the process from start to finish. The increased space and friendly service will naturally increase patient satisfaction.

In order to increase efficiency, you may pick up your medical record before arriving at the clinic, and you may also download and fill out the immunization forms found on the USNH Yokosuka Web site. Documentation is an important part of your visit so that you receive the correct immunizations at the right time. This is also a good time to update your shot card if you have one.

The Immunizations clinic sees all patients on a walk-in basis Monday, Tuesday, Thursday, and Friday from 8 - 11:30 a.m. and 1 - 3:30 p.m. On Wednesday, the clinic is open from 8 - 11:30 a.m. Active duty in uniform requesting services for themselves will have head of line privileges. All others will be taken in the order of arrival.

Please see the immunizations Web page at <http://www.nhyoko.med.navy.mil> for more information on



HM2 Akira Radke and HM3 Francis Santibanez prepare immunization at USNH Yokosuka. The expanded immunizations clinic will allow staff to provide more efficient service for patients.

immunizations and other services offered at USNH Yokosuka.

Knowing everything about your medications can save your life

By Cmdr. Lorraine Nadkarni, USNH Yokosuka

If you have not heard the phrase "medication reconciliation," you have now. "Medication reconciliation" is a fancy catch-phrase for the process of identifying what medications you are taking on a regular basis. This includes not just the medication name, but the medication dosage, the frequency that you take the medication and whether you take it by mouth, in your vein, under the skin or any other route.

Medication errors have been found to be one of the leading causes of injury and death in the U.S. A report from the Institute of Medicine in 1999 revealed that more than 90,000 people die per year from medication errors in the U.S. alone. Interestingly, deaths from breast cancer and motor vehicle accidents were less frequent than medication deaths.

Medication reconciliation has been shown to decrease adverse medication errors. Errors may include: duplicate prescriptions of the same medication but a different dose; failure to discontinue medications that are no longer needed; taking medications together that can cause severe physical; or, symptomatic side effects.

What is a medication? Medications include prescription medication, sample medications, over-the-counter medications, herbals, vitamins, sports supplements, respiratory medications and blood products.

How can you help be responsible for your own medication safety? Always carry a list of your medications with you. Inform your family where you keep your list of medications, or better yet, make a copy of the list for them and attach it to the refrigerator door.

Understand why your medications have been prescribed as well as how and when you should take them. Just knowing you are taking the blue pill for your blood pressure or your diabetes is not adequate. Brand name drugs also look different from their generic equivalents.

Make sure you understand the possible side effects of your medications. The U.S. Naval Hospital (USNH) Yokosuka pharmacy will provide you with a side effect handout with each medication refill to keep you well informed. Please take a few minutes to read it.

Inform your medical care providers about any medication allergies you may have, and make sure your allergies are included on the medication list that you carry with you. A medical allergy alert bracelet is also very useful.

Consider this scenario: You have an overwhelming infection that has caused you to become unresponsive. The ambulance is called and you are immediately taken to the emergency department. Your concerned family follows the ambulance and arrives just seconds later. When the doctor and nurse ask your family members about your medications and allergies they are unable to provide this essential information. You are given an antibiotic to save your life from the life-threatening infection, but no one knew that you were allergic to that antibiotic. The final outcome could have been prevented.

If your doctor gives you a hand written prescription make sure you can read it. USNH Yokosuka uses electronic medication prescriptions, but sometimes technology

fails, and we are required to handwrite the prescriptions.

If you are taking numerous prescriptions and supplements, you may want to bring them with you to your doctor's appointment every time to make sure you are taking your medications correctly. It is not uncommon for a patient to be on duplicate or similar medications simply from miscommunication about which medications should have been discontinued. This is especially true if you see several medical providers and each provider prescribes different medications for you.

When you pick up your medication at the pharmacy, look at the bottle and make sure you see your name on it and that the medication and dosage are correct. If the pills do not look like your last pills, confirm that the medication is correct with the pharmacist. Often, generic medications appear different, but make sure before you walk away and accidentally take the wrong medication.

At your next visit to USNH Yokosuka, you may be asked to complete a "Universal Medication Form." This form will be given to you to review with your doctor, and you will be asked to keep the form with you at all times. Using this form will save time during your visits and prevent confusion about the medications you are currently taking. Please help us to keep you safe. Take a few moments before leaving your house to review what medications you are currently taking.

2008 Road Tax information

Vehicle road tax is paid every spring. Payments, which must be made in yen, can be made at the Kanagawa tax office for regular sized cars and trucks. Payments for motorcycles and mini-cars can be made at the local City Hall or Ward Office, starting April 1. In accordance with U.S. Forces Japan Policy Letter, vehicles are to be registered at the closest military installation of which vehicle owners are assigned.

Road Tax will be collected at the Fleet Theater, March 21, 24-25 from 9 a.m. to noon and 1-2:30 p.m. and April 3-4 from 9 a.m. to noon and 1-2:30 p.m. This service is also intended for Ikego residents. Road tax collection for those vehicles registered in Negishi will be at the MWR classroom, building 19045, in Negishi, April 10-11 from 9-11:30 a.m. and 12:30-2:30 p.m.

The amount of road tax to be paid depends on the type of vehicle, which can be determined by the number shown on the top of the license plate. The respective tax amount is as follows:

- 44Y, 400Y, and 56Y, 57Y, 58Y, 500Y, 529Y plates – ¥7,500
- 33Y, 300Y, 329Y plates 4.5L and below – ¥19,000 and ¥22,000 for 4.6L and above.

- 11Y, 100Y plates – ¥32,000

Affix base decals at the top center of the front windshield, next to the Japanese inspection sticker. The current Japanese inspection sticker, base decal, installation sticker and rank decals (if applicable) should be the only decals affixed to the windshield. Contact the Vehicle Registration office at 243-5011/5896 for more information.

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FISC educates GW Sailors about HHG moves to Japan

By Tim Shannon, CFAY Public Affairs

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka Personal Property Support office (PPSO) Director Herb Elam and Packing Inspector Leader Paul Bauer traveled to Norfolk, Va., last month to assist *USS George Washington* (GW) (CVN 73) Sailors with their upcoming home port change by informing them of their Permanent Change of Station (PCS) entitlements.

Elam and Bauer were part of a larger group from Commander Fleet Activities Yokosuka (CFAY) that was on hand in Norfolk to ease the home port transition process.

They provided several briefings at the Norfolk base theater, explaining the services offered at the FISC PPSO. They also manned a booth, answering questions and giving out informational pamphlets to the Sailors and their families.

According to Elam, one of the issues discussed with the Sailors was the size of Japanese homes.

"We focused on the smaller doors and elevators that exist in Japanese housing and recommended that people don't ship over-sized furniture items," said Elam, who added that not only are some American-made furniture items too big for Japanese homes, but the weight entitlement for a household goods (HHG) move to Japan is less than a move within the continental United States.

Another issue stressed by the FISC team is the high cost associated with shipping a personally owned vehicle (POV) to Japan.

"It's pretty expensive to ship a car over here because of the Japanese emission inspection" explained Elam. "But anyone who chooses to store their POV, rather than ship it, must obtain a letter from the PPSO of origin, authorizing the POV to be stored."

The informational briefings given by FISC, the Fleet and Family Support Center (FFSC) and the Yokosuka Housing Welcome Center, to name a few of the commands present, were well attended, according to Elam, who was pleasantly surprised by the enthusiasm shown by many GW Sailors and their families.

"After talking with the Sailors, there were quite a few that are really looking forward to coming to Japan," he said. "A lot of them were very grateful that we took the time to go there and give the briefings."

Caroline Tonumaiepa, who represented the Yokosuka Family Welcome Center, agreed that those in attendance, left with a more positive attitude regarding the upcoming home port change.

"We brought back a lot of housing applications for GW families," said Tonumaiepa. "A lot of people were happy we were there because they didn't know where to start for their transfer to Japan. Seeing all of us from CFAY, and getting all of the information we provided, eased a lot of fears for a lot of Sailors and their families."

The group from CFAY also went to the GW mess decks where tables were set up for Sailors to look at informational pamphlets and ask questions about life at CFAY.

Elam stated that everyone from the CFAY contingent was well received at the ship as well and that at both venues, their efforts were greatly appreciated.

"The Sailors and their families told us how appreciative they were that we came there to answer their questions," he said. "We upped their enthusiasm a bit."



(Left) Herb Elam from U.S. Fleet Industrial Supply Center Personal Property Support office, answers a question about household goods moves from a *USS George Washington* (CVN 73) Sailor.

Photo courtesy of Caroline Tonumaiepa

NAVSUP Commander's conference identifies top issues

by NAVSUP Corporate Communications and H. Sam Samuelson, FISC Yokosuka Director of Corporate Communications

Leaders from the Naval Supply Systems Command (NAVSUP) and key stakeholders met in San Diego, Calif., late last month, to delve into topics critical to supporting the NAVSUP Commander's Guidance for 2008. Among them, global logistics support, distance support, Enterprise Resource Planning (ERP) and enhancing diversity among the workforce.

"This meeting is important because we must ensure everyone in NAVSUP is aligned with the 2008 NAVSUP Commander's Guidance, which defines our way ahead," said Commander NAVSUP Rear Adm. Alan S. Thompson. "The guidance links directly with the Chief of Naval Operations' three main objectives; to build the future force, to maintain warfighting readiness and to develop and support our Sailors and civilians."

Commander Naval Surface Forces/Commander Naval Surface Force U.S. Pacific Fleet Vice Adm. Terrance Etnyre and Commander Naval Special Warfare Command Rear Adm. Joseph Kernan, were both on hand to discuss their warfare enterprises' missions and the importance of NAVSUP support. NAVSUP logistics support, they said, is a critical enabler to mission accomplishment. A customer support panel discussion focused on how NAVSUP can continue to enhance support to a wide array of Navy, Marine Corps and joint customers.

Commanding Officer Naval Operational Logistics Support Command (NOLSC) Capt. Raymond Rodriguez, a NAVSUP activity headquartered in Norfolk, Va., spotlighted emerging logistics support opportunities including an enhanced global logistics support strategy that will better meet warfighter requirements.

NAVSUP Deputy Commander, Fleet Logistics Operations Capt. James Hoover, emphasized the role Distance Support plays in future Navy Operations. Specifically, he talked about the Logistics Maintenance Automated Information System (LMAIS), a bar coding solution.

"Distance Support is here. It is here to stay. And it will be a necessity," Hoover said. He went on to talk about how innovative logistics operations solutions ashore that support ships afloat will become more prevalent in the Navy's future.

FISC Yokosuka's Commanding Officer Capt. Andy Benson attended the conference and returned with words of praise, not just for the value of the conference itself, but for the opportunity to present a current "Echelon III" profile of FISC Yokosuka before NAVSUP senior Navy leadership, including Commander Naval Supply Systems Command, Chief of the Supply Corps. Rear Adm. Alan Thompson.

"The Echelon III brief preceded the Commander's Conference and during that brief, FISC commanding officers were provided the opportunity to present their respective commands," said Benson. "I can tell you, the work FISC Yokosuka is doing in support of our critical fleet and shore customers has not gone unnoticed. They know what we're doing out here and they know the scope of our mission. We command a lot of respect within the NAVSUP Enterprise for what our great employees are doing every day."

Navy ERP discussions focused on the changes required to implement ERP throughout NAVSUP. Attendees were given an overview of lessons learned in other echelon II commands, as well as change management techniques and training, which will smooth the transition from antiquated logistics systems to the integrated solution ERP will bring to the supply community.

A nationally recognized communication expert, Steven Gaffney, conducted a workshop session on his "Honest Communication Results System." Gaffney has assisted numerous public and private sector clients with opening lines of communications,

empowering people to tackle key issues, building trust, and capitalizing on the opportunities that surround them. He specifically focused on strategies and techniques of honest, effective communication that leadership can use to motivate, inspire, and empower all employees in their organization to accomplish the organizations vision and goals.

Jolinda Johnson, Equal Employment Opportunity Commission (EEOC), educated the group about EEOC's Leadership for the Employment of Americans with Disabilities (LEAD) initiative which addresses the declining number of employees with targeted disabilities in the federal workforce and aims to significantly increase the population of individuals with severe disabilities employed by the federal government.

Johnson's information was enriched with information from Director for the Department of Defense (DoD) Computer/Electronic Accommodations Program (CAP) Dinah Cohen, whose mission it is to ensure that people with disabilities have equal access to the information environment and enjoy equal opportunities in the Federal government.

"Adding Diversity to our workforce by offering opportunities to persons with disabilities, along with attracting employees from diverse backgrounds will ensure we have the right people to perform today's mission and meet future requirements," Thompson said. "New ideas and different ways of thinking will help us develop and maintain a high performing and agile workforce."

FISC leaders speak at Hakozaki



(Left) U.S. Fleet Industrial Supply Center Commanding Officer Capt. Andy Benson addresses a group of master labor contractors (MLCs) at the Hakozaki fuel terminal as MMCS(SW) Larry Mayfield, FISC Fuel Director Pete Cartwright and FISC Executive Director Greg Porter stand by for their turns to speak. Benson spoke about how FISC's diversity is a major factor in the success of the command and how important the MLCs are to that success.

Photo by Yohsuke Onda

SRF-JRMC starts 2008 with SOY selection, awards ceremony

Story and photos by Keiichi Adachi,
CFAY Public Affairs

Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) recently celebrated the beginning of 2008 with a traditional *shinnen-shiki* (New Year's ceremony), consisting of greetings, award presentations and a reception.

"Like many cultures, Japan and the United States celebrate the New Year reflecting on the past year and rededicating ourselves to the future," said Capt. Stephanie Douglas, commanding officer of SRF-JRMC, in her New Year Ceremony address. "We can certainly take great pride in our accomplishments over the past year."

It has been a long standing tradition at SRF-JRMC for U.S. and Japanese personnel to reflect on their safety awareness for the past year and to celebrate the New Year while expressing friendship and good wishes.

The event is sponsored by the Japanese Employees' Friendly Society with the cooperation of SRF-JRMC Morale, Welfare and Recreation and the Ward Room. The New Year celebration took place in the Carpenter Shop where colorful decorations were prepared by the Shop Division and Shipfitter Shop at SRF-JRMC. The ceremony consisted of two parts; a New Year's ceremony and a New Year's party.

During the New Year's ceremony, Douglas presented a plaque to Electronics Technician First Class (SW) Manuel Tamayo from SRF-JRMC Combat Systems Office as the command's Sailor of the Year. Tamayo said, "I feel honored to be selected as the Sailor of the Year."

Then, the SRF-JRMC annual safety awards were presented by Douglas to many Master Labor Contract employees.

"As for 2008 ...this is it! The year *USS George Washington* (CVN 73) arrives. August is just around the corner and we have much more work to do but I have no doubt we will achieve our goal as planned," Douglas concluded during her address.

Defense Facilities Administration Agency Yokosuka

Branch Office Director, Norihiro Hashimoto was a guest speaker for this year's event.

"I think it a great honor to be here as one of the Japanese government officials at this ceremony. Here I encounter again the U.S. Navy's attitude of giving consideration to the safety of USFJ [U.S. Forces Japan] employees and grappling sincerely with the prevention of an accident," said Hashimoto in his new year's address.

During the reception, the *kagamiwari* (cracking open of a new sake cask with a wooden hammer), traditional *Kiyari* (a work song for working with logs and lumber) and a chant and a toast took place, along with a variety of entertainment, such as *shishi-mai* (lion dance) and *Iaido* (one of the Japanese traditional martial arts of drawing the blade and cutting in the same motion) demonstration.

Chief Electronics Technician (SW) Bruce Piland, Combat Systems office at SRF-JRMC, said "Each year the New Year's festival community adds new Japanese traditional cultural demonstrations making it more memorable for all to enjoy."

One of the *Kiyari* singers, Hideo Yamamoto at SRF-JRMC, said that he has performed *Kiyari* for 27 years since 1979, and that this time was his last performance because of his retirement. He stated, the *Kiyari* performance cultivates social relationship among Japanese and U.S. employees at SRF-JRMC.

"We sing *Kiyari* for four minutes during the New Year's ceremony, so that the choices of *Kiyari* lyrics to the New Year's ceremony are congratulatory. I think the New Year's ceremony at SRF-JRMC is a special event to the employees. I hope the New Year's ceremony



SRF-JRMC Commanding Officer Capt. Stephanie Douglas, presents a plaque to ET1 (SW) Manuel Tamayo of SRF-JRMC Combat Systems office, as the command's Sailor of the Year.

新年祝賀式典では、SRF - JRMC年間最優秀下士官として、コンバットシステム部に所属するETC (SW) マニエル・タマヨさんがダグラス大佐より記念の楯を授与される。

continues to be nice, enjoyable and valuable for all SRF-JRMC employees," said Yamamoto.

SRF-JRMC employees are working in a cross-cultural work environment. The command helps boost this event to be one of the biggest events of the year. So, this annual event gives a good opportunity for the employees to enhance their friendship.

"I greatly appreciate all supervisors, members of the Friendly Society, volunteers, master of ceremony, persons in charge of the sound and all supporters," stated Takenobu Sekiguchi, president of the Japanese Employees' Friendly Society, in his e-mail to all the Japanese employees. "I report we had great support and cooperation of Captain Douglas as commanding officer and the U.S. side for this event. Captain Douglas, Command Master Chief and U.S. members, thank you very much."

SRF - JRMC、2008年を新年祝賀会でスタート

文・写真:安達慶一、CFAY広報課

艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) は、このほど新春恒例の新年祝賀式典を開催。年頭祝辞や昨年度の安全実績に対する各賞の授与、そして日本の伝統芸能や演武により、華やかに2008年の幕開けを祝った。

「新年を祝い、新年に期待する気持ちに、洋の東西はありません。年頭にあたって過去を振り返り、来る年に向けて決意を固めるのは、日米に共通する習慣です。そしてそれは、ここSRF-JRMCに勤務する私たちも同様です。過去成し遂げた数々の実績を誇りに、さらに優れた艦船修理業務をより一層、安全で効率の良いやり方で達成できるよう今年も頑張りましょう」と、SRF-JRMC司令官ステファニー・ダグラス大佐は、年頭祝辞の中でSRF-JRMC従業員たちを激励する。

SRF-JRMCでは年頭において過去1年の安全意識を振り返り、互いの親睦を深めるために米軍人、軍属および日本人従業員が一堂に会して新年を祝うことが長い間の伝統となっている。



A SRF-JRMC Japanese employee performs the Lion Dance and bites SRF-JRMC Deputy Commander Cmdr. Kenneth Depew, as a blessing to bestow happiness and good fortune for the year.

SRF-JRMCの日本人従業員による獅子舞が披露され、SRF-JRMC副司令であるケニス・デピュー中佐を噛んで福を授ける

後半のパーティーは日本人従業員親睦会が主体となって運営し、SRF-JRMC従業員の士気、福祉、娯楽 (MWR) の向上を推進するグループとワードルーム (上級士官グループ) が協賛している。会場の設営は工場管理部と木工工場が担当した。新年祝賀式典の前半がセレモニー、後半がパーティーとなっている。

新年祝賀式典で、ダグラス大佐はSRF - JRMC年間最優秀下士官として、コンバットシステム部に所属するETC (SW) マニエル・タマヨさんへ記念の楯を授与した。「とても光栄です」と、タマヨさんは感想を述べる。

このほかにダグラス大佐から、SRF-JRMC安全賞が無事故・安全の目標を達成した日本人従業員に手渡された。

「2008年は空母ジョージ・ワシントン (CVN 73) がやって来ます。8月は (時間的) にすぐそこまで来ていますが、まだやるべき事がたくさんあります。しかし、計画されている我われのゴール達成に対しては疑いはありません」とダグラス大佐は語気を強めて年頭祝辞を締めくくった。

横須賀防衛事務所の橋本憲廣所長が来賓としてスピーチを行った。

「このような式典に日本国政府の一人として出席できることは大変光栄であるとともに、この式典に出席しまして貴軍が、在日米軍従業員の安全に配慮され、事故防止に真摯に取り組んでおられる姿を改めて感じているところです」と新年祝賀式典の挨拶で話した。

第二部の祝賀パーティーでは、伝統的な木遣りに合わせた鏡割りや披露され、副司令官による乾杯、獅子舞や居合道演武など、彩り豊かな催し物が次々と行われた。

SRF-JRMCコンバットシステム部に所属するETC (SW) ブルース・ピランドさんはこう話した。「毎年、参加した皆さんにとり、思い出深くなる日本の伝統文化の披露を取り入れてい



The Carpenter Shop fills up with guests and SRF-JRMC employees during the reception of the New Year's ceremony.

新年祝賀式典では、木工工場には招待客とSRF-JRMCの従業員で埋まる。

る。」
木遣りを披露した一人、山本秀雄さんが話すには、彼は1979年以来27年間木遣りを演じてきた。定年を迎えるため今回が最後の新年祝賀式典だ。木遣りはSRF-JRMCで働く日本従業員と軍人・軍属間の親睦を深める為に始められたと聞いている。

「新年祝賀式典では4分位、木遣りを歌います。新年祝賀式典での木遣りの歌詞の選択は、何かおめでたい物に関連しています。SRF-JRMCの新年祝賀式典は従業員にとり、何か縁の深い行事だと思っています。これからは新年祝賀式典が素敵で楽しく価値ある行事である事を望んでいます」と山本さん。

特殊な環境の中で多くの日米従業員が働いている。部隊も大きな年中行事の一つとして新年祝賀式典を後押しをする。この新年祝賀式典は従業員間の親睦を図る良い機会である。

「新年祝賀式典の運営・進行に全力投球で頑張っ頂いた親睦会役員・理事、職場監督者のご理解、ご協力、司会、音響をサポートして頂いた方々、そして目に見えない所で支えてくれた皆さん、ご苦労様でした。感謝致します」とSRF-JRMC親睦会会長の関口丈信さんは、新年祝賀式典後の電子メールで感謝の念を述べ、こう締めくくった。「新年祝賀式典には、SRF-JRMC司令官ダグラス大佐、マスターチーフ・マニオンをはじめとするコマンド全体からのサポート、USサイドのご支援・ご協力が有りました事を報告させて頂くと共に、御礼申し上げます。」

USO center planned for CFAY

By Sean Dath, CFAY Public Affairs

A United Service Organizations (USO) center is scheduled to be opened onboard Commander Fleet Activities Yokosuka (CFAY) in April.

The 2,000 square foot center will be located on the second deck of Club Alliance where the Liberty Loft was previously located.

The creation of a Yokosuka USO center has been in the works since 2006; when Commander Naval Forces Japan Rear Adm. James Kelly, visited a USO center onboard Commander Fleet Activities Sasebo (CFAS).

"Since 1994, the USO has had two locations at Sasebo Naval Base. Early in 2006, Admiral Kelly visited CFAS and stopped in at the Fleet Landing USO," said Juliet Bucayu-Domingo, country director for USO Japan. "After a short discussion, he suggested that I contact him about the possibility of starting a USO in Yokosuka. Regional Vice President of Operations for USO Japan Frank Herrmann and I met with Admiral Kelly and discussed possibilities of a location for a center."

After about a year of discussions, Club Alliance was determined as the location of the center and the memorandum of agreement between CFAY and the USO was signed in the summer of 2007.

The center will host plenty of events and offer numerous amenities to active duty members and their families.

"The USO plans to host a number of programs and events throughout the year geared not only for the single and unaccompanied Sailors but also for CFAY family members," Bucayu-Domingo said. "The center has two adjacent rooms. One room will have theater style seating along with a gaming area. The other room will have a living room environment with 10 desk tops, free internet and Wi-Fi and a music room."

Renovations for the center are on-going and are expected to be completed in March. A grand opening ceremony is planned for early April.

"Hours of operations have not yet been confirmed but we expect to have the center open seven days a week," Bucayu-Domingo said.

The USO is a private, nonprofit organization whose mission is to support the troops by providing morale, welfare and recreation-type services and extending a touch of home to the military. The USO currently operates more than 130 centers worldwide, including 10 mobile canteens located in the continental United States and overseas. In addition to centers in Japan; overseas centers are located in Germany, Italy, the United Arab Emirates, Qatar, Korea, Afghanistan, Guam and Kuwait. Service members and their families visit USO centers more than 5 million times each year.

Inaugural Corporal's Course held

By Kazuyuki Takagi, CFAY Public Affairs

Twenty four Marines completed the first ever Corporal's Course on Yokosuka Naval base and attended the graduation ceremony at Fleet Industrial Supply Center Jan. 29.

Staff Sgt. Don Hernandez, chief instructor of the Corporal's Course, said "The Marines you will see graduating today have successfully completed a course designed to provide the Marine corporal with the education and leadership skills necessary to lead other Marines."

The three-week Corporal's Course provides Marines with classes that are both physically and mentally challenging, ranging from close-order drills to offensive and defensive tactics.

"These Marines are ready to rejoin their units and carry on the legacy of the corporal's who came before them and continue today with Marines on duty right now around the world," Hernandez said.

During the ceremony, guest speaker Sgt. Maj. Kenneth N. Lucas, Combined Arms Training Command, Camp Fuji, congratulated the graduates and recognized Cpl. Sean P. O'Donnell, 1st Fleet Anti-terrorism Security Team (FAST) 3rd Platoon, Marine Corps Security Force Battalion as the academic honor graduate; Cpl. Jeremy Galvan, FISC, as the chief instructors essay winner and Lance Cpl. Malik King, Combined Arms Training Center, Camp Fuji as the gung-ho Marine.

"We hope to see many more Marines come through our Corporal's Course in the future," said Sgt. Gregory Martin, 2nd Squad Instructor/Advisor. "Hopefully we are putting out better prepared, more successful and more trained Marines."

For more information on the Corporal's Course schedule, contact Gunnery Sgt. Tony C. Smith, Marine FAST Liaison, at 243-7033.



Sgt. Maj. Kenneth N. Lucas, Combined Arms Training Command, Camp Fuji recognizes Cpl. Sean P. O'Donnell, 1st Fleet Anti-terrorism Security Team 3rd Platoon, Marine Corps Security Force Battalion as the academic honor graduate of the Corporal's Course during the graduation ceremony Jan. 29.

Photo by Tim Shannon

Pet of the Week



This week's Pet of the Week is Godzilla. He is a two year old black and brown tabby who is litter box trained, microchipped and has all his shots updated. Godzilla is a very loving cat but has some special needs. He would be a great addition to a family where someone is home most of the time. Please come to P.A.W.S. and learn more about Godzilla. If you are interested in adopting Godzilla or any animal at P.A.W.S., contact them at 243-9996, or visit their Web site at www.pawsyokosuka.org.
U.S. Navy photo by Eric Boehler

Head's Up Yokosuka! Community Announcements

Obi Art – Do you need a new decoration for your home? Would you like something unique and beautiful to remember your time here in Japan? The Community Center is offering classes on Obi Art, where you can design your obi as an excellent decoration piece for your home. Visit or call the Community Center at 243-6713 for more information.

Learn to speak Japanese – Have you ever walked out in town and wished that you could understand the Japanese language? It is never too late to learn. The Community Center is offering two Japanese Language classes; one with textbook and one without. This is a wonderful opportunity to learn the language of our host country. If you are interested in attending these classes, visit or call the Community Center at 243-6713 for more information or to sign up.

Individual Augmentee (IA) Spouse Support Group Meetings – Share your challenges and success strategies with others. Meet other IA spouses going through similar challenges. Take time out for yourself. For more information and dates on meetings, call the Fleet Family Support Center (FFSC) at 243-3372 or e-mail to alanie.james@fe.navy.mil.

Yokosuka Housing Welcome Center – Effective March 1, The Yokosuka Housing Welcome Center, located next to the Navy Lodge, will start their new office hours. The new hours will be 8 a.m. to 4:30 p.m. Monday through Friday and 11 a.m. to 4:30 p.m. the first Wednesday of each month. Call the Yokosuka Welcome Center at 243-9067 for more information.

NMCRS Spouse Tuition Aid Program – The Navy-Marine Corps Relief Society's Spouse Tuition Aid Program (STAP) Term IV will be accepting appointments Jan. 28 to March 14. Qualified candidates could receive up to \$350 for undergraduate studies and up to \$400 for graduate studies, for each term. Contact NMCRS Yokosuka at 243-7905/4450 to make an appointment.

Pay USNH Yokosuka Medical bills online – Payment of USNH Yokosuka medical bills can now be paid using the www.pay.gov Web site. Patients should select the "Search Public Forms" field and then "USNH Yokosuka MSA." Contact Lt. Cmdr. Kevin Haug at 243-8574 or e-mail kevin.haug@med.navy.mil for more information or assistance.

Oriental carpets and rugs auction – An oriental carpets and rugs auction will be held at the Naval Air Facility Officer's Club, Feb. 23 from 2 - 3 p.m. The collection includes items of high pedigree from major studios to include Turkey, Kashmir and Central Asia. All lots come with certificates of origin, authenticity and realistic retail replacement value. Contact Erich Schloegl at 264-2780 for more information.

Healthy emotional, spiritual living easier than you think

By Chaplain Jack L. Carver

Our health conscious society offers plenty of ideas on how to live a healthy lifestyle. Beginning at elementary school, students receive education on matters of nutrition and active lifestyles. Our Navy culture promotes a healthy culture by requiring active duty members to maintain standards of physical readiness. Should a random survey throughout the base be conducted on the important components of a healthy lifestyle, one would expect most people would know that eating right and regular exercise are foundations to a healthy life.

There's yet another important component to a healthy lifestyle that researchers mention in mental health literature; one which seems to be missing from many of our daily conversations about healthy living. According to recent research, experts from the field of mental health are suggesting the existence of a relationship between personality dynamics and health. In particular, there seems to be a relationship between the manner in which individuals handle specific internal conflicts and health problems.

On one hand, studies have shown that continued suppression of emotion can lead to ulcers, cancer and heart disease. On the other hand, the expression of feelings and concerns represent an active, adaptive style of coping with life's basic challenges, reducing the risk of illness.

Nobody is saying that this information is new. Generally, we know that bottling up the pressures of life is not a good idea. Furthermore, if it hasn't happened to you, you probably know someone who has let the challenges of life build up to the extent that he or she got sick. I have visited a number of patients at the hospital who, while sharing the history of their illness, conceded that they were their own worst enemies. Hence, the idea that suppressing feelings relates to illness is not new.

What is unique about the idea, though, is that the Bible encourages us to avoid suppression. In fact, one of the biblical concepts of growth relates to the idea of "...speaking the truth in love." (Ephesians 4:15) After initially reading this scripture, one usually emphasizes that the key point is to speak the truth as opposed to a lie. The Bible certainly stresses the virtue of telling the truth in other scriptures. Upon further review, this scripture seems to stress the value of something else. Rather than merely encouraging us to speak the truth as opposed to lie, this scripture emphasizes the act of speaking or talking about things. The Apostle Paul encourages people to speak the truth, as opposed to suppressing it.

In a world that has so many schools offering advanced degrees in the field of social sciences, one might assume that the answers to life's dilemmas require the specialized skills of a highly trained expert.

Why not? They're educated and good at what they do. We have learned to take responsibility for our own physiological health by learning healthy eating habits and regular exercise. Why does it seem so difficult for us to take control over our emotional and spiritual health? Yes, there are times when we need the help and diagnosis of specialized mental health providers and pastoral counselors. Ultimately, we are responsible for our emotional and spiritual health in the same way we are responsible for our physical health. Just as the doctors who specialize in physical health would tell us the best thing to do for our physical health is to eat right and exercise, our pastoral counselors and mental health providers would tell us the best thing to do with our problems is learn to talk about them.

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 hro.cnfj.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 box by 8 a.m. the following workday to be accepted as having been received the previous workday.

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

New

Financial Technician – YB-503-2, NLSO-14-08. Open: 2-5-08 Close: 03-04-08 (1st C/O: 2-19-08).
Human Resources Specialist (Staffing/Classification) – YB-201-2, CNFJ-18-08. Open: 2-8-08 Close: 03-07-08 (1st C/O: 2-22-08). *Temporary, not to exceed one year. *Japan wide.
Human Resources Technician (Staffing/Classification) – YB-203-2, CNFJ-16-08. Open: 2-8-08 Close: 03-07-08 (1st C/O: 2-22-08). *Temporary, not to exceed one year. *Japan wide.
Supervisory Child Development Center Director – YA-1701-2, CFAY-17-08. Open: 2-8-08 Close: 03-07-08 (1st C/O: 2-22-08).

Continuing

Clinical Nurse – GS-610-5/7/9, NH-11-08. Open: 02-1-08, Close: 02-29-08 (1st C/O: 02-15-08).
Education and Training Technician – YB-1702-1, CFAY-176-07. Open: 12-27-07, Close: 03-28-08. *Location: Negishi.
Language Technician – YB-1046-1, CFAY-13-08. Open: 2-1-08, Close: 2-22-08. *Temporary, not to exceed one year.
Medical Data Technician (OA) – GS-640-4/5, NH-03-08. Open: 01-18-08, Close: 02-18-08.
New Parent Support Specialist – YA-0101-2, CFAY-14-08. Open: 2-8-08 Close: 3-7-08 (1st C/O: 2-22-08).
Nurse Specialist – GS-610-11, NH-12-08. Open: 02-1-08, Close: 02-29-08 (1st C/O: 02-15-08).

HRO JN Positions

Vacancy information for Japanese National Employment is available at: <http://hro.cnfj.navy.mil>, Job Hotline 243-9000 or (046) 816-9000, or at HRO Gate Office bulletin board (1st floor of Club Alliance building next to ISO). Urgently seeking applicants for part-time jobs (Hourly Pay Employees, HPTs in IHA) for various positions at MWR Clubs, Navy Exchange, and BEQ/BOQ. Office work, professional occupations, craft work, fire fighters, security guards, etc. job opportunities are also available.

Eligibility for Master Labor Contract (MLC) Employment (for appropriate fund activities jobs): Japanese citizens or non-Japanese citizens with permanent resident visa; who are 18 years and older. SOFA members and their dependents are not eligible for MLC employment.

Eligibility for Indirect Hire Agreement (IHA) Employment (for MWR, NEX, BEQ/BOQ jobs): Japanese citizens or non-Japanese citizens with permanent resident, spouse/family member of Japanese citizens or permanent resident, or long term resident visa, or SOFA dependents; who are 18 years and older and not a U.S. citizen.

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 Service Worker – Yokosuka Food Services, Negishi School Lunch. \$7.99/hr.
Food Delivery Operator – Ikego/Yokosuka. \$7.99/hr.
Food Service Supervisor – Food Services. \$10.74/hr.
Food Sales Supervisor – Food Services. \$24,377-\$30,988/annual.
Sales Clerk (Specialty) – Retail. \$7-\$9/hr.
Sales Clerk – Retail. \$6.50-\$8/hr.
Customer Service Clerk – Main Store. \$7-\$9/hr.
Supervisory Customer Service Clerk – Main Store. \$8.50-\$11/hr.
Store Worker – Main Store. \$7.99/hr.
Hair Stylist – Beauty Salon (Yokosuka, Negishi) – Commission.
Personalized Services Clerk – Personalized Services. \$7.25-\$8/hr.
Inventory Technician – Inventory Control. \$8.50-\$10/hr.
Cashier – Cash Office. \$7.79/hr.
Warehouse Worker – Receiving, Storage (J1234). \$9.32/hr.
Labor (Visual Merchandiser) – Visual Merchandising. \$7.99/hr.
ID Checker – Loss Prevention. \$6.50/hr.
Security Guard – Main Store, Distribution Center. \$7.50-\$9/hr.

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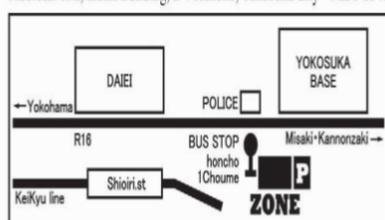
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Store Hours:

Week Days: 10:00 – 18:00

Weekends and Holidays: 10:00 - 17:00

Address: 1FL, Izumi Building, 2-4 Honcho, Yokosuka City 〒238-0041



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or e-mail to Maria.Bulseco.rp.ctr@fe.navy.mil for more information



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	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1830
THU	Choir Practice, Main Chapel	1700
FRI	Choir Practice, Choir Room	1700
1 st FRI	Mass, Main Chapel	1700
SAT	Vigil Mass, Main Chapel	1700
SAT	Baptism, Main Chapel	1530
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, Classroom 3	1800

Church of Christ

SUN	Worship, Kinnick Little Theatre	0930
SUN	Sunday School	1100
WED	Bible Study, Classroom 1, 2 and 4	1800

The Church of Jesus Christ of Latter-Day Saints

SUN	Sacrament	0900
SUN	Sunday School	1020
SUN	Priesthood/Relief Society	1110

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

Yokosuka Christian Fellowship

SUN	Fellowship Service (Ichiban Tower)	1230
WED	Youth Meeting (Chapel of Hope)	1800

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 4 1830

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 0900

"Mom's Time"
Last WED of the month 0930

COMPASS Spouse Support Group
WED, THU, FRI (Last week of month), Room 1 0900

Men's Christian Fellowship
TUE Study Group (Fleet Rec. Center, 3rd Deck) 1130
3rd SAT Breakfast (Location varies)

**Runs from September to June*

NEGISHI: Chapel of the Rising Sun
• 242-4183

Roman Catholic
THU CCD, classrooms 0900
SUN Mass, Main Chapel 0800

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

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 (after 1630 and before 0730 the next day), the Chaplain on Duty can be reached by calling Commander, Fleet Activities, Yokosuka Security at 243-2300.

Fleet and Family Support Center

Classes This Week

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

Monday, Feb. 18
Holiday

Tuesday, Feb. 19

Area Orientation Brief and Intercultural Relations Class 7:45 a.m. (4 days): **Feb. 19-22, 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.
Baby Basics 11:30 a.m. (2 hrs.) Learn the basic aspect of daily infant care such as bathing, diapering, positioning, swaddling, playing and feeding, and about the Shaken Baby Syndrome.
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.
Negishi – Bulls and Bears 11 a.m. (1.5 hrs.): Nope, not the Chicago sports teams or new zoo attractions, but rather investment terms. Not sure what the FOX or CNN broadcasters are talking about when they say the "Market" did this or the "FED" did that? We'll teach you the difference between stocks, bonds and mutual funds, the need to outpace inflation, risk/reward ratios, and the secret formula of wealth building. Remember "You are a millionaire in the making" start making you million today!

Wednesday, Feb. 20

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.
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.

Thursday, Feb. 21

Space A Travel / EML Brief 1 p.m. (2 hrs.): Representatives from Yokota's AMC Terminal, and a U.S. Navy specialist on EML Travel will conduct this one and a half-hour brief. Travel tips and procedures will be explained in detail along with current flight schedules and destinations for Space A travel.
Government Employment Tips 11 a.m. (2 hrs.): Simple step-by-step approach to correctly completing government application forms such as the SF-171, OF-612, OF-510, and the government-style resume. Definition of federal terms and how to address KSA's are some of the items that will be covered.
Ikego – Play Morning 9:30 a.m. (2 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.
Million Dollar Sailor and Spouse Series (Part II) 6 p.m. (1 hr.): Credit management. Credit is the most misunderstood financial tool. We'll teach you how to build credit, how to maintain it, and the dangers of abusing it. We'll teach you all about FICO scoring, how to obtain your credit report, and your rights as a consumer under the Fair Credit Reporting Act. Credit cards themselves are not the enemy; credit debt, however, can be.
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.

Friday, Feb. 22
No Classes

Upcoming Classes

- Feb. 25** English as a Second Language Interview Techniques
- Feb. 26** Area Orientation Brief and Intercultural Relations Class Your Japanese Home Ikego – Kid's Craft Class
- Feb. 27** No Classes
- Feb. 28** No Classes
- Feb. 29** No Classes

Negishi FFSC 242-4125 **Fleet and Family Support Center 243-FFSC (3372)** **Ikego FFSC 246-8052**

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Automobiles

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Miscellaneous

Holistic therapy designed for you. Japanese pressure point and other massage techniques. Aura soma color therapy. Diet plans. References. English speaking, close to base. Special Introductory offer \$25. Call (046) 854-4985, blessed@colorsofangel.com. Next to Horinouchi Train Station. Treat yourself with kindness!

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Are you ready to party! Do you need to attract attention to your next party or event? JDL's Mobile DJ service is your source for an All Occasion DJ. I can provide the entertainment you need with a wide variety of music and an awesome light show. For booking and rates, contact DJ JDL (Joseph Lindsey) at 241-3903/080-6748-7465, or send an e-mail to: djddl@live.com, http://myspace.com/djddl1.

Computer & Networking Services offer low cost computer repair and networking services. TCGBH can setup networks, install software, hardware and recover data. For technical assistance, contact CJ, 080-6603-2336. E-mail: tcgbhservices@gmail.com. Remember "We will Come To You."

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tes.mytech@gmail.com, or call (DSN) 246-7628, (cell) 080-6797-2531. **LTO runs and junking service.** Will drive your car/minicar to LTO for Japanese inspection, new registration, renewal, transfer registration, deregistration, change address, road tax, temporary plate. Six years experience. Please call Gemma, 241-2709 or 080-5022-8399.

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LTO Run and Junking Services. New registration, Japanese inspection, renewal, transfer address, deregistration, road tax and title transfers. Call Elvie at 090-4585-8329.

LTO Run. Car registrations, JCI inspections, registration renewals, title transfers, road tax, deregistration, new in Japan, need someone to help, call Derrick at 241-4415 or 090-3592-8809.

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LTO Runs and Admin Services. Yokosuka/Ikego/Negishi Registrations, inspections, transfers, I do it all. No problem driving your vehicle to LTO. Call Reiko, 241-3100/080-5497-2600 or e-mail: reikorunsto@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. Children's Birthday Parties. Magic, Music, Comedy, and More! Complimentary Birthday Gift. (イベントや、お誕生日会などにマジック・マイクを呼びませんか?) Call "Magic Mike" DSN 243-4801 (after 2 p.m.) or 090-6199-4993 (24/7), magicmike4u@ezweb.ne.jp, www.magicmike.wetpaint.com.

PARTY PALS! The fun starts here! Invite a life-sized character, princess, or even a fairy to your next birthday party or company event. Book early to ensure availability – call today! 241-2907. View our characters on line: www.birthdaypartypals.com.

PCS-ing? Moving to Washington State? (Bangor, Silverdale, Bremerton, Everett) I could help you find your dreamhome and investment. Please call Mae Dizon-Prudential, NW Real Estate. Mobile: 360-535-3721, home: 360-692-7586, e-mail: mae@pnwre.com. Web site: mae.pnwre.net.

PCS'ing and thinking about purchasing a home in today's Buyers Market? I educate home buyers about the "Home Buying Process" and will refer you to an experienced realtor specializing in the area where you will be relocating. Save thousands of dollars on your new home purchase working with a realtor! FREE Service! Call Kim Ramos with Keller Williams Realty. Direct: 090-6503-9567, kramossells@kw.com, web site: www.2hdb.com/kramossells.

PROFESSIONAL TRANSLATION SERVICE. Translate from Japanese and Chinese to English. Translation of all types of documents, legal, birth and marriage certificates, college transcripts, etc. For prompt service, contact Mrs. Mitchell at 080-5509-8418.

Positions

Facility Project Manager and engineer Sought! 1. Have educational background on electricity and understand electrical theory. 2. Have technical skill on actual electrical wiring work and cable conduit work experience more than 5 years. 3. Speak, write and read Japanese and English (business level). 4. Must reside in Japan. 5. Proper valid work visa. Workplace: Metropolitan area and near Narita Airport. Pay: ¥260,000-¥440,000/month. Transportation cost paid (Max. ¥40,000/month). Paid vacation and holidays. Retirement age: 65. Contact Masae Watanabe at: m-watanabe@s-mt.co.jp, or fax: (03) 5722-6180.

Receptionist Sought! 1. Computer literacy. 2. College graduate. 3. Valid work visa. 4. Speak, write and read Japanese and English (business level). Sat., Sun. and holidays are off. Pay: ¥230,000/month. Transportation paid (Max. ¥40,000/month). Uniforms are provided. Paid vacation and holidays. Workplace: Metropolitan area and near Narita Airport. Contact Masae Watanabe at: m-watanabe@s-mt.co.jp, or fax: (03) 5722-6180. Shin-ei Real Estate Business Co., Ltd.

University of Phoenix Yokosuka is seeking qualified part-time practitioner faculty in the MBA program. Candidate must have MBA or related degree. Please contact Jim, jimparkins@email.phoenix.edu, or stop by our office.

Urgent! Assistant Language Teachers wanted by W5SS. Full time at public schools in Yokosuka city. April 2008 to March 2009, Mon. to Fri., 8:30 a.m.-5 p.m. ¥250,000/month plus transportation fee. Need BA/BS, teaching experience, minimum Japanese conversation skill. Send CV and job number. Job#506 to: w5tokyo_recruit@w5ss.com. (03) 3780-1830.

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。**Looking for part-time English instructors teaching at home.** Private lesson ¥2,500 and group lesson ¥1,500 each student per hour. Please e-mail your resume at: support@lily-ec.jp and get more information.

Lost and Found

Lost necklace white gold with plain pendant. If found, please contact 080-3278-1112. Reward will be given.

Announcements

Did you know there is a CHRISTIAN SCHOOL in Yokosuka? Christian Achievement Academy – where excellence is the standard! Offers the A Beka curriculum and small classes. Registration for 2008-2009 school year has begun for Pre-K- 5th grade. Positions available: Qualified Administrative Staff, Full-time/Substitute Teachers for all grades, and Monitors needed. Call (046) 825-5521 and/or send resume to: caakingskids@yahoo.com.

Ethnic Indian Restaurant in Yokosuka City. Yes we are making perfect Indian ethnic dishes. On the first and last Friday of each month we have a cooking class from 2:30 to 4 p.m. Fee is ¥850. Closed Monday. If you come in a group by taxi, we will refund you up to ¥710 (with receipt). Bayleaf Indian Restaurant. Tel (046) 821-1922 and 090-3015-1749.

Grand Opening 20% Off. Facial waxing and manicure. Appointment, 241-2474. 73 Ume Heights G's Salon.

Room for rent. Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$250/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.

World Friends International Valentine Party Yokohama, Feb. 16, 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

Adoption home studies and adoption services. Local licensed social workers can help. Call U.S. 001-888-687-3644. www.adopt-abroad.com.

Asahi Advertising, Inc. is located next to CFAY Public Affairs in Bldg. 3154, Room 213, on Command Hill. Please stop by the office to place your advertisements!

Classified ads of 30 words or less can be purchased for either \$5 per issue, in cash, at Asahi Advertising, Inc. The fee is \$1 for every 10 additional words. These rates are for Department of Defense servicemembers, family members or civilian personnel only. Prices for all other ads must be separately negotiated with Asahi Advertising, Inc.

The deadline for classified ads is 4 p.m., Friday prior to publication date (one week in advance). Submitted classified ads will be published after payment has been confirmed.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron.

For more information, please call Asahi Advertising, Inc. at 243-3100/(046)816-3100, or contact them at:

seahawk yokosuka@ys020407.americablejapan.com

The point of contact is Keiko or Tomomi, account executive. Regular business hours are Monday-Friday from 10 a.m. to 4 p.m.

Asahi Advertising, Inc.

Easter Sunday Brunch

Sunday 23, March

Serving from 10:00 -15:00

Adults: \$22.95 / Children: \$10.95(4-12)



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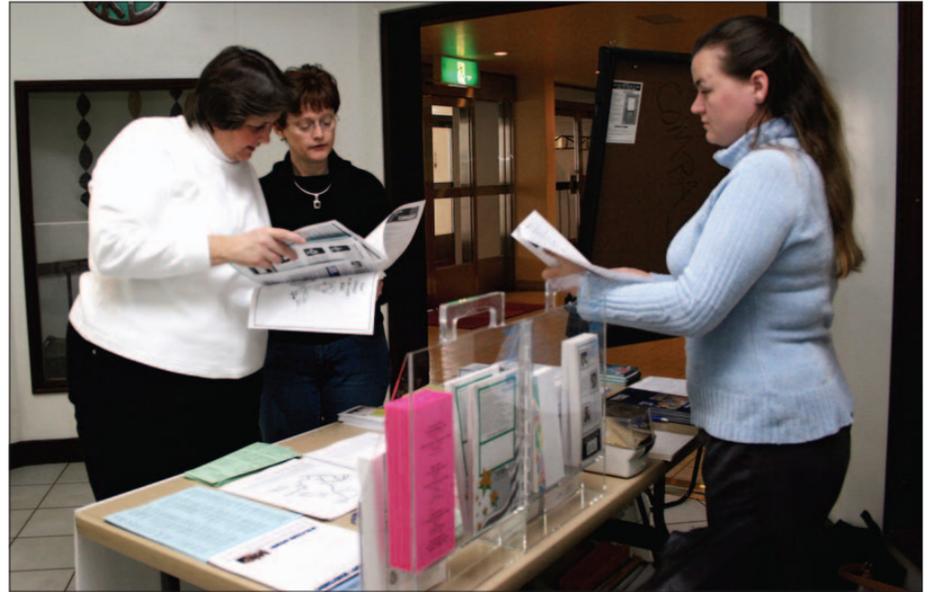
For more information 229-7151 or 03-3440-7871 EXT.7151 or events@thenewsanno.com

Ikego Elementary School hosts *Mochi* pounding event



Students, teachers and guests of Ikego Elementary School participated in the 2nd annual *mochi* pounding event in the school courtyard Jan. 24. Students had an opportunity to show off their strength pounding the sticky rice into *mochi* while classmates and guests cheered them on. *Mochi* is made from a special type of sticky rice that's been soaked in water overnight and steamed. The rice is then placed in a *usu*, a large bowl made of wood or stone. A hammer-like *kine* is used to pound the rice into paste. More than 30 volunteers from Japan-America Society of Zushi, the Parent-Teacher Organization and individuals from Naval Air Facility Atsugi helped support the event.

Photo by Julie Hess



(Left) Chris Fry receives information about CFAY and the Yokosuka community from Fleet and Family Support Center's (FFSC) volunteer Diane Wren and FFSC employee Jennifer Vaughn at Navy Lodge Feb. 6. FFSC recently started providing the information table to assist CFAY's new arrivals by providing them with information about amenities available to them, both on the base and around the city of Yokosuka. The information table is staffed Monday, Wednesday and Friday from 9 a.m. to noon.

Photo by Fumiyo Sato



Members of the U.S. 7th Fleet Band brave the cold and snow at their second of three performances on Feb. 8 during a series of concerts at the Sapporo Snow Festival and surrounding areas. The band is embarked aboard *USS Blue Ridge* (LCC 19), which is conducting a port visit to the northern Japanese city of Otaru during the annual Sapporo Snow Festival.

U.S. Navy photo by MC2(SW) Ben Farone



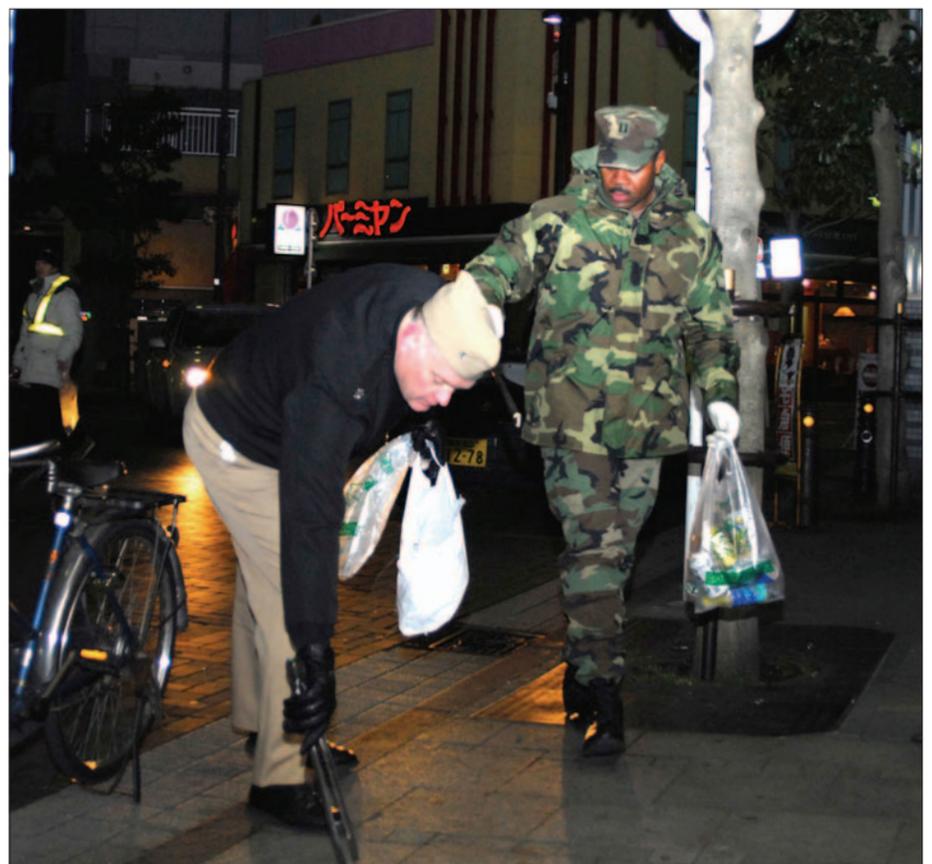
A sixth-grade student demonstrates how her "Cell Sleeve" works to her class at Yokosuka Middle School. Her invention protects cell phones from breaking and scratching if they are dropped. Approximately 100 students used their ingenuity to create inventions as part of a class assignment.

Photo by Dale N. Duncan Jr.



Children get a rare chance to play in the snow in Kikoba, Hayama, Japan Feb. 3.

Photo by Lt. William Stewart



(Left) CFAY Chief Staff Officer Cmdr. Jon Lundquist and CFAY Security Officer Lt. Paul Bradley, help clean up garbage in the Honcho district of Yokosuka during the 150th Honch Patrol, a joint clean-up effort with Japanese citizens Feb. 1. The Honch Patrol began in 2006 after a joint safety meeting between the Navy and Yokosuka City.

U.S. Navy photo by MC3 Bryan Reckard