



## Navy college hosts Education Fair aboard CFAY

By Sean Dath, CFAY Public Affairs

The Navy College sponsored an education fair at Command Fleet Activities, Yokosuka (CFAY) April 16.

The education fair brought seven colleges and universities together at the front of the Navy Exchange giving Sailors and their families a chance to learn more about the education opportunities available to them and offered the convenience of having the school's representatives available to answer questions in person, and to go over the various programs they offer.

Seven schools participated in the event: University of Maryland University, Central Texas, University of Oklahoma, University of Phoenix, Troy University, Coastline Community College and Thomas Edison State. Each college representative set up their own table with information pamphlets, conducted interviews and offered assistance in filling out college applications.

"Today's education fair is a great opportunity for not only our servicemen and women," said Navy College Office Yokosuka Director Bill McCormick. "But also for their family members and anyone else who has a desire to get an education."

Also present at the fair was the Navy College Learning Center, which gave guidance to those individuals who have had a long break since the time they last attended college classes, or have not had the opportunity to take classes in the past.

"We brought out the Navy College Learning Center today," McCormick said. "For those who have had

academic issues or were academically deprived or even if they have been out of school for awhile and need a boost. The learning Center will prepare you for placement exams or the American College Testing (ACT) or SAT."

For those Sailors who were deployed or otherwise not able to make it to the education fair, McCormick said there are two easy ways to get started on the road to furthering your education.

"For our shipboard Sailors who are deployed, the ships Education Services Officer (ESO) can point you in the right direction," McCormick said. "For our Sailors in port, the Navy College Office has counselors that can help them with their academic plan, and give them some guidance on which colleges they want to choose."

McCormick also stated that those Sailors and their families who wish to further their education must ultimately make the decision to take that first step.

"I always say that education is about you," said McCormick. "Once you get the education, no one can take that away from you."

Navy College is located on the 3rd floor of the Fleet Recreation Center and is open Monday, Tuesday, and Thursday 7:30 a.m. to 5 p.m., Wednesday 7:30 a.m. to 6:30 p.m., and Friday 7:30 a.m. to 3 p.m.

**Sailors and family members visit with counselors from various colleges during the Navy College Office Education Fair April 16. The education fair brought seven colleges and universities together at the front of the Navy Exchange to give everyone a chance to learn more about the education opportunities available to them.**

Photo by Dan Bowen



## MCPON stresses Navy's expectations to first class petty officers

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

Master Chief Petty Officer of the Navy (MCPON) (SW/FMF) Joe R. Campa Jr. has made his expectations of the Navy's first class petty officer community a public priority of his the last six months.

During the annual Petty Officer First Class Leadership Symposium, held in Washington April 23, he left no doubt in the minds of more than 400 attendees that the Navy expects them to meet the responsibility of being first class petty officers and that Sailors depend on their first line leadership.

His appearance kicked off a week featuring briefs on topics such as the chief petty officer selection board process to mentorship and sailorization. Campa used the opportunity to remind the first class petty officers what their first priority should be.

"You are in the best position to influence Sailors," said Campa. "Now I want you to look at those expectations (of the first class petty officer) and use them to determine whether you're doing everything to meet your individual responsibilities and your responsibilities as a first class mess."

Campa said that since the document was released in February, he's seen results around the Fleet. He also said he agrees with feedback he's received that the points discussed in the Expectations of the First Class Petty Officer are not new concepts.

"These expectations aren't anything new and some have asked why we have to put these out. My response to that is that it is a chief's responsibility to define expectations

for those they lead. I was inspired by what I'd seen across the fleet and that led to their development. I believe the great majority of you understand them and have taken them on board."

The expectations, said Campa, are not a request. They are what the Navy needs enlisted leaders to do to ensure Sailors are professionally and personally successful. He added that within the Navy's first class mess there is an abundance of talent and experience.

He said that more is being expected of the Navy, which has placed a greater strain on the Sailor and their families.

"We have come to a point where we don't have any leaders to spare," said Campa. "We have to make the best possible use of your experience and put those skills to work on the deckplate. If you're doing those things, it will better prepare you to be a chief petty officer, but first and foremost you will be one outstanding first class."

Following opening remarks, he opened the floor for questions then spent almost 90 minutes answering and addressing the audience's concerns. Crew manning and the effect individual

augmentation has had on it was brought up and Campa said these types of issues are ones that are consistently being evaluated and have the attention of our Navy's leadership.

"We assumed risk when we took on [individual augmentee] responsibilities, and it was asking our ships and commands to cope with the loss of their personnel to non-traditional missions," said Campa. "We were able to assume that risk because we had full confidence in the abilities of our people."



**Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr. talks about the importance of deckplate leadership during the annual Petty Officer First Class Leadership Symposium held in Washington April 23.**

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



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



CMDCM Wayne E. Smith,  
Command Master  
Chief

## 司令官の相談室

interested in volunteering as a caseworker and attending the Caseworker Training class in May, contact the NMCRS Yokosuka office at 243-7905 or 243-4450. The training is free and you can get reimbursed for child care and commuting expenses.

**Need money for college?** – The Navy-Marine Corps Relief Society's (NMCRS) Spouse Tuition Aid Program (STAP) Term V will be accepting appointments from now to May 23. Qualified candidates could receive up to \$350 for undergraduate studies and up to \$400 for graduate studies, per term. Contact NMCRS Yokosuka at 243-7905 or 243-4450 to make an appointment.

**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 through July 31, while the existing dispensary is renovated.

現在、日本人従業員診療所の改装工事が行われております。診療は診療所奥の空き地の仮設プレハブに移動して続けられています。仮設プレハブでの診療は改装工事の終了が予定される7月31日まで続けられる予定です。

**Q:** I want true clarification on Doo Rags. I am tired of seeing the baggy pants six inches below the waist, Doo Rags and other very obvious gang type attire around base. Who is supposed to be enforcing this? I have seen CFAY security allowing persons wearing these items to enter and exit the base and say nothing to them. If they won't do it then why should I? If we want to clean up our image in front of the Japanese maybe this is a good place to start. Our continued professional appearance is very important and gang wear is not helping us out at all. Second, why is it that I can't go anywhere on base with my wife and children and sit there with out hearing a sailor saying many four-letter words every time I turn around. Ship talk is for ships and these young sailors don't know when and where to turn it on and off. Asking them to stop doesn't change the fact that it was said.

**A:** Thank you for your concern with this matter and it has been addressed. In accordance with CNFJ Instruction 1020.3B (Civilian Clothing Policy), it is the responsibility of all personnel to enforce these rules. It is located on the CNFJ Web site. We all are ambassadors and should conduct ourselves accordingly. Thank you again for bringing this issue to light.

**Q:** My family and I arrived to Yokosuka almost four weeks ago, and so far we are enjoying our new duty station. However, our visits to the Housing office have become quite frustrating. I have been given false information and had questions go unanswered without any explanation. While walking, driving and talking to our new neighbors around the base, it has come to our attention that houses are sitting vacant on Yokosuka base. I have been told on several occasions, there are no vacancies and no intent to vacate notices at this time. Furthermore, the housing

waiting list has not moved, and the estimated wait times have grown since we've arrived. Is there someone who can tell me why we are sitting in the Navy Lodge with no hope of housing in the near future when houses are sitting empty? We are a family of five with two pets and cannot see the logic in having the Navy pay to move us off base and then back on again when we could be offered a home that is sitting empty and available, or will be in the next couple of months. I have given housing addresses of homes that I know have given intent to vacate notices or that have been vacated only to be told, they don't have any information about them. Is there anyone that can shed a light on the housing situation, because there definitely is one? There are a number of us sitting in the Navy Lodge scratching our heads wondering who is getting all these vacant homes.

**A:** We apologize if the information we are providing is not clear and understand your frustration. Please contact Carol Tonumaiepa at 243-8826, she will be happy to meet with you to discuss your concerns. We have immediate vacancies at Ikego Hills and Negishi Heights. However, many families decline their first offer and elect to place their names on the Yokosuka waiting lists. Yokosuka is the most preferred housing location on average and has the longest wait time. Assignments are conducted based on pay grade category and bedroom eligibility. Even though there may be a vacant unit that is designated for different pay grade category and/or bedroom eligibility.

**Q:** I recently started using the facilities at Purdy Gym, specifically the morning lap swim. Purdy Gym is a great place that meets the entire fleet's fitness needs. The problem is the hours of operation do not seem to accommodate the Sailors and Marines who use this facility. Whenever I go swimming in the morning, at 5:30 a.m., when they open, I have to cut quite a few things out of my morning routine in order to make it to work on time. Also, every morning there is a line of people waiting for the doors to open. Is it possible to get Purdy Gym to open just 30 minutes earlier to accommodate all the personnel who use this facility?

**A:** Thank you for your comments. The Fleet Fitness Center is open 24 hours a day every day of the year. For individuals interested in very early or very late workouts we encourage you to use the excellent facilities at the Fleet Fitness Center. We acknowledge that Purdy Gym is a desirable facility for many to use for their morning workout, in this time of shrinking financial resources it is not prudent to have two facilities open during the early morning period for a relatively limited user base that can be accommodated by one fitness center. Prior to opening Purdy Gym several years ago it was determined based on usage that we would keep the Fleet Fitness Center open for the extended period, to accommodate the early and late users, due to it's close proximity

to the piers and to the Sailors who work and live on the waterfront. As a reminder, Purdy Fitness Center is open daily (except holidays) until 2200 for those who prefer that facility for their workout but find the morning hours limiting. For fitness swimmers, the Purdy Natatorium is open almost continuously from 5:30 a.m. to 8 p.m., allowing the opportunity to get in a workout before work or school, during the workday, at lunch, or after work or school. Thank you again for your feedback.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are 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 yo-cocorner@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 June 5. 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: yo-cocorner@fe.navy.mil.

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

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**Yokosuka Cub Scout Pack 33 Regatta Boat Race** – Kindergarten to fourth-grade boys in Yokosuka, Ikego and Negishi are invited to come and enjoy the fun of cub scouting at the Yokosuka Cub Scout Pack 33 Raingutter Regatta Boat Race at the Commissary Red Brick area May 10 at 1 p.m. Cub scouting information and registration will be available. Many year-round fun events are waiting for you in cub scouting. E-mail to pack33@gmail.com for more information.

**Free USO Military Appreciation Day Carnival** – The United Services Organization (USO) is inviting you to attend a free Military Appreciation Day Carnival at Kosano Park (rain location is Thew Gym) May 18 from noon to 4 p.m. There will be food and beverage booths, game booths, air toys, live performances, giveaways and a magician and balloon maker. For more information or to volunteer for this event, contact the USO office at 241-4895. USO, until every one comes home.

**DBIDS Registration** – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel that are currently registered in DBIDS but have had changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside bldg. 1495. Customer service hours are Monday through Friday from 7 a.m. to 4 p.m. 横須賀基地に關係する軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は全て指紋認識データシステム (DBIDS) に登録する必要があります。既に登録された方で、データに変更がある方は、1495ピルのDBIDS登録事務所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで。

**Temporary Office Relocation** – AIU Insurance, H&R Block, Girls Scouts and Stars and Stripes offices have been relocated to the first floor west wing of building J196 due to building renovation. Contact Lt. j.g. Hawkins at 243-6416 for more information.

**NMCRS Caseworker Training Class** – The Navy-Marine Corp Relief Society (NMCRS) is a non-profit organization that depends on volunteer support from the community to service Navy and Marine Corps families. If you are

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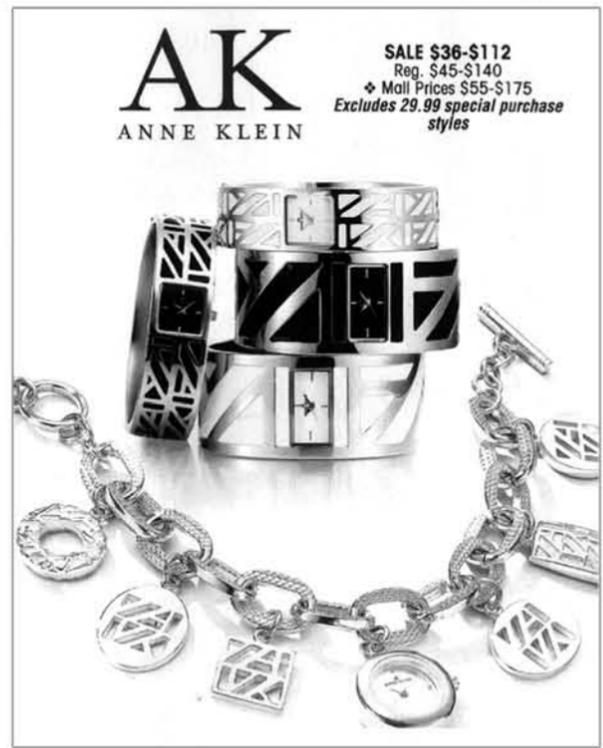


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# National Museum of U.S. Navy acquires rare civil war warship bell

By Katie Winstanley, Naval Historical Center Public Affairs

A bell from the historic Civil War naval vessel *USF Merrimack* has been put on display at the National Museum of the United States Navy in Washington D.C. *Merrimack*, rebuilt as the Confederate ironclad *CSS Virginia*, participated in the famous battle against the Union ironclad *Monitor* at Hampton Roads March 8-9, 1862.

The bell was donated to the Navy by Adrian Pearsal, a private collector of nautical antiques. Pearsal had originally contacted the National Geographic Society (NGS) to see if they knew of any educational naval collection that would be interested in receiving the bell. The NGS then put him in touch with Mark Wertheimer, Head of the Curator Branch, Naval Historical Center (NHC) in Washington D.C. Negotiations then opened up in early 2006, culminating in the donation of the *Merrimack's* bell to the NHC a year later.

Although it is unclear whether the bell was aboard *Merrimack/Virginia* during the battle at Hampton Roads, it is known to have been aboard *Merrimack* before it was scuttled by Union forces upon abandonment of the Norfolk Navy Yard to Confederate forces in 1861.

The bell appears to have suffered severe fire damage and has a large dent that seems to have been caused by a timber falling onto the heated bell during the course of a fire.

This damage led to the question as to whether or not it was on board *Virginia* during the battle at Hampton Roads. The reason for the confusion is because the ship was scuttled twice, the first time by Union forces, and the second after the battle by the Confederates forces.



Was the bell damaged during the first scuttling and then taken off, or during the second scuttling after the battle? At this time the NHC does not know.

The history of the bell prior to Pearsal's acquisition of it is murky. After the Civil War it seems to have been acquired by the Grand Army of the Republic, a Civil War veterans organization. It was put on display by them until the 1920s, when it passed into the hands of private collectors.

The acquisition of the bell is important for both the museum and for the Navy overall. "There are very few artifacts from *Merrimack* and the battle between *Virginia* and

ironclad *Monitor* at Hampton Roads and so the acquisition of this bell with the *Merrimack's* name on it is very exciting," said Wertheimer.

The bell is now on display at the museum's popular Civil War gallery as a long-term attraction.

The battle at Hampton Roads was of national importance as it was the first ever battle between ironclad steam warships. Although the battle between *Virginia* and *Monitor* was inconclusive, it did have a significant impact on naval architecture and thus revolutionized naval warfare.

"Hampton Roads was an important time in the Navy's history as it represented the watershed from wooden hulled ships to iron hulled and armored ships," said Wertheimer.

**A damaged bell from the historic Civil War naval vessel *USF Merrimack* is on display at the National Museum of the United States Navy. *Merrimack*, burned and scuttled by the Union Navy when Confederate forces took over the Norfolk Navy Yard in 1861, later became the Confederate ironclad *CSS Virginia* and battled the Union ironclad *Monitor* at the Battle of Hampton Roads, Va., on March 8-9, 1862.**

Photo by Jack A. Green

## Stay Navy: career Sailors on course for comfortable retirement

By Navy Personnel Command Public Affairs

Most people would not consider a career in the military if they wanted to make a fortune, but a Navy message released March 21 indicates that a Navy retirement can be worth millions of dollars over the course of a lifetime.

Of course, those millions include future dollars affected by inflation, but Sailors can rest assured that their retirement pay will maintain its real value over time.

"Although Sailor career satisfaction is not based solely on compensation we recognize that pay and benefits are an important factor in Sailor and family satisfaction, and as a result, retention," said Capt. William Foster, director of Navy Personnel Command's Center for Career Development, author of the message.

NAVADMIN 076/08 Pay and Compensation provides examples of current earnings and benefits, and retirement income potential based on the Pay and Compensation Calculator located on the Navy Personnel Command Web site (<https://staynavytools.bol.navy.mil/PCC/?B3=Launch+Calculator>). The Pay and Compensation Calculator shows active duty service members and reservists their current pay as well as the future retired pay they can earn after serving 20 or more years of qualifying service. The results are estimates based on input entered to the tool. For confirmation of pay, refer to a pay specialist.

Using the Pay and Compensation Calculator, Foster demonstrated how a Sailor in boot camp today might fare after a Navy career.

An 18-year-old Sailor in boot camp today, who makes the Navy a career and advances to chief petty officer, retiring after 24 years, would be 42 when hanging up the uniform in 2032. Under the High-3 retirement plan, that Sailor is projected to earn \$5.1 million in retirement pay by the age of 82. That does not include additional benefits like TriCare for Life medical coverage and exchange and commissary privileges.

If the same Sailor in boot camp today rose through the ranks, served 30 years and retired as a Master Chief Petty Officer in 2038, projected earnings are \$11.6 million in retirement pay by age 88.

According to Foster, most civilian retirement plans are Defined Contribution Plans, such as 401(K) plans, requiring investment (usually payroll deduction) by the individual. Most employers match part of the investment but matching is limited and varies by employer.

"Our military retirement is a Defined Benefit Plan requiring no monetary investment by the service member. What makes our plan so valuable is that active-duty Sailors receive it from the moment they retire rather than having to wait until age 65. Plus, it is adjusted upward for inflation each year. Less than 5 percent of defined benefit plans do that," said Foster.

Currently active duty and reserve Sailors fall under one of three retirement plans; Final Pay, High 3, or Career Status Bonus/REDUX (REDUX).

Final Pay applies to Sailors who entered the Navy before Sept. 8 1980. Under the Final Pay system, eligible members receive a percentage of their final basic pay.

High 3 applies to Sailors who entered active duty between Sept. 8, 1980 and July 31, 1986. Under the High-3 system, eligible members receive a percentage of the average of the highest 36 months of basic pay.

Sailors who entered the Navy on, or after Aug. 1, 1986, must choose between the High-3 retirement system or REDUX at their 15th year of service, according to Foster.

Members who elect REDUX receive a \$30,000 Career Status Bonus (CSB), after 15 years of active duty if they agree to serve at least 20 years of active duty service.

Their retirement pay is calculated at a lower percentage rate if they retire before 30 years of active duty (i.e. 40 percent of High 3 years of base pay at 20 years of service). Additionally, REDUX retirees receive 1 percent less in their annual cost of living increases than High 3 and Final Pay retirees.

Foster and his team conduct Career Management Symposiums at installations worldwide where they educate Sailors about their Navy benefits and what they're really worth. To learn more about your Navy benefits and use the pay and compensation or retirement calculator visit [www.NPC.Navy.mil](http://www.NPC.Navy.mil) and clicking on the "Stay Navy" button on the left side.

**Armed Forces Sports and Fitness Day** - The Armed Forces Sports and Fitness Day will be held May 24 from 10 a.m. to 1 p.m. at Thew Gym. The event will kick off with the Adult 5K run at 8:30 a.m. followed by the America Kid's Day Fun Run at 9:30 a.m. Immediately following the Kid's Day Fun Run, will be the "Tot Trots" for youth under 5 years of age. Event will include health, wellness, fitness and nutrition booths along with demonstrations from martial arts, Hip-Hop dance, Zumba for all ages, Kids Yoga and gymnastics. A variety of non-traditional sports such as dodgeball and Blong-o-Ball will be offered for the entire family. Adults will have the chance to compete in a "powerlifting" competition comprised of three or four lifts. This annual event is for all ability levels and focuses on fun for all. All participants are winners and the youth fun run event will not be timed. Each youth fun run participant will receive a free "America's Kids Day Run" T-shirt.

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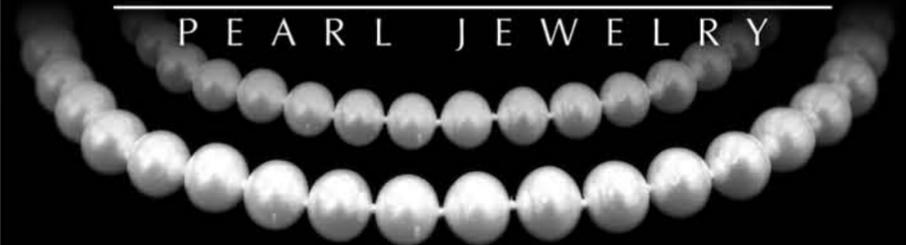
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Please take a few moments to fill out a Navy Exchange Questionnaire so that we can better serve you in the future.

## USS Fitzgerald racks up Excellence awards

By Ensign Scott Cheney-Peters, *USS Fitzgerald* Public Affairs

Fresh on the heels of winning six of six excellence categories in the Commander Naval Surface Forces' Battle 'E' competition and the Green 'H' for Health Excellence, the crew of *USS Fitzgerald* (DDG 62) received more accolades.

*Fitzgerald* received the Marjorie Sterrett Award for the Pacific Fleet, April 14. Additionally, in a message released April 17, they were announced as the Pacific Fleet's Anti-Submarine Warfare (ASW) Bloodhound Award recipients.

The Marjorie Sterrett Award is a Navywide operational excellence award given to a unit which best promotes operational readiness and fitness of the ship. Only those ships nominated for the Battle 'E' for the same period are eligible.

"It's a best of the best award for Battle 'E' winners," said Lt. Devlin Messmer, *Fitzgerald's* training officer.

Created in 1917 by the New York Tribune Association, the Marjorie Sterrett Award began when Sterrett, 13 at the time, wrote a letter to the editor of the Tribune offering a dime she earned weekly from chores, to help fund the American war effort. While it didn't result in a battleship named America as she desired, the letter and money started a fundraising campaign that ultimately brought in \$20,000 to the Navy. This money was used to create a prize that went to gun, turret or submarine crews with the highest gunnery or torpedo practice scores. Following World War II, the prize was awarded to individual units such as *Fitzgerald*.

"In order to achieve this tremendous honor, *Fitzgerald's* crew excelled in every tasking," Messmer said. "That includes numerous multinational exercises, while operating in a rigorous environment – the tip of the spear, the forward deployed naval forces."

Besides the CNO's recognition of the hard work of this ship's crew, the award will also provides a monetary prize donated to the ship's Morale, Welfare and Recreation fund.

The Sterrett rotates between Type Commanders every year, and ships like *Fitzgerald* will not be eligible for the award again until 2011. However, one award she has been in yearly contention for is the Bloodhound Award for Anti-Submarine Warfare (ASW) Excellence.

"The prestigious Bloodhound Award is given by the Commander of Naval Surface



**USS Fitzgerald received the Marjorie Sterrett Award for the Pacific Fleet, April 14. Additionally, in a message released April 17, they were announced as the Pacific Fleet's Anti-Submarine Warfare (ASW) Bloodhound Award recipients. U.S. Navy file photo by MCSN Kari R. Bergman**

Forces to one ship in each Fleet [Pacific and Atlantic]," said Chief Sonar Technician (SW) Patrick Bright.

Bright credited *Fitzgerald's* participation in seven ASW Exercises in 2007, scoring first out of 104 in a Fleet ASW program and the amount of actual contact time held on submarines over the year for winning the award.

*Fitzgerald* is eligible to fly the Bloodhound Flag from the ship's mast until the winner of next year's award is announced.

## Navy launches Enlisted Career Roadmaps Guide for Sailors

By Naval Education and Training Command Public Affairs

In an effort to help Sailors succeed in their careers, the Enlisted Learning and Development Strategy Team developed the Enlisted Career Roadmaps (ECR) launched online April 1.

Chief of Naval Personnel (CNP) Vice Adm. John C. Harvey, Jr. tasked Naval Education and Training Command (NETC) to develop an enlisted education strategy. The result is the Enlisted Learning and Development Strategy (ELDS), which includes the ECR.

The ECR, launched on Navy Knowledge Online (NKO) is for enlisted Sailors to refer to throughout their Navy career. The roadmap starts in the Delayed Entry Program (DEP) when a Sailor first joins the Navy, and progresses to the rank of master chief.

"It provides detailed information on training and advanced education opportunities," said ELDS Core Team Co-Leader Master Chief Electronics Technician (SW) Tom Smith, and the Enlisted Learning and Development Program Coordinator for NETC. "The ECR gives Sailors a visual guide to track their career, and helps the Navy get the right Sailor, with the right training, in the right job, at the right time."

The ELDS Core Team is made up of representatives from Chief of Naval Personnel (CNP), Naval Education and Training Command (NETC), Naval Personnel Command (NPC), Commander Naval Recruiting Command (CNRC), the Naval War College (NWC), and Naval Service Training Command (NSTC). The team also includes members from Naval Personnel Development Command (NPDC), Center for Naval Leadership (CNL), Center for Personal and Professional Development (CPPD), and the Senior Enlisted Academy (SEA).

"The ECR is a great tool for Sailors, and supervisors who can use it during mentoring sessions and career development boards thus providing Sailors feedback on what learning and development programs are available to them," said Master Chief Navy Counselor (SW/AW) Brett Rowell, NETC Force Retention, and Team Co-leader with Smith. "Currently there are ECRs available for legalmen (LN), mass communications specialists (MC), and nonrated Sailors in the Surface Professional Apprenticeship Career Tracks program (S-PACT). Sailors can find their ECR on Navy Knowledge Online, and I recommend every LN, MC and S-PACT Sailor and their supervisors use the roadmap. It is a great mentoring and counseling tool."

The ECR includes training from the sailorization process at Recruit Training Command, basic technical training, advance technical training, and Navy Professional Military Education (NPME). It also includes advanced education opportunities through the Navy College Office, as well as programs at the Naval Post Graduate School and the Naval War College. Professional certifications are part of the ECR through Navy Credentialing Opportunities Online (Navy COOL). For example, with Navy COOL an MC can receive civilian certifications, such as Accredited Business Communicator (ABC) and Accredited in Public Relations certification, which would acknowledge the professional skills of the MC both in the Navy and to corporate America.

The ELDS team is currently in the beta testing phase of the ECR project. The team's goal is to have roadmaps for all ratings on NKO by April 2010.

ELDS will not necessarily create new programs, but provides visibility to current Navy programs. It is an umbrella under which are the learning and development programs that enlisted Sailors need access to for a successful career. The ECR provides the visual of that umbrella, giving Sailors a checklist to see where they are, and where they need to be.

# 咸臨丸フェスティバル挙行される

文・写真：河辺雄二、CFAY広報課

去る四月二十六日の土曜日、横須賀市主催の咸臨丸フェスティバルが住友重工浦賀工場内に於いて挙行された。式典は午前11時から始まり、横須賀市長と来賓のアメリカ大使代理の相互防衛援助事務所長グレゴリー・オストロウスキー大佐、オランダ大使代理マッタイス・ファン・ボンゼル公使、外務大臣代理の北米局長西宮伸一氏による献花、市長式辞、来賓祝辞と続いた。この日米蘭友好の歴史的式典に、横須賀基地からは基地司令官ウィード大佐をはじめ、ランキスト中佐、在日海軍司令部キュリック大佐、SRF-JRMCダグラス大佐ら多くが列席した。咸臨丸は幕府がオランダに発注した洋式軍艦で、安政七年（1860）江戸幕府が所有する軍艦として初めて太平洋を横断して、サンフランシスコまで往復する快挙を果たした。

咸臨丸フェスティバル当日は、水運びレース、クイ



アメリカ大使代理として祝辞を述べる相互防衛援助事務所長グレゴリー・オストロウスキー大佐。

Capt. Gregory Ostrowski, representing the Ambassador of the United States to Japan, delivers a congratulatory address at the Kanrin-Maru Memorial Ceremony April 26.

## Yokosuka holds Kanrin-Maru Memorial Ceremony

By Yuji Kawabe, CFAY Public Affairs  
Translated by Fumiyo Sato, CFAY Public Affairs

The city of Yokosuka hosted the Kanrin-Maru Memorial Ceremony at the Sumitomo Juko Factory in Uruga April 26.

The ceremony started at 11 a.m. and Yokosuka Mayor Ryoichi Kabaya and representatives from both the United States and the Netherlands participated in the ceremony. After the mayor's introduction speech, Capt. Gregory Ostrowski, representing the Ambassador of the United States to Japan, Mr. Matthijs Van Bonzel, representing the Ambassador of the Kingdom of the Netherlands to Japan and Shinichi Nishimiya, representing the Japanese Foreign Affairs Minister made congratulatory addresses at the ceremony. Commander Fleet Activities Yokosuka (CFAY), Capt. Daniel Weed, Chief Staff Officer Jon



咸臨丸式典には当基地をはじめ多くの関係各位が列席した。祝辞を述べるのはオランダ大使代理のマッタイス・ファン・ボンゼル公使。

Matthijs Van Bonzel, representing the Ambassador of the Kingdom of the Netherlands to Japan, delivers a speech at the Kanrin-Maru Memorial Ceremony April 26.



咸臨丸は148年前この浦賀湾からサンフランシスコに向かって出航した。（愛宕山より望む）

The Kanrin-Maru left Uruga Bay for San Francisco 148 years ago.

ズ、乗船体験航海や音楽演奏など各アトラクションやイベントが用意され、歴史を学びながら子供から大人まで春の一日を楽しんで過ごせる企画となっていた。

咸臨丸が太平洋を渡ることになったいきさつは、安政五年（1858）江戸幕府と米国との間に締結された日米修好通商条約の批准書交換の為に遣米使節団をアメリカ派遣にすることになり、正使らが乗艦する米国軍艦ポウハタン号の随伴艦として、咸臨丸を護衛と日本人による操舵訓練を兼ねて米国までの航海を決定した。

安政七年（1860）一月十八日、ポウハタン号には外国奉行の新見正興（正使）、村垣範正（副使）、小栗忠順（監査目付）ら幕府使節団が乗艦し築地を出航した。それに先立って一月十三日品川を出発した咸臨丸には、遣米使節団に万が一があったときの代役として軍艦奉行木村喜毅（司令官）が乗り込み、勝海舟（艦長）や小野友五郎（航海長）、ジョン万次郎（通訳）、木村の随員として若き福沢諭吉や米国人指揮官ブルック大尉と水兵ら11名を加えた総勢百余名が一月十九日この浦賀から太平洋の大海原に乗り出し、サンフランシスコまでの航海を成功させた。

ポウハタン号一行の無事を確認した咸臨丸はサンフランシスコから帰路に就き、日本人だけの操舵によって、五月五日浦賀に帰着した。一方遣米使節団はホワイトハウスでブキャナン大統領に謁見し、ワシントンやニューヨークで米国民衆から大歓迎を受けたあと、大西洋、アフリカ喜望峯経由で、日本人初の世界一周を果たし帰国した。

東京からフェスティバルに参加した安田智樹氏（会社員）は「日本の海軍や近代国家としての骨格が、咸臨丸の太平洋横断をきっかけに始まったと考えると、その意義は大きいと思う」と歴史の一ページに思いを寄せていた。

Landquist, Commander U.S. Naval Forces, Japan Capt. William Culik and Ship Repair Facility and Japan Regional Maintenance Center Capt. Stephanie Douglas also attended the Japan-United States-Netherlands friendship historical ceremony.

The Kanrin-Maru was a western-style ship that the Edo government commissioned to be built in the Netherlands and subsequently was the first Japanese military ship to make a round trip from Japan to San Francisco in 1860. In addition to the Kanrin-Maru memorial ceremony, music entertainment performances, quizzes, food booths, and activity events were provided for the public. Visitors enjoyed the opportunity to learn about Japanese history by participating in the events.

Kanrin-Maru's first trip to the United States was planned by the Edo government and the United States after signing the Treaty of Amity and Commerce in 1858. Kanrin-Maru accompanied Powhattan to protect American personnel while training Japanese ship crews.

On Jan. 18 1860, the Powhattan left for the United States with a Japanese delegation onboard, including foreign ministers Shinmi Masaoki, Muragaki Norimasa and Oguri Tadamasu. The Kanrin-Maru left Uruga, Yokosuka for San Francisco the next day. More than 100 people, including officers from both the United States and Japan, helped make the ship's first cruise a success.

After the Kanrin-Maru crew ensured that the Powhattan and its passengers arrived safely in San Francisco, they steamed back to Japan. This time, only the Japanese crew operated the ship back to Uruga, Yokosuka.

Tokyo resident Tomoki Yasuda is one of the visitors who participated in the event. "The Kanrin-Maru successfully travelling across the Pacific was the great trigger to the modernization of Japan and the Japanese Navy, and I think the Kanrin-Maru contributed a lot to Japanese history," said Yasuda.

## 咸臨丸フェスティバルに寄せて - それでも勝海舟を擁護する -

私が歴史を習った頃は、幕末維新期のヒーローといえば西郷隆盛、坂本龍馬、勝海舟らの名前が何の疑いもなく挙げられ、また人気歴史小説の影響もあって、多くの人は維新の英雄譚に憧れたものである。しかし最近では明治からのイデオロギーが薄れたり、維新の内実が明らかになるにつれ、江戸時代見直しの気運が高まって、今までと違った歴史観の読み物が本屋に並び、情報がネットに配信されていたりしている。



咸臨丸の主役・勝麟太郎（海舟）の人物評はその最たるもので、「無能」「ほら吹き」などから「詐欺師」呼ばわりされている本まである。これは一体どういうことだろうか。考えるに、従来の歴史観は本人の回顧録を基に作られたものでかなりの虚飾があり、他資料の再検討からヒーロー扱い過ぎた反動とも取れる評価になってきているようだ。一方いまだに幕臣は無能揃いで、勤皇の志士や幕臣でも維新に協力した勝海舟らは優秀といった単純な図式もあり、ここはもう少し客観的に歴史を見る必要があるだろう。

今や地に落ちた英雄の感のある勝海舟であるが、実際のところはどうかだったのか。勝の功績とされる咸臨丸の無寄港サンフランシスコ往復航海の様子を見てみよう。

咸臨丸といえば勝海舟の名前が真っ先に挙げられるが、サンフランシスコに向かった航海では船酔いに悩まされて艦長室に閉じこもったままで、時には「日本に帰る。パッテ-ラ（短艇）を降ろせ！」と騒いで水兵を困らせ、誰も相手にしなくなったという。またサンフランシスコ到着に際し、士官たちが司令官で軍艦奉行の木村撰津守喜毅の紋所を旗印として掲げようとしたところを、勝は自分の紋所を強引に挙げさせようとしてひと悶着あり、ブルック大尉の仲裁で木村の旗印を上げることになり、日本人乗組員は大喝采した。船酔いの件は隠しようもない事実で、本人の回顧録にも「熱病で体調が悪かった」という言い訳が用意されている。初め勝は日本人だけでの航海を主張したが、慎重な木村は未知なる太平洋の荒海に挑戦するには経験が必要と考え、浦賀近くで難破して日本に滞在していたブルック大尉らをアメリカに帰還させる名目で乗船させたわけだが、結果的にはこれは正しい選択であった。船酔いの勝に変わり、ブルック大尉が指揮を執った咸臨丸は、アメリカ人水兵たちと小野友五郎（航海長・後の咸臨丸艦長）、赤松則良（測量担当・後の横須賀鎮守府司令官長）、肥田浜五郎（機関長）、浜口与右衛門、ジョン万次郎や塩飽水軍の水夫（かこ）といった優秀なる海の男たちの活躍があった成功である。勝自身は咸臨丸の手柄は自分中心のように述べているが、まったくと言っていいほどの航海に貢献していない。一般常識で言えば、咸臨丸の快挙は軍艦奉行木村が受けるべき荣誉であり、また彼は海軍創設の功労者の一人とも言えるが、奥ゆかしい木村は日記にブルック大尉に対して素直に感謝の気持ちを述べるのみである。木村の随員として参加し一部始終を見た福沢諭吉は、自分中心で自己顕示欲の強い勝に嫌悪感を抱き、温厚で誠実な木村とは終生の付き合いをしたのは、まさに性格的な相性の問題であろう。長崎海軍伝習所で生徒監を務め、自薦によって咸臨丸に乗艦した勝ではあったが、洋上での能力には乏しく実力が伴わなかったのも、しいて言えば優秀な小野友五郎などと比べると可哀そうな気もする。今まで勝は間違ったイメージが膨らみ過ぎていたことが、最近の悪評につながっていると感じられる。

勝海舟の優れた面を挙げると、古いしきたりや無駄を排する態度は立派なもので、そのうえ時代の流れを読む力に優れていた。日本の将来を語る勝には、坂本龍馬をはじめ多くの若者たちが感銘し心酔した。また勝は誠実さには欠けるが、口がうまく交渉といったことには大変長けていた。アメリカ到着後陸に上がったとたんに勝らしい才能を發揮し、サンフランシスコではその社交性から現地で一躍人気者になってしまう。ワシントンやフィラデルフィアで小栗忠順はその聡明さときちんとした所信を述べる態度から尊敬を集めたが、この二人はまったく対照的で違った魅力を持っていた。勝は自分をアピールする能力はたいしたもの、いまだに交渉下手で外国人に勘違いされることがしばしばある日本人にとって、勝から学ぶべき事は多い。後に外国奉行となった小栗が、対馬事件に際して理路整然と、そして命がけでロシアと交渉したにも拘らず、これといった成果を挙げられなかったことに関し、勝は回顧録で「俺なら馴染みの英国公使のオールコックに頼んで手を回し・・・云々」と述べているように、正攻法の小栗よりも勝ならば海千山千の相手に対し優れた交渉力を發揮したに違いない。

小栗が艦船の自前建造で日本の近代化を図ろうとしたのに対し、買艦路線に走っていた勝が海軍や艦船関係が得意分野であったとはとても思えない。勝は明治政府で海軍卿にもなったが、勝の真骨頂は外交にあり、彼の持つ本当の才能を活かせなかったのは不幸なことであったと言わざるを得ない。

（河辺雄二）

# TASPO card: Japan's latest smoking regulation effort

By Fumiyo Sato, CFAY Public Affairs

Many people who are new to Japan may be surprised to see vending machines which allow you to buy beer and cigarettes. However, it is about to change soon and become more restricted. Starting in July, smokers cannot purchase cigarettes from vending machines in Japan if they don't have a Tobacco Access Passport (TASPO) card.

A TASPO card is a special identification card used to purchase cigarettes at vending machines for people who are 20 years of age or older and reside in Japan. According to the Japan Vending Machine Manufacturers Association's official Web site, there are approximately 519,600 cigarette machines located throughout Japan.

Although fewer adults smoke cigarettes today compared to the past, the Kanagawa Prefecture's Official Web site shows that according to the Kanagawa Prefecture Police Department, more juveniles get caught by the police illegally smoking and drinking than before. Moreover, research indicates that 82 percent of juveniles buy cigarettes from vending machines. Despite the fact that many cigarette vending machines stop selling cigarettes between 11 p.m. to 5 a.m., to prevent minors from purchasing cigarettes, it does not completely prevent youth from smoking. The experts say this new TASPO card will be more effective for prevention.

Since March, two pilot areas, Miyazaki and Kagoshima Prefectures, implemented the Taspo card-operated cigarette vending machine system. After phase one and phase two areas introduced the system, phase three area, which includes Kanagawa Prefecture, will introduce the new system in July.

Compared to the United States, Japan used to be more tolerant of smokers. In the past several years, Japanese laws have started prohibiting smoking in public places and it is getting more difficult for smokers to smoke in public because of the effects of second-hand smoke. Last year, a number of prefectures, including Kanagawa Prefecture, started banning smoking in taxis.

In addition to identifying the smoker's age, the TASPO card can be used as a prepaid card. You can charge money into the Taspo card at the vending machines. To apply for a TASPO card, you can either visit the official TASPO website to download the application form or get an application form at cigarette stands or near vending machines. With the



A TASPO card is a special identification card used to purchase cigarettes at vending machines for people who are 20 years of age or older and reside in Japan. According to the Japan Vending Machine Manufacturers Association's official Web site, there are approximately 519,600 cigarette machines located throughout Japan. Photo courtesy of [www.daylife.com](http://www.daylife.com)

application form, you need to include your photo along with a copy of your identification.

The Taspo card is issued for free and expires after 10 years. It takes about two weeks to deliver a TASPO card after you mail your application. For more information about the TASPO card and how it works, visit the TASPO Web site at <http://www.taspo.jp/english/index.html>.

## Is your child ready to stay home alone?

By Linda N.S. Bolton, Fleet and Family Support Center

There are many milestones in our children's lives: learning to walk, talk, dressing themselves, first day of school, learning to read. The list goes on and on. As our children grow and become more independent and responsible for their own care, staying home alone can build their self-confidence. However, if a child is not ready for this milestone, staying home alone can be intimidating, scary, and dangerous.

Onboard Commander Fleet Activities Yokosuka, a child must be at least 10 years old to stay home alone for any length of time. This does not mean that just because a child is 10 years old, he or she is ready for this milestone. Some children are not ready to be left home alone until they're 12 years old. You, as a parent, can look for signs of your own child's readiness by answering these questions: Does my child get ready for school (eat, groomed, dressed, and out the door) with little or no help from me? Does my child complete his or her homework independently? Is my child able to make decisions and solve problems independently? Does my child want to stay home alone? If the answers to these questions are "yes", then your child is showing signs of being able to take care of him or herself. Once you and your child decide that he or she is ready to stay home alone, it is time to make a plan. When developing a plan for self-care, you should involve your child as much as possible. A child who is involved in developing the plan will understand the plan and therefore be more able to follow through. Here are some suggestions on making a plan:

**House Rules** – Calling parent when child comes home, appropriate snacks, safety guidelines regarding use of the stove; having friends at the house, answering door and phone, chores and TV and computer time are just some of the house rules that are followed.

**Emergency Plan** – What will your child do in an emergency situation? Does your child know emergency numbers? You could have your child practice some situations such as "you smell smoke, what do you do?" Or "someone is banging on the front door, asking for help, what do you do?" These drills will build your child's confidence in doing the right thing in a true emergency.

**Test the Plan** – After you and your child have made a plan, it is time for a few test runs. Take a short trip, maybe to the commissary or a local store if you live off base. Afterwards, talk to your child about his or her experience and feelings. If the first test run went well, then you can increase the time you are away and your child's responsibilities within the home (such as completing homework while parent is away). Parents should be on the look out for any apprehension on the child's part of being left alone. If your child is uneasy or not being responsible while home alone, then he or she may not be ready.

It is important to remember, that just like walking, toilet training and learning to read, all children will meet this milestone at a different age and at their own pace. Your child should feel physically and emotionally safe, especially when they are home alone. CFAY's "Supervision of Children and Curfew Policy Statement" can be found on [www.cfay.navy.mil](http://www.cfay.navy.mil) under "Commander" tab and then "Policies" tab. For more tips and information, you may go to My Child's Safety.net at <http://www.mychildsafety.net/home-alone.html> or contact Fleet and Family Support Center's Counseling and Advocacy Services at 243-7878.

## Golden Week: the story behind Japan's week-long holiday

By Kazuyuki Takagi, CFAY Public Affairs

Golden Week is a cluster of Japanese national holidays that are celebrated between the last week of April and the first week of May. Golden Week for 2008 will be celebrated between April 26 and May 6.

The first national holiday during Golden Week is Showa Day, celebrated April 29. The name of this holiday has changed a couple of times throughout the history of Japan. Originally called the birthday of Emperor Showa, the name of the holiday was changed to Greenery Day when the Emperor passed away in 1989, in recognition of his appreciation of nature. In 2007 it was renamed Showa Day to reflect on Japan's Showa period, during which Japan made its recovery from World War II.

The next national holiday that is celebrated during Golden Week is Constitution Day on May 3, which is in celebration of the constitution of Japan which went into effect on this day in 1947.

May 4, a formerly unnamed national holiday, was changed to Greenery Day in 2007 after April 29 was renamed Showa Day.

May 5 is Children's Day, which is a day to pray for the health and happiness of boys and girls. Due to May 5 falling on a Sunday this year, Children's Day will be celebrated May 6.

Many Japanese companies close down for a week to 10 days because it's inefficient to keep closing down and opening back up with the holidays and weekends clustered together. Although some offices tend to be open on days that are not holidays, many workers use paid leave to take an extended break to relax and spend time with families and friends. Therefore, Golden Week is one of the longest holiday periods of the year.

"I think that Golden Week is very important because I can spend more time with my family," Katsumi Saeki of Yokohama said. "Usually it's difficult for me to find time to maintain a good relationship with my family because most of my weekends are spent resting up for the following work week."

"I had a good time with my Dad, brother and little sister," said Haruka Saeki, also a resident of Yokohama. "I enjoyed playing in the stream at Seaside Park. I love Golden Week."

During Golden Week, traffic throughout Japan is usually heavy, and trains and buses are filled to capacity, so delays are to be expected.

**AFAA Group Exercise Personal Training Workshop** – If you like to workout and would like to get paid for it, we have the perfect opportunity for you. MWR Fitness will be hosting Aerobics and Fitness Association of America (AFAA) courses at the Fleet Recreation Group Exercise room May 16-18 from 8 a.m. to 5 p.m., to certify you as a Group Exercise instructor as well as courses to expand your fitness knowledge. The courses offered are: Primary Group Exercise, Practical Pilates Instructor Training and Floor, Core and more. To register and make payment, stop by the MWR Wellness and Fitness office. Call 241-4486 for more information.

# MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • May 2, 2008

## YOUTH SUMMER Camps

### REGISTRATION

Saturday, May 3 from 0800 to 1200 only at Purdy Gym.

Camp Adventure	
1st Week	Monday thru Friday, June 16 - 20
Last Week	Monday thru Friday, August 18 - 22
Yokosuka Camp A (Entering 1st Grade - Entering 2nd Grade)	
Yokosuka Camp B (Entering 3rd Grade - Entering 4th Grade)	
Yokosuka Camp C (Entering 5th Grade - Entering 6th Grade)	
Ikego (Entering 1st Grade - Entering 3rd Grade)	
Negishi (Entering 1st Grade - Entering 6th Grade)	

All families wishing to register their children for Camp Adventure Day Camp must bring in their latest LES Statement(s) before May 5th (Summer Camp Registration Day) to one of the three SAC location so that they can determine your Weekly Summer Camp Fee.

School Age Care Summer Camp Fees are calculated by determining Total Family Income. Fees are in accordance with Department of Defense Guidance.

#### Summer Program Fees:

	Total Family Income	1st Child	2nd Child
Category I	\$28,000 and below	\$45	\$36
Category II	\$28,001 - \$34,000	\$53	\$42
Category III	\$34,001 - \$44,000	\$65	\$52
Category IV	\$44,001 - \$55,000	\$77	\$60
Category V	\$55,001 - \$69,999	\$93	\$75
Category VI	\$70,000 and up	\$108	\$86

Parents that do not bring in their current LES statements before May 5 will automatically be calculated at the Category VI level and will pay \$108 per week.

### Teen Center Camps

#1	Tuesday - Friday, July 1 - 4 (7th - 12th Grade)	Digital Arts Camp - \$50
#2	Tuesday - Friday, July 29 - August 1 (4 - 12 Grade)	Skate Camp - \$50

#### Important Registration Information

Lee Leach Camp Adventure Summer Camp  
 Isaiah Mincks Youth Sports Camp  
 Geoff Rhinehart Youth Outdoor Adventure Camp

\*Child must have completed kindergarten during 2005/2006 school year or be entering 6th grade in 2006/2007 school year.

### Outdoor Camps Adventure

Open Recreation (K-3rd grade)			
#1	Tuesday - Friday, June 17 - 20	Introduction to Outdoor Adventure	\$75
Pre-Teens (4th-6th grade)*			
#2	Tuesday - Friday, June 24 - 27	X-Sports Camp	\$75
#3	Tuesday - Friday, July 8 - 11	Water Sports Camp	\$75
#4	Tuesday - Friday, July 15 - 18	Water Sports Camp	\$75
#5	Tuesday - Friday, July 22 - 25	Water Sports Camp	\$75
#6	Tuesday - Friday, August 5 - 8	X-Sports Camp	\$75
#7	Tuesday - Friday, August 12 - 15	Water Sports Camp	\$75
Teens (7th-12th grade)*			
#8	Tuesday - Friday, June 24 - 27	Mountain Camp	\$200
#9	Tuesday - Friday, July 1 - 4	X-Sports Camp	\$75
#10	Tuesday - Friday, July 8 - 11	Surf Camp	\$200
#11	Tuesday - Friday, July 15 - 18	Mountain Camp	\$200
#12	Tuesday - Friday, July 22 - 25	Surf Camp	\$200
#13	Tuesday - Friday, July 29 - August 1	Water Sports Camp	\$75
#14	Tuesday - Friday, August 5 - 8	Mountain Camp	\$75
#15	Tuesday - Friday, August 12 - 15	X-Sports Camp	\$75

\*Note - Each child is limited to one session of its kind. For example, if your teen (grades 7th-12th) wants to sign up for Water Sports Camps he/she can only sign up for one session of Water Sports Camps. This does not limit them from signing up for multiple sessions of different camps.

### Youth Sports Camps

Youth Sports Camps participants must be between the ages of 7 to 15.

#1	June 16 - 20	Basketball	75 Spaces	\$65
#2	June 23 - 27	Flag Football	75 Spaces	\$65
#3a	July 1 - 3	Cheerleading	40 Spaces	\$40
#3b	July 1 - 3	Tennis	40 Spaces	\$40
#4	July 7 - 11	Baseball	75 Spaces	\$65
#5	July 14 - 18	Soccer	75 Spaces	\$65
#6	July 21 - 25	Dodgeball/ Floor Hockey	75 Spaces	\$65
#7	July 28 - Aug. 1	Volleyball	75 Spaces	\$65
#8	Aug. 4 - 8	Minor Sports and Fitness Camp	75 Spaces	\$65

## LET'S GO TO THE MOVIES!

Advance Tickets for

### HORTON HEARS A WHO

On Sale May 6 - 8\* at ITT

\*Subject to change



Advance Tickets for

### SPEED RACER

On Sale May 13 - 15\* at ITT

\*Subject to change

## Power Steering Fluid and Automotive Battery

Saturday, May 10 from 1300 to 1600 Behind the Gas Station's car wash

This 3-hour course will entail on how and when to check the power steering fluid and if it needs to be changed. Want to know the purpose of the automotive battery? This is your chance to learn and also to find out on how to check the water level in your battery. For more information call 243-5456.



## MWR Youth Activities Department

Registration form must be completed before registering on Saturday, May 3.

### SPONSOR INFORMATION

Last Name	First Name	Email Address
PSC Mailing Address		
T-Shirt Size		Phone Number

Camp Adventure Day Camps Lee Leach: DSN 241-2948 leach.lee@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Location	Please Circle All Week(s) Attending	Cost Per	Total
			YA	1 2 3 4 5 6 7 8 9 10		
			YB	1 2 3 4 5 6 7 8 9 10		
			YC	1 2 3 4 5 6 7 8 9 10		

Sports Camps Isaiah Mincks: DSN 241-2950 mincks.isaiah@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Please Circle All Week(s) Attending	Cost Per	Total
			1 2 3 a b 4 5 6 7 8		
			1 2 3 a b 4 5 6 7 8		
			1 2 3 a b 4 5 6 7 8		

Outdoor Adventure Camps Geoff Rhinehart: DSN 241-4100 rhinehart.geoff@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Please Circle All Week(s) Attending	Cost Per	Total
			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15		
			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15		
			1 2 3 4 5 6 7 8 9 10 11 12 13 14 15		

Teen Center Camps Geoff Rhinehart: DSN 241-4100 rhinehart.geoff@cfay.navy.mil Circle week that corresponds to camp

Child's Name	Age	Birthdate	Please Circle All Week(s) Attending	Cost Per	Total
			1 2		
			1 2		
			1 2		

20% sibling discount will only be applied to Camp Adventure Day Camps. Examples: If two children in the same family attend either OAC or YS, no discount will be given. However, if 1 child attends YS and the other attends Camp Adventure, the Camp Adventure fee will be discounted 20%.

**IMPORTANT** Full payment due at time of registration. **Grand Total**

## WIRELESS INTERNET

- Club Alliance Sports Bar
- CPO Club Bar
- Officers' Club Bar
- Spectrum Liberty Center
- Fleet Rec, 3rd floor
- Yokosuka Library
- Green Beach Pool Deck
- Negishi All Hands' Club
- Negishi Library
- Ikego Pool Deck
- Ikego Club Takemiya
- Yokosuka Bowling Center
- Kosano Park
- Green Bay Marina
- ITT/Starbucks Outdoor Area





# Outside the Gate

## ITT Tickets

### Attention Keikyu Passnet Users

Beginning March 15, all Keikyu train stations will no longer accept Passnet Cards. If you have an active card, please return it to the nearest Keikyu station for a refund on the balance of the card.

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

### Tokyo Disneyland and DisneySea Tickets

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

*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

### 2-Day Ski Trip to Gassan, Yamagata Prefecture

Due to the abundance of snow, Gassan ski resort doesn't open until April, so join Outdoor Recreation from May 10 thru 11 and enjoy world-class skiing when most resorts are closed for the season! The resort is located on a national park that has a huge backcountry terrain. Gassan is a completely different experience with a mountaineering skiing/snowboarding feel. This resort also offers areas for children to go sledding or to build snowmen. A pre-trip briefing is required before registering. The cost is \$150 per adult (12 years and older) and \$130 per child (up to 11 years old). Trip includes transportation, dinner, breakfast and lodging.

### Whitewater Rafting and Canyoning at Minakami, Gunma Prefecture

Join Outdoor Recreation on May 11 for a whitewater rafting trip with a twist...we're going canyoning, too! Melted snow raises the water level to produce world-class rapids, making spring the best season for rafting in the Minakami region. The river has consistent grade four rapids for over 12km of rafting bliss! Afterwards, enjoy canyoning, navigating your way down steep canyons by abseiling, jumping waterfalls and swimming in clear pools. The cost is \$160 per person and includes whitewater rafting, canyoning and BBQ lunch.

### Beginner's Surfing Class at Shonan Area, Kanagawa Prefecture

This class on May 24 includes surfboard/wetsuit rental, a one hour class in the water and a one hour mandatory briefing two days prior to the trip. The cost is \$65.

### Beginner Sea Kayaking at Hayama, Kanagawa Prefecture

Experience the adventure of sea kayaking on the western side of Miura Peninsula on May 24. After a one hour class where participants will learn basic paddling strokes as well as the Eskimo Roll, depending on ability, we will paddle around the rocky shores of the small islands that trail along the coastline between Zushi and Chojagasaki. Trip location is subject to change depending on the weather. The cost is \$50 per person and includes transportation and sea kayak.

### Mt. Fuji Trip Leaders' Briefing

Are you interested in helping Outdoor Adventure Program with their Mt. Fuji hikes? Then join us on May 28 & 29 at ORC for our trip leaders' briefing! We are looking for potential trip leaders and helpers with good hiking experience with good hiking experience to assist us with our Mt. Fuji climbs for the months of July and August.

### Paintball

For a fun day of shooting your friends, Ikego's Paintball Paradise is open for walk-in play every Saturday and Sunday from 1000 to 1600. Open Play is \$20 for one day's field fees, air and basic rental package. The field is also available Monday thru Friday for birthday parties, command functions, team building or just a group of friends. Reservation fees include field fees, air, basic rental package and 200 ball. A 2-hour reservation costs \$20 and a 4-hour reservation costs \$36.

# Getting In Shape

## One Man's Quest For Personal Fitness

Story by JOHN SULLIVAN, MWR Marketing

In this second installment of my quest for fitness, I'll give an update on what's taken place over the last month or so and I'll also cover what my fitness goals are and roughly how long I think it will take to achieve them.

### Cardio Fitness: Perception vs. Reality (Reality Wins)

Since the last article, I've been working out steadily three times a week, along with some mixed cardiovascular stuff on the weekends (mostly consisting of chasing my 6 and 2 1/2 year old boys around Homer Simpson-style). Just in one month's time, I've seen a dramatic increase in my cardio ability, as well as overall gains in my physical abilities. Every workout starts in the cardio room at the Purdy Fitness Center. For 10 - 20 minutes every Monday, Wednesday and Friday, I pedal a stationary bicycle or attempt to look smooth on an elliptical machine. I prefer the stationary bike, because I grew up riding bicycles in Southern California and it's just more comfortable for me.

The first few time I rode the stationary bike, I did better than I expected. I apparently did better than Fitness Director Debbie Deutsch expected as well, which caused her to recommend high-intensity interval training. I came crashing back to reality with this one. Basically, the program she wanted to work on consisted of riding for one minute at a comfortable pace, one minute flat-out, one minute comfortable pace, and so on for 5 minutes or more. Since I was feeling good, I went along with it and started pedaling at a comfortable pace. When the first minute ended, it was time to sprint so I stood up on the pedals and started hammering like Lance Armstrong in a time trial. Bad idea. I never knew it was possible to see your heart beat without high-tech medical gear, but it is. And I still had two more regular pace intervals and two more sprint intervals to go? Somehow I managed to make it through to the last sprint...although my "sprints" weren't exactly fast or consistent. I did take a very important lesson from this session that I'd like to pass on: Always keep a little extra in the gas tank. Just a little tip from me to you.

### On To Weight Training

Following a nice cardio warm-up, every workout heads into one of the two weight training rooms at Purdy. In the first article I did, I covered my first foray in weight training (Debbie getting a feel for my overall strength), and since then I've had some pretty decent improvements not only in strength, but also in my physical appearance - I don't slouch my shoulders when I stand any more. Luckily, I haven't had any incidents in the weight room like I did with the stationary bike. That's not to say it's been easy, though - Debbie sees to that. Over the course of my three day workout week, we manage to cover all of the major muscle groups (and a couple of minor ones too - did you know there was a muscle in your shin? I didn't until a couple of weeks ago.) and I'm really starting to enjoy myself. I'm also noticing some real gains in my strength and my cardio. Overall, I think the decision to start working out again was a good one.

### Fitness Goals

One of the first questions Debbie asked me when I first approached her with the idea of doing this column was "What are your goals?" My goals are pretty simple really: To get into better shape than I was in when I was 25 (6' tall, 185lbs of mostly muscle). There's nothing overly hard about achieving this goal, all I have to do is stick to my schedule and within a year, I think I can actually exceed my own expectations.

If you would like to learn more about physical training, call the MWR Wellness and Fitness Center at 241-4486 and schedule an appointment with any of the top-notch staff who work there. Whether you've been out of the game for a while like me, or you're a seasoned gym veteran looking for a break from your normal routine, MWR's certified personal trainer program has what you're looking for. MWR Fitness is also looking for qualified personal trainers and aerobics instructors! If you're a fitness buff and are interested in sharing your knowledge with others, stop by the Wellness and Fitness Center for more information. Not certified? MWR can help you get the training you need to become a personal trainer or group exercise instructor!

# 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).
- Cook:** NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (2 RFT), CPO Club (1 RFT).
- Bartender:** NA-05, \$10.35/hr. Club Alliance (1 Flex).
- Food Service Worker:** NA-03, \$8.96/hr. 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/1 Flex) Club Alliance (1 RFT).
- Lead Cashier:** NF-02, \$8.39/hr. CPO Club (1 RFT).
- Administrative Assistant:** NF-02, \$8.39/hr. CPO Club (1 RFT).
- Club Operations Assistant:** NF-02, \$8.39/hr. CPO Club (1 RFT/3 Flex), O' Club (2 Flex), Club Takemiya (1 Flex).
- Cashier:** NF-01, \$7.50 - \$9.50/hr (DOE). CPO Club (2 RFT), O' Club (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).
- Material Handler:** NA-07, \$11.68/hr. Central Warehouse (1 RFT).
- Marketing Representative:** NF-03, \$10.54/hr. Marketing (2 RFT).
- Office Automation Clerk:** NF-02, \$9.00/hr. Marketing (1 RFT).

### Child Development Programs

- Food Service Worker:** NA-02, \$8.28/hr. Ikego CDC (1 RFT).
- Program Assistant:** GSE-02, \$9.50/hr. Ikego (5 Flex), Negishi (1 Flex).

### Community Activities

- Auto Worker Helper:** NA-02, \$10.35/hr. Auto Hobby Shop (2 Flex).
- Recreation Assistant:** NF-02, \$9.50/hr. Youth Center – Yokosuka (1 RFT/2 Flex), Negishi (1 RPT), Ikego (1 RFT), Teen Center – Ikego (2 Flex), Yokosuka (1 Flex).
- Food Service Worker:** NA-03, \$8.96/hr. Bowling Center (1 RFT).
- Administrative Assistant:** NF-02, \$8.39/hr. Community Activities (1 RFT).
- Lead Slot Cashier:** NF-02, \$8.39/hr. Bowling Center (1 RFT).
- Recreation Assistant:** NF-02, \$8.39/hr. Wood Hobby Shop (2 Flex), Youth Sports – Yokosuka (2 Flex), Ikego (1 Flex), Community Center (1 RFT/2 Flex).
- 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

- Food Service Worker:** NA-03, \$8.96/hr. Theater (3 Flex).
- Duty Manager:** NF-02, \$8.39/hr. Theater (2 Flex).
- Administrative Assistant:** NF-02, \$8.39/hr. Outdoor Recreation (1 RFT) – Internal applicants only.
- Recreation Assistant:** NF-02, \$8.39/hr. Special Events (1 Flex).
- Ticket Seller:** NF-01, \$5.85/hr. Theater (5 Flex).

### Athletics

- Recreation Assistant:** NF-02, \$8.39/hr. Adult Sports (1 Flex).
- Clerk Typist:** NF-01, \$7.30/hr. Athletics (1 RPT).
- Gear Issue Attendant:** NF-01, \$6.50/hr. Athletics (1 RFT/5 Flex).
- Swim Instructor:** NF-02, \$10.00/hr. Aquatics (10 Flex).
- Head Lifeguard:** NF-02, \$9.50/hr. Aquatics (2 RFT/1 Flex).
- Lifeguard:** NF-01, \$6.65/hr. Aquatics (8 Flex).
- Pool Attendant:** NF-01 \$5.85/hr. Aquatics (3 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](http://www.cfay.navy.mil/mwr)

## Benny Decker Theater

Friday, May 2			Tuesday, May 6 \$1 Movie Night		
1730	Iron Man	PG13	1730	Nim's Island	PG13
2100	Iron Man	PG13	2030	Vantage Point	PG13
2400	Iron Man	PG13	<b>Wednesday, May 7</b>		
<b>Saturday, May 3</b>			1730	College Road Trip	G
1300	Iron Man	PG13	2030	10,000 B.C.	PG13
1730	Iron Man	PG13	<b>Thursday, May 8</b>		
2100	Iron Man	PG13	1730	Penelope	PG
2400	Iron Man	PG13	2030	Iron Man	PG13
<b>Sunday, May 4</b>			<b>Friday, May 9</b>		
1300	Nim's Island	PG13	1730	Horton Hears A Who	G
1730	10,000 B.C.	PG13	2100	Horton Hears A Who	G
2030	Witless Protection	PG13	<b>Monday, May 5</b>		
<b>Monday, May 5</b>			1730	Penelope	PG
1730	Penelope	PG	2030	Definitely, Maybe	PG13
2030	Definitely, Maybe	PG13			

## Fleet Theater

Friday, May 2			Tuesday, May 6 \$1 Movie Night		
1800	Witless Protection	PG13	1800	Definitely, Maybe	PG13
2100	The Bank Job	R	2100	Semi-Pro	R
<b>Saturday, May 3</b>			<b>Wednesday, May 7</b>		
1800	Definitely, Maybe	PG13	1800	Iron Man	PG13
2100	The Bank Job	R	2100	The Bank Job	R
<b>Sunday, May 4</b>			<b>Thursday, May 8</b>		
1800	Iron Man	PG13	1800	The Bank Job	R
2130	Iron Man	PG13	2100	10,000 B.C.	PG13
<b>Monday, May 5</b>			<b>Friday, May 9</b>		
1800	Iron Man	PG13	1800	Never Back Down	PG13
2100	The Bank Job	R	2100	Doomsday	R
			2400	Doomsday	R

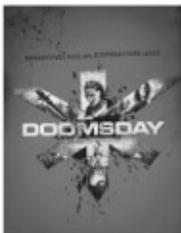
## Negishi Theater

Friday, May 2			Sunday, May 4		
1900	College Road Trip	G	1300	College Road Trip	G
<b>Saturday, May 3</b>					
1300	Penelope	PG			
1900	Vantage Point	PG13			



#### Iron Man

**Cast:** Robert Downey Jr, Terrence Howard, Gwyneth Paltrow, Jeff Bridges  
**Synopsis:** Tony Stark is a billionaire industrialist and genius inventor who is kidnapped and forced to build a devastating weapon. Instead, using his intelligence and ingenuity, Tony builds a high-tech suit of armor and escapes captivity. When he uncovers a nefarious plot with global implications, he dons his powerful armor and vows to protect the world as Iron Man.



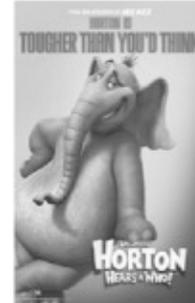
#### Doomsday

**Cast:** Rhona Mitra, Bob Hoskins, Alexander Siddig, Adrian Lester  
**Synopsis:** A lethal virus spreads throughout the British isles, infecting millions and killing hundreds of thousands. To contain the threat, authorities quarantine the country. Three decades later, the virus violently resurfaces in London. An elite group of specialists is urgently dispatched to retrieve a cure by any means necessary. Shut off from the rest of the world, the unit must battle through a landscape that has become a waking nightmare.



#### Nim's Island

**Cast:** Jodie Foster, Abigail Breslin, Gerard Butler, Alphonso McAuley  
**Synopsis:** A young girl inhabits an isolated island with her scientist father and communicates with a reclusive author of the novel she's reading. Based on the book by Wendy Orr and Kerry Millard.



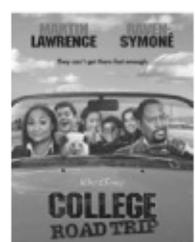
#### Dr. Seuss' Horton Hears A Who

**Cast:** Jim Carrey, Steve Carell, Dan Fogler, Carol Burnett, Seth Rogen  
**Synopsis:** Imaginative elephant Horton hears a cry for help coming from a tiny speck of dust floating through the air. Suspecting there may be life on that speck and despite a surrounding community which thinks he has lost his mind, Horton is determined to help.



#### The Bank Job

**Cast:** Jason Statham, Saffron Burrows, Stephen Campbell Moore, Daniel Mays  
**Synopsis:** Based on the true story of the 1971 London Baker Street bank robbery which was prevented from being told for over thirty years because of a Government gag order. The real story of how one of the biggest robberies in British history took place with no arrests ever made nor money ever recovered.



#### College Road Trip

**Cast:** Martin Lawrence, Raven Symone, Arnetia Walker  
**Synopsis:** When an overachieving high school student decides to travel around the country to choose the perfect college, her overprotective cop father also decides to accompany her in order to keep her on the straight and narrow.

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).

## KITTY HAWK LAST STAND BEACH VOLLEYBALL TOURNAMENT

Saturday, May 10 at 0900  
Sand Volleyball Courts

Come out and challenge the members of the USS Kitty Hawk in one final sports event! Event is open to ALL Commands. No pre-registration required. Teams should show up at 0830 on the day of the event. Tournament will be one day only. For details call 241-2955.



# SWIM LESSON PROGRAM

**Tuesday & Thursday**  
6 lessons for only \$30  
**May 13 thru 29**

- 1700 Pre-School & Level 1
- 1800 Level 2 & Level 3
- 1900 Level 4 & Adult

### School Age Care

## Rock and Roll Night Grade K-6

Friday, May 16 from 1800 to 2100

Spend an evening of excitement with your friends and

"Let's Rock the Boat." Bring your favorite music (appropriate)

CD's and showcase your talents. There will be a competition on Rock and Roll Dance and Cupid Shuffle. Prizes will be awarded to the best Groups. Please register by May 9. For more information, please call 243-5492 or stop by Yokosuka Youth Center.



# CABIN RENTALS



Enjoy the West Valley Campground's cabins with family and friends. These cabins will accommodate four to five people comfortably. Starting at \$40 a day!

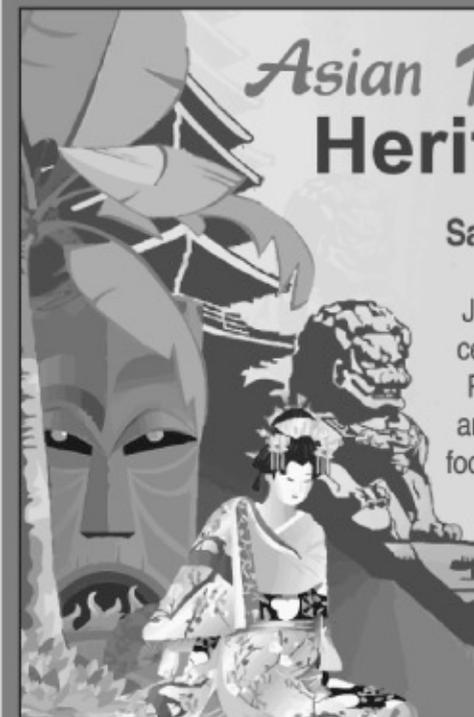
For details, please call 243-5732.

## Asian Pacific American Heritage Festival

Saturday, May 17 from 1100 to 1500

Join us in the DECA Courtyard to celebrate centuries of cultures from Japan, China, the Philippines, Hawaii, Polynesia, Micronesia, and so many more. There will be family fun, food, entertainment, and air toys for the kids.

Call 243-5215 for more information.



# King Pin Promotion



Open to active duty open-play bowlers. \$1 per visit. Post your highest score for a lane. Every Tuesday morning of the month we will post and update the highest games for the lanes. At the end of the month, each lane winner will be awarded with a certificate printed with his or her name and lane number. Winners will also be eligible to roll off in a two-game tournament on last Friday of each month. Winners will receive gift certificates which are redeemable at the Pro Shop or Mean Genes. Amounts will vary depending on number of entries. Offer is not valid during a league or tournament play. For more information, please call the Bowling Center at 243-5158.

Sunday, May 11 from 0900 to 1400 at CPO Club

## Mother's Day Brunch Buffet

What's better than breakfast in bed? Mother's Day Brunch at the CPO Club with live entertainment! Where else can you get an exquisite array of breakfast and lunch items all at one place for a great price. For details, please call 243-5506.



\$12.95 per person

\$6.95 kids 8 to 11

\$4.95 kids 4 to 7

## AFAA Group Exercise Personal Training Workshop

Friday thru Sunday, May 16 thru 18 from 0800 to 1700  
at Fleet Rec Group Exercise Room, 5th Floor

If you like to workout and would like to get paid for it, we have the perfect opportunity for you. MWR Fitness will be hosting Aerobics and Fitness Association of America (AFAA) courses to certify you as a Group Exercise instructor as well as courses to expand your fitness knowledge. To register and make payment, please come to the MWR Wellness and Fitness Office. For more details, please call 241-4486.

Course	Date	Cost
Primary Group Exercise - includes course, study guide, exam fee and two year international certification.	Friday, May 16	\$254
Practical Pilates Instructor Training Floor, Core & More	Saturday, May 17	\$110
	Sunday, May 18	\$110

WELCOME TO NAVY

# FitFactor

NAVY CYP GET UP - GET OUT - GET FIT

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](http://www.navygetfit.com)

# USNH Yokosuka passes dual inspections with flying colors

Story and photo by Jill Ward, USNH Yokosuka Public Affairs

U.S. Naval Hospital (USNH) Yokosuka achieved the ultimate seal of approval from both civilian and military entities when it passed dual inspections and accreditation during The Joint Commission and the Medical Inspector General (MEDINSGEN) visit April 22-25.

The Joint Commission and MEDINSGEN teams also visited Branch Health Clinics (BHC) as far away as Diego Garcia and as close as Negishi.

The Joint Commission's accreditation signifies that a hospital meets high national performance standards. The purpose of accreditation is to assist hospitals in improving their performance, raise the level of patient care and demonstrate accountability in the rapidly changing health care marketplace. Even though USNH Yokosuka is an overseas military treatment facility (MTF), it must demonstrate to the civilian surveying team that it meets the same 2000 national standards as the 15,000 U.S. facilities that it accredits.

When Navy MTFs are evaluated by The Joint Commission, the MEDINSGEN coordinates the timing of their visit. They assess the effectiveness and efficiency of Navy MTFs in support of the Bureau of Medicine and Surgery's (BUMED) mission. The MEDINSGEN approaches the review from a military medicine perspective, evaluating more than 60 programs. They also help facilitate the process with The Joint Commission to help bridge the terminology gap that can occur between civilian and military standards.

During their visits, both groups met with a variety of people including patients, staff, providers and leadership. In addition to meeting with focus groups and subject matter experts, the surveyors conducted tracers that followed patients through the care process. During the tracer, staff is required to explain all of the policies and procedures that are used specific to that case.

"This is an excellent chance for someone from outside of our organization to come in and take a look at the level of patient and family-centered care we provide. We were thrilled to hear about all of the good work that is being done here at the core facility and at our branch clinics. Our patients can have full confidence that they receive the same healthcare here that they would in CONUS" said USNH Yokosuka Commanding Officer Capt. Michael J. Krentz.

Many programs received special mention from the surveyors. Two of these programs include the support that USNH Yokosuka provides its shipmates: the command sponsorship program for new arrivals and its ongoing support and sponsorship program for Individual Augmentees (IA).



Prior to the announcement of reaccreditation, the USNH Yokosuka leadership team meets with The Joint Commission surveyors and Medical Inspector General at the end of a week-long visit April 25.

In addition, BHC Atsugi was commended for its excellent work in the pharmacy for its labeling system that distinguishes between similar looking and sounding drugs and distribution of high risk medications.

Medical Inspector General Capt. Patricia A. Goodin led the team from BUMED. "You can tell that the people here embrace a patient-centered philosophy and want to do the right thing," she said. "The patient is in the center of the picture."

Krentz is proud of all that is being accomplished at USNH Yokosuka. "I hear it all of the time around base that our staff does a great job and embraces a patient-centered philosophy. It is reassuring to hear it from outside surveyors as well. It takes teamwork from the deckplates up. I'm proud of our professional, dedicated staff, most especially our hospital corpsmen," Krentz said.

The staff and leadership at USNH Yokosuka were also applauded for good work in other areas including fleet liaison, obstetrics, limited duty processing, occupational health, immunizations, safety, and individual medical readiness.

## Center for Disease Control responds to questions about vaccines

By Center for Disease Control Public Affairs

A recent opinion column "Give Us Answers on Vaccines" by David Kirby in the Atlanta Journal-Constitution, which misinterpreted available information about a case before the National Vaccine Injury Compensation program, may have parents wondering what is best for their child when it comes to immunizations. That is unfortunate, given that our nation's childhood vaccines are very safe and are proven to protect and save lives.

Parents should know that the Center for Disease Control (CDC), along with other agencies in the U.S. Department of Health and Human Services and the wide range of scientists and health professionals involved in the nation's immunization programs take seriously questions and concerns related to vaccine safety. Furthermore, our efforts in vaccines, developmental disabilities and the health of children go far beyond our professional interests— as many of the dedicated professionals involved are also parents and grandparents.

Kirby's column included many inaccuracies related to childhood vaccines. As such, it illustrates that when it comes to immunizations, child development and specific medical conditions the best source of guidance is the child's health care provider. Parents should not be reluctant to ask their child's doctors or nurses about any health concerns, including immunizations. Vaccines are often given early in life in order to protect against diseases that can seriously harm infants and young children. The joint immunization recommendations of CDC, American Academy of Pediatrics and American Academy of Family Physicians do recognize there are instances when a child should not receive a recommended vaccine or when a recommended vaccination should be delayed. Those decisions, however, are best made in consultation with the child's doctor.

As the column correctly noted, vaccine injury cases are often handled through the National Vaccine Injury Compensation program administered by the Health

Resources and Services Administration (HRSA). This program is charged with determining whether a claimed injury meets pre-established criteria or if vaccination may have contributed to a child's serious medical or health condition. If such a determination is made, the program works to provide timely and compassionate compensation.

Since 1988, HRSA's vaccine injury program has provided compensation in approximately 2,100 cases, including some that have involved vaccines and encephalopathy (injury to the brain). While Kirby's column suggested otherwise, to date, this program has never determined in any case that autism was caused by a vaccine. In comparison, during this same time period about 100 million American children received recommended childhood vaccinations, and cases of vaccine preventable diseases in the U.S. have decreased to record or near record lows.

Recently, mitochondrial disorders have become the focus of media attention with respect to vaccine injury compensation. Mitochondrial disorders, which occur very rarely in children, are believed to be genetic. Children born with these disorders often appear normal through the first years of life. When placed under severe stress from such things as infections, fever, dehydration, malnutrition or lack of sleep, children with these disorders often experience loss of some brain and nervous system functions.

Some have suggested that infants and children be screened for mitochondrial disorders before getting recommended vaccinations. Unfortunately, mitochondrial diseases are very difficult to diagnose and it is usually not possible to identify children with such disorders until there are signs of developmental decline. A definitive diagnosis often requires multiple blood tests and may also require a muscle or brain biopsy (removal of a portion for testing, usually under anesthesia). Therefore, providing routine screening tests on children who have no symptoms would bring other medical risks and raise many ethical questions.

At present, we do not know definitively if vaccines can trigger neurological or developmental declines among children with mitochondrial disorders. We do know, however, that infections can cause neurological and

developmental declines among these children—and we also know that childhood vaccinations protect children against some of the same infections known to cause developmental decline among children with mitochondrial disorders. These include vaccine-preventable diseases like measles, chickenpox and influenza.

In the case of children with mitochondrial disorders, we do not yet have sufficient evidence to make general immunization recommendations. Physicians who care for children with these disorders usually recommend that these children receive their childhood vaccines, but depending on the child's health status or medical condition, they may change when those vaccinations are provided.

We recognize that developmental disorders whether related to mitochondrial disease, autism or other causes are a serious challenge for many families. In the case of autism, CDC has actively supported vaccine safety research in this area. To date, the best science indicates that there is no association between vaccines and autism. As part of our efforts to foster understanding of autism, CDC is currently conducting the largest study to date designed to identify potential autism causes and risk factors.

We recognize that much of the success of our nation's immunization efforts comes from the trust of parents. We do not take that trust lightly. Rather, CDC, Food and Drug Administration (FDA) and other health agencies are continually working to expand efforts in vaccine safety research and science as well as clinician and parent input and involvement. Like parents, we want the best information possible when it comes to protecting and ensuring children's health.

Our nation's high immunization rates are the reason why very few children suffer from vaccine preventable diseases that, in the past, used to harm them in large numbers. These high rates show that parents realize the importance of childhood vaccinations. CDC is committed to maintaining that high level of support as well as making sure all our efforts are working to foster the health of children.

# FISC contracting office partners with local businesses

Story and photos by Tim Shannon,  
CFAY Public Affairs

Japanese Master Labor Contracts (MLCs) from U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's Contracting department visited the Yokosuka Chamber of Commerce to conduct a seminar on steps needed for local businesses to enter into a business contract with the U.S. Navy April 17.

FISC has conducted several similar seminars and according to FISC Contracting department Deputy Director Charles Dupray, they promote opportunities for local businesses to provide goods and services on the base, which enhances the local economy and provides the U.S. Navy with better products at a savings, making it a win-win proposition.

"I think it is important that we have a diverse and competitive industrial base, which is the ultimate goal of the seminars," said Dupray. "The U.S. Navy procures hundreds of millions of dollars annually for a wide variety

of goods and services. Ensuring local industry has an awareness of these business opportunities not only benefits the companies that obtain the business, it also benefits the U.S. Navy, since we are able to obtain better quality goods and services at more competitive prices."

The seminar focused on three purposes, according to one of the presenters, FISC's Yuji Watanabe.

"The first one was to introduce them [potential clients from local businesses] to the types of supplies and services FISC procures," said Watanabe. "We had to let them know exactly what FISC Yokosuka is buying. The second purpose was to introduce them to the FISC Yokosuka contracting processes, including how to register on our online business system, 'AsiaNECO.' The third reason is also very important: explaining why we would like them to join us in a business partnership," Watanabe said.

Watanabe was joined at the Yokosuka Chamber of Commerce by FISC Contracting Specialists, Teiji Ryuzaki and Haruto Suzuki, and all three believe that there is a lot of value behind conducting these seminars.

"We have increased the number of new sources [potential clients] and some of the sources have already become successful vendors," said Ryuzaki.

"Some sources showed strong interest in working with the [U.S.] Government after the 'Business Matching' seminars and became successful contractors. Finding new sources will also stimulate the local economy. Therefore, we're sure that the seminar benefits both FISC, the U.S. Navy and the commercial sources," added Suzuki.

Masae Nakaya, from the Yokosuka Chamber of Commerce confirmed the training was well received and that all of the participants provided positive feedback from the training.



FISC Contracting Specialist Yuji Watanabe informs a group of local business representatives of the services offered by FISC Yokosuka.

"After the class, I collected the [feedback] questionnaire form from them," she said. "All of the participants answered, 'I got a lot of information' or 'I learned how to start a business contract with Yokosuka Navy Base.'"

Because of positive feedback like that offered by Nakaya, FISC has greatly expanded the program since its inception.

"We've partnered with the Yokosuka Chamber of Commerce for about five years now and, as a result, we've significantly increased the number of vendors doing business with the U.S. Navy," said Dupray. "When we first started the initiative, we probably had about 200 companies registered to do business with the Navy. Today, we have close to 1,200 registered vendors. We have also established similar relationships with other chamber of commerces in Atsugi, Okinawa and Sasebo. Many companies are surprised by the amount of business opportunities available, as well as our openness to publicize and accept bids in a transparent environment."



Yokosuka Chamber of Commerce's Masae Nakaya (far right) instructs local business representatives on the procedures for requesting a contract with FISC Yokosuka.

## Earth Day celebrated every day at FISC HAZMINCEN

Story and photo by Tim Shannon,  
CFAY Public Affairs

People all over the world celebrated Earth Day by encouraging recycling, reducing waste and raising awareness regarding the delicate nature of our collective



FISC HAZMINCEN's SH2(SW) Absalon Sioco uses a forklift to move HAZMAT items recently turned back in to the HAZMINCEN.

environment April 22.

U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's Hazardous Material Minimization Center (HAZMINCEN), ironically, did not. FISC HAZMINCEN Director Henry Grays explained why that is not, necessarily, a bad thing.

"In the world of HAZMAT (hazardous material), every day is Earth Day," said Grays. "While many people only participate in this day once or twice a year, those of us in the safety and environmental field work endlessly to help protect and maintain the earth's environment. It is very important that we collectively work together to prevent improper usage and support proper disposal of HAZMAT."

One way to prevent improper disposal of HAZMAT, and save a little money, is to follow the advice of FISC HAZMINCEN Leading Chief Petty Officer, Chief Storekeeper (AW/SW) Lamonte Strauthers.

"We recommend using 're-use' materials that can be passed from one command to another rather than buying new and subsequently wasting some of it," he said. "An empty can of paint is much cheaper to dispose of than a half-used can."

The re-use program used at FISC is part of a larger policy mandated by the Navy, according to Grays, called "CHRIMP" or Consolidated Hazardous Material Reutilization Inventory Management Program.

"Under the Navy's CHRIMP, FISC Yokosuka has lead the way in preventing good, reusable hazardous materials from entering the waste stream," he said.

Another initiative that falls under CHRIMP is the shop towel program, where washable and reuseable towels are offered to shore and afloat-based commands instead of the old-style bales of rags. The shop towels are more environmentally friendly and using them saves money because the cost of cleaning the towels is actually cheaper than disposing of rags that have been exposed to

HAZMAT.

"We also look for 'green buy' products that are earth and environmentally friendly, more now than we did in the past," added Strauthers.

HAZMAT use is necessary for the Navy and a part of most people's daily lives, but should not be taken for granted, as Grays advises.

"Protecting the earth is everyone's responsibility," he said. "It doesn't matter how old or young you are, or where you're from, we all play a valuable role in protecting the environment. It's the little things you do that go a mighty long way toward making a difference. If I could give one tip, it would be never order more hazardous materials than you really need."

And when it comes to protecting the environment and reducing waste, employees at the HAZMINCEN practice what they preach.

"It's not actually in writing, but we do use best practices such as waiting until we have a full load of material before transporting it," said Strauthers. "That enables us to save gas and cut down on air pollution."



An important message from the  
U.S. Fleet and Industrial Supply Center  
Yokosuka's Post Office:

The Negishi Post Office has  
extended its hours of parcel pick up  
operation from 6 p.m. to 6:30 p.m. to  
better accommodate customers  
utilizing the Home to Work (HTW) bus.

# SRF-JRMC Safety office fosters new apprentice safety awareness

Story and photos by Keiichi Adachi,  
CFAY Public Affairs

The Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) Safety office recently conducted a three-day safety training session for 28 apprentices who entered SRF-JRMC as this year's Trade Development Program students. They were armed with safety knowledge that will protect them from potentially dangerous work environments. This session for the new apprentices will hopefully foster consciousness before they are exposed to potentially dangerous work environments.

Lt. Cmdr. Maria Silsdorf, repair officer at SRF-JRMC, presented the 28 apprentices with certificates and made remarks on behalf of Capt. Stephanie Douglas, commanding officer of SRF-JRMC, during the closing of the training.

"You learned the most important thing about your job at SRF-JRMC. Douglas advises us of the top three items of the command's interest. First is safety, second is safety and third is safety. You will work in very dangerous work environments. Why safety is so important, because the measures you take to stay safe while you are doing your job will

keep you and coworkers safe," said Silsdorf. "I want you to go home safely and please be aware of personal protective equipment religiously and please tell your work mates to do the same things when you are working in shops."

"Safety is the most important thing in SRF-JRMC's operation," said Kennichi Yokoi, safety inspector of SRF-JRMC. "So, we provide the new apprentices with safety training as the first training in their four-year Trade Development Program. I hope they will understand how important safety is in this command and keep working safely until the day of their retirement."

In addition to basic safety training and command standards taught in the classroom, trainers challenged the apprentices with some practical exercises in the use of harnesses from fall protection training and masks from a respiratory protection and mask-fit test. The apprentices also learned employee safety rules according to the SRF-JRMC safety hand book including, hearing conservation, personal protective equipment (PPE), emergency situation onboard ships and mishap prevention.

"Training is meaningless if participants can't understand what has been presented," said Shunsuke Nakamura, safety inspector of the safety office. "We can struggle in choosing training materials and tools for this safety training. I was glad that I saw them listening to our lecture, enthusiastically."

"They are actually a core part of next generation of SRF-JRMC," said Nakamura. "I expect them to keep themselves safe and healthy by making the work place as safe as possible while accomplishing a lot of excellent work."

Souichiro Yoshizaki, a diver apprentice, said that prior to the safety training, he looked down on safety and thought the training would be less informative than it was.

"Members of the safety office at SRF-JRMC take safety seriously and taught us it tenderly. They explained safety deeper and more detailed in various areas or jobs. Now I understand the importance of safety. I got more useful knowledge about safety, and I do not want to lose my life under the water as a diver. I would like to do my best to reduce accidents and injuries at work by following the safety regulations and with my coworkers. I will pay good attention to keep the work environment safe," said Yoshiuzaki.

Another rigger apprentice, Ipeei Tobimatsu, paid more attention to his job than safety in his previous job, and he thought that the safety training at SRF-JRMC would be similar to other private enterprises. However, Tobimatsu has learned more and become more aware of safety and felt that safety is very important after completing the safety training.

"I think that I should make sure of my safety myself while doing my job. I should not depend on coworkers to keep me safe or others while coming to work or returning home. We need to be thinking of safety all the time to prevent accidents or injuries. I should say safety first, business second, and safety always," Tobimatsu stated.



(Left) An apprentice grimaces at the vanilla odor and realizes the importance of properly using the respiratory protective mask during the training session of a respiratory protection and mask-fit test.

## SRF - JRMC 安全室、技能訓練生の安全意識を促進する

文・写真: 安達慶一、CFAY広報課

艦船修理及び日本地区造修統括本部 (SRF-JRMC) の安全室が、今春入廠した28名の技能訓練生 (以下訓練生) を対象に、3日間の安全講習を開催し、危険を伴う造修現場で身を守る安全知識を教授した。

訓練生を対象としたこの安全講習は、造修現場への配属に先立って業務を安全かつ効果的に遂行する安全意識の促進となるだろう。

講習の締めくくりとして、修理士官を務めるマリア・シルスドルフ少佐がSRF-JRMC司令官のステファニー・ダグラス大佐の名代として28名の訓練生に修了証書を手渡し、励ましの言葉をかけた。

「皆さんはSRF-JRMCでの業務が一番大事なことを身に付けたのです。ダグラス大佐は部隊の関心事項として次の3点を常におっしゃっています。それは、1に安全、2に安全、そして3に安全です。皆さんは常に危険を伴う環境で働くのです。何故安全が重要か？それは皆さんが業務に従事する間、安全を確保するための方法は皆さんばかりか、皆さんの同僚にも安全をもたらすのです」とシルスドルフ少佐は語り、こう締めくくった。「日々安全に仕事を終わられるように心がけて下さい。御願いですから、個人保護具に対する意識を欠かさずに、造修現場で働いている時は、同僚にも同様な言葉を掛けてください、御願います。」

「SRF-JRMCでの業務で最重要項目が安全です」と語気を強めて話すのは、安全検査官の横井健一さん。そしてこう続けた。「ですから、4年間の訓練項目の最初の講習として安全室は訓練生に安全講習を行ないました。入廠した訓練生がいかにかこの部隊で安全が重要であるかを理解し、ケガもなく定年退職を迎えて欲しい。」

この安全講習では、安全に関する基礎知識や部隊安全基準に関する教習など教室で行なわれる講習の他、落下防止安全ハーネス及び安全マスクの装着方法を実地訓練した。又、訓練生は聴力保護、個人保護具、艦船上での緊急事態や災難防止を含むSRF-JRMCのセーフティーハンドブックによる従業員安全規則を学んだ。

「講習は我われの意図することが受講者に伝わって初めて意味があるのです」と安全検査官の中村俊介さんは話し、こう続けた。「ですから、どうしたら受講生が十分に講習の内容を理解してくれるか、どんなツールや資料があるのか準備に苦労したが、受講生の皆さんは真剣に聞いてくれたようで安心しています。」

「彼ら (訓練生) はこれからのSRF-JRMCを担う優秀な人材です」と中村さん。「仕事をばりばりやってもらいたいです、その前提としてぜひ安全作業に気を使うよう期待します。」

ダイバー訓練生の吉崎聡一郎さんによると、安全講習を受ける以前は安全を軽視し、安全講習も大した内容ではないだろうと思っていたと言う。

「SRF-JRMCの安全室の皆さんは安全に対する考えが真剣で、親身をもって安全とは何かを教えてくださいました。あらゆる状況や仕事に於いて深く詳細にわたって安全について説明をしてくださいました。今は安全の重要性がわかり、安全に対する貴重で有益な情報を得ました。ダイバーとして水中で命を失いたくはありません。同僚と共に安全規則にしたがい、職場でのケガや事故を限りなく減らす事が出来るように最善を尽くし、職場環境を安全に保つように徹底した注意を払います」と吉崎さんは自信を持って述べた。

訓練生になる前の職場では、安全よりも仕事が一番優先であり、SRF-JRMCの安全講習の内容は一般企業に近いと考えていたのは索具工訓練生の飛松一平さん。安全講習を終えて飛松さんは多くの事柄を学び安全への意識が上がり、安全とはとても重要だと感じるようになったと言う。

「仕事では自分の安全は自分自身で確保すべきだと強く思います。自宅と職場との往復でも自分の安全を同僚や他人に委ねるべきではない。事故やケガを被らないように常に安全を考えていることが必要だ。私が言いたい事は、安全第一、安全あってこそその仕事、何時も安全に」と飛松さんは言葉を締めくくった。



(Left) SRF-JRMC Safety Inspector Kenichi Yokoi puts vanilla odor into an apprentice's respiratory protection mask during a respiratory protection and mask-fit test.

安全マスクの講習で安全検査官の横井健一さんは、訓練生の安全マスクにバニラ臭を注入する。

## CFAY earns Ney award, again!



(Center) Chief Culinary Specialist Randall Cliff and Commander Fleet Activities Yokosuka Capt. Daniel Weed, along with the staff of the Commodore Matthew C. Perry General Mess, hold up the 1st place trophy for the 50th annual Edward M. Ney award for outstanding food service in the ashore overseas general mess category. This is the sixth time in nine years the outstanding crew of the "Jewel of the East" has won this prestigious award.

Photo by Dan Bowen

## Pet of the Week



This week's Pet of the Week is Jack. He is a 10 month old white and grey Tabby who is litter box trained, microchipped and has all his shots updated. Jack is a playful, affectionate cat who gets along well with children and would be a great addition to your family. To find out more about Jack or any animal at P.A.W.S., contact them at 243-9996, or visit the P.A.W.S. Web site at [www.pawsyokosuka.org](http://www.pawsyokosuka.org).

Photo by Vicki Boehler

## Head's Up Yokosuka! Community Announcements

**Ja-Pun-Kinnick High School Scholarship Show** – High Energy Unlimited presents the Ja-Pun Kinnick High School Scholarship Show at Kinnick High School's Little Theatre May 2-3. Doors open at 6:30 p.m., show starts at 7 p.m. Tickets are \$10. E-mail [japunreservations@gmail.com](mailto:japunreservations@gmail.com) to make a reservation or for more information. See Ja-Pun this weekend. Come for the laughs, bring a friend and help us raise money for Kinnick High scholarships! If you haven't seen Ja-Pun, you haven't seen Japan!

**Spring IA Appreciation Day Celebration** – The Fleet and Family Support Center in conjunction with Morale, Welfare and Recreation is inviting our Individual Augmentees (IA) and their families to Yokosuka's first Spring IA Appreciation Day celebration. Please join us Commissary red brick area May 3 from 10 a.m. to 2 p.m. Information booths, music and entertainment will be provided for everyone. IA's and their families (both past and present) can enter to win free prizes including a one night's stay at the New Sanno Hotel. Contact Frank Cassagnol at 243-3372 for more information.

**Free Military Appreciation Day Carnival** – The United Services Organization (USO) is inviting you to attend a free Military Appreciation Day Carnival at Kosano Park (rain location is Thew Gym) May 18 from noon to 4 p.m. There will be food and beverage booths, game booths, air toys, live performances, giveaways and a magician and balloon maker. For more information or to volunteer for this event, contact the USO office at 241-4895. USO, until every one comes home.

**Healthy Relationships: for your child's future** – Learn how family interactions will influence your child well into adulthood. The class is offered by Fleet and Family Support Center every second Tuesday of the month from 5 - 6:30 p.m., in the Take room, FFSC Annex. Call 243-7878 for more information or to sign up.

**FFSC Renovation** – The Fleet and Family Support Center (FFSC) will be undergoing renovations from now to May 23. Call 243-3372 or 243-7878 for assistance or more information

**FFSC Compass Program Class** – The next available class will be held May 28 through 30 in the Fleet and Family Support Center Annex, Take room. Compass, a three-day, 12 hour course is a peer-to-peer mentorship program designed to help Navy spouses adapt to military life. Contact Shelle Napier at 241-3282, for more information or to make a reservation.

**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 [lalanie.jamison@fe.navy.mil](mailto:lalanie.jamison@fe.navy.mil).

**NMCRS Caseworker Training Class** – The Navy-Marine Corp Relief Society (NMCRS) is a non-profit organization that depends on volunteer support from the community to service Navy and Marine Corps families. If you are interested in volunteering as a caseworker and attending the Caseworker Training class in May, contact the NMCRS Yokosuka office at 243-7905 or 243-4450. The training is free and you can get reimbursed for child care and commuting expenses.

## College scholarships are only an office visit or Web site click away

By Dan Bowen, CFAY Public Affairs

There are literally thousands of college scholarships available for the seniors of Nile C. Kinnick High School who are graduating this year; the only trick is finding one that is right for them.

Paula Fielder, a Kinnick High School guidance counselor, spends a good portion of her time making sure her kids get all the help they need when looking for their scholarships. "As soon as we receive scholarships, we announce them to the students and put them on the student bulletin," Mrs. Fielder said. "It is very important that applications are turned in on time and that the student meets the requirements for the scholarship they are applying for."

There are several types of college scholarships: ethnic background scholarships; community service scholarships; ROTC scholarships; private company scholarships; essay contests; special talent scholarships – art, music, dance, sports, et cetera; and local scholarships - on-base organizations such as the Navy Marine Corps Relief Society and Navy College.

All of the scholarships available are awarded to well-rounded students and do not just focus on grade point averages or SAT scores. Colleges and scholarship committees are

looking for students who are willing to go above and beyond both at school and in their communities. Students can best demonstrate their commitment to success by participating in extra-curricular activities, volunteering for community projects and signing up for rigorous courses, such as advanced placement and honor level courses.

In addition to the guidance counselors at the local high school, there are a couple of free Web sites that offer students and parents the ability to search for scholarships on their own. One of the Web sites, located at [www.fastweb.com](http://www.fastweb.com), boasts "the largest and most complete source of scholarships available." Once you have registered, Fastweb will automatically show you which scholarships are available for your situation and will keep you posted of pending application deadlines.

Finaid, located at [www.finaid.org](http://www.finaid.org), is owned by the same parent company as Fastweb and offers help in finding scholarships as well as student loans, other financial aid and savings plan advice.

There is certainly no shortage of help for the college-bound interested in finding a scholarship to help with expenses; however, your best bet is to follow Fielder's advice, "Stay in close contact with your guidance counselor."

# Thirteen

By Chaplain Scott Shafer

Thirteen is a very strange number. It is the number of people at the last supper of Christ. For many people, it is this association which makes this number unlucky, due to the betrayal of Jesus Christ by Judas. This number also marks the first strong steps toward adulthood in a child. Upon this date, they will start their "teenage" years. Maybe that's why this number has so many strange associations. We are all aware of the various trials and tribulations during the teenage years.

At my house, both of my children have entered into their teenage years. It is something that I have known was going to happen. But just the same, it almost seems surreal to see one young woman verging on 16, while the other has just reached 13.

I have waited for years for my children to grow up. I have seen them take their first steps. In the course of years I have killed more insects for them than I want to think about. The epic "Tarantula Battle" still haunts my dreams. I've had the wonderful experience of saying, "I thought you were going to pick her up," and being answered by, "I thought you were going to pick her up," only to realize I was supposed to pick her up from pre-school.

I can remember going to the school to pick them up for one occasion or another, and just taking the time to watch them play. This was in the time when, if they had seen me, they would have run toward me. Nowadays, as teenagers, they no longer seem as excited to see us, and we are almost glad if they don't actively run away, but are merely indifferent to our presence. I would stand and watch them run and jump. Their friends would be all around as they talked. For a brief moment, time stood still and I saw them as they simply are...a moment suspended in time that I will carry in my heart forever.

I have been so impatient waiting for them to grow, and today...I just want time. There's so much that I wish that I would have done, but I am so proud of who they are and of the adults that they can become. My sister and I fought like cats. My parents never had any peace in the house. We left and went our separate ways and one day my sister and I stopped fighting. For my parents, that was a day of blessing. My father remembers that day by quoting Psalm 133, "How very good and pleasant it is when kindred live together in unity. It is like the precious oil on the head, running down upon the beard, on the beard of Aaron..." I am blessed that my own children have shown more maturity toward one another than their own father showed to his sister.

I must admit that I was never prepared for any of this. You can wait for nine months and still not be prepared for the lack of sleep that greets you on the day your children are born. I was not prepared for the challenges and the blessings. So, with my youngest daughter turning 13, I'd just like to take the time and say, "This is my daughter, with whom I am well pleased." It is good to see children living in harmony, and it is like oil flowing down the beard of Aaron.

Amen

## 2008 Summer Employment Opportunities for Students

The Summer Youth Employment Program allows youths (ages 14-21) to earn while they learn. This program provides job opportunities during summer vacation (June 23-Aug. 5, 2008), for family member dependents of U.S. Military personnel and DOD Civilian employees. Dependents of contracting personnel are not eligible for the program.

The rate of pay for Summer Youth Employment has not been set, it is likely that the rate will equal or exceed last year's rate of \$5/hr. Applicants are required to be at least 14 years of age and not over 21. All applicants are required to have their own Social Security Number at the time of hire. Non-resident Alien applicants will be assigned a pseudo number for employment purposes only by HRO.

Applications must be submitted to HRO, Bldg. 1472, from April 2 through May 2 from 8 a.m. to 3:30 p.m. Parents or guardians may submit applications for their dependent children. Interested students must submit an application and a parental consent form with HRO. These forms may be obtained at Kinnick High School or Human Resources Office, Bldg. 1472. Application will be considered on a first come, first served basis.

For additional information, call Ms. Lisa Marsh at 243-3413.

**Working Aide** – AD-3502-01, SH-08. Open: 4-2-08, Close: 5-2-08.

## HRO USCS Positions

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

Applicants for worldwide vacancies must follow the procedure in the "Job Opportunities" page of the [www.donhr.navy.mil](http://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

**Management Analyst** – YA-343-01, FISC-65-08. Open: 4-22-08, Close: 5-06-08.  
**Office Automation Technician** – YB-326-1, NH-72-08. Open: 4-24-08, Close: 5-08-08.  
**Pharmacy Technician** – YI-661-1, NH-73-08. Open: 4-24-08, Close: 5-08-08.  
**DMLSS Specialist** – YA-301-1/2, NH-74-08. Open: 4-24-08, Close: 5-08-08.  
**Human Resources Technician (Information Systems/Staffing)** – YB-203-1/2, CNFJ-75-08. Open: 4-25-08, Close: 5-8-08.

### Continuing

**Housing Support Assistant (OA)** – YB-303-2, CNFJ-70-08. Open: 4-18-08, Close: 5-15-08. \*Not to exceed one year.  
**Education and Training Technician** – YB-1702-1, CFAY-30-08. Open: 2-22-08, Close: 8-22-08. \*Six months open register.  
**Library Technician (OA)** – YB-1411-1, CFAY-67-08. Open: 4-18-08, Close: 5-15-08.  
**Recreation Technician** – YB-0189-1, CFAY-66-08. Open: 4-11-08, Close: 5-8-08.  
**Social Services Technician** – YB-0186-1, CFAY-64-08. Open: 4-18-08, Close: 5-15-08.

## NEX Positions

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

To see job vacancies online, go to [www.navy-nex.com](http://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. \$8.28/hr.  
**Food Delivery Operator** – Yokosuka. \$8.28/hr.  
**Food Service Supervisor** – Food Services. \$10.74/hr.  
**Sales Clerk (Specialty)** – Retail. \$8-\$9/hr.  
**Sales Clerk** – Retail. \$7-\$8/hr.  
**Customer Service Clerk** – Main Store. \$8.25-\$9/hr.  
**Supervisory Sales Clerk** – Retail and Autoport. \$8.39-\$11/hr.  
**Store Worker** – Main Store. \$8.28/hr.  
**Hair Stylist** – Beauty Salon (Negishi). Commission.  
**Receptionist** – Beauty Salon. \$7-\$8/hr.  
**Personalized Services Clerk** – Personalized Services. \$7.25-\$8/hr.  
**Equipment Rental Clerk** – Rental Center. \$7-\$8/hr.  
**Labor (Visual Merchandiser)** – Visual Merchandising. \$8.28/hr.  
**Security Guard** – Main Store – \$7.50-\$9/hr.  
**Automotive Mechanic** – Autoport. \$13.63/hr.  
**Desk Clerk** – Navy Lodge/Night Audit. \$9.50 plus differential.  
**Forklift Operator** – Distribution Center. \$10.35/hr.  
**Warehouse Worker Leader** – Distribution Center. \$10.64/hr.  
**Store Worker Supervisor** – Main Store. \$10.10/hr.  
**ID Checker** – Loss Prevention. \$6.50-\$7.50/hr.

## VOLUNTEER OPPORTUNITY



### CHAPEL OF HOPE

is seeking volunteers to sponsor families of  
**USS George Washington (CVN 73) aircraft carrier**

FREE TRAINING FOR VOLUNTEERS WILL BE PROVIDED !

**SIGN UP NOW!**

Contact Cora Bulseco at 243-7321  
 or e-mail to [Maria.Bulseco.rp.ctr@fe.navy.mil](mailto: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 <sup>nd</sup> TUE	Pre-Baptism Class	1830
THU	Choir Practice, Main Chapel	1700
FRI	Choir Practice, Choir Room	1700
1 <sup>st</sup> 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	1300
SUN	Sunday School	1420
SUN	Priesthood/Relief Society	1510

**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)

2<sup>nd</sup> AND 4<sup>th</sup> 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 3<sup>rd</sup> Deck) 1130  
3<sup>rd</sup> 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

## Adult Bible Study

WED Nikko Tower Party Room 1800

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

WED Ikego Elementary School 1630

### Yokosuka Student Ministries (Middle School and High School)\*

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

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

# Fleet and Family Support Center

## Congratulations on the birth of your baby!

Shaun McBride and Coralys McBride are the proud parents of **AYDEN SEBASTIAN MCBRIDE** born April 6, 2008 at 6:43 p.m., weighing 6 pounds 9 ounces.

Kevin Varner and Holly Varner are the proud parents of **ZACARY WYATT VARNER** born April 7, 2008 at 12:12 a.m., weighing 7 pounds 15 ounces.

Shawn Eklund and Rachael Eklund are the proud parents of **RILEY AARON EKLUND** born April 10, 2008 at 6:14 p.m., weighing 7 pounds 11 ounces.

Jason Baksh and Wilhanina Baksh are the proud parents of **ASHIMA BAKSH** born April 12, 2008 at 10:11 a.m., weighing 6 pounds 14 ounces.

Stewart Little and Jamesie Little are the proud parents of **JALIAH MICHELLE LITTLE** born April 13, 2008 at 4:11 p.m., weighing 5 pounds 15 ounces.

Brian Jordan and Mayuko Jordan are the proud parents of **LIAM AKIRA JORDAN** born April 16, 2008 at 4:14 a.m., weighing 9 pounds 5 ounces.

Chris Moore and Hiroyo Moore are the proud parents of **RIA CHRISTINE MOORE** born April 17, 2008 at 3:41 p.m., weighing 7 pounds 8 ounces.

If you'd like to see your baby announcement published in the Fleet and Family Support Center's section of the Seahawk-Umitaka, stop by our New Parent Support office in Bldg. 1558.

## Classes This Week

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

### Monday, May 5

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

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

**Labor and You** 1 p.m. (5 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy.

### Tuesday, May 6

**Area Orientation Brief and Intercultural Relations Class** 7:45 a.m. (4 days): **May 6-9, 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.

**Boot Camp for New Dads** 1 p.m. (3 hrs.): Yikes! What will it be like to have a new baby in the house? Boot Camp for New Dads is a unique program that brings "rookie" fathers-to-be together with "veteran" dads with newborns. The veteran dads will share their babies with the rookies for hands-on training, and demonstrate how to hold, comfort, diaper, swaddle, relieve gas/colic, and play with an infant.

**Ikego – Japanese Culture Series - Japanese Craft for Adult** 10 a.m. (2 hrs.): This class is a monthly craft class. The instructor will teach a variety of Japanese crafts such as Washi Eggs, Origami, etc. The first class will be learning to make Washi Eggs. A list of materials that the student needs to bring to complete the craft will be provided prior to the class.

### Wednesday, May 7

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

**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, May 8

**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.

### Friday, May 9

**Ikego – Japanese Culture Series – Ukulele** (1.5 hrs.): Immerse yourself in the Japanese culture by joining us to learn how to cover eggs in traditional Japanese *washi* paper. These delicate treasures make excellent souvenirs and add that special touch to any décor.

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

## Upcoming Classes

<b>May 12</b>	Enjoying Japanese Food Elements of Successful Parenting (ESP) English as a Second Language (ESL)
<b>May 13</b>	Area Orientation Brief and Intercultural Relations Class Healthy Relationships: For Your Child's Future Baby Basics Welcome to Ikego
<b>May 14</b>	Elements of Successful Parenting (ESP) Japanese Conversation Welcome to Negishi
<b>May 15</b>	FRG Leadership Meeting Pre-Marriage Seminar Ikego – Play Morning
<b>May 16</b>	Japanese Conversation Sponsor and Sponsor Coordinator Training Yokosuka – Play Morning

**Negishi FFSC**  
242-4125

**Fleet and Family Support Center**  
243-FFSC (3372)

**Ikego FFSC**  
246-8052

Visit Our Web site

Go to: [www.cfay.navy.mil](http://www.cfay.navy.mil). Click the "FFSC" Tab

## Automobiles

'94 Toyota Curren. \$800. 69,400km. Good condition. Silver, 2-dr. A/C, power windows, AM/FM, 12 disc CD player, new front brakes. 2008 road tax paid. Contact kgraewert@hotmail.com.

**For Sale 1996 Toyota Crown.** 4-dr, new tires, very cold A/C, 12 disc CD changer, nice reliable car. JCI good until September 2009. Owner PCS'ing, must sell. 246-5795, 090-6481-3457.

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

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

## Motorcycles

'04 Harley-Davidson 1200R Sportster. 4,000 miles. Excellent condition. Must see to appreciate. \$5,000 obo or yen equivalent. 241-4872 or 080-3042-9437, e-mail: [bretburrow@yahoo.com](mailto:bretburrow@yahoo.com).

## Services

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**Buy Your Dream Car at Online Car Auction.** We are a registered automobile company in Osaka, Japan – KCC Autos. If you need to purchase vehicles from the source – the auction venues in Japan – KCC Autos can help you buy at online auto auctions, reducing cost and increasing the chance of finding your desired car. From searching, bidding and purchasing, paperwork and shipping to your desired location (within or outside Japan). For more information, e-mail us at: [cars@kcc-autos.com](mailto:cars@kcc-autos.com), or call (06) 6245-7679. Please visit our website: <http://www.kcc-autos.com> and read about our system on "Buying cars at online auctions".

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

**Help Whip Cancer!** Join Pampered Chef and the American Cancer Society raise money for breast cancer awareness. Check out [www.pamperedchef.biz/cborgeois](http://www.pamperedchef.biz/cborgeois) for new HWC products. Call Colleen at 241-4766 to order.

**HEROKY'S Swedish Sei-Tai Outcalls.** A male therapist with deep pressure comes to your home! 9 a.m. to 4 p.m. ¥6,000/60 min. ¥8,000/90 min. To book: 070-6656-2626, [herokee@gmail.com](mailto:herokee@gmail.com) or [www.heroky.com](http://www.heroky.com)

**LTO Junking Service.** JCI inspection, registration, title transfer, address change, t-plate. Manual/Automatic OK. Ikego/Negishi OK. You can depend on me rain or shine. Derrick, 241-4415, 090-3592-8809.

**Junking your car.** PCSing don't have the time or don't want the hassle. Call me first. I will do it for you. Call Derrick, 090-3592-8809, 241-4415 anytime night or day.

**LTO runs and junking service.** Car or paperwork. Japanese inspection, new registration, transfer registration, deregistration, change of address, road tax, temporary plates. Eight years experience. Call Fe, 241-4954 or 090-9317-8259.

**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: [reikoruns@yahoo.com](mailto:reikoruns@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](mailto:always_roselle@hotmail.com).

**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.

**LTO Runs And Car Services.** New registrations, Japanese inspections, registration renewals, title transfers, transfer address, and deregistration services. Call Cherry, 080-5046-0689, or e-mail: [Harn\\_Che@yahoo.com](mailto:Harn_Che@yahoo.com).

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

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

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**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](mailto:magicmike4u@ezweb.ne.jp), [www.magicmike.wetpaint.com](http://www.magicmike.wetpaint.com).

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

**PCS House Cleaning Service.** Ensure you get your security deposit back. Fully knowledgeable of local realtor requirements. Contact Yoko at 090-3572-5147.

**PCS-ing?** Moving to Hampton Roads? I have an immaculate condition home for you! 4 bedrooms, 2 1/2 baths. MLS# 0816098 go to <http://www.williamewood.com/jacoborbach>.

**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](mailto:mae@pnwre.com). Web site: [maed.pnwre.net](http://maed.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](mailto:kramossells@kw.com), web site: [www.2hdb.com/kramossells](http://www.2hdb.com/kramossells).

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

**Princess House Party.** Come and be entertained using our "Princess House Products." Every Saturday one o'clock. Call Helen, 241-4811, [helenglen@yahoo.com](mailto:helenglen@yahoo.com). "SOFA sponsored personnel only." Best quality, elegant products. Catalogues available.

## Positions

**Christian Achievement Academy Positions Available.** Qualified Administrative Staff, full-time and substitute teachers for all grades, and monitors needed. Call (046) 825-5521, or send resume to: [humanresource@caajapan.org](mailto:humanresource@caajapan.org), or visit web site at: [www.caajapan.org](http://www.caajapan.org).

**URGENT!! Facility Engineers (electricity).** Requirements: 1. Have educational background on electricity and understand electrical theory. 2. More than three years' on-the-job experience. 3. Business level of English and Japanese (speak, write). 4. Proper valid work visa. Workplace: Tokyo Metro area. Pay: ¥400,000/month and above. Transportation cost paid (Max. ¥40,000/month). Paid vacation and holiday. E-mail your resume to: [m-watanabe@s-mt.co.jp](mailto:m-watanabe@s-mt.co.jp). Shin-ei Real Estate Co., Ltd.

## Wanted

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

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

**Goover English School Looks for Teachers.** ¥3,500/hr. We look for experienced native English teachers who live on military bases. Negishi, Yokosuka, Yokota, Camp Zama, Atsugi, Sagami-Depot, Ikego, SHA. Web site provides more information. APPLY NOW! <http://www.goover.co.jp/english/> (042) 727-8508.

**Japanese Nanny Wanted ASAP.** Single active duty parent, one 7-year-old daughter. Prefer Live-In. Some overnight care/light housework

required. Please contact for details. 080-6726-7535.

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

**PINOKIO English School in Tokyo is looking for English teachers.** Flexible working day schedule. One day, two days or three days a week. \*Monthly wages: One day a week is ¥36,000/month. \*Two days a week is ¥75,600/month. \*Three days a week is ¥113,600/month. Spring, winter and Japanese holidays paid, plus transportation fee. Located: 35 min's from Yokohama. Please call: Ms.Dena or Ms.Chiko. Tel. (03) 3752-0361. Fax. (03) 3752-0335.

**Witty English Tutors wanted.** Collegiate level desired but not essential. Call 856-5048 (between 6 and 7 p.m. at night). E-mail: [wittytutors@gmail.com](mailto:wittytutors@gmail.com).

## 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-6<sup>th</sup> grade. For tour or more information, call (046) 825-5521, or go to our web site at: [www.caajapan.org](http://www.caajapan.org).

**Indian Ethnic Food in Yokosuka.** Our dishes amount are good. Quality as perfect as Indian Hotel's Restaurant standard. We are 300 yards from Chuo Station. We pay ¥710 taxi money every 3/4 people coming to our restaurant. Please get receipt from taxi driver and enjoy real Indian ethnic dishes. Bayleaf Indian Restaurant. Tel. (046) 821-1922 and 090-3015-1749. Monday closed. Dinner starts from 6 p.m.

**Mother's Day Spa – package Gift Certificate Sales.** Facial, Waxing, Manicure Licensed from New York. G's Salon. Please call 241-2474 or 080-5677-6532.

**Room for rent.** Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$350/month plus utilities. Non-smoker please. Contact: [yamadatoshinori@yahoo.co.jp](mailto:yamadatoshinori@yahoo.co.jp).

**TIF Miscellaneous International Party Shibuya, May 10, Sat., 6:30-9 p.m., T's Salon.** Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. <http://www.miscellaneousparty.com>. Call 080-2001-0512, [party@goover.co.jp](mailto:party@goover.co.jp).

**World Friends International Party Shinjuku, May 3, Sat., 6:30-8:50 p.m., Shinjuku Tokyo Loose.** The full-scale International Party in Shinjuku. Meet 200 people. 20 kinds of free cocktails. Free Snacks with sandwiches. Male, ¥3,500. Female, ¥3,000. <http://www.world-friend.com>. Call 080-2001-0512, [party@goover.co.jp](mailto: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](http://www.ybcjapan.org).

## Adoption

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



Children get their face painted at the Yokosuka Co-Op Preschool Spring Festival April 26. The festival was held at Yokosuka Middle School to help raise money to build a new preschool playground. Families with children of all ages and Japanese guests participated in the fundraising while having fun enjoying games, food, crafts and face painting.

Photo by Fumiyo Sato



SKSN Andrew Navarro, a hose-team nozzleman focuses his attention on a simulated main space fire during a general quarters drill aboard *USS Lassen* (DDG 82). *Lassen* is one of seven Arleigh Burke guided missile destroyers assigned to Destroyer Squadron 15 which operates out of Yokosuka, Japan.

U.S. Navy photo by MC3 Matthew R. White

# Spring Bazaar



(Left) 2008 Yokosuka Spring Bazaar vendor assistants Lilliamor Bicanovsky and Martha Mulvany discuss furniture sales with Miseon Heo a Korean Furniture vendor and business owner. Bicanovsky and Mulvany enjoy working as vendor assistants because it lends them the experience and opportunity of selling good quality furniture while meeting new families. "Bazaars allow you to see the diversity of merchandise that makes the pacific region a wonderful place to live and shop," said Bicanovsky. One of the many hidden treasures during the Bazaar is to be patient, according to Mulvany. Customers should walk around, take their time and view all merchandise inside and outside carefully. In the long run, you will eventually save money. During this year's Bazaar many of its merchandise was packaged with a 30 percent discount off the original price.

Photo by Tetaun Moffett



(Left) ATGWP Forgers Volleyball Team members SKC Renato Linatoc, CTA1 Harvey Hill, FCC Don Watson, OSCS Andre' Colomas, FT1 John Arch and FC1 Joshua Preston proudly display the trophy they received for clinching the MWR 2008 Men's Volleyball Captain's Cup tournament held at Purdy Gym April 17. Team members not shown are FCC James King, OSC Dean Ireland, ISC Matt Woolley and FCC Terry Boone.

U.S. Navy photo by CTTCS(SW) Lawrence F. Debski