

American Red Cross ceremony honors Yokosuka volunteers

By Fumiyo Sato, CFAY Public Affairs

American Red Cross Yokosuka held their Volunteer Awards and Recognition Ceremony at the Chief Petty Officer's Club May 2.

The ceremony was held to appreciate volunteers for devoting their time and hearts to help others around the world. The ceremony was started with Commander Fleet Activities Yokosuka (CFAY) Capt. Daniel Weed's opening remarks. Commander U.S. Naval Forces Japan (CNFJ) Rear Adm. James Kelly shook hands with all the volunteers while presenting them with their awards.

American Red Cross Yokosuka has 220 volunteers including active duty service members, civilians, and Japanese citizens. Approximately 75 volunteers participated in the ceremony. Volunteer work includes teaching CPR, first aid, swimming and life guarding courses and providing disaster services in other countries by raising funds. They also work at various places on base, such as the hospital, schools, the veterinary clinic and libraries.

"Today is the day for [American] Red Cross to recognize the outstanding support volunteers have provided to the American Red Cross and to the community. We want to honor them and treat them like royalty today because they are truly special," said American Red Cross Senior Station Manager Alphonsa Oliver.

Volunteers were recognized depending on how many years they have volunteered for the American Red Cross in Yokosuka.

Hal Davis, Morale, Welfare and Recreation (MWR) warehouse work leader and veteran, was recognized as the long-term volunteer in Yokosuka. Davis has been teaching CPR classes once or twice a month for 23 years. Having witnessed his grandfather's heart attack many years ago made Davis realize how important it is to know CPR and first aid. "Nobody really knew what to do," he recalled about the incident. "You never know, for your family members and loved ones when the emergency arises, they may need some kind of assistance, and you have the basic knowledge [of CPR], it makes a big difference."

Now American Red Cross is looking for new volunteers who speak other languages. "In Yokosuka, there are many people who are comfortable speaking their native language [such as] Tagalog, Japanese, Spanish and French. If you can speak more than one language, we want you to help," said Oliver. "The Red Cross is like a rainbow, regardless of your color, race or nationality; if you are in need, the American Red Cross can help you."

Since its founding in 1881, the American Red Cross has been the nation's premier emergency response organization. As part of a worldwide movement that offers neutral



(Left) American Red Cross (ARC) Senior Station Manager Yokosuka Alphonsa Oliver, 23 year volunteer Hal Davis, CFAY Chaplain Derek Ross, 15 year volunteer Kathryn Hardebeck, USNH Yokosuka Director of Nursing Services Capt. Susanne Sanders and CNFJ Rear Adm. James Kelly cut the cake during the ARC Volunteer Awards and Recognition Ceremony held at the Chief Petty Officer's Club May 2. Photo by Yuji Kawabe

humanitarian care to the victims of war, the American Red Cross distinguishes itself by also aiding victims of devastating natural disasters. Over the years, the organization has expanded its services, always with the aim of preventing and relieving suffering.

Today, in addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs.

The Red Cross is not a government agency; it relies on donations of time, money, and blood to do its work.

USS Shiloh Sailors take part in Hong Kong COMREL project

By Ensign Julie Holland,
USS Shiloh Public Affairs

Sailors assigned to *USS Shiloh* (CG 67) and members of the embarked Helicopter Anti-submarine Squadron Light (HSL) 51 Detachment 4 and Helicopter Anti-submarine Squadron (HS) 14 Detachment contributed more than 250 hours of community service during the ship's recent port visit to Hong Kong, fostering goodwill among the two nations.



USS Shiloh (CG 67) Sailor IT3 Fredrick Bartlett participates in one of three COMREL projects the ship arranged during their recent Hong Kong port visit.

Photo courtesy of HS-14

A total of 70 Sailors donated their time to support three community relations (COMREL) projects, ranging from neighborhood improvements such as cutting down trees, clearing shrubbery and clearing blocked drains to visiting mentally handicapped children.

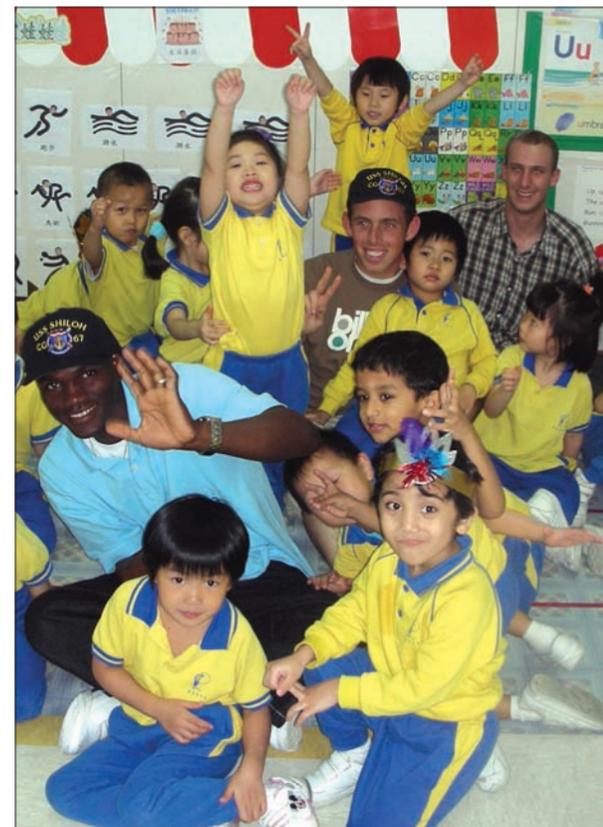
"I am tremendously proud of our Sailors," said *Shiloh* Commanding Officer Capt. Alan Abramson. "They approach our community relations mission with impressive enthusiasm and commitment. They are great ambassadors."

According to Chaplain Margaret Siemer, *Shiloh* command chaplain and COMREL coordinator, more than 200 Hong Kong residents and their families were positively impacted by *Shiloh's* volunteer efforts.

"When a Sailor or any U.S. citizen does good deeds around the world, it reflects great credit upon the United States," said Senior Chief Electronics Technician (SW/AW) Mark Sadowski, the officer in charge of the Hong Kong Society for the Protection of Children COMREL and organizer of a large number of the ship's past and present COMREL projects.

On our first day in port, the COMREL projects of the day saw 12 Sailors help handicapped children ride horses through the "Riding for the Disabled" program. Another 30 Sailors provided manual labor, weeding gardens at the Hong Chi Pinehill Village. At the Hong Kong Society for the Protection of Children Nursery School in the neighborhood of Yau Ma Tei, Kowloon, the COMREL on day two consisted of *Shiloh* sailors taking part in four different kindergarten classroom activities.

"It's hard work, but it's refreshing at the end of the day," said Electronics Technician 1st Class (SW) Jessica Fulton.



USS Shiloh (CG 67) Sailors take part in four different kindergarten classroom activities with children from the Hong Kong Society for the Protection of Children Nursery School during *Shiloh's* recent port visit.

U.S. Navy photo courtesy of HS-14



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



CMDCM Wayne E. Smith,
Command Master
Chief

Supporting the Peace Corps 50 Plus Initiative

The Peace Corps has announced a 50 Plus initiative, a program designed to increase the number of older Americans serving as Peace Corps volunteers. Across the Department of Defense (DoD), many highly skilled and well-educated employees will soon be retiring from federal service and looking for new challenges in their lives. The Peace Corps is one such challenge worthy of their consideration. There are many benefits retiring DoD professionals might gain through service as Peace Corps Volunteers, such as cross-cultural experiences, living in an overseas community helping the local people reach their developmental goals and learning another language. Other positive factors that should appeal to applicants over 50 include health coverage and retirement considerations. For instance, the Office of Personnel Management (OPM) recently issued a regulation that allows annuitants to temporarily suspend their federal health benefits while serving as Peace Corps volunteers for the duration of their service. Peace Corps volunteers commit to 27 months of training and service overseas. Coming from all walks of life, volunteers range in age from college students to retirees. All bring with them a strong work ethic, a spirit of generosity and pragmatic problem-solving skills. To be eligible for volunteer service, one must be a U.S. citizen, at least 18 years of age and willing to spend 27 months in training and service abroad. Opportunities are available for those with a combination of job experience and education. Knowledge of a foreign language is not a requirement, as the Peace Corps provides language training. Explore how the Peace Corps can fit into your future and become a new challenge in your life. Talk to a Peace Corps recruiter at 800-424-8580 or visit their Web site at www.peacecorps.gov.

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. Their 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.

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.

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ビルのDBIDS登録事務所7所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで。

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.

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。

Base Communication Office Closure

The Base Communication Office (BCO), Bldg. C-20 will be closed from 11 a.m. to 1 p.m., May 23 due to a command function.

BZ: As a parent, I would like to thank Dr. Elliott and all those at The Sullivans Elementary School who helped put on the annual MIMe Festival (Multiple Intelligences of Me) May 2. In the day-long festival, 32 presenting groups and individuals from the base and Japanese community came to the school to showcase a variety of talents to Sullivans and Ikego students. It is always good for students to experience the positive learning experiences in the community, especially in the Japanese community outside the gate. The massive efforts and dedication of Dr. Elliott and his helpers will pay dividends for students' knowledge and cultural awareness. Bravo!

Q: My question is about post office mail boxes. I tried to get one but they said because my husband is stationed on shore duty we are not eligible for one. We have been here for about two years now and I have to wait on my husbands command to get my mail. Just recently, I saw a Sailor with the same CFAY ball cap that my husband wears getting his mail from a post office mail box. Can I please get some help on the rules for this?

A: Yes you may have a mail receptacle at the Yokosuka Post Office. Customers who elect to have a mail receptacle at the Post Office are asked to bring in a current set of orders, family entry approval message or command sponsorship letter. Please be advised that only one mailing address is authorized to be used and a change of address will be required from your current address to your new mail receptacle box number. The Fleet Industrial Supply Center Yokosuka Post Office is in the process of re-writing the Postal Standard Operating Procedures Instruction to allow all authorized personnel (one per family) to be issued a mail receptacle regardless of sea or shore command. As of this year, newly arriving personal requesting a mail receptacle have been issued one. Single deployable personnel will continue to receive mail onboard their unit. Any questions concerning this issue can be address to PCC(SW/AW) Weaver at 243-9824.

Q: I live in Hachiban tower and I have a question about the parking spots in front of the building. A few months ago they were installing small bumpers in the parking spaces in front of the building cutting off about a third of the parking space each car has. Why was it only done to some of the parking spaces and not all of them?

A: Parking bumpers were installed

to specific areas located under the cherry trees due to problems and damage to vehicles associated with tree and bird droppings. We have decided not to provide bumpers throughout the parking area, because of safety concerns such as trip hazards. In the future we will be posting upcoming maintenance additions/deletions on the bulletin boards. Please contact your housing inspector if you need additional information.

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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Kitty Hawk, Canadian frigates participate in trilateral exercise

By MC2 Carlos Gomez, *USS Kitty Hawk* Public Affairs

Commodore Nigel Greenwood, the Canadian Navy's Pacific fleet commander, arrived on *USS Kitty Hawk* (CV 63) May 7 as part of a U.S.-Canadian venture in the Western Pacific.

Greenwood came to the carrier via helicopter from Her Majesty's Canadian ship (HMCS) Regina, one of two Canadian frigates operating with the *Kitty Hawk* as escort ships. Regina and HMCS Ottawa joined the *Kitty Hawk* Carrier Strike Group (CSG) May 6 and will participate in a trilateral exercise with a destroyer from the CSG and Japan Maritime Self-Defense Force ships and aircraft.

"In the Canadian Navy, we don't often have the opportunity to work with large formations... like [Task Force 70]," Greenwood said.

Working next to an aircraft carrier gives the Regina and Ottawa more exposure to simulated air attacks and bombing runs, said Greenwood. Part of the training will have the Regina towing an inflatable target for the strike groups' planes.

The frigates will also have the chance to practice anti-submarine screening and maneuvering around a larger ship – in this case a U.S. aircraft carrier.

"That's good for our deck officers to watch," Greenwood said.

The 440-foot frigates can cruise at more than 29 knots per hour, and serve as general-purpose warships with anti-submarine, air and surface weapons.



(Right) Lt. Cmdr. Michael Zurich, *USS Kitty Hawk's* main propulsion assistant, gives Commodore Nigel Greenwood, the Canadian Navy Pacific fleet commander, a tour of *Kitty Hawk's* Damage Control Central May 8. Greenwood is visiting *Kitty Hawk* as part of a training exercise involving U.S. and Canadian ships.

U.S. Navy photo by MCSN John J. Mike

Though the training fosters the professional relationship between U.S. and Canadian navies, it is not the first time they have worked side by side.

"The Canadian Navy works with the U.S. Navy frequently," Greenwood said, adding that since the mid-90s, Canada has regularly sent ships on six-month deployments with American carrier strike groups.

"This has been a great tour so far," said Greenwood. "It's something that we do to stay in touch with the [U.S. Navy]."

This exercise only marks the start of a relationship with Task Force 70 that will span through the summer and the Rim of the Pacific exercise off Hawaii.

The Canadian ships deployed to the Pacific for training and to further their country's diplomatic relations by working with other navies in the Asian-Pacific area, Greenwood said.

The Canadian ships will also work with the Japan Maritime Self-Defense Force later in their deployment, Greenwood said. The Ottawa will even make a port visit to Kagoshima, Japan.

The *USS Kitty Hawk* Carrier Strike Group is on its spring deployment in the Western Pacific Ocean. The strike group is the U.S. Navy's largest and includes the carrier, seven ships of Destroyer Squadron 15, two Aegis weapons system equipped guided-missile cruisers and Carrier Air

Wing 5. The ships operate from Fleet Activities Yokosuka, Japan, and the air wing operates from Naval Air Facility Atsugi, Japan. Together, they serve as the 7th Fleet's combatant force.

USS Stethem arrives in Vladivostok, Russia: takes part in Victory Day celebrations

Story and photo by MC3 Matthew R. White, Fleet Public Affairs Det., Japan

USS Stethem (DDG 63) arrived in Vladivostok, Russia May 7 for a scheduled port visit and to take part in Victory Day celebrations.

For most of the crew, this is their first visit to Russia. During the visit, Sailors will have a chance to meet local citizens, experience the local customs and culture, take part in community relation projects, sporting events, and many other recreational activities offered in Russia. This visit is also an opportunity for Russian and American sailors to gain greater understanding of each other through their common naval heritage.

The Russian holiday Victory Day is celebrated May 9, and is in honor of the day the Allies accepted the unconditional surrender of Nazi Germany, ending World War II in Europe.

"Our visit to Vladivostok is an outward gesture of the United States and Russian Federation's commitment to a peaceful and stable Asian Pacific region," said Cmdr. Paul Lyons, *Stethem* commanding officer. "It is my sincere hope," he added, "that furthering the U.S.-Russia relationship will help other Asian Pacific nations see the stabilizing benefits that come from an open dialogue and dedication to the freedoms that our countries hold dear."

Stethem is underway on a routine deployment in the U.S. 7th Fleet area of responsibility.

Operating in the western Pacific and Indian Ocean, the U.S. 7th Fleet is the largest of the forward-deployed U.S. fleets covering 52 million square miles, with



USS Stethem (DDG 63) Commanding Officer Cmdr. Paul Lyons takes part in the bread and salt ceremony, a traditional Russian welcoming ceremony after arriving in Vladivostok, Russia for a scheduled port visit May 7.

approximately 50 ships, 120 aircraft, and 20,000 Sailors and Marines assigned at any given time.

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Sailors, Marines entertain residents at Singapore Nursing Home

Story and photo by MC2(SW) Peter D. Lawlor,
USS Blue Ridge Public Affairs

USS Blue Ridge (LCC 19) and 7th Fleet Staff Sailors and Marines interacted with residents of The Salvation Army Peacehaven Nursing Home May 9 in what turned out to be an afternoon filled with games, laughs and all around good fun.

Sailors and Marines dressed up in summer whites and class bravos to meet and greet the elderly residents at the Peacehaven nursing home. Upon arrival the sharply dressed servicemen and women were paired up with a resident who they would then escort to a recreation room to play a variety of games with.

Peacehaven Chaplain Jimi Tan called the event an "adopt a grandparent day", which he said is popular with the residents and commonly draws volunteers from local schools and the U.S. Navy whenever they visit Singapore.

"We appreciate very much when people from the Singapore community visit our residents, but it is even more special when the U.S. Navy visits," explained Tan about the consensus of Peacehaven residents. "The residents think, 'These people have come here from another country and want to spend time with me, even though they could be doing other things and are only here for a small period of time, they are here with me.' That makes them very happy."

Chaplain Tan said Singapore citizens and surrounding

nations look up to the U.S. as a world leader and have an admiration for their culture, so the residents get very excited when Westerners come to visit them.

The day was also memorable for the service members such as Culinary Specialist Seaman Leonora Leybag, who

physical condition, so I just tried my hardest to help them have fun, to laugh, or even just smile."

The Sailors and Marines entertained the residents by escorting them through a series of game stations and assisting them while playing. The game stations included a basketball shoot station, a ring toss, and a fishing station where residents went fishing for Styrofoam cut outs of fish with metal attached to them so the residents could pick them up with magnets at the end of mock fishing poles.

There were other games as well and all were designed specifically for the residents to be able to play and have fun with while stimulating their physical and mental abilities. Service members were also manning each station and would cheer on the elderly residents at each station and support them so they could accomplish each games objective.

Storekeeper 1st Class (AW) Antonio Hombrebueno was the petty officer in charge of the COMREL and believes the day went over well with everyone involved. "Everyone was involved, cooperating, and really making a difference in these elderly persons lives," said Hombrebueno. "I saw a lot of Sailors and Marines socializing with the people there and interacting during the games and working together. I'm proud of the support everyone showed today."

The Peacehaven home shelters more than 380 elderly residents who range in needs from those who live with moderate supervision and professional nursing care to some who have dementia or are mobility impaired and require more frequent care.



SK1(AW) Antonio Hombrebueno and CTMC(SW) Michelle Bradley play a ring toss game with an elderly resident from the Singapore Salvation Army Peacehaven Nursing Home during a community relations event May 9.

attended her first community relations (COMREL) project since checking aboard Blue Ridge two months ago. "Being here was so fun and rewarding. I know it must be hard for some of the residents because of their mental or

Sailor competes in New Zealand Ironman sporting event

By Lt. Raymundo Gonzales,
ATGWP Public Affairs

Fire Controlman 1st Class (SW) Ambrose Schulte, a Search and Rescue (SAR) instructor at Afloat Training Group Western Pacific (ATGWP) recently competed against the world's best in the Bonita Ironman sporting event, held in Taupo, New Zealand.

The event consisted of a 2.4 mile swim in Lake Taupo, followed directly by a 112 mile bike ride, and culminated in a 26.2 mile marathon run. Competing in his first ever Ironman competition, Schulte completed the event amidst forty knot winds and torrential rain and turned in a highly respectable time of 12:07:06.

Despite his accomplishments, Schulte is surprisingly modest about his recent achievement. "It was only my third triathlon," he said, "and I only really began training about two months out with no real plan."

He credits much of his success to his swim coach, Andrea Symak, an aquatics instructor at Commander Fleet Activities Yokosuka and coach of the Seahawks swim team. Having no prior experience as a swimmer before joining the Navy, Schulte simply admits, "I was a terrible swimmer." He has worked with Symak for the past two years, and the results speak for themselves.

Likewise, Schulte's cycling performance is also no

accident. He bikes to and from work everyday from Nobi and feels very much at home on a bicycle. "Some weekends, I just decide to go for a ride and it ends up being a few hundred miles," he remarks, "I just enjoy biking."

The Ironman was also his first marathon. Prior to the event, he had never run more than 22 miles at one time. In preparation for the Ironman event he started running twenty miles 2-3 times a week. On the other days, he ran 'short runs' of 3-4 miles.

"[Completing the Ironman] was more about the journey than the destination," he says, when asked about his preparation and competition. He emphasizes the importance of consulting a personal trainer and getting an honest assessment of one's own physical fitness level. From there, the next step is to set short-range goals and make steady progress toward accomplishing them.

For people considering competing in triathlons and other endurance competitions, he said, "I highly recommend it. Don't let the distance scare you. Anyone can do anything if they really want to!"

FC1(SW) Ambrose Schulte, a Search and Rescue (SAR) instructor at ATGWP recently competed against the world's best in the Bonita Ironman sporting event, held in Taupo, New Zealand.

Photo courtesy of ASI Photography



日本人従業員空席情報

職種名	等級	広報番号	募集範囲	締め切り
事務系 (MLC)				
技師職 (一般)	7	FEC-OPBDR-002-07(R3)	I,II,III,IV	June 2, 2008
技師職 (材料)	7	SRFJPMC-087-07(R2)	I,II,III,IV	June 5, 2008
エンジニアリング専門職 (電子)	6	NCTSFE-003-08(R)	I,II,III,IV	June 17, 2008
エンジニアリング専門職 (環境)	6	FEC-PRY4-001-07(R4)	I,II,III,IV	July 8, 2008
エンジニアリング専門職 (一般)	6	FEC-PRY114-003-08(R)	I,II,III,IV	June 2, 2008
エンジニアリング専門職 (一般)	6	FEC-PRY113-002-08(R2)(A2)	I,II,III,IV	June 17, 2008
エンジニアリング専門職 (一般)	7	SRFJPMC-083-08	I,II,III,IV	May 27, 2008
エンジニアリング専門職 (機械)	7	SRFJPMC-065-08(R)	I,II,III,IV	June 26, 2008
エンジニアリング専門職 (船舶技師)	6	SRFJPMC-92-06(OUF)(A2)	I,II,III,IV	空席広報参照
法律顧問職	7	TSO-02-06(OUF)	I,II,III,IV	空席広報参照
安全計画管理職	7	SRFJPMC-084-08	I,II,III,IV	May 28, 2008
監督設備専門職	6/7	FISC-012-08	I,II	May 22, 2008
監督一般補給品専門職	6/7	FISC-013-08	I,II	May 22, 2008
サブライシステム分析職	6	DDYJ-001-08(R)	I,II,III,IV	May 21, 2008
労務要求事務所	4	NCTSFE-006-08	I,II,III,IV	May 22, 2008
事務系 (IHA)				
食堂支配人 (交代勤務監督)	4	NEX-084-08	I,II,III,IV	May 22, 2008
技能系 (MLC)				
メスアテンダント (重量物)	3	USNH-06-08	I,II	May 16, 2008
索具工	5	NMC-03-08	I,II,IV	May 28, 2008
技能系 (IHA)				
フォークリフト運転手	6	NEX-743-08	I,II,IV	June 19, 2008
ジャンター・フォアマンA	4	MWR-18-08(R)	I,II,IV	June 24, 2008
サービスワーカー	2	MWR-09-08(R2)	I,II,IV	July 8, 2008
保安系 (MLC)				
緊急活動隊派遣職	4	RDC-02-08(R)	I,II	May 27, 2008
移動巡視警備員	2	CFAY-1200-01-08(R)	I,II,IV	May 20, 2008
期間限定従業員 (MLC)				
会計技術職	4	FEC-FM-003-08(R3)	I,II,III,IV	June 2, 2008
会計技術職	4	FEC-FM-008-08	I,II,III,IV	July 9, 2008
児童育成プログラム見習または補助職	2/3	CFAY-600-01-08(R)	I,II,IV	May 27, 2008
翻訳通訳職	5	FEC-MS-002-08(R2)	I,II,IV	June 10, 2008
補給配給事務職	3	SRFJPMC-086-08	I,II,III,IV	May 28, 2008

期間限定従業員 (IHA)

倉庫係	4	NEX-732-08(A)	I,II,III,IV	May 26, 2008
時給制従業員				
ベーカール	4	NE-HPT-78-07(R3)(A)	I,II,IV	May 21, 2008
コック	4	MWR-HPT-16-08(R)	I,II,IV	May 27, 2008
コック	4	MWR-HPT-20-08(R)	I,II,IV	June 11, 2008
コック	4	MWR-HPT-23-08(R)	I,II,IV	June 16, 2008
コック	4	MWR-HPT-59-07(R3)	I,II,IV	July 1, 2008
コック	4	MWR-HPT-65-07(R4)	I,II,IV	July 8, 2008
カウンターアテンダント	3	NE-HPT-CAY-06(OR)(A)	I,II,IV	空席広報参照
カウンターアテンダント・フォアマンB	5	NEX-HPT-085-08(A)	I,II,IV	May 22, 2008
カウンターアテンダント・フォアマンB	5	NEX-HPT-711-08(R2)	I,II,IV	May 26, 2008
カウンターアテンダント・フォアマンA	4	NEX-HPT-095-08	I,II,IV	June 6, 2008
カウンターアテンダント・フォアマンA	4	NE-HPT-111-07(R6)	I,II,IV	May 21, 2008
ハウスキーパー職	3	NEX-HPT-015-08(R2)	I,II,IV	May 30, 2008
ジャンター	3	NEX-HPT-402-08(A)	I,II,IV	May 22, 2008
ランドリーワーカー	3	MWR-HPT-35-08	I,II,IV	May 27, 2008
営繕工	5	NEX-HPT-742-08	I,II,IV	June 11, 2008
オフィスオートメーションクラーク	3	NE-NPT-737-08	I,II,IV	May 27, 2008
セールスチェッカー	3	NE-HPT-SCY-06(OR)	I,II,IV	空席広報参照
セールスチェッカー	3	MWR-HPT-05-08(R2)(A)	I,II,IV	July 8, 2008
サービスワーカー	2	MWR-HPT-SIY-06(OR)	I,II,IV	空席広報参照
車両運転手	5	NE-HPT-501-07(R3)(A)	I,II,IV	June 16, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-64-07(R3)	I,II,IV	June 23, 2008
ウェ이터/ウェイトレス	2	MWR-HPT-WWY-06(OR)	I,II,IV	空席広報参照
倉庫係	4	NEX-HPT-727-08(R)	I,II,IV	July 1, 2008

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

I: 部署/部隊内従業員 - 募集を出している部署または部隊に勤務している方の中から選考する場合があります。範囲は最も狭いものです。

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

III: 現MLC/IHA従業員 - 日本全国の在日米軍に勤務する方です。三沢、岩国、佐世保、沖縄が含まれます。

IV: 外部 - 在日米軍施設の従業員ではない、完全に外部の求職者の方です。

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

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

YDEC holds Holocaust Remembrance Luncheon

Story and photo by Sean Dath, CFAY Public Affairs

The Yokosuka Diversity Empowerment Committee held a Holocaust Remembrance Luncheon at the Chief Petty Officer's Club May 1.

The luncheon was held in an effort to remind people of the atrocities that were committed against European Jews during WWII, in hopes that such an event will never occur again.

"We want people to remember the Holocaust mainly because we don't want it to happen again," said special guest speaker, Mark Zeid. "It's not that we are looking for pity or anything like that, it just that I feel that remembering what took place will help us remember."

On November 9, 1938, a 17-year-old Jewish boy distraught at the deportation of his family, shot and killed Ernst vom Rath, the third secretary in the German Embassy in Paris. Anti-Semitic mobs used this assassination as the pretext for instigating a night of destruction that is now known as *Kristallnacht*, which means Night of Broken Glass. *Kristallnacht*, which marked the start of the Holocaust, saw the destruction of more than 1,000 Jewish synagogues and 7,000 Jewish-owned businesses, community centers and homes.

During the Holocaust, Jews in Europe were subjected to progressively harsh persecution that ultimately led to the murder of six million Jews. These deaths represented two-thirds of European Jews and one-third of world Jews. The Jews who died were not casualties of the fighting that ravaged Europe during World War II. Rather, they were the victims of Germany's deliberate and systematic attempt to annihilate the entire Jewish population of Europe, a plan Hitler called the "Final Solution."

"These people were killed, not only because of evil, but because good people didn't stop it from happening," Zeid said. "And in the Jewish tradition, we honor those people through remembrance."

German authorities also targeted other groups because of their perceived "racial inferiority" including Gypsies, the disabled, Poles and Russians. Other groups were persecuted on political, ideological, and behavioral grounds, among them Communists, Socialists, Jehovah's Witnesses and homosexuals.



Chaplain Scott Shafer offers a prayer in remembrance of the victims of the Holocaust during the Yokosuka Diversity Empowerment Committee's Holocaust Remembrance Luncheon at the Chief Petty Officer's Club May 1.

"Everyone should remember that not only Jewish people were killed, a large group of people from different backgrounds were also killed," Zeid said. "Basically, if Nazi Germany didn't like you, you got put on the list. These people deserve respect and remembrance as well."

For more information on the Holocaust, visit <http://www.ushmm.org>

Workplace safety: avoid cubicle disasters

By Michael Kretschmer, CFAY Safety office

While the office setting lacks drill presses, band saws and other obvious risks that we equate with workplace safety, thousands are injured in offices every year. Perhaps the biggest risk is not being aware of risks. Not realizing the potential dangers associated with some common office features that can lead to injuries or even death. If you're a supervisor or work in an office, Commander Fleet Activities Yokosuka Safety office encourages you to assess your workspace and make any changes that might help keep you and your staff safe.

File cabinets are a major source of office injuries. When too many drawers are open at once, cabinets can become unbalanced and tip over if not secured. People can bump into or trip over unattended open drawers and drawers also can be accidentally pulled out too far and dropped.

Data shows that nearly 75 percent of all strain or exertion mishaps occur when an employee is trying to move an object, often without supervisor authorization. Office equipment, such as copy machines or printers, can be dropped when being moved by an employee. For this reason, supervisors should provide training and proper equipment in an office. Typically office and administrative support employees suffered from

overexertion requiring days away from work, mostly from holding, carrying or lifting objects, according to the Bureau of Labor Statistics data.

Objects on an employee's desk also present a hazard. Pencils, work knives and scissors should never be stored with the point upward or toward the employee.

Electricity and fires. The most frequently cited Occupational Safety and Health Administration (OSHA) violations in offices involve electrical hazards, and electrical distribution and lighting equipment are the leading cause of office structure fires.

Part of the reason for this high risk might be that older office buildings are not equipped to handle the electrical demand imposed by the many devices that now require outlets: computers, fax machines, copiers, scanners, paper shredders and more.

Although the majority of office fires are small and stay small, an environment of loose papers, boxes and books provides a good fuel source for any blaze to grow out of control. Work centers must have an evacuation plan for the workers, and should be familiar with the plan.

Keeping an office and aisles clear of boxes and debris can cut down on trips and falls, which are the leading causes of accidents for employees in an office. According to the Bureau of Labor Statistics, office and administrative support employees suffered 20,560 disabling falls in 2006 that required time away from work.

While people recognize hazards posed by stairs more readily than those caused by chairs, workers are exposed more frequently to chairs and can injure themselves when sitting down, getting up or moving about. Less frequent are injuries from leaning back and tilting in chairs, or from workers putting their feet on their desks. Improper use of a chair, such as using it in place of a ladder, can also result in injuries. Something as simple as walking with a lidless coffee cup also can lead to a fall from slipping on a puddle of spilled coffee.

As computer use increases, so too do negative health effects from the working posture; eyestrain and irritation are among the most frequently reported complaints from users of video display terminals, which consist of a computer, screen and keyboard. Fatigue and musculoskeletal problems also can develop from sitting still for lengthy periods at a workstation.

Employees can take several steps to reduce these hazards. Workstations and lighting should be arranged to avoid glare on the computer screen, which can cause discomfort or loss in visual performance. Workers should also be seated in positions that provide back, arm, leg and foot support; and display screens and keyboards should be adjustable. Workers should take breaks from the workstation to relieve fatigue, and mix-up job tasks to include work away from the computer.



MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • May 16, 2008

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.



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 <i>- includes course, study guide, exam fee and two year international certification.</i>	Friday, May 16	\$254
Practical Pilates Instructor Training Floor, Core & More	Saturday, May 17	\$110
	Sunday, May 18	\$110

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.



Armed Forces Sports & Fitness Day

Saturday, May 24 from 1000 to 1300 at Thew Gym

Events:

Kick off the day with Adult 5K Run at 0830.

Follow by the America Kid's Day Fun Run at 0930.

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/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 "Power-lifting" competition comprised of 3 or 4 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!



9-13 age group (2 mile), 7-8 age group (1 mile)
5-6 age group (1/2 mile)
Please arrive 15 minutes early for registration.



Club Alliance Backyard Blowout and Prizes and Free Food!

Special Farewell to the 'Hawk! 25th Anniversary Special

Saturday, May 24 at 1400

Relax outdoors grillin and chillin with DJ O, FREE FOOD and the Club A crew! Check out the Non-Alcoholic Quarters Championship, Birthday Cake Balancing Challenge with great prizes plus iPod, Boombox and Gift Card giveaways! Celebrate 25 years of entertainment and a special "farewell" to the 'Hawk!' Open to all-hands 18 and up! Entrance is FREE!



COMMANDER FLEET ACTIVITIES YOKOSUKA SINCERELY THANKS AND APPRECIATES THE SPONSORS OF THIS EVENT. HOWEVER, NEITHER THE NAVY NOR ANY OTHER PART OF THE FEDERAL GOVERNMENT OFFICIALLY ENDORSES ANY COMPANY, SPONSOR, OR THEIR PRODUCTS OR SERVICES.

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.





Outside the Gate



Current ITT Tours (June/July) - Sign-up now.

Sunday, June 1

Spa Resort "Hawaiians" with Lunch Buffet
\$79A/\$65J/\$50C/\$43I
Nikko Sightseeing \$78A/\$59J/\$50C/\$43I

Wednesday, June 4

Yunessun Hot Spring with Lunch Buffet \$60A/\$41C/\$17I

Saturday, June 7

Joren Waterfall and Nanadaru Open-Air Hot Spring with
Seven Waterfalls \$67A/\$56J/\$45C/\$30I
Kisoji Old Japanese Post Towns and Soba Making
\$99A/\$72C/\$56I

Sunday, June 8

Japanese Fan Making, Cherry Picking, and Shirayuri Winery
\$93A/\$82J/\$51C/\$41I
Gotemba Premium Outlet Mall Shopping \$32A/\$22C/\$16I

Tuesday, June 10

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

Thursday, June 12

Spa Resort "Hawaiians" with Lunch Buffet
\$79A/\$65J/\$50C/\$43I

Saturday, June 14

Mt. Fuji East Area Spring/Summer Sightseeing with
Kubota Itchiku Dye-art Museum \$60A/\$39C/\$25I
Tokyo Disneyland Amusement Park \$76A/\$63J/\$52C/\$10I

Sunday, June 15

New Sanno Hotel Father's Day Brunch and
Kirin Beer Factory \$48A/\$28C/\$17I
Sanrio Puroland Amusement Park \$56A/\$49J/\$40C/\$12I
Tokyo DisneySEA Amusement Park \$76A/\$63J/\$52C/\$10I

Monday, June 16

Fujikyu Highland Amusement Park \$83A/\$72J/\$60C/\$31I

Wednesday, June 18

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

Thursday, June 19

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

Friday, June 20

Yakiniku Buffet and Zoorasia \$43A/\$32J/\$23C/\$17I

Saturday, June 21

Mt. Fuji East Area Spring/Summer Sightseeing with
Kubota Itchiku Dye-art Museum \$60A/\$39C/\$25I
Tsukiji Fish Market, Imperial Palace East Garden, and
Odaiba Amusement District \$40A/\$28C/\$20I

Saturday, June 21 and Sunday, June 22

Takayama, Hida-no Sato Folklore Village and Inuyama
Castle Overnight Tour SGL \$305A,
TWN \$250A/\$205C/\$65I TRL \$220A/\$175C/\$65I

Sunday, June 22

Yasukuni Shrine Sales and Heiwajima Antique Fair
\$29A/\$20C/\$15I
Tokyo Sightseeing \$46A/\$34J/\$28C

Monday, June 23

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

Wednesday, June 25

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

Friday, June 27

Kamogawa Sea World with Lunch Buffet
\$68A/\$49J/\$30C/\$25I

Saturday, June 28

Yunessun Hot Spring with Lunch Buffet \$60A/\$41C/\$17I
Nagoya Castle and Cloisone Making Experience at
Shippo-Yaki Art Village \$97A/\$63C/\$38I

Sunday, June 29

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

Yokota Air Base AAFES Exchange Shopping
\$32A/\$22C/\$16I

Friday, July 4 and Saturday, July 5

Universal Studio Japan Overnight SGL \$295A, TWN or TRL
\$250A/\$200C/\$71I

Future ITT Tours (July) -

Sign-ups start Monday, June 2.

Friday, July 4

Fujikyu Highland Amusement Park
"Independence Day Special" \$82A/\$71J/\$55C/\$20I
Tokyo Disneyland Amusement Park \$89A/\$75J/\$61C/\$15I

Saturday, July 5

Joren Waterfall and Nanadaru Open-Air Hot Spring with
Seven Waterfalls \$77A/\$64J/\$52C/\$25I

Sunday, July 6

Hiratsuka Tanabata Star Festival \$29A/\$20C/\$15I
Experience of Bullet Train Ride, Gyoza Lunch,
O-ya Heiwa Kannon and O-ya Stone Museum Tour
\$137A/\$90J/\$77C/\$25I

Monday, July 7

Fuji Safari Park \$76A/\$49C/\$25I

Tuesday, July 8

Ikea Kohoku Shopping \$15A/\$8C

Wednesday, July 9

Tokyo DisneySEA Amusement Park \$89A/\$75J/\$61C/\$15I

Friday, July 11

Tokyo Summerland Water/Amusement Park
\$76A/\$57J/\$47C/\$15I

Saturday, July 12

Fukiware Waterfall, Blueberry Picking and
Usaburo Kokeshi Doll Factory \$82A/\$61J/\$41C/\$25I
Nikko Sightseeing \$90A/\$67J/\$57C/\$25I
Fujikyu Highland Amusement Park \$89A/\$75J/\$61C/\$20I

Sunday, July 13

Japanese Soba Noodle Making, Peach Picking and
Shirayuri Winery \$110A/\$77J/\$55C/\$25I
Mt. Fuji East Area Spring/Summer Sightseeing with
Kubota Itchiku Dye-Art Museum \$69A/\$45C/\$25I
Yunessun Hot Spring with Lunch Buffet \$69A/\$45C/\$15I

Monday, July 14

Yakiniku Buffet and Zoorasia \$47A/\$35J/\$25C/\$10I

Wednesday, July 16

Tokyo Disneyland Amusement Park \$89A/\$75J/\$61C/\$15I
Spa Resort "Hawaiians" with Lunch Buffet
\$90A/\$68J/\$51C/\$25I

Thursday, July 17

Costco Kanazawa Seaside Shopping \$10A/\$5C

Friday, July 18

Nikko Edo Wonderland Theme Park \$99A/\$63C/\$25I

Saturday, July 19

Tohu Zoological Water/Amusement Park \$83A/\$64C/\$20I
Hakone Sightseeing with Open-Air Museum
\$80A/\$65J/\$50C/\$20I

Sunday, July 20

Tokyo Sightseeing \$47A/\$35J/\$29C
New Sanno Sunday Brunch and Edo Tokyo Museum
\$54A/\$47J/\$31C/\$10I

Tuesday, July 22

Kumagaya Uchiwa Parade Float Festival \$56A/\$39C/\$20I

Thursday, July 24

Soma Nomaori Samurai Battle Festival \$93A/\$69C/\$30I

Friday, July 25

Tokyo Summerland Water/Amusement Park
\$76A/\$57J/\$47C/\$15I

Saturday, July 26

Mt. Fuji East Area Spring/Summer Sightseeing with
Kubota Itchiku Dye-Art Museum \$69A/\$45C/\$25I

Sankei-en Japanese Garden and Yokohama Royal Wing
Dinner Cruise \$116A/\$62J/\$24C/\$8I

Sunday, July 27

Spa Resort "Hawaiians" with Lunch Buffet
\$90A/\$68J/\$51C/\$25I
Tokyo DisneySEA Amusement Park Tour
\$89A/\$75J/\$61C/\$15I

Monday, July 28

Tohu Zoological Water/Amusement Park \$83A/\$64C/\$20I

Wednesday, July 30

Yunessun Hot Spring with Lunch Buffet \$69A/\$45C/\$15I

Thursday, July 31

Hakone Kosui Fireworks Festival and Cable Car Ride
\$59A/\$36C/\$15I

ITT Tickets

Discount Yunessun Hot Spring Tickets

ITT is now selling discount tickets to the relaxing hot springs of Yunessun in beautiful Hakone! Tickets cost ¥1,700 for adults (12 yrs old and above), and ¥1,000 for children (3 - 11 years old). Tickets are valid until June 30, 2008.

Discount Hakkeijima Sea Paradise Tickets

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

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.

Intermediate Rock Climbing and Camping at Ogawayama, Nagano Prefecture

Enjoy Memorial Day weekend (May 25 & 26) in this fresh green forest, where Japanese free climbing started. Ogawayama is considered the "Little Yosemite" with granite cliffs and white birches surrounding the campground. Only a short hike to the rocks. Participants must attend a mandatory briefing on May 22 at 1700 in ORC. The cost is \$120 per person and includes instructions, transportation and tents. Participants will have to prepare their own meals and basic necessities.

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).
- Administrative Assistant:** NF-03, \$10.54/hr. O'Club (1 RFT).
- Cook:** NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (2 RFT), CPO Club (1 RFT).
- 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 Flex).
- Lead Cashier:** NF-02, \$8.39/hr. CPO Club (1 RFT).
- Club Operations Assistant:** NF-02, \$8.39/hr. CPO Club (2 RFT/3 Flex), O' Club (2 Flex), Club Takemiya (1 Flex).
- Cashier:** NF-01, \$7.50 - \$9.50/hr (DOE). CPO Club (1 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).

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).

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/3 Flex), Ikego (1 RFT), Teen Center – Yokosuka (1 Flex).
- Food Service Worker:** NA-03, \$8.96/hr. Bowling Center (1RFT).
- 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

- Duty Manager:** NF-02, \$8.39/hr. Theater (2 Flex).
- Operations Clerk:** NF-02, \$8.39/hr. Entertainment (1 RFT) Internal applicants only.
- Recreation Assistant:** NF-02, \$8.39/hr. Special Events (1 Flex).

Athletics

- Field Maintenance Worker:** NA-05, \$10.35/hr. Athletics (1 RFT/1 Flex).
- Recreation Assistant:** NF-02, \$8.39/hr. Adult Sports (4 Flex).
- Clerk Typist:** NF-01, \$7.30/hr. Athletics (1 RPT).
- Gear Issue Attendant:** NF-01, \$6.50/hr. Athletics (1 RFT/1 Flex).
- Swim Instructor:** NF-02, \$10.00/hr. Aquatics (10 Flex).
- Head Lifeguard:** NF-02, \$9.50/hr. Aquatics (1 RFT/1 Flex).
- Lifeguard:** NF-01, \$6.65/hr. Aquatics (5 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

Benny Decker Theater

Friday, May 16

1730	Speed Racer	PG
2100	Speed Racer	PG
2400	Speed Racer	PG

Saturday, May 17

1300	Speed Racer	PG
1730	Speed Racer	PG
2100	Speed Racer	PG
2400	Speed Racer	PG

Sunday, May 18

1300	Speed Racer	PG
1730	Penelope	PG
2030	Tyler Perry's Meet the Browns	PG13

Monday, May 19

1730	Dr. Seuss' Horton Hears a Who	G
2030	Drillbit Taylor	PG13

Tuesday, May 20 \$1 Movie Night

1730	Penelope	PG
2030	10,000 B.C.	PG13

Wednesday, May 21

1730	Dr. Seuss' Horton Hears a Who	G
2030	Drillbit Taylor	PG13

Thursday, May 22

1730	Speed Racer	PG
2100	Tyler Perry's Meet the Browns	PG13

Friday, May 23

1730	Chronicles of Narnia: Prince Caspian	PG
2130	Chronicles of Narnia: Prince Caspian	PG

Fleet Theater

Friday, May 16

1800	Iron Man	PG13
2100	Tyler Perry's Meet the Browns	PG13

Saturday, May 17

1800	Tyler Perry's Meet the Browns	PG13
2100	Shutter	PG13

Sunday, May 18

1800	Never Back Down	PG13
2100	The Bank Job	R

Monday, May 19

1800	Tyler Perry's Meet the Browns	PG13
2100	Shutter	PG13

Tuesday, May 20 \$1 Movie Night

1800	The Bank Job	R
2100	Doomsday	R

Wednesday, May 21

1800	Tyler Perry's Meet the Browns	PG13
2130	Shutter	PG13

Thursday, May 22

1800	Iron Man	PG13
2130	Drillbit Taylor	PG13

Friday, May 23

1800	Drillbit Taylor	PG13
2100	Superhero Movie	PG13
2400	21	PG13

Negishi Theater

Friday, May 16

1900	Dr. Seuss' Horton Hears a Who	G
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Saturday, May 17

1300	Dr. Seuss' Horton Hears a Who	G
1900	Doomsday	R

Sunday, May 18

1300	Drillbit Taylor	PG13
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The Chronicles of Narnia: Prince Caspian

Cast: Peter Dinklage, Anna Popplewell, Ben Barnes, Georgie Henley
Synopsis: The four Pevensie children return to Narnia, only to discover that hundreds of years have passed since they ruled there, and the evil King Miraz has taken charge. With the help of a heroic mouse called Reepicheep, and the exiled heir to the throne, Prince Caspian, they set out to overthrow the King, once again with Aslan's help.



Speed Racer

Cast: Emile Hirsch, Christina Ricci, Matthew Fox, Susan Sarandon
Synopsis: Born to race cars, Speed Racer is aggressive, instinctive and, most of all, fearless. His only real competition is the memory of the brother he idolized, whose death in a race has left behind a legacy that Speed is driven to fulfill in the thundering Mach 5.



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.



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.



Tyler Perry's Meet the Browns

Cast: Tyler Perry, Angela Bassett, Jennifer Lewis, Chloe Bailey
Synopsis: A single mom takes her family to Georgia for the funeral of her father -- a man she never met. There, her clan is introduced to the crass, fun-loving Brown family.



Drillbit Taylor

Cast: Owen Wilson, Alex Frost, Matt Gallini, Troy Gentile
Synopsis: Three high school kids hire a low-budget, former soldier of fortune as a bodyguard to protect them from the playground bully.

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).



Year Bash

Monday, May 26 from 1200 to 1500
Ikego Field #4b

Join MWR on Memorial Day for a fun filled day of activities on the ball field as we officially kick-off summer. This event includes air toys game booths, food and drinks, cotton candy and music throughout. For more details call 246-8071.

YOUTH SPORTS SUMMER REGISTRATION

Youth Swim Season

Registration for the Youth swim teams will run until June 13. Program is for children ages 6-18 Swimming teams from Negishi, Ikego and Yokosuka will compete at four swim meets. \$40 for the first child and \$35 for each additional child. \$5 discount for PAYS members. Season begins mid June and runs through mid August. For details, please contact your local Youth Sports Office. **Please note: Child must be able to swim at least one length of the pool without assistance or stopping for rest.**



Teen Summer Basketball

Registration for Teen Summer Basketball will run until June 13. Great summer program for teens 13-18! Season runs from June 16 to August 2. Games are mostly on Saturdays and a few games on weekdays. Teams are Co-ed. \$40 for the first teen and \$35 for each additional teen. Discount for PAYS members.



Youth Dodgeball Season

Registration for Youth Dodgeball will run until May 18. Great summer program for youth age 7-15! Season runs from June 9 to July 19. Games are mostly on Saturdays and a few games on weekdays. Teams are Co-ed. \$40 for the first child and \$35 for each additional sibling. Discount for PAYS members.

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

25th Anniversary Special

May BINGO Special

Every Saturday in the Ballroom



Over \$22,000 in jackpots including a \$10,000 game, plus \$2,500 and \$1,000 bonus guaranteed jackpots. Free food and more!

All month, we're celebrating with bonus games, bigger jackpots and more ways to win BIG MONEY! Celebrate 25 years of entertainment with Club A with an extra guaranteed \$2,500 jackpot game, free food and additional specials!

For details call 243-5985/3000 or access www.cfay.navy.mil/mwr

Sunday, June 8
Thew Gym, Yokosuka

SUPER BINGO

Doors open at 1000. Early Bird Special from 1200 to 1245. \$5 to play and worth \$3,000 in prizes.

\$60,000

In 57 numbers or less.
\$40,000 guaranteed consolation prize.



Tickets are \$90 in advance (good for one bingo package) and \$120 at the door. Additional packages are \$55. Participants must purchase one package for entry. Advanced tickets available at available at Yokosuka clubs, Ikego Club Takemiya, Negishi All Hands' Club, Camp Zama Community Club, Atsugi Club Trilogy and Yokosuka ITT office. Advanced tickets are for paper bingo packages and cannot be exchanged for electronic handsets. Tickets on sale until close of business on Saturday, June 7. SOFA-sponsored personnel and their guests may play; however, only SOFA-sponsored personnel may sign for prizes. Children, non-players and immediate family members of the staff are prohibited. Outside food and beverages are prohibited. For more information call 243-3000.



Negishi Friendship Day Festival 2008 (Open Base)

根岸米軍基地
基地開放日
Saturday, June 14
from 1300 to 2000

Negishi Navy Base (Community Support Complex Parking Lot)

Food and beverage booths, games, air toys, live performances throughout the day.

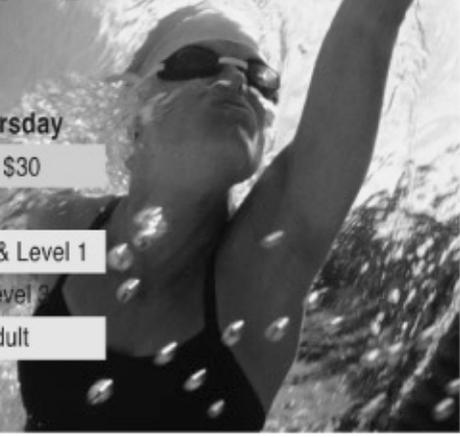
Friendship Festival 5K

Saturday, June 14 at Negishi Navy Base Housing
0830 for Registration, 0900 Start Time

Saturday, June 14 and Sunday, June 15 for rain delay. Pre registration is free, day of event sign-up is \$5 or ¥1,000. Please call Negishi MWR for sign up 242-4120.

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



The "F.B.I." of good oral health, hygiene

Story and photo by Lt. Michael B. Flannery, USNH Yokosuka

Good oral hygiene that includes flossing can be easily accomplished by remembering the acronym "F.B.I." In this case "F.B.I." stands for floss, brush, and irrigate. Not only does this acronym give an easy checklist to go by, the letter placement gives the order of the instructions as well.

Flossing has a major impact on oral health. It helps prevent red, puffy, bleeding gum tissue, known as gingivitis, and prevents the start of cavities between the teeth. Flossing allows the patient to remove food debris and plaque between their teeth. If done before brushing, the toothbrush can then clean all surfaces of the teeth.

Flossing should not be an overly complicated process. Avoid "sawing" back and forth between the teeth or digging too deep into the gum tissue as this can actually hurt more than help. If the floss shreds, newer products such as those made with Teflon, or a dental tape such as Glide, are recommended. Ask your hygienist or dentist for further directions on flossing techniques.

After the food debris and plaque is cleared between the teeth, it is time to coat the teeth and gum tissue with fluoridated toothpaste using a soft bristle toothbrush. The American Dental Association recommends patients use a soft bristle brush over a medium or hard one to prevent adverse tooth abrasion and enamel wear. Brush at a 45 degree angle with the bristles pointed toward the gum tissue which eliminates plaque and food debris that collects between the teeth and gums.

Two minutes is the perfect amount of time you need to adequately clear away all the plaque on the teeth while not overdoing it and wearing down healthy tooth structure. Try a kitchen timer to get a feel of just how long two minutes really lasts. Parents are advised to monitor their child's oral hygiene technique until the child develops adequate manual dexterity (around 8 years of age). Also keep in mind, toothbrushes only last for so long. Replace a toothbrush at least every three months or sooner if bristle wear is noted.

Finally, the finishing touch in oral cleanliness is irrigation. Over the counter brand name rinses such as ACT and Listerine, are recommended for most of the general population. Rinses are a great preventive agent in reducing gingivitis and overall levels of plaque. Swish it around for approximately 30 seconds, spit it out and go to bed with the residue of the rinse still in place. Please note that ACT is different in that it helps slow down cavity growth and development by adding fluoride to the oral environment. Listerine works differently by actually killing the bacteria



USNH Yokosuka dental hygienist Mihoko Fukuda teaches a patient proper brushing techniques during her annual cleaning and exam. Brushing is one part of the three steps in good bedtime oral hygiene.

that cause cavities and gum disease. However, Listerine can be uncomfortable to use full-strength so you may want to dilute it with cold water. Young children may have a hard time spitting out the mouth rinse. If so, they should avoid mouth rinse usage until that skill is obtained.

Saliva, a naturally secreted buffer that helps reduce cavity formation, is produced at very low amounts during sleep. If "F.B.I." is not done before going to sleep, there is a high risk for tooth and gum damage to occur. Therefore, avoid drinking or eating anything except water after completing the floss, brush, and irrigate steps.

"F.B.I." is a great way to adhere to a healthy and consistent oral hygiene routine. These steps should not only be followed before going to bed but in the morning as well. For more information on dental hygiene, visit the American Dental Association at www.ada.org.

Children are well covered under TRICARE

By Mathew Dusewicz,
TRICARE Management Activity

Parents raising toddlers know it can be both a rewarding and trying experience. Parental involvement can make all the difference at this young age by setting a good example with proper diet, exercise, and good hygiene. Keeping toddlers healthy is a big responsibility and TRICARE is here to help.

For young children immunizations are important healthcare necessities. Some immunizations given during the toddler stage include:

- Measles, Mumps, Rubella (MMR) – First dosage should be taken at one year and the second no less than four weeks later.
- Varicella – First dosage should be taken at one year and the second no less than three months later.
- Hepatitis A – First dosage should be taken at one year and the second no less than six months later.
- Influenza – Strongly recommended yearly vaccination beginning at six months old.

The Centers for Disease Control (CDC) recommended immunization schedule for children up to six years old can

be found under immunizations at www.cdc.gov/vaccines. TRICARE covers these immunizations as part of well-child care to ensure a strong base for future health and wellness.

TRICARE offers young beneficiaries more than just immunizations to keep them healthy. In fact, TRICARE vision coverage provides examination for children at birth, six months of age, and then at least two more screenings until they are six. Other important health screenings for young children include:

- Hearing – The National Institute for Deafness and Other Communication Disorders (NIDCD) provides an easy checklist for children from three months to three years of age at www.nidcd.nih.gov/health/hearing.
- Dental – The first dental visit should be scheduled soon after the first tooth erupts, which appears at approximately six months old. To find information on toddler tooth care and ways in which to encourage correct oral hygiene log on to www.tricare dentalprogram.com.

Knowledge and routine care for prevention and early detection are the most successful health and wellness strategies. The TRICARE Web site contains further information on children's coverage under the my benefit portal at www.tricare.mil.

This may hurt a bit



HM2 Kofi Adjei-Sarpongi checks to make sure the IV of a patient is properly working at USNH Yokosuka. USNH Yokosuka is the largest U.S. military hospital in the Far East.

U.S. Navy photo by MCSN Kari R. Bergman

May is Older Americans Month

By Administration on Aging

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude to designating May as "Senior Citizens Month."

In 1980, President Jimmy Carter's designation to what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities. Older Americans Month is celebrated across the country through ceremonies, events, fairs and other such activities.

The Chapel of Hope
Cordially invites everyone to join in a
FAREWELL BLESSING SERVICE
FOR
USS KITTY HAWK (CV 63)
AND THEIR FAMILIES

6 p.m., May 16
at the Chapel of Hope
Fellowship to follow with free refreshments

Contact the Chapel of Hope at 243-6773 for more information



Interpreters break down language barriers at FISC

By Tim Shannon, CFAY Public Affairs

Management styles and ideas are constantly evolving in order to keep up with changing business practices and technology. Be it a military command or a civilian corporation, one thing that remains constant is the need for effective communications throughout the chain of command.

But communication presents a particular challenge for U.S. Fleet and Industrial Supply Center (FISC) Yokosuka because of the percentage of Master Labor Contracts (MLCs) who make up the FISC enterprise. FISC employs more than 600 MLCs, the majority of whom are Japanese.

FISC keeps the lines of communications open with their Japanese workforce by employing two full-time interpreters, Masako Suzuki and Toshiyuki Ito.

Suzuki and Ito are assigned to FISC's Marketing and



(Right) Executive Director Greg Porter speaks to a class of FISC MLCs while interpreter/translator Toshiyuki Ito takes notes for interpretation purposes. Photo by Tim Shannon

Communications Branch, though they are familiar faces throughout FISC's many departments.

"Our interpreters are utilized from a multi-faceted perspective in which they translate verbal and non-verbal information into Japanese or English, depending upon who their audience is," said FISC Acting Director of Support Services Mike Murphy.

Murphy also stated that they go beyond literal translations in order to fully convey the message, which is something that anyone who has ever used Alta Vista's online "Babel Fish" translation program can truly appreciate.

"What really makes them special is that they get the meaning behind the message. That takes a certain talent that our translators clearly possess," he said.

Neither Suzuki nor Ito intended on becoming interpreters, but both claim to enjoy the opportunities it has afforded them.

"I used to be a program analyst [for FISC], dealing with business metrics for various command presentations," said Suzuki. "After several organizational changes, I found myself working for the Marketing and Communications Office. Senior leadership was more concerned about communication between leadership and employees, especially Japanese employees, so they started to request presentations and documents be translated to ensure the MLCs would fully understand. Eventually my position was changed to 'Interpreter/Translator' and I ended up speaking on a stage at all-hands' meetings. So, precisely speaking, I didn't decide to become an interpreter. It was, in reality, a twist of fate. However, I'm grateful for being able to be a part of the marketing and communication team and translation is something I always wanted to do."

For Ito, the decision to become an interpreter was a little more planned out, but still not what he had anticipated doing with his language abilities.



(Right) Interpreter/translator Masako Suzuki interprets a speech for FISC Yokosuka Commanding Officer Capt. Andy Benson during a FISC Yokosuka town-hall meeting at the Fleet Theater.

Photo by Yohsuke Onda

"I met several people who were in interpretation training schools or actually working as interpreters. They convinced me that I should look into that possibility," said Ito. "I was, at the time, quite unsure about my future career so it did not take me long before I decided to go to a school in Tokyo, but only to see how I would do and if I would like it. I was not seriously pursuing it as a career path. But...here I am."

Suzuki and Ito's supervisor, Marketing and Communications Director Sam Samuelson wouldn't have it any other way.

"Our interpreters never cease to amaze me," said Samuelson. "Their skill in interpretation, and the ease in which they do it, makes them indispensable to FISC, and in high demand. As someone who is studying the Japanese language, I am in awe by their ability because they make it look easy so I'm extremely appreciative of the opportunity to learn a little Japanese from them."

Inspection ready at FISC Yokosuka



FISC Marine Staff Sgt. Robert Wiggins barks out an order before he and FISC Commanding Officer Capt. Andy Benson inspect a rank of Sailors during FISC's Summer Whites uniform inspection May 2.

Photo by Tim Shannon

PPSO aids *Kitty Hawk* Sailors at sea with PCS moves

by Tim Shannon, CFAY Public Affairs

As the time rapidly approaches for *USS Kitty Hawk* (CV 63) to say "sayonara" to Japan and be relieved of her duties by *USS George Washington* (CVN 73), getting all of the "I's" dotted and "T's" crossed takes on a certain degree of urgency.

With that in mind, U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's Personal Property Shipping Office (PPSO) is going that extra mile to ensure *Kitty Hawk* Sailors have their household goods (HHG) moves taken care of.

"We've taken several steps to help *Kitty Hawk* Sailors and to avoid a back log in HHG moves," said FISC PPSO Director Herb Elam. "One of the first things we did was to conduct a four-day PCS (Permanent Change of Station) workshop at the Fleet Theater. We've also opened up our office on select Saturdays to help the single Sailors who don't have a spouse to assist them with their moves."

The PPSO also set up a desk in their lobby, specifically for *Kitty Hawk* Sailors who needed to schedule a HHG move.

However, the most recent move by the PPSO is likely to be the most customer service oriented. FISC sent two Sailors, Chief Storekeeper (SW/AW) Amor Elacio and Storekeeper 2nd Class (SW) Omarge McDonald to *Kitty Hawk* during her most recent deployment to process HHG moves paperwork while onboard.

"The *Kitty Hawk* leadership thought it was a good idea," said Elam. "We received word from their Executive Officer (XO) that they still had 57 Sailors living off-base who needed assistance."

So far, Elacio and McDonald have been busy doing just that. According to Elam, they have already processed almost 20 Sailors' HHG moves.

Processing the HHG moves for the *Kitty Hawk* Sailors and their families, combined with the influx of *George Washington* personnel and the normal spike in PCS moves that coincide with the Department of Defense Dependents Schools (DoDDS) summer vacation has presented a challenge for FISC's PPSO, but Elam is proud to point out, they've been up to the task.

"Moving agent capacity is getting low even though many moving companies have committed to working on weekends and holidays while *Kitty Hawk* is in port," said Elam. "Our staff and our moving agents are doing a magnificent job in moving folks. Not one complaint has been received up to this point. They are really pulling out all the stops to give the *Kitty Hawk* and her crew the farewell they deserve."

Ship Repair Facility dry-docks *USS Cowpens*

Story and photos by Keiichi Adachi,
CFAY Public Affairs

Recently, Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC), Yokosuka brought the 9,600-ton guided missile cruiser *USS Cowpens* (CG 63) into dry dock 5 for her Dry-docking Selected Restricted Availability (DSRA) in order to maintain the ship operationally ready for action.

A non-docking Selective Restricted Availability (SRA) is usually about a nine-week evolution and conducted every 15-18 months for U.S. Navy ships in the forward deployed naval forces. SRAs and DSRA are scheduled by Commander Naval Surface Forces (COMNAVSURFOR) located in San Diego, Calif., ensures surface ships of the Pacific Fleet are properly trained, maintained and sufficiently manned to support military operations with not only other U.S. military services, but also friendly nations anywhere in the world, according to Lt. Luc Delaney, ship superintendent for *Cowpens* at SRF-JRMC.

However, the DSRA for *Cowpens* will be for a 12-week period. DSRA are similar to overhauls in that they restore the ship, including all subsystems that affect combat capability and safety, to established performance standards and including significant underwater hull work.

"A lot of systems, related to engineering systems, weapon systems and combat systems, will be upgraded and we have an opportunity during the dry dock period to do an entire ship overhaul," said Ensign Alison Derr, anti-submarine and public affairs officer of *Cowpens*. "As you know, we work underneath the ship to fix propellers, sonar dome and all structural things beneath the water. If there is a need to do that during a regular SRA pier-side, we would not necessarily have the same opportunities."

Additionally, a DSRA provides an opportunity to perform hull inspections and recoating, radiographic surveys of sonar domes and other maintenance related evolutions below the waterline that cannot be accomplished while the ship is waterborne. The DSRA provides sufficient time to perform more extensive propulsion plant repairs and testing that is not possible during an SRA.

Fire Controlman 2nd Class Brandon Fox of *Cowpens* said that the last SRA period gave the ship a brief period to catch up with much needed maintenance, and to also focus on equipment that has been degraded for a short while. "Our DSRA period, however, will allow a broader opportunity to bring the ship back up to speed and to the fleet standards. Definitely, DSRA is a wonderful opportunity to bring the ship into much nicer conditions than it was before," said Fox.

During the DSRA period, *Cowpens* should be looking forward to updating the main spy array radar, sonar upgrades and general maintenance which are high on the ship repair list as well as painting the ship for overall appearance, particularly exterior appearances are very critical for the upgrade, according to Fox.

"By keeping *USS Cowpens* operationally ready, she is able to answer the call wherever she may need to go and by accomplishing this DSRA, she will be more prepared to



Members of Carpenter Shop at SRF-JRMC take care of the line handling to ensure the ship is centered during the dry-docking for *USS Cowpens* (CG 63).
カウペンス号の入渠中、SRF-JRMC木工工場の従業員が舳網を操り、艦船をドックの中央に位置させる。

continue on her mission," said Delaney.

Docking officers and ship superintendents oversee the cross cultural workforce from various SRF-JRMC production shops and port operations throughout docking evolutions. As in every major ship operation, teamwork is essential to mission accomplishment in a complicated docking evolution.

"Communication is the important thing," said Sonar Technician 2nd Class (SW) Hoover Ryan of *Cowpens*. "Communicating with the ship, SRF-JRMC workers, ship superintendents, and everyone who is involved in the DSRA is always the key element to complete the dry-docking process and the DSRA."

SRF-JRMC's dry docks are between 70 and 130 years old. Dry dock 5 was founded by the Yokosuka Imperial Navy shipyard in 1916. The process for DSRA starts with laying the keel blocks which support the ship, making necessary adjustments of the blocks, filling the dry dock with water, removing the caisson, bringing the ship in and finally, pumping out the water.

"The dry docks here are very critical to our and the Navy's mission," said Delaney. "All 7th Fleet ships are able to be docked in any of the six docks here, so the function that we do at SRF-JRMC is very critical and important in helping us keep the 7th Fleet operationally ready."

SRF-JRMC、巡洋艦カウペンス号を5号ドックに入渠

文・写真:安達慶一、CFAY広報課

このほど、艦船修理廠及び日本地区造修統括本部 (SRF-JRMC)は、ミサイル巡洋艦カウペンス号 (CG-63, 9,600トン)を5号ドックに入渠させ、同艦の作戦即応能力維持を目的に定期修理 (DSRA)に入った。

通常の定期修理 (SRA)は9週間を要し、15-18ヶ月毎に前方展開する米海軍艦船に課せられている。SRAとDSRAは米国カリフォルニア州、サンディエゴにある米海軍水上部隊 (COMNAVSURFOR)によってスケジュールされ太平洋艦隊の艦船が適切に訓練や維持管理、そして他の米国軍隊だけでなく、世界中の友好国との軍事作戦支援のために人員を配備する為のものであると話すのは、カウペンス号の艦船修理監督者を務めるルク・ディレイニー大尉。

カウペンス号の入渠による定期修理期間は12週間ほど予定されている。DSRAとは戦闘能力や安全に影響を及ぼす全ての諸システムを、既成の性能基準に基づく艦船の機能回復の為にこなされる工事でオーバーホールに類似する。

「工学システム、武器システム、戦闘システムなどに関連する多くのシステムが改善され、入渠中には全体的な艦船の整備が行なわれます」とカウペンス号の対潜・広報官を務めるアリソン・ダー少尉は話し、こう続けた。「ご存知のように、海水面下の船体の下部にあるプロペラ、音響測深機などを整備します。埠頭での通常SRAでは、このような整備の機会はありません。」

更に、艦船が洋上にあつては困難な水面下の構造物に関連する、船体検査、再塗装、音響測深機のX線を使った調査、整備がDSRAでは実施可能である。SRAより大規模な推進力

プラントの修理やテストを行う時間をもたすのがDSRAだ。

カウペンス号の乗組員であるFC2ブランドン・フォックスさんによると、SRAの修理期間では必要最低限の整備と使用限度の上限を一時的に下げられた機材に焦点を合わせる時間しかないという。「DSRAでは艦船や艦隊に課せられている能力基準を維持する作業に掛けられる時間は十分に有りますから、明らかにカウペンス号を入渠する前よりも、機能はずっと良い状態にできるのです」とFC2フォックスさん。



Teamwork between pusher boats from CFAY port operations and line handlers from SRF-JRMC, allows *USS Cowpens* (CG 63) to safely dry-dock.
横須賀基地司令部港湾部のタグボートとSRF-JRMCの舳取りのメンバーによるチームワークが、カウペンス号の安全な入渠を可能にする。

カウペンス号のDSRAでは、全体的な船体への塗装と同様に主要な偵察レーダー、音響測深機の改良、一般整備が艦船修理リストに挙げられているが、特に外装への改良が重要であるとFC2フォックスさんは語る。

「カウペンス号の作戦即応力を回復させることで、艦隊の作戦遂行力を維持することが出来るのです。DSRAの完了によってカウペンス号の持つ任務に十分準備が出来るでしょう」と語るのはディレイニー大尉。

入渠作業には、SRF-JRMCの様々な造修工場や港湾部の従業員ら多くの人員が関わっているのだが、日米にまたがる人員を統括するのが、SRF-JRMCの入出渠士官と艦船修理監督者だ。多くの作業工程をとまなう入渠作業を達成するには、チームワークが大切だ。

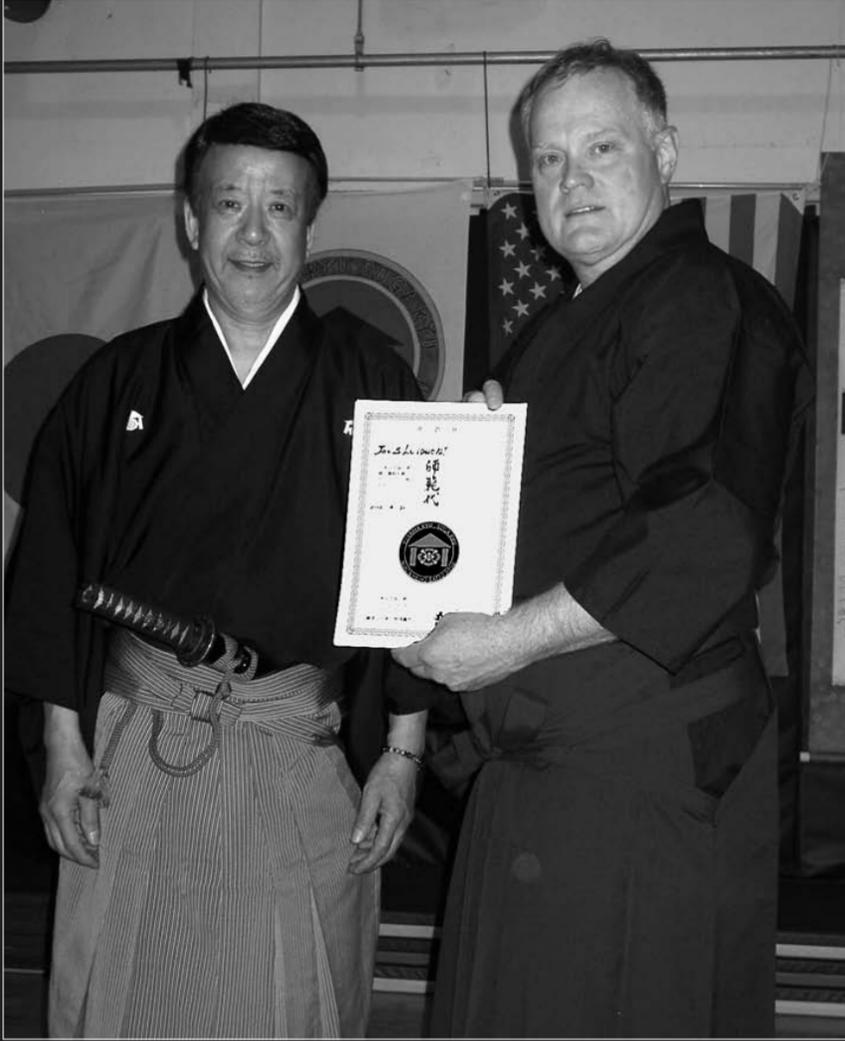
「コミュニケーションが最も大切だ」とカウペンス号のST2 (SW) フォーバー・ライアンさん。そしてこう続けた。

「艦船の乗組員、SRF-JRMCの従業員、艦船修理監督者、そしてDSRAに関わる誰もが入渠作業やDSRAの完了のカギを握っているのです。」

SRF-JRMCが有する乾ドックは建造後70-130年余り。5号ドックは旧帝国海軍工廠によって1916年に建造された。入渠作業は排水されたドックの渠底で船体を支えるブロック (盤木)を置き、入渠する艦船の艦底に完全に合致するよう位置の調整を行い、ドックに注水し、ケイソン (扉船)を開いて艦艇を導き入れ、排水を行なって盤木上に着底させる。

「SRF-JRMCにとり、乾ドックは非常に重要な施設です。第7艦隊の全ての艦船は、その大きさに応じてSRF-JRMCの6基の乾ドックのいずれかに入渠して修理を受けます。それだけに、第7艦隊を前方展開させる上で、乾ドックの役割はとて大切で」とディレイニー大尉は締めくくった。

Practice makes perfect



(Left) Former CFAY Chief Staff Officer (CSO) Cmdr. Jon Lundquist receives his Nihon Heiho Battojutsu instructor's qualification April 30 from Yoshihiro Soga, his battojutsu master. Lundquist studied Battojutsu, the art of cutting while drawing a sword, for more than a year while serving as CFAY CSO. Soga commended Lundquist for his achievement in such a short period of time through "severe daily training."

Photo by Yoshiko Yasuda

Head's Up Yokosuka! Community Announcements

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.

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 fun run participant will receive a free "America's Kids Day Run" T-shirt.

Air Conditioning Season Begins - In support of current Navy and National Energy Policies, Public Works Department will begin a phased approach to turning on air conditioning according to the following schedule:

- May 22-23: Family housing, BOQ/BEQ and schools
- May 23-28: Common areas such as retail, business and clubs
- May 28-30: General office and administrative areas
- June 3-6: Industrial areas such as warehouses and shops

Buildings or spaces that have individual air conditioning controls should turn on their units according to the above schedule. Set thermostats to 78 F or 25.5 C.

Veterans Benefits – The Department of Veterans Affairs Overseas Military Services Coordinator visits Naval Air Facility Atsugi monthly to provide VA benefit information to active duty service members, family members and other veterans. You don't have to be retired or separated to qualify for some VA benefits. The VA representative provides a detailed briefing on benefits in conjunction with the Transition Assistance Program (TAP) and is also available for appointments. Please contact your NAF Atsugi Fleet and Family Support Center (FFSC) at 243-9632 for an appointment or further information.

I almost missed my prayer today

By Chaplain William M. Stewart

Life is so wonderful. Each new day brings about both challenges and blessings alike, reminding us of God's infinite mercies and grace. With that in mind, it sometimes scares me how easily we can take for granted one of our most precious blessings . . . prayer. The National Day of Prayer Breakfast we held the other day was a beautiful reminder of how it is good to simply slow down once in a while and just spend time talking with God. To bring to him both praises and needs, while understanding his love and compassion for us as his creation.

A common challenge for me is keeping things in balance though. Life can become so busy that we easily forget to take time in sharing our thoughts and feelings with our heavenly father. That if we are not careful, we can easily let the blessing of prayer slip by while trying to keep pace with the multitude of daily tasks that life dishes out. Being a chaplain, you may think that I surely have this arena of my life well taken care of. Hmmmm . . . let me tell you a story.

While I try so hard to pray often, at least several times a day, the many tasks of my work, family, and life in general tend to consume me as well. Interestingly, as chaplains, we are also given the responsibility of giving formal public prayers; it's part of our "work." Last year, I was attending an event where I was asked to give a public prayer. It was a prayer and situation that was to really impact my life, but I didn't know it at the time. Later, I wrote a poem that depicts what happened to me that morning. I call it, "I Almost Missed My Prayer Today" and I hope it is meaningful to you as well.

I Almost Missed My Prayer Today

I woke up early this morning, with the buzzing of my alarm,
Contemplating, surely five more minutes, would do me no harm
Today was very special, I would be giving a public prayer,
To many people I would speak, explaining how we should care

I would pray of God's perfect love, and how His grace revives,
How we should be His example, and live this through our lives
My prayer would inspire all, how God's true love can abound,
That we just have to be compassionate, when the opportunities are found

I then focused on my uniform, to make sure I looked quite fair,
Tweaking it very carefully, a quarter inch here, a half an inch there
This was not my normal audience, on collars and sleeves were their rank,
These were well-versed chaplains, and RPs who had seen many a plank

As I worked so diligently, the time passed quicker than me,
If I didn't really hurry up, I would miss my prayer you see
I scurried out the building, on prayerful words I would still dwell,
It was then I had noticed, the snow and ice that had fell

A steep hill stood before me, the slope was slippery with ice,
I would have to be quite careful, a fall would not be so nice
Looking to my side, I was not alone in this place,
There was a well seasoned man, but I didn't look him in the face

He needed help getting down that hill, but then I thought life just isn't fair,
If I didn't leave right then, surely I would miss my prayer
I started down the hill, but then couldn't help but look,
There he was still standing, as if a picture out of a book

My heart sunk just thinking, how at that time he must be feeling,
Only one person who could help him, and this one not quite willing
But I then walked back up the hill, my heart no longer weak,
It was then I looked him in the face, and I began to speak

I couldn't help but notice sir, I'm kind of short and you rather tall,
If you'll just hold on to my shoulder, maybe neither of us will fall
He then smiled broadly, and we began to walk,
Slowly down the icy hill, it gave us a chance to talk

He told me he was in the Army; many years ago did he retire,
That he served his country proudly, and with him there wasn't any ire
I couldn't help but notice, on his sweater was a special pin,
He was made an honorary Seabee; it reminded him of where he'd been

He then looked at me, and asked what it is I do,
I said I'm a Navy chaplain, and yes, I'm a Seabee too
It wasn't long at that point, he said I must talk to you,
Then came all of the stories, just like two ol' vets do

He told me how he served in Korea, and in the challenges of Vietnam,
Explaining how it was his chaplain, who had always kept him calm
That somehow his chaplain, would just always find him time,
And how in such difficult places, his words were just sublime

He then told me how life, had dealt him an incurable disease,
That it wouldn't be much longer now, his body would be put at ease
He explained how he is helping others, and now has come to believe,
How it is just so much better, to give, than it is to receive

Looking me in the eyes he said, I made his day much brighter,
I then told him it was he, who made my burden lighter
I helped him into his car, as for words there just weren't anymore,
Only a firm hand shake and smiles, that told us what life is for

I then walked away, with a tear rolling down my face,
I said O Lord please forgive me, and thank you for your grace
For then it had all hit me, so very hard I must say,
Life had just become too busy . . . I almost missed my prayer today

May we never become too busy for God . . . may we never become too busy for God's creation.

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 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

Administrative Support Assistant (OA) – YB-0303-1 CNFJ-78-08. Open: 5-8-08, Close: 5-22-08.

Health System Specialist – YA-671-2, NH-83-08. Open: 5-15-08, Close: 5-29-08.

Paralegal Specialist – YA-0950-02, RLSO-82-08. Open: 5-8-08, Close: 5-29-08.

Continuing

Education and Training Technician – YB-1702-1, CFAY-30-08. Open: 2-22-08, Close: 8-22-08. * Six months open register.

NEX Positions

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

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

Food Service Worker – Food Services and School Lunch. \$8.28/hr.

Food Delivery Operator – Yokosuka. \$8.28/hr.

Food Service Supervisor – Food Services. \$10.74/hr.

Food Sales Supervisor – School Lunch. \$24,621-\$31,298/yr.

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.

Security Guard – Main Store – \$7.50-\$9/hr.

Automotive Mechanic – Autoport. \$13.63/hr.

Desk Clerk – Navy Lodge/Night Audit. \$9.50 plus differential.

Warehouse Worker Leader – Distribution Center. \$10.64/hr.

Store Worker Supervisor – Main Store. \$10.10/hr.

Warehouse Worker – Retail. \$9.66/hr.

ID Checker – Loss Prevention. \$6.50-\$7.50/hr.

Sign Painter – Visual Merchandiser. \$11.68/hr.

Worship Schedule

YOKOSUKA: Chapel of Hope
• 243-6773/ 6774

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Mass, Main Chapel	1100
SUN	RCIA Class, Blessed Sacrament	0930
SUN	CCD, classrooms	0930
SUN	Youth Group, Old Thew Gym (G-113)*	1200
MON	Adult Bible Study, Rooms 2 and 4	1730
WED	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1830
THU	Choir Practice, Main Chapel	1700
FRI	Choir Practice, Choir Room	1700
1 st FRI	Mass, Main Chapel	1700
SAT	Vigil Mass, Main Chapel	1700
SAT	Baptism, Main Chapel	1530
SAT	Confession, Blessed Sacrament Chapel (or anytime by request)	1600

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

General Protestant

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

Protestant Liturgical

SUN	Communion Service, Fellowship Hall	1100
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Contemporary Christian

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

Gospel Praise Service

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

Filipino Christian

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

Church of Christ

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

The Church of Jesus Christ of Latter-Day Saints

SUN	Sacrament	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)

2nd AND 4th THU Classroom 4 1830

Specialized Ministries

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

TUE Fellowship Hall/Classrooms 1615

Yokosuka Student Ministries (Middle School and High School)*

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

Protestant Women of the Chapel*

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

Japanese Women's Bible Study*

TUE Main Chapel/Fellowship Hall, Classrooms 0900

"Mom's Time"

Last WED of the month 0930

COMPASS Spouse Support Group

WED, THU, FRI (Last week of month), Room 1 0900

Men's Christian Fellowship

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

**Runs from September to June*

NEGISHI: Chapel of the Rising Sun

• 242-4183

Roman Catholic

THU CCD, classrooms 0900
SUN Mass, Main Chapel 0800

Protestant

SUN Worship Service, Main Chapel 1030

IKEGO: Religious Services

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

Roman Catholic

SAT Vigil Mass 1900

Pentecostal

SUN Worship Service 1000

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!

James Farley and Carren Farley are the proud parents of **JOSHUA JAMES FARLEY** born April 29, 2008 at 5:19 a.m., weighing 7 pounds.

Juden Ramos and Rande Ramos are the proud parents of **JARON MICAH RAMOS** born April 30, 2008 at 7:15 p.m., weighing 8 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 19

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 everyday setting.

Managing Your Transition (TAMP) (Pre-registration required) 7:30 a.m. (4-1/2 days): This seminar is for separating military and pre-retirees. The program will inform you about your veteran's benefits, retirement pay and travel entitlements. The class focus will be on job search strategies, interview skills, resume preparation and the psychological preparation necessary for transitioning to a new career. Spouses are urged to accompany the transitioning service member. Reservations must be made through your Command Career Counselor.

Tuesday, May 20

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **May 20-23, this class will be held at the Benny Decker Theater.** Welcome to the Land of the Rising Sun, kanji, yen and bowing. This combined class is offered weekly, and is required for all incoming military personnel, Department of Defense civilians and family members. Representatives from around the base will talk about the unique policies, procedures and benefits associated with living and driving in Japan. Local experts will discuss cultural issues and adjusting to your new home.

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

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

Wednesday, May 21

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

Getting Started Teaching English 10 a.m. (2 hrs.): Learn how to get started teaching English in Japan. We will discuss types of teaching positions, legalities, marketing yourself, average prices to charge, topics for lesson plans and much more.

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 bilingual 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.

Ikego – Enjoying Japanese Foods 9:30 a.m. (4 hrs.): Come learn about Japanese cuisine. Join our bi-lingual staff on a trip to a local grocery store and traditional restaurant. Learn about basic Japanese ingredients, recipes and food etiquette.

Thursday, May 22

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

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 23

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

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

Upcoming Classes

May 26	Holiday
May 27	Your Japanese Home; Kid's Craft Class
May 28	Youth Enrichment: Decision Making
May 29	Government Employment Tips
May 30	No Classes

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. Click the "FFSC" Tab

Automobiles

'97 Nissan March. \$1,000 or best offer. Blue, power windows, A/C, 2008 road tax paid. 5-dr, 67,000 km. Must sell, owner PCSing. Call 246-8661. Good condition. AM/FM radio, will make deal!

'95 Nissan Skyline GTS-T. Great condition. Custom paint blue, 2-dr, M/T. Too many modifications to list. JCI, road tax just paid. Contact Eddie, 080-6593-5094, EddieM805@yahoo.com. \$8,000 obo.

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.

For Sale 1995 Toyota RAV-4. Auto doors and locks. Great A/C, sunroof. \$4,200 obo. Call Mary, 080-5401-7136.

Must Sell! '96 Nissan Avenir. Great family car. JCI 'til November 09. 4 new tires, sunroof, 110,000 km. \$1,800 obo. Call Joe, 080-6700-3696, e-mail: joseph.langone@srf.navy.mil.

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Motorcycles

'05 Honda C90 Supercub Motorbike. 555K odo. Like-new condition. \$1,800 or best offer. 241-3564.

For sale Kawasaki KSR-110 Motorcycle. Semi-automatic, very fun and easy to ride! \$1,000 obo. Call Mary, 080-5401-7136.

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Contractors/DoD Civilians on TDY to Yokosuka? Why stay in a hotel when you can have something better? SAVE most of the PERDIEM you are entitled to for food! Contact yamasmit@jcom.home.ne.jp.

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

Hair services provided. Specializing in Highlights/color by Redken Relaxers and Ethnic styles with products from Kera Care. Monday and Friday closed. Call for appointment, (046) 826-2218. Aski for Kay.

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Japanese classes in Oppama. Cost is ¥100. E-mail: janetteachesenglish@yahoo.com. We meet once a week Cooking classes, calligraphy, field trips.

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.

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: reikorunslo@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.

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.

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.

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

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

MAGICIAN. Children's Birthday Parties. Magic, Music, Comedy, and More! Complimentary Birthday Gift. (イベントや、お誕生日会などにマジック・マイクを呼びませんか?) Call "Magic Mike" DSN 243-4801 (after 2 p.m.) or 090-6199-4993 (24/7), magicmike4u@ezweb.ne.jp, www.magicmike.wetpaint.com.

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

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. Web site: 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, web site: www.2hdb.com/kramossells.

Piano Lessons. All ages and ability levels accepted. Six years experience, degrees in Piano Performance and Music Education. Contact Kayla, 246-8804.

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, 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. "SOFA sponsored personnel only." Best quality, elegant products. Catalogues available.

Waxing Services provided. Brazilian, Eyebrow, etc. Thursday through Saturday, 10 a.m.-7 p.m. (046) 826-2218. Sakura Beauty Salon.

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, or visit web site at: 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: ¥360,000-¥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. 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. オンベスタクシーの運転手(パート)募集。MLC及び1HA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が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.

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

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.

Personals

Is there a life for you in Japan after you get out?? You bet!! Everything you need to know to make living here work for you is in the info that "RETIRING IN JAPAN, THE WHAT, HOW & WHEN OF IT" contains, all for the price of four beers!! Send U.S. \$20 via cash, N.F.C.U. check or International P.M.O. to: J.V. Woodman USN/RET, 2-34 Shioiri-cho, Yokosuka 238-0042, Kanagawa-ken, Japan.

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-6th grade. For four or more information, call (046) 825-5521, or go to our web site at: www.caajapan.org.

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.

World Friends International Party Yokohama, May 17, Sat., 6:30-9 p.m., Bar Why Not. Biggest International Party in Yokohama. Meet 150 people. 20 kinds of free cocktails. Free snacks. ¥3,000. http://www.worldfriends-party.com. Call 080-2001-0512, party@goover.co.jp.

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

Adoption

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

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

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

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

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

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

seahawk yokosuka@ys020407.americablejapan.com

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

Asahi Advertising, Inc.



Ikego Elementary School Spanish Immersion Faculty and students perform a Zumba dance to exhilarating latin music in the school courtyard May 5 in celebration of Cinco de Mayo.

Photo by Julie Hess



The Negishi Dragons softball team, co-captained by Lt. Robert Moran and MM2 Jeremiah Kirnberger led their team to victory in the Spring Intramural Softball league. This is the first time in over 20 years Negishi has had a winning team in intramural sporting competitions in Yokosuka. The conclusion to the spring tournament was a four hour marathon whereby the Negishi Dragons clinched three consecutive victories to claim first place.

Photo by Josh Davis



May 5 marks the traditional celebration of Boy's Day or *Tangu no Sekku* in Japan. During this holiday some homes are decorated with traditional figures and symbols that have a historical or cultural significance. These sixth-grade students from Yokosuka Middle School admire a Boy's Day display on loan to the school from CNFJ's Rear Adm. James Kelly.

Photo by Dale N. Duncan Jr.



(Left) ATGWP Command Master Chief Dan Neal, ATGWP Commanding Officer Capt. Carl Carpenter, Yokosuka City Mayor Ryoichi Kabaya, STGS(SW) Daniel Carmody and his wife Nancy, Uruga Tourism Association Chairman Masanori Oka and local community leaders Masatoshi Saika and Yoshiaki Taguchi pose after Carmody was presented a Yokosuka City Certificate of Appreciation May 8 for his volunteer work and contribution to helping promote city events.

Photo by Fumiyo Sato



(Left) Peggye Wilson of Alpha Kappa Alpha Sorority shows a member of the Yokosuka base community different ways to "Go Green." The sorority co-partnered with Yokosuka's Commissary and Yokosuka's Public Works Department April 26 to help bring awareness on ways to help save the environment.

Photo by Kimberly Miller



A Kinnick High School ninth-grade student gets a hit while playing in the recently held Japanese Baseball Championship Game in Osaka, Japan. The student joined the newly formed Yokohama Higashi Kanazawa baseball team which was asked to compete in the national championship. After a grueling five day competition, the team acquired the gold!

Photo courtesy of USS John S. McCain Public Affiairs

Konnichiwa!



Field office Coordinator Mahalia Clemons checks the accuracy of some documents in a case file at her office.

Photo by Yuji Kawabe

How long have you been in Japan? 4 years

Where do you work? American Red Cross Yokosuka

Favorite food? Sushi

Life goal? To be happy with what I do