

Sayonara *USS Kitty Hawk*

After 10 years, ship bids Yokosuka farewell

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

USS *Kitty Hawk* (CV 63) left Fleet Activities Yokosuka, Japan for the last time May 28, after 10 years of being forward deployed in Japan.

The Navy's oldest active-duty aircraft carrier left for Pearl Harbor, Hawaii, where it will pass on duties to the USS *George Washington* (CVN 73).

Commissioned April 29, 1961, at the Philadelphia Naval Shipyard, the ship was named after the North Carolina town where the first powered flight took place in 1903. *Kitty Hawk* was the lead ship of its own class, having many upgrades from the previous Forrestal class.

In September 1962, the ship made a trip around South America to its first homeport in San Diego.

Between 1963 and 1973, *Kitty Hawk* made eight deployments in the Western Pacific; six supporting combat operations in Vietnam and Laos. The carrier also deployed to the North Arabian Sea during the Iran hostage crisis.

The carrier continued operating in the Pacific and Indian oceans throughout the '70s and '80s, earning two Meritorious Unit Commendations, a Navy Expeditionary Medal, and a Battle Efficiency "E."

Kitty Hawk saw much travel in the early 90s, making its second voyage around South America, deploying to the coast of Somalia in support of Operation Restore Hope, and visiting ports in the Persian Gulf.

After 36 years of service, most of which was homeported in San Diego, *Kitty Hawk* left for Yokosuka, Japan, to assume duties as the Navy's only forward-deployed aircraft carrier from USS *Independence* (CV 62), arriving Aug. 11, 1998.

One *Kitty Hawk* Sailor recalled *Kitty Hawk's* reception to Japan.

"The Japanese welcomed *Kitty Hawk* with open arms," said Lt. Charles Kimble, *Kitty Hawk* Combat Systems' CS-8 division officer.

Kimble was stationed on *Kitty Hawk* during the move

to Japan. Like the *Kitty Hawk/George Washington* changeover, *Independence* cross-decked hundreds of Sailors to *Kitty Hawk*.

"I guess Sailors ... on board the *Kitty Hawk* were used to doing things the *Kitty Hawk* way," Kimble said. "And then you had folks from the *Independence* that were used to doing things the *Independence* way."

"Once we got all the Sailors from the *Independence*

Two years later, the carrier deployed to the Persian Gulf for Operations Southern Watch and Iraqi Freedom, serving 104 continuous days at sea.

The ship also made some firsts while operating from Japan.

On March 22, 2001, *Kitty Hawk* became the first aircraft carrier to enter Singapore's Changi Naval Base pier.



Sailors aboard USS *Kitty Hawk* (CV 63) gather on the ship's flight deck to "say" *sayonara* to Yokosuka as the ship heads out to sea after departing from Commander Fleet Activities Yokosuka for the last time, May 28. *Kitty Hawk* will transit to Pearl Harbor, Hawaii where it will turn over duties and pass on to USS *George Washington* (CVN 73) the designation as the U.S. Navy's only forward deployed aircraft carrier.

and *Kitty Hawk* and the squadrons together ... I think the attitude was great. A lot of good things came out of that," Kimble said.

While operating from Fleet Activities Yokosuka, *Kitty Hawk* made 20 deployments in the Western Pacific, taking part in a number of exercises, including: Cobra Gold; Foal Eagle; Malabar; Annual Exercise; Rim of the Pacific; Talisman Saber; and Keen Sword, the largest joint exercise for the Navy and the Japan Maritime Self-Defense Force.

After the Sept. 11, 2001, terrorist attacks, *Kitty Hawk* sailed to the North Arabian Sea to support Operation Enduring Freedom.

"I remember pulling out of Yokosuka for Enduring Freedom," said Chief Aviation Boatswain's Mate (Fuel) Geronimo Crisostomo, who was on duty the day of the attacks.

The crew's reaction toward Sept. 11 was either anger or sadness, Crisostomo recalled.

"For the most part, the *Kitty Hawk* crew was ready," he said. "We're always ready to do what we have to do."

Kitty Hawk served as a staging base for U.S. Special Forces during the operation.

The first F/A-18F Super Hornet landing on board *Kitty Hawk's* 4.1-acre flight deck took place Feb. 19, 2004.

Kitty Hawk also worked to establish itself as a symbol of goodwill and friendship, making port visits to Otaru and Sasebo. The ship was also the first U.S. Navy aircraft carrier to visit Muroran, Japan.

The ship's eventual decommissioning, scheduled for early 2009, has stirred some nostalgia among its Sailors.

"It's going to be emotional for me, because in my opinion, *Kitty Hawk* still has a lot of years

U.S. Navy photo by MC3 Kyle Gahlau

left," said Crisostomo, who served a total of three tours on *Kitty Hawk*, totaling more than 10 years. "It can still do the job out there."

"I think it's going to be a great experience," Kimble said. "Not very many people can say they brought a ship from homeporting in the states to a foreign country and then actually be there to take it back to decommission. This is going to be a really special deal for me."

One Sailor will even bring his father's legacy full circle with the decommissioning. Personnel Specialist 1st Class Joseph Downing's father, Robert, served on *Kitty Hawk* from pre-commissioning in 1958 to 1962.

Downing chose orders to *Kitty Hawk* when he heard it was going to decommission. "That does make me and my father a part of the history of the ship," he said. "When we lose the *Kitty Hawk*, it's going to be more than just losing another ship in our inventory, it's going to be losing a ship that has a lot of history."

After turning over duties with *George Washington*, *Kitty Hawk* will return to San Diego for more than three weeks. The ship will then head to Puget Sound Naval Shipyard in Bremerton, Wash., for decommissioning.

NEGISHI FRIENDSHIP DAY FESTIVAL

Saturday, June 14, 1 to 8 p.m.
Open Base



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.

DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random

anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel that are currently registered in DBIDS but have had changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside building 1495. Customer service hours are Monday through Friday from 7 a.m. to 4 p.m.

横須賀基地に関係する軍人、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登録事務所にて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。

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。

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

司令官の相談室

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.

Yokosuka Middle School Registration

– Many parents have already re-registered their students for the next school year at Yokosuka Middle School. Those parents who have not are asked to come in and complete the re-registration process. Students who have not re-registered by June 11 will be dropped from the computer system. For more information, call 243-5165.

PSD Yokosuka I.D. Section Closure

– The I.D. section at Personnel Support Detachment Yokosuka will be closed June 2-4 for systems upgrade. They will resume normal business June 5.

Tagoe River Clean up community relations event

– Zushi City invites you to join in the Tagoe River clean up community relations event June 8 from 1 to 4 p.m. Participants should meet at the Ikego Officer in Charge (OIC) office at 12:15 p.m. and proceed to JR Higashi Zushi Station. The event will begin at 1 p.m. Participants are advised to bring cotton work gloves, towels, tongs for trash pick up, insect repellent, suitable attire with ball cap and sunscreen. Call Michiko Kamioka at 246-8042 for more information.

BZ: I would like to thank Postal Clerk Murray for his kindness and professionalism. I had a very bad day and nothing was going well at all until I tried to mail off a very important document. Because I was down and distracted, I forgot to put one more thing in the closed envelope, but he kept telling me that he will take care of it and that it's ok. When he told me that that's what he is there for, and that he will get me through this, I almost felt like crying. Not only was he very professional, he also got me out of this very bad day I was having. Thank you very much for your kind words and your professional attitude. You have no idea how much it affected my day.

BZ: I would like to commend CFAY for installing signal lights on three major crosswalks around the base. As a pedestrian and a motor vehicle operator, these signal lights will help ensure safety for all of us. However, will you please

share with everyone, specifically the pedestrians, to use more caution when crossing the streets? Several times, pedestrians would just cross the street without looking for oncoming motor vehicle traffic. Indeed, pedestrians have the right of way, but utilizing common sense would further avoid any accidents. Before you cross the street, please make sure that the approaching vehicles have acknowledged your intention. Aside from slowing down or stopping, drivers usually nod or wave signifying that it is safe for you to cross. Today, I almost hit a Sailor who all of a sudden just crossed even though I was already about a meter away from him.

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an e-mail to cfay.pao.watch@fe.navy.mil. We welcome your feedback, especially if it is of a general nature and can help others. The next "Commander's Corner" live call-in show is tentatively scheduled for 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: cfay.pao.watch@fe.navy.mil.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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Critical Days of Summer 2008

By CFAY Safety

Having fun is what summer is all about. People will be heading off to beaches, cook-outs and campgrounds. This season, Commander Fleet Activities Yokosuka (CFAY) is helping Sailors and Marines take care of each other by encouraging co-workers, families and friends to make the summer season fun, make it safe and then, make it home!

The "Critical Days of Summer," the period between Memorial Day weekend and Labor Day, poses the potential for greater risks. It's a period when many service members transfer since school is out (hence, more families are on the road traveling between duty stations); it's when service members visit family and loved ones and often travel longer periods than they should without rest or a break; and it's also a time for beach parties, cookouts and summer parties, which often combine alcohol consumption, hot weather, and high risk activities.

Naval Safety Center statistics from the past decade indicate that in some years, one-half of the total Navy and Marine Corps

traffic deaths occurred during the "Critical Days of Summer." The following primary factors continue to cause most motor-vehicle fatalities: driving under the influence, excessive speed, not wearing a seat belt or using personal protective equipment, and losing control of vehicle.

During the summer of 2007, 43 Sailors and Marines died in off-duty mishaps.

Rear Adm. Arthur J. Johnson, commander of the Naval Safety Center, emphasizes that "every Sailor, Marine, and civilian must do his or her part to make this year's campaign a success. Make a plan to stay safe while enjoying recreational and off-duty events. We're counting on you to know the statistics so you don't become one."

Sailors, Marines, and civilians at Yokosuka Naval Base are encouraging everyone to be aware of the risks associated with the "Critical Days of Summer" and incorporate risk management into their plans. The potential for injury often is overlooked in anticipation of beach parties, suntans and cookouts. By reminding our Sailors and Marines of these risks, we help to preserve our most valuable asset: our human resources.

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USS Kitty Hawk Sailor recently selected for Pacific Fleet award

By MCSN Robert Pierce, *USS Kitty Hawk* Public Affairs

Electronics Technician 2nd Class (SW) Bentson Peng, a *USS Kitty Hawk* (CV 63) Sailor, was recently named the Pacific Fleet Air Traffic Control Maintenance Technician of the Year.

Peng was also runner up for the Vice Adm. William P. Lawrence Naval Air Traffic Control Technician of the Year.

"It was a surprise to hear that I was recognized for award," said Peng. "I didn't even know that I was selected."

Peng, a native of Taichung, Taiwan, has been in *Kitty Hawk's* CS-6 Division for three years and in the Navy for four.

His work involves maintaining and troubleshooting any of the radar and radar display gear in the ship's Carrier Air Traffic Control Center (CATCC).

Peng said he is always on call, day or night, in case something needs to be fixed; many times working on the equipment until it is back up and running. "I do get woken up at nights when there's gear that needs to be fixed," said Peng.

The radar Peng works on is responsible for keeping track of the Carrier Air Wing 5 aircraft and getting them back to the ship safely. "It's a very important part the *Kitty Hawk* and Carrier Air Wing (CVW) 5 team," said Lt. j.g. Odarious Chambers, the CATCC division officer.

According to Ensign Joseph Brisco, Peng's division officer, Peng is constantly asked for by name and admired for his work by many, including Cmdr. Kevin Laye, the ship's air operations officer. He has also been Radar Division's Technician of the Month for May 2007, Brisco said.

"Petty Officer Peng is one of the finest CATCC technicians that I've ever seen in my Navy career," Chambers said. "He's always getting the job done in a professional and timely manner."

Through his work in supporting and sustaining flight operations, Peng contributed



ET2(SW) Bentson Peng troubleshoots radar equipment in *Kitty Hawk's* Carrier Air Traffic Control Center (CATCC). Peng was recently named the Pacific Fleet Air Traffic Control Maintenance Technician of the Year.

U.S. Navy photo by MC3 Kyle D. Gahlau

to a number of operations and exercises last year, including Valiant Shield and Talisman Saber. Peng performed more than 300 hours of corrective and preventive maintenance radar equipment, in addition to 480 hours spent performing technical support for the air traffic controllers during low visibility flight operations.

Aside from supporting the air traffic controller, Peng also looks out for his fellow technicians by teaching them things they didn't cover in technical training school.

"He's a multifaceted technician and consummate professional," Brisco said. "I can't think of a more deserving Sailor."

USS Kitty Hawk to make homeport Bremerton, Washington

By *USS Kitty Hawk* Public Affairs

USS Kitty Hawk (CV 63) will change homeport from Yokosuka, Japan to Puget Sound Naval Shipyard in Bremerton, Wash., effective July 15.

The change was announced in an April 14 message from Vice Adm. John C. Harvey, Jr., director of the Navy staff in Washington, D.C.

Kitty Hawk left Yokosuka, Japan, May 28 to turn over duties as the Navy's only forward deployed aircraft carrier to *USS George Washington* (CVN 73) in Pearl Harbor, Hawaii.

Kitty Hawk will then sail to San Diego for a three week stop over before sailing on to Bremerton where the ship will eventually be decommissioned.

"Personnel who are going to Bremerton and working to prepare the ship for decommissioning will begin to receive Bremerton entitlements," explained Capt. Todd Zecchin, *Kitty Hawk's* commanding officer.

"One example of a Bremerton entitlement is the ability of a third class petty officer or above, with over four years of service, to be approved for BAH [stateside housing allowance]," said Zecchin in a televised address to the crew April 26. That's great news for the crew who will be living in Bremerton for those several months.

While the overall entitlement portion is relatively cut and dry, each Sailor affected by the July 15 change of homeport date has his or her own individual details to work through.

Kitty Hawk officials understand this and have worked quickly to ensure that each Sailor's specific circumstances are clearly articulated, and any questions answered.

The chain of command, according to Information Systems Technician 2nd Class Bryan Choa, has been getting information to the crew "as quickly as they could," he said.

"The timing [of the message] was sudden," he explained. "Despite the logistics [of the ship being at sea and families being in Yokosuka] they're getting all the information out, given the circumstances."

"There's been a lot of questions," explained Chief Aviation Electronics Technician Zach Silber. "I've seen positive action by the command to, one, answer questions, and second, to plan a course of action that's most beneficial to the crew."

A 14 page document with 128 frequently asked questions was forwarded to the crew within days of the message's release.

To further clarify individual concerns, the ship's personnel officer and assistant personnel officer went on the ship's closed-circuit television for an hour April 26, taking questions from the crew.

"The diversity of situations is pretty vast," Silber said. "There were a lot of specific questions for specific situations. Most have been solved, but there are still some that need to be answered."

Sailors who are remaining with *Kitty Hawk*, yet cross-decking to *USS George Washington* after July 15, will continue to receive cost of living allowance for Japan.

They will be administratively transferred to the Washington and will only be on temporary duty to *Kitty Hawk*. Therefore, they will receive all allowances based on their being permanently stationed onboard *George Washington*.

Approximately 2,700 Sailors will leave Japan with *Kitty Hawk*. More than 900 of *Kitty Hawk's* crew will be cross-decking to *George Washington* between June and January; approximately 423 Sailors are expected to transfer before July 15.

Moving families is a big concern. The latest message allows Sailors without permanent change of station orders to receive a change of homeport certificate with which they can ship their household goods and fly their families to the United States.

"Another good thing about the change [of homeport certificate] for the shipmates who are going to Bremerton is that it allows them to send their families either to Bremerton, or anywhere in the continental United States that they would prefer, and get entitlements for that area," Zecchin said.

The moves will be at government expense; a change of homeport move is considered the same as a permanent change of station move.

Those who already have permanent change of station orders elsewhere have been able to move their families to their new duty stations. Those cross-decking to *George Washington* would generally not need to move families.

Anyone who chooses to move their families from Yokosuka to the states will receive a stateside housing allowance and even a dislocation allowance of more than \$2,000. Single Sailors who live off the Yokosuka base and choose to live off base in Bremerton will also receive this dislocation allowance. If that Sailor receives orders and transfers to a new duty station, they will again be moved at government expense.

See *HOMEPORT*, pg. 6

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9 Chicken Nuggets Garlic Roll Chilled Applesauce Cold Milk	10 Juicy Beef Hotdog on a Wheat Bun Green Beans and Corn Chilled Peaches Cold Milk	11 Pizza Carrot Sticks w/ Ranch Dip Fresh Seasoned Fruit Cold Milk	12 Ham & Cheese Sandwich Ceasar's Salad Fresh Seasoned Fruit Cold Milk	13 START OF SUMMER VACATION
16	17	18	19	20

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Seaman To Admiral program soliciting for FY 2009 applicants

By John Sheppard,
Naval Service Training Command Public Affairs

The Seaman to Admiral (STA-21) commissioning program, which provides a passageway for qualified Sailors to receive college educations and Navy commissions, is soliciting applications for fiscal year 2009 (FY 09).

"STA-21 is a full-time, undergraduate education and commissioning program open to enlisted personnel of all pay grades and ratings to receive a top-notch college education and become commissioned officers," says Cathy Kempf, Head, Selection and Placement, NROTC and STA-21, Naval Service Training Command.



(Left) Master Chief Petty Officer of the Navy (MCPON) Joe R. Campa Jr., talks with Sailors from the Seaman to Admiral (STA-21) commissioning program after morning physical training May 7.

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

All STA-21 officer candidates attend the Naval Science Institute (NSI) course at Officer Training Command, Newport, R.I., prior to beginning college studies at an NROTC-affiliated college or university.

NSI is an eight-week course of intense officer preparation and indoctrination. Course enrollment is timed to allow college entrance during fall, spring or summer semesters/quarters.

"Though the program is open to all ratings and pay grades, age at commissioning plays a big factor in eligibility," says Kempf. "Certain program options are restrictive in what ratings/qualifications are necessary to be eligible. Example: To apply for the Special Warfare option, you must already be a SEAL."

A limited number of selectees will be chosen to attend a three-month individualized program of study at Broadened Opportunity for Officer Selection and Training (BOOST) in Newport to assist in the transition to college. Following completion of BOOST, selectees will attend NSI en route to their university assignment.

"Just the desire to be a Naval officer is not enough. An applicant must show drive and leadership through their everyday responsibilities – that's what their chain of command will see," says Lt. Michael Brewer, lead NSI/STA-21 class officer and instructor.

"Applicants who go the extra mile with their education and preparation for a college/university environment show their chain of command that they are serious about following through," says Brewer. "This means taking SAT preparation courses, taking English 101, college algebra, etc cetera. These are Sailors who get good endorsements from their commanding officers and go on to be successful in the STA-21 program."

Brewer has experienced the program from both sides. A graduate of NSI in 2000, Brewer was commissioned an officer in 2002 after graduating from the University of Colorado at Boulder.

"When I was a third class petty officer stationed at NSGA (Naval Security Group

Activity) Hanza, Okinawa, Japan, I read an article on commissioning programs in the Link magazine while on watch," says Brewer. "The possibility to become a Naval officer somehow became real because of that article, and by the end of my watch, after reading and rereading that article, I had made the decision that the Enlisted Commissioning Program – the model program for what is now STA-21 program – would be my one and only goal in life."

"Selectees are provided a maximum of 36 months of full-time, year-round study to complete a baccalaureate degree," says Kempf. "Participants remain on active duty while attending college and receive pay, allowances, benefits and privileges of their current pay grade. In addition, selectees receive an education voucher for up to \$10,000 per year to cover tuition, fees and book costs."

For those who want to enter the program, Brewer offers this advice, "Focus on doing your job the best you can, let your chain of command know you are interested in becoming a Naval officer and the rest will follow."

The deadline for applications for the FY 09 STA-21 program is July 1, 2008. Application packages must be postmarked on or before the deadline date. Deadline for submission of additional documentation to an applicant's package is Aug. 1, 2008.

Questions concerning this program should be directed to command career counselors or to Naval Service Training Command Officer Development Division at (850) 452-9563.

It's pay day!

PC3 Alex Erskine III, a Dallas, Texas native, feeds mailed U.S. Government employee leave and earning statements into a machine that cancels postage at the Fleet and Industrial Supply Center (FISC) Yokosuka Post Office. FISC Yokosuka Post Office services more than 20,000 Sailors, Marines, Soldiers, families and civilians living in and around the Yokosuka area.

U.S. Navy photo by
MCSN Stephen W. Rowe



HOMEPORT, cont'd from pg. 4

Other Sailors may not be able to move their families by the July 15 date. Ship officials are collecting paperwork requests from Sailors for their families to receive "continued logistic support" for services on Fleet Activities Yokosuka.

Ship officials cannot approve the continued logistic support, however. Naval Forces Japan approves requests for less than 60 days in length; U.S. Forces Japan approves anything longer.

Additionally, Sailors needing to keep their families in Yokosuka and who want to continue receiving overseas cost of living allowance, and if eligible overseas housing allowance, are filing a separate request to Navy officials in Washington, D.C.

Ship's personnel officials are collecting, checking and sending all the documents to the appropriate agency.

While relatively few Sailors will need these additional services, some Sailors could be facing serious hardships without the approved support.

One Sailor's wife is pregnant, for example, and the baby won't be born until after July 15. She can't medically travel until after the baby's born, but the baby can't travel without a passport, which they may not get for a few months.

Another Sailor is waiting on a U.S. entry visa for his foreign-born adopted child. He's applying for the additional logistic support.

As individual issues are brought up and answered officials will update the frequently asked questions list, which is available to the crew on the ship's Intranet.

"We've answered as many questions as we can," explained Senior Chief Personnel Specialist Frank Sanchez, assistant personnel officer, "and we'll continue to answer Sailors' questions as they come up."

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	時給制従業員			
事務系 (MLC)					事務職	3	NEX-HPT-118-08	I, II, IV July 15, 2008
化学職	6	SRFJRC-088-08	I, II, III, IV	July 15, 2008	コック	4	MWR-HPT-20-08(R)	I, II, IV June 11, 2008
技師職 (一般)	7	FEC-C1-004-08	I, II, III, IV	June 2, 2008	コック	4	MWR-HPT-23-08(R)	I, II, IV June 16, 2008
技師職 (一般)	7	FEC-C1-005-08	I, II, III, IV	June 12, 2008	コック	4	MWR-HPT-59-07(R3)	I, II, IV July 1, 2008
技師職 (一般)	7	FEC-OPBDR-002-07(R3)	I, II, III, IV	June 2, 2008	コック	4	MWR-HPT-65-07(R4)	I, II, IV July 8, 2008
技師職 (材料)	7	SRFJRC-087-07(R2)	I, II, III, IV	June 5, 2008	コック	4	NEX-HPT-089-08	I, II, IV July 22, 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	コック	4	MWR-HPT-34-08(R)	I, II, IV July 23, 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	コック・フォアマンA	5	NEX-HPT-088-08	I, II, IV July 23, 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	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
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	カウンターアテンダント・フォアマンB	5	NE-HPT-120-07(R7)	I, II, IV July 11, 2008
エンジニアリング専門職 (機械)	6	SRFJRC-025-08(R2)	I, II, III	July 1, 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
エンジニアリング専門職 (機械)	7	SRFJRC-065-08(R)	I, II, III, IV	June 26, 2008	カウンターアテンダント・フォアマンA	4	NEX-HPT-112-08	I, II, IV July 14, 2008
エンジニアリング専門職 (船舶技師)	6	SRFJRC-92-06(OUF)(A2)	I, II, III, IV	空席広報参照	カウンターアテンダント・フォアマンA	4	NEX-HPT-105-08	I, II, IV July 11, 2008
法律顧問職	7	TSO-02-06(OUF)	I, II, III, 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	NE-HPT-82-07(R4)	I, II, IV July 11, 2008
管理分析職	5	DDYJ-002-08	I, II	May 30, 2008	ハウスキーパー職	3	NEX-HPT-015-08(R2)(A)	I, II, IV May 30, 2008
オフィスオートメーションクラーク	4	SRFJRC-093-08	I, II, III, IV	June 9, 2008	営繕工	5	NEX-HPT-742-08	I, II, IV June 11, 2008
労務要求事務職	5	NCTSFE-008-08	I, II, III, IV	June 11, 2008	クォーターズヘルパー	3	CFAY-HPT-QHN-01-08	I, II, IV July 16, 2008
生産管理専門職	5	SRFJRC-090-08	I, II, III, IV	June 3, 2008	クォーターズヘルパー	3	CFAY-HPT-QHY-04-08	I, II, IV June 4, 2008
事務系 (IHA)					セールスチェッカー	3	NE-HPT-SCY-06(OR)	I, II, IV 空席広報参照
児童育成プログラム補助職	3	MWR-23-08	I, II, IV	June 2, 2008	セールスチェッカー	3	MWR-HPT-05-08(R2)(A)	I, II, IV July 8, 2008
食堂支配人 (交代勤務監督)	4	NEX-726-08(R)	I, II, III, IV	July 11, 2008	セールスチェッカー	3	MWR-HPT-69-07(R2)	I, II, IV July 23, 2008
ペイロール事務職	3	MWR-21-08(A)	I, II, IV	June 4, 2008	サービスワーカー	2	MWR-HPT-SWY-06(OR)	I, II, IV 空席広報参照
技能系 (MLC)					ショートオーダーコック	4	NEX-HPT-120-08	I, II, IV July 24, 2008
電気工	7	FEC-PRY31-010-08(A)	I, II, III, IV	June 2, 2008	車両運転手	5	NE-HPT-501-07(R3)(A)	I, II, IV June 16, 2008
冷蔵及び空気調節機械工	7	FEC-PRY31-011-08	I, II, III, IV	June 2, 2008	ウェイター/ウェイトレス	2	MWR-HPT-64-07(R3)	I, II, IV June 23, 2008
技能系 (IHA)					ウェイター/ウェイトレス	2	MWR-HPT-31-08(R)	I, II, IV July 23, 2008
コック	4	MWR-24-08	I, II, IV	June 2, 2008	ウェイター/ウェイトレス	2	MWR-HPT-WWY-06(OR)	I, II, IV 空席広報参照
フォークリフト運転手	6	NEX-743-08	I, II, IV	June 19, 2008	倉庫係	4	NEX-HPT-727-08(R)	I, II, IV July 1, 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				
サービスワーカー	2	MWR-15-08(R)	I, II, IV	June 11, 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い/補助職	2/3	CFAY-600-02-08	I, II, III, IV	June 9, 2008				
翻訳通訳職	5	FEC-MS-002-08(R2)	I, II, IV	June 10, 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。

Sailors, civilians lend helping hand to Yokohama's homeless

Story and photo by Sean Dath, CFAY Public Affairs

Sailors and civilian volunteers from Fleet Industrial Supply Center, Yokosuka, *USS Kitty Hawk* (CV 63), Ikego Elementary School, Afloat Training Group Western Pacific, U.S. Army 836 Transportation Battalion, Helicopter Anti-submarine Squadron Light 51 and Commander Fleet Activities Yokosuka (CFAY) Yokohama Detachment; fed approximately 200 homeless people during a community relations (COMREL) event at the *Kotobuki-cho* Worker's Welfare Association community center in Yokohama, Japan May 13.

The 24 volunteers started out in the Negishi housing base community center, making Japanese *onigiri* (rice balls), soup, pasta salad and crackers topped with jelly or cheese. Rieko Fujita of CFAY Yokohama Detachment Administrative office explained that all of the food was purchased using money raised through various fundraisers held throughout the year.

"The money used to purchase the food today was raised by CFAY Yokohama Detachment by holding car washes, selling food and beverages at Negishi open base events and holding bazaar's during the year," Fujita said.

After the food was prepared, volunteers transported it to the *Kotobuki-cho* area where tables were set up to allow two lines of people to quickly make their way through the area with their plates of food.

Interior Communications Electrician Second Class Jason Kraker said that helping out the community through COMREL's such as this, helps foster better relations between the U.S. Navy and Japan.

"This COMREL is an excellent way to give back to the local community," Kraker said. "It also shows our host country that we are here to help them, and that we support as well as defend its people."

Negishi base holds COMREL's events in *Kotobuki-cho* several times a year, to help show that pledge of support.

"This is the second time we have conducted a food drive in the past few months, the first was held last November," Fujita said. "We also deliver used clothes, blankets and sheets that are donated by Negishi base residents to homeless support groups in *Kotobuki-cho* three or four times a year."



(Left) IC2 Jason Kraker hands a bowl of soup to a homeless man during a community relations (COMREL) event at the *Kotobuki-cho* Worker's Welfare Association community center in Yokohama, Japan May 13.

"We are trying to be good neighbors to the local community," said Fujita. "It is important that they understand that our presence in the area is not only for military purposes, but for civil reasons as well."

The *Kotobuki-cho* area of Yokohama is home to more than a hundred flophouses (cheap room or hotel) making it one of the top three flophouse districts in Japan along with the *Sanya* district of Tokyo and the *Airin* district in Osaka.

More than 6,000 people live in *Kotobuki-cho*. Many of the residents are day-laborers working at construction sites and the port of Yokohama. They are hired in the morning, and their contracts expire in the evening.

Coupons: useful cost saving tool when managing your budget

Story and photo by Tetaun Moffett, CFAY Public Affairs

Purchasing groceries weekly at the commissary can become a very expensive responsibility. So whether or not you have a large family, just shopping for food can often "break the bank." Many patrons have come to the conclusion that in order to save money on groceries; they must buy less or pay less. One way an individual can curve the cost from buying food is by using coupons.

Coupons are classified as a negotiable certificate accompanying a product that may be redeemed for a cash discount. The Defense Commissary Agency (DeCA) operates a worldwide chain of commissaries that consistently aim to help shoppers save an average of more than 30 percent on their purchases compared to commercial prices. Because DeCA Yokosuka Commissary is an overseas location often coupons maybe difficult to come by, but at the Fleet and Family Support Center Yokosuka (FFSC) you'll find nearly 10,000 free coupons located just outside their offices.

"We receive a shipment of coupons from volunteers all over the U.S. who cut out and sort thousands of coupons," said Frank Cassagnol, FFSC information referral specialist. "Every week will fill up boxes outside our office welcoming those that are in need or are looking for that extra discount."

Verdelle Joyner a guidance counselor at Kinnick High School shops at the commissary at least twice a week and rarely misses a discount. "I've been using coupons for years and over these years I have saved quiet a



considerable amount of money," said Joyner. According to Joyner the best time to shop at the commissary is before paydays and early in the morning.

"I normally would not purchase an item if I know I have a coupon for it but I may have left it at home. I will wait until the next day to purchase the item. Often I check to see if items go on sale, and I will try to gather my coupons for them," Joyner said.

The commissary will not accept coupons from any other stores; such as Walmart, Target, Krogers or Publix. However, they will accept and process manufacturer coupons up to six months past the printed expiration date.

"I encourage every young or new family living overseas to go over to FFSC where the coupons are already in baggies. You can also get manufacturer's coupons from the internet. Every dollar you spend without using coupons you could be saving for you family," said Joyner.

Before shopping in the commissary it's a great idea to organize your coupons in an index box or shoebox by category such as fast foods, frozen foods, dairy, cleaning supplies and so on.

Another key to commissary savings is always read the stores circulars and use coupons in conjunction with a product that is on sale or find a buy one-get-one free sale. Whenever you shop at the commissary consider using coupons as they definitely can save you money.

Verdelle Joyner, a guidance counselor at Kinnick High School sifts through her cache of coupons looking for a match to a product she has selected. Joyner shops at the commissary at least twice a week and rarely misses a discount.

CFAY helps keep things clean in Kamakura

Volunteers from Commander Fleet Activities Yokosuka (CFAY) and members of the volunteer group "Fureai," pose after cleaning *Yofukuji* field in Kamakura May 10. More than 50 CFAY personnel including Sailors from *USS George Washington* (CVN 73) participated in the event. The cleanup site was home to *Yofukuji* temple, built more than 800 years ago.

Photo by Fumiyo Sato



MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • May 30, 2008



Mt. Fuji Briefings

Mt. Fuji Trip Leaders Briefing

Wednesday and Thursday, June 4 and 5
from 1700 to 1800

We are looking for potential trip leaders and helpers with good hiking experience to assist us with our Mt. Fuji climbs for the months of July and August. Located at Outdoor Recreation Center.

Mt. Fuji Safety Briefing

Wednesdays, June 11, 18 and 25
from 1700 to 1800

Outdoor Adventure Program will be giving pre-trip safety briefings to prepare you on what to expect when climbing Mt. Fuji and what items are needed. This will help to make your climb easier and a memorable experience. These safety briefings will be held on the 2nd Floor of Green Bay Marina and are mandatory for all Mt. Fuji trips.

IACE TRAVEL AGENCY



MWR'S NEW TRAVEL AGENCY: IACE
Starting Monday, June 2

Monday thru Friday 0900 to 1800
and
Saturday 0900 to 1300

ITT Office Location: 243-3498
Fleet Rec Center Location:
243-6629/243-6952

Sunday, June 8
Thew Gym, Yokosuka

SUPER

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

BINGO



\$60,000

\$40,000

In 57 numbers or less.
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.





Outside the Gate

ITT Tickets

Discount Yunessun Hot Spring Tickets

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

Discount Hakeijima Sea Paradise Tickets

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

Tokyo Disneyland and DisneySea Tickets

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

Disney on Ice: Princess Dream

Don't miss the chance to see all of your favorite Disney Princess live and on ice at Yokohama Arena from August 21 - 25! ITT is now selling tickets for ¥5,600 (3 years and older, reserved seating). ITT will have bus transportation available for the August 21 & 22 for \$15 for adults, \$10 for children and \$7 for infants.

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

Intermediate Downhill and Cross Country Mountain Biking at Fujimi Panorama, Nagano Prefecture

Join Outdoor Recreation on June 7 as we travel to Fujimi Panorama for a mountain biking experience like no other. Fujimi is home to a 21 kilometer cross country loop, and two new dirt jump parks for the intermediate to expert XC rider. Experience the adrenaline rush of a 1000ft elevation drop from any of the three downhill shuttle runs. The cost is \$40 per person and includes transportation and knee and elbow pads. Lift tickets are available at the resort for ¥4,500. Bikes and helmets are available separately at Outdoor Rec.

Beginner/Intermediate Rock Climbing at Takatori-yama, Yokosuka, Kanagawa Prefecture

If you're interested in challenging yourself, but don't want the long drive, then join Outdoor Rec on June 8 & 22 for rock climbing at it's finest - Takatori-yama is only a 30-minute drive from Yokosuka! We will hike up the trail to Takatori-yama where locals used to cut stones for building materials. The rock faces are tuff (a pile of volcanic ash) and a little bit crumbly, but fit for beginners to advanced climbers. The cost is \$30 per person.

Sea Kayaking at Hayama, Kanagawa Prefecture

Experience the adventure of sea kayaking on June 14 and 28 and learn basic paddling strokes as well as the Eskimo Roll, depending on ability. Immediately following a one hour class, paddle around the rocky shores of the small islands that trail along the coastline between Zushi and Chojagasaki. The cost is \$50 per person and includes transportation and sea kayak equipment. Trip location is subject to change, depending on the weather.

Mystery Intermediate Surfing Trip

Two days prior to this June 28 trip, our trip leaders will check the weather and wave forecast to determine the location of the trip. The cost is \$50 per person for transportation only. Rental surfboards and wetsuits are available at Green Bay Marina (2nd floor behind McDonald's) for an additional charge.

Deep-Sea Fishing at Nagai, Miura Peninsula, Kanagawa Prefecture

Catch either Mahi Mahi or Saba on June 29! The cost is \$120 per person and includes transportation, tackle, bait and an experienced sea captain to take you out for a day of fun in the sun.

Paintball

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

Exercising in the Heat

Getting Healthy Without Overheating

By EUGENE McCLELLAND, Wellness Program Coordinator

Being in the military means that exercising is pretty much a given, everyone should be doing it. However, not everyone is familiar with the ins-and-outs of doing it properly. As a result, the MWR Wellness and Fitness Center staff has come up with an article explaining how to get in shape...safely. For more information on health and fitness, stop by the MWR Wellness and Fitness Center on the third floor of the Fleet Recreation Center, or give them a call at 241-4486.

Most of us know that exercising in the heat is hazardous, but we rarely consider ourselves at risk for heat injury. It is important to understand the risks involved when planning outdoor activities. It is also essential to understand the environment and how your body responds to the elements.

The number one sign of an impending heat injury is excessive thirst. And thirst is the first sign of dehydration. The average person loses between .5 liters to 1.5 liters of sweat per hour. That fluid loss is dramatically increased during exercise. To ensure proper hydration, one should drink about 15 oz. of water approximately two hours before exercise and 7-10 oz. every 10-20 minutes during exercise. And always re-hydrate within two hours post exercise. Dehydration can lead to heat cramps usually presented in the stomach, arms and legs. Heat cramps, in turn, can lead to heat exhaustion, a condition which begins to shut down the body by reducing blood flow. The signs and symptoms for heat exhaustion are: nausea, intense thirst, headache, loss of coordination, fatigue, loss of appetite, impaired judgment, cool, moist skin, and a weak and rapid pulse. If signs of heat exhaustion occur, the individual should be moved into a cool, shaded area with his or her feet elevated 8-12 inches above the head. Apply cool packs to the armpits, neck and groin areas and loosen any tight clothing. Continue to fan and administer cool water until the core temperature drops significantly. And always contact a physician. Heat exhaustion can lead to an even greater injury in which almost always leads to death, and that is heat stroke. Heat stroke is often mistaken for a heart attack and is not always superseded by heat cramps or exhaustion. The absence of sweating and a high core temperature (103° F) are the first signs of heat stroke. Other signs and symptoms include hot, flushed, dry skin, rapid pulse, constricted pupils, difficulty breathing and all the signs of heat exhaustion amplified. Care for a victim of heat stroke should be recruited rapidly. Move the person to a shaded area, douse them with cool water, and immediately contact 911.

The human body interacts with the surrounding environment during exercise as well as its own internal thermometer. Evaporation is the primary means by which the body dissipates heat. If the environment is too humid, then the body cannot evaporate heat as quickly as it should. If the outside temperature is too high and the air is dry, the body will produce more sweat and, thus, dehydrate more rapidly. The issue of clothing is one that should also be carefully considered when preparing for activities in the heat. One needs to choose fabrics that are light in color and made of dry fit material. This type of fabric has wicking properties that allows heat and sweat to transfer more rapidly from the body. However, cotton is also an acceptable material for exercise. Even though cotton may soak up sweat, it promotes cooling and evaporative heat loss.

The military has set guidelines using flags to signify the level of heat and exercise to be performed or suspended during certain atmospheric temperatures. The system used is the Wet Bulb Globe Temperature Index. It takes into consideration elements such as ambient temperature, humidity, air movement and radiant heat. It is important to note which heat condition is set for your area before planning any outdoor activities.

Follow these simple guidelines for outdoor activities and you will survive to see many more.

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).
- Bartender:** NA-05, \$10.35/hr. Club Alliance (1 RFT).
- Cook:** NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), CPO Club (1 RFT).
- Food Service Worker:** NA-03, \$8.96/hr. Club Alliance (1 Flex), O' Club (2 RFT), Club Takemiya (1 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 Takemiya (1 RFT).
- Club Operations Assistant:** NF-02, \$8.39/hr. CPO Club (3 Flex), Club Takemiya (1 Flex), O' Club (1 RFT).
- 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).
- Marketing Representative:** NF-03, \$10.54/hr. Marketing (2 RFT).

Child Development Programs

- Food Service Worker:** NA-02, \$8.28/hr. Ikego CDC (1 Flex).
- Program Assistant:** GSE-02, \$9.50/hr. Ikego (1 RFT/3 Flex), Main CDC (1 RFT/6 Flex), Hourly (3 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 PPT/3 Flex), Teen Center – Yokosuka (1 Flex).
- Duty Manager:** NF-03, \$10.54/hr. Bowling Center (1 Flex).
- 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 (1 Flex), Ikego (1 Flex), Community Center (2 Flex).
- Recreation Aide:** NF-01, \$7.25/hr. Bowling Center (2 Flex).
- Cashier:** NF-01, \$6.50/hr. Bowling Center Snack Bar (1 RFT/1 Flex).
- Veterinary Health Technician:** NF-03, \$10.54/hr. Vet Clinic (1 RFT).

Recreation

- Projectionist:** NA-05, \$10.35/hr. Theater – Yokosuka (1 Flex), Negish (1 Flex).
- Administrative Assistant:** NF-02, \$8.39 - \$9.55/hr (DOE). Outdoor Recreation (1 RFT) – Internal applicants only.
- Duty Manager:** NF-02, \$8.39/hr. Theater (2 Flex).

Athletics

- Field Maintenance Worker:** NA-05, \$10.35/hr. Athletics (1 RFT/1 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 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 30

1730	Indiana Jones 4	PG13
2100	Indiana Jones 4	PG13
2400	Indiana Jones 4	PG13

Saturday, May 31

1300	Indiana Jones 4	PG13
1730	Indiana Jones 4	PG13
2100	Indiana Jones 4	PG13
2400	Indiana Jones 4	PG13

Sunday, June 1

1300	Speed Racer	PG
1730	Indiana Jones 4	PG13
2030	Tyler Perry's Meet the Browns	PG13

Monday, June 2

1730	Dr. Seuss' Horton Hears Who	G
2030	Leatherheads	PG13

Tuesday, June 3 \$1 Movie Night

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

Wednesday, June 4

1730	Chronicles of Narnia: Prince Caspian	PG
2030	Drillbit Taylor	PG13

Thursday, June 5

1700	Indiana Jones 4	PG13
2030	21	PG13

Friday, June 6

1730	Chronicles of Narnia: Prince Caspian	PG
2100	Leatherheads	PG13

Fleet Theater

Friday, May 30

1800	21	PG13
2100	The Ruins	R

Saturday, May 31

1800	Superhero Movie	PG13
2100	Tyler Perry's Meet the Browns	PG13

Sunday, June 1

1800	Drillbit Taylor	PG13
2100	The Ruins	R

Monday, June 2

1800	21	PG13
2100	Indiana Jones 4	PG13

Tuesday, June 3 \$1 Movie Night

1800	Superhero Movie	PG13
2100	Stop Loss	R

Wednesday, June 4

1800	Indiana Jones 4	PG13
2100	21	PG13

Thursday, June 5

1800	Leatherheads	PG13
2100	The Ruins	R

Friday, June 6

1800	Prom Night	PG13
2100	The Ruins	R
2400	Forgetting Sarah Marshall	R

Negishi Theater

Friday, May 30

1900	Leatherheads	PG13
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Saturday, May 31

1300	Chronicles of Narnia: Prince Caspian	PG
1900	Stop Loss	R

Sunday, June 1

1300	Chronicles of Narnia: Prince Caspian	PG
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Leatherheads

Cast: George Clooney, Renee Zellweger, John Krasinski
Synopsis: Dodge Connolly, a charming, brash football hero, is determined to guide his team from bar brawls to packed stadiums. But after the players lose their sponsor and the entire league faces certain collapse, Dodge convinces a college football star to join his ragtag ranks.



Forgetting Sarah Marshall

Cast: Jason Segal, Kristen Bell, Mila Kunis, Russell Brand, Bill Hader
Synopsis: After a devastating break-up with his girlfriend, TV sitcom star Sarah Marshall, a heartbroken and depressed Peter heads to Hawaii for a little vacation to try his best to forget every detail of his relationship. But love laughs at Peter, because Sarah is vacationing in the same exclusive resort as Peter, along with her new boyfriend.



Indiana Jones and The Kingdom of the Crystal Skull

Cast: Harrison Ford, Cate Blanchett, Karen Allen, Ray Winstone, John Hurt
Synopsis: In 1957, Indiana Jones is thrust back in action, venturing into the jungles of South America in a race against Soviet agents to find the mystical Crystal Skull.



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.

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).

SWIM LESSON PROGRAM



First registration starts Monday, June 9. Please stop by your local pool, the Aquatics office or call 243-2052 for more details.

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.

Youth Track & Field Meet

Saturday, June 14
starting at 0900 on Ikego Field #3
(Please check in NLT 0830)

Youth Sports will host its annual Track & Field Meet for ages 7 thru 15. Events will include running, jumping and throwing events. Each participant will receive a certificate and top three in each event for each age group will receive placing medals. To participate, please register at any Youth Sports Office by June 6. Each youth can participate in up to three events during the day. Program is free!



FATHER'S DAY CHAMPAGNE BRUNCH

Sunday, June 15 from 1000 to 1400
Enjoy a delicious brunch on this special day. Call CPO Club for reservations. Cost is \$12.95. For details, call 243-5506.



summer reading program

Starts Saturday, June 14
It's time for the Yokosuka Library Annual Summer Reading Program. Our theme "Get into the Games" will get you ready for the summer Olympics in August. There will be lots of great prizes this summer, including baseball hats, t-shirts, flyers, skateboard key-rings, free bowling and many more. See the display of the great prizes at the library. The program will run until August 9 and will follow with a celebration of the end of program party. For more info call 243-5574.



Fuji Indoor Climbing Challenge

Monday thru Sunday, June 16 thru June 22
in Purdy Fitness Center

So you think you are ready to climb Mt. Fuji this summer? Sign-up and take part in this climbing challenge in the comfort of the Purdy Fitness Center. All the details will be given upon sign-up.

Yokosuka Officers' Club and Armed Forces Entertainment Presents
Swimming Pool Event
All Hands (Yes, this means you.)
Blue Island Tribe
Join us for an evening of Caribbean influenced reggae/rock that will put you in an island mood. Featuring a great buffet with Caribbean style foods.
Tickets on sale Monday, May 19
Ticket price per person is \$15
No host beverage bar at 1700, food at 1730, band at 1800
No swimming allowed.
For details call 243-5030/5002.



blue island tribe
the endless summer
Friday, June 20
at Officers' Club

Are your kids bored this SUMMER?



Join us for the new FIT 4 FUN camp

Mondays, Wednesdays and Fridays from 0900 to 1100
at the Purdy Fitness Center starting June 21 thru August 22
Put the DS down, turn their lives around. MWR Fitness and the MWR Youth Sports Program want to help your kids stay fit and healthy with the first annual Fit 4 Fun Camp. This camp will focus on cardio and strength training, proper nutrition, and help to establish and maintain a healthier lifestyle for your child. Participants will receive training from certified trainers and be provided a variety of activities inside and outside of the gym throughout the summer.
Mandatory meeting for parents and participants will be held at the MWR Fitness office, Monday, June 16 at 1700. Participants are required to complete a Health Assessment through USNH Health Promotions and MWR Fitness. Call 243-9776 to make appointment.
For kids 12 to 17 years of age - \$50 per child / \$25 for additional child
For more details, please contact MWR Fitness at 241-4486 or Youth Sports at 241-2950.

Grill Your Own Steak Night

Saturday, June 21
from 1700 to 2000
at Club Takemiya parking lot
Join us at the Ikego Club Takemiya parking lot for an evening of grilling. Club Takemiya will set up the grills and all you have to do is grill your own steak to perfection and enjoy your favorite beverage while cooking. For more information, please call 246-8071.

International Fresh Water Fishing Tournament
Saturday, June 21 from 0345 to 1700
Located at Tanzawa, Kanazawa. Open to 20 participants, at least 18 years of age or accompanied by an adult sponsor. Registration includes round-trip transportation, fishing license, International BBQ, and unlimited drinks. Participants must bring their own equipment including ice and ice chest. Register by Monday, June 16 at 1600. \$60

Chaplain of Navy Medicine visits USNH Yokosuka

Story and photo by MC2(SW) Derek J. Hurder,
Fleet Public Affairs Det., Japan

Chaplain of Navy Medicine Capt. Wilbur Douglass, visited U.S. Naval Hospital (USNH) Yokosuka May 16 to meet hospital staff and talk to patients during a tour of regional Navy medical facilities.

Douglass, who served as USNH Yokosuka's Command Chaplain from 1989 to 1992, said the duties of hospital chaplains have changed since that time.

"When I was here, the chaplain was pretty much an on-call kind of thing," Douglass said. "Outside of doing my normal rounds, if a patient was feeling distressed, the chaplain would get called. Now, the chaplain is part of the care team. Our input has bearing on what the doctors and the nurses need to do for their shift. At the same time, we get to find out what's going on, so we know how to gear our own intervention."

Douglass stressed the importance of the support chaplains provide for patients.

"It's essential," he said. "Healing is holistic. It's spiritual healing as well. If the person's spiritual stability is not there, it's going to affect their recovery time. The spiritual aspect is a major element."

Spirituality and religion are two separate entities, he said.

"The spiritual side is something we all can connect with. That spirituality is necessary to strengthen and grow. The chaplain can provide the means for that person to allow that to happen."

Besides helping the healing process for patients, hospital chaplains also support hospital staff, Douglass said.

"They're going through their own changes," he said. "It's very difficult to separate yourself from a patient who's going through something major. You get emotionally attached. The chaplains take care of the staff in that regard. They're here day to day. They're seeing the ups and the downs. That will affect them. That's where the chaplains come in and play a huge role - to allow them to talk about those things, to be able to get back in there for the patient."

Douglass said providing spiritual support is highly specialized in all venues. "There are some basic requirements for any chaplain no matter where you serve," he said. "Whether it's in full combat gear in Iraq or in garrison or at a chapel, the chaplain must be able to adapt to that culture and be able to provide the needs that are germane to that culture."

But hospital chaplains are specially trained for their jobs, he said.



(Center) Lt. Cmdr. Jack Carver, U.S. Naval Hospital (USNH) Yokosuka command chaplain introduces Capt. Wilbur Douglass, Chaplain of Navy Medicine to HM3 Alejandro, who recently returned from an Individual Augmentee assignment. Chaplain Douglass, who was command chaplain at USNH Yokosuka from 1989 to 1992, is currently touring regional naval medical facilities.

"In a hospital, you're talking about a whole different culture," said Douglass. "The needs are different, so the training has to be different. We have to be able to adapt so we can provide ministry in that environment. In Navy medicine, there's much more involved, because the chaplains must be able to provide for patients, families and the staff. In some cases, they're in life-threatening situations, they may be isolated from their families, they may have ailments that will take a while to take care of, and the chaplain is there to provide that necessary support."

New DoD video encourages help-seeking

By Department of Defense
Deployment Health Clinical Center

In honor of Mental Health Month, the Department of Defense (DoD) is launching a new educational video depicting how service members and their families may be affected by combat and deployment stress. "A Different Kind of Courage: Safeguarding and Enhancing Your Psychological Health," features interviews with military mental health experts and chaplains, as well as personal stories by service and family members. The video explores issues of concern such as Posttraumatic Stress Disorder (PTSD), alcohol abuse, nightmares, hypervigilance, exposure to violence, emotional numbness and difficulties faced when a loved one is deployed.

The video is a new component of the Mental Health Self-Assessment Program (MHSAP), a DoD funded initiative that offers service personnel and their families the opportunity to take anonymous mental health and

alcohol self-assessments online, via telephone, and at special events held at installations worldwide. The program is designed to help individuals identify their own symptoms and access assistance before a problem becomes serious. The self-assessments are available 24 hours a day, seven days a week online or via the telephone at www.MilitaryMentalHealth.org and 1-877-877-3647. Since the program was launched in 2006, more than 80,000 screenings have been completed online and over the phone.

Through the use of real stories and dramatized vignettes, A Different Kind of Courage addresses the symptoms of mental health and alcohol disorders among military service members and families, and the importance of early help-seeking to protect one's career, family and health. It also provides useful information on how to convince a family member or friend to seek help.

In a segment of the video, Air Force Command Sgt Maj. Manny Sarmina, Senior Enlisted Advisor in the Office of the Assistant Secretary of Defense (Health Affairs), emphasizes the importance of having leaders discuss their own struggles in order to encourage others to seek help. "I don't walk up to somebody and say, 'Hey, my name's Chief, I sought help in the mental health system.' It's not natural to do that. But when you see somebody struggling, and they give you this, 'Oh, you don't know what I'm going through.' Then that's when you pull out that ace, and you say, 'Yes, I do know what you're going through,'" said Sarmina.

The video will be distributed to Family Readiness Group leaders, chaplains, military behavioral health clinicians, unit commanders, Reserve unit leaders, as well as other military groups who want to raise awareness and encourage help-seeking as an act of strength.

"Military families face unique challenges. The video is a vehicle to promote discussion about how others cope with these challenges. By hearing service members and their families speak honestly about their struggles and how awareness and treatment helped, we hope it will encourage others to get help," said Capt. Mark Paris, Ph.D., Deputy Director for Psychological Health Operations in the Office of the Deputy Assistant Secretary of Defense (Force Health Protection and Readiness).

A Different Kind of Courage runs approximately 25 minutes. To view a trailer or the full length version of the video, visit <http://www.mentalhealthscreening.org/military/>.

Solutions for stress

By Lt. Cmdr. Ji Yoo, USNH Yokosuka

Stress and transient anger are often normal parts of everyday life. However, given the ongoing stressors of military life including being stationed overseas and away from family members as well as increased operational tempo that affect both active duty sailors and their families, the Yokosuka community has several factors that may potentially lead to increased levels of stress.

Increased stress may lead to counterproductive coping strategies, such as increased alcohol intake, uncontrolled outbursts of anger or thoughts of violence. Unfortunately, if not addressed, these thoughts can lead to violent acts, either directed towards self or others, that have significant impact on not just our immediate selves and family members, but on the larger community as well. As a community, we are all interested in maintaining a safe environment for ourselves and our families, as well as providing help for those that need extra services to help them through difficult moments in their lives.

Given the increasing levels of awareness given to mental health issues over the last several years, patients have asked about a summary of available mental health services available in the Yokosuka area. They are:

- Chaplain services.
- Fleet and Family Support Center (FFSC) which provides individual counseling; marital counseling; classes on parenting, marriage, stress and anger management; and, financial counseling.
- Mental Health Clinic, U.S. Naval Hospital (USNH) Yokosuka provides group and individual psychotherapy, as well as psychiatric medication management.

Chaplain services are available through the Chapel of Hope or through the chaplains stationed at the various commands in Yokosuka. FFSC services can be accessed by going to the FFSC offices and scheduling an appointment directly with counselors. Mental Health Clinic services can be accessed by a referral from your primary care provider at USNH Yokosuka or your military healthcare provider at your command. In addition, if you are covered under TRICARE Prime, you may contact the mental health clinic directly at 243-5186, to schedule an appointment with one of our staff.

Spring cleaning



(Left) HM3 John Cruz and HM1 Oscar Deguzman conduct a spring cleaning by disinfecting the USNH Yokosuka biomedical waste disposal refrigerator May 5. They donned personal protective gear to avoid liquid splashes and properly disposed of their cleaning supplies as medical waste.

Photo by Jill Ward

FISC employee on 'cutting edge' of technology, martial arts

By Tim Shannon, CFAY Public Affairs

As far as hobbies go, a person may describe U.S. Fleet and Industrial Supply Center (FISC) Yokosuka Information Assurance Manager Bill Craft's, as a bit violent.

"I cut big things into little things," explained Craft with a wide smile.

To be more precise, Craft is a practitioner of two Japanese martial arts. *Iaido*, which is often described as the drawing of the sword and dispatching of your enemy with one cut, and *batto*, the art of cutting.

Iaido was originally developed by Hayashizaki Jinsuke Shigenobu, a samurai from the Sagami Province (modern day Kanagawa Prefecture, minus Kawasaki City), sometime during the late 1500s and early 1600s. Legend has it that Shigenobu witnessed his father's murder and was shown the way of *iaido* during a dream that occurred during a time of intense prayer and meditation.

For Craft however, relaxation, not revenge, is the motivation for his martial arts studies.

"It's very relaxing," he said. "Usually to relax, I'll

go to the gym and do about 45 minutes to an hour of swinging the sword around. Plus, there are normally about six tournaments a year and I'm one of the few foreigners invited to the tournaments to participate. So, I've had the opportunity to meet a lot of high ranking Japanese martial artists in the swordsmanship arena. That is another thing that most people don't get to experience and something I am really grateful for."

Along with being a major source of relaxation, Craft's fondness for *iaido* and *batto* is also the source of some conversation at FISC, most being humorous.

"Well...he's one guy you really don't want to stab you in the back," quipped Craft's supervisor, FISC Communications Management Director Jim O'Leary.

Craft's co-worker, Information Technology Specialist Jeff Barney also joked that Craft's lethal potential also has an up-side when it comes to office morale.

"The number of openly hostile customers we have has greatly reduced in number since he joined our staff," he jokingly added.

Craft was quick however, to put things back in their proper perspective.

"I think of it as more of an art form than a style of fighting," he said. "Also, there's an extreme amount of discipline involved in *iaido* and *batto*. Especially when you take into consideration the fact that you are going to be using a *shinken* (real sword) when you do *batto*. If you aren't disciplined in your approach and don't respect the blade, you are going to lose fingers."

Craft's discipline and attention to detail are qualities that also aid him in his normal duties at FISC.

"With any martial art, you try to perfect your movements," he said. "In the IT (information technology) realm, you try to make the network as good as you possibly can. So, I guess you can say they interrelate that way. They are both a quest for perfection."



FISC Yokosuka Information Assurance Manager Bill Craft puts his martial arts discipline to good use ensuring the FISC servers security is updated. Photo by Tim Shannon

Another area in which he draws from his martial arts discipline is his educational goal. Craft is on course to earn his Master's degree from Norwich University in Science and Information Assurance and Security this summer.

Craft also believes that it helps him to better represent the United States while living overseas.

"This is how you absorb this culture," he said. "We're here for a few years. We get out with the people. We eat with them; we drink with them; we go to school with them or study martial arts with them; whatever. When we do this, we actually absorb the culture and learn how the Japanese think and feel. This is a way to let them know who we are and to let them know that most of us are interested in and respectful of their culture. Hopefully, this helps paint Americans more positively with the Japanese population. It's being an ambassador, that's what it is."

Craft didn't start his martial arts training by swinging a \$13,000 sword, however. He began studying *kendo* (Japanese fencing with a bamboo sword) in the late 1970s, while stationed in Japan in the military. From there, he branched out into *kyudo*, or Japanese archery. When fate brought him back to Japan for a second time, as a civilian, he was advised by his martial arts *sensei* to give *iaido* and *batto* a try. Craft has found the experience of learning *iaido* and *batto* to be a "cut" above the rest.



FISC Yokosuka Information Assurance Manager Bill Craft demonstrates a blocking move during a promotion test in Ayase, Japan. Photo by Don Trent

FISC prepares new petty officers for their future



FISC postal clerk PCSN Julius Green admires his newly earned Petty Officer Indoctrination course graduation certificate following a ceremony for the 11 FISC Sailors who graduated the class May 21. The Petty Officer Indoctrination course was facilitated by FISC chiefs and first class petty officers who volunteered their time to advise and prepare the soon-to-be petty officers for the challenges they will encounter as leaders. Photo by Tim Shannon

FISC mail orderly class keeps letters, packages moving for CFAY commands

Story and photo by Tim Shannon, CFAY Public Affairs

Few things affect morale for those living and working at Commander Fleet Activities Yokosuka (CFAY) like access to the mail. Being able to send and receive letters and packages is critical to the quality of life of those serving overseas.

With that in mind, U.S. Fleet and Industrial Supply Center (FISC) Yokosuka Post Office offers frequent classes for tenant commands, to qualify command representatives for mail pick up and delivery, thus keeping the mail moving smoothly.

The class is offered twice a month, lasts about an hour and is very easy to get into, according to the class facilitator, Postal Clerk Seaman Josh Evans.

"You don't even have to sign up," said Evans. "Just be present at the post office on the first or third Thursday of the month, at 9 a.m. is all you need to do."

Evans also explained that the course is necessary because there are strict guidelines issued by the Navy and the U.S. Postal Service regarding the handling of mail.

"The mail orderly class helps people to understand what their responsibilities are when handling the mail, since they aren't postal clerks and probably don't know the postal regulations," said Evans. "For example, most people aren't aware that there are specific transportation rules when it comes to the mail and certain uniform rules for people in the military."

Once the class is completed, mail orderly cards are

produced and given to the participants after approximately three working days. Then the newly licensed mail orderlies are authorized to pick up their command's mail, Monday through Friday, between 8 and 10 a.m. and on Saturdays between 10 and 11 a.m.

For more information regarding the FISC mail orderly class or any postal related matters, call the FISC Post Office at 243-6711.



FISC postal clerk PCSN Josh Evans explains how to calculate the overall size of a package for shipping during a mail orderly class at the FISC Post Office onboard CFAY May 15.

SRF-JRMC holds ceremony to celebrate new dry dock 6 caisson

Story and photos by Keiichi Adachi,
CFAY Public Affairs

Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC) recently conducted a ribbon cutting ceremony to accept the new caisson for dry dock 6. The caisson is a floating watertight structure used to keep water from entering a dry dock while maintenance repair is being performed onboard ships.

More than 30 representatives consisting of Naval Facilities Engineering Command, Far East (NAVFACFE), Sumitomo Heavy Industries (SHI), Ltd., Sumijyu Yokosuka Kougyou Company Ltd. and SRF-JRMC gathered at an adjacent office to dry dock 6.

Robert Haynes, director of shops division at SRF-JRMC briefly introduced the history of the new caisson to start the ceremony.

The last caisson was the original one which was built in 1940 while the dry dock was undergoing construction. It was of partial rivet construction with an all manual valve operation system. In 1989, the main flooding valves were replaced to have pneumatic operation actuators. Due to the age of over 60 years, it was determined that the original caisson would be replaced with the new caisson in 1997. The new caisson has almost the same configuration as the original one. Overall displacement is about 3,000 tons, almost as heavy as a frigate ship. 1,600 tons of steel and 1,600 tons of permanent ballast are used. All shell plates are over one inch thick, according to Haynes.

During his speech, Hitoshi Kashimoto, president of Sumitomo Heavy Industries Marine and Engineering Co. Ltd., said "our company had accomplished the other project of building the new caisson for dry dock 4 in 1996 and that putting this experience to good account, we could finish this project of dry dock 6 caisson, which is much larger than the one for dry dock 4."

"Because SHI's Yokosuka shipyard was at full capacity at the time, nine of the 13 blocks were fabricated at our Saijo facility in Shikoku. We then assembled all 13 blocks in Yokosuka shipyard's dry dock. This required us to ask representatives from SRF-JRMC to visit our facility in Shikoku numerous times for inspections. I would like to take this opportunity to thank you for your cooperation and kind understanding," said Kashimoto. "The previous caisson was built in 1940, and it has been carefully maintained

and fulfilled its function for 67 years. I hope the new caisson will take over the function and serve for a much longer term."

Kashimoto then handed out the ceremonial new key for the caisson to both Dock Master Akira Kamikawa and SRF-JRMC Carpenter Shop Head Nobuhiro Takanashi while ceremony attendees looked on.

During her speech, Capt. Stephanie Douglas, commanding officer of SRF-JRMC said, "I am extremely pleased today to be officiating at this ribbon cutting ceremony. This is a unique opportunity to accept the new caisson for our largest dry dock, dry dock 6. Dry docks are one of the facility elements that make us uniquely a shipyard. A large concrete hole in the ground big enough to put an aircraft carrier into is not just a dry dock or, in this case, a graving dock. It is a national asset – the caisson makes this asset functional. This is one of only 27 graving docks operated by the U.S. Navy in the world."



(Left) Muneo Suzuki, quality control specialist, Public Works Department, Lt. Wernher Heyres, assistant public works officer, SRF-JRMC Commanding Officer Capt. Stephanie Douglas, Hitoshi Kashimoto and Akira Kamikawa joined the ribbon cutting at the conclusion of the ceremony.

CFAY営繕部門品質保証職の鈴木宗夫さん、CFAY営繕士官補佐のワーナー・ヘイレス大尉、ステファニー・ダグラス大佐、榎本同さん、神川彰さんが式の締めくくりとしてリボンにハサミを入れた。

Douglas also said that the dock master at SRF-JRMC is the lucky owner of the important structure, and the Carpenter shop is the lucky operator, and that the vital new asset will undoubtedly allow SRF-JRMC to use dry dock 6, this important national asset for both the U.S. and Japan, for many years to come.

A 12 million dollar design-build construction contract to replace the dry dock 6 caisson was completed in early March. Dry dock 6 is the largest in the Pacific arena, and the only dry dock capable of aircraft carrier docking. A full two years from the date of award was needed to plan, design and construct this caisson, which is the size of a six-story building.

All major valves of the new caisson are operated by pneumatic actuators. Access trunks and stairways are provided down to the bottom instead of vertical ladders. All compartments are provided with ventilation and lighting systems.

"Every single aspect of the new caisson is better than before, and the new caisson is durable, which means the caisson lasts more than the previous one," said SRF-JRMC Dock Master Akira Kamikawa.

SRF-JRMC Carpenter Shop Head Nobuhiro Takanashi said, "We usually had manual operations on the previous caisson. But the new one is almost automatic so that the operations on the caisson can be faster than before. The lighting system and stairs inside of the caisson provide us with opportunities to work much safer and easier."

SRF - JRMC、6号ドック用の新ケーソン受領式を行なう

文・写真:安達慶一、CFAY広報課

先頃、6号ドック用の新しいケーソン（扉船）の受領式が艦船修理廠及び日本地区造修統括本部（SRF-JRMC）で行なわれた。ケーソンとは浮遊防水建造物で、ドック内で艦船修理が行われる間、海水の入水を防ぐ為のものだ。

極東海軍施設技術部隊（NAVFACFE）、住友重機械工業株式会社（SHI）、住重横須賀工業株式会社、及びSRF-JRMCから30名以上の代表が6号ドックの近くにある事務所に集まった。

SRF-JRMC工場管理部部長のロバート・ヘインズさんによる新しいケーソンの誕生までの手短な経緯報告によって式は始まった。

ヘインズさんによると、6号ドックの建設中であつた

1940年に旧ケーソンは建設され、当時の姿がそのまま残っている。バルブ操作は全て手動で、部分的にリベット留めの建造物だ。1989年には、空気圧による作動装置を取り付ける為にメイン入水バルブを交換した。60余年という古さもあり、1997年に新しいケーソンとの交換が決まった。新しいケーソンは古いものとはほとんど同じ形状である。総排水量は約3,000トンあり、フリゲート艦一隻の重さになる。1,600トンの鋼鉄に加えて（船の安定を保つ為）同量のプラスチックが使用された。全ての外板の厚さは2.5センチを越える。

住友重機械マリンエンジニアリング株式会社社長の榎本同（ひとし）さんはスピーチの中で、こう述べた。「1996年に4号ドックの新しいケーソン建設プロジェクトを手掛けた経験を生かし、6号ドック用のケーソン建造を完了することが出来ました。今回のものは4号ドック用よりずっと大きいものです。」

「建設開始当時、SHIの横須賀製造所は他の仕事の為、収容能力が有りませんでしたので、ケーソンの13区画のうち9区画を四国愛媛県にある西条工場で製造しました。そして、全ての13区画を横須賀製造所で組み上げました。西条工場での製造時には、SRF-JRMCの代表の方たちに検査の為、何度も我われの施設に足を運んでもらいました。この場をお借りして、皆さんのご協力とご理解に感謝致します」と語り、こう締めくくった。「旧ケーソンは1940年に建造され、67年もの間十分に整備をされ役割を果たして来まし

た。新しいケーソンがその役割を受け継ぎ、より長い年月に渡り使用されることをここに切に望みます。」

SRF-JRMC司令官のステファニー・ダグラス大佐はスピーチでこう述べた。「今日、ここに受領式が執り行われ、大変喜ばしく思います。最大の6号ドックに新しいケーソンを受領できることは特別な機会であり、我われを特別な造修所にする施設要因の1つがドックなのです。空母を入れる十分大きな6号ドック、これはただのドックではないのです。国家財産であり、ケーソンがあつてこそドックを機能活用させるのです。これは世界にある米海軍によって業務が行なわれている27の乾ドックの1つなのです。」

ドックマスターはこの重要なケーソンの幸運な保有者であり、木工工場は幸運な操業者となるでしょう。新しいケーソンは日米両国家にとって重要な国家財産である6号ドックをこの先何十年も使用可能にするのですとダグラス大佐は言葉を締めくくった。

今年3月上旬には、6号ドック用ケーソンの交換のデザイン・建設含めた100億円の契約は完了していた。6号ドックは太平洋地域では最大で、唯一空母を入渠でできるもの。このケーソンの準備、デザイン、建造には、契約から丸2年を要した。高さは6階建てのビルに相当する。

新しいケーソンの全てのバルブは空気圧によって操作される。従来の垂直はしごの代わりに出入り口用のタンクとケーソンの船底までの階段が常備されている。ケーソン内全区域には、換気システムと照明システムが完備している。

「あらゆる観点から考慮して、新しいケーソンは以前のものより耐久性に優れ、前のケーソンより長期間の稼働が見込める」と語るのはSRF-JRMCドックマスターの神川彰さん。

木工工場長の高梨伸宏さんはこう話した。「以前のケーソンでは全て手動の操作でした。新しいものはほとんど空気圧での操作ですので、ケーソンでの業務は以前より迅速です。ケーソン内の照明システムや階段は、安全で容易に業務を行なえる環境を与えてくれます。」



(Right) Hitoshi Kashimoto hands out the ceremonial new key for the caisson to both Dock Master Akira Kamikawa and SRF-JRMC Carpenter shop Head Nobuhiro Takanashi during the recently held Dry Dock 6 caisson ceremony.

式の出席者が見守る中、榎本同さんがドックマスターの神川彰さん（奥）と木工工場長の高梨伸宏さんに受領式用のカギを渡す。

Head's Up Yokosuka! Community Announcements

One Stop Fleet Medical and Dental Check-in – USNH Yokosuka presents a convenient, one-stop medical and dental check-in process to assist fleet Sailors and their families. Please come to the USNH Command Auditorium on the third floor every Monday starting June 2 to Sep. 29 during the hours of 9 a.m. to noon. Sponsors and their families will be guided through the main medical and dental areas to check in to ensure family members receive the best care possible. Please bring medical records, sponsor's orders, family entry approval and command sponsorship letter for a seamless transition.

Ikego West Valley Campgrounds – The Ikego West Valley Campgrounds is the place to spend a fun filled weekend with family or friends. Activities include camping, wall climbing, archery, trail hiking, frisbee golf, paintball and more! For campsite reservation, call 243-5732 or visit the Outdoor Recreation Center from 10 a.m. to 6 p.m., Thursday - Tuesday. Also, on Saturdays and Sundays, reservations may be made at the Ikego paintball area from 9 a.m. to 4 p.m. Additionally, for your convenience, you may e-mail reservation requests to preston.valerie@cfay.navy.mil. Payments must be made in full within three days of the reservation date, otherwise it is subject to cancellation. Each site holds a maximum of 20 people.

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.

Defense Commissary stocking more 'green clean' products

By Lynda Valentine, Defense Commissary Agency

Over the past year, the Defense Commissary Agency (DeCA) has almost tripled the number of "green clean," recycled and biodegradable products sold in stores. Commissaries now offer 24 green and natural products in laundry detergents, glass and surface cleaners, bleach, stain removers, drain openers, fabric softeners and floor cleaners.

"We see, by the sales of these items, that our customers want this type of product," said Rick Page, the agency's acting director. "As the availability of products in the green clean, natural and recycled categories continues to grow, DeCA will also continue to increase the number of items we make available to our customers."

The largest natural brand being stocked within DeCA is the Seventh Generation brand. Commissaries also stock Citra Sol, another well-known natural brand. Plus, many mainstream brands are coming out with natural alternatives. Purex has a laundry detergent called "Purex Naturals" and Clorox has begun manufacturing all-purpose cleaning, glass, bathroom and toilet bowl cleaner products under a "Green Works" label.

Rounding out the list of green products being sold at commissaries are 21 types of compact fluorescent light bulbs and 15 recyclable products in the paper section.

According to the Environmental Protection Agency's Web site, <http://www.epa.gov/>, about one out of every three commercial cleaning products contains harmful chemicals. Green products are defined as cleaning and maintenance products that minimize adverse impacts on children's health and the environment, while cleaning effectively. Environmentally preferable cleaning products have less impact on human health and the environment than their traditional counterparts because they are generally less toxic and contain lower concentrations of volatile organic compounds, ozone-depleting chemicals, endocrine disrupters and reproductive toxins and carcinogens.

When shopping for green clean products, consumers should check labels for wording such as non-hazardous, mild or non-irritant and neutral pH.

DeCA operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a five percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,000 annually for a family of four. A core military family support element and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America's military and their families and help recruit and retain the best and brightest men and women to serve their country.

The secret to peace and blessing

By Chaplain Robert Bradshaw

"Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. For, whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. He must turn from evil and do good; he must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil." 1 Peter 3:8-12 (NIV)

Greetings to the wonderful folks here in Yokosuka. What a blessing each of you are. God says that each of us are fearfully and wonderfully made; a masterpiece uniquely made by him. How much more different is God's view about us than what the world says about us. As soon as we are born, it seems as if everyone is trying to put a label on everyone else. People form cliques and exclude others. It is popular to "bust" or "dis" one another. Where is the peace and blessing of life in actions like these? It seems like a lot of stress, strife, and discord in the world.

The Bible instructs us to act in ways that are so contrary to what the "norm" is. It is in God's instructions that we find the true keys to peace and blessings. Wouldn't it be great to work, live, shop and play in a place where there was peace and blessings? It is possible? As the verses state above, if all of us lived in harmony where we were sympathetic, loving, compassionate and humble there could be peace and blessing. When evil comes our way we should try to find a way to be a blessing to that person so there could be peace and blessing. If we could just slow down and value one another and guard what we allow to come out our mouths in speech there could be peace and blessing. If we could see evil for what it is and turn from it and do good there could be peace and blessing. If we sought peace in all we do there could be peace and blessing. All of this is much easier said than done but it is possible through a relationship with God.

What great possibilities God offers for our world. Look around! There is so much beauty and even more potential for good to flourish. Do you have faith in possibilities?; in God? Don't give up your hope for a

better world. All of us are part of the solution. God bless you and may your lives be full of peace and blessings.

Blessed are the peacemakers,

HRO USCS Positions

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

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

Child Development Operations Clerk (OA) – YB-303-1, CFAY-87-08. Open: 05-16-08, Close: 05-29-08. Location: Hourly CDC.

Health System Specialist – YA-0671-2, NH-83-08. Open: 05-15-08. Close: 05-29-08. *Japan wide.

Continuing

Paralegal Specialist – YA-0950-02, RLSO-82-08. Open: 05-08-08. Close: 05-29-08.

World Wide Recruitment

The following is a list of positions serviced by HRO Yokosuka that are currently being recruited worldwide through RESUMIX. To apply, please submit your resume to HRSC Pacific, Honolulu, Hawaii via the following link: <https://www.donhr.navy.mil> Click on: Jobs, Jobs, Jobs

Supervisory Human Resources Specialist (Labor and Employee Relations) – YC-201-02, PAC0201-P3012744-OS-FL. Open: 5-23-08, Close: 6-6-08. HRO, COMNAVREGJAPAN, Yokosuka Japan. *This is a special recruitment flyer for job opportunity announcement number DON0201-OS-YC.

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. \$8.28-\$8.96/hr.
Food Delivery Operator –Yokosuka. \$8.28/hr.
Food Service Supervisor – Food Services. \$10.74/hr.
Food Service Worker Leader – Ikego, School Lunch. \$9.10/hr.
Sales Clerk (Specialty) – Retail. \$8-\$9/hr.
Sales Clerk – Retail. \$7-\$8/hr.
Customer Service Clerk – Main Store. \$8.25-\$9/hr.
Supervisory Sales Clerk – Retail and Autoport. \$8.39-\$11/hr.
Store Worker – Main Store. \$8.28/hr.
Store Worker Supervisor – Main Store. \$10.10/hr.
Warehouse Worker – Main Store. \$9.66/hr.
Hair Stylist – Beauty Salon (Negishi). Commission.
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.
ID Checker – Loss Prevention. \$6.50-\$7.50/hr.
Warehouse Worker Supervisor – Receiving. \$12.12/hr.
Receiving Clerk – Receiving. \$9-\$10.10/hr.

Miscellaneous

Youth Program Director for the Yokosuka Chapel of Hope Roman Catholic Faith Group for 4th Quarter 2008 – Must be a fluent English speaker and be able to work a flexible schedule dependent upon youth program needs. Applicant must be familiar with Protestant doctrines and resources for choosing instructional material. Must be able to effectively instruct, motivate and encourage student participants. Will be needed for instructional periods which include weekends, weekdays and evenings. Must be able to work closely with the chaplain in charge of the faith group. Previous experience at a Navy Chapel preferred. Please call the Chapel of Hope at 243-6773 for more information.

Organist for the Chapel of the Rising Sun Roman Catholic Mass for 4th Quarter 2008 – Must be a fluent English speaker and be able to work a flexible schedule dependent upon religious service needs. Must be able to read and play piano/organ at a performance level. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to transpose music as needed to adapt to the singing range of the chapel choir and be able to work closely with Catholic choir director and the chaplain in charge of the service. Previous experience at a Navy Chapel preferred. Please call the Chapel of Hope at 243-6773 for more information.

Organist for the Chapel of the Rising Sun Protestant Service for 4th Quarter 2008 – Must be a fluent English speaker and be able to work a flexible schedule dependent upon religious service needs. Must be able to read and play piano/organ at a performance level. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to transpose music as needed to adapt to the singing range of the chapel choir and be able to work closely with Protestant choir director and the chaplain in charge of the service. Previous experience at a Navy Chapel preferred. Please call the Chapel of Hope at 243-6773 for more information.



VOLUNTEER OPPORTUNITY

CHAPEL OF HOPE

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

FREE TRAINING FOR VOLUNTEERS WILL BE PROVIDED !

SIGN UP NOW!

**Contact Cora Bulseco at 243-7321
or e-mail to Maria.Bulseco.rp.ctr@fe.navy.mil for more information**



Worship Schedule

YOKOSUKA: Chapel of Hope
• 243-6773/ 6774

Roman Catholic

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

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

General Protestant

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

Protestant Liturgical

SUN	Communion Service, Fellowship Hall	1100
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Contemporary Christian

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

Gospel Praise Service

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

Filipino Christian

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

Church of Christ

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

The Church of Jesus Christ of Latter-Day Saints

SUN	Sacrament	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!

MARINA JOELE BATES is the proud parent of ANASTASIYA DANAE BATES born May 6, 2008 at 8:05 p.m., weighing 7 pounds 9 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, June 2

Accelerated Transition Assistance (ATAP) 7 a.m. (4 days): This is a four-day seminar for military members and families with less than eight years of service. Topics include transition assistance, veteran's benefits, separation documents, job search skills and lifestyle changes. Eligible candidates are recommended to attend this workshop one year prior to projected separation. Reservations are required through your Command Career Counselor.

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions: Does your life seem out of control? This workshop is designed to help you build skills in these four important areas of your life!

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 given to speaking English in an everyday setting.

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

Tuesday, June 3

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **June 3-6, 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.

Developing Your Spending Plan 11 a.m. (1 hr.): Too much month at the end of the paycheck? In this interactive class, you'll learn the importance of a written spending plan. You'll learn about the Financial Pyramid, the Financial Planning Worksheet, and creative ways to find extra cash on even the tightest budget. We don't tell you how to spend it, we teach you how to keep more of it.

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

Relational Intelligence for Couples (RIC) 9-11 a.m. (2 days): This is a two day workshop for active duty personnel and their spouses/significant others, and dual military couples. RIC is designed primarily for couples who want to improve their marriages and decrease arguments or destructive patterns of behaviors.

Wednesday, June 4

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions

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

Family Readiness Leadership Meeting 11 a.m. (2 hrs.): This is an opportunity for Family Leadership Readiness Group Leaders to discuss the opportunities and challenges facing family readiness groups here in Yokosuka as well as to share ideas and ask questions of other groups. All FRG leaders, Command Leadership, and Command Leadership Spouses are encouraged to attend.

Ikego – Kamakura Tour 9:30 a.m. (6 hrs.): This class will tour the city of Kamakura. The class is led by a bilingual guide! Come join in the fun. Bring yen for train transportation, lunch and shopping.

Thursday, June 5

Employment Overview 11:45 p.m. (1 hr.): 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/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

English as a Second Language (ESL) 4:30 a.m. (1.5 hrs.)

Saving and Investing 11 a.m. (1.5 hrs.): In this class, we'll teach you the difference between a stock and a bond. You'll learn about your risk tolerance, your time horizon, and what investment vehicles match your investor style. You'll learn about mutual funds, expense ratios, money markets. You'll even learn about dividend reinvestment plans and how you can buy stock directly from certain companies.

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

Friday, June 6

Ikego – Kid's Craft 10 a.m. (1 hr.): The Kid's Craft Class is a fantastic opportunity to interact with other parents and children, while the kids do fun seasonal crafts. All ages are welcome and must be accompanied by an adult.

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

Upcoming Classes

June 9	Communication, Anger and Stress Management, Assertiveness (CASA); English as a Second Language Career Options Navy Skills Evaluation Program (CONSEP)
June 10	Area Orientation Brief and Intercultural Relations Class; Baby Basic; Credit Management IA Family Evening; Spouse Support Group; Welcome to Ikego
June 11	CASA; Effective Resume Writing
June 12	Ikego – Play Morning; Thrift Savings Plan
June 13	Ikego – Japanese Culture Series – Ukulele Lessons; Interview Techniques; Yokosuka – Play Morning

Negishi FFSC
242-4125

Fleet and Family Support Center
243-FFSC (3372)

Ikego FFSC
246-8052

Visit Our Web site

Go to: www.cfay.navy.mil. Click the "FFSC" Tab

Automobiles

'02 **BMW 320i**. \$12,800. 45,000 km. New Michelin tires, DVD stereo. JCI good September 2009. Contact 3377480901@jcom.home.ne.jp. Tel: 243-6632 (Don).

'99 **Honda Accord Station Wagon**. Silver, automatic. PCSing, must sell. Fantastic, must see. Looks almost new. Immaculate interior, smooth engine, fast pick up. FM/AM radio, MP3. \$2,700. 246-8361 from 7 a.m.-3 p.m., Monday through Friday or 246-7592 5 p.m.-10 p.m. 83,750 km.

'98 **Toyota Ipsum**. Excellent condition. Very reliable car. 103,000 km. JCI 'til May 2010. Two new front tires. \$2,500 obo. Call 241-2793 or 090-4576-6054. PCSing, must sell.

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

Angel Motors – Specializing in U.S.A. Spec (LHD) Models! American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! **ANGEL MOTORS MAY U.S.A. CAR SPECIALS!** 1. Beautiful '99 U.S.A. BMW 323i Sedan AT and 68K miles, black, leather, sports package and extras for \$12,900! 2. Gorgeous '97 U.S.A. BMW M3 Coupe 5MT and 52K miles, silver, leather, "angel eye" headlights, crystal tail lights for \$13,900! 3. One owner '95 U.S.A. BMW 525i Sedan AT and 31K miles, full specs, premium and winter packages for \$8,900! Visit us: www.angelmotorsjapan.com. Visit our web site for photos and details, or call Mike to see. Contact Mike for more details at Tel: 090-8019-6372, e-mail: mike@angelmotorsjapan.com. Web site: www.angelmotorsjapan.com.

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

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

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

Motorcycles

'89 **Honda CBR 400 RR**. Great starter bike!! Has less than 12,000 km, new battery, new spark plugs and new choke line. \$1,500 obo. Call 241-2019, or mrr30mtl30@yahoo.com.

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

Services

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

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 yamasmitt@jcom.home.ne.jp.

Friendly female Japanese instructor offers authentic Japanese lesson and calligraphy at your house or Oppama class. Private lesson, ¥2,000. Group, ¥1,500/person. Call 080-5646-2952. Web camera lesson available. rosydreams@hotmail.co.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.

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

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

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 Free Junking. Yokosuka/Ikego/Negishi Registrations, inspections, transfers, I do it all. No problem driving your vehicle to LTO. Call Reiko McCulough, 241-3100/080-5497-2600 or e-mail: reikolotoruns@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 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 Help with Your Cleaning? Satisfaction guaranteed. Excellent rates. Free estimates. Off or base house. Call now. Limited customer. Don't wait for last minute PCS cleaning. 090-6048-5146.

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.

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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.

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.

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フェイスナル トリートメント(デコルテ、首、肩含) マッサージ+美白又は保湿パック。お試し30ドル。フェイスナル+美白又は保湿パック。20ドル。マツゲカール20ドル。チップ不要です。4th Ave. 横須賀基地内、出張OK!090-8293-7685、e-mail: matsuge-kururin5@ezweb.ne.jp お気軽にお問い合わせ下さい。整体(Chiropractic in Yokohama for women) 横浜駅東口3分! その痛み我慢しないで! 1 hr. - ¥6,000. ~ 女性限定。受付時間11 a.m.-7 p.m. (Closed every Sunday) 6月未まで "Seahawkをみた!" で初回 ¥500 OFF 癒しの風ほっと屋 Call us now!! 080-5433-4533(留守電の場合はメッセージをお願いします。)

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.

SoftBank Telecom is hiring energetic outgoing sales staff, for the Yokosuka area. Sales experience preferred. Fluent English-Japanese speaking is a plus. Please bring resume to SoftBank Telecom 1st floor of Fleet Rec, or e-mail to: kharisma.sudler@tm.softbank.co.jp.

Pets

I have two iguanas that need new caretakers. One is a female that is 5 years old and the other is a male that is 2 years old. They have their own cages, have health certificates from the base vet, and can be imported to the U.S. If interested, please e-mail me at: iguanapet2008@yahoo.com for pictures and more details.

Wanted

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

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

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

HELP WANTED. Custodian – The Yokosuka Co-Op Preschool has a job opening for a responsible individual to do custodial work, 10 hrs./week, late morning, and/or afternoon. Experience in janitorial work is preferred. Starting salary is \$9/hr. Applications can be picked up at the Office, Portable building 9000/T next to Sullivans playground, or online at http://www.yokoco-op.com/joinourteam.html. Applications will be accepted until the position is filled. All candidates must be SOFA-sponsored and pass local and federal background checks. Please call 243-4436, or e-mail: apply@yokoco-op.com for more information and application materials.

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.

Part-time native English speakers to teach conversational English at our school in Yokosuka. ¥2,500/hr. For more info, please e-mail at: mcvickerhashiba@yahoo.co.jp, or call us at (046) 822-8909. McVicker English School.

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. **Want to send Balikbayan box to loved ones in the Philippines?** ¥8,000 Metro Manila. Call Gie on base 241-2013, cell 090-2886-5859.

Yard Sales

Community Yard Sale. May 31, Nikko Tower Party Room, 8 a.m.-2 p.m. Clothing: boys teens, men's, women's med, XL. Shoes: men's 11, women's 7, 8, 9. Bead kit, highchair, Tupperware, videos, TVs.

Yard Sale Saturday, May 31, 2008 at 107 Gridley Lane. Hours 8 a.m.-12 p.m. Girls clothes, shoes, home accessories, books, ... moving sale.

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 tour 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.

Standard Indian Ethnic Food in Yokosuka. Our dishes quality Indian Hotel's Restaurant standard. We pay ¥710 taxi money once of 3/4 people in one taxi. Please get receipt from taxi driver and enjoy real Indian ethnic dishes. Bayleaf Indian Restaurant. Tel. (046) 821-1922 and 090-3015-1749. Monday closed. Dinner starts from 6 p.m.

TIF Special International Party Shibuya, May 31, Sat., 6:30-9 p.m., T's Salon 2F. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. http://www.tokyo-party.com. Call 080-2001-0512, party@goover.co.jp.

World Friends International Party Shinjuku, June 7, Sat, 6:30-8:50 p.m., Shinjuku Tokyo Loose. The full-scale International Party in Shinjuku. Meet 200 people. 20 kinds of free cocktails. Free Snacks with Sandwiches. Male, ¥3,500. Female, ¥3,000. http://www.world-friend.com. Call 080-2001-0512, party@goover.co.jp.

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.

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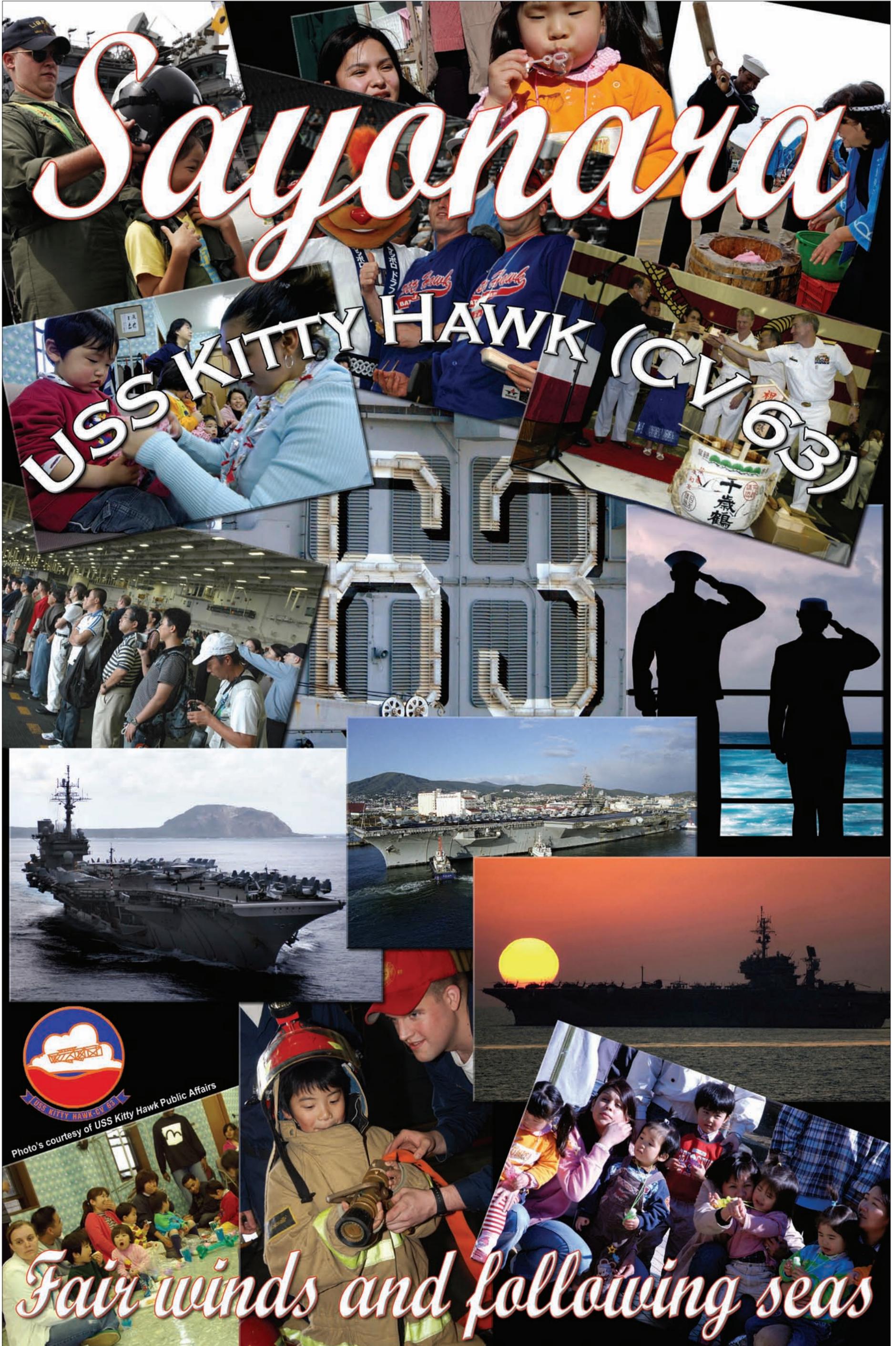
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The point of contact is Keiko or Tomomi, account executive. Regular business hours are Monday-Friday from 10 a.m. to 4 p.m.

Asahi Advertising, Inc.



Sayonara

USS KITTY HAWK (CV 63)

Fair winds and following seas



Photo's courtesy of USS Kitty Hawk Public Affairs