



“CVN 73” manga unveiled in Yokosuka

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

The adventures of Petty Officer 3rd Class Jack Ohara, the fictitious Japanese-American Sailor stationed aboard *USS George Washington* (CVN 73), hit the streets of Yokosuka, Japan June 8. “CVN 73,” a manga or comic book featuring Ohara, his shipmates and the aircraft carrier they serve aboard was received with fanfare from local citizens of CFAY’s host community.

Yokosuka resident Sato Hikaru waited patiently in the line that stretched several hundred meters down Route 16 for her chance to get a copy of “CVN 73,” because she said it was a good opportunity to learn about the U.S. Navy.

“The reaction is quite incredible,” said Commander U.S. Naval Forces Japan Public Affairs Officer Cmdr. David Waterman. “It’s very, very popular from every level of the government, the U.S. government, Japanese government, and of course, the citizens,” he added.

In Japan, manga are very popular and are read by people of all ages. They often cover a wide range of topics, ranging from action-adventure to business. The Navy figured this popular medium would be the most effective tool to reach as many Japanese citizens as possible.

“You can see the popularity is quite fierce,” Waterman said. “What we did was find a way to get across our messages to the Japanese public in their favorite reading material - a great, fun way to learn about it. There are some people in the Japanese populace who are a little worried about *GW*’s (*George Washington*) arrival and this is one way

we can get messages across about the professionalism of the Sailors, the safety of the ship, how we train for all types of contingencies,” Waterman said.

“It’s a very good idea to make a manga,” said Hikaru.

Rainy weather didn’t deter manga fans or interest in unveiling “CVN 73” to the public.



MC3 James Verton hands a copy of “CVN 73,” a manga or Japanese comic book to a local citizen outside Commander Fleet Activities Yokosuka, Japan June 8. The manga follows Jack Ohara, a fictitious Japanese-American stationed aboard *USS George Washington* (CVN 73), as he experiences life as an aircraft carrier Sailor arriving in Japan for the first time.

Approximately 800 copies were given away during the first three hours of distribution, as the artists who created the comic were available to meet enthusiasts and sign their copies.

Ohara, the main character of “CVN 73,” illustrates the pride and professionalism of U.S. Sailors. Readers follow Ohara as he gets accustomed to his new ship and learns that life ashore is much different than life at sea. Ohara goes through many new challenges; including getting used to the tight spaces on the ship, dealing with the loud and busy environment of the flight deck and learning his duties during his first general quarters drill.

“It’s a great story,” Waterman said. “It’s a story about a young Japanese-American Sailor who gets onboard *George Washington* in Hawaii, he transits on its way to Yokosuka, he learns about himself, and he learns about the ship,” Waterman added.

The Navy hopes their new comic book will give Japanese citizens a better understanding of how the Navy operates and introduce them to the many struggles Sailors experience when adjusting to life in a new country.

Approximately 25,000 copies of “CVN 73” will be distributed to Yokosuka area residents at open base events and at other Navy functions.

The Navy isn’t alone in hoping the manga brings a better understanding of naval life to the Japanese public. Hikaru said she hopes the manga will bring Japan and America closer to each other.

Mission accomplished: USO Yokosuka has landed!

By Tetaun Moffett, CFAY Public Affairs

For the first time in 63 years since the U.S. Navy formed an alliance with Japan, Commander Fleet Activities Yokosuka (CFAY) welcomed the arrival of its first ever United Service Organizations (USO) center. After receiving major contributions and support from various private organizations, the U.S. military and dedicated volunteers, CFAY has a USO to call its own.

Located on the third deck of Club Alliance, you will find a 2,000 square foot facility outfitted with state of the art theater entertainment, interactive gaming systems, free Wi-Fi and internet access, a music room, massage chairs, relaxing living room/lounge area and a United through Reading Program.

“Here in Yokosuka it’s the Navy family that we are all about and USO Yokosuka will serve as a hub for all service members,” said Commander U.S. Naval Forces Japan (CNFJ) Rear Adm. James D. Kelly. “The fact that we haven’t had a USO in Yokosuka for this amount of time is amazing to me; it’s a dream and a perfect location.”

This is a great accomplishment for the military community of Yokosuka – designed to provide first class support and comfort to individual augmentees, service members and families as a place reserved for total morale, welfare and recreation.

“We’ve witnessed a long awaited milestone for the USO,” said Director of USO Japan Juliet Bucayu-Domingo.

“USO Yokosuka is a place for people to relax in a cozy living room area or enjoy a movie in the theater room. In

countless hours assembling furniture, computers and equipment were recognized. The Public Works Department, Club Alliance staff and Sailors who volunteered from several commands played a key role in the renovation project.

“I’ve volunteered since February 2008, cleaning out spaces, setting up art work and assembling furniture,” said Storekeeper 1st Class (SW/AW) Samuel Theodoris of *USS George Washington* (CVN 73). “I have been in the Navy for 9 years and I’ve always used the USO at almost every airport and port visit I’ve been to. This is a great service for Sailors and their families and I’m proud to have been a part of it.”

Several other Sailors from CNFJ, *USS Cowpens* (CG 63), U.S. Fleet and Industrial Supply Center Yokosuka, *USS George Washington* (CVN 73), *USS Kitty Hawk* (CV 63), *USS John S. McCain* (DDG 56), U.S. Naval Hospital Yokosuka and Naval Information Operations Command Yokosuka were also recognized for their hard work and dedication in support of USO Yokosuka.

Besides the center itself, the USO Yokosuka is able to provide various programs that are free to the community.

“In essence we are the entire package, we are not just the center itself but we are able to bring in corporate sponsorship who really can benefit and add to what MWR and various other organization on base already offer,” said Bucayu-Domingo.



(Left) Commander Fleet Activities Yokosuka Capt. Daniel Weed, USO Pacific Regional Vice President Frank Herrmann Jr, USO World Board of Governors member Fusao Sekiguchi, USO Sasebo Council President Kazuhiko Maeda and Commander U.S. Naval Forces Japan Rear Adm. James D. Kelly take part in the USO Yokosuka grand opening ribbon cutting ceremony.

U.S. Navy photo by MC2 Byron Linder

essence the USO is a home away from home.”

Last month during the USO Yokosuka grand opening ceremony, a staff of volunteers and supporters who spent

to bring in corporate sponsorship who really can benefit and add to what MWR and various other organization on base already offer,” said Bucayu-Domingo.



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



CMDCM Wayne E. Smith,
Command Master
Chief

司令官の相談室

2008 Road Tax Information – All vehicle owners are required to have a 2008 USFJ form 15 base road tax decal affixed to their vehicles no later than June 16. In order to obtain the base decal the following documents must be present: SOFA ID card, proof of payment of the 2008 road tax, military registration and certificate of vehicle title, Japanese title, current base inspection sheet, Japanese Compulsory Insurance (JCI), liability insurance, SOFA drivers license and a parking certificate (if applicable). Vehicle owners with more than one vehicle will have to present the above documents for each vehicle before a base decal can be issued. Contact the Vehicle Registration office at 243-5011/5896 for more information.

Command Roster Photos – Command roster photos are taken by appointment every Tuesday afternoon starting at 1:30 p.m. at CFAY Public Affairs office, Bldg. 3154, Room 213. Stop by our office or call 243-5607 to make an appointment. For service record photos (full length), please contact Fleet Public Affairs Center Detachment, Japan at 243-7378.

Naval Legal Service Office hours – Effective July 1, Naval Legal Service Office will change their Power of Attorney and Notary Service hours to 9 a.m. - 1 p.m., Monday through Friday (closed the 2nd Wednesday of every month) to better service our active duty Sailors and family members. Call LN1(SW) Tracey Dikes at 243-5141 extension 2 for more information.

New School Year Bus Registration – School year 08/09 school bus passes for registered students will be mailed in August. The new school year bus passes will only be mailed to re-registered students with an updated student bus pass photograph on file at our office. Come to the Yokosuka Student Transportation office before June 30 or call 243-9566 for more information.

Common Access Card (CAC) Replacement Policy Update – To issue a replacement CAC to active duty personnel due to loss or theft and to ensure command notification, E-1 through E-5 personnel must have an approved special request chit signed by the commanding officer, executive officer, acting CO/XO or command duty officer (CDO). Request chits are not required for E-6 and above. All personnel are required to present two forms of identification (ID). Inactive reserve members are required to present two forms of ID. Family members are required to present a signed and verified DD form 1172 unless accompanied by the sponsor along with two forms of ID. In the absence of either, a power of attorney may be used by a spouse and a card may be issued up to the expiration date

of the power of attorney or the sponsor end of obligated service (EAOS), which ever comes first. In special cases where the sponsor is not available, dependents may be issued temporary cards for 30, 60 or 90 days to enable the dependent time to obtain the DD 1172 from the sponsor. Former spouses nor yet remarried must present letter of approval from PERS 35 along with two forms of ID. U.S. Government civilian employees and contractors must present two forms of ID along with a memo on command letterhead from the sponsoring activity or trusted agent when requesting a replacement CAC. Retirees and disabled veterans must present two forms of ID. In all cases, lost or stolen CAC or ID cards should be reported to base security and the physical security office. Contact PS1(SW) G. A. Smythe at 243-7953 for more information.

BZ: I would like to personally thank everyone involved with assembling such a wonderful and efficient *USS George Washington (GW)* Family Assistance Support Team (FAST) to help families as they arrive here in Japan. My husband is currently stationed onboard the GW en route to Yokosuka. My husband and I found out early that I would be moving to Japan while he is deployed at sea. The very thought of traveling by myself frightened me as this would be the first time I have ever done a military move and overseas as well! My husband did everything he could to make the transition easy but unfortunately he is just as new to this as me. Overwhelmed, jet-lagged and extremely scared, I was met on arrival by my sponsor, Lt. Aranda and Jeanie Kim. Everyone was so friendly and assured me that they would help me get through this transition. Throughout the following week FAST led by Aranda and Chief Quinto became a second family. They were so helpful from driving me all the way to Ikego to get a post office box to going through the check-in process with me step by step. I was offered everything from rides to someone to talk with when I needed a friendly ear. I am most thankful for the household necessities lent to us until ours arrives. Aranda explained that they had acquired several things such as linens, dishes, bath items and kitchen items for me to borrow. Because my own items took much longer to arrive than expected I am ever so grateful. This helped save money from having to buy those items again and then have twice as much when my shipment arrived a few weeks later. Even today, FAST continues to surprise me with their help. After living here in Japan for almost a month, they check to make sure I have everything I need. It is always hard moving when your spouse is stationed somewhere new but that is a part of military life; it is rare when a ship takes as much time and effort as the GW did to make that move and transition as easy as possible. I am proud to have a husband serving our country and he is proud to be on a ship that not only strives for excellence in protecting our country but in protecting its families as well. Thank you again, *George Washington*, for making my move as stress-free as possible!

Q: Recently I made purchases at the Main Navy Exchange (NEX) Food Court and also inside the NEX itself. In both instances, the NEX employees rounded

up, charging \$8.60 at the Food Court for a sales purchase of \$8.57, and charging \$3.60 for a sales purchase of \$3.57 inside the NEX. I could not see written signs posted at the cash registers regarding the NEX policy of rounding up or rounding down and I tried asking the NEX employee. The NEX employee told me that she didn't know the policy. I took a number at the NEX Customer Service counter, waited, and then asked to see the on duty retail manager. The two NEX supervisors who met with me both admitted not really knowing the NEX policy. I suggested that the NEX should include this in their training of new employees and that the store's policy should be written and available. I understand that the NEX stopped using pennies a couple of years ago in order to save money. However, the lack of attention to detail in how to round up or round down may be costing its customers pennies and be doing a disservice to our Yokosuka community; both military and civilians and their family members.

A: Dear Valued Customer, thank you for taking the time to allow us to brush up on our training. Pennies are not ordered from the bank for the Navy Exchange, due to the high cost of shipping pennies overseas. However, our management staff has been trained to round up and down properly. If your purchase ends in .06 or .07 it will be rounded down to .05. If your purchase ends in .08 and .09, it will be rounded up to .10. For your information, we do accept pennies for purchases and will also honor a check that reflects a penny amount. Please contact the NEX Store Manager Lisa Ballejo at 243-4455 if you desire additional information.

Q: I would like to comment on a recent response in the Action Line stating that the Purdy Fitness Center swimming pool is almost always open continuously. The pool is closed Monday - Friday from 8 to 11 a.m. Active duty personnel are authorized three hours a week for PT. Many of us do not know when that time can be fit into a busy workday. Trying to get to the pool is a challenge with this time hardship. Again, many of us have before and after work commitments that preclude us from getting to the pool during those times. The current pool hours are not convenient for people who work from 7:30 a.m. to 4:30 p.m. Based on that schedule the swimming pool is only open 66 percent of the time. Could something please be done to keep the pool open?

A: The Purdy Fitness Center swimming pool is open for lap swim weekdays from 5:30 – 8 a.m. and 11 a.m. – 8 p.m. On Saturdays and Sundays lap swimming is available from 11 a.m. – 7 p.m. In total that is more than 73 hours a week (averaging 10 plus hours per day), allowing most fitness swimmers plenty of opportunity to get in their workout. In addition, 73 hours a week is equal to, if not more, than what is available at almost any MWR pool in the Navy. The Purdy Fitness Center pool is secured to general users weekdays from 8 – 11 a.m. to be available for command training reservations. MWR lifeguards and aquatics staff also use this three hour block of time to clean and maintain pool facilities and equipment and for other aquatics and fitness assignments

as required. We sincerely apologize if this closure is inconvenient for a small minority of folks, but the overall lap swim participation numbers for peak use hours (before work, lunchtime and after school/work) seldom if ever approach maximum capacity and there remains little justification to extend hours even further during non-peak times. It's important to realize that MWR funding is limited and we must use it as judiciously as possible to try to offer the most value and opportunity to the majority of users. Unfortunately that means we're not going to be able to please every single individual MWR patron every time.

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 July 3. 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 us at: cfay.pao.watch@fe.navy.mil.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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Family, friends afforded Sailor experience during Tiger Cruise

By MC3 Heidi McCormick, *USS Blue Ridge* Public Affairs

USS *Blue Ridge* (LCC 19) and embarked 7th Fleet staff Sailors invited their families and friends aboard for a "Family and Friendship Day Cruise" June 1, giving them an opportunity to experience a day in the life of a Sailor.

Blue Ridge made a scheduled port visit to Shimizu, Japan where families boarded the ship and saw their loved ones for the first time since the crew departed their forward deployed port of Yokosuka, Japan approximately six weeks ago.

Families were briefed upon arrival by the ship's safety officer and commanding officer before getting underway about some of the 'do's and don'ts' while on the naval warship.

Guests were then treated to a continental breakfast followed by guided tours from the crew members who are accustomed to showing off the flagship to visitors from host nations while abroad.

Danielle Kiefer, wife of an engineer aboard *Blue Ridge*, shared her enthusiasm. "It is pretty cool to see where my husband works. I was so excited to be able to go on this family day cruise!"

In the afternoon, friends and families enjoyed a steel beach picnic on the ship's main deck. Hamburgers, hot dogs and other picnic foods were served and music was provided compliments of the 7th Fleet Band playing a mixed melody of classics for the crew and their guests during the meal.

On the other side of the main deck, Marines attached to the ship showed guests the weapons they use and how to prepare a Meal Ready to Eat (MRE).

Also for the enjoyment of the crew, a second leg of a talent show was wrapped up consisting of finalists from a previous talent show held nearly two weeks earlier. The finalist competed once again before a panel of three comical judges and a large audience of tiger cruise guests. The show included two energetic salsa dancers, an R&B singer, a crowd pumping rap group and other talented Sailors.

During the talent show family and friends had several entertainment options to choose from. During the steel beach picnic there was an ice cream social and movie being played on the ship's mess decks. At the same time, Sailors and their special guests could be found touring the pilot house and bridge wings, which are popular stops among visitors.

Other events that kept the tigers entertained included a damage control firefighting



DC1 Quincy Crockett maintains positive control of a fire hose for friends and family of the ship's company during a tiger cruise aboard the amphibious command ship *USS Blue Ridge* (LCC 19) June 1. Friends and family of Sailors assigned to *Blue Ridge* were able to tour the ship, participate in a steel beach picnic and other shipboard activities during the cruise.

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

training scenario where guests were allowed to don fire fighting equipment and handle a charged fire hose off the fantail.

Blue Ridge Commanding Officer Capt. David A. Lausman was grateful for the opportunity to be able to allow crew members and their guests to share in the underway experience.

"Every opportunity that we have to spend time with our family and friends is very important. We're glad this opportunity afforded itself to give us and our families the opportunity to sail back to the beautiful port of Yokosuka, our favorite liberty port."

Navy announces fiscal year 2009 Graduate Education Voucher program

By Ed Barker,
Naval Education and Training Command Public Affairs

Navy unrestricted line officers may be eligible to receive funding for graduate education under the 2009 Graduate Education Voucher (GEV) program.

The program was announced in a Navy message May 21, by Chief of Naval Personnel Vice Adm. M. E. Ferguson. The program offers eligible unrestricted line (URL) officers the opportunity to receive funded graduate education during off-duty hours.

"The GEV program enables URL officers whose career paths may not provide adequate opportunity for full-time education the ability to participate in programs that enhance performance," said Cheral Wintling, graduate education coordinator for Naval Education and Training Command. "Officers must select a regionally accredited school and choose a course of study that meets the requirements of at least one approved Navy subspecialty code as verified by the Naval Postgraduate School."

The GEV program is targeted at officers with demonstrated superior performance and upward career mobility, who are transferring or have recently reported to shore duty, in order to allow sufficient time for completion of a graduate program. The GEV program is open to URL active duty list officers,

paygrades O-3 through O-5, in designators 111X, 112X, 113X, 114X, and 13XX.

There are 136 quotas available for fiscal year 2009.

Quotas by degree program and warfare areas are available in NAVADMIN 144/08/ For additional information, visit <https://www.navycollege.navy.mil/gev/policy.html>.

All required fees normally charged by the university relating directly to student application and enrollment, including mandatory health fees and health insurance, laboratory fees, vehicle registration and identification cards, and computer fees are reimbursable. Other reimbursable expenses include the cost of textbooks and course materials, and limited expenditures for transcript and entry fees, and final thesis production. GEV will not, however, be paid retroactively.

Some restrictions apply and enrollment in the program carries a service obligation of three times the number of months of education completed, with a minimum of 24, and a maximum of 36, months obligation. NAVADMIN 144/08 contains additional information on specific program requirements. Interested officers should submit written requests to their detailer, per the NAVADMIN.

For those not qualifying for the GEV program, educational assistance may be available through the Tuition Assistance Program and other graduate education programs, as listed on the Navy College Web site at <https://www.navycollege.navy.mil>.

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Navy running suit prototype unveiled at Navy Annex Uniform Center

From Chief of Naval Personnel Public Affairs

Representatives from the Navy Uniform Matters Office and Navy Exchange Command (NEXCOM) unveiled a prototype of the Navy's Physical Training Uniform (PTU) Running Suit, May 30, at the Arlington, Va. Navy Uniform Center. Uniform officials expect a final product to be ready in calendar year 2009.

The PTU running suit will have to undergo wear testing before final approval. Pricing and manner of wear has not been determined. The prototype running suit was on display next to thousands of new PTU shirts and shorts which are now becoming available for Sailors to purchase by region.

Navywide distribution of the PTU started in April with flag officers, commanding officers and command master/senior chiefs and Recruit Training Command Great Lakes. The first of a three phase distribution, Wave 1 commenced May 30 at NEX uniform in the Tidewater, Southwest, and Naval District Washington regions. Recruiters are included in this wave, but must use the call center by calling: 1-800-368-4088; Italy: 8008-872441; Spain: 900-99-1479; Japan: 00531-1-14026; or anywhere: 757-502-7450.

Wave 2 commences in June 2008 and includes Hawaii, Europe, Japan, Guam, Regions Northwest and Southeast.

Wave three commences August 2008 and includes the Northeast and Gulf regions. Reserve components will mirror active force rollout plan via Defense Supply Centers E-6 and below, and Navy Exchange Uniform Centers for E-7 and above.

Navy officials also plan on introducing the new E-1 to E-6 Service Uniform this summer to be followed by the Navy Working Uniform during the winter of 2008. Each uniform program rollout is scheduled for 24 months. The sequence and timeline for respective rollouts will be announced via separate correspondence.

A updated uniform regulation manual will be issued following the release of respective NAVADMINs that will announce occasion and manner of wear polices for all new uniforms. Additional details and pictures of the new uniforms are available for review on the uniform matters Web site at: www.npc.navy.mil/commandsupport/usnavyuniforms/.

The new Navy physical training uniform, consisting of a gold t-shirt and blue shorts is now available at the Navy Exchange Service Command (NEXCOM). Also available are jackets and sweat suits in blue and gold and gold long sleeve shirts for training in inclement weather.

U.S. Navy photo



National Security Management Program seeks applicants for 2009

By Ed Barker, NETC Public Affairs

Senior naval officers interested in preparing for the challenges of an increasingly complex national and international security arena should consider the National Security Management Program (NSMP), offered in Washington, D.C.

The call for applications was announced in Navy Administration (NAVADMIN) message 140/08, released May 21.

Designed for senior officials in national security, program participants will attend the Senior Management Course in National Security, a Department of Defense (DoD) sponsored, four-week resident course of instruction held at the Elliott School of International Affairs at George Washington University in Washington, D.C. The course allows officers O-6 and civilians at paygrades of GS/GM-15 or equivalent the opportunity learn the management techniques and core knowledge necessary to deal with complex issues involving national security.

"The Elliott School's distinctive approach combines study under some of the world's leading experts with a unique, rigorous program of management skills courses," said Dean of the Elliott School of International Affairs,

Michael E. Brown. "Learning and skills are tested and embedded through simulation exercises. This combination of foundational knowledge, management tools and analytical techniques enables defense professionals to excel in the decision-making environment of the 21st century."

"It's never easy to get away for four weeks in the middle of a tour," said Capt. William Fitzgerald, commanding officer of Naval Air Station (NAS) Brunswick, Maine, and 2006 NSMP graduate. "Fortunately, my chain of command at the time at 6th Fleet knew the benefits gained from additional insight into the national security and policy arena was well worth the investment."

The program includes numerous site visits and briefings from policy-makers. The course systematically examines the forces that influence U.S. defense decision-making: the interagency process, the wider policy community and threats in the international arena. This multifaceted approach gives participants further opportunities to develop the rational and intuitive decision-making skills needed for national security leadership.

The course also includes a field trip to New York City

during which a number of transnational security issues will be analyzed: terrorist threats, disease and international security, the challenge of illegal immigration and threats to the economy. A central case study will be used to improve management skills and prepare participants for the culmination of the course, a two-day simulation exercise, which requires successfully using the substantive expertise and analytical skills developed during the course.

Applications for the NSMP are due by Sept. 26 and participants have historically attended the course during the May to June timeframe. Eligible nominations for the NSMP Navy Selection Board must be top performing O-6 or O-6 select unrestricted line (URL) officers whose reporting seniors have nominated them to attend the NSMP. Officers selected will incur two years of obligated service upon completion of the course. Selectees will receive full tuition, room and board and travel funding.

Application packages should be submitted by the nominee's reporting senior officer to: Commanding Officer, Naval Education and Training Professional Development and Technology Center, Attn: Code N2A2, 6490 Saufely Field Road, Pensacola, Fla. 32509-5204.

Further details can be found in NAVADMIN 140/08, or by calling 850-452-1001 X2219 or DSN 922-1807.

Sea Service Women's Leadership Symposium to be held in July

By Lt. Cmdr. Elizabeth Zimmermann,
Chief of Naval Personnel, Diversity Directorate

The Navy is encouraging individuals at all levels throughout the Navy and Coast Guard to attend the annual women's leadership symposium July 10-11 at the National Conference Center in Landsdowne, Va.

This year's theme is "Informed Decisions: Making a Personal and Professional Commitment to Yourself."

"Enabling women to meet their full potential in the Navy is very important to us," said Vice Adm. John Harvey Jr., Director, Navy Staff, and host of the symposium. "This symposium offers an opportunity for women of all ranks to interact while addressing topics of importance to all, and engage in activities designed to enrich their personal and professional lives."

Designed to foster educational and career development as well as provide networking and mentoring opportunities, the symposium contains discussion of topics relevant to women at all phases in their lives and careers.

Event topics include: Paths to Career and Personal Success, Health and Fitness, Financial Management, and Finding Work-Life Balance. Attendees will receive copies of books by two of the symposium's highlighted speakers "From Boomers to Bloggers," by Misti Burmeister, president and CEO, Inspirion, Inc.; and "Work+Life: Finding the fit that's right for you," by Cali Yost, president and CEO, Work+Life Fit, Inc.

The 2008 Women's Leadership Symposium is jointly sponsored by the Navy Office of Women's Policy, the Coast Guard Women's Leadership Association and the Sea Services Leadership Association. Visit the Web site for more information and registration details by going to www.npc.navy.mil/AboutUs/BUPERS/WomensPolicy/WomensLeadership.htm.

2008 Road Tax Information – All vehicle owners are required to have a 2008 USFJ form 15 base road tax decal affixed to their vehicles no later than June 16. In order to obtain the base decal the following documents must be present: SOFA ID card, proof of payment of the 2008 road tax, military registration and certificate of vehicle title, Japanese title, current base inspection sheet, Japanese Compulsory Insurance (JCI), liability insurance, SOFA drivers license and a parking certificate (if applicable). Vehicle owners with more than one vehicle will have to present the above documents for each vehicle before a base decal can be issued. Contact the Vehicle Registration office at 243-5011/5896 for more information.

日本人従業員空席情報

職種名	等級	広報番号	募集範囲	締め切り
事務系 (MLC)				
化学職	6	SRFJRC-088-08	I, II, III, IV	July 15, 2008
技師職 (一般)	7	SRFJRC-146-07(R3)	I, II, III, IV	July 29, 2008
技師職 (一般)	7	FEC-C1-004-08(R)	I, II, III, IV	Aug. 6, 2008
技師職 (一般)	7	FEC-C1-003-08(R)	I, II, III, IV	Aug. 7, 2008
エンジニアリング専門職 (環境)	6	FEC-PRY4-001-07(R4)	I, II, III, IV	July 8, 2008
エンジニアリング専門職 (一般)	6	FEC-PRY113-002-08(R2)(A2)	I, II, III, IV	June 17, 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
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
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
一般補給品専門職	5	FISC-020-08(A)	I, II	June 17, 2008
通訳翻訳職	5	CFAY-1200-02-08	I, II, III, IV	June 18, 2008
法律顧問職	7	TSO-02-06(OUF)	I, II, III, IV	空席広報参照
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
生産管理専門職	5	NCTSFE-008-08(A)	I, II, III, IV	June 11, 2008
安全検査職	6	CFAY-004-04-08	I, II, III, IV	June 26, 2008
安全専門職	5	SRFJRC-076-08(R)	I, II, III, IV	Aug. 4, 2008
パウチャー検査職	4	PSD-02W-08	I, II	June 16, 2008
労務要求事務職	4	NCTSFE-009-08	I, II, III, IV	June 23, 2008
事務系 (IHA)				
食堂支配人 (交代勤務監督)	4	NEX-726-08(R)	I, II, III, IV	July 11, 2008
技能系 (MLC)				
コミッサリーワーカー	3	DECA-5-08(A)	I, II, IV	June 23, 2008
電子機械及び圧力装置基準測定工	8	SRFJRC-096-08	I, II, III, IV	June 18, 2008
電子装置基準測定工	9	SRFJRC-068-08(R2)	I, II, III, IV	June 19, 2008
メスアテンダント (重量物)	3	CFAY-1100-04-08	I, II, IV	June 23, 2008
技能系 (IHA)				
フォークリフト運転手	6	NEX-743-08	I, II, IV	June 19, 2008
ジャンター・フォアマンA	4	MWR-18-08(R)	I, II, IV	June 24, 2008
サービスワーカー	2	MWR-09-08(R2)	I, II, IV	July 8, 2008
期間限定従業員 (MLC)				
会計技術職	4	FEC-FM-008-08	I, II, III, IV	July 9, 2008
歯科技工士	3	USNH-07-08	I, II, IV	June 16, 2008
時給制従業員				
ベーカー	4	NEX-HPT-106-08	I, II, IV	July 11, 2008
事務職	3	NEX-HPT-118-08	I, II, IV	July 15, 2008
コック	4	MWR-HPT-23-08(R)	I, II, IV	June 16, 2008
コック	4	MWR-HPT-59-07(R3)	I, II, IV	July 1, 2008
コック	4	MWR-HPT-65-07(R4)	I, II, IV	July 8, 2008
コック	4	NEX-HPT-089-08	I, II, IV	July 22, 2008
コック	4	MWR-HPT-34-08(R)	I, II, IV	July 23, 2008
コック・フォアマンA	5	NEX-HPT-088-08	I, II, IV	July 22, 2008
カウンターアテンダント	3	NE-HPT-CAY-06(OR)(A)	I, II, IV	空席広報参照
カウンターアテンダント・フォアマンB	5	NE-HPT-120-07(R7)	I, II, IV	July 11, 2008
カウンターアテンダント・フォアマンB	5	NEX-HPT-085-08(R)	I, II, IV	Aug. 1, 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
カウンターアテンダント・フォアマンA	4	NEX-HPT-105-08(A)	I, II, IV	July 11, 2008
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
クォーターズヘルパー	3	CFAY-HPT-QHN-01-08	I, II, IV	July 16, 2008
セールスチェッカー	3	NE-HPT-SCY-06(OR)	I, II, IV	空席広報参照
セールスチェッカー	3	MWR-HPT-05-08(R2)(A)	I, II, IV	July 8, 2008
セールスチェッカー	3	MWR-HPT-69-07(R2)	I, II, IV	July 23, 2008
サービスワーカー	2	MWR-HPT-SWY-06(OR)	I, II, IV	空席広報参照
ショートオーダーコック	4	NEX-HPT-120-08	I, II, IV	July 24, 2008
ストックハンドラー	3	NEX-HPT-121-08	I, II, IV	June 20, 2008
車両運転手	5	NE-HPT-501-07(R3)(A)	I, II, IV	June 16, 2008
ウェイター/ウェイトレス	2	MWR-HPT-64-07(R3)	I, II, IV	June 23, 2008
ウェイター/ウェイトレス	2	MWR-HPT-31-08(R)	I, II, IV	July 23, 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
倉庫係	4	NEX-HPT-727-08(R)	I, II, IV	July 1, 2008

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

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

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

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

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

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

詳しくは HR0 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、HR0 日本人雇用課事務所 (1階) 掲示板をご覧ください。

職場の整理整頓と安全

CFAY安全部

職場での整理整頓と安全とはどんな関係があるか考えてみましょう。整理整頓する事は転落事故、火災、その他の様々な事故や怪我を防止する上で不可欠です。実際、職場が乱雑に散らかっていた事が原因で多くの事故が発生しています。

下のチェックリストを使って職場内の整理整頓の行き届いていない箇所を見つけ出し、改善してください。

水、泥、氷、油、ゴミ、廃棄物等が床に落ちていないか？

通路は清潔に保たれているか？電気コード、ホース、備品等、転倒事故の原因になるものは置いていないか？

出口や上下階をつなぐ階段に、しっかり案内表示があるか？常にスペースを確保しているか？物置き場として使用していないか？

消火器は定期点検を受けているか？火災時アクセスしやすい場所に置いているか？備品等障害物にふさがれていないか？

ゴミ箱は必要な場所に置いてあるか？定期的な中のゴミを捨てているか？

油脂類を拭いたボロ布等は蓋付金属缶に捨てられているか？

球切れの場合は速やかに新品の電球と交換しているか？照明は安全上不可欠です。

倉庫内のストック類は崩れ落ちないように安全に積み重ねられているか？

ハザーダスマテリアルは、その物質に適した容器に入れ安全に保管しているか？ラベルは容器に正しく貼っているか？容器に化学物質安全性データシート (MSDS) は添付しているか？保管場所や方法は気温、通気、湿度等が物質にどのように影響するかを考慮して決められているか？化学反応を起しやすい物質は分けて保管しているか？

引火性の高い物質または可燃性物質は火の気ない場所に保管しているか？

工作機械はオイル、グリース、塵がたまらないように清潔に保たれているか？適切なメンテナンスを受けているか？

工具は使用後清掃しているか？清掃後決められた所にすぐに戻しているか？

作業場は作業終了時片付けているか？

床や壁の表面、設備品を定期的点検しているか？釘が壁からでいたり凹凸があると目を怪我したり、切り傷、打撲等の事故につながり危険です。

腰掛や椅子をつまずいて転倒するような所に置いていないか？手入れは行き届いているか？故障している場合は、知らない人が使わないように使用中止にしているか？

引き出しや棚戸は使用時以外事故防止の為に常に閉めているか？ファイリングキャビネットは転倒防止の為に下から順に使っているか？

喫煙場所は指定された区画のみで行っているか？灰皿を設置し使用しているか？

食堂、洗面所はきれいに使われ清潔に保たれているか？

職場の整理整頓は全従業員の責任、危険に対して安全改善レポートの作り方を知っているか？

最後に、従業員各々が整理整頓を心がけ、安全な職場環境を作り転落事故や火災、その他の様々な事故や怪我の防止に努めてください。

Yokosuka begins wear test of new Service Dress Khaki uniform

By Sean Dath, CFAY Public Affairs

The Navy recently began wear tests in Yokosuka of the proposed new Service Dress Khaki (SDK) uniform to be worn by chiefs and officers.

The style of the SDK is reminiscent of the uniform worn during World War II and Vietnam. It will feature a khaki jacket with shoulder boards for officers and sleeve patches for senior enlisted. The jacket will also have the traditional four patch pocket look with a sewn-in belt as an accent.

"I think the biggest benefit we can get from this is the Navy's continued effort to connect us to our past, our heritage," said U.S. 7th Fleet Command Master Chief Marcos Sibal. "The SDK's are a throwback from World War II and helps us Sailors understand our past in order to help us proceed to the future."

Both officer and enlisted will wear their rank insignia on the collars of the khaki shirt that will be worn under the jacket along with the standard Navy black tie.

Officials say this proposed dress uniform change is not just about style, but also function. They contend it will provide options for wear that current choker whites or service dress blues don't have.

"I think the ease of use and the fact that it will be a year-round uniform much like the service khakis we now wear," said Sibal. "There are times during the winter uniform season where the temperatures are not exactly low but are still required to wear the blues. Having SDK's

will alleviate some of those minor discomforts and will enable us to wear the SDK's as an option."

The main focus of the wear test is to receive feedback from Sailors around the fleet that will be used to help determine if the SDK will be a permanent uniform.

"The wear test will take approximately four months," Sibal said. "Each officer or chief who gets to wear test these uniforms are required to take down comments from people who they encounter and in turn feed these comments to a Web site that takes all these and compiles them as part of the uniform review and testing phases."

According to Sibal, most of the feedback he has received about the SDK has been positive.

"So far I've only heard good comments from Sailors and civilians who I encounter while wearing this uniform," said Sibal. "I hope they get final approval because I think they tell a great story of our past now that we're looking forward to the future of our Navy."

The wear test also encompasses commands in Washington, D.C.; Norfolk, Va.; Millington, Tenn.; Newport, R.I.; and Pearl Harbor, Hawaii. The wear test is tentatively scheduled to end in August.

U.S. 7th Fleet Command Master Chief CMDCM (SW/AW) Marcos Sibal, shows off the prototype uniform for the proposed new Service Dress Khaki (SDK). The uniform allows for chiefs and officers to shift from service khaki to service dress khaki by adding a black tie and jacket.

Photo by Yuhji Kawabe



NSPS: the new frontier for U.S. government civilian employees

By Bill Shea, CNFJ HRO

Now that the majority of our U.S. Civil Service (USCS) employees in Yokosuka, Japan, has transferred into the National Security Personnel System (NSPS), the Department of Defense (DoD) new civilian personnel system, we are well on our way to meeting its goal of shifting all commands to a performance-based pay system while giving employees the power to boost their own careers.

Across the Department of Navy (DoN), NSPS covers approximately 130,000 civilian employees, and feedback has been positive about the system, which ties employees' pay raises and bonuses more directly to annual performance evaluations. In order for our conversion to continue to be a success, employees and leaders at every level, including both civilian and military leaders who have employees under NSPS, need to understand the system completely. This understanding will come over time, but one way to cut down on the time it takes is to be proactive in seeking out information. One way to do this is to consult with your supervisor and/or a Human Resources (HR) advisor. Regardless of the question you have, the Human Resources Office (HRO) stands ready to assist. There are a number of key Web sites that are updated regularly that employees may wish to access on a variety of NSPS topics. Local employees can go to the HRO Web site at <http://hro.cnfj.navy.mil/NSPS/Index.htm> for information. Additionally, the DoD and DoN Web sites have valuable information available to you at <http://www.cpms.osd.mil/nsps/> and <https://www.donhr.navy.mil/NSPS/default.asp>.

Over the next few weeks we will run a series of articles that will contain answers to frequently asked questions on NSPS. We'll start this weeks question and answer session off with the cornerstone of the NSPS performance management system, Job Objectives and Self Assessments.

What are job objectives?

Job objectives communicate major individual, team, and organizational responsibilities or contributions and the related outcomes and accomplishments that are expected of the employee. They should be linked to the mission or goals of the organization and focused of results or expected outcomes.

Can an approved job objective be changed, modified, or deleted during the rating cycle?

The supervisor has the ability to modify, delete and/or establish a new performance objective if the work situation requires one. This is expected, maybe even encouraged, up to the mid-year point when things should solidify. The caveat is the employee must have at least 90 days to perform in objectives that do not change.

As a supervisor, what should I consider when writing job objectives to ensure they capture pertinent information?

One of the primary things to pay attention to is ensuring that the job objectives are results oriented and focused on the "large buckets" of work the employee is responsible for accomplishing within the period of performance. Always remember, job objectives must focus on the expected results rather than the tasks associated with achieving the results.

I'm having difficulty writing job objectives, where can I go for assistance?

There are various means for you to get assistance to include on-line training, class room instruction, and writing job objectives workshops. To find out more information in regards to the training being offered, please contact your servicing HR advisor or visit the HRO Web site.

What are self assessments?

Self assessments are used to describe accomplishments related to expectations, objectives, contributing factors, organizational mission and goals, and other factors. Self assessments provide the supervisor/pay pool with a clear picture of how the employee perceives his or her own performance and contributions.

How can an employee be sure that he/she has captured major achievements when completing a self assessment?

Employees are encouraged to maintain an ongoing record, or journal, of major achievements throughout the appraisal cycle. By documenting major achievements as they occur, employees will have ready access to the information needed to complete the self assessment.

Who is responsible for writing self-assessments and how often are they required?

Employees are responsible for writing their self assessments twice a year. The first one is due at the middle of the performance cycle (interim review) and the second is at the end of the performance cycle.

What role does the self-assessment play in the pay pool process?

The self assessment is critical to the pay pool process as it ensures that the pay pool panel considers all appropriate information in their deliberations which could affect your salary/bonuses.

If you have specific questions that you would like answered, you can submit them directly to an HR advisor at the HRO Web site. Just click on the "Got questions about NSPS?" button and submit. You will receive an answer usually within 48 hours.

Yokosuka Seahawks beat Misawa Jets 18-0

By MC2 Byron Linder,
Fleet Public Affairs Det., Japan

Behind a stingy defense and excellent special teams play, the Yokosuka Seahawks beat the Misawa Jets 18-0 June 7.

"We knew Misawa was going to be tough," said Head Coach Robert Cole. "They didn't drive 12 hours for nothing. They're a good ball team."

Yokosuka went up 6-0 when Running Back Lorenz Piper dove in from two yards out. The play was set up by the Seahawks special teams when Lamar Hardy recovered a fumbled Eric Pollard punt on the four-yard line.

Quarterback (QB) William Batten connected with Hardy on a 42 yard touchdown pass in the 3rd quarter to make it 12-0.

Batten later snuck into the end zone from one yard out on a QB keeper to round out the scoring.

With the offense sputtering, the

defense picked up the slack by forcing four turnovers and giving up a total of 22 yards of total offense for the game. Trell Corbin, Marcus Steed, Delrick Traylor and Anozie Uzomanze combined for seven sacks. The linebacker corps and a hard hitting secondary led by Styron Linder and J.G. Gardner combined for 33 tackles. Corbin, Steed, Traylor and Mike Thomas all recovered fumbles for Yokosuka.

"We couldn't really get anything consistent going tonight offensively," said Cole. "We did move the ball, but just weren't gaining yards every down like we should have been."

Piper led the way with 91 yards on 18 carries and a touchdown, followed by Carl Harris' 33 yards on 12 carries. Fredrick Farmer returned from a groin injury and ran six times for 41 yards.

The next Seahawks home game is July 12 at Berkey Field against the Yokota Warriors. Kickoff is at 6 p.m.. Come out and support the Seahawks.

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • June 13, 2008

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.

6月14日2008年(土曜日)午後1時-午後8時 雨天:6月15日

同時刻開催 場所:根岸米軍ハイツ コミュニティーセンター周辺

各種ゲーム、各種飲食物、ライブバンド、その他の楽しい催し物 サイズの大きい靴等は中身を点検させて頂く場合がありますがご了承下さい。交通手段:JR根岸線もしくは山手駅より徒歩15分または、横浜駅他、市営バス103系統に乗車し根岸台停留所にて下車、徒歩1分です。駐車場はございませんので、自家用車でのご来場はご遠慮下さい。問い合わせ:045-281-4120 根岸米軍基地(福利厚生課)担当 石崎 裕子お気軽にお問い合わせ下さいませ。



Friendship Festival 5K

Open Base Event オープンベース・イベント

根岸フレンドシップ・フェスティバル 5キロマラソン

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.

開催日: 6月14日(土曜日) 申込: 午前8時30分
レーススタート: 午前9時 スタート地点: 根岸米軍住宅地区内
参加料: 5ドルまたは1,000円
(予め申込なされた方は無料です)

雨天: 6月15日(日曜日)
申込・問合せ先: 根岸米軍住宅地区(福利厚生課) ☎242-4120

For details call MWR Program Office at 242-4120.
Rain Plan: Sunday, June 15 from 1300 to 2000

Youth Track & Field Meet

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

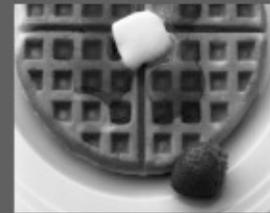
Youth Sports will host its annual Track & Field Meet for ages 7 thru 15. Events will include running, jumping and throwing events. Each participant will receive a certificate and top three in each event for each age group will receive placing medals. To participate, please register at any Youth Sports 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.



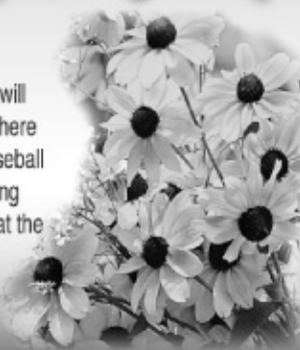
CPO CLUB

DAD

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.



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 Hakkeijima Sea Paradise Tickets

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

Tokyo Disneyland and DisneySea Tickets

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

Disney on Ice: Princess Dream

Don't miss the chance to see all of your favorite Disney Princesses 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.

Blast II

Are you upset you missed all the fun and excitement of Blast I? Then you won't want to miss Blast II, live at Tokyo International Forum on August 6 - 10 & 13 - 17! ITT is now selling tickets for ¥11,000 per person for weekend shows and ¥10,500 per person for weekday shows.

Hit Songs of Love and Youthfulness

Hit Songs of Love and Youthfulness brings together the music of South America, Europe and Asia on one stage for one night only at Yokosuka Art Theater! ITT will begin selling tickets June 7 for ¥5,700 per person.

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

Outdoor Recreation

Beginner/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 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 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.

Mt. Fuji Safety Briefing

Interested in climbing Mt. Fuji? Outdoor Adventure Program can help you prepare for your Mt. Fuji climb with their mandatory safety briefs every Wednesday in July and August in the Green Bay Marina Classroom (2nd floor above McDonalds). These briefs will help potential climbers know what to expect when climbing Japan's tallest mountain, and what items are needed for the trip. This will help make you climb easier and a more memorable experience. Please sign up at the Outdoor Recreation Center.

Start Your Summer Right With MWR!

Youth Sports

Registration for Youth Soccer will run until August 8

Youth Soccer Season Registration Coming Soon

Practice begins the week of August 25 and games begin on Saturday, September 6. Visit the youth sports offices if you wish to participate. You may register early if you are going to be on leave during the registration period. (Proof of leave documents must be presented for early registration). \$40 for the first child and \$35 for each additional child. PAYS members will receive a \$5 discount per child. Soccer Start Smart program, available for 3 to 4 year olds, introduces youth to the fundamentals of the game. 5 to 8 year olds will play in the coach play league, ages 9 thru 15 will play in the Kanto Plains Leagues.

Registration Policy

Please register early for all sports programs!

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

School Age Care (SAC)

Monday thru Friday until August 22

Camp Adventure

Stop by your local School Age program today and enroll your child in our exciting summer camp program. Children will be going on local tours, play fun and exciting games and meet new friends, all under the supervision of our great MWR and Camp Adventure staffs. We are accepting registrations all summer, subject to space availability. Open for ages 5 thru 12. Cost will depend on total family annual income.

Teen Programs (YTP)

Wednesdays at 1200

AWOL Dragons Club

Grades 9 thru 12 meet at the Yokosuka Teen Center. Join your Teen Programs BGCA Keystone Club, otherwise known as the AWOL Dragons Club, for our special summer programs. Work on your leadership skills while having fun!

Wednesday, July 9

Karaoke in Yokosuka

Sing along with your friends! We provide all-you-can-drink soda and slushies! All you need to bring is ¥1,500.

Tuesday, July 15

Monkey Island Trip

Hey Teens! Join us for a BBQ on the beautiful island beach. \$15 includes transportation, lunch and guides!

Wednesday, July 30 at 0900 at Ikego Teen Center

Toshimaen Water Park

Join us for a day of summer fun, rides and swimming at the water park. Payment and permission slips due by Friday, July 25. \$35

Thursday, July 24 at 1100 at Ikego Teen Center

Snova Indoor Snowboarding, Yokohama Ramen Museum Trip

It's time for some summer snowboarding and afterwards enjoy good food at the Yokohama Ramen Museum. Last year was a blast! Join us again for round two! Sign ups are due by Tuesday, July 22.

For more information on MWR's great summer youth programs, contact your local SAC, Youth Sports or Teen Program office, or log on to www.cfay.navy.mil/mwr.

MWR Positions

Come join the MWR team!

Are you a customer service and team oriented individual who possesses the qualifications for any of the positions listed here? Then come visit us in the MWR Building, room 225, or call 243-1246.

Club Operations

Food Service Supervisor: NF-03, \$11.47 - \$13.00/hr. Club Takemiya (1 RFT).

Night Operations Manager: NF-03, \$10.54 - \$15.00/hr. Club Alliance (1 RFT).

Bartender: NA-05, \$10.35/hr. Club Alliance (1 RFT).

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 (3 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).

Admin Assistant: NF-02, \$8.39/hr. CPO Club (1 RFT).

Lead Cashier: NF-02, \$8.39 - \$10.50/hr DOE. CPO Club (1 RFT), Club Takemiya (1 RFT).

Club Operations Assistant: NF-02, \$8.39/hr. CPO Club (2 RFT/3 Flex), Club Takemiya (1 Flex), O' Club (2 Flex).

Cashier: NF-01, \$7.50 - \$9.50/hr (DOE). O' Club (1 Flex), CPO Club (2 RFT).

ID Checker/Security: NF-01, \$7.00/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 (1 RFT).

Child Development Programs

Food Service Worker: NA-02, \$8.28/hr. Ikego CDC (1 Flex).

Program Assistant: GSE-02, \$9.18/hr. Ikego (3 Flex), Main CDC (1 RFT/5 Flex), Hourly (3 Flex), Negishi (1 Flex).

Community Activities

Auto Worker Helper: NA-05, \$10.35/hr. Auto Hobby Shop (2 Flex).

Recreation Assistant: NF-02, \$9.18/hr. Youth Center – Yokosuka (1 RFT/1 PPT/3 Flex), Ikego (1 RFT), Negishi (1 RFT).

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 – Ikego (1 Flex), Community Center (1 Flex).

Recreation Aide: NF-01, \$7.25/hr. Bowling Center (3 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).

Admin Assistant: NF-02, \$8.39/hr. Community Activities (1 RFT).

Recreation

Projectionist: NA-05, \$10.35/hr. Theater – Yokosuka (1 Flex), Negishi (1 Flex).

Food Service Worker: NA-03, \$8.69/hr. Theater (1 Flex).

Duty Manager: NF-02, \$8.39/hr. Theater (2 Flex).

Athletics

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

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

Recreation Assistant: NF-02, \$8.39/hr. Adult Sports (1 Flex).

Clerk Typist: NF-01, \$7.30/hr. Athletics (1 RPT).

Gear Issue Attendant: NF-01, \$6.50/hr. Athletics (1 RFT/1 Flex).

Swim Instructor: NF-02, \$10.00/hr. Aquatics (10 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, June 13

1730 Kung Fu Panda PG
2030 Kung Fu Panda PG

Saturday, June 14

1300 Kung Fu Panda PG
1730 Kung Fu Panda PG
2030 Kung Fu Panda PG

Sunday, June 15

1300 Kung Fu Panda PG
1730 The Forbidden Kingdom PG13
2030 The Incredible Hulk PG13

Monday, June 16

1300 Nim's Island PG
1730 Kung Fu Panda PG
2030 The Forbidden Kingdom PG13

Tuesday, June 17 \$1 Movie Night

1730 Chronicles of Narnia: Prince Caspian PG
2030 Prom Night PG13

Wednesday, June 18

1730 Kung Fu Panda PG
2030 The Forbidden Kingdom PG13

Thursday, June 19

1300 Chronicles of Narnia: Prince Caspian PG
1730 The Incredible Hulk PG13
2030 You Don't Mess With The Zohan PG13

Friday, June 20

1730 The Incredible Hulk PG13
2030 The Forbidden Kingdom PG13

Fleet Theater

Friday, June 13

1800 The Incredible Hulk PG13
2100 The Incredible Hulk PG13
2400 The Incredible Hulk PG13

Saturday, June 14

1800 The Forbidden Kingdom PG13
2100 The Incredible Hulk PG13
2400 88 Minutes R

Sunday, June 15

1800 Indiana Jones 4 PG13
2100 88 Minutes R

Monday, June 16

1800 The Incredible Hulk PG13
2100 You Don't Mess With The Zohan PG13

Tuesday, June 17 \$1 Movie Night

1800 Leatherheads PG13
2100 Indiana Jones 4 PG13

Wednesday, June 18

1800 The Incredible Hulk PG13
2100 Smart People R

Thursday, June 19

1800 88 Minutes R
2100 Forgetting Sarah Marshall R

Friday, June 20

1800 You Don't Mess With The Zohan PG13
2100 Forgetting Sarah Marshall R
2400 Street Kings R

Negishi Theater

Friday, June 13

1900 You Don't Mess With The Zohan PG13

Saturday, June 14

1300 Chronicles of Narnia: Prince Caspian PG
1900 Forgetting Sarah Marshall R

Sunday, June 15

1300 Nim's Island PG



The Incredible Hulk

Cast: Edward Norton, Liv Tyler, Tim Roth, William Hurt, Christina Cabot
Synopsis: Fugitive Dr. Bruce Banner must utilize the genetic accident that transforms him into a giant, rampaging hulk to stop a former soldier that purposely becomes an even more dangerous version.



Kung Fu Panda

Cast: Jack Black, Dustin Hoffman, Jackie Chan, Ian McShane, Lucy Liu
Synopsis: Po the Panda is the laziest animal in the Valley of Peace, but unwittingly becomes the chosen one when enemies threaten their way of life.



You Don't Mess With The Zohan

Cast: Adam Sandler, Rob Schneider, Emmanuelle Chiriqui, Nick Swardson
Synopsis: A Mossad agent fakes his death so he can re-emerge in New York City as a hair stylist.



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 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 1710.84E, ENCL. 33, PARA 3E(3).

Navy Friendship Day 2008

Saturday, August 2

Forty booths available for interested Private Organizations

A mandatory organizational meeting will be held in the Fleet Theater from 1000 to 1100

Wednesday, June 18

For applications or details, contact Miyuki Takezawa at 243-4731

or email at takezawa.miyuki@cfay.navy.mil



Club Alliance Pizza of the Month

MEGA MUSHROOM

If fungi is your thing, eat at Italian Gardens this month. Available daily in June. For details call 243-3000/5985.

Small \$4.95 Medium \$9.95 Large \$13.95

Fleet & Family Readiness Customer Satisfaction Survey

We want to know what you think! Log on to www.cfigroup.net/ffr to take a quick survey that will allow us to better serve you!



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.



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

Club Alliance



Bring your friend and eat for free

Wednesday, June 25 from 1100 to Midnight

Celebrate 25 years of entertainment by bringing a friend to lunch or dinner.

Purchase any combo and your friend's combos free. Offer good for dine in only.

No takeout orders. For details, call 243-3000/5985.

Friday, July 4 from 1600 to 2000

INDEPENDENCE DAY CELEBRATION

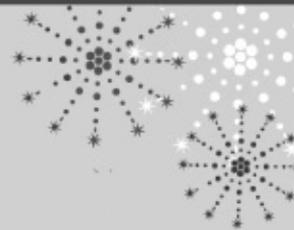
Bring the entire family to celebrate the United States' Independence Day at Kosano Park in a fair setting complete with air toys, game booths, temporary tattoos, food booths and entertainment.

Fireworks display at 2000 at Recreation Bay (Best view from Berkey Field).

Rain plan: Fireworks only on Saturday, July 5 at 2000 - Event information line: 243-4731

Kids Zone Activities

Advance ticket sales available in the ITT Office from June 23 to July 3. All sales are final. No refunds or exchanges.



Childhood obesity: a dangerous epidemic

By Lt. Cmdr. Norak Chhieng,
USNH Yokosuka

One cannot help but wonder if the great technological advances of the last generation have spawned a generation of unhealthy children. Childhood obesity in the United States has increased from 5 percent in 1964 to approximately 20 percent today, and it is still rising. There may not be an easy answer as to why, but it is intuitive to most of us that kids spend more time in front of some sort of screen, computer or television; therefore, less time spent exercising outdoors is partly to blame.

However, the cause of childhood obesity is more complex than that, and includes genetic factors, poor eating habits and lifestyle choices that we make. It also does not help when kids are constantly bombarded with TV commercials, targeted at their age group, which promote unhealthy fast-foods or high-fat, high-sugar meals.

The result is a surge in the number of childhood diabetes, hypertension, depression, anxiety and other mental health issue cases. In addition, medical providers see sports injuries,

breathing and sleeping problems. The list also includes the stigma associated with being "fat," long term health consequences when these children become adults and cost to society.



Lt. Amit Sood, a nutritionist at USNH Yokosuka, counsels an 11-year-old boy on how to read nutrition labels. The ability to read nutrition labels on food packaging is an important element of making healthy food choices and avoiding obesity.

Photo by Tom Watanabe

The solution to childhood obesity is not going to be an easy one given the hectic schedules most people live

by; but, parents must start by setting good examples. Some important things parents should consider include:

- Limiting time on the computer or TV to no more than two hours a day.

- Setting aside time for physical activity or sports.

- Educating your child on good nutrition, low-fat, complex carbohydrate meals and snacks, and eating small portions.

- Limiting poor food choices from getting into the grocery shopping cart.

- Not rewarding good behavior with unhealthy snacks.

- Eating meals while the TV is off.

- Keep lines of communication open to ensure depression or eating disorders are found early and addressed as necessary.

Remember, setting the example as a parent will go a long way to help model and promote and maintain a healthy diet and lifestyle for children. If you have specific concerns or questions about how to go about such a plan, address these issues with your primary care provider who can guide you to the appropriate resources, so that children can attain healthy goals safely.

For more information on food and nutrition, including meal planning, calorie counters and activity trackers, go to www.nutrition.gov.

TRICARE beneficiaries helped in NCI cancer clinical trials

By Patricia Opong-Brown, TRICARE Management Activity

When retired combat veteran, Sgt. Maj. Michael Adams was diagnosed with prostate cancer two years ago, he did not know about the Department of Defense (DoD) and National Cancer Institute (NCI) cancer clinical trials. He learned about it through research on the internet to help win the fight against his disease. More than 25,000 cancer patients enroll in NCI treatment clinical trials each year.

"Everyone should be educated about cancer clinical trials when they're diagnosed because there are promising advances in research out there today," said Kay Beck, RN, a clinical trials coordinator. "Clinical trials are not a last-ditch effort."

An interagency agreement between the DoD and the NCI provides TRICARE beneficiaries more options for cancer care and including greater access to the latest advances in cancer prevention and treatment through clinical trials.

Beck authorizes and manages adult and pediatric patients with common cancers such as breast cancer to rare ones such as Glioblastoma, a type of brain tumor. Adams talked with Beck to begin the evaluation and treatment process.

Beck assisted Adams to find a clinical trial site at Memorial Sloan-Kettering Cancer Center in New York State, the closest treatment site to his home. "This program saved my life," he said. "When I first started and met the surgeon at Sloan-Kettering, he realized the severity of my diagnosis and literally cleared his schedule to make me his next patient."

During participation in cancer clinical trials, patients receive treatment at one of over 2,000 sites that participate in NCI-sponsored studies including Military Treatment Facilities (MTF), civilian providers and comprehensive cancer centers.

"A preauthorization from a regional TRICARE contractor is required," said Beck. Costs for screening tests to determine clinical trial eligibility, and the associated costs of participation in cancer clinical trials are covered for TRICARE beneficiaries. Family members of active duty personnel, as well as TRICARE-eligible retired service members and their families, may participate in trials at MTFs or in civilian health care settings. Active duty members may participate in NCI-sponsored clinical trials at MTFs.

"It's fantastic for TRICARE to cover cancer clinical trials as a benefit," said Adams.

"I highly recommend other military personnel and their families participate in them."

TRICARE-eligible cancer patients are involved in NCI-sponsored Phase II and Phase III cancer clinical trials as well as cancer prevention trials. Phase II trials typically study the effectiveness of new drugs or therapies against a specific type of cancer. Phase III trials compare new treatments to existing therapies. In cancer prevention trials, patients take medications or supplements or participate in certain activities that doctors believe will lower their cancer risk.

For more information about cancer clinical trials, TRICARE beneficiaries should speak with their oncologist. To learn more about DoD/NCI clinical trials agreement, link to www.cancer.gov/cancertopics/factsheet/NCI/TRICARE. For information on TRICARE cancer clinical trials benefit and authorization, beneficiaries should contact their TRICARE Cancer Clinical Trials Coordinator:

- TRICARE North Region: 1-800-395-7821
- TRICARE South Region: 1-800-444-5445
- TRICARE West Region: 1-866-427-6610
- TRICARE for Life, Wisconsin Physicians Services, 1-608-301-3243

Contact the National Cancer Institute's Cancer Information Service toll-free at 1-800-4-CANCER (800-422-6237)/TTY 1-800-332-8615 or visit www.cancer.gov for information on prevention, screening, clinical trials and cancer or to order free patient education material.

Hey batter, batter – swing!



(Left) USNH Yokosuka Commanding Officer Capt. Michael J. Krentz throws out the first pitch to JMSDF Hospital Yokosuka Rear Adm. Junichi Hatada at the USNH Yokosuka Family Fiesta May 17. The Family Fiesta consisted of softball games, picnic, games, prizes and entertainment for the staff and families of both facilities.

Photo by Jill Ward

USS George Washington

Family
Assistance
Support
Team
(F.A.S.T.)



Supporting all George Washington and cross-decking Kitty Hawk families.
Call 243-5093/5081 or
080-2074-1837 for more information.

Asian-Pacific Americans honored during FISC celebration

By Tim Shannon, CFAY Public Affairs

People of all ages and ethnicities gathered at the U.S. Fleet and Industrial Supply Center (FISC) Yokosuka patio to recognize the achievements and remember the history of Asian-Pacific Americans during FISC's yearly Asian-Pacific American Heritage Month celebration May 30.

The event started with a warm welcome from Master of Ceremony, Storekeeper 1st Class (SW/AW) Marco Martinez, who wore a *montsuki hakama*, the male version of a Japanese *kimono*.

After welcoming everyone, Martinez turned the microphone over to FISC Executive Director Greg Porter.

Porter thanked FISC's multi-cultural committee for sponsoring the event and then moved on to discuss how leadership, diversity and harmony - the theme for this year's event - were all concepts that he sees daily at FISC Yokosuka.

"I'm not sure I could choose three more significant terms that better describe our own workforce," said Porter in his speech. "They are inherent in everything we do and, I think, form the basis of respect FISC Yokosuka has earned around

the world. I've said this before and it certainly deserves repeating: Much of the respect, much of the praise we receive, stems in no small part from the diversity of our cultures - diversity that forms the very creative means we all employ to complete our mission."

Porter concluded his speech with a statement of gratitude for the contributions of Asian-Pacific Americans and Asians, in general, to the success of the Navy's mission.

"Thank you for helping us embody the very best of what diversity brings to the Navy, and for what you all bring to our command," he said.

Porter was followed on the program by volunteers from FISC who performed the *polkabal*, a folk dance of the Philippines with the men wearing the traditional *barang tagalong* shirt, while the women wore traditional *maria clara* dresses.

The Philippine dance group was followed by Nokiro Niikua and Shigemi Shimizu, who performed a traditional Japanese dance to the song, "Sakura, Sakura."

After the two dance performances, FISC's own Lt. Thuan Nguyen gave the keynote address, speaking about the importance of celebrating the diverse cultures that make up America, while remembering that no matter what comes before the hyphen, the American part that follows is what defines us.

Following Nguyen's speech, volunteers were dressed in authentic Japanese *kimonos*. Porter also joined the cultural demonstration by donning a *nontsuki hakama* and by joining FISC Executive Officer Cmdr. Jeff Rathbun and several others on hand in performing an *O-bon* dance to close the performance portion of the festivities.

The celebration came to a conclusion with a feast for those in attendance, put together by FISC's multi-cultural committee, that included foods from Japan, the Philippines, China and the United States.

Reflecting on the celebration, FISC administrative specialist Misae Nakada felt pride and joy regarding her contributions.

"Of course festivals like these make me feel good," said Nakada. "I like to show Americans, Filipinos, people from all countries that work at FISC, about



Noriko Niikura performs a dance to the traditional Japanese ballad, "Sakura Sakura" at the FISC Asian-Pacific American Heritage Month Celebration.

Photo by Yohsuke Onda

Japanese culture. I hope they can, at least, get a feel for Japanese culture while they are here in Japan. I like to give them these experiences to give meaning to their time here in Japan. That makes me feel good and it makes me smile."

One person who did a lot of smiling was FISC newcomer, Victoria Trevino, who experienced her first cultural celebration since coming to FISC.

"I really enjoyed the program," she said. "It was very entertaining. I especially appreciated the dedication and preparation of everyone that participated. Celebrating diversity is a great thing and I feel that we should try to have more programs that help celebrate different cultures, not just for enjoyment, but for knowledge as well."



FISC SKC(SW/AW) Victor Cabunoc and Almera Mayo dance the Philippine *polkabal* folk dance during the Asian-Pacific American Heritage Month Celebration at FISC Yokosuka May 30.

Photo by Yohsuke Onda

'101 critical days of summer' stressed during safety stand down

Story and photos by Tim Shannon, CFAY Public Affairs

One of the biggest obstacles between U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's Fuels Department and a new record for the most days without a mishap is the "101 Critical Days of Summer." With that in mind, FISC's Deputy Fuels Director Pete Cartwright thought that a safety stand down was in order.

"What we wanted to do is to get ready for the 101 critical days of summer," said Cartwright. "We're doing a safety stand down to remind everyone that during the



FISC Fuels Department MLC Shigeharu Kawashima grills some *yakisoba* following a safety stand down at the Hakozaki Fuel Terminal June 2.

summer, they need to stay hydrated and to always be aware of their environment. A lot of activities with the families or with friends will be going on outside and I just wanted to reinforce the idea of being safe, even when people aren't at work."

However, as someone who believes that pleasure should always be a part of business, Cartwright combined the stand down with a picnic and awards ceremony.

"The main focus, of course, is the safety stand down, but we're also inviting some new members into the Fuels Department family and congratulating some folks on reaching safety milestones by giving them certificates for having no accidents throughout the year in their work spaces. We're also recognizing the academic achievements of some of our employees. It's just a good day to get outside and have some fun, while reminding everyone about the importance of safety."

One of the people welcomed into FISC's Fuels Department was Lt. Cmdr. Matthew Holman, the new department director. Holman stated that walking in the door to find his department holding a safety stand down and zeroing in on the departmental safety record of 633 days, mishap free, made for a good first impression.

"I think this is great," said Holman. "It's nice to be able to come out here and have some time to socialize with people and it's especially important to have the focus on safety. That's the thing I want to emphasize most while I'm here is to have a safe working environment and to make sure everyone is keeping their head on a swivel for those 101 critical days of summer and just to maintain a culture of safety here at FISC."

Although the safety stand down and picnic were held on his very first day at the command, Holman is familiar with the FISC Fuels Department from a previous visit



(Center) FISC Fuels Department Deputy Director Pete Cartwright introduces his new boss, Lt. Cmdr. Matthew Holman to the workers at the Hakozaki fuel terminal as FISC Master Labor Contractor Masami Minami stands by to translate for the other MLCs in attendance.

and through the department's stellar reputation.

"I was extremely impressed with the safety and professionalism that I had seen [during a previous visit] and I expect to see the same from here on out," he said. "It's a huge operation and everything is done manually. The technical knowledge of the workers we have here at Code 700 (FISC's Fuels Department) is second to none. Safety is something we already have in the culture here but it is something that we should reinforce from time to time."

After the stand down and awards ceremony, everyone in attendance was treated to a barbecue put together by Sailors and Master Labor Contracts (MLCs), followed by a friendly softball game between mostly Navy personnel and the Fuels Department MLCs.

SRF-JRMC bids farewell to their biggest customer *USS Kitty Hawk*

Story and photo by Keiichi Adachi,
CFAY Public Affairs

On behalf of Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC), members of the Temporary Service Shop completed their final task for *USS Kitty Hawk* (CV 63) by removing the brow during the recent farewell ceremony conducted at berth 8.

“Both Commander U.S. Naval Forces Japan Rear Adm. James Kelly and Kitty Hawk Strike Group Commander, Rear Adm. Richard Wren commented that it was in fact due to the hard work of the great workers at SRF-JRMC that *USS Kitty Hawk* was able to maintain her mission readiness during her tenure in the forward-deployed naval forces,” said SRF-JRMC Commanding Officer Capt. Stephanie Douglas, in her week ahead e-mail to all SRF-JRMC employees. “I was so impressed and proud of the Temporary Service shop and Japanese project superintendents as they conducted the final brow removal. They looked sharp and worked efficiently and safely to allow her lines to be cast off one last time.”

SRF-JRMC has provided *Kitty Hawk* with ship repair including, modernization of systems, updates and routine maintenance that she needed for nearly a decade, which contributed to *Kitty Hawk* making 20 deployments in the Western Pacific and participating in numerous operational exercises.

During *Kitty Hawk*'s almost 10 year stay in Yokosuka, SRF-JRMC conducted Selected Restricted Availabilities (SRA) and one Dry-Docking SRA in 2003 and performed countless ship repair jobs for *Kitty Hawk*.

“I think every request and question we gave to SRF-JRMC, they have responded accordingly, working with Japanese contractors, SRF-JRMC workforce and the ship's force. We have been able to get the ship ready to go and get under way, and met every commitment that we are required to meet,” said Capt. Todd Zecchin, *USS Kitty Hawk* commanding officer during an interview before the ship left.

Kitty Hawk's DSRA lasted for six-months and was conducted at dry dock 6 in 2003 to keep the 42-year-old carrier fully operational until her scheduled decommissioning in 2008. At that time SRF dry-docked *Kitty Hawk* to repair its main condensers, boilers and a multitude of rotating machinery, as well as to conduct shaft inspections and conduct underwater hull preservation. SRF American and Japanese ship superintendents coordinated and supervised the repair work for her, according to SRF officials.



On behalf of Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC), members of the Temporary Service Shop completed their final task for *USS Kitty Hawk* (CV 63) by removing the brow during her farewell ceremony that was recently conducted at berth 8.

SRF-JRMCを代表し、8番バースで先頃行なわれた送別セレモニーでサービス工場（X99）の従業員が船橋を外し、米海軍空母キティホークへの最後の作業を終えた。

Zecchin was impressed with the customer service provided by SRF-JRMC. He commented that the employees at SRF-JRMC are the piece that keeps it together. Once the job begins it is seen through to completion, and that it is a combined effort.

“Once the job is laid out, planned, prepared for and started, it goes like clockwork, and that is the testament to the leaders and the employees themselves. All SRF-JRMC members have done such a great job for this ship, ensuring we get what we need, once that starts, and that process begins, from the beginning to the end of the job itself, that is the most impressive piece,” said Zecchin.

According to Zecchin, there is virtually no difference between the nuclear powered carrier and the conventional powered carrier with the exception of the power plant. Both are almost the same size.

Zecchin told SRF-JRMC the key elements to conduct their operations and support their customers are having the supplies such as materials and parts, to do the ship repair on time and in place early.

“I remember the customer is always right. In this

instance, the customer asks for something, ‘be flexible, fast enough on your feet,’ you can ensure that the customer gets what they need from the request that they made,” said Zecchin.

Another element that Zecchin advised was the personal face to face interaction with the customers, which SRF-JRMC already does, is important and that will serve the *USS George Washington* (CVN 73) well and will ensure she is taken care of appropriately.

According to Zecchin, SRF-JRMC is always there at pier side and always provided what *Kitty Hawk* needed to get under way, on time, ready for sea, allowing *Kitty Hawk* to meet its mission. That is all the commander can ask for. “It is not to be delayed to conduct operational requirements, SRF-JRMC helped with that a lot, immensely.”

Zecchin concluded his comments with the words, “I will ask SRF-JRMC ‘Be fluid.’ I like to say, ‘difficult do immediately, the impossible takes longer,’ so we don’t want excuses necessarily. We want action, that is how the operation thinks. So I appreciate SRF-JRMC for the support you have done.”

SRF-JRMC、最大の顧客空母キティホーク号に別れ

文：安達慶一、CFAY広報課

艦船修理廠及び日本地区造修統括本部（SRF-JRMC）を代表し、8番バースで先頃行なわれた送別セレモニーでサービス工場（X99）の従業員が船橋を外し、米海軍空母キティホークへの最後の作業を終えた。

「前方展開する米国艦船におけるキティホークの配備期間中、キティホークの即応体制の維持が出来たのはSRF-JRMC従業員が行ってきた尽力の賜物であると在日米海軍司令官ジェームズ・ケリー、キティホーク打撃群司令官リチャード・レン両少将が送別セレモニーで話してくれました」とSRF-JRMC指令官のステファニー・ダグラス大佐は従業員に毎週配信する「ウィーク Ahead」のEメールの中で述べ、こう続けた。「最後の務めである船橋の取り外し作業を見て、作業に当たったサービス工場、日本人監督者に対して胸が躍りました。彼らは観衆の前で最後の出港準備を、安全に上手に行なってくれました。」

キティホークが必要としてきたシステムの近代化、装置の性能向上、通常整備を約十年間SRF-JRMCが提供してきたことにより、キティホークが数多くの演習に参加し、20回にもわたる西太平洋での配備を可能にした。

横須賀での約10年間の配備中には、数回の定期修理（SRA）、2003年にはキティホークを乾ドックに入渠させた大掛かりな定期修理（DSRA）を行なうなど、SRF-JRMCは数え切れない艦船修理を提供した。

「どんな要求や質問をSRF-JRMCに伝えても、日本の

業者、SRF-JRMC従業員と艦船の乗組員が一丸となって適切に対応してくれたと思います。ですから、キティホークの出港、航海が可能となり、求められた責務を果たせたのです」と出港前のインタビューで、キティホーク艦長のタッド・ゼッチン大佐は話した。

SRFの幹部従業員によると、キティホークのDSRAは2003年に6号ドックで行なわれ、現役42年であったキティホークを2008年まで十分に機能できるように6ヶ月の期間が費やされた。当時、SRFはキティホークを入渠し、艦上メインコンデンサー、汽缶、多数の回転機械の修理をし、推進軸の検査や船底部分の補修作業を大掛かりに施した。SRFの日米修理監督者は業務調整に奔走する毎日だったと話す。

ゼッチン大佐の目にはSRF-JRMCの顧客サービスが印象的だった。SRF-JRMCの従業員が一丸となって対応する態勢ができており、ひとたび業務が始まるとそうした取り組みは最後まで続き、これはSRF-JRMCのあらゆる努力の成果であるとゼッチン大佐は述べた。

「業務が配置、計画され、下準備を終え開始されると、計画どおりに事が進み、それは指導者や従業員の優秀さを証明するものです。業務が始まり、手順が進み、業務の最後まで我われが必要としているものを確認し、SRF-JRMCはキティホークに素晴らしい修理を行ってくれました。その事が一番印象的です」とゼッチン大佐。

動力エンジンの違いを除いては、原子力空母と通常空母は事実上、相違はなく、大きさもほとんど同

じだとゼッチン大佐は言う。

顧客支援や業務の遂行のカギとなるのは、物資や部品を計画どおりに準備し、迅速に艦船修理を進めることだとゼッチン大佐はSRF-JRMCに助言してくれた。

「顧客には常に耳を傾ける事が大切だと私は心に命じています。その理由は、顧客が何か求めているとしたら、柔軟、迅速に対処することで、顧客が必要としていることを確実に提供出来ます」とゼッチン大佐は語ってくれた。

ゼッチン大佐が助言してくれたもう1つの点は、SRF-JRMCでは既に行なわれている顧客との直接対応の重要性だ。そのことが空母ジョージ・ワシントンに十分なサービスを提供し、適切な顧客サービスをもたらす。

SRF-JRMCはキティホークの任務遂行の為に、常に棧橋で時間どおりの出港準備と、航海に不可欠なものを何でも提供してくれました。「遅延なき、作戦上の任務遂行」は空母の艦長として絶対なことであり、SRF-JRMCは計り知れないほど後押ししてくれたとゼッチン大佐は言う。

最後にゼッチン大佐はこう言葉を締めくくった。「SRF-JRMCに『柔軟性に富んだ部隊』になって欲しい。好きな言葉に、『困難は突然に現れ、実現しそうな無いことへの実行は時間がとても掛かる』の言い訳は認められない。実行が全てであるのだと、顧客は考えている。SRF-JRMCの皆さんの尽力をここに感謝します。」

CFAY conducts Base Historical Tour



(Center) Miyoko Morishita from CFAY Housing and MM3 Erica Roten from CFAY Security volunteered as interpreter and escort for one of three Yokosuka Base Historical Tours conducted May 31. Each tour consisted of approximately 40 participants and despite the cold, rainy weather, enjoyed the opportunity to take part in the tour and interact with U.S. Navy Sailors. Photo by Kyoko Sugita

Grillin', chillin' in the summer

By Maj. Karen E. Fauber,
Defense Commissary Agency

As you fire up the grill this summer and kick back with a cool drink, try adding a little variety to your drink choices. There are so many options, in either bottles or cans, to help you quench your thirst while at the same time helping you control your calorie intake.

If you're trying to watch your weight, taking in 100 less calories a day can help you lose up to 10 pounds a year. An easy way to do this is by drinking lower-calorie beverages instead of guzzling that beer or 16-ounce soda.

Those sport, energy or vitamin drinks you might reach for as the sweat starts to trickle down your back can help replenish sodium, potassium, magnesium and a few vitamins, but you really only need them – especially the sports drink – when you exercise for an hour or more. Most people get all the nutrients they need from the food

they eat every day. For a refreshing change, try one of the low-calorie sports drinks.

Another refreshing low-calorie drink, brimming with antioxidants, is a glass of iced tea, with a sprig of mint for flavor. Recent research shows that drinking green tea may also help you lose weight and keep the pounds at bay. Yet, green tea is not a magic pill for weight loss; portion control and exercise are what help shed the pounds.

A fruit smoothie is another refreshing way to get your fruit along with all its vitamins, minerals and antioxidants. However, the average smoothie you buy has 300-700 calories and 60-70 grams of sugar. You can make your own in a blender with low-fat yogurt; fresh, frozen or canned fruit; and low-fat milk. An eight ounce smoothie has about 150 calories, along with some ice for a real chill.

Of course, the greatest chill of all is water, especially on a hot summer day. Zero calories, no additives and every cell in your body loves it. Add some lemon, lime, orange slices or mint leaves to a pitcher of water, chill it in the refrigerator and watch how fast it disappears. You can also help the environment, too, by using a faucet water filter or a pitcher with a filter to get your water, instead of buying bottled water.

You can use the following information as a guide to help you "choose your chill" this summer:

• Frozen margarita	300 calories
• Cola or soda	200
• Energy drink	200
• Regular beer	150
• White/red wine	110
• Lite beer	100
• Sports drink	100
• Low-cal sports drink	50
• Wine spitzer	40
• Diet cola or soda	0
• Water	0

For more information about healthy food choices and other nutrition topics, go to <http://www.commissaries.com> and post your questions on the DeCA Dietitian Forum. You can also access other useful information in the Dietitian's Voice archive.

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 from now 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. 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.

Negishi Leisure Classes – Negishi leisure classes include ballet, karate, piano, ball room, Ikebana, origami, tea ceremony, kimono dressing and Japanese language lessons. Available on the first and second floor of the Community Center Building. Please download schedule at www.cfay.navy.mil/mwr/commctr.pdf for class schedules. Call the Negishi Community Center at 242-4760 for more information.

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. For Contact the Fleet and Family Support Center at 243-9632 for more information.

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

Single Sailor Volunteer Program – Enhance your military record and be rewarded for your efforts and contributions. Volunteer work includes helping out with various Morale, Welfare and Recreation events and programs. Volunteers must sign a "Volunteer Service Agreement (VSA)" at Spectrum. Sailors volunteering for programs will receive Letters of Appreciation and Liberty will track your hours and award you points for your efforts. Based on points earned, you will have the choice to "redeem" the points for prizes. For details, call 243-7346 and ask to speak to the Liberty staff.

Pets of the Week



This week's Pets of the Week are Sonny and Cher. This calico, white and tabby mix couple have been together six years and would make a great addition to any families lap. They are both litter box trained, microchipped, spayed, neutered and have all their shots updated. This couple lives up to their names and sing when dinner comes! To find out more about Sonny and Cher or any animal at P.A.W.S., contact them at 243-9996, or visit the P.A.W.S. Web site at www.pawsyokosuka.org.

Photo by Vicki Boehler

Friday the 13th: does fear grip you?

By Chaplain Robert Bradshaw

Today is Friday the 13th. To many people this is the first that you are thinking of this. To countless others it is a day which brings fear. Check out the following research found on Wikipedia:

“According to the Stress Management Center and Phobia Institute in Asheville, N.C., more than 67 million people are affected by a fear of this day. Some people are so paralyzed by fear that they avoid their normal routines like doing business, taking flights or even getting out of bed. “Approximately \$800-\$900 million is lost in business on this day.” Despite this, representatives for both Delta and Continental Airlines say that their airlines don’t suffer from any noticeable drop in travel on those Fridays. “A British Medical Journal study has shown that there is a significant increase in traffic-related accidents on Fridays the 13th.”

Regardless of where you stand at this moment regarding Friday the 13th, I would like to propose a new thought. Today countless people will celebrate birthdays; unknown numbers of babies are born; tons of other celebrations take place. If you are reading this, you have eyesight and health that allows you to do so. In short, there are bad things and good things that happen every day. What matters is what we focus on. What we focus on often determines our mood and how we navigate through our day.

Friday the 13th is another day. It is a day that can be redeemed for good. It is a day to celebrate like any other day. We either wake up saying “Oh God!” or “Dear God;” two words that focus our day in two extremely different ways. The choice is ours. I pray that you have a great day and a great weekend.

“This is the day the Lord has made; let us rejoice and be glad in it.”

Psalm 118:24

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.cnj.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

Public Affairs Specialist – YA-1035-1/2, CFAY-92-08. Open: 6-6-08, Close: 6-19-08. *Temporary, not to exceed 90 days.

Continuing

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

NEX Positions

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

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

Food Service Worker – Food Services. \$8.28-\$8.96/hr.
Food Delivery Operator – Yokosuka. \$8.28/hr.
Food Service Supervisor – Food Services. \$10.74/hr.
Food Service Worker Leader – 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. \$8.39-\$11/hr.
Store Worker – Main Store. \$8.28/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.
Receptionist – Beauty Salon. \$7-\$8/hr.
Security Guard – Main Store. \$7.50-\$9/hr.
Automotive Mechanic – Autoport. \$13.63/hr.

Defense Logistics Agency Positions

The following DDYJ vacancies are open to all federal employees, and can be found by doing an agency search for Defense Logistics Agency in the Japan area on U.S.A. jobs web site at <http://www.usajobs.opm.gov/>. Applicants must follow the instructions on the “How to Apply” tab of the U.S.A. jobs announcement. Resume, Application Form and any supporting documentation must be received by 11:59 p.m. (Eastern Standard Time) on the closing/first cut-off date of the announcement.

Supply Technician – YB-2005-01, Salary: \$16,880-\$35,846 per annum. Announcement Number: DDC-08-2589. Open 5/30/2008, Close: 6/23/2008.

Miscellaneous

Organist for the Chapel of Hope General Protestant Worship Service – Must 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 chaplain in charge of the service.

Organist for the Chapel of Hope Protestant Liturgical Service – Must 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 Chaplain in charge of the service.

Choir Director for the Chapel of Hope Roman Catholic Faith Group – Must be able to work a flexible schedule dependent upon religious service needs. Must be able to read and catalog music in order to instruct, motivate and encourage choir members in the art of singing religious music for worship services. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to work closely with Catholic organist and the chaplain in charge of the service.

Organist for the Chapel of Hope Roman Catholic Mass – Must 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.

Organist for the Chapel of Hope Gospel and Praise Faith Group – Must 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 the Gospel and Praise choir director and the chaplain in charge of the service.

Choir Director for the Chapel of Hope General Protestant faith group – Must be able to work a flexible schedule dependent upon religious service needs. Must be able to read and catalog music in order to instruct, motivate and encourage choir members in the art of singing religious music for worship services. Will be needed for religious services on weekends and rehearsal one evening each week. Must be able to work closely with the Protestant organist and the chaplain in charge of the service.

Director of Religious Education for the Chapel of Hope Roman Catholic faith group – Must be able to work a flexible schedule dependent upon religious education needs. Must be familiar with the Roman Catholic doctrine and resources for choosing instructional material. Must be able to effectively recruit, train and motivate volunteer teachers order to 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.

Director of Religious Education for the Chapel of Hope Protestant faith group – Must be able to work a flexible schedule dependent upon religious education needs. Must be familiar with Protestant doctrines and resources for choosing instructional material. Must be able to effectively recruit, train and motivate volunteer teachers order to 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.

Roman Catholic Priest is needed to officiate the Mass as needed at the Negishi Chapel of the Rising Sun on Saturday nights and Sunday mornings – Must be able to work within the guidelines of the Navy Chapels and with the Staff Roman Catholic Priest assigned to Command Fleet Activities Yokosuka.

Roman Catholic Priest is needed to officiate the Mass as needed Ikego Housing Base on Saturday nights – Must be able to work within the guidelines of the Navy Chapels and with the Staff Roman Catholic Priest assigned to Command Fleet Activities Yokosuka.

Youth Program Director for the Yokosuka Chapel of Hope Protestant faith group – Must be a fluent English speaker and be able to work a flexible schedule dependent upon youth program needs. 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.

Youth Program Director for the Yokosuka Chapel of Hope Roman Catholic Faith Group – Must be able to work a flexible schedule dependent upon youth program needs. Must be familiar with Catholic 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.

Organist for the Chapel of the Rising Sun Roman Catholic Mass – Must 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.

Organist for the Chapel of the Rising Sun Protestant Service – Must 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.

Positions above:

- Must be fluent English speaker.
- 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
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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
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"Mom's Time"

Last WED	of the month	0930
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COMPASS Spouse Support Group

WED, THU, FRI	(Last week of month), Room 1	0900
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Men's Christian Fellowship

TUE	Study Group (Fleet Rec 3 rd Deck)	1130
3 rd 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
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IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

SAT	Vigil Mass	1900
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Pentecostal

SUN	Worship Service	1000
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Adult Bible Study

WED	Nikko Tower Party Room	1800
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A.W.A.N.A. Children's Ministry (3 yrs. to Grade 6)*

WED	Ikego Elementary School	1630
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Yokosuka Student Ministries (Middle School and High School)*

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

Ronwick Thomas and Kimberly Thomas are the proud parents of **AMANDA ELEASE THOMAS** born May 8, 2008 at 1:52 p.m., weighing 5 pounds.

Amit Sood and Tara Sood are the proud parents of **ROHAN MICHAEL SOOD** born May 22, 2008 at 3:05 p.m., weighing 7 pounds 9 ounces.

Joshua Laskowski and Reika Laskowski are the proud parents of **MILES SHYU LASKOWSKI** born May 22, 2008 at 6:14 p.m., weighing 6 pounds 10 ounces.

Thomas Short and Anne Short are the proud parents of **LUCY SHORT** born May 23, 2008 at 6:04 a.m., weighing 9 pounds 0 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 16

English as a Second Language 10 a.m. (2 hrs.): ESL is designed for anyone whose first language is not English. In this class, students practice basic, English skills and learn about American culture. Special attention is given to speaking English in an everyday setting.
Managing Your Transition (TAMP) 7 a.m. (4-1/2 days): This seminar is for separating military and pre-retirees. The program will inform you about your veteran's benefits, retirement pay and travel entitlements. The class focus will be on job search strategies, interview skills, resume preparation and the psychological preparation necessary for transitioning to a new career. Spouses are urged to accompany the transitioning service member. Reservations must be made through your Command Career Counselor.
Ikego - Car Buying Strategies 11 a.m. (1.5 hrs.): Check out my ride! Do you know what a holdback is? If not, we'll see you in class. In this class, you'll learn all the ins and outs of buying a car. How to negotiate price, trade-in, financing, etc... We'll teach you lingo that car sales people speak, and the strategies they use. You'll learn about car insurance, premiums, deductibles, gap insurance, and a host of websites that will arm you with the knowledge to get the best deal on wheels.

Tuesday, June 17

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **June 17-20, 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.
Enjoying Japanese Foods 9 a.m. (4 hrs.): Come learn about Japanese cuisine. Join our bi-lingual staff on a trip to a local grocery store and traditional restaurant. Learn about basic Japanese ingredients, recipes and food etiquette.
Ikego - Employment Overview and Tips 10 a.m. (1.5 hrs.): If you are interested in the local employment market, please join this class and talk with our full-time spouse employment assistance manager. Reservations are required for this crash course on employment availability in the Yokosuka/Ikego/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.
Relational Intelligence for Couples (RIC) 9 a.m. (2 hrs.): This is a two day workshop for active duty personnel and their spouses/significant others, and dual military couples. RIC is designed primarily for couples who want to improve their marriages and decrease arguments or destructive patterns of behaviors.
The Basics of Retirement Planning 11 a.m. (1.5 hrs.): If working as a Wal-Mart greeter at age 65 is your dream, skip this class. However, if you want to plan for your financial future, this class is for you. In this class, you'll learn about the value of time and money. You'll learn that a few good financial decisions in your 20s or 30s can drastically improve your retirement outlook. You'll learn about investment strategies, which states do not tax retirement income, and other cost related information. Nobody plans to fail, they fail to plan!!!

Wednesday, June 18

Basic Breastfeeding 2 p.m. (2 hrs.): Learn the breastfeeding basics that will help you manage the whole breastfeeding process and make it a success! This class will give you the knowledge to help you prevent or overcome any problems that may occur.
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.
Negishi - Car Buying Strategies 11 a.m. (1.5 hrs.)
Welcome to Negishi 10 a.m. (5 hrs.): We invite both old and new residents of Negishi to meet your Negishi community leaders and learn what the community has to offer. Representatives from various Negishi offices will speak about their services. Meet new friends and neighbors, plus learn to take the train from Negishi to Yokosuka.
Youth Enrichment - Problem Solving 3 p.m. (1 hr.): Decision, decisions, decisions - seems like you always have to make them. We can teach you effective ways of solving everyday problems as well as making appropriate decisions. The training is for ages 10-17, meets four times for a 1-hour session.

Thursday, June 19

Car Buying Strategies 12 p.m. (1.5 hrs.)
Space A Travel / EML Brief 1 p.m. (1 hr.): Representatives from Yokota's AMC Terminal and a U.S. Navy specialist on EML Travel will conduct this one and a half-hour brief. Travel tips and procedures will be explained in detail along with current flight schedules and destinations for Space A travel.
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 - 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 five are welcome, but must be accompanied by an adult. This Play Morning is held at Nikko Tower.
Getting Started Teaching English 10 a.m. (2 hrs.): Learn how to get started teaching English in Japan. We will discuss types of teaching positions, legalities, marketing yourself, average prices to charge, topics for lesson plans and much more.
Pre-Marriage Seminar 9 a.m. (1 1/2 days) *(August Pre-Marriage Seminar cancelled): Engaged to be married? Planning on tying the knot here in Japan? If so, then you need to attend this seminar. We will cover important areas regarding marriage procedures, command sponsorship, immigration, passport procedures, financial management, successful marriage and family planning. This course is a required prerequisite for marriage in Japan under COMNAVFORJAPAN instructions.

Friday, June 20

English Teachers Networking Group 10 a.m. (2 hrs.): New and experienced English teachers are invited to learn from, network with and support each other in this monthly session. Topics discussed will include developing age-appropriate lessons, sharing resources and off-base employment opportunities for teachers.
Home Buying Basics 1:30 a.m. (1.5 hrs.): Only the biggest financial decision you'll ever make. In this 2-hour session, you'll learn about the loan process, types of mortgages, how to choose a real estate agent, lending institutions, how to avoid costly mistakes, the VA program, and the correlation between FICO scores and interest rates. We'll talk hot markets, cold markets, prime rates and closing costs. Realtors, lenders and builders all make money off you. Don't let them get more than they should. You'll get six weeks of financial information in two jam packed hours!
Sponsor and Sponsor Coordinator Training 2 p.m. (1.5 hrs.): This class provides volunteer or designated command sponsors with background information and useful tips so that they can help new personnel before and after their relocation to Japan. Creative communication and support is discussed as a means to make newcomers feel that they are a valued part of the team as quickly as possible. Adult and teen family members are welcome to attend. Basic instruction in the management of an effective Command Sponsor Program in accordance with OPNAVINST 1740.3 will also be covered.
Play Morning 9:30 a.m. (1.5 hrs.): This Play Morning is held at Ayame Tower.

Upcoming Classes

June 23	English as a Second Language
June 24	Area Orientation Brief and Intercultural Relations Class; Employment Overview - Yokosuka Area; Ikego - Kid's Craft Class
June 25	Effective Resume Writing
June 26	Government Employment Tips; Ikego - Play Morning
June 27	Yokosuka - Play Morning

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

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

Automobiles

'99 Mitsubishi Ding. \$2,650. White outside, beige inside. New tires great on gas. Well maintained. 50,000 miles. Call 080-5497-1787. Free LTO run.

'98 Honda Integra. 26,000 km. Silver, 4-dr, 12 months JCI. Really nice, dependable car. Great on gas. One owner. Call 080-5497-1787. \$2,500. Free LTO run.

'98 Honda Odyssey 7 Pax Van. \$3,200. Power windows/door locks, 4-cylinder, automatic, 4-dr, A/C, Kenwood CD/MD 6 speaker stereo, newly installed timing belt, front/rear brake pads. JCI 'til July 2009. Call 241-3086 or 090-3534-1346.

'97 Audi A-4. \$3,650. Silver outside, blue inside. 47,000 miles. Clean, very nice. 4-dr. Call 080-5497-1787. Free LTO run.

'97 Daihatsu Pyzar. \$2,000. Black outside, beige inside. Super clean car/minicar. 50,000 km, only 31,000 miles. Call 080-5497-1787.

'97 Honda Integra. \$2,650. White exterior, black interior. 66,000 km. Sharp looking car, sporty. Call 080-5497-1787.

'97 Honda Logo. 4-dr/hatchback, A/C, power everything. JCI and base inspection February 2010. Y-plates. Perfect for off base. Fits me, wife, 2 babies, groceries. \$2,200. Jim, 243-5393, 080-6792-7300.

'97 Honda Odyssey. \$2,150. White outside, beige inside. Wood trim dash. 46,000 miles. Call 080-5497-1787. Free LTO run.

'97 Mazda Demio. \$1,650. Wine outside, gray inside. Very clean car, only 17,000 km. That's only 8,000 miles. Perfect Japanese car. Call 080-5497-1787. Free LTO run.

'97 Mazda MPV. \$2,150. 55,000 km, that's only 29,000 miles. DVD/TV/CD/MD. All the D's. White outside, beige inside. Nice family car. New tires. Just add family. Call 080-5497-1787.

'95 Honda Odyssey. \$2,050. Wine outside, gray inside. 66,000 km. Dependable family car. New tires. Call 080-5497-1787.

'95 Toyota Crown. \$1,650. Pearl white outside, beige inside. 54,000 km. 4-dr, alloy rims. Great car. Call 080-5497-1787. Free LTO run.

'93 Toyota Celsior (Lexus LS400). Blue, 19 inch rims, black leather, Navi. Very nice car at \$3,200 great price. Call 080-5497-1787.

For Sale 2004 Nissan March. Looks brand new. Intelligent key system. 27,000 km. JCI good 'til June 2009. Excellent audio system. \$6,500 or yen equivalent. Call Yuki, 080-5038-5619.

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Buying a used car. Ask do you guarantee this car? If they say no, ask yourself why not. Then call Bigwave, 080-5497-1787 and buy a dependable car.

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.

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 yamasmit@jcom.home.ne.jp.

Door to Door. Send Balikbayan Box in P.I. Promo ¥8,200 anywhere in Manila. Call 241-2013, cell 090-2886-5859. Look for Gie.

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

Home Based Businesses. Join representatives from Pampered Chef, Princess House and others for an hour of networking and building our businesses. Interested in becoming a consultant? Come ask questions! Meet us on Thursday, June 19 at 7 p.m. at Satsuki Tower Party Room. Contact Colleen at 241-4766 for more information.

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

LTO Runs and Free Junking. 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: reikoltruns@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.

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.

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.

PCS-ing? Moving to Hampton Roads? I have an immaculate condition home for you! 4 bedrooms, 2 ½ baths. MLS# 0816098 go to http://www.williamewood.com/jacoborbach.

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

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

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

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.

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

Yoko's Housecleaning Service provides routine (weekly, biweekly, monthly) or one time PCS to meet your needs. On or off base service available. Please contact Yoko at 090-3572-5147.

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。)

Wanted

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

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

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.

Looking for young and vibrant English Assistant teacher for young students. Experience not necessary, will provide training. Call (046) 857-9857.

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

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.

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.

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

URGENT!! Facility Engineers (electricity). Requirements: 1. Have educational background on electricity and understand electrical theory. 2. More than three years on-the-job experience. 3. Business level of English and Japanese (speak, write). 4. Proper valid work visa. Workplace: Tokyo Metro. Area. Pay: ¥360,000/month and above. Transportation cost paid (Max. ¥40,000/month). Paid vacation and holiday. E-mail your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Co., Ltd.

URGENT! Receptionist sought! *Native level Japanese (Speak, write, read). *Business level English (Speak). *Daytime shift work. *Work place: Tokyo Metro. Area. *Pay: ¥210,000/month. *Uniforms are provided. *Transportation paid up to ¥40,000/month. *Paid vacation and holiday. *E-mail your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Business Co., Ltd.

Pets

Free Yellow Lab. JKC, 2 ½ years old. PCS, cannot take. Well behaved, friendly. Shots up to date. Housebroken, good with children. Please call Mary, 241-3103.

Yard Sales

Moving/Yard Sale. Saturday, June 14, 2008 at 128 Gridley Lane. Hours 8 a.m.-1 p.m. Toy kitchen, clothes, doll accessories, toys and misc items.

Announcements

Japanese/American Cultural Exchange Club. Learn English and about cultures. First three Wednesdays – 6:30 to 8:30 p.m. Near front gate. Contact Morris at mogator2003@yahoo.com, or H. Suzuki at: suzukih39@kyp.biglobe.ne.jp.

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.

TIF Miscellaneous International Party Shibuya, June 14, Saturday, 6:30-9 p.m., T's Salon. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. http://www.miscellaneousparty.com. Call 080-2001-0512, party@goover.co.jp.

To arrive Bayleaf Restaurant from base gate. It costs ¥710 by taxi. Easy arrive to Bayleaf take taxi. Get receipt from taxi driver. 3 to 4 persons in one taxi we pay ¥710 once. Monday closed. Bayleaf Indian Restaurant, 1-45 Uwamachi, Yokosuka. Tel (046) 821-1922, 080-3015-1749.

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World Friends International Party Yokohama, June 21, Sat, 6:30-9 p.m., Bar Why Not. Biggest international party in Yokohama. Meet 150 people. 20 kinds of free cocktails. Free snacks. ¥3,000. http://www.worldfriends-party.com. Call 080-2001-0512, party@goover.co.jp.

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

Adoption

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

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

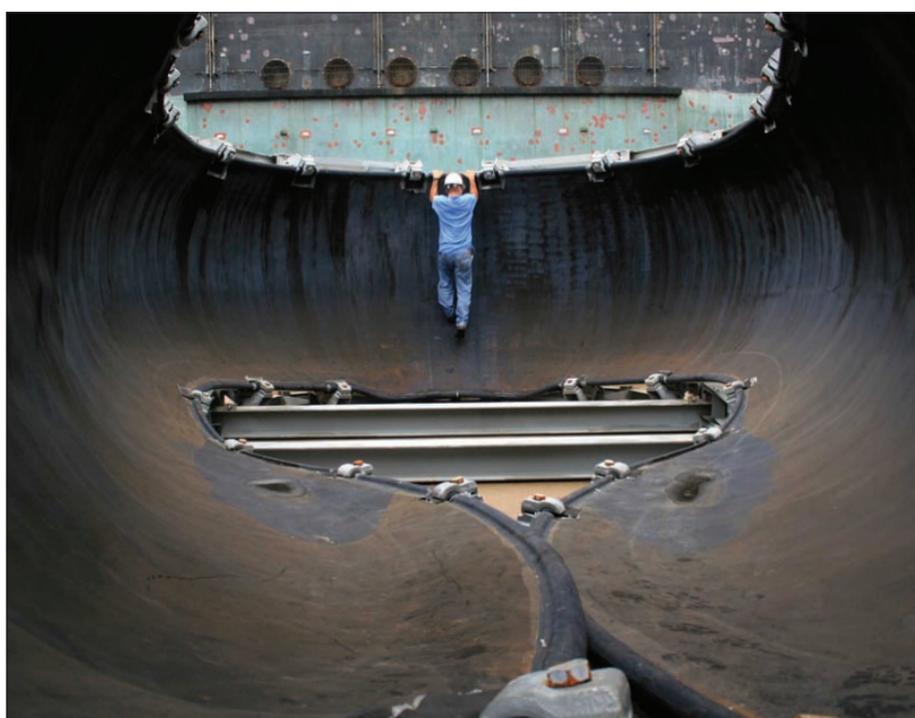
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The Sullivans School bids farewell to Principle Dave Russell



The staff and students of The Sullivans School, the largest of the Department of Defense Dependents (DoDD) Schools in the Pacific, bid farewell to school Principle Dave Russell, as he has been nominated to assume the principal position at Shirley Lanham Elementary School on Atsugi Naval Base for the 2008/2009 school year. During his tenure at The Sullivans School, Russell fostered a sense of family amongst both staff and students and he always strived to achieve a high level of excellence throughout The Sullivans School. Through his leadership, he demonstrated the most sincere love for the students. Russell allocated funds geared toward student extra-curricular clubs and activities more than any previous administrator in the history of the school. In addition, Russell employed effective leadership skills that enabled The Sullivans School to become accredited for an additional five years by the unified organization of the North Central Association Commission on Accreditation and School Improvement team of visiting educators in February 2008. The staff and students of The Sullivans School wish Russell the very best in his new position at Shirley Lanham Elementary School.

Photo courtesy of The Sullivans School



A B.F. Goodrich Inspector checks for cracks on the rubber of the inside of a sonar dome June 9. The sonar dome will be attached to the *USS Cowpens* (CG 63) while the ship is in dry dock during the *Cowpens* Ship Repair Availability (SRA) period.

U.S. Navy photo by SK1 Robert Gonzalez



USNH Yokosuka water polo team members celebrate a second place victory in the CFAY Captain's Cup co-ed inner tube water polo tournament May 17. The team members claim the pain was worth the gain and enjoyed every moment of the competition.

U.S. Navy photo by Lt. May Ton



Sailors learn fire hose handling techniques during training on the foc'sle of *USS Lassen* (DDG 82). The training taught Sailors how to properly handle a charged fire hose and attack a fire.

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

Konnichiwa!



Public Works Department Yokosuka Steam Distribution System Inspector Foreman Hiroshi Hasegawa checks the steam distribution at harbormaster pier.

Photo by Yuhji Kawabe

Where is your hometown? Yuubari City, Hokkaido

How long have you worked on base? 29 years

What is your favorite hobby? Touring on my motorcycle

Life goal? To become a tea ceremony teacher by the time I retire



(Left) Capt. Mike Brenyo, Travis Pickens, Glen Unflat and Rob Keister pose for a picture following Picken's selection to Eagle Scout during his review board June 6. Pickens, a member of Boy Scout Troop 35 Yokosuka, Japan, and son of Lt. Cmdr. James "Slim" Pickens of COMDESRON 15, organized a drive and collected contributions from a large part of the Yokosuka community resulting in mailing more than 265 care packages to service members serving in Iraq and Afghanistan as part of his Eagle Scout service project.

Photo by James Pickens