



CFAY memorial service honors victims of 9/11

Story and photo by MCSA Charles OKI, Fleet Public Affairs Det., Japan

A memorial service honoring the men, women and children who perished in the terrorist attacks seven years ago was conducted in front of the Chief Petty Officers' (CPO) Club aboard Commander Fleet Activities Yokosuka (CFAY) Sept. 11, 2008.

The 9/11 Memorial Ceremony remembered those who lost their lives with a ceremonial wreath placed atop the 9/11 Monument in front of the CPO Club.

The stone monument consists of two black marble towers and a black marble upright pentagon, symbolizing the three U.S. buildings attacked by terrorists.

The Far East CPO Mess and the fiscal year (FY) 2009 chief petty officer selectees taking the lead in organizing the solemn event, which has become an important part of the base CPO selectees' induction since the FY 2002 Chief selectees donated the monument to the base.

Many people were affected by the attacks seven years ago, losing parents, siblings, grandparents, and friends.

That day also marked the beginning of one of the largest manhunts in history and the beginning of the global war on terrorism. According to Senior Chief Master-at-Arms (SW) Paul Thibodeaux, an Opelousas, La., native and guest



Commander Fleet Activities Yokosuka's (CFAY) Command Master Chief, CMDCM (SW) Wayne Smith salutes during morning colors with the 2009 fiscal year Chief Petty Officer selectees prior to beginning a 9/11 Memorial Ceremony in front of the CPO Club to remember those who perished in terrorist attacks seven years ago.

U.S. Navy photo by MCSA Charles Oki

speaker, 9/11 also marked when America was put to the test and she and her people responded with more pride and bravery than ever seen before.

"Three-hundred and forty-three fire and rescue workers, 72 law enforcement officials – without hesitation, without a second thought and without personal consequence – their bravery stands out," said Thibodeaux. "We saw courage in the

firemen, rescue workers, and other civil servants who rushed into burning buildings and charred debris so that others might live. They risked everything for those who needed their help. They gave their all."

After Thibodeaux's speech, a bell was rung for those who laid down their lives.

A wreath was placed atop the monument, followed by the playing of taps by a member of the 7th Fleet Band to commemorate those who lost their lives in the attacks. CFAY Commanding Officer, Capt. Daniel Weed, also offered remarks of resolve and hope to members of the community in attendance.

"Even today, there are forces that will threaten to undermine the very fabric of our United States of America, said Weed. "They're doomed to fail, because never was a greater country ever conceived or ever envisioned by man on this earth. We will succeed whether it's from our most senior citizens to our newest American citizen. We will succeed because that is what makes America."

Months of preparation poised to pay off as GW arrival nears

By Dan Bowen, CFAY Public Affairs

The new pier is ready, the schedule of events is in place and local organizations and commands are set to welcome the *USS George Washington* (CVN 73) to its new home at Berth 12 aboard Commander Fleet Activities Yokosuka (CFAY) Sept. 25.

CNFI Integrated Process Team Cmdr. Michael Kelly has been at CFAY since January working to ensure that both the base and the *George Washington* are as prepared as possible for the ship's arrival. "I have been coordinating events and schedules with Housing, Naval Facilities Engineering Command Far East, FFSC, the Chapel of Hope and other organizations to send trainers to the ship, get the necessary facilities ready and take care of family members so that we can get the Sailors and their families integrated into CFAY life as quickly and easily as possible," said Kelly.

A Nimitz class nuclear powered supercarrier, the *George Washington* will be the largest, most capable aircraft carrier ever to be forward deployed to CFAY and will be welcomed with fanfare, fun and relief from family members who have been waiting to see their loved one's since they left the U.S. "I haven't seen my husband in about four months so I am very excited to see him," said *George Washington* spouse Amanda Burger. "I even bought first kiss tickets from Family Readiness Group (FRG)."

The *George Washington* will be welcomed to Yokosuka by Ambassador J. Thomas Schieffer, the Secretary of the Navy Donald Winter, Japanese Maritime Self-Defense Forces Chief of Staff Adm. Keiji Akahoshi, and commanders from around the U.S. Seventh Fleet.

The pier will open at 7 a.m. to allow FRG members to begin decorating.

The rest of the families will begin arriving at 8:30 a.m. The ship is expected to moor around 10 a.m. and the ceremony will begin shortly thereafter. Upon completion of the brief ceremony, the enlisted brow will be opened and Sailors will begin departing and joining their loved ones and friends on the pier. Morale, Welfare and Recreation (MWR) will set up various activities, and offer food and beverages.

The Seventh Fleet band and the JMSDF band will provide music and there will also be a Taiko drum performance.

Parking will be reserved for family members at the Fleet Recreation Center Parking Garage and there will be shuttle buses that run from the parking garage to the pier before and after the ceremony.

Although the pier will only be opened to families and invited guests, non-family members will be able to view the ship's arrival from Berkey Field.



USS George Washington (CVN 73)

Official U.S. Navy photo



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



CMDCM Wayne E. Smith,
Command Master
Chief

司令官の相談室

Product Caution Advisory – A faulty adapter plug has been discovered on Toshiba TV, model number 47WL66, sold at the Yokosuka Navy Exchange (NEX) which could be a potential fire hazard. If you have purchased this model TV from the Yokosuka NEX, please contact NEX Divisional Manager Brad Hoover at 243-6751 to obtain a safety approved replacement adapter.

Government Travel Credit Card change – Government Travel Credit Cards (GTCC) issued by Bank of America (BOA) will expire Nov. 29. Cardholders will receive a new GTCC from Citi sometime during the summer 2008. Cards will be shipped in a deactivated status, which means they are not available for immediate use. Cardholders will need to verify receipt of the new travel card by following the instructions on the sticker affixed to the front of the card. The card will be activated and ready for use Nov. 30. Your agency program coordinator will provide specific instructions on disposal procedures. Card disposal should only occur after Nov. 29. BOA will accept payments after the changeover for any charges applied to the old card. Cardholders need to pay all outstanding undisputed charges prior to Nov. 29. If your current GTCC issued by BOA is in good standing, you will automatically receive a new card. Keeping your account information up-to-date will ensure that you receive your card this summer. Only new applicants after Nov. 29 will need to apply for a card. Individuals whose accounts were deemed ineligible for a card under BOA will need to reapply for eligibility under the Citi contract. Your new card will be sent to your current mailing address on file with BOA. Cardholders who do not receive their card by Oct. 31 should notify their agency program coordinator. Cardholders can visit the following Web sites at <https://www.navsup.navy.mil/ccpmd>, www.defensetravel.dod.mil or www.gsa.gov/smartpay for more information.

American Red Cross Community Courses and Training – If you'd like to become a volunteer, register to attend one of our volunteer orientations held the first and third Wednesday of every month at 10 a.m. CPR, First Aid, and Automated External Defibrillator (AED) certification is scheduled for Sept. 20. Become a certified youth Red Cross babysitter by signing up for Babysitter's Training class scheduled for Saturday, Sept. 27. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

Attention SCUBA divers – The U.S. Consumer Product Safety Commission, in cooperation with Aqua Lung, announced a voluntary recall of approximately 6,000 Titan DIN 1st Stage

Scuba Regulators and Titan/Conshelf DIN Scuba Adaptors Sept. 10. If over tightened the DIN retainers may break when under pressure resulting in a rapid escape of air from the SCUBA cylinder and possible detachment of the regulator from the SCUBA cylinder, which poses a drowning hazard, according to a press release from U.S. Consumer Product Safety Commission. The regulators were sold at authorized Aqua Lung dealers nationwide between January 1997 and September 2008. The recalled regulators have a brass DIN retainer manufactured prior to June 2006. The recalled Aqua Lung Titan Din 1st Stage regulators have serial numbers lower than 6062501 stamped on the side of the regulator's body. Recalled Titan/Conshelf DIN adaptors are marked "300 BAR MAX" on the side of the part. DIN adaptors marked "300 BAR MAXI" are not included in this recall. To date Aqua Lung has received one report of a DIN retainer breaking under pressure, though no injuries have been reported. Consumers should immediately stop using the recalled diving regulators and DIN adaptors and return them to any authorized Aqua Lung dealer for a free replacement DIN retainer, according to the U.S. Consumer Product Safety Commission. For more information contact www.aqualung.com or the Aqua Lung recall hotline at 877-253-3483.

BZ: On behalf of Boy Scout Troop 35, I would like to thank the community and everyone who has in one way or another helped our troop. Ken Morgan from the Commander Fleet Activities Yokosuka (CFAY) Auto Hobby shop gave up his free time to help us learn about auto safety and earn our Auto Mechanics Merit Badge. Yuuko Hasegawa from the Commander Naval Forces Japan fire station helped us with fire awareness and helped us earn our Fire Safety Merit Badge. Andre Elliott through his passion for music helped us with our requirements for our Music Merit Badges. Denis Lindemann from CFAY Green Bay Marina not only taught us Rowing, Motor Boating and Sailing Merit Badges, he also made sure we had fun. We all appreciate what you all have done and will continue to do for our troop. Again, thank you all very much because without the community's support we would not have gained the experience or the knowledge, not to mention the fun.

Q: My wife came home last night after working out in the Ikego gym and told me that music with explicit lyrics was being played over the gym's sound system. In addition, there was no way to turn down the music because the wall controls were not working. I am sure this is some type of oversight and hope that it can be corrected as soon as possible. We will not be able to bring our children to the gym until this situation is resolved; and that is a shame because they have enjoyed the facility. Please return the gym to a family friendly environment.

A: Thank you for your feedback. The audio system in the Ikego Fitness Center is located in a locked case that can only be accessed by staff. It is CD only. Volume is kept at a reasonable level so that users can utilize their own MP3 players without interference from the

music in the center. We had someone listen to every song, and although there were no bad words or offensive lyrics, it is possible that someone may take some of the content as being offensive (all of the CDs were "Best of Hits" from various years, none of which have explicit lyrics and all are approved for radio station play). We have since purchased five new CD's and again had someone listen to every song and none of them have any objectionable content. These are now playing in the Center. Regarding the second part of your comment, please be reminded that children below the age of 14 are not authorized in the Ikego Fitness Center. As an un-staffed facility, we ask the community at large to assist MWR with enforcing this policy. If you have further concerns in this area please contact the MWR Athletic Director, Kyle Rhodus, at 241-2941.

Q: I am currently stationed in San Diego but will soon be stationed on the *USS George Washington* (CVN 73). My wife, who is Japanese, is already in Japan. Will she be able to drive her parents car onto the base to go the NEX, Commissary and bank? She has a copy of my orders and her dependent entry approval.

A: Your wife would be able to if she has all the proper paperwork for the vehicle (the additional liability insurance which is required as per base instruction, not required by Japanese government and written permission); and she has a Japanese license or a U.S. Forces Japan Operator's permit which is obtained when you go through the Area Orientation Brief – Intercultural Relations (AOB-ICR) class and has taken the drivers test; or her mother and or father can operate the vehicle and she can sponsor them onto the base with her. For identification purposes her mother or father would be required to have their driver's license and a resident card or passport to show proof of citizenship.

Q: I live near Negishi and was would like know with the George Washington arriving soon are there any plans of expanding certain services? More importantly I heard the back gate near the club was going to be converted to outbound-only turnstile after 2000. Could you confirm this? Also are there any plans on opening up the street going to the back gate. There are still dozens of cars parked there, and many have been there quite a while. There's a big sign at the bottom of the hill that states the road is CFAY property. Why not open the gate for traffic again like it used to be several years ago?

A: There is a plan in work to clean up the area and in time open the back gate. No published timeline as of yet. This project requires several steps of joint governmental support. We are working with the SKDB and City of Yokohama. We will publish the timeline as soon as all parties have determined the best way to implement the necessary actions to make it happen. We have not advertised the back gate open at this time but authorized personnel are not turned away at this time. As far as turnstiles, I am not a fan of them as they are easily tampered with and I have seen instances where personnel were

trapped in malfunctioning equipment. We have the back gate operational until 8 p.m. The main gate will remain open 24 hours, seven-days-a-week. Access at that time is not usually an issue. Once the Navy Exchange closes at 8 p.m. there is little or no traffic on the industrial side of the installation. A taxi ride from Honmoku up to the main gate of our installation is somewhere around ¥200 Japanese Yen more than the ride would be up to the back gate. Bus service is ¥210 from Anywhere in Yokohama to just outside the main gate. Both are affordable options.

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 Oct. 2. 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 send an e-mail to: Seahawk-Umitaka@fe.navy.mil.

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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GW, CVW 5 pass combat operations efficiency certification

By MC3 Bryan Reckard,
USS George Washington Public Affairs

USS *George Washington* (CVN 73) and Carrier Air Wing (CVW) 5 passed their Combat Operations Efficiency (COE) certification with flying colors Sept. 2.

Cmdr. Brad Brown, *George Washington's* air boss, noted that the ship's crew received the highest possible score on the COE and did it on the first official day of the evaluation.

"There are several metrics that the Navy measures as far as your training and readiness," Brown said. "We were only supposed to make [the second highest level]. However, we did so well that we exceeded [expectations] and actually achieved [the highest level] early and maintained those standards."

Cmdr. Stephen Blasch, *George Washington's* mini boss, added that the COE allows the ship to operate in areas where there are no aircraft divert fields.

"In order to do that, there are a lot of things that we have to accomplish," Blasch said. "A lot of it involves time. The big picture is, the less time it takes to launch and recover a cycle, the better we're going to be, because

that's less time that the aircraft are attempting landings."

While several days were written into the ship's schedule leaving plenty of time to successfully complete the certification.

George Washington's crew was able to pass the COE on the first official day of the evaluation, which was an important step towards getting to the crew's new home in the forward-deployed naval forces.

"The original plan was that we would take a couple more days than what we did," Brown said. "However, we came out of the blocks running hard and it paid off. The air wing's performance was exceptional, the integration between the flight deck and air wing and the pilots and the air crew and the maintenance on the air wing was exceptional, so everything flowed and we got done earlier than expected."

CVW 5 and *George Washington* had been underway with each other for less than two weeks, but both sides came into the team positive, excited and ready to work hard.

"I think as a whole everybody has come into this relationship with the expectation that it's going to work," said Brown. "We have a great relationship with the CAG (Commander, CVW 5) all the way down to the deckplate airmen."

"Everybody's excited and ready to go. We're Sailors and we love being at sea and doing a good job for our country, and everybody's on board with that. It's really exciting to be a part of that team."



An EA-6B Prowler from the "Gauntlets" of Electronic Attack Squadron 136, and an F/A-18F Super Hornet from the "Diamondbacks" of Attack Fighter Squadron 102, launch nearly simultaneously off the flight deck of the GW Sept. 2.

U.S. Navy photo by MC1 Nathan L. Guimont

Shiloh Sailors experience culture, maintain relationships

By ENS Julianne Holland, USS Shiloh (GC 67) Public Affairs Officer

The officers and crew of the guided-missile Ticonderoga class cruiser *USS Shiloh* (CG 67), the U.S. Navy's only forward deployed ballistic missile defense cruiser, visited the Port of Nagoya Aug. 25-28.

Upon arrival, *Shiloh's* crew enjoyed a warm greeting from local citizens and Japanese Ground Self-Defense Force (JGSDF) personnel, including the JGSDF's 10th Division Band. At a press conference held on the pier, *Shiloh's* Commanding Officer Capt. Alan J. Abramson, expressed his gratitude for the city's hospitality.

During *Shiloh's* visit to Nagoya, Sailors enjoyed their time off the ship by exploring Nagoya city and other parts of the Tokai Region.

Crewmembers had a chance to meet Nagoya residents, many of whom have never had any direct relationships with the U.S. Navy, and experience the local customs, cuisine and traditions of Tokai. Crewmembers participated in a community relations project at the Misono Tenshi En Children's Home where they worked on yard projects and socialized with the children.

Shiloh Sailors also took part in a friendly game of basketball hosted by JGSDF units from Moriyama Base.

A number of Sailors also had the opportunity to tour the Toyota worldwide headquarters and manufacturing plants within "Toyota City," the center of the manufacturing powerhouse that is the Tokai region.

In addition to tours of the ship given to invited guests, a gala reception was held aboard *Shiloh* to celebrate the enduring friendship between the United States and Japan.

More than 80 guests were on hand, including Lt. Gen. Tokujirou Chiba, Commanding General of the 10th Division, JGSDF. Chiba led the guests and *Shiloh* Sailors in a toast to continued friendship and cooperation.

"These port visits go a long way to build mutual understanding and trust," said

Abramson. "They are also instrumental in the continued strong defense cooperation that is so important in this region."



Shiloh Sailors socialize with children during a community relations project at the Misono Tenshi En Children's Home.

U.S. Navy photo by AE3 (AW) Steven L. Khor

National Hispanic Heritage Month

Sept. 15 through Oct. 15 is National Hispanic Heritage Month.

The term "Hispanic" refers to persons who trace their origin or descent to Mexico, Puerto Rico, Cuba, Central and South America, and other Spanish cultures.

The theme for the 2008 National Hispanic Heritage month is "Getting Involved: Our Families, Our Community, Our Nation."

Throughout the history of the United States, Hispanics have made significant contributions to our U.S. history and the U.S. military. The Defense Equal Employment Opportunity Institute (DEOMI)'s web page www.DEOMI.org provides a list of additional information references on prominent Hispanics in the U.S. military and in U.S. history. According to the Office of Personnel Management's "7th Annual Report to the President, on Hispanic Employment in the Federal Workforce" the percentage of Federal Hispanic employees has increased over the last six years. From June 30, 2006 to June 30, 2007, Hispanics represented 8.6 percent of all Federal new hires.

During that same period, they represented 3.4 percent of the Navy's new hires. For information on the Navy's Hispanic Employment Program/Initiatives, please contact the EEO Office at 243-8163.



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USS Fitzgerald victorious in George I. Purdy inflatable boat race

Story and photo by Fumiyo Sato,
CFAY Public Affairs

The George I. Purdy Rigid Hull Inflatable Boat (RHIB) Race was held at Commander Fleet Activities Yokosuka's (CFAY) Green Bay Marina Sept. 3.

The race is named after George I. Purdy (1907-2000), who was a World War II veteran. He lived in Japan for more than a half century and played a significant role to the relationship between the U.S. and Japan.

Under the clear, blue skies, Sailors from *USS Shiloh* (CG 67), *USS Lassen* (DDG 82), *USS Fitzgerald* (DDG 62), *USS Mustin* (DD 413), *USS McCampbell* (DDG 85), *USS Stethem* (DDG 63) and *USS Curtis Wilbur* (DDG 54) represented their commands and competed against each other.

They raced approximately two miles around a triangular course consisting of three bouys as course markers.

Each team needed to meet the requirements to participate in the race, such as having a crew consisting of a boat officer, a coxswain, a boat engineer and a bow hook.

All the members also needed to be Personal

Qualification Standards qualified and certified second class swimmers.

When the race kicked off, Sailors started paddling from the Kosano Park to the first race buoy.

After passing the first buoy, each coxswain started their engines and navigated to the second buoy, then proceeded to race around third buoy and back to bouy one before shutting of the engines and paddling to the finish line.

In the end, the *USS Fitzgerald* team was the winner of the 2008 RHIB race and received the trophy from CFAY Chief Staff Officer Cmdr. Emil Salansky.

Winning the trophy would not have been possible without all the Sailors working together according to Engineman Second Class (SW) Luciano Madrid, of *USS Fitzgerald*.

"It's not a one person effort, it's a team effort," Madrid said after receiving the trophy. "All of us came here to ready to do this because the majority of the team has done it before, so we knew what to expect. The biggest part of this is working as a team for many things, from driving a RHIB boat to pulling all together at once. I am proud of all of them."

The George I. Purdy race was founded in 1973 when the trophy, donated by Purdy and his wife, was awarded under the sponsorship of Commander Destroyer Squadron 15.

The race was previously known as the Motor Whaleboat Race until it being changed to RHIB race.



Crewmembers of the *USS Fitzgerald* (DDG 62) RHIB raise their arms in celebration after winning the 2008 George Purdy RHIB race at CFAY Green Bay Marina Sept. 3.

USS Essex departs Tokyo after successful exercise

By MC2 Greg Johnson, 7th Fleet Public Affairs

The forward-deployed amphibious assault ship *USS Essex* (LHD 2) departed Tokyo Sept. 1, after completing the evacuation phase of this year's Tokyo Metropolitan Government and Kanagawa Prefecture Government disaster response drills.



Official U.S. Navy photo by MC1 Brian P. Biller

During the six-day visit, Sailors assigned to *Essex* and Assault Craft Unit (ACU) 5, Detachment Western Pacific, responded to simulated natural disasters in Tokyo and Kanagawa Prefecture, Japan. They also had the opportunity to experience the city of Tokyo, Japan's largest city, with a population of more than 12 million people.

While other U.S. Navy ships have participated in the drill for the past three years,

this was a first for *Essex*.

"The success of this exercise is an example of the great things we can accomplish together," said *Essex*'s Commanding Officer Capt. Brent Canady. "Our continued cooperation is imperative, not only from a military standpoint, but a humanitarian one as well."

On Aug. 31, more than 80 simulated evacuees were transported by landing craft air cushion (LCAC) 63, assigned to ACU 5, from Kasai Beach in Tokyo to *Essex*, where they were treated to a tour of the ship's medical facility.

The following day, more than 21 evacuees were transported by LCAC from the Yokosuka City pier near Fleet Activities Yokosuka, Japan, to *Essex*. Upon arrival, evacuees were processed for medical treatment as if it were an actual disaster.

Evacuees were unloaded and divided into groups based on the level of care required for their injuries. Evacuees with life-threatening injuries were rushed to the ship's medical facility, while those with less severe injuries were treated afterward.

"This drill was all about making sure we're ready to go in case of a real natural disaster," said Hospital Corpsman 1st Class (SW/AW) Albert Hance, *Essex*'s medical department assistant leading petty officer. "It's simply not an option for us to be unprepared when something really happens. We need to be ready, and drills like this help ensure that readiness."

"Drills like this are an important part of *Essex*' mission," said Hospital Corpsman 1st Class (SW/AW) Robert Spahr, *Essex*'s medical department leading petty officer. "I think the drills serve as a constant reminder that, while our primary function is to get Marines on the beach, we still have to be ready for any kind of medical emergency coming off the beach."

Akiama Isao, one of the simulated evacuees, said the cooperation between the U.S. and Japan is reassuring, especially for residents of Tokyo where minor earthquakes are common.

"As far as a natural disaster is concerned, I think this ship would be able to help out, not only the Yokosuka community, but the entire Tokyo area," he said.

Essex is the lead ship of the only forward-deployed U.S. Expeditionary Strike Group and serves as the flagship for CTF 76, the Navy's only forward-deployed amphibious force commander. Task Force 76 is based at White Beach Naval Facility, Okinawa, Japan, with a detachment in Sasebo, Japan.

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オフィスでの危険性

CFAY安全課より

安全についてたとえ事務所とはいえ軽視することはできません。事務所は安全な場所だと思われがちですが、毎年沢山の事務員の方たちが怪我や障害を残してしまうような事故を起こしています。

いろいろなタイプの事故が事務所で起きている中で、転倒による事故が一番多いといえるでしょう。この転倒の要因は滑りやつまづきによるものです。

では事務所での転倒防止についての指導方針を下記に紹介します。

- * 事務所はいつも清潔に散らかさないようにしましょう。人が通る場所には箱や事務用具等は置かないようにしましょう。液体等を床にこぼしたときは放置せず、すばやく拭き取り、またゴミ等はすぐに取り除きましょう。
- * コンピューター、電話、電気等の配線は人の通り道には、這わさないようにしましょう。もし、這わさなければいけないときは、テープ等でしっかり固定しつまづかないようにしましょう。
- * 椅子・腰掛等は安全整備を欠かさずに、修理不可能なものは使用しないようにしましょう。
- * 人がつまづかないように机やファイルの棚などの引き出しはいつも閉じておきましょう。
- * 床に液体がこぼれていたり、破損がある場合は直ちに監督者や周りの人に知らせましょう。
- * 高所にあるものを取るときは、必ず脚立を使用しましょう。決して箱や椅子を使用しないこと！

次に火災による怪我や死亡事故を防ぐための提案を下記に紹介します。

- * 消火器が何処に在るか、そしてその使用法、用途について熟知しておきましょう。
- * 緊急時の電話番号や脱出方法を明記し職場に掲示しましょう。

不適切な姿勢での重量物の上げ下げで腰等を悪くし、職場を離れるような状況が多々あります。このような状況を防ぐための対策を下記に紹介します。

- * あなたが一人で持ち上げることが出来る重さか、または他の人の助けもしくは機材を使用するかなどの、計画を立てて物の移動をしましょう。事務所の家具、機材等は個人で動かさないようにしましょう。
- * 持ち上げる物の近くに立ち、腰を曲げるのではなく、膝を曲げて品物を持ち上げましょう。
- * 腰をひねる姿勢での物の上げ下げは避けて、腰を曲げなければいけない方向に足をもって行き、物の正面に体の正面が来るようにしましょう。

資料等を保管してある棚はとても危険性の高い事務用具といえるでしょう。ここに資料棚での事故を防ぐための対策を紹介しましょう。

- * 資料棚は下の段から使用しましょう。上の段から使用すると棚が転倒する恐れがあります。
- * 引き出しはひとつづつ開けましょう。ひとつ以上開けてしまうと棚が転倒する恐れがあります。
- * たとえ小さなものでも資料棚を積重ねることはやめましょう。上の棚があなたの上に落ちてくる可能性があります。

ここで紹介したのはほんの一部であり、上記のテクニックを利用し他の危険も回避できる様に心がけて、安全に職場で仕事をしてください。

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)				
会計技術職	5	FEC-FM-009-08	I, II, IV	Sept. 30, 2008
化学職	6	FEC-OPEV1-001-08(R)	I, II, III, IV	Oct. 9, 2008
化学職	6	SRFJPMC-088-08 (R)	I, II, III, IV	Oct. 14, 2008
児童育成プログラム補助職	3	CFAY-600-04-08	I, II, IV	Sept. 25, 2008
電気技師職	7	FEC-CI-007-08	I, II, III, IV	Nov. 6, 2008
技師職(環境)	7	SRFJPMC-161-08	I, II, III, IV	Sept. 22, 2008
技師職(環境)	7	FEC-PRY41-001-08	I, II, III, IV	Nov. 6, 2008
技師職(一般)	7	FEC-CI-006-08	I, II, III, IV	Oct. 2, 2008
技師職(一般)	7	SRFJPMC-146-07 (R4)	I, II, III, IV	Oct. 14, 2008
技師職(一般)	7	FEC-CI-003-08(R2)	I, II, III, IV	Oct. 28, 2008
技師職(機械)	7	SRFJPMC-115-08	I, II, III, IV	Oct. 6, 2008
エンジニアリング専門職(機械)	7	SRFJPMC-065-08(R3)	I, II, III, IV	Nov. 12, 2008
法律顧問職	7	TSO-02-06(OUF)	I, II, III, IV	空席広報参照
生産管理専門職	7	SRFJPMC-175-08	I, II	Sept. 25, 2008
監督翻訳職	7	SRFJPMC-164-08(A)	I, II	Oct. 15, 2008

事務系 (IHA)

オフィスオートメーション クラーク	3	NEX-750-08	I, II, IV	Oct. 22, 2008
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技能系 (MLC)

通信ケーブル接続工	8	NCTSFE-012-08	I, II, III, IV	Oct. 3, 2008
電子装置基準測定工	9	SRFJPMC-068-08(R3)	I, II, III, IV	Sept. 25, 2008
高圧高熱暖房装置操作工	7	FEC-PRY32-003-08(R)	I, II, III, IV	Sept. 25, 2008
船舶内燃機関機械工	7	SRFJPMC-130-08	I, II, III, IV	Oct. 14, 2008
船舶整備工・フォアマン A	7	SRFJPMC-072-08(R4)	I, II, III, IV	Nov. 13, 2008
一般船舶機械工	7	SRFJPMC-129-08	I, II, III, IV	Oct. 14, 2008

技能系 (IHA)

ペーカー	5	MMR-42-08	I, II, IV	Sept. 29, 2008
ハウスキーパー職	3	NEX-406-08	I, II, IV	Oct. 10, 2008
ハウスキーパー職・フォアマン A	4	NEX-749-08	I, II, III, IV	Sept. 22, 2008
ジャーナター	3	MMR-39-08	I, II, IV	Oct. 15, 2008
ジャーナター	3	NEX-408-08(A)	I, II, IV	Oct. 1, 2008
ウェ이터 / ウェイトレス・フォアマン B	4	MMR-32-08(R)	I, II, IV	Nov. 10, 2008

保安系 (MLC)

消防員(陸上)	2	RFD-016-08	I, II, IV	Sept. 29, 2008
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応募には「募集範囲」に該当することが第一条件です。募集範囲 I, II, III は現基地従業員、IV は外部応募者を対象としています。

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

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

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

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

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

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

Local church offers Japanese language service

By Brian Nottingham,
Seahawk Contributor

The Yokosuka Baptist Church held its annual "Japanese Sunday," a day when they trade in their primarily English service to have a Japanese language service Aug. 31.



(Left) Kazuhiro Takahashi translates while Pastor Mark Sage welcomes visitors and members to "Japanese Sunday" at Yokosuka Baptist Church Aug. 31. More than 50 Japanese visitors attended the mostly military church during the annual outreach event to the local community.

The Yokosuka Baptist Church is primarily an English speaking church catering to the U.S. military but has a core group of Japanese members and a growing outreach ministry to the Japanese community.

Hymns of praise were sung in Japanese and the sermon was given in Japanese with an English translation.

A luncheon followed for all the Japanese attendees.

The American members of the church provided and served the meal to their Japanese members and guests.

"This is a great opportunity on several levels," said Pastor Mark Sage.

Sage and his wife Stephanie are both former Marines.

He and his family moved to Japan from Puerto Rico where they were ministering at the U.S. Army's Fort Buchanan in San Juan.

He has been the missionary/pastor of Yokosuka Baptist Church for three years.

"While sharing our faith with the community we see first hand the language and cultural barriers a Japanese person goes through when coming to a predominantly American church. On this day, we turned things around to especially cater to the Japanese," said Sage.

Yokosuka Baptist Church has a long and rich legacy in Yokosuka. It was started in 1985.

Afterward, the church moved to its current location near Mikasa Park just two and a half years ago which is much more convenient for American servicemen in Yokosuka.

The location not only better serves the base personnel but is also easily accessible to its Japanese members via the Yokosuka-chuo train station.

While ministering primarily in English, the church also provides English classes for Japanese speakers, Japanese language classes, a Bible Institute every Thursday night, and activities for single Sailors, children and a variety of other services through the week.

The church staff is very excited about reaching out to the Japanese and has a weekly Japanese Bible Class on Sunday mornings at ten.

Service members from seaman to captain make-up the local congregation but membership also includes Japanese, Filipino, Chinese, Indonesian, Korean, Latin American, Jewish and non-military Americans who live in Japan.

If you are looking for an intercultural experience while you are attending church, attend the next "Japanese Sunday" at Yokosuka Baptist Church.

Operation Prepare helps Navy families develop emergency plans

By Commander Navy Installations Command

Operation Prepare, a fleet-wide education and awareness campaign on emergency preparedness, provides Navy family members with valuable tools and resources to help them be more prepared in the event of natural disasters.

"Operation Prepare's purpose is to make sure people are aware of any type of events or hazards, so that if anything does happen they're prepared to deal with anything that comes along," said Owen McIntyre, director of CNIC's N37 Emergency Management Program.

"Staying informed, developing a plan and making an emergency kit is the theme of this initiative so that every member of the Navy community can learn to prepare and respond in the event of an emergency," said McIntyre.

In observance of National Preparedness Month, which is held each September, Commander, Navy Installations Command (CNIC) encourages all Navy personnel and their families to prepare for and respond to various types of emergencies before they occur.

"Help ensure your family's safety by following Operation Prepare's advice: have a family emergency plan, be informed by staying up to date on weather alerts,



A helicopter crew assigned to Helicopter Anti-Submarine Squadron (HS) 11 prepares to depart Naval Air Station Jacksonville in support of Hurricane Gustav relief efforts.

U.S. Navy photo by MC1 Leah Stiles

and have a kit in case you are forced to evacuate," said McIntyre.

Operation Prepare provides emergency preparedness tools such as facts sheets on various disasters, natural and manmade hazards, fast-spreading diseases and terrorist events, to planning forms and an emergency

supplies checklist, and other resources online.

All materials are tailored for the Navy and are consistent with information from myriad sources such as the American Red Cross, Centers for Disease Control, Federal Emergency Management Agency and Department of Homeland Security.

For individuals and families who have already developed their emergency plans and assembled emergency kits, National Preparedness Month is a good time to update or replenish the kits' contents. It's also recommended that Sailors review and practice their plans (e.g., communication means, pet and special needs care, evacuation, shelter in place) during the month.

Finally, Sailors may want to think about giving blood, volunteering or signing up for life-saving classes (e.g., first aid, CPR, use of automatic defibrillators) at the local Red Cross or YMCA. These actions will reinforce a Navy family's readiness to respond to emergencies and may even help save the lives of others.

Preparedness is the individual's responsibility, but Operation Prepare helps Navy families understand what they will need to survive during the critical hours following a disaster.

For more information about Operation Prepare and CNIC visit www.cnic.navy.mil.

MWR Happenings

Morale, Welfare & Recreation • Yokosuka, Japan • September 19, 2008



Open Base Event / ベース開放イベント IKEGO FRIENDSHIP DAY 池子 フレンドシップデー

AND 5K Run/2.5K Kids Run

(MUST BE OVER 5 YEARS OF AGE FOR THE KIDS RUN)

フレンドシップデー5キロマラソン/2.5キロこどもマラソン

Saturday, September 20 from 1130 to 1730

9月20日(土曜日)午前11時30分~午後5時30分

お問い合わせ:
米海軍池子住宅支所室 (046)806-8042
返子市役所基地対策課 (046)873-1111 内線 321

Race begins at 1030 Start / Finish Near the Ikego Main Gate

For more information call 246-8071.

Rain day will be Sunday, September 21 from 1130 to 1730.

Outdoor Recreation

ZUSHI OPEN 1 5-Man Paintball Tournament

Saturday and Sunday,
September 20 & 21
at Ikego Paintball Paradise
Games begin at 0800

For more information, call Outdoor
Recreation Center at 243-5732.

WELCOME TO YOUR NEW HOME USS GEORGE WASHINGTON!



In honor of your arrival, MWR has extended the hours of some of our facilities for the first three days you're in port!

FACILITY	FIRST 3 DAYS IN PORT
Club Alliance (243-3000)	1100 to 0300
CPO Club (243-5506)	1100 to 0300
Officers' Club (243-5030)	1100 to 0300
Fleet Theater (243-6703)	1500 to 0200
Bowling Center (243-4200)	1000 to 0100
Single Sailor LIBERTY Center (243-7346)	1000 to 0300* *First 7 days in port
Fleet Gym/ Fitness Center (243-5406)	24 Hours
MWR Food Court/ Game Room (243-3245)	24 Hours
Outdoor Recreation (243-5732)	1000 to 2000
ITT (241-5056/5057)	0900 to 2000

Ikego Teen Center

Fit Factor Skate Park Party

Saturday, September 20 from 1200 to 1400

Come out to Ikego's skate park and have fun skate boarding and having fun! There will be music and food. Cost: \$2
For more info call 246-5929.



Outside the Gate



ITT Current Tours (October/November) -Sign-up Now

Thursday, October 2

"USS George Washington Welcome to Japan"
Tour of Yokosuka City \$14A/\$10C/\$5I

Friday, October 3

KHS Football Spirit Bus Transportation to ASIJ
\$20A/\$15C/\$10I

Saturday, October 4

Joren Waterfall, Nanadaru Open-Air Hot Spring
with Seven Waterfalls \$73A/\$61J/\$49C/\$25I
Sanrio Puroland Theme Park \$61A/\$53J/\$45C/\$10I

Sunday, October 5

Japanese Soba Making, Shiraito Waterfall, Grape Picking
and Shirayuri Winery \$95A/\$83J/\$59C/\$25I
Tokyo DisneySEA Amusement Park
\$86A/\$73J/\$59C/\$15I
Tokyo Sightseeing \$45A/\$32J/\$28C

Friday, October 10

KHS Football Spirit Bus Transportation to Yokota
\$20A/\$15C/\$10I

Friday thru Monday, October 10 thru October 13

Hiroshima, Iwakuni and Himeji Castle Overnight
SGL \$400A TWN \$395A/\$310C/\$155I
TRL \$395A/\$310C/\$155I

Saturday, October 11

Sankei-en Japanese Garden and Yokohama
Royal Wing Dinner Cruise \$108A/\$61J/\$27C/\$8I

Sunday, October 12

Tokyo Game Show 2008 at Makuhari Messe
\$42A/\$23C/\$15I

Monday, October 13

Spa Resort "Hawaiians" with Lunch Buffet
\$87A/\$66J/\$49C/\$25I
Mt. Fuji East Area Spring/Autumn Sightseeing
\$62A/\$37C/\$25I

Tuesday, October 14

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

Thursday, October 16

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

Friday, October 17

Nikko Toshogu Shrine, Samurai Costume Parade Autumn
Festival and Kinugawa Riverboat Ride
\$95A/\$59C/\$30I

Saturday, October 18

Experience of Bullet Train Ride, Cable Car Ride and
Kunozan Toshogu Shrine with Japanese Lunch Buffet
\$148A/\$85C/\$25I
Chiba Mother Farm \$40A/\$27C/\$15I

Sunday, October 19

Hakone Sightseeing with Open-Air Museum
\$78A/\$64J/\$49C/\$20I
Tokyo Disneyland Amusement Park
\$86A/\$73J/\$59C/\$15I
Usaburo Kokeshi Doll Factory,
Haruna Glass Factory Shopping \$57A/\$40C/\$25I

Saturday, October 25

Mt. Fuji East Area Spring/Autumn Sightseeing
\$62A/\$37C/\$25I
Nihon-matsu Chrysanthemum Festival, Aizu-mura
Japanese Garden, Tsuruga Castle and Sake Museum
\$99A/\$82J/\$64C/\$35I

Sunday, October 26

New Sanno Hotel Sunday Brunch, Omote-sando
Halloween Parade and Harajuku Shopping
\$53A/\$33C/\$10I
Yunessun Hot Spring with Lunch Buffet \$65A/\$43C/\$15I

Wednesday, October 29

Nikko Sightseeing \$88A/\$66J/\$57C/\$25I

Sunday & Monday, November 9 & November 10

Takayama, Hida-no Sato Folklore Village and
Inuyama Castle Overnight
SGL \$290A TWN \$255A/\$200C/\$90I
TRL \$255A/\$200C/\$90I

Wednesday thru Friday, November 26 thru November 28

Kyoto Sightseeing Overnight
SGL \$750A TWN \$600A/\$535C/\$128I
TRL \$550A/\$485C/\$128I

ITT Future Tours (November/December) -Sign-ups start Wednesday, October 1.

Saturday, November 1

Tokyo Sightseeing \$45A/\$32J/\$28C

Sunday, November 2

Fukiware Waterfall, Apple Picking and
Usaburo Kokeshi Doll Factory \$80A/\$66J/\$59C/\$25I
Togo Shrine Sales and Asakusa-bashi Shopping
\$30A/\$21C/\$10I

Saturday, November 8

Nagatoro Riverboat Ride, Chichibu Festival Museum and
Mt. Hodo Hiking/Cable Car Ride \$88A/\$57C/\$25I
Yokohama MM 21 District Shopping \$22A/\$16C/\$8I

Sunday, November 9

Mt. Fuji East Area Winter Sightseeing \$70A/\$45C/\$20I
Tokyo DisneySEA Amusement Park
\$86A/\$73J/\$59C/\$15I

Tuesday, November 11

Fukuroda Waterfall, Japanese Washi Paper Making
and Apple Picking \$87A/\$67J/\$50C/\$30I
Tokyo Disneyland Amusement Park
\$86A/\$73J/\$59C/\$15I
Fuji Safari Park \$73A/\$47C/\$20I

Saturday, November 15

Spa Resort "Hawaiians" with Lunch Buffet
\$87A/\$66J/\$49C/\$25I
Kisoji Old Japanese Post Towns and Soba Making
\$100A/\$75C/\$35I

Sunday, November 16

Joren Waterfall, Nanadaru Open-Air Hot Spring
with Seven Waterfalls \$73A/\$61J/\$49C/\$25I
Fujikyū Highland Amusement Park \$84A/\$73J/\$58C/\$20I

Thursday, November 20

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

Saturday, November 22

Kitakata Old Store-house District, Tsuruga Castle
and Aizu Samurai Apartment \$99A/\$78J/\$66C/\$35I

Sunday, November 23

Mt. Fuji East Area Winter Sightseeing \$70A/\$45C/\$20I

Thursday, November 27

New Sanno Hotel Thanksgiving Day Brunch
and Edo Tokyo Museum \$58A/\$50J/\$30C/\$10I
Tokyo Disneyland Amusement Park
\$86A/\$73J/\$59C/\$15I

Friday, November 28

Tokyo DisneySEA Amusement Park
\$86A/\$73J/\$59C/\$15I
Experience of Bullet Train Ride, Gyoza Lunch,
O-ya Heiwa Kannon and O-ya Stone Museum
\$137A/\$91J/\$81C/\$25I

Saturday, November 29

Hakone Sightseeing with Open-Air Museum
\$78A/\$64J/\$49C/\$20I
Noritake Square, Christmas Sales at China Pete's
and Camp Zama Shopping \$31A/\$22C/\$10I

Sunday, November 30

Mitsui Outlet Park Iruma and Yokota Air Base AAFES
Exchange Christmas Shopping \$35A/\$25C/\$15I
Yunessun Hot Spring with Lunch Buffet \$65A/\$43C/\$15I
Thursday thru Friday, December 25 and 26
Odawara Castle, Hakone Glass Forest Museum
and Yunessun Hot Spring Overnight
SGL \$365A TWN \$295A/\$245C/\$70I TRL
\$295A/\$245C/\$70I

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 Hakejima Sea Paradise Tickets

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

Tokyo Disneyland and DisneySea Tickets

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

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

Outdoor Recreation

Int. Downhill and X-Country Mountain Biking at Fujimi Panorama, Nagano Prefecture

Outdoor Rec is going mountain biking on September 27! Fujimi Panorama is home to a 21 km cross country loop that offers all types of terrain for the intermediate to expert XC rider, as well as two new Dirt Jump Parks. Experience the adrenaline rush of a 1000 ft. elevation drop on any of the three down hill shuttle runs. Challenge yourself and run the NORBA Pro Level "A" Course, which offers a very rough and fast 3 km of terrain. The "B" Course offers 5.2 km of downhill switchbacks with 3 high-speed sections and two "rock gardens". The "C" Course offers 6.7 km of winding downhill switchbacks that is suitable for beginner/intermediate level riders. Cost covers transportation, lift ticket, and knee/elbow pads. Bikes and helmets are available separately at the ORC Rental Counter. The cost is \$40/¥4,800 per person for lift ticket and ¥300 for insurance payable at the resort. Last day to sign up is Thursday, September 25.

Beginner's Surfing Class at Shonan Area, Kanagawa Prefecture

Join us on October 4 for a four hour class at sea on the basics of surfing followed by a great day catching waves! Participants must attend a one hour mandatory briefing two days prior to the trip. The cost is \$65 per person and includes surfboard and wetsuit rental. Last day to sign up is October 2.

Resource Information Center

We rent a wide variety of extreme outdoor videos, DVD's and how to books all for only \$2 a week!

MWR Positions

Come join the MWR team!

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

Club Operations

Lead Cook: NL-08, \$13.56/hr. CPO Club (1 RFT).
Food Service Supervisor: NF-03, \$11.47 - \$13.00/hr. Club Takemiya (1 RFT).
Night Operations Manager: NF-03, \$10.54 - \$15.00/hr. Club Alliance (1 RFT).
Club Operations Assistant: NF-03, \$10.00 - \$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).
Material Handler: NA-05, \$10.35/hr. Food Court (1 Flex).
Food Service Worker: NA-03, \$8.96/hr. Club Alliance (1 Flex), Food Court (6 RFT).
Waiter/Waitress: NA-03, \$8.96/hr. O' Club (1 RFT/6 Flex), Club Takemiya (2 RFT), CPO Club (1 RFT).
Administrative Assistant: NF-02, \$8.39 - \$9.50/hr. CPO Club (1 RFT).
Recreation Assistant (Bingo): NF-02, \$8.39 - \$9.50/hr. CPO Club (1 RFT).
Club Operations Assistant: NF-02, \$8.39/hr. CPO Club (1 RFT/2 Flex), Club Takemiya (1 Flex), O' Club (4 Flex), Club Alliance (2 Flex).
Cashier: NF-01, \$7.50 - \$9.50/hr. O' Club (2 Flex), CPO Club (1 RFT).
ID Checker/Security: NF-01, \$7.00/hr. Club Alliance (4 Flex).

Support Activities

Electrician: NA-08, \$12.32/hr. Maintenance (1 RFT).
A/C Equipment Mechanic: NA-08, \$12.32/hr. Maintenance (1 RFT).
Accounting Technician: NF-02, \$8.39/hr. Finance (2 RFT).

Child Development Programs

Program Assistant: GSE-02, \$9.18/hr. Main CDC (1 Flex), Ikego (1 RFT/4 Flex), Hourly (1 Flex).

Community Activities

Duty Manager: NF-03, \$10.54/hr. Bowling Center (1 RFT).
Cook: NA-05, \$10.35/hr. Bowling Center (1 RFT).
Auto Worker Helper: NA-05, \$10.35/hr. Auto Hobby Shop (1 Flex).
Recreation Assistant: NF-02, \$9.18/hr. Youth Center - Yokosuka (1 PPT/4 Flex), Ikego (2 RFT), Negishi (1 Flex).
Food Service Worker: NA-03, \$8.96/hr. Bowling Center (1 RFT).
Recreation Assistant: NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports - Ikego (1 Flex), Yokosuka (2 Flex).
Clerk/Driver: NF-02, \$8.39/hr. Youth Center (1 RFT).
Lead Cashier: NF-02, \$8.39/hr. Bowling Center (1 RFT).
Cashier: NF-01, \$6.55/hr. Bowling Center Snack Bar (1 RFT/1 Flex).
Recreation Aide: NF-01, \$7.29/hr. Bowling Center (2 Flex).
Recreation Aide: NF-01, \$6.55/hr. Teen Center - Yokosuka (1 Flex).

Recreation

Boat Maintenance Worker: NA-05, \$10.35/hr. Green Bay Marina (1 RFT).
Administrative Assistant: NF-02, \$8.39 - \$9.55/hr. Outdoor Rec (1 RFT).
Duty Manager: NF-02, \$8.39/hr. Theater (3 Flex).
Paintball Attendant: NF-01, \$7.00/hr. Ikego Campground (1 Flex).

Athletics

Field Maintenance Worker: NA-05, \$10.35/hr. Athletics - Ikego (1 RFT), Negishi (1 RFT).
Recreation Assistant: NF-02, \$8.39/hr. Adult Sports (1 Flex).
Duty Manager: NF-02, \$8.39/hr. Athletics (3 RFT/1 Flex).
Gear Issue Attendant: NF-01, \$6.55/hr. Athletics (1 RFT/4 Flex).
Swim Instructor: NF-02, \$10.00/hr. Aquatics (11 Flex).
Head Lifeguard: NF-02, \$9.50/hr. Aquatics (1 RFT).

*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, September 19

1730 Mamma Mia PG13
 2030 Swing Vote PG13

Saturday, September 20

1300 The Mummy 3 PG13
 1730 Space Chimps G
 2030 The Mummy 3 PG13

Sunday, September 21

1300 Space Chimps G
 1730 The Mummy 3 PG13
 2030 Swing Vote PG13

Monday, September 22

1730 Swing Vote PG13
 2030 X-Files: I Want to Believe PG13

Tuesday, September 23 \$1 Movie Night

1730 Journey to the Center of the Earth PG
 2030 Mamma Mia PG13

Wednesday, September 24

1730 Space Chimps G
 2030 The Mummy 3 PG13

Thursday, September 25

1730 Journey to the Center of the Earth PG
 2030 The Dark Knight PG13

Friday, September 26

1730 Sisterhood of the Traveling Pants 2 PG13
 2030 Sisterhood of the Traveling Pants 2 PG13

*Final Showing

Fleet Theater

Friday, September 19

1800 Hellboy II: The Golden Army PG13
 2100 Step Brothers R
 2400 The Mummy 3 PG13

Saturday, September 20

1800 Swing Vote PG13
 2100 Mamma Mia PG13
 2400 Step Brothers R

Sunday, September 21

1800 Hellboy II: The Golden Army PG13
 2100 Step Brothers R

Monday, September 22

1800 The Mummy 3 PG13
 2100 Mamma Mia PG13

Tuesday, September 23 \$1 Movie Night

1800 Hellboy II: The Golden Army PG13
 2100 Step Brothers R

Wednesday, September 24

1800 X-Files: I Want to Believe PG13
 2100 Swing Vote PG13

Thursday, September 25

1500 Swing Vote PG13
 1800 The Mummy 3 PG13
 2100 Hellboy II: The Golden Army* PG13
 2330 Step Brothers R

Friday, September 26

1500 X-Files: I Want to Believe PG13
 1800 Swing Vote PG13
 2100 Nights In Rodanthe PG13
 2330 Tropic Thunder R
 0200 Pineapple Express R

*Final Showing

Negishi Theater

Friday, September 19

1900 X-Files: I Want to Believe PG13

Saturday, September 20

1300 The Dark Knight PG13
 1900 X-Files: I Want to Believe PG13

Sunday, September 21

1300 Journey to the Center of the Earth PG



Pineapple Express

Cast: James Franco, Seth Rogen, Craig Robinson, James Remar, Joe Lo Truglio
Synopsis: Process server Dale Denton has a grudging business relationship with the laconic Saul Silver, deigning to visit only to purchase Saul's primo product—a rare strain of pot called Pineapple Express. But when Dale becomes the only witness to a murder by a crooked cop and the city's most dangerous drug lord, he panics and dumps the Pineapple Express at the scene causing he a Saul to run for their very lives.



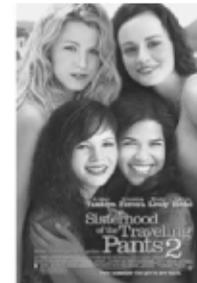
Swing Vote

Cast: Kevin Costner, Dennis Hopper, Nathan Lane, Kelsey Grammer
Synopsis: Bud Johnson, an apathetic, beer-slinging, lovable loser, is coasting through a life that has passed him by. The one bright spot is his precocious, over-achieving twelve year-old daughter Molly. She takes care of both of them, until one mischievous moment on Election Day, when she accidentally sets off a chain of events which culminates in the election coming down to one vote... her dad's.



Step Brothers

Cast: Will Ferrell, John C. Reilly, Adam Scott, Mary Steenburgen, Kathryn Hahn
Synopsis: Two spoiled guys become competitive stepbrothers after their single parents get hitched.



Sisterhood of the Traveling Pants 2

Cast: America Ferrera, Amber Tamblyn, Alexis Bledel, Blake Lively, Jesse Williams
Synopsis: Lifelong friends embark on separate paths for their first year of college and the summer beyond, but remain in touch by sharing their experiences with each other as they always have—with honesty and humor. Discovering their individual strengths, fears, talents and capacity for love through the choices they make, they come to value more than ever the bond they share and the immeasurable power of their friendship.



X-Files: I Want to Believe

Cast: David Duchovny, Gillian Anderson, Xzibit, Amanda Peet, Billy Connolly
Synopsis: Mulder and Scully are called back to duty by the FBI when a former priest claims to be receiving psychic visions pertaining to a kidnapped agent.



Space Chimps

Cast: Andy Samberg, Cheryl Hines, Patrick Warburton, Jeff Daniels
Synopsis: Three NASA chimps are sent to a galaxy far away. Two have "The Right Stuff," and the other, a good natured goofball, has "The Wrong Stuff." The simian slacker becomes a reluctant hero and learns the true meaning of courage as he and his crewmates, risk everything in an effort to save the peaceful inhabitants of a distant planet from the evil dictator Zartog.

The use of camcorders, still cameras, cellular telephones and any other recording devices in the auditorium during the exhibition of any movie is strictly prohibited. Violators will be escorted from the premises and recorded materials will be confiscated. All theatre privileges of violators will be terminated. Violators may be subject to criminal prosecution. For the most up-to-date movie information call 243-6703.

Food and beverages from outside sources are not permitted in theaters per COMFLEACTINST 1710.64E, ENCL. 33, PARA 3E(3).

Monday, September 22

a night in Argentina

Only at Club Alliance!
Tickets available now to all hands at the 2nd fl Cash Cage!

- Parillada Chicken Chimichurri (\$14.95)
- Parillada Steak Chimichurri (\$16.95)
- Parillada Seafood Chimichurri (\$17.95)

Meals include:

Beef Empanadas, Chorizo Salad, Crillo de Pollo Soup, Chipas Bread, authentic Argentinian dessert!

Call 243-5985/3000 for details.

AUTO HOBBY SHOP JUNKING SERVICE



Effective September 15, This service will no longer be available through MWR. Junking services will resume with NEX Autoport at 243-5826 or Base Recycling Center at 243-3817.

FitFactor

NAVY CYP GET UP - GET OUT - GET FIT

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



The goal of the FitFactor program is to encourage you to make healthy choices and give you opportunities to participate in a variety of fun activities. Use the online incentive program to log points, gain levels and get prizes! For details call 241-2952.

ATTENTION!

Anyone patronizing a Japanese establishment and has a visible TATTOO, may prohibit them from entering.

Some of the places include:

- Waterparks
- Onsens
- Disney Resort
- Restaurants



For more information, please call the ITT Office at 241-5056/5057 or visit the website at www.cfay.navy.mil/mwr



Main CDC Special Opening
USS George Washington
Mommy and Daddy Reunion

Saturday, September 27 from 1700 to Midnight

Reservations accepted now.
Call 243-3219 for details.

Open to the entire community.

Main Child Development Center OPEN HOUSE

Welcome USS George Washington Families
Tuesday, September 30 from 0930 to 1100
Wednesday, October 1 from 0930 to 1100



Open to the entire community.
Call 243-3219 for details.



32nd Annual Mikoshi Parade

Open Base Event

Sunday, October 19
from 0900 to 1700

Earn Captain's Cup Points

Registration Location:

International Programs Section at the ITT Office, 243-4731

Registration Deadline: Wednesday, October 8 at 1600 / Volunteers Needed: 80 to 100 People

Practice Date: Sunday, October 12 from 1300 to 1400 (All Volunteers must practice) Participants will be issued a loaner Happi coat and given a commemorative T-shirt and headband.

General Information:

Mikoshi volunteers will meet in front of the Main Gate at 0900 on Sunday, October 19. From the Main Gate we will walk to the Mikoshi staging area at the Chuo Station. Captain's Cup points will be awarded to all volunteers at 10 points per person with a maximum of 100 points per Command per Division (male or female).

Subject to change without notice.
For more information call 243-4731 or 0468-16-4731
or check website at www.cfay.navy.mil/mwr.

Scout O'rama promotes local community scouting

Story and photo by Mark Elrod,
CFAY Public Affairs

Yokosuka Boy Scout Troop 35 held its first Scout O'rama at Commander Fleet Activities Yokosuka Kosano Park Aug 30.

The event was held as part of the Troop's annual recruiting effort, according to Troop 35 Quartermaster Gary Hartzheim.

"The main purpose is to introduce scouting in the Yokosuka community in order to give the people who live in the area an opportunity to see some of the things that scouts do and, hopefully, generate some interest," said Hartzheim.

The troop, which currently, has 20 active Scouts, is always striving to improve and gain knowledge, according to Troop 35 Committee Chairman Clement Mosseri.

"We are a very active troop as far as merit badges are concerned," said Mosseri. "We earn anywhere from two to three merit badges a month."

"I've been a scout for about two weeks and I've already learned multiple knots," said Troop 35 Scout Christopher Walker. "It's fun. We're having a camp-out on the 27th, so we are going to enjoy that."

In fact, during the Scout O'rama, the scouts worked on a requirement for their merit badges.

"The scouts are working toward their merit badges. They are learning how to lash together poles and learning how to tie knots," Mosseri said. "This whole Scout O'ramam is revolving around the Pioneering Merit Badge. They are building a 'monkey-bridge,' which is part of the requirements for the Pioneering Merit Badge."



Scouts from Yokosuka Troop 35 work together to raise part of a monkey bridge in CFAY Kosano Park during their first Scout O'rama Aug. 30.

According to the Boy Scouts of America National Council Web site, as part of the 10 requirements for the badge scouts must learn to tie square, bowline, sheepshank, sheet bend, and roundturn knot as well as build a scale model of a signal tower or a monkey bridge.

"The bridge is about five-feet in the air and we can climb across it," said Walker.

Pioneering is the knowledge of ropes, knots, and splices along with the ability to build rustic structures by lashing together poles and spars, according to the Site.

Additionally, it is among the oldest of Scouting's skills.

In addition to teaming together to build a scale-model bridge the troops also built a mini-bridge.

"I really enjoyed making the little one, because everyone helped out," said Walker.

Some of the troops believe that scouting is not only fun, but it is a learning experience.

"It's a great way to learn citizenship,

learn about first aide, go camping and have fun," said Mosseri.

"Everyone should be in (the scouts)," said Troop 35 Scout Jonathan Mosseri. "There are a lot of helpful skills (to learn)."

"I think it's an excellent program," said Hartzheim, who started scouting when he was nine years old and has been active for nearly 40 years. "I don't think there is anything better for the kids."

For more information on local scouting contact Kim McCann at DSN 243-9395 or mccann@yahoo.com

NMCRS helps provide hurricane victim relief, donations

Courtesy of the NMCRS Web site

The Navy-Marine Corps Relief Society (NMCRS) staff is committed to the safety and welfare of our Sailors, Marines and their families whose military assignments have placed them in the paths of this season's hurricanes.

In the wake of Hurricane Gustav, and anticipating the potential for evacuation and damage associated with follow-on tropical storms and hurricanes such as Hanna, Ike, Josephine, the Society has established a special account for charitable contributions and disbursements that ensure all funds donated for this purpose will provide needed financial support to the families impacted by this season's hurricanes.

The society has already provided more than \$75,000 in emergency evacuation assistance to over 250 families along the Gulf Coast.

The Navy-Marine Corps Relief Society has offices located all along the Gulf and Atlantic coast

We have and will continue to help families with evacuation funds prior to the storm and through the longer-term recovery process of re-establishing their homes in the days, weeks, and months after the storms.

As always, our mutual support agreements allow Navy and Marine families to receive financial assistance at any of our NMCRS offices and at our partnership relief agencies (Air Force Aid Society, Army Emergency Relief, and Coast Guard Mutual Assistance), wherever they are located throughout the region.

In addition, the American Red Cross provides emergency service on our behalf by calling the Armed Forces Emergency Service Center at (877) 272-7337.

If you need hurricane assistance, call the society's office nearest you (you can find them on our Web site) or contact our headquarters for information at (703) 699-4904.

After hours, contact the Armed Forces Emergency Service Center number listed above.

If you or your organization/corporation wishes to make a donation to help these families, please visit the NMCRS Web site at www.nmcrs.org, or send your check payable to NMCRS (or Navy-Marine Corps Relief Society) to our Headquarters address: 875 North Randolph Street, Suite 225, Arlington VA 22203. In the lower left corner of the check, please annotate Hurricane Relief.

All donations will be acknowledged and we appreciate the benevolence of patriotic Americans across the nation.

The society is not in a position to accept donated articles of clothing, bottled water, canned food or other items of substance.

Such contributions are being coordinated by the Federal Emergency Management Agency (FEMA). You may contact FEMA at (202) 646-4600.

Top military health official promotes prostate cancer awareness

By John J. Kruzel,
American Forces Press Service

As a man afflicted with prostate cancer, the top Defense Department military health official has a unique perspective on the importance of promoting awareness about the disease.

Now in his eighth year living with an aggressive form of cancer, Ward Casscells, M.D., the assistant secretary of defense for Health Affairs, understands the importance of early detection. But he realizes the stigma that members of the military culture often attach to certain screening methods.

"It's hard enough to get them to wear a motorcycle helmet," he said in an interview today, which falls almost on the ides of September – National Prostate Health Month.

The doctor sought treatment in his 40's when he began feeling vague discomfort in his pelvic region. After undergoing a colonoscopy, his doctor told him his Prostate-Specific Antigen (PSA) readout – which measures the protein produced by the cells of the prostate gland, and can indicate the presence of cancer

– was at a normal level.

But by age 49, further testing showed that Casscells in fact had prostate cancer with a PSA level around 94 – well above the healthy average readout of four. In addition, he learned that the cancer had spread to other parts of his body.

Casscells believes that his early tests, a blood test and CAT scan, had been misdiagnosed.

He says problems of misinterpretation can be mitigated by patients being prepared to inquire about their health.

"I always have a list of questions, and I don't leave until I get an answer," he said of his regular doctor's visits.

Casscells also urged current and retired military members age 40 to 50 to get a screening, and to consult multiple medical sources.

For patients who are deemed "at risk," or who are on "watchful waiting," the doctor recommends changing their diets, becoming more active, increasing their intake of vitamin D. He also emphasized the importance of upping one's exposure to sunlight. "I bought myself a convertible and threw away the sunscreen," he said.

Cancer targeting the prostate is the most common form of cancer developed in men. Accordingly, he said, the onus is on service members to encourage their buddies to seek treatment as their 40s approach.

Casscells' story is one of unique intrepidity. After being diagnosed with his potentially terminal cancer, he experienced a common reaction: physical and emotional hardships, some depression, even grief. His response afterwards, however, was anything but ordinary.

The doctor, who had served as the Distinguished Professor of Medicine (Cardiology) and Public Health at the University of Texas Health Science Center in Houston, never missed a day of work. Later, after deploying to Iraq as a doctor in the Army Reserve, he underwent chemotherapy in Baghdad.

After learning that his improved health required a radical change in behavior, Casscells, who described himself as not very athletic earlier in life, adopted a regimen of running and a diet absent meats, despite his appetite for char-grilled burgers. He advocates similar modifications for afflicted, or at-risk men.

"If I can do it," he said humbly, "anybody can."

FISC's Ship Store Program provides 'gedunk' at a savings

Story and photo by Tim Shannon,
CFAY Public Affairs

Technical manuals will tell you that U.S. Navy ships are powered by diesel fuel, jet engines and nuclear power plants. If you ask a Sailor or Marine, however, you are likely to get a different answer. They will likely tell you that gedunk (pronounced gee-dunk, with a hard "g") is what the Navy runs on.

Gedunk, Navy and Marine Corps slang for snack foods and sodas, is a small but integral part of life at sea. That is why the men and women of U.S. Fleet and Industrial Supply Center (FISC) Yokosuka go out of their way to make sure that ordering gedunk is made a little easier. According to FISC's Regional Inventory Management Director Sid Frazier, the Ship Store Program is one of the ways they take the difficulty out of ordering the drinks

and snacks that shipboard crew's crave.

Frazier explained, that in 2004, FISC began sending its afloat customers catalogs of items that had been approved by Navy Exchange Service Command (NEXCOM), making the requisitioning of difficult items, such as those bought locally in Japan, much easier to accomplish.

"The catalog allows the Ships Servicemen (SHs) to see first-hand what they will be ordering. All the important information pertaining to the items is listed in the catalog which is used when the SHs generate their requisitions," said Frazier. "And having a few of the popular Japanese products in the catalog allows our afloat customers to requisition the products via MILSTRIP (military standard requisitioning and issue procedures), vice having to work through our regional contracting office to cut a contract with the Japanese vendors to fill their requirements."

The ship store catalogs also save the Navy money. Ordering items on the open market can be more expensive than going through the NEXCOM system that often offers items for less than retail price. Regarding the savings the ship store program brings to the Navy, Frazier said, "We provide cost avoidance in excess of \$800,000 annually."

He also explained that because of the success of the Ship Store Program and the catalogs, FISC has expanded the program.

"Working with Defense Distribution Guam Marianas (DDGM), FISC Yokosuka has been able to

establish the Ship Store Program for afloat customers forward deployed to Guam and afloat customers transiting through the Guam area of responsibility (AOR)," he said.

The Ship Store Program is managed by FISC's Katsuhiko Takahashi and Michiyo Labato. They conduct the day-to-day program management, coordinate orders with FISC's stateside and Japanese vendors, and work with the FISC customer service representatives to provide available products when orders are received and processed.

One of their biggest challenges is keeping the ships stocked and caffeinated. Monthly, Takahashi and Labato coordinate the purchase of 45,000 cans of Georgia Coffee, which Frazier states is one of the most requested items in the catalog's inventory and one of the items that improves shipboard readiness and morale.

"I really enjoyed having Georgia Coffee while at sea, whenever I was deployed," said Aerographer's Mate 1st Class (SW) Shea Erikson. "It reminded me of home."

Erikson said the cans of Georgia Coffee helped him stay alert during the long days at sea and provided a boost in morale for many people while underway. He also said the canned coffee provided plenty of fodder for sea stories as well.

"I'll never forget those times when people would say, 'I'll buy if you fly.' Since most people wanted the hot cans of Georgia Coffee, I'd have to run up three ladderwells while juggling the piping hot cans without burning myself," he said with a laugh.

USS Cowpens (CG 63) Sailor, Storekeeper 1st Class (SW) Robert Gonzales is also no stranger to "gedunk runs." And as an enlisted supply Sailor, he understands and appreciates the benefits the FISC Ship Store Program offers for him as a customer and for the SHs to keep the shelves stocked.

"Our ship store is never empty," said Gonzales. "Heck, most of the time, you don't even have to go to the Exchange. They have everything you need while onboard right here. I'm pretty sure the Ship Store Program catalog makes the SH's jobs a little easier."



FISC's Michiyo Labado ensures the prices for locally acquired products are updated in the Ship Store Program catalog.

HAZMINCEN reduces waste, saves money with 'Reuse program'

Story and photo by Tim Shannon,
CFAY Public Affairs

It is often said that if something sounds too good to be true, it probably is. However, there are exceptions to the rule.

One such example occurred recently when U.S. Fleet and Industrial Supply Center (FISC) Yokosuka's Hazardous Material Minimization Center (HAZMINCEN) saved the U.S. Navy over \$2 thousand through their reuse program, according to FISC HAZMINCEN warehouse manager Storekeeper 1st Class (SW) Adrian Copiaco.

Copiaco explained that USS Providence (SSN 719) had previously ordered a large amount of hydraulic fluid and that they used less than what they needed. Since the fluid was still unused, Providence personnel were able to turn the excess fluid in for re-distribution, instead of turning it in for disposal, saving the HAZMINCEN from having to order it for other customers and saving the Navy from having to pay for its disposal.

"Each container [of hydraulic fluid] costs \$45.66, giving us a total savings of \$2,739," he said.

Now that the FISC HAZMINCEN has the extra stock of hydraulic fuel, they plan to pass the product along to their other customers, for free.

"They will appear in the 'Free Issue' listing that we send out regularly, informing various commands of all the free HAZMAT (hazardous material) we have in the warehouse for reuse," said Copiaco.

"We also contact the other FISCs worldwide to let them know that we have this material for free issue," added HAZMINCEN Storekeeper 3rd Class Cristian Baldelomar. "And, we put it in our website stating the quantity and class of material that we have in stock for everybody to see what we have on hand."

Copiaco and Baldelomar also share a sense of pride in the reuse program and by helping the Navy save money. The reuse program at FISC's HAZMINCEN has saved the Navy over \$830 thousand this fiscal year.

"It actually feels great helping our shipmates save money on their HAZMAT needs," said Copiaco. "This way, they can use whatever money they saved here and put it toward other critical requirements."

Baldelomar also appreciates the environmental aspect of recycling HAZMAT, stating it is a feeling that resonates throughout everyone who works at FISC's HAZMINCEN.

"I think we all appreciate being

environmentally friendly. We all enjoy knowing, that by helping the environment and saving money for the government, it gives us a feeling of accomplishment as Sailors," he said. "We all go out of our way to improve the environment and we always look for reusable material around base so that nothing ends up in the waste stream. I know it gives me a feeling of accomplishment that I'm doing my part and making a difference as a SK3 in the US Navy."



SK3 Cristian Baldelomar uses an electronic lift machine, called the "HAZSTACK," to put a pallet of hydraulic fluid received from USS Providence (SSN 791) into storage for reuse.

FISC ITC's computer the 10,000th migrated to One-Net



FISC Yokosuka's Chief Information System Technician (SW/AW) Lynne Jones is given an award by Naval Computer and Telecommunications Station Far East Commanding Officer Capt. Robert Goodwin for being the user, or seat, of the 10,000th computer migrated to One-Net from the previous legacy system.

ONE-NET is a Navy-wide initiative to install a common and secure IT infrastructure to all Navy locations outside the continental United States.

Photo by Yohsuke Onda

Ship Repair Facility supports small partners in port

Story and photos by Keiichi Adachi, CFAY Public Affairs

Seventh Fleet ships are operationally ready for their mission with repairs, maintenance, and modernizations by Ship Repair Facility and Japan Regional Maintenance Center (SRF-JRMC).

SRF-JRMC safely guides each of the ships into the right berths and dry docks at the right time before SRF-JRMC starts to conduct their business under the required individual ship's repair period. However, SRF-JRMC does not have the authority to control movements of the ships in port.

Harbor tugs (YTB's), *Muskegon* (736), *Manistee* (782), *Kittanning* (787), *Opelika* (798), and *Massapequa* (807) from the Port Operations Department (Port Ops) assigned to Command Fleet Activities, Yokosuka (CFAY) as a business partner assists SRF-JRMC with this task.

"Port Operations and SRF-JRMC have been working together for a very long time," said Chief Warrant Officer (W-4) Kimo Santos, Service Craft officer of Port Ops. Our relationship is based on the service crafts and boats we have within our inventory. They mainly support our maintenance at Depot Level Repairable.

Harbor tugs are used to move ships in and out of the assigned berth. Their job has remained the same, but their design and engineering has changed much over the decades.

However, the functions of the five tugs at Port Ops have deteriorated year by year due to the average age of the tugs which is about 42 years old. SRF-JRMC has been conducting required ship repairs, maintenance, and modernizations on board all the tugs since *USS Kitty Hawk* (CV 63) left Yokosuka in May of this year.

"Repair or maintenance cycles on the tugboats are ranging from every two years to six years. Basically the main repair or maintenance is on diesel main engines, auxiliary equipment, piping, and hull preservation," said Warrant Officer Santos.

Tugboats are quite strong for their size and their diesel engines typically produce 750 to 3,000 horsepower. The tugboat's main function is to maneuver, primarily by towing or pushing barges, disabled ships, other vessels in harbors and over the open sea.

The main engine of the tug has the power to conduct the tug's mission however, the engine takes up too much space inside of the tugboat, so that leaves very little space to perform maintenance, repairs of equipment, and modernizations.

"Even if we maintain a three-inch blocked drain for the stack on Kittanning, it takes more than four hours or so because the drain is not straight down to the bottom of the tugboat, winding, connected at the three locations, and the drain also goes through locations behind the exhaust pipe of the tugboat," said Eiji Shidara of the Shop division while he was setting up the drain to the stack with his co-workers.

The aged tugboats also provide SRF-JRMC with a hard time to handle unexpected mechanical difficulties such as replacement parts of equipment, cables, valves, and something related to SRF-JRMC's jobs, which offers SRF-JRMC challenging opportunities to produce properly replaced items.

"Because the companies that built the tugboats are all gone now, and sometimes replacement items are found, but specifications of the items do not match what we need. SRF-JRMC designs everything that is required to get the job done for our customers," said Shidara.



Members of the Shop division at SRF-JRMC install the drain for the stack of Kittanning after they cleaned the inside of the drain. The drain also goes through locations behind the exhaust pipe.

排水管の掃除を終え工場管理部の従業員が、キッタニング号の煙突用の排水管を取り付ける。配水管はタグボートの排気管の裏に設置されている。

Shidara's shop and his co-workers were previously under Port Ops where they were taking care of and facing unpredictable issues of the tugboats for a long time, according to Shidara.

Since the large heavy tugboats have been the mainstay of supporting Seventh Fleet ships, SRF-JRMC and Port Ops have been working together to support a high operation tempo while in a forward deployed status.

"Due to the the ages of the service crafts, they require more attention, so we ensure we are consistent with daily maintenance requirements, and support long term operations. We're all working together to maintain tugboats that are 36-45 years old. At times, alterations are needed to stay in contention with today's technology. People and Sailors at SRF-JRMC have been supportive and have been professional throughout my tenure at Port Ops," said Santos.

Port Ops said that they always treat every ship with the same quality and professional service and require more tugs to safely support larger ships and for certain weather conditions like heavy winds and rains.

SRF-JRMC and Port Ops work together towards a common goal and that's to support the Sailors. Both commands are here for a reason, and the reason is to maintain the material condition of these tugboats, so the Fleet can meet all requirements pertaining to real world tasking and training.

SRF - JRMC、横須賀基地司令部の港湾業務を支援

文・写真：安達慶一、CFAY広報課

第7艦隊の艦船は艦船修理廠及び日本地区造修統括本部(SRF-JRMC)が提供する修理、整備や機材の刷新により任務遂行の為に機能準備を保ってきた。

SRF-JRMCが艦船の限られた工期の下、作業を行なう前にそれぞれの艦船を時間内に正しい桟橋に係留又は、ドライドックに入渠させる必要がある。

業務上のパートナーとして米海軍横須賀基地司令部(CFAY)の港湾運営室(ポートオプス)が保有するYTBと呼ばれるタグボート、マスクゲン号(736)、マニスティー号(782)、キッタニング号(787)、オペリカ号(798)、マサベック号(807)が艦船の移動を行いSRF-JRMCの業務を支援する。

「ポートオプスとSRF-JRMCの業務上の付き合いは大変長いものになります」とポートオプスの船舶運行を担当するキモ・サントス4等准尉は話し、こう続けた。「我われが所有する港湾業務船舶を介して我われの交友は成り立っています。SRF-JRMCはタグボートに設置してある高額な機材を整備し支援してくれます。」



The Shop division's Eiji Shidara fits the drain for the stack on right positions and tightens nuts and bolts while his coworker Hiroshi Kobayashi is holding the drain in position in the engine room of Kittanning.

キッタニング号のエンジン室で同僚である小林弘志さんが煙突の排水管を支え、工場管理部の設楽栄治さんが排水管を固定する為にボルトとナットを締める。

タグボートは艦船の桟橋への接岸や別の桟橋への移動に使われる。業務内容こそは昔と変わりはないが、ここ数十年で船舶のデザインや技術工学は大いに変化してきた。

年々、5隻のタグボートの機能は低下してきている。タグボートが建造されてからの平均年数が約42年にも及ぶからだ。そこで、キティホーク(CV 63)が5月に横須賀を去って以来、SRF-JRMCは全てのタグボートに、修理、整備や機材の刷新を行なっている。

「タグボートの大きな掛かりな修理や整備の周期は船により2年から6年です。主要な修理や整備項目はディーゼルエンジン、補助機類、配管、船体の腐食防止です」とサントスは話した。

タグボートは大きさの割にはかなりのパワーを持ち、ディーゼルエンジンは750馬力から3000馬力の出力がある。タグボートの主な作業は、港湾内外でバージ、故障船、その他の船舶を押したり、引いたりすることだ。

タグボートのエンジンはその任務を行なう原動力だが、タグボート内の多くのスペースを占める。従って狭いタグボート内での修理、整備や機材の刷新に使用できるスペースは限られる。

「キッタニング号の煙突内にある直径3インチほどの詰まった排水管でも整備するのに、4時間以上かかります。それは排水管がまっすぐにタグボートの底へ配管されているのではなく、曲がりくねり、3箇所まで接合され、更に排水管が煙突の裏に設置されているからです」と同僚と共に排水管の取り付けをする工場管理部の設楽(しだら)栄治さんは話してくれた。

この古いタグボートは、機器のパーツ、ケーブル、バルブに関連する部品交換などのような予期せぬ機械の故障への対処という困難をSRF-JRMCにもたらすが、これはSRF-JRMCに必要な部品を適切に作り出すというチャレンジの場をもたらしている。

「当時タグボートを作った会社は現在もうありません。たまたま交換用のアイテムが見つかるのですが、我われが必要としているものとは仕様内容が合いませんので、SRF-JRMCは作業で使うモノは全て作る必要に迫られるのです」と設楽さん。

設楽さんのショップと同僚はかつてポートオプスの傘下であり、40年とはいかないがタグボートで生じる不測の問題に取り組んできた。

大型のタグボートは第7艦隊艦船への支援の大黒柱であるから、(艦船が)前方展開配備の状況である限りは、SRF-JRMCとポートオプスは共同して展開の早い作戦行動を支えている。

「堅実な日々の整備と長期的業務支援の為に、古くなった船舶にはより多くの注意が必要です。36歳から45歳のタグボートを我われは共に整備してきました。時には、今日のテクノロジーに遅れずについて行くために船舶の改修は必要です。私が知る限りでは、SRF-JRMCの従業員は支援を惜みずプロの仕事振りを示してくれます。」

ポートオプスはどんな船舶でもいつも変わらぬ質とプロとしてのサービスを心がけていると言う。しかし、強風や豪雨などの天候で大型の艦船を安全に支援するには、より多くのタグボートが必要だと言う。

SRF-JRMCとポートオプスは艦船乗組員を支援するという共通のゴールに向かって業務に励んでいる。2部隊がここ横須賀に存在する理由はタグボートの機材の整備であり、その事によって第7艦隊艦船が現実の任務と演習に関連する全ての要求事項に応えることが出来る。

Head's Up Yokosuka!

Community Announcements

Passport Renewal – The U.S. Embassy in Tokyo will be receiving passport renewal applications and first-time passport applications at the Chapel of Hope, Friday, Sept. 23 from 10 a.m. – 1 p.m. Call 224-5182 for an appointment. Information on passport requirements can be found at <http://japan.usembassy.gov/acs>.

The Yokosuka Officer's Spouses' Club (YOSC) Welcome Fair – YOSC will host its annual Welcome Fair Sept. 24 from 9 - 11 a.m. in the Admiralty Room of the Officers' Club. This is a great opportunity to learn about the many wonderful activities available here in Yokosuka. Representatives from many organizations, clubs, schools and services from around the base will be on hand to showcase their groups and to answer your questions. The fair is open to all officer's spouses and civilian equivalents.

White House Internship – Every spring, summer and fall the White House chooses 100 interns to experience the challenge of working side-by-side our nation's top policy makers on a variety of tasks and projects. In addition to normal office duties, interns attend weekly lectures, volunteer at special events and contribute to community service projects in the Washington, D.C. area.

If you are up for the challenge, the White House invites you to apply. Applicants must be:

- At least 18 years of age on or before the first day of the internship.
- Enrolled in an undergraduate or graduate program at a college or university, or graduated the previous semester.
- A United States citizen.

The intern application can be found at www.whitehouse.gov/intern. Interns will be selected based on their application and interest in public service.

Ikego Bulk Item Trash Pickup Service – If you reside in an Ikego Townhouse, please call 246-8302 for bulk item trash pickup. The contractor will only pick up the items you have placed on your front patio. Please inform the contractor which items you would like to get picked up to ensure they do not mistakenly dispose of undesigned items. If you reside in an Ikego High-Rise, please place your bulk items in the dumpster enclosure. Prior arrangements are not necessary. Call 246-8302 for more information.

Free or reduced cost school lunch program

By CFAY school liaison officer

What is the free or reduced cost school lunch program? The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day. The program was established under the National School Lunch Act, signed by President Harry Truman in 1946.

Under this program, qualifying families will be given school lunch, at qualifying schools, either free of charge or at a greatly reduced rate. The process is simple and completely discrete.

The school lunch tickets are identical to those of individuals paying the full rate, thus ensuring no negative stigma.

This program helps to put money back in your pocket and everyone is encouraged to apply. Moreover, only 12 percent of applications received last year were denied.

Changes to the program enacted February 2007 have increased the number of individuals who may be eligible for this program. The table below indicates the qualifying criteria utilized to determine eligibility.

Applications can be downloaded from the Fleet and Family Support Center (FFSC) Web site accessed via the www.cfay.navy.mil home page. Select the FFSC tab and then School Lunch Program.

Questions about the program can be directed to OS2 Hardaway at 242-9606 or Ensign Shawn Kline at 243-9106.

Household Size	Reduced Price Meals	Free Meals
1	24,050	16,900
2	32,375	22,750
3	40,700	28,600
4	49,025	34,450
5	57,350	40,300
6	65,675	46,150
7	74,000	52,000
8	82,325	57,850
For each additional family member	8,325	5,850

Kumon Method helps math students excel



A group of four students from the Yokosuka Kumon math class were recently honored at the "Summit of Children" which took place at the Yokosuka Art Theater. The ceremony was for selected students in the South Yokohama Kumon, whose worksheet levels are three stages higher than their actual school grade levels. Third-grader, Phoebe Pham, fifth-grader, Elena Grogg and seventh-graders Ajey Palania and Rjey Palania were all invited to participate in the summit. There are 15,000 students enrolled in the South Yokohama Kumon. Only 600 were chosen to attend the "Summit of Children".

The Kumon method, created by Japanese educator Toru Kumon, emphasizes study at a level appropriate for each individual student rather than teaching based on the students school grade or age. The Kumon philosophy focuses on using arithmetic and mathematics as a means to develop the fullest potential of each individual student.

As of May 2008, more than 4.1 million children were studying under the Kumon method in over 45 countries and cities. There are more than 1,400 Kumon Centers, with 240,000 students, in North America alone.

Promised Land: A “Here and Now” Experience

By Chaplain Jack Carver

It is common for me to hear people say, “I’m stuck. When I get two steps forward, it seems I somehow find a way to take one back.”

Do you ever feel this way? The first time I heard someone say that, I wanted to respond by saying, “You and me both!”

When will I ever get my ducks in a row? – or, have get it together? – or, just have one period of time in my life in which something doesn’t go wrong before two consecutive things go right?

The picture that comes to my mind is the Hebrew nation at the shore of the Red Sea, just prior to crossing over into the Promised Land. For generations, the Hebrews had been enslaved to a nation that had mistreated them. Finally, God was delivering them by leading them across the Red Sea into the Promised Land, the land of milk and honey.

Imagine, though, as we are witnessing this momentous occasion in history, just as someone is placing the first step across, one of the Hebrew people proclaims, “Wait a minute. We haven’t gotten even with those terrible people back there. Before we move on in our journey, let’s go back even the score. We can cross later” So, a couple of steps forward, right to the edge of crossing into the Promised Land, only to go backwards due to too much focus on the past.

You and I, as spectators, would likely yell, “You’re about to enter the Promised Land that God has given to you! Why waste your time getting even? Yes there were moments of pain, but...c’mon, you’re about to enter the Promised Land.”

It’s so easy to recognize how the hang-ups and wounds of others keep them from moving into their Promised Land, but can we recognize how *our* hang-ups and wounds affect *our own* ability to move into *our own* Promised Land?

We could brainstorm a million reasons people take a step (or more) back after getting so close to the life to which they aspire. Space and time allow only a brief consideration upon this matter.

So often, we are distracted from a healthy focus on the “here and now”. My Buddhist, Zen Buddhist, and Shinto friends remind me about this concept. I have found it a healthy exercise to merely think about the breath I presently have, to take it into my lungs, and exhale. This is the inspirational breath of the present, which God has given to me now. What happened yesterday doesn’t affect it or what could happen tomorrow doesn’t affect it, unless I allow it. Jesus spoke of asking God to “...give us this day, our daily bread...” (Matthew 6:11) and allowing “...tomorrow to be sufficient to itself...” (Matthew 6:34). Too often the “should have’s” of the past, or “ought to’s” of the future preoccupy our minds to the extent we forget what God has given to us today.

How many breaths pass by before you notice the relationships God is giving you an opportunity to enjoy? All the worries about meeting perceptions of success...and you miss an opportunity to hug a son or daughter who is growing up before you can blink an eye. The Promised Land is the joy of having people in your life who will journey with you no matter if you meet those perceptions of success. You go backwards when you spend an inordinate amount of time excessively worrying about “where I go next”, forgetting to take in the joy of special friends and family members who would be your friends no matter where you go. While it’s healthy to plan for our future needs in terms of professional achievement and financial posture, we often get out of balance with how we invest our energy and time.

God may have you right on the brink of entering the Promised Land. The tendency to overemphasize guilt about past mistakes, vengeance over wrongful deeds done to you, or constant reflection upon occasions when people let you down prevents you from taking more steps forward. Before you know it, you’ve gone backward, again.

HRO USCS Positions

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

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

Applications may also be submitted through the drop box located at the front entrance of the HRO, Yokosuka building. These applications must be in the drop by close of business (4 p.m.) of the closing/cut-off date of the announcement.

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

New

Financial Management Analyst – YA-501-1/2, NCTS-130-08. Open: 9-11-08, Close: 10-2-08.

Supervisory Health Promotion Specialist – YA-1701-2, NH-131-08. Open: 9-12-08 Close: 9-25-08. *Japan wide.

Continuing

Child Development Educational Specialist – YA-1701-02, NH-126-08. Open: 9/29/08, Close: 9/25/08.

NEX Positions

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

To see job vacancies online, go to www.navy-nex.com, 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 Delivery Operator. NA2 – Food Services. \$8.28-\$9.66/hr. (1 Flex)
Food Service Supervisor. NS2 – Food Services. \$10.74-\$12.56/hr. (1 RFT)
Food Sales Supervisor. NF3 – Food Services. *\$24,621-\$31,298/yr. (1 RFT)
Food Service Workers. NA2 – Food Services. \$8.28-\$9.66/hr. (14 Flex)
Room Attendant. NA2 – Navy Lodge. \$7.95-8.63 (6 Flex)
Night Auditor Desk Clerk. NF1 – Navy Lodge. *\$9.50 plus differential (1 Flex)
Automotive Mechanic. NA10 – Autoport. \$13.63-\$15.91/hr. (1 RFT)
Sales Clerk. NF1 – Fleet Rec Center. \$6.55-\$8/hr. (1 RPT)
Supervisory Sales Clerk. NF2 – Uniform Fleet Center. *\$8.39-\$11/hr. (1 RFT)
Cashier Checker. NF1 – MiniMart. *\$7-\$8.25/hr. (1 Flex)
Department Manager. NF3 – Main Store. *\$31,620-\$48,844/yr. (1 RFT)
Customer Service Clerk. NF1 – Main Store. *\$8.25-\$9/hr. (2 Flex)
ID Checker. NF1 – Main Store. \$6.55-\$7.50/hr. (1 RFT)
Sales Clerk. NF1 – Main Store. *\$6.55-\$8/hr. (1 RFT, 4 Flex)
Specialty Sales Clerk. NF1 – Main Store. *\$7-\$9/hr. (1 RFT, 3Flex)
Supervisory Sales Clerk. NF2 – Main Store. *\$8.39-\$11/hr. (4 RFT)
Supervisory Customer Service Clerk. NF2 – Main Store. *\$8.39-\$11/hr. (1 RFT)
Store Worker. NA2 – Main Store. \$8.28-\$9.66/hr. (2 RFT, 2 Flex)
General Clerk. NF1 – Inventory Control. *\$7.50-\$9/hr. (1 RFT)
Personalized Service Clerk. NF1 – Personalized Services. *\$7.25-\$8/hr. (3 Flex)
Personalized Service Clerk. NF1 – Fleet Rec. *\$7.25-\$8/hr. (1 Flex)
Equipment Rental Clerk. NF1 – Rental Center. *\$7-\$8/hr. (1 RFT, 1 Flex)
Hair Stylist. NA7 – Beauty Salon. Commission. (2 RFT, 1 Flex)
Inventory Supply Clerk. NF2 – Distribution Center. *\$8.39-\$11 (1 RFT)
Warehouse Worker. NA4 – Distribution Center. \$9.66-\$11.27/hr. (2 RFT)
Security Guard. NF1 – Distribution Center – *\$7.50. \$9/hr. (1 RFT)
Assistant Contract Specialist. NF3 – Administration. *\$26,390-\$40,760/yr. (1 RFT)
Retail Operations Clerk. NF1 – Procurement. *\$7.50-8.50/hr. (1 RFT)
Sign Painter. NA7 – Main Store. \$11.68-13.62/hr. (1 RFT)
Manicurist (Nail Tech). NA5 – Ikego. Commission. (1 Flex)
Hair Stylist. NA7 – Negishi. Commission. (1 Flex)

*Salary based on experience

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	Confession	1600
WED	Perpetual Help Novena, Main Chapel	1700
WED	Mass, Main Chapel	1730
2 nd TUE	Pre-Baptism Class	1730
THU	Choir Practice, Main Chapel	1700
THU	Women's Bible Study	1730
FRI	Choir Practice, Choir Room	1700
1 st FRI	Mass, Main Chapel	1700
SAT	Vigil Mass, Main Chapel	1700
SAT	Baptism, Main Chapel	1500
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, room 3	1800

Church of Christ

SUN	Worship, Kinnick Little Theatre	0930
SUN	Sunday School	1100
WED	Bible Study, rooms 2, 3 and 5	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)

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 10 1800

Specialized Ministries

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

TUE Fellowship Hall/Classrooms 1615

Yokosuka Student Ministries (Middle School and High School)*

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

Protestant Women of the Chapel*

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

Japanese Women's Bible Study*

TUE Main Chapel/Fellowship Hall, Classrooms 0930

COMPASS Spouse Support Group

WED, THU, FRI (Last week of month), Room 5 0900

Men's Christian Fellowship

TUE Study Group (Fleet Rec 3rd Deck) 1130
3rd SAT Breakfast (Location varies)
**Runs from September to June*

Negishi: Chapel of the Rising Sun • 242-4183

Roman Catholic

SUN	Mass, Main Chapel	0800
SUN	Confession	1700
SUN	Bible Study	1730
THU	CCD, classrooms	0900

Protestant

SUN Worship Service, Main Chapel 1030

IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

SAT Vigil Mass 1900

Pentecostal

SUN Worship Service 1000

Adult Bible Study

WED Nikko Tower Party Room 1800

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

WED Ikego Elementary School 1630

Yokosuka Student Ministries (Middle School and High School)*

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

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

Fleet and Family Support Center

Congratulations on the birth of your baby!

Mark Parker and Kyndra Parker are the proud parents of **JAYDEN OMARI PARKER** born Aug. 13, 2008 at 7:39 a.m., weighing 7 lbs 13 oz.

Orlando Besoro and Irene Besorio are the proud parents of **MIJO LAREN BERNARDINO BESORIO** born Aug. 15, 2008 at 7:27 a.m., weighing 8 lbs 11 oz.

Joshua Cobb and Ronneka Cobb are the proud parents of **JORDAN TYREL COBB** born Aug. 16, 2008 at 12:35 a.m., weighing 7 lbs 5oz.

Kinyaffa Cooper and Tammy Cooper are the proud parents of **KENYATTA JAVON COOPER** born Aug. 23, 2008 at 1:34 a.m., weighing 7 lbs 7 oz.

Christopher Rutland and Tori Czarnomski-Rutland are the proud parents of **HENRY REY RUTLAND** born Aug. 25, 2008 at 8:24 a.m., weighing 8 lbs 1oz.

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, Sept. 22

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

Managing Your Transition (TAMP) 8 a.m. (4-1/2 days): This seminar is for separating military and pre-retirees. The program will inform you about your veteran's benefits, retirement pay and travel entitlements. The class focus will be on job search strategies, interview skills, resume preparation and the psychological preparation necessary for transitioning to a new career. Spouses are urged to accompany the transitioning service member. Reservations must be made through your Command Career Counselor.

Tuesday, Sept. 23

Area Orientation Brief and Intercultural Relations Class (Pre-registration required) 7:45 a.m. (4 days): **Sept. 23-26, this class will be held at the Benny Decker Theater.** Welcome to the Land of the Rising Sun, kanji, yen and bowing. This combined class is offered weekly, and is required for all incoming military personnel, Department of Defense civilians and family members. Representatives from around the base will talk about the unique policies, procedures and benefits associated with living and driving in Japan. Local experts will discuss cultural issues and adjusting to your new home.

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

Wednesday, Sept. 24

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

Government Employment Tips 10 a.m. (2 hrs.): Simple step-by-step approach to correctly completing government application forms such as the SF-171, OF-612, OF-510, and the government-style resume. Definition of federal terms and how to address KSA's are some of the items that will be covered.

Youth Enrichment Class– Decision Making (High School Students) 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 15-18 (18 or over if student is still in high school). Must meet 4 times for 1 hour session to obtain a certificate of completion.

Thursday, Sept. 25

Family Readiness Group 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 5 are welcome, but must be accompanied by an adult. This Play Morning is held at Nikko Tower.

Friday, Sept. 26

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

Upcoming Classes

Sept. 29	English as a Second Language
Sept. 30	Area Orientation Brief and Intercultural Relations Class Your Japanese Home
Oct. 1	Japanese Spouse Group Negishi – Employment Overview Negishi – Sponsorship Training Negishi – Getting Started Teaching English
Oct. 2	Ikego – Play Morning NMCRS' Budget 4 Baby
Oct. 3	PCS Workshop Yokosuka – Play Morning Ikego – Ukulele Lessons Negishi – Kid's Craft

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

'05 Toyota Passo. 6,600 miles; in-dash car navi, DVD player/CD player. One owner; non-smoker, keyless entry. \$9,000 or best offer. Call 243-7575 (day) or (046) 821-0703 (night).

'96 Honda Odyssey. JCI good 'January 2009. Shocks and struts replaced December 2006. 106,000 km and runs great. Great Family Car. Available now for \$1,600 or best offer. Please call Wilson, 243-8018 to see/test drive.

Car for Sale. 2000 Nissan Avenir. 89,000 km. Only one owner, car is in perfect condition. Inspection expire September 2009. JCI expire October 2009. Asking \$2,300. Contact Dennis, 243-9111, 080-6722-3702, dennis.alcorn@fe.navy.mil.

Dependable Family Van. 2001 Toyota Ipsum. 42,000 miles. Seats seven. Clean, runs great. A/C, CD, DVD, television. Power everything. Asking \$3,500 obo. Call 090-9677-2064 or hmm264@hotmail.com.

Angel Motors – Specializing in U.S.A. Spec (LHD) Models! American owned and operated car business with export and shipping experience. Custom order any Japanese (RHD) model! **Angel Motors September Cars!** 1. Beautiful '97 U.S.A. BMW 528i sedan and 52K miles, silver, leather, "angel eye" headlights, crystal tail lights for \$12,900! 2. Fast, custom 1996 Mazda RX-7 (RHD), 75K KM, MT in red for U.S. \$6,500! (car now at Yokosuka base!) Visit us: www.angelmotorsjapan.com. Visit our web site for photos and details, or call Mike to see. Contact Mike for more details at Tel: 090-8019-6372, e-mail: mike@angelmotorsjapan.com.

BMW Military Sales – Factory discount pricing. Pre-purchase plan available for future purchase. Also available quality used European and Japanese cars. Int'l. Auto Emporium Office: (045)787-4335. Mobile: (090) 8485-4701. E-mail: LTM@viola.ocn.ne.jp.

Dodge Grand Caravans, Nitro, Patriots, Wranglers 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.

Miscellaneous

For Sale 2 Twin Metal Loft Beds Like New! \$150 each obo. Paid \$300 at NEX. Please call Mary, 246-8630 or 080-3404-4511.

For Sale. New Honda motorcycle Jacket, with armor plating, Rocket Black Leather, purchased new December 2007 never worn. Asking \$200 obo, call 090-8304-0649.

Services

2 BZ 2 Clean? House cleaning service can be scheduled to meet your routine needs. On or off base. Please leave a message and call-back number. Call 080-3489-7657.

All of Your Photography Needs can be found through KRush Photography. We specialize in babies, families and special events. Visit http://www.krushphotography.com, or contact us at: cindy@krushphotography.com.

Authentic and friendly Japanese instructor offers Japanese lessons for dining out, shopping and Japanese proficiency test at your location or Oppama class. Private lesson. ¥3,000/80 min. Contact 080-5646-2952, sensei4urs@gmail.com.

Birthday cakes and things is back open for business. For my most recent retirement birthday, baby shower and cupcake cakes, please check out www.myspace.com/tinah27, or birthdaycakesandthings.com

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.

Computer and Networking Services. We offer low cost computer repair and home/business networking services. We can set up "Secure" wireless and LAN networks. We also, install software, install hardware, contain viruses, and recover "precious" data. Vonage set up and trouble shootings available. We will respond within 24 hours. Please contact: CJ, 080-6603-2336/chaunceylharris@ezweb.ne.jp. Travis, 080-6616-5634.

Computer Services by Edwin – a 12 yr. Computer veteran is here to assist you with your PC/MAC. From virus infected computers to hardware and LCD replacement. Call 246-7628 or 080-6797-2531 to schedule and at home evaluation. Serving Yokosuka/Ikego areas. Hablamos español.

Custom Purse Design Events make fabulous ladies nights out! Hundreds of fabric, style, and ribbon options. Hostesses earn credit toward their own creation. Call Kristen at 241-3223, or e-mail: ckristen@ymail.com.

Dog Lovers Attention. Looking for dog hotel while you're away? Offering dog camp for solving behavioral problems training by bilingual professional. Send your tail-wagging-friend over to beautiful Hokkaido and we'll fly back and drop him/her off at your area. Visit http://one-to-hounds.com.

Education Administrator. Do you work outside the home or just desire a quality home school education for your child? Then I have a solution to meet your needs. I can administer an accredited homeschool program, School of Tomorrow (A.C.E.) for your child. Grades 1-12 accepted. Open enrollment. Please contact me for more information at 241-3116 or 080-3526-0172.

English Class? YUCK! If you have heard your student say this, keep reading. If English is not your student's best subject, and he/she needs help/motivation with reading; understanding/analyzing novels, poems, plays, short stories; writing various types of essays and prose; developing vocabulary; identifying and understanding literary terms; help with English projects; etc... I am here to help! I am a CERTIFIED English teacher with 11 years of experience. I am licensed in VA to teach 7th-12th grade English classes and credentialed in CA to teach K-adult English classes including ESL. Please contact Lisa via e-mail at: Eng_Esl_magister@hotmail.com, or call 241-4393.

Every Girl Deserves Free Jewelry! As seen in Oprah, Instyle, and Glamour Magazines. Silpada Designs Sterling Silver Jewelry uses only .925 Sterling Silver and a variety of stones and materials. Receive up to 30 percent of retail sales in free jewelry just for having a party with your friends. For more information, to place an individual order or to schedule your show, please e-mail or call Erica, your Independent Representative at: 246-8855/080-6640-6536, mata.eb@gmail.com. Check out my website: www.mysilpada.com/fe.mata.

G's Salon – Waxing (B.B and all kinds), Manicure, Facials. "Straight from Manhattan" personalized service to bring out the beautiful you! Please call 241-2474 or 080-5677-6532 for appointment.

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.

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 Runs and Free Junking (could junk in a couple of hours). New registration, Japanese inspection, renewal, change address, transfer title, deregistration, road tax, T-plates. Call Elvie at 090-4585-8329.

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

LTO and Free Junking. Need to junk it now? Don't wait days. JCI inspection, title transfers, road tax, deregistration, T-plate. 12 years in Japan. Negishi, Ikego, any transmission OK. Call Derrick, 241-4415 or 090-3592-8809.

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. New registration, Japanese inspection, transfer registration, deregistration, change of address. Road tax, temporary plates. 日本語もOK. Call Cherry, 080-5046-0689.

LTO Runs and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, road tax, temporary plates. Call Mylan, 080-5863-3703 or 241-3037.

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

Free Junking Service in 1 hr. or less. Also free LTO service included. One call will do it. Don't worry. Negishi, Ikego no problem. Call Derrick, 090-3592-8809, home 241-4415.

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: reikolturns@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 Run and Free Junking. New registration, Japanese inspection, transfer registration, deregistration, road tax, temporary plates. Call Jackie, 080-6657-9716 and 080-3394-5445.

MorsePhotoStudio.com. Senior graduation, weddings, birth of a child, and family get togethers are precious times in a persons life especially overseas. Rely on a photographer with experience. View our photo gallery online. For appointments, please call Sherry Morse at 080-6736-4961.

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

Piano Tuning Service – Autumn Campaign 2008 (September-October). Upright pianos, ¥11,000 ¥10,000. Grand Pianos, ¥14,000 ¥12,000. *The price may depend on the condition or type of piano. Please contact Edward Fukushima (Member of Japan Piano Technicians Association). (042) 473-4604 (Tel./Fax), 080-5441-1802, efukushima2@hotmail.com, efplano442@ezweb.ne.jp.

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中古自転車お売りします。 ¥4,000 - コンディション抜群。ギア付。メーカー名 mijAta・panasonic・Fuji・National。子供用もあります。葉山レンタルサイクル。TEL: (046) 878-7178 携帯: 090-5307-1816 担当: 山口

Positions

Facility Engineer. *Over three-year on-the-job experience for building maintenance. *Conversational level English and Japanese. *Workplace: Tokyo area. *Pay: A-position up to ¥330,000/month for full time and ¥1,200/hr. for part time. B-position up to ¥400,000/month for full time. *Transportation cost paid (Max. ¥40,000). *Paid vacation and holiday. *Retirement age: 65 years old. E-mail Ms. Watanabe for details or your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Co., Ltd. (03-5722-4680).

Office Worker or Receptionist. *Native level Japanese (speak, write, read) and business level English. *Computer literacy. *College graduate. *Daytime shift work (no weekend and holiday work) for receptionist position. *Work place: Kinshi-cho/Otemachi/Nakameguro. *Pay: ¥210,000/month and above. *Uniforms are provided for receptionist position. *Transportation paid up to ¥40,000/month. *Paid vacation and holiday. *E-mail Ms. Watanabe for details, or your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Business Co., Ltd. (TEL: 03-5722-4680).

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。

Deploying mom/working Dad. Need housekeeper/cook from 3-6 p.m., Monday through Friday for 6th and 9th grade boys. Salary negotiable. 241-4159, call between 8 and 9 p.m.

Employer For Nanny/Housekeeper job (full time) sought by a 31-year-old woman, Filipino national with 6 years experience. For more details, please contact Patrice Misa at 080-1087-7974, or mptrcms@docomo.ne.jp.

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

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.

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.

We need a used AU phone. Ours died from water damage! 241-4159 between 8 and 9 p.m.

Announcements

Buyers Market in fabulous Las Vegas. House prices are at all time low. Time to buy your dream home or for investment. I specialize in representing you, the buyer. No cost to you, seller pays. Let me find the right house for you and negotiate the best deal for you. E-mail: realtorchriscoobb@gmail.com. Web site: http://christophercoobb.las.mlxchange.com. Cell phone: (702) 630-0790.

DoD Civilians and Contractors – Get out of that small Hotel Room! House available very close to base. Furnished, internet, Cable, the works! E-mail: yamasmit@jcom.home.ne.jp. Phone: 080-5436-8408.

Ethnic and Standard Indian Restaurant in Yokosuka. We have good amount food in all the dishes. Pass the More's and go straight about 200 yards up on the hill on the left. Parking, reservation, take out OK. Monday closed. BayLeaf Indian Restaurant. Tel. (046) 821-1922. 080-3015-1749.

Navy-Marine Corps Relief Society caseworker training to be held Sept. 23, 24 and 25. Please call 243-7905 for more details.

Unable to locate jobs on military bases? Here is an excellent opportunity for spouses as distributors! Our products are for men and women! Our products are PROVEN to reduce wrinkles, sagging skin, bags under the eyes, lines on the forehead, unwanted flab, hair rejuvenation and increased antioxidant absorption. And our products are scientifically based and one-of-a-kind! Scientifically Proven Anti-Aging Treatment with Galvanic Spa – Look 10 years younger in just 10 minutes. Taking vitamins? Try LifePak Nano – Best on the market and results confirmed. Call Rick at (042) 542-2977/080-3394-4647, or via e-mail at: anderson@nsdreams.com, or visit my Web site at: http://anderson.nsdreams.com.

Room for rent. Off-base house share in Yokosuka. No key fee, no deposit, no guarantor required, \$300/month plus utilities. Non-smoker please. Contact: yamadatoshinori@yahoo.co.jp.

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

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

Adoption

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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Konnichiwa!



MA 1 Brent Harwood conducts military dogs' aggression training at CFAY Security Military Working Dog Division.

Photo by Yuji Kawabe

How long have you been in Japan? Six months.

Where is your home town? Rockford, IL.

What is your favorite food? Chicken Fajitas.

Life goal? Retire from the Navy and raise my children.



USS Blue Ridge (LCC 19) Machinist Mate Fireman Mark Buckley Jr. takes a knee among his shipmates on the main deck as the crew prepares to abandon ship after two and a half hours of a mass conflagration general quarters training drill Aug 26.

Photo by MC2 Peter D. Lawler



(Right) On behalf of his crew, USS Mustin (DDG 89) Commanding Officer Cmdr. James T. Jones accepts the first-place trophy from Commander U.S. Seventh Fleet Vice Adm. John M. Bird during the Surface Line Week awards ceremony Sept. 5.

Photo by Mark Elrod



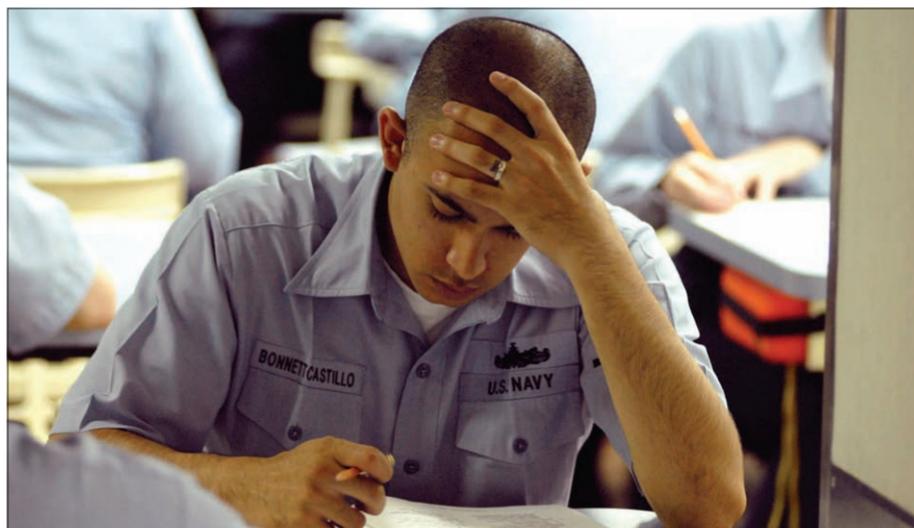
Terese Warner, a friend of Pets Are Worth Saving (PAWS), contemplates bidding on a tea set donated to the silent auction during the PAWS birthday bash at the CPO Club Sept. 6. Warner was joined by 85 other supporters at the masquerade-themed fund raising party held every year to raise money to help keep animals off the streets and in loving homes.

Photo by Dan Bowen



Vice Adm. John M. Bird, Commander, U.S. 7th Fleet, speaks with the spouses of area chief petty officer selectees during a coffee social at his house here.

Photo by MCSN Kari R. Bergman



Electrician's Mate 3rd Class Cordell French takes the E-5 advancement exam on the mess decks aboard USS Blue Ridge (LCC 19). The advancement exams are held semi-annually as part of the process for a Sailor's promotion in rank.

Photo by MC2 Steven Shepard