

Sailors, local community come together for *Mikoshi* Parade

Story and photo by Mark Elrod, CFAY Public Affairs

Approximately 9,000 people from Commander Fleet Activities Yokosuka (CFAY) and the local Yokosuka community joined together for the celebration of the 32nd Yokosuka *Mikoshi* Parade Oct. 19.

In addition to the thousands of participants, there were 74 *Mikoshi* on display during the festival, according to Yokosuka Mayor Ryoichi Kabaya.



Sailors, Marines, U.S. and MLC employees and their family members teamed up to carry the CFAY *Mikoshi* during the 32nd Yokosuka *Mikoshi* Parade Oct. 19. Though the parade has been held for 32 years, this was only the 15th year that it was held as an open base event.

A *Mikoshi* is a portable Shinto shrine that resembles a miniature building, with pillars, a veranda and a railing. Shinto followers believe that it serves as the vehicle of divine spirits.

Though the festival has been held for 32 years, this was only the 15th year that it was held as an open base event.

"Many years ago the Japanese offered the U.S. Navy [the opportunity] to participate in this," said Afloat Training Group, Western Pacific Commanding Officer Capt. Carl Carpenter, who hails from Corvallis, Oregon. "It gives us a chance to show that the U.S. Navy honors the ceremonies that the Japanese have."

Showing that Sailors honor Japanese culture and traditions is an important part of building and maintaining good relationships.

"As ambassadors of America and Japan it is our responsibility to preserve the best parts of our cultures and exchange them with each other," CFAY Commanding Officer Capt. Daniel L. Weed said in a speech to the festival participants.

"We are establishing a good relationship between the Japanese and Americans," said CFAY Morale, Welfare and Recreation (MWR) Maintenance Mechanic Foreman Takehi Koshio, who has participated in Yokosuka *Mikoshi* parades for the past five years.

Takeshi is one of many people who participate year after year.

"It's part of the Japanese culture," Hospital Corpsman 3rd Class Jonathan Irizarri, a native of Lawton, Oklahoma, said. "They do it every year."

"It's the same people you see every year and so it's like a family," said Carpenter. "When we come back here we meet people we haven't seen for a year. So, it's a lot of fun."

Respecting each other's cultures is not only good for U.S. and Japan relations as a whole, but it is a culturally unique experience as well.

"It is a ceremony that you will never participate in the United States," said Carpenter. "There are probably four things you need to do while you are in Japan. You need to go to the 'Ice Festival.' You need to climb Mount Fuji. You need to go to Hiroshima and Nagasaki and you need to do a *Mikoshi*, at least once."

"The *Mikoshi* festival brings the Japan experience to life and creates memories that last a lifetime," said Weed.

Joint fire drill strengthens partnership, protects community

Story and photo by Fumiyo Sato, CFAY Public Affairs

Commander U.S. Naval Forces Japan (CNFJ) Regional Fire Department Negishi Complex together with Yokohama City's Naka Ward Fire Department held a joint fire drill at Negishi Housing Complex Oct. 9.

Seventeen firefighters from Negishi and 34 people from the Naka Ward Fire Department including an ambulance squad participated in the drill.

The drill started with a simulated fire at the Negishi Community Center, leaving three people inside the building. A fire alarm went off and people evacuated from the building. Both Negishi and Yokohama firefighters worked together to rescue them.

The CNFJ Regional Fire Department Negishi Complex began conducting joint fire drills with the city of Yokohama in 1983.

"It is an annual event that we do to help strengthen a bond with local fire departments in Yokohama and the CNFJ Regional Fire Department Negishi station," said Regional Services Technical Chief Frank Montone. "These have been going on for quite a number of years, and every year we learn something new."

Japanese firefighting style is slightly different from that of the Americans, according to both the U.S. Navy and Japanese fire chiefs.

"In Japanese firefighting style, we try to get as close as possible to the object," Naka Ward Fire Department Deputy Chief Hideaki Tadokoro said. "For example, if a fire breaks out inside the building, Japanese firefighters usually go into the building and try to extinguish the fire. On the other hand, CNFJ firefighters try to keep some

potential crimes, especially terrorism, according to Tadokoro.

"We are concerned that terrorists could attack not only U.S. Navy facilities, but also any areas in the local Japanese communities," Tadokoro said. "We are very vulnerable especially when it comes to gray zone areas,

which is around the U.S. Navy housing area where local Japanese residents also live. So it is very important for us to communicate and learn from each other in this drill."

During the drill, Yokohama firefighters rescued two U.S. service members and a civilian who had escaped the fire and were stranded on the roof, using a ladder truck.

"It was a very good drill," Tadokoro said after the fire drill. "We appreciate this great opportunity to interact with CNFJ Negishi Fire Department personnel. Interacting with each other and getting to know CNFJ firefighters made us feel comfortable working together, and it will help strengthen our partnership to protect our community."

Montone agreed that communication and interaction is essential to the success of the joint fire drill.

"Every year we continue to get a little bit better," Montone said. "Just interaction with the other chief today that I had from Yokohama makes me feel very confident that we are on the right path."



Yokohama City Naka Ward firefighters practice rescuing U.S. servicemen using a ladder truck during a joint fire drill held at the Negishi Housing Complex Oct. 9. CNFJ Regional Fire Department Negishi Complex began conducting joint fire drills along with the city of Yokohama in 1983.

distance from the building. American fire hoses are more powerful and have higher pressure than Japanese, and can extinguish a fire from a much further distance."

The Joint Fire Drill helps firefighters also prepare for

司令官の相談室



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



CMDCM Wayne E. Smith,
Command Master
Chief

Channel 12 Slide Scroller Submissions – All community announcement presentations for airing on local base channel 12 can be created in Microsoft PowerPoint in a landscape format but must be saved as a jpg/jpeg type file. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Please include your telephone contact information in the body of the e-mail. Contact MCC(SW/AW) Eric Hannah at eric.hannah@fe.navy.mil for specific design requirements or for more information.

Narita/Yokota Shuttle Bus Rate Change – Effective immediately, the rate for official travel on the Narita/Yokota Shuttle bus is \$32 per person and is set to recover operating expenses of the service. All CFAY and tenant command travelers on temporary orders or Permanent Change of Station (PCS) orders are

required to utilize this government provided transportation unless a valid operational requirement restricts its use. All personnel requiring ground transportation to Narita Airport or Yokota Air Base must coordinate their transportation request with the shuttle bus office and provide a copy of travel orders in person to building B1555, by fax at 243-9594 or e-mail to cfaybus@cfay.navy.mil. Adherence to the mandatory use of the bus service will help to maintain a reasonable bus rate. Contact Hirofumi Ishizuka at 243-8255 for more information.

Q: My son is stationed aboard *USS George Washington* (CVN 73) and I was wondering about the holidays and gift-giving. Does your Navy Exchange offer gift cards and how would I go about getting some? Also, would the McDonalds there accept gift cards from McDonalds here in the states? Also, is there some kind of “universal” gift card that he could use anywhere on base like the sports bars or restaurants or other stores?

A: There is no universal coupon or gift card that would cover Navy Exchange (NEX) and MWR offerings. However, with regards to the McDonald’s question, the answer is yes if the McDonald’s here offers the

same menu items as the stateside McDonalds. The NEX offers a gift card that can be used at all NEX’s, both overseas and stateside and can also be used at Army and Air Force Exchange Service (AAFES) locations. Gift Cards may be purchased from \$5 to \$1,500. Gift Cards can be purchased on line at www.navy-nex.com and may also be purchased at any NEX stateside or overseas.

Q: I am very concerned about the lack of respect some of our current high school students have for our base and the people who live and work here. Once the high school students are allowed to leave for lunch they scatter to the many different dining facilities. My concern is for how some of the students leave these facilities and the common spaces every day. It disgusts me to see how many wrappers, cartons, food and trash is left to blow in the wind. I know that these students are young adults/teens and enjoy the privilege of eating outside of the high school but if this is how our young adults are going to treat our base then I believe their privileges should be revoked until they can act responsibly with their trash. These students should be the ones cleaning up their mess and not leaving the trash and hazards for children,

birds or other animals to find.

A: Any adult member of this base can ask a high school student to produce an id card for identification purposes when they are doing something inappropriate in public places. The adult then should report the name to administration for follow-up. We expect all of our students to be good ambassadors of the United States, DoDDS, Yokosuka, and Nile C. Kinnick High School. Please inform us of any instances you encounter when this is not the case.

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 Nov. 6. 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.

Four words, a million possibilities

Courtesy of CFAY Drug and Alcohol Prevention Assistance Office

This may be the most unconventional advice column you’ve ever read. If you’ve ever been carried home from a bar by your friends, read on. If you’ve ever greeted the suggestion to “open a tab” as an all you can drink challenge, read on. If you’ve ever been the center of attention, because you passed out in the center of the dance floor, definitely read on.

Some lessons are best learned though tough and memorable consequences – those we experience or witness. When it comes to the downside of excessive drinking, that’s definitely the case. Now any man or woman in military service has undoubtedly endured countless lectures, speeches and warnings about binge drinking, drunk driving and other alcohol-induced bad behavior. However, no education I’ve

ever experienced drives the point home like four simple words – “Don’t be that guy.”

Those, my friends, are words to live by. We’ve all been out on the town and seen “That Guy” make an idiot of himself (or herself, because girls can definitely be “That Guy” too). Sometimes we laugh at him, but it ceases to be funny when “That Guy” wrecks your evening by acting like a meathead, or getting you kicked out of the bar, or starting a fight you have to finish, or ruining your hook-up, or getting arrested, or bleeding in your car, or smashing your TV, or puking on your shoes, or ... well, I’m sure you get the point.

The beauty of “Don’t Be That Guy” is that it’s open-ended advice – it covers a million possibilities. It’s also not judgmental. It isn’t saying don’t drink, or don’t have a few beers with your buddies, or don’t go out and let loose a little. It simply means don’t overdo it, don’t lose control, don’t be an idiot.

I’ve seen some “That Guy” behavior in the Army. But, I’ve also seen it from frat boys, businessmen, the girl next door, and even my relatives; anyone else have a cousin who barfed in the shrimp bowl at a family wedding? Poor judgment knows no bounds. The trick is to avoid it, and learning from others’ mistakes can really help.

What are some reasons not to be “That Guy?” Here are a few to consider:

- Teeth look better in your mouth.
- Puking through your nose hurts.
- “STD” does not stand for “So Totally Drunk.”
- Insurance doesn’t cover stupidity.
- “I don’t remember” is not an excuse that holds up well in court.

Another big reason not to be “That Guy” is because he is often considered “fair game” for ridicule or drunk-shaming. Having a girl throw a beer in your face is a bummer, but in the world of “That Guy” you may be getting off easy – especially if you pick the wrong place to pass out. Have you ever seen a dude with one eyebrow shaved off, or duct-taped to a flagpole, or show up to work in the morning with a big [censored by editor] drawn on his face with permanent marker? Try explaining those naked pictures of you on the Internet to your girlfriend, or worse, your mom.

So, if you want to keep your friends, reputation, money, teeth, dignity and other stuff you value, do yourself a favor and just “Don’t be that guy,” words to live by for sure.



Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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USS *Mustin* departs Cambodia after successful port visit

Story and photo by MC2(AW) Robert S. Cole,
Fleet Public Affairs Det., Japan

The Arleigh Burke-class guided missile destroyer *USS Mustin* (DDG 89) and its crew departed Sihanoukville, Cambodia Oct. 15. While in port, the ship's crew of approximately 300 Sailors participated in community relations (COMREL) projects, engineering, medical, and dental assistance events and professional military exchanges throughout the Sihanoukville area. The ship's crew also participated in cultural exchanges and friendship building activities such as a volleyball match with the Cambodian Royal Navy (RCN) and a soccer match against a local Cambodian team.

During the medical/dental civil action project (MEDCAP/DENECAP) at Sa Kor Ou Chrao Pagoda Temple and Ou Chrao High School, approximately 2,500 patients were seen by doctors and dentists from Commander, U.S. 7th Fleet, Destroyer Squadron (DESRON) 15, U.S. Naval Hospital Yokosuka, Japan and *Mustin*.

"I think it helps build bridges," said Cmdr. Mike Danforth, one of several military physicians who participated in the MEDCAP. "It's been a great working relationship because we've been able to work together while, in a sense, teaching them advanced medicine and understanding the culture of the local Cambodian people, how they live, and different manifestations with infectious diseases and things like that."

Sailors handed out school supplies, sports equipment, sandals, and toys to the Village D'Enfants De Sihanoukville Orphanage as part of Project Handclasp. Project Handclasp is a U.S. Navy program that provides donated items to agencies and organizations in countries that could benefit from those materials.

"It was a great experience, it was very humbling," said Ensign Abdoulaye Sylla, a Handclasp volunteer. "It makes me appreciate my parents and all the blessings God gave me and I would do [this] all over again."

About 130 *Mustin* Sailors primed and painted the inside and outside of classrooms at Kampen Chass, Hun-Sen Krong, and Chom Ka Kao Sou Primary Schools during an engineering civil action project (ENCAP), spanning two days. The ENCAPs culminated with a ribbon cutting ceremony by Commander, Logistics Group Western Pacific Rear Adm. Nora Tyson, Governor of Sihanoukville Municipality H. E. Sbond Sarath and



U.S. 7th Fleet Band member MU2 Collin Reichow talks about various musical instruments with children outside of Sa Kor Ou Chrao Pagoda Temple, Sihanoukville, Kingdom of Cambodia. *USS Mustin* (DDG 89) was in Cambodia for a scheduled port visit that gave Sailors the opportunity to participate in friendship-building community relations events, engineering, medical and dental projects and professional exchanges.

Charge D' Affairs to the Kingdom of Cambodia Piper A. Campbell.

Mustin's Commanding Officer Cmdr. James Jones added, "I'm very proud of the way the Sailors performed, they worked really well together as a team, and with the plan we had in place prior to pulling in, we accomplished an enormous amount in Cambodia and I really think we made a difference here."

Blue Ridge honors diversity during Hispanic Heritage celebration

By MC3 Josh Cassatt, *USS Blue Ridge* Public Affairs

USS Blue Ridge (LCC 19) observed Hispanic Heritage Month with a ceremony held on the ship's mess decks Oct. 22.

The ceremony, organized by *Blue Ridge's* multicultural committee, highlighted Hispanic culture and shared unique traditions and customs with the crew.

Organizers of the event emphasized diversity throughout the ceremony noting that accomplishing the Navy's mission relies on the wide spectrum of cultures represented.

"Ceremonies like this are a big part of showing respect to different cultures and they are great way to recognize diversity," said Capt. Thom Burke, *Blue Ridge's* commanding officer. "The Navy needs everybody helping out—and we could not do it without everybody."

Burke's sentiment was shared by Capt. Frederick Pfirrmann, the Seventh Fleet chief of staff, who called on Sailors to be mindful of other cultures and think about why diversity is so important in today's Navy.

"It is very important to celebrate our individual and mutual heritage as Sailors," Pfirrmann said. "Diversity is our nation's and our Navy's greatest strength, and each and every one of you is part of that strength."

The celebration included salsa, merengue

and bachata dancing by *Blue Ridge* Sailors, authentic Hispanic cuisine, special presentations on famous Hispanic-Americans who served in the armed forces and a guest speaker of Hispanic descent, Lt. Cmdr. Jose Sanchez, who spoke about his background and accomplishments in the Navy.

"My mother used to say 'don't forget where you came from or where you've been,'" Sanchez said.

"Hispanic people share a strong family identity, and that fits in perfectly with the sense of community in the Navy. We like sharing our culture with others in the Navy, and celebrating a different culture every month allows us to do that."

Hispanic Heritage Month recognizes the contributions of Hispanic Americans to the United States and to celebrate Hispanic heritage and culture. The observation started in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period starting on Sept. 25 and ending on Oct. 25.

Sept. 25 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. They all declared independence in 1821. In addition, Mexico and Chile celebrate their independence days on Sept. 26 and Sept. 28, respectively.



MMFA Bianca Cruz dances the merengue with *USS Blue Ridge* (LCC 19) Commanding Officer Capt. Thom W. Burke while MM3(SW) Elizabeth Cruz-Garcia dances with guest speaker Lt. Cmdr. Jose Sanchez during a Hispanic heritage month celebration on the ship's mess decks Oct. 22.

U.S. Navy photo by MC3 Daniel Viramontes

MWR

Morale, Welfare & Recreation

Happenings

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For more information call 243-3000/5985.

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Saturday, November 8
from 1800 to 0100
Silver Dollar Room
Call 243-5506 for details.



Don't miss out on this wild night of fun! Bring your guests. DJ music, a great selection on our buffet, drinks, sports clips, great prizes and a texas hold 'em tournament. Bring out threads from "back in the day" to compete in a best costume contest.



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.

GARDENING



The Community Center is now offering gardening classes on Thursdays and Saturdays. Learn everything from growth cycles to pruning, plotting and planting your garden. Call the Yokosuka Community Center at 243-6713 for class dates and times.

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FRIDAY, NOVEMBER 7 AT 0630
AT THEW GYM

KICK THE SMOKING HABIT

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FAMILY ANIMAL LAND AND Travel Fair

ITT and IACE

Saturday, November 15 from 1000 to 1400

In celebration of Military Family Appreciation Week, MWR will host this family-oriented event in Kosano Park with over 100 petting zoo animals, pony rides, air toys, games, cotton candy, temporary tattoos, food booths and entertainment.

Here are some of the vendors, travel agencies and airlines:

JTB Global Marketing & Travel, Kamogawa Sea World Costco Wholesale, Fujikyuko, Hakone Kowakien Yunessun, Yokohama Zoorasia, Northwest Airline, Continental Airline, United Airline, American Airline, Delta Airline and more.



Suited Animal Characters

Fire Department providing an earthquake machine

Over \$900 of prizes to give away!

For more details call 243-4731.

Event subject to change without notice.



Benny Decker

Friday, October 31				Tuesday, November 4 \$1 Movie Night			
1730	High School Musical 3: Senior Year	G		1730	Beverly Hills Chihuahua	PG	
2030	Babylon A.D.	PG13		2030	Disaster Movie	PG13	
Saturday, November 1				Wednesday, November 5			
1300	High School Musical 3: Senior Year	G		1730	High School Musical 3 Senior Year	G	
1730	Babylon A.D.	PG13		2030	The Women	PG13	
2030	The Women	PG13		Thursday, November 6			
Sunday, November 2				1730	High School Musical 3: Senior Year	G	
1300	High School Musical 3: Senior Year	G		2030	Babylon A.D.	PG13	
1730	The Express	PG		Friday, November 7			
2030	Traitor	PG13		1730	High School Musical 3: Senior Years	G	
Monday, November 3				2030	The Family The Preys		
1730	Beverly Hills Chihuahua	PG					
2030	The Women	PG13					

Fleet

Friday, October 31				Tuesday, November 4 \$1 Movie Night			
1800	Miracle at St. Anna	R		1800	The Longshots	PG	
2130	Bangkok Dangerous	R		2100	Babylon A.D.	PG13	
2400	Traitor	PG13		Wednesday, November 5			
Saturday, November 1				1800	Miracle at St Anna	R	
1800	Body of Lies	R		2130	Bangkok Dangerous	R	
2100	Miracle at St. Anna	R		Thursday, November 6			
0030	Bangkok Dangerous	R		1800	Body of Lies	R	
Sunday, November 2				2100	Mirrors	R	
1800	Bangkok Dangerous	R		Friday, November 7			
2100	Miracle at St. Anna	R		1800	Changeling	R	
Monday, November 3				2100	Righteous Kill	R	
1800	Body of Lies	R		2400	Burn After Reading	R	
2100	Mirrors	R					

*Final Showing

Negishi

Friday, October 31				Sunday, November 2			
1900	Disaster Movie	PG13		1300	Disaster Movie	PG13	
Saturday, November 1							
1300	Beverly Hills Chihuahua	PG					
1900	Mirrors	R					

MWR Theaters

Synopsis

High School Musical 3: Senior Year
Cast: Zac Efron, Vanessa Hudgens, Lucas Grabeel, Corbin Bleu, Ashley Tisdale, Kaycee Smith
Synopsis: As seniors in high school, Troy and Gabriella struggle with the idea of being separated from one another as college approaches. Along with the rest of the Wildcats, they stage a spring musical to address their experiences, hopes and fears about their future

Changeling
Cast: Angelina Jolie, Amy Ryan, John Malkovich, Jeffrey Donovan, Riki Lindhome
Synopsis: A mother's prayer for her kidnapped son to return home is answered, though it doesn't take long for her to suspect the boy who comes back is not hers.

Righteous Kill
Cast: Al Pacino, Robert DeNiro, 50 Cent, Donnie Wahlberg, Carla Gugino
Synopsis: Two veteran New York City detectives work to identify the possible connection between a recent murder and a case they believe they solved years ago; is there a serial killer on the loose, and did they perhaps put the wrong person behind bars?

Miracle at St. Anna
Cast: Derek Luke, Michael Ely, Laz Alonso, Omar Benson Miller, Pierfrancesco Favino
Synopsis: Set in 1944 Italy, the story of four black American soldiers who get trapped in a Tuscan village during WWII.

Bangkok Dangerous
Cast: Nicolas Cage, Shaun Delaney, Steve Baldocchi, Chris Heebnik, James Wearing Smith
Synopsis: A hitman who's in Bangkok to pull off a series of jobs falls for a local woman and bonds with his errand boy.

The Women
Cast: Meg Ryan, Annette Benning, Eva Mendes, Debra Messing, Jada Pinkett-Smith
Synopsis: A wealthy New Yorker leaves her cheating husband and bonds with other society women at a resort.

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).

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.

K-Ci & JoJo and Bobby Valentino Special Joint Live '08
 R&B greats K-Ci & JoJo, along with Bobby Valentino, are coming to Yokohama Bay Hall on November 1. ITT is now selling tickets for ¥7,200 - all standing (one drink, or soft drink, minimum). Tickets are limited to ID card holders age 18 and older attached to CFAY. Directions to Yokohama Bay Hall are available at ITT.

Jewelz Special R&B/Hip Hop Party w/ Special Guest Ashanti
 After the K-Ci & JoJo show, why not stick around for the Jewelz Special R&B/Hip Hop After Party on November 2 from 2400 to 0500. ITT is now selling tickets for ¥5,200 - all standing (one drink, or soft drink, minimum). Tickets are limited to ID card holders age 18 and older attached to CFAY. Directions to Yokohama Bay Hall are available at ITT. 100% ID check at Bay Hall entrance.

MWRITT & ORC

For details about any of the ITT events listed, 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 Outdoor Recreation services, call them at 243-5732.

Outdoor Recreation

Beginner Surfing Class at Shonan, Kanagawa Prefecture
 Hit the waves with Outdoor Rec on November 8! The trip consists of a four hour class at sea and a one hour mandatory briefing prior to the trip. The cost is \$65 per person and includes surfboard and wetsuit rental. Last day to sign up is November 6.

Beginner Rock Climbing at Kotakuji, Atsugi, Kanagawa Prefecture
 Ascend to new heights on November 8! The rock is a 40m (130ft) high, beginner friendly rock (class 5.6 to 5.8). The cost is \$40 per person and includes transportation and climbing equipment. Last day to sign up is November 3.

Snorkeling at Futo, Izu Peninsula, Shizuoka
 Enjoy snorkeling at the dynamic coastline of eastern peninsula on November 9. Follow that up with a relaxing soak in a hot spring. The cost is \$45 per person and includes transportation and shower room at Futo. Rental gear for snorkeling is available for an additional fee at Green Bay Marina. Last day to sign up is November 6.

Mystery Intermediate Surfing Trip
 Two days prior to this November 11 trip, our trip leaders will check the weather and wave forecast and determine the location of the trip. The cost is \$50 per person for transportation only. Rental surfboards and

Outdoor Recreation

wetsuits are available for rent at the Green Bay Marina. Last day to sign up is November 7.

Beginner Day Hike at Kinubariyama, Zushi-Kamakura, Kanagawa Prefecture
 This family oriented hike on November 15 will begin near Nagoe Kiridoshi, which used to be one of the important entrances to the ancient capital of Kamakura. Kinubariyama has a spectacular view of Kamakura City, Sagami Bay and Mt. Fuji. After lunch, hike down and visit Houkokuji (Bamboo Temple) before returning to the starting point. The cost is \$25 per person and includes temple admission. Last day to sign up is November 10.

Cross Country Mountain Bike Ride at Ikego Duck Pond, Zushi, Kanagawa Prefecture
 Come out and enjoy great mountain biking, right in our own backyard on November 22! After some instruction, riders will test their new skills outside the gate at Duck Pond in Zushi, riding along the border that surrounds Ikego Housing. The cost is \$25 for transportation only. Last day to sign up is November 20.

Beginner Rock Climbing at Yugawara Makiwa, Kanagawa Prefecture
 If you've ever wanted to learn to rock climb, now's your chance! Join Outdoor Rec on November 29 as we head to Yugawara. The rocks provide a variety of routes, most being short and beginner friendly. The cost is \$50 per person. The last day to sign up is November 24.

Bicycle Storage
 Are you tired from worrying about your bicycle? Do you hate getting the rust off your chain and gears? Do you want to ensure that your bicycle stays clean, dry and ready for use? Then store your bike at Outdoor Rec for only \$15 a month!

MWR Community CNTR

Yokosuka

Arts, Crafts, Skills and Development
Pottery (with Watanabe sensei): Saturdays 1, 8, 15, 22 & 28 from 1000-1200 / Tuesdays 4, 18 & 25 / Thursday 20 from 1700-1900. Fee: \$14 per class.
Pottery (with Ishitate sensei): Mondays 3, 17 & 24 from 0930-1130 / Fridays 7, 14 & 21 from 0930-1130. Fee: \$14 per class.
Kimono Dressing: Mondays 10, 17 & 24 or Thursdays 6, 13 & 20 from 1200-1330. Fee: \$15 per class + \$8 for maintenance. Please supply your own camera for your picture taking.
Japanese Calligraphy & SUMI-E (Black-ink drawing): Fridays 14, 21 & 28 from 1600-1700. Fee: \$12 per class + ¥3,600 for calligraphy set (optional).
Music and Dance
NEW CLASS! Belly Dance Basics: Wednesdays 5, 12, 19 & 26 from 1000-1100. Fee: \$15 drop-in or \$48 per month + \$25 for coin skirt.
NEW CLASS! Flamenco Dancing (Females only): Wednesdays 5, 12 & 19 from 1730-1900. Fee: \$12 drop-in or \$30 per month.
NEW CLASS! Progressive Dance Workshop; SALSA: Tuesdays 1730-1900. Fee: \$12 drop-in or \$30 per month.
NEW CLASS!!! Group Guitar (Ages 10 and up): Thursdays 6, 13, 20 & 26 from 1615-1715. Fee: \$40 per month. Saturdays 1, 8, 15, 22 & 29 from 1000-1100. Fee: \$50 per month.
Language

Beginning Japanese 1 (Hatsuku): Tuesdays 4, 18 & 25 from 1000-1045. Fee: \$7 per class. (Text book: "Japanese for Busy People 1". Available for purchase at our Hobby Mart, located on the second floor).
Beginning Japanese 2 (Hatsuku): Tuesdays 4, 18 & 25 from 1100-1145. Fee: \$7 per class. (Text book: "Japanese for Busy People 1". Available for purchase at our Hobby Mart, located on the second floor).
Beginning Japanese 1 (Katayanagi): Wednesdays 5, 12, 19 & 26 from 1630-1715. Fee: \$7 per class (Conversational).
Beginning Japanese 2 (Katayanagi): Wednesdays 5, 12, 19 & 26 from 1800-1845. Fee: \$7 per class (Conversational).
Children's Classes
Drawing: Fridays 7, 14, 21 & 28 from 1500-1600 or 1600-1700. Fee: \$7.50 per class.
Sunshine Club: Mondays 17 & 24 from 0900-1000. Fee: \$30 per month. Wednesdays 5, 12 & 19 from 1000-1130. Fee: \$45 per month.
TaeKwonDo (Team 2: ages 6-11): Fridays 7, 14, 21 & 28 from 1700-1800.
TaeKwonDo (Team 3: ages 13 & up): Fridays 7, 14, 21 & 28 from 1820-1950.
Negishi
Adult Classes
Japanese Tea Ceremony class: Mondays from 1500-1630. Fee: \$15 for each class + ¥1,000 for supplies. Thursdays from 1000-1130 & 1300-1430. Fee: \$15 per class + ¥1,000 for supplies. Saturdays from 1000-1130 & 1300-1430. Fee: \$15 per class + ¥1,000 for supplies.
Origami: Tuesdays from 1600-1700. Fee: \$3 per class + material fee (varies by project).
Japanese Craft: Thursdays from 1100-1500. Fee: \$15 per class + material fee.

Karate (Kato): Thursdays from 1800-1930. Fee: \$20 per month for 4 classes.
Children's Classes
Origami: Tuesdays from 1630-1730. Fee: \$3 per class + material fee.
Harp & Voice Training: Wednesdays. Fee: \$50 per month for 4 lessons. Please contact the Community Center for open slots.
Hip-Hop Dance (6-12 years old): Fridays from 1500-1550.
Piano: Tuesday-Friday. Fee: \$60 per month for 4 classes. Please contact the Community Center for open slots.
Ikego
Adult Classes
Tea Box Covering: Wednesdays from 1000. Fee: \$15 for each tea box used. Please bring your own supplies.
Kimono Dressing: Wednesdays from 1030-1200. Fee: \$15 per class + \$8 for maintenance. Please bring your own camera for photos.
Japanese Language: Tuesdays from 1200-1300 or 1300-1400. Fee: \$7 per class.
Taekwon-Do Martial Arts (Ages 10 and up): Wednesdays from 1835-1945. Fee: \$35.
Children's Classes
Toddler Ballet I (Ages 2-4): Mondays from 1100-1130. Fee: \$7 per class.
Toddler Ballet II (Ages 4-5): Mondays from 1140-1210. Fee: \$7 per class.
Taekwon-Do (Ages 6-9): Wednesdays from 1715-1815. Fee: \$35 per month.
Taekwon-Do (Ages 10 and up): Wednesdays from 1835-1945. Fee: \$35 per month.

名所物見の旅：其の参拾九 国境稜線の四季

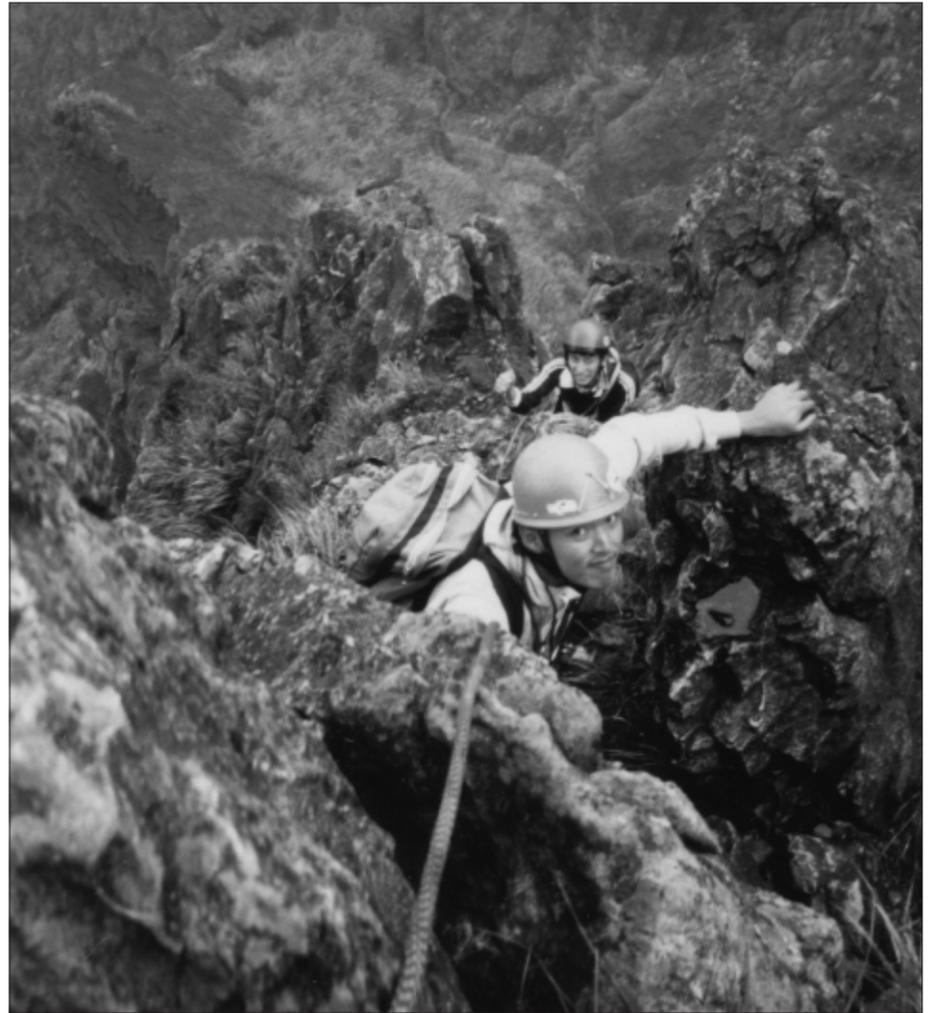
文・写真：河辺雄二、CFAY広報課

日本列島の脊梁のひとつ上越国境山脈は、尾瀬・景鶴山から野反湖付近の白砂山まで総延長百キロ以上にも及び、越後と上州の境界線として分水嶺をなしている。関東平野から眺めると屏風のように連なるその山脈の中心に位置するのが谷川岳連峰で、昔から国境稜線と呼ばれ山岳愛好家たちに親しまれてきた。

谷川岳は一日に何度も天気が変わるといわれるほど季節風の影響を受け、特に厳冬期は日本海からの水分を含んだ風が山岳地帯にぶつかって大量の雪を降らせ、上州側には水分を落としきった乾燥した空気が吹き荒れ、この地方特有の気象現象として冬の風物詩となっている。豪雪や多雨による豊富な水流が岩を削り、谷川岳は日本三大岩壁のひとつとされるほどの見事な大岩壁を形成している。一方、変わりやすい天気はこの大岩壁に暗い影を落とし、この山域の遭難犠牲者は現在八百人近くにもものぼり、世界

でも類を見ない魔の山として恐れられている。快適な登攀中にも予想をはるかに超える天気の急変で、突然の豪雨や猛吹雪に襲われ、スリップ事故による滑落や疲労凍死などの危険に直面する。しかしその反面、一ノ倉沢や幽ノ沢をはじめとする難易度の高いロッククライミングゲレンデからは、多くの世界的クライマーが輩出した。この岩壁で修行を積んだ若者たちが、ヨーロッパアルプスやヒマラヤへと夢を広げ巣立っていったのである。

岩登り以外の登山者や観光客にとって谷川岳はけっして危険な山ではなく、雄大な風景と植生豊かな森の自然が共存し、また旅の行き帰りには周辺に点在する山のいで湯に日頃の疲れを癒すことが出来る。関東近郊では一番早いシーズン初滑りから五月の春スキー、そして新緑から紅葉のハイキングと四季を通して楽しめるのが谷川岳の魅力である。今回はその魅力の一部を四季の写真で紹介しよう。



夏の一、谷川岳中級クラスの岩登りコースに挑戦。この写真の撮影者！君はヒマラヤ・カラコラムの岩壁に初登攀の記録を持つ先鋭クライマー。彼のリードのお蔭で初心者のO君（手前）や沢登りの経験しかなかった私（ラスト）にも、難なく登攀することが出来た。



秋、一ノ倉沢の大岩壁。十月中旬でも雪渓が残っている。一ノ倉沢の写真を何度も通って撮影したが、快晴の時よりも稜線がガスっている時の方が、写真に迫力が出るように思う。



光溢れる麗らかな春の山は、快適な山旅を堪能できる。この季節一番の醍醐味は、頂上からスキー滑降を楽しむこと。雪の残る稜線はどこにでもテントを張ることが可能で、スキー登山のベースキャンプとなる。スキーに飽きたら、テントサイトでコーヒーでも飲みながら風景を眺めて過ごせば、日頃の疲れた身も心もリフレッシュすることだろう。



厳冬期二月。五日ぶりに姿を現した谷川岳。頂上部はオキノ耳（右奥）、トマノ耳と呼ばれる二つのピークで構成されている。写真からも稜線の積雪量の多さが分かる。左側の山稜が春スキーの絶好のコースとなる。

The who, what, where, why, how of school bus safety

By Justin Bowers,
Kinnick High School

School bus safety is generally not a problem, but we must always take into consideration the steps and procedures that are a part of school bus safety today.

Many students know with confidence nothing should go wrong as long as the bus monitor is aboard. Although it can make one ponder the affect of a traffic collision, if something were to happened to the bus monitor.

Many parents are under the impression that their child is in good hands when it comes to bus safety. However, there are many times when a driver in another vehicle goes around a school bus when it is making a stop. This could end up in either a collision with the bus, another car or a pedestrian.

Some school buses stop at bus stops on the military bases to pick-up or drop-off students while others go off-base. When a school bus is at a bus stop, the students are to exit the bus and wait on the side walk until all vehicles have passed and it appears to be safe to cross the street. Sometimes a driver will proceed to pass the bus even though it has stopped. This is very dangerous because a student might go around the front or the back of the bus, completely oblivious to the approaching vehicle.

It is very important for those who are arriving in Japan for the first time to know that it is acceptable to pass a bus stopped on the side of the road, but please take great consideration and proceed with caution.

This problem does not usually occur in the U.S. because the school buses are equipped with hydraulic school bus stop signs located on the side of the bus that swing out which are used to direct vehicles to stop while students are exiting the bus. All drivers must stop in the opposite lane, unless there is a median.

In contrast, Japan school buses do not have these school bus stop signs; instead the school buses are equipped with yellow flashing lights. These lights warn drivers of students exiting the bus. The yellow flashing lights are very important because they are one of the few items used for the safety of the students entering and exiting the bus.

The students have been previously taught to take caution when it comes time to cross the street after exiting the bus. They are aware vehicles are going to continue moving.

There are many of those who "J-walk" the streets everyday and some of those pedestrians include young school children. That is why it is necessary to wait until the bus has moved away from the bus stop and only cross when the crosswalk signal is on. That way, pedestrians will have the chance to see any approaching vehicles even if cross walks are not part of the scenario.

Bus safety is a very important subject, and can sometimes be a controversial issue. Some controversies can include: the quantity of school buses entering a military base for picking up and dropping off students; the quantity of bus stops and where those stops are located; or hydraulic stop signs on Japanese school buses. Through awareness and cautious driving, we can live in a safer community.



"Stop on red, kids ahead" CFAY schools onboard with School Bus Safety Week

(Left) CFAY Commanding Officer Capt. Daniel Weed poses with The Sullivans School Principal Walter Wilhoit and students after riding school bus 21 from Ikego Housing Area Playground bus stop to The Sullivans School Oct. 23 in support of school bus safety during National School Bus Safety Week.

In the early 1990s, the National School Bus Safety Week was formed to establish and coordinate School Bus Safety Week activities throughout the country. The members of the committee, joined by several other sponsors make this annual event possible. As a result, what was once a disparate series of loosely connected state-level events has become a national celebration of school bus safety.

School Bus Safety Week, sponsored by the National Association for Pupil Transportation (NAPT) is held each year during the third full week of October. For more information about school bus safety or NAPT, visit the NAPT Web site at www.napt.org.

Photo by Kazuyuki Takagi

Yokohama commemorates centennial of Great White Fleet arrival

Story and photo by MC2(SW/AW) Brock Taylor,
Fleet Public Affairs Det., Japan

Officers and senior enlisted Sailors from the U.S. Navy and Japan Maritime Self-Defense Force spent the evening of Oct. 17 at Yokohama's Hotel New Grand, to commemorate the arrival of the U.S. Great White Fleet, which landed in Japan 100 years ago.

On Oct. 18, 1908, Adm. Charles Sperry and his fleet of steam powered ships entered Yokohama harbor with thousands of Japanese citizens eager to welcome American Sailors. At that time, President Theodore Roosevelt's Great White Fleet was almost one year into its diplomatic voyage around the world, bolstering U.S. presence by showing the American flag.

Fast-forward a century, and citizens of Japan commemorated the historical arrival by kicking off "10 special days for the Great White Fleet," an event hosted by the City of Yokohama. Between Oct. 17 – 26, Yokohama pays tribute to the Great White Fleet with exhibitions displaying photos and artifacts from the arrival.

U.S. Seventh Fleet Chief of Staff Capt. Fred Pffirrmann, was invited to deliver remarks at the event, where he expressed his gratitude to the government of Japan and Yokohama city for planning and executing such a gala affair.

Pffirrmann said that remembering such a historic event is an expression of how serious

Japan's commitment to its alliance with the United States is.

"I had an opportunity to convey our thanks for their wonderful hospitality and recognition of this historic event in both our two nations' history," said Pffirrmann. "It was our opportunity to convey our deep appreciation for alliance we have with the government of Japan, to thank them for the warm reception we received recently

from the arrival of *USS George Washington*, the new centerpiece of the U.S. Seventh Fleet, and it conveyed how important we take this alliance between our two nations, as we like to say, two navies, two nations and one alliance."

During the summer, several organizations, including the City of Yokohama came together specifically to set up a committee honoring the Great White Fleet's centennial anniversary.

U.S. Naval Forces Japan Regional Master Chief CNOCM (SW/AW) Luis Cruz also attended the celebration and expressed the importance of remembering the Great White Fleet's arrival here and the role of ambassadorship displayed by Sailors then and now.

"As I sat here today, I was extremely honored by our sense of heritage," Cruz said. "Remembering the Sailors who have gone before us, those who represented us a hundred years ago is humbling. I'm also honored to serve with those who represent our country as ambassadors and continue to build a strong relationship with Japan and the United States today."



U.S. Seventh Fleet Chief of Staff Capt. Frederick Pffirrmann delivers remarks at a reception honoring the arrival of the Great White Fleet in Yokohama 100 years ago Oct. 17. Yokohama is hosting a 10-day series of historical archive exhibition events around the city to celebrate the centennial anniversary of the fleet's arrival to Japan.

Physical readiness test: Work outs during work ups

By MC3 Olivia Giger,
USS George Washington Public Affairs

With the physical readiness test (PRT) around the corner, some Sailors admit they have begun to exercise a bit more frequently.

Explosive Ordnance Disposal 2nd Class (DV/FPJ) Sean Conley has been in the Navy four years and as a qualified dive specialist knows a thing or two about taking care of his body. He offers shipmates some advice on how to prepare for the PRT season.

"We're all expected to be able to serve and protect our country," said Conley. "And we all need to have a minimum physical readiness. Whether you work in an office job or on the flight deck, anyone can be called upon to fight for our freedom."

Simply put, being healthy makes a person more productive.

Conley recommended that people who are unsure of their physical readiness do a mock PRT by themselves as a self evaluation.

"This way you are in a stress-free environment and can assess your strengths and weaknesses," Conley said.

The mile-and-a-half run portion of the PRT is a simple test of cardiovascular health and endurance. Anything that gets you breathing and your heart rate up will help in this area. Conley recommends biking and rowing as alternatives to running.

"Circuits are also a good cardiovascular workout. Get your heart going, and take the intensity up. Then bring it down, and get it back up again," said Conley. "This keeps your heart working instead of leaving it at a plateau."

Push-ups are a simple endurance workout for your muscles, according to Conley.

"What I recommend to guys that need to improve on push-ups is to get used to that burning feeling in their muscles by doing as many push-ups as they can and then adding two or three at the end," Conley said.

Another way to improve would be to break your push-ups into sets. If your limit is 50 push-ups, break it into 15 or 20, and then do several sets. This way, when your work out is finished, you've doubled the amount of push-ups you usually do and gotten your muscles accustomed to the burning sensation.

Conley advised that when practicing sit-ups, one should use the required technique when taking the PRT.

"There's a certain technique they want to see. Make sure that when you train for it, you do it exactly that way," Conley said.

Conley added that before a workout, muscles need to be primed by stretching them out. After a workout, part of their recovery should include another stretch. When getting yourself in better shape for anything, whether a PRT or dive test, diet and exercise should go hand in hand.

"You can do one, but you won't get anywhere without having the other," said Conley.

Diet and nutrition is also important. To have a balanced body, it's essential to monitor the things that are going into that body.

"Instead of eating two humongous meals a day, try to break those meals up into four or five small meals," Conley said. "When the stomach is full of food, it causes your blood sugar to spike and then crash. Then you feel tired and sluggish."

The same goes for the body's metabolism. The goal is to keep a constant metabolism throughout the day. Eating several small meals will keep energy levels steady and metabolism stable.



Commander Seventh Fleet Vice Adm. John M. Bird follows his guidon and leads members of his staff and USS Blue Ridge (LCC 19) crew, as they participate in the Clear Vision 5K run at CFAY Oct. 10. With the PRT just around the corner, participation in more frequent work outs will help you come test time.

U.S. Navy photo by MC1 Geronimo Aquino

Stress management: Understanding your sources of stress

By LIFELines Services Network

The kids are screaming, the bills are due and there's a pile of work on your desk that's growing at an absurdly swift pace. It's undeniable – life often seems full of stress. But understanding the types and sources of stress – big and small, short-term and long-term, internal and external – is an important part of stress management. So where does your stress come from?

Stress is your body's reaction to the demands of the world, and stressors are events or conditions in your surroundings that may trigger stress. Two main types of stress you face are:

- **Acute stress.** Also known as the fight-or-flight response, acute stress is your body's immediate reaction to a significant threat, challenge or scare. The acute-stress response is immediate, it's intense, and in certain circumstances, it can be thrilling. Examples of stressors that may cause an acute-stress response are a job interview, a fender bender or an exhilarating ski run.

- **Chronic stress.** This results from long-term exposure to acute stress. The chronic stress response is much more subtle than is the acute stress response, but the effects may be longer lasting and more problematic. The stressors that may lead to chronic stress are the nagging, day-to-day life situations that often seem unrelenting. This includes relationship problems, work difficulties and financial woes.

Effective stress management involves identifying and managing both acute and chronic stress.

While mild stress can actually be beneficial – it can spur you into action, motivate and energize you – it's often the buildup of the little things that can really "stress you out." Persistent stress can lead to many adverse health problems, including:

- Physical symptoms, such as headache and fatigue.
- Mental symptoms, such as poor concentration.
- Emotional symptoms, such as irritability and depression.
- Social symptoms, such as isolation and resentment.

External stressors are events and situations that happen to you. While you may have control over some of these stressors and how much you let them affect you, there are times when they extend beyond your control. Some examples include:

- **Major life changes.** These changes can be positive — a new marriage, a planned pregnancy, a promotion or a new house. Or they can be negative — the death of a loved one or going through a divorce.

- **Environment.** These stressors could include a noise disturbance, such as a barking dog, or excessive light, as from a billboard across the street.

- **Unpredictable events.** This category could include an increase in monthly bills, an uninvited houseguest or a pay cut.

- **Family.** The occasional spousal spat, a teenager who refuses to cooperate or a nagging in-law can all contribute to stress.

- **Workplace.** Perhaps an overwhelming workload or an impossible boss.

- **Social.** For example, a blind date or making a speech to a room full of co-workers.

Not all stress stems from things that happen to you. Some of the stress response can be self-induced. Those feelings and thoughts that pop into your head and cause you unrest are known as internal stressors. Examples include:

- **Fears.** These can be things, such as a fear of flying or heights, or more-subtle apprehensions such as participating in a discussion with a group of strangers at a meeting.

- **Uncertainty.** Stemming perhaps from a looming restructuring at the office or waiting for medical test results.

- **Attitude.** Having a negative view of the world can be stressful, since you create an unpleasant environment in which to live.

- **Unrealistic expectations.** A perfectionist or controlling personality may lead to unnecessarily high stress levels. Over-scheduling and not planning ahead can lead to worries.

Not a day in your life goes by without encountering a situation or event that may trigger stress. And that's okay. By identifying and understanding the sources of your stress, you learn to better manage it. So what stresses you out?

TRICARE for Life - Overseas

By Lora Sanders-VanNoy, TRICARE Pacific Marketing Representative

TRICARE for Life (TFL) is available for beneficiaries residing overseas. To be eligible for TFL, Medicare-entitled beneficiaries must be enrolled in Medicare Part B. There are no enrollment fees for TFL, however, eligible Medicare-TRICARE beneficiaries must pay Medicare Part B monthly premiums. The Part B requirement applies whether beneficiaries reside in the United States or abroad. Beneficiaries must retain enrollment in Medicare Part B in order to maintain TRICARE eligibility benefits past 65 years of age.

Because Medicare typically does not provide benefits for medical care received overseas, TRICARE is the primary source of health benefits. Beneficiaries may seek care from any host nation provider without a referral or prior authorization. TFL provides the same coverage as TRICARE Standard with the same cost shares and deductibles before age 65.

When seeking reimbursement for care by a qualified host nation provider, a claim must be submitted by using DD form 2642 along with medical receipts and itemized bills to the TRICARE overseas claims processor. After the deductible has been satisfied, a reimbursement of billed charges minus a 25 percent cost share will be issued.

Medicare is also available in U.S. territories. TFL acts as the second payer after Medicare, just as within the stateside TFL program.

When medical care is received from a Medicare-authorized provider in one of the U.S. territories in the Pacific area, the provider will file the claim with Medicare. Medicare then processes the claim and forwards the claim to TRICARE for payment of the remaining amount. TRICARE automatically sends payment to the provider (for TRICARE covered services). The beneficiary will then receive an Explanation of Benefits (EOB) statement from TRICARE, indicating the amount Medicare and TRICARE paid.

Beneficiaries should confirm that their Medicare status and personal information is current in the Defense Enrollment Eligibility Reporting System (DEERS) by calling the DEERS Support Office at 1-800-538-9552 or by visiting their local ID card issuing facility. Beneficiaries may also visit the U.S. Naval Hospital's Web site and click on the DEERS link to update personal information at www.nhyoko.med.navy.mil.

Port Operations five Navy tugboats all good to go

By Mark Elrod, CFAY Public Affairs

Commander Fleet Activities Yokosuka (CFAY) Port Operations (Port-Ops) displayed their five United States Navy tugboats during a brief underway Oct. 4.

The purpose was to show their operational readiness, because the last time all five were operational was approximately 11 to 12 years ago, according to Port Operations Surface Craft Officer Chief Warrant Officer Mathew Kimo Santos.

Having all the tugs operational is important due to the required level of readiness in a forward deployed environment as compared to stateside Navy bases.

Usually, stateside tugs are contracted from the civilians, which can be very costly for the Navy if a ship needs to pull in or out of port after working hours, according to Santos.

However, CFAY is the only base where Port-Ops use active duty Sailors to operate the tugs.

"That's the flexibility you have when you are utilizing Navy personnel and Navy tugs," he said. If these (captains) call up in the middle of the night and say 'we need to pull in at two-o'clock in the morning,' we will get guys out there within one hour."

"That's the difference between operating out of Japan and operating in the states," he continued. "We're always on the go. So, the tempo of operation is always high."

However, keeping the tugs operational is difficult for Port Ops, Ship's Repair Facility (SRF), Yokosuka, and ship's force personnel, because they are, on an average, 44 years old and most of the companies that manufactured the parts no longer exist.

"Between 35 to 85 percent of the parts are no longer

"When that happens, it normally has a 'domino effect' on other components surrounding that repairable area," he said.

To help prevent future "domino effects" Port Ops and SRF are working together to anticipate and help minimize them.



CFAY Port Operations Navy tugboats, YTB 763 *Muskegon*, YTB 787 *Kittanning*, YTB 782 *Manistee*, YTB 807 *Massapequa* and YTB 798 *Opelika* perform maneuvers during a brief underway Oct. 4.

U.S. Navy photo by Lt. Andrea Zenn

available, so they have to be fabricated, or we have to do a ship alteration to fit the new parts in it," said Santos.

SRF fabricates parts to fix the tugs. However, newly fabricated parts might not be compatible with the old systems.

personnel who maintain the tugs.

"When you see the product of the five tugs running out there you are looking at the people behind them that keep them running," said Santos.

"Now we are going through a material condition grooming with SRF where they send their professionals onboard to check things that the Navy doesn't have systems for checking," he said.

The checks are part of each tugs maintenance period, which happens every five to six years, which means that, usually, not all five tugs are operational.

"At any given time you're always going to have one tug that's down, either going through a diesel engineering inspection or through its overhaul cycle which happens every five to six years," he said.

Maintenance is needed to ensure the tugs are operational and to ensure that they can safely provide support for both 5th Fleet and 7th Fleet.

"That's the, foremost, most important thing here at Port Ops is that we operate everything safely," he said.

However, providing safe support would not be possible without the

CFAY commands compete, test skills in DDYJ "Forklift Rodeo"

Story and photo by Kazuyuki Takagi, CFAY Public Affairs

Defense Distribution Depot Yokosuka, Japan (DDYJ) held its annual DDYJ and Partner Commands Forklift Rodeo in its truck loading area onboard Yokosuka Naval Base Oct. 10.



More than 35 of the best forklift operators from seven commands onboard Yokosuka Naval Base complete with each other during the annual DDYJ and Partner Commands Forklift Rodeo Oct. 10. In one of the six challenge courses, the forklift operators drive through an obstacle course while holding tubs of water on its forks.

More than 35 skilled forklift operators from seven commands on base including DDYJ, Commander Fleet Activities Yokosuka (CFAY) Morale Welfare and Recreation (MWR), Naval Facilities Command Far East (NAVFAC), Space and Naval Warfare Systems (SPAWAR) Facility, Fleet and Industrial Supply Center (FISC), Navy Exchange (NEX), and Navy Munitions Command (NMC) participated in the competition and showed off their forklift operating skills and safety.

"Last year we did it just internally with DDYJ," said DDYJ Commanding Officer Cmdr. Paul Bourgeois. This year we decided to open it up to other commands."

The participants competed with each other at six different competition stations. Each station had various tasks and obstacles. The contestants were graded according to a scoring system that assessed the operators' driving time, agility and safety.

- Station 1 required driving through a course lined with pallets standing on end.
- Station 2 required driving through an obstacle course while holding tubs of water on its forks.
- Station 3 required placing two tennis balls hanging from the forks on traffic cones in a timed period.
- Station 4 required lifting a basketball off an orange traffic cone, maneuvering and placing the ball into a basket.

- Station 5 required drivers to properly complete the preoperational safety check.
- Station 6 required drivers to maneuver a forklift covered with barbed-wire backward and forward through balloons.

After the competition an awards ceremony was held and the top three winners of each station were recognized with certificates and the top three winners overall were awarded medals. Additionally, the top three commands were presented with a wooden forklift made by DDYJ as a trophy. DDYJ won 1st place.

Yoshiyuki Yamada with five years experience as a forklift operator with the packing division of DDYJ took top honors in the "Overall Best of the Best Rodeo Forklift Competitor Skills Award" category.

"I'm honored to win the 1st place overall category," Yamada said. "I am ready to get challenges from more commands next year."

Bourgeois encourages more participants from additional commands to join the Forklift Rodeo next year.

National American Indian, Alaska Native Heritage Month

By Department of the Interior, Bureau of Indian Affairs

What began at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the United States has resulted in the month of November being designated for that purpose.

One of the early proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian who was Director of the Museum of Arts and Science in Rochester, New York. He persuaded the Boy Scouts of America to set aside a day for the "First Americans," and for three years the Scouts adopted such a day. In 1915, at the annual Congress of the American Indian Association meeting in Lawrence, Kansas, a plan celebrating American Indian Day was formally approved. The association's president, Rev. Sherman Coolidge, an Arapahoe, called upon the country to set aside a day of recognition and on Sept. 28, 1915 a proclamation was issued.

The first American Indian Day to be celebrated in a state was declared on the second Saturday in May 1916 by the governor of New York. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any legal recognition as a national holiday.

In 1990 President George Bush approved a joint resolution designating November 1990 as "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures and to educate the public about the heritage, history, art and traditions of the American Indian and Alaska Native people.

Lean: The way to unrelenting, continuous improvement

By Takashi Kobayashi, SRF-JRMC

SRF-JRMC Ship Repair Facility-Japan Regional Maintenance Center (SRF-JRMC) has been conducting activities to improve its business and service with the goal to become a highly efficient organization. At present, our activity for improvement is LEAN projects that have allowed SRF-JRMC to achieve remarkable progress.

Looking back, the first step was the declaration of TQL (Total Quality Leadership) that was introduced Navy wide in 1990. It was a new measure of business management that consisted of leadership and TQM (Total Quality Management). TQM is a company-wide quality control movement introduced in Japanese enterprises that contributed to the development of Japan's strong economy. Each activity in the U.S. Navy established organizations with rapidity for improvement of business and service quality in accordance with the declaration. In SRF-JRMC, the TQL Office was founded in 1990. The continuous improvement section was established to conduct continuous business and service improvements.

SRF-JRMC developed and implemented a strategic plan as an introductory step of business and service quality improvement in 1991. The memorable first strategic plans, "Introduce TQL to all employees," was established as Tactical Goal 1. Since then SRF-JRMC has been continuing the activity to achieve the proposition of "How can we improve our command's products and processes?" with many repetitions of trial and error.

To start Tactical Goal 1, Quality Circles, which already produced good results in Japanese enterprises at the time, was introduced to SRF-JRMC. This is a method of improving activity for on-site workers to conduct "Verbatim Compliance" using various tools of statistical analysis. Quality Circles contributed to achieving higher productivity and quality. Because SRF-JRMC organization is composed of 90 percent Japanese employees, the implementation of Quality Circles that has been conducted in many of Japanese enterprises was positioned as a critical item to succeed TQL. The TQL office provided Quality Circles introduction 10-day training to circle leaders. Supervisors are encouraged to attend the meetings for announcing result of Quality Circles or trainings that were held out of the organization. As a result, Quality Circles activity was gradually established and expanded within SRF-JRMC. In 1997, Quality Circles activity was positioned as the most critical item in the command and all members participated. In total, more than 180 circles were registered and each conducted one-hour activity meetings once a week.

However, various problems from implementation of Quality Circles activity by many members began to surface. We could not provide the proper support system for the activity. Many leaders were burdened and there was a lack of meeting places. To solve the problem, a command-wide improvement team was organized to promote Quality Circles activity in pursuit of more effective management. Consequently, Quality Circles activity got back to the basics. A new improvement activity was conducted whenever there were problems to be solved. The number of teams participating decreased, but active and progressive teams were registered from

each shop and department code. SRF-JRMC set a trend where the number of Improvement Active teams conducting necessary improvements increased year after year. Meanwhile, some of the teams that achieved the highest level of improvement activity could attend the meetings announcing results of Quality Circles. The teams attended big conventions such as "Quality Fresh Circles," "Quality Circles Nation-wide" or "SGA Forum." It is noteworthy that Shop X-67 Electronics Shop's IA team "Fine Business" was honored to attend the World Conference of Quality and Improvement (WCQI) which was hosted by the American Society for Quality (ASQ). ASQ is a world-wide organization for quality council. And thus, the continuous improvement culture of SRF-JRMC has moved ahead toward unrelenting process improvements.

While the Improvement Activity (IA) in SRF-JRMC has been successfully advancing to the point of achieving participation in world-wide quality conventions, in the ever-changing world of improvement methodologies, new techniques have been developed one after another. A new directive in the U.S. Navy, called Lean manufacturing, is focused as an improvement process and management philosophy. SRF-JRMC aggressively introduced this new systematic approach to be promoted simultaneously with the existing Improvement Activity (IA).

Lean manufacturing is an improvement method derived mostly from the Toyota Production System (TPS). The greatest characteristics of Lean are to establish distinctions between a Value Added Activity (VA) and a Non-Value Added Activity (NVA), and to drastically eliminate NVA through continuous improvement by flowing the product at the pull of the customer in pursuit of perfection. In Lean terminology, NVA is defined as waste, or muda in Japanese, and the original seven deadly wastes are classified as follows: defect, overproduction, over processing, transportation, inventory, motion and waiting. The Regional Maintenance Centers (RMC) are now addressing Lean projects to eliminate these wastes from their value streams, or key operations.

In accordance with the Strategic Plan in CY 2005, SRF-JRMC officially introduced Lean principles as a new method of improvement activity. As the basis of Lean implementation, the 5S method was implemented. 5S is a method that is used to organize and standardize the work place. Wastes are often times hidden, making the problems invisible if the work places are not kept clean, tidy and safe. At SRF-JRMC, Lean pilot teams started activities to practice the 5S method in 2005. Building on the achievement through 5S implementation, Lean with specific command objectives made its official start in 2006 through conducting Rapid Improvement Events.

Lean 101 Training, a basic awareness course, was provided command wide to more than 2,200 employees as the first stage of training. Following this, specialized courses, such as Lean Champion Training for the event owners/supporters, and Lean Green Belt Training for the event leaders, have been conducted. As a result, in 2006, the second year of Lean introduction, a total of 25 Lean events were conducted. The 5S method was thoroughly implemented command wide, which has successfully eliminated wastes in many shops and offices.

In 2007, the new target was set "To coordinate and execute a minimum of 40 command approved Lean projects." SRF-JRMC launched into advanced Lean implementation, aiming for the entire organization to be managed effectively by Lean principles.

The majority of SRF-JRMC employees are well aware of the various types of improvement activities and its methods, and have been accumulating experience due to the many forms of improvement activities introduced by the command since 1990. They have a solid background making it easy to make adjustments to this

advanced improvement method. The true value of kaizen, or continuous improvement, can only be acquired through continued effort by everyone in the organization. SRF-JRMC has future plans in the Lean journey, and is currently in the process of expanding its resources for Lean development with Black Belt and Green Belt positions. The Executive Steering Committee (ESC) will be sponsoring Lean projects and events through VSA in order to consolidate the structure to implement Lean organizationally, while managing the activity progress and institutionalizing the reporting system to sustain the results.

たゆまない改善への道

文：小林孝、SRF-JRMC

艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) では業務を改善し、より効率が高い組織を目指すための活動を15年以上にわたり継続させてきた。現在ではこの改善活動はLEANと命名されさらなる発展を遂げている。

最初のステップは1990年に米海軍で導入されたTQL (Total Quality Leadership) 宣言であった。これは当時日本企業で導入され日本経済の発展に重大な影響を与えた全社品質管理運動であるTQM (Total Quality Management) をリーダーシップと結びつけた新しい経営管理方法であった。米海軍各部隊はこの任を受けて業務品質を高めるための選任組織が次々と設立されSRF-JRMCでもTQLオフィスが1990年に設立され、従来なかった業務品質を継続的に向上させるための専門職が部隊内に設けられることになった。

SRF-JRMCでは業務品質を向上させるための導入ステップとして1991年より経営戦略計画 (Strategic Plan) を策定することになったが、その記念すべき第1回経営戦略計画のゴール1として設定されたのが「TQLを全従業員に導入すること」であった。以来SRF-JRMCでは様々な試行錯誤を繰り返しながら「どのように部隊としてのプロジェクトおよびプロセスを向上させるのか?」という命題を達成するための活動を続けることとなった。

まず最初に導入されたのは当時日本社会において大きな成果をあげていたQCサークル活動であった。この活動は現場の従業員が様々な統計分析を行うツールを駆使して現場レベルでの作りこみ品質を行い、高い生産性、品質を達成した方法である。SRF-JRMCは日本人従業員が90%以上を占めるため、日本企業で行われていたQCサークル活動実施がTQL推進の重要項目として位置づけられたのである。TQLオフィスは10日間にわたるQCサークル入門トレーニングがサークルリーダーに提供され、監督者には社外で行われる発表会、講習会への参加、研修が行われた結果QCサークル活動は徐々に拡大しSRFに浸透していくことになった。1997年にはQCサークル活動は部隊における最重要項目と位置づけられ、全員参加のQCサークル活動となり180サークル以上が登録、毎週1回1時間の活動を行うことになった。

しかしこの全員参加のQCサークル活動は指導者不足の問題、会合のための会議室不足の問題といった活動をサポートするシステムがまだ十分でないという問題を浮き彫りとする形となった。そのため部隊ではQCサークル活動を推進するための改善チームが組織横断型で結成され、より効果的なQCサークル運営の方法を模索することとなった。その結果QCサークル活動は「はじめに改善ありき」という原点に戻り、問題があったらそれを改善するためのチームを結成して行う活動とし、名称も新しくIA (Improvement Activity) としてスタートすることとなった。チーム数は減少したが、有効な活動を行うチームが各部署から登録され、必要な改善を行うチーム数は毎年増加していく傾向となっていた。その間トップクラスの活動内容のチームは積極的に社外におけるQCサークル発表大会にも参加するようになり、QCフレッシュサークル大会、QCサークル全国大会、SGAフォーラムなどの社外大会で多くの入賞サークルを生み出せるようになっていった。2005年にはX67無線工場のIAチーム "Fine Business" 世界的な品質協議団体であるアメリカのASQ (American Society for Quality) が主催するWCQI (World Conference of Quality and Improvement) という改善発表世界大会に出場するという栄誉を勝ち取るまでになった。こうして継続改善はSRF-JRMCの文化として一步一步その歩を進めていったのである。

世界大会へ出場するチームが出るまで歩を進めてきた艦船修理廠及び日本地区造修統括本部 (SRF-JRMC) のIA (Improvement Activity) であったが、改善の世界では新しい改善手法が次々と現れてきていた。その中でも再び米海軍全体のトレンドとして出てきたのがLEANと呼ばれる改善手法であった。SRF-JRMCではIAを継続させながら新しい改善手法も積極的に取り入れていくこととなった。

LEANとはトヨタ生産方式 (TPS = Toyota Production System) から派生してきた改善方法で、最大の特徴は業務フローを顧客にとって付加価値を加える活動 (VA=Value Added Activity) と付加価値を加えない活動 (NVA=Non Value Added Activity) に分類し、徹底的にNVAを省く改善を行っていくことである。NVAは「ムダ」と定義され、このムダはさらに7つに分類される (不良、作りすぎ、加工、運搬、在庫、動作、手持ち)。これらのムダを業務の中から省くためのプロジェクトを各RMC (Regional Maintenance Center) が取り組むこととなったのである。

SRF-JRMCへのLEAN導入は2005年で、この年の経営戦略計画によってLEAN導入が新しい改善手法として正式に導入される計画となったのである。LEAN実施においてまず基礎的な部分として行わなければならないのが5Sと呼ばれる職場の整理・整頓である。これは職場がきれい、安全でないと様々なムダの発見すらままならないためである。そのため2005年には5Sを実施するLEANパイロットチームが活動を開始。その成果が認められ2006年からは明確な目標を持ったLEANが正式にスタートすることになった。

まず最初に全従業員に対してのLEAN基礎コース教育を実施、2200名以上の従業員が全員基礎コースを受講した。さらにチャンピオンと呼ばれる活動の支援者に対するトレーニング、およびグリーンベルトと呼ばれる活動リーダーに対する専門教育も行われたのである。その結果LEAN2年目となった2006年には25件のLEAN活動が実施され、多くの工場において5Sの徹底、ムダの排除が行われるようになったのである。続く2007年は年間のプロジェクト件数を40件以上という目標設定に変更し、SRF-JRMC全体がLEANによる効率的な運営が行われる組織を目指してLEANを実施することになった。2007年は7月末現在で50件以上のプロジェクトを実施し、その内容も5Sから業務フロー上のムダを排除する活動、さらにはHROとのジョイントイベントの実施、部隊内各部署にまたがるフローを改善するVSA (Valueたゆまない改善への道 其二たゆまない改善への道 其二たゆまない改善への道 其二Stream Analysis) LEAN イベントの実施など、その活動は大きな改善のうねりとなり、SRF-JRMCに浸透している。

1990年から絶えずことなく継続的に改善活動を行ってきたSRF-JRMCでは多くの従業員が改善活動・手法についての知識、経験を有しており、LEANのような新しい改善手法が導入されても、即座に対応できる基礎が整っている。改善は継続させることにより初めてその真の価値を生み出すものなのである。今後もSRF-JRMCではLEANのさらなる拡張を視野にいれ、LEANブラックベルト、グリーンベルトと呼ばれるLEAN活動専門職を創設。さらにVSAによるLEAN活動展開を上級監督者 (ESC = Executive Steering Committee) が先頭に立ち、部隊全体の活動進捗状況を管理、報告するシステムの構築などLEANを組織的に実施する体制を着々と固めている。

こうしてSRF-JRMCはたゆまない改善活動を17年間に渡り継続させることで改善の歩調を早める事になった。今後はさらなる高みに向かって絶えず継続改善を実施していく計画である。

Head's Up Yokosuka! Community Announcements

Commissary Kids Halloween Costume Contest – The Yokosuka Commissary will hold their Kids Halloween Costume contest at 3:30 p.m., Oct. 31 in front of the commissary. There will be one winner and two consolation prizes for each of the following age groups: 1 to 4-year-olds, 5 to 8-year-olds and 9 to 13-year-olds. Judging will begin at 4 p.m. Halloween candy will be given to all participants.

Month of the Military Child Family Poster Contest – The Fleet and Family Support Center (FFSC) is launching a poster contest in celebration of Military Family Month for November 2008. The contest is open to all students in grades kindergarten through 12 in Yokosuka, Ikego and Negishi Department of Defense Dependent Schools (DoDDS). The poster should be of the student's military family, preferably in color on 8.5 inch by 11 inch white paper. The students full name and contact information (e-mail and telephone number) should appear on the reverse side of the poster. Deadline for submission is Nov. 20 at FFSC located on the 2nd floor of the Personnel Support Detachment (PSD) building 1555, attention Steve Ancheta. Prizes for the top three winners in grade groups K-4, 5-8 and 9-12 will be awarded during an awards ceremony Nov. 26 in the FFSC classroom in building 1558. Contact Steve Ancheta at 243-9623 for more information.

Military Family Housing Satisfaction Survey – A Military Family Housing (MFH) Resident Satisfaction Survey will be hand delivered to your residence soon. Each survey will include a web link located at the top giving you the option of completing the survey online. Participation from all MFH residents is critical. Your cooperation and candid responses allows the MFH Office to continue to improve services to all residents. The survey only takes approximately 10 minutes to complete. Your thoughts and opinions really matter. If you lose or misplace your survey, send an e-mail and provide your mailing address to donfhsurvey@celassociates.com. You will receive a survey code which will allow you to complete the survey online. The survey needs to be completed and submitted no later than Nov. 7.

Donations for Local Orphanage – Commander U.S. Naval Forces Japan First Class Petty Officer Association is sponsoring the Shunko Gakuen Orphanage in Yokosuka. The association is asking for generous contributions of toys, clothes and/or school supplies for the orphanage. Drop-off boxes are located at the Navy Exchange and Commissary entrances from now through Nov. 24. The contributions will be presented to the orphanage children Nov. 27. Your participation in this effort to support our local community is greatly appreciated. Contact QM1 Mihaylovski or QM1 Randle at 243-7650 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. Call 243-7490 for more information or register by visiting our office located on the 2nd floor of the Community Center.

Disastersafe.redcross.org – When disaster strikes, your American Red Cross is there. Family and friends affected by disaster can register at disastersafe.redcross.org to let loved ones know of their well-being. Concerned family and friends can search the list of those who have registered themselves as "safe and well." Contact the American Red Cross at 243-7490 for more information.

Housing Multi-purpose Room Policy Change – All Military Family Housing residents may make reservations 60 days in advance. Smoking and the consumption of alcoholic beverages are prohibited. The use of barbeque and/or the cooking of foods on any other open flame devices are prohibited. Pets are not authorized. Contact the Housing Facilities Office at 243-9067 for more information.

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Don't be afraid!

By Chaplain Scott Shafer

Matthew 8:23-27 has this story for us, "And when he got into the boat his disciples followed him. A windstorm arose on the sea, so great that the boat was being swamped by the waves; but he was asleep. And they went and woke him up, saying, 'Lord, save us! We are perishing!' And he said to them, 'Why are you afraid, you of little faith?' Then he got up and rebuked the winds and the sea; and there was a dead calm."

There are many things in life that we can fear. We are told that if one party or another wins an election then we should be very afraid. The economy goes down, and we feel that the very worst will happen. At times it must feel as if we are drowning in a sea of bad news. So how are we to react? Are we to be filled with fear at moments and times such as these?



Photo by Polly Shafer

loves us! His son died for us. And in him, we do not have anything to fear, ever again.

Revelation 23:3 and 4 has these words of hope, "See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away." There is nothing that we need to fear in this world, because all of the things that oppress us will pass away. Even death will be a distant dream when we enter fully into the kingdom of God. There are times when we need to remember the hope that we have in God.

Halloween is a season of fear. Children dress up in cute and fearsome costumes. But at the end of the evening the costumes come off and the decorations are put away. Beneath the fierce façade quiet ordinary lives are lived. Beneath the fierce façade of our world there is nothing for us to ever be afraid of. There is a God who loves us, and because of that love...there is nothing that we should ever be afraid of!

Amen.

Pet of the Week



This weeks Pet of the Week is Oreo. Oreo is a 5-year-old spayed female white Boxer-Bull Terrier mix. She is a great dog with a lot of love to give. Oreo is great with children but does not get along with other dogs. She is a sweet and loving girl looking to become part of your home and family. To find out more about Oreo or any animal at P.A.W.S., contact them at 243-9996, by e-mail to usskittytalk@hotmail.com or visit our Web site at www.petsareworthsaving-yokosuka.org.

Photo by P.A.W.S.

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.

Lead Cook – NL-08, \$13.56/hr. CPO Club (1 RFT).
Bartender – NA-05, \$10.35/hr. Club Alliance (1 RFT/1 Flex).
Cook – NA-05, \$10.35/hr. Club Alliance (1 Flex), Club Takemiya (1 RFT), CPO Club (2 RFT), Food Court (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 (3 RFT/1 Flex), Club Takemiya (1 RFT).
Waiter/Waitress – NA-03, \$8.96/hr. O' Club (1 RFT/5 Flex), CPO Club (1 RFT/2 Flex), Club Alliance (1 Flex).
Recreation Assistant (Bingo) – NF-02, \$8.39/hr. CPO Club (1 RFT).
Club Operations Assistant – NF-02, \$8.39/hr. CPO Club (1 RFT), Club Takemiya (1 Flex), O' Club (3 Flex), Club Alliance (2 Flex), Negishi (1 Flex).
Cashier – NF-01, \$7.50 - \$9.50/hr. CPO Club (1 RFT), O' Club (1 Flex).
ID Checker/Security – NF-01, \$7.00/hr. Club Alliance (6 Flex).
Program Assistant – CY-02, \$9.18/hr. Main CDC (1 RFT/1 Flex), Ikego (2 Flex), Hourly (3 Flex), Negishi (1 Flex).
Youth Development Specialist – NF-04, \$33,000-\$45,000/annum. Community Activities (1 RFT).
Duty Manager – NF-03, \$10.54/hr. Bowling Center (1 RFT).
Recreation Assistant – CY-02, \$9.18/hr. Youth Center (1 RFT/4 Flex), Teen Center (1 Flex).
Clerk/Driver – NF-02, \$8.39/hr. Youth Center (1 RFT).
Recreation Assistant – NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports – Ikego (2 Flex), Community Center (1 Flex).
Lead Cashier – NF-02, \$8.93/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 (1 RFT/2 Flex).
Recreation Assistant – NF-02, \$8.39/hr. Outdoor Recreation – Customer Service (1 RFT).
Paintball Attendant – NF-01, \$7.00/hr. Ikego Campground (1 Flex).
Recreation Aide – NF-01, \$7.00/hr. Single Sailor Center (1 Flex).
Field Maintenance Worker – NA-05, \$10.35/hr. Athletics – Yokosuka (2 RFT/1 Flex).
Clerk Typist – NF-01, \$7.50/hr. Athletics (1 Flex).
Swim Instructor – NF-02, \$10.00/hr. Aquatics (1 RFT/10 Flex).
Lead Lifeguard – NF-02, \$8.39/hr. Aquatics (1 Flex).
Lifeguard – NF-01, \$6.65/hr. Aquatics (5 Flex).

*Due to publishing timelines, some jobs listed may not be available. For the most up-to-date listing check out www.cfay.navy.mil/mwr



WHEN: Friday, Nov. 14 at 11 a.m.
WHERE: In front of Thew Gym
WHY: To collect toys for needy children and enjoy a great 5K run. Prizes will be awarded to the top-place runners in each age group.
ENTRY FEE IS A NEW, UNWRAPPED TOY!

HRO USCS Positions

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

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

Education and Training Technician – YB-1702-1, CFAY-144-08. Open: 10-24-08, Close: 11-06-08.
Language Technician – YB-1046-1, CFAY-147-08. Open: 10-31-08, Close: 11-13-08.

Continuing

Education and Training Technician – YB-1702-1, CFAY-129-08. Open: 9-8-08, Close: 12-30-08 (Cutoffs may be established as vacancies occur).

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 – NA-2 – Food Services. \$8.28-\$9.66/hr. (1 Flex)
Food Service Supervisor – NS-2 – Food Services. \$10.74-\$12.56/hr. (1 RFT)
Food Sales Supervisor – NF-3 – Food Services. *\$24,621-\$31,298/yr. (1 RFT)
Food Service Workers – NA-2 – Food Services. \$8.28-\$9.66/hr. (14 Flex)
Room Attendant (Housekeeping) – NA-2 – Navy Lodge. \$7.95-8.63 (4 Flex)
Sales Clerk – NF-1 – Fleet Rec Center. \$6.55-\$8/hr. (1 RPT)
Supervisory Sales Clerk – NF-2 – Uniform Fleet Center. *\$8.39-\$11/hr. (1 RFT)
Department Manager – NF-3 – Main Store. *\$31,620-\$48,844 annual (2 RFT)
Customer Service Clerk – NF-1 – Main Store. *\$8.25-\$9/hr. (2 Flex)
Security Guard – NF-1 – Visual Merchandise (Main Store). \$7.50-\$9/hr. (1FLEX)
Sales Clerk – NF-1 – Main Store. *\$6.55-\$8/hr. (6 RFT, 2 RPT, 5 Flex)
Specialty Sales Clerk – NF-1 – Main Store. *\$7-\$9/hr. (4 RFT, 1 RPT, 2FLEX)
Supervisory Sales Clerk – NF-2 – Main Store. *\$8.39-\$11/hr. (4 RFT)
Store Worker Supervisor – NS-1 – Main Store. \$10.10-\$11.79/hr. (1 RFT)
Store Worker – NA-2 – Main Store. \$8.28-\$9.66/hr. (1 RFT, 3 Flex)
Personalized Service Clerk – NF-1 – Personalized Services. *\$7.25-\$8/hr. (1 RFT, 1 Flex)
Personalized Service Clerk – NF-1 – Fleet Rec. *\$7.25-\$8/hr. (1FLEX)
Equipment Rental Clerk – NF-1 – Rental Center. *\$7-\$8/hr. (1 RFT, 1 Flex)
Service Operations Clerk – NF-2 – Services. *\$8.28-\$11/hr. (1 RFT)
Hair Stylist – NA-7 – Beauty Salon. Commission. (2 RFT, 1 Flex)
Inventory Supply Clerk – NF-2 – Distribution Center. *\$8.39-\$11/gr. (1 RFT)
Warehouse Worker – NA-4 – Distribution Center. \$9.66-\$11.27/hr. (2 RFT, 1FLEX)
Security Guard Night Shift – NF-1 – Loss Prevention. *\$7.50-\$9/hr. (1 RFT)
Visual Merchandiser – NF-2 – Visual Merchandise. *\$8.50-\$10/hr. (2 RFT)
Laborer – NA-2 – Visual Merchandise. \$8.28-9.66/hr. (1 Flex)
Manicurist (Nail Tech) – NA-5 – Ikego. Commission. (1 Flex)
Food Service Worker – NA-2 – Negishi. School Lunch. (1 Flex)
Hair Stylist – NA-7 – 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	0900
TUE	Bible Study	1800
3 rd MON	Fellowship Program	1700

Japanese Women's Bible Study*

TUE	Main Chapel/Fellowship Hall, Classrooms	0900
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COMPASS Spouse Support Group

WED, THU, FRI	(Last week of month), Room 5	0900
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Men's Christian Fellowship

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

**Runs from September to June*

Negishi: Chapel of the Rising Sun
• 242-4183

Roman Catholic

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

Protestant

SUN	Worship Service, Main Chapel	1030
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IKEGO: Religious Services (Kyoto Tower Party Room, 243-6773/6774)

Roman Catholic

SAT	Vigil Mass	1900
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Pentecostal

SUN	Worship Service	1000
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Adult Bible Study

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

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

THU	Middle School/High School – Q2 Kyoto Tower Party Room	1830
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Note: In the event of an emergency, the Chaplain on Duty can be reached by calling CFAY Security at 243-2300.

Fleet and Family Support Center Classes This Week

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

Monday, Nov. 3

Accelerated Transition Assistance (ATAP) 8 a.m. (4 days): This is a four-day seminar for military members and families with less than eight years of service. Topics include transition assistance, veteran's benefits, separation documents, job search skills and lifestyle changes. Eligible candidates are recommended to attend this workshop one year prior to projected separation. Reservations are required through your Command Career Counselor.
Developing Your Spending Plan 11 p.m. (1 hr.): Do you want a 10% raise? Too much month at the end of the paycheck? Do you like to spend, spend, spend? Then create your own "Spending Plan" and get the most out of your money. In this interactive class, you learn financial planning skills that can help you manage your savings, expenses and debts, set financial goals and leave Japan much wealthier!
Enjoying Japanese Foods 9 a.m. (4 hrs.): Come learn about Japanese cuisine. Join our bilingual staff on a trip to a local grocery store and traditional restaurant. Learn about basic Japanese ingredients, recipes and food etiquette.
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.
Elements of Successful Parenting 9 a.m. (2 hrs.): Elements of Successful Parenting (E.S.P.) is a dynamic service designed to elicit and enhance participants' basic understanding of parenting children of all ages. ESP is a 4-session, 8-hour workshop that builds upon the knowledge and experience parents already have while offering key insights to nurture their ongoing parenting success.

Tuesday, Nov. 4

Boot Camp for New Dads 1 p.m. (3 hrs.): Yikes! What will it be like to have a new baby in the house? Boot Camp for New Dads is a unique program that brings "rookie" fathers-to-be together with "veteran" dads with newborns. The veteran dads will share their babies with the rookies for hands-on training, and demonstrate how to hold, comfort, diaper, swaddle, relieve gas/colic, and play with an infant.
Saving and Investing 10 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.
Employment Overview 11 a.m. (1.5 hrs.): If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Reservations are required for this crash course on employment availability in the Yokosuka/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.

Wednesday, Nov. 5

The Basics of Retirement Planning 11 a.m. (1.5 hrs.): If working as a Walmart greeter at age 65 is your dream, skip this class. However, if you want to plan for your financial future, this class is for you. In this class, you'll learn about the value of time and money. You'll learn that a few good financial decisions in your 20s or 30s can drastically improve your retirement outlook. You'll learn about investment strategies, which states do not tax retirement income, and other cost related information. Nobody plans to fail, they fail to plan!!!
Elements of Successful Parenting 9 a.m. (2 hrs.)
Japanese Spouse Group 10 a.m. (2 hrs.): This class is focused on the special concerns of Japanese spouses that are new to the Navy and Yokosuka, Negishi, or Ikego Bases. Our bi-lingual instructors have valuable first-hand knowledge to share and will help you feel more comfortable with your new role as a Navy Spouse! The network portion of the class will give you the chance to make friends with other Japanese spouses and share your experiences as a military spouse. This class is conducted in Japanese.
Ikego – Japanese Culture Series – Kamakura Tour 9:30 a.m. (6 hrs.): This class will tour the city of Kamakura. The class is led by a bilingual guide! Come join in the fun. Bring yen for train transportation, lunch and shopping. Call 246-8052 to sign up.
Negishi – Employment Overview 9 a.m. (1.5 hrs.): If you are interested in the local employment market, please join this class and talk with our full-time Spouse Employment Assistance Manager. Reservations are required for this crash course on employment availability in the Yokosuka/Yokohama area: including government positions, teaching English, modeling and other lucrative opportunities.
Negishi – Sponsor Training 10 a.m. (2 hrs.): This class provides volunteer or designated command sponsors with background information and useful tips so that they can help new personnel before and after their relocation to Japan. Creative communication and support is discussed as a means to make newcomers feel that they are a valued part of the team as quickly as possible. Adult and teen family members are welcome to attend. Basic instruction in the management of an effective Command Sponsor Program in accordance with OPNAVINST 1740.3 will also be covered.
Negishi – Thrift Savings Plan Overview 11 a.m. (1.5 hr.): Is it possible to become a millionaire on a military paycheck? Yes it is. The Thrift Savings Plan can be one of the vehicles to becoming a millionaire. This brief will provide an overview of the Thrift Savings Plan, How to enroll, TSP Investment Options, Contribution Limits, Withdraw Options, Retiring and Separating Options, L- funds and more.
Negishi – Getting Started Teaching English 1 p.m. (1.5 hrs.): Learn how to get started teaching English in Japan. We will discuss types of teaching positions, legalities, marketing yourself, average prices to charge, topics for lesson plans and much more.

Thursday, Nov. 6

Car Buying Strategies 10 a.m. (1.5 hrs.): Check out my ride! Do you know what a holdback is? If not, we'll see you in class. In this class, you'll learn all the ins and outs of buying a car. How to negotiate price, trade-in, financing, etc. We'll teach you lingo that car sales people speak, and the strategies they use. You'll learn about car insurance, premiums, deductibles, gap insurance, and a host of websites that will arm you with the knowledge to get the best deal on wheels.
Ikego – Play Morning 9:30 a.m. (1.5 hrs.): This Play Morning is held at Nikko Tower.
NMCRS' Budget 4 Baby 5 p.m. (2 hrs.): Bundles of joy take lots of preparation and planning. No need to "go it" alone! We have helped hundreds of families prepare for their new arrival with the knowledge needed to make informed choices during and after pregnancy. This class raises awareness about the impact a baby will have on the young parents budget. Helpful information is provided which participants can use to reduce the financial impact of the birth of a child.
Friday, Nov. 7
Holiday Spending 11:30 a.m. (1 hr.): Surviving the Holidays Financially – Offered for a Limited Time – Start the Holiday Season with a gift to yourself. Learn to develop a financial plan for holiday spending. Shop smart and spend your money wisely. Give yourself the gift of "no extra debts" in January, and avoid a "Holiday (financial) hangover" by attending this class.
Ikego – Japanese Culture Series – Ukulele 10 a.m. (1.5 hrs.): Immerse yourself in the Japanese culture by joining us to learn how to cover eggs in traditional Japanese *washi* paper. These delicate treasures make excellent souvenirs and add that special touch to any décor.
Negishi – Kid's Craft Class 10:30 a.m. (1.5 hrs.): The Kid's Craft Class is a fantastic opportunity to interact with other parents and children while the kids do fun seasonal crafts. All ages are welcome and must be accompanied by an adult.
Play Morning 9:30 a.m. (1.5 hrs.): This Play Morning is held at Ayame Tower.

Upcoming Classes

- Nov. 10 English as a Second Language; Healthy Relationships: For Your Child's Future
Ikego – Thrift Savings Plan
- Nov. 11 Holiday
- Nov. 12 Baby Basics; Elements of Successful Parenting (ESP); Credit Management
Holiday Spending; Youth Enrichment Class (Middle School)
- Nov. 13 Elements of Successful Parenting (ESP); Thrift Savings Plan
Ikego – Ikebana Class; Ikego – Play morning
- Nov. 14 Home Buying Basics; Interview Techniques
Sponsor and Sponsor Coordinator Training; Yokosuka – Play Morning

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

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

Automobiles

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 October 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.

Sale! Sale! Sale! Car Summer Discount Sale. AA MOTORS – The name you've known for many years. Can you trust buying a non-maintained car from somebody leaving? If not, then AA Motors is there for you with quality cars at unbelievable prices. We can also do all the paperwork, base inspection and LTO Run so just sit back and relax. Check it out: '96 Odyssey, \$1,800. '97 Skyline, \$1,900. '93 Bighorn, \$2,200. '98 Honda Capa, \$2,100. '96 Stepwagon \$2,550. '98 Dingo, \$2,250. '97 March, \$1,600. '97 Primera, \$1,500. '97 Grand Cherokee, \$ 4,500. '95 RVR, \$1,300 and many more. Call 080-5462-0735, or e-mail us at: tttgroupjapan@yahoo.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.

Bigwave Car Sales. Web: www.Big-wave.jp. Phone: 080-5497-1787. We guarantee all our cars. Don't take a chance with your hard earned money American owned call for free. Pick up just take at this weeks stock. 1. Toyota Crown 4-dr Sedan, pearl white, 48K km, \$1,800. 2. '99 Subaru Legacy 4-dr Wagon, silver leather int., double sunroof, really nice car 4WD \$3,325, 48K miles. 3. '00 Mazda Demio, blue, 5-speed, 43K km, \$2,200. 4. '95 Volkswagen Golf Convertible, red, 63K km, \$2,150. 5. '95 BMW 320i, silver one owner M3 body kit, very nice, must see, super low kilo. 24,000 km, very clean, only \$3,600. 6. '99 Caravan Elgrand, silver leather int. very clean, great family minivan, \$3,200. 7. '97 Honda Odyssey, white 68K km, new tires, \$2,100. '95 Honda Odyssey, wine, 69K km sunroof, \$1,850. 8. '97 Mazda MPV, white, clean car, 58K km, one owner, \$2,200. 9. '97 Skyline 4-dr GTS 2.5, silver aerokit, very nice car, \$1,950. 10. '00 Cube, silver, 50K km, 4-dr clean int. \$2,100. 11. '99 Honda SMX, 50K miles, white, \$2,200. 12. '99 Honda Accord Wagon, white, must see, new tires, tinted windows, really nice wheels. 13. '98 Mark II 4-dr Sedan, 74K km, \$2,400. 14. Honda Integra, very clean car, 2-dr sporty, \$1,950. 15. '00 Mercedes Benz E 240, black U.S. spec, left hand drive, 19 inch Carlson rims, sunroof, call now. \$5,500. 16. '95 Mercedes Benz S600, charcoal gray, every option imaginable, leather 19 inch AMG rims, HID lights, call for price www.Big-wave.jp, 080-5497-1787.

Services

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/tinahh27, or www.birthdaycakesandthings.com

BW Audio for all your car stereo needs. Full custom shop, whatever you need we can make it or install it. Call 080-5497-1787.

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.

Driver's Education Class. Next class begins Nov. 10, 2008. Open to SOFA personnel. High school students must be 16 years old. For more info, go to www.yokosukadriversed.com. Cost ¥31,000. Class size limited.

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.

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.

KRush Photography. Specializing in babies, milestones, maternity, and family portraits. We're also great for senior portraits, special events, and all of your other photography needs! Visit krushphotography.com, or e-mail: Cindy@krushphotography.com.

Learn Hawaiian and hula. Traditional Ai ha'a style from a Hawaiian kumu. Men, women and children welcome. Contact Auntie Kimi, 246-5700, or e-mail: pelesown@yahoo.com.

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 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.

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: reikoltoruns@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.

LTO Runs and Free Junking. New registration, Japanese inspections, temporary plates, transfer registration, minicars, change address, road tax, deregistration, base inspection, JCI renewal. Please call Theresa, 241-3427 or 080-3392-4384.

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

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.

Nail Care by Cecile. Specializes in all types. Home phone, 246-8421. 642-F Ikego Hills. Cell phone, 080-5679-5545.

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.

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

Reading Tutor. Do you think your child has strengths in many areas except in reading? Does she still reverse her letters? Is his handwriting illegible? Is she unable to spell words? Maybe I can offer you some assistance. I am a certified elementary teacher with more than 13 years of experience. I have been trained using a systematic multi-sensory approach to help students with reading difficulties. Lessons can be one-on-one or groups of no more than three students at a time. Flexible times and reasonable fees. If you are interested in my services, please call Lori at 080-6555-5476.

Want to learn Japanese? A qualified native Japanese teacher teaches Japanese to someone who is interested in learning Japanese. Please contact me at: petitefille10@yahoo.com.

マリッジカウンセリング. ミリタリーメンバーと結婚し、言葉の壁や習慣・価値観の違いにとまどい、良い夫婦関係が築けない日本人女性のためのカウンセリングです。 <http://marriage-counseling.hp.infoseek.co.jp/> Call 090-6300-1220, or suzukiyokosuka@yahoo.co.jp.

Positions

Building Maintenance Engineer. *Over three-year on-the-job experience for building maintenance. *Business level English and Japanese (speak, read and write). *Proper valid work visa. *Workplace: Tokyo area. *Pay: up to ¥330,000/month for engineer, ¥400,000/month and above for manager level. *Transportation cost paid (Max. ¥40,000). *Paid vacation and holiday. *Retirement age: 65 years old. E-mail your resume to: m-watanabe@s-mt.co.jp. Shin-ei Real Estate Co., Ltd. (03-5722-4680).

ENCS is looking for a self-motivated Office Manager. Salaried position with SOFA available. Training is provided. Skills required are basic accounting, computer and typing. Ability to speak Japanese on a business level and native English. Superior organizational skills a must! Customer service experience preferred. Please e-mail: szimber@militarycars.com, or call 090-3120-1875.

Yard Sales

Moving Sale. Nov. 1 (Saturday), Shobu Tower party room. 9 a.m.-3 p.m. Kid clothes, toys, house holds good and more. Come one come all and have some fun saving money in 2008.

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 (GWが入港中) 4 a.m.-8 a.m.は(2時間でもOK) 運転好きな方、チップも入るし結構稼げますよ (普通免許でOK)。243-4511か090-3205-3472まで電話ください。

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.

Looking for an English teacher to teach in your Negishi base home. Kids/adults students on weekdays/weekends. Must have college degree. Have fun and make Japanese friends! Contact Yuka: 090-4006-8414.

Personals

Give the Home Front Some Real Christmas Cheer This Year!! They're already proud of you, now make them laugh out loud in three different books!! "A Texan's Guide to Elucidating in Japanese", full of multi-cultural mumbblings and jaw-busting bursts of babble! U.S. \$15, or "Homely Homilies on Life", 173 pages of laffs and gaffes on a 50-year journey into and out of a Sailor's life, U.S. \$25 or "Navel Thinking Plus", 170 pages of sea stories and deckplate views about the adventures and misadventures of Sailors, U.S. \$25. No embarrassment just a steady stream of laughs in all three!!!! Send U.S. cash, NFCU check or I.P.M.O. to J.V. Woodman USN/RET, 2-34 Shioiri-cho, Yokosuka 238-0042, Kanagawa-ken, Japan.

To Live or Not Live in Japan, Where Is the Info? Right here in "Retiring in Japan, the What, How and When of It". More factual info than a house has dust!! The whole nine yards on what you need to know and do to make it in Japan!! The cost? U.S. \$20 or ¥2,200 via cash, NFCU check or I.P.M.O. to J.V. Woodman USN/RET, 2-34 Shioiri-cho, Yokosuka 238-0042, Kanagawa-ken, Japan.

Lost and Found

Lost a diamond anniversary ring, white gold and with 8 diamonds. Location was NEX Main store or MWR building, sometime Saturday, Sept. 20 or Monday, Sept. 22, 2008. I will offer reasonable cash reward for whoever has a good heart to return it. This ring is part of my 17 years of marriage. Call 243-1233 or 080-6679-6580 if you are the person who found it. God bless.

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.

Christian Ministries Far East. A church on the move and in the will of God! Located outside the back gate after you pass the 7-eleven on your left on the corner. Ecumenical Sunday Worship Service 11 a.m. and Wednesday Christian Studies 6:30 p.m. Business@cmfeinc.com, (046) 827-2289. Come and fellowship with us.

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.

Looking for an apartment or house? Ocean view! Mountain View! Spacious balcony! American style bathroom! *Tatami* room! Let us find your dream apartment or house. We have several houses and condominiums for sale. Also start your real estate business in Japan today! Our friendly staff will work hard to get you the best deal possible. Call us, (046) 825-0245 10 a.m.-6 p.m. Contact at: chintai@heisei-yokosuka.co.jp. Address: 1-18 Wakamatsu, Yokosuka Heisei Housing Co., Ltd. Our Company is in front of Coco's curry shop near Yokosuka chuo station.

Shinjuku World Friends Halloween International Party, Nov. 1, Saturday, 6:30-8:50 p.m., Shinjuku Tokyo Loose. The full-scale international party in Shinjuku. Meet 200 people. 20 kinds of free cocktails. Free snacks with sandwiches. Male, ¥3,500. Female, ¥3,000. <http://www.world-friend.com>. Call 080-2001-0512, party@gover.co.jp.

The Symbol of Purity and Aristocracy. Only Bayleaf presents ethnic and authentic Indian cuisine in Yokosuka. For reservation, call 080-3015-1749. We use best ingredient in the dishes. Visit the Web site. <http://www.yokosukaindian.com/> and <http://www.indiancurry-bayleaf.jp/> Parking, party, take out, reservation OK. Monday closed. Tel. (046) 821-1922.

TIF Miscellaneous International Party Shibuya. Nov. 8, Saturday, 6:30-9 p.m., T's Salon. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. <http://www.miscellaneousparty.com>. Call 080-2001-0512, party@gover.co.jp.

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.

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: seahawk yokosuka@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).



Assistant Public Works Officer Lt. Joshua Perry explains to Yokosuka Middle School students how the new co-generation plant will help produce clean energy. Approximately 100 sixth-grade students took the co-generation plant tours Oct. 21 after watching a presentation by Resource Efficiency Manager Michael Gabiga in support of International Energy Awareness Month.

Photo by Yuki Toizume



GM1 Jorge Valerio leads fellow Sailors during Ship's Reactionary Force-Basic training aboard *USS John S. McCain* (DDG 56) Oct. 22. *McCain*, at sea during an underway period is one of seven Arleigh Burke class guided-missile destroyers assigned to Destroyer Squadron 15.

U.S. Navy photo by MC2 Byron C. Linder



Lt. Doug Szwarc of COMSUBGRU 7 assembles a bicycle for one of the children from the Shunkou Gakuen orphanage Oct. 12. Szwarc along with Lt. Justin Hoff of COMSUBGRU 7; MCC Mike Raney of FLTPACEN and Luke Nelson of MWR purchased toys and bicycles for the orphanage from the \$10,000 of donations raised when they climbed Mount Fuji four time in 21 hours and 59 minutes Sept. 1.

Photo by Sean Dath



Byrd Elementary School fifth-grade multiage class students Brooke Gray and Angela Reyes take turns reading a Halloween book to kindergartener Bryson Silva as part of the fourth and fifth-grade classes ongoing project to encourage literacy and student mentoring to kindergarteners.

Photo by Nancy Turner



Sailors from *USS Fitzgerald* (DDG 62), the JMSDF destroyer *JS Onami* (DD 111), and Commander Fleet Activities Yokosuka, Port Operations recently joined together to clean-up Yokosuka harbor in support of International Beach Clean-up Day. Aboard a CFAY Port Ops boat, the bilateral team skimmed the harbor for garbage and debris, using nets, poles and shovels to clear the water.

U.S. Navy photo by Lt. j.g. Scott Cheney-Peters

Konnichiwa!



CS2 Hino Arguelles inspects a tray of burritos before serving during lunch at the Commodore Matthew C. Perry General Mess.

Photo by Yuji Kawabe

- Where is your hometown? Virginia Beach, Va.
- How long have you been in Japan? Six months.
- What is your favorite food? Sushi and Crab.
- Life goal? To be happy and retire as a master chief in Japan.