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Yokosuka International Association hosts 14th annual Japan Fest

By Dan Bowen, CFAY Public Affairs

The Yokosuka International Association (YIA) hosted the 14th annual Japan Fest at the Sogo Fukushi Kaikan Hall Nov. 16.

The festival helped bring together foreign and local Japanese residents living in Yokosuka to learn about each other and enjoy a variety of traditional performances and activities.



Lara Carlson, a Navy spouse, is fitted for a kimono during the YIA hosted Japan Fest held at Sogo Fukushi Kaikan Hall in Yokosuka Nov. 16.

U.S. Navy photo by MCSN Charles Oki

The event was a great place for those new to Japan to learn about many culturally significant Japanese activities. Participants were able to learn and practice origami - the art of folding paper, calligraphy, flower arrangement and

Japanese games. One of the most popular activities gave families the chance to try on, wear and have their photos taken wearing traditional Japanese kimono.

Takeko Akamine, a committee member of the YIA who helped set up the festival was particularly pleased with the turnout for the event.

"It was very nice to see all the smiling faces of the people in Kimono taking photos with the sincere attitude to learn traditional Japanese culture," said Akamine. "This is a wonderful opportunity for not only non-Japanese people; but also, for Japanese to share their cultures and establish a friendly relationship through this cultural festival."

Chief Damage Controlman (SW/AW) Chris Hunt attended the festival with his family and enjoyed the chance to immerse himself in a foreign culture. "Here, it's a great place to mingle with the local community and learn about the culture," said Hunt.

The event also showcased the Seventh Fleet Shonan Brass quintet which played a special selection of music for the international audience. The day concluded with performances by The Sullivans School choir and a joint performance between The Sullivans School and Nagai Elementary School.

Although the Japan Fest is the largest event put on by the YIA, they provide a myriad of events that CFAY residents may attend to broaden their horizons, get out into the community and have a good time doing it.

"The YIA is a group of volunteers who shares Japanese culture and fun times with the foreign residents in Yokosuka," said YIA volunteer Emiko Nanba. "We offer Japanese lessons, as well as lessons in tea ceremony, flower arrangement and other cultural activities. We also have festivals like the Japan Fest such as the Halloween Festival and the Kids Festival."



Richard Theel makes an attempt at Japanese calligraphy at the YIA hosted Japan Fest Nov 16. The festival helped bring together foreign and local Japanese residents living in Yokosuka to learn about each other and enjoy a variety of traditional performances and activities.

U.S. Navy photo by MCSN Charles Oki

The majority of the events that the YIA offers residents of CFAY are free and it costs nothing for foreign residents to become members of the organization. For more information on upcoming events or on how to become a member, visit www.yia.info.

7th Fleet Band performs at 10th annual Yokosuka Curry Festival

Story and photo by MCSN Charles Oki, Fleet Public Affairs Det., Japan

Three ensembles from the U.S. 7th Fleet Band entertained Japanese music fans at the 10th Annual Yokosuka Curry Festival Nov. 15 in the city's Mikasa Park.

The band's ceremonial band and brass quintet known as "Shonan Brass" played a variety of music ranging from Jazz to traditional songs such as "Stars and Stripes Forever."

"There were a lot of cool things going on today, especially with the different groups putting out a lot of different styles of music," said Musician 3rd Class Travis Stanley. "I really enjoy doing these types of shows, not only because it's a more relaxed atmosphere, but also that I get the opportunity to get to know the Japanese better."

The band played two shows during the day, with many excited Yokosuka citizens in attendance. According to Masaki Yamaguchi, a member of the City of Yokosuka Council of Tourism, Yokosuka citizens enjoys hearing what the band has to offer.

"The citizens really enjoyed the show that the band played," Yamaguchi said. "It's really a great thing to the relationship between the U.S. and Japan in this way."

Musician 2nd Class Joshua Sullins, leader of Shonan Brass, believes local performances offer Japanese a unique experience without a language barrier.

"It's different from bands in primarily English speaking countries, because you have a lot more interaction with the audience verbally," Sullins said. "It's definitely challenging and that makes it a new experience for me and it's a lot of fun to see people's reactions to the music. It's a great thing to be a part of and everyone here is very happy to be in this band and to experience Japan and all the people."

The Yokosuka Curry Festival is a yearly event that celebrates the introduction of curry to Japan, which happened during the Meiji Era, which ran from 1869 to 1913. It was brought into the country by the British Navy during England's colonial rule of India. During that time, the British Navy was advising the Japanese Navy, and that is when the Japanese were introduced to the dish.

U.S. 7th Fleet Band member MU2 Joshua Sullins mingles with the audience during a performance at the 10th Annual Yokosuka Curry Festival in Mikasa Park Nov. 15. The Curry Festival is a yearly event that celebrates the introduction of curry to the Japanese culture and the many variations of this tasty dish.

U.S. Navy photo by MCSN Charles Oki



Second Annual

Grand Illumination

Sat., Dec. 6, noon to 6:30 p.m.

司令官の相談室



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



CMDCM Wayne E. Smith,
Command Master
Chief

Heating Season Begins – In support of current Navy and National Energy Polices, Commander Fleet Activities Yokosuka has approved a phased approach to turning on steam heat according to the following schedule:

- Nov. 28 - Dec. 02: General office and administration areas.

- Dec. 3-7: Warehouses, shops. Buildings or spaces that utilize electric heating/air conditioning units should turn on their units in accordance with the above schedule. Settings should be no higher than 68 F or 20 C.

Street Smart – Commander Fleet Activities Yokosuka will host a presentation titled “Street Smart” given by Stay Alive From Education (SAFE), Dec. 9-11, 8:30-10 a.m., 10:30 a.m.-noon, and 1:30-3 p.m., at the Fleet Theater. SAFE is a non-profit organization dedicated to reducing injuries and fatalities. The “Street Smart” program focuses on the consequences of unsafe driving, driving while under the

influence of drugs or alcohol and seatbelt noncompliance. Military, U.S. and Japanese civilian employees and family members (above the age of 14) are highly encouraged to attend. Prizes will be given away and the first 20 people through the door will be given priority for a Narita bus trip from Dec. 15 to Jan. 9. From one hero to another, meet the men and women who are saving lives at home! Contact Kristin Hamon at 243-7314 for more information.

Seahawk Articles/Photos and Community Announcement Submissions – Deadline for community announcements and article/photo submissions for the Seahawk is the Friday before the next Seahawk edition. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Please include your telephone contact information in the body of the e-mail. Contact the Seahawk editor at Seahawk-Umitaka@fe.navy.mil or call 243-2567/3003 for specific submission requirements or for more information.

Channel 12 Slide Scroller Submissions – All community announcement presentations for airing on local base channel 12 can be created using Microsoft PowerPoint software but must be saved and submitted as a jpg/jpeg type file. E-mail your submissions to Seahawk-

Umitaka@fe.navy.mil. E-mail to eric.hannah@fe.navy.mil for more information.

DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors onboard Yokosuka Base or assigned to afloat units are required to register in DBIDS. Personnel that are currently registered in DBIDS but have had changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside building 1495. Customer service hours are Monday through Friday from 7 a.m. to 4 p.m. 横須賀基地に關係する軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は全て指紋認識データシステム (DBIDS) に登録する必要があります。既に登録された方で、データに変更がある方は、1495ビルのDBIDS登録事務所7所でデータの更新を行って下さい。受付は月～金曜の午前7時から午後4時まで

BZ: I would like to thank Craig Stevens and his team from, I believe Morale,

Welfare and Recreation (MWR)/Fleet Recreation for the *USS Cowpens* (CG 63) homecoming support Nov. 2. I understand that they were probably just doing their job but I couldn't help but notice that they offered the “extra mile” to the service that made the difference. If it wasn't for the prompt service and the motivation/entertainment while waiting for the ship, the more than 70 people on the pier would not have the same spirit. They were professional and cordial and I am very thankful for the service they provided. Thanks again for the easy process to set everything up and follow through with your promises.

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 Dec. 3. This is your opportunity to call in and speak with Commander Fleet Activities Yokosuka Capt. Daniel L. Weed about issues affecting our community. To contact the Seahawk, call 243-5607/3003 or send an e-mail to: Seahawk-Umitaka@fe.navy.mil.

Five ways to enjoy a happy, “fire safe” holiday season

By CNFJ Regional Fire Department

Commander U.S. Naval Forces Japan Regional Fire Department wants you to have a happy and “fire safe” holiday season. Although a joyous occasion, did you know fire deaths in the United States occur at the highest rates during the holiday season? Moreover, the amount of home fire hazards increase dramatically during the winter season due to greater indoor activities. These activities involve the use of holiday lighting, increased electrical extension cord use, space heaters, live Christmas trees and an increase in cooking. Before your holiday season gets into full swing, please pay special attention to the following home fire prevention issues.

Holiday season lighting. Inspect holiday lights each year for frayed wires, bare spots, gaps in the insulation, broken or cracked sockets and excessive kinking or wear before putting them up. Use indoor lights indoor and outdoor light outdoors, there is a big difference. Use only lighting listed by an approved testing laboratory, such as “UL.” Do not overload electrical outlets. Do not link more than three light strands, unless the directions indicate it's safe. Make sure to periodically check the wires – they should not be warm to the touch. Do not leave holiday lights turned on when no one is home or when retiring for the evening.

Electrical extension cords. According to the National Fire Protection Association, electrical fires claim more than 200 lives and injure over 1,500 more in the United States each year. December is the most dangerous month for electrical fires. Never overload extension cords or wall sockets and do not place cords and wires under rugs, over nails or in high traffic areas. Use safety plugs to “child-proof” electrical outlets. Finally, discard all worn, old or damaged appliances immediately—frayed wires can cause fires!

Space heaters. The most important thing to remember is that space heaters need space. Keep clothes, bedding, curtains and other combustible items at least 3 feet from all heaters. Do not allow children to play with or around space heaters and unplug space heaters when not in use. Also, under no circumstance should you use a space heater that does not have

an automatic shut-off switch (tip-over protection).

Live Christmas trees. You must take special precautions when keeping a live tree in your home. A burning tree can rapidly fill a room with fire and deadly smoke and gases. Take notice to the following concerns to reduce the risk of a tree fire in your home:

- Needles on fresh trees should be green and hard to pull back from the branches, and the needles should not break if the tree has been freshly cut.

- Do not place your tree close to heat sources, such as space heaters or heater vents. The heat will dry out the tree, causing it to be more easily ignited by heat, flame or sparks.

- Be careful not to drop or flick cigarette ashes near a tree.
- Do not put your live tree up too early or leave it up for longer than two weeks.

- Always keep the tree stand filled with water.

Holiday cooking fire safety. Here are a few cooking safety recommendations to keep in mind not only during the holidays but throughout the year:

- Never leave cooking unattended, even for what may seem as a small amount of time. Over the past six years, “unattended cooking” has been the number one cause of home fires.

- If your pan or pot catches on fire, “Put a lid on it” and turn the stove off. Do not disturb the pan until it cools. If you have any doubt that the fire wasn't extinguished, call the fire department at 911 (on base, 119 off base).

- If a fire starts in your oven, keep the oven door closed, turn the oven off and contact the fire department.

- If a fire starts in your microwave oven, keep the door closed, turn-off and unplug the microwave. If you have any doubt that the fire isn't extinguished, contact the fire department. And most importantly, do not use the microwave oven again until a certified electrician has serviced it.

- Teach your children of the three foot danger zone near cooking appliances.

These home fire prevention tips will help protect all members of the region community this holiday season. Don't let a fire ruin your holiday celebrations. Please contact the Fire Prevention office at 243-4637/5170, should you have any questions. Have a happy and fire safe holiday season!

Commander Fleet Activities Yokosuka Capt. Daniel L. Weed

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Early Bird Sale

SATURDAY NOVEMBER 29 **YOKOSUKA ONLY**
7-9 A.M.

10%off
 All Sony TV's & Audio Product
 at Main Store



40%off
 All Coty and Revlon Gift Sets
 at Main Store



25%off
 Selected Luggage
 at Fleet Store



25%off
 Selected Golf Clubs & Accessories
 at Fleet Store



50%off
 All Ladies Sleepwear & Intimate Apparel
 at Main Store



25%off
 Harbor Home Gold Towels
 at Home Accents

25%off
 All Emerilware
 at Home Accents

25%off
 Zojirushi Rice Cookers
 at Home Accents

50%off
 All Carpet Cleaners
 at Home Accents

50%off
 Garment Steamers
 at Home Accents

50%off
 Belgian Waffle Makers
 at Home Accents

50%off
 All Decorative Pillows
 at Home Accents

50%off
 Ellis 4 in 1 Crib in Cherry
 Reg. price 229.99 at Kids NEX Door

50%off
 Selected Nutrition
 at Fleet Store

Discount does not apply to previous purchases. Limited to stock on hand. Illustration purposes only.

Breakfast & Photo with Santa



- Photo with Santa November 28, 1200-1400 at Main Store
- Breakfast with Santa December 06, 0800-1000 at Main Store Food Court
 Price: \$4.99 (includes: scrambled eggs, pancakes, bacon or sausage, milk/Orange Juice)
- Shopping at Santa's Workshop December 06, 0800-1200 at Kids NEX Door
 Our elves will help you find and wrap the perfect gifts for your family and friends

Call for more information : Yokosuka 243-4455

Come back at join us for
BONUS BUCKS NIGHT
NOV 29 • 1800-2100
 Receive a \$10 bonus buck for every \$100 you spend at NEX Main Store, Home Accents, and Kids NEX Door

Only at my


YOKOSUKA	IKEGO	NEGISHI
Main Store & Mini-Mart Mon-Sat : 0900-2100 Sunday : 0900-2000	Mini-Mart Monday: 1000-2100 Sat-Sun: 0900-2100	NEX Mart Daily: 1000-2000
NEX Depot Mon-Fri: 0900-1700 Sat & Sun : Closed	Autoport Mini-Mart Daily: 0600-2300	

YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES

Curtis Wilbur Sailors, JASDF airmen compete in soccer match

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

Sailors stationed aboard the Arleigh Burke-class guided missile destroyer *USS Curtis Wilbur* (DDG 54) made the most of their goodwill port visit to Fukuoka by facing off with airmen from the Japan Air Self-Defense Force (JASDF), Western Air Force in a friendly soccer match held at the JASDF Western Air Force's Kasuga Air Base.

The game brought some of the best players from *Curtis Wilbur* and the JASDF together. As Gas Turbine Systems Technician (Mechanical) 2nd Class (SW) Alirio Arguetapinto explains, the game was more about camaraderie between the two militaries and not about who had better players.

"I just came out here to have fun," said Arguetapinto. "When you go onto the field, soccer is soccer and that's it. The Japanese players were very welcoming and treated us very gentleman like."

The teams played two 30-minute games against each other and combined players from each country in a third match, adding a unique challenge and fun spin to the day's events. In the end the JASDF squad walked away victorious, and both teams held their heads high.

"I would say the Japanese players were a lot more experienced than us, but they didn't rub it in our faces," said Sonar Technician (Surface) 3rd Class (SW) Luis Ramos. "We all just kind of agreed that 'Hey, they were better' we'll get them next time and try harder."

Curtis Wilbur's crew of approximately 300 Sailors visited Fukuoka on a scheduled port visit where they engaged in goodwill activities with the local community, including a community relations activity with local school children. Sailors also experienced liberty and learned about Western Japan's culture.



Sailors assigned to *USS Curtis Wilbur* (DDG 54) and airmen from the JASDF Western Air Force shake hands before kicking off a friendly soccer match. *Curtis Wilbur's* crew of approximately 300 Sailors visited Fukuoka for a scheduled port visit, where the crew engaged in goodwill activities with the community.

George Washington COMREL events big part of recent Guam visit

Story and photo by MC2 Barry Hirayama,
USS George Washington Public Affairs

More than 100 *USS George Washington* (CVN 73) (GW) Carrier Strike Group Sailors volunteered to participate in community relations (COMREL) activities during their recent Guam port visit.

The events were held at five different locations around the island. At one location, Sailors helped build an outfield wall for a baseball field, while at other sites, Sailors played sports with local students and performed general maintenance and landscaping.



A Sailor from the *USS George Washington* (CVN 73) Carrier Strike Group learns the *Katon I Tano'*, a traditional migration and navigation dance, during a community relations activity at Talofoto Elementary School on the island of Guam during their recent port visit.

One of the communities Sailors visited was the village of Talofoto. The village has the highest elevation on the island.

More than 20 Sailors spent time at Talofoto Elementary School, visiting with the students and learning about the unique culture and history of Guam.

Christine Terlaje, the principal of the school, said the students have been learning about healthy lifestyles and eating habits, and that this day was designed to encourage the students to stay physically active. Sailors helped reinforce those ideas to the children.

"We appreciate you Sailors coming out here. You guys really open our eyes to the rest of the world, not only the parents, but especially our kids," said Shawn Nelson, a parent of a Talofoto student.

The Sailors played football, baseball, volleyball, soccer, baseball and pretty much any other game the kids came up with in the morning. By noon, the kids and Sailors had worked up an appetite and sat down to enjoy some local cuisine prepared by community members.

"I gave the ownership to the community leaders and parents to get this event underway, and they really took advantage. Everyone seems to be having a great time," said Terlaje. "This day shows the unity between the community of Talofoto and the U.S. Navy."

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MWR

Morale, Welfare & Recreation

Happenings

Open Base Event Grand Illumination II

0900 Gate Open to Visitors • 1900 Gate Closed for Inbound Visitors

Saturday, December 6 from 0900 to 2000

The Grand Illumination is a great opportunity to enhance our relationship with our host nation and local community by showing our appreciation for their support. Join us for a day of fun and fellowship. We will have USS George Washington (CVN-73) ship visit, food booths, game booths, entertainment and more.

WANTED

**DO YOU LOVE THE OUTDOORS?
Are you Adventurous?**

Full time and flexible positions available at the MWR Outdoor Recreation Center. Enjoy high adventure programming through great outdoor pursuits and get paid for it! Please contact Steve Marksberry at 241-3709 or email at steven.marksberry@fe.navy.mil.

Festival of Trees

Saturday, December 6 from 0900 to 2000

Sunday, December 7 from 1500 to 1900

*Sunday, December 7 is not open base event!

Join us in the C-2 Auditorium for the community holiday tree viewing complete with Santa Claus, entertainment and holiday treats.

Events subject to change without notice.

For more information, please call 243-4731 or visit www.cfay.navy.mil/mwr

Drunk Driving... Not Child's Play!!

Call a base taxi or see the duty manager for assistance.

Participate in our designated driver program.

On-Base Taxi
Base Phone: 243-4444
Cell Phone: 046-816-4444

Off-Base Taxi
Base Phone: 99-046-825-4444
Cell Phone: 046-825-4444



CFAY Morning Farmers Market

Saturday, December 6 from 0900 to 1200
at the Commissary Brick Yard

Yokosuka and Hayama Agricultural Association will sell a fresh variety of vegetables just picked from the farm! For details, please call 243-4731.



FREE! Holiday Lighting Contest

Surely you can do better than this guy!



Saturday, December 6 at Yokosuka Community
Tuesday, December 9 at Ikego Housing Community
Wednesday, December 10 at Negishi Housing Community

This event provides an opportunity to get the community into the holiday spirit. Judges will be on-site to determine winners for each category. There are no registration requirements. Lights must be turned on by 1730. All winners will be notified by phone and will receive a plaque and gift certificates.

Subject to change without notice. For details call 241-2209 or visit www.cfay.navy.mil/mwr.

NAVY ENTERTAINMENT AND ARMED FORCES ENTERTAINMENT PRESENT
harlemglobetrotters



WIN a chance to shoot a half court shot to win an iPod Touch!

Sunday, December 7
Show starts at 1600,
Purdy Fitness Center
Doors open at 1500
Open to All Hands
Free

2009 "SPINNING THE GLOBE" WORLD TOUR
Once you hear the whistling of "Sweet Georgia Brown," you know you're in for high-flying dunks, mind-blowing trick shots and blazing ball-handling skills. The Harlem Globetrotters were created with basketball prowess and hilarious comedy that's fun for all ages.

Volunteer Opportunity

Help make a kid's Christmas this year by volunteering to fill in for Santa during his busiest time of year! Ikego MWR is looking for a cheerful and welcoming person, age 27 or older, to talk with kids about their wish lists at Ikego's Christmas Tree Lighting Ceremony on December 1 from 1600 to 1700 and Breakfast With Santa on December 6 from 0800 to 1000. If this interests you, please call Tommie Daniels at 246-8071 for details on how you can brighten a child's Christmas.



Benny Decker

Friday, November 28			Tuesday, December 2 \$1 Movie Night		
1730	Bolt	PG	1730	Beverly Hills Chihuahua	PG
2030	Nick and Norah's Infinite Play List	PG13	2030	Ghost Town	PG13
Saturday, November 29			Wednesday, December 3		
1300	Bolt	PG	1730	Madagascar: Escape 2 Africa	PG
1730	Bolt	PG	2030	Bolt	PG
2030	Nick and Norah's Infinite Playlist	PG13	Thursday, December 4		
Sunday, November 30			1730	Bolt	PG
1300	Bolt	PG	2030	The Family That Preys*	PG13
1730	Madagascar: Escape 2 Africa	PG	Friday, December 5		
2030	Nick and Norah's Infinite Playlist	PG13	1730	Igor	PG
Monday, December 1			2030	Madagascar: Escape 2 Africa	PG
1730	Madagascar: Escape 2 Africa	PG	*Final Showing		
2030	Quantum of Solace	PG13			

Fleet

Friday, November 28			Tuesday, December 2 \$1 Movie Night		
1800	Flash of Genius	PG13	1800	Ghost Town	PG13
2100	Lakeview Terrace	PG13	2100	Changeling*	R
2400	My Best Friend's Girl	R	Wednesday, December 3		
Saturday, November 29			1800	Quantum of Solace	PG13
1800	Flash of Genius	PG13	2100	My Best Friend's Girl	R
2100	Flash of Genius	PG13	Thursday, December 4		
2400	My Best Friend's Girl	R	1800	Nick and Norah's Infinite Playlist	PG13
Sunday, November 30			2100	Burn After Reading*	R
1800	Burn After Reading	R	Friday, December 5		
2100	My Best Friend's Girl	R	1800	Quarantine	R
Monday, December 1			2100	Body of Lies	R
1800	Ghost Town	PG13	2400	My Best Friend's Girl	R
2100	Righteous Kill	R			

Negishi

Friday, November 28			Sunday, November 30		
1900	Igor	PG	1300	Igor	PG
Saturday, November 29					
1300	Ghost Town	PG13			
1900	Quantum of Solace	PG13			

MWR Theaters

Synopsis

Flash of Genius
Cast: Jake Abel, Aaron Abrams, Alan Alda, Greg Kinnear, Dermot Mulroney
Synopsis: Robert Kearns takes on the Detroit automakers who he claims stole his idea for the intermittent windshield wiper.

Quarantine
Cast: Jennifer Carpenter, Steve Harris, Jay Hernandez, Johnathon Schaech, Columbus Short
Synopsis: On March 11 2008, the government sealed off an apartment complex in Los Angeles. The residents were never seen again. No details. No witnesses. No evidence. Until now.

Bolt
Cast: John Travolta, Miley Cyrus, Susie Essman, Mark Walton, Malcolm McDowell, Diedrich Bader
Synopsis: For super-dog Bolt, every day is filled with adventure, danger and intrigue - at least until the cameras stop rolling. When the canine star of a hit TV show is accidentally shipped from his Hollywood soundstage to New York City, he begins his biggest adventure yet - a cross-country journey through the real world. Armed only with the delusions that all his amazing feats and powers are real, and with the help of two unlikely traveling companions, Bolt discovers he doesn't need superpowers to be a hero.

Nick and Norah's Infinite Playlist
Cast: Michael Cera, Kat Dennings, Aaron Yoo, Rafi Gavron, Ari Graynor, Alexis Dziena
Synopsis: After being dumped by his girlfriend, high school student Nick O'Leary meets college-bound Norah Silverberg and she asks him to be her boyfriend for five minutes.

Quantum of Solace
Cast: Daniel Craig, Judi Dench, Giancarlo Giannini, Jesper Christiansen, Mathieu Amalric
Synopsis: After being betrayed by Vesper, the woman he loved, 007 fights the urge to make his latest mission personal. Having captured Mr. White, and in pursuing his determination to uncover the truth, Bond and 'M' interrogate Mr. White who reveals the organization which blackmailed Vesper to steal Bond's casino winnings is far more complex and dangerous than anyone had imagined.

Madagascar: Escape 2 Africa
Cast: Ben Stiller, Chris Rock, Jada Pinkett-Smith, David Schwimmer, Sacha Baron Cohen
Synopsis: Hoping to return to New York via a penguin-piloted plane, Alex, Melman, Gloria and Marty crash land in the plains of Africa.

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 COMPLEACTINST 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 Hakeijima Sea Paradise Tickets
 Discount tickets for Hakeijima Sea Paradise are back! Tickets, good for admission to the aquarium, Dolphin Fantasy and all rides are now on sale at ITT for ¥4,200 for adults 16 years and older, ¥3,200 for juniors 6 - 15 years old and ¥1,800 for children 4 - 5 years old. Tickets are valid until March 31, 2009.

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.

Matsuyama Ballet Presents The Nutcracker
 Get into the spirit of the season with this holiday classic, live at the Yokosuka Art Theater on December 13. ITT will begin selling tickets December 8 for ¥6,500. Tickets are required for all attendees age 3 years old and up.

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.

MWR & 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

Intermediate Day Hike at Futagoyama, Hayama, Kanagawa Prefecture
 Lace up your hiking boots on December 7 for a getaway close to home! This five nature day hike takes you around Futagoyama, where there are several excellent views from along the ridge. We will hike along the Moritogawa River, up to Futagoyama for a lunch break and then down to the end of the trail. We will walk in streams, so waterproof high ankle hiking boots are required. Expect a wild and tough hike. Not recommended for beginners. The cost is \$20 per person. Last day to sign up is December 2.

Beginner/Intermediate Rock Climbing at Jogasaki Seaside Cliff
 If you have some experience rock climbing and are looking for a bit of a challenge, this trip on December 13 is for you! These incredible cliffs hug the shoreline of Jogasaki and offer not only breathtaking views, but exciting climbing as well. Come and test your skill! The cost is \$60 per person and includes transportation and climbing equipment. The last day to sign up is December 8.

Mystery One Day Ski Trip
 Join Outdoor Recreation for our first ski/snowboard trip of the year on December 13! Enjoy a day on the slopes at the ski resort with the best snow conditions for this time of year. The cost is \$55 for transportation only. ¥4,000 to ¥5,000 lift tickets can be purchased at the resort.

Outdoor Recreation

One Day Ski Trip to Kagura Mitsumata
 Dust off your skis or snowboard and join Outdoor Rec as we head to Kagura Mitsumata on December 20. This large popular resort has 1225m of vertical drop and is almost guaranteed excellent snow conditions. There is a great selection of 20 courses, supported by a good lift system. Snowboarding is allowed on all slopes. The main Mitsumata slopes and the early Tashiro slopes (with mini half pipe and one make) are very popular courses with snowboarders. The cost is \$55 per person for transportation only. ¥4,000 lift ticket can be purchased at the resort.

One Day Ski Trip to Hakuba Goryu and Hakuba 47
 Have fun at two resorts for the price of one on December 27. Hakuba Goryu offers 926m of vertical drop with 16 courses serviced by 13 lifts. Hakuba 47 offers 800m of vertical drop with seven course serviced by six lifts. Each has a snowboard park with half pipe, quarter pipe, tabletop and wave. The cost is \$60 per person for transportation only. ¥4,500 lift tickets can be purchased at the resort.

Overnight Ski Trip to Naeba
 Spend Christmas at a world class ski facility this year! Outdoor Rec is heading for the great snow and long runs of Naeba on December 24 & 25. Try Tashiro's powder snow using Dra-Gondola (5.5km). Walk out of the Prince Hotel and ski, with lifts and gondolas right outside the hotel! Night skiing is available, as well as a large and delicious variety of restaurants for dinner. A perfect skiing holiday! The cost is \$250 for adults, and \$225 for children under 12. Price includes transportation, two day lift ticket, dinner, breakfast and lodging (2 or 3 people per western style room with bathroom).

Ski/Snowboard Service
 Do your skis or snowboard need a tune up or waxing? We offer repair and tune up services for your convenience. Hot wax only fee is \$10 and a full tune up is \$20. P-Text repair is also available. Repair fee is assessed by the size of the damage.

MWR Community CNTR

Yokosuka
Arts, Crafts, Skills and Development
Kimono Dressing: Mondays 8, 15 & 22 / Wednesdays 3, 10, 17 & 24 / Saturday 13 from 1200-1330. Fee: \$15 per class + \$8 for maintenance. Please supply your own camera for your picture taking.
Obi Art: Mondays 8 & 22 from 1030-1200. Fee: \$10 per class + \$5 for materials. Bring your own obi.
Japanese Cooking: Thursday 4 from 1700-1900 / Friday 12 from 1000-1200. Fee: \$15 per class + \$5 for materials.
Music and Dance
Belly Dance Basics: Wednesdays 3, 10 & 17 from 1000-1100. Fee: \$15 drop-in or \$48 per month + \$25 for coin skirt.
Flamenco Dancing (Females 16 and up only): Wednesdays 3, 10 & 17 from 1730-1900. Fee: \$12 for drop-in or \$30 per month.
Japanese Dance (Adults): Fridays 5, 12 & 19 from 1300-1400 or 1530-1630. Fee: \$10 per class.
Language
Beginning Japanese 1 (Katayanagi): Wednesdays 3, 10 & 17 and Friday 26 from 1630-1715. Fee: \$7 per class (Conversational).

Beginning Japanese 2 (Katayanagi): Wednesdays 3, 10 & 17 and Friday 26 from 1800-1845. Fee: \$7 per class (Conversational).
Intermediate Japanese (Katayanagi): Wednesdays 3, 10 & 17 and Friday 26 from 1715-1800. Fee: \$7 per class (Conversational).
Children's Classes
Drawing: Fridays 5, 12, 19 & 26 from 1500-1600 or 1600-1700. Fee: \$7.50 per class.
Sunshine Club: Wednesdays 3, 10 & 17 from 0900-1030. Fee: \$45 per month. Wednesdays 3, 10 & 17 from 1030-1130. Fee: \$30 per month.
Smart Start (Ages under 5): Wednesdays 3, 10, 17 & 24 from 1100-1145. Fee: \$8 per class.

Ikego
Adult Classes
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
Japanese Language: Fridays from 1540-1630 or 1650-1740. Fee: \$7 per class.
Taekwon-Do: Wednesdays, Ages 6-9 from 1715-1815. Ages 10 and up from 1835-1945 Fee: \$35 per month.

Negishi
Adult Classes
Japanese Craft: Thursdays from 1100-1500. Fee: \$15 per class + material fee.
Harp & Voice Training: Wednesdays. Fee: \$50 per month for 4 lessons. Please contact the Community Center for open slots.
Children's Classes
Origami: Tuesdays from 1630-1730. Fee: \$3 per class + material fee (varies by project).
Hip-Hop Dance (6-12 years old): Fridays from 1500-1550.

For a complete list of Community Center classes, log on to www.cfay.navy.mil/mwr.

Congratulations!

MWR would like to congratulate the following winners of Club Alliance's Month of the Military Family Contest:
Best Written: Jade Padilla
Best Visual: Olivia Stewart
 Both will receive two tickets to Tokyo Disneyland courtesy of Club Alliance - The Greatest Club in the World!

第五十七回ヴェルニー・小栗祭挙行される

文・写真：河辺雄二、CFAY広報課

秋も深まりを見せはじめた去る11月15日、横須賀ヴェルニー公園に於いて恒例のヴェルニー・小栗祭が挙行された。

今年で第五十七回を数える式典には主催の横須賀市蒲谷亮一市長はじめフランス大使代理の国防武官ジャン・マルク・ジェルピエ大佐、横須賀の姉妹都市でヴェルニーが従事した海軍工廠のあるプレスト市からレザ・サラミ副市長、横須賀米軍基地から在日米海軍法務部スチュアート・ベルト大佐夫妻、基地司令官ダニエル・ウィード大佐、艦船修理廠司令官ステファニー・ダグラス大佐が列席。衆議院をはじめとする各議会議員や海上自衛隊幹部、小栗家一族縁故者や小栗顕彰会の方々、またTVでお馴染みの顔として仏文学者の学習院大学名誉教授篠沢秀夫氏や横須賀大使を務める俳優寺泉憲氏、歌手渡辺真知子氏など横須賀市関係者および市民約三百名が参加した。

初代ヴェルニー・小栗の胸像は大正11年に市内諏訪公園に設置され除幕式が行われたが、その後戦時中の金属不足の折に供出され、戦後の昭和27年(1952年)に二代目のヴェルニー・小栗の胸像が完成し臨海公園(現ヴェルニー公園)に設置された。胸像は何度か公園内にその設置位置を変えられたが、現在はゆかりの一号ドックと対面するように置かれて、その後の発展を見守っている。

今年日本とアメリカ及びフランスとの交流が始まって百五十年目。この二カ国と大きな関わりを持つ横須賀の歴史をより深く理解するためには、貧しい漁村であった横須賀に近代化の礎を築いてその発展に大きく貢献した小栗とヴェルニーの業績を知ることが重要かつ意義あることであろう。

江戸時代末期、幕府で外国奉行や勘定奉行などを歴任した旗本・小栗上野介忠順(ただまさ)は安政7年(1860年)日米修好通商条約批准書交換の為遣米使節監察役として渡米し、世界一周を果たして帰国した。世界の先進国を見聞した経験から日本を近代化するには造船施設建造が不可欠と痛感し、將軍や老中らを説得し予算を取り付けた。小栗は幕府の財政逼迫と攘夷のイデオロギー吹き荒れる政情不安の状況下において、無駄遣いを戒め横須賀製鉄所(造船施設)建造に奔走した。風雲急を告げる幕末において、小栗には例え幕府が瓦解しても造船所建造は将来の日本の財産になるという考えがあった。

当時の資料から考察すると、今話題の篤姫の養父で江戸生まれ江戸育ちの薩摩藩主・島津斉彬(なりあきら)をはじめ、ペリー来航をきっかけに幕府が必要性を痛感

して創設した外国奉行に抜擢された頭脳明晰な切れ者・水野忠徳、岩瀬忠震(ただなり)、永井尚志(なおゆき)、堀利熙(としひろ)らの面々は、幕末の日本の中でも如何に最新の知識と先見の明を持ち合わせていたかということが分かる。小栗忠順はその開明派の継承者であり、時代遅れで頑迷な幕府内外の抵抗に遭いながらも次々と果敢に計画を実行していった。造船施設を筆頭に火薬製造所、反射炉、陸軍教育所、銀行、商社、外国語専門学校、新聞、郵便、電信、ガス灯、鉄道、国際ホテルなどその計画は枚挙に遑なく、いくつかの施設は完成して日本近代化に向け動き出していた。しかし幕府崩壊の混乱の中、その志むなく官軍の手によって罪なく斬られたことは小栗にとっていかに無念であったことか。同時に日本にとっても大きな損失であった。

明治維新以来の薩長のイデオロギーから小栗が歴史の中で脚光を浴びることはほとんどなかったが、日露戦争の日本海海戦でロシア無敵のバルチック艦隊を破った連合艦隊司令官東郷平八郎をして「この勝利は小栗上野介が横須賀造船所を作ってくれたお蔭」と言わしめ、第八代及び十七代内閣総理大臣大隈重信は「横須賀工廠は小栗の尽力」と称えた。明治新政府の日本近代化のほとんどは小栗が推進したり計画したことであったことから「明治近代日本の父」と呼ばれ、最近では「江戸幕末最高の頭脳」とまで評価されるようになってきた。

一方、フランソワ・レオンス・ヴェルニーはフランス海軍の技術者として中国寧波で清国海軍の砲艦建造に従事し、江戸幕府の要請を受けたフランス公使ロッシュの推薦により来日。若き技術者ヴェルニーは首長として慶応元年(1865年)11月15日の横須賀製鉄所起工から造船施設の工場や船渠(ドック)建設を指揮する傍ら、観音崎、城ヶ島、野島崎、品川の灯台建設や走水水道を敷設し、日本の近代化に大きな足跡を残している。

慶応元年旧暦11月15日に横須賀製鉄所の鋳入れ式が行われてから143年目となる15日のヴェルニー・小栗祭の式典は、午前11時から海上自衛隊音楽隊による仏国歌吹奏で始まり、フランス大使代理ジェルピエ大佐と蒲谷市長による花輪供呈、市長の式辞、フランス大使の祝辞、外務大臣祝辞、プレスト市長の祝辞と続いた。大勢の参列者らはヴェルニー・小栗の功績に対し深い尊敬と感謝の意を表し、二人の偉業を偲んだ。



遣米使節時の小栗忠順。1860年4月14日ワシントン・ウィラードホテルにて。

日本人従業員空席情報

職種名	等級	広報番号	募集範囲	締め切り
事務系 (MLC)				
会計技術職	4	NCTSFE-002-09	I, II, III, IV	Dec. 1, 2008
技師職 (電気)	7	FEC-CI-001-09	I, II, III, IV	Jan. 12, 2009
技師職 (環境)	7	SRFJRC-161-08(R)	I, II, III, IV	Dec. 1, 2008
技師職 (一般)	7	FEC-CI-006-08(R)	I, II, III, IV	Dec. 8, 2008
技師職 (一般)	7	FEC-CI-003-08(R3)	I, II, III, IV	Jan. 6, 2009
技師職 (機械)	7	SRFJRC-115-08(R)	I, II, III, IV	Dec. 16, 2008
技師職 (船舶技師)	7	SRFJRC-024-09	I, II, III, IV	Jan. 26, 2009
エンジニアリング専門職 (建築)	6	FEC-PRY2-002-09	I, II, III	Jan. 29, 2009
エンジニアリング専門職 (建築)	6	FEC-PRY2-001-09	I, II, III, IV	Jan. 12, 2009
エンジニアリング専門職 (電子)	6	NCTSFE-001-09	I, II, III, IV	Dec. 8, 2008
エンジニアリング専門職 (環境)	7	FEC-PRY41-001-08(R)	I, II, III, IV	Jan. 14, 2009
通訳翻訳職	5	SRFJRC-029-09	I, II, III, IV	Dec. 9, 2008
法律顧問職	7	TSO-02-06(OUF)	I, II, III, IV	毎月1日、15日
監督情報処理技術専門職 (顧客サポート業務)	7	SRFJRC-132-08	I, II	Dec. 3, 2008
翻訳職	6	SRFJRC-014-09	I, II	Dec. 12, 2008
労務要求事務職	4	NCTSFE-004-09	I, II, III, IV	Dec. 9, 2008
事務系 (IHA)				
パウチャー検査職	4	NEX-705-09(A)	I, II, IV	Dec. 10, 2008
技能系 (MLC)				
船舶電気工	7	SRFJRC-025-09	I, II, III, IV	Dec. 8, 2008
重車両運転手	6	FEC-PRY33-001-09	I, II, III, IV	Dec. 9, 2008
船舶整備工・フォアマンA	7	SRFJRC-072-08(R5)	I, II, III, IV	Jan. 26, 2009
塗装工	6	SRFJRC-030-09	I, II, III, IV	Dec. 9, 2008
発電所電気工	7	FEC-PRY32-001-09	I, II, III, IV	Dec. 2, 2008
電話中央局整備工	8	NCTSFE-003-09	I, II, III, IV	Dec. 2, 2008
倉庫係	4	DECA-3-09	I, II, IV	Dec. 4, 2008
技能系 (IHA)				
エキップメントメンテナンスメカニック	7	MWR-35-08(R)	I, II, III, IV	Dec. 19, 2008
保安系 (MLC)				
緊急活動隊派遣職	4	RDC-02-08(R2)	I, II, IV	Dec. 3, 2008

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

- I: 部署/部隊内従業員 - 募集を出している部署または部隊に勤務している方の中から選考する場合があります。範囲は最も狭いものです。
 II: 現MLC/IHA従業員(通勤圏内) - 在日米軍施設の従業員で、募集する地区の通勤圏内の方。具体的には、横須賀を中心に、厚木、座間、ニュー山王東京、横田基地までが該当します。
 III: 現MLC/IHA従業員-日本全国の在日米軍に勤務する方です。三沢、岩国、佐世保、沖縄が含まれます。
 IV: 外部-在日米軍施設の従業員ではない、完全に外部の求職者の方です。

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

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



最近では小栗忠順の業績を評価する関連書は数多く出版されている。遣米使節監察役小栗忠順(遣米当時)の鋭い頭脳と行動力は米国民を驚かせ、且つまた尊敬を集めた。フィラデルフィア造船局でのエピソードは語り草になっている。

写真：河辺雄二、CFAY広報課

City of Yokosuka hosts VERNY-Oguri Memorial Ceremony

Story and photo by Yuji Kawabe and Fumiyo Sato, CFAY Public Affairs

The City of Yokosuka hosted the 57th VERNY Oguri Memorial Ceremony at Yokosuka's VERNY Park Nov. 15. This annual event began in 1952 to honor the good deeds of Oguri Kozukenosuke Tadamasu and François Léonce VERNY.

Approximately 300 people including Yokosuka Mayor Ryoichi Kabaya, Commander Fleet Activities Yokosuka (CFAY) Capt. Daniel Weed and other base leaders attended the ceremony. Deputy Mayor Reza Salami of the city of Brest in France and French National Defense Officer Jean-Marc Gerbier also attended the ceremony. Brest is Yokosuka's sister city.

This year is the 150th anniversary since Japan started cross-cultural exchanges with France. Yokosuka was a poor fishermen's village; however, VERNY and Oguri's accomplishment contributed to the city's modernization and development. Oguri made efforts to establish the Yokosuka Iron Works (shipbuilding facilities) with assistance of the French government, while VERNY took the lead in the construction of the shipyard and dry docks.

The first VERNY and Oguri's statues were built in Yokosuka's Suwa Park in 1921.

Because metals were in short supply during World War II, the statues were donated to the country. In 1952, the second statues of VERNY and Oguri were completed and set at Rinkai Park (currently VERNY Park).

Oguri was born in Edo (present day Tokyo) in 1827. Near the end of the Edo period (1603-1867), Oguri worked for the Tokugawa Shogunate and held prominent positions as minister of finance and minister of foreign countries. In 1860, Oguri traveled to the United States as

the assistant chief of the first Japanese mission to visit the United States to exchange ratifications of the Japan-US friendship and Trade Treaty. After finishing his mission in the United States, Oguri's group traveled around the world. His visit to developed countries made

Oguri's efforts until Japan defeated the Russian Baltic Fleet in the Russo-Japanese War in 1905. "We couldn't have defeated Russia if Oguri hadn't made the shipbuilding facilities in Yokosuka," Commander of the Grand Fleet Heihachiro Togo commented after the victory, according to historical documentation. Additional historical documents state that former Japanese Prime Minister and founder of Waseda University Shigenobu Ohkuma also praised Oguri, saying "Yokosuka's naval shipyard was established because of his great efforts."

Since most of Japan's modernization was planned and promoted by Oguri, the general public recognizes him as the father of Japan's modernization and one of the best minds near the end of the Samurai era.

François Léonce VERNY was born in France in 1837. Dispatched to Ning-Po in China as an engineer for the French Navy in 1862, VERNY engaged in building four gunboats, as well as a shipyard for the Chinese Navy. In 1865, at the age of 27, VERNY was sent to Japan by French Minister Leon Rocche in response to a request from the Edo Shogunate to build a modern arsenal in collaboration with the French.

After the groundbreaking ceremony of the Yokosuka Iron Works in 1865, VERNY went on to build several lighthouses in

Kannonzaki, Jougashima, Nojimizaki, Shinagawa and the Hashirimizu Channel while continuing as chief engineer in the construction of the shipyard and dry docks in Yokosuka. His mission ended in 1876, when the Japanese took full control of the operations.

Although 143 years have past since VERNY and Oguri made their contributions to the modernization of Japan, their accomplishments and achievements are continually remembered and respected by many people today.



Yokosuka Mayor Ryoichi Kabaya places a wreath of flowers prior to the start of the VERNY Oguri Memorial Ceremony held at Yokosuka's VERNY Park Nov. 15. Approximately 300 people attended the ceremony.

Oguri realize Japan needed to develop a shipbuilding capability for its country's modernization and set forth to build the Yokosuka Iron works.

Despite resistance, Oguri continued to carry out various plans for Japan's modernization. During an unstable transition period from the Samurai era to a modernized society, Oguri was killed without fulfilling his life ambition of modernizing Japan.

Since the Meiji Restoration, the public had not realized

CFAY co-generation plant officially opens for business

Story and photo by Mark Elrod, CFAY Public Affairs

With a snip of the ribbon, Commander Fleet Activities Yokosuka (CFAY) officially opened its new co-generation plant during a ribbon cutting ceremony Nov. 12.

The co-generation (Co-Gen) plant project took more than three years to complete.

"A ribbon cutting, normally, is to commemorate the end of a successful project," said Noresco Project Management Director Brian Neely. "In the case of an ESPC (Energy Saving Performance Contracting) [project], it's kind of just the very beginning of a long-term relationship. That's the 20-year service phase that we're going to go into."

"Over the next 20 years in a joint effort between NAVFACFE (Naval Facilities Engineering Command, Far East) utilities department and Noresco Energy Advance, were going to own, operate, maintain, keep this plant running and making steam and power for the plant," Neely said.

There were a few things that posed unique obstacles to completing the project with in the scheduled three-year timeline, such as the language barrier between contractors who speak different languages and having to build a power plant that would generate both 50 and 60 hertz electricity.

"This is one, if not the largest ESPC project every completed," said Noresco Construction Service Vice President, Jerry Riley. "It was large; it was complicated; it was

time sensitive; it was mission critical and it involved such a wide range of entities and individuals that all had to come together to serve a common objective."

"We had a milestone at the end; we had a mission to serve. I think we met that mission," said Neely. "We've got a long way to go working that mission to continue over the next 20 years."



(Left) Noresco Construction Service Vice President Jerry Riley; Noresco Project Management Director Brian Neely; CFAY Commanding Officer Capt. Daniel Weed and NAVFAC Far East Commanding Officer Capt. Christopher Kiwus cut one of five ribbons to celebrate the opening of the CFAY co-generation plant during a ribbon cutting ceremony Nov. 12.

The Co-Gen plant is expected to greatly increase energy efficiency at CFAY, which will use expanding gases from combusted fuel to turn turbines to create electricity, according to NAVFACFE Resource Efficiency Manager Michael Gabiga.

"This project more than doubles the amount of 60 hertz power, which is the power that the ships use, and more than doubles the power at CFAY," said NAVFACFE Commanding Officer Capt. Christopher Kiwus. "Also, this is going to be done at a cost savings and it's very friendly and very good for the environment. So, there are all kinds of benefits to this project. It's a fantastic project. The results of this project are phenomenal."

"It's just an incredible accomplishment," said Neely. "The whole construction was just an amazing effort and sort of made the development element pale in comparison. I will forever hold a debt of gratitude and respect for all the folks who really made that happen."

USNH Yokosuka nutritionist educates shipboard Sailors

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

How many calories do you burn in your sleep? How many fluid ounces of water should you drink each day? Sailors aboard USS Blue Ridge (LCC 19) learned the answers to these questions and more during a visit Nov. 13 in the ship's wardroom from the only Navy nutritionist in Japan.

Lt. Amit Sood, a clinical dietician stationed at U.S. Naval Hospital (USNH) Yokosuka, energetically communicated to crew members in attendance the key contributing factors to maintaining a healthy body.

A few points Sood wanted to stress to the Sailors were: meals should be spread out over the course of the day in four to six small meals instead of one or two large high calorie meals; Sailors should commit to an exercise routine that involves elevating the heart rate for at least 30 minutes continuous, at least three to four times a week; and integrate healthier foods into their diets like fish instead of beef or fruit instead of snack foods like potato chips and cookies.

Sood, who's specialty is sports nutrition, said he is often approached by patients who want to increase their muscle mass. "I had a patient come to me once and tell me, 'I want to look like that guy from the movie '300' but I've tried everything and can't seem to make any gains.' Gaining muscle mass is a science. You just have to eat and exercise in a regimented way in order to get the results you want," said Sood.

Sood shared several simple statistics and calculations for the Sailors to use when trying to determine how many calories they consume a day, how much water they need to drink and how much protein they should consume.

"On average, a person burns about 2,500 to 3,000 calories in a 24 hour period—with about 350 to 400 of those calories being burned during your sleep," said Sood. "To determine how many fluid ounces of water you need to consume daily take your body weight and divide it by two. The same calculation works for determining protein

intake for an active person. However, you must consider that just by eating a balanced diet you are probably already consuming about 90 grams of protein and your body can only absorb so much protein at a time so often we see people wasting money on supplements they don't need

Sailors on board is that they have gained weight since they have been stationed on the ship, so I want to make sure they are educated about what food choices to make and about proper portion sizes to help reverse that trend."

Danforth said he hopes that the information provided by the dietician will empower the Sailors to make healthier decisions. "With knowledge comes power and if you're more knowledgeable about the appropriate food choices to eat and how to exercise appropriately than that will give you longevity throughout your years in the Navy and beyond."

Ensign Alexander Allen is a health conscious Sailor stationed aboard Blue Ridge who attended the nutrition training. He said he is fairly knowledgeable about nutrition and exercise but that having the opportunity to learn from a specialist was a valuable experience.

"This was a great opportunity for the crew to talk with a professional—especially considering we are in Navy because fitness is extremely important in our culture and for our jobs that we stay physically fit," explained Allen.

"Living on a ship can make it difficult to eat regularly, sleep regularly and exercise due to job obligations like watches and normal work flow, so I guess sometimes

you need a professional to come in and give you some advice on how to work around some of those obstacles we face," said Allen.

Allen continued, "I would recommend to any command that they should schedule a visit with Lt. Sood and take advantage of his services. In the civilian sector you would pay big money for nutrition education services like this, but that's just one of the great things about the Navy is we actually have specialists come to us!"

The visit by Sood was capped off with some questions and answers from the crew as well as a short quiz to test the newly informed crew's knowledge about nutrition.

Before Sood concluded his training he offered several nutrition Web sites, such as www.mypyramid.gov, as resources for the Sailors to research so they can begin planning healthy lifestyles for themselves.



Clinical Dietitian Lt. Amit Sood from U.S. Naval Hospital Yokosuka teaches USS Blue Ridge (LCC 19) Sailors about healthy living through maintaining a well balanced diet and a regular exercise regiment in the ship's wardroom Nov 13.

because they don't take the time to educate themselves about nutrition science."

To help inform the fleet about nutrition, Sood said he makes several visits to commands throughout the Kanto Plain of Japan to share his knowledge and passion about healthy living to whoever requests his assistance. "I'll usually have someone come into my office requesting information and I'll ask them if they need me to come out to their command or I'll get a random e-mail requesting training."

Cmdr. Michael S. Danforth, Blue Ridge medical doctor, invited Sood to speak to his Sailors. Danforth knows the importance of healthy living as he has seen the complications that can occur as a result of poor diets and a lack of exercise.

Danforth said, "One of the main concerns I hear from

Take control of your stress and take back your career

By LIFELines Service Network

Do you wake up in the morning wishing your alarm clock hadn't gone off? Do you feel anxiety about having to leave the house to go to work? At work, do you count the minutes until you can clock out and leave the office? Does the idea of quitting work to collect unemployment appeal to you more than going to work?

These are all typical signs of job-related stress. You can often recognize work-related stress by behavioral changes that occur in your work life as well as your home life, for example, becoming grouchy or short tempered the morning of a meeting or a presentation.

All jobs have some degree of stress. It does not matter if you are a secretary, a nurse, a lawyer, a clerk or a gardener. Don't allow yourself to believe that only your current position has related stress. The National Institute for Occupational Safety and Health has studied stress at work, how to recognize it and tips for prevention.

A few of the common causes of work-related stress can be, but are not limited to, inadequate communication, organizational change, shifting work requirements, time pressure, work load, under-use of skills, poor equipment, emotionally demanding work (policeman, firefighter, etc.) and poor introduction of technology, just to name a few.

Physical symptoms associated with stress include headaches during high-pressure times, cold sweats, a general uneasy feeling while at work, fatigue and sleeplessness.

How to cope with stress at work. To help you manage job-related stress, try these steps:

- Getting organized can be the key element in tackling your stress. When things get hectic, we start to feel unsettled. Set your priorities. That will help you plan your day and figure out what you most need to do.

- Remember that you can only work a specific amount of time. Trying to fit 15 hours of work into an eight-hour day

will not prove to be productive.

- Realize that you are not perfect and you will make mistakes. Mistakes can be fixed.

- Don't try to do everything all the time. Keep a steady working rhythm and maintain a constant work level. This will help you get through your day.

- Try to maintain a positive attitude while working. Negative thinking drains your energy and motivation. Think positively about what you are doing. Congratulate yourself when you know you deserve it, even if your boss doesn't.

One great way to deal with job stress is to learn relaxation techniques that you can use right in your workplace. If your employer allows music in the work place, try using relaxation music (water flowing, sounds of the rain forest, etc.) as background music.

Take a few minutes to just close your eyes, think of something pleasant, and breathe deeply. Tighten your muscles in different areas of your body and then relax them.

Take a few minutes to leave your immediate work area/work station and go for a five-minute walk outside. It will remove you from the immediate stressor (the job place) and allow you a few minutes to collect your thoughts.

Learn simple stretching exercises to help release the tension of your neck and back muscles, which will help you to feel an overall relaxation. And above all,

exercise. Thirty minutes of exercise, three times a week, will do wonders for your stress and your health. Try walking; it doesn't need any special equipment except a good pair of walking shoes, its free, and almost everyone can do it.

Festival of Trees

Join us for the community holiday tree viewing complete with Santa Claus, entertainment and holiday treats Dec. 6 from 10 a.m. to 5 p.m. and Dec. 7 from 3 to 7 p.m. in the Commander Fleet Activities Yokosuka headquarters C-2 Auditorium.

Call 241-2209, 243-4731 or visit www.cfay.navy.mil/mwr for more information.

FISC arms employees with advice against holiday debt

Story and photo by Blake Vives, CFAY Public Affairs

Do images of Rudolph the Red-Nosed Reindeer put you in the holiday spirit and inspire you to shop for gifts for your family and friends? Well, that is exactly why the department store Montgomery Ward created him in 1939.

Sometimes, holiday shopping, as with any type of shopping trip, may be more costly than expected.

At a recent safety stand-down, U.S. Fleet and Industrial Supply Center (FISC) Yokosuka provided advice on how to avoid the pressure to overspend during the holiday season.

"In order to be financially responsible this holiday season, I think it's important to make a budget, make a list and stick to it, so that you don't live above your means," said FISC Command Financial Specialist, Postal Clerk 1st Class (SW) Maria Roldan. "Also, you can start planning early and that way you don't overspend."

While shopping, the most important behavior to avoid is impulse buying.

"Start planning for next year early and that way you don't ever over spend. You don't want to be paying for this holiday season until next year," said Roldan.

Keep in mind alternatives to expensive gift giving to save money. Consider giving less costly alternatives such as baked goods, handmade crafts, your talents or your time. Creating personal coupons is one imaginative way to give a thoughtful yet inexpensive gift.

"Instead of spending money this holiday some alternatives might be to cook for a friend or relative or make them something by hand," said Roldan.

A group gift exchange or even agreeing to buy and give gifts after the holiday season, are additional money saving techniques.

To prevent building debt, it is always best to buy presents with cash. If you must use a credit card, use the card with the lowest interest rate and pay it off within three months to avoid increasing the amount owed.

Roldan encourages people in need of financial planning assistance to seek it from their command financial specialist or the Fleet and Family Support Center. "If you do need help, there is help in place. Don't be afraid to come ask for guidance."

The Fleet and Family Support Center (FFSC) personal finance managers, Michael Spiltener and Rebecca Reimer are available for one-on-one financial consultations.



(Left) U.S. Fleet and Industrial Supply Center command financial specialist, PC1 (SW) Maria Roldan, discusses holiday money saving tips with PCSA John Gellhaus, after the Nov. 17 FISC safety stand-down, which featured holiday financial management advice.

Every month FFSC offers classes at Yokosuka, Ikego and Negishi, covering topics including budgeting, savings and investing, and credit management. Also, any command in need of a command financial specialist should contact Spiltener or Reimer to arrange training.

Call 243-3372 for more information or check out their Web site at www.cfay.navy.mil/ffsc/index.htm.

FISC Marine Detachment continues Toys for Tots campaign

By H. Sam Samuelson,
FISC Office of Corporate Communications

The Marines are doing it again - making Santa Claus look like a slacker and they couldn't be more proud.

Once again, FISC Yokosuka's U.S. Marine Liaison Detachment is supporting the annual U.S. Marine Corps Reserve Toys for Tots program, designed to get new, unwrapped toys into the hands of children who might otherwise miss the holiday season of giving.

Unlike Santa, the Marines are not waiting until Dec. 25, they're collecting now.

"From now through about the middle of December, we'll be coordinating the Toys for Tots program, and Toys for Tots events, in support of this activity," said Capt. Aaron M. Warby, officer in charge of the Marine liaison detachment.

In fact, the Toys for Tots events are just around the corner with a Toys for Tots barbeque Dec. 5 and a more 'upscale' art auction scheduled later in December.

But, of course the bottom line is toys, and the leading cause is children.

"The Marine Corps has been doing this since 1948," Warby said, "Some see the Marine Corps as a threat of force. But we are also a humanitarian force. I can think of no better way to win hearts and minds, even of enemies, when they see the compassion of our nation and the Marines hand out holiday toys donated by the

American people."

According to Warby, in the three years FISC Yokosuka's Marines have coordinated the program, more than 4,900 children in the Western Pacific have received toys.

"Marine are always actively involved in the community wherever they're stationed," Warby said. "Most people see only professional warriors. The Toys for Tots program shows the soft heart of the Marine Corps."

Warby said Marine Corps Reserve Toys for Tots bins are located at the Navy Exchange, Bowling Alley, banks, the community center and other locations throughout the base.

The FISC Yokosuka U.S. Marine Liaison Detachment provides logistics support for forward-deployed Marine forces in the Western Pacific. Marines have been stationed here for more than 35 years. Santa may have been around a bit longer, but the Marines don't mind helping the jolly old elf out a bit as the holidays near.

Lance Cpl. Samuel Joyce accepts a bagfull of toys during the Toys For Tots 5k Run at Commander Fleet Activities Yokosuka Nov. 14. A new, unwrapped toy can be donated at any of the Toys for Tots bins located at the Navy Exchange, MWR Bowling Alley, banks, community center and other locations throughout the base.

U.S. Navy photo by MCSN Charles Oki



**U.S. FLEET & INDUSTRIAL
SUPPLY CENTER YOKOSUKA HOLIDAY MAILING DATES**

HOLIDAY MAILING DEADLINES

To ensure timely delivery of holiday cards and packages by Dec. 25 to and from APO/FPO addresses and to international addresses, we recommend you mail your items by:

• Express Mail Military Service (three days)	Dec. 20
• First-Class Mail (Letters/Cards less than 13 ounces)	Dec. 11
• Priority Mail (More than 13 ounces)	Dec. 11
• Parcel Airlift Mail (PAL)	Dec. 4
• Space Available Mail (SAM)	Nov. 28

Ready. Resourceful. Responsive!

Mailing appointments for four or more packages available

Post Office appointments are now being accepted if you are mailing out four or more packages during this holiday season.

Appointments will be accepted through Dec. 20. No appointments scheduled on Saturday or Sunday.

Boxes must be properly packed and wrapped and customs forms filled out before the appointment.

Payment methods accepted include; cash, checks, or credit card (Visa, MasterCard and Discover).

For more information or to make an appointment contact:

For Yokosuka:
PC1 Parks or PC2 Jourden
243-9828/5486

For Ikego:
PC2 Henderson
246-8024/8051

For Negishi:
PC2 Woods
242-4114

Japanese, American students send care packages to troops

Story and photo by Emma Gallimore, Seahawk contributor

Life in a war zone is about to become a little more bearable, thanks to 120 Japanese and American children.

The pupils from Antoinette Springer's English Language classes are joining with The Sullivans School first-graders taught by Debra Duke to send care packages to troops fighting in Iraq.

Annually, since opening her school four years ago, Springer has helped her pupils to do a service project during the holiday season.

Until this year, they collected toys for the Mother's A and B, a Japanese organization that serves disabled children. This year, Mother's A and B went out of business and Springer was left searching for a new charity.

Then the mother of one of her pupils recommended that they help an American organization.

"When it was suggested I wasn't sure how it was going to be received," Springer said. She had always assumed she should focus on Japanese organizations. She was wrong. "Nobody even batted an eye," said Springer.

Springer knew the brother of a soldier who was

killed in Iraq two years ago. She decided to focus on that soldier's unit.

"Having lost [someone], already, the soldiers probably needed the morale boost," Springer said.



Students from Debra Duke's first-grade class at The Sullivans School prepare care packages to send to troops in Iraq.

Soon the project had grown far beyond Springer's expectations. She said, "My whole house is overtaken by

all of this stuff."

So far she has enough for at least 12 boxes and they are still collecting. They plan to start sending packages out this week.

Springer's twin sons, Jackson and Aiden, wanted to be involved too, so they asked if their class could help collect. The two large boxes in their class room are filling rapidly. "I just think it's good," Duke said. "That the kids realize what is Thanksgiving all about? What is Christmas all about?"

Both groups will send letters too. Springer recalls the care 8-year-old Miyo Yamaguchi took in writing her letter in English. "She kept holding it up and asking, 'Do you understand?'"

The families believed they should send more than food and toiletries.

"They needed to express their hope that there wouldn't be a need to continue to do this forever. That there wouldn't be war anymore," said Springer.

Yuki Muramatsu took charge to organize the making of 1000 origami cranes to be sent with the packages.

Muramatsu explained the symbolism to Springer, "It is one hope, one hope for peace and safety."

Springer has already made plans to begin another collection next April. Contact Toni Springer at springersm_2000@yahoo.com for more information.

Connecting the dots: Annual performance payouts with NSPS

By Bill Shea,
CNFJ Regional Human Resources Office

You've worked hard all year long and met your job objectives, but you feel a little uncertain on how pay pools are funded and how they relate to your overall performance payout. Well, don't worry, your Regional Human Resources Office is here to assist.

Employees under the National Security Personnel System (NSPS) have the possibility to receive a pay increase based on their performances throughout the year. The NSPS system is a pay-for performance system designed to compensate and reward employees based upon individual and/or organizational performance contributions. The increase may either be in the form of a salary increase, a bonus or a combination of both, at the pay pool panel's discretion.

The primary purpose of the pay pool panel is to provide a layer of review and accountability to ensure that rating officials have adequately and appropriately described and rated their employees' performance. They do this by making comparisons of job objectives, assessments and recommended ratings of record to standardized performance indicators and benchmark descriptors. If during this process information in the evaluation or recommendation is unclear or inconsistent with the description of standardized performance

indicators, benchmark descriptors or assigned ratings, panel members may confer with your rating official to seek clarification.

When pay pools are deciding on the number of shares, panel members may consider the employee's performance, component guidance and pay pool business rules. Similarly, when they are deciding whether to give a base salary increase, a bonus or combination of the two, component guidance and pay pool business rules may also be considered.

There are two fundamental things to understand about pay pool funding:

- NSPS does not change how much money is available for civilian pay increases and bonuses. It changes the process for how that money is paid out.
- The pay pool money is protected. It can be used only for performance-based compensation.

Once the pay pool process is completed, the pay pool manager notifies rating officials of the results. In turn, rating officials meet with their employees to discuss their performance and final rating of record, share allocation and payout. Payouts of share allocations occur in January of each year.

The NSPS performance management system includes safeguards to protect each employee. If an employee disagrees with their final rating of record, they are encouraged to first discuss their concerns with their

rating official. If after the discussion with their rating official they still have concerns, an employee may request a review of their final rating of record by the pay pool manager. If after this review an employee still feels that the rating is incorrect, they may request a review by the performance review authority (PRA) or the PRA designee. The decision of the PRA or their designee is final.

Please note that there are timelines associated with when requests for reconsiderations may be submitted. For more information pertaining to the timelines, please contact your supervisor or contact your performance management consultant at your servicing Human Resources Office.

Organizational performance starts and ends with each individual employee. In turn, each employee's valuable contributions ensure that Department of Defense is able to achieve its mission. The primary purpose of the NSPS performance management system is to support each employee's development, and value the contributions each employee has made throughout the year.

So now that you understand how the process works, enjoy the performance payouts you receive—they are well deserved! If you have any questions related to performance management and/or the pay pool process, please contact a performance management consultant at your servicing Human Resources Office.

2008 COMBINED FEDERAL CAMPAIGN-OVERSEAS

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See your CFC representative or visit
www.efcoverseas.org
TODAY

*CFAY needs your help to make our GOAL,
The challenge is great - but the need is greater.
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CFAY's progress toward our goal of \$265,549

Together we can exceed last years contributions

Have something to say?

Break through and be heard.

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<http://ice.disa.mil>

Head's Up Yokosuka! Community Announcements

AFN Eagle 810 Radio Service Interruption – The Armed Forces Network (AFN) Tokyo Radio Station Eagle 810 will be off-the-air 8 a.m. to 4 p.m., Dec. 2 and 3 for maintenance. E-mail to afn.eagle810@yokota.af.mil for more information.

Navy Family Housing Yokosuka Bulk Trash Collection Service – Effective Dec. 1, bulk trash collection service for Yokosuka townhouse residents will be provided by calling 243-6558. The items can be left by the garbage containers located in the front enclosure. Please do not place your valuable personal items by garbage containers as they may be mistaken for trash. Contact the Housing Facilities Office at 243-9067 for more information.

USO Yokosuka Cookie Caravan – USO Yokosuka will be hosting a Cookie Caravan Dec. 8 to 11. USO Yokosuka will provide all the ingredients to make homemade cookies but just need the bakers to bake them. The homemade cookies will be distributed to single and unaccompanied Sailors on Yokosuka Base. If you would like to volunteer your baking services for this festive event, please call 241-4895. Help the USO bring a touch of home to our Yokosuka Sailors!

USO Yokosuka and Boeing Holiday Bash – USO Yokosuka and Boeing are hosting The Boeing Holiday Bash from 11 a.m. to 3 p.m., Dec. 14 at the red brick area in front of the commissary. Enjoy free food, games and prizes. The event is open to all Status of Forces Agreement (SOFA) personnel. Contact Juliet Bucayu-Domingo, country director, USO Japan at 241-4893 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 dofhfsurvey@celassociates.com. You will receive a survey code which will allow you to complete the survey online.

The Chapel of Hope cordially
invites you to an evening
of music and fellowship!

INTERNATIONAL CHRISTMAS CELEBRATION

Sunday, Dec. 14 at 5 p.m.

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

CFAY Holiday Greetings!

**Come share your
holiday cheer
on channel 12!**

What: TV Holiday Greetings on Channel 12.

Who: All hands, SOFA Family Members, MLC employees.

Where: CFAY production studio, Bldg. C-5 room 217.

When: By appointment, Nov. 24 – Dec. 15.

Dress: Working/Service Dress Blues or business casual.

Contact Tony Hill at 243-5109 or ronald.hill@fe.navy.mil for more information.

Giving thanks

By Chaplain William M. Stewart

By the time you read this, if you are anything like me, you are probably already growing feathers from the amount of turkey you have consumed! There really isn't anything like a good feast on Thanksgiving Day. Those pilgrims sure did start a good tradition! The food is always wonderful, but it's much more than that for sure; it's who we are enjoying Thanksgiving with.

The background of Thanksgiving in America has always fascinated me. It all started in 1621 when the pilgrims shared an autumn harvest feast with the Wampanoag Indians in Plymouth. In some ways it was different, but in many, still the same. The feasts didn't consist so much of vegetables like our mash potatoes, green beans and stuffing, but more of meat. Venison and various types of wild fowl would have been the centerpiece cuisine. Many familiar spices we see used in modern Thanksgiving cooking were commonly used then as well though, like cinnamon, ginger, nutmeg and pepper. And like many of us today, at least for thanksgiving, the largest meal during the time of the Pilgrims was around noon, referred to then as dinner, or the noon meat.

Although not eaten so much at the feast itself, various vegetables and crops were actually one of the main reasons for celebration. To have a bountiful harvest in autumn meant literal survival through the very harsh winters the pilgrims and Indians faced in that area. Giving thanks to God for food was the same as giving thanks to God for the gift of life!

One of the greatest stories ever told about the bounty God bestows upon us is found in the Gospels. It is here that we find literally thousands of people hungry, but with very little food. Before Jesus performs the miracle of feeding the multitude with a few loaves of bread and a few fish, He made a point to show everyone there that no matter what the circumstance may be, we should always give thanks to God for what we do have. That God will indeed provide for our needs in time of need and for that we should always be grateful and give thanks to him who blesses us daily.

My prayer is that each of you had a wonderful Thanksgiving Day celebration and that it will continue throughout the year. That the day held within it a special meaning - one of giving thanks for so much we are blessed with; our incredible abundance of food, our warm houses and clothes, our incredible technology that grants us conveniences that would baffle the mind a century ago, certainly our loved ones and most important, the gift of life itself. May God bless you all . . . I am truly thankful for you!

Then he took the seven loaves and the fish, and when he had given thanks, he broke them and gave them to the disciples, and they in turn to the people. They all ate and were satisfied. Afterward the disciples picked up seven basketfuls of broken pieces that were left over. The number of those who ate was four thousand, besides women and children. – Matthew 15:36-38

Pet of the Week



This week's Pet of the Week is Blinkey. Blinkey never sleeps for long and when she is awake is very sweet but a little shy. Blinkey is looking for a quiet and loving home without small children. To find out more about Blinkey 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. If you are thinking about adopting a pet from P.A.W.S this holiday season, please plan ahead. Applications take one week to process. P.A.W.S. will be closed Dec. 25, 30 and Jan. 1.

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.

Club Operations Division

Lead Cook – NL-08, \$13.56/hr. CPO Club (1 RFT).
Food Service Supervisor – NF-03, \$11.47-\$13/hr. Club Takemiya (1 RFT).
Night Operations Manager – NF-03, \$10.54 - \$15/hr. Club Alliance (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 (1 RFT/2 Flex), 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 (4 RFT/1 Flex), Club Takemiya (1 RFT).
Waiter/Waitress – NA-03, \$8.96/hr. O' Club (1 RFT/5 Flex), CPO Club (2 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/1 Flex), Club Takemiya (1 Flex), Club Alliance (2 Flex), O' Club (3 Flex).
Cashier – NF-01, \$7.50-\$9.50/hr. CPO Club (1 RFT), O' Club (1 Flex).
ID Checker/Security – NF-01, \$7/hr. Club Alliance (6 Flex).

Support Activities

A/C Equipment mechanic – NA-08, \$12.32/hr. Maintenance (1 RFT).

Child Development Program

Program Assistant – CY-02, \$9.18/hr. Main CDC (1 Flex), Ikego (2 Flex), Hourly (1 Flex), Negishi (1 Flex).

Community Activities Division

Regional Child and Youth School Liaison – NF-04, \$40,000-\$65,000/annum. CNFJ Yokosuka (1 RFT).
Teen/Open Rec Coordinator – NF-04, \$31,500-\$50,000/annum. Community Activities (1 RFT) – Open to current eligible APF/NAF employees worldwide.
Supervisory Recreation Specialist – NF-03, \$22,500-\$32,000/annum. Ikego Youth Center (1 RFT). Worldwide recruitment.
Supervisory Recreation Specialist – NF-03, \$22,000-\$32,000/annum. Community Center (1 RFT).
Recreation Assistant – CY-02, \$9.18/hr. Youth Center – Yokosuka (5 Flex); Negishi (1 Flex), Teen Center (5 Flex).
Recreation Assistant – NF-02, \$8.39/hr. Wood Hobby Shop (1 Flex), Youth Sports – Yokosuka (2 Flex).
Cashier – NF-01, \$6.55/hr. Bowling Center Snack Bar (1 RFT/1 Flex).
Recreation Aide – NF-01, \$7.25/hr. Bowling Center (2 Flex).

Recreation Division

Recreation Assistant – NF-02, \$8.39/hr. Outdoor Recreation – Customer Service (2 Flex).
Paintball Attendant – NF-01, \$7/hr. Ikego Campground (1 Flex).
Recreation Aide – NF-01, \$7/hr. Single Sailor Center (1 Flex).
Field Maintenance Worker – NA-05, \$10.35/hr. Athletics – Yokosuka (2 RFT/2 Flex).
Recreation Assistant – NF-02, \$8.39/hr. Adult Sports (1 Flex).

Athletic Division

Duty Manager – NF-02, \$8.39/hr. Athletics (2 RFT).
Clerk Typist – NF-01, \$7.50/hr. Athletics (1 Flex).
Gear Issue Attendant – NF-01, \$6.55/hr. Athletics (1 RFT/3 Flex).
Swim Instructor – NF-02, \$10/hr. Aquatics (1 RFT/10 Flex).
Lead Lifeguard – NF-02, \$8.39/hr. Aquatics (1 RFT/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

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>.

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

New

Claims Technician – YB-998-1, NH-157-08. Open: 11-19-08, Close: 12-3-08.
Dental Assistant – YI-681-1, NH-156-08. Open: 11-19-08, Close: 12-3-08.
Education and Training Technician – YB-1702-1, CFAY-162-08. Open: 11-21-08, Close: 12-04-08.
Human Resources Technician (Staff/Class) – YB-203-01/02, CNRJ-160-08. Open: 11-20-08, Close: 12-04-08.
Human Resources Technician (Staff/Class) – YB-203-01/02, CNTRJ-163-08. Open: 11-21-08, Close: 12-22-08. *Duty Location: Okinawa.
Medical Records Technician – YB-675-1, NH-159-08. Open: 11-19-08, Close: 12-3-08.
Medical Support Technician – YB-679-1, NH-155-08. Open: 11-19-08, Close: 12-3-08.
Pharmacy Technician – YI-661-1, NH-158-08. Open: 11-19-08, Close: 12-3-08.

Continuing

Child Development Training and Curriculum Specialist – YA-1701-2, CFAY-146-08. Open: 11-14-08, Close: 12-8-08. *Japan wide.
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).
Safety and Occupational Health Specialist – YA-0018-1/2, CFAY-150-08. Open: 11-14-08, Close: 12-01-08.

NEX Positions

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

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

Food Delivery Operator. 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/annual (1 RFT)
Food Service Workers. NA-2 – Food Services. \$8.28-\$9.66/hr. (16 Flex)
Room Attendant (Housekeeping). NA-2 – Navy Lodge. \$7.95-8.63/hr. (3 Flex)
Sales Clerk. NF-1 - Fleet Rec Center. \$6.55-\$8/hr. (1 RPT)
Customer Service Clerk. NF-1 – Main Store. *\$8.25-\$9/hr. (2 RFT)
Sales Clerk. NF-1 – Main Store. *\$6.55-\$8/hr. (4 RFT, 3 RPT, 9 Flex)
Specialty Sales Clerk. NF-1 – Main Store. *\$7-\$9/hr. (2 RFT, 1 RPT, 4 Flex)
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 Flex)
Store Worker. NA-2 – General Warehouse. \$8.28-\$9.66/hr. (1 Flex)
ID Checker. NF-1 – Main Store. \$6.55-\$7.50/hr. (1 Flex)
Personalized Service Clerk. NF-1 – Fleet Rec. *\$7.25-\$8/hr. (1 Flex)
Equipment Rental Clerk. NF-1 – Rental Center. *\$7-\$8/hr. (1 Flex)
Hair Stylist. NA-7 – Beauty Salon. Commission. (1 RFT, 1 Flex)
Flower Shop Courier. Flower Shop. \$6.55-\$8/hr. (1 Flex)
Inventory Supply Clerk. NF-2 – Distribution Center. *\$8.39-\$11/hr. (2 RFT)
Warehouse Worker. NA-4 – Distribution Center. \$9.66-\$11.27/hr. (1 RFT)
Security Guard. NF-1 – Loss Prevention. *\$7.50-\$9/hr. (1 RFT)
Manicurist (Nail Tech). NA-5 – Ikego. Commission. (1 Flex)
Supervisory Sales Clerk. NF-2 – Ikego Mini Mart. *\$8.39-\$11/hr. (1 RFT)
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
3rd MON Fellowship Program 1700

Japanese Women's Bible Study*

TUE Main Chapel/Fellowship Hall, Classrooms 0900

COMPASS Spouse Support Group

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

Men's Christian Fellowship

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

Negishi: Chapel of the Rising Sun
• 242-4183

Roman Catholic

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

Protestant

SUN Worship Service, Main Chapel 1030

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

Roman Catholic

SAT Vigil Mass 1900

Pentecostal

SUN Worship Service 1000

Adult Bible Study

WED Nikko Tower Party Room 1800

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

WED Ikego Elementary School 1630

Yokosuka Student Ministries (Middle School and High School)*

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

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

Fleet and Family Support Center

Congratulations on the birth of your baby!

Jason Troxel and Lilah Troxel are the proud parents of **CADENCE JUNE TROXEL** born, June 10, 2008 at 6:41 p.m., weighing 7 pounds 5 ounces.

Oliver Cabugao and Cheryl Cabugao are the proud parents of **MYRELLE HAYDEN CABUGAO** born, Nov. 12, 2008 at 5:08 a.m., weighing 7 pounds.

William Miskelly and Reiko Miskelly are the proud parents of **HANNAH MISATO MISKELLY** born, Nov. 13, 2008 at 4:13 p.m., weighing 9 pounds 5 ounces.

Michael WarnezPonton and Ethel WarnezPonton are the proud parents of **GAVIN JAMES PADAYHAG WARNEZPONTON** born, Nov. 14, 2008 at 7:25 a.m., weighing 8 pounds 5 ounces.

Steven Haynes and Alison Haynes are the proud parents of **JACKSON EDWARD HAYNES** born, Nov. 13, 2008 at 4:13 p.m., weighing 9 pounds 5 ounces.

If you'd like to see your baby announcement published in the Fleet and Family Support Center's section of the Seahawk-Umitaka, stop by our New Parent Support office in Bldg. 1558.

Classes This Week

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

Monday, Dec. 1

Area Orientation Brief and Intercultural Relations Class 8:45 a.m. (5 days): Dec. 1-5, this class will be held at the Benny Decker Theater.

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.

CASA – Communication, Anger and Stress Management, Assertiveness 2:30 p.m. (1.5 hrs.) four sessions
Developing Your Spending Plan 10 a.m. (1 hr.): Too much month at the end of the paycheck? In this interactive class, you'll learn the importance of a written spending plan.

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.

Holiday Spending 1:30 a.m. (1 hr.): Learn to develop a financial plan for holiday spending. Shop smart and spend your money wisely.

Labor and You 1 p.m. (5 hrs.)

Tuesday, Dec. 2

Boot Camp for New Dads 1 p.m. (3 hrs.):

Ikego – Japanese Culture Series – Japanese Craft for Adult 10 a.m. (2 hrs.): This class is a monthly craft class. The instructor will teach a variety of Japanese crafts such as Washi Eggs, Origami, etc.

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.

Wednesday, Dec. 3

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

Credit Management 12 p.m. (1.5 hrs.): We'll teach you all you ever wanted to know about credit – how to build it, how to maintain it, when to use it, how not to abuse it, how to obtain your FICO score, how to opt out of those annoying credit card offers you get in the mail, along with a few other things. We'll also discuss your defenses against ID theft.

Holiday Spending 11:30 a.m. (1 hr.)

Japanese Spouse Group 10 a.m. (2 hrs.): This class is conducted in Japanese.

Negishi – The Basics of Retirement Planning 11 a.m. (1.5 hrs.): 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.

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 – Sponsorship 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.

Negishi – Getting Started Teaching English 1 p.m. (1.5 hrs.): Learn how to get started teaching English in Japan.

Youth Enrichment Class – Decision Making (Middle school students) 3 p.m. (1 hr.)

Thursday, Dec. 4

Space A Travel / EML Brief 1 p.m. (1 hr.): Representatives from Yokota's AMC Terminal, and a U.S. Navy specialist on EML Travel will conduct this one and a half-hour brief. Travel tips and procedures will be explained in detail along with current flight schedules and destinations for Space A travel.

NMCRS' Budget 4 Baby 5 p.m. (2 hrs.): 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.

Thrift Savings Plan Overview 10 a.m. (1.5 hr.): 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.

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

Friday, Dec. 5

Effective Resume Writing 1 p.m. (2 hrs.)

Ikego – Ukulele Lessons 10 a.m. (1.5 hrs.)

Negishi – Kid's Craft Class 10:30 a.m. (1.5 hrs.): All ages are welcome and must be accompanied by an adult.

The Basics of Retirement Planning 10 a.m. (1.5 hrs.)

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

Upcoming Classes

Dec. 8 Area Orientation Brief and Intercultural Relations Class
Communication, Anger, Stress, Assertiveness (CASA); English as a Second Language

Dec. 9 Baby Basics; Employment Overview – Yokosuka Area; Welcome to Ikego

Dec. 10 CASA; Teen AOB/ICR

Dec. 11 Ikebana Class; Ikego – Play morning; Pre-marriage Seminar

Dec. 12 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

'03 Toyota Noah. JCI/inspection good through November 2010. Available Dec. 12 (negotiable). 36,000 km, one owner. Asking \$8,000. Call Bennett, 090-2640-4142/(045) 776-3988. benett.spence@yahoo.com.

'97 Toyota Surf. New tires, new battery, JCI good 'til August 2010. CD changer, navigator, power everything. \$4,500. Contact Mike, 080-5039-7375 or 241-2441.

'00 Chrysler Grand Voyager Millennium Edition. Heated leather seats, CD changer, power everything, snow tires. Many extras. \$6,500. Contact Phil, 246-8433, lawaiya@hotmail.com.

'93 Toyota Starlet. 4-dr, automatic, power windows/doors, CD player, JCI December 2010. Base and Japanese inspection November 2010. Great reliable car for Japan. Must sell! Asking \$1,500. Call Amanda, 090-9156-8662.

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 November 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.

Bargain cars, low mileage. Need a car fast? Give us a call! Tokyo Motors is here for your auto needs. Ph: 080-6517-8253, e-mail: info@tmotors.net. Web: www.tmotors.net.

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.

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

Motorcycles

'99 Aprilia RS-50/75 in mint condition!! Have installed several upgrades to the 50 cc engine using quality parts. Bike cover and wheel lock included. One original owner. Asking \$2,500. Call 080-6661-6801.

Services

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

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.

Friendly Japanese instructor teaching authentic Japanese language classes for survival Japanese and JLPT preparation. Please contact me today at: Mayumi@japanese-sensei.com, or visit my Web site at <http://www.japanese-sensei.com>.

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.

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 at 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.

Junking Service in 1 hr. or less. Also LTO service. 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 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 (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.

MorsePhotoStudio.com. Due to my pregnancy I can only take a few holiday photo sessions. The last day to take photographs is Dec. 5 until I can reopen my business again. Thank you all for your kindness and understanding. Sherry Morse, 080-6736-4961.

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

Not Enough Hours in the Day to Get It All Done? Let me help you! I offer weekly or biweekly appointments to clean your house. Call 090-4224-4674 for a free estimate.

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 Ms. Watanabe at: m-watanabe@sm-t.co.jp. Shin-ei Real Estate Co., Ltd. (TEL: 03-5722-4680).

Wanted

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

オンベ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.

Goover English School Looks for Teachers. ¥3,500/hr. We look for experienced native English teachers who live on military bases. Yokosuka, Ikego, Camp Zama, Sagami-hara Housing, Yokota, Negishi, Sagami Depot, Atsugi. Web site has more information. Apply now! <http://www.goover.co.jp/english/> E-mail: teacher@goover.co.jp. (042) 727-8508.

Teaching Job @ Home. Getting tired of job hunting? You can work at your on/off-base home teaching language, cooking, craft, etc. Visit: <https://yokosukalcen-d2.r-cms.jp/>. Contact 090-6505-1647/yokosukalc@gmail.com

Lost and Found

Lost three keys on orange/gold carabiner. Please call 090-9306-8662.

Announcements

Are You Looking for an Apartment or House to Rent? We cater to military needs. 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@heiseiyokosuka.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.

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.

House for rent. Off base. NO key fee, NO deposit, NO guarantor required. An old small house on a hill. \$900/month. Contact house owner: yamadatoshinori@yahoo.co.jp.

Shinjuku World Friends Christmas International Party, Dec. 6, 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@goover.co.jp.

Three bedroom apartment available. Large gas oven microwave, large refrigerator, three AC/heater units, secure entrance and parking. Harbor view. Base contract available. English speaking landlord. E-mail: arebee07@gmail.com. Phone 080-5412-2701.

TIF Special International Party Shibuya, Nov. 29, Saturday, 6:30-9 p.m., T's Salon 2F. Held by Japan's biggest international friendship site. Meet 300 people. Beer, cocktails and soft drinks are all you can drink! Snacks are also provided! ¥3,000. <http://www.tokyo-party.com>. Call 080-2001-0512, party@goover.co.jp.

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@nsedreams.com, or visit my Web site at: <http://anderson.nsedreams.com>.

YCC Gospel Choir "Gospel 2008 Joyful Christmas Concert" Date: Dec. 6, 2008 (Saturday). Place: Yokosuka City Cultural Hall/Bunka Kaikan (10 min. on foot from Yokosuka-chuo, Keikyū line). Time: Open 1:30 p.m. Curtain rise 2 p.m. Curtain fall 4 p.m. Director/Choir: Thomas Givens/YCC Gospel Choir CFAY Gospel Praise Choir Christian Far East Ministry. Seat: 1,100 seats, general admission. Admission fee: ¥500. Phone 241-2083.

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

Adoption

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

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

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(Left) Marine Col. Phillip Lark, Capt. Erik Keim, Staff Sgt. Emanuel Fortson, Lance Cpl. Jacob Twibey, Gunnery Sgt. Tony Smith, Maj. Van Davidson, Capt. Franklin Dixon and Capt. Jonathan Morris who are forward-deployed to Japan, pose in front of the battle of Tarawa Memorial on Tarawa, Republic of Kiribati Nov. 17 during their tour of Marine battle sites and to celebrate the 65th anniversary of the battle of Tarawa. Other sites visited during the tour included Guam, Guadalcanal and Wake Island.

Photo courtesy of Gunnery Sgt. Tony Smith



(Center) Fleet Reserve Association member Jon Oliver presents Kinnick High School (KHS) Principal Lorenzo Brown and KHS Varsity Cheerleading Coach Brynn Woods with a check in the amount of \$1,000 Oct. 22. The funds were donated to benefit the KHS cheerleaders for their trip to the Far East Cheerleading Camp in Seoul, Korea.

Photo by Amy Hunt



YN1 Stephen Beeman of Omaha, Neb., performs the 1.5-mile run portion of the Physical Readiness Test (PRT) on a treadmill, as CS1 Ronan Basat of Hollywood, Fla., tracks his time while underway aboard guided-missile destroyer *USS John S. McCain* (DDG 56) Nov. 15.

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



(Left) Lois Taitague-Smith, Michelle Vanabel and Evette Langham are introduced to Yokosuka City Mayor Ryoichi Kabaya by Mothers Association Chairperson Nobuko Kawana at a Nov. 12 forum for Japanese and American mothers sponsored by the city of Yokosuka. Kabaya addressed the forum which was designed to help mothers of various cultures discuss the different ways of how they raise their children.

Photo by Ben Avey

Konnichiwa!



Master Labor Contract employee Dive Locker Diver Shuhei Komatsu performs maintenance on a MK-21 diving helmet.

Photo by Yuji Kawabe

- Where do you work? SRF-JRMC.
- How long have you worked on base? Three years, four months.
- What is your favorite food? Yakiniku.
- What is your life goal? To live on a beachfront spread in Okinawa.