American Red Cross Yokosuka Chapter recognizes volunteers

Story and photo by MCSN Paul Kelly, Navy Public Affairs Support Japan

The American Red Cross Yokosuka Chapter held an awards ceremony at the Admiral Arleigh A. Burke Officer's Club at Commander Fleet Activities Yokosuka March 30.

The Yokosuka Chapter is comprised of 142 volunteers from a variety of backgrounds including active duty and retired military.

"We could not do what we do without our volunteers," said Jocelyn Townsend, director of the American Red Cross Yokosuka chapter.

The Red Cross which is a volunteer based organization. People, worldwide, have donated their blood, time, effort, and money to keep the Red Cross going, and in turn the training that the Red Cross has given its volunteers has helped to save others in times of need.

"You never know when an emergency situation is going to occur, and when something happens, you may be the only one" said Hal Davis, a retired Sailor, and volunteer of 30 years.

During the ceremony 42 of the volunteers received awards for their hours of service.

Every year the American Red Cross Yokosuka Chapter recognizes one volunteer in particular for their service and sacrifice. This year Candace Tamayori was recognized as the Yokosuka Chapter's Volunteer of the Year for her outstanding service.

"I didn't expect this award" said Tamayori, who volunteered more than 450 hours. "It wasn't something I was even considering. Everyone puts in time, and gives so much. I'm just happy that I am in a position to influence the lives of others for good."

Capt. Stephen M. Pachuta, commanding officer of U.S. Naval Hospital Yokosuka, speaks to the guest at an awards ceremony for American Red Cross Yokosuka chapter volunteers March 30 to recognize them for their outstanding service.

Helping service members prepare Family Care Plans: Requirements

From militaryonesource.com

Editors note: This is part three of a three part series.

If you were suddenly deployed, who would provide care for your children – or for an older relative who depends on you for care? Even if you were only away for a short time, on temporary duty or training, who would take over for you?

Nearly everyone in the military can benefit from a Family Care Plan that shows how your family is to be cared for in your absence,; in some cases you're required to create one.

DoDI (Department of Defense Instruction) 1342.19 addresses when a Family Care Plan is required, and each service branch has a corresponding directive that explains that service branch's guidelines.

Your commander or supervisor can tell you the available resources to help you create a Family Care Plan that meets your service branch's specific requirements.

These resources include your installation's Family Support Center and Legal Assistance Office.

When you have developed your Family Care Plan, you'll need to get it approved and keep it current. Here are some requirements to keep in mind:

It is your commander's responsibility tcounsel you on your Family Care Plan, and also to approve or disapprove it, verify that your caregiver agrees to his or her duties, and review your annual updates to the plan. The commander or a designated command representative should test the viability of the plan and make certain that it is complete in terms of forms, instructions, and listed contact information.

Active-duty service members have 30 days (Ready Reservists have 60 days) from the date of change in family situation to alert supervisors of the need to create or update a Family Care Plan. After that date, the service member has 60 days to submit an acceptable plan.

All service members are required to provide an annual written statement to their commanders certifying that their plan is up to date.

Updating your Family Care Plan. Each time there is a change in your family circumstances, you'll need to update your plan. Typical changes include new members of the family, a change in your marital status, or new responsibility for the care of a dependent family member.

You'll also need to update your plan if your caregiver is no longer able to care for your family in your absence.

Service members who are required to complete and update Family Care Plans but fail to do so are considered nondeployable. They can also be subject to disciplinary action or involuntarily separation from the service.

As you work on your Family Care Plan, keep in mind that its purpose is to provide for the safety and security of your family when military duty causes you to be separated. The time and energy you spend on putting it together now is time well spent.

The more information you provide in your plan about how you want your family members to be cared for, the easier it will be for your caregiver to provide the kind of love and support that you want them to have.

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"I was always intrigued by the surrounding ambience and the food," said Espinoza.

With European cuisine being his specialty, he has since broadened his horizons, in regard of taste, and finds Japanese cuisine to be one of his favorites.

"When I was younger, I had a negative image of Japanese foods," he said. "However, I began to explore a lot and look more into Japanese dishes. What I have found is that they their food is more simplistic and concentrate on fresh flavors and quality served in smaller portions."

Sailors have benefited much from his presence. The training they have received has been nothing short of encouraging.

"With Chef Espinoza's training, he has influenced me to focus more on getting back to the basics and brush up more on my skills," said Culinary Specialist Seaman Kevin James. "He wants us to focus more on attention to detail and to having that pride in our work to provide the best dish that we can possibly produce."

Also in attendance was Nile C. Kinnick high school Senior Megan Connor, who was on hand to train as a part of her school work study program.

"Just having the opportunity to be in the presence of a true Chef like Mr. Espinoza is awesome," said Connor, who has become increasingly interested in cooking since attending a culinary class during her sophomore year. "This is a rare chance to get real cooking training from someone of his stature that I will never forget."

In January of 2010, Espinoza formed Happy Heart Cuisine, which specializes in healthy alternative meals featuring food from around the world to fit today's lifestyle, and in March of the same year, he formed Funtainment Concepts, a concept and development group specifically designing various restaurant concepts to fit into today's changing market.

The executive chef is also an active member of the American Culinary Federation while also belonging to the International Association of Culinary Professionals.

"I have really enjoyed my time here in Yokosuka," said Espinoza. "Everyone has been courteous and hospitable. It has been a heartening experience being here and having the opportunity to train up and coming young Sailors."