Fleet Activities, Yokosuka, Japan

SEAHAWK 海鷹 UMITAKA

Serving Yokosuka Base for more than 50 years

Vol. LXIII, No. 17 www.cnic.navy.mil/yokosuka May 4, 2012

West Valley Adventure Day brings mud run to Ikego

Story and photo by Joe Schmitt, CFAY Public Affairs

Commander Fleet Activities Yokosuka Ikego Housing Detachment hosted Morale Welfare (MWR) and Recreation and Navy Fitness's West Valley Adventure Day at the Ikego campgrounds April 21. The day's main event was the "Muddy Buddy Run."

"We are showing off the campgrounds,"said Donna Carter, fitness coordinator for MWR and Navy Fitness. "We wanted to show all the things that we can do out here. We decided to do a mud run with obstacles and we made the day bigger by including other events and calling it West Valley Adventure Day."

This is the first year this has been coordinated and drew about 250 guests to the starting line of the run.

The idea for the run came from several requests from the community, stemming from an increase in the popularity of similar events in the states.

"Professional companies and some MWR facilities run these kinds of events in the states, we wanted take some of those ideas and make something we could do here," said Carter.

Runners in pairs or "buddies" did the course together starting with a run under spraying fire hoses through the tunnel leading to the campgrounds. Then, the runners went through sand pits, tires, sprayed with water guns, hurdles, climbed hay stacks and finally a crawled through a mud pit before the buddies crossed the finish line together.

Runners struggle to exit the mud pit obstacle, part of the Muddy Buddy run held during the West Valley Adventure Day April 21. The event coordinated by Morale Welfare and Recreation and Navy Fitness provided a family friendly alternative to traditional 5k runs.

Many of the contestants went through the course in costume. "Superman" and "Wonder Woman," school girls, monsters, pirates, M&M candies, and princesses all were seen slogging through the run.

"I was the first one to the mud pit and I messed it all up," said CFAY Commanding Officer Capt. David Owen. "These are always great events, great competition and camaraderie. This was a great one today, people from all ages came out, had some fun and get in the mud.

Carter explained that while the event was fun, its Navy Fitness' goal was to get people to exercise and participate in athletic activities.

Creative options like a mud run give people another opportunity they might not otherwise choose to do.

"We are always trying to find new ways to help people make healthy choices, to get off the couch and go do something more active," said Carter. "We are trying to find things where the whole family can participate like today. It was a run, but there were a lot of other things to go with it so kids and families came out, not just the regular runners we have at races."

Additionally, the West Valley Adventure Day had a climbing wall, slack rope demonstration and walking, games and a bonfire scheduled for later in the evening. Carter said she and her team intend to bring the event back next year.

Yokosuka Middle School partners with Self Help Seabees

Story and photo by Joe Schmitt, CFAY Public Affairs

Commander Fleet Activities Yokosuka (CFAY) Public Works Department (PWD) Self Help Seabees worked with students from Yokosuka Middle School (YMS) to build wood working projects April 18. The projects are part of program to increase the number of girls in Science, Technology, Engineering and Mathematics (STEM) career fields.

In an email, Ruth Russell, Navy Region Japan School liaison officer, explained that the CFAY STEM program won a grant from the National Science Foundation. After Michael Kassner, Ph.D. director, Office of Research at Office (Discovery & Invention) at the Office of Naval Research, made a speech requesting the foundation consider focusing some their conferences on highlighting the use of STEM in the Navy. Five naval bases were selected as locations for girls' STEM conferences. These conferences would aim to increase the number of females going into some of the STEM fields the Navy offers.

The Expanding Your Horizon's Network, is a non-profit organization of educators, scientists, mathematicians, parents, community leaders, and government and corporate representatives. They try to encourage young women to pursue STEM careers. The network named CFAY as of one of the five naval bases a location for the STEM conferences. The network also plans to dedicate $8,000 to the program in the first year, $6,000 in the second year, and $4,000 in the third.

Russell also explained that selecting middle school girls for the STEM conference gives them an idea what courses they would like to take in high school. If the girls choose to go on to college or a secondary school for a career in one of the STEM fields, they better their chances of getting accepted by choosing to take corresponding classes while in high school.

Locally, the YMS students visited several locations on base where they learned about different skills and jobs from professionals and leaders in their areas. A majority of the presenters were female and talked to the students about a future in a STEM related job or field of study.

Seabees from the PWD Self Help hosted the girls and made miniature Japanese lanterns. The wood working project emphasized the need for accuracy when measuring and following a design plan when constructing a project.

Commander Fleet Activities Yokosuksa Public Works Department Self Help Seabee Builder Contruction Apprentice Veronica Prado helps Gabriella Falvo, seventh-grade student from Yokosuka Ellementary School, put the finishing touches on a miniature Japanese lantern, April 18. The project is part of an initiative to get more girls interested in Science, Technology, Engineering and Mathematics programs.

"Seabees and the civil engineering corps encompass all of the four areas of STEM; the science, the technology, the engineering and the math," said Lt. Cmdr. Lakeeva Gunderson, PWD production officer. "I hope that the students learned how getting a good understanding, a good foundation in these areas will make them competitive in the rest of their years."

With time to spare after completing the lanterns, the Sailors took the students on a tour of their building and showed them all the different equipment and some of the work the Seabees do at Self Help.

"This totally helps me look at more things I can choose to do with my life, like everything needs math and this gives me the confidence to try things I didn't think I could do," and Maura Griego, one of the students. "Seeing other girls that made it using the same things we are learning, that gives me a good feeling for what I can do."

INSIDE

WARRIOR GAMES 2012

Navy–Coast Guard team names ultimate champion athletes

Team Navy–Coast Guard has chosen which athletes will compete for the title of Ultimate Champion during the 2012 Warrior Games May 1-5.

Pg. 4

CNFJ, CFAY partner up, provide suicide prevention training

Representitives from Commander Naval Region Japan and Commander Fleet Actitives Yokosuka Chapel of Hope provided suicide awareness training to the community April 26-27.

Pg. 10