CFAY Galley, Navy Fitness present new nutrition guidance

Story and photo by Joe Schmitt, CFAY Public Affairs

Navy Fitness personnel attended a meal at Command Fleet Activities Yokosuka's (CFAY) Adm. Matthew C. Perry general mess, or "Jewel of the East," Sept. 12. They were there to present the Navy's new nutritional guide call Navy Operational Fitness and Fueling Series (NOFFS).

According to the Navy Fitness website, "In 2009, Navy subject matter experts began reviewing the existing exercise programs to determine how to best improve performance and reduce training injuries among Sailors. Using input from Sailors, feedback was collected through focus groups, personal interviews and surveys from fleet Sailors, command fitness leaders, and health, fitness and nutrition professionals."

NOFFS focuses on how your body uses the food and drinks that you eat and turns them into energy, calling this process "fueling." It then categorizes your work or job and what exercise you should be doing. The combination of work, exercise and fueling is tailored to you and your fitness level. While that might sound complicated the NOFFS sorts that data out.

"Data showed a clear demand for a product that would eliminate the guesswork in developing workout programs for Sailors. [They want] complete balanced and evidence-based workout combined into one training program. Feedback also indicated the desire for a resource that is easy for Sailors to use, while being durable enough to function on operational platforms with typical space and equipment limitations."

Patrons eat at the CFAY general mess during lunch time Sept. 12. Navy Fitness is making a new program available called Navy Operational Fueling and Fitness Series that can help service members make better informed nutritional decisions.

The program is now being implemented at locations like the CFAY galley. Local Navy Fitness representatives John Benningfield and Nate Grubb handed out pamphlets that explained how the program could help Sailors who eat at the galley.

"We're doing some outreach to get people interested in the NOFFS, get the information out there and let them know what resources are available and answer any questions they might have," said Grubb. "We've been focusing on nutrition, there is a lot of information out there and it can be a little overwhelming. What the NOFFS do is really break that information down by giving you some really easy rules and steps to follow."

Navy Fitness continues to develop the program with plans to bring it to every galley on shore and ship across the world where the Navy operates.

"We are working to design different elements that will help people that want to do more specific things like building muscle mass or run marathons," said Grubb. "For today, we are getting the information out that will keep all Sailors fit and healthy, so they can continue to carry out whatever they are doing."

Sailors can contact Navy Fitness to find out what the program offers them or pick up a pamphlet from the galley.

Legal offices: New names, same services

By LTJG Nicholas J. Inns, Region Legal Service Office Japan

Commander, Naval Legal Service Command replaced the eight Naval Legal Service Offices (NLSOs) with four Defense Service Offices (DSOs) Oct. 1.

Currently, NLSOs provide defense counsel for courts-martial and administrative separation clients, personal representation advice for service members, and legal assistance services for Sailors, their families, retirees and some Department of Defense contractors.

Legal assistance services include wills and powers of attorney, and matters involving consumer, family, landlord-tenant, and predatory lending law.

After the Oct. 1 realignment, DSOs will focus solely on defense counsel and personal representation services, and will transfer responsibility for legal assistance services to the nine existing Region Legal Service Offices (RLSOs). The RLSOs will add legal assistance to their existing mission areas of court-martial prosecution and staff judge advocate advice to Navy commands.

This realignment is taking place to enable Naval Legal Service Command to meet the growing demands for legal services and continue providing quality military justice service in an increasingly complex legal and policy environment. These changes will allow the Judge Advocate General (JAG) Corps to focus the military justice caseload on a smaller group of more experienced litigators.

Realignment will also improve the JAG Corps's training for new judge advocates by more thoroughly preparing them to meet the Navy's legal needs. In the first two years of all new judge advocates' careers, they will receive more comprehensive training in prosecuting and defending cases, providing legal assistance, and advising Navy commanders.

For Sailors, their families, retirees, and eligible civilian employees in Yokosuka, the practical effects of these changes will be minimal. Individuals seeking legal assistance – wills, powers of attorney, and advice on consumer, family, landlord-tenant, and predatory lending matters – will still go to the second deck of the PSD building to schedule an appointment with a RLSO Japan attorney. Sailors seeking advice on a possible court-martial, non-judicial punishment, or administrative separation will go to the second deck of PSD and meet with a DSO attorney. Commands will continue to receive legal advice from their assigned staff judge advocates or from the RLSO Japan Command Services Department.

This change will not reduce the availability of legal services in any way. RLSO Japan will be assigned additional personnel to meet its increased mission requirements, and the DSO will continue to be staffed by experienced defense attorneys. Naval Legal Service Command remains committed to providing quality legal advice and services to the fleet and their families.