Fleet Activities, Yokosuka, Japan

SEAHAWK 海鷹 UMITAKA

Serving Yokosuka Base for more than 50 years

Vol. LXI, No. 48 www.cnic.navy.mil/yokosuka Dec. 3, 2010

New menu, kitchen renovations highlight CPO Club reopening

Story and photo by Joseph Schmitt, CFAY Public Affairs

The Chief Petty Officer's (CPO) Club provided a sneak peek, Nov. 22, offering Chiefs' and their guests an opportunity to see the renovations and sample the new menu the night before it formally reopened.

According to Officer's Club Manager Ken Johnson, the CPO Club manager during the renovation, after the club closed early in the spring, renovations began with the kitchen and air conditioner upstairs. The construction team also installed a full bar at the same time.

Johnson didn't want to change everything in the club. "There is a lot of the old club there," he said. "But we also put down new carpeting and a brand new bar and back bar, new ceiling, new painting, new wainscoting. We fixed the pool tables and the shuffleboards, too."

The sneak peek showed off the remodeled interior. Patrons listened to live music and participated in a raffle for prizes. "We're giving away T-shirts, gift certificates, golfing gift certificates, a camera and iPod shuffles," said Fred Garcia, CPO Club general manager.

Garcia said that the club looks better and patrons will taste the improvements to the club. "The food will not only come out faster but we also have new equipment, updated equipment and the power was upgraded."

Part of the renovations included a redesign of the menu. "We kept some of the favorites and we added a few new items. We have spicy chipotle burgers or vegetarian style with avocado and alfalfa sprouts," said Garcia. "We have a samurai burger with hot link sausage. We added fish tacos and few other items with a sort of Asian fusion to them."

CTRCS Valerie Lawrence and MMCM(SW/AW) Danny Lawrence eat from the buffet offered during a sneak peek of the newly renovated Chief Petty Officer's Club Nov. 22. The club formally reopened the following day.

Garcia is also making a new to-go meal service that could feed four people. "In case they can't stop by they can call and pick up an Italian meal or an Asian meal or any of the other ones. A lot of people are busy. This would be a nice convenience for them."

The club services a wide and diversified community. The improvements will enable the club to satisfy more different tastes. "We tried to keep it casual, a happy casual for the customers here," said Garcia. "We have the best of all worlds here, not only do we have casual but the evening menu has items like steak and lobster, lobster fettuccine, shrimp platters and scallop kabobs."

Master Chief Machinist Mate Danny Lawrence was at the sneak peek. "I like what they did here, it's a little brighter and everything is new," he said. "I think they made this a better place to meet and get some food or have some fun."

Relationships rejuvenated with marriage enrichment workshop

Story and photo by Dan Bowen, CFAY Public Affairs

The Chapel of Hope conducted a marriage enrichment workshop teaching couples how to better understand and communicate with each other Nov. 18.

Commander Fleet Activities Yokosuka (CFAY) Chaplain Barry Metzger facilitated the workshop which was based on Gary Chapman's "*The 5 Love Languages*" and Gary Smalley's personality profiles.

"All of this is to help us understand our mate," said Metzger. "From the five love languages, the personality profiles and gender differences, so that we can relate to each other effectively and learn what will work and what will not work."

Stephen and Ashley Comstock spent their six-month wedding anniversary at the workshop and felt they learned a lot that would also help other people in the community. For Ashley, the workshop was a way for her to take a proactive approach in building a rewarding and lifelong relationship with her husband. She understands that although most couples are committed to creating a loving and lasting relationship with their spouse, sometimes people need a few ideas to help them along the way.

"We just want to make sure we're happy and we stay that way. Any help that is available is worth taking," she said. "I was really interested in learning the different love languages; you really don't realize how your spouse needs to be shown that you love them. Your way may not be the way for them and sometimes it's hard to understand until you see in black and white that there are different ways to love someone."

"I think it would be beneficial, especially to newlyweds," said Stephen. "We came here as newlyweds and being overseas in a stressful situation away from your family for the first time ever and, on top of that, the stress of just being newlyweds - this [workshop] just helps you out."

The stresses of marriages back home are easily compounded when put into the situation many spouses on board CFAY are faced with. Forward-deployed marriages are forced to cope with separations and other stresses they wouldn't normally face.

"There is not really a set schedule here. We have to be pliable and adapt to a lot of different schedules with our service members on the ship. Spouses have to adjust," Metzger said. "We just thought it would be good to offer them a chance to be reminded to be refreshed and replenished."

According to Metzger, the workshop can make marriages stronger, happier and more satisfying. Learning new skills and tools to aid in more effective communication will help spouses gain a better understanding and insight about themselves, their spouses and their relationships.

CFAY Chaplain Barry Metzger leads a marriage enrichment workshop at the Chapel of Hope Nov. 18. The workshop is designed to offer couples a chance to improve their communication skills and better understand one another in order to build a long, healthy marriage.

"After a while, if you don't put any gas in your car, it's going to go empty," said Metzger. "In our marriage, too, we have to fill up with some of these good and healthy tools and resources, and ways that can make our marriage stronger."

INSIDE

GW Sailors proud to serve, spend Thankgiving underway

***GW* Sailors spent Thanksgiving Day underway after the aircraft carrier departed its forward-deployed operating port of Yokosuka base Nov. 24.**

Pg. 4

Yokosuka educates community on dangers of smoking

Members of USNH Yokosuka Health Promotions Department held a smoking cessation event here Nov. 18 in an effort to help educate the community on the dangers of smoking.

Pg. 8