Secure people do not pick on others

By Chaplain John McKenzie

Back in my high school days, I visited a farmer who had chickens. We noticed that a bunch of chickens were picking at a bleeding chicken. The farmer said that chickens will pick at a bleeding chicken. He also said that people are no different when it comes to picking on someone.

Picking on someone has different forms which range from children on the playground picking on one child, bullying, coworkers or service members making an individual's day or workspace a miserable place by ridicule, abuse or other verbal harassment. Whatever form picking on someone has, it is still wrong. No child should have to be afraid to go out and play or dread going to school out of fear of being picked on. No worker should dread going to work because coworkers are picking on the individual. No service member should dread reporting for duty because abusive treatment. I have known people who have quit their jobs because they were constantly being picked on at work. This should not be.

I have noticed that those who pick on others are themselves insecure. They make up for their insecurity by making others miserable, especially by picking on one person. I have also seen that those who join in picking on someone do it for the weak reason that others were doing it.

Consider what the Bible says about following what others do. "*You shall not allege the example of the many as an excuse for doing wrong.*" – Exodus 23:2.

When we see someone being picked on, we definitely should not join in. Instead, we should do what we can to stop it. We need to take a stand and let the person or persons picking on someone know that what they are doing is wrong. Remember this; you are not a chicken. You are a person with the capability of making a positive difference. If you are a secure person, you know that you do not need to pick on anyone. Leave the fowl play in the chicken coop.

The Chief says:

"Did you know, the first uniform instruction for the U.S. Navy was issued Aug. 24, 1791, by the Secretary of War? It provided a distinctive dress for the officers who would command the ships of the Federal Navy. The instruction did not include a uniform for enlisted personnel, although there was a degree of uniformity. The usual dress of a seaman consisted of a short jacket, shirt, vest, long trousers and a black low crowned hat.

"If you didn't know, now you know." – MCC Eric Hannah, CFAY Public Affairs

Yokosuka welcomes first baby of 2010

By Jennifer Savage, USNH Yokosuka Public Affairs

The first baby born at U.S. Naval Hospital Yokosuka in 2010 is the daughter of Hospitalman 3rd Class Iris Ranola and Machinist's Mate 1st Class Nicanor Ranola, both from Los Angeles.

The new parents proudly welcomed their daughter, Jaelynn Eleana Ranola, at 6:49 a.m. on January 2, 2010. Jaelynn weighed 6 pounds, 10 ounces.

Iris is assigned to U.S. Naval Hospital Yokosuka and the new father is assigned to *USS George Washington* (CVN 73).

Jaelynn is the Ranola's first child. Mom, dad and baby are all doing very well.

Jaelynn Eleana Ranola, born Jan. 2 at 6:49 a.m., is the first baby of 2010 born at U.S. Naval Hospital Yokosuka. Her parents, MM1 Nicanor Ranola and HM3 Iris Ranola are both in the Navy, stationed on board CFAY.
Photo courtesy of USNH Yokosuka Public Affairs