CFAY FFSC trainer is much more than meets the eye

By Dan Bowen, CFAY Public Affairs

Anyone who has taken one of Angela Elting's workshops at Commander Fleet Activities Yokosuka (CFAY) Fleet and Family Support Center (FFSC) could tell you that she is a professional, soft-spoken and reserved work and family life consultant who is serious about her job and her commitment to helping people. What they might not tell you, and what you would never know by talking to her, is that she spends her weekends pummeling people.

For the past 10 years, when she hasn't been teaching CFAY residents a variety of life skills, from anger/stress management, time management, communication, assertiveness skills, et cetera, Elting has been suiting up as a member of the Japan Women's National Rugby team or with her local club, the Yokohama-based Phoenix.

Elting started playing rugby for a club team during her last year of school at Illinois State University, where she was attending on a track scholarship. After joining the Navy as a machinist's mate, she picked it up again while being stationed aboard *USS Kitty Hawk* (CV 63).

"A lot of engineers played on the ship's team, and also on the Seahawks, and they asked me if I wanted to come and play because they heard that I had played," said Elting. "So I started playing with them and some of those guys would play with a club team in Yokohama and they told me there was a women's team."

(Right) FFSC Trainer Angela Elting readies herself to tackle a ball carrier from the women's Hong Kong National Rugby Team.

Photo courtesy of Angela Elting

Elting is a true competitor and loves rugby because it allows her to get out, compete and attack an opponent head on. "Rugby is aggressive in its own many ways, not only just the tackling" she said. "I'm quite reserved outside of the playing field, but with any sport I'm quite aggressive. You can use that aggression in many different ways in rugby."

Elting, who played as a wing to utilize her speed, was preparing for a sevens tournament, a rugby match with seven members on a team versus the normal 15, when she was able to meet the manager of the Japanese women's national team. "I was introduced to the manager of the Japanese women's national team and she contacted me later and invited me to join the club," said Elting.

Playing rugby has afforded Elting the opportunity to travel the world and experience sporting in an international arena. It has also helped her improve her Japanese language ability and to take what she has learned about interacting with the Japanese and pass it on to newcomers to the base.

The experience has been one-of-a-kind for Elting. While some may shy away from such a physical game, for Elting, it is a great way to get involved with the local community while honing skills that can be used on and off the field.

She encourages all personnel stationed on board CFAY to take advantage of the myriad year-round sporting opportunities that are available in Japan.

"It doesn't matter what you are involved in, the Japanese are so involved with so many different things. There is a group for everything," said Elting. "As Americans, we are used to playing sports seasonally, but if you're serious and want to play something on a more consistent level, you can find clubs that suit your passion."

The Chief asks:

"Did you know the naval fouled anchor insignia started as the seal of the Lord Howard of Effingham, who was Lord Admiral of England in 1588?

"During this period the seal of a great officer of state was adopted as his office seal. The fouled anchor remains the official seal of the Lord High Admiral of Great Britain.

"When this office became part of the Board of Admiralty, the seal was retained on buttons, official seals and cap badges. The Navy's adoption of this symbol can be attributed to influence of British Naval tradition.

"If you didn't know, now you know."
– MCC (SW/AW) Eric Hannah, CFAY Public Affairs

Disaster preparedness is everyone's responsibility

By CFAY Public Affairs

In order to be prepared for natural or man-made disasters and emergencies, Commander Fleet Activities Yokosuka (CFAY) is urging all personnel to review their emergency family action plan, update family emergency kits and take other action to ensure they are prepared for all emergency situations.

Operation Prepare. As a resource, families are encouraged to go online and utilize "Operation Prepare," which is an emergency preparedness program initiated by Commander Navy Installations Command for community members of Navy ashore installations.

The website has nearly 40 simple ready-to-use fact sheets, checklists and forms on how to prepare for a variety of natural and man-made disasters. Visit the website at www.cnic.navy.mil/ and click on the emergency management tab for more information.

Emergency Kit. According to Operation Prepare, you need enough supplies for every family member for at least three days, maybe longer. The main items to have in your kit include water, food and first aid supplies. Depending on your family, you may also need special items for babies, prescription medications or supplies for your pets. You may not be at home when disaster strikes, so make smaller emergency kits to keep at work and in your car. You also need a portable kit to take with you if you go to a shelter or evacuate.

Family Plan. Further, Operation Prepare states that when a disaster happens, your family may not be together in one place.

You need to pick places to meet, have contact information for everyone and discuss in advance what you will do during various types of emergencies. Depending on the type of emergency, you may shelter in place, move to a shelter or safe haven, or evacuate.

Formalizing your preparations in a written family plan is a good way to ensure everyone knows what to do when there is an emergency. Your plan needs to take into account special concerns such as caring for very young and very old family members, protecting your property, retaining critical financial or insurance records and caring for your pets.

If there is an emergency, families need to become active in seeking out information and instructions through multiple official sources which will include;

- CFAY Channel 15
- Eagle 810 AM Radio
- CFAY website www.cnic.navy.mil/yokosuka
- City of Yokosuka disaster information e-mail service, register for updates in English by e-mailing di-yokosuka-t@ktaiwork.jp

Emergencies can happen at any time, while at home, at work or on leave. The following are basic instructions on what to do in a few different scenarios.

It is important to note that CFAY emergency responders cannot help you, if they don't know where you are.

At Fleet Activities Yokosuka

- Stay in your home or go to the nearest base shelter.
- Initiate family emergency plan.
- Tune in for emergency instructions.

At Negishi or Ikego housing detachments

- Stay in your home or go to the nearest safe place. Do not leave the housing detachment unless instructed to do so by emergency responders.
- Initiate family emergency plan.
- Tune in for emergency instructions.
- In case of evacuation, muster at Club Takemiya (Ikego) and the Community Center (Negishi). CFAY vehicles will bring you to Yokosuka.

For off base

- Go to the nearest safe place (home, shelter etc.) and contact your command. A Japanese evacuation shelter near your home is a safe place.
- If you attempt to move locations, tell someone or leave a clearly visible note for CFAY emergency responders. CFAY needs to be able to find you.
- CFAY will retrieve you once it is safe to do so.
- If you are near another U.S. military installation, go to the installation and check in with the installation emergency management personnel.