



American Red Cross ceremony recognizes CFAY volunteers

By Fumiyo Sato, CFAY Public Affairs

Nearly 50 volunteers were recognized at the American Red Cross (ARC) Volunteer Appreciation Award Ceremony and luncheon at the Officer's Club aboard Commander Fleet Activities Yokosuka (CFAY) June 24.

During the ceremony, CFAY Commanding Officer Capt. Daniel Weed gave opening remarks and expressed his appreciation for all of the volunteers' hard work.

"We have so many different organizations on the base that are supported exclusively through volunteers, and if we had to pay them, they certainly wouldn't have the same heart and commitment, because you are volunteers, there is something special about you because you do want to volunteer your time," said Weed. "For you volunteers here, thank you very much...because we could not be who we are without you."

You can find ARC volunteers throughout the CFAY community. They work at U.S. Naval Hospital (USNH) Yokosuka, Pets Are Worth Saving (P.A.W.S.), Navy College GED program, Dental Assistant Training Program, Fleet and Family Support Center (FFSC), as well as other offices and schools. ARC volunteer work also includes teaching CPR, first aid, swimming and life-guard courses and aiding disaster services in other countries by raising funds.

"Volunteers give so much to the community," said ARC Yokosuka Senior Station Manager Cecil Goodman. "They give themselves and their time away from their loved ones just to make a difference to help someone else. Even though a lot of them don't want to have appreciation or recognition, it is important for us in some way to tell them thank you."

One of the highlights at the annual ceremony this year

is that many school-age students were also recognized as contributing volunteers. "These young people can do just about anything, they are good on the computers and they are creative as well," said Goodman.

Thirteen-year-old Alexandra Nicolas is one of the youth volunteers who received an award. Nicolas has been doing clerical work at the American Red Cross Office for four months.

"I thought that it would be fun to work in the office," Nicolas said. "It feels good because I know that I am helping a lot."

After all the volunteers received their award certificates, Weed made presentations to five volunteers whose work exceeded more than 200 hours.

Ligia Salgueiro was recognized as a volunteer who contributed 509 hours, the most hours among the volunteers. As a licensed Speech Language Pathologist (SLP) from Brazil, Salgueiro works at the Educational and Developmental Intervention Services (EDIS), and is currently in the process of obtaining a U.S. license.

"I was extremely honored and happy to receive the award from the American Red Cross at the awards ceremony," said Salgueiro. "It always feels great to be recognized for what you do especially since so many other volunteers also contributed their time at different organizations on base. However the most important is to know that I am making a difference here in the community with children and their families. Volunteering with Red Cross is a great way of helping others and it's an investment you can make while you are here at Yokosuka."

If you are interested in volunteering, contact the American Red Cross Yokosuka at 243-7490 or stop by the



CFAY Commanding Officer Capt. Daniel Weed and American Red Cross Yokosuka Senior Station Manager Cecil Goodman take part in the traditional cake cutting ceremony during the American Red Cross Volunteer Appreciation Awards Ceremony and luncheon held at the Officer's Club June 24.

Photo by Yuji Kawabe

office to pick up an application. You can also download the application from their Web site at www.yokoarc.org.

Movie with a Message program treats teens to popcorn, life lessons

Story and photo by Ben Avey, CFAY Public Affairs

Fighting off the boredom that often accompanies teenager's summer break is a new program aboard Commander Fleet Activities Yokosuka that combines popular feature films with important lessons of life.

Aptly titled, "Movie with a Message," the program offers teens the opportunity to sit with their friends every Tuesday at the Teen Center and watch popular films, followed by a discussion about the movies themes.

On a recent Tuesday, 16-year-old Nile C. Kinnick High School Junior, Jacqui Pence, joined friends to watch Sony Pictures 2006 film "The Pursuit of Happyness."

"We watched a pretty cool movie," said Pence. "We watched it to see how the issues discussed in the movie could relate to our lives. We discussed it afterwards and we noticed lots of things like determination and never giving up."

The movie, starring Will Smith, is based on the inspiring true story of Chris Gardner, a San Francisco salesman struggling to build a life for him and his five-year-old son.

"One thing I've noticed about people watching movies," said Pence, "is they watch [the movie] and they have that crying moment, that moment of realization when they say 'Yes, I get it!' And then they walk away and forget about

it. I think if you talk about it afterward and really get to the meaning of it, then you understand the movie more and the meaning behind it."

The group of 10 participants did just that. They shared stories and anecdotes with one another about how the movie related to their lives and the lives of those they care about.

Messages of overcoming adversity and learning how to become the person you want to be permeated the scattered haze of teenage thought. But in the end, it was as much about fun as life lessons.

"It's a really cool two and a half hour thing where we sit, we have a good time, we eat pizza, we watch a movie and then we talk about it. It's really fun," said Pence.

Organized by the Fleet and Family Support Center Adolescent Substance Abuse Counseling Services (ASACS) Counselor Alice Ginkens, the program is one of education and prevention.

"Hopefully they will learn different skills for their life," said Ginkens. "We let them know that we have different situations, scenarios, different circumstances and what they can do to handle those situations."

The program is currently slated to run through the end of the summer break, but may continue into the school year if teens remain interested. Ginkens encourages students to arrive early, since the first student to arrive gets to pick the day's movie.



(Left) Nile C. Kinnick High School students Jacqui Pence and Gil Metro discuss the feature film "The Pursuit of Happyness" with ASACS Counselor Alice Ginkens at the Teen Center June 30. Pence, Metro and Ginkens held the discussion as a part of a new program titled Movie with a Message in which teens watch movies and then discuss movie themes as they relate to their lives.

Farmers' Market



July
11

Event begins
10 a.m.
at the
commissary
red brick area