

COVERING THE NAVY ON OKINAWA

WVJ JAMMER

April to June 2012

Naha Harii
Women's Victory

WWII Veteran
Revisits Okinawa

MCPON
WEST
visits the
Far East

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WINDJAMMER

April through June 2012

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from Lt. Cmdr. Jason Sparks

Chief Staff Officer, Fleet Activities Okinawa



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 MCPON West

We are only half way through the year and we have already accomplished a years' worth of work. Things as varied as hosting ships from the United Nations to flying missions in direct support of Operation Enduring Freedom, Philippines to holding an extremely successful Navy and Marine Corps Relief Society fundraiser, all this in addition to fulfilling our day-to-day job requirements. There is, however, one particular event that tends to stand out in my mind, and that is the Battle of Midway 70th Anniversary Ceremony.

Our Navy Heritage Committee did an extraordinary job planning, coordinating and executing this presentation. It allowed us to look back on a significant event that not only changed the course of World War II but the next 70 years that followed. The part that amazes me the most about this chapter in our history though is who actually accomplished this mission. The people that brought victory in the Pacific 70 years ago were not super heroes or even elite Special Forces. They were ordinary Sailors who were thrown into extraordinary circumstances and rose to the occasion to accomplish an incredible task.

It is very easy to get caught up in the day-to-day routine and forget who you are and what you are accomplishing. It is easy to forget that being an "ordinary Sailor" already places you on a level far above your civilian peers. You are in an exceptional minority that makes up only 1.0% of the United States population. Next time you get ready in the morning take a look in the mirror. Next time you show up for work look at the people in your shop or office and realize that these people are exactly the kind of "ordinary Sailors" who achieved victory at Midway. By simply volunteering to defend your nation, you have already placed yourself in the same realm as those who came before you.

Never forget that you are a Sailor serving in the world's finest Navy defending our great nation. Thank you for all you do.



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Photo Contest Winner



Congratulations to David Munoz for winning the April through June 2012 WindJammer Photo Contest!

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ANOTHER STEP ON OKINAWAN SOIL

Story by MC2 Steve White
Photos by MC2 Matthew Cole



Eighty-eight year old Wayne Heyart was a Radioman 1st Class assigned to the USS Pensacola (CA 24) during World War II. He recently revisited Japan for the first time in more than 60 years to return to the places he fought during the war.

Heyart said his first influence to join the Navy came at a young age from a Chief Petty Officer named Hank Ross. "My friends had an uncle that was a Navy Chief and he would come to their

house on liberty," Heyart recounted. "We would get to talk to him, and he talked about the Navy and we liked the Navy. We liked the 13 buttons, the tight-fitting jeans, all of that stuff appealed to a little kid at 13 or 14-years-old."

As soon as Heyart and his friends graduated high school, they packed their bags and went on to the Navy. "I was 17-years-old and just got out

of high school. I was almost 18. Back then, you worked with your credits and talked to your teacher about if you had enough to go into the service."

By the time World War II broke out, Heyart wrote a letter to Ross to tell him that he was of age and was joining the service. Soon after that, Heyart attended basic training in Idaho and Radioman "A" School at the University of Colorado. He eventually made his way to USS Pensacola, which was under repair at the time in Pearl Harbor, Hawaii.

Once repairs were complete, Heyart set out aboard Pensacola for a four-month deployment. As the ship made its way through the Pacific Ocean, they invaded several islands, including Tarawa Island, the Marshall Islands and Iwo Jima. During the fierce Battle of Iwo Jima, Pensacola sustained damage from Japanese fire and pulled back to have re-

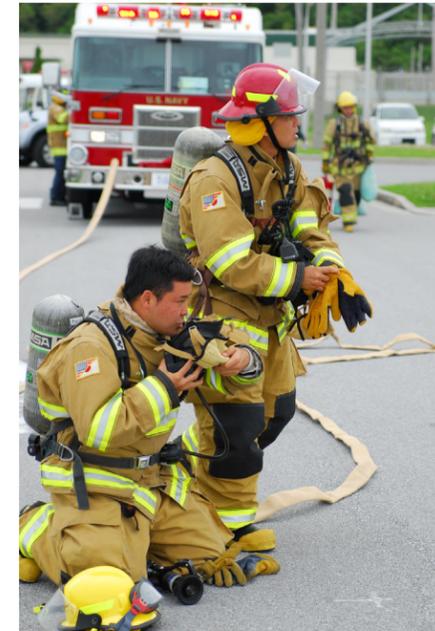
pairs done in Okinawa. "We got hit at Iwo Jima, but they didn't send us home, they sent us here to Okinawa. We were right here and we were with the USS Portland (CA 33) and the USS Indianapolis (CA 35)." But regardless of the damages, the fight wasn't over. The Pensacola continued to provide gunfire support to help seize Okinawa.

Heyart's recent visit to Japan included Tokyo, Yokosuka, Hiroshima and Okinawa. While in Okinawa, he received a tour of the island, attended a reenlistment ceremony aboard the USS McCampbell (DDG 85) at White Beach and enjoyed lunch with Fleet Activities Okinawa's Commanding Officer Capt. Richard Weathers. "I'm honored to be here today. I never thought I'd see a day like this where they would honor me, a Radioman 1st Class at a Naval Base. I'll take that honor and I'll cherish it."



Exercise Reliant Gale Sweeps Through White Beach

Story and photo by Mass Communication Specialist 1st Class (SW) Todd Macdonald



Typhoons are a common occurrence on the tropical island of Okinawa that bring unexpected damage and emergencies. It is important to stay prepared and know how to react when a storm sweeps across the island.

The Fleet Activities Okinawa Installation Training Team took these matters into their own hands to help departments prepare for such events through Exercise Reliant Gale which took place from May 7 to 11 at White Beach Naval Facility.

The Assistant Training Officer, Lieutenant Junior Grade Dante Marshall, said the exercise also helped the training team by providing them the opportunity to train and prepare leaders, watchstanders and civilians on how to respond to a possible tropical cyclone disaster.

As a tropical storm develops, the U.S. Military informs the public by setting safety measures known as Tropical Cyclone Condition of Readiness, or TCCOR's. These TCCOR's range from TCCOR 4 to 1E, with each based on variables such as strength of wind, distance from Okinawa, etc.

Marshall said as an installation, the goal is to be as prepared as possible for the many variables of a tropical storm.

"Tropical cyclones are inevitable for this region," he said. "Reliant Gale reduces chaos and panic by showing everyone the plan and walking them through the steps to safety in a controlled manner. This instills confidence in both self and system, while building scenario-based 'problem-solution' thought processes; all of which aid in a smoother response to an actual disaster".

"With this exercise, we tested our mass communication systems and validated important personnel recall information," said Marshall. This was achieved by using a response tracking and reporting method created by a company called AtHoc. According to Marshall, this reporting provides real-time visibility into the status and safety of all personnel. Alert recipients are presented with multiple response options for selection and acknowledgement on all personal communication channels such as e-mail, phone calls and text messages, requiring interac-

tion from the recipient for mustering purposes.

Marshall said this year they successfully leveraged their AtHoc system for mass notification of changing cyclone readiness postures and reaped the benefits of a new public announcement system on White Beach.

"These additions both increase the ease and efficiency of notification, while reducing man hours and the work load for leaders and watchstanders alike" he said.

The exercise also checked the connections between the Air Force's 18th Wing Weather Flight, the Commander of the U.S. Naval Forces Japan, the departments and agencies who contribute to disaster relief efforts—and to the Emergency Operations Center.

"We also strive to identify outdated doctrine or practices, and update our readiness checklists with pertinent procedures," stated Marshall.

Last, but certainly not least, Marshall added, Reliant Gale provided training for new personnel and a refresher for the individuals who have been on the island through at least one tropical storm season.

"We had an amazing response from the White Beach Security forces and Fire Fighters. 'Bravo Zulus' to both departments," Marshall said. "Thanks to their efforts Reliant Gale was a combined success."

BERNIE MCGRENAHAN'S 'COMEDY WITH A MESSAGE' DELIVERS POWERFUL LESSON

Story and photos by Mass Communication Specialist 2nd Class Steve White

'Death by PowerPoint' is a common term used by Sailors referring to training being given through countless PowerPoint presentations and lectures. Most Sailors are able to relate to this at one time or another, they've probably been through it, but did they learn anything?

Navy Alcohol and Drug Abuse Prevention, or NADAP, has been breaking ground with new and exciting ways to enhance their training which helps prevent drug, alcohol abuse and suicide. Their latest method to reach Sailors has been through a comedian by the name of Bernie McGrenahan.

McGrenahan said he understands that training can be tough for the troops, but he understands better than anyone, the dangers of alcohol and high-risk drinking because he used to drink a lot. In order to get this message across, he noted, "So I created Happy Hour, where I would open up with a comedy show, get

everybody laughing, and if you're having a good time and you enjoy my comedy, maybe you'll listen to my story a little bit too."

Over the past 15 years, McGrenahan has toured more than 600 college campuses and since 2007, has performed at more than 200 military bases around the world. His show is popular because he speaks from his own experiences and takes his message past the traditional lecture style of training, but because.

"This is not a 'do-not-drink tour,' this is a comedy tour with a true story of someone who drank too much and all the signs I ignored that I had a problem," said McGrenahan. He designed Happy Hour to help people be honest with themselves about drinking and how it can affect their lives.

After his second show at the Crow's Nest Club on Camp Shields, Sailors rushed over for a meet and greet and to tell him how they were touched by his

story. McGrenahan said a meet and greet isn't the only way he is getting responses from service members; he is also getting thousands of emails from past audiences that related to his story.

McGrenahan received over a thousand emails from military members admitting that his story hit home and made them want to change. Emails from service members, who out of a desire to change, recognized and admitted that they had a drinking problem, have thought about suicide or have kept quiet about having been raped. Many reached out and talked to somebody about it because of his show. "It has been really powerful for me to read all of these private stories that something I said made them want to speak about it and come forward," he said.

Several Sailors from Patrol Squadron (VP) 16 attended the Happy Hour comedy show. VP 16 Command Master Chief Jeffrey Kirby talked about the responses he noticed from his junior Sailors.

"Seeing the junior Sailors go over to shake his hand and say thank you and wanting to meet him, I think, was a symbol that they connected with him," Kirby said. "They understood his message and appreciated it."

Captain Richard Weathers, Commander of Fleet Activities Okinawa, said everybody took something away from the show. "I think if you had been able to pull aside all of the Sailors that were in here today, I bet that one out of every five would have had a similar story with a sibling who had a brush with suicide, drugs or alcohol and it's a lot more common than you might imagine."

Aerographer's Mate 1st Class Kenneth Bishop said he related to the comedy show recalling an incident involving a drunk driving accident a week before he went into the Navy. Bishop said he and his cousin were in a car that was hit by a drunk driver, and they ended up having to take his cousin to the emergency room. "I can completely relate to the story and I know if I can, a lot of other people can because we've known either from personal experiences or even through some



of our friend's experiences."

Although sharing his story with other people is a large part of what he does in his comedy tour, McGrenahan explained there is a deeper reason to what he does.

"I care. I love our military," he said. "I love these men and women in uniform. I never wore it [the uniform], but I love and care about these men and women and I do not take my freedom for granted."

I wake up every day with an amazing life and an amazing relationship with my friends and family because our men and women put on the uniform, and they fight for us. They risk their lives every day to defend this great life that I have in the United States."

DEFY Steers Youth in Right Direction

Story and photos by Mass Communication Specialist 1st Class (SW) Todd Macdonald



Today's younger generation is faced with a myriad of trials and temptations that could lead them down the wrong path. The Drug Education for Youth (DEFY) program, started by the Department of Navy and the Department of Justice 20 years ago targeting kids ages 9 through 12 can help youth make the correct decision when they arrive at that fork in the road of life. On May 12, 43 students received their graduation certificates for successfully completing the nine-month program.

Duane Brinkley, Operations

Coordinator for DEFY in Okinawa, said it's a free program that is proactive rather than reactive, and offered to Department of Defense youth. "I am proud to say Fleet Activities Okinawa has continuously offered and administered DEFY for the past 16 years," he said.

Brinkley said there are two phases to the 'camp' that limits the classes to 45 students, but has taken on as many as 50 depending on funds and youth applications.

"There is an eight-day Phase I camp, which is classroom-based that meets Monday through Fri-

day the first week and Monday and Wednesday the following week," Brinkley said. "Phase II starts during the fall and will meet one Saturday each month until graduation that following May."

The program offers guidance and lessons on topics such as peer pressure, bullying, gang resistance, internet safety, leadership and teamwork.

For recent DEFY graduate, 12 year-old Homer Miller, the Peer Pressure Class offered him the most help because it made him realize he was being who everybody wanted



(previous page) All 43 students who graduated from the 2011-12 DEFY class pose with their certificates in a group photo.

(top) DEFY participants Kylan Tallie and Sebastian Smith perform a rap and dance number about their time in the program.

(left) Raylyn Barrientos poses for a photo after receiving her certificate from Capt. Richard Weathers, Fleet Activities Okinawa's commanding officer and special guest at the graduation ceremony.

him to be.

"Through taking the class I realized that's not who I was," he said. "I learned to be my own person and not listen to anyone else."

Nineteen year-old Adult Staffer Kevin Brown Jr., who went through the program when he was 9 years-old and who was a Junior Mentor when he was 13, said they want

to help the students realize who they are and to stay true to what they are and not let people change that.

"We want to let them know they are special in their own way," Brown said.

Brinkley said the youth also become involved with cultural connections and community relations, where focus is put on Drug awareness and education by teaching

the youth about the consequences of their actions and the dangers of risky behavior.

Mark Chase Jr., an 18 year-old Adult Staffer, who like Brown, went through the class when he was 9 years-old and was a Junior Mentor when he was 13, realizes that the class won't keep the students from getting into tough or compromising situations. He believes for the kids that have gone through the training, it will help them be more knowledgeable when they are in that situation to make the right decision and get out of it or away from it.

"From experience, I have been in certain situations, but because of this class, I recognized it was a place I didn't want to be and I got myself out of it," said Chase.

Chase said they want to help the students make educated decisions when they come across challenges.

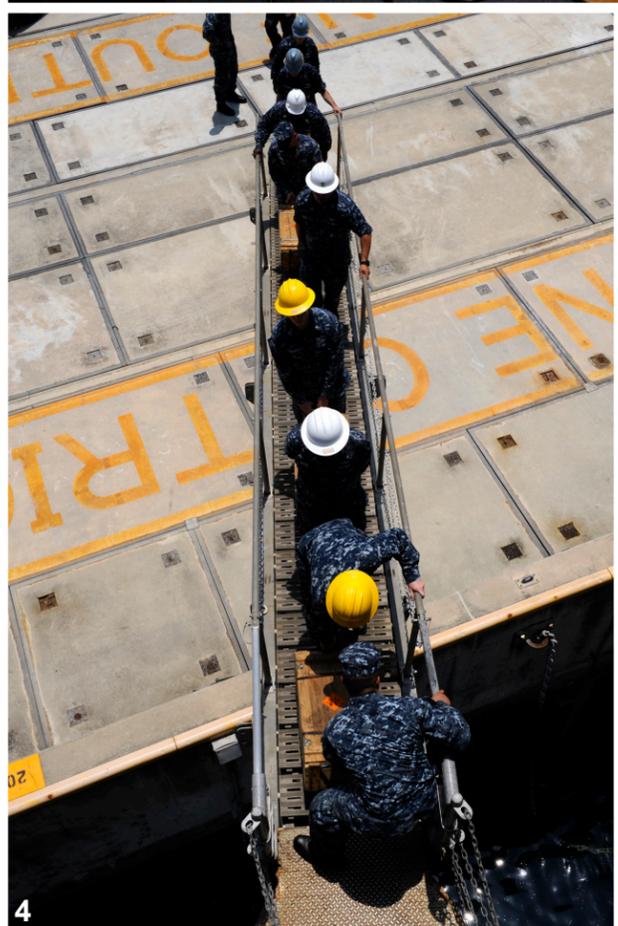
Brinkley added the course is not all just classroom lecturing. There are many field trips and teambuilding activities.

Chase said a lot of people who hear about the program think that it won't work for them, which he feels may be true, but people really don't know until they try it. "Honestly though, I think it can help everybody in one way or another," he added.

In the end, seeing the kids later on, witnessing how they have grown and observing their changes for the better, gives Chase pride in knowing he had something to do with their development into responsible young adults.

Brown said it humbles him to help these kids and see them going through what he and Chase have gone through. "Having been there too, I feel for them."

NAVY EVENTS ON OKINAWA



1 United Nations Command (Rear) Visit, April 27 2 Women's Sexual Assault Symposium, April 18 3 Admiral Samuel Locklear III All Hands Call, April 13 4 Targets Equipment Loading for CARAT, May 7 5 USS Germantown (LSD 42) Mooring, May 7 6 Japan Air Self-Defense Force Maj. Gen. Masuko Visit, May 17 7 MASN Rodriguez takes fingerprints at Take 25, May 25 8 Annular Solar Eclipse, May 21 9 French vessel Dupuy de Lome at White Beach, June 7 10 Regional Training Team Assessment, June 7 11 Memorial Day Service, May 28 12 Battle of Midway 70th Anniversary Ceremony, June 4

Photos by Mass Communication Specialist 1st Class (SW) Todd Macdonald and Mass Communication Specialist 2nd Class Steve White



The Navy men's dragon boat team's hard training at early mornings paid off. Out of all the other U.S. military branches that competed, the men's team had the fastest time at 4 minutes and 48 seconds. Way to go, Coach Vic Tafinger!



The 38th annual Naha Harii Festival attracted a huge crowd of locals and tourists and offered them plenty of activities to engage in with each other.



38th Annual Naha Harii Festival

Story by MC2 Steve White

"Power through it! Strong to the end!" These were some of the motivational battle cries bellowed by Coach RuthAnn Nixon to the Navy women's dragon boat team during the 38th annual Naha Harii, May 5.

Nixon's first interest in dragon boat began when she heard about it over the radio and later attended a practice session. After learning more about the sport, she practiced hard to become an assistant coach for two years and in 2012, became the head coach of the Navy women's team.

The Navy team dominated the women's category, achieving a fastest heat time and earning another first

place trophy. "We placed first in our heat and we were racing against two Japanese men's teams. We were thrilled with first place [in the heat]." Nixon said they finished the race far enough ahead of the other teams in their heat that they were directed to return to the docks before the other teams finished.

Training for success was like rowing against the current with our bare hands. "With more than half the team new to the sport, we had to start out slow to prevent injuries." Each practice was like a hard workout, that prepared and built onto the next one, she said.

The first two weeks were spent working on synchronization, a criti-

cal factor in dragon boat racing. At first, the team could only paddle for two or three minutes before stopping to rest, but by the end of the season, they could row for 15 minutes nonstop.

"We reached our goals and did even better. We got a new time of five minutes and 25 seconds, shaving off five seconds from last year's time, which was the Navy women's dragon boat record."

Although she is moving this summer, Nixon said the team will be in good hands. "The team captain for the past three years, Donna Aponte, is ready to keep the legacy going."



The Navy women's dragon boat team were like machines during their heat! With a strong start and strong finish, they placed first in the women's category and even beat some of the men's times with a 5 minute 25 second heat.



MCPON West's final trip to the Far East

On his most recent visit to Okinawa, MCPON West made sure to get some one-on-one time with the Sailors before his retirement... By MC2 Steve White

Born in 1963 and raised in the small community of Rising Fawn, Ga., Rick D. West joined the military immediately after high school in 1981. Since 2008, he has been the 12th top-enlisted member of the United States Navy. Master Chief Petty Officer of the Navy (MCPON) West has been everywhere and has seen it all.

Starting his naval career as a Quartermaster aboard USS Ethan Allen (SSBN 608), where he earned his Submarine Qualifications, West moved up to become the Chief of the Boat several duty stations later on aboard the USS Portsmouth (SSN 707), on which the crew earned two Battle Efficiency "E" awards. After his time

aboard the Portsmouth, West continued climbing the ranks to Command Master Chief of Commander, Submarine Squadron Eleven.

From there, he was selected for advancement as Force Master Chief and enrolled in the Senior Enlisted Academy at Rhode Island. A Force Master Chief, West's new responsibilities included Submarine Force U.S. Pacific Fleet. During deployment aboard USS Preble (DDG-88), he earned his Enlisted Surface Warfare Specialist Qualification, moving him up to Fleet Master Chief of United States Pacific Fleet and making him the 14th Fleet Master Chief of Commander, U.S. Fleet Forces Command.

His next set of orders

sent him to the top of the food chain as the Master Chief Petty Officer of the Navy.

As the MCPON, West has been touring the world, meeting Sailors and helping make tough decisions that shape today's Navy. Since his last visit to Okinawa in 2009, West visited Japan one last time before his retirement in September to talk face-to-face with Sailors and hear what they had to say.

During his stop in Okinawa, more than 850 Sailors and Marines came to the Camp Foster Theater to share what was on their minds with the highest enlisted member of the U.S. Navy.

Before he opened the floor to questions, West stated he would give any-

thing to repeat his career, saying he envied the Sailors because they are young and they will get to go through a lot of good things in their careers. "I would honestly trade places with the most junior Sailor in this room today, if I could to start my career over again, and I wouldn't just say that if I didn't believe it."

Sailors asked hard-hitting questions about Navy policies, Perform to Serve and the Navy rating outlook.

Sailor: Concerning Perform to Serve, as of right now, there is a requirement for many different things. Is there any chance in the future it will change someone's End of Active Obligated Service (EAOS) to reenlist?

MCPON West: I hope Perform-to-Serve stays the way it is, and here's what I mean by that. If you had asked me six months ago, I would've told you Perform to Serve wasn't doing what we needed it to do. In other words, six months ago, Perform to Serve was about four or five out of every ten people that submitted were being approved. That's about less than 50 percent. Now, it's about eight or nine out of every ten people that applies if getting the opportunity to stay Navy. With



tion to your evaluations. Whether you're an Seaman or a Petty Officer 1st Class, your evaluations are very important; you have to dot your i's and cross your t's with your evaluations. Keep track of what you do throughout the year. If you're a nominee for Sailor of the Quarter, put that in your evaluation.

Sailor: Master Chief, do you know when or if the force shaping is going to affect Hospital Corpsman?

MCPON West: As with any rating, not just the Hospital Corpsman rating, it really depends on the manning, but I think we're in a pretty good position. If I'm not mistaken, Fleet Marine Force (FMF) Corpsman overall are in demand. I think that Navy Enlisted Classification is pretty critical so we're always looking. I think we're going to be

“AM I WORRIED ABOUT THE QUALITY OF SAILORS THAT WE'RE GETTING IN TODAY? I JUST LAUGH AND SAY 'NO.'”

OK in the future. We're going to be more aggressively downsizing in big numbers but as before mentioned, we're kind of finished with it, unless something drastic happens. We're manned about as well as we can be right now. I don't see any major downsizing right off the top of my head regarding Corpsmen, but I think the regular Corpsmen though may be about right. I think the FMF Corpsmen are undermanned overall and the Reconnaissance Corpsmen are way undermanned.

Sailor: I've been noticing since my time in—I've been in for a year and a half—that more and more people have been abusing Spice and it just seems like it's building up. People are even saying that they will never get busted. I was wondering how much more strict the Navy will get on this?

MCPON West: We just started testing for Spice. If you think you aren't going to get caught, you're wrong. Once you're caught, you're going to be treated just like a dooper because that's what it is. The other piece to that is they don't know what the effects

are of it. With you being a Corpsman, you kind of know and you've probably had some people at your hospitals that have been in some long-term care because of the effects, and we've had this before. You don't know what you're getting with this drug... If you put it in your system, you're stupid. We are testing for it and you will get caught. You worked hard to get where you are at in the Navy, whether you're one year in or 30 years in, if you're willing to give that up just for something as stupid as Spice, then you deserve to get caught and removed from the Navy. The Navy's stance is very simple; it's Zero Tolerance.

After an hour of Q and A, Master Chief West ended the session by telling Sailors about the most common question he gets. "The biggest question I get is, 'Am I worried about the quality of Sailors that we're getting in today?' And when I talk to my counterpart in the Marine Corps, he gets asked that too. Are we worried about those young folks coming in? I just laugh and say, 'no.' I'm more worried about me as a leader to be way out in front of you as we should be. Our Sailors are as sharp as they've ever been."

SPICE AND BATH SALTS

BAD FOR YOUR CAREER, BAD FOR YOUR HEALTH

Story by Lt. Byron Nakamura,
Fleet Activities
Okinawa's Legal Office

Establishments that sell the drug Spice, also known as K2, Blaze, or Red X Dawn, and a new synthetic stimulant called 'bath salts' or 'plant food,' are sprouting up everywhere on Okinawa. In response to the increased availability of these dangerous narcotics, the Armed Forces Disciplinary Control Board recommended an additional four establishments in Okinawa City and the Chatan area to be added to the off-limits list for selling Spice.

Akira Nonobe, Fleet Activities Okinawa's Legal Advisor on Japanese Affairs, said although the possession of Spice and bath salts aren't illegal by Japanese law, producing, importing, selling and distributing any of its compounds is governed by the Japanese Pharmaceutical Affairs Law and if violated, it could mean imprisonment with forced labor for up to five years and a fine of 5 million yen (roughly \$64,100). Despite these restrictions, Japanese police have faced challenges enforcing

ing these pharmaceutical laws and therefore establishments continue to appear in the local community. Supervisory Special Agent Cote from the Naval Criminal Investigative Service stated that the use, possession and distribution of Spice in 2011 accounted for more than 75% of the narcotics cases investigated. Much like in the United States, lawmakers are finding it difficult to keep up with the plethora of different chemical compounds that could be used to create this product. As a result, manufacturers are openly marketing their products in stores and online.

But regardless of the open availability to this drug, the U.S. Navy still makes it illegal to use, possess, manufacture, distribute or import any product containing synthetic marijuana agonists (substances that act like marijuana) or any natural substances such as fungi, excretions, and substances like salvia divinorm. If you use or possess Spice or bath

salts, as a Sailor you could face Non-Judicial Punishment, court-martial under UCMJ Article 112a or UCMJ Article 92, or even face separation. Additionally, it's important for Sailors to keep in mind that the Navy is testing for Spice; just like any other drug, users will get caught. On Okinawa, NCIS has been conducting numerous joint operations and investigations with Japanese law enforcement officers, targeting dealers and off-base establishments who sell these narcotics.

The legal consequences of these drugs aren't the only dangers; Sailors need to understand the harmful and possibly deadly effects of using Spice and bath salts. On February 8, the Mainichi Daily News in Nagoya reported that a 24 year-old man was found dead in an apartment after he and his friends had smoked Spice. One of his friends who was with him at the time said, "He got violent and we tried to make him calm down, but by the time we realized what was going on, his body was already cold."

"Young people are being harmed when they smoke these dangerous 'fake pot' products and are wrongly equating the products' 'legal' retail availability with being safe," said Drug Enforcement Agency Administrator Michele M. Leonhart.



Spice is basically plant material coated with a multitude of unknown chemicals that claim to mimic tetrahydrocannabinol (THC), the active ingredient in marijuana. According to the Navy Surgeon General, these unknown chemicals contain harmful metal residues with an unknown potency potentially five to 200 times more than the THC in marijuana. They are also "more potent to the brain and other organs because they bind themselves permanently to the receptors."

In addition, Spice and bath salts are unregulated with no oversight in the manufacturing process, so it's impossible for the user to know how much of the drug he or

she is actually ingesting. The DEA states they have received an increasing number of reports from poison control centers, hospitals and law enforcement officers on how individuals using synthetic THC have experienced serious side effects such as convulsions, anxiety attacks, dangerously elevated heart rates, increased blood pressure, vomiting, and disorientation.

Moreover, when discussing the side effects of synthetic marijuana, the Navy Surgeon General, Vice Adm. Adam M. Robinson, Jr., stated, "Serious side effects have been reported after its use including tremors, panic attacks, delirium, impaired coordination, seizures, paranoid hallucinations, and psychotic symptoms that can last for days, even months in some cases." With regard to bath salts the reported side effects include agitation, paranoia, high blood pressure, hallucinations, chest pain and suicidal thoughts.

The threat of Spice and bath salts is significant enough for the DEA to exercise its emergency scheduling authority to place five

chemicals (JWH-018, JWH-073, JWH-200, CP-47, CP-497, and cannabicyclohexanol) used to make the Spice products on the controlled substance list. The DEA generally only uses its emergency scheduling authority to ban substances it believes could cause an 'imminent public health crisis.' These substances have been labeled by the DEA as "Schedule I" substances in the most restrictive category, which means they are considered reserved for unsafe and highly abused substances with no medical usage.

Given the potential consequences of using Spice and bath salts, it's difficult to imagine why anyone would want to take the risk of ingesting these products. Sailors need to realize that when they are ingesting these synthetic compounds, they are essentially playing Russian roulette—you have no idea who made it, what is in it, or where it's coming from. Even though it can be easily obtained through various establishments here in Okinawa, do not be fooled into thinking it is legal or safe to use. The bottom line, Spice and bath salts are dangerous—both to your military career and your life.

List of Off-Limits Establishments

- Bernard's Garage •Events Sponsored by Parties International •Shampoo
- Takahara Hotel •Tokyo Shoten Bookstores •The Yoshihara Red Light District
- Hamby Bistro •Liza's Bar •The Ground Tobacco Shop •Stoner's Den
- Samurai King •Shuffle Resort

Recently added by the Armed Forces Disciplinary Control Board in February

- Bon Bon Dou •Café & Bar Sakura •Feel Herb and Shisha
- Jah Reggae Shop Okinawa

COMMUNITY RELATIONS

Community Relations Specialists
Hiroe Shiroma and Shoji Kudaka

For more information on participating in community relations events, please contact Hiroe Shiroma at DSN 634-8557 or via email at hiroe.shiroma.ja@fe.navy.mil.



Easter Egg Hunt
Sailors from the Junior Petty Officer Association host an Easter Egg Hunt at the Yara Youth Center in Kadena Town. (Hiroe Shiroma/April 5)



Sunset Beach Clean up
Roughly 54 Sailors, Airmen and Okinawans came out to Sunset Beach in American Village to work together in helping clean up trash and debris from the public areas. (Hiroe Shiroma/April 14)



Mozuku Day Preparations
Sailors work with the Local Fisheries Cooperative Association to prepare for Mozuku Day at the Heshikiya Fishing Port. Mozuku seaweed is a signature product in the Heshikiya District and is celebrated through Mozuku Day. (Shoji Shiroma/April 15)



Kadena Town Youth Center Visit
Sailors from the Targets department visit the children at the Youth Center in Kadena Town. The children enjoyed an Easter Egg Hunt with Sailors, played learning games and taught English. (Hiroe Shiroma/April 16)



Earth Day Cleanup
Targets Department Sailors joined together with Sailors from the Japan Maritime Self-Defense Force, Sub Area Activity Okinawa to celebrate Earth Day by cleaning up the beach. (MCI(SW) Todd Macdonald/April 27)



Futsal Sport Event Preparations
Sailors help the Heshikiya Community to prepare for the Futsal Sport Event. Futsal is a five-on-five soccer game played on a small field. The Heshikiya Cup Futsal Tournament takes place annually. (Hiroe Shiroma/April 28)



Landscaping Choju-En Retirement Home
Sailors with the Naval Oceanographic Anti-Submarine Warfare Detachment participate in their monthly grass cutting and landscaping at the Choju-En Elderly Home. (Hiroe Shiroma/May 5)



AMICUS International School Exchange
Sailors with the Naval Mobile Construction Battalion 40 visit the Okinawa AMICUS International School to play games and exchange with the students. (Hiroe Shiroma/May 9)



English Classes
Sailors conduct monthly English teaching at the Heshikiya Community Center. In May, District Chief Nishishinya taught Sailors the art of calligraphy in writing katakana. (Hiroe Shiroma/May 30)



Teaching English at Ayahashi Elementary
Eight Sailors visit the Ayahashi Elementary School to teach English and play learning games with the children in grades 1 through 4. (Hiroe Shiroma/May 10)



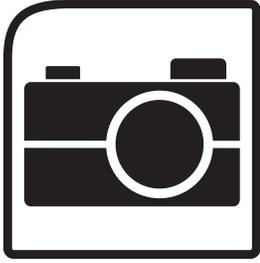
AMICUS Pizza Oven Project
Seventeen Sailors help make a pizza oven at AMICUS International School. This is the first of a series of community events to construct the oven, which will take a month to complete. (Hiroe Shiroma/June 9)



Hijagawa-no Sato Elderly Home Birthday Party
Sailors from Patrol and Reconnaissance Force Seventh Fleet Detachment Kadena visit the Hijagawa-no Sato Elderly Home to celebrate the monthly birthday party with its residents through song and dance. (Hiroe Shiroma/May 16)



Ayahashi English Teaching
Twelve Sailors visit Ayahashi Elementary School to teach English to students in 1st grade through 6th grade. Sailors taught the students about colors, fruits and animals. (Hiroe Shiroma/June 14)



WINDJAMMER

April through June 2012

Photo Contest Winner

Congratulations to David Munoz for winning the April through June 2012 WindJammer Photo Contest!

This image was captured on May 7, 2012 at the Sunabe Seawall of a man rowing his paddle board in the sunset.

The use of the rule of thirds with the horizon at the bottom third of the photo and the human element highlighted and silhouetted by the reflection of the sun in the water turns what could be an ordinary sunset into an enticing photo that captures the solitude of the Okinawan waters.

This photo was taken with a Canon EOS 50D at f/5.6 aperture, 1/4000 Shutter Speed and 100 ISO at 100mm.

Bravo Zulu!



Email your photos to: pao.cfao@gmail.com