

COVERING THE NAVY ON OKINAWA

WINDJAMMER

July To September 2014

Leadership

Anchor

Pride

Forged from Deckplates



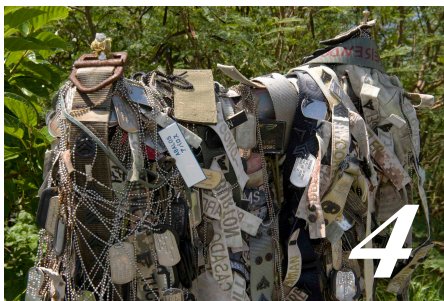
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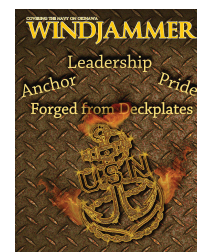
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Cover Illustration by MC2 Benjamin Stevens

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SHIPMATES,

First, I would like to thank everybody for their warm welcome aboard and to let you know how truly humbled I am to have this opportunity to serve as your Command Master Chief. As I have gotten around the island to see the different departments over these past few months, it is awesome to see such pride and professionalism that the Sailors of Commander Fleet Activities Okinawa have; I see it each and every day and it starts right at the gates. Three things that I live by every day that have helped me be successful are:

1. Be professional
2. Be responsible
3. Give a 100% everyday

As we wrap up the recent advancement exam cycle, it is that time again to begin those goals that you have been putting off for studying or finish the goals that you have been working on; USMAP, Navy Cool, college, COMRELS, etc... I have been amazed by how much there is to do around the island and the Command. The opportunities are endless, so take advantage of them all; stay involved or get involved...you do make a difference. With that, I would like to say congratulations to our newest Chief Petty Officers! Hooyah Chiefs!!! If you were not selected or did not advance from the last exam cycle, do not get discouraged; your time will come as long as you are doing all you can. Again, thank you for this opportunity and I look forward to working with each and every one of you. See you on the deckplates!

CMDCM(AW/SW) D. J. Irwin
“Sustained Superior Performance”

Outside the

Military training getting sailors out of the classroom

BOX

Story and Photos by MC1 Todd Macdonald

“Death by PowerPoint,” is a term often used by Sailors in reference to the myriad of military training that is expected of them on an annual basis. With this type of instruction, many comment on having difficulty staying awake as well as the inability to retain any of the information that is pumped out during these types of lectures.

Lieutenant Keith Satorius, Fleet Activities Okinawa’s (CFAO) Training Department Head, offered

volcanic activity, with the mountain’s name deriving from its shape, resembling a suribachi or “grinding bowl.” During the five week battle from February to March, 1945, more than 28,000 Japanese and American soldiers perished.

Satorius, who also flies the mighty C-12 “Huron” aircraft with CFAO’s Air Operations Department, hatched the idea of incorporating Professional Military Education (PME) trips such as this into the flight schedule while talking with command Sailors.

“Helping Sailors stationed in Okinawa experience this historic



six Sailors a different way to learn, going straight to the source, the island of Iwo Jima, where one of the bloodiest battles of World War II took place on the 554 ft. Mt. Suribachi.

Located in the northwest Pacific Ocean, Iwo Jima is under the administration of the Ogasawara subprefecture, of the Tokyo metropolis, Japan. Geologically, Mt. Suribachi was formed by

location has been particularly rewarding,” Satorius said. He hopes to make this trip a recurring event within the command.

For Master at Arms 3rd Class Jazmyn Hollis, who spends her time working at CFAO’s Security



Department on White Beach, this is a much better way to really learn and remember things. She said there is nothing like experiencing

“I look at it not only as an honor, but a privilege.”

something firsthand rather than sitting in a classroom for a couple of hours listening to someone give a presentation.

“I feel by actually experiencing it, I could teach on the subject, which



I wouldn't be able to do if I learned it any other way," she stated.

Yeoman 2nd Class Brandon Collier, CFAO's Administrative Department's Leading Petty Officer, looks at it as a once in a lifetime opportunity to see an historical World War II site where so many lives were lost.

"I look at it not only as an honor, but a privilege and something I don't take lightly," he added.

After a three and a half hour flight from Okinawa to Iwo Jima, the plane touched down and the Sailors departed on the three hour round trip hike to the top of Mt. Suribachi, where the famous photograph of five Marines and one Sailor raising the United States Flag was immortalized.

Hollis said her dad was stationed in Okinawa and never got a chance to go to Iwo Jima and when she told him about visiting the island, he was excited for her.

"He said that I should bring a lot of tissue, because it would be an emotional experience," she said. "He was right, I could feel for all who were lost on that mountain."

Satorius said many of the Sailors don't realize what an emotional experience it will be for some of them, and the fact that they will walk away with something they would never forget.



Hollis said it was a chance at an experience to do something that she would never have the opportunity to do otherwise, so she couldn't pass it up. "Plus, it was free, so you can't beat that," she joked.

Collier said that not only was this a better way to learn about military history by experiencing it first hand, but it was a way to get out of his office and spend the day with people in his command who he normally

"Helping Sailors stationed in Okinawa experience this historic location has been particularly rewarding."

wouldn't spend time with because they work on a different part of the island than he does.

"It helps build Esprit de Corps and camaraderie getting to know people in my command who have different jobs than I do," he said. It will give me a chance to get to know them better, which I feel is something that will help us all in the future.



Aikido

The Art of Self Defense

Story by MC1 Todd Macdonald
Photos by MC2 Benjamin Stevens

In a unairconditioned Dojo (martial arts studio) on Highway 58 just north of the Harley Davidson shop near Marine Corps Air Station Futenma, seven students quietly return a bow to their Aikido Sensei (teacher), and prepare to train. Commander Joshua Cohen, Fleet Activities Okinawa's Chief Staff Officer, pairs up with a colleague and they begin warm up exercises using grabs, holds, and rolls. Other than the swooshing of feet on the mat, and the occasional sound of a car passing by on Highway 58, the dojo is quiet.

Aikido is a Japanese martial art, developed by Morihei Ueshiba, and is often translated as 'the way of unifying life energy.' Ueshiba's goal was to create an art that practitioners could use to defend themselves while also protecting their attacker from injury. "To control aggression without inflicting injury is the Art of Peace," Ueshiba once stated.

Ryoichiro Higa, Cohen's Sensei, said he saw Gozo Shioda, master of Aikido who founded the Yoshinkan style of Aikido in mainland Japan, on television and was so touched by his expertise in Martial Arts that he moved from Okinawa to the mainland to learn directly from him. It just so happens that Shioda was one of Aikido founder Morihei Ueshiba's most senior students.

When Cohen first became interested in Aikido, he also went to see Karate and Judo. He had taken karate as a teenager and hadn't stuck with it, so he figured it wouldn't hold his interest.

Judo seemed very linear to him, it was either up and struggling, or down and done.

"Aikido was very dynamic and like no other martial art I had seen before," he said. "It is heavily influenced by weapon technique and training with wooden swords, knives, daggers, and staffs and that exposure to weapon use influenced my decision to take it up."

"Here I teach traditional Aikido, where I show the students how to defend themselves using their attacker's arms, wrists, and sleeves," Higa said. "Also, I teach them how to defend themselves if someone were to be carrying a stick or some kind of weapon."

Cohen first started training in college but over the years had not been able to do so consistently. During some duty assignments a dojo was not available or he was unable to train due to underway requirements.

"Unfortunately, Aikido is a perishable skill," he said. "When returning to the mat after a two or three year absence I found myself having to relearn it all over again."

But the important part is to train, Cohen said, even when you don't

want to. Years ago his first Sensei said, "We call it training for a reason. If it was easy we'd call it playing. Go to class when you want but, more importantly, go when you don't. Just go." "So I go," Cohen joked.

Aikido is performed by blending with the motion of the attacker and redirecting the force of the attacker rather than opposing it head-on. This requires very minimal physical strength, as the Aikidoka (Aikido practitioner) "leads" the attacker's momentum using entering and turning movements.

It is primarily a defensive art where practitioners are taught to use their attacker's aggression and power against them. This is done through the use of throws, joint locks (particularly of the standing variety), and pins.

Higa currently has five foreign students who do not speak Japanese in his class, but he said it is not very difficult to teach them because it is more of training by contact and showing them how to do it, so it is more of a physical way of instruction rather than verbal.

"Joshua-san is studying Japanese so it actually helps out because he is able to fit in and understand what I am saying. In return, he teaches me English for his Japanese lessons," Higa said with a smile.

Cont. on page 12



FY 2015



Congratulations to:

HMC (SW/AW) Francis Asuncion

AOC (AW/SW) Jason Davidson

LSC (AW/SW) Devon Duke

ITC (IDW/SW/AW) Dameon Garber

DCC (SW) William Julian

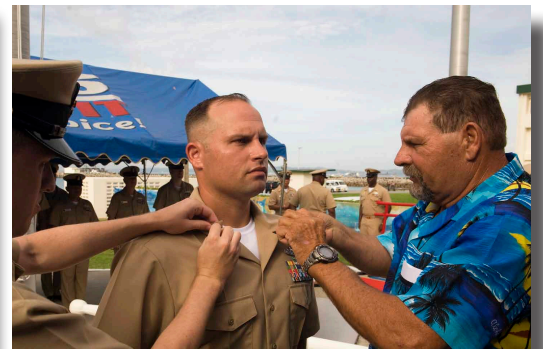
QMC (SW) Ahmadou Kante

ITC (SW/AW) Dominic Marra





CHIEFS



2014 Navy Suicide Prevention Month

Story and Photos by MC1 Todd Macdonald

“Every Sailor, Every Day”

September marked Suicide Prevention Month which was a launch pad for a year-long engagement across the Navy, ultimately fostering sustainable initiatives that support resilience and seeking help as a sign of strength. Starting in September and continuing through September of 2015, the Navy will promote the message “Every Sailor, Every Day” to encourage all Sailors, leaders, families and members of the Navy community to strengthen their connections with those around them. Emphasis will be placed on peer support, individual responsibility, open communication and bystander intervention as ongoing contributors to resilience and protective factors against suicide.

Fleet Activities Okinawa’s Suicide Prevention Coordinator, Master at Arms Senior Chief Rommel Coretezano, who is also CFAO’s Security Department Senior Enlisted Advisor, said that last year, the Navy focused on what communities could do to support and help their shipmates. This year, he said, the Navy will zero in on what people can do as individuals, on a daily basis, to continue that support.

“We are encouraging every member of our Navy team, from shipmates, leaders, civilian employees, family and friends, to set a positive example, reach out and engage with one another,” he said.

As Vice Adm. Matthew L. Nathan, Navy Surgeon General, reminds us, Sailors must especially connect with those who are transitioning from one job to another, experiencing career setbacks or some sort of

loss, or going through relationship troubles.

Nathan challenged people to be there for Every Sailor, Every Day, through meaningful, intentional actions and to take the time to ask others how they are doing-and actively listen.

“Starting a dialogue to support each other during these stressful times and sharing strategies to navigate challenges, including speaking up and seeking help are all ways to show each other that none of us are ever alone,” Nathan said.

Building resilience and preventing suicide requires everyone to actively communicate with each other, and not just when we think someone is in immediate danger,” said Coretezano. “Everyday actions, that foster trust and build meaningful connections, can start or continue conversations so we can more effectively intervene when we see signs of a shipmate in distress.”

By actively communicating and staying engaged, we may be more likely to notice small signs of distress in our shipmates and intervene early, before a crisis occurs, Nathan added.

“Talking about bystander intervention and peer support is some of the ways each person can lead by example when it comes to physical and psychological health,” said Coretezano. “It shows that it’s okay to speak up when you’re down.”

Throughout the month, the Navy Suicide Prevention Branch released supporting products including information sheets, blog posts, social media messages, videos and more. For the entire month of September the Navy ran the “I Pledge to ACT,” a web-based, voluntary and confidential online pledge effort encouraging all Sailors, families and members of the Navy commu-

nity to take steps to build personal resilience, support their shipmates and intervene if they notice signs of distress. The pledge was completely anonymous and was be available to all audiences.

Coretezano said commands were encouraged to highlight Suicide Prevention Month their own way. In support of Every Sailor, Every Day, commands were encouraged to utilize Navy Suicide Prevention Month products and messaging to tailor efforts at the deckplate to encourage open communication, individual responsibility, peer support, and bystander intervention skills all year long.

Command Suicide Prevention Coordinators were provided with initial information and resources to kick-off their efforts prior to September.

Cortezano added that suicide affects everyone, and suicide prevention is an all hands effort, all of the time. “We can make a difference through our everyday actions. In September, we joined the global community to highlight suicide prevention.”

US Naval Hospital Mental Health
643-7722

Counseling and Advocacy
Program
645-2915

18th Medical Operations Kadena
634-1266
After hours
634-HELP

Air Force Chapel Customer Service
634-1288
After hours
634-4274

Army Staff Chaplain
644-4454

Marine Corps Duty Chaplain
645-7218

US Naval Hospital Chaplain
643-7248

www.suicide.navy.mil
<http://navynavstress.com/>

A.C.T.

ASK if someone is depressed and thinking about suicide.

Let them know you CARE.

Get them assistance (TREATment) as soon as possible.



Higa added that he would like his students to learn the culture of Aikido, the culture of Japan and the culture and history of Martial Arts.

“I would like them to use Aikido to train their bodies and minds much like the Samurai’s back in the days when they carried two swords. They were very graceful and moved with calculated steps,” he said. “I hope my students can take this with them.”

Wanting to learn as much about the Japanese culture as possible, Cohen said Aikido is only one tiny facet of the local culture and he doesn’t think a person can gain a vast amount

of that culture from just studying Aikido.

“But it did introduce me to many people who were involved in other areas of Japanese culture and most importantly, it introduced me

groups, and organizations like the Florida Token Kai and the University of West Florida Japan Center.

“Mostly it motivated me to do my own reading and research on Japanese culture and, eventually, spurred my interest in learning Japanese,” he added.

While there are only a few Americans training at Higa’s Dojo, anyone is welcome, Cohen said.

“If anyone is looking to experience some Japanese culture while stationed in Japan I encourage them to come by.”



to Japanese people,” he said. Through Aikido, Cohen as met people involved in American-Japanese Friendship Societies, culinary

tioned in Japan I encourage them to come by.”

Story by MC1 Todd Macdonald
Photos by MC2 Benjamin Stevens



Delivering



Smiles

NAVSUP, OKINAWA DELIVERING MORE THAN JUST MAIL



easily pick what they wanted, along with the help from a Sailor dressed as a bunny. Each child chose two toys they liked. Smiles



“Community relations are a part of the Navy to get Sailors involved in the communities we interact with,” said Diaz “It’s always a great opportunity and

NAVSUP Fleet Logistics Center Okinawa received more than 150 donated toys from Naval Supply Systems Command (NAVSUP) Fleet Logistics Center Yokosuka to presented to the children at Okinawa Prefectural Nanbu Children’s Medical Center. NAVSUP Okinawa decided to donate them as a community service project to lift the children’s spirits.

and laughter filled the room as each of the children was able to open their toys.

experience to be of service to our community.”

“There are so many sick and disabled children across the island,”

Logistics Specialists 3rd class Roxanne Diaz said she felt happy and excited seeing the kids’ faces light up with their cute smiles while getting the toys.

For sailors who are thinking about doing community service projects,

said LT Robert Doggett,

The hospital staff and personnel from NAVSUP Okinawa went door to door taking toys to the children who were asleep or bed ridden. With greetings from the bunny pushing a cart full of toys each patient got to pick from the cart with delight.

Diaz advice would be to go for it. “Why else are you here, if not to serve others?”



Director NAVSUP Fleet Logistics Center Okinawa. “We want them to have as much of a normal

For some of the Sailors this was a first to give toys to children. Diaz said

one thing she didn’t expect was despite the language barrier, the children were very

Story by MC2 Benjamin Stevens
Photos by MC1 Todd Macdonald and MC2 Benjamin Stevens

life as other kids. It helps if kids have new toys to play with.”

she didn’t expect was despite the language barrier, the children were very appreciative and let people take pictures with them.

Thirteen military and civilian personnel from NAVSUP Okinawa placed the toys so the children could



COMMUNITY RELATIONS

Community Relations Specialists Hiroe Shiroma and Shoji Kudaka
 Photos by Hiroe Shiroma and Shoji Kudaka

For 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.



1 Sailors teach english to students at Ayahashi Elementary School. **2** Sailors help Okinawa Christian School International get ready for the start of school. **3** Sailors help Okinawa Christian School International get ready for for the start of school. **4** Sailors hold a monthly party at Hijagawa -no Sato Elderly Home for the residence celebrating their birthdays. **5** Sailors donate toys to the children of Okinawa Childrens Development Center. **6** Students from Uruma City tour White Beach Naval Facility.



7 Sailors hold a monthly party at Hijagawa, no Sato Elderly Home for the residence celebrating their birthdays. **8** High school students from Uruma City tour White Beach Naval Facility. **9** Sailors participate in “English through Play” at Heshikiya Community Center Kids Club. **10** Children from Heshikiya Community Center visit to White Beach for English through play. **11** Children from Heshikiya Community Center visit White Beach for English through play. **12** Sailors hold a monthly party at Hijagawa-no Sato Elderly Home for the residence celebrating their birthdays.

