CFAS Celebrates Black History Month
February’s Featured Photos
Showing off what we do best here at CFAS!

SASEBO, Japan - Commander, Fleet Activities Sasebo community members celebrated Black History Month with a commemorative event held Feb. 21, 2018.

The Sasebo Multicultural Committee held the event, which carried this year's Black History Month theme, “African Americans in Times of War.”

“Black history month isn’t just about the hard times,” said Master at Arms 2nd Class Ricky Flowers, Sasebo Multicultural Committee vice president. “It’s about the determination, the integrity and the leadership those African Americans have demonstrated and laid the path for other African-Americans to excel.”

The service of African-American warfighters from the all-black 1st Rhode Island Regiment of the Revolutionary War to the Sailors, Airmen, Soldiers and Marines of World War II and beyond was highlighted in a presentation during the event and was followed by a speech by guest speaker Carroll Chapman, CFAS housing area manager. Chapman has worked for the Navy as both Sailor and civilian for more than four decades and talked about his experiences as a young Sailor stationed at U.S. Naval base Subic Bay, Philippines, during the Vietnam War.

He spoke of his early years of service as a time of change within the Navy, touching on race riots and Chief of Naval Operations Adm. Elmo Zumwalt's work to address equal rights, improve race relations and raise the quality of life for junior enlisted Sailors.

“Today, when I look around the Navy, I see the results of the struggles that I and others endured and I am optimistic,” said Chapman. “Although there may still be work to be done, it is stuff that can readily be accomplished. And I conclude by saying I feel very good about the future of the Navy.”

Black History Month originally began in 1926 when Carter G. Woodson founded “Negro History Week,” which was chosen due to it falling on the same week as the birthdays of Abraham Lincoln and Frederick Douglass. This earned Carter G. Woodson the title of the “father of black history” according to the United States Department of State.

Black History Month eventually evolved from Negro History Week in February 1970 when Kent State University celebrated its first Black History Month. Finally, in 1976, President Gerald Ford recognized Black History Month officially during the celebration of the United States Bicentennial.


For more news from CFAS, visit https://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo.html

By Mass Communication Specialist 3rd Class Geoffrey P. Barham

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Notes from CFAS

A Word from Chaps

Dear Sailors, Families, and Friends,

God bless you and your families! We welcome the WASP families and are enjoying serving with you and your families.

Last year was a challenging year for many of us here serving and supporting 7th Fleet. We look forward to a safe and productive year.

Continue to do great things and let your light shine. We look forward to continuing our COMRELS and to improve community relationships with the Japanese.

Religious Ministries Office has a new program called “Game Night” the first Friday of every month in the Fellowship Hall in the CEC at 1700-1900.

Continue to take care of each other and make a legacy for others to follow.

You are here for a purpose and God has your back. It is a blessing to be here in Sasebo and to serve this amazing team.

God Bless!

Very Respectfully,
Chaplain Johnson

Is your Inbox filling up too quickly? Have to ‘clean it out’ at least once a week? Here’s how to know where your space is going.

*In Outlook (Win10), select File and then click on Cleanup Tools. (If you’re still on Win 7, the menu is still very close to this).
*You’ll get a dropdown box; select Mailbox Cleanup....
*In the Mailbox Cleanup box that opens, select View Mailbox Size; a Folder Size box will open.
*Note that other than the Inbox, the major space wasters are Deleted Items and Sent Items.
*Between Inbox, Deleted Items, and Sent Items, most of your cleanup occurs there.

Here’s the surprise.

Look at the Calendar folder. You might be surprised at its size. Unfortunately, there isn’t a ‘Mailbox Cleanup’ tool for Calendar. Cleaning it up means going back through your calendar and manually deleting all those old Meetings/Appointments/Events.

So, if your mailbox cleanup seems to do very little good then remember the Calendar as it may be your real problem. P.S. Be careful not to delete recurring appointments. You don’t want to be the one that missed the meeting!

Tips:
* Set Calendar View to ‘Week’. That shows appointments that don’t show in ‘Day’ view, at least for me, but not as many as in Month View.
* Hold down CTRL Key, select multiple items, right-click and select ‘Delete Occurrence’ to avoid deleting your recurring meetings/events (series). Note how quickly you can scroll thru the deletions when you first select with the CTRL key.
* For your recurring appointment, edit them to put an end date on them, i.e. at or slightly beyond your PCS. That should help with the folder size.
* Consider doing this every several months, to keep Calendar size in check.

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More from CFAS

Navy Marine Corps Relief Society offers the following classes every month:

Knitting Group
2nd Mon of the month
Main Base CEC 2nd Floor
10:00 AM - Noon

Budget for Baby
3rd Thursday of the month
Main Base CEC 2nd Floor
11:30 AM - 12:30 PM
Learn what expenses to plan for and how to make wise financial decisions. At the workshop, you’ll receive a special gift and a baby blanket handmade by a Society volunteer.

What to Expect When Expecting in Sasebo
4th Mon of the month
Main Base CEC 2nd Floor
11:00 AM - 12:30 PM
NMCRS Visiting Nurses will discuss what to expect when you are having a baby in Sasebo.

Breastfeeding Support Class
4th Mon of the month
Main Base CEC 2nd Floor
12:30PM - 2:00 PM
Provided by NMCRS Visiting Nurses

Making the most of your Money
Last Wednesday of the month
Main Base CEC Fellowship Hall
11:30 AM - 12:30 PM
Bring your lunch; bring your questions! This month’s workshop will coincide with Military Saves Week!

What to Expect When Expecting in Sasebo
4th Mon of the month
Main Base CEC 2nd Floor
11:00 AM - 12:30 PM
NMCRS Visiting Nurses will discuss what to expect when you are having a baby in Sasebo.

FFSC INPUTS:

10 Steps to Federal Employment/22MAR18/0830/252-3372
Learn key steps to obtain federal employment!

FFSC Girl’s Day Festival/04MAR18/0900/252-3102
Formal kimono fitting and hair styling. Participants should bring their own camera for photos!

Sponsorship Orientation/08MAR18/0900/252-3372
Be an ambassador to your command! Available for senior E4s and above.

Smooth Move/22MAR18/0900/252-3372
PCSing within the next 6 months? Join us to ensure your move is as smooth as possible!

If your command would like a note in the CFAS newsletter, simply give the CFAS Digital Media Center a call at 252-3204!