Sasebo Soundings

Sharing Support Across Services

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March’s Featured Photos
Showing off what we do best here at CFAS!
Sharing Support Across Services

By Mass Communication Specialist 3rd Class Geoffrey P. Barham

Spending months at sea can be a daunting task for not only the service members but the families at home as each party loses a part of their support system. As they begin to spend more time on patrol, the Japan Maritime Self-Defense Force recognized the need for this kind of family support and is taking action to start its own programs based on the U.S. Navy’s Fleet and Family Support, Ombudsman and Family Readiness Group programs.

To support the endeavor they’ve reached out to Commander, Fleet Activities Sasebo to provide family support symposiums for leadership and personnel at Sasebo, Nagasaki Prefecture, and Kure, Hiroshima Prefecture, two of JMSDF’s main naval bases. The symposiums were supported by CFAS Command Master Chief Stephen Bronder, CFAS Fleet and Family Support Center, Family Readiness Group, CFAS-area Ombudsmen and Aki Nichols, CFAS public affairs officer. The first was held in Sasebo March 8, 2018.

“In order for our sailors to accomplish their missions without any worry, the family support program is a good measure to create an environment where the anxiety or burden that the families have could be reduced,” said JMSDF Capt. Kan Fujiki, JMSDF Sasebo District admin officer. “JMSDF considers this family support program one of the most important responsibilities that the entire organization should work on.”

The Sasebo symposium was the first of its kind and held in an effort to not only brief the JMSDF on the various functions and roles of the Navy’s support groups, but also to give the opportunity for JMSDF members to ask questions and receive answers from family support experts.

“We are glad that they secured enough time for questions and answers,” said Fujiki. “They responded to our sailors with concrete examples. The lecture helped our participants think for themselves and foster awareness of their issues.”

This is one of the first stepping stone for the JMSDF’s new program creation. Due to differences between the U.S. Navy and the JMSDF in regards to background, history, related organizations and size, the support system still is in its early development stages.

“The JMSDF will take what they found useful from our family support programs and adapt it to best benefit their service members and their families,” said Nichols.

The Navy Fleet and Family Support Center Program is designed to support the individual and family readiness and adaptation to life in the Navy through a myriad of programs ranging from crisis intervention and response to financial education and counseling. The ombudsman program creates a direct link between the families and the commanding officer to help maintain current and accurate communication. The Family Readiness Group further support families’ adjustments to challenges presented throughout a Navy career. All three programs offer distinct advantages and can provide multiple solutions to problems presented by the absence of other support.

For more information, visit www.navy.mil, www.facebook.com/usnavy, or www.twitter.com/usnavy

For more news from CFAS, visit https://www.cnic.navy.mil/regions/cnrj/installations/cfa_sasebo.html.
Road Tax season has arrived! If you are a SOFA member who owns a vehicle with a Y, E, or A plate you must update your road tax and USFJ decal no later than 31 May 2018.

CFAS Security VRO will be hosting the Road Tax Campaign from 0930-1130 and 1300-1530 on 24 April at the Hario Chapel and on Main Base on 27 April and 23 May at VRO in the CFAS Security temporary building (1st Floor). You can also renew your road tax at the Nagasaki Prefectural Tax Office-Sasebo Branch. Specific instructions will be mailed out to commands and will be on the Base Commanders Channel.

If you purchase your road tax from the tax office, you must bring your receipt to CFAS Security VRO starting 02 April to receive your updated USFJ decal. For more information please contact VRO at DSN 252-2377/2378.

To receive your road tax ensure you have Yen and the following documents with you:
- Government Identification Card
- SOFA Driver’s License
- Current Japanese Title
- Current JCI
- Current Liability Insurance
- 2017 Road Tax Receipt
Get to know...

COLA
Overseas Cost of Living Allowance

• A supplemental pay allowance
• Based on a Service member’s income
• Directly impacted by prices in the United States
• Fluctuates based on data and exchange rates

To find out more about COLA access the toolkit at:
www.defensetravel.dod.mil

How can I calculate my COLA payment?
Enter any USO airport lounge and one is almost guaranteed to find a fridge stocked with Monster, Red Bull, or some type of energy drink. During Operations Enduring Freedom and Iraqi Freedom, energy drinks became the drink of choice for many servicemembers. In fact, the Walter Reed Army Institute of Research analyzed data collected during OEF in 2010 and found that nearly half (45%) of all deployed service members consumed at least one energy drink daily.

Caffeine
Of those surveyed, nearly 14% reported drinking three or more energy drinks per day, which equals at least 540-600 mg caffeine. Consumption of high levels of caffeine (greater than 200-400 mg/day) is associated with short-term adverse effects, including:

- headache,
- anxiety and panic attacks,
- coronary and arrhythmic events,
- bowel irritability when combined with alcohol
- blood pressure increase
- insomnia. (Note: The average half-life in plasma ranges from three to seven hours, so it is recommended to avoid caffeine 6-8 hrs. prior to bedtime.)

Sugar & Taurine
Some energy drinks pack a punch of 27 grams of sugar, two-thirds of the recommended daily maximum for men and 2 grams more than the maximum doctors recommend for women. This additional calorie consumption for those drinking 3+ energy drinks/day at approximately 100 calories each can result in 2.8 lbs weight gain monthly.

Conclusion
While moderate caffeine intake may have some benefits, energy drinks tend to result in excessive caffeine, sugar, and caloric consumption resulting in significant negative outcomes. Be mindful of how much caffeine you consume, your sleep patterns, and if you’re getting enough plain water as we start exercising outdoors.

- NBHC Sasebo

Its tax time again! Most people do not immediately think of maintaining their security clearance when paying their taxes but maybe they should. Even if you do not currently have a security clearance, failure to pay all local, state, and federal taxes can affect your background checks or security clearances in the future. An unfavorable adjudication decision (based on the 13 adjudicated guidelines) can follow you around causing extra work or denying your request every time you apply for: billets, training opportunities, certain programs, and more.

Unpaid taxes are a much more common issue than people expect but they can be prevented with these quick tips:

1. File Early - Don’t wait until the last minute to file. If there is an issue with your paperwork filing at the last minute can cause extra stress without time to make corrections or request an extension.

2. Know Where You Owe - Often with multiple moves and assets scattered across the nation and the world Sailors can end up owing taxes in places they did not expect. Keep track of your assets: Where do you have vehicles registered? Where do you own rental properties or land? Know what the local tax requirements are in those areas and how often the taxes are due.

3. Check Your Credit Report - One of the easiest ways to double check that you have paid all of your debt is to check your credit report, which you can do for free at www.annualcreditreport.com

4. Get Help - If you are overwhelmed by your tax bill and are unable to pay, don’t wait. Contact Fleet and Family Support Center or the Navy and Marine Corps Relief Society immediately for assistance.

5. Talk to Your Security Manager - If you are get behind in your taxes, or any debt, contact your Command Security Manager to report the issue and work out a plan for maintaining your security clearance.

-K.T. Justice, Security Manager