LT. SHELBY DZIWULSKI POSSES FOR A PHOTO IN FRONT OF THE HELICOPTER SHE PILOTS. (PHOTO BY MC2 MICHAEL DOAN)
For the June edition of Leadership Corner, I really want to focus on taking care of yourself. We all know that our careers are unpredictable and that there is a lot that is out of our control. My hope is that you are able to be resilient and that you will be prepared when life becomes challenging.

You might ask, “What are some of the things that we can do to build up our resilience for when times get challenging?” Here are a few quick thoughts:

Watch what you eat: Diet is something that is different to everyone, and people react differently to food. It is important that we know our tendencies and know our limits. Keeping those unhealthy types of food and drinks to a minimum while eating food that is healthy will go a long way when stressful situations happen.

Prioritize rest: When people are exhausted, their guard is down and they might say and do things that they would never think to do when they are rested. Knowing the amount of sleep that you need and prioritizing that should be something that we take seriously.

Talking to the right people: We all need friends who we can be open and honest with and do so without the fear of judgment or abandonment. Whether it is family, friends, mentors, or significant others, these people love us and want to help us. We are not burdening them by sharing our struggles with them. They want to help.

Cultivate hobbies: Often times, when the stressors of life come upon us, we forget to do things that we enjoy. Remembering to take time out of your schedule to do something that you enjoy will help break the monotony of life.

Work out regularly: Not only is this expected in the Navy, but it is good for you. Whether it is getting outside for a run, lifting weights, or playing a sport, working out helps you look good and feel good!

If there is anything that we can do to help, feel free to stop by our office or contact us at the chapel! DSN: 264-3202.

Lt. j.g. Jason Christafaris
NAF Atsugi Chaplain

JUNE 3, 1785
The order is given to sell the last remaining ship in the Continental Navy, the frigate Alliance. No other Navy ships are authorized until 1794.

JUNE 6, 1944
Allied forces land troops on Normandy beaches for the largest amphibious landing in history, Operation Overlord (D-Day), beginning the march eastward to defeat Germany.

JUNE 16, 1965
The U.S. Navy schedules the reactivation of USS Repose (AH 16), which is the first hospital ship active for the Vietnam War.

JUNE 27, 1950
President Harry Truman authorizes U.S. Naval and Air operations south of 38th Parallel, Korea, in support of the U.N. call to assist South Korea.
Nuzzled within Tokyo Bay and across from most of greater Tokyo lies a series of islands that, unlike the archipelago of Japan is instead entirely man-made. While five of the six islands are virtually uninhabited, the largest island not only thrives but has become a symbol of commerce, entertainment, education and post-modern Japanese architecture, Odaiba.

Odaiba and the five other islands were first constructed in 1853 under the direction of Tokugawa Shogunate attendant Egawa Hidetatsu using cedar, stone and earth that was either taken from other plots of land or dredged from rivers to aid in the construction of the islands to create increased costal defense against western encroachment. While 11 islands were planned, six were constructed. These “daiba” or fort islands’ primary purpose were to keep Commodore Matthew Perry’s Black Ships from reaching into Edo and invading the seat of the Tokugawa government. Modern Odaiba as we know it came to be in 1995 when the largest island was rechristened “Tokyo Teleport Town,” a showcase of futuristic living. While it was initially viewed as not profitable to develop real estate-wise, it has become a large entertainment and leisure zone within Tokyo.

Visitors to Odaiba reach the island by taking the Rinkai Line from either Shibuya or Shinjuku station to Tokyo Teleport Station. Exiting the station, visitors will see the city engulfing them on all sides. Among them is Pallet Town, a shopping mall that features exhibition halls dedicated to concept cars.
and hybrid engine technology, as well as a massive 377 ft. tall Ferris wheel, the Daikanransha or “The Big Wheel”, which opened in 1999 and was the tallest Ferris wheel in the world before the opening of the London Eye in England.

South of the train station lies the waterfront area of Odaiba, that is a mix of shopping, music venues and museums. Diver City is a large shopping complex that is four levels high and is connected to an indoor music hall, Zepp Diver City that features numerous local and international touring acts. Outside of Diver City sits one of its most famous attractions, The Unicorn Gundam statue from the popular anime series of the same name. The statue is itself is over 60 feet tall and was built to celebrate the 30th anniversary of the series. At night the model is part of an interactive light show for guests of Diver City.

Past Diver City are the various museums in the area in the area including the Museum of Maritime Science, The Panasonic Centre of Science and Technology and the National Museum of Emerging Science and Innovation, also known as the “Miraikan” (Future Museum), which showcases leading edge tech and exhibitions that highlight concerns in modern Japan. Looming over this area is the Fuji TV building that became the station’s home in the early 2000s and lights up at night.

At the waterfront area of Odaiba lies a two-tier viewing platform from which guests can view Tokyo Bay and see both the skyline of central Tokyo to the west and the Rainbow Bridge, a 2,600 ft. long suspension bridge that connects Odaiba to greater Tokyo. Below the bridge are the remaining islands from the original construction. All but two are allowed to be visited by guests using the cruise ships that inhabit the bay.

While Odaiba was originally created to uphold Japan’s strict policy of isolation from the West, it has since become a place for visitors from all around the world to see the latest in Japanese innovation, fashion and entertainment. While the large modern architecture seems intimidating to guests at first, they soon marvel at what is a showcase to a better, brighter tomorrow for everyone.
It’s not a topic normally talked about in an open setting. And, for some, it may not be a recognizable concept that takes part in their normal lives until that thought is challenged by their surroundings.

Privilege, in most cases, is something you are born with and individuals may find they have little or no control over it. The benefits that come along with it can set a standard in one’s life and not until it is recognized that may one be able to correctly understand others’ struggles.

Lt. Shelby Dziwulski, Baltimore, Md., native and MH-60R Seahawk pilot attached to the “Golden Falcons” of Helicopter Sea Combat Squadron 12, was given the opportunity to talk about how her views on the privilege she had growing up and the
change she experienced later in her life in a talk at TEDxCollegePark scheduled for June 21 at the University of Maryland.

She describes her transition as going from being raised in Baltimore by her two parents, alongside her two brothers in an environment with less struggles than most people have, to joining the U.S. Navy and becoming a female pilot in a male dominated field.

“When I first joined the military, there were not a lot of females. I never really recognized that I would be the only woman in the room. Last year I was giving a briefing and I realized I was the only woman in the room. That was the moment where I was like, ‘I am the only girl in here. I wonder if other people are recognizing that?’ I never
recognized it before until all these things started coming together.”

Looking from the outside it may be easy to recognize. Those individuals who never had a reason to analyze certain situations may never come to that conclusion without realizing their own background’s differences from others.

“We grow up in America and our bubble is very small. Just being in America gives you privilege. As you go through life, your bubble keeps growing. Then it comes full circle and you realize you had all these things that other people don’t have, then immediately my gender can isolate me into losing a privilege I thought I had, just by being a minority.

People often think that there is a single moment in your life that instantly changes you or the way that you think. It evolves and doesn’t happen overnight.”

The Navy is a melting pot with unique people and backgrounds that have shaped them to be who they are today. Those individuals we share experiences with, and call our shipmates, have had 18 years to shape their lives before they joined the Navy. Dziwulski had a division of 28 Sailors with their own unique upbringings to get to know.

“Some of my Sailors are from the Philippines and some of them are from cities or who grew up in the suburbs like I did. Some of their parents are divorced, mine are still married and that is a huge difference. Some of them are paying to put their siblings through college. They are paying to put their siblings through college! My parents paid for my college. I would say that my Sailors did a lot when it came to understanding privilege.”

Mentorship is a powerful tool in the Navy for helping shape lives based off of personal experiences. Being able to come to the realization that your background has afforded you more knowledge in certain topics that others might not have had the chance to learn, builds mentorship.

“That’s the goal, right? And it doesn’t just go for privilege. It goes for knowledge too. If you are more qualified or knowledgeable than someone else or Sailors under you, your job is to train them. If you have any type of privilege, knowledge, or advantage
over someone else. It’s your duty to help give that knowledge to them if they want it.”

Dziwulski points out that knowledge is there for those who want it whether that information comes from your mentor, blogs, or videos online.

“Last year at the squadron, it was a really challenging time for me with qualifications and such. I was watching more TED Talks to decompress - that’s my outlet - and I found out about TED Global, which is a conference you can attend in person and one was happening in Tanzania, Africa. The last one they had was in 2007. I went to that conference in Africa and it was an amazing six days of my life.”

During that conference, Dziwulski met people from all over the world, one of whom happened to be Neelay Bhatt who is originally from India and has called the United States home for several years. They became friends she shared her story. Later she found out that he was the licensee and curator for the inaugural TEDxCollegePark event.

This once in a lifetime meeting opened the door for Dziwulski to share her story. Bhatt says “Through my conversations with Shelby, I realized that she was in a unique situation to share her perspective of being on both sides of the privilege spectrum. We thought that was an idea worth spreading which is why we invited her to speak at TEDxCollegePark this year”

Having been afforded the chance to recognize and reflect on the privilege Dziwulski has experienced in her life has helped her in her journey to mentor others.

“If every single person could have the transformation I had in my mind last year of understanding how valuable it is to recognize where you come from and the advantages that gives you over other people and because you have those advantages you need to help other people that don’t. If everyone could have that shift, no matter what your gender, race, background, no matter what it is. Everybody has some type of privilege in some way, in some context, in some situation. So, just being able to recognize that, it can open your world up and blow your mind.”
All is quiet in dispatch. The radio checks are made with calm voices as the Master-at-Arms make their rounds.

The phone rings.

The phone rings again.

Before the operator can get a single word out, the voice of a distressed person can be heard over the phone. The news quickly gets out to the first responders that someone has been taken hostage.

Arriving at the scene, they enter the building and see a suspect on the other side of the room holding a knife while yelling at the responders to stay back. Responders overpower the suspect’s voice with their own and give him commands to follow. The suspect charges the responders...

Thankfully it was a drill, this time.
When the drill ends, first responders, members of the Anti-Terrorism Training Team (ATT), and even the suspect, sit down to listen to a debriefing. Their shared views point out what went well in the drill and the areas where an improvement could be made.

Sailors attached to Atsugi’s Naval Security Forces conduct drills as a means of training personnel to react to any situation on base, as well as any external threat that may present itself. “We do drills to evaluate our guys on how they are going to respond to certain scenarios to make sure that our training is adequate,” said Clearwater, Fla., native Master-at-Arms 2nd Class Joel Friend, Anti-Terrorism Training Team member. “They need to be at a certain level and drills are a way for us to evaluate that level. If we need to work somewhere, we do training, so that in a real world scenario we are not failing.”

Taking a realistic approach to situations that others have already experienced is a great tool for learning from the successes and failures of those who have already responded. “We have to be up to par with living in the world we are in,” said Friend. “Enough bad stuff happens in the
world that we can pull from that,” said Everett, Wash., native Master-at-Arms 1st Class Eric Kennedy, a member of the ATT and a drill package writer. “We use it to figure out how it was responded to and see where we can improve upon it.”

For some it could be the first time doing drills on a certain situation and being able to determine where the responders’ training takes control in an unfamiliar environment or situation could lead to the discovery of an area where things could be improved upon. It is hard to plan for every contingency but having a partner when responding to a crisis is another safe back up.

“Everybody is different and has a point where their mind might shut down,” said Kennedy. “So, we all get that baseline and repetitive training. Our partners are trained to take over, regardless of rank. We want to increase survivability, efficiency, and be a better cohesive unit.”

Next time the phone rings and security answers the call, the countless hours of training and preparation for a real world incident will make those responding more confident and may just end up saving the lives of those in danger.
NAF ATSUGI NAVY BALL COMMITTEE

BAZAAR

JUNE | JUNE

23 & 24

9 AM to 5 PM

HALSEY GYM
Here comes summer and for those of us here in Atsugi this means warm weather! Before you rush off for whatever activities you have planned, here are some safety tips for the critical days of summer!

**SPORTS SAFETY**
- Stay hydrated
- Watch for signs of a heat stroke
- Warm-up and stretch prior to activity
- Know your limits, maintain current physicals

**Camping Safety**
- Prepare safe food and water
- Include safe physical activities
- Avoid wild animals, protect family pets & fight the bug bite.
- Protect yourself from the sun & prevent temperature related illness

**Grill Safety**
- Keep your grill outside and clean it thoroughly
- Protect yourself with gloves, long utensils & avoid loose clothing
- Check gas lines & make sure to start gas grills with the lid open
- Turn everything off when done!

**Swim Safety**
- Always swim with a partner
- Never allow young children to swim without adult supervision
- Stay out of the water during thunderstorms and severe weather
- Know and observe your swimming limitations and capabilities
How would you describe your Department’s primary mission?
PWD Atsugi is the forward-deployed unit of action for NAVFAC Far East that supports Naval Air Facility Atsugi, its 24 tenant commands, and 3 satellite bases by building and maintaining sustainable facilities, providing utilities and transportation services, and ensuring environmental compliance.

What primary services do you provide and who are your primary customers?
We’re running a city within a city, replete with every utility capability required to support and sustain people and operations. Our team serves NAFA residents and support/operational tenants by providing service and construction contracting, facility support, design, maintenance, utilities (water treatment & distribution, wastewater treatment, steam generation, electrical distribution), transportation, energy management, trouble call response, asset management, base planning, environmental, Seabee self-help operations, and safety oversight.

How do the services you provide support the command’s mission?
PWD Atsugi supports the fleet, enables the fighter, and takes care of the family. Our technical expertise enables current and future NAF Atsugi mission success, at home and operating forward throughout the Western Pacific, by providing reliable facilities and trusted services. Our daily operations encompass a broad range of products and services, all aligned with fleet, fighter, and family in mind to ensure we consistently, and reliably, support the command’s mission.

What can you tell us about your department that others may not know?
It is a tremendous honor to work alongside our local national MLC workforce (more than 300 personnel). They are some of the most dedicated and professional people one could have the pleasure to work with. They give their all in service to our installation. With little individual benefit, they work night and day to provide our personnel and their families with construction, service, and utilities. Rain or shine, they show up and they do the job. No doubt they are some of the best in the business! We are lucky to call them our partners.

Something Special?
National Public Works week was 21-25 May, 2018 and we had multiple outreach events to highlight THE POWER OF PUBLIC WORKS. We volunteered for STEAM day at Shirley Lanham Elementary School, providing multiple Civil Engineering Support Equipment (CESE) for students to see, a trebuchet for students to build and launch water balloons, water taste testing to determine the best tasting water (off-base water, on-base water, or bottled water. Our NAFA on-base water won with 63% of the vote), and various other activities. We also welcomed several classroom groups to our shop spaces (carpentry, metal, plumbing, and steam fitting) throughout the week to teach students about the various trades and operations we perform. Public Works has a large impact on people’s daily lives on this base and we recognize the importance of communication, outreach, and partnership.

How can your customers reach you?
Our Trouble Desk number is 115 or 0467-63-0115 from a Japanese Cell Phone.
NOT ALL PROBLEMS ARE PHYSICAL

IF YOU OR SOMEONE YOU KNOW IS DEALING WITH MENTAL HEALTH ISSUES, SPEAK UP. HELP IS HERE.
FOR IMMEDIATE HELP CALL THE MILITARY CRISIS HOTLINE AT 800-273-8255.