

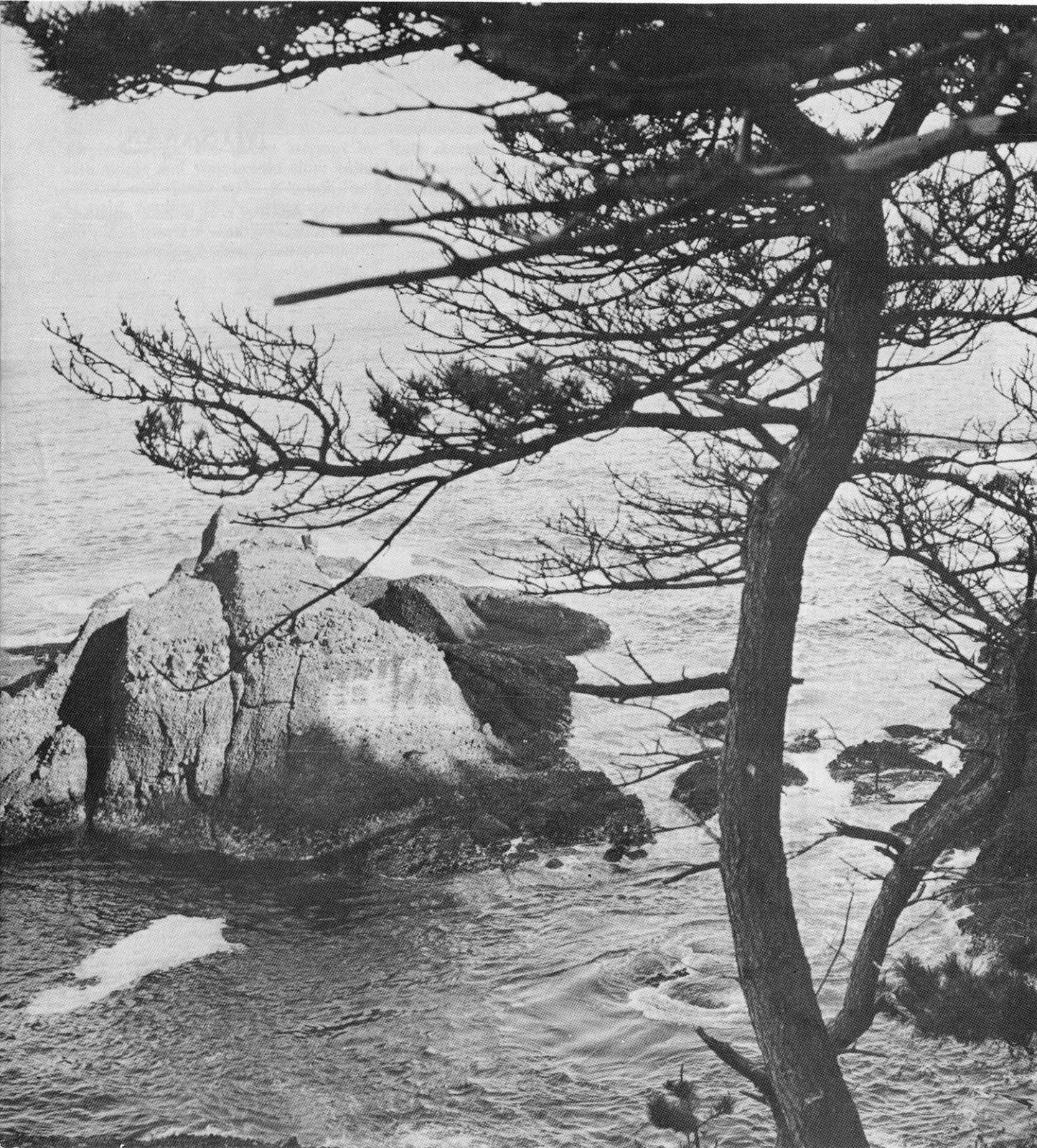


The MISAWAN



Vol. 6, No. 6

June 1976



The Skipper Says...



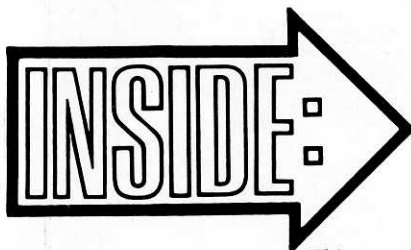
By Captain P. W. Dillingham, Jr.

Captain's Cup competition is running high and many members of the command are deeply committed to one team or another. Now that Misawa is experiencing its "good" weather, the golfers, both scratch and duffer, are busy digging up the course together. NSGA's Spring Open was a tremendous success, enjoyed wider participation than our previous tournaments and raised a significant sum for Navy Relief. Our slow-pitch softball team won the first base-wide softball tournament and all of our bowlers are now back in Misawa after taking the Commander, Naval Forces Japan team honors as well as individual trophies.

While most of us are not skilled enough to compete in these high-pressure athletics, there are individual programs and events that are run as part of the NSGA Special Services Program which allow almost every individual to show his or her competitive skill. I sincerely urge each and everyone of you to get involved. My plea is partly selfish. I am responsible for your welfare and morale and a very important part of that responsibility is your health. Much of your health is dependent upon physical fitness and I am increasingly alarmed at the growing numbers of overweight men and women arriving on board who have neglected both their military appearance and their physical fitness.

While the Navy does not have a compulsory physical fitness program which requires improvement, it is command policy that our high standards of professionalism extend to keeping ourselves physically fit as well. Take a look at yourselves: Are you slightly overweight; are you fat? If you cannot honestly say that you are physically fit, then take some personal action to get into shape. And while your at it, take along a friend or dependent who might benefit from the effort. Tight slacks or shorts accentuate every ounce of extra weight that is carried and certainly detract from what otherwise meet appearance stadards.

Set goals for yourselves but if you need a guide and incentive, then there is an excellent program fostered by the President's Council on Physical Fitness which, when the requirements are satisfied, results in a patch which can be proudly worn on jogging shirt, sweat suit or windbreaker. The important thing is to improve your health and appearance by improving your physical fitness.



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On the cover

Overlooking Mutsu Bay from northern Honshu, this view reminds some of the breathtaking scenery found near Monterey, California. (Photo by CTR1 Chuck McGee)

MISAWAN

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Contributions are welcome, but the Commanding Officer, the Public Affairs Officer and the editor reserve the right to correct, edit and omit material as necessary to conform to MISAWAN editorial policy.

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Japanese T.V. personality Tatsuichi Yamanaka (left) interviews CTASN Mark Pierce on RAB television during ceremonies honoring him for his assistance after a skiing accident on Mt. Iwaki on May 9. Mr. Mitsuru Kakuta (far right), head guide, and Mr. Yasuhiko Ono, interpreter, look on. (Photo by CTR2 Tim Smith)

NSGA seaman aids in mishap

CTASN Mark Pierce 20 Department, will remember for some time the weekend he started out for some skiing on Mt. Iwaki-san - and it developed into quite a bit more.

An avid skier since he was four years old, Pierce set out to get some end-of-the-season schussing in at Mt. Iwaki, north of Aomori. He was skiing some of the mountain trails with Mr. Mitsuru Kakuta, the head guide at the resort and a member of Mt. Iwaki volunteer ski

patrol. Most skiers have a basic knowledge of first aid procedures and Mr. Kakuta has had special training in first aid.

As they skied one of the trails, they discovered an injured skier being aided by some other skiers. The injured man had a broken leg. Mr. Kakuta inspected the already placed splint, then he and Pierce assisted in bringing the man down off the mountain, no easy task since they were quite high, and at the lower elevations, the snow had melted. But they persisted through the rocks, gullies and streams and brought the man to safety and medical attention.

Pierce returned to Misawa and had almost forgotten the incident until the Office of Information, 6920th Air Base Group, called and informed him that the Radio Aomori Broadcasting Company (RAB) wanted him to come to their studios for an on-the-air interview and presentation of a Certificate of Appreciation for his assistance in aiding the injured man.

Presenting the certificate on behalf of the Aomori Prefecture Ski Patrol was Mr. Kakuta. Also attending were Mr. Yashikatsu Narita, head of the Ski Patrol; Mr. Sachihiko Akita and Mr. Katsumi Akaishi, ski instructors at Mt. Iwaki; and members of the volunteer patrol. Mr. Yasuhiko Ono was the interpreter on the show. RAB news personality Tatsuichi Yamanaka was the host of the show honoring Pierce. Pierce received a Certificate of Appreciation that read: "It is with feelings of the deepest gratitude that we thank you for the noble, generous and devoted efforts you displayed after the ski accident near the summit of Mt. Iwaki on May 9, 1976. You assisted the Volunteer Patrol Corps with a self-sacrificing act in the field of first aid. We deeply appreciate that there are no boundaries in the world of human life."

U.S. cyclists take friendship trip

Gusty winds don't stop the nine bicyclists (below) as they pedaled their way to Aomori on May 22. The group made the 7 hour, 83 kilometer trip to symbolize the friendship between Japanese and Americans. An NSGA command plaque and a letter of greeting from Captain P.W. Dillingham, Jr. were presented to Mr. Sansaku Takeda, Editor-in-Chief of the Aomori newspaper, Too-Nippon Shinbun (right). (Photo below by CTR1 Chuck McGee; photo right by CT11 William Myrons)



Getting ahead of language changes

It is always helpful, often interesting and sometimes embarrassing when an American abroad learns the language of the host country.

Take, for example, Japanese. It has five basic vowel, two semi-vowels and 13 consonants. The Japanese language combines these 20 letters into only 105 basic combinations or syllables. English, on the other hand, uses 26 letters to produce a much greater number of basic sounds, in addition to having numerous variations and exceptions. Sounds easy so far, right? However, the difficulty begins when one learns that the distinction between short (i) and long (ii) vowels and single and double consonants are extremely important in Japanese, because they can change the meaning of the word. Compare ojisan (uncle) and ojiisan (grandfather); beru (bell) and beeru (veil); or biru (building) and biiru (beer). Imagine the misunderstanding which could occur if you asked for a biru instead of a biiru. Or, consider the differences between saka (slope) and sakka (writer) and keshi (poppy) and kesshi ("do or die" spirit).

If you understand the double consonants and long vowels, you've got it down pat, right? No, unfortunately there's another rule. Whereas we put stress on certain syllables (stress accent), in Japanese the accent put on syllables is known as pitch accent, that is, higher and lower pitch of the voice determines the accents. This takes some getting used to and trouble can start because a word can mean two or more things, depending on the pitch accent. For example, you might order kaki (oys-



Misawa mayor Tomio Kohiruimaki greets Wives' Club president Mary Cunningham during a recent shopping tour, when the wives stopped at the City Hall to meet the mayor. (Photo by CTR1 Chuck McGee)

ters) in a restaurant but be surprised when you get per-simmons (kaki). Or, if ordering rice wine (sake), you might get salmon if you say sake. Other examples are asa, asa (hemp, morning); hashi, hashi (bridge, chopsticks); igai, igai (corpse, "other than"); and tabi, tabi (trip, Japanese socks). Another tip, although the pace of syllables in an English sentence vary, in Japanese the same amount of time has to be spent for each syllable; there is neither a slowing down or speeding up.

Don't let these few differences discourage you from learning Japanese. Just smile, speak slowly and clearly, use sign language and it will be worth the effort. Who cares if someone hands you a stone when you ask for a doctor? Just grin and bear it.

A chicken treat that you broil and enjoy

During festivals, you may be attracted by the pleasant aroma of a broiled chicken dish called Yaki Tori. Usually cooked on skewers, Yaki Tori can be made from any part of the chicken. Following is a very basic and easy recipe which can be varied to suit your taste.

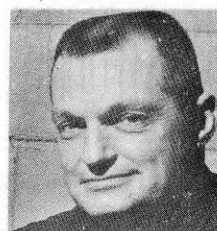
- 2 chicken breasts (livers or gizzards may be used)
- 2 T. shoyu
- 1 1/2 T. sugar
- 2 T. water

Cut chicken into cubes and marinate in other three items for 1/2 hour or more. Skewer on bamboo skewers and broil in broiler or charcoal brazier for 7-8 minutes, turning once or twice. A crushed garlic or 1/2 t. minced ginger may be added to the marinade. Serve with rice. (Skewered vegetables can be added).



Japanese workers plant the young seedlings in the ankle high water of the rice paddy. (Photo by CTR1 Chuck McGee)

MCPOC TALK



CTACM Richard Brooks Loomis

This month, it is time to surface something that many people consider a problem, yet something that most people are reluctant to say anything about. It is time to bring this to your attention and for all of us to make a conscious effort to improve.

Very simply, the problem is the flagrantly offensive, abusive language used in public by so many of our Americans - and age is not the factor. Why must we use offensive language in public? Is it because we were taught in our schools and homes that it is not offensive? Or is it because we can improve our adult stature by showing off our worldliness? Do you honestly think it makes one more adult-like to show how many curse words can be sprinkled throughout conversations heard in public? Can we say conclusively that we garner more respect from those within earshot or that it impresses the ladies to hear foul and abusive language sprinkled throughout an ordinary conversation?

I have heard people claim that it is their culture or heritage that permits them to curse in public. You mean it is culture or heritage that makes individuals call out obscene comments as ladies make their way to the powder room in the NCO Club? Hogwash! Other people have said that they would be allowed to use the same language at home, in front of their parents. I doubt it. What gives us the right to be abusive and offensive within earshot of our fellow human beings, many of whom are moral and upstanding young citizens, deeply insulted by the actions of a few unthinking loudmouths, but too polite to say something.

The time has come for us to remember our heritage - the ideals that made our country as great as it is. Human worth and dignity have been the basis of our country's growth. Remember human worth and dignity in your everyday life. If what you are about to say could not be said in front of your own mother, why say it?



A piano is loaded by Misawa High School volunteers. The piano was loaned to the high school by NSGA. (Photo by CTR1 Chuck McGee)

V
O
T
E



CTT1 Milton "Nick" Weaver, 65 Division, is congratulated by SSGT. David Reed, 6920th Security Wing Drug/Alcohol NCO, for his selection as May APEX Award winner. The APEX Award (Appreciating Excellence) is presented to the individual or individuals who contribute time and energy supporting the various Social Actions programs. Petty Officer Weaver is the NSGA's Alcohol Abuse Counselor and Overseas Diplomacy Facilitator. (AF photo by SGT. Toni Gartner)

(Kendo continued from page 7)

many ancient facts, and in these are the first reference to Chosai Iizasa in connection to the founding of kenjutsu (ken means sword, jutsu means technique and together meaning swordsmanship). Other historians select Kunimatsu No Mahito as the founder of this art because he was the direct descendent of Amatsu Koyane No Mikoto, who was famous as a swordsman.

So when you see that group of men from Company E, perspiration on their brows and garbed in armor, they will be gaining insight into the people, country and culture of their host nation but, more importantly, they are gaining knowledge of themselves.

EDITORIALS

Making metric work

When learning multiplication tables, most students have no trouble learning the "10 tables", and the international metric system, which is expected to replace the current system in the United States in the future, is based on 10.

Why has every other industrial country adopted or planned to adopt the metric system? The reasons for its popularity are that it is simple and easy to use.

Let's consider the hodge-podge system we've learned. An ounce is one-sixteenth of a quart or a pound but an inch is one-twelfth of a foot and a pint is half a quart while a foot is a third of a yard. Confusing? Quite, when you compare it to the metric system. Length measurements are easily divisible: 10 meters=1 dekameter; 100 meters=1 hectometer; and 1000 meters=1 kilometer

The same prefixes are used with the unit of weight measurement, the gram.

Although we are used to our present system, it should not be too difficult to adjust, especially since we are stationed in a country where metric is the measure. Additionally, the National Bureau of Standards has published two aids; both are available from:

Superintendent of Documents
Government Printing Office
Washington, D.C. 20402

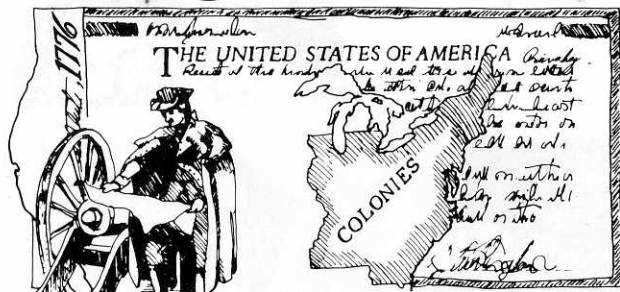
The first, **Metric Conversion Card**, fits in your wallet and sells for 25 cents. The second is a booklet, **What About Metric?** (stock no. 03031191), is 85 cents. Make check or money order payable to Superintendent of Documents.

So, start learning about metric now. You could find yourself miles (or kilometers?) ahead of the crowd.

Bicentennial special

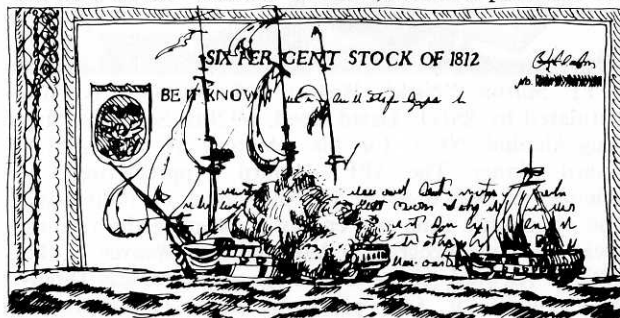
America's 200th birthday celebration is fast approaching and the staff of the MISAWAN will present a special 14-page Bicentennial issue in July. If you have any ideas for photos, art work or articles, please contact the Public Affairs Office, Building 1000, or phone 5394. Let's join forces to make our Bicentennial an occasion to remember and to be proud of.

Savings bonds a Bicentennial bargain



What to do for our Bicentennial? Buy a bond. . . a U.S. Savings Bond. When you buy a savings Bonds, you help finance your country's projects at the same time you're saving for the future.

The Continental Congress of 1776 had no taxing power. The revolution was just about over due to lack of funds, but the early Americans financed freedom to the tune of \$27 million. In 1812, America proved to be



a world power by fighting for freedom of the seas - with the aid of bond-buying Americans. In 1861, America was torn by internal strife, but Americans still in-



vested in the American dream, not knowing whether they'd get their money back. They did and bonds are still a safe investment. Fighting wars were not the only bond financed projects. In 1906, citizens helped build the Panama Canal by buying bonds. During the World Wars, volunteers rallied together, raising \$21 billion in 1918 and \$186 billion during World War II, helping Uncle Sam keep America free.

Today, over 9 1/2 million Americans still buy U.S. Savings Bonds. Series E Bonds are available at the American Express Banking Corporation facilities on base. You can also see the Disbursing Office about signing up for the Payroll Savings Plan. Buy a piece of the future - Series E Savings Bonds.

Kendo is sport for both mind, body

By SGT. W.E. Hutchinson

Kendo! Bushido! Shinai! Men! Do! Tare! Kote! These were some of the terms a group of men from Company E set out to learn. To find out the meaning of these and other phrases and the art of Kendo, they enlisted the help of CAPT. Utsunomiya, LT. Yanagisawa, LT. Harada, LT. Icanoh and Sgt. Kawai. Through the instruction from these men from 3rd Sqd. 81st TFG, JASDF, the Marines learned that Kendo, the exhilarating mental and physical sport of Japan, has been handed down through the centuries. Today Kendo (Japanese feudal art of swordsmanship) has been molded into an educational sport with all the action and history contained within its present training.

With knowledge and the following equipment, hakama (divided skirt) and the keikogi (jacket), tare (heavy quilted cotton hip and groin protector), do (chest protector), men (head and face mask), kote (fencing gloves) and fukuro shinai (38" or 39" bamboo fencing foil), the student is ready for the tachiuchi (match with swords).

The beginner in Kendo must advance through a series of six kyu (classes) before he is eligible for shodan (first grade). In modern Kendo, the advancement through the six kyu will take anywhere from two to five years before the student can receive consideration for an examination by the board of Teachers for Shodan.

It states in the opening paragraph of the Japanese government publication, "Japan: Its land, people and culture", that the "exact date when of the ancestors of the (Yamato) people first settled in the Japanese islands and developed their own culture. . . remains shrouded in obscurity." Thus, little factual knowledge remains of when Kendo was developed. However, two ancient anthologies, the Kojiki and the Nihon-shoki, dating from the early 8th century, are generally utilized by Japanese historians to cover

(Continued on page 5)

Above, Shigeru Harada explains a technique to W.E. Hutchinson during the Kendo instruction. Hutchinson and Harada go through practice exercises, below, while, right, Koji Yanagisawa (left side) and Shigeru Harada engage in a demonstration of "kama" or basic Kendo positions and guard positions. (Photo by CTR1 Chuck McGee)



Spring golf tourney

Open raises NRS funds

By Jim Shepherd

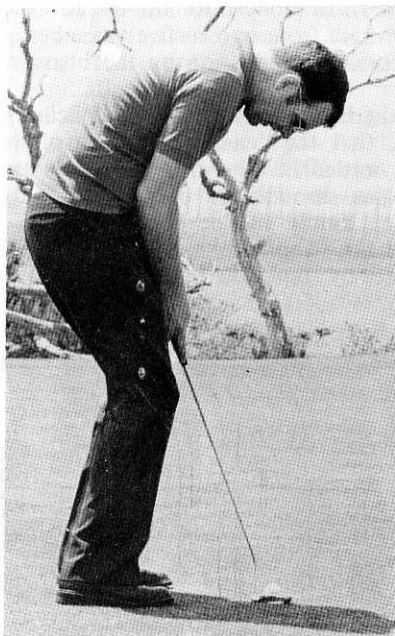
The 1976 NSGA Navy Relief Spring Open golf tournament was held at the Gosser Memorial golf course on May 24. It was a beautiful spring day, with temperatures reaching the low 70's by mid-day, a perfect day for golfing. Sixty-nine people participated, raising some \$231 for the Navy Relief Fund.

Trophies were awarded in three different flights and two categories in each (low scratch and low handicap).

Winners were: Low scratch, first flight: 1st place Greg Thomas shooting a 78 and 2nd place George Olbin shot an 81. Second flight: Marv Hall and Bob Fish both shot 99. Third flight: Dave Briggs had a 107 with Bob Hudson shooting the same. Low handicap honors went to Paul Snow and Steve Linfors, both shooting a 73 for the first flight; Don Lanson and Don Dickey, both with a 75 for the second flight; and third flight winners were Howard Tripp and Nick Weaver, shooting 76s.

George Olbin had the longest drive of the day on the sixth hole, driving the ball 300 yards plus. Greg Thomas took honors by driving closest to the pin on hole 10. Then you have "pro" golfer, or more commonly known as "Duffer of the Day", Ed Zabecki, shooting a fabulous 158 scratch.

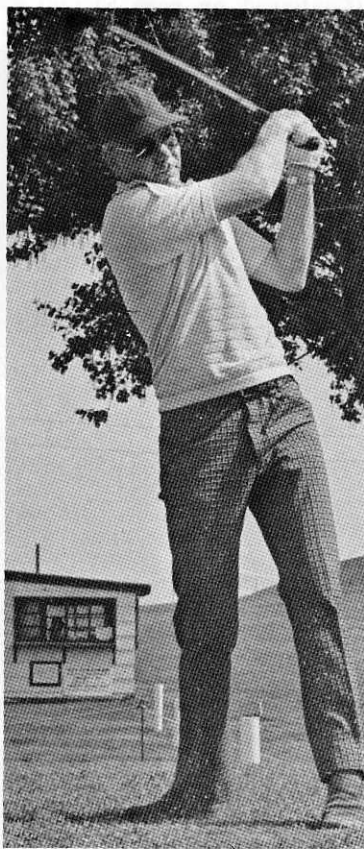
Don Lanson deserves special recognition for his shot on hole 10 when he blasted out of the sand trap and right into the cup, which is not visible from the trap.



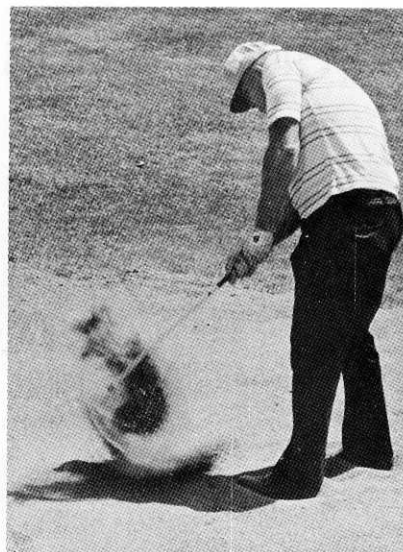
Nice and easy does it as Darrell Campbell putts.



Larry Ligon drives off tee no. 1.

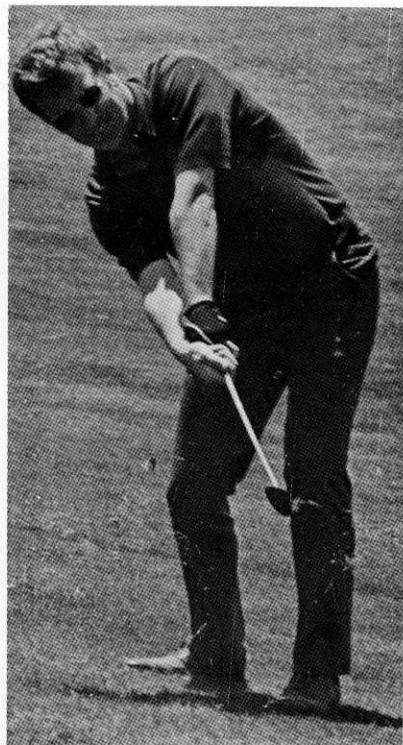


A.J.C. Keener tees off.



Don Lanson blasts out of a sand trap in the Spring Open. He holed it out to save a par.

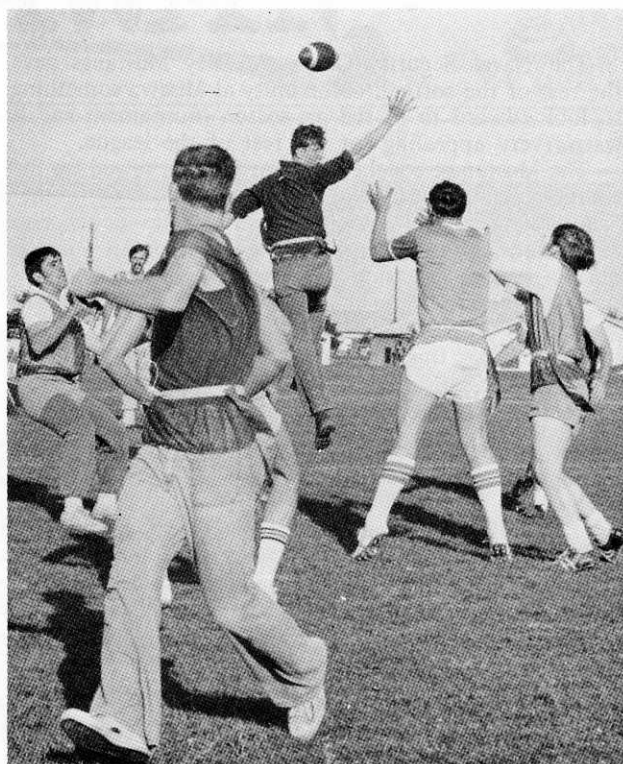
We would also like to extend special thanks to the following people for setting up the tournament and making it a success: Brooks Loomis, Don Mayberry, Mike Dallman, Carl Weber, Phil Jaquith, Leo Edgell, Jr., John Cunningham, Gary Wilhelm, Dave Orr, Bruce Ferman, Nancy Smith, Kathy McWilliams, Patsy Utter, Dennis Grabowski and Bill Frohlinger.



Mike Hardcastle-Taylor makes good use of his short irons.



Shepherd stops the sweep attempt by Mat's Ferstler with Briggs and Wesolowski close behind, above, while Gilliland and Sardo make it tough for Ferstler, below. At right, Section One's Briggs downs another interception. (Photos by Tom Hagerman)



Sec. I wins football continues success

By J. F. Shepherd and J.C. Sardo

The '76 Flag Football season opened when Sections One and Four clashed on the gridiron, with Section One annihilating Section Four, 35-0. A strong offensive and defensive game was played by Section One, with quarterback Mike Lynch at his finest.

Game two saw Section One up against the most competition they had all season, the Dayworkers. The entire game was a defensive battle with the only touchdowns being scored in the opening two minutes of the game, the first when Lynch went to the air to find halfback Chuck Ford free in the end zone. The conversion

was good when Lynch found halfback Joe Sardo flaring to his right and free in the end zone. The only touchdown scored by the Dayworkers was on the very next play when they ran the kick-off back 60 yards. They then failed to capitalize on the 2-point conversion, proving costly in the outcome of the game. The Dayworkers gave Section One an 8-6 victory and a lot of hope for an undefeated season.

The third grid match found the future champs facing their arch-rivals, Company E. But due to the defensive pressure applied by Section One's line and with Lynch being on target again, this time to Dan Cohen and Steve Tracy, Section One clinched the game 14-0.

The final game of the season for Section One against maintenance proved to be their finest performance both offensively and defensively. Lynch found flanker Dave Briggs open for 18 points in the first three quarters of play. Strong running by Gary Ferstler proved not enough for the Mat men; due to Section One's rugged defensive backfield, the M Branchers failed to make pay dirt. Lynch found halfback Joe Sardo free in the end zone for the clincher ending the game with a score of 27-0 and giving Section One an undefeated season.

Now maybe they will understand what the "One" stands for!

Mustangs victorious

The Naval Security Group Activity Mustangs gave the rest of the softball community at Misawa something to look forward to in the pre-season tournament and it wasn't very appealing for the rest of the league.

The Mustangs, coached by Jim Sneath, sewed up the tournament by trouncing the Sentinals of the Army Security Agency 11-3 in the championship game. This completed a clean sweep of the tournament for the Mustangs who got to the finals by virtue of wins over Air Base Group Daze (11-0), Naval Air Facility (9-4), and Hotel Flight (7-1).

Members of this year's Mustang team are Jim Sneath

and Denny "Kid" Larsen, co-coaches, Larry Ligon, Bob Gibson, Bob Martinez, Mike Ransom, Greg Thomas, Ray Ruggles, Brad Chitendon, Del Cloud, Larry Norgard, Bob Wesolowski, Chuck Augustin, Mike Lynch and Bob Fish.

"We only have one or two men this year capable of hitting the long ball," says Coach Sneath. "Norgard and Wesolowski can both hit the long ball, but we are mostly a hit and run team."

The Mustangs pitching has been superb so far, with Larry Ligon and Bob Gibson handling the chucking chores so far. Gibson threw a two-hitter in the tournament against Air Base Group Daze. In addition, the defensive play of Greg Thomas at third and Larry Norgard and Bob Wesolowski in the outfield sparked the Mustangs to their seasonal kickoff victories.

Readership survey

The following survey was prepared so the MISAWAN staff can evaluate readers' attitudes and actions. There is no need to put your name on the questionnaire; responses will be included in statistical analysis only. The success of this survey depends on complete responses

PERSONAL DATA

1. Pay grade _____ (List as E-4, O-1, etc., not rank)
2. Age _____
3. What is the highest grade of schooling or equivalent you have completed? Less than high school diploma _____ High school diploma _____ Some college _____ College degree _____ Graduate school _____ Other (specify) _____

DISTRIBUTION

1. Do you think receiving the MISAWAN through the mail is effective? Yes _____ No _____

READERSHIP

1. Do you read the MISAWAN? Yes _____ No _____
2. Do you read all of it? _____ Most of it? _____ Some of it?
3. Do you look forward to each issue of the paper? Yes _____ No _____
4. Which of the following should the MISAWAN contain?
 - a. Navy-wide news _____
 - b. Air Base news _____
 - c. Local community news _____
 - d. Other (specify) _____

from everyone. Therefore, please answer each question frankly. When you finish, please return the questionnaire via guard mail (Code 63, PAO) or drop it off at the Public Affairs Office, Building 1000. For easy response, check marks may be used to answer most questions.

5. Do you like the layout (look) of the paper? Yes _____ No _____

If not, please explain: _____

6. Which of the following do you read? (Mark as many as you read)

- a. Skipper says _____
- b. Photo feature _____
- c. Sports _____
- d. MCPOC Talk _____
- e. Editorial and comments _____
- f. Things of Japan _____
- g. Sports _____

7. Which of the following would you like to see included in the MISAWAN?

- a. Air Base happenings _____
- b. Education _____
- c. Career Counselor's corner _____
- d. Wives news _____
- e. Question and answer _____
- f. Inquiring reporter _____
- g. Other _____

8. What topics would you like to see covered by Editorials? _____ Features? _____

9. Do you like the paper's size? Yes _____ No _____

10. In its present format, which of the following groups would find the MISAWAN most interesting?

- a. 17-21 _____ 22-30 _____ 30-40 _____ Over 40 _____
- b. Officers _____ Enlisted _____ Dependents _____
- c. Male _____ Female _____