



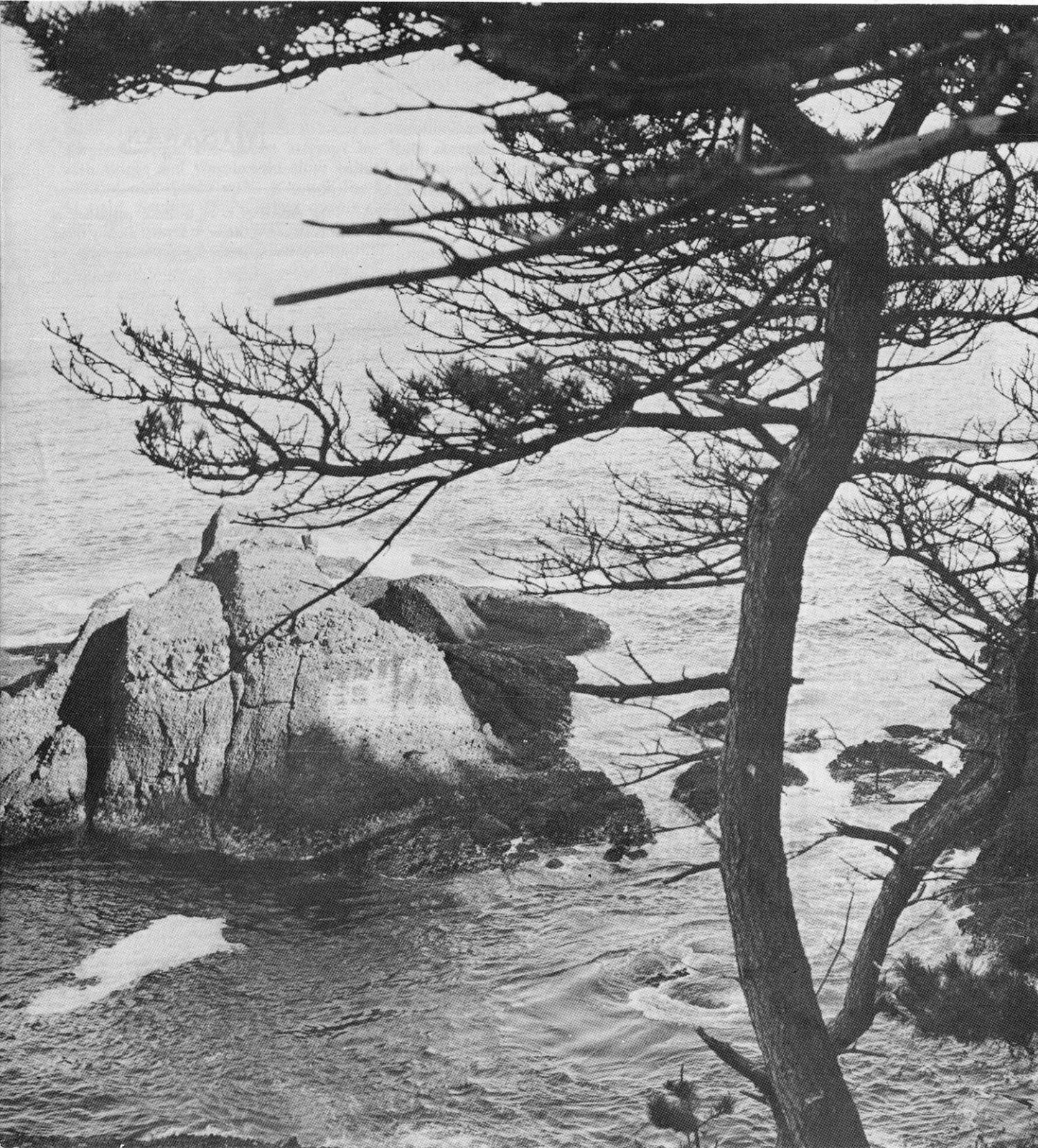
The

MISAWAN



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**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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