Capt. David A. Owen, Commander, Fleet Activities Yokosuka

CMDCM(AW/SW) Martin K. King, Command Master Chief

Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an email to CFAYactionline@gmail.com. We welcome your feedback, especially if it is of a general nature and can help others. To contact the Seahawk office, call CFAY Public Affairs at 243-3003 or send an email to:

CFAYactionline@gmail.com.

Commander, Fleet Activities Yokosuka
Capt. David A. Owen

Michelle Stewart Public Affairs Officer
Sean Dath Lead PA Specialist

Editorial Staff

Keiichi Adachi Photojournalist
Yuhji Kawabe Photojournalist
Greg Mitchell Photojournalist
Joe Schmitt Photojournalist
MC2 John Smolinski Photojournalist
Paul Long Photojournalist
Mark Elrod Seahawk Editor
Hideo Kaihatsu Seahawk-Umitaka Editor

U & A Company Co., Ltd.

Kiyonori Goto Account Executive
Ai Yoshikawa Account Executive

COMFLEACT Yokosuka
Public Affairs Code N00P
PSC 473 BOX 01
FPO AP 96349
Phone: 243-5607/3003

Fleet Activities, Yokosuka, Japan
SEAHAWK 海鷹 UMITAKA
Serving Yokosuka Base for more than 50 years

The editorial content of this newspaper is edited and approved by the public affairs office of Fleet Activities, Yokosuka.

This newspaper is an authorized publication for members of the military services stationed overseas. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts of supplements, does not constitute endorsement by the Department of Defense, the Navy, Commander, Fleet Activities Yokosuka or U & A Company of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity by an advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Published by U & A Company, a private firm in no way connected with DoD or the U.S. Navy, under the exclusive contract with the U.S. Navy.

Follow CFAY on
twitter
facebook
shutterfly

Heads Up Yokosuka!
Community announcements/Action line

The Base Communication Office (BCO) Yokosuka Closure – The BCO Yokosuka (building C-20) will be closed from 11 a.m. to 1 p.m. today due to a command function.

Attention All Newcomers – Personnel Support Detachment (PSD) Yokosuka operates by an "appointment-only" service system. This system serves the needs of PSD's growing customer base by ensuring all documentation is completed prior to customers' arrival. The goal is for customers to make one and only one trip to PSD for a given set of transactions. All personnel are required to utilize the appointment system via their Command PASS Coordinators (CPCs), who are responsible for scheduling members' appointments via the PSD appointment line. *USS George Washington* (CVN 73) Sailors and family members requiring pay/personnel services should contact the *GW* Admin Office or Patriot's Landing at 243-9900. All other family members desiring services but whose sponsors are deployed should contact the FAST Office at 243-7966. As exceptions, PSD Admin 8 a.m.-4 p.m., ID Cards 8 a.m.-2 p.m., Government Passport Office 8 a.m.-3:30 p.m. and Cash Cage 9 a.m.-12 p.m. operate on a walk-in basis. CPCs have walk-in privileges at any time for any section during normal working hours. Welcome aboard and thank you for your service in Japan.

Road Construction on Route 16 Near Carney Gate – The City of Yokosuka will be repairing a damaged pipe on Route 16 from Oct. 10-15, and then from Oct. 23-29. Carney Gate outbound lanes will closed and outbound traffic will be diverted to inbound lane 3 from 9 p.m. to 6 a.m.

October is Energy Awareness Month – The following are upcoming Fleet Activities, Yokosuka energy awareness events.

Oct. 15 – Building Energy Monitor (BEM) Day:
- Meet your Command Level BEM
- Complete an energy questionnaire win a prize
- Learn about energy measures implemented at your command

Oct. 17
- Energy Fun Run; 11:30 a.m. at Purdy Fitness Center
- Oct. 18 – Energy Curtailment Event:
  From 10 a.m. – noon use as little energy as possible.
- CFAY will monitor energy consumption during this period to observe a basewide reduction.

Giant Voice Mass Notification – Fleet Activities, Yokosuka (FLEACT Yokosuka) Giant Voice Mass Notification System (GV) upgrade project is scheduled to be complete Oct. 30. Intermittent live testing will be conducted at Yokosuka and Ikego during 8 a.m.-4:30 p.m., Oct. 15-19. You will hear sirens, tones and voice. System completion will result in a complete upgrade and extended coverage for Yokosuka and Ikego. CFAY appreciates the community's support and patience while this critical system upgrade is completed. Once GV upgrade complete, morning and evening colors will be coordinated across the installation and waterfront.

National Substance Abuse Prevention Month – President Barack Obama has issued a proclamation designating October as National Substance Abuse Prevention Month. Substance abuse, such as underage drinking and the non-medical use of prescription and over-the-counter medications, significantly affects the health and well-being of our nation's youth and young adults. Stopping it before it begins can increase a person's chance of living a longer, healthier and more productive life. Above The Influence is a national campaign created by the Office of National Drug Control Policy. The campaign informs and inspires people to reject smoking, alcohol, illicit drugs and other unhealthy activities. It is important to know how drug abuse and addiction develops, what it looks like, and why it can have such a powerful hold. Effects can be psychological, physical, behavioral, or social. Please contact Fleet and Family Support Center, your command Drug and Alcohol Program advisor, Command Substance Abuse Control officer, or medical provider for more information.

2012 Flu Immunization Clinics – U.S. Naval Hospital Yokosuka has scheduled three separate seasonal influenza (flu) immunization clinics on board Fleet Activities, Yokosuka and its housing detachments in Ikego and Negishi ahead of the upcoming flu season. The clinics will immunize family members, civilians and contractors who are eligible for care at the hospital. Active duty service members will be immunized during command specific clinics. Immunization remains the best method to prevent both catching and spreading the flu. As was the case last season, this season's immunization includes protection against the two most common strains of seasonal flu as well as the H1N1 virus.

- **Ikego**
  Date: Oct. 17, 2-7 p.m.
  Place: Ikego Bubble Gym
- **Yokosuka**
  Date: Oct. 25, 2-7 p.m.
  Place: Kinnick High School Cafeteria

The immunization will be available and administered in both the nasal spray FluMist® and the traditional "flu shot." The "flu shot" is given with a needle, usually in the arm. FluMist® is a nasal spray approved for use in healthy people two to 49 years of age who are not pregnant. Most beneficiaries between ages two and 49 will receive the Flumist® unless the person does not qualify due to an allergy or medical condition.

Fire Prevention Week: Have 2 Ways Out – The Kanto Plains has a schedule for the entire month of October. Fire evacuation drills and fire prevention lectures will be provided during the base fire prevention activities.

- **Yokosuka**
  Oct. 13 and 14. High rise tower fire evacuation drills
- **Ikego**
  Oct. 19 – 1:15 p.m. Ikego Elementary School, poster contest winners awarded
  Oct. 27 – 10 a.m.-3:30 p.m. High rise tower fire drills
- **Negishi**
  Oct. 12, 1:30 p.m. Poster contest winners awarded at Byrd Elementary School gym
  Oct. 12 – Fire lecture at Byrd Elementary School

Deadline for Seahawk submissions – Deadline for submissions to the Seahawk is the Thursday before the next Seahawk edition. Email your submissions to Seahawk-Umitaka@fe.navy.mil. Contact the Seahawk editor by email at Seahawk-Umitaka@fe.navy.mil or call 243-2567/3003 for specific submission requirements or for more information.

Beating a dead horse

By Capt. David A. Owen,
Commander, Fleet Activities, Yokosuka

At the beginning of the year I wrote an article about New Year resolutions outlining a challenge to this community. As we approach the final quarter of the year, it's a good time to see how we've been doing and review our progress on the challenge. Unfortunately, at this moment, the answer to that is "not very good".

The first resolution was to reduce the number of DUI/DWI incidents from 2011, a year which saw 38 of them. We got off to a bad start for 2012, but then went 70 days without a DUI/DWI and were projected to be well under 2011 numbers. However, over the past five weekends we seen multiple violations, to include two senior personnel wearing khakis. We are now back on a pace to match the 2011 numbers.

The second resolution was to reduce domestic violence cases, and unfortunately we are failing in this area as well. Its' not lost on me that there have been multiple cases reported this month alone, which happens to be Domestic Violence Awareness Month.

My message is simple and will continue until it is all under control and stops. If you partake in ignorant oil (alcohol) do not get behind the wheel of a vehicle. Have a plan. There are multiple ways available to get home, to include designated drivers, taxis and walking. Also, keep your hands to yourself. When the urge to conduct violence, especially upon a loved one, overcomes you then walk away. Take the time to calm down vice doing something you will regret later. There are about 10 weeks left in 2012, let's keep the drinking and driving and domestic violence at zero for the remainder of the year. We can do this – MAKE IT SO!