司令官の相談室

Capt. Daniel L. Weed, Commander, Fleet Activities Yokosuka

CMDCM Wayne E. Smith, Command Master Chief

CFAY soliciting ideas for award money use – Commander Fleet Activities Yokosuka (CFAY) is requesting ideas on how to spend the award money that CFAY will get in conjunction with receiving the Commander in Chief Installation of the Year Award. If you have any ideas on how the money can be best utilized for the benefit of Sailors, civilians, contractors and families aboard CFAY, please send your suggestions to cfay.pao.watch@fe.navy.mil.

Transportation Web Survey – Commander Fleet Activities Yokosuka (CFAY) needs your assistance in meeting the needs of the community with providing the safest and best quality transportation services. Whether you drive, walk, ride a bicycle or motorcycle, use the train or the installation bus, now is your chance to let us know how we can improve an area of your quality of life. Please take the time to complete a short but informative online survey that covers the different transportation modes available. The survey will also give community members living in Negishi and Ikego an opportunity to provide input on how they perceive transportation services. Data collected from this survey will be used in conjunction with a base-wide traffic study that was conducted several weeks ago to determine the best possible solutions for many of our roadway and transit areas of concern aboard CFAY. This survey will run from April 1-30 and can be accessed at the following Web site: http://www.gfnet.com/Survey/TakeSurvey.asp?SurveyID=43K6m403852KG

Family Housing Open Season Campaign – CFAY Family Housing will have an Open Season Campaign starting April 6 to 17. The goal of this incentive based campaign is to increase the occupancy rate of military family housing located in Negishi and Ikego. Active duty military and Department of Defense personnel with transportation agreement and command sponsored family members residing off base or residing on base Yokosuka desiring to relocate are eligible. Incentives to participate include: government funded move, bedroom eligibility requirement waived, clock reset on five-year occupancy rule for civilians and no waiting list. This campaign is on a first-come, first-serve basis as long as funding is available. Participants must have at least one year remaining on current tour and must sign an agreement not to request housing reassignment for remainder of tour. Sign up at the Yokosuka Housing Welcome Center, Building 1441, or call Sam Ogata at 243-8831 for more information.

Tobacco use on base – Tobacco use is the single largest cause of preventable premature mortality in the U.S. among adults. Smoking-related health care and productivity loss cost the Department of Defense (DoD) nearly a billion dollars each year. Cigarette smoking may cause heart disease, several kinds of cancer, and chronic lung disease. Because the health of tobacco users is adversely affected and because the health of all personnel must be protected by providing a safe, healthy and non-polluted workplace, the Navy's vision is to be tobacco free. Time spent for tobacco use shall occur only during approved break periods in designated tobacco use areas. Tobacco use is prohibited during time authorized for physical fitness, training and conditioning. Smokeless tobacco use is only permitted in designated tobacco use areas. Where smokeless tobacco use is permitted, tobacco spit shall be held in containers with sealing lids to prevent odor and accidental spills. The distance from building entry/egress which tobacco users must maintain is to be determined by commanding officers and must be at least 50 feet from any building entrance.

Free General Education Diploma (GED) Class Offered – A free GED class is being offered at the Community Center, 3rd floor lecture hall, Wednesdays from 5:30 to 7:30 p.m. This class offers a unique opportunity for anyone interested in obtaining their GED. Students can improve their academic skills in a small group setting. E-mail to FREE_GED@hotmail.com for more information.

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 e-mail to cfay.pao.watch@fe.navy.mil. We welcome your feedback, especially if it is of a general nature and can help others. To contact the Seahawk, call 243-5607/3003 or send an e-mail to: Seahawk-Umitaka@fe.navy.mil.

New CFAY Web site URL – Effective immediately, the new CFAY Web site URL is *www.cnic.navy.mil/yokosuka*.

April is Alcohol Awareness Month

– Having the conversation with your teen –

By CSC(SW) R. L. Clift,
CFAY Drug and Alcohol Program Advisor

Make a plan. Before you engage your teen in a conversation, you'll need to prepare yourself. Go for a walk, sit where you can't be disturbed, and think. Reflect on the facts of the situation. Try to avoid negative feelings of anger and betrayal – as they won't be useful to you in this conversation and may result in your child tuning out. Organize your thoughts. Decide what you want to say to your teen. Think about what resources you might need: a counselor, your faith leader, a school counselor, etc. Keep a dated journal of your feelings, discussions and progress so that you can begin to identify a pattern of behavior.

Present the facts. Set the tone wisely. Open the discussion with a statement of your love and concern for your teen. You could begin with a statement of the facts as you know them: you found drug paraphernalia in their room; your teen has violated curfews; their grades have slipped; your teen has changed from being a "good kid" to someone who is getting into trouble at home, or school, or in the community; or simply, you have noticed your teen has become quiet, secretive and has changed from the kid you used to know.

Listen. After presenting the facts as you see them, ask your teen for a response to the information you've presented. Listen to your teen. Hear what he or she is saying. Try to determine if the problem is beyond your ability to help and therefore need to bring in a professional.

Discuss. The next step is to discuss the shared information. This may be the most difficult part, as the tendency for both you and your teen will be to respond angrily to each other. Don't accept flimsy excuses. Be steady and consistent in your approach. Don't get lulled into "looking the other way" because it's easier. Know that you are doing the right thing.

Set rules. Firmly and warmly make it very clear that you will not tolerate drug or alcohol use by your teen. Identify the consequences if they do use. Some parents find it hard to set down clear rules. For these parents, it might help if they commiserate with their teen. For example, "I know it's difficult that I have to make these rules. But I wouldn't be a good parent to you if I didn't take care of your safety and make them."

Some parents find it hard to remember to be affectionate while making clear rules. This parent may want to begin by recalling with the teen a time in the past when the teen followed a rule with good results. For example, "Remember the rule we have about doing your homework before any other activity? And look how well that worked out because you did so well in school."

Set clear consequences, reward good behavior. Let your teen know that you will be holding him or her accountable for his or her actions – and that there will be consequences for not following the rules such as loss of privileges or restricting their curfew. Also consider offering incentives or rewards. "Catch them" doing something right.

Road blocks. Don't be surprised if your teen gets up and walks away in anger. Let everyone cool down and prepare to have the conversation again. Some ways your teen may try to deflect the conversation by saying "Why are you making this such a big deal. Everybody does it." "That's not mine; I was just holding it for a friend." "I only used once; I don't hang out with those kids any more." No matter what they say, calmly remind them, that nothing excuses your teen from using drugs or alcohol.

Continue the conversation. Determine a time when you and your teen will have the next talk. Talking to your kids about drugs is a continuous process – not an event. Let your teen know that you will be having another "meeting" with him or her to check in. However, if you find that you're having the same conversation over and over and your message isn't being heard, you may want to seek assistance from a health professional or coach.

Commander Fleet Activities Yokosuka
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