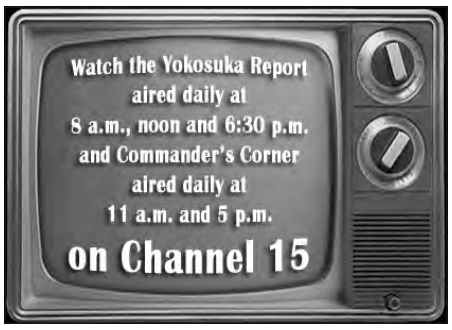
Capt. David A. Owen, Commander, Fleet Activities Yokosuka

CMDCM Gregory Vidaurri, 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 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.



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Heads Up Yokosuka!

Community announcements/Action line

Benny Decker Theater Closure – Due to mechanical difficulties beyond our control, The Benny Decker Theater is closed until further notice. All movies will be shown at the Fleet Theater. Contact the Morale, Welfare and Recreation Entertainment Office at 243-5215 for more information.

Gridley Tunnel Closure – Gridley Tunnel will be closed to all traffic Oct. 4 - 24 to replace the lighting system. Please use alternate routes during this time period. Contact Public Works Department Production Officer Lt. Cmdr. Lakeeva Gunderson at 243-9119 for more information.

Fall 2010 Air Conditioner Turn off schedule – In support of current Navy and National Energy policies, the CFAY Public Works Department will begin a phased approach to turning off air conditioning according to the following schedule:

- **Oct. 6 - 8:** Office areas
- **Oct. 11 - 15:** Common areas; clubs, retail
- **Oct. 11 - 15:** Living areas; housing, schools

If you have a user-controlled unit, please secure your air conditioner during the applicable time listed above. Contact the CFAY Energy Manager, Thomas Bawden at 243-6406, or e-mail to thomas.bawden@fe.navy.mil for more information.

October is Breast Cancer Awareness Month – USNH Yokosuka, Health Promotion Department will have a Breast Cancer Awareness outreach at the Navy Exchange Oct. 15 from 11 a.m. to 2 p.m. Doctors from USNH Yokosuka will be at the site to provide more information about breast health and woman's health. Contact Mary Lorelie Aquino from USNH Yokosuka Health Promotions Department at 243-9776, or e-mail to mary.aquino@med.navy.mil for more information.

CFAY Energy Week Oct. 18-22 – The CFAY Energy Week will run Oct. 18-22. Activities scheduled for the week-long event includes:

- **Oct. 18-21, 9:30 to 10:30 a.m.:** Meteorological Tower tours and wind energy discussion. Attendees are to meet at the Met Tower located southeast of Berkey Field for eight separate 30 minute tours. Question and answer session's follows energy discussion.
- **Oct. 20, 11:30 a.m.:** Energy Awareness Fun Run. Participates are to meet at the grassy area south of the George I. Purdy Fitness Center. Volunteers are needed for setup, breakdown, water break staffing and runner escorts (mobile phone required).
- **Oct. 22, 10 a.m. to 3:30 p.m.:** Energy Fair, located at the red brick area in front of the commissary will include 11 exhibitors of different and exciting new generation of energy and water conservation technologies with demonstrations and handouts.

Contact the CFAY Energy Manager, Thomas Bawden at 243-6406, or e-mail to thomas.bawden@fe.navy.mil for more information.

COMPASS Yokosuka Spouse Mentoring Program – The next COMPASS class will be Oct. 26 - 28 at the Community Readiness Center in room 223 from 9 a.m. to 1 p.m. All spouses are welcome. Breakfast and lunch is provided and childcare reimbursed. Call Shelle Napier at 0176-66-3771 for more information or visit the website www.gocompass.org to register online for the class.

Applied Suicide Intervention Skills Training (ASIST) workshop – The ASIST workshop will be held Oct. 27 and 28 in room 220 at the Community Readiness Center. ASIST teaches suicide first-aid intervention skills. During the two-day, 15-hour workshop, attendees will learn specific skills that help you identify those at risk and how to better listen to and care for those having thoughts of suicide. The workshop is open to all military, civilians, contractors, ombudsman and adult family members. Contact Capt. John Swanson by e-mail to john.swanson@fe.navy.mil or RPC Alan Dagg at alan.dagg@fe.navy.mil or call 243-6931 to register for the class or for more information. Pre-registration is required to attend the class.

American Red Cross (ARC) Courses and Training – ARC offers the following courses and training:

- **Oct. 9 and 23:** Infant, Adult and Child CPR/AED and First Aid, 8 a.m. to 5 p.m.

Yokosuka Red Cross needs volunteers. Whether you want to serve in a leadership capacity or offer a helping hand, the Yokosuka Red Cross is the place for you. Call Yokosuka Red Cross at 243-7490, or e-mail to Yokosuka@usa.redcross.org for more information.

Halloween Trick or Treating – Halloween trick-or-treating will be conducted here on base and at the Ikego and Negishi Housing Detachments Oct. 31 from 4:30 to 8 p.m. Families and guests are reminded to be respectful to those homes not participating in Halloween activities. Master Labor Contract (MLC), Indirect Hiring Agreement (IHA) and Hourly Payment Temporary (HPT) employees are authorized up to six guests. Status of Forces Agreement (SOFA) sponsored personnel are authorized up to 10 guests. To bring a guest on board, a request form obtained from the Industrial Security Office (ISO) must be filled out and submitted to the ISO no later than Oct. 27. When entering the base with your guests, please show your gate pass, the request form and your guests' ID such as passport, Japanese driver's license or resident card with picture to the main gate guard. Children under 12 years of age are not required to show their ID. The gate guard will issue a Halloween sticker to each guest. Contact ISO at 243-5330/5125 or CSC Rufino Valdez at 243-5741 for more information.

Military Family Housing (MFH) Resident Satisfaction Survey – All MFH residents will receive a resident satisfaction survey by mid October. The survey will be hand delivered to your residence. Each survey will include a Web link located at the top giving you the option of completing the survey online or by mail. Participation from all MFH residents is critical. Residents' cooperation and candid responses allows the MFH Office to continue to improve services to all residents. The survey only takes about 10 minutes to complete. The survey ends Nov. 12. Contact CFAY Housing Customer Relations Specialist Pauline O'Reilly at 243-9067 for more information.

BZ: My first experience at Personnel Support Detachment (PSD) Yokosuka in February 2008 was terrible. I was owed three months of TLE (Temporary Living Entitlement) when my record was discovered in a pile. Not a good start. I "ICE'd" PSD harshly at that time. However, since then I have been pleasantly surprised. Andre at the passport desk is the most patient and professional person I have ever worked with. I have watched him maintain his calm and professional demeanor with some very 'ugly' customers. Also, I have travelled three times this year. The travel was centrally funded so I had to use CTO (Commercial Travel Office). Tomoko Kaiho is another one of your "rock-stars." Her work ethic is admirable and she does something so very rare these days, she follows up with e-mail and, or phone calls. Very nice! Lastly, the processing of my three travel claims was excellent. On my last claim there was an error made however, it was corrected the very same day. Thumbs up to PSC Robert Feliciano and PS1 Aboubakrine Sene.

Marriage Enrichment Workshop

A Marriage Enrichment Workshop will be held Oct. 14 from 9 a.m. to 3 p.m., here in the Chapel of Hope Fellowship Hall for any married Sailor and spouse.

Often, men and women get to the point in their relationships where one or both feel unappreciated, neglected or uncared for. Unhappiness leads many to conclude that the love has vanished from their relationship. One of the reasons this occurs is because men and women often don't share the same "love language." We attempt to communicate love to our mate, but it seems to fall on deaf ears. That's because we are not speaking our mate's love language. This workshop will help you identify your primary love language and that of your mate.

Once couples learn to express love using their mate's love language, the relationship grows and flourishes.

Based on the book, "The Five Love Languages" by Gary Chapman, the workshop will examine each of the five love languages: Words of affirmation; Acts of service; Quality time; Gifts; and Physical touch.

The Marriage Enrichment Workshop will teach couples how to identify and speak each other's love language and rekindle love.

Call 243-7858 or e-mail to erumi.kuwaori.ja@fe.navy.mil to sign up for the class or for more information. Seating is limited, prospective attendees are encouraged to sign up early.