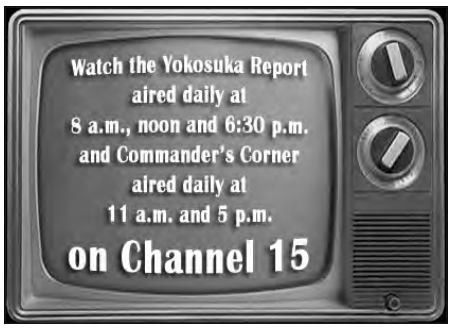
Capt. David A. Owen, Commander, Fleet Activities Yokosuka

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

CFAY to Conduct Active Shooter Drill – Commander Fleet Activities Yokosuka Installation Training Team will be conducting an Active Shooter Drill Oct. 21 from noon to 4 p.m. at the Community Readiness Center. These drills are a continuation of our ongoing emergency and disaster response preparedness efforts, and are not in response to any specific or identified threat. During the exercise, the installations mass notification system or "Giant Voice" will be activated and an emergency alert sounded. We want everyone to clearly understand that this exercise is only a drill. Contact Andre Colomas at 243-1794 or Michelle Stewart at 243-7436 for questions. Your patience and understanding are appreciated.

CFAY Thanksgiving Adopt-A-Sailor Program – The CFAY Thanksgiving Adopt-A-Sailor Program provides the opportunity for Sailors to enjoy Thanksgiving dinner with a local host family. Applications are now being accepted for those families interested in hosting a Sailor for Thanksgiving dinner. Applications will be accepted starting Oct. 16 and must be received no later than 3 p.m. Nov. 16. Approved applicants will be notified sometime during the week of Nov. 16. Application forms are available for download at https://www.cnic.navy.mil/Yokosuka/index.htm located under the Public Announcements section. Fax the completed application to 243-9901. E-mail to adoptasailor2010@fe.navy.mil for more information.

NIOC Pre-Halloween Half Marathon – A pre-Halloween half marathon, sponsored by Navy Information Operation Command (NIOC), will be held Oct. 23 at 7 a.m in front of the George I. Purdy Fitness Center. The marathon is open to all active duty personnel, command sponsored family members and host Japanese nationals. Participants must be at least 18 years old. Pre-registration is required. Cost is $35.00 or ¥3,500 (includes T-Shirt) or $30.00 or ¥3,000 (no T-Shirt). The first 50 pre-registered runners will receive a T-shirt once payment is received. First place prizes awarded. Pre-registration deadline is close of business Oct. 18. Registration forms can be downloaded at http://www.midwestrunningevents.com/event. Contact CTRC(SW) Cynthia Dodd at 243-6087 for more information.

NNOA Kanto Plain Chapter Black Tie Membership Ball – The National Naval Officers Association (NNOA) Kanto Plain Chapter will hold their annual Black Tie Membership Ball Oct. 30 at 6 p.m., at the Atsugi Officer's Club. Contact Lt. Cmdr. Celestine JohnsonGardner by e-mail to nnoajohnsongardner@yahoo.com, or call 243-9213 for more information.

U.S. Consumer Product Safety Commission Product Recall – The U.S. Consumer Product Safety Commission has recalled Trisonic compact fluorescent light bulbs due to fire hazard. This recall involves Trisonic 15-, 20-, 22- and 25-watt bulbs with the model numbers TS-EN 15W/SP, TS-EN 20W/SP, TS-CFL 22WB or TS-EN 25W/SP printed on the base of the bulb. Consumers should immediately stop using the light bulbs and contact Eastern America Trio Products Inc. at 800-661-7146 or visit their Web site at www.trisonic.com to obtain a full refund.

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 sessions follows the 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 Courses and Training – The American Red Cross Yokosuka Branch is offering the following courses and training:

• **Oct. 20:** Dog or Cat First Aid, 4 to 6:30 p.m.

• **Oct. 23 and Nov. 6:** Infant, Adult and Child CPR/AED and First Aid, 8 a.m. to 5 p.m.

• **Nov. 3:** Infant and Child CPR at Ikego, 8 a.m. to 1 p.m.

• **Nov. 13:** Babysitter's Training, 8:30 a.m. to 4:30 p.m.

• **Nov. 16:** I'm In Charge (ages 10 to 12), 3 to 5 p.m.

• **Nov. 17 and 18:** Infant, Adult and Child CPR/AED and First Aid, 4 to 8 p.m.

• **Nov. 19:** First Aid/CPR/AED Instructor Course, 4 to 8 p.m.

• **Nov. 20, 21:** First Aid/CPR/AED Instructor Course, 8 a.m. to 4 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 the 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.