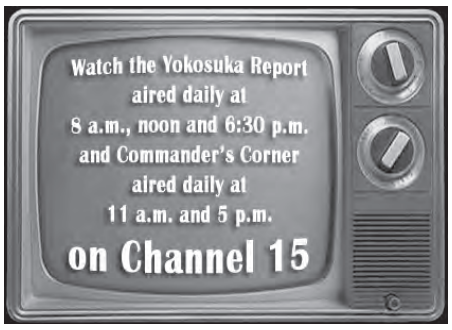
Capt. David A. Owen, Commander, Fleet Activities Yokosuka

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.



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Heads Up Yokosuka!
Community announcements/Action line

The Base Communications Office (BCO) Yokosuka closure – The BCO Yokosuka (building C-20) will be closed from 11:30 a.m.-1:30 p.m., today due to a command function.

The Yokosuka and Ikego post offices closure – The Yokosuka and Ikego post offices will be closed Wednesday, July 4. Normal postal business will resume July 5.

CFAY summer energy campaign kickoff – It's time to kickoff the CFAY summer energy campaign and we need your help in making it a success. The Government of Japan has not issued mandates on energy reduction, like they did last year. However, Tokyo Electric Power Company still has a reduced electricity generating capacity as a result of many power plants still being off line. Therefore, we want to do our part as good neighbors to our Japanese hosts, and save where we can. CFAY will be implementing some base wide measures this summer, but none will adversely impact the community or our missions. Some of the initiatives that the base will be implementing includes: securing approximately one-third of all street lights on base, securing fountains, securing outdoor display signs, and working with large tenant commands to help them identify areas where they can reduce energy consumption. We are also asking that you continue to do your part by promoting energy conservation and being energy conscious. Doing small things like turning off lights or A/C in rooms that you are not using, and keeping the thermostat set at 26 degrees Celsius will make a big difference over the course of the summer. We will be sending out energy saving tips throughout the summer, so please keep an eye out for them. Thanks in advance for your support.

Hospital bills: Your responsibility – Pay patients seen at military treatment facilities, have bills generated and sent to the patient's insurance carrier. Often, after payments are made by the patient's insurance carrier, there is a remaining co-payment that is the responsibility of the patients. These co-payments if unpaid leave a negative balance on the patient's account generating late notices 30 days after payment is due. If payment isn't made within an additional 30 days, a second notice is sent. A third and final notice will be sent at the 90-day mark if the bill remains unpaid. If, at the 90-day mark, the bill has not been paid or arrangements have not been made to pay the bill, patients with an outstanding balance will not be able to schedule routine appointments, or obtain non-urgent care. If you suspect you may have unpaid medical bills or have any questions on the billing process, please call the U.S. Naval Hospital Yokosuka Billing Office at 243-8574.

Defense Financing and Accounting Services (DFAS) scam letter warning – A letter is making the circuit purporting to be from DFAS asking military member's fiancées to register in our system entitling them to benefits in the event of the member's death. All for only a $350 fee. However, it's a scam. Please let your fellow soldiers, Sailors, airmen, Marines and families know the score. Corporate Communications advises the facebook post links to an earlier release DFAS put out in October on interaction with customers. DFAS will never send you unsolicited email messages requesting your myPay login ID and password or any other personal or financial information. We also will not send you unsolicited email messages with attachments, if you receive an email message that appears suspicious, do not click on any links or open attachments, etc.

Unauthorized political activity – The Department of Defense (DoD) maintains a policy that DoD personnel acting in their official capacity may not engage in activities that associate the DoD with any partisan political campaign or election, candidate, cause, or issue. All military personnel, including National Guard and reserve forces, are prohibited from wearing military uniforms at political campaigns or election events. Military members may not:

- Fundraise
- Speak
- Canvas or advocate on behalf of a partisan candidate or cause.
- Military members are disallowed from placing partisan political signage in military housing onboard military installations.

Acceptable political activities:

- Members are allowed (in a private capacity) to support their candidate or cause in limited scope, as long as it is never in uniform and is not serving a large role within the cause (i.e., supervisory position).

DBIDS Registration – Don't forget to register in the Defense Biometric Identification Data System (DBIDS)! Due to the updated Non-combatant Evacuation Operation (NEO) plan and increase in force protection and random anti-terrorism measures, all military, civilian employees, Navy contractors and their family members including children 10 years of age and older, Master Labor Contract (MLC) employees and local contractors on board Yokosuka base or assigned to forward-deployed afloat units are required to register in DBIDS. Personnel who are currently registered in DBIDS but have changes to their profile must come in and update their information. The DBIDS registration office is located at the main gate inside building 1495. Additional DBIDS registration locations are at the Community Readiness Center and Personnel Support Detachment Yokosuka.

指紋認識データシステム – 横須賀基地に関わる軍人、軍属、契約従業員及び10歳以上のご家族、MLC従業員、契約業者の方は指紋認識データシステム（DBIDS）に登録する必要があります。既に登録済みで、データに変更がある方は、1495ビル登録事務所でデータを更新してください。受付は月～金曜の午前7時から午後4時まで。

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.

Keep breathing – Choose living!

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

The rates are surging among America's troops and have reached a level of nearly one per day. It is not vehicle accidents or drunken incidents I am referring to, but rather SUICIDE. In the first 155 days of 2012, 154 suicides have been committed by active-duty service members. This is far more than casualties incurred on the battle field, so in essence we are killing ourselves in a more proficient manner than the enemy is.

There is no good explanation as to why suicides are occurring. Certainly combat exposure, post-traumatic stress, misuse of prescription medications and personal financial problems could all be factors. I believe that every case most likely has its own unique combination of factors which leads the member to take his or her own life. With each death there are surviving family members and friends left behind, who miss the departed and wonder what they could have done to help prevent it.

No matter what or how bad things might seem, there is always an alternative, including choosing life. Things cannot get better if one simply gives up and commits suicide for there is no taking it back; its' final. Life always is your best option because the mere choice of living each day means that you can at least hope for better days.

The next really great time could be just hours away, but you will never know if you take the extreme action of suicide. Always think about what good things are happening or are waiting in the future. I think everybody will agree there is something worth living for. If you can not think of anything on your own, then ask for some help in doing so. Think about what you will miss. Even if you do not have children yet, maybe it would be your son's first little league home run or dancing with your daughter at her wedding. It could be finding a very special person, not necessarily someone you can live with but rather someone you can not live without.

I recommend making your own "bucket" list. This is a list of things you vow to do before leaving this earth. I suggest that when you check something off, add something else on so that the list never grows too short and never becomes complete. This way, suicide is not an option until you have accomplished everything. By this method you will never accomplish everything. Keep breathing, keep believing and choose living!