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

CSMC(SW/AW) Gilbert V. Batanga, Acting Command Master Chief

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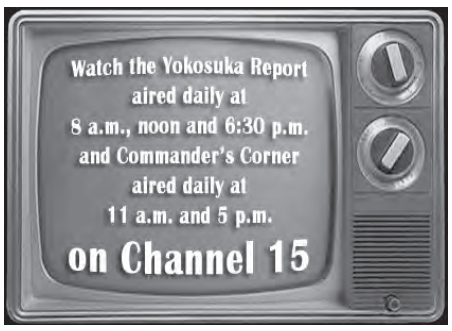

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Heads Up Yokosuka!
Community announcements/Action line

Housing Early Application Tool (HEAT) – The Navy has launched HEAT – the Housing Early Application Tool. Service members and their spouses can now begin the application process online – even before receiving orders. Service members, who might be PCSing to one of the five Beta test sites or just want to know more, visit the HEAT Web site at: www.cnic.navy.mil/HEAT

USO Japan "Closest to the Pin" Tournament – USO Japan will be hosting its first "Closest to the Pin" tournament at the CFAY Driving Range Feb. 25. Participants will compete for great performance prizes including the chance for one lucky participant to win a Harley Davidson motorcycle, courtesy of Navy Exchange New Car Sales. Proceeds raised from this event will benefit USO programs and services tailored to meet the needs of our forward-deployed service members and their families on military installations throughout mainland Japan. Contact USO Japan at 241-4894 or by e-mail to jwillett@uso.org for more information or to pre-register. The event is open to all status of forces agreement-sponsored personnel.

Postal Rate Changes – USPS is conducting a postal rate change to begin Jan. 22. A first class stamp will increase to 45 cents. If customers have Forever Stamp at home, they can continue to use them and will never have to add a penny stamp.

Nile C. Kinnick High School Lunches – Starting Jan. 30, Nile C. Kinnick students will have access to school lunches. Lunches will be dispensed in the Sbarro's party room. Families may apply for free or reduced lunch at the check out desk on the fourth floor of the Community Readiness Center. Students will need to sign up on SharePoint in the morning to order lunch.

Medical Home Port Program – U.S. Naval Hospital Yokosuka recently implemented the Medical Home Port program which introduces a new model of patient and family-centered healthcare delivery for primary care. The model emphasizes team-based healthcare, with the patient being essential to the team and establishes the provider/patient relationship as paramount. This leverages other members of the primary care team to also actively participate in patient care. Since its implementation, it has become necessary to balance the number of patients assigned to each provider based on current availability and scope of medical practice across three primary care clinics – Family Medicine Clinic, Pediatrics, and Internal Medicine Clinic. Because of this, some patients will receive notification of a change of assigned Primary Care Manager and clinic that best suits your medical needs. Inherent to implementing the new program are challenges to changes that the patients may experience. These changes are necessary to align patients and providers appropriately and distribute workload to ensure the best possible access to care. We sincerely apologize for any inconvenience that this may cause. Please do not hesitate to contact the Medical Home Port Team Nurse for any questions you may have. Your Medical Home Port Team is here to serve your healthcare needs.

CFAY Paving Projects – As you may have already noticed, pavement construction is taking place on Yokosuka base. This is just the beginning of a number of repaving projects that are to take place to better the condition of major roads on base. The following are the dates and location of the paving projects:

- **Rickert Steet:** Sept. 26 - Feb. 14
- **Howard Street:** Oct. 24 - April 6
- **GW Parking:** Nov. 21 - Feb. 20
- **King Street:** Feb. 7 - April 20

These dates are subject to change, depending on weather, materials, base events, etc. Please take the following actions when driving around construction sites:

- Slow down in construction sites.
- Look out and obey directions of flagmen in the construction areas. They are there to help mitigate and control traffic.
- Eveyone's patience and cooperation is greatly appreciated.
- Always practice safe driving.

Information Control Points in the Event of Power Outage – In the event of power outages, emergent information can be found at the following locations:

Yokosuka
- Community Readiness Center
- Housing Office Bulletin Board
- Carney Gate Quarterdeck
- Tower first floor bulletin boards

Ikego
- Community Center
- OIC Office Bulletin Board
- Post Office
- Tower first floor Bulletin Board
- Mini Mart

Negishi
- Community Center
- OIC Office Bulletin Board
- CBQ/NGIS
- Chapel
- Veterinary Clinic
- Installation gates
- Richard E. Byrd Elementary School
- Teen Center

Emergent information includes facility and school closures, late openings and other critical information.

BZ: I just want to take the time and send a BZ for PS1(SW) Maria Cariaga. We stopped in at PSD to drop off AT orders for our Surgemain Sailors assigned to Puget Sound Naval Shipyard (PSNS) here in Japan Jan. 9. Our intention was to drop off the AT orders and pick them up in the morning knowing that it was almost time to secure for the day at PSD. Cariaga asked us to stand by, stamped the orders, and made copies to take care of our 14 Sailors. Please send a BZ from us and thank her for her professionalism and excellent customer service in PSD.

Great to be alive!

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

It was about three years ago around 4 a.m. in the gym on the *USS Dwight D. Eisenhower* (CVN 69) while transiting across the Atlantic ocean for the start of a deployment. Running on a treadmill at a respectable pace, my day was getting started off right. Then some strange things happened. First it was discomfort in my chest, which I believed might have been from the chili dogs the day before. However, even after slowing the pace down it did not go away. Then came numbness in my arms and not being able to feel my fingers. I really did not believe that a heart attack was happening, for. I work out regularly, am not overweight, do not smoke, etc…Taking no chances, I went to medical and sure enough tests revealed that there had been a cardiac event. I was only 46 at the time. How could this be happening? I was flown into the Azores and eventually to the states. No surgery was required, but I'm on cholesterol control prescriptions for the rest of my life.

Today, I feel great. I'm active and enjoying all sorts of events and doing things I might not have gotten to do if I did not survive that morning in February 2009. More importantly, I'm determined to see my son play little league someday and dance with my daughter at her wedding, so kicking the bucket is not in my near-term plans. What seemed important three years ago does not rank high on the list anymore. There are life-altering events and this truly was one for me. Making the next rank, saving up lot's of money that you can't take to the grave, tolerating a relationship instead of being embraced by it, and doing only what is accepted as right vice what my gut tells me is right almost drove me to an early exit from this world.

I'm not wishing a near-death experience for everybody by any means, but as a new year starts, I do encourage everyone to step back and think about what is really important. Here are some example questions to ask: Is homework really more important than a deployed father speaking with his children? Is it worth getting upset over a bad grade by one of your children, or better to enjoy him/her being a good and healthy kid? What is more important, your integrity or money? Is it better to be honest and true to your word or say and do anything it takes to just get your way? Is it wrong to help somebody out who needs it? Should you always spoil your family or make them work for some of what they have? Is telling lies justified if it results in you winning?

Tough questions and everybody probably has a different perspective. I know what mine are and it's' great to still be alive to answer them.