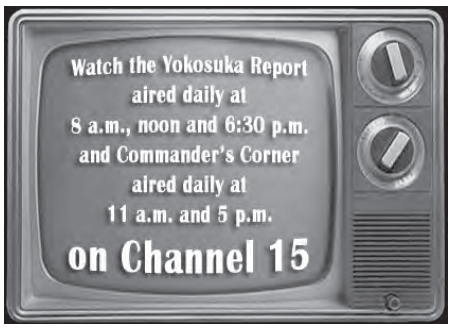
Capt. David A. Owen, Commander, Fleet Activities Yokosuka

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 CFAYactionline@gmail.com. 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: CFAYactionline@gmail.com.



Commander Fleet Activities Yokosuka
Capt. David A. Owen

Michelle Stewart Public Affairs Officer
Sean Dath Lead PA Specialist

Editorial Staff

Keiichi Adachi Photojournalist
Yuhji Kawabe Photojournalist
Kazuyuki Takagi Photojournalist
Fumiyo Sato Photojournalist
Mark Elrod Photojournalist
Joe Schmitt Photojournalist
MC2 John Smolinski Photojournalist
Jeffrey Doepp Seahawk Editor
Hideo Kaihatsu Seahawk-Umitaka Editor

Asahi Advertising
Tomomi Hirano Account Executive
Sumiyo Uchida Account Executive

COMFLEACT Yokosuka
Public Affairs Code N01PA
PSC 473 BOX 01
FPO AP 96349
Phone: 243-5607/3003

Fleet Activities, Yokosuka, Japan
SEAHAWK UMITAKA
Serving Yokosuka Base for more than 50 years

The editorial content of this newspaper is edited and approved by the public affairs office of Commander, Fleet Activities Yokosuka.

This newspaper is an authorized publication for members of the military services stationed overseas. Its contents do not necessarily reflect the official views of the U.S. Government, the Department of Defense or the U.S. Navy and do not imply endorsement thereof.

The appearance of advertising in this newspaper, including inserts of supplements, does not constitute endorsement by the Department of Defense, the Navy, Commander, Fleet Activities Yokosuka or Asahi Advertising of the products and services advertised.

Everything advertised in this newspaper shall be made available for purchase, use or patronage without regard to race, color, religion, gender, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity by and advertiser is confirmed, the publisher shall refuse to print advertising from that source until the violation is corrected.

Published by Asahi Advertising, a private firm in no way connected with DOD or the U.S. Navy, under the exclusive contract with the U.S. Navy.

Follow CFAY on
twitter
facebook
shutterfly

Heads Up Yokosuka!

Community announcements/Action line

UMUC 55th Commencement Ceremony – The University of Maryland University College (UMUC) Asia will hold their 55th commencement ceremony at The New Sanno Hotel in Minato-ku, Tokyo April 16. This year's guest speakers will be John V. Roos, U.S. Ambassador to Japan, and Norman R. Augustine, a member of the University System of Maryland Board of Regents. Roos will also receive an honorary degree at the commencement ceremony. UMUC will award approximately 710 degrees this year. At ceremony, the first of four ceremonies throughout East Asia, more than 80 graduates will march as they receive their associate's, bachelor's, and master's degrees. The ceremony will begin at 4 p.m. UMUC will also hold commencement ceremonies in Okinawa April 23, in Seoul, Korea April 30, and in Guam May 21. Contact Megumi Savoy at 225-7149 for more information.

Marriage Enrichment Workshops – Marriage Enrichment Workshops provided by the *USS George Washington* (CVN 73) (GW) Command Religious Ministries Department will be held April 21 from 8 a.m. to 4 p.m. at the Chapel of Hope. Contact the GW Chaplain's Office at 243-7454 or by e-mail to howardb@cvn73.navy.mil to sign up or for more information. These workshops directly contribute to family resiliency and help promote healthy relationships.

Travel Advisory for Japan's Golden Week Celebration – Japan's Golden Week celebration begins April 29 and ends May 5. Traditionally, the majority of Japanese employees take vacation during this period and Government of Japan (GOJ) offices are closed. U.S. Embassy Tokyo is closed April 29 and May 3 to 5. It is very difficult to conduct business in Japan during the Golden Week holiday period. Second only to the Japanese New Year holiday period, Golden Week is one of the busiest and most congested travel periods in Japan. The U.S. Defense Attaché Office Tokyo advises Department of Defense (DoD) personnel to defer official travel to Japan during golden week to ensure availability of hotels, transportation and access to GOJ officials. Furthermore, it is also recommended that DoD members and their families located in Japan take extra caution when traveling on roads and trains during this holiday period.

Life After Kinnick Resource Room to Open – A ribbon cutting ceremony will open Kinnick High School's new Life After Kinnick (LAK) Resource Room April 21 at 5 p.m. on the school's campus. Kinnick's Continuous School Improvement co-chair Chey Hickey sought to significantly enhance the school's support for students preparing for life after high school. Kathleen Thomas, a Kinnick substitute teacher recently toured the Bahrain School and shared her observations of a resource room there designed to help students plan for college. Their collaboration resulted in this new LAK Resource Room, a place where students can come to find inspiration, motivation, information, resources and guidance, to begin to continue and to finalize their individual post-secondary planning. From ninth-grade to 12th-grade, students will find appropriate self-assessment tools, career and college preparation information in publications and online. Most importantly, the resource room provides a permanent and dedicated space for students to work on their plans for the future with guidance from teachers. E-mail to Cheytoria.Hickey@pac.dodea.edu for more information.

Network Security Awareness – ONE-Net users are reminded that information assurance is a team effort. Here are some everyday security measures that every user must follow for information assurance: Do not allow anyone access to your computer without the proper credentials, authorization, or need to know. Do not allow anyone into your space without the proper credentials. Do not hesitate to question or challenge anyone whom you don't know about what they are doing in your space. Do not hesitate to call your local Security Manager or NCIS office if you have any concerns regarding personnel wandering your spaces without proper identification. Remember to maintain control of your CAC when departing your work space. Contact the One-Net Service Desk at 243-3883 or your command security manager for more information.

Deadline for Seahawk submissions – Deadline for submissions to the Seahawk is the Thursday before the next Seahawk edition. E-mail your submissions to Seahawk-Umitaka@fe.navy.mil. Contact the Seahawk editor by e-mail to Seahawk-Umitaka@fe.navy.mil or call 243-2567/3003 for specific submission requirements or for more information.

BZ: I just wanted to commend the way the veterinarian staff handled the [recent authorized early departure of family members] with so many people requesting health certificates for their pets, in preparation for quick departures. It was so well done, that I couldn't let it go without letting someone know! They kept a cool, calm composure throughout the whole procedure, and made sure the needs of everyone was dealt with before they finished. God bless each and every one of you for what must have been a hard few days.

Distracted Driving

From Commander Naval Safety Center

April is National Distracted Driving Awareness Month, which makes it a good time for us as Navy, Marine Corps, and as individuals, to assess our own driving habits and reduce distractions that too often prove injurious or even deadly.

There are three types of distraction that occur while driving. Visual distraction takes your eyes off the road, manual distraction takes your hands off the wheel and cognitive distraction takes your mind off the task of driving. While all types of distraction endanger your safety, texting is the most alarming because it involves all three types of distraction.

According to the National Highway Traffic Safety Administration, the age group most prone to distracted driving is drivers under the age of 20. The second most distraction-prone drivers are those between the ages of 20 and 29. This encompasses a disproportionately large percentage of our force.

Take advantage of distracted driving awareness to identify and modify any behaviors that may distract you from the business of driving. Short-term modifications may lead to life-long good habits. It's also a good time to ensure all military personnel age 25 and under, have complied with the requirement to complete a four-hour driver safety course.

The Naval Safety Center has resources designed to help you be successful behind the wheel. A distracted driving awareness kit is available on our website, and offers plan of the day reminders, presentations, tips for general military training, and more.

Our naval enterprise is operating all across the globe, fighting the war on terror and assisting victims of national disasters. Simultaneously, resources are shrinking and fiscal constraints are becoming all too real. Our Navy, Marine Corps, and nation cannot afford to lose anyone in a preventable mishap caused by distracted driving. When you're behind the wheel, drive to arrive alive. Take care of yourself, your passengers and each other.