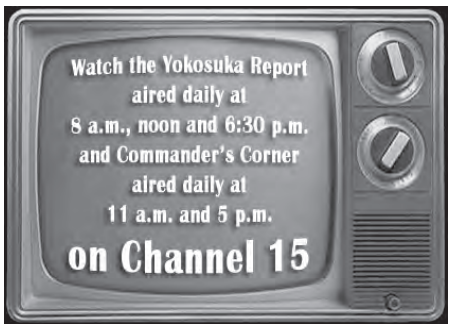
Capt. David A. Owen, Commander, Fleet Activities Yokosuka

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.



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
Jeffrey Doepp Photojournalist
Joe Schmitt Photojournalist
MC2 John Smolinski Photojournalist
Paul Long Photojournalist
Mark Elrod Seahawk Editor
Hideo Kaihatsu Seahawk-Umitaka Editor

U & A Company Co., Ltd.
Kiyonori Goto Account Executive
Ai Yoshikawa Account Executive

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

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Heads Up Yokosuka!
Community announcements/Action line

No Zebra's No Excuses – The CFAY Sexual Assault Response Coordinator (SARC) and Fleet and Family Support Center present "No Zebra's No Excuse" a live drama presentation July 17 from 1-3 p.m. at the Fleet Theater.

Second Hand Rose closure – Second Hand Rose will be closed for the summer from July 15 until Aug. 13. The store will reopen for business on Tuesday, Aug. 14. No donations will be accepted during the store closure.

Drug Education For Youth (DEFY) Day Summer Camp 2012 – DEFY Day Summer Camp will be held at the Satsuki Tower Aug. 14-23. The program develops youths through drug education, leadership and character development, positive role model mentoring and community outreach to enhance the quality of life of military personnel and their families. Applications can be picked up from the U.S. Naval Hospital Yokosuka quarterdeck. For more information, please call HM3 German Rossete, 243-5868/5971; HM3 (FMF) Oscar Castillo, 243-8808; HMC (FMF) Robert Mack, 243-8293.

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).

Bicycle Helmets – All bicycle riders must wear an approved bicycle helmet in usable condition when entering the gates on Yokosuka base. No hard hats will be allowed for use on bicycles from the base entry point to the work centers nor from the work centers to the base exit points. Hard hats are only allowed for use by personnel after they report to the work place and their work requires use of a hard hat to perform their duties. Bicycle helmets that are found not safe must be replaced before being allowed to ride a bicycle on base. This is in accordance with CFAY instruction 5800.2G. Contact CFAY Traffic Safety at 243-7354 for more information.

自転車用ヘルメットに関するお知らせ – 横須賀基地及び関連施設に入出門する際、正規の自転車用ヘルメットを着用してください。通退勤時におけるゲートから職場までの区間、作業用保安帽を自転車用として代用することはできませんが、勤務中に職場及び業務上作業保安帽の着用が義務付けられている区域、またはその区域を自転車で通過する場合のみ、代用可能です。自転車用ヘルメットが安全な使用状態に無い場合、適切な物と交換されるまで基地内での自転車の運転は認められません。上記違反者は横須賀基地指令書第5800.2G号により取り締まりを受けます。詳しくは243-7354、CFAY交通安全課までお問い合わせください。

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.

If your dog is fat

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

There is a saying that "if your dog is fat, then you are not getting enough exercise". One of the most disappointing things, which occurs more often than it should, is when a service member's services are no longer required due to a failure to meet body fat standards. I have seen some really good and talented sailors sent home as a result of this. There certainly is not a lack of physical fitness facilities, programs and activities on this installation and throughout the Navy to help keep in shape. Granted there are way too many fast food places and energy drinks bursting with whopping amounts of calories, but there are also always accessible healthy food options.

It is not easy to keep the pounds off. It is harder for some folks more than others simply due to metabolism, a medical condition or genetic make up. However, regardless of those innate health factors, maintaining a good weight boils down to two key ingredients: exercise and diet. The combination of either exercising and not eating healthy or eating healthy and not exercising can both lead to failure just as easily as not trying in either category.

With the Fall Physical Fitness Assessment not too far off let's set a goal for zero body fat failures here at CFAY. Instead of walking into McDonald's for a Big Mac attack, take Rover for a walk down along the water and around Berkey Field or play fetch with Fido in the backyard while drinking a bottle of water instead of being a couch potato watching others engage in athletic competitions, while you gulp down non-diet sodas and chow down on unhealthy snacks. Let's make sure that all dogs and people at CFAY are in good shape.