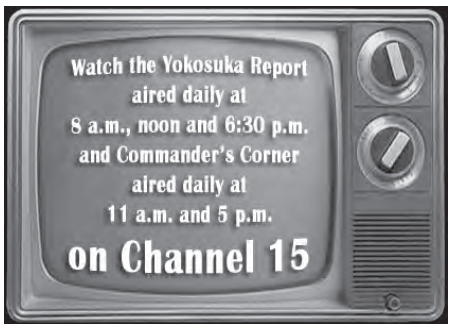
Capt. David A. Owen, Commander, Fleet Activities Yokosuka

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

Gate headgear policy change – Effective Aug. 1, pedestrians will no longer be required to remove headgear, sunglasses or hoods at the following gates; Daiei Gate and Fleet Activities Civil Police Gate across from Carney Gate; Womble Gate. Policy remains unchanged for entry and exit via Carney Gate. Headgear and anything covering the face or head will be removed prior to entering the Carney Gate Entry Control Point area.

Notice to Far East Navy telephone customers – There will be a power outage at building B-37 (Naval Computer and Telecommunications Station Far East Tech Control) Aug. 5 from 8 a.m. to 1 p.m. local time. During this power outage, inter-base telephone services will be interrupted for Yokosuka, Negishi, Ikego, Hakozaki, Urago and Tsurumi. 911 services will not be affected. In the event you are unable to call 911, dial 99, 046-816-0911 immediately.

• Negishi customers will retain the ability to dial within the Negishi base as well as dialing all other bases using a commercial line (99).

• Yokosuka, Ikego, Hakozaki, Urago and Tsurumi will retain the ability to dial within each other as well as dialing all other bases using a commercial line (99).

Please call bases outside Yokosuka's geographical area commercially, this includes calls to CONUS, Atsugi, North Dock, Camp Zama, Yokota, Misawa, Iwakuni, Okinawa, Sasebo and its remote sites.

Direct dialing from a commercial line to on base

• **Atsugi**	0467+63+last four digits of telephone number
• **Ikego**	046+806+last four digits of telephone number
• **Negishi**	045+281+last four digits of telephone number
• **Sasebo**	0956+50+last four digits of telephone number
• **Iwakuni (253)**	0827+79+last four digits of the 253 telephone number
• **Iwakuni (255)**	0827+94+last four digits of the 255 telephone number
• **North dock**	045+872+last four digits of telephone number
• **Yokosuka (241)**	046+896+last four digits of the 241 telephone number
• **Yokosuka (243)**	046+816+last four digits of the 243 telephone number

Example:

• On-base to off-base number	99+046+816+0911 for 911 services
• Off-base to on-base number	046+816+0911 for 911 services

Consumer Product Safety Commission Recall – Peg Perego recalls strollers due to risk of entrapment and strangulation; One child death reported. http://www.cpsc.gov/cpscpub/prerel/prhtml12/12232.html. Kolcraft recalls Contours Tandem Strollers due to fall and choking hazards. http://www.cpsc.gov/cpscpub/prerel/prhtml12/12233.html.

Applied Suicide Intervention Skills Training (ASIST) Workshop – ASIST Workshop will be held Aug. 9-10, Community Readiness Center 2nd Deck Auditorium, from 8 a.m. to 4:30 p.m. Both days civilian attire authorized and suggested for all military members. Open to all active duty, spouses, adult children (16 and above – those 16-18 need parent's permission), contractors, civilian and Master Labor Contract employees. Learn to be a more willing, capable and confident care giver to those having thoughts of suicide. For a variety of reasons, people often find themselves having thoughts of suicide. These people are in the "river of suicide." We need lifeguards trained in suicide first-aid who can help get them out of the river and linked to the appropriate resources. ASIST teaches suicide first-aid intervention skills. Over the course of the two day workshop (15 training hours), you 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, civilian, contractors, ombudsmen, and adult family members. To pre-register, email asist.lifeguard@yahoo.com or john.swanson@fe.navy.mil. You can also call the Navy Region Japan Chaplain's Office at 243-6931.

Second Hand Rose closure – Second Hand Rose will be closed for the summer from July 15 - 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 include: 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.

BZ: I would like to thank Mandy Shimakura and PS2 Felicia Oxendine for their assistance with one of my members' PCS. We really appreciate your hard work and knowledge of the Joint Federal Travel Regulations that enabled this member to get his car from storage in Dallas and drive himself to his retirement destination in Corpus Christi, Texas. Thank you and keep up the good work!

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.

Once is wise, twice is foolish

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

Off in the distance and on a clear day at CFAY, you can see one of the most famous sites in Japan, Mount Fuji. Every year thousands of people climb to the top of this highest point in the country. The climbing season is upon us, with July and August the primary months to make the trek to the top. Most the remaining time of the year it is capped with snow and ice. Make no mistake though, even during the hottest months the temperatures can be very cool on the mountain and there is often chilling rains and winds. The trail gets rocky in places, but this is not like climbing some extreme mountain range with ropes. A Fuji stick is really the only assistance you need to make it to the top.

Morale, Welfare and Recreation Division has organized trips, both day and night, that can be signed up for to go make your climb. This is a unique opportunity and I highly encourage individuals to take advantage of it. A Fuji stick stamped all the way to the top very likely could be one of your most treasured memories of a tour in Japan. I have a friend who lost his stick in a move a few years ago, so I climbed Mount Fuji just in order to get him a new stick with stamps and mailed it to him. That's how special it was to him.

The Japanese saying is that "A wise man climbs Fuji once, a foolish man climbs Fuji twice." I've been up it four times, not sure what category that places me in. Maybe a "Foolish, Wise, Fool"?