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

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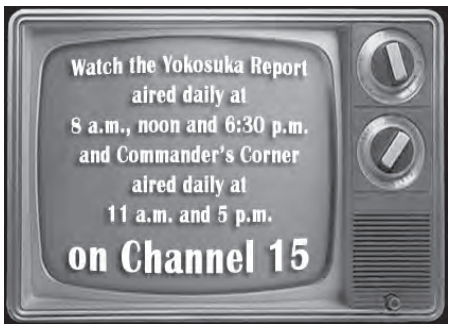
Action Line correspondence may be edited for length and readability. Your questions, suggestions and "Bravo Zulu" comments are appreciated. Address concerns with your chain of command or directly with the parties involved, at the lowest level possible. If you don't get results, send an email to CFAYactionline@gmail.com. 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

Giant Voice Mass Notification – Commander Fleet Activities Yokosuka (CFAY) Giant Voice Mass Notification System (GV) upgrade project is scheduled to complete Oct. 30. Intermittent live testing will be conducted at Yokosuka and Ikego during 8 a.m.-4:30 p.m., Oct. 15-19. You will hear sirens, tones and voice. System completion will result in a complete upgrade and extended coverage for Yokosuka and Ikego. CFAY appreciates the community's support and patience while this critical system upgrade is completed. Once GV upgrade complete, morning and evening colors will be coordinated across the installation and waterfront.

National Substance Abuse Prevention Month – President Barack Obama has issued a proclamation designating October as National Substance Abuse Prevention Month. Substance abuse, such as underage drinking and the non-medical use of prescription and over-the-counter medications, significantly affects the health and well-being of our nation's youth and young adults. Stopping it before it begins can increase a person's chance of living a longer, healthier and more productive life. Above The Influence is a national campaign created by the Office of National Drug Control Policy. The campaign informs and inspires people to reject smoking, alcohol, illicit drugs and other unhealthy activities. It is important to know how drug abuse and addiction develops, what it looks like, and why it can have such a powerful hold. Effects can be psychological, physical, behavioral, or social. Please contact Fleet and Family Support Center, your command Drug and Alcohol Program advisor, Command Substance Abuse Control officer, or medical provider for more information.

Resident Satisfaction Survey – Did you complete your Resident Satisfaction Survey? Please take just a few moments to fill out the survey and drop it in the mail, or complete it online following the given instructions. Response is 100 percent confidential. Deadline is today. If you lost or misplaced your survey, please send an email to CEL at: donfhsurvey@celassociates.com providing your full mailing address to receive your survey code to complete the survey online at: http://celassociates.com/ For any questions or concerns, please call 243-9067.

2012 Flu Immunization Clinics – U.S. Naval Hospital Yokosuka has scheduled three separate seasonal influenza (flu) immunization clinics on board Commander Fleet Activities Yokosuka and its housing detachments in Ikego and Negishi ahead of the upcoming flu season. The clinics will immunize family members, civilians and contractors who are eligible for care at the hospital. Active duty service members will be immunized during command specific clinics. Immunization remains the best method to prevent both catching and spreading the flu. As was the case last season, this season's immunization includes protection against the two most common strains of seasonal flu as well as the H1N1 virus.

- **Yokosuka**
  Date: Oct. 10 and 25, 2-7 p.m.
  Place: Kinnick High School Cafeteria
- **Ikego**
  Date: Oct. 17, 2-7 p.m.
  Place: Ikego Bubble Gym

The immunization will be available and administered in both the nasal spray FluMist® and the traditional "flu shot." The "flu shot" is given with a needle, usually in the arm. FluMist® is a nasal spray approved for use in healthy people two to 49 years of age who are not pregnant. Most beneficiaries between ages two and 49 will receive the Flumist® unless the person does not qualify due to an allergy or medical condition.

Fire Prevention Week: Have 2 Ways Out – The Kanto Plains has a schedule for the entire month of October. Fire evacuation drills and fire prevention lectures will be provided during the base fire prevention activities.

- **Yokosuka**
  Oct. 4 – 9:30 a.m. Opening ceremony poster contest winners awarded by Capt. Owen. Red bricks area
  Oct. 13 and 14. High rise tower fire evacuation drills
- **Ikego**
  Oct. 10 – 9:30 a.m. Joint drill exercise and fire drill with Zushi city fire department in Asuka high rise tower
  Oct. 19 – 1:15 p.m. Ikego Elementary School, poster contest winners awarded
  Oct. 27 – 10 a.m.-3:30 p.m. High rise tower fire drills
- **Negishi**
  Oct. 12, 1:30 p.m. Poster contest winners awarded at Byrd Elementary School gym
  Oct. 12 – Fire lecture at Byrd Elementary School

Relay For Life of Yokosuka 2012 – Relay For Life of Yokosuka 2012 is scheduled to start 11 a.m. at the track in the Commander Fleet Activities Yokosuka Ikego Housing Detachment Oct. 6. The event is scheduled to run for 24 hours. Join a team or start your own. Team should be around 8-15 people. Every team must have at least one team member on the track for the entire 24 hours. Help to celebrate those who have beat cancer, remember those lost to it, and fight back against this disease that has taken so much already. For more information, and to sign up, please visit: www.relayyokosuka.org; or e-mail relayyokosuka@gmail.com.

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.

Mikoshi

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

A mikoshi is a divine palanquin, often improperly translated as a portable Shinto shrine. Shinto followers believe that it serves as the vehicle to transport a deity in Japan while moving between main shrine and temporary shrine during a festival or when moving to a new shrine. Often, the mikoshi resembles a miniature building, with pillars, a roof, a veranda and a railing. There are various shapes and sizes to include: rectangles, hexagons and octagons. The body, which stands on two or four poles (for carrying), is usually lavishly decorated, and the roof might hold a carving of a phoenix.

Many mikoshis are very heavy and it takes several people to carry one. Even with people right up next to each other the weight is significant, as my sore shoulder from last year can attest to. Many times the groups that carry a mikoshi have to practice for weeks in advance in order to get their alignment of personnel correct and work in tandem.

This year the annual Mikoshi Parade in conjunction with the city of Yokosuka will be Oct. 21. Two to three dozen mikoshi, including one representing CFAY, will be carried that day starting in downtown Yokosuka and ending on the installation at the bowling alley parking lot. This is a unique opportunity to participate in such an event. Additionally, it is a great opportunity to earn Captain's Cup points for your command. So, please consider taking advantage of this annual tradition and take it upon your shoulders (literally) to experience this host country tradition.