



My

CFAY

Volume 7, Issue 17

Weekly
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May 3, 2024

CFAY Observes Earth Day 2024



Photos by Ryo Isobe, CFAY Public Affairs



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ISSUE:**

**Virtual Clinical Counseling
Program Adds to CFAY's Local
Mental Health Resources**

MWR Events

Beyond the Gate

AROUND CFAY



Virtual Clinical Counseling Program Adds to CFAY's Local Mental Health Resources

By James Kimber, CFAY Public Affairs

Commander, Navy Installations Command's (CNIC) Fleet and Family Support Program (FFSP) announced the addition of Virtual Clinical Counseling to its services.

Virtual Clinical Counseling is short-term, non-medical counseling with solution-focused therapy provided by licensed clinical counselors for individuals, couples, and families available through Microsoft Teams. Clients can access the program with no need for a Common Access Card.

The program is available to all FFSP-eligible personnel, including those at Commander, Fleet Activities Yokosuka, or CFAY.

"Virtual counseling is just another avenue to help Sailors and their families with problems in daily living," said Rebecca Goodman, Clinical Counseling Program Analyst. "This could include difficulty adjusting to the military lifestyle, marital and personal problems, parenting issues, grief, and any other challenges that can have a negative effect on Navy families and military readiness."

Due to the need for more counseling services and to provide flexibility and convenience, CNIC's Counseling, Advocacy and Prevention (CAP) Program added additional remote clinical counselors as the program launches.

The remote counseling soft launched services overseas April 1. The service was made available

enterprise-wide earlier this month.

Brittany Kendrick the CFAY FFSC's Clinical Supervisor. Her office is on the fourth floor of the Community Readiness Center across the street from the Commissary. Kendrick said the virtual counseling offerings provide flexibility, reduce wait times and increases the availability for all FFSC counseling services.

It's important to note that "the Virtual counseling program is a supplement to our face-to-face programs," Kendrick said. "Virtual counseling is another resource available. It's not replacing any additional resources we already provide."

Those resources include counseling sessions for individuals, couples, families, and children in addition to popular group offerings like Resiliency Bootcamp and the Symptom Reduction Group.

The in-person and virtual sessions are important to many active-duty service members as they help "Sailors navigate personal situations and build healthy relationships successfully," Kendrick said.

While open to family members and eligible civilians, the feedback received from active-duty personnel helped to improve the Symptom Reduction Group specifically.

"We recently changed the times that Symptom Reduction Group meets because some of the Sailors said it would be easier to come at the

end of the day instead of shifting back to a work mindset after the session,” Kendrick said of the group that had previously met just before lunch.

Some base community members may prefer to focus on their spiritual health, the CFAY Chapel of Hope is another resource.

Chaplain (Cmdr.) David Kim is the installation’s Command Chaplain.

Kim said he and other Chaplains can help people work through day-to-day stressors like “adjusting to the military lifestyle, couples counseling, parenting, and individual concerns like grief or loss.” Chaplains also provide those resources under full confidentiality.

“Sometimes, people just want someone who will listen,” Kim said. “We’re here to provide that and, if they want, we can help them find professionally-trained counselors, therapists or doctors.”

Personnel interested in virtual counseling services may call 1-855-205-6749 to connect with

a centralized scheduler, who will be able to make an appointment or fill out a virtual interest form.

For more information on Virtual Clinical Counseling or other Fleet and Family Support Program services, contact the CFA Yokosuka FFSC at 243-3372 or ffscinfo@us.navy.mil.

Resources:

Local Mental Health Resources:

- <https://cnrj.cnrc.navy.mil/Installations/CFA-Yokosuka/>
- Virtual Counseling Interest Form|DocuSign <https://www.docusign.com/Signing/?insession=1&ti=f669dfa6d00b4cf0a3a5d93b8f69d9ec>
- Duty Chaplain: 090-1468-2779
- Chapel of Hope: 243-2010 or 046-816-2010

For more than 75 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.

FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

Virtual clinical counseling helps with:

- Separation
- Relationship issues
- Grief
- Parent-child interactions
- Deployment
- Other challenges related to military and family life
- Relocation

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day. You can also scan the QR code to link to a brief form to get started.



www.ffsp.navy.mil





American Red Cross

American Red Cross Spring Classes

All classes are blended learning courses including an online portion, and an instructor-led classroom skill session. The online portion must be completed prior to the skills test.



CPR/AED/First Aid Course (\$55)

- Sunday, May 5: 9 a.m. to 12 p.m.
- Wednesday, May 8: 3 to 6 p.m.
- Tuesday, May 14: 3 a.m. to 6 p.m.
- Saturday, June 1: 9 a.m. to 12 p.m.
- Monday, June 3: 3 to 6 p.m.

Basic Life Support Course (\$55)

- Available upon request with three or more students

Babysitting Basics (\$70) Recommended for ages 11-17)

- Wednesday May 15: 3 to 6 p.m.

Additional classes available by request for group of plus three.

To register, email: Yokosuka@redcross.org with the class and preferred date/time. You will receive a payment link and be asked to send your receipt in order to guarantee a spot in the course.



FFSC WEEKLY

More details on FFSC YOKOSUKA FB page



TAP Core Curriculum

May 6-8 at 0800

Navigating your New Normal

May 6 at 0900 (Virtual)

Active Parenting 5-12

May 6 at 1000

Everyday Japanese

May 6 at 1000

AOB/ICR

May 7-9 at 0800

Interview Techniques

May 7 at 0900 (Virtual)

Private Organization

May 7 at 0900 (Virtual)

Ikego Japanese Language Series

May 7 at 1200

Active Parenting Teens

May 8 at 1030

Japanese Spouse Group

May 8 at 1030 (Hybrid)

ESL/EFL

May 8 at 1300 (Ikego)

Active Japanese Language

May 8 at 1500

Ombudsman Advanced Training

May 8 at 1600

Make Tomodachi

May 8 at 1630

My Education Track

May 9-10 at 0800

Effective Resume Writing

May 9 at 0900 (Civilian) (Virtual)

Financial Planning for Transition

May 9 at 0930 (Ikego)

Volunteer Orientation

May 9 at 1100

SAPR Resident Advisor

May 9 at 1300

Sponsorship Training

May 9 at 1300 (Virtual)

Anger Management

May 10 at 1000 (Japanese) (Hybrid)

ESL/EFL

May 10 at 1300

Mother's Day Arts and Crafts

May 10 at 1400

See something you like? Sign up via email: ffscinfo@us.navy.mil



Embrace the JOY of parenting.



An Active Parenting group is starting soon!

We are proud to bring the acclaimed **Active Parenting** program directly to you! This workshop will show you effective ways to...

- use nonviolent discipline that really works
- open up lines of communication—before they get clogged
- teach responsibility, courage, and other important character traits
- encourage school success in 7 steps
- prevent future problems with drugs, alcohol, and sex
- defuse power struggles with your children
- stimulate independence as your child grows older
- stop scolding and start smiling with your kids again!

Active Parenting will give you skills to achieve a fuller, more satisfying family life... and help your children achieve greater happiness and success. Written by Dr. Michael Popkin, one of the nation's foremost experts on parenting education, this course will show you a proven-effective approach to parenting that will lead to more harmony and happiness for you and your children. You'll learn 7 strategies for school success, along with positive discipline and communication techniques to help your family run more smoothly.

But the heart of the matter is the increased JOY you will experience as a family. Since 1983 over three million parents have learned from this dynamic, entertaining, and fun-filled video and discussion program—and now, so can you!



A video & discussion program for parents of children ages 5 to 12

For more information and sample videos, go to www.ActiveParenting.com/AP4-parents.



You're invited to attend

Active Parenting of Teens :)

For Parents of Teens and Tweens

The challenge of successfully ushering children through their teen years has always been among parents' hardest-won achievements. But in today's society where children seem to become adults overnight, and where they often make decisions about drugs, sexuality, and violence before they understand the consequences, a parent's job is more important than ever. So how can you ensure that your teens develop the skills and character they need to not only survive but to thrive as they gain independence?

You *can* create harmony and stability in your family while raising your teens to be responsible, courageous and prepared for independent life. *Active Parenting of Teens*, a video and discussion program by parenting expert Dr. Michael Popkin, will show you how. In six sessions packed with activities, discussion, real-world examples, and feedback, you'll learn a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles, that will bring happiness and harmony into your home. You'll leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

Since 1983, millions of families have learned the benefits of Active Parenting. Now it's your turn.

Join us at the next session and see the difference!

Narrated by TV mom Daphne Maxwell Reid ("The Fresh Prince of Bel-Air") and by the author, Dr. Michael Popkin

Active Parenting of Teens will give you the guidance and support you need to turn the challenges of raising a teenager into opportunities for growth. You'll learn:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent

... and much more, plus insight into important issues such as teens online, bullying, and depression.



SIGN UP NOW!

Starting Mondays in April

1000-1130

6 sessions;

Apr 15, 22, 29, May 6, 13, & 20

***Closed for sign-ups after Apr 22**

For more information & to sign up contact: DSN 243-7878 or FFSCinfo@us.navy.mil

Starting Wednesdays in April

1030-1200

6 Sessions;

Apr 17, 24

May 1, 8, 15, 22

***Closed for sign-ups after Apr 24**

For more information & to sign up contact: DSN 243-7878 or FFSCinfo@us.navy.mil

Resiliency Bootcamp



Date & Time:

1130-1230

Every 1st & 3rd

Thursday of the month

Apr 4.18

May 2.16

June 6.20

Let's
EXERCISE
MENTAL
Health

Location:

Library

**Meeting Room
at CRC Building**

About the Class

This course is designed to help you build resiliency to and achieve your best SELF.

Let's work out elements of meditation and self-care that will help you enhance your mental fitness.

Registration Required:

Contact: FFSCinfo@us.navy.mil, DSN: 243-7878



PRIVATE ORGANIZATION TREASURER TRAINING



MAY 7TH
0900-1000
VIRTUAL

A mandatory training for elected Treasurers of Private Organizations onboard CFAY.

This class will provide an understanding of the COMFLEACT Yokosuka Instruction on:

- **Treasurer Responsibilities**
- **Audit Requirements**
- **Financial Policy**
- **Fundraising Activities**



To register please call 243-7335 or email cfaylegal@us.navy.mil.



Effective Resume Writing: Civilian

05.09. 2024
0900
VIRTUAL

This Civilian Resume Workshop will include an overview of resumes used for the private sector and contractor positions.

There will be a review of various resume styles and how to tailor your resume when applying for jobs.

Registration Required:

☎ 243-3372
✉ FFSCinfo@us.navy.mil

TEEN SUMMER EMPLOYMENT PROGRAM

June 3 - Aug 16



Come work for CYP!

Teens, are you stuck in Yokosuka all Summer? Do you Need a job? Come work for CYP!

Summer Teen Employment Program

High School Students: 15-18 years old.
Dates: June 3 through Aug 16
Salary: \$15 per hour (up to 40 hours a week)
"Whaaaaaaat? Potential to earn \$6000+ over the Summer?! Yes!

Must attend two pre-employment trainings on April 8 from 9 a.m. - Noon at the CRC Bldg. # 3365, 4th floor AOB/ICR auditorium.

For more information or to signup call or email our School Liaison Officer at MWR_Yokosuka_School_Liaison@us.navy.mil or scan the QR code below

☎ 243-4079 or 046-816-4079 or 243-5542 or 046-816-5542

SCAN ME



THE ENLISTED TO OFFICER ROADSHOW

JAPAN EDITION

02MAY24: Naval Base Sasebo:
MWR Showboat Theater

09MAY24: Naval Base Yokosuka:
MWR Benny Decker Theater

Time:
1300-1500

Officers share lessons learned from each commissioning source and more than 30 different communities

Register at SDNNOA.org

DRIVER'S EDUCATION CLASS



May 28 - June 12
Yokosuka CRC Bldg. 1F Rm 110

Course Fee:
\$325
per person

This class is for new drivers who have never been licensed to drive. This is a 16-consecutive day course that includes full classroom instruction, in-car driving instruction and road test.

Course completion requirements:
Minimum of 20 hours of in-classroom instruction; Minimum of five hours of driving instruction with the course instructor; Minimum of 10 hours of driving practice with a properly licensed adult; And a passing grade on the instructor's approved written test, prior to receiving the course completion certificate.

Eligibility Requirements:
Students must have reached the age of 16 prior to the first day of class; Students must have permission from a parent or legal guardian; All other students (Active Duty, civilians and spouses) must be SOFA sponsored.

Note:
As each state has different requirements, there is no guarantee that a stateside drivers' license can be obtained by presenting the certificate of completion to a State Department of Motor Vehicles. Parents and students are encouraged to research the requirements for their particular state.



For more information or to register, please call 241-4111 or 046-896-4111 or stop by the Yokosuka Community Center Program Office located in the Community Readiness Center (CRC) Bldg. 3365, 3rd Floor (across the street from the Commissary).



IKEGO WEST VALLEY RECREATION AREA



Cabin & Campsite Rentals

The Ikego West Valley Recreation Area is the place to spend a fun-filled weekend with family and friends!

Campsite reservations can be made at the Outdoor Recreation Center Thursdays to Tuesdays from 10 a.m. - 6 p.m. Each site holds a maximum of twenty people. Cabin reservations can only be made at the Outdoor Recreation Center along with payment. There are five rustic cabins available for rent. Three of these cabins offer solar powered heat and air-conditioning. None of the cabins have running water. Cabin rentals start at \$40/day

All cabins and campsites have a designated BBQ grill.

Paintball Paradise

Weekend Open Play

Whether you prefer the mission-based teamwork of Saturday's Woodsball games or the fast-paced action of Sunday's speedball games, Ikego's Paintball Paradise is the place to be!

Don't have your own equipment? On weekends, rent a marker and mask for \$20 including unlimited air and field fees. For players with their own gear, the cost is only \$10 for field fees and unlimited air. Paint sold separately.

Weekday Group Reservations

MWR offers a special package for private weekday reservations of its paintball field. The package includes a marker, mask, unlimited air, and 200 paintballs.

Field Reservations

Available Monday through Friday from 9 a.m. - 2 p.m. A minimum of ten players and seven days advanced notice are required.

Paintball Prices

Case (2,000 paintballs) \$65

Bag (500 paintballs) \$20

Weekday Reservation Fees

2 hours: \$20 per player (mask & marker)

4 hours: \$36 per player (mask & marker)

CONTACT US:

243-5732 (on-base)

046-816-5732 (off-base)



JOIN US FOR A SPECIAL ADVANCE SCREENING

FROM PRODUCERS JJ ABRAMS AND GLEN POWELL

THE

BLUE ANGELS

DIRECTED BY PAUL CROWDER

FREE ADMISSION • MAY 11 • 5:30 P.M.

BENNY DECKER THEATER

Tickets will be available at the Benny Decker Theater box office starting May 1. Tickets will also be available thru MyFFR. For details, please call 243-6703.

MOTHER'S DAY BRUNCH

★ SUNDAY, MAY 12 ★

ENJOY APPETIZERS, ENTRÉES, SPECIALTIES, SOUPS, SALADS AND DESSERTS ON THIS SPECIAL DAY.

CPO Club • 9 a.m. - 2 p.m.
Moms will receive a complimentary flower. Adults \$27.95 / Ages 6-11 \$12.50
Ages 5 and Under Free.
Call the CPO Club to make a reservation. Reservations are highly recommended.

**Club Takemiya
9 a.m. - 2 p.m.**
Reservations are not required. Adults \$25 / Ages 6-11 \$12.50
Ages 5 & Under Free

**Officers' Club Kosano
Dining Room • 9 a.m. - 3 p.m.**
Moms will receive a complimentary flower. Please make your reservation by May 10 by calling the Officers' Club. Reservations are required. Open to all hands. Adults \$27.95 / Ages 6-11 \$12.50
Ages 5 & Under Free

Yokosuka Bowling Center

Bring mom bowling and receive one hour for half price. Limited to five persons per lane (shoes included).

Officers' Club • 243-5624/5002
CPO Club • 243-5506
Club Takemiya • 246-8075
Bowling Center • 243-4200

Visit us on the web!

OPERATION MWR

PRESENTED BY

GOVX

SATURDAY • MAY 25 • 6 P.M.
CFA YOKOSUKA • BERKEY FIELD

FEATURING
Andy Grammer

WE'VE GOT YOUR SIX.

SPONSORED BY

NavyMWR Yokosuka.com

No Navy endorsement implied.

MAY THE
FOURTH
BE WITH
YOU

**FREE
EVENT**

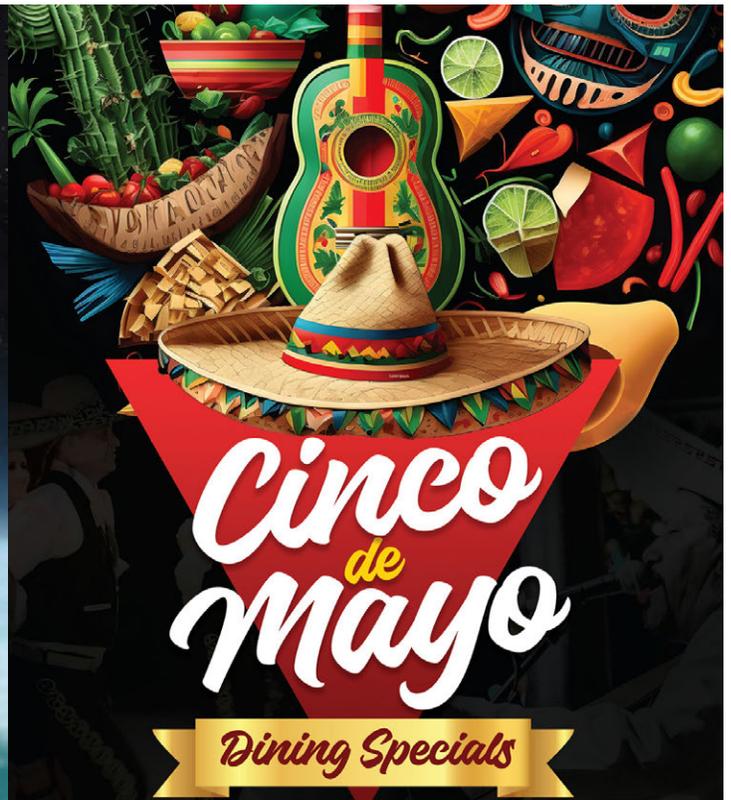
**Saturday, May 4
Benny Decker Theater**

10 a.m. Rogue One
12:30 p.m. A New Hope
3 p.m. The Empire Strikes Back
5:30 p.m. Return of the Jedi

We will also have Food & Beverage specials and photograph opportunities.



MWR Yokosuka



**Cinco
de
Mayo**

Dining Specials

**CPO Club • May 3
11 a.m. - 2 p.m.**

Enjoy this special buffet with a mariachi band and an array of Mexican dishes.

\$15 Adults / \$7.50 Ages 6 - 11
Free for Ages 5 and Under

**Officers' Club Kosano Dining Room
May 5 • 9 a.m. - 2 p.m.**

Join us for delicious Mexican cuisine selections and traditional brunch items!

\$23.95 Adults / \$10.50 Ages 6 - 11
Free Ages 5 & Under

**Club Takemiya
May 5 • 4 - 9 p.m.**

Celebrate this festive day with our award winning entrees, salads, soups, dessert, and beverages!

\$24 Adults / Kids \$12

Officers' Club • 243-5030
CPO Club • 243-5506
Club Takemiya • 246-8075



Visit us on the web!



KIDS Summer CAMP

June 10- August 16 • 6 A.M. - 6 P.M.

Week 1: June 10 - 14

The Great Outdoors



Week 5: July 8 - 12

Out of this World



Week 9: Aug 5 - 9

Under the Sea



Week 2: June 17 - 21

Mission Impossible



Week 6: July 15 - 19

Ninja Warriors



Week 10: Aug 12 - 16

Field Day
Blast from the Past



Week 3: June 24 - 28

Time Travel



Week 7: July 22 - 26

Let's Get Physical



CYP Registration



Military Child Care

Week 4: July 1 - 5

We Got the Beat



Week 8: July 29 - Aug 2

Animal Planet

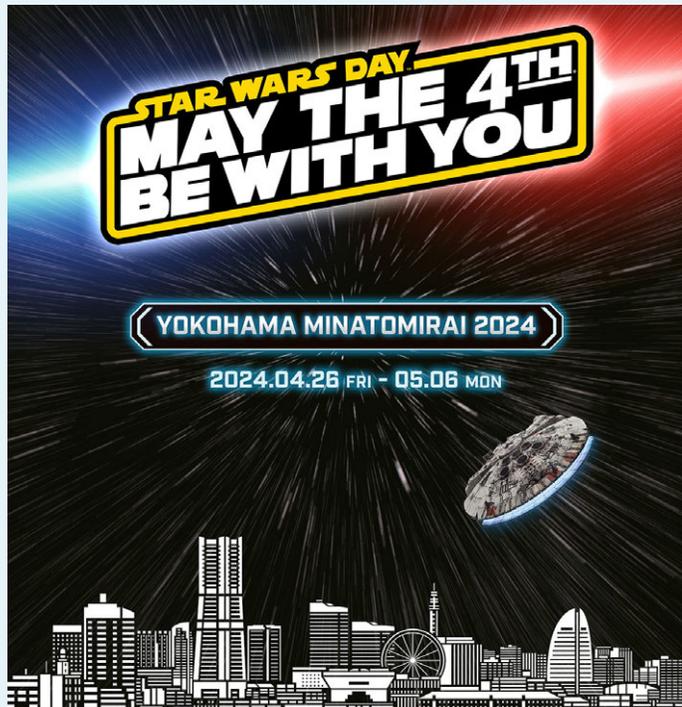


Child and Youth Programs



Call **Third Avenue SAC @ 243-3439**, **Green Street SAC @ 241-4100**, or **Ikego SAC @ 246-8301**

BEYOND THE GATE



Star Wars Day Yokohama Minatomirai 2024 Until May 6 (Monday)

Yokohama Minatomirai area (1 or 2-minute walk from Minatomirai Line Minatomirai Station, MM-03)

Expect a lot of interactive Star Wars activities around the Minatomirai area. The main attraction is a light show with scenes from the movies for you to relive the most epic moments from the series.

- **Star Wars light display (Landmark Plaza):** 7 a.m. to midnight, with special performances every 30 minutes between 3 p.m. and 11 p.m.
- **Star Wars pop-up store (Landmark Plaza):** 10 a.m. to 8 p.m. from May 3 to 5, the store will open at 11 a.m.
- **Star Wars film screenings (MARK IS):** May 3 to 6
- **Star Wars Lego building (MARK IS):** 10 a.m. to 6 p.m.
- **Star Wars workshops (MARK IS):** April 27 to 29, 10 a.m. to 6 p.m.
- **Lightsaber balloons (MARK IS):** May 3 to 5, 10 a.m. to 6 p.m.
- **Star Wars art exhibition (Sky Building):** 10 a.m. to 11 p.m.
- **Character meet and greet (various locations):** May 3 to 5



Rose Festa/Oktober Fest May 3 (Friday) - 5 (Saturday)

10 a.m. to 4 p.m. Yokosuka Oktober Fest (3 to 9 p.m., weekday, 11 a.m. to 9 p.m., weekends) | Verna Park (5-minute walk from Yokosuka Main Base)

Verna Park allows visitors to enjoy scenic walking areas with great views of the surrounding water. There are also approximately 1,400 colorful roses that visitors can appreciate. You can purchase various rose plants during the festival. Also, Yokosuka Oktober Fest will be held from May 10 (Friday) to 19 (Sunday).



Dosun Festival May 19 (Sunday)

From 11 a.m. | Araiama Beach (5-minute walk from Aburatsubo Onsen. Take the Keikyu bus bound for Aburatsubo Onsen at Keikyu Misakiguchi Station, KK-72)

Dosun Festival is a ceremony for the repose of the fallen Miura Clan's souls. The clan flourished in the Miura Peninsula from the Kamakura to Muromachi periods. Kasagake is one of Japan's ancient archery and horsemanship skills, along with yabusame and inuomono, in which archers, as a team with their horse, will shoot arrows while mounted and galloping.

NEWS AND NOTICES

HEADS UP ABOUT TRAFFIC DURING GOLDEEN WEEK

"Golden Week," a week of Japanese national holidays, has kicked off until May 6. Since a great number of families and friends are expected to travel by car, train, or plane throughout Japan, please allow time for traffic congestion. Please use "**Weekends/Holidays**" Time Tables for train/ bus on the following days.

- **Friday, May 3 (Constitution Day)**
- **Monday, May 6 (Substitution of Children's Day)**

FY24 3RD QUARTER SAFETY STAND-DOWN/101 CRITICAL DAYS OF SUMMER PRESENTATION

Date: May 17, 8:30 a.m. (English)/9:30 a.m. (Japanese)

Location: Fleet Theater

This stand-down applies to all base employees. Contact CFAY Safety if you have any questions or concerns. DSN: 243-5519, email: cfaysafety@us.navy.mil.

UPCOMING MOTORCYCLE TRAINING

A Motorcycle Safety Foundation BRC class is scheduled at North Dock for May 11 and 12. Enrollment process is thru the Enterprise Safety Applications Management System (ESAMS) website. https://esams.cnic.navy.mil/ESAMS_GEN_2/Login. For more information please contact CNRJ Safety at 243-9635.

VOLUNTEER OPPORTUNITY FOR JUNIOR SAILORS (E6 AND BELOW)

CFAY Public Affairs Office is looking for 13 U.S. volunteers who would like to interact with Japanese guests at our "Navy Awesome Café," an event where you can enjoy conversation over tea or coffee in a relaxed atmosphere. Date: Wednesday, June 5
Time: 9:45 a.m. to 12:30 p.m.

Place: The U.S.-Japan Cultural Exchange Center by the Main Gate (Next to Gate Pass Office)

Attire: Navy Working Uniform

Note: This is not an English class. This event is for Japanese people who are interested in communicating with U.S. Sailors, but their English skills vary. Japanese media might come to cover the event.

Sign-up: Email your name, rank, command name and phone number to cfaycomrel@gmail.com. Please sign up through your COMREL coordinator)

WE HAVE MOVED

American Red Cross Yokosuka has moved to Community Resource Center, building 3368 Room 331B.

PREPARE TODAY! COMPLETE A RED CROSS CONTACT CARD

One of the main Red Cross missions OCONUS is to provide the Emergency Communication Message, AKA "Red Cross Message". If you or an immediate family member experience an emergency that requires you to request leave from your Command, the Red Cross can verify that emergency as a third party. We will then deliver that information to your command, enabling them to make an informed decision regarding your emergency leave. Fill out a contact card today to ensure your contact information is ready before an emergency arises. Filling out a card in advance helps you and your family save time in a crisis.

VOLUNTEER NOW FOR THE AMERICAN RED CROSS

Contingency Team

Help with emergency messages and during large scale emergencies.

Disaster Action Team

Help provide immediate assistance on scene of an emergency, and participate in base exercises

Also available:

- Youth Preparedness Team
- MTF Professional and Admin Help
- CPR/BLS/Babysitting Instructor
- Library
- PAWS
- Vet Clinic
- Post Office

How to volunteer:

1. Use a desktop or laptop computer.
2. Search and go to Red Cross Volunteer Connection.
3. Use the Yokosuka FPO zip code 96349.
4. Complete the on-line training.
5. If you have any problems, email: yokosuka@redcross.org, or call 243-7490.

CONSTRUCTION AND CLOSURES

Ikego Yasakayato Road: Maintenance will be conducted on Ikego's barriers on April 29 from 9 p.m. to 2 a.m. The entrance to Shisagi Road will remain open.

Yokosuka Red Brick Area: Full road closure on weekends and holidays until July 2024 due to underground electrical repair. Taxi stand remains operational.

Sherman Avenue and Forrestal Street: Partial closure until June 30 due to asphalt replacement work.

Defense Logistics Agency Parking

Lot: 50 percent of DLA parking lot until February 2025.

Ikego NEX/MWR Parking Lot: 50 percent of NEX/MWR parking lot until October 2025.

McCormick Street and Leahy Street:

Full road closure for underground utility works until Feb. 28, 2025.

Vandegrift Lane: Full road closure until October 2025.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 yokosukareport@gmail.com

Commanding Officer: Capt. Les Sobol
Command Master Chief: CMDCM Dennis W. Hunt

Public Affairs Officer: Justin M. Keller
Editor: Justin M. Keller
Layout: Hideo Kaihatsu

Receive My CFAY Weekly by email! Subscribe at yokosukareport@gmail.com, subject line: **Subscribe**



CFAY ANNOUNCEMENTS





CONGRATULATIONS

ABET Michael C. Moreno

**2024 Navy Corrections
Professional of the year**

FFSC Virtual Clinical Counseling **CONNECT to GET CARE**

The Fleet and Family Support Center (FFSC) now provides in-person and virtual clinical counseling! Sailors and families can access virtual clinical counseling from the privacy of their own homes. Virtual clinical counseling is a nonmedical, clinical, short-term solution-focused service. It is available to individuals, couples and families.

Virtual clinical counseling helps with:

- Separation
- Grief
- Deployment
- Relocation
- Relationship issues
- Parent-child interactions
- Other challenges related to military and family life

To schedule an appointment, call 1-855-205-6749. If calling outside of regular business hours, leave a message. Your call will be returned within one business day. You can also scan the QR code to link to a brief form to get started.



www.ffsp.navy.mil



Sat. April 27 to Mon. 29, Fri. May 3 to Mon. 6, 2024



Golden Week



Heads-up about Traffic

“The Golden Week,” a week of Japanese national holidays, kicks off on Monday, April 29. Since a great number of families and friends are expected to travel by car, train, or plane throughout Japan, please allow time for traffic congestion.

- Please use **“WEEKENDS/HOLIDAYS” Time Tables** for train/ bus on the following days:



- **Monday, April 29 (Showa Day)**
- **Friday, May 3 (Constitution Day)**
- **Saturday, May 4 (Greenery Day)**
- **Sunday, May 5 (Children’s Day)**
- **Monday, May 6 (Substitute holiday)**

May 5: Children's Day

May 5 is Children's Day (originally "Boys' Day") in Japan. It is a day to wish for the happiness of the children and to appreciate their mothers, according to the public holiday act.

At this time of year, families with boys fly *Koi-Nobori* or carp streamer outside. Inside the house, they display a samurai helmet replica and samurai dolls from mid-April to May 5.

The carp is thought to be a lucky fish symbolizing success in life because Chinese legends say carp become dragons when they swim up whitewater rapids. Children's Day became a national holiday in 1948.

Created by CFAY Public Affairs Office





Attention all drivers on express way



ETC-only toll gate

Drive Slowly

Vehicles not equipped with an ETC onboard device will not be allowed to pass. If you accidentally enter the ETC gate, please do not make a U-turn. Proceed to the "Support" or "ETC/Support" lanes, press the button on the intercom, and follow the staff's instructions.

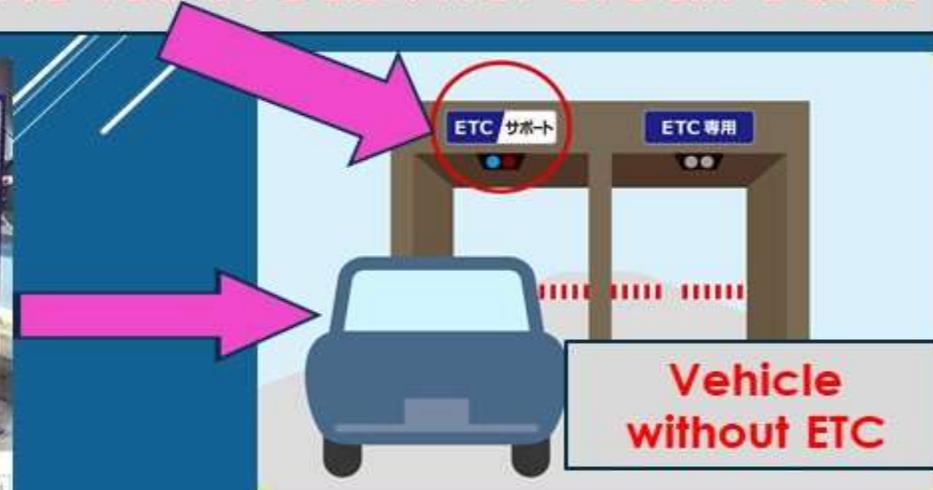
CAUTION

Support lane Stop

You can neither pay the toll in cash nor credit card.



Interphone



Vehicle without ETC



Volunteer Opportunity for Junior Sailors (E6 and below)

Navy Awesome Café



CFAY Public Affairs Office is looking for 13 U.S. volunteers who would like to interact with Japanese guests at our “Navy Awesome Café,” an event where you can enjoy conversation over tea or coffee in a relaxed atmosphere!

Date: **Wednesday, June 5, 2024**

Time: **09:45-12:30**

Place: The U.S.-Japan Cultural Exchange Center
by the Main Gate (Next to Gate Pass Office)

of Volunteers: 13 U.S. Sailors

Participants: 15 Japanese guests over the age 18
(CFAY PAO’s “X” or “Instagram” followers) ✨

Attire: Navy Working Uniform



Note: **This is NOT an English class.** This event is for Japanese people who are interested in communicating with U.S. Sailors, but their English skills vary. Japanese media might come to cover the event.

Sign-up: Email your name, rank, command name and phone number to
cfaycomrel@gmail.com (Please sign up through your COMREL Coordinator) ✨

NOTICE



MAIN SANCTUARY RENOVATIONS & WORSHIP SERVICE ADJUSTMENTS

The Main Sanctuary at the Chapel is getting new lights! Growing pains means the **Main Sanctuary** will be **closed** from **22 April - 20 May**. Only Main Sanctuary worship services are affected.

Adjusted Services

Catholic

1700 Saturday in Fellowship Hall
1100 Sunday at Benny Decker Theatre

Gospel Praise

1230 Sunday in Fellowship Hall

Lutheran Church Missouri Synod

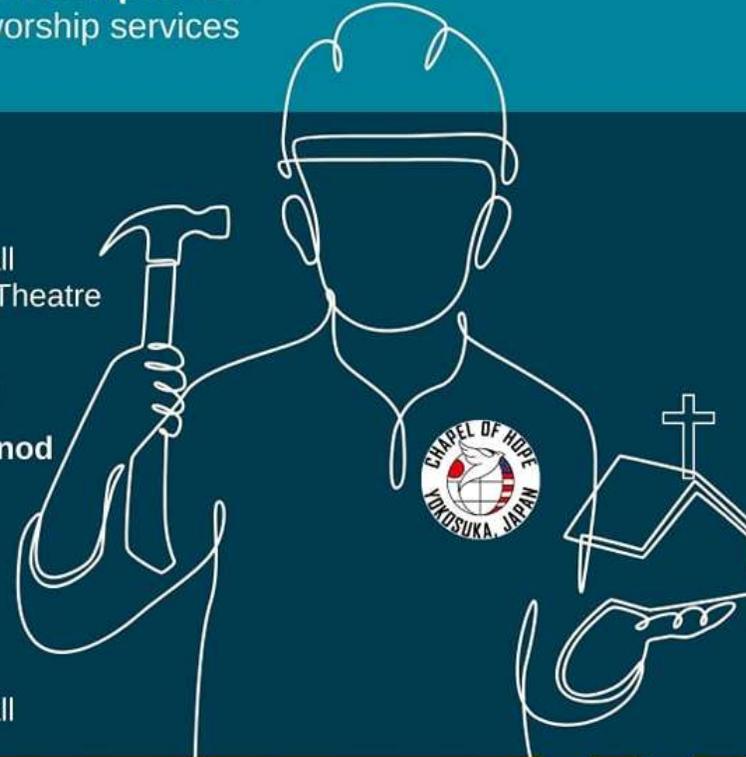
0900 May 11 in Fellowship Hall

Protestant

0930 Sunday at Benny Decker Theatre

Seventh Day Adventist

1100 Saturday in Fellowship Hall



UNDER CONSTRUCTION

NOTICE



第67回
逗子海岸花火大会
布制施行70周年記念
Presented by
コロワイド
2024年
5月30日(木)
午後7時30分より
荒天時：中止

Zushi Coast Fireworks Festival

May 30, 2024

NOTICE



入場
無料

2024
YOKOSUKA
横須賀オクトーバーフェスト
OKTOBERFEST
in spring

2024.5.10(金) ~ 5.19(日)



Starting **31 March 2024**, Keikyū Jimmuji Train Station will no longer have a train gate attendant between the hours of 0500-0700.

If you require assistance from the Keikyū Line, a video intercom system will be available at the card recharge station to connect you to a station attendant at Kanazawa-Bunko Station.





2024 Road Tax Season

Effective 01 June 2024,
all Vehicles **MUST** display
the 2024 USFJ Decal.

Displaying 2023 decals after 01 June
2024 will result in denial of access
and possible impoundment.

Pay the Japanese ROAD TAX to receive your new DECAL(s).



2024 Road Tax Season

• What to bring to pay ROAD TAX?

- 2023 Road Tax Receipt (last years)
- Japanese Vehicle Title
- Applicable Fees in YEN

Notes:

1. Representatives other than Spouse are required to present a Power of Attorney (POA) to receive DECALS.

2. If member owns more than one vehicle, all vehicles MUST be registered at the SAME TIME to receive DECALS.

• What to bring to get DECAL?

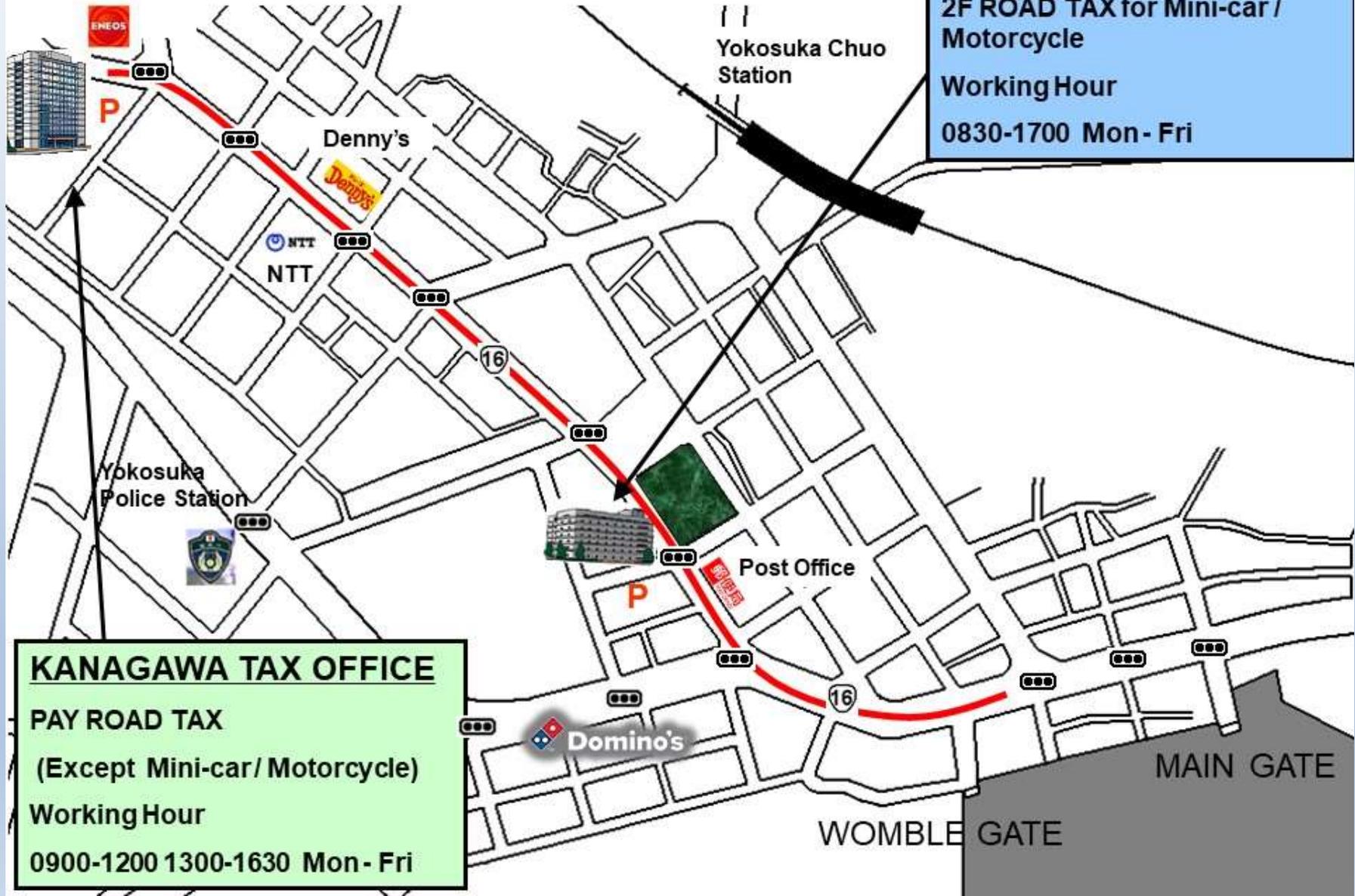
- ID Card
- 2024 Road Tax receipt
- Japanese Vehicle Title
- Base Inspection Sheet (if applicable)
- JCI Insurance
- Liability Insurance
- Parking Certificate with current residence (must be re-registered at LTO with the current address)
- Valid Drivers license (If you own more than one vehicle, bring all additional driver's license)

*Letter Of Employment For Civilian and Contractor (If Command changed or got new LOE within a Year)

NOTICE



MAP FOR CITY HALL & TAX OFFICE



YOKOSUKA CITY HALL

1F T-PLATE

2F ROAD TAX for Mini-car /
Motorcycle

Working Hour

0830-1700 Mon - Fri

KANAGAWA TAX OFFICE

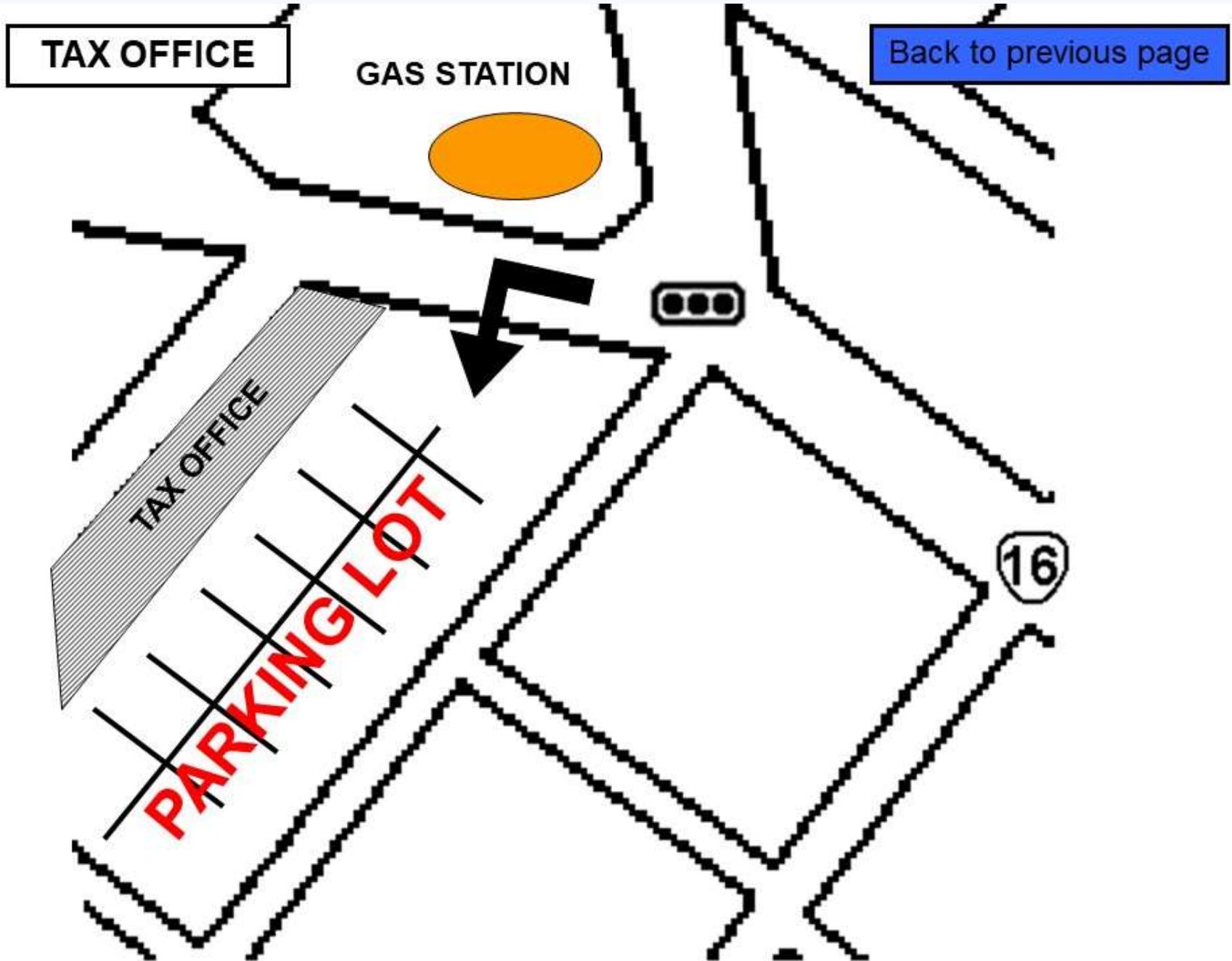
PAY ROAD TAX

(Except Mini-car / Motorcycle)

Working Hour

0900-1200 1300-1630 Mon - Fri

NOTICE





Finger Printing Services

CFAY Traffic Court finger printing services
are by **Appointment Only** at BLDG J-196
Wednesdays and Fridays 0900-1400

To schedule an appointment please call :

DSN 243-9052

Cell 046-816-9052

Digital and Hard Copy prints on FD-258 form

If in need of Digital Prints please provide reference numbers (SON, SOI, and IPAC).

***** Digital Prints will not be able to be conducted with out reference numbers *****

Upcoming Motorcycle Training

A Motorcycle Safety Foundation BRC class is scheduled at North Dock for May 11th and 12th.

Enrollment process is thru the Enterprise Safety Applications Management System (ESAMS) website.

https://esams.cnmc.navy.mil/ESAMS_GEN_2/Login

For more information please contact CNRJ Safety at 243-9635.



Limited opening until 2025
Lockers must be cleared out
by March 22nd

The pool and basketball court A
will be open from April 1

Some services will be moved from Purdy
to other locations during renovations:

- Weights: Purdy basketball court
- Massage: Ichiban Tower
- Fitness Classes: Niban Tower
- 24hr Fitness: Sanban Tower

In addition, the Fleet Rec Gym
will be open **24 HOURS**

Purdy pool will remain open until
the outdoor pool opens for the
season. At that time, Purdy pool
will close for renovations

There will be no access to the 1st
Floor of Purdy!

PURDY

Fitness center

CLOSURES

- Purdy Fitness Center will be undergoing a series of closures over the next year
- HVAC systems will be renovated to allow for better heating and cooling

From March 25-April 1
Purdy will be **COMPLETELY CLOSED**



Driver's License Class - 2023



Every Thursday
Except holiday

*Class schedule may be subject to change

Time: 1230-1600 (Sign-up starts at 1200)

Location: 4th Floor, Bldg.3365

What to bring:

- DoD ID
- AOB/ICR Certificate
- A valid US/GOJ Driver's License
- SafeTALK Certificate (Active Duty Member only)

For questions, please call

243-9089 / 6721 / 5647

Or E-mail: license@us.navy.mil

**0800-1200/1300-1500, Monday-Friday
except holidays**

CFAY



CFAY/IKEGO GATE HOURS



IKEGO

Inbound/Outbound
Daily
24 hours

Jimmuji

Inbound/Outbound
Monday-Friday
0500-0100

Inbound/Outbound
Weekends and
Holidays
0500-0030

WOMBLE GATE

Outbound Pedestrian
Daily
24 hours

Inbound Pedestrian
Daily
0500-2200

Inbound Vehicle
Daily
0500-1800

Inbound High Traffic Pattern
Monday-Friday
0500-0830

Outbound High Traffic Pattern
Monday-Friday
1530-1900

VERNY PEDESTRIAN

Outbound
Daily
24 hours

Inbound
Monday-Friday
0600-2000

Inbound
Saturday
0700-0800

Inbound
Sunday and Holidays
CLOSED

CARNEY GATE

Outbound Pedestrian
Daily
24 hours

Inbound Pedestrian
Daily
24 hours

Inbound Vehicle
Daily
24 hours

Inbound High Traffic
Period
Monday-Friday
0500-0830

CARNEY BOARDWALK PEDESTRIAN GATE

Inbound/Outbound
Daily
0600-2100



CFAY

THE GIANT VOICE PODCAST



THE GIANT VOICE is an informational podcast focusing on issues and concerns from personnel assigned to Commander, Fleet Activities Yokosuka (CFAY). Episodes can be found on CFAY's DVIDS page as well as most of your favorite streaming platforms such as Spotify, Apple, Amazon and Stitcher.

FFSC

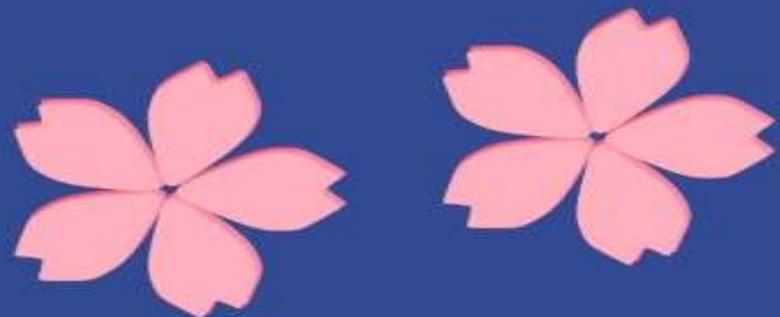


Every Tuesday-Thursday

*subject to change

Updated AOB/ICR Schedule

Starting 13 MAR 2023



Day 1

AOB
@0830
Resource Fair
@1330

Day 2

ICR
@0830
Bus Tour
@1330

Day 3

SafeTalk
@0800
(Mandatory for Active Duty)
Driver's License LHC
@1230



Register: FFSCinfo@us.navy.mil or 243-3372/046-816-3372 or scan QR Code

FFSC WEEKLY

More details on FFSC YOKOSUKA FB page



FFSC

TAP Core Curriculum

May 6-8 at 0800

Navigating your New Normal

May 6 at 0900 (Virtual)

Active Parenting 5-12

May 6 at 1000

Everyday Japanese

May 6 at 1000

AOB/ICR

May 7-9 at 0800

Interview Techniques

May 7 at 0900 (Virtual)

Private Organization

May 7 at 0900 (Virtual)

Ikego Japanese Language Series

May 7 at 1200

Active Parenting Teens

May 8 at 1030

Japanese Spouse Group

May 8 at 1030 (Hybrid)

ESL/EFL

May 8 at 1300 (Ikego)

Active Japanese Language

May 8 at 1500

Ombudsman Advanced Training

May 8 at 1600

Make Tomodachi

May 8 at 1630

My Education Track

May 9-10 at 0800

Effective Resume Writing

May 9 at 0900 (Civilian) (Virtual)

Financial Planning for Transition

May 9 at 0930 (Ikego)

Volunteer Orientation

May 9 at 1100

SAPR Resident Advisor

May 9 at 1300

Sponsorship Training

May 9 at 1300 (Virtual)

Anger Management

May 10 at 1000 (Japanese) (Hybrid)

ESL/EFL

May 10 at 1300

Mother's Day Arts and Crafts

May 10 at 1400



See something you like? Sign up via email: ffscinfo@us.navy.mil

Learn Conversational ESL Through Cult Classic Films!

TAKES PLACE EVERY
2ND & 4TH
Wednesday (Ikego)
Friday (MB)
1300 - 1400



FOR MORE INFORMATION CALL DSN: 243-3372 OR EMAIL US AT FFSCINFO@US.NAVY.MIL

INTERVIEW TECHNIQUES



MAY 7 2024
0900
VIRTUAL



 243-3372

 FFSCINFO@US.NAVY.MIL

FFSC

Resiliency Bootcamp



Date & Time:
1130-1230
Every 1st & 3rd
Thursday of the month
Apr 4.18
May 2.16
June 6.20

Location:
Library
Meeting Room
at CRC Building

About the Class

This course is designed to help you build resiliency to and achieve your best SELF.

Let's work out elements of meditation and self-care that will help you enhance your mental fitness.

Registration Required:

Contact: FFSCinfo@us.navy.mil, DSN: 243-7878



Effective Resume Writing: Civilian

This Civilian Resume Workshop will include an overview of resumes used for the private sector and contractor positions.

There will be a review of various resume styles and how to tailor your resume when applying for jobs.

05.09. 2024
0900
VIRTUAL

Registration Required:



243-3372

FFSCinfo@us.navy.mil



FFSC



PRIVATE ORGANIZATION TREASURER TRAINING



**MAY 7TH
0900-1000
VIRTUAL**

A mandatory training for elected Treasurers of Private Organizations onboard CFAY.

This class will provide an understanding of the COMFLEACT Yokosuka Instruction on:

- Treasurer Responsibilities
- Audit Requirements
- Financial Policy
- Fundraising Activities



To register please call 243-7335 or email cfaylegal@us.navy.mil.



Learn Japanese



****All classes are held in-person****

Everyday Japanese

CRC Bldg 4/F: Every 2nd & 4th Mondays, 1000 - 1130

A basic Japanese language class for beginners, which caters to proper pronunciation and common phrases to help communicate with local nationals.

Active Japanese Language

CRC Bldg 4/F: Every 2nd & 4th Wednesdays, 1500 - 1700

Japanese language for beginners from grammar to easy Japanese conversation. The Sensei welcomes topic requests from her students when asked.

Daisuki

CRC Bldg 4/F: Every 2nd Tuesday, 1000 - 1130

This class talks about Japanese history (like pilgrimage during Edo Era) geography (Mt. Fuji, Japanese places) culture, tradition (snacks, festivals), everyday Japanese life, and origami making.

Make Tomodachi

Fleet Rec. Bldg. 3/F: Every 2nd & 4th Wednesdays, 1630-1715

Immersion-style Japanese class. Sensei will teach language and social skills to connect instantly with Japanese people outside the gate. There is an optional off base meet up with locals (usually at Coaska's Starbucks) to apply what is learned in the classroom.

Ikego Japanese Language Series

Ikego: Tuesdays at 1200-1300 for ten weeks

This is a ten week course held once per quarter. Get to know Japan by learning how to speak, read, and write in Japanese.

To Register: email FFSCinfo@us.navy.mil or call DSN 243-3372

FINANCIAL PLANNING FOR TRANSITION

Learn how transitioning may affect service members and their spouse's financial situation, identify changes, and develop a financial plan.

May 9th
at 0930
Ikego
Nikko Tower

Registration required:
FFSCinfo@us.navy.mil



THE ENLISTED TO OFFICER ROADSHOW

JAPAN EDITION

02MAY24: Naval Base Sasebo:
MWR Showboat Theater
09MAY24: Naval Base Yokosuka:
MWR Benny Decker Theater

Time:
1300-1500

Officers share lessons learned from each commissioning source and more than 30 different communities

Register at SDNNOA.org



YOKOSUKA SPONSORSHIP ON-DEMAND

PCS-ING TO YOKOSUKA?

Ask the Experts!

CFAY representatives will be available to answer your questions!

MORE INFORMATION

- ☎ 243-3372/046-816-3372
- ✉ FFSCinfo@us.navy.mil
- 🌐 facebook.com/ffscyokosukajapan



**EVERY 1ST & 3RD
THURSDAY**

0800-0900 JST



**JOIN
HERE!**

MICROSOFT TEAMS MEETING

GO TO: [HTTPS://TINYURL.COM/2297PM75](https://tinyurl.com/2297PM75)

OR CALL IN (AUDIO ONLY)

+1 410-874-6751 ID: 814 971 239 #



Mother's Day Arts & Crafts

*Join us to make Mother's Day cards!
All ages are welcome.*

**Friday, May 10th at 1400 - 1600
CRC Bldg., 4th Fl, Haru room**

**Please register to FFSCinfo@us.navy.mil or
call 243-3372.**

**Scan Here
to Register!**



NEX



DEAR VALUED CUSTOMERS: EFFECTIVE JANUARY 21, 2024

Ikego Beauty Salon will be closed through June, 2024.

For any Beauty or Barber needs, please visit our NEX Yokosuka Main Side locations.

We apologize for any inconveniences.



DEAR VALUED CUSTOMERS: EFFECTIVE JANUARY 21, 2024

Due to renovations the Yokosuka Dog Kennel **will be closed for 6 months.** Boarding and Quarantine services will not be available during this time.

Please reach out to the Atsugi, Camp Zama, or the Yokosuka Pet Sitters page for Quarantine services or questions.

Atsugi Kennel 264-5366

Camp Zama Kennel 046-407-5915

Grooming will be available at the Ikego NEX.

Ikego NEX 246-5950

We apologize for any inconveniences.

PWD



NOTICE OF CONSTRUCTION

The Government of Japan (GoJ) Contractor will perform re-routing work of high-temperature hot water line at the Ikego Softball Field shown on the sketch below from NOV 2023 to MAR 31, 2024. This work is absolutely essential for new Ikego CDC construction. **Working hours will be between 8:00 a.m. and 6:00 p.m., Monday through Saturday.**

Ikego Softball Field Close

*Crossed-out area is in use for construction.



Thank you for your patience and understanding to this work.

**Government of Japan Funded Construction Project
FAP-K NA1809 Ikego High-temperature Hot Water Line Re-routing**

South Kanto Defense Bureau
Yokosuka Construction Office

Sankensetsubi Kogyo Co., Ltd
GoJ Contractor



US Army Corps of Engineers
Yokosuka Resident

PWD



NOTICE OF PARKING LOT CLOSURE

The Government of Japan (GoJ) Contractor will perform re-routing work of high-temperature hot water line. We have to ask Ikego residents for additional parking lot closure. **Closing period will be on DEC 4, 2023 through MAR 31, 2024.**

*Red-marked area shows additional parking lot closure in front of Club Takemiya/ Ikego FFSC/mini NEX.

(10 Parking Slots)

*This work is important for new CDC construction.



Thank you for your patience and understanding to this work.

**Government of Japan Funded Construction Project
FAP-K NA1809 Ikego High-temperature Hot Water Line Re-routing**

South Kanto Defense Bureau
Yokosuka Construction Office

Sankensetsubi Kogyo Co., Ltd
GoJ Contractor



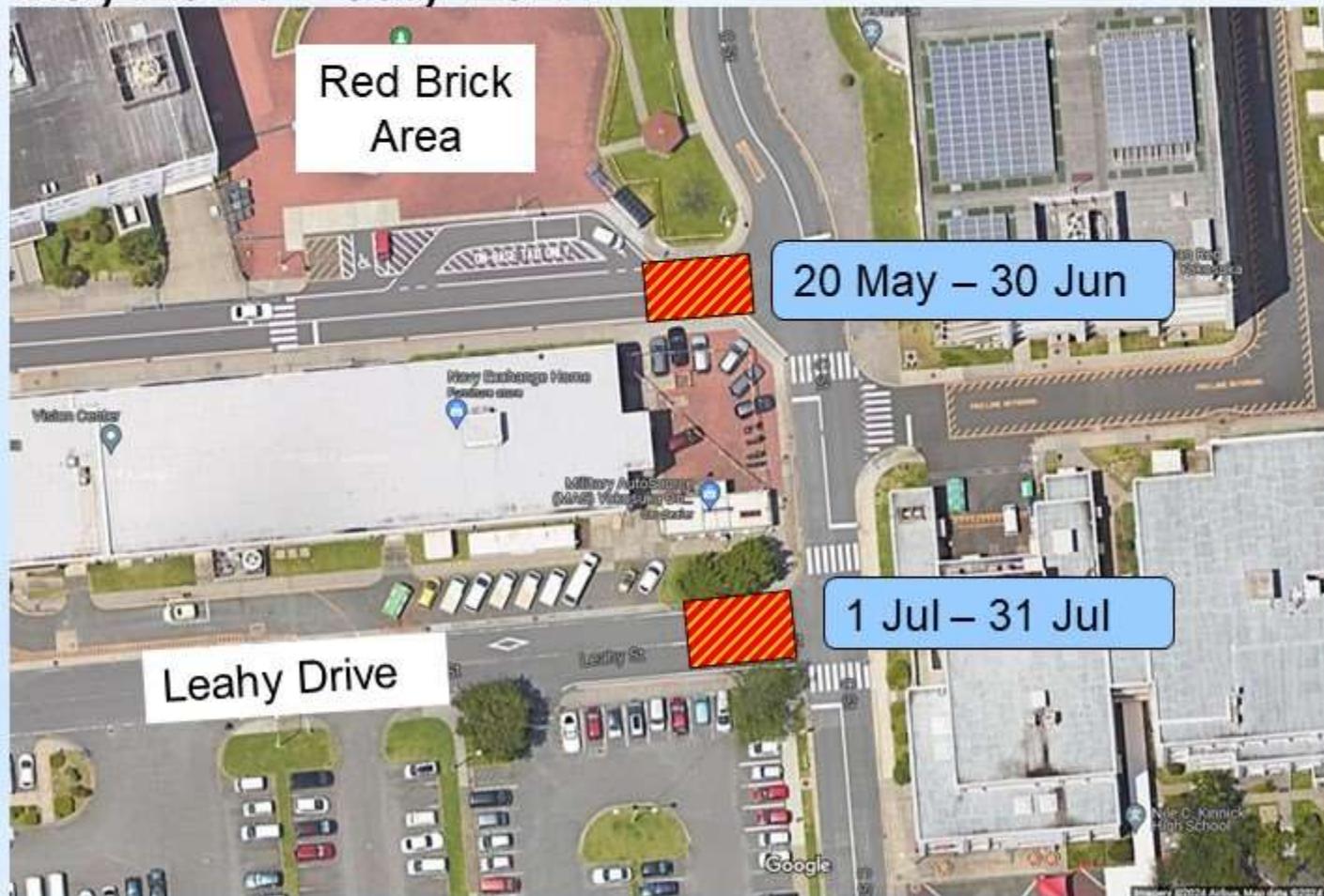
US Army Corps of Engineers
Yokosuka Resident

Red Brick Area – Road Closure

Closure Period

May 2024 – July 2024

FULL CLOSURE



- Underground electrical repair
- Taxi stand remains operational
- Weekend/holiday work only

as of 23 Apr 2024

PWD

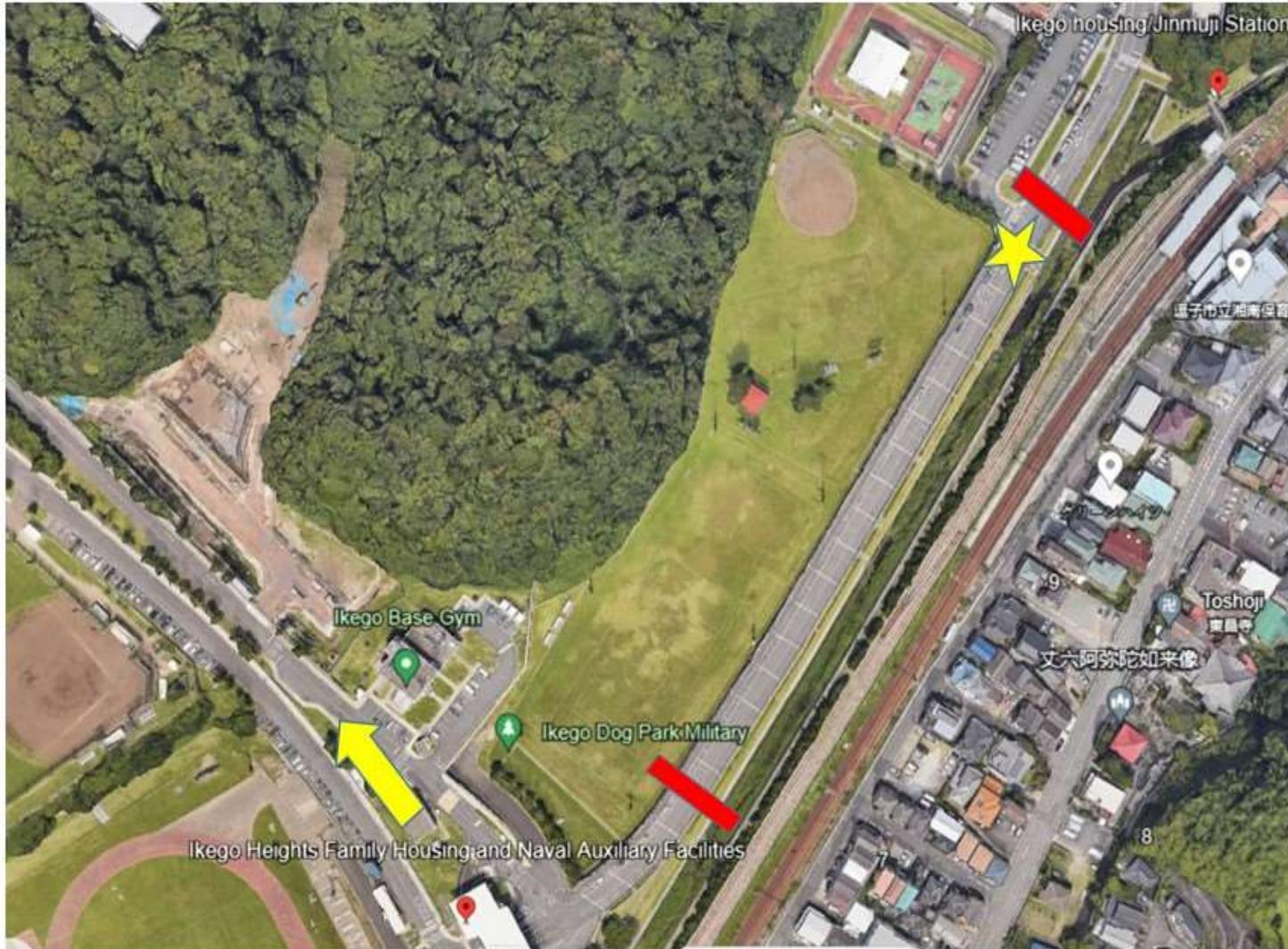




Ikego Road Closure on 29 April 2024



PWWD



- Maintenance will be conducted on Ikego's Barriers on 29 April 2024 from 2100-0200.
- There will be no driving allowed on Yasakayato Road from 2100-0200 on 29 April 2024.
- The entrance to Shisagi Road will remain open.

Legend

-  - Secured Area
-  - Open Road
-  - Maintenance Area





Vandegrift Lane – Road Closure



as of 13 Jul 2023

Closure Periods

July 2023 – October 2025

FULL ROAD CLOSURE



Vandegrift Lane is closed to support the construction of a UH tower.





G street & Leahy street - Road Closure

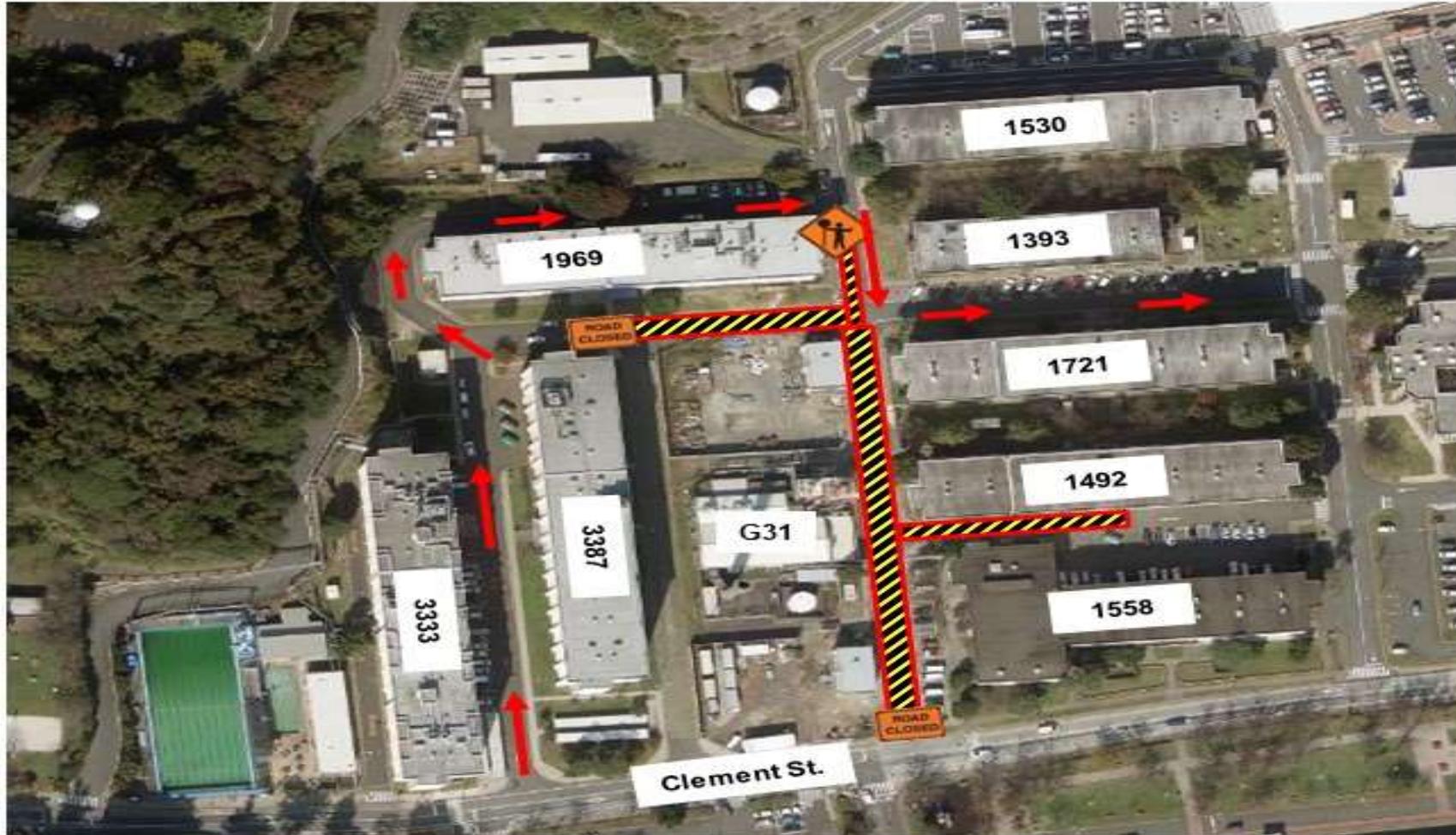


Closure Periods

18 JUL 2023 – 28 FEB 2025

as of 11 Jul 2023

FULL ROAD CLOSURE

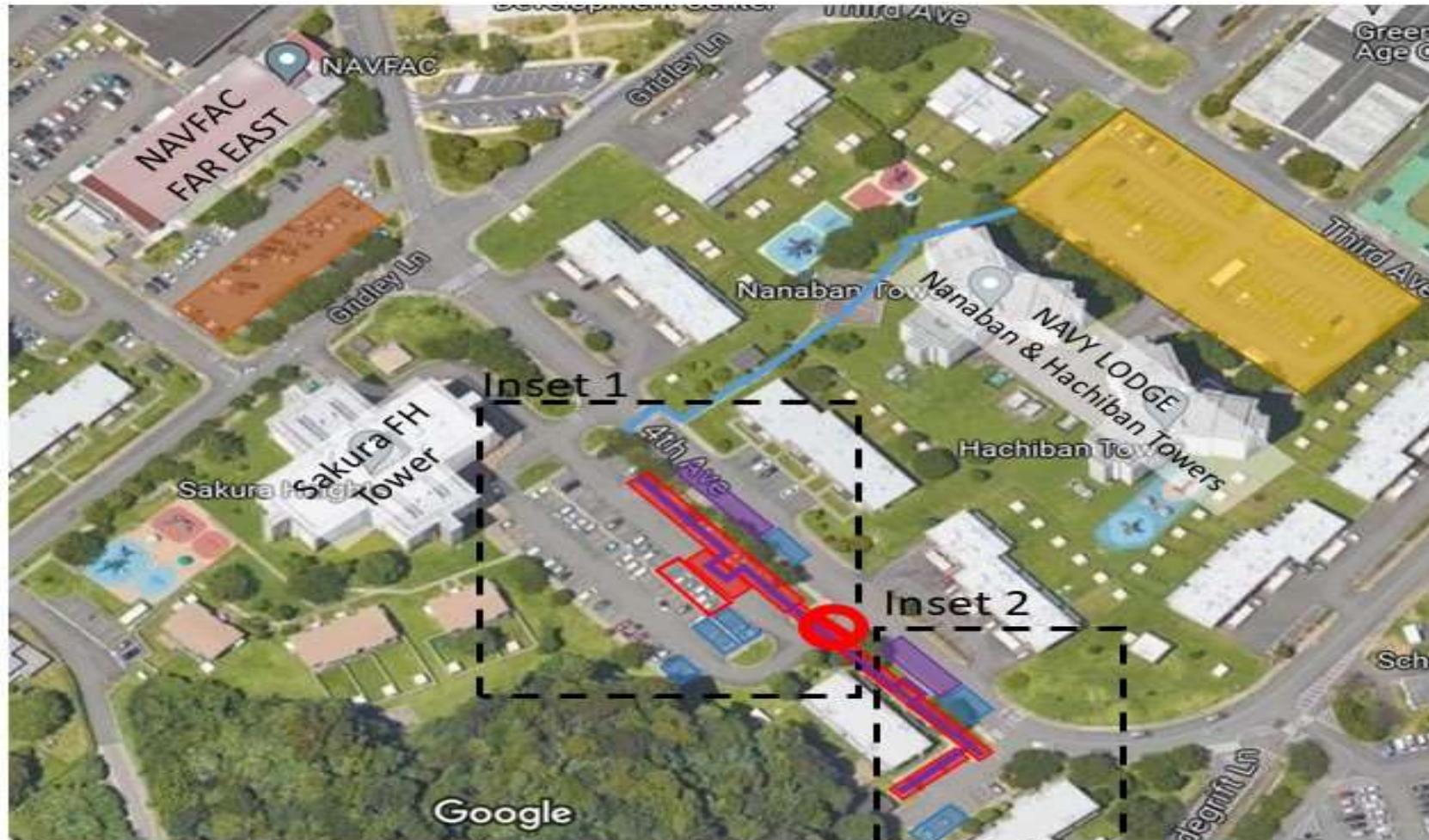


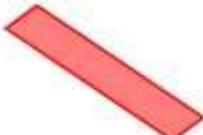
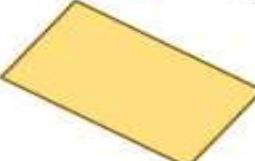
G street and Leahy street will be closed for underground utility works.

Partial Closure: Sakura FH Tower Parking Lot

Start Date: 08 Mar 24

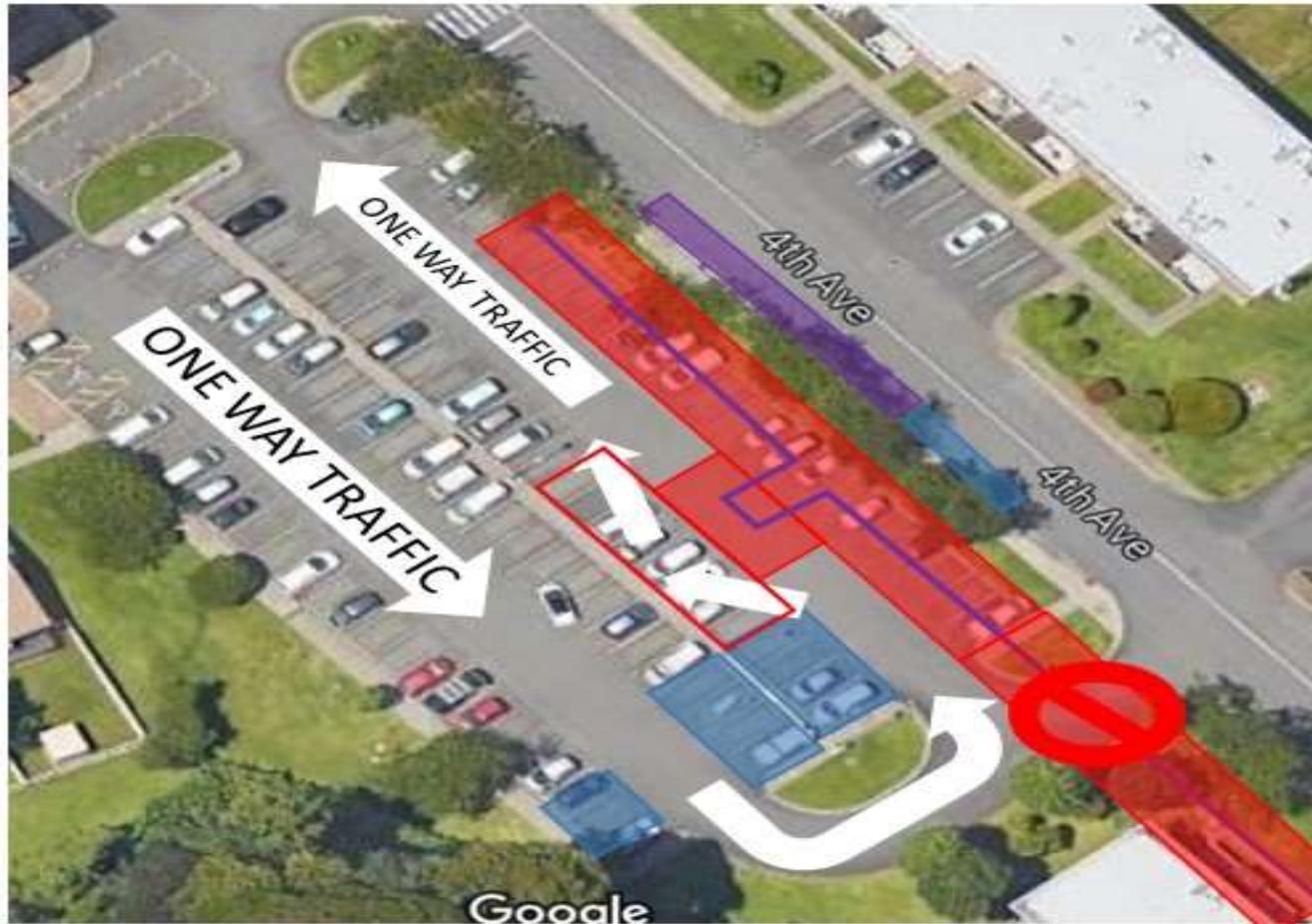
End Date: 26 Aug 24



-  Excavation (Lose 12 reserved/22 visitor & 4 reserved/2 visitor)
-  Shift visitor to reserved (12 + 4 spaces)
-  New parallel parking 2 hr only (4 + 3 spaces)
-  Steam Line
-  Concrete sidewalk
-  Steel plate to drive over afterhours
-  Primary Visitors (Navy Lodge Towers lot)
-  Overflow Visitors 1700 – 0700 only (NAVFAC lot)

Partial Closure

Sakura Tower (Inset 1)



- 12 of 12 reserved spots shifted locally
- 4 of 32 visitor spots shifted locally
- 28 of 32 visitor spots relocated to adjacent lots
- One-way CCW traffic with South entrance into lot only afterhours

4th Ave Townhouses (Inset 2)

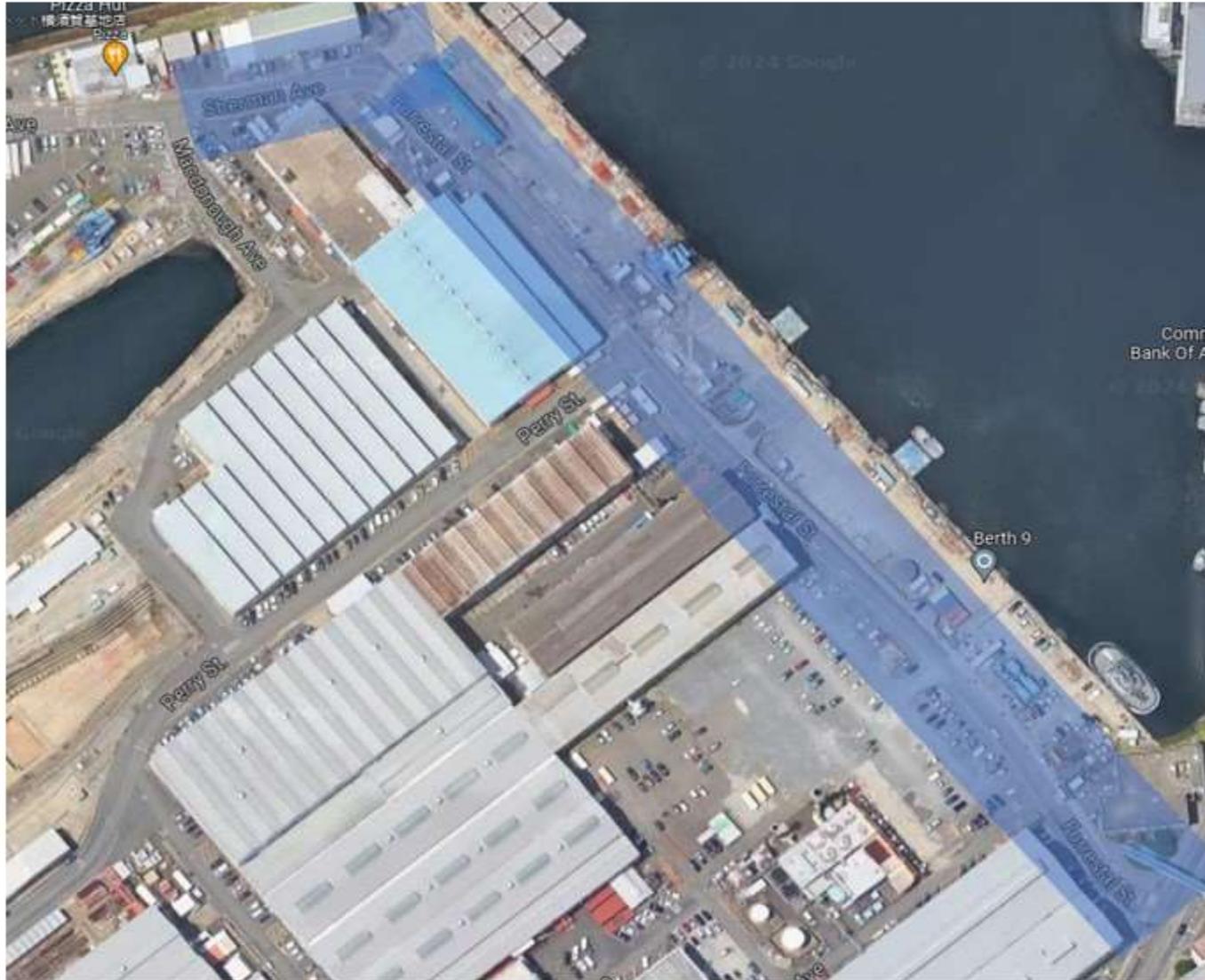


- 4 of 4 reserved spots shifted locally
- 3 of 5 visitor spots shifted locally
- 2 of 5 visitor spots relocated to adjacent lots

Partial Closure: Sherman Ave/Forrestal St

Start Date: 15 Apr 24 End Date: 30 Jun 24

Updated: 1 April 2024



Alternating lane closures

Purpose: Replace asphalt

- Starting on Sherman Ave and working down Forrestal St, stopping at Howard St.
- Alternating work to either side of the street to allow traffic to pass.
- Flag men will be present



Carney Gate Pedestrian Traffic



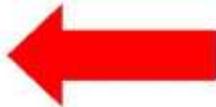
- Due to a construction project at the Main Gate, pedestrian traffic will be rerouted to Carney 2 starting on March 25th, 2024
- Inbound traffic will proceed through the right side of the Entry Control Point
- Outbound pedestrian traffic will remain the same

- Legend
-  - Rerouted Pedestrian Traffic (Entry)
 -  - Security



American Red Cross

One of the Red Cross's main missions OCONUS is to provide the **Emergency Communication Message**, AKA "**Red Cross Message**". If you or an immediate family member experience an emergency that requires you to request leave from your Command, the Red Cross can verify that emergency as a third party. We will then deliver that information to your command, enabling them to make an informed decision regarding your **emergency leave**.



Prepare Today!
Complete a Contact Card!



**The Red Cross
Message
for Military Families**

Fill out a CONTACT CARD today to ensure your contact information is ready **before** an emergency arises. Filling out a card in advance helps you and your family save time in a crisis.



Class Schedule

All classes are blended learning courses including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to the skills test.



**CPR AND
FIRST AID
CLASSES**



CPR/AED/First Aid Course (\$18)

- Sunday May 5, 0900-1200
- Wednesday, May 8, 1300-1800
- Tuesday, May 14, 1500-1800
- Saturday June 1, 0900-1200
- Monday June 3, 1500-1800

BLS Course (Basic Life Support) (\$12)

Available upon request with 3 or more students

Babysitting Basics & CPR (\$15)

(Recommended for ages 12-17)

- Wednesday May 15, 1500-1800

Classes will be updated based on community need with a minimum of 3 students.

****Classes are updated regularly based on community need****

TO REGISTER:

Email Yokosuka@redcross.org with the class and preferred date/time. You will receive a payment link and be asked to send your receipt to guarantee a spot in the course.



Volunteer Now



American Red Cross

1. Use a desktop or laptop computer.
2. Search and go to Red Cross Volunteer Connection.
3. Use the Yokosuka FPO zip code 96349.
4. Complete the online training.
5. If you have any problems, email Yokosuka@redcross.org or call 243-7490.



VOLUNTEER!

Contingency Team

Help with Emergency Messages and during large scale emergencies

Disaster Action Team

Help provide immediate assistance on scene of an emergency, and participate in base exercises

Also available:

MTF Professional and Admin Help
Youth Preparedness Team
CPR/BLS/Babysitting Instructor
Library
PAWS
Vet Clinic
Post Office

**American Red
Cross Yokosuka**

Community Resource
Center – CRC

Building 3368
Room 331 B

Yokosuka@redcross.org



**WE HAVE
MOVED!**

USO



FOR THE PEOPLE WHO SERVE.™

VOLUNTEERS NEEDED

Ready to help?

Support local Service Members and their families.

VISIT:

www.volunteers.uso.org or the
USO Volunteer Community App



MILITARY SPOUSE APPRECIATION NIGHT

FRIDAY MAY 10TH
1700-2000 @ LOCATION TBD
REGISTRATION REQUIRED, 18+



USO



★ ★ ★ COFFEE CONNECTIONS

Join USO Yokosuka and other military spouses from the community to connect over coffee and make new friends!

Register Now!

May 7th, 2024

1700-1900

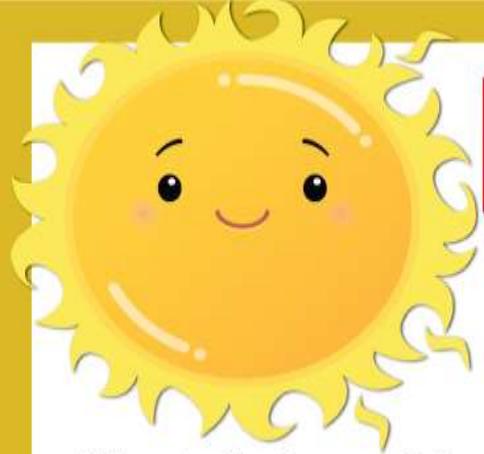
Ikego Tower TBD

18+



uso.org/coffeeconnections





KIDS Summer CAMP

June 10- August 16 • 6 A.M. - 6 P.M.

Week 1: June 10 - 14
The Great Outdoors



Week 2: June 17 - 21
Mission Impossible



Week 3: June 24 - 28
Time Travel



Week 4: July 1 - 5
We Got the Beat



Week 5: July 8 - 12
Out of this World



Week 6: July 15 - 19
Ninja Warriors



Week 7: July 22 - 26
Let's Get Physical



Week 8: July 29 - Aug 2
Animal Planet



Week 9: Aug 5 - 9
Under the Sea



Week 10: Aug 12 - 16
Field Day
Blast from the Past



CYP Registration



MilitaryChildcare.com



Call **Third Avenue SAC @ 243-3439**, **Green Street SAC @ 241-4100**, or **Ikego SAC @ 246-8301**



MAY THE
FOURTH
BE WITH
YOU

**FREE
EVENT**





Kinnick High School presents

SPRING FOOTBALL TRAINING CAMP

MAY 13 - 17

MAY 20

3PM - 5PM

@ BERKEY FIELD

CONTACT COACH JOLEY - DANIEL.JOLEY@DODEA.EDU



OPEN TO ALL
RETURNEES
AND
INCOMING
FRESHMEN

ALL PLAYERS MUST HAVE A VALID SPORTS PHYSICAL IN ORDER TO PARTICIPATE IN THE CAMP



Navy Attaché Program



EYES & EARS OF THE NAVY ABROAD



Do you want to live overseas?

Qualified and capable officers and enlisted can serve as a part of the U.S. Defense Attaché Office Team, based at U.S. Embassies in over 75 countries!



SECNAV Priority Program

Naval Attachés build strong, lasting relationships with partners who share a common vision of maritime security; LDOs, CWOs, and enlisted serve in positions supporting the day-to-day operations.



How to Learn More?

Find more information attend the information briefing to learn about the type of candidates the program is seeking, the application and screening process, and much more!

CONTACT NAVY ATTACHÉ AFFAIRS

Office: (301) 669-2729

Officers: Mr. George Gilliland | Attaché Placement Officer | george.l.gilliland.civ@us.navy.mil

Enlisted: NCC(AW/SW) Parris Gordon | Shore Special Programs Detailer | parris.t.gordon.mil@us.navy.mil



FY24 3rd Quarter Safety Stand-down



**101 CRITICAL DAYS OF
SUMMER
2024
PRESENTATION**

Date: 17 May 2024

Time:
0830~ (English)
0930~ (Japanese)

Location:
Fleet Theater

The banner has a blue background with orange and yellow wavy patterns on the left and right sides. The text is in bold, yellow and orange fonts.

This stand-down applies to all base employees.

Please contact CFAY Safety if you have any questions or concerns. DSN: 243-5519
Email: cfaysafety@us.navy.mil