



CFAY ANNOUNCEMENTS



NOTICE



Japanese National Holiday in November (Nov. 3)

文化の日 (BUNKA NO HI)

Bunka No Hi, “Culture Day” is on Nov. 3.
It is a day to express love for freedom and peace,
and to celebrate cultural development.



The day was originally celebrated as the birthday
of the Meiji Emperor, and it was also the day when
the Japanese Constitution was proclaimed.



The government grants awards for cultural
service to people who have contributed to
Japanese culture, and the Emperor confers
the order of Cultural Merit at the Imperial
Palace.

NOTICE

NOVEMBER FLU SHOT SCHEDULE

QUESTIONS?

243-7144

SULLIVANS
Nov. 2
9 a.m. - 1 p.m.



FLEET REC
Nov. 14 & 15
12 - 6 p.m.
Nov. 16
9 a.m. - 1 p.m.



NOTICE



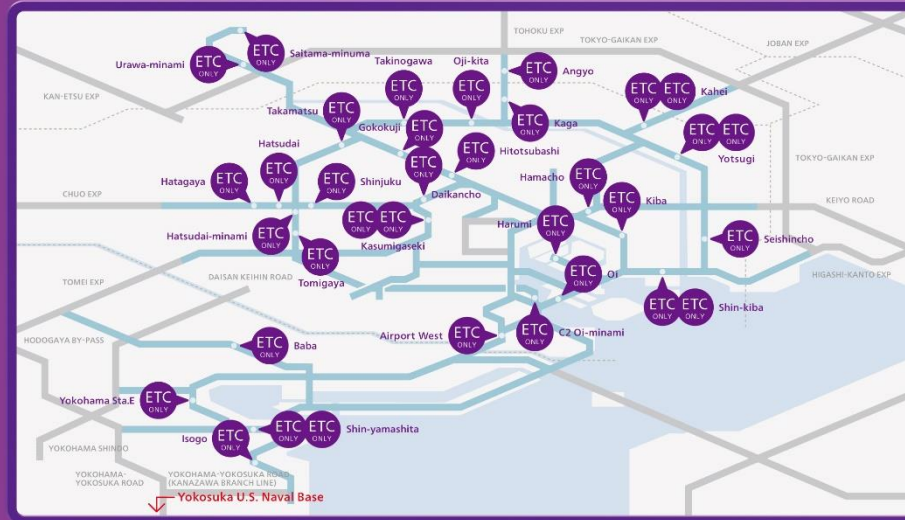
Important Notice from the Metropolitan Expressway Company Limited.

Cash or credit cards are not accepted at 35 ETC-only toll gates on the Metropolitan Expressway.



Vehicles without an ETC (Electronic Toll Collection) device cannot pass through ETC-only toll gates.

Please use a nearby toll booth entrance with general lanes available.



Check out this purple sign.



If you accidentally enter an ETC-only toll gates, proceed to the lane marked "サポート" and follow the instructions of the attendant over the intercom. (Depending on the situation, the lane may be marked "ETC/サポート") Please do not make a U-turn or back on the Metropolitan Expressway as it may be very dangerous.

※ ETC: the Electronic Toll Collection system for free-flow tolling on expressways.

CFAY



NOVEMBER 20 AT 8 A.M.

IKEGO HEIGHTS NIKKO TOWER

CFAY



BREAKING THE



WITH THE CO

NOVEMBER 25

12 PM

C-2 BUILDING



CFAY



Consolidated Battery Recycling

PILOT PROGRAM AT NEX Bldg H-20



Sort batteries in designated container marked by:

BRAND (e.g. Duracell)
&
TYPE (e.g. Alkaline)

For more information contact
CFAY Qualified Recycling Program
DSN: 243-3817/5806 (046-816-xxxx)



ALKALINE				LITHIUM ION (COMPUTER & CELL PHONE)	NICKEL METAL HYDRIDE (RECHARGEABLE)
DURACELL	ENERGIZER	RAYOVAC	BUTTON-TYPE		

SUPPORT OUR ENVIRONMENT AND OUR SOFA RESPONSIBILITIES!
RECYCLING PROFITS ARE RE-INVESTED INTO CFAY IMPROVEMENT PROJECTS.

CFAY Waste Disposal Guide

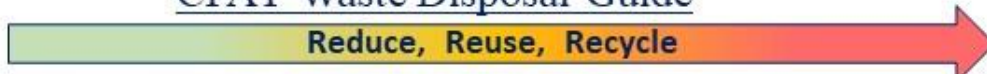
Updated 9 Sep 2024



Most Preferred

Reduce, Reuse, Recycle

Least Preferred



	Household Hazardous Product Reuse Program (Public Works Dept)	Qualified Recycling Program (Public Works Dept)	Car Care Center (NEX)	Auto Skills Center (MWR)	Solid Waste Disposal (Public Works Dept)
Accepted Materials	<ul style="list-style-type: none"> Wood stains, paint, finishes Pesticides Odor remover spray Oven cleaner Multi-purpose cleaner Hand sanitizer Isopropyl alcohol Bleach Oil lubricants Degreaser 	<ul style="list-style-type: none"> Metal (furniture, valves, sheet metal) Appliances Paper, wood & textiles Used oil (fuel, lube, hydraulic) Used cooking oil Household electronics (TV, computer, cell) Batteries <ul style="list-style-type: none"> Lead-acid Lithium-ion Nickel-metal hydride 	<ul style="list-style-type: none"> Flares Propane tanks Car batteries Coolant Kerosene Diesel Engine oil 	<ul style="list-style-type: none"> Tires Engine oil Brake fluid Transmission fluid Coolant Car batteries 	<p><u>Non-Combustibles</u></p> <ul style="list-style-type: none"> Cans & bottles Metal (tin foil) Glass Rubber Hard plastic (food containers) <p><u>Combustibles</u></p> <ul style="list-style-type: none"> Paper & wood Food Textile & leather Thin plastic (bags, wrappers)
Program Guidelines	<ul style="list-style-type: none"> U.S. products only Must be in original containers Containers must have readable labels and be at least half-full All items are free acceptance <p>** Users may pick-up products for use at home, for free</p>	<ul style="list-style-type: none"> Appliances freon-free Paper Products: No wax paper, tissue, pizza boxes or other soiled products Textile no down jacket pillows, shoes, bags Wood: No soiled, dry-rotted, painted or finished items Cooking Oil: Large food pieces must be strained out All free acceptance 	<ul style="list-style-type: none"> Some items are free acceptance and some are charged 	<ul style="list-style-type: none"> Fuel and lead-acid batteries are not accepted. 	<ul style="list-style-type: none"> Place bulk trash by the dumpster/containers and call 243-6558 for pick-up <p><u>High-Rise Towers</u></p> <ul style="list-style-type: none"> Separate combustibles and non-combustibles into correct dumpster <p><u>Townhouses</u></p> <ul style="list-style-type: none"> Place non-combustibles into blue container Place combustibles into gray container
Contact	Lot behind GOV Gas Station M/W/F: 0900-1100 T/Th: 1300-1500 Cell: 070-7411-1294	Bldg. 4856 M - F: 0800-1530 DSN: 243-3817/5806	Bldg. 1314 M - F: 0730-1700 Sa: 0730-1600 DSN: 243-4778 / 5826	Bldg. 1288 M/Th/F: 1100-1900 Sa/Su: 0900-1700 DSN: 243-5456	DSN: 243-6558

CFAY



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.

BEYOND THE GATE



100周年 市民と人を繋ぐ 葉山 HAYAMA Anniversary 葉山町創設100周年記念

第58回 葉山町文化協会 創立30周年記念

葉山町文化祭 2024秋

葉山町文化協会 創立30周年記念
フェスティバル

11/3 [日・祝] 14:00~ [開場13:30]
葉山町福祉文化会館 ホール
〒(875)5081 伊東(青)

～ゲスト出演～
海上自衛隊横須賀音楽隊
葉山中学校&南郷中学校
吹奏楽部
協力/ 葉山町防衛協会

プログラムは当日発表!
お楽しみに!!

葉山町文化協会創立30周年を記念し、楽しいフェスティバルを開催します。葉山町、葉山町防衛協会のご理解、ご協力を得て海上自衛隊横須賀音楽隊の皆様がゲスト出演が実現!! 生徒の皆さんとのコラボもあります! ぜひお越しください!!

開催期間 2024
10/16(水)▶11/17(日)

会場
葉山町福祉文化会館 [ホール・ホワイエ・大会議室]
葉山町立図書館 [2階 ホール・和室]

共催 / 葉山町文化協会・葉山町教育委員会
後援 / 葉山町

Hayama Culture Festival

Now –
November 17

Various locations in
Hayama

BEYOND THE GATE



Shonan Candle 2024

Now –
November 4

Enoshima
Sea Candle



BEYOND THE GATE



**横須賀
トモダチ
ジャズ2024**

11/234

#1 EM Club Legend
@ヨコスカベイサイドポケット

#2 Yokosuka Jazz Street
@汐入～横須賀中央の野外ステージ

#3 Yokosuka Bayside Jazz
@記念艦三笠、三笠公園、ポートマーケットほか

主催/ 横須賀トモダチジャズ実行委員会 一般社団法人ヨコスカ・ジャズ協会 ドブ板通り商店街振興組合
共催/ 公益財団法人 横須賀芸術文化財団 後援/ 横須賀市 横須賀市観光協会 横須賀商工会議所 京浜急行電鉄株式会社

令和6年度 文化庁 文化芸術創造拠点形成事業

街にジャズが溢れる3日間。55ステージ、約600人のアーティストが競演!

軍港の街が、JAZZに染まる。

<https://tomodachi-jazz.org/>

Yokosuka Tomodachi Jazz 2024

Nov. 2 – Nov. 4

Doubuita Street, Verny Park, Yokosuka Port Market, Mikasa Park

BEYOND THE GATE



逗子コミュニティパーク2024秋



ZUSHI COMMUNITY PARK

HAVE A NICE HOLIDAY 2024 AUTUMN

第35回 逗子コミュニティパーク ～大人の休日～

地域に根ざした、潤いのあるライフスタイル、人と人の素敵な出会いの空間を目指して20年。

2024年11月2日(土) 10:00～19:00

3日(日) 10:00～17:00

会場：亀岡八幡宮（逗子市役所隣）小雨開催

Zushi Community Park

Nov. 2

10 a.m. – 7 p.m.

Nov. 3

10 a.m. – 5 p.m.

Kameoka Hachimangu Shrine

BEYOND THE GATE



Yokosuka COFFEE FESTIVAL

コーヒーで楽しむ
食の三浦半島

KICK-OFF EVENT

date: 2024 **11.2 SAT** ▶ **11.4 MON** time: 10:00 ▶ 19:00 (最終日のみ 18:30 まで)

place: **YOKOSUKA PORT MARKET POP UP space** price: **FREE** 入場料無料
※飲み比べチケットの販売あり



address:
いちご よこすかポートマーケット
神奈川県横浜市中区新港町 6
京浜東北線「横浜駅中央駅」東口から徒歩 11 分

主催：横浜質珈琲フェスティバル実行委員会 / SPECIALTY COFFEE BEANS No.13
後援：横浜質市 / 横浜質集客促進・魅力発信実行委員会 / 一般社団法人横浜質市観光協会

Yokosuka Coffee Festival

Nov. 2 - 4
10 a.m. – 7 p.m.

Yokosuka Port
Market

BEYOND THE GATE



11/3 日

令和6年 文化の日

1 担ぎ上げ	15:00
2 神輿中座	16:15 <small>全基一斉 パフォーマンス</small>
3 囃子方競演	<small>囃子方ストリート</small>
4 神輿遷座	18:00

主催：三崎みこしパレード実行委員会

Misaki Mikosi Parade

November 3
3 p.m. – 6 p.m.

Misaki Port



BEYOND THE GATE



2024
11.03
Sun
9:30-15:30

第22回
観音崎
フェスタ

特別ステージ 灯台クルーズ

詳細はこちら

模擬店
約10店舗が出店
会場：観音崎園地
売り切れ次第終了

地域の小学生や活動団体の発表、
アイドルライブ等
会場：観音崎園地特設ステージ
時間：9時50分～15時30分

たたら浜
エリア

観音崎自然博物館
BEACH⇔PARK LIVING
観音崎フェスタ第2ステージ、BBQ特別販売
わんちゃん広場、周遊バス

観音崎灯台特別公開
横須賀美術館無料開館
観音崎公園ハートセンターイベント
観音崎スガガリ、各種販売、ゲーム等

注意事項！

その他

※有料駐車場は大変混雑いたしますので、公共交通機関をご利用ください。
※ごみの持ち帰りにご協力ください。
※当日、ドローンの持ち込みや飛行は禁止です。
※天候等により中止・内容が変更になる場合がございます。

当日の開催確認（当日8時以降）・お問い合わせ 横須賀市コールセンターTEL：046-822-4000
主催 観音崎フェスタ実行委員会（浦賀観光協会）

Kannonzaki Festa

November 3
9:30 a.m. – 3:30 p.m.

Kannonzaki Lighthouse

BEYOND THE GATE

三浦ロカビリーまつり

タイムテーブル 2024

← TIMETABLE →



11:00 ガレージバンド

昨年結成10周年を迎えた三浦生まれ三浦育ちのロカビリー・バンド!



11:45 山口憲一&ロカビリー・スペシャルズ

マジックのギタリストで三浦在住の山口憲一率いるロカビリー・トリオ! 特別ゲストあり!



12:30 タイガーリリー

1950年代のルーツ音楽にこだわる女性ボーカルのオーセンティック・ロカビリー!



13:15 シツレイ・キャッツ

お馴染みの歌謡曲をロカビリー・アレンジで楽しく聴かせるファンキーなロカビリー!



14:00 キャメルクラッチ

メンバー全員が横須賀出身の超地元型、結成37年の老舗ヨコスカン・ロカビリー!



14:45 ホットドッグ・パティパティ

2002年結成、日本語のオリジナル曲を中心にプレイするロカビリー・バンド!



15:30 ビリー諸川

エルヴィスのバンドと音頭練習した経歴を持つ全日本ロカビリー普及委員会会長!



16:00 三浦ロカビリー・セッション

ビリー諸川+他演者による三浦ロカビリー・セッション! まつり最後のハイライト!

← SPECIAL GUEST, DJ & MC →



特別ゲスト...正午に登場

浦江アキコ(ブルーエンジェル) 女優活動もしていたロカビリーシンガー!

日野勝雄(サンドラティエ、グレッチ・ブラザーズ) 和製エディ・コ克蘭!



SHIN-G 小田原ロカビリー・イベント「Premium Nite」主催DJ!

SHINZI ネオ・ロカビリーが大好きな北関東ヘビー級DJ!

ナホコロール (MC) ロカビリーシーンを盛り上げるパレスクダンサー!

Miura Rockabilly Festival

November 4

11 a.m. – 5 p.m.

Miura Fisherman's Wharf Building



Attention all drivers on express way



ETC-only toll gate

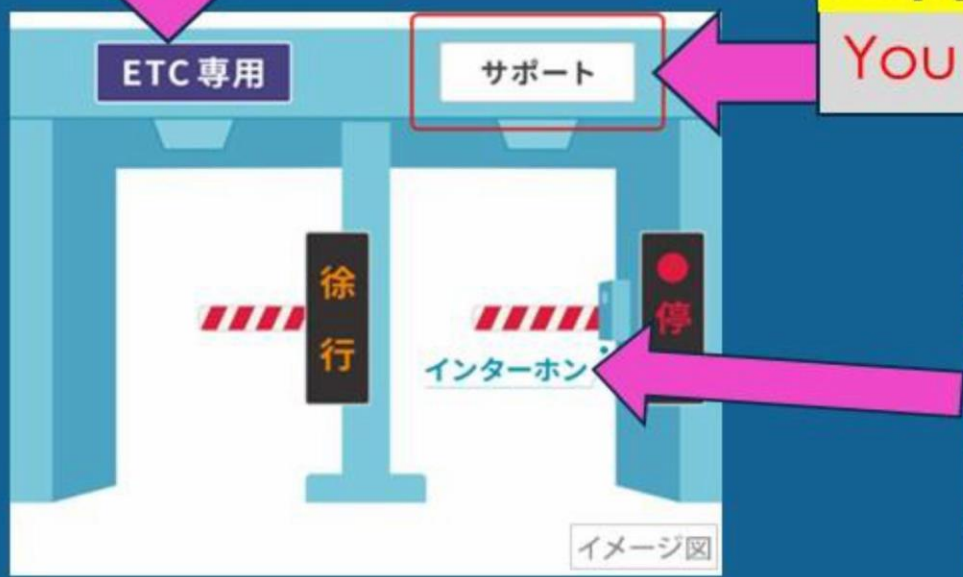
Drive Slowly

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.



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



CYP



Ikego Teen Center

Programming/ 4H Club hours 14:30-16:30 | 070-1201-7973 | teencenterikego1@gmail.com

NOVEMBER 2024






BOYS & GIRLS CLUBS OF AMERICA



NATIONAL NATIVE AMERICAN MONTH



SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Movie Club	Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens
03	04	05	06	No School	No School	09
Closed	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Anime Club	Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens  Cooking Club	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Dia de los Muertos Candy Skulls	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens Day At the Movies	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens Bowling Alley	Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens
10	Closed 11	12	13	14	15	16
Closed	Closed For Veteran's Day	Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens Rocket League	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Board Game Club	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Anime Club	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens NERF Battle Royale	Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens
17	18	19	20	21	22	23
Closed	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Movie Club	Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens Nature Hike	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens  Cooking Club	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Pumpkin Scone Making!	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens NERF Battle Royale	Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens
24	25	26	No School	Closed 28	No School	30
Closed	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens Torch Club	Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens Youth of the Month/H&F	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens Ikego Teen Center Thanksgiving Feast	Closed For Thanksgiving	Closed for CYP Staff In-Service Training	Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens

Power Hour! Need help with homework? Every day is power hour where staff can help! 2:30-3:30 PM

FFSC



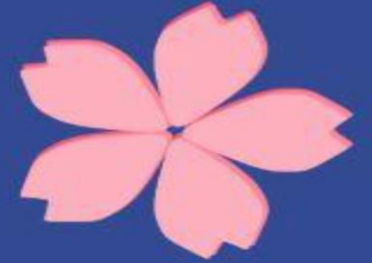
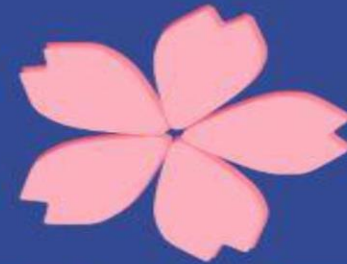
The
Fleet & Family Support
Center

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



2024 . November

MON	TUE	WED	THU	FRI
				1 0900 SMOOTH MOVE 1030 NAVY SPOUSES IN TRANSITION 1300 MILITARY SPOUSE 101 (VIRTUAL) 1330 ENJOYING JAPANESE FOOD
4 0800 SAPR VA INITIAL (DAY 1/5) 0800 TAP CORE CURRICULUM (RETIREE) (DAY 1/3) 1100 SPACE A/EML FLIGHTS BRIEF (VIRTUAL)	5 0800 AOB/ICR (DAY 1/3) 0800 SAPR VA INITIAL (DAY 2/5) 0800 TAP CORE CURRICULUM (RETIREE) (DAY 2/3) 0900 INTERVIEW TECHNIQUES (VIRTUAL) 0900 PRIVATE ORGANIZATION (VIRTUAL) 1200 IKEGO JAPANESE LANGUAGE SERIES 1400 SYMPTOM REDUCTION GROUP 1430 YOUTH ICR (ELEM)	6 0800 AOB/ICR (DAY 2/3) 0800 SAPR VA INITIAL (DAY 3/5) 0800 TAP CORE CURRICULUM (DAY 3/3) 0930 PRE-MARRIAGE SEMINAR (VIRTUAL) 1630 MAKE TOMODACHI (INTERMEDIATE)	7 0800 AOB/ICR (DAY 3/3) 0800 MY EDUCATION TRACK (DAY 1/2) 0800 SAPR VA INITIAL (DAY 4/5) 0800 SPONSORSHIP ON-DEMAND (VIRTUAL) 0900 SURVIVING THE HOLIDAYS FINANCIALLY (VIRTUAL) 1130 RESILIENCY BOOTCAMP	8 0800 MY EDUCATION TRACK (DAY 2/2) 0800 SAPR VA INITIAL (DAY 5/5) 1000 COMMUNICATION SKILLS (JAPANESE) 1000 ZUSHI-HAYAMA TOUR 1300 ESL/EFL 1300 SINGLES RETURNING TO HOMEPORT (VIRTUAL)
11 	12 0800 AOB/ICR (DAY 1/3) 0800 MY VOCATIONAL TRACK (DAY 1/2) 1000 DAISUKI JAPAN! 1200 IKEGO JAPANESE LANGUAGE SERIES 1430 YOUTH ICR (MS/HS)	13 0800 AOB/ICR (DAY 2/3) 0800 MY VOCATIONAL TRACK (DAY 2/2) 1030 JAPANESE SPOUSE GROUP (HYBRID) 1300 ESL/EFL (IKEGO) 1500 ACTIVE JAPANESE LANGUAGE 1630 MAKE TOMODACHI (BEGINNER)	14 0800 AOB/ICR (DAY 3/3) 0800 MY EMPLOYMENT TRACK (DAY 1/2) 0900 EFFECTIVE RESUME WRITING (CIVILIAN) (VIRTUAL) 0900 SAPR VA ADMIN TRAINING 1100 VOLUNTEER ORIENTATION (VIRTUAL)	15 0800 MY EMPLOYMENT TRACK (DAY 2/2) 0900 EMPLOYMENT OVERVIEW (VIRTUAL) 0900 REINTEGRATING WITH CHILDREN (VIRTUAL) 1000 EFMP COMMAND POC (VIRTUAL) 1300 MODELING IN JAPAN (VIRTUAL)
				16 *1000 MODELING FAIR
18 0800 CFS TRAINING (DAY 1/5) 0800 TAP CORE CURRICULUM (DAY 1/3) 1000 EMERGENCY EVACUATION PROGRAM PACKET (EEP) OVERVIEW 1130 EMERGENCY AND DISASTER PREPAREDNESS	19 0800 AOB/ICR (DAY 1/3) 0800 CFS TRAINING (DAY 2/5) 0800 TAP CORE CURRICULUM (DAY 2/3) 1000 IKEGO CULTURAL EXCHANGE CLUB 1200 IKEGO JAPANESE LANGUAGE SERIES 1400 SYMPTOM REDUCTION GROUP	20 0800 AOB/ICR (DAY 2/3) 0800 CFS TRAINING (DAY 3/5) 0800 TAP CORE CURRICULUM (DAY 3/3) 0900 EFFECTIVE RESUME WRITING (FEDERAL) (VIRTUAL) 1000 4TH TRIMESTER 1300 HOMEBASED BUSINESS 101 (VIRTUAL) 1600 OMBUDSMAN ADVANCED TRAINING 1630 MAKE TOMODACHI (INTERMEDIATE) 1730 OMBUDSMAN ASSEMBLY	21 0800 AOB/ICR (DAY 3/3) 0800 CFS TRAINING (DAY 4/5) 0800 SPONSORSHIP ON-DEMAND (VIRTUAL) 0900 SPONSORSHIP TRAINING (VIRTUAL) 1130 RESILIENCY BOOTCAMP 1300 SAPR VA REFRESH TRAINING	22 0800 CFS TRAINING (DAY 5/5) 0930 ENJOYING JAPANESE FOOD 1300 ESL/EFL 1300 MILITARY SPOUSE 101 (VIRTUAL)
25 0800 AOB/ICR (DAY 1/3) *0800 RETIREMENT SYMPOSIUM 1000 EVERYDAY JAPANESE	26 0800 AOB/ICR (DAY 2/3) 1300 PLANNING FOR RETIREMENT (VIRTUAL)	27 0800 AOB/ICR (DAY 3/3) 1300 ESL/EFL (IKEGO) 1300 SAPR VA RESIDENT ADVISOR 1500 ACTIVE JAPANESE LANGUAGE 1630 MAKE TOMODACHI (BEGINNER)	28	29



243-3372 / 046-816-3372 | FFSCinfo@us.navy.mil



FFSC



FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



SAPR VA Initial

Nov 4-8 at 0800

TAP Core Curriculum

Nov 4-6 at 0800

Space A/EML Flights Brief

Nov 4 at 1100 (Virtual)

AOB/ICR

Nov 5-7 at 0800

Interview Techniques

Nov 5 at 0900 (Virtual)

Private Organization

Nov 5 at 0900 (Virtual)

Ikego Japanese Language Series

Nov 5 at 1200

Symptom Reduction Group

Nov 5 at 1400

Youth ICR (Elem)

Nov 5 at 1430

Pre-Marriage Seminar

Nov 6 at 0930 (Virtual)

Make Tomodachi

Nov 6 at 1630 (Intermediate)

My Education Track

Nov 7-8 at 0800

Sponsorship On-Demand

Nov 7 at 0800 (Virtual)

Surviving the Holidays Financially

Nov 7 at 0900 (Virtual)

Resiliency Bootcamp

Nov 7 at 1130

Communication Skills

Nov 8 at 1000 (Japanese)

Zushi-Hayama Tour

Nov 8 at 1000

ESL/EFL

Nov 8 at 1300

Singles Returning to Homeport

Nov 8 at 1300 (Virtual)

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

FFSC



ZUSHI-HAYAMA TOUR

Tour Guided by: Rodalyn Novak &
Darlene Hernandez-Purvis

**Registration
Required!**

Nov 8th 1000-1400
Meet at Ikego-FFSC Office

- Intro to local transportation
- Explore Morito-Damyoin Shrine
- Discover Zushi area shops & groceries
- Shop Kamegaoka Shrine flea market

For more information, please call 243-3372 or email FFSCinfo@us.navy.mil

FFSC



PRIVATE ORGANIZATION TREASURER TRAINING



**NOV 5TH
@ 0900
VIRTUAL**

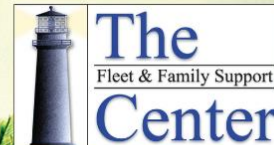
A mandatory training for elected Treasurers of Private Organizations onboard CFAY.

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

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



To register please call 243-3372 or email
FFSCinfo@us.navy.mil
Taught by an Accredited Financial Counselor



Space-A Flights Brief



November 4 at 1100 am (Virtual)
Register by email to FFSCinfo@us.navy.mil

FFSC



INTERVIEW TECHNIQUES



NOV 05 2024
0900
VIRTUAL



 243-3372

 FFSCINFO@US.NAVY.MIL

FFSC



Modeling Fair

16 NOVEMBER 2024
10AM - 12PM & 1PM - 4PM
YOKOSUKA MIDDLE SCHOOL

**ALWAYS WANTED TO BE A MODEL?
NOW'S YOUR CHANCE!**

Come meet up to 10 different agencies in one location.
Email FFSCinfo@us.navy.mil to receive a copy of the talent
registration form or if you have questions.

Follow us on Facebook for more details: [@cfayokosuka.ffsc](https://www.facebook.com/cfayokosuka.ffsc)



FFSC

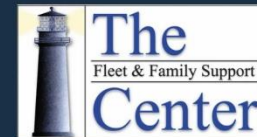


FFSC Yokosuka proudly presents:



Monday, 25 November 2024
0800 - 1500
Major Room, CPO Club

- Spouses welcome -
Registration required.
FFSCinfo@us.navy.mil
DSN: 243-3372



MILITARY SPOUSE

101

Every 1st Friday (virtual) @ 1300
 Every 4th Monday (in-person) @ 1300

What You Will Learn

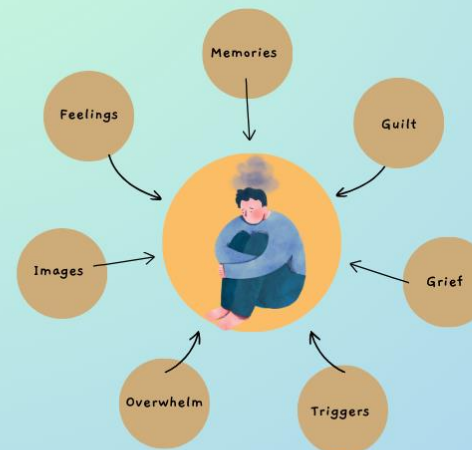
- ✓ Basics of military life in Yokosuka.
- ✓ Integration into the military community.
- ✓ Access to resources and support services.



To register contact us at FFSCinfo@us.navy.mil / 243-3372.



SYMPTOM REDUCTION GROUP



Accept
Relief
Heal
Peace
Cope



EMDR
 (Eye Movement Desensitization Processing)
G-TEP
 (Group Episode Protocol)

Groups will be held on the first and third Tuesdays of the month from 1400 - 1600 in the CRC Bldg.

We will apply the same principles of EMDR in a group format.
 With **NO** sharing of any trauma during the group.
 In fact, no speaking necessary for this group.

- ✓ Reduce triggers from traumatic events into more manageable levels
- ✓ Increase resiliency
- ✓ Learn new stress management skills

GTEP is appropriate for both recent and long-term traumatic events for those 18 and older.

For more information or to register, please call 243-7878 or email FFSCinfo@us.navy.mil

FFSC



Resiliency Bootcamp

Date & Time:
1130-1230
Every 1st & 3rd
Thursday of the month
Oct 3.17
Nov 7.21
Dec 5.19

Location:
Library
Meeting Room
at CRC Building

Let's
EXERCISE
MENTAL
health

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

FFSC



Make Tomodachi

ともだちを作る



WITH SENSEI KOI:
2ND & 4TH WEDNESDAY OF THE MONTH
(FLEET REC. CENTER)
TIME: 1630 - 1715



I am born and raised in Yokosuka. I have been teaching English to the Japanese people and English to the foreign people in Yokosuka.

I am excited to teach Japanese as a volunteer and I want everyone to make Japanese friends.

Please register by email: FFSCinfo@us.navy.mil
or call 243-3372.



ikego Japanese Language Series

Sept 3 - Nov 19
Tuesdays, 1200-1300
Ikego-Nikko Tower

Get to know Japan by learning how to speak, read and write in Japanese.
This is a twelve week course.

To register please call 243-3372 or email FFSCinfo@us.navy.mil

FFSC



ENJOYING JAPANESE FOOD AT HOME

REGISTER:
FFSCINFO@US.NAVY.MIL
243-3372 / 046-816-3372

1 HOUR CLASS INTRODUCING ITEMS SOLD AT
JAPANESE SUPERMARKETS FOLLOWED BY
GROCERY SHOPPING TOUR AT COASKA MALL

FFSC



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 #**



Youth ICR

INTERACTIVE ORIENTATION FOR STUDENTS

CLASS SCHEDULE:

Elementary school (1st-5th) : Every 1st Tuesday of the month, 2:30 - 4:00 pm
Middle / High school (6th-12th): Every 2nd Tuesday of the month, 2:30 - 4:00 pm

To sign up, stop by the FFSC or call 243-3372

MWR



ATTENTION CUSTOMERS

MWR Food Court Closure

Saturday, November 2
In support of facility maintenance.

Food Court will reopen Sunday, November 3.

We apologize for the inconvenience and
thank you for your understanding and patience.



ATTENTION CUSTOMERS

Game Room Closure

In support of system upgrades.

O' Club • Oct. 28 & 29
CPO Club • Oct. 29 & 30
Seaside • Oct. 31 & Nov. 1
Club Takemiya • Nov. 3 & 4
Club A • Nov. 5 & 6
Bowling Center • Nov. 7 & 8

We apologize for the inconvenience and
thank you for your understanding and patience.



MWR



ATTENTION CUSTOMERS

Benny Decker Theater Closure

**Monday, October 28 -
Wednesday, November 27
In support of carpet installation.**

**All movies will be shown at
Fleet Theater.**

We apologize for the inconvenience and thank you for your understanding and patience.



ATTENTION CUSTOMERS

Fleet Basketball Courts A & B will undergo a planned floor refurbishing beginning **NOVEMBER 18**

We will keep one court open as we work on the other one.

Target completion date is FEB 2025.

We apologize for the inconvenience and thank you for your understanding and patience.



MWR



MARTIAL ARTS CLASSES

November 2024

Class	Days	Time	Age	Monthly Fee	Location
Wrestling (Open)	Tues / Fri	5:00-6:30PM	15+	FREE	Hawks Nest Wrestling
Wrestling (Kids) Fundamentals	Mon	5:00-7:00PM	4-14	\$25.00	Hawks Nest Wrestling
Competitive Adults Wrestling	Tues	6:30-7:30PM	18+	\$50.00	Hawks Nest Wrestling
Competitive Kids Wrestling	Mon/Tues	3:00-4:00PM	8-16	\$25.00	Hawks Nest Wrestling
Fushin-Ryu Karate Beginner	Tues / Thurs	3:00-4:00PM	4+	\$50.00	Niban Tower Community Room
Fushin-Ryu Karate Intermediate	Tues / Thurs	4:00-5:30PM	6+	\$50.00	Niban Tower Community Room
Fushin-Ryu Karate Advance	Tue / Thurs	5:30-7:00PM	13+	\$50.00	Niban Tower Community Room
Brazilian Jiu-Jitsu Kids (Renzo Gracie Japan)	Mon / Wed	4:00-5:00PM	5-14	\$70.00	Hawks Nest Mats 1
Brazilian Jiu-Jitsu All Level (Renzo Gracie Japan)	Mon / Wed (Tues / Thurs)	5:00-7:00PM (6:00-7:00PM)	15+	\$120.00 *All Inclusive*	Hawks Nest Mats 1
Brazilian Jiu-Jitsu, Beginner (Renzo Gracie Japan)	Tue / Thurs	5:00-6:00PM	15+	*Part of All Inclusive*	Hawks Nest Mats 1
Ask about parent/child pricing					
Judo Class 1	Tues / Fri	5:00-6:00PM	6-8	\$40.00	Hawks Nest Mat 2
Judo Class 2	Tues / Fri	6:10 - 7:10PM	9+	\$40.00	Hawks Nest Mat 2
Judo Adult Beginner / Advanced (Including Green Belt or Higher Kids)	Tues / Fri	7:15-8:15PM	9+	\$40.00	Hawks Nest Mat 2
Kaitoukai 海闘会	Sat	12:15-1:15PM	18+	\$40.00	Group Ex Fleet Rec



MARTIAL ARTS CLASSES

Class	Days	Time	Age	Monthly Fee	Location
Pekiti - Tirsia - Kali	Mon/Thurs	(M) 6:30 - 8:00PM (TH) 6:00 - 7:00PM	15+	\$60.00	Hawks Nest Mat 3
Pekiti - Tirisia - International	Mon/Thurs	(M) 5:00 - 6:30PM (TH) 5:00 - 6:00PM	9-18	\$60.00	Hawks Nest Mat 3
Pekiti - Tirsia - Kali Workshop Event	Saturday Nov. 23rd	9:00-12:00PM	15+	FREE, please register in person at Purdy or Fleet Fitness Office	Purdy Pavilion
Taekwon-Do Kids 1 (Ms. Meg)	Mon	3:00-4:00PM	4-5	\$35.00	Hawks Nest Mat 2
Taekwon-Do Kids 2 (Ms. Meg)	Mon	4:00-5:00PM	6-12	\$35.00	Hawks Nest Mat 2
Taekwon-Do Women's Only (Ms. Meg)	Mon	5:15-6:30PM	13+	\$35.00	Hawks Nest Mat 2
Taekwon-Do Kids 3 (Ms. Meg)	Sat	10:00-11:00AM	6-12	\$35.00	Hawks Nest Mat 1
Taekwon-Do Kids 4 (Mr. Kaoru)	Sat	3:30-4:30PM	6-11	\$35.00	Hawks Nest Mat 1
Taekwon-Do Adults (Mr. Kaoru)	Sat	4:45-6:00PM	12+	\$35.00	Hawks Nest Mat 1

BRAZILIAN JIU-JITSU (RENZO GRACIE JAPAN): Brazilian Jiu-Jitsu is a martial art and combat sport that teaches a smaller person how to defend themselves against a larger adversary by using leverage and proper technique. It is a perfect self-defense mechanism that focuses on grappling and ground fighting. New teachings under the Renzo Gracie Academy.

FUSHIN-RYU KARATE: This martial arts was imported to Okinawa and blended with the indigenous fighting techniques of the island. The lord of ancient Okinawa and later feudal lord of Kagoshima, on the southern most tip of Kyushu in Japan, banned the use of weapons, thus giving rise to the development of "empty hand" fighting and self-defense techniques. Your participation in Karate classes will teach you correct ways to breathe, exercise and stretch, increasing fitness and flexibility. Studying Karate will help you develop self-control and self-discipline enabling you to learn the self-defense moves giving you confidence and the ability to defend yourself and others.

JUDO: Judo is considered one of the most famous Olympic sports and best known for its spectacular throwing techniques and mat work, including control holds, arm locks and Judo choking techniques, the standards of this martial art. As a club, Yokosuka Base Judo Club has more than 50 years of history. Discipline in the art of Judo and also learning some Japanese language are a part of our teachings.

KALI HIMAGSIKAN PEKITI-TIRISIA-KALI: Kali Himagsikan focuses on expanding our knowledge and understanding Pekiti-Tirsia in all of its beauty and complexity. Kali is one of the many names used to describe the versatile fighting art of the Philippine Islands. Himagsikan means revolution. With all revolutions it is about challenge and change, of going beyond our comfort zone, and pushing ourselves to the limits. It is with this mindset and discipline that our passions can go forth to increase our knowledge, evolve our capabilities, and improve our spirit in pursuing this beautiful art.

TAEKWON-DO: Taekwon-do focuses on building confidence and learning respect and focus while also developing discipline, control, and self-defense. Led by world champions, this class will help to improve self-esteem, flexibility, for good posture, fitness, technique, coordination, and skill.

WRESTLING (OPEN): The Seahawk Wrestling Club recently took 3rd place in the 23rd Annual All Japan Self-Defense Force Wrestling Tournament, led by Coach Noda, the founder and driving force behind the team. Join them in the Hawk's Nest as they practice in conjunction with Japan's National Defense Academy in preparation for off-base tournaments.

WRESTLING FUNDAMENTAL: Introductory class with wrestling centered activities about fitness and group participation. Exercises are fun and gamified, yet build the core stability for wrestling and interacting with others both on and off the mat.

COMPETITION WRESTLING (Kids): This is a step up from the fundamentals class because kids are expected to follow more detailed instructions, show respect to others, and try their best. This class still uses games and conditioning like the Fundamentals class, however the goal is focused on instilling mat etiquette and actually preparing oneself for a wrestling competition one day.

COMPETITION WRESTLING (Adults): Wrestling practice for more serious competitors. Similar to the open practices run by coach Noda, except with personal instruction on technique, conditioning and winning strategies. This class is applicable not just to wrestling, but other combat sports such as Judo, Jiu Jitsu, and MMA competition.

Kaitoukai [海闘会]: is a martial arts developed by Japan Maritime Self-Defense Force who trained and master unarmed combat arts. Training is similar to that of mix-martial arts which utilizes different fighting techniques for self-defense. In the class, they will teach you how to use not only fists strikes but kicks, elbows, grabs to make sure you are able to defend yourself in any situation.

Note; although striking is taught, there will be no striking between instructor and participants. Pad striking and touch strike will be taught to ensure safety

Register for classes at Purdy Fitness Center, the 3F Fleet Rec Fitness Office, or online at MyFFR
(<https://myffr.navyaim.com/wbwscl/jpnyokrec.wsc/wb splash.html?wbp=1>)

For more information, call the Fitness office at 241-4486

MWR



November 2024 Yokosuka Group Fitness Schedule



Fleet Rec (SF) GX Studio		Purdy Pool	Niban Tower Community Room		Hawk's Nest	Purdy Pavilion		
MONDAY			TUESDAY			WEDNESDAY		
6:00-7:00a	BODYPUMP with Amanda Cancelled 11th & 25th	STICKER	8:30-9:30a	Animal Flow with Yuka	STICKER	9:00-10:00a	BODYPUMP with Amanda	STICKER
8:45-9:20a	BODYATTACK EXP with Yuka	STICKER	8:45-9:15a	GRIT with Amanda	COMBO	10:00-11:00a	Animal Flow with Yuka	STICKER
9:00-10:00	BODYPUMP with Mika	COMBO	9:00-10:00a	ZUMBA with Sayumi Cancelled 19th	STICKER	10:30-11:30a	ZUMBA with Kim	FREE
10:00-10:45	BODYBALANCE with Mika	COMBO	9:15-9:45a	AQUAFIT with Ian	Reg in Adv in MyFFR	11:45-12:30p	BODY BALANCE with Kayla Cancelled 20th & 27th	STICKER
9:25-10:20a	C&R YOGA with Yuka	FREE	9:25-10:15a	BODY BALANCE EXP with Amanda	COMBO	4:30-5:30p	BODY BALANCE with Sasara	STICKER
5:00-6:00p	BODYPUMP with Phil Nov. 4th only	COMBO	10:30-11:30a	BODYPUMP with Yuka	STICKER	5:00-6:00p	BODY COMBAT with Mika/Phil	COMBO
6:10-7:00p	BODYBALANCE with Phil Nov. 4th only	COMBO	5:00-6:00p	BODYPUMP with Amanda	STICKER	6:00-6:45p	BODYBALANCE with Phil Cancelled 20th & 27th	COMBO
THURSDAY			FRIDAY			SATURDAY		
8:30-9:30a	Animal Flow with Yuka	STICKER	9:00-10:00a	BODY COMBAT with Mika	STICKER	8:45-9:45a	BODYPUMP with Amanda	STICKER
8:45-9:15a	GRIT CARDIO with Amanda	STICKER	9:00-10:00a	BODYPUMP with Amanda	STICKER	10:00-11:00a	BODY COMBAT with Yukari Nov. 9th & 23rd	STICKER
9:00-10:00a	ZUMBA with Sayumi	FREE	10:00-11:00a	Animal Flow with Yuka	STICKER	10:00-11:00a	BODY ATTACK with Yukari Nov. 2nd, 16th & 30th	STICKER
9:15-9:45a	AQUAFIT with Ian	Reg in Adv in MyFFR	10:30-11:30a	ZUMBA with Kim	STICKER	SUNDAY		
10:15-11:00a	BODY BALANCE with Kayla Cancelled 21st & 28th	STICKER	5:00-6:00p	BODY COMBAT with Phil Cancelled 22nd & 29th				
10:30-11:30a	BODYPUMP with Yuka Cancelled 7th & 28th	STICKER				8:45-9:45a	BODYPUMP with Sachiko	STICKER
11:45-12:45p	VINYASA YOGA with Yuka Cancelled 7th & 28th	FREE				10:00-11:00a	BODY COMBAT with Phil Cancelled 17th & 24th	STICKER
5:00-6:00p	BODYPUMP with Amanda	STICKER						

Weightlifting Programs

Functional Fitness
Location: Fleet Rec (SF) Functional Fitness Area
Monday - Friday | 5:00 - 6:00am
Monthly rate: \$75

Tactical Fitness
Location: Purdy Outdoor Tactical Fitness Box
Monday-Friday | 8:05-9:05 am
Monday-Friday | 4:30-5:30 pm
Monthly rate: \$60

Power Hour
Location: Purdy Outdoor Tactical Fitness Box
Monday, Wednesday, Friday | 10:00-11:00 am
Monthly rate: \$30

TacFit Basics
Location: Purdy Outdoor Tactical Fitness Box
Monday, Wednesday, Thursday | 3:15-4:15 pm
Monthly rate: \$30

TacFit Lite
Location: Purdy Outdoor Tactical Fitness Box
Monday-Friday | 9:10-9:45a
Monthly rate: \$60

Barbell Club
Location: Purdy Outdoor Tactical Fitness Box
Tuesday & Thursday | 10:00-12:00
Monthly rate: \$30

Weightlifting (Olympic Lifting Techniques)
Location: Fleet Rec (SF) Functional Fitness Area
Tuesday & Friday | 6:00-8:00pm
Monthly rate: \$30

Weightlifting Programs:

FUNCTIONAL FITNESS:

This program combines effective coaching methods and universal scalability to teach safe functional movement patterns involved with weightlifting, gymnastics, running, rowing, and more.

TACFIT BASICS:

Designed to provide an introduction to the core principles and exercises of the Tactical Fitness Program. Under guidance of experienced coaching staff, participants learn proper technique for barbell lifts, body weight exercises and cardiovascular activities.

TACTICAL FITNESS:

Our Tactical Fitness program is an exciting conditioning program that balances strength work with power, speed, and agility training. If you are looking to be lean, strong and healthy this class delivers the most efficient way to improve metabolic conditioning and overall athleticism.

TACFIT LITE:

TacFit Lite is a cross training programmed designed for the following athletes: the beginner athlete, pre, peri, and postpartum athletes, the previously injured athlete, athletes coming back from an extended break and anybody interested in becoming lean, strong and healthy.

THE BARBELL CLUB:

The Barbell Club is an Olympic lifting class designed to improve your strength and technique in the Olympic lifts, the Clean and Jerk and Snatch. Our class breaks the movements down in order to practice technique while also building form and stability in the lifts. Classes include strength, technique work, accessory work and complexes.

WEIGHTLIFTING (OLYMPIC LIFTING TECHNIQUES):

The Weightlifting program caters to all experience levels, from beginner lifters to elite athletes. Designed to improve lifting health by teaching proper mobility, form, technique and mindset. Movements will consist of the Snatch, Clean and Jerk and Clean variations. Modifications offered as needed.

Group Exercise Classes:

AQUAFIT

Aquafit is training on floating boards, creating greater challenge by activating your stabilizing muscles along with your movement muscles. Improve your balance and endurance with this class. **Register on MyFFR

Animal Flow

Animal Flow is ground based movement, made fun, challenging and effective. This system is designed to improve strength, power, flexibility, mobility, and coordination through many planes of motion. It is for all fitness levels. With adjustments and modifications, you continue to build strength and mobility, and gradually master positions that may currently be a struggle.

CONDITIONING & RECOVERY (C&R)YOGA

Yoga aids in muscle recovery, strengthens underused muscles and helps prevent injuries. Your journey to a stronger, fitter and more flexible body starts here.

LES MILLS BODYATTACK®

A high-energy sports conditioning class with moves that cater to total beginners as well as advanced members. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Improves coordination and agility, while maximizing cardio stamina.

LES MILLS BODYBALANCE®

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new generation yoga class that will improve your mind, your body and your life. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started.

LES MILLS BODYCOMBAT®

A no-contact, high energy martial arts inspired workout where you punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

LES MILLS BODYPUMP®

A total body workout using light to moderate weights with many repetitions. Instructors will coach you through the moves & techniques while encouraging and motivating you to achieve a stronger, healthier body.

LES MILLS GRIT CARDIO®

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

LES MILLS RPM®

A group indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads you through hills, flats, mountain peaks, time trials, and interval training.

POWER YOGA

A modern-day form of classical Hatha yoga, it is a fast-paced, energetic vinyasa style of yoga that's focused on building strength and endurance. It is an excellent form of yoga for burning calories.

VINYASA YOGA

Faster paced movement connected to your breath for a strong mind and body connection, working towards your personal best balance between strength and ease. Great for medium, advanced, and athletes alike for mobility and functional fitness.

ZUMBA®

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

Kickboxing

30 min of high intensity boxing to build your strength, agility and fitness level.

Group Fitness Sticker Fees

Single Sticker: \$3
10 Stickers: \$25

Combo Classes

Pay one \$3 single sticker get the other class free.

Weightlifting Program Fees

Monthly fees vary by program
Drop-in Sticker*: \$5

Active Duty Military Members can attend all group fitness classes free with ID

Schedule is subject to change
For more information, please visit:
www.navy.mwr.yokosuka.com
or call the Fitness Office at 241-4486



MWR



November 2024

Ikego GX Class Schedule

Location: Asuka Tower Community Room



Tuesday		
9:00—10:00a	Zumba with Miwako	Free
11:30—12:30p	Gentle Yoga With Patricia	Free
Wednesday		
9:00-10:00	Body Pump With Mika	Sticker
Thursday		
11:30—12:30	Vinyasa Yoga With Patricia No class 21st & 28th	Free

Group Fitness Sticker

Fees

Single Sticker: \$3

10 Stickers: \$25

Combo Classes

Pay one \$3 single sticker get
the other class free.

Active Duty Military Members can attend
all group fitness classes free with ID

Schedule is subject to change

For more information, please visit:

www.facebook.com/NavyMWRYokosuka



MWR



THE GIRLS ARE BACK IN TOWN

Chapel Hart



FLEET THEATER

WEDNESDAY, NOVEMBER 13

6 p.m. • Free Admission • Open to All Hands

For details call 241-5060 or email mwr_yokosuka_special_events@us.navy.mil
Food & beverages available for purchase. Event is subject to change.



MWR



Join us for an adrenaline-packed event!

POWERLIFTING COMPETITION

November 16 @ 9 A.M.
Fleet Rec 4F Basketball Court A

Showcase your strength in this three lift event:

Squat • Bench Press • Deadlift

Think you've got the strength to compete?
We're looking for the strongest males and females in Yokosuka
to claim their titles. There will be three weight classes:
Light, Middle and Heavy Weight for both male and female.

Registration Fee: \$10

Sign up today!
For details, please call 241-4486.

SAFETY



SAFETY STAND DOWN

English

November 27

8:30 a.m. - 10:30 a.m.

Japanese

November 22

1 p.m. - 3 p.m.

Fleet Theater



New Construction of NSST Shiphandling Trainer Parking lot Closures



Closure Period Sep 2024 – 2027

Parking Lot Closures



Parking lot closures:

1. Project site by Bldg 1997
2. Half of 12 Hour parking lot

- New 42 spaces at 12 Hour Annex Lot
- New 10 spaces at DLA DAPS

as of 3 Sep 2024

PWD



Road Closures – Main Base Community Area



Closure Period
2023 – 2025

FULL ROAD CLOSURE



PWD



as of 17 Sep 2024

Commissary Parking – Closure



Closure Period

Jul 2024 – 30 Nov 2024

PARTIAL CLOSURE



- Partial closures on Third Ave will be 20 days long between dates.

as of 17 Sep 2024

PWD

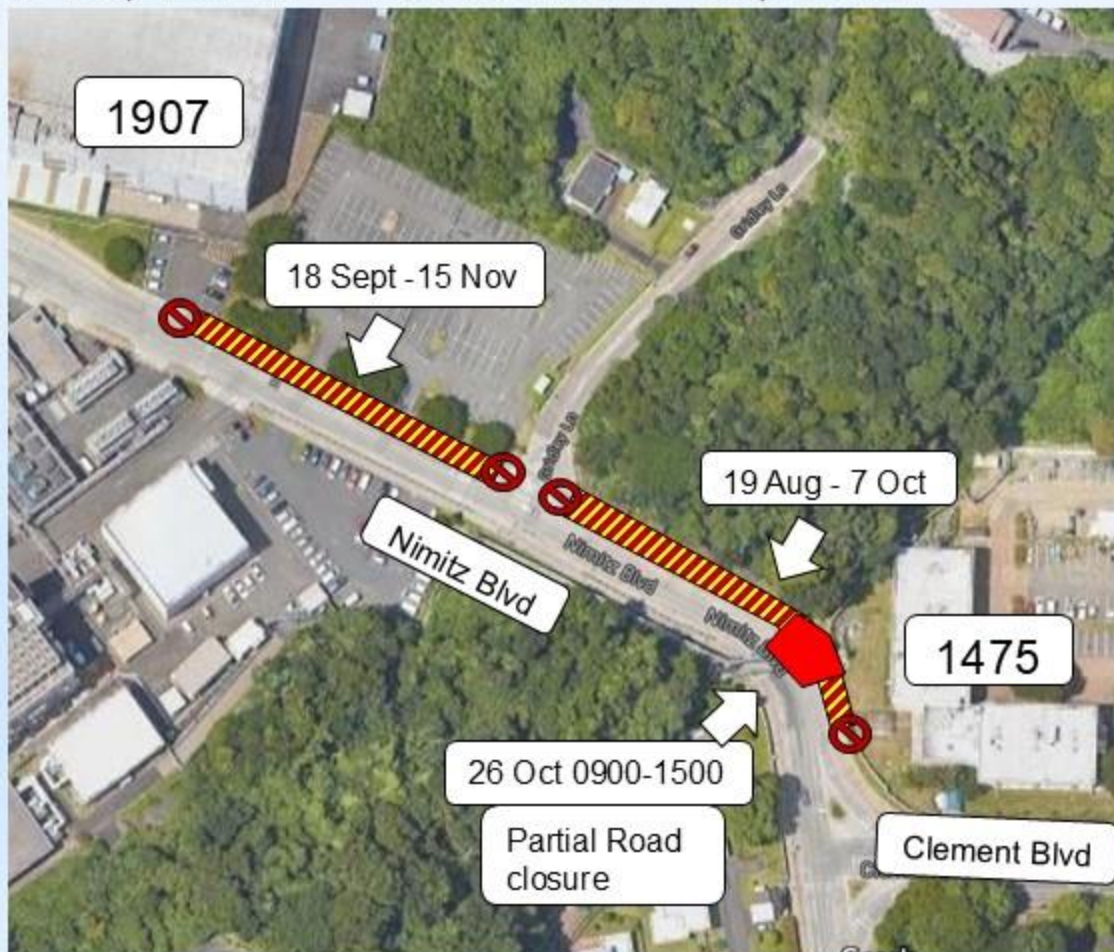


Nimitz Blvd – Sidewalk Detour

Closure Period

August 19, 2024 – November 15, 2024

Partial Closure



- Sidewalk construction
- Foot traffic diverted around affected area in both directions
- One day partial road closure,

as of 17 Sep 2024

PWD



Sherman Ave – Partial Closure

Closure Period

02 Sep 24 – 30 Nov 2024

PARTIAL CLOSURE



- Various areas on Sherman Ave will be repaved
- Two-way traffic will be maintained with flagmen and cones.

as of 17 Sep 2024

PWD



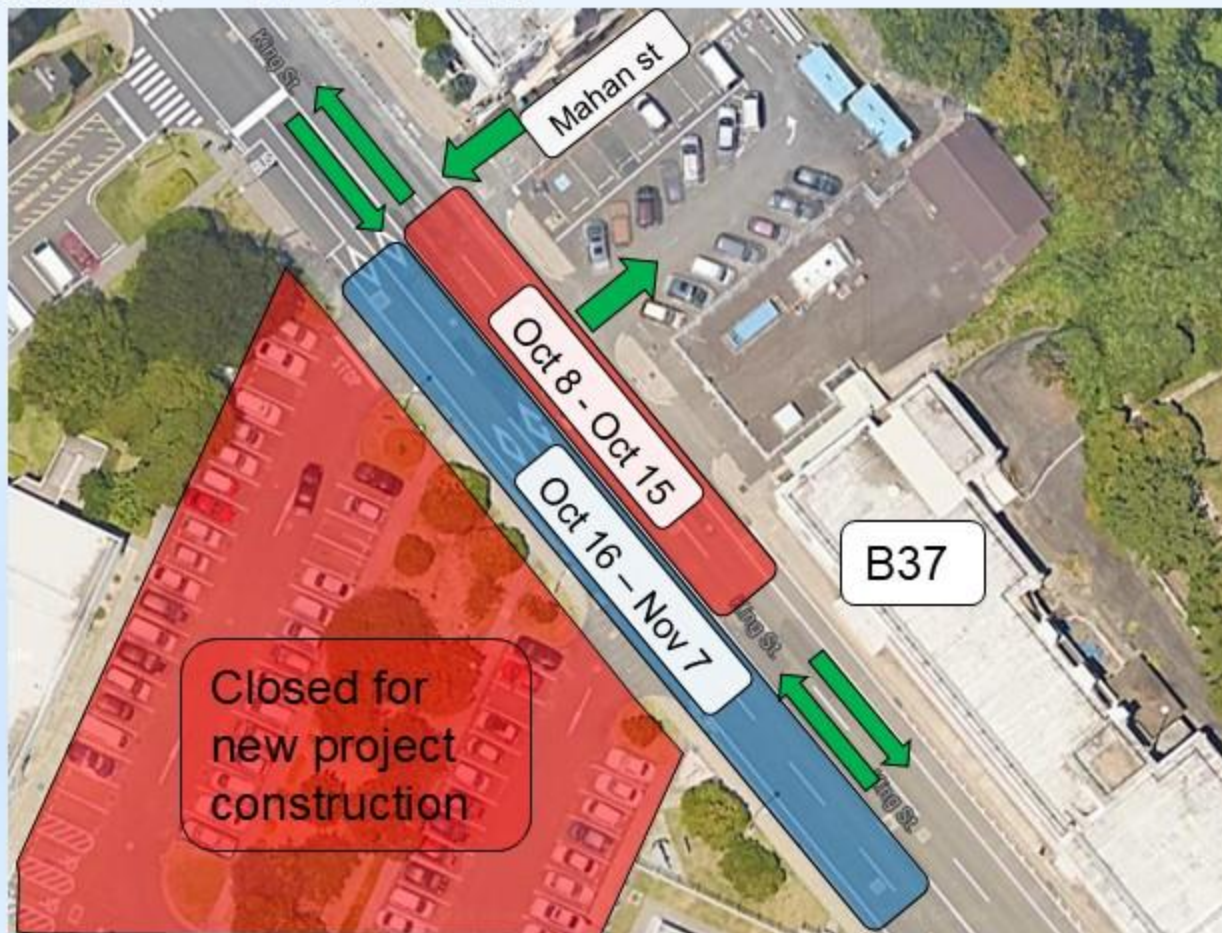
King Street – Partial Road Closure



Closure Period

08 Oct 24 – 07 Nov 24

PARTIAL CLOSURE



- Alternating sides of King street will be closed due to utility work.
- Two-way traffic will be maintained
- Parking lot and Mahan street will be unaffected during both periods

as of 24 Sep 2024

PWD





Visitor Control Center (Temporary Relocation)

VCC Temporary Relocation Period

23 July 2024 – January 2025



TEMPORARY RELOCATION OF SERVICES

Current VCC Location

Temporary VCC Location

Transition Period (23 – 31 July):

- Current VCC and Temporary VCC locations will be open for service during regularly scheduled hours.

Renovation Period (1 Aug 24 – Jan 2025)

- Temporary VCC location serve as primary location for services until VCC renovation period is completed.

Ikego Road Closure

Road Closure Period (1000-1300)

29 October 2024



ROAD CLOSURE

Shisagi Street • Road Secured 1000 to 1130

Yasakayato Street • Road Secured 1130 to 1300

- From 1000-1300 Maintenance will be conducted on **Shisagi St** and **Yasakayato St**.
- **Both streets will not be closed at the same time.**
- After maintenance is completed on **Shisagi St**, Maintenance personnel will then switch to **Yasakayato St**.
- Road closure timelines are subject to change. If you attempt to go off base and one way is secured, the other street will be open.
- Pedestrian traffic will not be affected.

as of 22 OCT 2024

NOTICES FROM TENANT COMMANDS & NFEs



CNRJ



TAKE PART AND LET YOUR FEEDBACK BE HEARD!

COLA FOCUS GRP 2024



NOVEMBER 20
FLEET REC 3RD FLR
(UMGC COLLEGE OFFICE)

0930 - 1100 E1 to E5
1300 - 1430 O1 to O6
1430 - 1600 E6 to E9

OPEN TO ALL SAILORS!

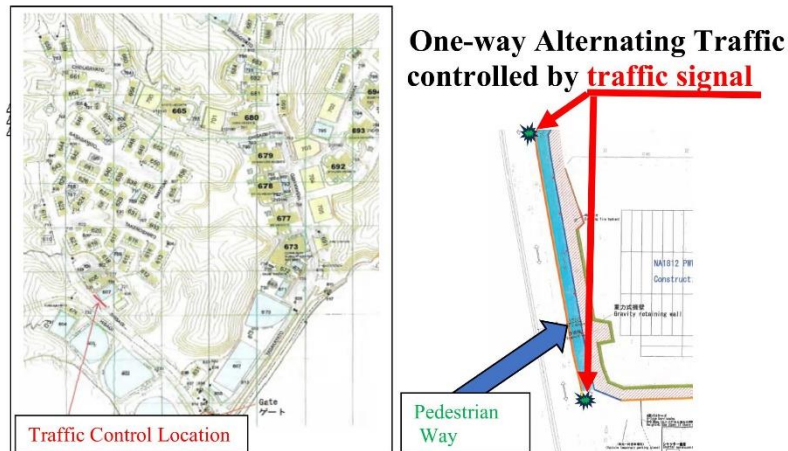


GAO



NOTICE OF CONSTRUCTION

The Government of Japan (GoJ) Contractor will provide one-way alternating traffic control on SHISAGI St. to construct retaining wall on the sketch below **from NOV 1 to DEC 28**.



Thank you for your cooperation and understanding.

**Government of Japan Funded Construction Project
NA1812-D, PW UTILITY SHOPS**

South Kanto Defense Bureau
Yokosuka Construction Office

WAKACHIKU CONSTRUCTION
GoJ Contractor



US Army Corps of Engineers
Yokosuka Resident Office

FASTPAC



**FLEET ANTITERRORISM
SECURITY TEAM PACIFIC**

**LANCE CORPORAL LEADERSHIP
AND ETHICS SEMINAR 1-24**

**HONOR.
COURAGE.
COMMITMENT.**

Fleet Antiterrorism Security Team Pacific (FASTPAC) will be holding Lance Corporal Leadership and Ethics Seminar 1-24 from 19-23 February 2024. This seminar is designed to develop lower enlisted Marines and Sailors into ethical leaders who are educated in the philosophies and doctrine that provide the basis for Marine Corps and Navy organizational values, ethics, personal conduct and total fitness. Attendees who complete this course will be better prepared to be non-commissioned officers in the Marine Corps and Navy. For more information, please contact First Sergeant Daniel Martensson at daniel.w.martensson.mil@us.navy.mil.



2024 Holiday Shipping Dates for Military Mail

Recommended send-by dates for expected delivery before December 25

<u>Addressed To and From</u>	<u>USPS Retail Ground[®] Service</u>	<u>First-Class Mail[®] Service</u>	<u>Priority Mail[®] Service</u>	<u>Priority Mail Express Military[®] Service (PMEMS)[®]</u>
<u>APO/FPO/DPO AE ZIPs[®] 090-092</u>	Nov. 4	Dec. 9	Dec. 9	Dec. 16
<u>APO/FPO/DPO AE ZIPs 093</u>	Nov. 4	Dec. 9	Dec. 9	N/A
<u>APO/FPO/DPO AE ZIPs 094-099</u>	Nov. 4	Dec. 9	Dec. 9	Dec. 16
<u>APO/FPO/DPO AE ZIPs 340</u>	Nov. 4	Dec. 9	Dec. 9	Dec. 16
<u>APO/FPO/DPO AE ZIPs 962-966</u>	Nov. 4	Dec. 9	Dec. 9	Dec. 16

PMEMS is available to selected military/diplomatic Post Offices[®]. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.

NMCRS



NMCRS YOKOSUKA



2024 NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	01	02
03	04 BUDGET FOR BABY® 1030-1230	05	06 THRIFT SHOP SALES DAY 0900-1200 & 1630-1800 PREGNANCY & INFANT LOSS SUPPORT GROUP 0900-1000	07 THRIFT SHOP DONATION DAY 1600-1800	08	09
10	11 CLOSED VETERANS DAY	12	13 THRIFT SHOP SALES DAY 0900-1200 & 1630-1800 BUDGET FOR BABY® 1100-1300 VIRTUAL	14 SETTLING IN WITH BABY NEWBORN CARE CLASS 1000-1230	15	16 THRIFT SHOP SALES DAY 0900-1200
17	18	19 BUDGET FOR BABY® 0900-1100	20 THRIFT SHOP SALES DAY 0900-1200 & 1630-1800 PREGNANCY & INFANT LOSS SUPPORT GROUP 1800-1900	21 THRIFT SHOP DONATION DAY 0900-1100 LATCH & LEARN BREASTFEEDING GROUP 1000-1130	22	23
24	25	26	27 Thrift Shop Closed Financial Service Office Closes at Noon	28 CLOSED Happy Thanksgiving	29 CLOSED	30

NMCRS



NAVY-MARINE CORPS
RELIEF SOCIETY

NOVEMBER 2024

BUDGET FOR BABY[®] WORKSHOP

MON 04	IN-PERSON YOKOSUKA @1030	
WED 13	VIRTUAL @1100	
TUE 19	IN-PERSON YOKOSUKA @0900	

CRC Building Room 313
Scan QR Code to Pre-register
Drop-Ins Welcome!

RED CROSS



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**.



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.



Prepare Today!
Complete a Contact Card!





**American
Red Cross**



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)

- Thursday November 7, 1300-1600
- Saturday, November 16, 1030-1330

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

- Thursday November 14, 1300-1600

Babysitting Basics & First Aid/CPR (\$15)

(Recommended for ages 12-17)

**Classes are available upon request
with 3+ people.**

**Classes may be added based on
community need and instructor availability.**

****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.



RED CROSS



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!

Disaster Action Team & Disaster Team Lead

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

Help with Emergency

Messages and during large scale emergencies

Also Available:

MTF Professional and Admin Help

Youth Preparedness Team

CPR/BLS/Babysitting Instructor

Library

PAWS

Vet Clinic

Post Office

Youth Clubs

RESERVES



NAVY RESERVE IS OFFERING MOST RATES

\$20,000

PRIOR ENLISTED AND OFFICERS FROM ANY BRANCH CAN JOIN TO COMPLETE YOUR SERVICE AND RECEIVE ACCRUED PENSION. (Restrictions apply)

KNOW SOMEONE **SEARCHING**
FOR THE NEXT **OPPORTUNITY?**

DID YOU LEAVE RETIREMENT **DOLLAR** ON THE TABLE?

If you can complete a **TOTAL** of 20 years of credited service including your prior service time by age 60, then you may be eligible for a bonus.

Additionally, most prior service Officers from any US military branch are eligible for affiliation and certain bonuses.

INTERESTED IN KNOWING MORE? EMAIL POCs below:

CWO4 Mike Seals 7838 INTEL
Prior Service Navy Recruiter and
Benefits advisor at U.S. Navy Reserve
Michael.d.seals.mil@us.navy.mil
NRRC Yokosuka, Japan FLTREC RM 339
Cell: 81 070 2470 3383 JP
WhatsApp / LINE / SIGNAL 7703650199
LinkedIn <https://www.linkedin.com/in/cwo4mike-seals>



NCI (SW/AW/EXW) Fernando Martinez
Prior Service Navy Recruiter and
Benefits Advisor at U.S. Navy Reserve
NRRC Yokosuka, Japan FLTREC RM 339
Fernando.m.martinez6.mil@us.navy.mil
Cell: 81 070 2470 3362 JP



RLSO



Region Legal Service Office Western Pacific Legal Assistance reduced services notice



The Yokosuka Legal Assistance Office will be **CLOSED** Friday, 8 November - Monday, 11 November 2024 in observance of Veterans Day.

We will resume office hours on **Tuesday, 12 November at 0800.**

We can be reached at
YokosukaLegalAssistance@us.navy.mil or Duty Phone:
Local: 090-6181-4375 or From US: 011-81-90-6181-4375

We apologize for any inconvenience.
V/R, RLSO WESTPAC Yokosuka
Legal Assistance Department

RLSO



U.S. Embassy Tokyo Outreach

Tuesday, 19 November 2024

Admiralty Room, 2nd Floor of Officer's Club
Commander Fleet Activities Yokosuka (CFAY)



For more info, please visit: <https://www.jag.navy.mil/legal-services/rlso/handouts/pacific/> (at bottom)

For inquiries, please email: YokosukaLegalAssistance@us.navy.mil, or call DSN: 315-243-8901

CRBA, Tourist passports, and I-130 Petitions

Please refer to the CRBA, tourist passport, and I-130 checklists using the QR codes below to ensure you meet the requirements and are able to submit complete applications for CRBA's, passports, and I-130's.

Accepting **I-130 Petitions** from petitioners who are **U.S. citizen, Active Duty Service Members assigned to a unit in Japan**. Petitions must be for a spouse, child(ren), or parent(s) who are currently in Japan and able to remain in country for the time it normally takes to process the visa.

Individuals must have their applications screened by the RLSO WESTPAC Yokosuka Legal Assistance by Tue, 5 November 2024 to obtain an appointment.

After your application is screened, the Legal Assistance team will schedule you for a time slot for the U.S. Embassy Outreach.

Walk-in hours for applications to be screened are Monday – Thursday: 1230-1545 at the Legal Assistance office located on the 2nd deck of Bldg. 1555



Adult 1st time
passport checklist



CRBA checklist



Minor passport
renewal checklist



Adult passport
renewal checklist



I-130 Petition
checklist

USNSN



2024 NOVEMBER FLU SHOTS

Main Base

New Location! Sullivans Elementary School, Bldg 3859, EDIS Wing on the 2nd deck

Dates and times:

2 NOV (SAT) 0900-1300

Main Base

Location: Fleet Rec Gym, 4th Deck Basketball Court A

Dates and times:

14 NOV (THUR) 1200-1800

15 NOV (FRI) 1200-1800

16 NOV (SAT) 0900-1300

Scan the QR Code to access the flu screening form (DHA 116)



USNSN



USNMRTC Yokosuka
Wellness Center & Health Promotion's



2024 Fall Into Fitness Challenge

8-Week Weight Loss &
Health Challenge

Sign up for a chance to win spectacular prizes
in one of the four categories.



**In-Person Registration with Body Scan required.
Scan QR code for dates, times, & place to register.**



HN SN U




Patient and Family Partnership Council

Want to effect change and be a part of the healthcare solutions that affect Sailors, civilians and their families?

Join the Patient and Family Partnership Council with USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of the Yokosuka community.

Our council meetings are normally held during the first week of every month. Time and place TBD. Check our Facebook page for details.

USNH



Naval Hospital
Yokosuka
wants to hear
from YOU!

USNH Yokosuka Patient Family Partnership Council

Want to effect change and be a part of the healthcare solutions that affect our Sailors and their families? Join the Patient and Family Partnership Council at USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of CFAY.

Please join us at our upcoming meetings!

October 2nd 1200-1300
Naval Hospital Yokosuka Medical Library
(3rd floor, Room 3B55)

November 6th 1030-1130
Community Resource Center, 4th floor, Haru Room

To learn more, please email
dha.yokosuka.Yokosuka-NH.list.pfpc@health.mil
and follow USNH Yokosuka on Facebook:



Naval Hospital Yokosuka
www.facebook.com/usnhyokosuka

USO



NOVEMBER 2024 CALENDAR OF EVENTS

USO Yokosuka
DSN: 241-3030 | 046-896-3030
@USOYokosuka



Friday

01

DAY OF THE DEAD 1100

USO YOKOSUKA CENTER

USO Yokosuka is bringing the tradition and culture of Dia De Los Muertos to you. Add to our Ofrenda, enjoy traditional foods, play Loteria, and enjoy the festivities of this traditional holiday.

Wednesday

06

SPECIAL DELIVERY SHOWER TWINKLE TWINKLE 0900-1100

OFFICERS CLUB

Celebrate new and expecting moms at our enchanting "Twinkle Twinkle" Baby Shower! Join us for an morning of joy and laughter under a sparkling starry theme, perfect for welcoming little ones. Enjoy delightful activities, games, and delicious treats. Registration required, babies 6 months & younger only.

Wednesday

13

MIDWEEK MADNESS 1600-1800

USO YOKOSUKA CENTER

Hey there, party people! It's time to spice up your week with some. Midweek Madness at USO Yokosuka! Get ready for some serious fun with gaming, food, and good vibes. Let's shake things up and add a little madness to your routine. See you there!

Friday

15

COFFEE CONNECTIONS 0900-1100

USO YOKOSUKA CENTER

USO Yokosuka is teaching you how to make mini pies just in time for the Holidays! Join us for an instructed class and learn how to make pies for your family this holiday season. Sign-ups required, 18+

Friday

22

HOLIDAY AND CHILL FAMILY PHOTOS 1600-1900

USO YOKOSUKA CENTER

Capture the magic of the season with our "Holiday and Chill" event! Bring your family to a beautifully decorated holiday setting, complete with twinkling lights and festive backdrops. Enjoy a relaxed and fun atmosphere to create lasting memories. Perfect for holiday cards!

Saturday

23

HOLIDAY AND CHILL FAMILY PHOTOS 0900-1200

USO YOKOSUKA CENTER

Capture the magic of the season with our "Holiday and Chill" event! Bring your family to a beautifully decorated holiday setting, complete with twinkling lights and festive backdrops. Enjoy a relaxed and fun atmosphere to create lasting memories. Perfect for holiday cards!

check out our
linktree



Find all the links for upcoming
event registration and all our
Social Media Links



NOVEMBER 2024 CALENDAR OF EVENTS

USO Yokosuka
DSN: 241-3030 | 046-896-3030
@USOYokosuka

Thursday

26

NEW VOLUNTEER OPEN HOUSE USO YOKOSUKA CENTER

Ever thought about volunteering for the USO? Come to our Open House and get everything done at one time! Participate in orientation and short interview. Sign up for your time slot and start your volunteer journey today.

Friday

29

BOOM BOX BREAKFAST EDITION 0800

USO YOKOSUKA CENTER

Join us for a special Boom Box Bistro breakfast style! Enjoy the football game with some breakfast favorites! Plus a chance to win some prizes and watch the game!

Once a Month
Recurring
Event

MOONLIGHT MUNCHIES

Our monthly program to support Sailors standing watch every night on Shore Patrol, at the Hospital, and manning the brow of ships in port.



Join our USO Yokosuka Volunteer Team! During our Open House we will be welcoming incoming volunteers with an orientation brief and one-on-one interviews. Create your USO Volunteer account to sign up for your preferred time slot on www.volunteers.uso.org



check out our
linktree



Find all the links for
upcoming event
registration and all our
Social Media Links

USO



USO *Holidays*
día de los

MUERTOS

NOVEMBER 1ST, 2024
1100 WHILE SUPPLIES LAST
@USO YOKOSUKA CENTER

USO



USO SPECIAL DELIVERY®

USO YOKOSUKA TWINKLE, TWINKLE

NOV 06
0900-1100



USO.org/SpecialDelivery

We welcome new and expecting moms, including active duty service members and military spouses within the first six months postpartum.