



# CFAY ANNOUNCEMENTS



CFAY



# 2024 TREE LIGHTING CEREMONY

**December 5**

**3 - 7 p.m. • Ikego Joint Use Field**

**December 6**

**3 - 7 p.m. • Yokosuka Red Brick Area**

Come out as we celebrate with Santa, and dance to your favorite holiday classics.



For details, please call 241-5060 or email  
[MWR\\_Yokosuka\\_Special\\_Events@us.navy.mil](mailto:MWR_Yokosuka_Special_Events@us.navy.mil)

Events are subject to change without notice.

CFAY



COMMANDER, FLEET ACTIVITIES YOKOSUKA

# TOWN HALL

**December 18, 2024**

Cup of Joe

Nikko Tower Community Room

@ 8 a.m.

AOB / ICR Classroom @ 6 p.m.

The CFAY Town Hall in the AOB / ICR Classroom is scheduled to be recorded and shared on our YouTube channel @cfayokosuka approximately 24 hours following the conclusion of the event.

Personnel unable to attend either session may submit their questions to [yokosukareport@gmail.com](mailto:yokosukareport@gmail.com). Submission **deadline is Wednesday, December 11 at 12 p.m.** Emailed questions will be addressed in the evening edition and recorded for later viewing.

# 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

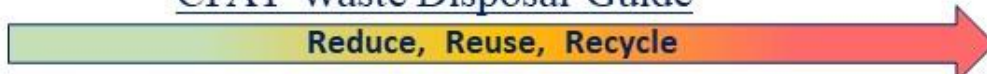
Updated 9 Sep 2024



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"> <li>Wood stains, paint, finishes</li> <li>Pesticides</li> <li>Odor remover spray</li> <li>Oven cleaner</li> <li>Multi-purpose cleaner</li> <li>Hand sanitizer</li> <li>Isopropyl alcohol</li> <li>Bleach</li> <li>Oil lubricants</li> <li>Degreaser</li> </ul>	<ul style="list-style-type: none"> <li>Metal (furniture, valves, sheet metal)</li> <li>Appliances</li> <li>Paper, wood &amp; textiles</li> <li>Used oil (fuel, lube, hydraulic)</li> <li>Used cooking oil</li> <li>Household electronics (TV, computer, cell)</li> <li>Batteries                             <ul style="list-style-type: none"> <li>Lead-acid</li> <li>Lithium-ion</li> <li>Nickel-metal hydride</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Flares</li> <li>Propane tanks</li> <li>Car batteries</li> <li>Coolant</li> <li>Kerosene</li> <li>Diesel</li> <li>Engine oil</li> </ul>	<ul style="list-style-type: none"> <li>Tires</li> <li>Engine oil</li> <li>Brake fluid</li> <li>Transmission fluid</li> <li>Coolant</li> <li>Car batteries</li> </ul>	<p><u>Non-Combustibles</u></p> <ul style="list-style-type: none"> <li>Cans &amp; bottles</li> <li>Metal (tin foil)</li> <li>Glass</li> <li>Rubber</li> <li>Hard plastic (food containers)</li> </ul> <p><u>Combustibles</u></p> <ul style="list-style-type: none"> <li>Paper &amp; wood</li> <li>Food</li> <li>Textile &amp; leather</li> <li>Thin plastic (bags, wrappers)</li> </ul>
Program Guidelines	<ul style="list-style-type: none"> <li>U.S. products only</li> <li>Must be in original containers</li> <li>Containers must have readable labels and be at least half-full</li> <li>All items are free acceptance</li> </ul> <p>** Users may pick-up products for use at home, for free</p>	<ul style="list-style-type: none"> <li>Appliances freon-free</li> <li>Paper Products: No wax paper, tissue, pizza boxes or other soiled products</li> <li>Textile no down jacket pillows, shoes, bags</li> <li>Wood: No soiled, dry-rotted, painted or finished items</li> <li>Cooking Oil: Large food pieces must be strained out</li> <li>All free acceptance</li> </ul>	<ul style="list-style-type: none"> <li>Some items are free acceptance and some are charged</li> </ul>	<ul style="list-style-type: none"> <li>Fuel and lead-acid batteries are not accepted.</li> </ul>	<ul style="list-style-type: none"> <li>Place bulk trash by the dumpster/containers and call 243-6558 for pick-up</li> </ul> <p><u>High-Rise Towers</u></p> <ul style="list-style-type: none"> <li>Separate combustibles and non-combustibles into correct dumpster</li> </ul> <p><u>Townhouses</u></p> <ul style="list-style-type: none"> <li>Place non-combustibles into blue container</li> <li>Place combustibles into gray container</li> </ul>
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



第40回 三浦国際市民マラソン 2025 **3/2** (日)  
雨天決行

ホノルルマラソン姉妹マラソン

参加ランナー募集中 申込期間/2024年10月1日(火)~11月25日(月) ※先着順 <ボランティア募集中>

Miura Marathon  
Signup Extended

Deadline  
Monday, Dec. 9

See our Nov. 27  
Facebook post

ホノルルマラソンの姉妹マラソンです。

ホノルルマラソン: 2025(2025年12月開催)に、ハーフマラソン完走者の中から抽選で3名を選出。また、ハーフマラソンマラソン・フルマラソン2025(4月13日開催)に、ハーフマラソンの総合優勝者を選出。





BEYOND THE GATE



テイボダイエ邸でメリークリスマス!

**JOYEUX NOËL!**  
**À LA RÉSIDENCE THIBAUDIER**  
**2024.12.14 SAT • 15 SUN**

テイボダイエ邸フランスデー

参加無料

おこすか近代遺産ミュージアム テイボダイエ邸 (ヴェルニー公園内)

Joyeux Noël!  
à la Résidence  
Thibaudier

Dec. 14 & Dec.  
15

Verny Park

BEYOND THE GATE



# Yokosuka Winter Illumination

Now –  
January 5

Verny Park



BEYOND THE GATE



2024  
横須賀中央  
イルミネーション  
フォトコンテスト  
2024 Yokosuka Chuo  
Illumination  
Photo Contest

# Yokosuka Chuo Illumination & Photo Contest

Now –  
December 25

Blue Street



BEYOND THE GATE



# Shonan Jewel 2024

November 23 –  
February 28

Enoshima  
Sea Candle



BEYOND THE GATE



# Yokosuka Countdown 2025

Dec. 31 – Jan. 1  
6 p.m. – 1 a.m.

Verny Park





# Attention all drivers on express way



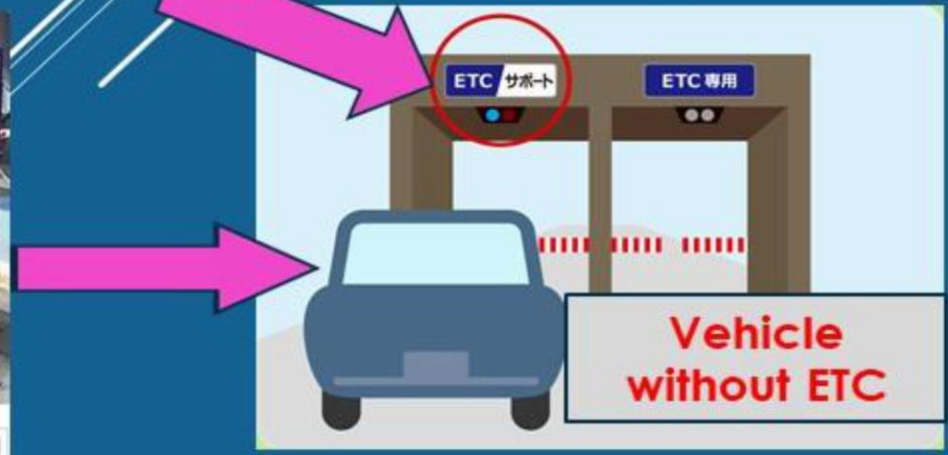
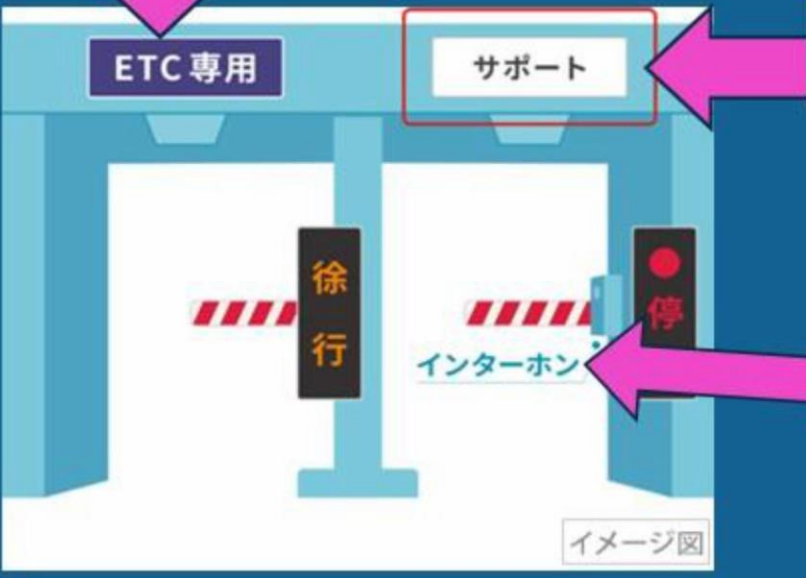
**ETC-only toll gate**      **Drive Slowly**

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
- 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](http://www.ffsp.navy.mil)



# CYP



## Ikego Teen Center

Programminó / AH Club hours 14:30-16:30 | 070-1201-7973



DECEMBER 2024



BOYS & GIRLS CLUBS OF AMERICA



CULTURAL AWARENESS MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
01	02	03	04	05	06	07
 Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Anime Club</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Anime Club</b>	Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens <b>Board Game Club</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens  <b>Cooking Club</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Basics of Meditation</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Movie Club</b>	Open Rec 10:00-12:00 Tweens 10:00-19:00 Teens
08	09	10	11	12	<b>No School</b> 13	14
Closed	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Flag Football</b>	Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens <b>Movie Club</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Leadership Cleaning Day</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens  <b>Cooking Club</b>	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>NERF Extravaganza</b>	Open Rec 10:00-12:00 Tweens 10:00-19:00 Teens
15	16	17	18	19	20	21
Closed	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens  <b>Cooking Club</b>	Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens <b>Gift Wrapping Demo</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Hail and Farewell</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Movie Club</b>	Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens <b>Sneaker Cleaning Demo</b>	Open Rec 10:00-12:00 Tweens 10:00-19:00 Teens
22	<b>Winter 23</b>	<b>Break 24</b>	<b>25</b>	<b>Winter 26</b>	<b>Break 27</b>	<b>28</b>
Closed	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>Gingerbread Houses</b>	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>Winter Cookies &amp; Movie Day</b>	<b>Closed For Christmas</b>	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>NERF Extravaganza</b>	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>TEEN FIELD TRIP Fuji Q</b>	Open Rec 10:00-12:00 Tweens 10:00-19:00 Teens
29	<b>Winter 30</b>	<b>Break 31</b>	<b>January 01</b>	<b>Winter 02</b>	<b>Break 03</b>	<b>04</b>
Closed	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>Ikego Teen Camp Out</b>	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>Brawlhalla and Minecraft Tournament</b>	<b>Closed For New Years</b>	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>Mechanical Claw Challenge</b>	Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens <b>TEEN FIELD TRIP ROUND 1</b>	Open Rec 10:00-12:00 Tweens 10:00-19:00 Teens

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



CYP



# IKEGO TEEN CENTER - WINTER BREAK SCHEDULE

**MONDAY 23RD**

**GINGERBREAD  
HOUSE BUILDING**



**TUESDAY 24TH**

**SEASONAL COOKIES  
AND MOVIES!**

**PAJAMAS OK!**



**MOVIE  
Night**

**THURSDAY 26TH**

**NERF WINTER  
EXTRAVAGANZA**



**FRIDAY 27TH**

**GAME DAY AT I-TEEN  
FOR TWEENS**



**TEEN TRIP TO FUJI Q**



**MONDAY 30TH**

**IKEGO TEEN  
CAMP OUT**



**TUESDAY 31ST**

**BRAWLHALLA AND  
MINECRAFT  
TOURNAMENTS**



**THURSDAY 2ND**

**CLAW CHALLENGE!**



**FRIDAY 3RD**

**MOVIES & POPCORN  
AT I-TEEN**





**TEEN TRIP TO  
ROUND 1**



**NOTE: WE WILL BE CLOSED ON DECEMBER 25TH AND JANUARY 1ST.**

# CYP



 <b>DECEMBER 2024</b> 					
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5
	2	9	16	23	30
MONDAY	<b>POWER HOUR</b> 1430-1530 <b>D&amp;D CLUB</b> 1530-CLOSE	<b>POWER HOUR</b> 1430-1530 <b>D&amp;D CLUB</b> 1430-CLOSE	<b>POWER HOUR</b> 1430-1530 <b>D&amp;D CLUB</b> 1430-CLOSE GINGERBREAD HOUSE BUILDING 1500-1700	<b>D&amp;D CLUB</b> 1430-CLOSE GINGERBREAD HOUSE BUILDING 1700-1800 <b>WINTER BREAK</b>	<b>D&amp;D CLUB</b> 1430-CLOSE <b>WINTER BREAK</b>
	3	10	17	24	31
TUESDAY	<b>POWER HOUR</b> 1330-1430 <b>KEYSTONE</b> 1330-1430 <b>KICKBALL CLUB</b> 1430-1530	<b>POWER HOUR</b> 1330-1430 <b>KICKBALL CLUB</b> 1430-1530 <b>COOKING CLUB</b> 1530-1700 <b>FISHING</b> 1530-1630	<b>POWER HOUR</b> 1330-1430 <b>KICKBALL CLUB</b> 1430-1530 <b>COOKING CLUB</b> 1530-1700	<b>KICKBALL CLUB</b> 1430-1530 <b>GARDENING CLUB</b> 1530-1700 <b>DARTS</b> 1530-1630 <b>WINTER BREAK</b>	<b>KICKBALL CLUB</b> 1430-1530 <b>GARDENING CLUB</b> 1530-1700 <b>EDIBLE COOKIE DOUGH</b> 1530-1630 <b>WINTER BREAK</b>
	4	11	18	25	
WEDNESDAY	<b>POWER HOUR</b> 1430-1530 <b>HOTWHEELS CLUB</b> 1530-1700 <b>KARAOKE</b> 1530-1730	<b>POWER HOUR</b> 1430-1530 <b>FISHING</b> 1530-1630 <b>HOTWHEELS CLUB</b> 1530-1700 <b>KARAOKE</b> 1530-1730	<b>POWER HOUR</b> 1430-1530 <b>KARAOKE</b> 1530-1730 <b>DARTS</b> 1530-1630 <b>HOTWHEELS CLUB</b> 1530-1700	<b>CHRISTMAS</b> <b>CLOSED</b>	
	5	12	19	26	
THURSDAY	<b>POWER HOUR</b> 1430-1530 <b>GARDENING CLUB</b> 1530-1700 <b>DIORAMA MAKING CLUB</b> 1530-1630 <b>FISHING</b> 1500-1600	<b>POWER HOUR</b> 1430-1530 <b>GARDENING CLUB</b> 1530-1700 <b>DIORAMA MAKING CLUB</b> 1530-1630 <b>EDIBLE COOKIE DOUGH</b> 1530-1630	<b>POWER HOUR</b> 1430-1530 <b>GARDENING CLUB</b> 1530-1700 <b>FISHING</b> 1630-1730 <b>DIORAMA MAKING CLUB</b> 1530-1630	<b>GARDENING CLUB</b> 1530-1700 <b>DIORAMA MAKING CLUB</b> 1530-1630 <b>EDIBLE COOKIE DOUGH</b> 1700-1800 <b>WINTER BREAK</b>	
	6	13	20	27	
FRIDAY	<b>POWER HOUR</b> 1430-1530 <b>D&amp;D CLUB</b> 1600-CLOSE <b>TOWN HALL</b> 1500-1600 <b>TINKERING CLUB</b> 1530-1700	Teas vs. USO 1700-1900 <b>D&amp;D CLUB</b> 1430-CLOSE <b>TINKERING CLUB</b> 1530-1700	<b>POWER HOUR</b> 1430-1530 <b>D&amp;D CLUB</b> 1430-CLOSE <b>TINKERING CLUB</b> 1530-1700 <b>DARTS</b> 1700-1800	<b>FIELD TRIP - FUJI-Q</b> <b>D&amp;D CLUB</b> 1430-CLOSE <b>TINKERING CLUB</b> 1530-1700	
	7	14	21	29	
SATURDAY	<b>OPEN REC</b> 1000-1200 & 1300-1900 <b>KARAOKE</b> 1300-1700	<b>OPEN REC</b> 1000-1200 & 1300-1900 <b>KARAOKE</b> 1300-1700	<b>OPEN REC</b> 1000-1200 & 1300-1900 <b>KARAOKE</b> 1300-1700	<b>OPEN REC</b> 1000-1200 & 1300-1900 <b>KARAOKE</b> 1300-1700	

Tween, Ages 10-12  
Monday, Wednesday - Friday: 1430-1700  
Tuesday: 1330 - 1700  
Saturday: 1000 - 1200

Teen, Ages 13-18  
Monday, Wednesday - Friday: 1430-1900  
Tuesday: 1330 - 1900  
Saturday: 1300 - 1900

# CHAPEL



Join the Chapel of Hope &  
our local churches for an

# *International Christmas Celebration*

Sunday, December 8

5 p.m. - 6:15 p.m.

Chapel of Hope

Pastor Min Jae Kim from Taura Church is scheduled to deliver a special message.

Music by the Yokosuka Citizenship Committee Choir & a Combined Worship Team.



# FFSC

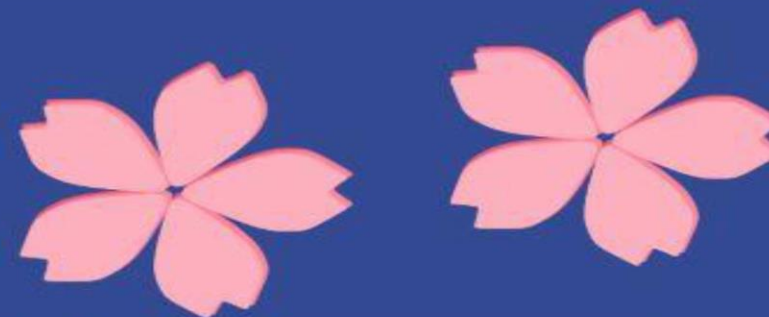


Every Tuesday-Thursday

\*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](mailto:FFSCinfo@us.navy.mil) or 243-3372/046-816-3372 or scan QR Code

# FFSC



2024: December

MON	TUE	WED	THU	FRI
<p>2</p> <p>0800 TAP CORE CURRICULUM (DAY 1/3)</p>	<p>3</p> <p>0800 AOB/ICR (DAY 1/3) 0800 TAP CORE CURRICULUM (DAY 2/3) 0900 PRIVATE ORGANIZATION (VIRTUAL) 1400 SYMPTOM REDUCTION GROUP 1430 YOUTH ICR (ELEM)</p>	<p>4</p> <p>0800 AOB/ICR (DAY 2/3) 0800 TAP CORE CURRICULUM (DAY 3/3) 0930 PRE-MARRIAGE SEMINAR (VIRTUAL) 1300 PLANNING FOR YOUR FINANCIAL FUTURE (VIRTUAL) 1630 MAKE TOMODACHI (INTERMEDIATE)</p>	<p>5</p> <p>0800 AOB/ICR (DAY 3/3) 0800 MY EMPLOYMENT TRACK (DAY 1/2) 0800 SPONSORSHIP ON-DEMAND (VIRTUAL) 1130 RESILIENCY BOOTCAMP 1300 SAPR VA REFRESH TRAINING</p>	<p>6</p> <p>0800 MY EMPLOYMENT TRACK (DAY 2/2) 0900 SMOOTH MOVE 1000 PRENATAL FAMILIES 1300 MILITARY SPOUSE 101 (VIRTUAL) 1300 MODELING IN JAPAN (VIRTUAL) 1330 ENJOYING JAPANESE FOOD</p>
<p>9</p> <p>0800 TAP CORE CURRICULUM (DAY 1/3) 1000 EVERYDAY JAPANESE 1030 INFANT MASSAGE 1100 SPACE A/EML FLIGHTS BRIEF</p>	<p>10</p> <p>0800 AOB/ICR (DAY 1/3) 0800 TAP CORE CURRICULUM (DAY 2/3) 0900 MONEY ON THE MOVE (VIRTUAL) 1030 BABY SIGN LANGUAGE 1300 VOLUNTEER FAIR 1430 YOUTH ICR (MS/HS)</p>	<p>11</p> <p>0800 AOB/ICR (DAY 2/3) 0800 TAP CORE CURRICULUM (DAY 3/3) 1030 JAPANESE SPOUSE GROUP (HYBRID) 1300 ESL/EFL (IKEGO) 1500 ACTIVE JAPANESE LANGUAGE 1600 OMBUDSMAN ADVANCED TRAINING 1630 MAKE TOMODACHI (BEGINNER)</p>	<p>12</p> <p>0800 AOB/ICR (DAY 3/3) 0800 MY EDUCATION TRACK (DAY 1/2) 1100 VOLUNTEER ORIENTATION 1300 SPONSORSHIP TRAINING (VIRTUAL)</p>	<p>13</p> <p>0800 MY EDUCATION TRACK (DAY 2/2) 0900 REINTEGRATING WITH CHILDREN (VIRTUAL) 1000 STRESS MANAGEMENT (JAPANESE) 1000 ZUSHI-HAYAMA TOUR 1300 ESL/EFL</p>
<p>16</p> <p>0800 TAP CORE CURRICULUM (DAY 1/3) 1300 SINGLES RETURNING TO HOMEPORT (VIRTUAL)</p>	<p>17</p> <p>0800 AOB/ICR (DAY 1/3) 0800 TAP CORE CURRICULUM (DAY 2/3) 0900 CREDIT MANAGEMENT (VIRTUAL) 1000 IKEGO CULTURAL EXCHANGE CLUB 1400 SYMPTOM REDUCTION GROUP</p>	<p>18</p> <p>0800 AOB/ICR (DAY 2/3) 0800 TAP CORE CURRICULUM (DAY 3/3) 0900 SOCIAL MEDIA AND LINKEDIN (VIRTUAL) 1000 CFS FORUM (VIRTUAL) 1630 MAKE TOMODACHI (INTERMEDIATE)</p>	<p>19</p> <p>0800 AOB/ICR (DAY 3/3) 0800 MY ENTREPRENEURSHIP TRACK (DAY 1/2) 0800 SPONSORSHIP ON-DEMAND (VIRTUAL) 1100 VOLUNTEER ORIENTATION (VIRTUAL) 1130 RESILIENCY BOOTCAMP 1300 SPONSORSHIP TRAINING</p>	<p>20</p> <p>0800 MY ENTREPRENEURSHIP TRACK (DAY 2/2) 0900 GETTING STARTED TEACHING ENGLISH (VIRTUAL) 1000 EFMP COMMAND POC (VIRTUAL)</p>
<p>23</p> <p>1000 EMERGENCY EVACUATION PROGRAM (EEP) OVERVIEW 1000 EVERYDAY JAPANESE 1130 EMERGENCY AND DISASTER PREPAREDNESS</p>	<p>24</p>	<p>25</p> <p>MERRY Christmas</p>	<p>26</p>	<p>27</p> <p>1300 ESL/EFL 1300 SAPR VA RESIDENT ADVISOR</p>
<p>30</p>	<p>31</p>			



FFSCinfo@us.navy.mil



243-3372 / 046-816-3372

# FFSC



# FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



## **TAP Core Curriculum**

Dec 9-11 at 0800

## **Everyday Japanese**

Dec 9 at 1000

## **Infant Massage**

Dec 9 at 1030

## **Space A/EML Flights Brief**

Dec 9 at 1100

## **AOB/ICR**

Dec 10-12 at 0800

## **Money On The Move**

Dec 10 at 0900 (Virtual)

## **Baby Sign Language**

Dec 10 at 1030

## **Volunteer Fair**

Dec 10 at 1300

## **Youth ICR (MS/HS)**

Dec 10 at 1430

## **Japanese Spouse Group**

Dec 11 at 1030 (Hybrid)

## **ESL/EFL**

Dec 11 at 1300 (Ikego)

## **Active Japanese Language**

Dec 11 at 1500

## **Ombudsman Advanced Training**

Dec 11 at 1600

## **Make Tomodachi**

Dec 11 at 1630 (Beginner)

## **My Education Track**

Dec 12-13 at 0800

## **Volunteer Orientation**

Dec 12 at 1100

## **Sponsorship Training**

Dec 12 at 1300 (Virtual)

## **Reintegrating With Children**

Dec 13 at 0900 (Virtual)

## **Stress Management**

Dec 13 at 1000 (Japanese)

## **Zushi-Hayama Tour**

Dec 13 at 1000

## **ESL/EFL**

Dec 13 at 1300

See something you like? Sign up via email: [ffscinfo@us.navy.mil](mailto:ffscinfo@us.navy.mil)

# FFSC



## Letters to Santa

*FFSC is hosting "Letters to Santa." Please include your PO Box return address as Santa will be sending a letter back to each child.*

*You will find our North Pole mailbox at the following events as well as our office at the CRC bldg. in room 405.*

### Accepting letters from December 2nd - December 15th

- December 4 & 11 @ 1000-1100  
Library Story Time  
CRC Bldg - Library
- December 5 @ 1500-1900  
MWR Ikego Tree Lighting  
Ikego Field
- December 6 @ 1500-1900  
MWR CFAY Tree Lighting  
Red Brick
- December 7 @ 0800-1230  
MWR Ikego Brunch with Santa  
Ikego Club Takemiya
- December 10 @ 1300-1500  
FFSC Volunteer Fair  
CRC Bldg - Entrance
- December 13 @ 1600  
MWR Jingle Bell Run  
Purdy Pavilion
- December 14 & 15 @ 1200-1700  
MWR Festival of Trees  
C-2
- December 15 @ 1100-1300  
MWR Bowl with the Grinch  
Bowling Alley



Please email [FFSCinfo@us.navy.mil](mailto:FFSCinfo@us.navy.mil) or call 243-3372 for more information!



FFSC



# VOLUNTEER FAIR

GIVE THE GIFT OF KINDNESS  
THIS CHRISTMAS BY VOLUNTEERING!

HAVE YOU BEEN THINKING ABOUT VOLUNTEERING  
AND BEING MORE INVOLVED IN OUR COMMUNITY?  
COME LEARN ABOUT THE MANY ORGANIZATIONS &  
OPPORTUNITIES AVAILABLE!

**DEC 10TH, 2024**

**@ 1300-1500**

**CRC BLDG ENTRANCE  
RAIN VENUE: CRC BLDG. 4F,  
HARU RM**

FOR MORE INFORMATION, PLEASE CALL 243-3372 OR EMAIL [FFSCINFO@US.NAVY.MIL](mailto:FFSCINFO@US.NAVY.MIL)



# FFSC



## Space-A flights Brief

December 9th at 1100 am  
(In-person CRC Bldg.)

Register by email to [FFSCinfo@us.navy.mil](mailto:FFSCinfo@us.navy.mil)



## ZUSHI-HAYAMA TOUR

Tour Guided by: Rodalyn Novak &  
Darlene Hernandez-Purvis

**Registration  
Required!**

**DEC 13th 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](mailto:FFSCinfo@us.navy.mil)

# FFSC



# Money on the Move

DEC 10 AT 0900  
VIRTUAL



Learn the necessary steps to plan and prepare your finances for your move.

Optimize your resources and strategize ways to complete your upcoming move without breaking your budget.



To register, please call 243-3372 or email [FFSCinfo@us.navy.mil](mailto:FFSCinfo@us.navy.mil)

# FFSC



## PLANNING FOR YOUR FINANCIAL FUTURE

DEC 4TH at 1300  
VIRTUAL

This course provides the background and tools to help learners develop financial goals and a written plan to achieve those goals.



To register please call 243-3372 or email [FFSCinfo@us.navy.mil](mailto:FFSCinfo@us.navy.mil)



## PRIVATE ORGANIZATION TREASURER TRAINING

DEC 3RD  
@ 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](mailto:FFSCinfo@us.navy.mil)  
Taught by an Accredited Financial Counselor

## MILITARY SPOUSE

### 101

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

#### What You Will Learn

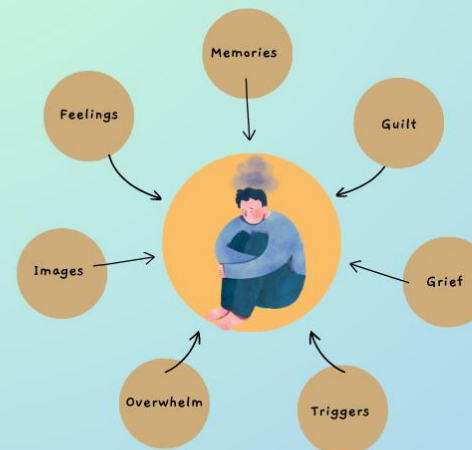
- ✓ Basics of military life in Yokosuka.
- ✓ Integration into the military community.
- ✓ Access to resources and support services.



To register contact us at [FFSCinfo@us.navy.mil](mailto:FFSCinfo@us.navy.mil) / 243-3372.



## SYMPTOM REDUCTION GROUP



Accept  
Peace  
Relief  
Heal  
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](mailto: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

*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](mailto: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](mailto:FFSCinfo@us.navy.mil)  
or call 243-3372.



## 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 1st & 3rd Wednesdays (Intermediate), 1630-1715  
Every 2nd & 4th Wednesdays (Beginner), 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 - twelve weeks

This is a ten to twelve 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](mailto:FFSCinfo@us.navy.mil)  
or call DSN 243-3372

# 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!

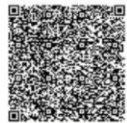
#### MORE INFORMATION

- ☎ 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



FLEET ACTIVITIES, YOKOSUKA presents

# 25 DAYS OF CHRISTMAS

DATE	EVENT	LOCATION
Sunday, December 1	Holiday Special: Fleet Gym Towels	Fleet Gym
Monday, December 2	Jingle & Mingle Pop-ups	Red Brick Area
Tuesday, December 3	Bowling Pin Christmas Decorating Contest	Bowling Center
Wednesday, December 4	Christmas Trivia Contest	Club Takemiya
	Library Story Time	Library, CRC Building
Thursday, December 5	Tree Lighting Ceremony (Ikego)	Ikego Joint Use Field
Friday, December 6	Tree Lighting Ceremony (Yokosuka)	Red Brick Area
Saturday, December 7	NEX Milk & Cookies with Santa	NEX Main Store
	Brunch with Santa	Club Takemiya
Sunday, December 8	Brunch with Santa	Officers' Club
Monday, December 9	Jingle & Mingle Pop-ups	Special Events Office
Tuesday, December 10	Jingle & Mingle Pop-ups	CRC Building, 3rd Floor
	Volunteer Fair	CRC Building
Wednesday, December 11	Christmas Trivia Contest	Club Alliance
	Library Story Time	Library, CRC Building
Thursday, December 12	Christmas Karaoke	Club Takemiya
Friday, December 13	NEX Jingle Bell Run	Purdy Pavilion
Saturday, December 14	Festival of Trees	CFAY C2 Auditorium
	Christmas Bingo	Officers' Club
	NEX Photos with Santa	Red Brick Area
Sunday, December 15	Festival of Trees	CFAY C2 Auditorium
	CFAY Holiday Concert	Benny Decker Theater
	Bowl with the Grinch / Santa	Bowling Center
	NEX Pet Photos with Santa	Red Brick Area
Monday, December 16	Last Day for Angel Tree Orphanage Donations	CYP Office, Bldg. 1559
Tuesday, December 17	Jingle & Mingle Pop-ups	Outdoor Recreation Center
Wednesday, December 18	Library Story Time	Library, CRC Building
Thursday, December 19	Holiday Lighting Extravaganza	Officers' Club
	Christmas Trivia Contest	Officers' Club
Friday, December 20	Jingle & Mingle Pop-ups	Tickets & Tours Office
	NEX Junior Chef Cookie Contest	Ikego NEX Mini-Mart
Saturday, December 21	Christmas Karaoke	Club Alliance Anchor Lounge
Sunday, December 22	Christmas Photo Booth Picture Day	All MWR Clubs
Monday, December 23	Movie Matinee	Benny Decker Theater
Tuesday, December 24	Meet & Greet Santa	Club Alliance
	Movie Matinee	Benny Decker Theater
Wednesday, December 25	Christmas Brunch	CPO Club
	Christmas Movie Marathon	Benny Decker Theater



For more information, please visit [navymwryokosuka.com](http://navymwryokosuka.com) or email [MWR\\_Yokosuka\\_Special\\_Events@us.navy.mil](mailto:MWR_Yokosuka_Special_Events@us.navy.mil)



# MWR



## CFAY MWR **SANTA** Visits

### Club Takemiya

Breakfast with Santa  
Saturday, December 7 • 8 a.m. - 12:45 p.m.

Available Time Slots: 8 - 9 a.m., 9:15 - 10:15 a.m.,  
10:30 - 11:30 a.m. and 11:45 a.m. - 12:45 p.m.  
Adults: \$21.95 / Kids 8 - 11: \$10.50 / Kids 7 and under: Free  
Reservations are required and must be made in person for payment.

### Officers' Club

Brunch with Santa  
Sunday, December 8 • 9 a.m. - 4 p.m.

Enjoy a traditional Christmas buffet featuring ham & turkey  
with all the trimmings. Photos with Santa 11 a.m. - 1:30 p.m.  
Adults: \$21.95 / Kids 6 - 11: \$12.50 / Kids 5 and under: Free  
Reservations are highly recommended.

### Club Alliance

Meet & Greet with Santa  
Tuesday, December 24 • 6 - 8 p.m.

Santa will visit Italian Gardens and Sharky's Killer  
Wings this Holiday Season, offering photo opportunities.  
Reservations are highly recommended.

### CPO Club

Christmas Brunch with Santa  
Wednesday, December 25 • 9 a.m. - 3 p.m.

'Tis the season to be jolly! Celebrate Christmas with your  
family and friends at our Special Brunch. We will have  
prize giveaways and Santa will be there for photos with you  
and your family.

Santa's photo appearance from 10 a.m. - 1 p.m.  
Adults: \$21.95 / Kids 6 - 11: \$12.50 / Kids 5 and under: Free  
Reservations are highly recommended.



# 2024 CFAY MWR **FESTIVAL** **OF TREES**

**December 14 & 15**  
**Noon - 5 P.M.**  
**CFAY C2 Auditorium**  
(Command Hill)

Enjoy viewing Christmas trees decorated by  
base commands and show your appreciation  
by voting for your favorite trees!  
We will have live music, light refreshments and  
a special guest from the North Pole!



For details, please call 241-5060 or email  
[MWR\\_Yokosuka\\_Special\\_Events@us.navy.mil](mailto:MWR_Yokosuka_Special_Events@us.navy.mil)

Events are subject to change without notice.



# MWR



# ATTENTION CUSTOMERS

## Fleet Theater Closure

Nov. 27 - Dec. 21

In support of carpet installation.  
All movies will be shown at Benny  
Decker Theater during the closure.

We thank you for your patience.



Visit us on the web.



# MWR



## MARTIAL ARTS CLASSES

December 2024 \*No Classes December 25\*



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 *Cancelled Dec 27th-Jan 6th*	Tues / Thurs	3:00-4:00PM	4+	\$50.00	Niban Tower Community Room
Fushin-Ryu Karate Intermediate *Cancelled Dec 27th-Jan 6th*	Tues / Thurs	4:00-5:30PM	6+	\$50.00	Niban Tower Community Room
Fushin-Ryu Karate Advance *Cancelled Dec 27th-Jan 6th*	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 Adults (Renzo Gracie Japan)	Mon / Wed (Tues / Thurs)	5:00-7:00PM	15+	\$120.00 *All Inclusive*	Hawks Nest Mats 1
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	Monday	5:00-6:00PM	15+	STICKER	Hawks Nest Mat 3
Pekiti - Tirsia - International	Monday	7:00-8:00PM	9-18	STICKER	Hawks Nest Mat 3
Pekiti - Tirsia - Kali Workshop Event	Saturday Dec. 7th	9:00—12:00PM	15+	FREE, please register in person at Purdy or Fleet Fitness Office	Hawks Nest Mat 3
Taekwon-Do Kids 2 (Ms. Meg)	Mon	4:00-5:00PM	6-12	\$35.00	Niban Tower
Taekwon-Do Women's Only (Ms. Meg)	Mon	5:15-6:30PM	13+	\$35.00	Niban Tower
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 art 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 revolution 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 mixed 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.navyaids.com/wbws/jpnyokrec.wsc/wbplash.html?wbp=1>)

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

# MWR



## December 2024 Yokosuka Group Fitness Schedule



Fleet Rec (5F) GX Studio	Purdy Pool	Niban Tower Community Room	Fleet Rec Cycle Studio	Hawk's Nest	Purdy Pavilion
<b>MONDAY</b>		<b>TUESDAY</b>		<b>WEDNESDAY</b> No Classes Dec. 25	
6:00-7:00a	BODYPUMP with Amanda	STICKER	8:30-9:30a	Animal Flow with Yuka Cancelled 24th	STICKER
8:45-9:20a	BODYATTACK EXP with Yuka	STICKER	8:45-9:15a	GRIT with Amanda	COMBO
9:00-10:00	BODYPUMP with Mika Cancelled 23rd	COMBO	9:00-10:00a	ZUMBA with Sayami *December 3rd Only*	STICKER
10:00-10:45	BODYBALANCE with Mika Cancelled 23rd	COMBO	9:15-9:45a	AQUAFIT with Ian	Reg in Adv in MyFFR
9:25-10:20a	C&R YOGA with Yuka	FREE	9:25-10:15a	BODY BALANCE EXP with Amanda	COMBO
5:00-6:00p	BODYPUMP with Phil	COMBO	10:30-11:30a	BODYPUMP with Yuka Cancelled 24th, 31st	STICKER
6:10-7:00p	BODYBALANCE with Phil	COMBO	5:00-6:00p	BODYPUMP with Amanda	STICKER
<b>THURSDAY</b>		<b>FRIDAY</b>		<b>SATURDAY</b>	
8:30-9:30a	Animal Flow with Yuka	STICKER	9:00-10:00a	BODY COMBAT with Mika	STICKER
8:45-9:15a	GRIT CARDIO with Amanda	STICKER	9:00-10:00a	BODYPUMP with Amanda	STICKER
9:00-10:00a	ZUMBA with Sayami *December 5th Only*	FREE	10:00-11:00a	BODY COMBAT with Yukari *Dec. 14th & 28th Only*	STICKER
9:15-9:45a	AQUAFIT With Ian	Reg in Adv in MyFFR	10:00-11:00a	Animal Flow with Yuka Cancelled 20th	STICKER
10:15-11:00a	BODY BALANCE with Kayla Cancelled 26th	STICKER	10:30-11:30a	ZUMBA with Kim Cancelled 20th & 27th	STICKER
10:30-11:30a	BODYPUMP with Yuka	STICKER	5:00-6:00p	BODY COMBAT with Phil	STICKER
11:45-12:45p	VINYASA YOGA with Yuka	FREE			
5:00-6:00p	BODYPUMP with Amanda	STICKER			
					<b>SUNDAY</b>
				8:45-9:45a	BODYPUMP with Sachiko
				10:00-11:00a	BODY COMBAT with Phil

### Weightlifting Programs

**Functional Fitness**  
Location: Fleet Rec (5F) 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 **Cancelled 23rd-31st**  
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 & Thursday | 3:15-4:15 pm  
Monthly rate: \$20  
Cancelled 23rd-31st

**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 (5F) 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](http://www.navy.mwr.yokosuka.com)  
or call the Fitness Office at 241-4486



# MWR



## December 2024

### Ikego GX Class Schedule

Location: Asuka Tower Community Room

Tuesday		
9:00—10:00a	Zumba with Miwako <b><u>December 3rd &amp; 17th Only</u></b>	Free
11:30—12:30p	Gentle Yoga With Patricia <b><u>Cancelled 24th, 31st</u></b>	Free
Wednesday		
<b><u>No Class Dec. 25</u></b>		
9:00-10:00	Body Pump With Mika	Sticker
Thursday		
11:30—12:30	Vinyasa Yoga With Patricia <b><u>Cancelled 21st &amp; 28th</u></b>	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](https://www.facebook.com/NavyMWRYokosuka)



# Communication Services Maintenance

## Planned maintenance to some Communication Services

11 December 2024

### ADVISORY

- No expected interruptions
- Emergency Services may be dialed at 046-816-0911
- Only precautionary

**Maintenance is scheduled to some communication services throughout the base. There are zero expected service interruptions, however, base community members requiring emergency services on base are advised to dial 046-816-0911. This advisory is only expected to be in effect Wednesday, Dec. 11.**



N6



as of 04 Dec 2024

# L Street and 4<sup>th</sup> Avenue – Partial Closure

## Closure Period

ROAD: 02 Dec – 03 Dec 24

PARKING: 04 Dec – 06 Dec 24

**PARTIAL CLOSURE**



- Partial Road Closure to support Survey Crew.
- Traffic stop duration to be 1 to 3 minutes so that the surveyors can work safely.
- Flaggers/Signal Men will be on either side of Surveyors
- Parking full closure behind Building F69 on 04 Dec 24; Partial from 05-06 Dec 24

as of 27 NOV 2024

PWD





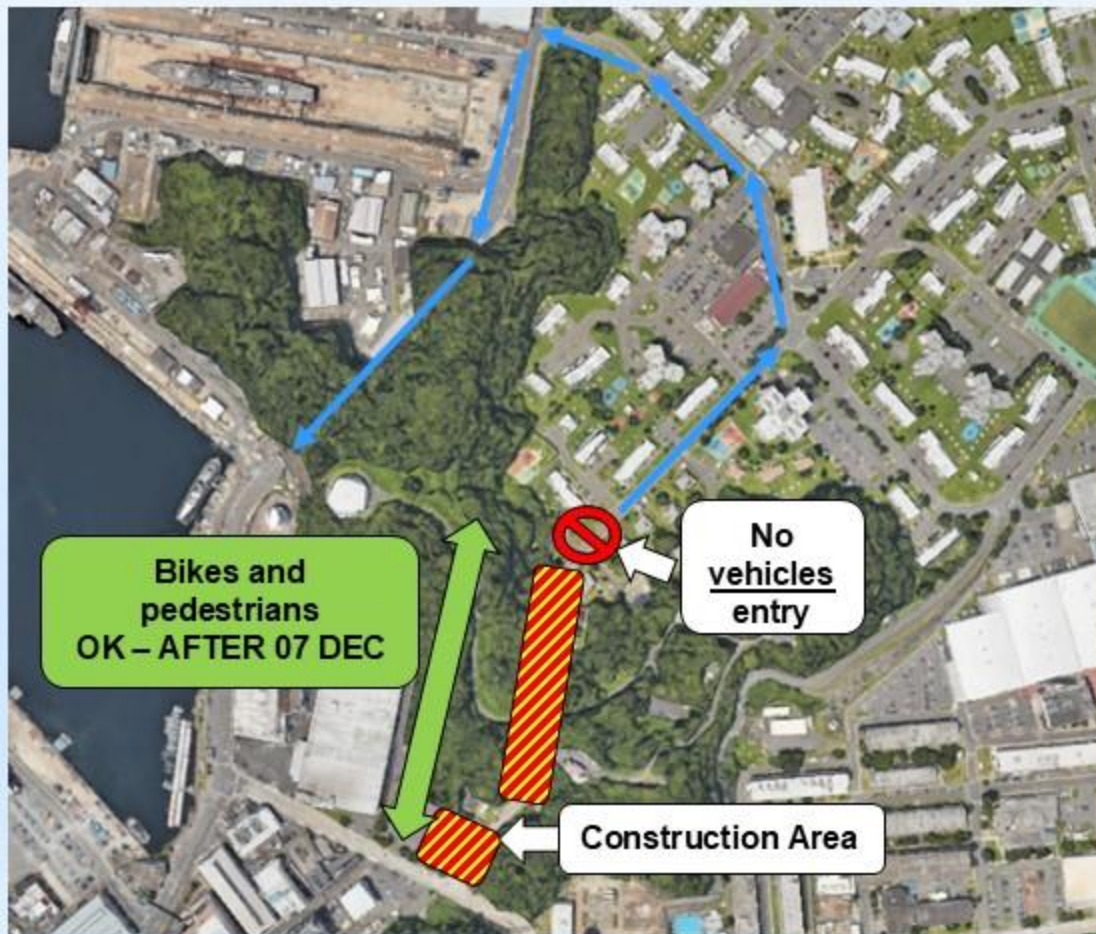
# Gridley Tunnel Vehicles – Full Closure



## Closure Period

07 Dec 2024 – 27 Dec 2024

**CLOSURE**



- Construction of new high-voltage lines to support new Host-Nation constructed community facilities
- Vehicle detours to/from Housing Area include 1<sup>st</sup> Ave, 3<sup>rd</sup> Ave and 4<sup>th</sup> Ave.
- Tunnel Closed for all traffic during 07 Dec for safety.

→ Detour Route

as of 12 Dec 2024

PWD



# 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



# Parking Lot Closures – Truman Bay

## Closure Period

November 2024 – 2027

## LOT CLOSURE



- Long-term contract laydown areas to support major construction projects
- Maximize use of public transit, bike/walk, carpooling, and telework.

as of 19 NOV 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



# 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



# Yokosuka Base – Partial Road Closure



## Closure Period

11 Oct 2024 – 31 Mar 2025

**PARTIAL CLOSURE**



- Re-stripe roadways to improve visibility
- Maintain two-way traffic via flagmen and local signage
- NEX Bldg H-20 parking lot to be restriped (Jan 27-31 2025)
- Gravel Lot across from berth 9 BLUE RIDGE to be repaired (Feb 02-21 2025)

as of 11 OCT 2024

PWD



**SAFETY**



# CFAY Driver's License Office



**CLOSED for Holiday**

**Closed 25 Dec 2024**

**Reopen 06 Jan 2025**

For questions, please call **243-9089 / 6721 / 5647**  
or E-mail: [license@us.navy.mil](mailto:license@us.navy.mil)  
**0745-1200/1300-1530, Monday-Friday except holidays**





**SAFETY**



# CFAY Driver's License Office



**CLOSED**  
**AT 1200**  
**13 Dec 2024**

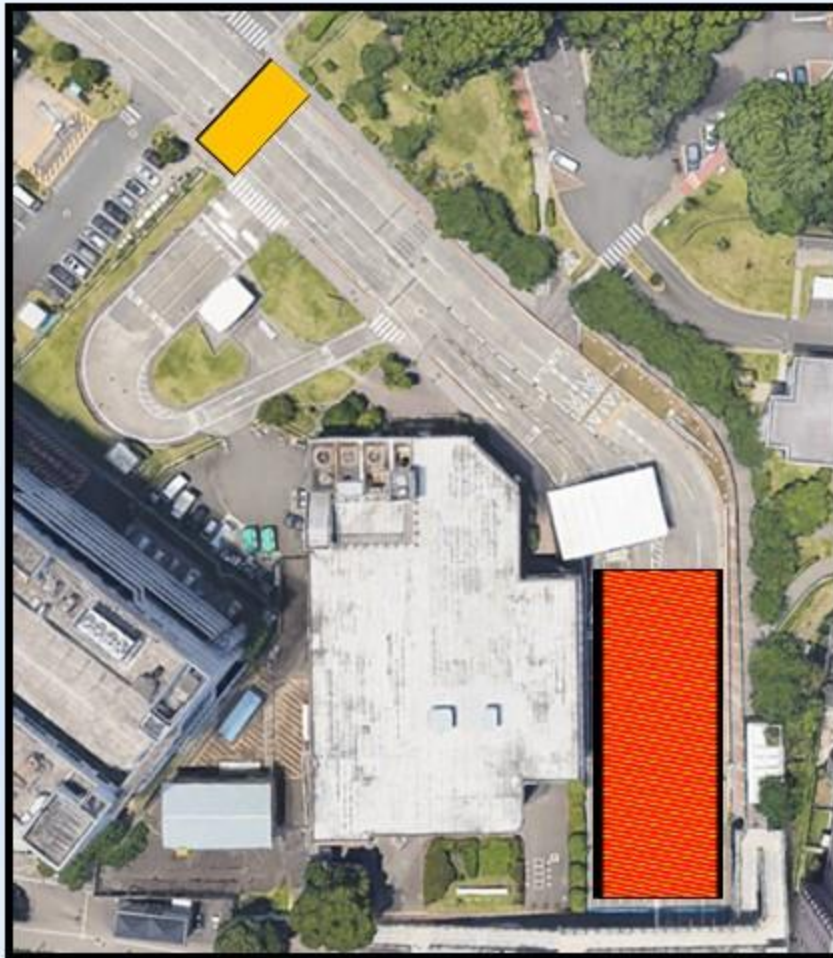
For questions, please call **243-9089 / 6721 / 5647**  
or E-mail: [license@us.navy.mil](mailto:license@us.navy.mil)  
**0745-1200/1300-1530, Monday-Friday except holidays**





## Carney Gate

**Gate Closure Period (2000-2200)**

16 December 2024



**FULL GATE CLOSURE**

-  • Lanes Secured
-  • Maintenance area

**Due to maintenance, vehicular traffic at Carney Gate will be secured from 2000-2200.**

**Pedestrian traffic will not be affected.**

**Please use Womble Gate for vehicle traffic as normal.**

## 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.



# NOTICES FROM TENANT COMMANDS & NFEs



# 7th FLEET



**SUNDAY, DECEMBER 15, 2024 3 P.M.**

## TOGETHER FOR THE HOLIDAYS

A JOINT CONCERT CELEBRATION!

**FEATURING:**

- ★ THE U.S. SEVENTH FLEET BAND
- ★ JAPAN MARITIME SELF DEFENSE FORCE YOKOSUKA BAND
- ★ NILE C. KINNICK HIGH SCHOOL

**LOCATION:**  
BENNY DECKER THEATER  
DOORS OPEN AT 2 P.M.

FOR TICKETS, VISIT:  
[WWW.NAVYMWRYOKOSUKA.COM](http://WWW.NAVYMWRYOKOSUKA.COM)

# Free Admission

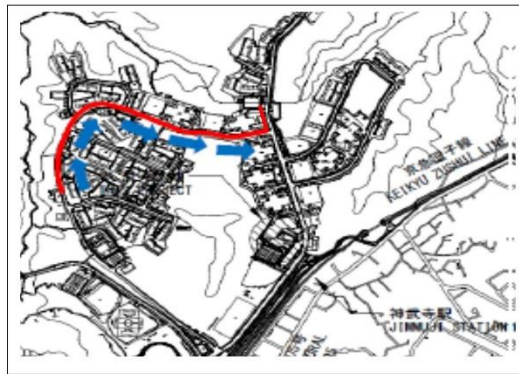
# Tickets available now through CFAY MWR

<https://shorturl.at/MDVJf>



## NOTICE OF CONSTRUCTION

The Government of Japan (GoJ) Contractor will perform excavation work on SHISAGI St. shown on the sketch below **from DEC 9, 2024 to AUG 31, 2025**. Working hours will be between 8:00 a.m. and 6:00 p.m., Monday through Friday. Excavation site will be controlled as one-way alternating traffic control road during the daytime work.



**\*After daily working hours, road should be re-opened.**

*This work needs to open new teen/CYP center.*

*Thank you for your cooperation and understanding.*

**Government of Japan Funded Construction Project  
NA1812, COMM. & ELEC. WORK FOR ADDITIONAL LINE**

South Kanto Defense Bureau  
Yokosuka Construction Office

TOSHIBA PLANT SYSTEMS,  
GoJ Contractor

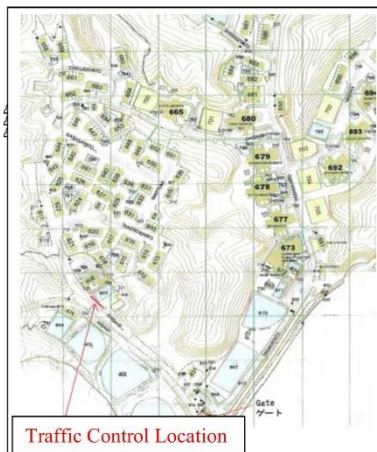


US Army Corps of Engineers  
Yokosuka Resident Office

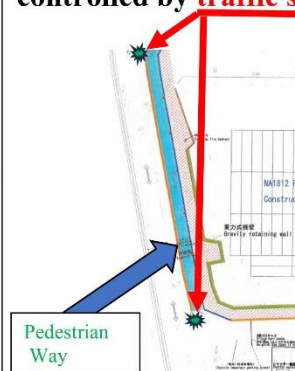


## NOTICE OF CONSTRUCTION

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**.



One-way Alternating Traffic controlled by **traffic signal**



*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

# DODEA



## INFANT, TODDLER & PRESCHOOL DEVELOPMENTAL SCREENING



Is my child ready for kindergarten?

Does my child need additional help?

Is my child talking enough?

When should my child walk? How many words should they be using?

**Homeschoolers  
Welcome!**



**Appointments  
required!**

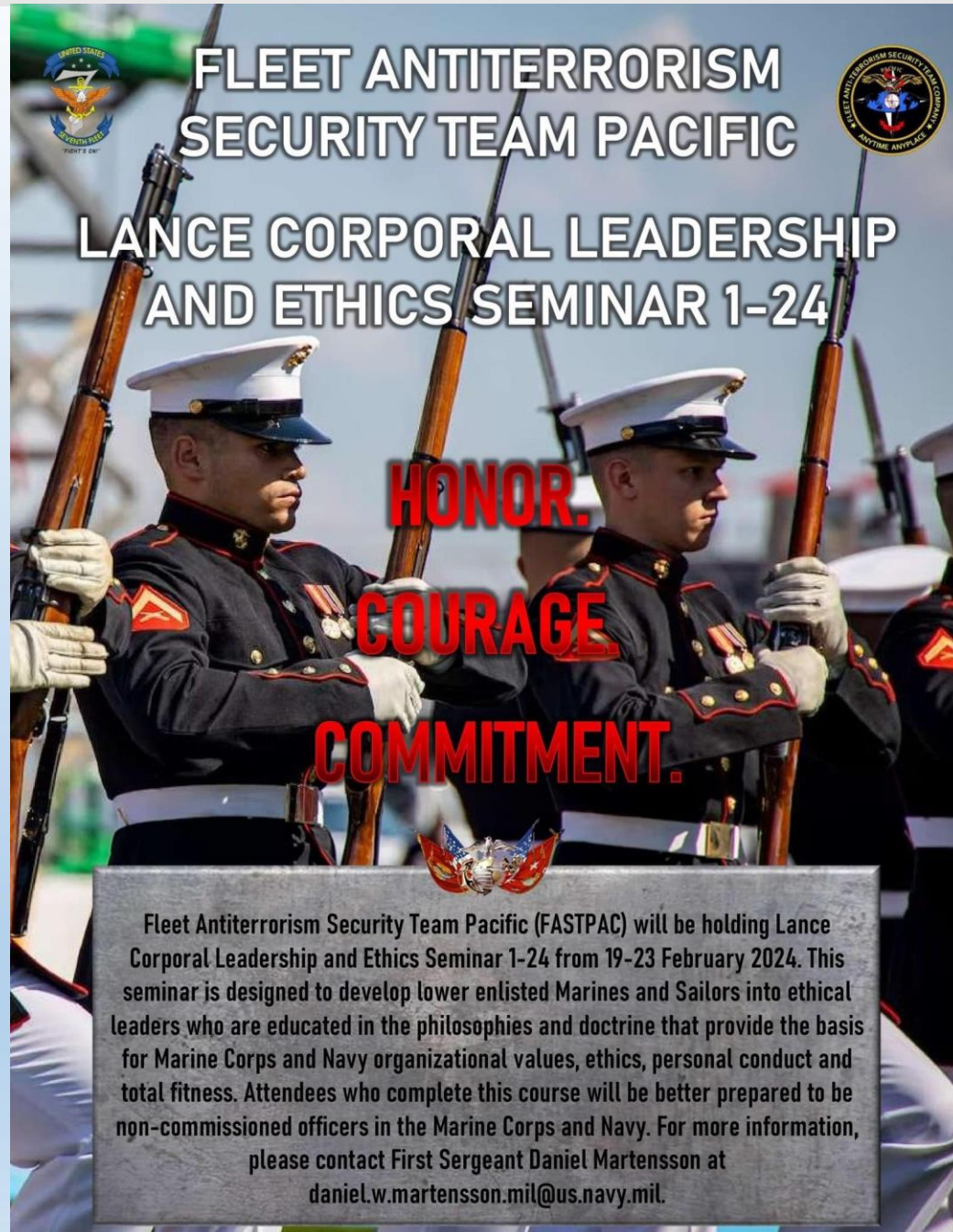
Developmental Screenings available for children Birth to 5 years old

Appointments available through the school year at  
Yokosuka Primary School

To schedule an appointment and/or more information  
Call 243-7260 for 6 to 36 months Or 243-7336 for 3 to 5 years old



# 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](mailto: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<sup>®</sup> Service</u>	<u>First-Class Mail<sup>®</sup> Service</u>	<u>Priority Mail<sup>®</sup> Service</u>	<u>Priority Mail Express Military<sup>®</sup> Service (PMEMS)<sup>®</sup></u>
<u>APO/FPO/DPO AE ZIPs<sup>®</sup> 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<sup>®</sup>. Check with your local Post Office to determine if this service is available to an APO/FPO/DPO address.

# NAVSUP



## POST OFFICE HOLIDAY HOURS

~ Key Dates Dec 2024/Jan 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CLOSED</b>	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 1000-1600 Finance 1000-1600
<b>CLOSED</b>	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700 <b>FIRST CLASS &amp; PRIORITY MAIL CUTOFF</b>	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1600 Finance 0830-1600
<b>CLOSED</b>	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700 <b>PRIORITY EXPRESS MAIL CUTOFF</b>	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1600 Finance 0830-1600
<b>Holiday hours</b> Parcel Pick-up 0900-1400	<b>Holiday hours</b> Parcel Pick-up 0830-1800 Finance 0830-1700	<b>Holiday hours</b> Parcel Pick-up 0830-1400 Finance 0830-1400	<b>CLOSED</b>	<b>CLOSED</b>	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 1000-1600 Finance 1000-1600
<b>CLOSED</b>	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>CLOSED</b>	<b>CLOSED</b>	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 0900-1700 Finance 0900-1700	<b>Normal hours</b> Parcel Pick-up 1000-1600 Finance 1000-1600

Last days to ship first class letters, priority mail and priority express mail:

Shipments To/From APO/FPO/DPO	Sat. 12/09	Fri. 12/16
<b>FIRST CLASS LETTER</b>	✓	
<b>PRIORITY</b>	✓	
<b>PRIORITY EXPRESS</b>		✓

**HOLIDAY HOURS: 9 DEC – 24DEC;**  
**NORMAL HOURS WILL RESUME 27DEC**

Holiday Hours Yokosuka Post Office will be:

- Monday-Friday: Finance 0830-1700; Parcel Pick-up 0830-1800
- Saturday: Finance & Pick-up 0830-1600
- G-59 (next to Food Court): M-F 0830-1630

**CHECK IN/OUT SERVICE: Monday-Friday 0900-1700**

Happy Holidays! If you have any questions or concerns, please don't hesitate to contact the Yokosuka Post Office at 243-6711 or email [YOKOSUKAPOSTOFFICE@FE.NAVY.MIL](mailto:YOKOSUKAPOSTOFFICE@FE.NAVY.MIL).

# NEX



# Milk & Cookies with Santa

The holidays just got a little sweeter.

**SATURDAY, DECEMBER 7**



**PHOTO OP WITH SANTA & A FREE PLUSHIE**  
(ONE PER CHILD)

Register  
NOV. 17 - 30



REGISTER NOW

**SANTA IS COMING TO TOWN, ALONG WITH HIS FRIENDS DASH AND DOT.**

Bring your little ones to enjoy milk and cookies with the big guy! Receive a free photo opportunity with Santa, free plushie (while supplies last, one per child), and delight in fun activities for the whole family.

NEX Yokosuka Main Store

12:00 - 15:00

# NEX



**Join us for a festive Movie Night  
on December 8th!**

December 8 | 4PM - 8PM

While parents enjoy a Christmas shopping and delightful food tastings, kids can have a blast at the Benney Decker Theater, watching 2018's **The Grinch** movie and engaging in fun crafts!

This event is **FREE** for all participants.

To Register Email Us At  
[NEXYokosukaEvents@NEXWEB.ORG](mailto:NEXYokosukaEvents@NEXWEB.ORG)  
Or sign up at Customer Service

# NEX



DECEMBER 13, 2024

# JINGLE BELL

5K

CFA YOKOSUKA



**GET READY TO  
HOLLY JOLLY  
HUSTLE!**

It's time to get festive with a 5K! Registration begins November 15, or register on-site that day. Race begins at 4 p.m. on Friday, December 13 at Purdy Fitness Center Pavillion. Participants get a FREE T-shirt and finisher's medal, while supplies last. Participation is open to all authorized patrons and their guests.



REGISTER NOW



NEX



 **DEEP FRIED CAJUN  
STYLE TURKEY**  
Holiday Turkey Special November 2024 - January 2025

**16-20 lb Turkey (Precooked)**

**\$75.00 Turkey ONLY with Gravy**  
(Regular Price \$90 Discount of \$15)

**\$85 Turkey with Biscuits and Gravy & 2 Large sides**  
(Regular Price \$105 Discount of \$20)

Order in person at Popeyes,  
payment due upon ordering.  
Order a minimum of 5 days in advance.  
Limited quantities available.

**CHOOSE ANY  
SIDES**

Biscuits, Red  
Beans & Rice,  
Coleslaw, Mac  
& Cheese or  
Mash Potatoes  
and Gravy



NEX



# Pizza Hut's 2024 Holiday Promotion



(Limited Time Offering)

**(2-4-1) Oven-Baked Pastas \$7.75**

- ✓ Cheesy Alfredo
- ✓ Chicken Alfredo
- ✓ Italian Meats
- ✓ Veggie

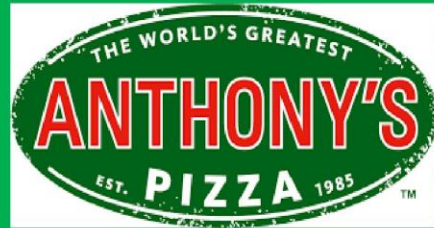


Buy One Tasty Pasta And Receive Any  
2<sup>nd</sup> Pasta For **FREE**  
(Bread Sticks Sold Separately)

Available ONLY at NEX: Yokosuka Bayside A920  
and Atsugi Food Court



NEX



# Celebrate The Holiday's With Anthony's Pizza

Meat Lover's Pizza

For ONLY **\$19.50**

A \$3.00 Discount  
Limited Time Only



Only Available at NEX Anthony's Pizza: Yokosuka, Ikego, Sasebo and Hario

NEX

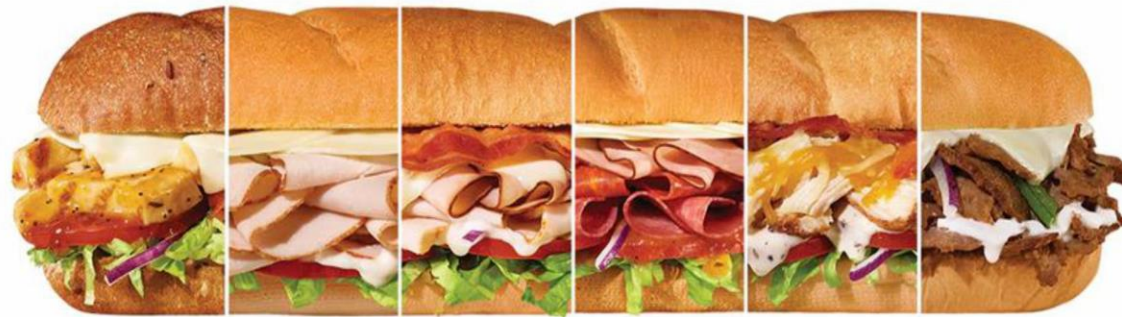


2024



# Holiday Special

Buy Any Foot Long Sub Sandwich Combo  
Receive A **\$5.00** Discount



**Foot Long Sub Sandwich**

Only at your NEX Japan Food Service (Yokosuka, Atsugi, Sasebo and Hario)  
Limited Time Offering

NEX



## Crispy Empanadas



BEEF (Beef & Cheese)

SAUSAGE (Egg, Sausage, Cheese & Potatoes)

CHICKEN (Chicken & Cheese)

**\$3.00**

# NMCRS



## NMCRS YOKOSUKA



## 2024 DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04 THRIFT SHOP SALES DAY 0900-1200 & 1630-1800 PREGNANCY & INFANT LOSS SUPPORT GROUP 0900-1000	05 THRIFT SHOP DONATION DAY 0900-1100	06	07
08	09	10	11 THRIFT SHOP SALES DAY 0900-1200 & 1630-1800	12 SETTLING IN WITH BABY NEWBORN CARE CLASS 0900-1130	13	14
15	16 BUDGET FOR BABY® 0900-1100	17	18 THRIFT SHOP SALES DAY 0900-1200 PREGNANCY & INFANT LOSS SUPPORT GROUP 1800-1900	19 THRIFT SHOP DONATION DAY 0900-1100 LATCH & LEARN BREASTFEEDING GROUP 1000-1130	20	21
22	23 Modified Hours	24 CLOSED	25 CLOSED	26 Modified Hours	27 Modified Hours	28
	OFFICE OPEN 0800-1400	<i>Happy Holidays</i>		OFFICE OPEN 0800-1400		
29	30 Modified Hours	31 CLOSED	Email: yokosuka@nmcrs.org Phone: 243-7905 / 046-816-7905 Office Hours Monday - Friday 0800-1600 OFFICE: Located in CRC Building 3365 3rd Floor Room 313 THRIFT STORE: Located in Building G59 at the end of the food court (Across the street from Benny Decker)			
	OFFICE OPEN 0800-1400	<i>Happy New Year</i>				

# 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/AED/First Aid Course (\$18)**

- Monday November 25, 1500-1800
- Tuesday December 10, 1400-1700
- Thursday December 19, 1300-1600

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

- Thursday December 12, 0900-1200

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

(Recommended for ages 12-17)

- Sunday December 8, 1000-1300
- Sunday December 15, 1300-1600

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

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



**CPR AND  
FIRST AID  
CLASSES**

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

**TO REGISTER:**

Email [Yokosuka@redcross.org](mailto: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](mailto: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



## What We Do

Navy Legalmen (LN) are enlisted professionals who provide legal and administrative support to Navy attorneys (Judge Advocates General, or JAGs) and Commanders.

## Our Duties

- Legal Research & Documentation
- Court Support
- Advice & Assistance
- Ensuring Compliance with Legal Standards

## Make being a Legalman the future of your career!

Legalmen (LN) have a wide range of professional opportunities during their careers. These opportunities include:

- **Specialized Training:** Advanced legal training in areas like military justice, international law, and administrative law at institutions like the Naval Justice School.
- **Certifications:** Opportunities to earn professional certifications, such as paralegal certifications recognized in civilian legal practice.
- **Leadership Roles:** Advancement to supervisory and management positions within legal offices, both afloat and ashore.
- **Diverse Duty Stations:** Legalmen can serve on ships, submarines, and aircraft carriers or at shore-based commands worldwide, including major naval bases, embassies, and defense organizations.
- **High-Profile Cases:** Participation in courts-martial, investigations, and legal advisory roles that impact Navy policies and operations.
- **Special Programs:** Assignment to elite units like SEAL teams or special operations commands, providing legal support for classified missions.

## Legalman Conversion/Recruiting Event

### WHERE?

Fleet Rec  
Room 333

### WHEN?

11 Dec 2024

### TIME?

0900-1100

# USO



## DECEMBER 2024 CALENDAR OF EVENTS

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



Tuesday

03

### COFFEE CONNECTIONS 0900-1100 USO YOKOSUKA CENTER

Join the USO Yokosuka for a festive Ugly Sweater event! Get crafty by making your very own "Ugly Sweater" apron, perfect for adding some holiday flair to your cooking. Let's make this season extra merry—and a little messy—in style! Registration Required, 18+

Wednesday

11

### COFFEE CONNECTIONS: IKEGO 1700-1900 IKEGO NIKKO TOWER

Embrace the holiday spirit with a cheerful Ugly Sweater event at USO Yokosuka! Sign up and design a unique "Ugly Sweater" apron that will bring joy to your culinary adventures. Registration Required, 18+

Wednesday

18

### 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 holiday trivia, food, and good vibes. Let's shake things up and add a little madness to your routine. See you there!

Saturday

21

### COOKIE DECORATING 0900, 1000, 1100 USO YOKOSUKA CENTER

Join us for a delightful cookie decorating event this holiday season! Reserve your family's spot today! Sign ups are required for this special event, 1 time slot per family.

Monday

23

### COOKIE DECORATING: IKEGO 1600-1800 IKEGO NIKKO TOWER

Join us for a festive family event! Decorate delicious cookies together and create sweet memories. Sign up now, 1 time slot per family.

Monday

30

### KIDS NEW YEARS EVE BINGO 1600-1800 AYAME TOWER

Get ready for a glowing good time! Celebrate the New Year with USO Yokosuka's fun twist on classic bingo—complete with neon decor, glow sticks, and blacklights to set the mood. Win cool prizes, hang out with friends, and ring in the New Year with exciting games and tons of fun! Registration required, ages 10-17

check out our  
linktree



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

VTF



# DAYS CLOSED IN DECEMBER



Closed  
25th



Closed  
31st



Half Days  
20th-30th  
and all Thu  
as usual



Yokosuka Veterinary Treatment Facility

# VTF



## PCS Guide – Leaving Japan with pets

Where are you going? :

**U.S.**   **Non-continental U.S.**   **Other country**

- Ensure pet's rabies vaccinations are up to date. Original copies of the certificates are required and need to be in English with the pet's microchip number.
- Complete U.S. import permit found on the CDC.GOV website or scan the QR code below. This step is for dogs only, cats do not have this extra step.



- Submit export notification to Animal Quarantine Services (AQS) to the airport you will be flying out of. Follow the QR code below. This is only for commercial flights, if flying AMC you will not need to do this step.



- Schedule Health Certificate appointment within 10 days of the flight.

### GUAM (Start process 3 months in advance)

- Ensure pet is microchipped, has 2 rabies in lifetime (one must be current).
- Import permit (Owner must obtain this from Guam Dept. of Agriculture website).
- Guam affidavit (Our clinic can provide this document prior to the health certificate appointment if needed.
- If flying straight from Japan, FAVN is not required.
- Vaccines required for dogs: Rabies, DAPV, Leptospirosis, and Bordetella.
- Vaccines required for cats: Rabies and FVRCP.
- Dewormer and flea/tick medication will be administered day of health certificate appointment.
- Negative heartworm test
- Export notification to AQS and a health certificate within 10 days are required. See steps in box to the left.

### HAWAII (Start process 3 months in advance)

- Ensure pet is microchipped, has 2 rabies in lifetime (one must be current).
- Import permit (Owner must obtain this from Hawaii Dept. of Agriculture website).
- FAVN with results of  $\geq 0.5$  (must be done 30 days before entering Hawaii).
- Dewormer and flea/tick medication will be administered day of health certificate appointment.
- Negative heartworm test
- Export notification to AQS and a health certificate within 10 days are required. See steps in box to the left.

- Find specific requirements for the country using the USDA website, scan QR code.



- Export notification to AQS and a health certificate within 10 days are required. See steps in box to the left.

