



CFAY ANNOUNCEMENTS



NOTICE



ATTENTION CUSTOMERS

Purdy Fitness Center Closure February 10 - 17

In preparation of Phase 2 of the HVAC replacement project.
Purdy Pool will remain open for normal operations.
Regular business hours will resume on February 18.

We thank you for your patience and understanding.



Visit us on the web.



CFAY



BREAKING THE



WITH THE CO

FEBRUARY 12

12 PM

C-2 BUILDING

CFAY



COMMANDER, FLEET ACTIVITIES YOKOSUKA

TOWN HALL

February 26, 2025

Ikego Heights Housing Area

Nikko Tower

Community Room @ 8 a.m.

Community Readiness Center

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. Submission **deadline is Tuesday, February 18 at 11:59 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

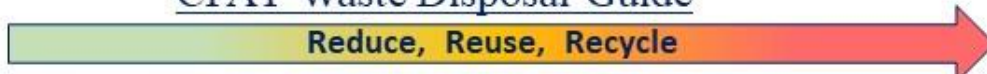
Updated 9 Sep 2024



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"> 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



Attention all drivers on express way



ETC-only toll gate

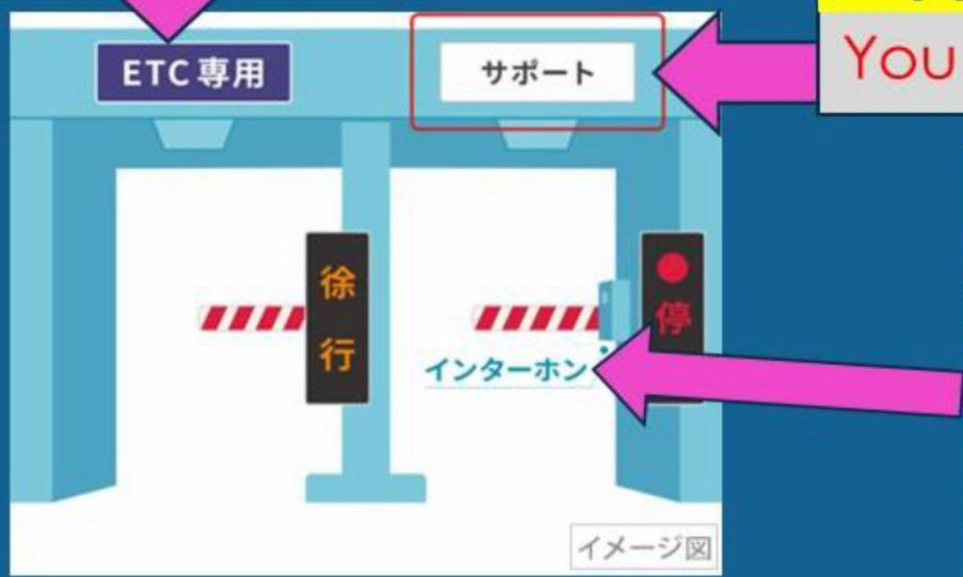
Drive Slowly

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



CYP

GIVE PARENTS A BREAK

Locations

Duncan & Ikego CDC

Children ages
6 weeks - 5* year olds
*Pre-kindergarten

Ikego & Third Ave. SAC

Children ages
5* - 12 year olds
*Kindergarteners



Friday, February 14 • 6 p.m. - 10 p.m.

Registration begins on Monday, January 13 - Friday January 31.
Registration must be completed and submitted online.

Families can pick up registration packets at any CYP location if not already in our system and return them to any CYP locations. Payment is required by Friday, February 7. Cost is \$32 per child (4 hours total). A light meal will be provided. No refunds.

For details, please call CYP Admin Office at 243-4079 (046-816-4079), or Duncan Street CDC at 241-3522 (046-896-3522) or Ikego SAC at 246-8301 (046-806-8301).



Child and Youth Programs



CYP Enrollment



My FFR



School Age Care



MilitaryChild.com



2025 Parent Involvement Board Meetings



Open to all parents with a child in any Child & Youth Program. This is a working lunch and a brown bag lunch will be provided. MS Teams link will be available for families that would like to participate, but cannot attend in person.

The Parent Involvement Board (PIB) strengthens family involvement in a format that brings CYP professionals, other installation leaders and parents together for active listening and expression of ideas and options in a positive, forward looking context. It is a critical component in quality child and youth programming. Family members are encouraged to actively participate in PIB meetings and other activities.

Yokosuka: February 11 • May 13 • November 18
Noon - 1 P.M. • MWR Bldg. 1559 • Rm 224*

Ikego: August 12
Noon - 1 P.M. • Ikego Teen Center Izumo Tower Bldg. 694



Child and Youth Programs

For more information call CYP Admin 243-4079.
* MWR Building 1559, Room 224 is located directly above the NEX furniture store.



FFSC



FFSC CALENDAR February 2025

Area Orientation Brief

FEB 4-6, 11-13, 18-20, 25-27

Deployment

Preparing Children for Deployment
FEB 28 at 0900 (Virtual)

Single Service Members and
Deployment
FEB 3 at 1300 (Virtual)

Exceptional Family Member

EFMP Command POC Training
FEB 21 at 1000 (Virtual)

Family Employment

Effective Resume Writing
FEB 13 at 0900 (Civilian) (Virtual)
FEB 20 at 0900 (Federal) (Virtual)

Getting Started Teaching English
FEB 21 at 1300 (Virtual)

Volunteer Orientation
FEB 12 at 1100
FEB 26 at 1100 (Virtual)

Family Readiness

Emergency and Disaster
Preparedness
FEB 24 at 1130

Emergency Evacuation Program
(EEP) Overview
FEB 24 at 1000

Space A/EML Flights Brief
FEB 10 at 1100 (Virtual)

Intercultural Relations

Active Japanese Language
FEB 12, 26 at 1500

Daisuki Japan!
FEB 11 at 1000

Enjoying Japanese Food
FEB 7 at 1330
FEB 28 at 0930

Everyday Japanese
FEB 10, 24 at 1000

ICE Club (Okashi Exchange)
FEB 18 at 1000

Ikego Japanese Language Series
FEB 4, 11, 18, 25 at 1200

Make Tomodachi
FEB 5 and 19 at 1630 (Intermediate)
FEB 12 at 1630 (Beginner)

Shogi Workshop
FEB 26 at 1600

Youth ICR
FEB 4 (Elem), 11 (MS/HS) at 1430

Zushi-Hayama Tour
FEB 21 at 1000

Life Skills

Anger Management
FEB 14 at 1000 (Japanese) (Hybrid)

English as a Second/Foreign
Language (ESL/EFL)
FEB 12, 26 at 1300 (Ikego)
FEB 14, 28 at 1300

Japanese Spouse Group
FEB 26 at 1030 (Hybrid)

Pre-Marriage Seminar
FEB 5 at 0930 (Virtual)

Resiliency Bootcamp
FEB 6, 20 at 1130

Symptom Reduction Group
FEB 4 at 1400

Ombudsman

Ombudsman Advanced Training
FEB 12 at 1600, 27 at 1000

Parenting

Prenatal Families
FEB 8 at 1000

Personal Finance

CFS Forum
FEB 26 at 0900 (Virtual)

CFS Refresher
FEB 25 at 0830 (Virtual)

CFS Training
FEB 10-14 at 0800

Credit Management
FEB 20 at 0900 (Virtual)

Financial Planning for Transition
FEB 19 at 1200

Home Buying
FEB 6 at 0900

Private Organization
FEB 4 at 0900 (Virtual)

Tax Prep 101
FEB 20 at 1300 (Virtual)

Relocation Assistance

Military Spouse 101
FEB 7 at 1300

Smooth Move
FEB 7 at 0900

Sponsorship On-Demand
FEB 6, 20 at 0800 (Virtual)

Sponsorship Training
FEB 13 at 1300 (Virtual)
FEB 20 at 1300
FEB 27 at 0900 (Virtual)

SAPR

SAPR VA Initial Training
FEB 24-28 at 0730

SAPR VA Refresh Training
FEB 10 at 1300

SAPR VA Resident Advisor
FEB 13 at 1300

Transition Assistance

My Education Track
FEB 27-28 at 0800

My Employment Track
FEB 6-7 at 0800

My Vocational Track
FEB 20-21 at 0800

TAP Core Curriculum
FEB 3-5 at 0800
FEB 24-26 at 0800

February Events

7 Lucky Gods Tour
FEB 6 at 0800




Teen Dating Poetry Slam
FEB 26 at 1630



FFSC



2025. February

MON	TUE	WED	THU	FRI
3 0800 TAP CORE CURRICULUM (DAY 1/3) 1300 SINGLE SERVICE MEMBERS AND DEPLOYMENT (VIRTUAL)	4 0800 AOB/ICR (DAY 1/3) 0800 TAP CORE CURRICULUM (DAY 2/3) 0900 PRIVATE ORGANIZATION (VIRTUAL) 1200 IKEGO JAPANESE LANGUAGE SERIES 1400 SYMPTOM REDUCTION GROUP 1430 YOUTH ICR (ELEM)	5 0800 AOB/ICR (DAY 2/3) 0800 TAP CORE CURRICULUM (DAY 3/3) 0930 PRE-MARRIAGE SEMINAR (VIRTUAL) 1630 MAKE TOMODACHI (INTERMEDIATE)	6 0800 7 LUCKY GODS TOUR 0800 AOB/ICR (DAY 3/3) 0800 MY EMPLOYMENT TRACK (DAY 1/2) 0800 SPONSORSHIP ON-DEMAND (VIRTUAL) 0900 HOME BUYING 1130 RESILIENCY BOOTCAMP	7 0800 MY EMPLOYMENT TRACK (DAY 2/2) 0900 SMOOTH MOVE 1300 MILITARY SPOUSE 101 1330 ENJOYING JAPANESE FOOD
10 0800 CFS TRAINING (DAY 1/5) 1000 EVERYDAY JAPANESE 1100 SPACE A/EML FLIGHTS BRIEF (VIRTUAL) 1300 SAPR VA REFRESH TRAINING	11 0800 AOB/ICR (DAY 1/3) 0800 CFS TRAINING (DAY 2/5) 1000 DAISUKI JAPAN! 1200 IKEGO JAPANESE LANGUAGE SERIES 1430 YOUTH ICR (MS/HS)	12 0800 AOB/ICR (DAY 2/3) 0800 CFS TRAINING (DAY 3/5) 1100 VOLUNTEER ORIENTATION 1300 ESL/EFL (IKEGO) 1500 ACTIVE JAPANESE LANGUAGE 1600 OMBUDSMAN ADVANCED TRAINING 1630 MAKE TOMODACHI (BEGINNER)	13 0800 AOB/ICR (DAY 3/3) 0800 CFS TRAINING (DAY 4/5) 0900 EFFECTIVE RESUME WRITING (CIVILIAN) (VIRTUAL) 1300 SAPR VA RESIDENT ADVISOR 1300 SPONSORSHIP TRAINING (VIRTUAL)	14 0800 CFS TRAINING (DAY 5/5) 1000 ANGER MANAGEMENT (JAPANESE) (HYBRID) 1300 ESL/EFL
17 	18 0800 AOB/ICR (DAY 1/3) 1000 ICE CLUB (OKASHI EXCHANGE) 1200 IKEGO JAPANESE LANGUAGE SERIES	19 0800 AOB/ICR (DAY 2/3) 1200 FINANCIAL PLANNING FOR TRANSITION 1630 MAKE TOMODACHI (INTERMEDIATE)	20 0800 AOB/ICR (DAY 3/3) 0800 MY VOCATIONAL TRACK (DAY 1/2) 0800 SPONSORSHIP ON-DEMAND (VIRTUAL) 0900 CREDIT MANAGEMENT (VIRTUAL) 0900 EFFECTIVE RESUME WRITING (FEDERAL) (VIRTUAL) 1130 RESILIENCY BOOTCAMP 1300 SPONSORSHIP TRAINING 1300 TAX PREP 101 (VIRTUAL)	21 0800 MY VOCATIONAL TRACK (DAY 2/2) 1000 EFMP COMMAND POC (VIRTUAL) 1000 ZUSHI-HAYAMA TOUR 1300 GETTING STARTED TEACHING ENGLISH (VIRTUAL)
24 0730 SAPR VA INITIAL TRAINING(DAY 1/5) 0800 TAP CORE CURRICULUM (DAY 1/3) 1000 EMERGENCY EVACUATION PROGRAM (EEP) OVERVIEW 1000 EVERYDAY JAPANESE 1130 EMERGENCY AND DISASTER PREPAREDNESS	25 0730 SAPR VA INITIAL TRAINING(DAY 2/5) 0800 AOB/ICR (DAY 1/3) 0800 TAP CORE CURRICULUM (DAY 2/3) 0830 CFS REFRESHER (VIRTUAL) 1200 IKEGO JAPANESE LANGUAGE SERIES	26 0730 SAPR VA INITIAL TRAINING(DAY 3/5) 0800 AOB/ICR (DAY 2/3) 0800 TAP CORE CURRICULUM (DAY 3/3) 0900 CFS FORUM (VIRTUAL) 1030 JAPANESE SPOUSE GROUP (HYBRID) 1100 VOLUNTEER ORIENTATION (VIRTUAL) 1300 ESL/EFL (IKEGO) 1500 ACTIVE JAPANESE LANGUAGE 1600 SHOJI WORKSHOP 1630 TEEN DATING POETRY SLAM	27 0730 SAPR VA INITIAL TRAINING(DAY 4/5) 0800 AOB/ICR (DAY 3/3) 0800 MY EDUCATION TRACK (DAY 1/2) 0900 SPONSORSHIP TRAINING (VIRTUAL) 1000 OMBUDSMAN ADVANCED TRAINING	28 0730 SAPR VA INITIAL TRAINING (DAYS/5) 0800 MY EDUCATION TRACK (DAY 2/2) 0900 PREPARING CHILDREN FOR DEPLOYMENT (VIRTUAL) 0930 ENJOYING JAPANESE FOOD 1300 ESL/EFL
				



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



FFSC



FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



CFS Training

Feb 10-14 at 0800

Everyday Japanese

Feb 10 at 1000

Space A/EML Flights Brief

Feb 10 at 1100 (Virtual)

SAPR VA Refresh Training

Feb 10 at 1300

AOB/ICR

Feb 11-13 at 0800

Daisuki Japan!

Feb 11 at 1000

Ikego Japanese Language Series

Feb 11 at 1200

Youth ICR (MS/HS)

Feb 11 at 1430

Volunteer Orientation

Feb 12 at 1100

ESL/EFL (Ikego)

Feb 12 at 1300

Active Japanese Language

Feb 12 at 1500

Ombudsman Advanced Training

Feb 12 at 1600

Make Tomodachi

Feb 12 at 1630 (Beginner)

Effective Resume Writing

Feb 13 at 0900 (Civilian)

SAPR VA Resident Advisor

Feb 13 at 1300

Sponsorship Training

Feb 13 at 1300 (Virtual)

Anger Management

Feb 14 at 1000 (Japanese)(Hybrid)

ESL/EFL

Feb 14 at 1300

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

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



FFSC



POETRY SLAM



Teen Dating Violence Awareness Month



EVENT RULES

Open to all youth in grades 9-12. Participants may recite original poems on one of the following 3 topics: What is Love, Signs of a Healthy Relationship, & Red Flags of an Unhealthy Relationship. Judging criteria include expression, delivery, and emotional impact.

PRIZES

- 1st PLACE
2 Movie Tickets
- 2nd PLACE
1 Movie Ticket
- 3rd PLACE
Certificate

FEBRUARY 26

4:30-6:30pm Kinnick HS Little Theater

INFORMATION

For more information contact
FFSCinfo@us.navy.mil

FFSC



Effective Resume Writing: *Civilian*



This workshop will include an overview of Resumes used for the private sector and contractor positions.

We will review various resume styles and cover how to tailor your resume when applying for jobs.



FEBRUARY 13TH



0900



Virtual

REGISTRATION REQUIRED:

243-3372

FFSCINFO@US.NAVY.MIL



TAX PREP 101

FEB 20 AT 1300

VIRTUAL

Filing taxes can be confusing – but understanding basic tax filing terminology makes filing easier. Join our Tax Prep 101 class to learn more and feel confident when you prepare your taxes!

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

FFSC

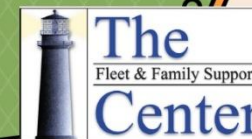


SUBSTITUTE TEACHER EMPLOYMENT WORKSHOP

A REPRESENTATIVE FROM DODEA WILL BE ONSITE TO ASSIST WITH THE APPLICATION PROCESS OF BECOMING A DODEA SUBSTITUTE TEACHER

THE EVENT AIMS TO HELP PARTICIPANTS UNDERSTAND THE HIRING PROCESS, AVOID COMMON APPLICATION MISTAKES, AND RECEIVE LIVE UPDATES ON THEIR APPLICATION STATUS.

FRI • 07 MAR • 1000-1200
CRC BLDG, 4TH FL • HIMAWARI
AUDITORIUM RM. 442



FFSC



CREDIT MANAGEMENT

Feb 20th at 0900
Virtual

Good credit can have a profound impact on your life beyond just finances.

Join our class to learn how to build and maintain good credit while avoiding excessive debt.

Registration Required!

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



Effective Resume Writing: Federal

FEB 20th
0900
VIRTUAL

This Federal Resume Workshop will include an overview of resumes used for federal positions found on USAJobs.gov.

Learn how to tailor and optimize your resume toward a specific vacancy or type of federal occupation.

Registration Required:

 243-3372

 FFSCinfo@us.navy.mil

FFSC



**The**
Fleet & Family Support
Center

Space-A flights Brief

February 10th at 1100 am (Virtual)
Register by email to FFSCinfo@us.navy.mi
or call 243-3372

MILITARY SPOUSE

101

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

What You Will Learn

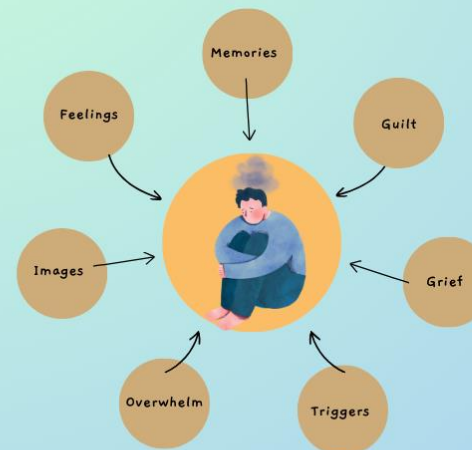
- ✓ Basics of military life in Yokosuka.
- ✓ Integration into the military community.
- ✓ Access to resources and support services.



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



SYMPTOM REDUCTION GROUP



Accept
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

FFSC



You're invited to attend



Active Parenting of Teens :)

For Parents of Teens and 'Tweens

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

You *can* create harmony and stability in your family while raising your teens to be responsible, courageous and prepared for independent life. *Active Parenting of Teens*, a video and discussion program by parenting expert Dr. Michael Popkin, will show you how.

In six sessions packed with activities, discussion, real-world examples, and feedback, you'll learn a proven approach to parenting, plus indispensable techniques and insights for overcoming obstacles, that will bring happiness and harmony into your home. You'll leave each session energized and motivated to make positive and realistic changes in your own family's daily life.

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

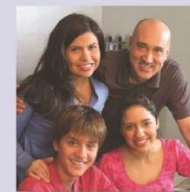
Join us at the next session and see the difference!

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

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

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

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



SIGN UP NOW!

Active Parenting
of **Teens :)**
third edition

CLASS SCHEDULE

REGISTRATION REQUIRED

6 Consecutive Sessions Wednesdays @ 10:30-12:00pm

January 29

February 5, 12, 19, 26

March 5

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

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.



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

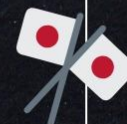
This is a ten to twelve week course held once per quarter. Get to know Japan by learning how to speak, read, and write in Japanese.

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

FFSC



ikego Japanese Language Series



Jan 7 - Mar 25
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 246-8052 or email FFSCinfo@us.navy.mil

MWR



ATTENTION CUSTOMERS

CHOPSTICKS

Asian Food-to-Go
will be closed until

February 8

due to ongoing construction.

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



ATTENTION CUSTOMERS

ITALIAN GARDENS

will be closed 11 a.m. - 2 p.m. on

February 10

to support the Super Bowl
watch party at Sharky's
Killer Wings & 1st Floor Roadhouse.
Dinner service will start at 5 p.m.

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



MWR

WATCH THE GAME **LIVE** AT YOUR FAVORITE MWR CLUB!

THE BIG GAME

MONDAY, FEBRUARY 10 • GAME @ 8:30 A.M.

Officers' Club Kurofune Lounge

7:30 a.m. - Noon

Come join us for our tailgate party featuring a variety of breakfast items and finger foods, including hot dogs served during half time. A limited food menu will also be available for purchase. Open to all officers and civilian equivalents.

\$15 / person • Adults Only

CPO Club

Doors open at 7 a.m.

Breakfast Buffet

Featuring bacon, sausage, scrambled eggs, hash browns, biscuits & gravy, pancakes, toast, coffee, tea, orange juice

\$15 / person

Chicken wings 8 pcs - \$6 or 13 pcs - \$12.
Other menu items sold separately.

Bowling Center

Doors open at 7 a.m.

Bowl, eat and watch the game on our big screen TV's. Big Game Bowling Pack includes bowling during the game, and 1 pizza per lane.

\$15 / person

Club Alliance Sharky's Killer Wings

7 - 10 a.m.

Breakfast Buffet

Sausage, scrambled eggs, bacon, french toast w/ maple syrup, hashed potato, biscuit w/ sausage gravy, danish & muffin, hot coffee and orange juice.

\$15 / person

Limited Sharky's menu available with 20% off from halftime until end of the game! Chicken wings, waffle fries, jalapeno poppers, smokey parmesan potato chips.

Club Takemiya Lounge

7 a.m. - 1:30 p.m.

Breakfast Buffet

Scrambled eggs, bacon, sausage patty, tater tots, biscuits & gravy, pancakes, French toast, toast with butter and jam, assorted muffins.

Lunch Buffet

Pulled pork pita, hot dogs, beef curry, nacho chips w/ salsa, steamed rice, assorted muffins.

\$20 Adults • \$10 Children (ages 6 - 11)

Free Children (ages 5 & under)

* Limited Menu and Kid's Menu will be available.

* Normal operations will resume at 4 p.m.



VALENTINE'S DAY SPECIALS

OFFICERS' CLUB Wine & Dine February 14 • 5 - 9 p.m. Each course is paired with a wine, special cocktail or spirit. Call 243-5030 for details. \$90 / couple Appetizer, Soup, Salad Entrée choice: Grilled Fillet Mignon w/ garlic butter mushrooms and fondue potato Roasted Game Hen stuffed with wild rice Marry Me Salmon Dessert	CPO CLUB Sweetheart Dinner February 14 • 5 - 9 p.m. Call 243-5506 for details. \$90 / Couple CLUB ALLIANCE A Night in the Garden: Surf & Turf Special February 14 • 5 - 9:30 p.m. Seating is limited, call 243-3000 for details. \$35 / person Lobster Bisque Prime Rib & Lobster Roasted Seasonal Vegetables & Baked Potato Chocolate Lava Cake	CLUB TAKEMIYA Romantic Dinner February 14 • 4 - 9 p.m. Treat your special someone to a delicious dinner, Club Takemiya style! Call 246-8077 for details. \$25 / plate* *For dine-in or to go. Grilled Striploin Steak w/ Basil Chimichurri Sauce Creamy Shrimp and Mushroom in puff pastry shells served w/ baked potato and vegetable medley Strawberry Shortcake w/ chocolate sauce Coffee or Tea
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Commissary Road Closure



Closure Period

0830 to 1630, 08 Feb 2025

FULL CLOSURE



- The road behind the Commissary will be closed for all traffic.
- A crane will be used to install a new cooling tower for the Commissary.

as of 30 Jan 2025

PWD



King Street – Partial Closure

Closure Period

27 Jan 2025 – 27 Feb 2025

PARTIAL CLOSURE



- Crane Work for Building B37.
- Half of B37 parking lot to be closed.
- Two way traffic will be maintained.

as of 16 JAN 2025

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



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



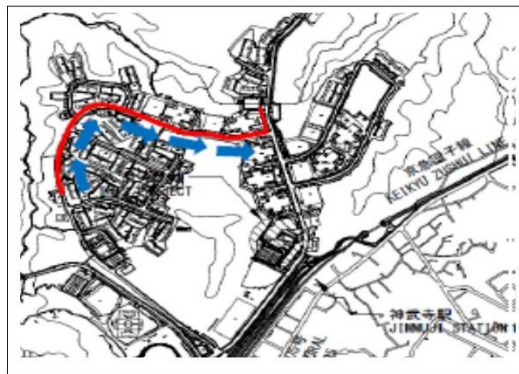
NOTICES FROM TENANT COMMANDS & NFEs





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

DECA



YOKOSUKA COMMISSARY UPDATE



The application period for the 2025-2026 academic year has opened!

The program, entering its 25th year, recognizes the contributions of military families to the readiness of America's fighting force and celebrates the commissary's role in enhancing military quality of life. For scholarship year 2025-26, Fisher House Foundation will award 500 scholarship grants of \$2,000 each. The application period will close at 11:59pm Eastern Standard Time (8:59pm Pacific Standard Time), Wednesday, February 12th, 2025.

FASTPAC



**FLEET ANTITERRORISM
SECURITY TEAM PACIFIC**

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

**HONOR.
COURAGE.
COMMITMENT.**

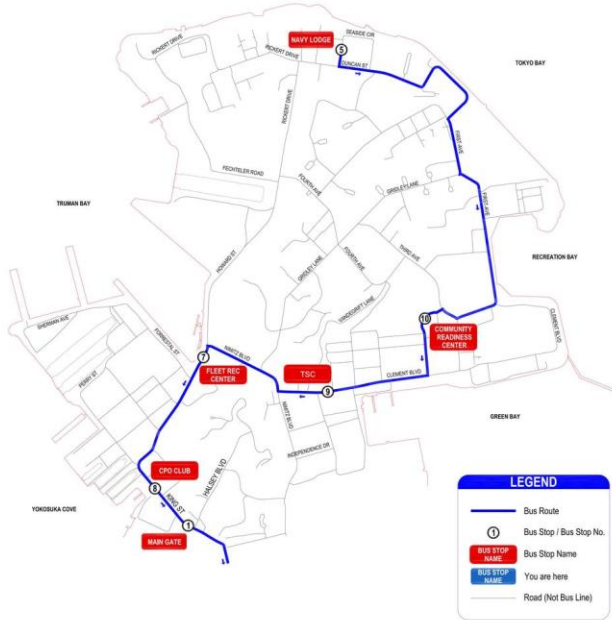
Fleet Antiterrorism Security Team Pacific (FASTPAC) will be holding Lance Corporal Leadership and Ethics Seminar 1-24 from 19-23 February 2024. This seminar is designed to develop lower enlisted Marines and Sailors into ethical leaders who are educated in the philosophies and doctrine that provide the 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.

NAVFAC



IKEGO HTW PM SHUTTLE

PM Yokosuka Pickup



LEGEND

- Bus Route
- ① Bus Stop / Bus Stop No.
- BUS STOP NAME** Bus Stop Name
- BUS STOP NAME** You are here
- Road (Not Bus Line)

Schedule

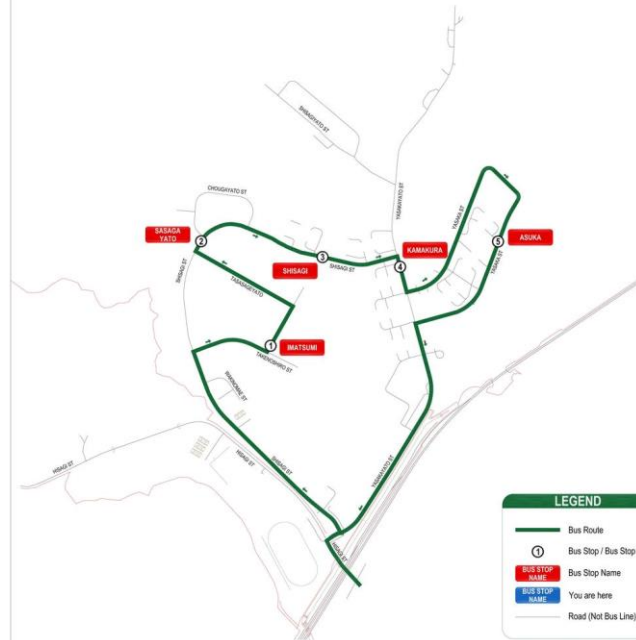
Navy Lodge	CRC	TSC	Fleet Rec	CPO Club	Main Gate
1600	1607	1610	1615	1618	1620
1800	1807	1810	1815	1818	1820

No Weekends and Holidays
* Space A Personnel May Board at CRC



IKEGO HTW SHUTTLE

AM Ikego Pickup
PM Ikego Drop Off



LEGEND

- Bus Route
- ① Bus Stop / Bus Stop No.
- BUS STOP NAME** Bus Stop Name
- BUS STOP NAME** You are here
- Road (Not Bus Line)

AM Schedule

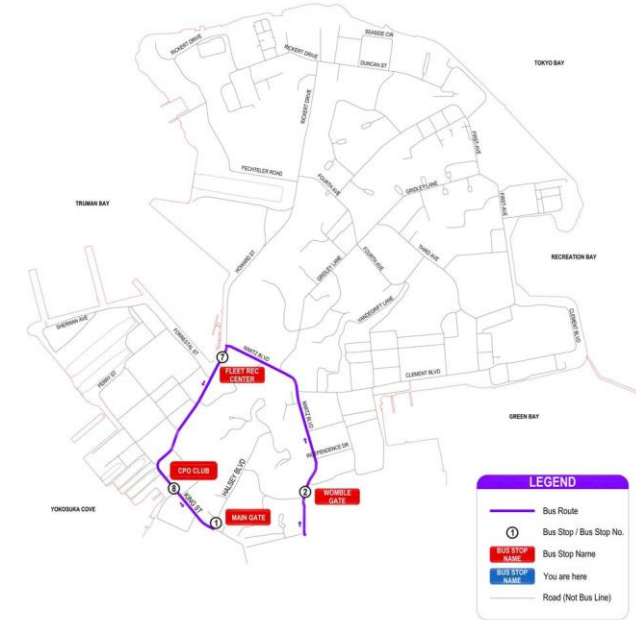
Imatsumi	Sasaga-Yato	Shisagi	Kamakura	Asuka
0520	0521	0522	0524	0527
0620	0621	0622	0624	0627

No Weekends and Holidays



IKEGO HTW AM SHUTTLE

AM Yokosuka Drop Off



LEGEND

- Bus Route
- ① Bus Stop / Bus Stop No.
- BUS STOP NAME** Bus Stop Name
- BUS STOP NAME** You are here
- Road (Not Bus Line)

Drop Off Locations

Womble Gate, Fleet Rec Center, CPO Club and Main Gate

Integrated with Yoko-Pon Shuttle

NEX



Dear Valued Customers

**Due to
Maintenance**

Main Street Food Court B: G59

Popeyes

Will Be Closed At

***2000hrs On 11 February (Tuesday)**

***All Day On 12 & 13 February**

Normal Operations Starting 14 February

**Please Join Us At: Pizza Hut Express,
Subway, Panda Express, Taco Bell,
Main Store Food Court or McDonalds**

We Apologize For The Inconvenience.

NMCRS



NMCRS YOKOSUKA



2025 FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Scan the QR code to apply to volunteer. Opportunities available in the office and thrift shop.</p> 		<p>Scan the QR code to request an appointment with the NMCRS Yokosuka Visiting Nurse</p> 		<p>Scan the QR code to register for Settling in with Baby Newborn Care Class</p> 		1
2	3 OFFICE VOLUNTEER ORIENTATION 1000-1100	4 BUDGET FOR BABY® INSTRUCTOR & BLANKET MAKER ORIENTATION 1000-1100	5 THRIFT SHOP SALES DAY 0900-1200 & 1600-1800 PREGNANCY & INFANT LOSS SUPPORT GROUP 0900-1000	6 THRIFT SHOP DONATION DAY 0900-1000 SETTLING IN WITH BABY NEWBORN CARE CLASS 0900-1130	7	8
9	10	11 BUDGET FOR BABY® 1000-1100 MAIN BASE	12 THRIFT SHOP SALES DAY 0900-1200 & 1600-1800	13	14	15
16	17 CLOSED HAPPY Presidents Day	18 THRIFT SHOP VOLUNTEER ORIENTATION 1000-1100	19 THRIFT SHOP SALES DAY 0900-1200 & 1600-1800 PREGNANCY & INFANT LOSS SUPPORT GROUP 1800-1900	20 THRIFT SHOP DONATION DAY 1600-1800 LATCH&LEARN BREAST FEEDING GROUP 1000-1130	21 BUDGET FOR BABY® 1000-1100 MAIN BASE	22
23	24	25	26 THRIFT SHOP SALES DAY 0900-1200 & 1600-1800	27 BUDGET FOR BABY® 1000-1100 MAIN BASE	28	***** Visiting Nurse Support Groups welcomes walk-ins. Registration is required for all classes *****

NMCRS



FEBRUARY DONATION DAYS

**THURSDAY
FEBRUARY 6TH
0900-1000**

**THURSDAY
FEBRUARY 20TH
1600-1800**



**NAVY-MARINE CORPS
RELIEF SOCIETY®**

*Please only donate clean, gently used
or new clothing and household items*



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)

- Monday February 3, 1500-1800
- Thursday February 6, 1300-1600
- Thursday February 13, 1300-1600
- Monday March 3, 1500-1800
- Thursday March 6, 1300-1600
- Thursday March 13, 1300-1600

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

- Thursday February 20, 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** on **Monday, 10 February 2025** for the



We will resume office hours on **Tuesday, 11 February 2025 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, Legal Assistance Department Staff



RLSO



Region Legal Service Office Western Pacific Legal Assistance reduced services notice



The Yokosuka Legal Assistance Office will be
CLOSED from **Fri, 14 February – Mon, 17 February 2025**
in observance of



We will resume office hours on **Tue, 18 February 2025 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, Legal Assistance Department Staff

SUPPLY CORPS



YOU ARE INVITED TO THE...



U.S. NAVY SUPPLY CORPS 230TH BIRTHDAY BALL

HOSTED BY THE NSCF JAPAN CHAPTER

 **DISTINGUISHED GUEST**
SPEAKER: RDML (sel.) Brian Anderson

 **DATE AND TIME:**
SATURDAY, FEBRUARY 22ND @ 1830 - 2230
COCKTAIL HOUR @ 1730

 **LOCATION:**
CLUB ALLIANCE 3F BANQUET HALL
〒238-0002 Kanagawa, Yokosuka,
1BanChi Tomari-Cho

 **ATTIRE:**
O5 & ABOVE: DINNER DRESS BLUE
O4 & BELOW: SDB / DINNER DRESS BLUE
CIVILIAN: FORMAL ATTIRE

SCAN TO RSVP & PURCHASE TICKETS
BEFORE **10 FEB 2025**:



 **TICKET PRICES:**

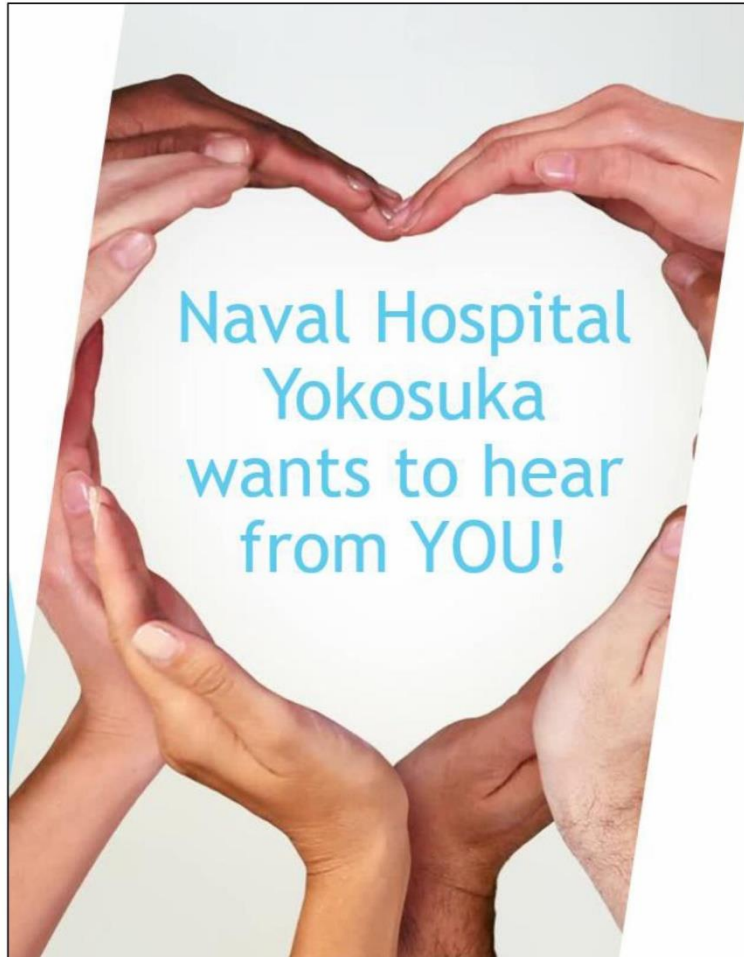
O7 & above / SES / JMSDF	\$110 / ¥16,500
O5-O6 / GS14-15 / JMSDF	\$100 / ¥15,000
O3-O4 / GS11-13 / JMSDF	\$90 / ¥13,500
E7-O2 / CW01-5 / GS6-10 / JMSDF	\$80 / ¥12,000
E6 & below / GS5 & below / MLC personnel	\$65 / ¥9,750



FOR MORE INFORMATION, PLEASE CONTACT:

LT TRAVON WHITEHURST | DSN 315-243-3459 |
TRAVON.A.WHITEHURST.MIL@US.NAVY.MIL

USNH



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!

January 9th 1600-1700
Community Resource Center, 4th floor, AOB auditorium

February 4th 1145-1245
Naval Hospital Yokosuka, 3rd floor, Command Auditorium

March 5th 1600-1700
Community Resource Center, 4th floor, Haru Room

To learn more, please email dha.yokosuka.Yokosuka-NH.list.pfpc@health.mil visit <https://yokosuka.tricare.mil/Patient-Resources/Patient-and-Family-Partnership-Council> and follow USNH Yokosuka on Facebook:



Naval Hospital Yokosuka
www.facebook.com/usnhyokosuka

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 ≥ 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.

