



CFAY ANNOUNCEMENTS



NOTICE

第49回よこすかシーサイドマラソン開催及び道路工事のため

通行止めのお知らせ

上下線通行止め

佐原 IC → 馬堀海岸 IC
馬堀海岸 IC → 佐原 IC

11月17日(日)
0:00~12:00



協力ICの大会の開催に当たっては東日本高速道路株式会社の協力を得ています

NEXCO東日本 お客様センター (24時間オペレーターが対応します)

ナビダイヤル……0570-024-024※

※ PHS-IP電話のお客様のお問い合わせは
03-5308-2424にて承ります。

お問い合わせ

よこすかシーサイドマラソン協議会事務局
(公益社団法人横須賀青年会議所)

☎046-824-1061 9:00~15:00
(休 土曜・日曜・祝日)

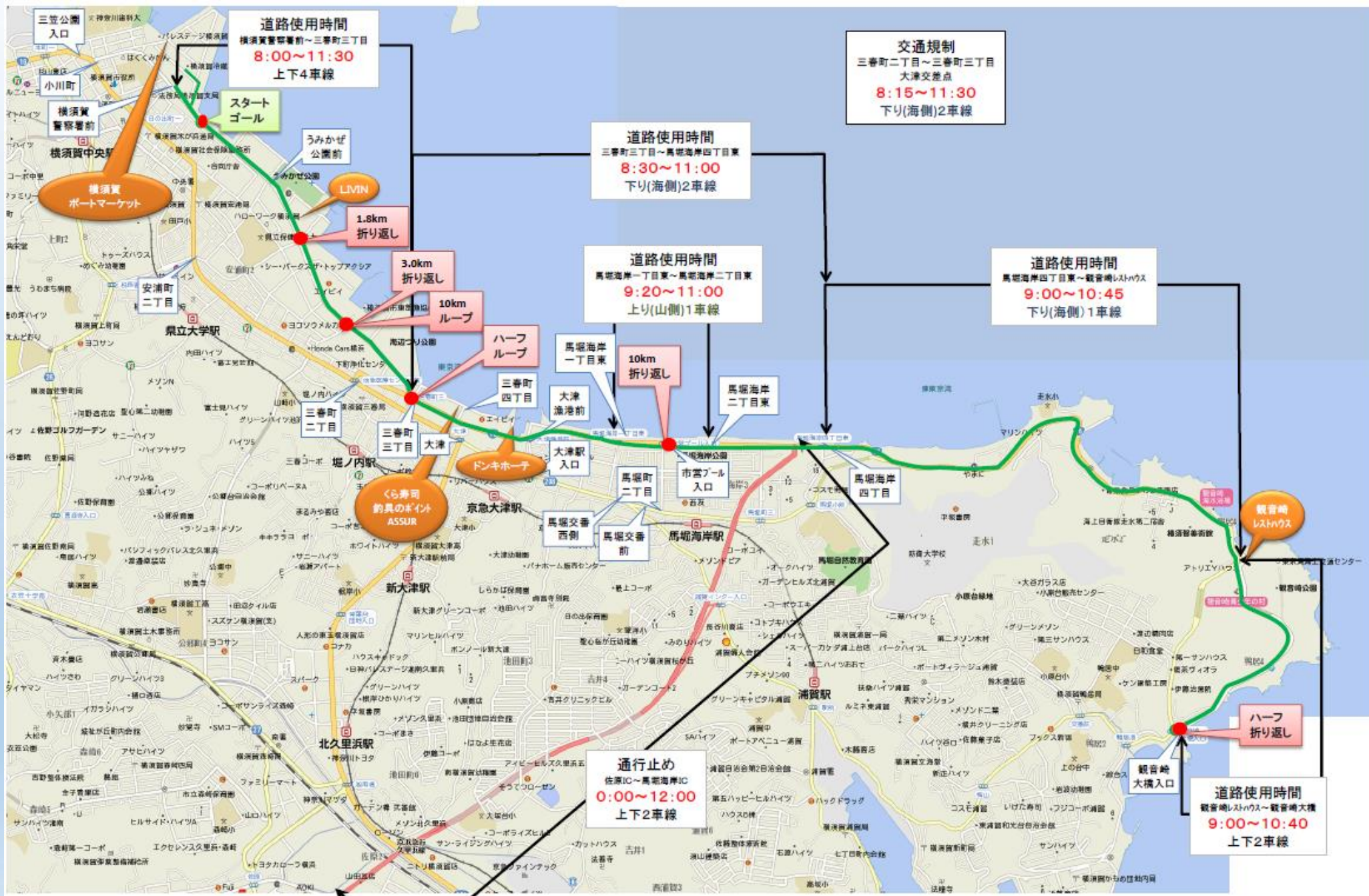


49th Yokosuka Seaside Marathon

Sunday, Nov. 17

- Severe vehicle traffic restrictions along Yokosukakaigan-odori from Yokosuka City Police Station to Kannonzaki and eastern parts of Maborikaigan
- Road between Sahara IC and Maborikaigan IC secured all day
- For more information, please visit <http://www.yokosuka-seaside.jp/road/>

NOTICE



NOTICE

NOVEMBER FLU SHOT SCHEDULE

QUESTIONS?

243-7144

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



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



CFAY



NOVEMBER 20 AT 8 A.M.

IKEGO HEIGHTS NIKKO TOWER

CFAY



BREAKING THE



WITH THE CO

NOVEMBER 25

12 PM

C-2 BUILDING



CFAY



Consolidated Battery Recycling

PILOT PROGRAM AT NEX Bldg H-20



Sort batteries in designated container marked by:

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

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



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

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

CFAY Waste Disposal Guide

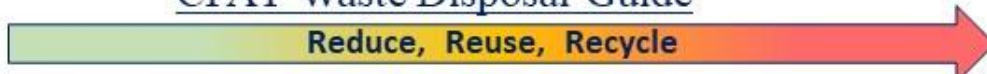
Updated 9 Sep 2024



Most Preferred

Reduce, Reuse, Recycle

Least Preferred



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

CFAY



CFAY



CFAY/IKEGO GATE HOURS



IKEGO

Inbound/Outbound
Daily
24 hours

Jimmuji

Inbound/Outbound
Monday-Friday
0500-0100

Inbound/Outbound
Weekends and
Holidays
0500-0030

WOMBLE GATE

Outbound Pedestrian
Daily
24 hours

Inbound Pedestrian
Daily
0500-2200

Inbound Vehicle
Daily
0500-1800

Inbound High Traffic Pattern
Monday-Friday
0500-0830

Outbound High Traffic Pattern
Monday-Friday
1530-1900

VERNY PEDESTRIAN

Outbound
Daily
24 hours

Inbound
Monday-Friday
0600-2000

Inbound
Saturday
0700-0800

Inbound
Sunday and Holidays
CLOSED

CARNEY GATE

Outbound Pedestrian
Daily
24 hours

Inbound Pedestrian
Daily
24 hours

Inbound Vehicle
Daily
24 hours

Inbound High Traffic
Period
Monday-Friday
0500-0830

CARNEY BOARDWALK PEDESTRIAN GATE

Inbound/Outbound
Daily
0600-2100



CFAY

THE GIANT VOICE PODCAST



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

BEYOND THE GATE



100年周年、自然と人を繋ぐ、葉山
HAYAMA
Anniversary
葉山町創100周年記念

第58回 葉山町文化協会 創立30周年記念

葉山町文化協会
創立30周年記念
フェスティバル

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

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

プログラムは当日発表!
お楽しみに!!

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

2024秋

開催期間 2024
10/16(水)▶11/17(日)

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

共催 / 葉山町文化協会・葉山町教育委員会
後援 / 葉山町

Hayama Culture Festival

Now –
November 17

Various locations in
Hayama

BEYOND THE GATE



36th Yokosuka Performing Arts Festival

Sunday, Nov. 17

Yokosuka City
Cultural Center
Main Hall



BEYOND THE GATE



68th ICLE Fair

Sunday,
Nov. 17

Yokosuka City
Recycle Plaza



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





Attention all drivers on express way



ETC-only toll gate

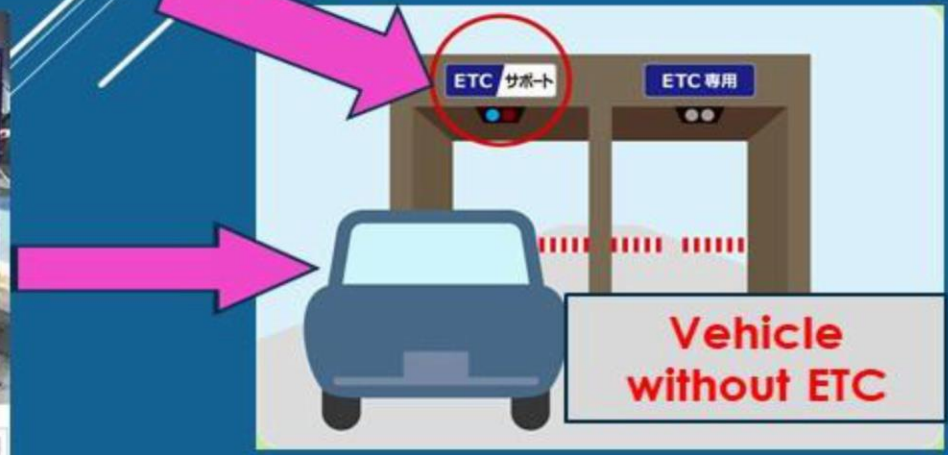
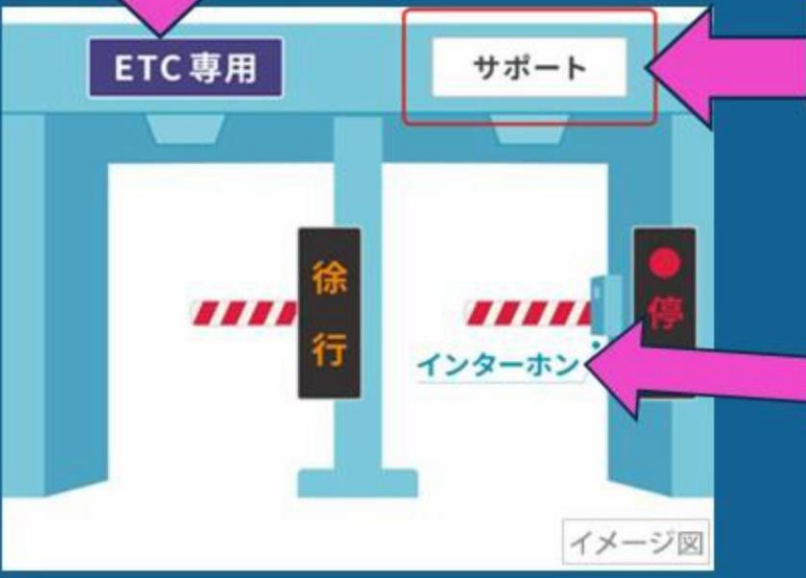
Drive Slowly

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



Ikego Teen Center

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

NOVEMBER 2024






BOYS & GIRLS CLUBS OF AMERICA



NATIONAL NATIVE AMERICAN MONTH



CHILD & YOUTH PROGRAMS

SUN	MON	TUE	WED	THU	FRI	SAT
					01	02
					<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Movie Club</p>	<p>Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens</p>
03	04	05	06	No School 07	No School 08	09
Closed	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Anime Club</p>	<p>Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens</p> <p> Cooking Club</p>	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Dia de los Muertos Candy Skulls</p>	<p>Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens</p> <p>Day At the Movies</p>	<p>Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens</p> <p>Bowling Alley</p>	<p>Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens</p>
10	Closed 11	12	13	14	15	16
Closed	<p>Closed For Veteran's Day</p>	<p>Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens</p> <p>Rocket League</p>	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Board Game Club</p>	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Anime Club</p>	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>NERF Battle Royale</p>	<p>Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens</p>
17	18	19	20	21	22	23
Closed	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Movie Club</p>	<p>Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens</p> <p>Nature Hike</p>	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p> Cooking Club</p>	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Pumpkin Scone Making!</p>	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>NERF Battle Royale</p>	<p>Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens</p>
24	25	26	No School 27	Closed 28	No School 29	30
Closed	<p>Open Rec 2:30 – 5:00 Tweens 2:30 – 7:00 Teens</p> <p>Torch Club</p>	<p>Open Rec 1:30 – 5:00 Tweens 1:30 – 7:00 Teens</p> <p>Youth of the Month/H&F</p>	<p>Open Rec 10:00 – 5:00 Tweens 10:00 – 7:00 Teens</p> <p>Ikego Teen Center Thanksgiving Feast</p>	<p>Closed For Thanksgiving</p>	<p>Closed for CYP Staff In-Service Training</p>	<p>Open Rec 10:00-12:00 Tweens 10:00-7:00 Teens</p>

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

CHAPEL



Please join the Chapel of Hope &
our local churches for an

INTERNATIONAL Christmas CELEBRATION

Sunday, Dec. 8, 2024 | 1700-1815

Chapel of Hope

Fellowship to follow

Pastor Min Jae Kim from Taura Church will deliver a special message
Music by the Yokosuka Citizenship Committee Choir & a Combined Worship Team

FFSC



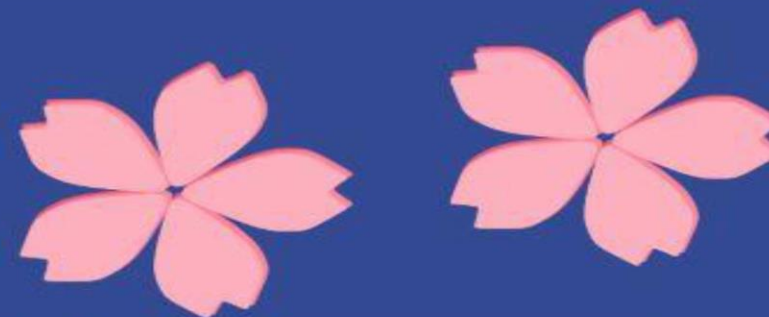
The
Fleet & Family Support
Center

Every Tuesday-Thursday

*subject to change

Updated AOB/ICR Schedule

Starting 13 MAR 2023



Day 1

AOB
@0830
Resource Fair
@1330

Day 2

ICR
@0830
Bus Tour
@1330

Day 3

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




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



FFSC



2024 . November

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



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



FFSC



FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



CFS Training

Nov 18-22 at 0800

TAP Core Curriculum

Nov 18-20 at 0800

Emergency Evacuation Program

Packet (EEP) Overview

Nov 18 at 1000

Emergency and Disaster

Preparedness

Nov 18 at 1130

AOB/ICR

Nov 19-21 at 0800

Ikego Cultural Exchange Club

Nov 19 at 1000

Ikego Japanese Language Series

Nov 19 at 1200

Symptom Reduction Group

Nov 19 at 1400

Effective Resume Writing

Nov 20 at 0900 (Federal) (Virtual)

4th Trimester

Nov 20 at 1000

Homebased Business 101

Nov 20 at 1300 (Virtual)

Ombudsman Advanced Training

Nov 20 at 1600

Make Tomodachi

Nov 20 at 1630 (Intermediate)

Ombudsman Assembly

Nov 20 at 1730

Sponsorship On-Demand

Nov 20 at 0800 (Virtual)

Resiliency Bootcamp

Nov 21 at 1130 (Virtual)

SAPR VA Refresh Training

Nov 21 at 1300

Sponsorship Training

Nov 21 at 1300 (Virtual)

Enjoying Japanese Food

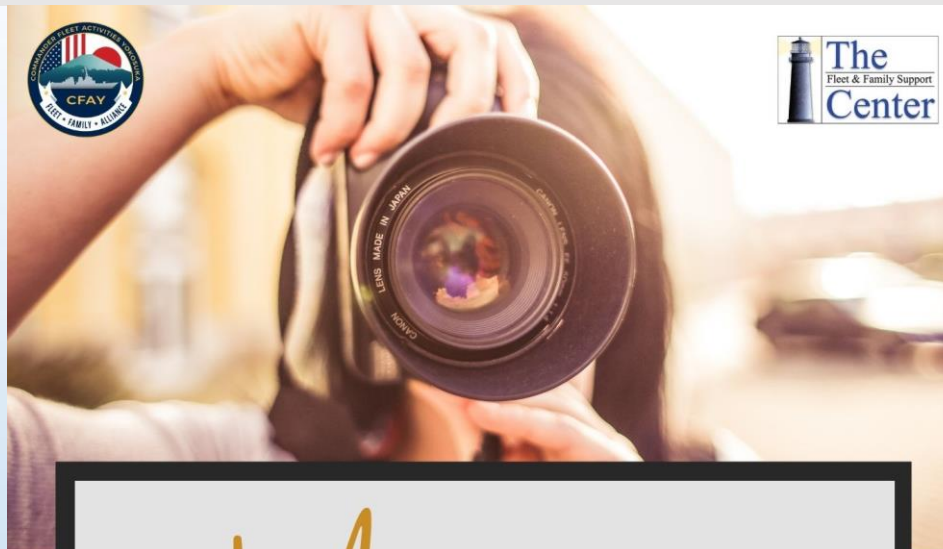
Nov 22 0930

ESL/EFL

Nov 22 at 1300

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

FFSC



Modeling Fair

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

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

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

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



FFSC

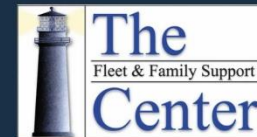


FFSC Yokosuka proudly presents:



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

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



FFSC



HOME BASED BUSINESS 101

11.20.24

1300

VIRTUAL

LEARN THE NECESSARY STEPS TO BECOME A CFAY APPROVED
BUSINESS FROM THE EXPERTS.

REGISTRATION: 243-3372 OR FFSCINFO@US.NAVY.MIL



FFSC



Effective Resume Writing: Federal

11. 20. 2024
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



EMERGENCY AND DISASTER PREPAREDNESS

A PRACTICAL INFORMATIONAL GUIDE ON EMERGENCY PREPAREDNESS

 NOV 18, 2024

 1130

 AOB AUDITORIUM
CRC BLDG. 4TH FL

Register by email to
FFSCinfo@us.navy.mil
or call 243-3372

REGISTRATION
REQUIRED



PLANNING FOR RETIREMENT



Learn how to:

- Estimate retirement needs
- Understand military retirement plans
- Evaluate retirement account options
- Build personal savings & investments




 NOV 26TH

 1300

 VIRTUAL



ONE ON ONE FINANCIAL
COUNSELING AVAILABLE
FOR APPOINTMENTS:

 FFSCinfo@us.navy.mil

 243-3372/046-816-3372

FFSC

MILITARY SPOUSE

101

Every 1st Friday (virtual) @ 1300

Every 4th Monday (in-person) @ 1300

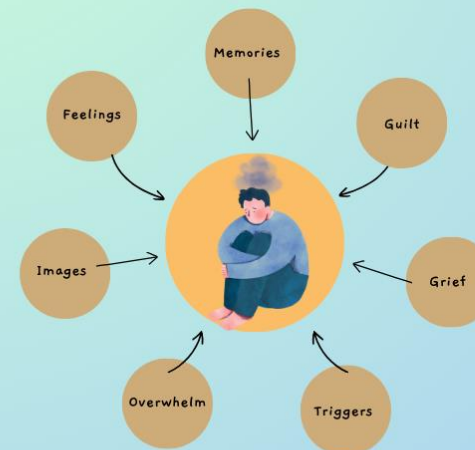
What You Will Learn

- ✓ 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



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, DSN: 243-7878

FFSC



Make Tomodachi

ともだちを作る



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



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

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

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



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



ENJOYING JAPANESE FOOD AT HOME

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

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

FFSC



YOKOSUKA SPONSORSHIP ON-DEMAND

PCS-ING TO YOKOSUKA?

Ask the Experts!

CFAY representatives will be available to answer your questions!

MORE INFORMATION

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



**EVERY 1ST & 3RD
THURSDAY**

0800-0900 JST



**JOIN
HERE!**

MICROSOFT TEAMS MEETING

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

**OR CALL IN (AUDIO ONLY)
+1 410-874-6751 ID: 814 971 239 #**



Youth ICR

INTERACTIVE ORIENTATION FOR STUDENTS

CLASS SCHEDULE:

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

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

MWR



ATTENTION CUSTOMERS

Benny Decker Theater Closure

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

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

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



ATTENTION CUSTOMERS

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

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

Target completion date is FEB 2025.

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



MWR



MARTIAL ARTS CLASSES

November 2024

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



MARTIAL ARTS CLASSES

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MWR



November 2024 Yokosuka Group Fitness Schedule



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

Weightlifting Programs

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

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

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

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

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

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

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

Weightlifting Programs:

FUNCTIONAL FITNESS:

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

TACFIT BASICS:

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

TACTICAL FITNESS:

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

TACFIT LITE:

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

THE BARBELL CLUB:

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

WEIGHTLIFTING (OLYMPIC LIFTING TECHNIQUES):

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

Group Exercise Classes:

AQUAFIT

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

Animal Flow

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

CONDITIONING & RECOVERY (C&R)YOGA

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

LES MILLS BODYATTACK®

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

LES MILLS BODYBALANCE®

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

LES MILLS BODYCOMBAT®

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

LES MILLS BODYPUMP®

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

LES MILLS GRIT CARDIO®

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

LES MILLS RPM®

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

POWER YOGA

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

VINYASA YOGA

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

ZUMBA®

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

Kickboxing

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

Group Fitness Sticker Fees

Single Sticker: \$3

10 Stickers: \$25

Combo Classes

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

Weightlifting Program Fees

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

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

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



MWR



November 2024

Ikego GX Class Schedule

Location: Asuka Tower Community Room



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

Group Fitness Sticker

Fees

Single Sticker: \$3

10 Stickers: \$25

Combo Classes

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

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

Schedule is subject to change

For more information, please visit:

www.facebook.com/NavyMWRYokosuka



MWR



Join us for an adrenaline-packed event!

POWERLIFTING COMPETITION

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

Showcase your strength in this three lift event:
Squat • Bench Press • Deadlift

Think you've got the strength to compete?
We're looking for the strongest males and females in Yokosuka
to claim their titles. There will be three weight classes:
Light, Middle and Heavy Weight for both male and female.
Registration Fee: \$10

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

New Construction of NSST Shiphandling Trainer Parking lot Closures



Closure Period Sep 2024 – 2027

Parking Lot Closures



Parking lot closures:

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

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

as of 3 Sep 2024

PWD



Road Closures – Main Base Community Area



Closure Period
2023 – 2025

FULL ROAD CLOSURE



as of 17 Sep 2024

PWD



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



COMMANDER, FLEET ACTIVITIES YOKOSUKA

SAFETY STAND DOWN

English

November 21

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

Fleet Theater

Japanese

November 22

1 p.m. - 3 p.m.

Fleet Theater

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.

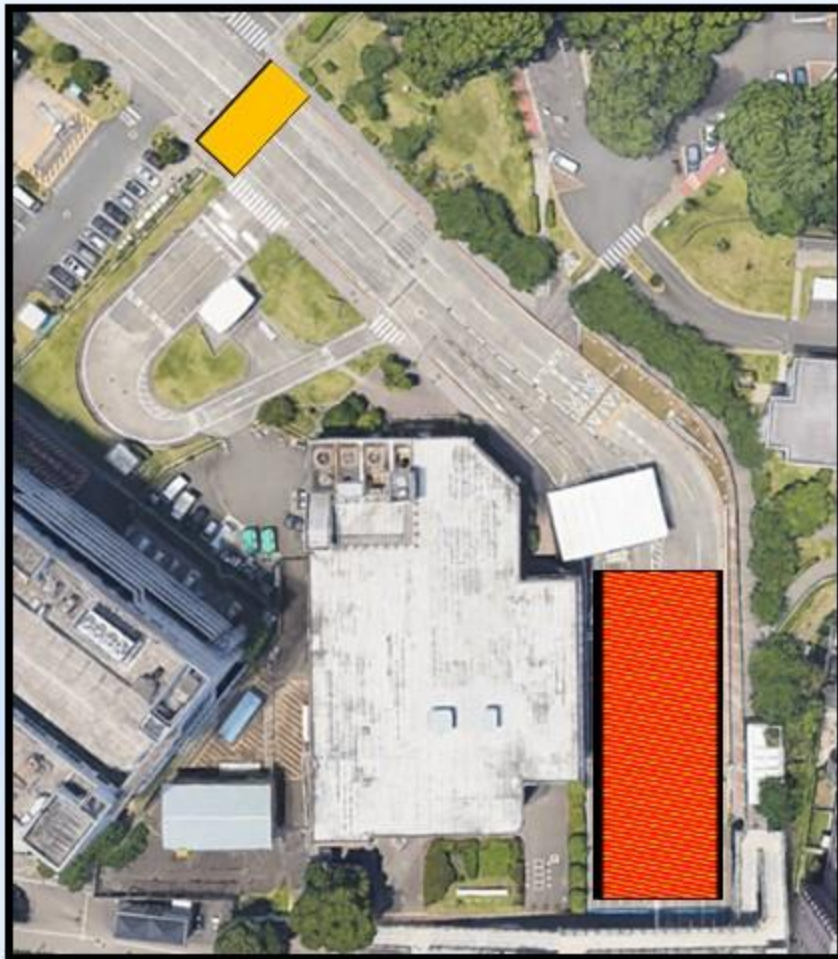






Carney Gate

Gate Closure Period (0900-1500)

16 November 2024



FULL GATE CLOSURE

-  • Lanes Secured
-  • Maintenance area

Due to maintenance, vehicular traffic at Carney Gate will be secured from 0900-1500.

Pedestrian traffic will not be affected.

Please utilize Womble Gate for vehicular traffic as normal.

Howard St Parking and Pedestrian Walkway

Closure Period

November 19th 0830-1130



FULL CLOSURE



- All pedestrian traffic on the West side of Howard St will be secured.
- Howard St is open for normal traffic.
- Parking across from F157 is secured.

as of 23 Apr 2024



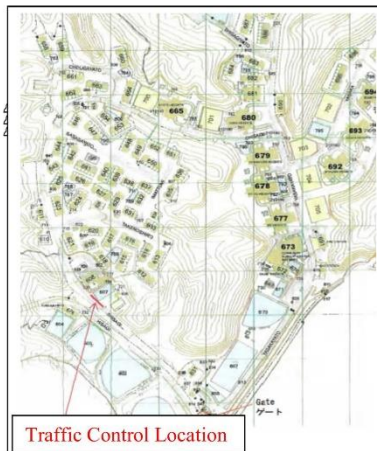
NOTICES FROM TENANT COMMANDS & NFEs



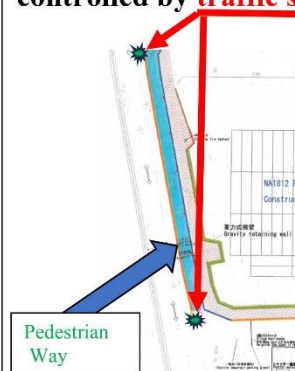


NOTICE OF CONSTRUCTION

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.



2024 Holiday Shipping Dates for Military Mail

Recommended send-by dates for expected delivery before December 25

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

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

NEX



COMING SOON!

Pizza Hut Express at Main Street Food Court

DATE TENTATIVE

November 18, 2024, 1540 - 1640

You Can't Out Pizza The Hut
Please Help Us Celebrate, You're
invited for food sampling!



Pizza Hut



NMCRS



NMCRS YOKOSUKA



2024 NOVEMBER

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

NMCRS



NAVY-MARINE CORPS
RELIEF SOCIETY

NOVEMBER 2024

BUDGET FOR BABY[®] WORKSHOP

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

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

RED CROSS



American Red Cross

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



The Red Cross Message for Military Families

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



Prepare Today!
Complete a Contact Card!





**American
Red Cross**



Class Schedule

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

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

- Saturday November 16, 1030-1330
- Monday November 25, 1500-1800
- Tuesday December 10, 1400-1700
- Thursday December 19, 1300-1600

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

- Thursday November 14, 1300-1600

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
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



USNSN



2024 NOVEMBER FLU SHOTS

Main Base

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

Dates and times:

2 NOV (SAT) 0900-1300

Main Base

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

Dates and times:

14 NOV (THUR) 1200-1800

15 NOV (FRI) 1200-1800

16 NOV (SAT) 0900-1300

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



USNSN



USNMRTC Yokosuka
Wellness Center & Health Promotion's



2024 Fall Into Fitness Challenge

8-Week Weight Loss &
Health Challenge

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



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



USNH



Naval Hospital
Yokosuka
wants to hear
from YOU!

USNH Yokosuka Patient Family Partnership Council

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

Please join us at our upcoming meeting!

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

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/usnh yokosuka

USNSN



NMRTC YOKOSUKA
FLEET ACTIVITIES YOKOSUKA

MENTAL HEALTH RESOURCES GUIDE

TABLE OF CONTENTS

1. Find the Right Care for You: Mental Health & Related Services Symptom Care Finder
2. Mental Health & Related Resources Directory
3. Mental Health Care Overview & Description of Services
4. Mental Health Apps for Mobile Devices
5. Mental Health Roadmap Template

**Each command is encouraged to customize the roadmap and share with their Sailors*

FIND THE RIGHT CARE FOR YOU

MENTAL HEALTH & RELATED SERVICES SYMPTOM TO CARE FINDER

FLEET ACTIVITIES YOKOSUKA

On Base Emergency Services: 046-816-0911 – Emergency Room: 243-5137 – Emergency Off Base: 119 - Crisis Line (Text/Call/Chat): 844-702-5493 or DSN 988

Military OneSource Virtual Counseling and Support Services: 1-800-342-9647; 703-253-7599

There may be additional resources not listed below. Availability of resources fluctuates day-to-day with supply and demand; Please contact each agency for most up-to-date service availability. Please see directory for contact information and more resources.

	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Adverse event/Adjusting to Change	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager ; USNMRTC Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager	FFSC Military and Family Life; MFLC; Primary Care Manager	Contact your insurance company about your benefits and services (local area and/or virtual care)
Alcohol Use	Command DAPA; USNMRTC Substance Abuse and Rehabilitation Program; Chapel of Hope Groups; Primary Care Manager	Command DAPA; USNMRTC Substance Abuse and Rehabilitation Program; Chapel of Hope Groups; Primary Care Manager	Command DAPA; USNMRTC Substance Abuse and Rehabilitation Program; Chapel of Hope Groups; Primary Care Manager	Chapel of Hope Groups; Substance Abuse and Rehabilitation Program (SARP); Primary Care Manager	Chapel of Hope Groups; Human Resources Department/Employee Assistance Program; Primary Care Manager or Insurance Company	Chapel of Hope Groups; Contact your insurance company about your benefits and services.
Bored	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Single Sailor; Associations (FCPO, CPO, Wardroom, etc.); Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Single Sailor; Associations (FCPO, CPO, Wardroom, etc.); Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Single Sailor; Associations (FCPO, CPO, Wardroom, etc.); Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Command Ombudsman; Spouses Clubs; Chapel of Hope Community Groups and Religious Studies	MWR ITT & Travel Office; MWR Sports and Recreation; USO; Command Ombudsman; Spouses Clubs; Chapel of Hope Community Groups and Religious Studies; Community groups/meet ups	Community Facebook groups/meet-ups; Chapel of Hope Community Groups and Religious Studies; Please confirm eligibility for on-base MWR events, programs, and services
Brandon Act Referral	Chain of Command E6 and above	Chain of Command E6 and above	Chain of Command E6 and above	Not applicable	Not applicable	Not applicable
Career/Employment/Higher Education	Command Career Counselor; Mentor/Chain of Command; InTransition; FFSC	Command Career Counselor; Mentor/Chain of Command; InTransition; FFSC	Command Career Counselor; Mentor/Chain of Command; InTransition; FFSC	Base College Office; InTransition; FFSC	Human Resources Department/Employee Assistance Program	Contact your employer for information about your benefits and available services.
Child Abuse	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	Base Security (On-base incident)/Local Authorities (Off-base incident)

HNSN



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	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Child Development (Birth to 32 months)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS, Primary Care Provider, Developmental Pediatrician (If indicated/referred by PCM)	EDIS available to DoDEA-eligible families on space available basis; Primary Care Provider or Insurance Company
Command Directed Evaluation (Non-emergent)	Embedded Mental Health (Waterfront Medical)	Ship Psychologist or Social Worker	USNMRTC Mental Health Department	Not applicable	Not applicable	Not applicable
Domestic Violence	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	FFSC Family Advocacy Program	Contact your employer for information about your benefits and available services.
School-based concerns/Special Education (32 mo to 21 yrs of age)	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Child's teacher, guidance counselor or principal at DoDEA school for which your family is assigned; School Liaison Officer	Contact your child's school for more information on services available.
Fears	Fleet and Family (FFSC), Military Family Life Counselors (MFLC), Chaplain, Embedded Mental Health	Fleet and Family (FFSC), Military Family Life Counselors (MFLC), Chaplain, Embedded Mental Health	FFSC, Military Family Life Counselors (MFLC), Command Chaplain, USNMRTC Yokosuka Mental Health	FFSC; Military Family Life Counselors (MFLC), Command Chaplain, USNMRTC Yokosuka Primary Care Manager for referral to network	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Financial	FFSC Financial Management; WIC; NMCRS	FFSC Financial Management; WIC; NMCRS	FFSC Financial Management; WIC; NMCRS	FFSC Financial Management; WIC; NMCRS	Human Resources Department/Employee Assistance Program; FFSC (Space Available)	Contact your employer for information about your benefits and available services.
Grief/Loss	FFSC, MFLC, Command Chaplain, Embedded Mental Health	FFSC, MFLC, Command Chaplain, Embedded Mental Health	FFSC, Command Chaplain, MFLC, USNMRTC Yokosuka Mental Health	FFSC, MFLC, USNMRTC Yokosuka Primary Care Manager for referral to network	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Health	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Loneliness	Command Chaplain; MWR ITT Office; Single Sailor; USO; FFSC; Chapel of Hope	Command Chaplain; MWR ITT Office; Single Sailor; USO; FFSC; Chapel of Hope	Command Chaplain; MWR ITT Office; Single Sailor; USO; FFSC; Chapel of Hope	Command Ombudsman; School guidance counselor (children); MWR ITT Office; Spouse Clubs; Chapel of Hope	School guidance counselor (children); MWR ITT Office; Chapel of Hope	Contact your insurance company about your benefits and services.
Marital	FFSC; Command Chaplain; CREDO Events	FFSC; Command Chaplain; CREDO	FFSC; Command Chaplain; CREDO	FFSC; Command Chaplain; CREDO	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.

USNH



	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Medication Refill	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager; (Existing) Follow Guidance provided by prescribing provider.	(New) Primary Care Manager/Insurance Company; (Existing) Follow Guidance provided by prescribing provider.	Contact your insurance company about your benefits and services available.
Mood	FFSC Military and Family Life; Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	Mentor, or Sponsor; FFSC Military and Family Life; Chaplain; MFLC; Primary Care Manager; USNMRTC Mental Health	FFSC; MFLC; Chaplain; USNMRTC Yokosuka Primary Care Manager for referral to network	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
New to Military	Chain of Command/Sponsor; FFSC; MFLC	Chain of Command/Sponsor; FFSC; MFLC	Chain of Command/Sponsor; FFSC; MFLC	Command Umbudsman; Chain of Command; FFSC	Human Resources Department/Employee Assistance Program; Primary Care Manager or Insurance Company	Contact your insurance company about your benefits and services available.
Nightmares	FFSC Military and Family Life; MFLC; Primary Care Manager (Medical Officer or IDC)	FFSC Military and Family Life; MFLC; Primary Care Manager (IDC/Waterfront Medical)	FFSC Military and Family Life; MFLC; Primary Care Manager	FFSC Military and Family Life; MFLC; Primary Care Manager	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Nutrition	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.
Parenting	New Parent Support; FFSC; MFLC	New Parent Support; FFSC; MFLC	New Parent Support; FFSC; MFLC	New Parent Support; FFSC; MFLC	New Parent Support; FFSC (Space Available)	Contact your insurance company about your benefits and services available.
PCS/Separation/Retirement	Command Human Resources Department; FFSC; InTransition; VA Representative	Command Human Resources Department; FFSC; InTransition; VA Representative	Command Human Resources Department; FFSC; InTransition; VA Representative	Command Human Resources Department; FFSC; InTransition; VA Representative	Your Human Resources/Civilian Personnel Department	Contact your employer for information about your benefits and available services.
Physical Fitness	Command Fitness Leader (CFL); MWR Sports and Recreation/Gym; Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); MWR Sports and Recreation/Gym; Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); MWR Sports and Recreation/Gym; Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; MWR Sports and Recreation/Gym	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; MWR Sports and Recreation/Gym	Contact your employer about related benefits.
Relationships	FFSC; Command Chaplain; MFLC; CREDO	FFSC; Command Chaplain; MFLC; CREDO	FFSC; Command Chaplain; MFLC; CREDO	FFSC; MFLC; Base Chaplain; CREDO	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services available.
Sexual Assault	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Command Sexual Assault Prevention and Response Victim Advocate; FFSC Family Advocacy Program (FAP)	Contact your insurance company about your benefits and services available.

USNH



	Active Duty Surface Ship	Active Duty Carrier	Active Duty Shore/Other	Dependent of Active Duty	Federally-employed Civilian/Dependent AND Retiree/Dependent	Other (e.g., Employed by Contract Company, etc.)
Sleep	Primary Care Manager (Medical Officer or IDC)	Primary Care Manager (IDC or Waterfront Medical)	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager; Primary Care Behavioral Health Consultant	Primary Care Manager or Insurance Company for referral to network, FFSC (Space Available)	Contact your insurance company about your benefits and services (local area and/or virtual care)
Smoking	Primary Care Manager (Medical Officer or IDC); USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager (IDC/Waterfront Medical); USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.
Spiritual	Command Chaplain; Chapel of Hope; CREDO	Command Chaplain; Chapel of Hope; CREDO	Command Chaplain; Chapel of Hope; CREDO	Command Chaplain; Chapel of Hope; CREDO	Chapel of Hope	Chapel of Hope
Stress/Tolerating Distress	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager ; USNMRTC Mental Health	FFSC Military and Family Life; MFLC; Primary Care Manager	FFSC Military and Family Life; MFLC; Primary Care Manager/Insurance Company	Contact your insurance company about your benefits and services available.
Weight	Command Fitness Leader (CFL); Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Command Fitness Leader (CFL); Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions	Primary Care Manager/Insurance Company; USNMRTC Yokosuka Wellness and Health Promotions	Contact your insurance company about your benefits and services available.
Wellness	Primary Care Manager (Medical Officer or IDC); USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager (Medical Officer or IDC); USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager; USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Primary Care Manager/Insurance; USNMRTC Yokosuka Wellness and Health Promotions; Primary Care Behavioral Health Consultant	Contact your insurance company about your benefits and services available.
Workers-Comp	Chain of Command; Occupational Health and Safety Office	Chain of Command; Occupational Health and Safety Office	Chain of Command; Occupational Health and Safety Office	Supervisor; Occupational Health and Safety Office	Supervisor; Occupational Health and Safety Office	Contact your employer for information about your benefits and available services.
Work-stress	Mentor, or Sponsor; FFSC Military and Family Life; MFLC; Primary Care Manager; Embedded Mental Health	Mentor, or Sponsor; FFSC ; MFLC; Primary Care Manager; Embedded Mental Health	Mentor, or Sponsor; FFSC MFLC; Primary Care Manager; USNMRTC Mental Health	FFSC; Primary Care Manager/Insurance Company	FFSC; Primary Care Manager/Insurance Company	Contact your insurance company about your benefits and services available.
Worries	FFSC ; Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	Chaplain; MFLC; Primary Care Manager; Embedded Mental Health	FFSC ; MFLC; Chaplain; Primary Care Manager; USNMRTC Mental Health	Chaplain; FFSC; MFLC; Primary Care Manager/Insurance Company	FFSC; Primary Care Manager/Insurance Company	Contact your insurance company about your benefits and services available.

USN



MENTAL HEALTH & RELATED RESOURCES DIRECTORY

FLEET ACTIVITIES YOKOSUKA

Service	Phone	Additional Information
Appointment Line USNMRTC (DSN)	315-243-5352	https://yokosuka.tricare.mil/Getting-Care/Appointments-Referrals
Appointment Line USNMRTC (From Japan Cell)	046-816-5352	https://yokosuka.tricare.mil/Getting-Care/Appointments-Referrals
CFAY Event Calendars		https://seahawkunitaka.com/community/community-cfay-monthly-calendars
CFAY Ombudsman	Email Only	cfayombudsman@yahoo.com
Chapel of Hope	315-243-2010	https://www.navymwryokosuka.com/child-youth
Chaplain CFAY	090-1468-2779	CFAY-chapel@us.navy.mil; Facebook search for "Chapel of Hope"
Chaplain CFAY	011-81-468-16-2010	CFAY-chapel@us.navy.mil
Chaplain USNMRTC (DSN)	315-243-2010	https://www.navymwryokosuka.com/child-youth
Child Care- CYP Admin	315-243-4079	https://www.navymwryokosuka.com/child-youth
CNRJ CREDO Chaplain	315-243-8865	https://credo-japan.trumba.com
CNRJ CREDO Chaplain	315-243-3526	https://credo-japan.trumba.com
Crisis Line (24/7) Talk, Text, Chat	844-702-5493	https://www.veteranscrisisline.net/get-help-now/chat/
Crisis Line 24/7 DSN	988	https://www.veteranscrisisline.net/get-help-now/chat/
Duty Chaplain (DSN)	315-243-2300	https://www.veteranscrisisline.net/get-help-now/chat/
Educational and Developmental Intervention Services (EDIS)	315-243-7260	https://yokosuka.tricare.mil/Health-Services/Childrens-Health/EDIS
Educational and Developmental Intervention Services (EDIS)	046-816-7260	https://yokosuka.tricare.mil/Health-Services/Childrens-Health/EDIS
Educational and Developmental Intervention Services (EDIS)	011-81-46-816-7260	https://yokosuka.tricare.mil/Health-Services/Childrens-Health/EDIS
Emergency Chaplain 24/7	090-1468-2779	
Emergency Room USNMRTC Yokosuka	046-816-5137	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Room USNMRTC Yokosuka (DSN)	315-243-5137	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Services Off Base	119	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Services On Base (From Japan Cell)	046-816-0911	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Emergency Services On Base (From US Cell)	911	https://yokosuka.tricare.mil/Health-Services/Urgent-Emergency-Care
Fleet and Family Support Center (EFMP Liaison)	315-243-9605	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center (Family Advocacy)	315-243-7878	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center (Personal Finance)	315-243-9910	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center (Transition Assistance)	315-243-9630	Facebook search for "CFAY Fleet and Family Support Center-FFSC"
Fleet and Family Support Center Yokosuka DSN	315-243-7878	ffscinfo@us.navy.mil
Gyms- Fitness Center Purdy	315-241-4486	https://www.navymwryokosuka.com/programs/53472838-00e7-4fa2-8191-920f88ef29fb
Gyms- Fleet Rec Center	315-243-5304	https://www.navymwryokosuka.com/programs/d1df28d7-5534-4f81-94af-d98d33364f0a
Gyms- Ikego	315-243-5398	https://www.navymwryokosuka.com/programs/b6726465-f8fc-44b0-9714-3dc8aae2782b
Ikego Elementary School Front Desk	046-806-8320	https://ikegoes.dodea.edu/
Ikego Elementary School Registrar	046-806-8323	https://ikegoes.dodea.edu/
Internal Behavioral Health Consultant (IBHC) USNMRTC Yokosuka DSN	315-243-5352	https://yokosuka.tricare.mil/Getting-Care/Appointments-Referrals
inTransition Program	1-800-748-81111	dha.ncr.j-9.mbx.intransition@health.mil
ITT (Info, Tours, Ticketing)	315-241-5056	https://www.navymwryokosuka.com/recreation/tickets-travel
Kinnick High School	046-816-7392	https://kinnickhs.dodea.edu/
Kinnick High School	315-243-7392	https://kinnickhs.dodea.edu/
Kinnick High School Registrar	315-243-5151	https://kinnickhs.dodea.edu/
Legal RLSO	315-243-8901	https://www.jag.navy.mil/legal-services/western-pacific/

HNSN



Mental Health USNMRTC Yokosuka DSN	315-243-5171	https://yokosuka.tricare.mil/Health-Services/Mental-Health-Substance-Abuse
MHS Nurse Advice Line (From DSN)	94-888-901-7144	https://mhsnurseadvice.com/
MHS Nurse Advice Line (From Japan Cell)	0120-996-985	https://mhsnurseadvice.com/
MHS Nurse Advice Line (From US Cell)	1-888-901-7144	https://mhsnurseadvice.com/
Military Family Life Counselors (MFLC)	571-564-3441	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC)	080-7522-4644	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC)	090-8505-2245	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC)	571-338-8225	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC)	080-361-1920	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC) Child/Families	080-0660-3817	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military Family Life Counselors (MFLC) Child/Families	271-580-5733	https://www.militaryonesource.mil/benefits/military-family-life-counseling-program/
Military OneSource Virtual Counseling and Support	1-800-342-9647	https://www.militaryonesource.mil/
Military OneSource Virtual Counseling and Support (DSN)	703-253-7599	https://www.militaryonesource.mil/
Navy-Marine Corps Relief Society	315-243-7650	Facebook search for "Navy-Marine Corps Relief Society Yokosuka"
Outdoor Recreation	315-243-5732	https://www.navymwryokosuka.com/programs/6336b068-b26f-493a-a319-ebd0ff9820651
Patient Advocacy/Referral Management	315-243-8627	https://yokosuka.tricare.mil/Patient-Resources/Medical-Management
Prescription Refill System Naval Hospital (DSN)	315-243-4689	https://yokosuka.tricare.mil/Health-Services/Pharmacy
Prescription Refill System- Naval Hospital (From Japan Cell)	046-816-4689	https://yokosuka.tricare.mil/Health-Services/Pharmacy
Psychological Health Resource Center (DoD)	866-966-1020	health.mil/phrc
Safe Helpline	877-995-5247	https://www.safehelpline.org/
SAPR Hotline (24/7)	090-8046-5783	https://www.safehelpline.org/
School Liason Officer	315-243-5542	https://www.navymwryokosuka.com/child-youth/school-liason-officer-slo
School Liason Officer	046-816-5542	https://www.navymwryokosuka.com/child-youth/school-liason-officer-slo
Sexual Assault Victim Advocate Support Specialist (24/7)	046-816-8415	https://cnrj.cnrc.navy.mil/Installations/CFA-Yokosuka/About/Crisis-Resources/
Sexual Assault Victim Advocate Support Specialist (24/7)	315-243-8415	https://cnrj.cnrc.navy.mil/Installations/CFA-Yokosuka/About/Crisis-Resources/
Single Sailor Liberty Center	315-243-7346	https://www.navymwryokosuka.com/programs/0d72e5b7-ae7c-4000-9262-07cff588cf60
Spouse Education and Career Opportunities (SECO) Program	1-800-342-9647	https://myseco.militaryonesource.mil
Substance Abuse Response and Prevention (SARP) DSN	243-5489	https://yokosuka.tricare.mil/Health-Services/Mental-Health-Substance-Abuse
Teen Center	315-241-2098	https://www.navymwryokosuka.com/child-youth/teen-centers
The Sullivans Elementary School	046-816-2579	https://sullivans.dodea.edu/
The Sullivans Elementary School	315-243-2579	https://sullivans.dodea.edu/
Tricare Claims	315-243-8992	https://tricare.mil/
Tricare Enrollment	315-243-9528	https://tricare.mil/
USO	315-241-3030	https://japan.uso.org/yokosuka
VA Rep	315-243-3960	https://www.benefits.va.gov/benefits/oms_Coordinators.asp
Wellness Apps for Mobile Phone		https://mobile.va.gov/appstore/mental-health
WIC Overseas	315-243-9426	https://tricare.mil/wic/
Yokosuka Middle School Front Desk	046-816-5165	https://yokosukams.dodea.edu/
Yokosuka Middle School Front Desk	315-243-5165	https://yokosukams.dodea.edu/
Yokosuka Middle School Registrar	046-816-3293	https://yokosukams.dodea.edu/
Yokosuka Middle School Registrar	315-243-3293	https://yokosukams.dodea.edu/
Yokosuka Primary School	046-816-2574	https://yokosukaps.dodea.edu/
Yokosuka Primary School	315-243-2574	https://yokosukaps.dodea.edu/

Mental Health Care Overview & Description of Services

FLEET ACTIVITIES YOKOSUKA

**On Base Emergency Services: 046-816-0911 – Emergency Room: 243-5137 – Emergency Off Base: 119 - Crisis Line (Text/Call/Chat): 844-702-5493 or DSN 988
Military OneSource Virtual Counseling and Support Services: 1-800-342-9647; 703-253-7599**

Please note: Availability of resources fluctuates day-to-day with supply and demand. Please contact each agency for most up-to-date service availability.

	Who Can Be Seen	Scope of Care	Confidentiality	Self-Referral Process
Mental Health (MH) 243-5171 USNH Yokosuka Bldg. E-22 Room 152	<ul style="list-style-type: none"> Active Duty attached to shore commands. Dependents of Active Duty (space available) No therapy services for dependents under the age of 18 Child/adolescent Psychiatry is available <p><i>Active Duty attached to ship commands need to speak with their IDC/medical for referral to their embedded mental health team</i></p>	Concerns such as: <ul style="list-style-type: none"> Depression Trauma Anxiety Adjustment Suicidal Ideation 	Access to Records <ul style="list-style-type: none"> CO of patient's command Other medical providers Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault Some UCMJ Violations <p><i>Every encounter is a Fitness for Duty Evaluation (ie mental health impairment, substance use)</i></p>	Walk into MH waiting room in building E22 between the hours of 0800-0900 MON- FRI. If unable to make those hours, please call ahead to arrange a time with the behavioral health technicians. If unable to self-refer, please contact medical provider for a referral. (DoD Civilians can speak with their primary care manager/insurance for referrals to network.)
Substance Abuse Response & Prevention (SARP) 243-5489 USNH Yokosuka Bldg. E-22 Room 225	<ul style="list-style-type: none"> Active Duty Dependents of Active Duty based on space available 	Substance abuse (can be seen in conjunction with MH). <u>Levels of Treatment</u> Prime for Life: 3 day Level 1: 2 week Level 2: 3 week Level 3: inpatient (TAD to CONUS if Active Duty or coordinate with TriCare insurance if dependent)	Access to Records <ul style="list-style-type: none"> CO of patient's command Other medical providers Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault Some UCMJ Violations <p><i>Every encounter is a Fitness for Duty Evaluation (ie mental health impairment, substance use)</i></p>	Active Duty: <ul style="list-style-type: none"> Self-refer to command DAPA for screening DAPA refers to SARP for determination of level of care and treatment. Providers can submit referral to SARP You can also talk to your PCM or stop by the SARP clinic for more information. Dependents: <ul style="list-style-type: none"> Self-refer to SARP office or via provider referral.
Internal Behavioral Health Consultant (IBHC) 243-5352 USNH Yokosuka (Main Building)	<ul style="list-style-type: none"> Active Duty Dependents DOD Civilians Retirees 	Concerns such as: <ul style="list-style-type: none"> Adjustment disorders Sleep Smoking Weight management 	Access to Records <ul style="list-style-type: none"> CO of patient's command Other medical providers Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault Some UCMJ Violations 	<ul style="list-style-type: none"> All can self-refer to IBHC by calling appointment line. Request a referral from your Primary Care Provider
Fleet and Family Support Center (FFSC) 315-243-7878	<ul style="list-style-type: none"> Active Duty AD Dependents Space available <ul style="list-style-type: none"> Contractors DOD Civilians Retirees 	Concerns such as: <ul style="list-style-type: none"> Adjustment issues Couples counseling Stress and related symptom management 	Mandated Reporting <ul style="list-style-type: none"> Harm to Self/Others Abuse child/dependent Domestic Violence Sexual Assault 	Walk into FFSC fourth floor of Community Readiness Center (Bldg. across from Commissary): MON, WED, TH & FRI: 0800-1630 TUES: 0800-1430
Military and Family Life Counselors (MFLC) Various Locations	<ul style="list-style-type: none"> Active Duty AD Dependents <p><i>*** Priority is given to ship-board Active Duty and their spouses</i></p>	Concerns such as: <ul style="list-style-type: none"> Military life stress Parenting Adjustment issues Marital/relational stress 	Services are confidential and no records kept. Mandated reporting of: <ul style="list-style-type: none"> Child abuse Domestic abuse Duty to warn situations 	<u>To Arrange Appointment:</u> (571) 564-3441 (571) 338-8225 080-361-1920 080-7522-4644 090-8505-2245 <u>Children and Family Therapy:</u> 080-0660-3817 571-580-5733
Chaplain Services 315-243-2010 Various Locations	All	Concerns such as: <ul style="list-style-type: none"> Military life stress Relationships Adjustment issues Spiritual concerns 	Full Confidentiality	Yokosuka Area Duty Chaplain: 090-1468-2779 (Emergency Line)

HNSN



HNSN



MENTAL HEALTH APPS FOR MOBILE DEVICES



ACT Coach
Practice lessons learned during Acceptance and Commitment Therapy (ACT) in your daily life.
Android iOS



AIMS for Anger Management
Track, address, and manage anger to reduce frustration and feel in control.
Android iOS Web



Annie for Veterans
Receive automated text messages for self-care including medication reminders, tips to reduce stress, and more.
Web



CBT-i Coach
Receive supplemental support for Cognitive Behavioral Therapy for Insomnia (CBT-i) and learn strategies to improve sleep.
Android iOS



Couples Coach
Explore ways to connect with your partner to improve communication and satisfaction in your relationship.
Android iOS



CPT Coach
Enhance your Cognitive Processing Therapy (CPT) treatment for PTSD with these support materials.
Android iOS



Live Whole Health
Support your health and well-being with care centered around what matters most to you.



Mindfulness Coach
Learn how to practice mindfulness to reduce stress and improve emotional balance.
Android iOS



Pain Coach
Use in-depth education, customizable support, and in-the-moment practice activities based on the latest in pain management to help manage chronic pain.
Android iOS



PFA Mobile
Access resources for responders who provide psychological first aid (PFA) as part of a response effort.
Android iOS



PTSD Family Coach
Access self-care tools and receive support for living with someone who has PTSD.
Android iOS



Share My Health Data
View data from your health tracking devices all in one place and share it with your VA care team.
Android iOS



Stay Quit Coach
Create a personalized plan to quit smoking and access resources for staying smoke-free.
Android iOS



AHRQ QuestionBuilder
Helps Veterans and Caregivers prepare the questions they need to ask their providers ahead of time based on the type of appointment scheduled to get the most out of their visit.
Android iOS Web



Annie for Clinicians
Allows VA care teams to manage Veterans' use of Annie health subscriptions and review the health readings they submit.
Web



Beyond MST
Find coping tools and free resources to work through challenges associated with Military Sexual Trauma (MST).
Android iOS



Concussion Coach
Learn and practice healthy activities that can improve your concussion symptoms.
Android iOS



COVID Coach
Receive tools to support self-care and mental wellness during the COVID-19 pandemic and beyond.
Android iOS



Insomnia Coach
Access a guided weekly training plan, an interactive sleep diary, and other tools to help track and improve sleep.
Android iOS



MHA for Veterans
Take a variety of mental health assessments from the comfort and convenience of home.



MOVE! Coach
Complete a 16-week nutrition and exercise program for weight management.
Android iOS



PE Coach
Supplement your Prolonged Exposure (PE) therapy sessions with exercises and techniques to alleviate PTSD symptoms.
Android iOS



PTSD Coach
Access tools, educational resources, and self-assessments to help manage the stresses of daily life with PTSD.
Android iOS



Safety Plan
Create a custom step-by-step action plan to keep yourself safe when experiencing thoughts about suicide or self-harm.
Android iOS



STAIR Coach
Improve your emotional well-being and relationships with interactive tools for understanding and relieving trauma symptoms.
Android iOS



VA Health Chat
Connect with a VA staff member in as little as 60 seconds.
Android iOS Web

HNSN



Are you feeling stressed and need help, but don't know where to start?



Expanded Operational Stress Control

Navywide peer-to-peer stress control program that provides resilience education and training that promotes early recognition and mitigation of stress-related problems.

Contact your E-OSC Team Leader:

Mental Health Roadmap

Command:



Command CHAPLAINS

Chaplains provide more than spiritual counseling – talking to your Chaplain is 100% confidential, with no reporting requirements and no health record documentation.

Contact your Chaplain:



MILITARY & FAMILY LIFE COUNSELING

MFLC provides non-medical counseling with flexible locations, no referral needed, no health record documentation, and minimal reporting requirements.

Contact your MFLC:



Independent Duty Corpsman/General Medical Officer

IDCs and GMOs can place referrals to embedded mental health, MTFs, and network providers for serious conditions or duty determinations. They provide medical management for most mental health concerns and can communicate with CO and other providers.

Contact your IDC or GMO:



Military OneSource

Counseling for family, financial, stress, and coping skills with no referral needed and no health record documentation.

Contact Mil OneSource:
800-342-9647 or live chat on
www.militaryonesource.mil



Fleet and Family SUPPORT CENTER

Offers individual and couples life skills counseling, with no referral needed and no health record documentation.

Contact your FFSC:
DSN 315-243-7878



EMBEDDED MENTAL HEALTH

EMH can evaluate and treat mental health conditions with therapy and medication. EMH is authorized to determine fit for duty and to communicate diagnosis and plans with other providers and CO.

Contact your EMH:



MILITARY TREATMENT FACILITIES

Provide inpatient psychiatry and emergency room services, group treatment, and comprehensive care; authorized to make military duty determinations and to communicate with other providers and CO.

Schedule an appointment:
315-243-5171



EMERGENCY ROOM

ERs are for life-threatening conditions; ie. the patient is a danger to self or others, or has become gravely disabled.

USO



NOVEMBER 2024 CALENDAR OF EVENTS

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



Friday

01

DAY OF THE DEAD 1100

USO YOKOSUKA CENTER

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

Wednesday

06

SPECIAL DELIVERY SHOWER TWINKLE TWINKLE 0900-1100

OFFICERS CLUB

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

Wednesday

13

MIDWEEK MADNESS 1600-1800

USO YOKOSUKA CENTER

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

Friday

15

COFFEE CONNECTIONS 0900-1100

USO YOKOSUKA CENTER

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

Friday

22

HOLIDAY AND CHILL FAMILY PHOTOS 1600-1900

USO YOKOSUKA CENTER

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

Saturday

23

HOLIDAY AND CHILL FAMILY PHOTOS 0900-1200

USO YOKOSUKA CENTER

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

check out our
linktree



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



NOVEMBER 2024 CALENDAR OF EVENTS

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

Thursday

26

NEW VOLUNTEER OPEN HOUSE USO YOKOSUKA CENTER

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

Friday

29

BOOM BOX BREAKFAST EDITION 0800

USO YOKOSUKA CENTER

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

Once a Month
Recurring
Event

MOONLIGHT MUNCHIES

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



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



check out our
linktree



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

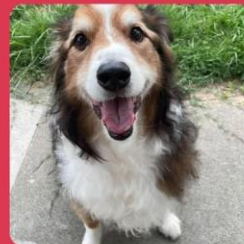
VTF



DAYS CLOSED IN NOVEMBER

Monday

11th



Birthday girl



Thursday

28th

Friday

29th



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 ≥ 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.

