



CFAY ANNOUNCEMENTS



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.

6 Sep 2024

CFAY Waste Disposal Guide

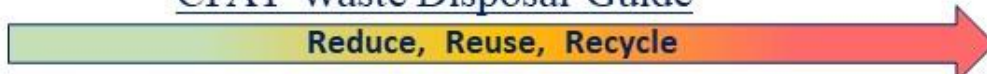
Updated 9 Sep 2024



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



ゴジラ、点灯。



くりはま花の国 対ゴジラ

2024 12.14 SAT - 2025 1.5 SUN
17:00 ~ 20:00



くりはま花の国
公式サイト

お問い合わせ くりはま花の国 管理事務所 〒239-0832 横須賀市神明町1番 TEL. 046-833-8282 (9時~17時)

TM & © TOHO CO., LTD.

Godzilla Illumination

Now - Jan. 5
5 p.m. - 8 p.m.
Daily

Kurihama Flower Park

BEYOND THE GATE



Yokosuka Winter Illumination

Now –
January 5

Verny Park



BEYOND THE GATE



Shonan Jewel 2024

November 23 –
February 28

Enoshima
Sea Candle



BEYOND THE GATE



Yokosuka Countdown 2025

Dec. 31 – Jan. 1
6 p.m. – 1 a.m.

Verny Park



Attention all drivers on express way



ETC-only toll gate

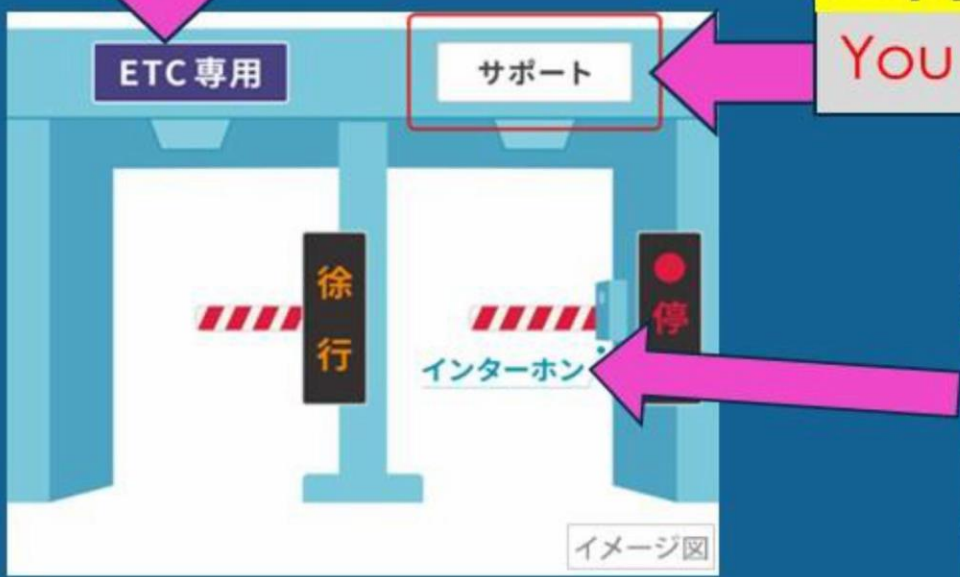
Drive Slowly

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

CAUTION

Support lane Stop

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



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

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

Virtual clinical counseling helps with:

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

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



www.ffsp.navy.mil



CHAPEL



Chapel of Hope Holiday Schedule

Saturday, December 7th

Seventh Day Adventist

Movie Night and Fellowship in Fellowship Hall - The Star at 1600

International Christian Fellowship

Christmas Service in Kodo Auditorium at 1600

Sunday, December 8th

Orthodox Christian

Divine Liturgy and St. Nicholas Celebration 1100

Sunday - Monday, December 15-23

Catholic Community

Simbang Gabi (Novena in the Filipino tradition to prepare for the birth of Christ)
Mass at 1800 each night

Tuesday, December 24

Protestant Community

Candlelight Service at 1630

Catholic Community

Christmas Eve Mass at 1800

Noche Buena Potluck after 1800 Mass. All are welcome as we celebrate Christ's birth.
Midnight Mass at 2300

Wednesday, December 25

Catholic Community

Christmas Day Mass at 1100

Thursday-Friday, December 25 to January 1

Jewish Community

Channukah Menorah Lighting at 1700 each night, at 1600 on 12/27



Join us for this Festival of Lights

HANUKKAH CALENDAR

2 DEC @1700 TORAH ON TAP*

5 DEC @1730 CHAPEL DECORATION

25 DEC-1 JAN @1700 MENORAH LIGHTING
27 DEC @1600 LIGHTING & SHABBAT

25 DEC @1730 CHINESE FOOD & A MOVIE*

26 DEC @1715 CHANUKKAH PARTY

28 DEC @1715 KARAOKE NIGHT (NO-HOST)

*Please contact the Chapel of Hope for location



CYP



Ikego Teen Center

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



DECEMBER 2024



BOYS & GIRLS CLUBS OF AMERICA



CULTURAL AWARENESS MONTH

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

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

CYP



IKEGO TEEN CENTER - WINTER BREAK SCHEDULE

MONDAY 23RD

**GINGERBREAD
HOUSE BUILDING**



TUESDAY 24TH

**SEASONAL COOKIES
AND MOVIES!**

PAJAMAS OK!



THURSDAY 26TH

**NERF WINTER
EXTRAVAGANZA**



FRIDAY 27TH

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



TEEN TRIP TO FUJI Q



MONDAY 30TH

**IKEGO TEEN
CAMP OUT**



TUESDAY 31ST

**BRAWLHALLA AND
MINECRAFT
TOURNAMENTS**



THURSDAY 2ND

CLAW CHALLENGE!



FRIDAY 3RD

**MOVIES & POPCORN
AT I-TEEN**





**TEEN TRIP TO
ROUND 1**



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

CYP



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

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

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

FFSC

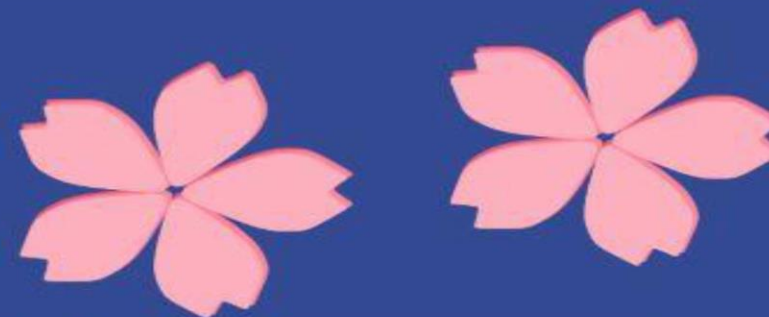


Every Tuesday-Thursday

*subject to change

Updated AOB/ICR Schedule

Starting 13 MAR 2023



Day 1

AOB
@0830
Resource Fair
@1330

Day 2

ICR
@0830
Bus Tour
@1330

Day 3

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



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



FFSC



FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



Sponsorship On-Demand

Jan 2 at 0800 (Virtual)

Military Spouse 101

Jan 3 at 1300

Modeling in Japan

Jan 3 at 1300 (Virtual)

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

FFSC



The
Fleet & Family Support
Center

MODELING IN JAPAN

JAN 3RD AT 1300
VIRTUAL

Are you interested in modeling in Japan?
Join us for an informational class and learn how to get started.

Registration: DSN: 243 - 3372 or FFSCInfo@us.navy.mil

FFSC



**The
Fleet & Family Support
Center**

Space-A flights Brief

January 13 at 1100 am (Virtual)
Register by email to FFSCinfo@us.navy.mil



SMOOTH MOVE

January 10, 2025
0900 - 1100
CRC BLDG, 4th FL, Haru & Natsu

Are you moving within the next 6 months?

Explore our resource fair in person to have your questions addressed and connect with subject matter experts from essential organizations, including Household Goods, Housing, Tricare, NFCU, Navy Lodge, EFMP, Veterinary, NAVPTO, and our Personal Finance Manager.

REGISTRATION REQUIRED

Please call 243-3372 or email
FFSCinfo@us.navy.mil to sign up!

FFSC



EMERGENCY AND DISASTER PREPAREDNESS

A PRACTICAL INFORMATIONAL
GUIDE ON EMERGENCY
PREPAREDNESS

 JAN 27, 2025

 1130

 AOB AUDITORIUM
CRC BLDG. 4TH FL

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

REGISTRATION
REQUIRED



EOP PACKET OVERVIEW

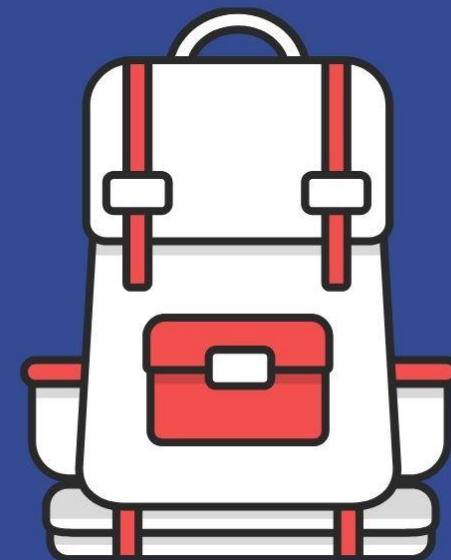
JANUARY 27, 2025
1000-1100
Bldg. 3365, 4th FL
AOB AUDITORIUM



Please call 243-3372 or email
FFSCinfo@us.navy.mil to sign up!



To prepare for the
possibility of an
evacuation, join our
workshop to discuss
the MANDATORY USFJ
Emergency Evacuation
Program (EEP)
checklist and packet
and what to do with it.



FFSC

MILITARY SPOUSE

101

Every 1st Friday (virtual) @ 1300

Every 4th Monday (in-person) @ 1300

What You Will Learn

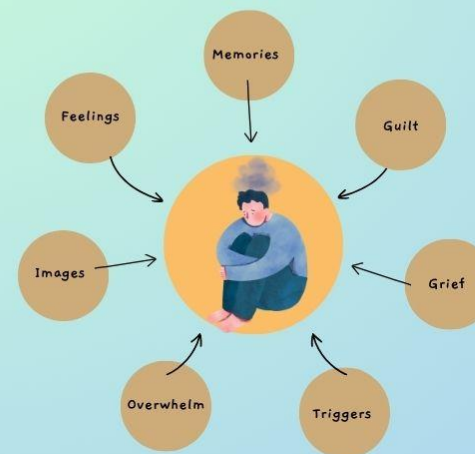
- ✓ Basics of military life in Yokosuka.
- ✓ Integration into the military community.
- ✓ Access to resources and support services.



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



SYMPTOM REDUCTION GROUP



Accept
Peace
Relief
Heal
Cope



- ✓ Reduce triggers from past events into more manageable levels
- ✓ Increase resiliency
- ✓ Learn new stress management skills
- ✓ Led by an FFSC clinical counselor

Learn how to use EMD (eye movement desensitization) techniques for reducing stressful symptoms from recent or past events. No speaking or sharing of experiences is required. Must be 18 or older.**

JAN 7, 2025
1400 - 1600

CRC Bldg., 4th Floor, Counseling Office

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

FFSC



Make Tomodachi

ともだちを作る



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



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

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

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



Learn Japanese



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

Everyday Japanese

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

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

Active Japanese Language

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

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

Daisuki

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

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

Make Tomodachi

Fleet Rec. Bldg. 3/F:

Every 1st & 3rd Wednesdays (Intermediate), 1630-1715

Every 2nd & 4th Wednesdays (Beginner), 1630-1715

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

Ikego Japanese Language Series

Ikego: Tuesdays at 1200-1300 for ten - twelve weeks

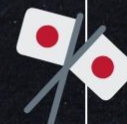
This is a ten to twelve week course held once per quarter. Get to know Japan by learning how to speak, read, and write in Japanese.

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

FFSC



ikego Japanese Language Series



Jan 7 - Mar 25
1200-1300

Ikego-Nikko Tower

Get to know Japan by learning how to speak, read
and write in Japanese.

This is a twelve week course.

To register please call 246-8052 or email FFSCinfo@us.navy.mil

FFSC



JAN 24TH
0930-1200



COASKA
MALL
-GROCERY TOUR-

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



MARTIAL ARTS CLASSES

December 2024 *No Classes December 25*



Class	Days	Time	Age	Monthly Fee	Location
Wrestling (Open)	Tues / Fri	5:00-6:30PM	15+	FREE	Hawks Nest Wrestling
Wrestling (Kids) Fundamentals	Mon	5:00-7:00PM	4-14	\$25.00	Hawks Nest Wrestling
Competitive Adults Wrestling	Tues	6:30-7:30PM	18+	\$50.00	Hawks Nest Wrestling
Competitive Kids Wrestling	Mon/Tues	3:00-4:00PM	8-16	\$25.00	Hawks Nest Wrestling
Fushin-Ryu Karate Beginner *Cancelled Dec 27th-Jan 6th*	Tues / Thurs	3:00-4:00PM	4+	\$50.00	Niban Tower Community Room
Fushin-Ryu Karate Intermediate *Cancelled Dec 27th-Jan 6th*	Tues / Thurs	4:00-5:30PM	6+	\$50.00	Niban Tower Community Room
Fushin-Ryu Karate Advance *Cancelled Dec 27th-Jan 6th*	Tue / Thurs	5:30-7:00PM	13+	\$50.00	Niban Tower Community Room
Brazilian Jiu-Jitsu Kids (Renzo Gracie Japan)	Mon / Wed	4:00-5:00PM	5-14	\$70.00	Hawks Nest Mats 1
Brazilian Jiu-Jitsu Adults (Renzo Gracie Japan)	Mon / Wed (Tues / Thurs)	5:00-7:00PM	15+	\$120.00 *All Inclusive*	Hawks Nest Mats 1
Judo Class 1	Tues / Fri	5:00-6:00PM	6-8	\$40.00	Hawks Nest Mat 2
Judo Class 2	Tues / Fri	6:10 -7:10PM	9+	\$40.00	Hawks Nest Mat 2
Judo Adult Beginner / Advanced (Including Green Belt or Higher Kids)	Tues / Fri	7:15-8:15PM	9+	\$40.00	Hawks Nest Mat 2
Kaitoukai 海闘会	Sat	12:15-1:15PM	18+	\$40.00	Group Ex Fleet Rec



MARTIAL ARTS CLASSES



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

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

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

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

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

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

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

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

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

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

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

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

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

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

MWR



December 2024 Yokosuka Group Fitness Schedule



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

Weightlifting Programs

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

Tactical Fitness
Location: Purdy Outdoor Tactical Fitness Box
Monday-Friday | 8:05-9:05 am
Monday-Friday | 4:30-5:30 pm **Cancelled 23rd-31st**
Monthly rate: \$60

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

TacFit Basics
Location: Purdy Outdoor Tactical Fitness Box
Monday & Thursday | 3:15-4:15 pm
Monthly rate: \$20
Cancelled 23rd-31st

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

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

Weightlifting (Olympic Lifting Techniques)
Location: Fleet Rec (5F) Functional Fitness Area
Tuesday & Friday | 6:00 - 8:00pm
Monthly rate: \$30

Weightlifting Programs:

FUNCTIONAL FITNESS:

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

TACFIT BASICS:

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

TACTICAL FITNESS:

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

TACFIT LITE:

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

THE BARBELL CLUB:

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

WEIGHTLIFTING (OLYMPIC LIFTING TECHNIQUES):

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

Group Exercise Classes:

AQUAFIT

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

Animal Flow

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

CONDITIONING & RECOVERY (C&R)YOGA

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

LES MILLS BODYATTACK®

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

LES MILLS BODYBALANCE®

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

LES MILLS BODYCOMBAT®

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

LES MILLS BODYPUMP®

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

LES MILLS GRIT CARDIO®

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

LES MILLS RPM®

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

POWER YOGA

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

VINYASA YOGA

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

ZUMBA®

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

Kickboxing

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

Group Fitness Sticker Fees

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

Combo Classes

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

Weightlifting Program Fees

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

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

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



MWR



December 2024

Ikego GX Class Schedule

Location: Asuka Tower Community Room

Tuesday		
9:00—10:00a	Zumba with Miwako <u>December 3rd & 17th Only</u>	Free
11:30—12:30p	Gentle Yoga With Patricia <u>Cancelled 24th, 31st</u>	Free
Wednesday		
<u>No Class Dec. 25</u>		
9:00-10:00	Body Pump With Mika	Sticker
Thursday		
11:30—12:30	Vinyasa Yoga With Patricia <u>Cancelled 21st & 28th</u>	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/NavyMWR Yokosuka



New Construction of NSST Shiphandling Trainer Parking lot Closures



Closure Period Sep 2024 – 2027

Parking Lot Closures



Parking lot closures:

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

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

as of 3 Sep 2024

PWD



Parking Lot Closures – Truman Bay



Closure Period

November 2024 – 2027

LOT CLOSURE



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

as of 19 NOV 2024

PWD



Yokosuka Base – Partial Road Closure



Closure Period

11 Oct 2024 – 31 Mar 2025

PARTIAL CLOSURE



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

as of 11 OCT 2024

PWD



SAFETY



CFAY Driver's License Office



CLOSED for Holiday

Closed 25 Dec 2024

Reopen 06 Jan 2025

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





Visitor Control Center (Temporary Relocation)

VCC Temporary Relocation Period

23 July 2024 – January 2025



TEMPORARY RELOCATION OF SERVICES

■ Current VCC Location

■ Temporary VCC Location

Transition Period (23 – 31 July):

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

Renovation Period (1 Aug 24 – Jan 2025)

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

NOTICES FROM TENANT COMMANDS & NFEs



CNRJ

TAKE PART AND LET YOUR FEEDBACK BE HEARD!

COLA FOCUS GRP 2025



JANUARY 15
BLDG A-20 2ND FLR
ROOM 205

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

OPEN TO ALL SAILORS!



GAO



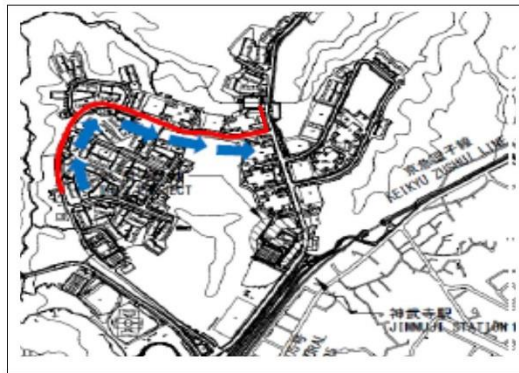
Please note

Parking at A-20 is very limited. Using the roof level of the SRF Parking Garage is highly recommended



NOTICE OF CONSTRUCTION

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



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

This work needs to open new teen/CYP center.

Thank you for your cooperation and understanding.

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

South Kanto Defense Bureau
Yokosuka Construction Office

TOSHIBA PLANT SYSTEMS,
GoJ Contractor



US Army Corps of Engineers
Yokosuka Resident Office

DECA

The image shows a chalkboard with a wooden frame, set against a dark wooden background decorated with Christmas items like gifts, ornaments, and pine branches. In the top left corner, there is a circular logo for the Yokosuka Commissary with the text 'SERVING THE UNITED STATES ARMED FORCES' and 'SINCE 1867'. The word 'COMMISSARY' is written in a banner across the logo. The chalkboard text is as follows:

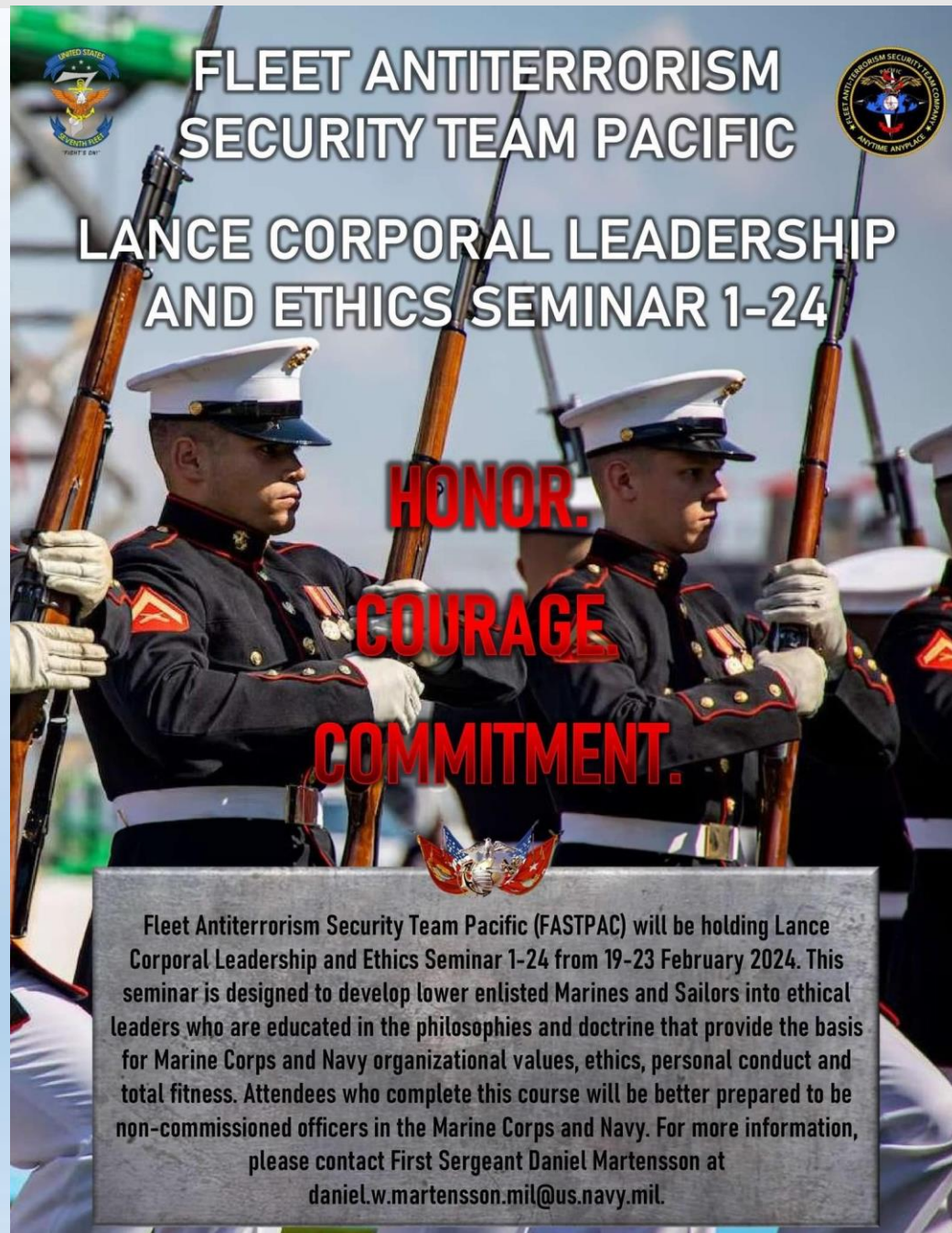
Yokosuka Commissary



Dec 24: 8:30 a.m. - 4:00 p.m. Dec 31: 8:30 a.m. - 6:00 p.m.

Christmas: CLOSED New Year's Day: CLOSED

HOLIDAY HOURS


FASTPAC

A photograph of several Marines in dress uniform, including white hats and dark jackets with red accents, standing in formation and holding rifles. The background is a clear blue sky.

**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.

NAVSUP



POST OFFICE HOLIDAY HOURS

~ Key Dates Dec 2024/Jan 2025 ~

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

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

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

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

Holiday Hours Yokosuka Post Office will be:

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

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

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

NEX



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

16-20 lb Turkey (Precooked)

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

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

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

**CHOOSE ANY
SIDES**

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



NEX



Pizza Hut's 2024 Holiday Promotion



(Limited Time Offering)

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

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



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

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

NEX



**No One Out
Pizza's The Hut**



**Meat Lover's
Pizza Pie**

Limited Time Offering

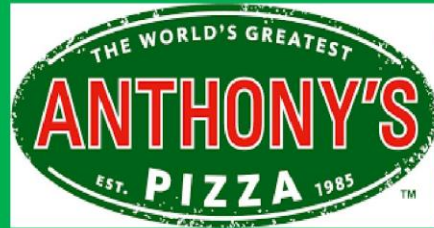
ONLY \$19.50

Available At:

***Yokosuka Bayside**

***Atsugi Food Court**

NEX



Celebrate The Holiday's With Anthony's Pizza

Meat Lover's Pizza

For ONLY **\$19.50**

A \$3.00 Discount
Limited Time Only



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

NEX

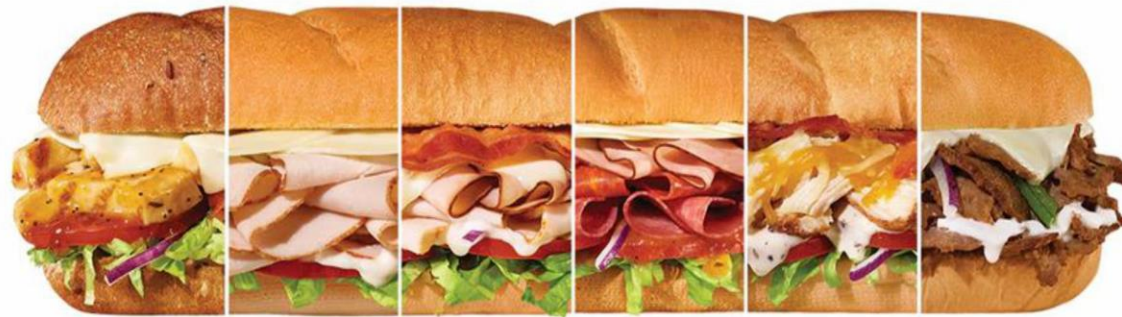


2024



Holiday Special

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



Foot Long Sub Sandwich

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

NEX



Crispy Empanadas



BEEF (Beef & Cheese)

SAUSAGE (Egg, Sausage, Cheese & Potatoes)

CHICKEN (Chicken & Cheese)

\$3.00

RED CROSS



American Red Cross

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



The Red Cross Message for Military Families

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



Prepare Today!
Complete a Contact Card!





**American
Red Cross**



Class Schedule

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



**CPR AND
FIRST AID
CLASSES**

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

- Monday January 6, 1500-1800
- Thursday January 9, 1300-1600
- Thursday January 23, 1300-1600

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

- Thursday January 30, 1300-1600

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

(Recommended for ages 12-17)

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

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

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

TO REGISTER:

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



RED CROSS



Volunteer Now



American Red Cross

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



VOLUNTEER!

Disaster Action Team & Disaster Team Lead

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

Help with Emergency

Messages and during large scale emergencies

Also Available:

MTF Professional and Admin Help

Youth Preparedness Team

CPR/BLS/Babysitting Instructor

Library

PAWS

Vet Clinic

Post Office

Youth Clubs

RED CROSS



Holiday Schedule

OFFICE CLOSED

December 25
January 1

STAFF WORKING REMOTELY

December 24
December 26
December 31

NEED ASSISTANCE?

Email us at yokosuka@redcross.org
Call: 070.1289.1747

FOR AN EMERGENCY MESSAGE:

Call The Hero Care Center
1.877.272.7337



RESERVES



NAVY RESERVE IS OFFERING MOST RATES

\$20,000

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

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

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

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

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

INTERESTED IN KNOWING MORE? EMAIL POCs below:

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



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



RLSO



U.S. Citizenship and Immigration Services (USCIS) Outreach Event



23 January 2025: Opportunity for Q&A Session with USCIS!



- *Have you considered becoming a U.S. citizen?*
- *Do you have questions about the naturalization process?*
- *Are you considering bringing family members to the U.S. to reside permanently?*

Join us on 23 January 2025 at the
U.S. Fleet Activities Yokosuka Kodo Auditorium
(2nd deck of Community Readiness Center)

Event time will be announced closer to the date



RLSO



RLSO Western Pacific Legal Assistance reduced services notice

The Yokosuka Legal Assistance Office will be **CLOSED** from **Tue, 31 Dec – Thu, 2 Jan 2025**
in observance of



We will resume office hours on **Fri, 3 Jan 2025 at 0930.**

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

We apologize for any inconvenience.
V/R, Legal Assistance Department Staff.

USNH



USNH Yokosuka Patient Family Partnership Council

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

Please join us at our upcoming meetings!

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

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

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

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



Naval Hospital Yokosuka
www.facebook.com/usnhyokosuka

USO



DECEMBER 2024 CALENDAR OF EVENTS

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



Tuesday

03

COFFEE CONNECTIONS 0900-1100 USO YOKOSUKA CENTER

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

Wednesday

11

COFFEE CONNECTIONS: IKEGO 1700-1900 IKEGO NIKKO TOWER

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

Wednesday

18

MIDWEEK MADNESS 1600-1800 USO YOKOSUKA CENTER

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

Saturday

21

COOKIE DECORATING 0900, 1000, 1100 USO YOKOSUKA CENTER

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

Monday

23

COOKIE DECORATING: IKEGO 1600-1800 IKEGO NIKKO TOWER

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

Monday

30

KIDS NEW YEARS EVE BINGO 1600-1800 AYAME TOWER

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

check out our
linktree



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

VTF



DAYS CLOSED IN DECEMBER



Closed
25th



Closed
31st



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



Yokosuka Veterinary Treatment Facility

VTF



PCS Guide – Leaving Japan with pets

Where are you going? :

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

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



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



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

GUAM (Start process 3 months in advance)

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

HAWAII (Start process 3 months in advance)

- Ensure pet is microchipped, has 2 rabies in lifetime (one must be current).
- Import permit (Owner must obtain this from Hawaii Dept. of Agriculture website).
- FAVN with results of ≥ 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.

