



CFAY ANNOUNCEMENTS



CFAY



2024 TREE LIGHTING CEREMONY

December 5

3 - 7 p.m. • Ikego Joint Use Field

December 6

3 - 7 p.m. • Yokosuka Red Brick Area

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



For details, please call 241-5060 or email
MWR_Yokosuka_Special_Events@us.navy.mil

Events are subject to change without notice.

CFAY



COMMANDER, FLEET ACTIVITIES YOKOSUKA

TOWN HALL

December 18, 2024

Cup of Joe

Nikko Tower Community Room

@ 8 a.m.

AOB / ICR Classroom @ 6 p.m.

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

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

CFAY



Consolidated Battery Recycling

PILOT PROGRAM AT NEX Bldg H-20



Sort batteries in designated container marked by:

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

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



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

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

6 Sep 2024

CFAY Waste Disposal Guide

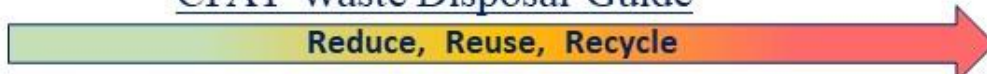
Updated 9 Sep 2024



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



Oppama Night Market

Nov. 30
2 p.m. – 7 p.m.

Oppama Station



BEYOND THE GATE



第40回 三浦国際市民マラソン 2025 **3/2** (日)
雨天決行

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



Miura Marathon
Signup Extended

Deadline
Monday, Dec. 9

See our Nov. 27
Facebook post

BEYOND THE GATE



Yokosuka Winter Illumination

Now –
January 5

Verny Park



BEYOND THE GATE



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

Yokosuka Chuo Illumination & Photo Contest

Now –
December 25

Blue Street



BEYOND THE GATE



Shonan Jewel 2024

November 23 –
February 28

Enoshima
Sea Candle



BEYOND THE GATE



Yokosuka Countdown 2025

Dec. 31 – Jan. 1
6 p.m. – 1 a.m.

Verny Park





Attention all drivers on express way



ETC-only toll gate

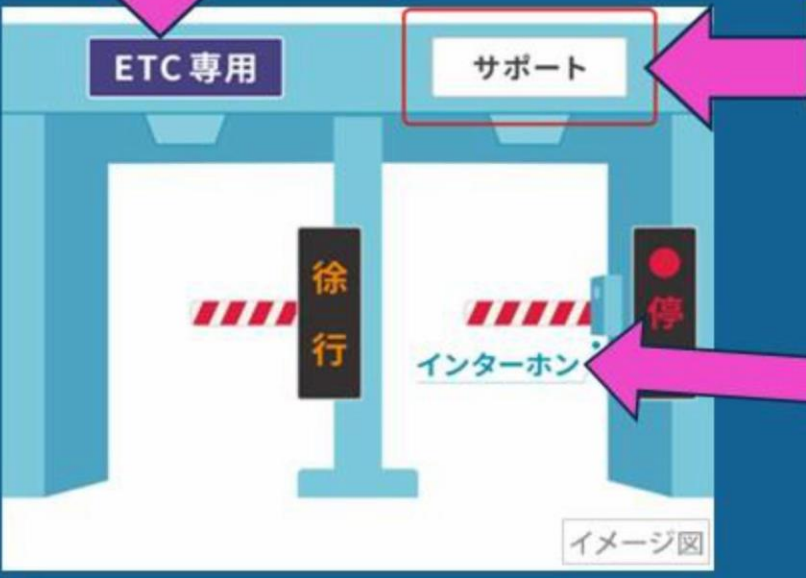
Drive Slowly

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

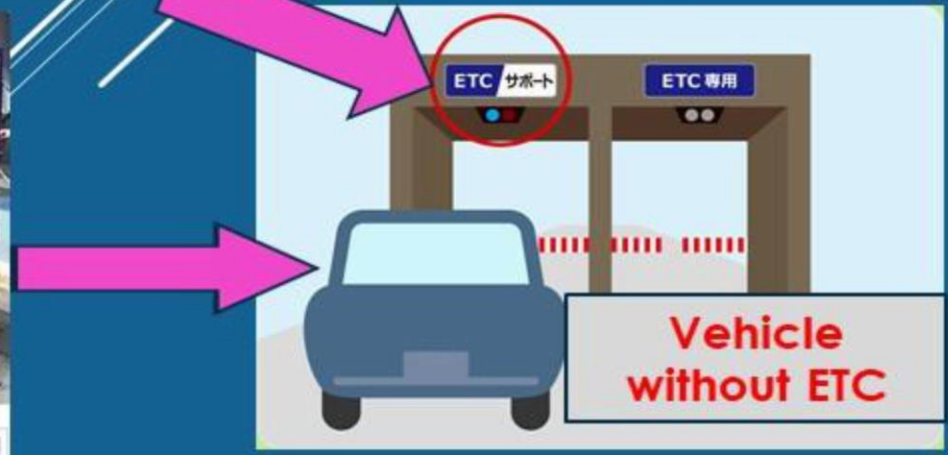
CAUTION

Support lane Stop

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



Interphone



Vehicle without ETC

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



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



Join the Chapel of Hope &
our local churches for an

International Christmas Celebration

Sunday, December 8

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

Chapel of Hope

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

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



FFSC

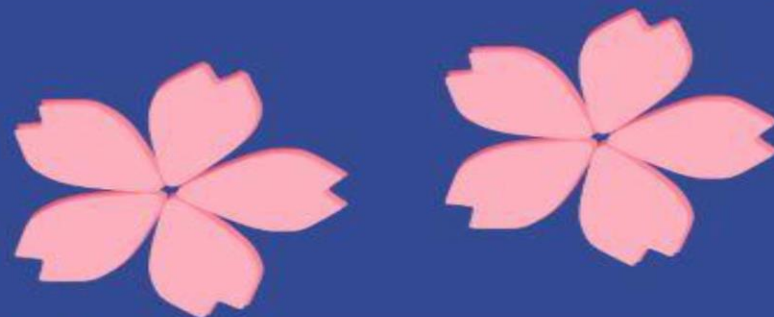


Every Tuesday-Thursday

*subject to change

Updated AOB/ICR Schedule

Starting 13 MAR 2023



Day 1

AOB
@0830
Resource Fair
@1330

Day 2

ICR
@0830
Bus Tour
@1330

Day 3

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



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



FFSC



2024 . November

MON	TUE	WED	THU	FRI
				<p>1</p> <p>0900 SMOOTH MOVE 1030 NAVY SPOUSES IN TRANSITION 1300 MILITARY SPOUSE 101 (VIRTUAL) 1330 ENJOYING JAPANESE FOOD</p>
<p>4</p> <p>0800 SAPR VA INITIAL (DAY 1/5) 0800 TAP CORE CURRICULUM (RETIREE) (DAY 1/3) 1100 SPACE A/EML FLIGHTS BRIEF (VIRTUAL)</p>	<p>5</p> <p>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)</p>	<p>6</p> <p>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)</p>	<p>7</p> <p>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</p>	<p>8</p> <p>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)</p>
<p>11</p> <p><i>Veterans Day</i></p> 	<p>12</p> <p>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)</p>	<p>13</p> <p>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)</p>	<p>14</p> <p>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)</p>	<p>15</p> <p>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)</p>
				<p>16</p> <p>*1000 MODELING FAIR</p>
<p>18</p> <p>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</p>	<p>19</p> <p>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</p>	<p>20</p> <p>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</p>	<p>21</p> <p>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</p>	<p>22</p> <p>0800 CFS TRAINING (DAY 5/5) 0930 ENJOYING JAPANESE FOOD 1300 ESL/EFL 1300 MILITARY SPOUSE 101 (VIRTUAL)</p>
<p>25</p> <p>0800 AOB/ICR (DAY 1/3) *0800 RETIREMENT SYMPOSIUM 1000 EVERYDAY JAPANESE</p>	<p>26</p> <p>0800 AOB/ICR (DAY 2/3) 1300 PLANNING FOR RETIREMENT (VIRTUAL)</p>	<p>27</p> <p>0800 AOB/ICR (DAY 3/3) 1300 ESL/EFL (IKEGO) 1300 SAPR VA RESIDENT ADVISOR 1500 ACTIVE JAPANESE LANGUAGE 1630 MAKE TOMODACHI (BEGINNER)</p>	<p>28</p>	<p>29</p>



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

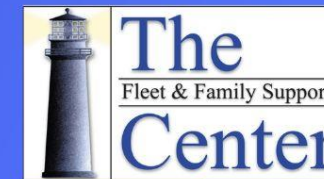


FFSC



FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



TAP Core Curriculum

Dec 2-4 at 0800

AOB/ICR

Dec 3-5 at 0800

Private Organization

Dec 3 at 0900 (Virtual)

Symptom Reduction Group

Dec 3 at 1400

Youth ICR (Elem)

Dec 3 at 1430

Pre-Marriage Seminar

Dec 4 at 0930 (Virtual)

Planning For Your Financial Future

Dec 4 at 1300 (Virtual)

Make Tomodachi (Intermediate)

Dec 4 at 1630

My Employment Track

Dec 5-6 at 0800

Sponsorship On-Demand

Dec 5 at 0800 (Virtual)

Resiliency Bootcamp

Dec 5 at 1130

SAPR VA Refresh Training

Dec 5 at 1300

Smooth Move

Dec 6 at 0900

Prenatal Families

Dec 6 at 1000

Military Spouse 101

Dec 6 at 1300 (Virtual)

Modeling In Japan

Dec 6 at 1300 (Virtual)

Enjoying Japanese Food

Dec 6 at 1330

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

FFSC



MODELING IN JAPAN

12.06.2024

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



Letters to Santa

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

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

Accepting letters from December 2nd - December 15th

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



Please email FFSCinfo@us.navy.mil or call 243-3372 for more information!



FFSC



PLANNING FOR YOUR FINANCIAL FUTURE

DEC 4TH at 1300
VIRTUAL

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



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



PRIVATE ORGANIZATION TREASURER TRAINING

DEC 3RD
@ 0900
VIRTUAL



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

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

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



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

MILITARY SPOUSE

101

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

What You Will Learn

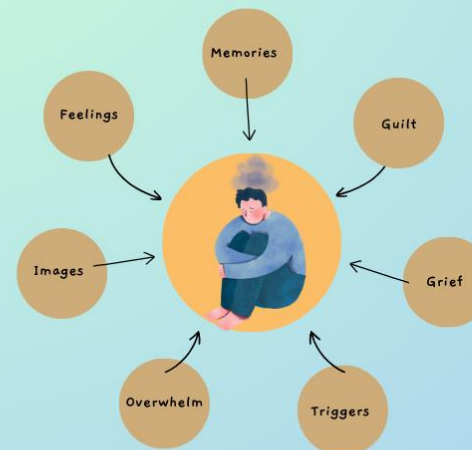
- ✓ Basics of military life in Yokosuka.
- ✓ Integration into the military community.
- ✓ Access to resources and support services.



To register contact us at FFSCinfo@us.navy.mil / 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

Location:
Library
Meeting Room
at CRC Building

Let's
EXERCISE
MENTAL
health

About the Class

This course is designed to help you build resiliency to and achieve your best SELF.

Let's work out elements of meditation and self-care that will help you enhance your mental fitness.

Registration Required:
Contact: FFSCinfo@us.navy.mil, DSN: 243-7878

FFSC



Make Tomodachi

ともだちを作る



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



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

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

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



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



1st Fridays
1330-1600

4th Fridays
0930-1200

The
Fleet & Family Support
Center

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!

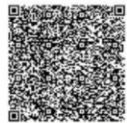
MORE INFORMATION

- ☎ 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



FLEET ACTIVITIES, YOKOSUKA presents **25 DAYS OF CHRISTMAS**

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



For more information, please visit navymwryokosuka.com or email MWR_Yokosuka_Special_Events@us.navy.mil



MWR



CFAY MWR **SANTA** Visits

Club Takemiya

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

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

Officers' Club

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

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

Club Alliance

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

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

CPO Club

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

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

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



2024 CFAY MWR **FESTIVAL OF TREES**

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

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



For details, please call 241-5060 or email
MWR_Yokosuka_Special_Events@us.navy.mil

Events are subject to change without notice.



MWR



ATTENTION CUSTOMERS

Fleet Theater Closure

Nov. 27 - Dec. 21

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

We thank you for your patience.



Visit us on the web.



MWR



MARTIAL ARTS CLASSES

November 2024

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



MARTIAL ARTS CLASSES

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

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

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

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

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

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

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

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

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

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

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

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

Register for classes at Purdy Fitness Center, the 3F Fleet Rec Fitness Office, or online at MyFFR
(<https://myffr.navyaim.com/wbwscc/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 COMBAT with Mika/Phil	COMBO
6:10-7:00p	BODYBALANCE with Phil Nov. 4th only	COMBO	5:00-6:00p	BODYPUMP with Amanda	STICKER	6:00-6:45p	BODYBALANCE with Phil Cancelled 20th & 27th	COMBO
THURSDAY			FRIDAY			SATURDAY		
8:30-9:30a	Animal Flow with Yuka	STICKER	9:00-10:00a	BODY COMBAT with Mika	STICKER	8:45-9:45a	BODYPUMP with Amanda	STICKER
8:45-9:15a	GRIT CARDIO with Amanda	STICKER	9:00-10:00a	BODYPUMP with Amanda	STICKER	10:00-11:00a	BODY COMBAT with Yukari Nov. 9th & 23rd	STICKER
9:00-10:00a	ZUMBA with Sayumi	FREE	10:00-11:00a	Animal Flow with Yuka	STICKER	10:00-11:00a	BODY ATTACK with Yukari Nov. 2nd, 16th & 30th	STICKER
9:15-9:45a	AQUAFIT with Ian	Reg in Adv in MyFFR	10:30-11:30a	ZUMBA with Kim	STICKER	SUNDAY		
10:15-11:00a	BODY BALANCE with Kayla Cancelled 21st & 28th	STICKER	5:00-6:00p	BODY COMBAT with Phil Cancelled 22nd & 29th				
10:30-11:30a	BODYPUMP with Yuka Cancelled 7th & 28th	STICKER				8:45-9:45a	BODYPUMP with Sachiko	STICKER
11:45-12:45p	VINYASA YOGA with Yuka Cancelled 7th & 28th	FREE				10:00-11:00a	BODY COMBAT with Phil Cancelled 17th & 24th	STICKER
5:00-6:00p	BODYPUMP with Amanda	STICKER						

Weightlifting Programs

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

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

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

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

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

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

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

Weightlifting Programs:

FUNCTIONAL FITNESS:

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

TACFIT BASICS:

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

TACTICAL FITNESS:

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

TACFIT LITE:

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

THE BARBELL CLUB:

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

WEIGHTLIFTING (OLYMPIC LIFTING TECHNIQUES):

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

Group Exercise Classes:

AQUAFIT

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

Animal Flow

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

CONDITIONING & RECOVERY (C&R)YOGA

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

LES MILLS BODYATTACK®

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

LES MILLS BODYBALANCE®

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

LES MILLS BODYCOMBAT®

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

LES MILLS BODYPUMP®

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

LES MILLS GRIT CARDIO®

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

LES MILLS RPM®

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

POWER YOGA

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

VINYASA YOGA

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

ZUMBA®

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

Kickboxing

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

Group Fitness Sticker Fees

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

Combo Classes

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

Weightlifting Program Fees

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

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

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



MWR



November 2024

Ikego GX Class Schedule

Location: Asuka Tower Community Room



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

Group Fitness Sticker

Fees

Single Sticker: \$3

10 Stickers: \$25

Combo Classes

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

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

Schedule is subject to change

For more information, please visit:

www.facebook.com/NavyMWRYokosuka



L Street and 4th Avenue – Partial Closure

Closure Period

ROAD: 02 Dec – 03 Dec 24

PARKING: 04 Dec – 06 Dec 24

PARTIAL CLOSURE



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

as of 27 NOV 2024

PWD



New Construction of NSST Shiphandling Trainer Parking lot Closures



Closure Period Sep 2024 – 2027

Parking Lot Closures



Parking lot closures:

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

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

as of 3 Sep 2024

PWD



Parking Lot Closures – Truman Bay



Closure Period

November 2024 – 2027

LOT CLOSURE



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

as of 19 NOV 2024

PWD



Road Closures – Main Base Community Area



Closure Period
2023 – 2025

FULL ROAD CLOSURE



PWD



as of 17 Sep 2024

Commissary Parking – Closure

Closure Period

Jul 2024 – 30 Nov 2024

PARTIAL CLOSURE



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

as of 17 Sep 2024

PWD



Sherman Ave – Partial Closure

Closure Period

02 Sep 24 – 30 Nov 2024

PARTIAL CLOSURE



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

as of 17 Sep 2024

PWD



Yokosuka Base – Partial Road Closure



Closure Period

11 Oct 2024 – 31 Mar 2025

PARTIAL CLOSURE



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

as of 11 OCT 2024

PWD



Visitor Control Center (Temporary Relocation)

VCC Temporary Relocation Period

23 July 2024 – January 2025



TEMPORARY RELOCATION OF SERVICES

- Current VCC Location
- Temporary VCC Location

Transition Period (23 – 31 July):

- Current VCC and Temporary VCC locations will be open for service during regularly scheduled hours.
- #### Renovation Period (1 Aug 24 – Jan 2025)
- Temporary VCC location serve as primary location for services until VCC renovation period is completed.



NOTICES FROM TENANT COMMANDS & NFEs



7th FLEET



SUNDAY, DECEMBER 15, 2024 3 P.M.

TOGETHER FOR THE HOLIDAYS

A JOINT CONCERT CELEBRATION!

FEATURING:

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

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



FOR TICKETS, VISIT:
WWW.NAVYMWRYOKOSUKA.COM

CNRJ



CNRJ Fire & Emergency Services

Fleet Activities Yokosuka, Japan

Holiday Safety Stand Down 2024



CNRJ Fire Prevention Office



Introduction

- ✓ U.S. fire departments responded to an estimated average of **835** home structure fires per year that began with decorations, excluding Christmas trees.
- ✓ Nearly one of every five (20%) Christmas tree fires were started by lamps or bulbs. Eleven percent were started by candles.
- ✓ Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.
- ✓ Unattended equipment is a factor in over one quarter (29%) of reported home cooking fires and half of the associated deaths.



Cooking Safety

- Keep appliance in good condition.
- Clean stove and oven before use.
- Keep any combustible materials away from stove or any heat source.

Never leave cooking unattended!





DETECTOR

When there is a fire, **smoke spreads fast!** Smoke alarms give you early warning so you can get outside quickly.

DO NOT cover or take the detector off from the wall.



If alarm sounds, leave your room or office and go to the meeting place, and call **911(046-816-0911)** for on base dispatch center.

*A single “chirp” every 30 or 60 seconds means the battery is low and must be charged.



Portable space heater

- Space/ portable heaters shall have a **3 foot zone clearance** from any materials.
- On-base facility must have the approval from fire department and other related party to use the space heater.
- Fire occurred from portable heater last year at Town House.





Portable space heater

(cont.)

*Approves only system shut down during the winter season.

- Plug directly into wall outlet.
Never plug into surge protector or extension cord.
- Verify it is an. approved test laboratory and has an automatic shutoff, if tipped over.
- Turn off or unplug when leaving a room or go to bed.





HOLIDAY DECORATIONS

- Choose decorations that are flame retardant.
- Keep decoration away from door.
- No daisy-chain power strips.
- Always turn off holiday light decorations when closing your business for the day or leaving a room.
- Candle safety.



CHRISTMAS TREES

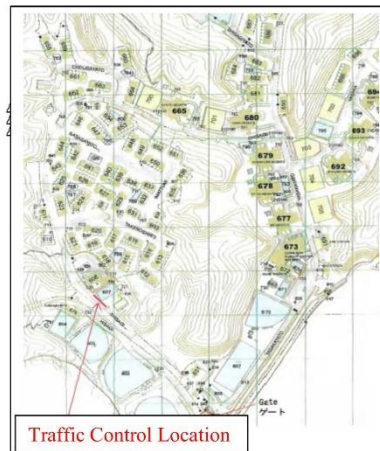
- Choose a **fresh tree** when you purchase them
- Keep your tree fresh in a stand that holds water
- Place tree **away from direct heat source**
- Dried-out trees are a fire hazard
- Never decorate metal trees with electric lights
- Never smoke around the tree or decorations
- Make sure your tree is **not blocking an EXIT**



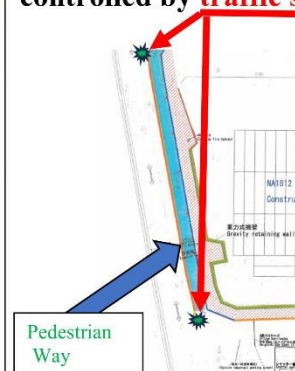


NOTICE OF CONSTRUCTION

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



 **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

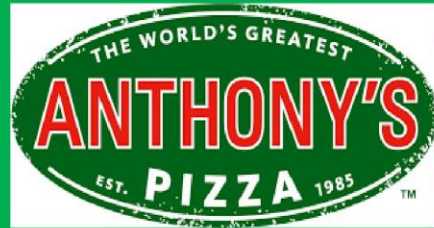
- ✓ Cheesy Alfredo
- ✓ Chicken Alfredo
- ✓ Italian Meats
- ✓ Veggie



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



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



AMERICAN
Grill



Crispy Empanadas



BEEF (Beef & Cheese)

SAUSAGE (Egg, Sausage, Cheese & Potatoes)

CHICKEN (Chicken & Cheese)

\$3.00

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

RED CROSS



American Red Cross

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



The Red Cross Message for Military Families

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



Prepare Today!
Complete a Contact Card!





American Red Cross



Class Schedule

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



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

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

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

- Thursday December 12, 0900-1200

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

(Recommended for ages 12-17)

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

Classes are available upon request with 3+ people.

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

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

TO REGISTER:

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



RED CROSS



Volunteer Now



American Red Cross

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



VOLUNTEER!

Disaster Action Team & Disaster Team Lead

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

Help with Emergency

Messages and during large scale emergencies

Also Available:

MTF Professional and Admin Help

Youth Preparedness Team

CPR/BLS/Babysitting Instructor

Library

PAWS

Vet Clinic

Post Office

Youth Clubs

RESERVES



NAVY RESERVE IS OFFERING MOST RATES

\$20,000

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

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

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

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

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

INTERESTED IN KNOWING MORE? EMAIL POCs below:

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



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



RLSO



RLSO Western Pacific
Legal Assistance reduced services notice

The Yokosuka Legal Assistance
Office will be **CLOSED** from
28 NOV – 01 DEC 2024 in observance of



We will resume office hours on **Monday, DEC 02 at 0800**.
We can be reached at YokosukaLegalAssistance@us.navy.mil or
Duty Phone: Local: 090-6181-4375 or From US: 011-81-90-6181-4375

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



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

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

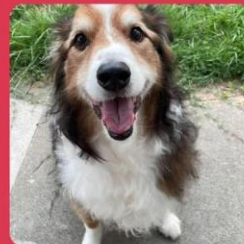
VTF



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.

