



My

CFAY

Volume 6, Issue 30

Weekly
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Aug. 4, 2023

Yokosuka Community Attends Back to School Fair

Photos by MC2 Conner Houghtaling, CFAY Public Affairs



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CFAY's Club Alliance Serves Up Yokosuka's Local Cuisine "Kaigun Curry"

**Story and photos by James Kimber,
CFAY Public Affairs**

Commander, Fleet Activities Yokosuka wrapped up a celebration of its friendship with the Japanese Maritime Self-Defense Force, or JMSDF, with a version of the city's famous local cuisine, kaigun curry.

The base's Club Alliance, served Kizuna 111 curry Friday, July 28 to Yokosuka base community members.

Kizuna 111 is a recipe inspired by an actual recipe used by a local JMSDF ship.



Every JMSDF ship's curry recipe "... is a point of pride," said Capt. Les Sobol, commander, Fleet Activities Yokosuka. "Each chef is extremely proud to perfect – and safeguard – their ship's recipe."

JMSDF curry recipes are a closely guarded secret and final products are generally only shared with the public at special events. The City of Yokosuka, never shy to self-proclaim itself as Japan's curry town, traditionally hosts an annual curry festival often highlighted by various kaigun curries inspired by JMSDF ships based in Yokosuka. In the City of Kure, an important JMSDF port city in Hiroshima Prefecture, festivals occasionally invite local ship crews there for friendly cooking competitions and local establishments serve festival attendees kaiji curry, the very closely related naval dish that is so faithful in it's reproduction of real JMSDF curries, that they're worthy of being awarded the force's certification of authenticity.

Club Alliance's chef, Takashi Watanabe, follows cooking techniques used in actual JMSDF galleys as instructed by JMSDF culinary specialists from JS Onami to make his Kizuna 111 curry. He also only uses ingredients JMSDF food service officers are able to procure.



"We decided on the word kizuna, which in Japanese means, a bond that connects us," said Capt. Les Sobol, commander, Fleet Activities Yokosuka. "It's really the perfect word to describe our relationship with the JMSDF. Our alliance is an amazingly strong bond of friendship, partnership and professionalism."

Each ship in the JMSDF has their own curry recipe uniqueness to that crew. No two curry recipes are the same. Kizuna 111 recreates that tradition of exclusivity through it's preparation techniques using equipment typically seen in JMSDF galleys.

"I was only able to practice once with the Onami chefs," Watanabe said after searing a small batch of beef and beginning to braise it in red wine for an hour. His kitchen, located in the back of Italian Gardens has some of the most high end equipment available to restaurant staffs. But Watanabe and his team limited themselves to equipment available on JMSDF ships. "It was very interesting and fun working with Onami chefs because I learned why their process works."



After an hour stewing, Watanabe poured the beef into a large pressure cooker with a combination of curry powder, garam masala, ginger, honey, butter and other secret spices.

Kaigun curry, or Navy curry, is Yokosuka City's signature dish and a nod to its rich naval history. Kaigun curry traces its origins back to the late 19th Century. Japanese sailors' poor nutrition combined with the navy's improving technology that allowed ships to stay at sea for longer periods of time unintentionally created deteriorating health conditions from a lack of protein. These issues were not previously documented when sailors weren't able to be at sea for longer durations. Through trial and error, it was discovered that adding meat to standard rice rations would nearly instantaneously improve sailors' health.

Another 30 minutes passed. Watanabe then added carrots, restarted the pressure cooker and prepared some caramelized onions to stir in once the carrots softened.

That's pretty much all there is to Kizuna 111, although, like any great soup or curry, "it'll taste better tomorrow morning," Watanabe said.

When the customer orders the curry, Watanabe will fry some potatoes, put them on top of a serving of garlic rice and a serving of coffee rice, then pour the curry on top.

"If we add the potatoes now, they'll be too soft later," Watanabe said.

JMSDF crews traditionally eat curry every Friday. The routine gives sailors something to look forward to after a hard week's worth of work and helps sailors at sea keep track of time. The routine adds to the legend of kaigun curry and makes it very special when the JMSDF invites the community to share a piece of their culture.

"When you get to break bread with somebody and you get to eat something that they're very proud of and they're proud of making, it's really something magical," Sobol said.

Club Alliance intended to model this tradition by also serving curry on Fridays, though it might be a last Friday of the month menu item rather than an every Friday schedule with different varieties eventually rolling out to all of the base MWR clubs including the Chief's Club, the Officer's Club, Club Takemiya in addition to Club Alliance. For more information, please contact Club Alliance.

For more than 75 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet's forward deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.



TCCOR

Tropical Cyclone Conditions of Readiness and What they Mean to You

TCCOR 5

Destructive winds of 50 knots or greater are possible within 96 hours.

TCCOR 4

Destructive winds of 50 knots or greater are possible within 72 hours.

TCCOR 3

Destructive winds of 50 knots or greater are possible within 48 hours.

TCCOR 2

Destructive winds of 50 knots or greater are anticipated within 24 hours.

TCCOR 1

Destructive winds of 50 knots or greater are anticipated within 12 hours.

TCCOR 1: CAUTION

Winds of 35-49 knots sustained are occurring at a particular installation.

TCCOR 1: EMERGENCY

Winds of 50 knots sustained or greater occur at a particular installation.

TCCOR 1: RECOVERY

Destructive winds of 50 knots or greater have subsided. Survey and work crews are sent out to determine the extent of the damage.

ALL CLEAR

The storm is over, and recovery efforts are considered complete by the installation commander.



**American
Red Cross**

American Red Cross Summer Classes

- **Adult and Pediatric First Aid/CPR/AED**
- **Babysitter's Training with Pediatric First Aid/CPR**
- **Basic Life Support**

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 (\$55)

- Monday, Aug. 21, 9 a.m. to 12 p.m.

Basic Life Support Course (\$55)

- Wednesday, Sept. 6, 1 to 4 p.m.

Babysitting Basics (\$70) Recommended for ages 11-15)

- Thursday, Aug. 17, 9 a.m. to 12 p.m.

Additional classes available by request for group of plus three.

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 in order to guarantee a spot in the course.

FFSC WEEKLY

More details on FFSC YOKOSUKA FB page



TAP

Aug 7-9 at 0800

Basics of Japanese

Aug 7 at 1030 (Ikego)

Youth ICR (Elem)

Aug 7 at 1445

AOB/ICR

Aug 8-10 at 0800

Survivor Benefit Plan

Aug 8 at 0900 (Virtual)

Basics of Japanese

Aug 8 at 1030

Daisuki!

Aug 8 at 1000

Returning to Children

Aug 9 at 1100 (Virtual)

Ombudsman Advanced Training

Aug 9 at 1600

Make Tomodachi

Aug 9 at 1630

My Education Track

Aug 10-11 at 0800

Effective Resume Writing

Aug 10 at 0900 (Federal)

Volunteer Orientation

Aug 10 at 1100

Sponsorship Training

Aug 10 at 1300 (Virtual)

SAPR VA Refresh Training

Aug 10 at 1300

Getting Started Teaching English

Aug 11 at 0900

ESL/EFL

Aug 11 at 1300

Managing Deployment Separation

Aug 11 at 1300 (Virtual)

Make Tomodachi

Aug 11 at 1630 (Ikego)

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



BLOCK PARTY

AUGUST 19 - 3 - 8 P.M. • IKEGO COMMUNITY CENTER
Food • Children's Crafts • Live Band • Games

We are taking our annual Ikego Steak Night to a whole new level. Let's celebrate the end of summer and head into the school year with a blast! Dress up as your favorite characters and come eat until your hearts delight as our Food & Beverage Clubs serve up special menus for this super event. All ages are welcome. For more information, please visit <https://www.navy.mwr.yokosuka.com/event-list>.

CHINGY
AUGUST 18 - 8 P.M.
CLUB ALLIANCE
3RD FLOOR BALLROOM



MWR Events



SUMMER FEST WEEKEND

BOWL WITH THE SUPERHEROES
AUGUST 19 - NOON - 2 P.M. - BOWLING CENTER
OUTDOOR MOVIE NIGHT
PUSS IN BOOTS: THE LITTLE WISH AUGUST 20 - 6-8 P.M. - BERKELEY FIELD



Doggie Dip Day

*Green Beach Baby Pool • August 27

Large Dogs 10 a.m - 1 p.m. • Small Dogs 1:30 - 4:30 p.m.

Ikego Pool • September 10

Large Dogs 10 a.m - 1 p.m. • Small Dogs 1:30 p.m - 4:30 p.m.

Come and spend a special day with your favorite companion and meet others with the same interest.

*Small Dogs (0 - 35 lbs.) • Large Dogs (35 lbs. & up.)

Event Rules:

- Must provide proof of current vaccinations
- No female dogs in heat or puppies under 3 months
- Aggressive dogs will be asked to leave the premises
- Humans will not be allowed in the water with dogs
- Lifeguard on duty. Dogs swim at owners' risk
- An adult (18 years and up) must accompany their dogs at all times
- Owners responsible for cleaning up after their dogs



The Enchanted FAIRYTALE BALL

Saturday, August 12

6 - 10 p.m. • Club Alliance Ballroom

Bring your child for a fun-filled evening featuring live DJ, dancing and food & dessert buffet. Win a prize for the best dressed child / parent and more.

Ages: 1 - 3 Free • 4 - 10 \$12 • 11 & above \$25
Tickets available for purchase at Bayou Burger or Club Alliance 2nd floor cash cage.

For details call

243-5985 / 241-3786



Mt. Fuji Online Safety Brief

***This is mandatory**

<https://www.navy.mwr.yokosuka.com/recreation/mt-fuji-climbing-season>

Interested in climbing Mt. Fuji? Our Mt. Fuji online safety briefing is designed to prepare you, and make your hike up Japan's highest mountain a memorable experience!

Take the Mt. Fuji online safety brief, print out the certificate and bring it to Outdoor Recreation Center to sign up for Mt. Fuji trips.

Mt. Fuji Day Hikes

What a story to tell back home! Trek, climb, and taste the victory of climbing Japan's tallest mountain, an absolute must-do when visiting Japan! The hike begins at Mt. Fuji's 5th station and challenges even the fittest and most experienced hikers. Bring yen to purchase a Fuji stick, and for admission fee. Minimum age is 10 years old.

Saturday, August 5 & 19 • 2 a.m. - 10 p.m.
Minimum age 10 • Skill Level: Hard
\$120 / person (Blue Jacket \$80)

Mt. Fuji Overnight Hikes

Experience a breathtaking view as you watch the sun race across the vista over 12,000 feet below! The first day of the hike takes climbers to the 8th station to spend the night in one of the mountain huts. The second day, climbers head out for the summit early to catch the sunrise as the rest of Japan lies in darkness. Trip fee includes lodging and transportation. Bring yen for meals, a Fuji stick, and for admission fee. Minimum is 10 years old.

Tuesday - Wednesday, August 15 - 16
5 a.m. - 3 p.m.
Minimum age 10 • Skill Level: Hard
\$220 / person



241-5574
046-816-5574



To sign up scan the QR Code to get you to myFFR. Our tours are subject to change or cancellation.

HAKKEIJIMA SEA PARADISE TOUR



Date:
**Saturday
Aug 19th**

9:00 AM - 4:00 PM

Price: \$45 Blue Jacket / \$59 E6&UP

Yokohama Hakkeijima Sea Paradise, located in the city of Yokohama's Kanazawa Ward area of Yokohama Bay, covers an entire island approx. 60 acres. The sea island and living creatures that characterize the ocean leisure park come together in the only park of its kind in the metropolitan area. The park combines aquariums, a theme park, shopping area and a hotel.

Sign up Deadline: Tuesday, August 15th



MINAKAMI Canyoning & White Water Rafting



**SATURDAY, AUGUST 26
05:30 AM- 8:00 PM**

The first canyoning tours in Japan were started by Canyons in Minakami in 1998 and it has grown into the biggest canyoning destination in the world! There are large number of canyoning courses to choose from.

We are combining the thrill of canyoning and white water rafting in one hit. If you are up to for the challenge sign up at the Liberty Center and reserve your spot.
Only 9 spots available, so don't wait and miss out.

Price Includes: Transportation, Admission Fee, Gear Rentals, Lunch, Guides, and Group Photos/Videos.

BLUE JACKET: \$100 E6&UP: \$180

SIGNUP DEADLINE: Thursday, August 17th



HAKONE AREA TOUR



Sunday, August 20th • 6:30 AM – 6:30 PM

\$28 - Blue Jacket & \$85 - E6 & Up

Price includes: Transportation, Pirate Boat & Ropeway Admissions, and Guide

Liberty is heading up to Hakone for an unforgettable one-day adventure. Hakone is an internationally known vacation spot, it is part of Fuji Hakone Izu National Park. We will be driving up to visit our first stop at Owakudani (volcanic valley), crater created during the last eruption of Mt. Hakone 3,000 years ago. This area is an active volcanic zone where you can experience sulfurous fumes, hot springs and hot rivers. Next, we will do some water sightseeing with a Pirate Ship cruise to enjoy the views of Lake Ashinoko. After Lake Ashinoko, we will be visiting Hakone Shrine, which was originally formed in 757 A.D. Hakone Shrine is one of the most visited shrine by Japanese and visitors from all over the world.

Signup Deadline: Tuesday, August 15th



**Tokyo Disneyland
Tour**

**Date: Monday, September 4th
Time: 6:30 AM-10:00 PM**

PRICE:

**Blue Jacket:
\$60.00**

**E6&UP:
\$120.00**

Disney is known as the home for children's dreams and fantasies. Tap into your inner child and throw yourself back to the classics you grew up with and loved, as well as see new characters from recent years. Also enjoy the fireworks and parade at the end of the night. Signup in advance, space is limited.



Signup Deadline: Tuesday, August 29th

BEYOND THE GATE



Miura Beach Fireworks Aug. 8 (Tuesday)

From 7:30 p.m. | Miura Beach (5-minute walk from Keikyu Miura-kaigan Station)

Miura Beach Fireworks is back for the first time in four years! There will be 3,000 fireworks, including unique water fireworks. Because the launching point of the fireworks is in Tokyo Bay, you can enjoy the show at great spots all over the Miura Beach area. Rain date: Aug. 9.



Southern Beach Chigasaki Fireworks Display Aug. 5 (Saturday)

7:30 to 8:10 p.m. | Southern Beach Chigasaki (20-minute walk from JR Chigasaki Station)

The fireworks display has become a summer tradition in Chigasaki. Approximately 2,000 fireworks will be launched during the event.



Atsugi Ayu Festival Aug. 5 (Saturday) - 6 (Sunday)

All day (Fireworks display 7 to 8 p.m. on Aug. 5) | Hon-Atsugi Station area, Atsugi Central Park, and Sagami River area (Odakyu Hon-Atsugi Station)

Atsugi Ayu (Sweetfish) Festival, the biggest event of Atsugi City, presents various events. Not only fireworks display, but also dance performances, mikoshi parade, and food booths.



Sakawa River Fireworks Aug. 5 (Saturday)

Sakawa River Sports Field (15-minute walk from JR Kamonomiya Station)

This fireworks display is held every summer in the area along the banks of the Sakawa River in Odawara. More than 6,000 colorful star mines, small burst fireworks and trick fireworks light up the night sky, captivating a large number of spectators. The highlight of the show comes with a 300-meter long and 30-meter tall Niagara display that spans the Sakawa River.

NEWS AND NOTICES

YOKOSUKA FRIENDSHIP DAY VENDOR MEETINGS

Thinking about participating as a vendor in the upcoming Friendship Day open base event in October? Come out to our Vendor Meetings in the MWR Admin Building's room 224 and learn what's needed to become an approved vendor for this event.

Meeting dates:

- Aug. 9 and Sept. 5 at 11 a.m.
- Aug. 22 and Sept. 19 at 1 p.m.

Email: MWR_Yokosuka_Special_Events@us.navy.mil.

SPORTS PHYSICALS PEDIATRICS CLINIC

Every Friday beginning on Aug. 4 and running through Sept. 15, the Pediatrics Clinic will have 10 appointments set aside for children's sports physicals. Due to scheduled training requirements, there will be no sports physical appointments on Sept. 8. Parents must complete the sports physical form prior to the appointment. Forms are available at USNMRTC Clinics, school nurses' office or [https://yokosuka.tricare.mil/Portals/133/PPE-History-Form-\(English\)-rev.pdf](https://yokosuka.tricare.mil/Portals/133/PPE-History-Form-(English)-rev.pdf). To schedule one of these appointments, please call 243-5505 or 243-5352.

- Non-enrolled patients may schedule these appointments.
- No other health conditions will be discussed at these visits.



BOOT DONATION DRIVE

We are in need of old tattered boots for our Bells Across America Navy Gold Star event on Sept. 21, 2023. Please bring them to the Community Readiness Center building 4th Floor room 405, or call 243-3372 to arrange a pick up by Sept. 1. Monday, Wednesday,

Thursday, Friday: 8 a.m. to 4:30 p.m.,
Tuesday: 8 a.m. to 2:30 p.m.

MINDFUL MOVEMENT WORKSHOP FOR ADULT PARTICIPANTS

Perfect for a training and development day. After training, participants should expect a more relaxed state of mind and an increase in physical activity.

- When: Aug. 10, 10 to 11 a.m.

- Where: Hawk's Nest Gym

Register by emailing yokosuka@redcross.org, or call 243-7490.

MINDFUL MOVEMENT WITH KIDDOS

Come learn everyday movement, breathing and relaxing techniques. Free class for K-5 and their adult buddy.

- When: Aug. 10, 1:30 to 2:30 p.m.

- Where: Hawk's Nest

Register by emailing yokosuka@redcross.org, or call 243-7490.

VOLUNTEER NOW FOR THE AMERICAN RED CROSS

- Volunteer Appreciation Lead (Help us show love to our volunteers)
- Preparedness Training (Youth K-5th Grade)
- Red Cross Message Management (Support service members who have initiated a Red Cross Emergency Message)
- Hospital Volunteers (Scheduling appointments/admin; Nursing or other medical volunteering)
- Youth Engagement (Pillowcase Project, International Humanitarian Law)
- Social and Print Media (FaceBook, Twitter, Flyers, Posters)
- How to volunteer:
 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.

COMPLETE A CONTACT CARD

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. Fill out a Contact Card today to ensure your contact information is in the correct system 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!

CONSTRUCTION AND CLOSURES

Ikego Construction Update:

- New CDC building (formerly the Wellness Center and skate park) – Demo phase of the skate park and Wellness Center began July 18. During this time, there will be partial closure of the main parking lot near the NEX and current CDC. Demo phase will conclude approximately Sept. 30, the parking lot will remain closed in preparation for construction phase of the new CDC. Construction will start shortly after demolition.
- Youth Center (formerly the Bubble Gym) – Demo phase has been completed. Target completion date is January, 2025.
- New Public Works (Formerly the tennis courts) – Project is currently in the survey phase. There is no specific construction start date at this time.

Community Center Parking: Half of the community support center parking will be occupied during the construction of new CDC facility from August to October 2025.

McCormick Street and Leahy Street: Full road closure for underground utility works until Feb. 28, 2025.

Sampson Avenue: Sidewalk will be closed partially until Nov. 30.

Vandegrift Lane: Full road closure until October 2025.

 Commander Fleet Activities Yokosuka

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