



My

CFAY

Weekly

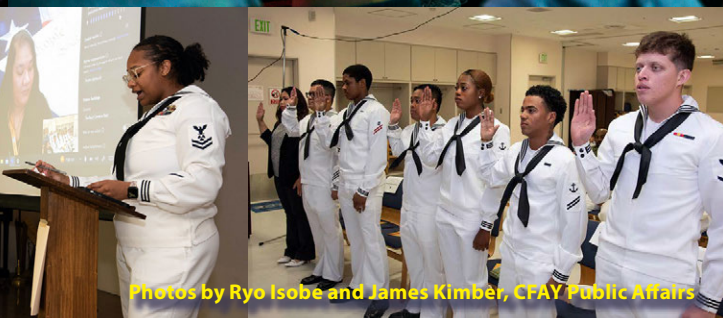
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Volume 7, Issue 21

令和6年5月31日

May 31, 2024

This Week at Fleet Activities Yokosuka



Photos by Ryo Isobe and James Kimber, CFAY Public Affairs

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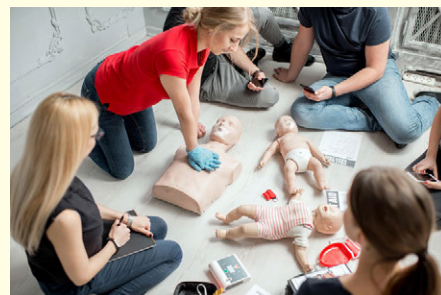
Beyond the Gate



**American
Red Cross**

American Red Cross Summer Classes

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)

- Saturday, June 1: 9 a.m. to 12 p.m.
- Monday, June 3: 3 to 6 p.m.
- Saturday, June 22: 9 a.m. to 12 p.m.

Basic Life Support Course (\$55)

- Thursday, July 11: 1 to 4 p.m.
- Thursday, July 25: 1 to 4 p.m.



Babysitting Basics (\$70) Recommended for ages 11-17)

- Saturday June 2: 2 to 5 p.m.
- Monday June 17: 10 a.m. to 1 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 Core Curriculum

Jun 3-5 at 0800 (Retiree)

Navigating Your New Normal

Jun 3 at 0900 (Virtual)

AOB/ICR

Jun 4-6 at 0800

Private Organization

Jun 4 at 0930 (Virtual)

Ikego Japanese Language Series

Jun 4 at 1200

Symptom Reduction Group

Jun 4 at 1400

Youth ICR (Elem)

Jun 4 at 1430

Pre-Marriage Seminar

Jun 5 at 0930 (Virtual)

My Education Track

Jun 6-7 at 0800

Sponsorship On-Demand

Jun 6 at 0800 (Virtual)

Resiliency Bootcamp

Jun 6 at 1130

SAPR VA Refresh Training

Jun 6 at 1300

Smooth Move

Jun 7 at 0900

Communication Skills

Jun 7 at 1000 (Japanese) (Hybrid)

Military Spouse 101

Jun 7 at 1300 (Virtual)

Modeling in Japan

Jun 7 at 1300 (Virtual)

Enjoying Japanese Food

Jun 7 at 1330

Prenatal Families

Jun 8 at 1000

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

THE U.S. NAVY RESERVE IS OFFERING ALL RATES

\$20,000

ENLISTMENT BONUSES FOR NEW OR PRIOR SERVICE

**KNOW SOMEONE SEARCHING
FOR THE NEXT OPPORTUNITY?
DID YOU LEAVE RETIREMENT DOLLARS ON THE TABLE?**

OPPORTUNITIES EXIST TO COMPLETE YOUR SERVICE IN MANY CASES IF YOU CAN
COMPLETE 20 BEFORE AGE 60 NO MATTER HOW LONG YOU HAVE BEEN OUT.

INTERESTED IN KNOWING MORE? Email POCs below:

**ALL PRIOR SERVICE OFFICERS FROM ANY SERVICE
ARE ALSO ELIGIBLE FOR A \$10,000+ BONUS TO
AFFILIATE AND WITH THE NAVY RESERVE**

EMAIL POCs below:

CWO4 Mike Beale

Prior Service Reserve Officer Recruiter
Benefits Advisor for Military Veterans -
Direct Commission Officers
Navy Recruiting Reserve Command
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MWR Yokosuka School Liaison Officer
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TEEN SUMMER EMPLOYMENT PROGRAM

June 3 - Aug 16



Come
work for
CYP!

Teens, are you stuck in Yokosuka all Summer?
Do you Need a Job? Come work for CYP!

Summer Teen Employment Program

High School Students: 15-18 years old.
Dates: June 3 through Aug 16
Salary: \$15 per hour (up to 40 hours a week)
"Whaaaaaaat? Potential to earn \$6000+ over the
Summer?! Yes!

Must attend two pre-employment
trainings on April 8 from 9 a.m. - Noon at the
CRC Bldg. # 3365, 4th floor AOB/ICR auditorium.

For more information or to signup
call or email our School Liaison Officer at
MWR_Yokosuka_School_Liaison@us.navy.mil or
scan the QR code below

**243-4079 or 046-816-4079 or
243-5542 or 046-816-5542**



SCAN ME



Resiliency Bootcamp

Date & Time:
1130-1230
Every 1st & 3rd
Thursday of the month
Apr 4.18
May 2.16
June 6.20

**Let's
EXERCISE
MENTAL
Health**

Location:
Library
Meeting Room
at CRC Building

About the Class

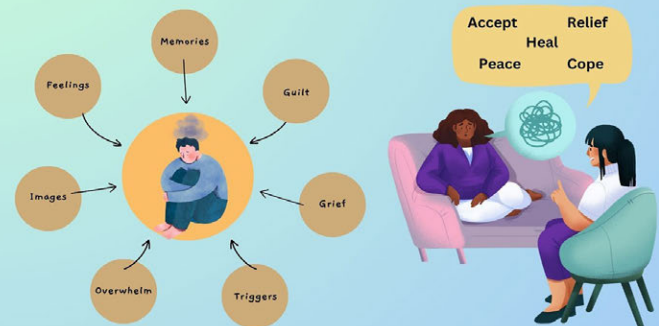
This course is designed to help you build resiliency to and
achieve your best SELF.

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

Registration Required:

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

SYMPTOM REDUCTION GROUP



**EMDR
(Eye Movement Desensitization Processing)
G-TEP
(Group Episode Protocol)**

Groups will be held on the first and third Tuesdays of the month
beginning June 4, 2024 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

COMMANDER, FLEET ACTIVITIES YOKOSUKA



TOWN HALL

June 4, 2024 at 6 p.m.
Community Readiness Center
Main Base
AOB / ICR Classroom

The CFAY Town Hall 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 in person, but would like their questions addressed at the Town Hall may submit their questions to yokosukareport@gmail.com. Submission deadline is Monday, June 3 at 12 p.m.



IKEGO
DETACHMENT

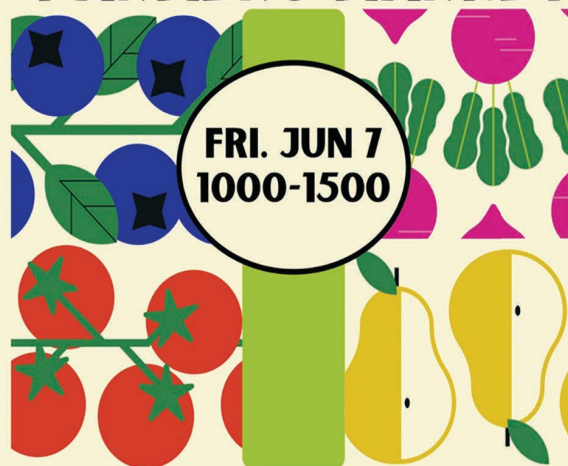


JUNE 12 AT 8 A.M.
IKEGO HOUSING NIKKO TOWER



IKEGO
DETACHMENT

IKEGO FARMERS MARKET

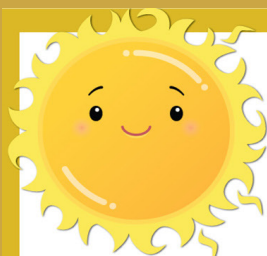


FRI. JUN 7
1000-1500

OUTSIDE OF IKEGO MAIN GATE
YEN ONLY / LIMITED WHILE SUPPLIES LAST

FOOD TRUCKS PASTRIES VEGAN FOOD HONEY
VEGETABLES FLOWERS HAND CRAFTS JEWELRY

INQUIRIES: 046-806-8042 (IKEGO COMMAND LIAISON OFFICE)



KIDS Summer CAMP

June 10 - August 16 • 6 A.M. - 6 P.M.

Week 1: June 10 - 14

The Great Outdoors



Week 2: June 17 - 21

Mission Impossible



Week 3: June 24 - 28

Time Travel



Week 4: July 1 - 5

We Got the Beat



Week 5: July 8 - 12

Out of this World



Week 6: July 15 - 19

Ninja Warriors



Week 7: July 22 - 26

Let's Get Physical



Week 8: July 29 - Aug 2

Animal Planet



Week 9: Aug 5 - 9

Under the Sea



Week 10: Aug 12 - 16

Field Day
Blast from the Past



CYP Registration



Military Child Care



Child and Youth Programs



Call Third Avenue SAC @ 243-3439, Green Street SAC @ 241-4100, or Ikego SAC @ 246-8301



IKEGO WEST VALLEY RECREATION AREA

Cabin & Campsite Rentals

The Ikego West Valley Recreation Area is the place to spend a fun-filled weekend with family and friends!

Campsite reservations can be made at the Outdoor Recreation Center Thursdays to Tuesdays from 10 a.m. - 6 p.m. Each site holds a maximum of twenty people. Cabin reservations can only be made at the Outdoor Recreation Center along with payment. There are five rustic cabins available for rent. Three of these cabins offer solar powered heat and air-conditioning. None of the cabins have running water. Cabin rentals start at \$40/day.

All cabins and campsites have a designated BBQ grill.

Paintball Paradise

Weekend Open Play

Whether you prefer the mission-based teamwork of Saturday's Woodball games or the fast-paced action of Sunday's speedball games, Ikego's Paintball Paradise is the place to be!

Don't have your own equipment? On weekends, rent a marker and mask for \$20 including unlimited air and field fees. For players with their own gear, the cost is only \$10 for field fees and unlimited air. Paint sold separately.

Weekday Group Reservations

MWR offers a special package for private weekday reservations of its paintball field. The package includes a marker, mask, unlimited air, and 200 paintballs.

Field Reservations

Available Monday through Friday from 9 a.m. - 2 p.m. A minimum of ten players and seven days advanced notice are required.

Paintball Prices

Case (2,000 paintballs) \$65
Bag (500 paintballs) \$20

Weekday Reservation Fees

2 hours: \$20 per player (mask & marker)
4 hours: \$36 per player (mask & marker)

CONTACT US:

243-5732 (on-base)

046-816-5732 (off-base)



READ, RENEW, REPEAT

Join us for the Navy MWR Libraries' Summer Reading Program!

The official start of our summer reading program begins June 18 and runs until August 10. At anytime during our summer reading program you can register, log your minutes & collect your prizes. It is never too late. The summer reading program is simple: log minutes read and earn prizes. Information and early registration will start on June 1 at yokosukamwr.beanstack.org/reader365 (Weekly program dates subject to change).

WEEK 1

All Week: Experimenting with 3D (while supplies last).

Tie-Dye Shirt Making

Tuesday, June 18 - 10 a.m. - CRC Building Kodo Room 212
Bring your own shirt to tie-dye or we can provide a new t-shirt (adult sizes small - XL), while supplies last.

WEEK 2

All Week: Stop by our Plant Swap table. Donate a plant, cutting or seeds & then take something left by another.

Paint a Pot

Wednesday, June 26 - 10 a.m.
Paint a pot & make seed bombs. Available to teens and adults. Reservations required.

Story Time Activity

Friday, June 28 - 10 a.m.
We will read "The Tiny Seed" by Eric Carle, then we will create a seed germination jar. Open to children 3 - 5 years old. Reservations required.

WEEK 3

All Week: Create a book page collage, while supplies last.

Movie at the Library

Tuesday, July 2 - 10 a.m.
Watch a movie at the library & stuffed animal sleepover at the Library. Open to all ages, reservations required.

WEEK 4

All Week: Create your own paper plate flying saucer, while supplies last.

Botanical Craft

Thursday, July 11 - 10 a.m.
Sun paper botanical creations & air dry clay pendants botanical prints, while supplies last. Open to all ages.

WEEK 5

All Week: Play Reduce, Reuse, and Recycle BINGO by picking up a BINGO card at the library. Cut out the activity completed and glue them to your card. Once you get five across, down, or diagonally, return your card to the library to be put in for a drawing to win a prize.

Story Time Activity

Wednesday, July 17 - 10 a.m.
Bring your teddy bear to Story Time. We will read "Brown Bear, Brown Bear" by Eric Carle with felt board followed by painting a ceramic teddy bear. Open to children 3 - 5 years old. Reservations required.

WEEK 6

All Week: Make a book paper flower, while supplies last.

Book Paper

Friday, July 26 - 10 a.m.
Make a book paper flower wreath. Open to 13 years old & up, reservations required. Children needs to have adult supervision. This activity requires the use of a glue gun.

WEEK 7

All Week: Can you figure out what the title of the shredded book in our Book Guessing Jar is? All entries will be put in for a drawing and the first patron drawn with the correct title wins.

Hobbit Wreath

Wednesday, July 31 - 10 a.m.
Open to 13 years old & up. Reservations and adult supervision required. This activity requires the use of a glue gun.

WEEK 8

All Week: Can you figure out what the title of the shredded book in our Book Guessing Jar is? All entries will be put in for a drawing and the first patron drawn with the correct title wins.

Multiple Stations

Tuesday, August 6 - 10 a.m.
Painting with acrylics on a wood slice necklace, Macramé Leaf & more, while supplies last. Open to all ages.

ALL SUMMER

- Stop by the meeting room to see the progress of our vegetable scrap regrow.
- A Word with Mother Earth bulletin board: post a note on how we can protect & take care of the planet.
- Climate Change Pledge Tree: fill out the "I PLEDGE TO:" leaf & we will add it to our tree.
- Grab & Go Craft Kits.

RESOURCES ON BASE

THRIFT SHOP (Navy-Marine Corps Relief Society, Yokosuka)
Phone: 243-7905 or 046-816-7905
Hours: Every Wednesday - 9 a.m. - Noon & 4 - 7 p.m.

QUALIFIED RECYCLING PROGRAM

Phone: 243-3817 or 046-816-3817
Hours: Monday - Friday - 8 a.m. - Noon & 1 - 3:30 p.m.
Closed on federal holidays.

COMMUNITY CENTER SUMMER CAMP

KIDS ROBOTICS

June 10 - 13
Kumon Room, CRC bldg. 3F • \$95
6 - 12 years old (9 - 10:15 a.m.)
6 - 12 years old (10:30 - 11:45 a.m.)

STORY BOOK BALLET

July 15 - 19
Chili's Dance Studio • \$100
4 - 7 years old (9:30 - 11:30 a.m.)

JAZZ DANCE

July 8 - 12 / August 12 - 16
Chili's Dance Studio
A: \$100 • B: \$110
A: 7 - 10 years old (11 a.m. - noon)
B: 11 years old & up (12:10 - 1:20 p.m.)

GYMNASTICS

July 22 - 26 / August 5 - 9
Hawk's Nest • \$60
5 - 8 years old (9 - 10 a.m.)
5 - 8 years old (10:15 - 11:15 a.m.)
9 - 12 years old (11:30 a.m. - 12:30 p.m.)

Register thru myFFR.
For more information,
please call 241-4111.

Jubilee

in the park on
JUNETEENTH
Celebrate the holiday with food, music and outdoor fun!



Kosano Park
Wednesday, June 19 • 3 - 7 p.m.

Marina
Specials \$1

Keyak
Stand Up
Paddle Board



Need help? Call 243-5574 / 046-816-5574 or email MWR_Yokosuka_Library@us.navy.mil



BEYOND THE GATE



Vietnam Festival 2024

June 1 (Saturday) - 2 (Sunday)

10 a.m. to 8 p.m. | Yoyogi Park Event Square (10-minute walk from JR Harajyuku Station, JY-19)

The event stage will host traditional and modern performances. More than 200,000 visitors are expected to attend over the weekend – join them in perusing the 120 stalls of Vietnamese food, drink, and more.



Yokohama Dragon Boat Race

June 1 (Saturday) - 2 (Sunday)

Yamashita Park (18-minute walk from JR Kannai Station, JK-10/ 5-minute walk from Minatomirai Line Motomachi-Chukagai Station, MM-06)

Dragon boat racing is an ancient Chinese sport. In its modern incarnation, teams of rowers climb into a long, low boat adorned with a dragon's head and tail on the front and back. Each dragon-shaped boat consists of a crew of 15 to 20 members. The race will take place in front of Yamashita Park.



Iris Festival

June 1 (Saturday)

9 a.m. to 4 p.m. | Yokosuka Shobuen Iris Garden (Direct bus from Keikyu Shioiri Station, KK-60, or #25 bus from JR Yokosuka station, JO-03)

Yokosuka Shobuen is one of Japan's renowned iris gardens in Japan. It boasts 140,000 irises of 412 varieties covering approximately 9 acres. Free admission on the day.

Yokohama Port Festival 2024

June 1 (Saturday) - 2 (Sunday)

11 a.m. to 8 p.m. | Minato Mirai 21 Area

The Yokohama Port Opening Festival is Yokohama's largest public event of the year and celebrates when Yokohama Port first opened. The main site of the festival is at Rinko Park (5-minute walk from Minatomirai Line Minatomirai Station, MM-03) in the Minato Mirai 21 area. You can enjoy a collaborative spectacle of fireworks with sounds and laser.



Yokosuka Vehicle Festa

June 8 (Saturday) - 9 (Sunday)

9:30 a.m. to 4 p.m. | Verna Park, JR Yokosuka Station, JMSDF Yokosuka Base, Coaska Bayside Stores

See all kinds of vehicles on display in Yokosuka. There will be a variety of automobiles, construction equipment, JMSDF ship tours, traffic safety events and more! There will also be many booths selling souvenirs and food.

NEWS AND NOTICES

DRIVER'S LICENSE OFFICE CLOSURE

CFAY Driver's License Office will be closed at 10 a.m. on May 31 due to AOB schedule change. For questions, call 243-9089/6721/5647, or email: license@us.navy.mil.
7:45 a.m. to 12 p.m./1 to 4:30 p.m.,
Monday-Friday except holidays.

DRAGON DAY VOLUNTEERS NEEDED

DODEA Yokosuka Middle School is requesting adult volunteers for the school's field day, called Dragon Day, scheduled Monday, June 3. Volunteers must have base access and have a volunteer registration packet on file at the school. Volunteer Registration Packets are available in the school office and take a few minutes to fill in. For more information, please contact Yokosuka Middle School.

UNLOCK YOUR EDUCATION JOURNEY TODAY!

Calling all military spouses and service members! Don't miss out on this exclusive opportunity on June 4 at 8 a.m. with the USO Transitions team. Discover free educational resources from Coursera, IBM SkillsBuild, and Skillsoft. Register for this webinar today! <https://brnw.ch/21wK7FQ>.

PATIENT AND FAMILY PARTNERSHIP COUNCIL

Want to effect change and be a part of the healthcare solutions that affect Sailors, civilians and their families? Join the Patient and Family

Partnership Council here at USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of the Yokosuka community. Our next council meeting is on Monday, June 3 from 12 to 1 p.m. at the Community Resource Center on the 4th floor in the Hara Room.

PREPARE TODAY! COMPLETE A RED CROSS CONTACT CARD

One of the main Red Cross 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 ready before an emergency arises. Filling out a card in advance helps you and your family save time in a crisis.

VOLUNTEER NOW FOR THE AMERICAN RED CROSS

Contingency Team

Help with emergency messages and during large scale emergencies.

Disaster Action Team

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

Also available:

- Youth Preparedness Team

- MTF Professional and Admin Help
- CPR/BLS/Babysitting Instructor
- Library
- PAWS
- Vet Clinic
- Post Office

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 on-line training.
5. If you have any problems, email: yokosuka@redcross.org, or call 243-7490.



CONSTRUCTION AND CLOSURES

Yokosuka Red Brick Area: Full road closure on weekends and holidays until July 2024 due to underground electrical repair. Taxi stand remains operational.

Sherman Avenue and Forrestal Street: Partial closure until June 30 due to asphalt replacement work.

Defense Logistics Agency Parking Lot: 50 percent of DLA parking lot until February 2025.

Ikego NEX/MWR Parking Lot: 50 percent of NEX/MWR parking lot until October 2025.

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

Vandegrift Lane: Full road closure until October 2025.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 yokosukareport@gmail.com

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