



My

CFAY

Volume 7, Issue 24

Weekly
週刊

令和6年6月21日

June 21, 2024

This Week at Fleet Activities Yokosuka



Photos by James Kimber, MC3 Quinton A. Lee, CFAY Public Affairs and MWR Yokosuka

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ISSUE:**

**Free Mt. Fuji Climb/
Effective Resume Writing**

MWR Events

Beyond the Gate

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

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, July 13: 9 a.m. to 12 p.m.
- Saturday, July 27: 9 a.m. to 12 p.m.

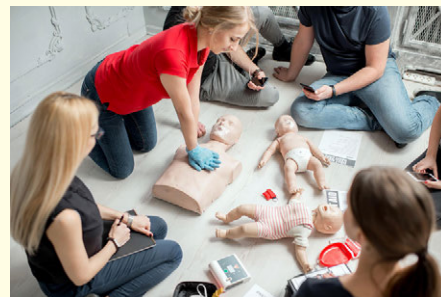
Basic Life Support Course (\$55)

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

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

- Monday July 1: 10 a.m. to 1 p.m.
- Thursday July 18: 10 a.m. to 1 p.m.
- Monday July 22: 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



My Entrepreneurship Track

Jun 24-25 at 0800

Emergency Preparedness

Jun 24 at 1000

Everyday Japanese

Jun 24 at 1000

Military Spouse 101

Jun 24 at 1300

AOB/ICR

Jun 25-27 at 0800

Homebuying

Jun 25 at 0900

Effective Resume Writing

Jun 26 at 0900 (Federal)

ESL/EFL (Ikego)

Jun 26 at 1300

Active Japanese Language

Jun 26 at 1500

Make Tomodachi

Jun 26 at 1630

My Employment Track

Jun 27-28 at 0800

Ikego Cultural Exchange Club

Jun 27 at 1000

Sponsorship Training

Jun 27 at 0900 (Virtual)

Ombudsman Advanced Training

Jun 27 at 1000

CFS Forum

Jun 27 at 1330

Supporting Children and Deployment

Jun 28 at 0900 (Virtual)

Enjoying Japanese Food

Jun 28 at 0930

Zushi-Hayama Tour

Jun 28 at 1000

ESL/EFL

Jun 28 at 1300

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



The Fleet & Family Support Center

ZUSHI-HAYAMA TOUR

Tour Guided by: Rodalyn Novak & Darlene Hernandez-Purvis

Registration Required!

June 28th 1000-1400
Meet at Ikego-FFSC Office

- Intro to local transportation
- Explore Morito-Damyoin Shrine
- Discover Zushi area shops & groceries
- Shop Kamegaoka Shrine flea market

For more information please call 243-3372 or email FFSCinfo@us.navy.mil



USO
FOR THE PEOPLE WHO SERVE™

Summer volunteer interns wanted!

@ USO Yokosuka

Gain invaluable Non-Profit experience | Earn volunteer hours along the way

Email our Center Operations Coordinator, Storie, at: smaurial@uso.org for more information.



USO

KIDS CONNECT RED, WHITE, AND GLUE!

WEDNESDAY JULY 3RD, 0900-1100
@ USO YOKOSUKA CENTER
REGISTRATION REQUIRED
OPEN TO ALL AGES



CREDO Japan
KOREA - GUAM - SINGAPORE - DIEGO GARCIA
CREDO JAPAN PRESENTS

**** FREE ****

MOUNT FUJI CLIMB

PERSONAL GROWTH RETREAT

WED-FRI
10-12 JULY, 2024

OPEN TO ALL ELIGIBLE PARTICIPANTS AGED 12 AND UP

Register at: <https://credo-japan.trumba.com/>



EFFECTIVE RESUME WRITING: FEDERAL

06.26.2024
0900
HARU CLASSROOM
4TH FLOOR CRC BLDG

JOB APPLICATION

RESUME

THIS FEDERAL RESUME WORKSHOP WILL INCLUDE AN OVERVIEW OF RESUMES USED FOR FEDERAL POSITIONS FOUND ON [USAJOBS.GOV](https://www.usajobs.gov).

LEARN HOW TO TAILOR AND OPTIMIZE YOUR RESUME TOWARD A SPECIFIC VACANCY OR TYPE OF FEDERAL OCCUPATION.

Registration Required
FFSCINFO@US.NAVY.MIL
DSN 243-3372

The Fleet & Family Support Center

HOME BUYING



**June 25th at 0900
CRC Bldg. 4F Haru Rm**

- Managing your Finances
- Working with Lenders and Real Estate Agents
- Lending Process
- Closing the Deal
- Protecting your Home

A home is one of the most complicated and expensive purchases you will ever make. Take the mystery out of Home Buying !

For more information or to register, call 243-3372 or email FFSCinfo@us.navy.mil

IKEGO WEST VALLEY RECREATION AREA



Paintball Paradise

Weekend Open Play

Whether you prefer the mission-based teamwork of Saturday's Woodsball 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)

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.

CONTACT US:

243-5732 (on-base)

046-816-5732 (off-base)



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.



READ, RENEW, REPEAT

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

The official start of our summer reading program begins June 16 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 1st 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 painting 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.

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



Latin Night



June 21
Doors Open at 6 p.m.
Club Alliance • 3rd Floor

- Dance Instruction • 6:30 - 8 p.m.
Salsa until Midnight
• Live DJ
• Learn to Dance
• Dance Instructor



MT. FUJI HIKING TRIPS

Taste the victory of climbing Japan's tallest mountain with Yokosuka MWR Outdoor Recreation.

Mt. Fuji Day Hikes

July 13, 20 & 27 • 2 a.m. - 10 p.m.

August 3, 17, 24 & 31 • 2 a.m. - 10 p.m.

What a story to tell back home! An absolute must-do when visiting Japan! The hike begins at Mt. Fuji's fifth station and challenges even the fittest and most experienced hikers. Bring yen to purchase your very own Fuji stick and for admission fee. The minimum age required for this trip is 10 years old.

\$75/person (Blue Jacket: \$60)

Mt. Fuji Overnight Hikes

July 22 - 23, August 5 - 6 & August 26 - 27 • 5 a.m. - 3 p.m.

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 eighth station for 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. The minimum age required for this trip is 10 years old.

\$160/person

Mandatory Mt. Fuji (Online) Safety Briefing

Interested in climbing Mt. Fuji? Our online Mt. Fuji safety briefing is designed to prepare you for the advanced hiking and help make your hike a memorable experience! Take the online Mt. Fuji safety brief, print out the certificate and bring it to Outdoor Recreation Center to sign up for Mt. Fuji trips. The certificate is required to sign up for our hiking trips.

Mt. Fuji Safety Briefing link:

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



All tours are subject to change.
For more information, please call
MWR Outdoor Recreation Center.

243-5732 (DSN)

046-816-5732 (COM)



UP TO \$5000 COVERALL JACKPOT

June 24 • Officers' Club Admiralty Room
Doors Open at 4:30 p.m. • Games Start at 6 p.m.

Games packages are \$30 and include special games and additional packages for purchase.
Limited menu and beverages available for purchase.

Ages 18 and under are not allowed to play.

Seats cannot be reserved. Seats are on a first come, first serve basis.
There is limited seating (174 seats); please arrive early.



Visit us on the web!



Officers' Club • 243-5624/5002



DUNGEONS & DRAGONS NIGHT



Liberty Center • Every Tuesday • 6:45 - 9:45 p.m.

For more information, call 243-7346 or visit <http://www.navy.mwr.yokosuka.com>.
Please register for tournaments at the Liberty Center's main desk. Liberty programs and services are available to single and unaccompanied, active duty service members.



BEYOND THE GATE



Camp Zama Independence Day Celebration

June 29 (Saturday)

3 to 9 p.m. | Camp Zama (8-minute walk from Odakyu Soubudai-Mae Station, OH-30)

Camp Zama will be open to the general public for its annual Independence Day Celebration.

All visitors 18 years of age or older must present one of the following forms of ID:

- Valid driver's license or valid passport
- Government of Japan identification card
- Japan Self-Defense Forces identification card
- Local national high school student identification card
- Residence card (must show nationality) or a permanent address record card showing nationality along with a picture ID
- National Public Service identification
- My Number Card/Juki Card (must have a current photograph, Juminhyo with Honsekichi or Koseki Tohon issued within one year)
- Non-Japanese citizens must bring a passport with a valid visa or a permanent residence card (Children under the age of 18 must be accompanied by a parent or legal guardian who is in possession of one of the above valid forms of ID.)

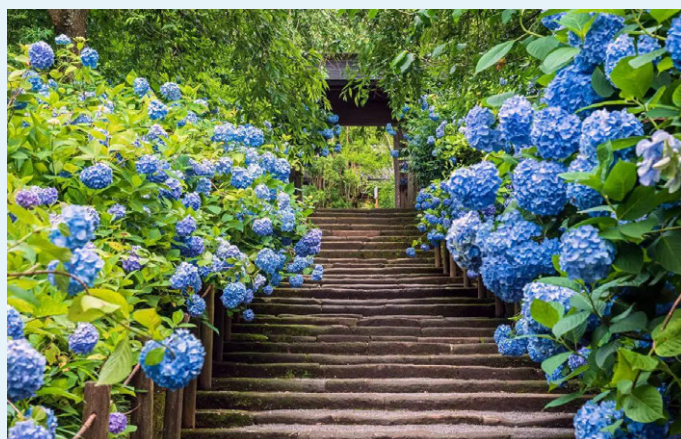


Taiwan Festival in Ueno Park

June 20 (Thursday) - 23 (Sunday)

10 a.m. to 9 p.m. (June 20 - 22)/10 a.m. to 7 p.m. (June 23) | Ueno Park Fountain Plaza (8-minute walk from JR Ueno Station, JY-05 or JK-30/Tokyo Metro Ueno Station, G-16)

Peruse the various sweet and savory food stalls. This year, the theme is "Taiwanese banana", so you can expect to see Taiwanese sweets, food made of/from Taiwanese banana. There will also be an entertainment stage with music and dance performances, a beer garden, along with various food workshops.



Hydrangea Temple Gardens in Kamakura

Hasedera | 8 a.m. to 5:30 p.m. (3-minute walk from Enoden Hase Station, EN-12). Admission is ¥300.

Meigetsuin | 9 a.m. to 4:30 p.m. (10-minute walk from JR Kita-Kamakura Station, JO-08). Regular admission is ¥500. Iris Garden, ¥500.

Tokeiji | 9 a.m. to 4 p.m. (3-minute walk from JR Kita-Kamakura Station, JO-08). Admission is ¥100.

Jojuin | 8 a.m. to 5 p.m. (5-minute walk from Enoden Gokurakuji Station, EN-11). Admission free.

NEWS AND NOTICES

WHY QUEUE THERE WHEN YOU CAN Q-ANYWHERE

U.S. Naval Hospital Yokosuka's Q-Anywhere process for filling new or renewed prescriptions is now live! Q-Anywhere offers a quick and simple process to fill new/renewed prescriptions. Beneficiaries just need to scan the QR code, fill in the required information, and submit. No need to wait in line at the pharmacy. Once your request is submitted, allow us a minimum of 2 hours to process your prescription. Keep the Q-Anywhere webpage open and you will receive status updates. During that 2-hour period you are free to do whatever you need to with your busy schedule. Once your order is filled, return to the hospital, and proceed to Pharmacy Window 1. Business Hours:

- Pharmacy: Monday-Friday, 8 a.m. to 5 p.m.
- Q-Anywhere: Monday-Friday, 8 a.m. to 3 p.m. Closed on weekends and federal holidays. URL for Q-Anywhere USNH Yokosuka Pharmacy: <https://cxmlink.com/DHAMTF1524>.



STUDENT SPORTS PHYSICALS

The next round of student sports physicals will be held on July 24. Appointments are available for booking with USNH Yokosuka's Pediatric Clinic. How to schedule: Call the appointment line at 243-5352 or Pediatric Clinic at 243-5505. Open to all TRICARE beneficiaries and Space A personnel.

- Physicals are for students participating in high school sports.

- Sports Physical forms need to be completed prior to the appointment.
- Unaccompanied minors over the age of 16 must have consent completed by time of appointment to be seen without a parent.

SCHOOL MEAL PROGRAM

The NEX School Meal Program is scheduled to set up two tables by the Main Store entrance on Main Base. The staff at the tables will collect payments and assist families experiencing difficulties logging in to their School Meal Program online accounts.

- Wednesdays: 12 to 4 p.m.
- Thursdays and Fridays: 10:30 a.m. to 2:30 p.m.

CFAY DRIVER'S LICENSE OFFICE

CFAY Driver's License Office will be closed at 8:45 a.m. June 27. For questions, call 243-9089/6721/5647, or e-mail: license@us.navy.mil. 7:45 a.m. to 12 p.m./1 to 3:30 p.m., Monday-Friday except holidays.

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

Commanding Officer: Capt. Les Sobol
Command Master Chief: CMDCM Dennis W. Hunt

Public Affairs Officer: Justin M. Keller
Editor: Justin M. Keller
Layout: Hideo Kaihatsu

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