



My

# CFAY

Weekly

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## This Week at Fleet Activities Yokosuka



Photos by MC3 Quinton A. Lee, CFAY Public Affairs, Yokosuka Child & Youth Programs and MC2 Dyxan Williams

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# AROUND CFAY



## Financial Readiness for PCS: Set Sail Smoothly

Story by CFAY Public Affairs

It is peak permanent change of station (PCS) time for Sailors and Families once again, spanning from March to September. As you prepare for a move, remember it is not just about packing up, it is also about sorting out your finances. Let's explore some crucial steps to ensure you are financially prepared for a move.

### KICK OFF EARLY

Once you get your PCS orders, it is time to hit the ground running to ensure everything goes smoothly. A great first step is to head over to the Military OneSource Moving Your Personal Property webpage. It is a treasure trove of resources, packed with everything from moving guides, informative videos, FAQs and detailed brochures on your entitlements. You can even log into the Defense Personal Property System (DPS) to manage all aspects of your move.

Next up, make sure to use the Plan My Move online tool. Military OneSource Plan My Move is incredibly helpful for building personalized checklists that keep you on track with every detail of your move. From finding a new school and securing a place to live, to setting up finances for the move, this tool has you covered. It even reminds you to check on additional concerns, like EFMP assistance at your new location via the EFMP & Me tool and making sure your pets are travel-ready.

And do not forget to familiarize yourself with your new home before you arrive. The MilitaryINSTALLATIONS tool is perfect for this. It offers up-to-date contact information, articles, maps and photos of military installations around the world, helping you get to know your new base and community right from the start. These tools are not just about moving your belongings. They are about setting you up for success in your new home and giving you a head start on settling in comfortably.

### LEVERAGE SUPPORT PROGRAMS

The Fleet and Family Support Program (FFSP) provides extensive assistance during your PCS journey. Through FFSP's Relocation Assistance Program (RAP) and with the help of personal financial managers (PFMs), you will receive support every step of the way. The RAP is designed to streamline the entire process for service members and their families, ensuring a smooth transition. Meanwhile, PFMs offer PCS touchpoint financial training, which is mandatory for all service members before moving. This

training helps you create a budget and understand the costs and allowances associated with your move.

### EMBRACE TECHNOLOGY

The Navy has rolled out tools such as the myPCS Mobile app to mitigate the stress of PCS moves. This app allows you to create customized checklists and manage the logistical aspects of your relocation from your smartphone. It is designed to make your preparation process more efficient.

MyPCS Mobile offers greater choice and control during the moving process, and it provides information and resources needed to plan and execute a PCS move. Sailors can access MyPCS Mobile via MyNavy Portal at <https://my.navy.mil/> and clicking on the "Quick Links" tab and the blue MyPCS link.

MyPCS Mobile can be downloaded directly from the MyNavy App Locker at (<https://www.applocker.navy.mil>) and can be used from any mobile device. No matter which way you access MyPCS Mobile, you can choose to log on with a Common Access Card (CAC) or sign up for CAC-free access.

### SEEK ADVICE WHEN NEEDED

Do not hesitate to reach out for help. Whether it is attending PCS briefings, consulting with a PFM or utilizing the myPCS Mobile app, these resources can significantly reduce the stress associated with your PCS move. Effective planning and active involvement are key to a successful PCS.

Remember, moving to a new duty station is more than just packing up your things and relocating. It requires careful planning and preparation, both financially and logistically. But do not worry. The Navy has provided helpful tools to make the process easier. The key is to start planning early and make use of technology to ensure a smooth transition. Remember to seek guidance at your local Fleet and Family Support Center and keep detailed records to make the most of your move. Best of luck with your new adventure!

- **Military OneSource Moving Your Personal Property webpage:** <https://www.militaryonesource.mil/moving-pcs/moving-personal-property/>
- **Plan My Move Online Tool:** <https://planmymove.militaryonesource.mil/>
- **EFMP & Me Tool:** <https://efmpandme.militaryonesource.mil/>
- **MilitaryINSTALLATIONS Tool:** <https://installations.militaryonesource.mil>

# 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](mailto: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



### **AOB/ICR**

Jul 1-3 at 0800

### **Private Organization**

Jul 2 at 0900

### **Symptom Reduction Group**

Jul 2 at 1400

### **Youth ICR (Elem)**

Jul 2 at 1430

### **Pre-Marriage Seminar**

Jul 3 at 0930 (Virtual)

### **Modeling in Japan**

Jul 3 at 1300 (Virtual)

### **Smooth Move**

Jul 5 at 0900

### **Military Spouse 101**

Jul 5 at 1300

See something you like? Sign up via email: [ffscinfo@us.navy.mil](mailto: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 Seals  
Prior Service Reserve Officer Recruiter  
Benefits Advisor for Military Veterans -  
Direct Commission Officers  
Navy Recruiting Reserve Command  
NRRC Yokosuka, Japan  
WORK CELL: +81 70 2470 3363  
ALTERNATE: +1 703-565-0199 Whatsapp/Signal  
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Cell: +81 70 2470 3362 Japan



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/>

## CHARTING YOUR NEXT COURSE

The Navy Reserve

Is your active duty career coming to a close?  
Are you looking for a new civilian career path?  
Tap into a wide range of civilian skills and  
industry backgrounds through Navy Reserve  
shipmates to help make the transition from  
Sailor to civilian smoother.

July 11, 1100-1300  
FleetRec Food Court



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](mailto:smaurial@uso.org) for more information.

KIDS CONNECT  
**RED, WHITE,  
AND GLUE!**



WEDNESDAY JULY 3RD, 0900-1100

@ USO YOKOSUKA CENTER

REGISTRATION REQUIRED

OPEN TO ALL AGES







You're  
Invited!

## FLEET AND FAMILY SUPPORT CENTER

★ ★ ★ ★ ★  
**45<sup>th</sup>**  
ANNIVERSARY

JULY 19TH | 1030-1330

CAKE CUTTING AT 1200

CRC BLDG. 4F

Open House      Resources  
Mini Workshops      7th Fleet Band



## SMOOTH MOVE RESOURCE FAIR/ PCS BINDER INFO

July 5th, 2024  
0900 - 1100  
CRC BLDG, 2nd FL, KODO RM

### Are you moving within the next 6 months?

Stop by our resource fair and meet with subject matter experts from several organizations to include Household Goods, Housing, Tricare, NFCU, Navy Lodge, EFMP, Veterinary, NAVPTO, and our Personal Finance Manager.

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



## PRE-MARRIAGE SEMINAR

ENGAGED TO BE MARRIED?  
PLANNING ON TYING THE KNOT HERE IN JAPAN?

If so, this seminar is for you!  
Important topics will be covered regarding marriage procedures, command sponsorship, immigration, financial management, successful marriage and family planning.

**EVERY FIRST WEDNESDAY OF  
THE MONTH AT 0930, VIRTUAL**

FOR MORE INFORMATION OR TO REGISTER,  
PLEASE CALL 243-3372 OR EMAIL [FFSCINFO@US.NAVY.MIL](mailto:FFSCINFO@US.NAVY.MIL)



## PRIVATE ORGANIZATION TREASURER TRAINING



**JULY 2ND  
@ 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 243-7335 or email  
[cfaylegal@us.navy.mil](mailto:cfaylegal@us.navy.mil).







# 4TH of JULY Celebration

**Thursday, July 4\***

**Bike Parade** 8 a.m.  
**NERF Battle** 3 - 6:30 p.m.  
**Independence Day Celebration** 3 - 8 p.m.  
**Fireworks** (sponsored by USAA) 7:30 p.m.

★ ★ ★ ★ ★

## BERKEY FIELD COMPLEX

Come out and celebrate America's Birthday with MWR. Enjoy food trucks, water games, live music, face painting, and a fireworks show to close out the day!

★ ★ ★ ★ ★

Looking for something to do on Friday, July 5 at 6 p.m.? Come out for **The Majority** with special guest **Eric Lee** concert presented by Armed Forces Entertainment!

\*We will offer a shuttle service for Ikego residents on July 4, for more information, please visit our website at [navymwr.yokosuka.com](http://navymwr.yokosuka.com) or scan the QR code.  
 Events may be cancelled or moved due to weather conditions.  
 No official endorsement intended.

# 4TH of JULY Celebration

**BERKEY FIELD COMPLEX**  
**Thursday, July 4**

## EVENT MAP

**Events Schedule**

- 3:30 p.m. Opening Remarks
- 4 - 5:30 p.m. CNC Band
- 5:40 - 7:29 p.m. 7th Fleet Band
- 7:29-7:30 p.m. National Anthem
- 7:30 p.m. Firework Show

**Bike Parade**  
 Start / Finish Meet at 7:30 a.m. Parade 8 - 9 a.m.

**Baseball Field #2**

**Baseball Field #1**

**Baseball Field #1**  
 NERF Battle

**Baseball Field #2**  
 MWR Water Air Toys / Face Painting

**Football Field**

**STAGE**

**SEATING AREA**

1 - O'Club Bar  
 2 - NEX Food  
 3 - Food Trucks

★ ★ ★ 1776 ★ ★ ★

**MWR** **USAA** **NEX** **TACO BELL**

Events may be cancelled or moved due to weather conditions. No official endorsement intended.

★ **HAPPY BIRTHDAY AMERICA** ★

★ **HAPPY BIRTHDAY AMERICA** ★

# 4TH of JULY Celebration

**BERKEY FIELD COMPLEX**  
**Thursday, July 4**

## BUS SCHEDULE

**Shuttle A**

Ikego Red Brick to Purdy Pavillion

- 2 p.m. • Ikego to Yokosuka
- 3 p.m. • Ikego to Yokosuka
- 5:15 p.m. • Ikego to Yokosuka
- 6:15 p.m. • Ikego to Yokosuka
- 7:15 p.m. • Ikego to Yokosuka

Purdy Pavillion to Ikego Red Brick

- 2 p.m. • From Yokosuka to Ikego
- 3 p.m. • From Yokosuka to Ikego
- 5:15 p.m. • From Yokosuka to Ikego
- 6:15 p.m. • From Yokosuka to Ikego
- 7:15 p.m. • From Yokosuka to Ikego
- 7:45 p.m. • From Yokosuka to Ikego

**Shuttle B**

Ikego Red Brick to Purdy Pavillion

- 2 p.m. • Ikego to Yokosuka
- 3 p.m. • Ikego to Yokosuka
- 5:15 p.m. • Ikego to Yokosuka
- 6:15 p.m. • Ikego to Yokosuka
- 7:15 p.m. • Ikego to Yokosuka

Purdy Pavillion to Ikego Red Brick

- 2 p.m. • From Yokosuka to Ikego
- 3 p.m. • From Yokosuka to Ikego
- 5:15 p.m. • From Yokosuka to Ikego
- 6:15 p.m. • From Yokosuka to Ikego
- 7:15 p.m. • From Yokosuka to Ikego
- 8 p.m. • From Yokosuka to Ikego

Buses may leave ahead of schedule if they are full. Bus departure times may vary depending on traffic.  
 No official endorsement intended.

★ **HAPPY BIRTHDAY AMERICA** ★

**ARMED FORCES ENTERTAINMENT PRESENTS**

**THE MAJORITY**  
 with Special Guest **ERIC LEE**

**BERKEY FIELD**  
**FRIDAY, JULY 5 • 6 P.M.**

\*Rain location will be at Fleet Theater.

**HEATWAVE**  
 SUMMER CONCERT SERIES

Learn more at [ArmedForcesEntertainment.com](http://ArmedForcesEntertainment.com)

**MWR** **USAA** **NEX** **TACO BELL**

No official endorsement intended.



# 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.)



## Shonan Hiratsuka Tanabata Festival

July 5 (Friday) - 7 (Sunday)

10 a.m. to 8 p.m. (Until 7 p.m. on July 7) | Around JR Hiratsuka Station (2-minute walk from JR Hiratsuka Station, JT-11)

The Shonan Hiratsuka Tanabata Festival is held for three days from Friday to Sunday in early July of every year. It is said to be one of the biggest tanabata festivals in Japan, and its big, gorgeous bamboo decorations are famous as the best in Japan. The festival is also famous for its vast amount of food stalls which allow you to enjoy a wide variety of gourmet during the celebrations.

## Arabian Fes 2024

July 6 (Saturday) - 7 (Sunday)

12 to 9 p.m. (July 6)/11 a.m. to 7 p.m. (July 7) | Yoyogi Park Event Square (10-minute walk from JR Harajuku Station, JY-19)

Arabian Fes (Festival) is coming to Yoyogi Park to celebrate the wide-ranging cultures, fashions and foods of Arab countries. The festival is being held in an effort to expand people's notion of Arabian culture, which varies vastly from Egypt, Morocco to Dubai.

## 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

## DECA YOKOSUKA SERVICES NOTICE

Yokosuka Commissary hours of operation on Thursday, July 4: 10 a.m. to 6 p.m.

## RLSO WESPAC LEGAL ASSISTANCE REDUCED SERVICES NOTICE

The Yokosuka Legal Assistance Office will be closed from July 4 to 7 in observance of Independence Day. We will resume office hours on Monday, July 8 at 8 a.m.

## POST OFFICE SERVICES NOTICE

The Yokosuka and Ikego Post Offices will be closed Thursday, July 4 in observance of Independence Day. Building G-59 and Ikego Pitney Bowes lockers remain available 24/7. All services will resume on July 5. If you have any questions, call 243-6711, or send email to: [yokosukapostoffice@fe.navy.mil](mailto:yokosukapostoffice@fe.navy.mil).

## 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.

## SPLASH INTO SUMMER WITH WOMEN'S HEALTH

USNH Yokosuka's OB/GYN Clinic is hosting a

walk-in clinic day! Available for our TRICARE Beneficiaries and Space A personnel. July 30, 8 to 11 a.m./1 to 3 p.m. We Are Offering:

- PAP Smears
  - STI Screenings
  - Contraception Services:  
IUD and Nexplanon Placement/Removal;  
Oral Contraception/Ring/Patch; Depo Shots
  - HPV Vaccines
- OB/GYN Clinic is located on the 2nd floor of USNH Yokosuka. Please ensure you are registered for care with Patient Administration.

## 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 Wednesday July 3 from 12 to 1 p.m. at the Community Resource Center on the 4th floor in the Haru 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](mailto:yokosuka@redcross.org), or call 243-7490.

## CONSTRUCTION AND CLOSURES

**Womble Gate Closure:** Partial closure until Aug. 16.

- For high traffic (5 to 8:30 a.m.): Lanes 1 and 2 will be open for inbound traffic. No outbound traffic during these times.
- From (8:30 a.m. to 3:30 p.m.): There will only be one lane open for inbound traffic. No outbound traffic available during these times.

- From (3:30 to 6 p.m.): Lane 1 will be available for inbound, lane 2 available for outbound. Gate secures at 6 p.m.

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

**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

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