



My

CFAY

Weekly

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July 12, 2024

CFAY Holds 4th of July Celebration



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

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Navigating the 101 Critical Days of Summer

Story by CFAY Public Affairs/Fleet and Family Support Center

As the temperatures rise and the days grow longer, we find ourselves embracing the joys of summer. From beach outings to backyard barbecues, these next few months are packed with opportunities for family fun and relaxation. However, it is crucial to remember that with the excitement of summer also comes the need for caution and mindfulness. Welcome aboard, Sailors and families, as we embark on the journey through the 101 Critical Days of Summer, spanning from May 27 to Sept. 2.

The Impact of Summer on Mental Health

While summer brings sunshine and outdoor adventures, it can also present challenges to mental well-being. The combination of hot weather, increased activities and changes in routine can contribute to heightened stress levels for both adults and children.

Here are tips to navigate these potential stressors:

- Recognize signs of stress. Pay attention to signs of stress in yourself and your loved ones, such as irritability, fatigue or changes in mood.
- Practice self-care. Make self-care a priority by staying hydrated, getting enough rest and taking breaks when needed.
- Manage expectations. Set realistic expectations for summer activities and commitments and do not hesitate to adjust plans if needed.
- Seek support. If stress becomes overwhelming, do not hesitate to seek support from friends, family or mental health professionals. Amidst the hustle and bustle of summer activities, it is essential to carve out time for self-care and resilience-building. By taking care of ourselves, we can better support our loved ones and navigate the challenges of the season.

Remember to:

- Set boundaries. Learn to say no to activities or commitments that may overwhelm you or your family.
- Practice mindfulness. Incorporate mindfulness practices into your daily routine, such as meditation or deep breathing exercises, to help reduce stress and promote well-being.
- Stay connected. Stay connected with friends, family and support networks, both in person and virtually, to foster a sense of community and belonging.

At the end of summer, as families prepare for the upcoming school year, it is essential to prioritize children's mental health and resilience. If your child is experiencing stress or

anxiety, consider seeking counseling services to help them build coping skills and prepare for the transition back to school.

Fleet and Family Support Program

During the 101 Critical Days of Summer and beyond, remember that support is available through your CFAY Fleet and Family Support Center (FFSC). Whether you need help with stress management, parenting support or counseling services, our team is here to help. Contact the CFAY FFSC to access a wide range of resources and support services tailored to the unique needs of military families.

As we embark on the journey through the 101 Critical Days of Summer, let's prioritize safety, self-care and support for ourselves and our families. By staying mindful and proactive, we can make the most of this season while ensuring the well-being of those we hold dear.

Out and About



Eric Lee kicked off Armed Forces Entertainment and CFAY Morale, Welfare, and Recreation - MWR's Heat Wave Summer Concert Series July 5 at Berkey Field. The Hawaiian solo artist was followed by the contemporary reggae band, The Majority. (Photo by James Kimber, CFAY Public Affairs)

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 25: 1 to 4 p.m.



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

- Friday, July 26: 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 CFAY FFSC YOKOSUKA FB page



Consumer Awareness

Jul 15 at 0900 (Virtual)

Active Parenting 5-12

Jul 15 at 1000

Supporting Children and Deployment

Jul 15 at 1300 (Virtual)

Active Parenting 0-5

Jul 15 at 1430

AOB/ICR

Jul 16-18 at 0800

Million Dollar You

Jul 16-17 at 0800

4th Trimester Group

Jul 16 at 1000

Ikego Cultural Exchange Club

Jul 16 at 1000

Succeed with SkillBridge

Jul 16 at 1300

Symptom Reduction Group

Jul 16 at 1400

Infant Massage

Jul 17 at 1000

Active Parenting Teens

Jul 17 at 1030

Sponsorship On-Demand

Jul 18 at 0800 (Virtual)

SAPR VA Admin Training

Jul 18 at 0900

Volunteer Orientation

Jul 18 at 1100 (Virtual)

Resiliency Bootcamp

Jul 18 at 1130

Sponsorship Training

Jul 18 at 1300

EFMP Command POC

Jul 19 at 1000 (Virtual)

FFSC Anniversary

Jul 19 at 1030

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



IKEGO HEIGHTS NIKKO TOWER

BREAKING THE



WITH THE CO

JULY 31
C-2 Building
12 p.m.



SUMMER 2024 NMCRS YOKOSUKA THRIFT SHOP SCHEDULE

JULY 03 9 AM - 12 PM Sales Day	JULY 10 9 AM - 12 PM Sales Day	JULY 11 9 AM - 10 AM Donations Accepted	JULY 17 9 AM - 12 PM 4:30 PM - 7 PM Sales Day
JULY 24 9 AM - 12 PM 4:30 PM - 7 PM Sales Day	JULY 25 4 PM - 5 PM Donations Accepted	JULY 31 9 AM - 12 PM 4:30 PM - 7 PM Sales Day	AUGUST 7 9 AM - 12 PM 4:30 PM - 7 PM Sales Day
AUGUST 8 4 PM - 5 PM Donations Accepted	AUGUST 21 9 AM - 12 PM 4:30 PM - 7 PM Sales Day	AUGUST 22 9 AM - 10 AM Donations Accepted	AUGUST 28 9 AM - 12 PM 4:30 PM - 7 PM Sales Day



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: +1 770-365-0199 Whatsapp Signal



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NAVY-MARINE CORPS
RELIEF SOCIETY®

JULY 2024

BUDGET FOR BABY® WORKSHOP

TUES 02	IN-PERSON YOKOSUKA @0900
MON 08	IN-PERSON YOKOSUKA @0900
TUES 09	IN-PERSON ATSUGI @1630
MON 22	IN-PERSON YOKOSUKA @1700

CRC Building Room 313
Drop-Ins Welcome!

Scan to Register





IKEGO CULTURAL EXCHANGE CLUB



CONNECT, LEARN, AND EXPLORE TOGETHER!



Jul 16 at 1000



Ikego-Nikko Room



Interactive
Activities



Networking
Opportunities



Cultural
Exchange

Kendama



To register, please call 246-8052 or email
FFSCinfo@us.navy.mil



You're
Invited!

FLEET AND FAMILY SUPPORT CENTER

45th
ANNIVERSARY

JULY 19TH | 1030-1330
CAKE CUTTING AT 1200
CRC BLDG. 4F

Open House Resources
Mini Workshops 7th Fleet Band

Yokosuka Child & Youth Programs Present
the Missoula Children's Theatre in ...

RED Riding Hood



July 29 -August 2

First day of camp auditions are Monday July 29 at KHS Little Theater
Performances will be Friday August 2 at KHS Little Theater
For more information call the CYP Office at DSN: 243-4079 or 046-816-4079



Child and Youth Programs



MISSOULA
CHILDREN'S
THEATRE
A PRODUCTION OF MCT, INC.

Million Dollar You

A personal wealth building
program for sailors and
family members

- Strengthen Career
- Manage Money
- Build Wealth

16-17 July, 0800-1630

Fleet Rec, 3rd Floor, Rm 336

For more information or to register, call 243-3372 or email
Germaine.moore3.ctr@us.navy.mil



HAND, FOOT AND MOUTH DISEASE (HFMD)

What is HFMD?

- Common infectious disease
- Affect mainly children age less than 5 years (can also be up to 10 years)

What causes HFMD?

- Commonly caused by Enterovirus group including coxsackievirus A16, Enterovirus 71 (EV71) and echoviruses.

Symptoms



Painful sores in the mouth



Skin rash with red spots and sometimes with blisters on the palms of the hands and soles of the feet, buttocks and genital area



Poor appetite



Sore throat



Lack of energy



Fever

How does it spread to another person?



Close personal contact (e.g. blister fluid)



The air through coughing or sneezing (saliva, sputum or nasal mucus)



Contact with contaminated objects and surfaces.



Contact with feces

Preventive measures



Avoid close contact with sick people



Cover your coughs & sneezes



Frequent hand washing with soap and water



Clean and disinfect surfaces (toys, eating utensils, toilet floor)



Stay at home if you are sick



Avoid touching your face with unwashed hands



Eat nutritious & balanced diet

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.navymwr.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)



Latin Night



July 12
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



FOR MORE INFORMATION, PLEASE CALL 243-3000 OR 241-3785



Soulful Jazz Night

Club Alliance
3rd Floor Sports Bar
July 27 • 6 - 11 p.m.

Sit back and enjoy the soulful sounds of a live jazz band while you savor a delicious soul food buffet. \$25 / Person



Club Alliance
241-3786 • 243-5985



Visit us on the web!



BEYOND THE GATE



Kurihama Perry Festival July 13 (Saturday)

10 a.m. to 8 p.m. | Throughout the Kurihama Area
(1-minute walk from Keikyu Kurihama Station, KK-67,
5-minute walk from JR Kurihama Station, JO-01)
Kick off the summer season with Yokosuka's earliest
grand display of fireworks (Kurihama Beach, 7:30 to 8
p.m.). There will also be a wide variety of festivities such
as the Power Ranger Show, Yokosuka Kaikoku Bazaar
(Kurihama Shopping Street), and Commodore Perry's
Landing Ceremony (Perry Park, 10:30 to 11:10 a.m.).



Oppama Festival July 14 (Sunday)

11 a.m. to 6 p.m. | Oppama Ginza Shopping District (Right
outside Keikyu Oppama Station, KK-54)
Yokosuka's Oppama neighborhood comes alive during
the festival held in the Ginza Shopping District right
outside the Oppama Station. See the parade of Rio
de Janeiro Carnival style, traditional dances including
the soran dance, Okinawa Eisa, taiko drums and enjoy
street performances, festival food and drinks.



Enoshima Tenno Festival July 14 (Sunday)

9:30 a.m. to 6 p.m. (10-minute walk from Enoden
Enoshima Station, EN-06)

This festival begins at 9:30 a.m. at Enoshima's
Hetsumiya Shrine. A large mikoshi is carried across
the bridge from Enoshima to Koyuguri Shrine on the
mainland. On the way, the mikoshi is dunked into the
sea (between 10 a.m. and 12 p.m.). On the mainland,
the mikoshi from Yasaka Shrine meets with a mikoshi
from Koyurugi Shrine. The two mikoshi then parade
together along a shopping street until the Yasaka
mikoshi returns to Enoshima at around 6 p.m.

Kamakura Fireworks Festival July 17 (Wednesday)

7:20 to 8:10 p.m. (Until 7 p.m. on July 7) | Yuigahama
and Zaimokuza Beaches (20-minute walk from JR
Kamakura Station, JO-07)

Kamakura Fireworks Festival is known for using its
speciality "underwater fireworks", which explodes in
the water instead of in the air. The Festival takes place
at Yuigahama and Zaimokuza beaches on the coast of
Kamakura City and will see around 2,500 fireworks shot
into the sky.

Kawasaki Daishi Wind Chime Market

July 18 (Thursday) - 24 (Wednesday)

10 a.m. to 5 p.m. | Kawasaki Daishi (8-minute walk from
Keikyu Kawasaki-daishi Station, KK-23)

The Kawasaki Daishi Wind Chime Market is an annual
event where makers from all over the country gather
at Kawasaki Daishi. While wind chimes are a common
sight during the summer festivals, the market at
Kawasaki Daishi is on another scale. More than 30,000
wind chimes are on sale in all different shapes and sizes
ranging from under ¥1,000 up to ¥5,000.

NEWS AND NOTICES

CFAY FAST TRANSITIONS TO RAPIDS ID SCHEDULER

CFAY FAST will use the RAPIDS online appointment scheduler for all CAC and ID card renewal appointments and issuance appointments starting Monday, July 15. This applies to military personnel and their dependents, civilian employees and their dependents, and military retirees and eligible dependents. All previously created appointments will be honored and transferred over to the new online scheduler once initiated. Appointments may be made through: <https://idco.dmdc.osd.mil/idco/>

• **Monday/Wednesday:** Walk-in hours, 8 to 11 a.m./Appointment hours, 12 to 4 p.m.

• **Tuesday/Thursday/Friday:** Walk-in hours, 9 to 11 a.m./Appointment hours, 12 to 4 p.m.

For more information, contact CFAY FAST at 243-5770 or 046-816-5770.

CFAY DRIVER'S OFFICE SERVICES NOTICE

CFAY Driver's License Office will be closed on July 15 due to local national holiday (Marine Day). For questions, call 243-9089/6721/5647, or email: license@us.navy.mil. 7:45 a.m. to 12 p.m./1 to 3:30 p.m., Monday-Friday except holidays.

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.

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.

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

Full/Partial Road Closure:

- Clement Boulevard partial closure from July 8 to Aug. 31.
- Behind NEX until July 31.

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

 yokosukareport@gmail.com

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