



My

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Weekly
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Navy Exchange Yokosuka Renovations NEX Kennel



Photos by James Kimber, CFAY Public Affairs

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Navy Exchange Yokosuka Renovations NEX Kennel

Story and photos by James Kimber, CFAY Public Affairs

Yokosuka's Navy Exchange, or NEX, hosted a ribbon cutting ceremony to celebrate the re-grand opening of the NEX Kennel on Main Base July 17.

The facility boasts an outdoor dog run, 40 new boarding kennels – including a cat room and three large dog kennels – and pet grooming services.

Jimmy Green is the NEX Services Manager. He said the NEX Kennel can also board up to three animals for quarantine. Later this summer, the facility will be “expanding to at least 18 quarantine kennels,” he said.

“We have a vendor in Saitama [Prefecture] who will be bringing the gear and completing the installation themselves in the next few weeks,” Green said.

The kennel's quarantine expansion project will provide more pet owning families the option to bring their furry family members to Japan and be able to finish the Government of Japan's animal quarantine requirements once complete.

The kennel had temporarily closed it's doors in January this year for it's planned overhaul.

“The Navy Exchange took over the kennel from MWR many moons ago, but didn't have the opportunity to renovate the building then or in the years that followed,” Navy Exchange

Yokosuka general manager, Charlene DuBose, said before the ribbon cutting. “Everyone involved in this project did an incredible job and I know the community will love the work they accomplished once they step inside.”

The nearly six-month project temporarily halted the Yokosuka kennel from offering boarding services, including those required for animal quarantine, and had temporarily shifted pet grooming services to Ikego Heights Family Housing.

Ikego community members will see “the NEX Beauty Salon re-opening soon,” Green said. “We're currently sanitizing the space now and will be moving equipment in for it's scheduled August 2 re-opening.”

The kennel renovation is part of the installation's “commitment to our pet-loving families,” Commander, Fleet Activities Yokosuka, Capt. Les Sobol, said. “When the Navy Exchange is involved, good things happen. We're very fortunate to have such a caring and amazing group of people working here.”

In addition to the kennel, the installation also hosts three dog parks shared between Main Base and Ikego Heights, multiple dog waste plastic bag stations maintained by the base's Girls Scouts troop, the U.S. Army's Yokosuka Veterinary Treatment Facility (VTF), an all-volunteer animal shelter named Pets Are Worth Saving (PAWS), pet-friendly rooms at the Navy Lodge and Navy Gateway Inns & Suites, pet-friendly Navy Housing assignments, and a full “PCSing with Pets” series going over the animal quarantine process to preparing pets for international travel as part of the #WelcomeAboardYokosuka campaign.

The NEX Kennel is next to the Yokosuka VTF and conveniently located for incoming pet owners to register their pets at the VTF in accordance with installation and local policies and regulations.

For more information or to make an appointment at the NEX Kennel, please contact them at 243-4530 by DSN or 046-816-4530 by mobile phone.

For more than 75 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet 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.



Just Got Married?

MyNavy has an app for that!



Married to a Sailor? Check out - "Spouse Support Resources" in the app!

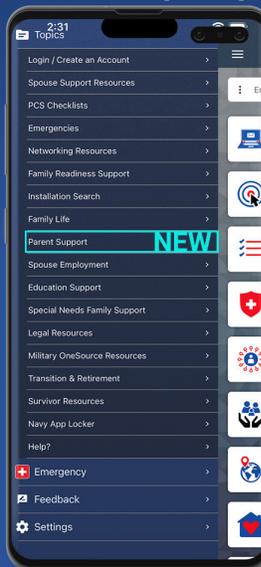
The MyNavy Family app connects Navy spouses and families to information and resources to help them successfully navigate the complexities of life in a Navy family. **Let us support you during your Navy journey!**

Download MyNavy Family app by visiting: applocker.navy.mil.



Parent Support?

MyNavy has an app for that!



The MyNavy Family app has multiple links under the new link "Parent Support"!

Download the app by visiting applocker.navy.mil



New Look & Links!

MyNavy has an app for that!

The MyNavy Family app connects Navy spouses and families to information and resources to help them successfully navigate the complexities of life in a Navy family.

Explore Our New Links!



- Education Support
- Emergencies
- Family Life
- Family Readiness Support
- Legal Resources
- Installation Search
- Navy App Locker
- Spouse Support Resources
- Parent Support
- Special Needs Family Support
- Networking Resources
- Spouse Employment Resources
- Survivor Resources
- Need Help?



Download MyNavy Family app by visiting: applocker.navy.mil.



MyNavy Family Mobile Application

Updated 2024

An official U.S. Navy mobile application produced by MyNavy HR IT Solutions



What is the MyNavy Family app?

The MyNavy Family application combines authoritative information from a wide range of websites into a single convenient application for Navy families. New resources and links continue to be added.

KEY FEATURES

Military Installation Search
Find information about every military installation around the world, including contact information, base map, programs, and services, plus an overview of its mission.

MyNavy Career Center
Get help and information from this 24/7 resource with an in-app ability to call or send an email to a customer service representative.

Emergency Contacts
Access websites and phone numbers for immediate support from a range of organizations, such as National Suicide Prevention Lifeline, Sexual Assault Crisis Support, National Domestic Violence Hotline, and others.

Content Sharing
Share information by using other mobile device applications, such as email, SMS text, and iMessage.

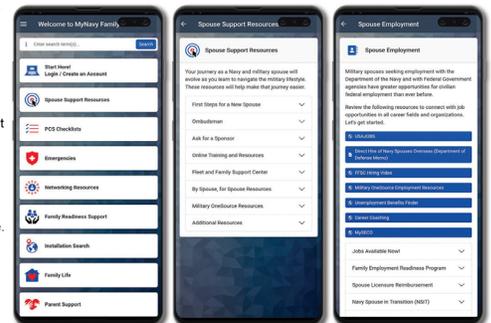
Feedback
Provide input about the app content and use.



TOPICS OF INTEREST

The app offers a wide variety of topics within the following categories:

- ✓ Education Support
- ✓ Family Emergencies
- ✓ Family Life
- ✓ Family Readiness Support
- ✓ Help?
- ✓ Installation Search
- ✓ Legal Resources
- ✓ Military OneSource Resources
- ✓ Navy App Locker
- ✓ Networking Resources
- ✓ Parent Support
- ✓ Special Needs Family Support
- ✓ Spouse Employment
- ✓ Spouse Support Services
- ✓ Survivor Resources
- ✓ Transition & Retirement



Learn more & download the app here: applocker.navy.mil

Google Play App Store: Click [HERE](#) to download app.

Apple iTunes App Store: Click [HERE](#) to download app.

Distribution Statement A:
Approved for public release and unlimited distribution.



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 FFSC YOKOSUKA FB page



TAP Core Curriculum

Jul 22-24 at 0800 (Retiree)

Active Parenting 5-12

Jul 22 at 1000

Emergency Preparedness

Jul 22 at 1000

Everyday Japanese

Jul 22 at 1000

Military Spouse 101

Jul 22 at 1300

Active Parenting 0-5

Jul 22 at 1430

AOB/ICR

Jul 23-25 at 0800

Baby Sign Language

Jul 23 at 1000

Navy Spouses in Transition

Jul 23 at 1000 (Hybrid)

Effective Resume Writing

Jul 24 at 0900 (Federal)

Infant Massage

Jul 24 at 1000

Active Parenting Teens

Jul 24 at 1030

ESL/EFL

Jul 24 at 1300 (Ikego)

Active Japanese Language

Jul 24 at 1500

Make Tomodachi

Jul 24 at 1630

My Education Track

Jul 25-26 at 0800

Sponsorship Training

Jul 25 at 0900 (Virtual)

Ombudsman Advanced Training

Jul 25 at 1000

Credit Management

Jul 25 at 1300

SAPR VA Refresh Training

Jul 25 at 1300

Navigating Your New Normal

Jul 26 at 0900 (Virtual)

Enjoying Japanese Food

Jul 26 at 0930

Military Spouse 101

Jul 26 at 1000 (Japanese) (Hybrid)

ESL/EFL

Jul 26 at 1300

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



CUP OF COFFEE WITH THE CO



WITH THE CO

JULY 24 AT 8 A.M.
IKEGO HEIGHTS NIKKO TOWER



IKEGO CULTURAL EXCHANGE CLUB



CONNECT, LEARN, AND EXPLORE TOGETHER!



Aug 8 at 1000
Ikego-Nikko Room



BREAKING THE ICE



WITH THE CO

JULY 31
C-2 Building
12 p.m.



Bon Odori



To register, please call 243-3372 or email
FFSCinfo@us.navy.mil

Zushi Kamegaoka Shrine

Flea Market July 26 (Fri)/Antique Fair July 27 (Sat)



VENUE:

Kamegaoka Shrine (across the street from Zushi-Hayama Station on Keikyu Line)
Hour: Flea market 8:00am - 2:30pm /Antique fair 7:30am - 2:30pm

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





CREDIT MANAGEMENT

July 25th @1300-1500
CRC Bldg. Haru Room

Good credit can have a profound impact on your life beyond just finances.

Join our class to learn how to build and maintain good credit while avoiding excessive debt.

Registration Required!

To register, Please call 243-3372 or email FFSCinfo@us.navy.mil

ARE YOU READY?

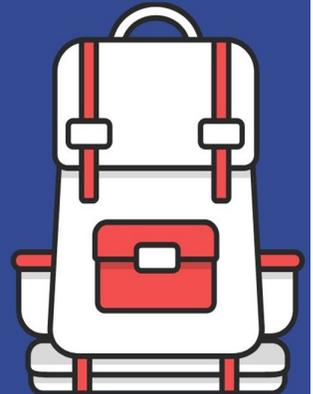


To prepare for the possibility of an evacuation, join our workshop to discuss the MANDATORY USFJ Emergency Evacuation Program (EEP) checklist and packet and what to do with it.



JULY 22ND
1000-1200
Bldg. 3365, 4th FL,
HIMAWARI RM

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



TO OUR VALUED CUSTOMERS:
DUE TO ANNUAL INVENTORY
OUR HOURS OF OPERATION
WILL VARY BASED ON LOCATION

SUNDAY JULY 21, 2024

DEPOT - CLOSED UNTIL 1400
FLEET STORE - CLOSED UNTIL 1500
SRF MM - CLOSED

MONDAY JULY 22, 2024

MAIN STORE - CLOSED UNTIL 1700
KIDS STORE - CLOSED UNTIL 1700
SERVICES - CLOSED UNTIL 1700

TUESDAY JULY 23, 2024

IKEGO MINI MART - CLOSED UNTIL 1500

WEDNESDAY JULY 24, 2024

HOME GALLERY - CLOSED UNTIL 1000
HOME STORE - CLOSED UNTIL 1300
HARDY BARRACKS MM - CLOSED UNTIL 1500
NEW SANNO - CLOSED UNTIL 1500

THURSDAY JULY 25, 2024

CAR CARE CENTER MINI MART - CLOSED UNTIL 1500

WE APOLOGIZE FOR THE INCONVENIENCE



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





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

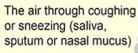


Fever

How does it spread to another person?



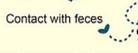
Close personal contact (e.g. blister fluid)



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)



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!



Navy Exchange & MWR presents:

BACK TO SCHOOL BLOCK PARTY

Saturday, August 10
4 - 8 p.m.

NEX Parking Lot & Red Brick Area

Air Toys • Food Sales • Games • Giveaways • Karaoke
Super Soaker Event • Live Music • Vendors • and more!



APPLY TO BE A VENDOR!

For details, visit navymwr.yokosuka.com or call 241-5060. Events are subject to change.



BEYOND THE GATE



Brazilian Day Tokyo

July 20 (Saturday) – 21 (Sunday)

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

This festival begins at 9:30 a.m. at Enoshima's Brazilian Day Tokyo pulls in an impressive crowd. It will be held in Yoyogi Park's Events Square and will feature all things Brazilian. Look forward to food, dancing, and vibrant performances.



Hayama Beach Fireworks Display

July 30 (Tuesday)

7:15 to 7:45 p.m. | Morito and (part of) Isshiki Beaches (15-minute bus ride from Keikyu Zushi-Hayama Station, KK-53, Line 11 or 12, or JR Zushi Station, JO-06, Line 3)
More than 1,100 fireworks will light up the night sky at Morito and Isshiki Beaches in Hayama.



JGSDF Kurihama Garrison Summer Festival

July 24 (Wednesday)

5 to 8:30 p.m. | JGSDF Kurihama Garrison (16-minute walk from JR Kurihama Station, JO-01/14-minute walk from Keikyu Kurihama Station, KK-67)

The Kurihama Garrison Summer Festival is scheduled Wednesday, July 24 at Japan Ground Self-Defense Force Kurihama Garrison, weather permitting. The garrison is set to open to the public beginning at 5 p.m. The summer festival will include food stalls, Bon Odori, and ends with a fireworks show.



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 started the RAPIDS online appointment scheduler for all CAC and ID card renewal appointments and issuance appointments. 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.

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.

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 Aug. 7 from 10 to 11 a.m. in the Library at the Community Resource Center.

REPAIR 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.

POUNTEER 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

Parking Lot Closures: Closure period Sept. 1 until Sept. 30, 2027 due to new construction of Ship Simulator Training Facility.

- Building 1997.
- Half of 12-hour Parking Lot (Adjacent to building 3000).
- All of Parking Lot east of DLA (Building 1907).

Full/Partial Road Closure:

- Clement Boulevard partial closure until 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.

Ikego Yasakayato Street: The Government of Japan Contractor will perform excavation work on Yasakayato Street from July 29 to Aug. 9 excluding Sunday. Working hours will be from 8 a.m. to 5 p.m., Monday through Saturday. One-way alternating traffic during daily 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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