

# **This Week at Fleet Activities Yokosuka**



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**MWR Events** 

**Beyond the Gate** 



# CPR Training, Basic Life Support, Baby Siffing Basics, and Mindful Movement

# **CPR/AED/First Aid Course**

- Thursday June 26, 1 to 4 p.m.
- Thursday July 10, 1 to 4 p.m.

# **Basic Life Support**

- Thursday June 19, 1 to 4 p.m.
- Thursday July 24, 1 to 4 p.m.

# **Baby Sitting Basics**

• Sunday June 22, 10 a.m. to 1 p.m.

# Mindful Movement - Family and Adult only class (Free class. No referral needed) Learn movement, breathing and relaxation techniques.

• Email your class request at least two weeks in advance. Yokosuka@redcross.org

Classes may be added based on community need and instructor availability. All classes are Blended Learning Courses with an online and an instructor led classroom skills session To register, email: <u>Yokosuka@redcross.org</u> 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

My Entrepreneurship TrackAOB/ICRJune 23-24 at 8:00 A.M.June 24-24Emergency Evacuation ProgramCar Buyin(EEP) OverviewJune 24 atJune 23 at 10:00 A.M.My EducaEveryday JapaneseJune 25-24June 23 at 10:00 A.M.VolunteeEmergency and DisasterJune 25 atPreparednessESL/EFLJune 23 at 11:30 A.M.June 25 atSAPR VA Refresher TrainingSponsors

June 23 at 1:00 P.M.

AOB/ICR June 24-26 at 8:00 A.M. Car Buying June 24 at 1:00 P.M. (Virtual) My Education Track June 25-26 at 8:00 A.M. Volunteer Orientation June 25 at 11:00 A.M. (Virtual) ESL/EFL June 25 at 1:00 P.M. (Ikego) Sponsorship Training June 26 at 9:00 A.M. (Virtual) Ombudsman Advanced Training June 26 at 10:00 A.M. Surviving in Japan June 26 at 10:00 A.M. (Ikego) Resiliency Bootcamp June 26 at 11:30 A.M. Navigating Your New Normal June 27 at 9:00 A.M. (Virtual) Enjoying Japanese Food June 27 at 9:30 A.M. Zushi-Hayama Tour June 27 at 10:00 A.M. ESL/EFL June 27 at 1:00 P.M.

Fleet & Family Support



June 23 1000-1200 Bldg. 3365, 4th FL, **HIMAWARI RM** 

Please call 243-3372 or email





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.



# **RESILIENT** READY

# DEPLOYMENT SUCCESS VIRTUAL CLASSES

JUN 2025

### Gain tools to manage emotions and challenges associated with deployment.

- POSITIVE ASPECTS OF DEPLOYMENT
- CONSTRUCTIVE COMMUNICATION
- MAINTAIN STRONG CONNECTIONS

COMMAND REQUESTS AND ONE-ON-ONE CONSULTATIONS ARE AVAILABLE.

# **NAVIGATING YOUR NEW NORMAL**

June 27 - 9:00 a.m. (Virtual)

# **REGISTRATION IS EASY!**



EMAIL: FFSCinfo@us.navy.mil OR CALL: 243-3372 / 046-816-3372





The WIC Overseas Program provides several important benefits to help you and your family lead healthier lives.

Program services are provided to eligible participants living overseas:

- Active Duty Military & their Dependents
- DoD Civilian Employees & their Family Members DoD Contractors & their Family Members

## Those who may be eligible for the WIC Overseas Services include:

- Pregnant women-during pregnancy & throughout the first 6 weeks after giving birth
- Mothers—until the infant is 6 months if bottle feeding or age 1 if breastfeeding
- · Infants & children-until the end of the month in which they turn age 5 years

# The WIC Overseas Program provides participants & their families with important benefits, including:

Nutrition & health screenings

- Nutritious foods- Redeemable food checks called "drafts," which can be redeemed for specific foods and quantities in overseas commissaries
  - Tips on how to prepare balanced meals Access to other resources that help families lead healthier lives
- Contact your local WIC Overseas office to determine if you and your children are eligible for the WIC Overseas Program!

\*Families who did not qualify in the U.S. might qualify overseas!

## YOKOSUKA OFFICE HOURS:

MON - FRI 0730-1600 DSN: 243-9426

JPN Phone: 046-816-9426 US Phone: 011-81-46-816-9426



# **Become a Family Child** Care (FCC) Provider

## Some advantages of being a FCC Provider are:

- Independent work environment; work from your own home
- Great source of income while saving you the expense of childcare • Free promotion, advertising and referrals
- Free monthly training and CPR / First Aid training
- Low cost liability insurance & on-site assistance and advice
- Assistance with Child Development Associate Credential
- A job that moves with you and certification that is transferable • Take the next step! Complete an FCC Provider interest form at
- https://militarychildcare.csd.disa.mil/sms/registration/register#



NAVY CYP

For more information call 241-2978 or 046-896-2978 or 070-1201-7944 or contact MWR\_YOKOSUKA\_FCC@us.navy.mil

# **CLUB TAKEMI**

## Lunch

Monday - Saturday • 11 a.m. - 1:30 p.m. Take a break and let us do the cooking! Club Takemiya offers a full lunch menu including appetizers, salads, burgers, wraps, rice bowls, pasta, steak and more.

## Thursday Lunch Special

Thursdays • 11 a.m. - 2 p.m. Specials served with a standard beverage of your choice. Please check in every Thursday to see what is on offer. **\$11** 

Rib Eye Steak Special Thursdays • 11 a.m. - 9 p.m. Tender and flavorful rib eye steak (10oz) served with your choice of side and vegetable of the day. \$18

# Fab Fridays!

Fridays • 4 p.m. - Midnight Kick-start your weekend with friends at Club T! Enjoy delicious cocktails, great music, free pool and much more!

DJ twice monthly • 7 p.m. - Midnight Happy Hour • 6 - 7 p.m.



# Jubilee Special Meal

June 19 • 4 - 9 p.m. Barbequed Chicken Wings, Cajun Fried Cod Fish w/ Tartar Sauce, Mac & Cheese, Hush Puppies Collard Greens, Honey-Butter Cornbread, Chicken Gumbo and Coleslaw

For details call 246-8077.





A delicious curry collaboration between our JMSDF partners and MWR featuring curry, vegetables and crispy chicken katsu over steamed rice. Available at all MWR clubs. \*Not available for delivery.

# CPO CLUB 🖞

 Premium Black Angus USDA ribeye topped w/ tiger shrimp and our signature compound butter. Choice of side & daily vegetable. \$24

Tuesday | Smoked Prime Rib Night **4 - 8 p.m.** Juicy hickory smoked prime rib seasoned to perfection,

cooked to your liking and served with hearty vegetables, soup, baked potato and garden salad. **\$19** 

A - 8 p.m. A huge variety of meats, vegetables, sauces, soup, pancit, steamed rice and fried rice. Limited menu also available.

Thursday | Texas Style Smoked Brisket **11 UI 3VALY 4 - 8 p.m.** Juicy and tender, melt in your mouth brisket, slow cooked and smoked to perfection with our blend of spices. Served with pulled pork, white bread, and your choice of side. **\$12.50** 

Friday | Garlic Shrimp w/ Coconut Rice Plump and juicy shrimp served in a delicious garlic butter sauce.

This Hawaiian staple is served with coconut rice and fresh vegetables. **\$8** 

9 a.m. - 2 p.m. An all-you-can-eat buffet that includes a breakfast section, special carving stations and Japanese food station.

Saturday New York Street Chicken

**4 - 8 p.m.** A staple of New York City street vendors, this dish features

well-seconed, and slightly charred chicken served on top of yellow rice with lettuce, tomato & onion, and topped with our house sauces. Regular or Spicy is available. **\$12** 

Reservations not required but highly recommended.

Saturday Brunch

Wednesday | Mongolian BBQ

Monday Surf & Turf













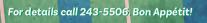






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**Cruise Inn** Monday - Friday · 6 a.m. - 2 p.m. Closed on Saturdays, Sundays & Holidays Fuel your day from our delicious breakfast menu on the go.









July 4 • Berkey Field • Event Begins • 3 p.m. Come out and celebrate America's birthday! Fireworks at 7:30 p.m. • Rain date July 5 (Fireworks only)

#### Live Entertainment • Carnival Games\* • Food & Beverages Family Games & Activities • Fireworks • Color Run\* • Nerf Battle\*

\*Color Run: Register online or in person at Fleet Recreation Fitness office or Purdy Gym office starting June 13. Run Begins • 8 a.m. Registration fee: \$5. For more info please call: 241-4486.

\*Nerf Battle: To sign-up, please go to https://myffr.navyaims.com/yokosukacyp.html or contact the Youth Sports office for more information at 241-2952 or email cfayyouthsports@us.navy.mil. Nerf Battle Schedule: 3 - 4:30 p.m. (Ages: 5 - 8) & 5:30 - 7 p.m. (Ages: 9 - 12)

\*Carnival Games (Water Slides & Water Games) Patrons are encouraged to bring swimsuits to the event. Changing rooms will be available.

Home Based Business Vendor Market: Are you a home based business and interested in being a vendor? Visit navymwryokosuka.com and email MWR\_Yokosuka\_Special\_Events@us.navy.mi for details on how to sign up. Participation fee \$100, limited space available.

Please bring either a credit card or cash to make purchases (dollars and yen accepted).







For more information, visit us on the web.

# Mt. Fuji

# **Online Safety Brief**

https://www.navymwryokosuka.com/ recreation/mt-fuji-climbing-season Interested in climbing Mt. Fuji? Our Mt. Fuji online safety brefing is designed to prepare you, and make your hike up Japan's highest mountain a memorable experience! After completing this mandatory safety brief, print out the certificate and bring it to Outdoor Recreation Center to sign up for Mt. Fuji trips.

# Mt. Fuji Day Hikes

What a story to tell back home! Trek, climb, and taste the victory of climbing Japan's tallest mountain, an absolute must-do when visiting Japan' The hike begins at Mt. Fuji's 5th station and challenges even the fittest and most experienced hikers. Bring ¥4000 for admission fee and extra yen to purchase a Fuji Stick and / or stamps for your stick. Minimum age is 10 years old.

July: 19 & 26 August: 2, 9, 23 & 30 \$95 / person • \$65 / Blue Jacket

# Mt. Fuji Sticks

Head over to Outdoor Recreation Center and purchase a Fuji Stick branded with our very own stamp to start your



For more information, please call 243-5732.

Saturday June 21 Friday Fulday July 11 Register now at Tickets & Travel!

Kamogaw

Kamogawa Seaworld is located in Chiba Prefecture. The park showcases everything from Beluga whales, orcas, dolphins and penguins, giant sea turtles, to sea lions.

The park was created as not just an aquarium, but also as a facility dedicated to marine research and preservation.

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Fitness, Sports, DFS Office	CLOSED
Fleet Gym Weight Room	24/7
Green Beach Pool	CLOSED
Hawk's Nest	8 a.m 4 p.m.
Ikego Fitness Center	24/7
lkego Pool	9:30 a.m 5:30 p.m.
Purdy Fitness Center & Pool	CLOSED
Single Sailor Liberty Center	10 a.m 10 p.m.

# **CHILD & YOUTH PROGRAMS**

FCC* *Call 080-4203-5629 for availability	24/7 Open for Mission Critical Only
Duncan CDC	CLOSED
Gridley CDC	CLOSED
Ikego CDC	CLOSED
Ikego SAC	CLOSED
Green Street SAC	CLOSED
Third Avenue SAC	CLOSED
Ikego Teen Center	CLOSED
Yokosuka Teen Center	CLOSED
Youth Sports Office	CLOSED

DINING	
Bowling Center	11 a.m 9 p.m.
Club Alliance Italian Gardens	5 - 9 p.m.
Club Alliance Bayou Burgers	11 a.m 4 p.m.
Club Alliance Delivery Service	5 - 9 p.m.
Club Alliance Sharky's Killer Wings	4 - 11 p.m.
Club Alliance Sharky's Roadhouse	CLOSED
Club Alliance Game Room	11 a.m 11 p.m.
Club Takemiya Bar & Lounge	3 - 9 p.m.
Club Takemiya Dining	11 a.m 9 p.m.
Club Takemiya Game Room	11 a.m 9 p.m.
CPO Club Cove Bar	CLOSED
CPO Club Dining Room	CLOSED
CPO Game Room	CLOSED
CPO Cruise Inn	CLOSED
Food Court Better Burger	6 a.m 9 p.m.
Food Court Bombers	10 a.m 9 p.m.
Food Court Uptown Pizza	10 a.m 9 p.m.
	B 7 - 8:30 a.m.
Galley - Jewel of The East	L 10:30 a.m 12:30 p.m.
OlClub Count and / Distra	D 4:30 - 6 p.m.
O'Club Courtyard / Bistro	CLOSED
O'Club Chopsticks	CLOSED
O'Club Kosano Dining Room	CLOSED
O'Club Kurofune Lounge Chili's Grill & Bar	CLOSED 11 a.m 9 p.m.
Seaside Game Room	11 a.m 9 p.m.
Starbucks	7 a.m 9 p.m.

#### RECREATION Auto Skills Center CLOSED Benny Decker Theater 1 & 5:30 p.m. Fleet Theater CLOSED Community Center - Ikego Office CLOSED Community Center - Yokosuka CLOSED Green Bay Marina 10 a.m. - 2 p.m. Library - Yokosuka CLOSED **Outdoor Recreation Center** 10 a.m. - 2 p.m. Paintball Office CLOSED Plaque & T-Shirt Shop CLOSED Tickets & Travel 10 a.m. - 2 p.m. Wood Hobby Shop CLOSED **FFSC • HOUSING** Fleet & Family Support Center CLOSED Main Housing Service Center CLOSED Ikego Housing Office CLOSED Unaccompanied Housing (3333) 24/7





# BEYOND THE GATE



# Taiwan Festival in Ueno Park June 19 (Thursday) - 22 (Sunday)

10 a.m to 9 p.m. (7 p.m. on Sunday) | Ueno Park Fountain Plaza (2-minute walk from JR Ueno Station, JY-5)

At this festival, you can find various sweet and savory food stalls. There will also be an entertainment stage with music, dance and cultural performances like fire dance, a beer garden, and various food workshops.



# Yokosuka Morning Market June 21 and 22 (Sunday)

9 a.m. to 12 p.m. | Ichigo Yokosuka Port Market (10-minute walk/3-minute drive from Yokosuka Base Womble Gate) You can find a wide variety of local products like freshly picked vegetables, seafood, and a quality selection of meat.



# Camp Zama Independence Day Celebration

# June 28 (Saturday)

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

Camp Zama will be open to the general public for its annual Independence Day Celebration. Visitors can enter Camp Zama through Gate 1, the main gate, or Gate 4, the walk-in gate. Vehicle and bicycle entrance will not be permitted.

All visitors 18 years of age or older must present one of the following forms of ID in order to access the installation for an open-post event:

- Valid driver's license Valid passport Government of Japan identification card • Japan Self-Defense Forces identification card • Local national student identification card (high school students only)
- Residence card (must show nationality) or a permanent address record card showing nationality along with a picture ID • National Public Service identification (Kokka Komuinsho) • 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.)

# 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**

## RLSO WESTPAC REDUCED SERVICE NOTICE

The Yokosuka Legal Assistance Office will be closed on Thursday, June 19 in observance of federal holoday. We will be open on Friday, June 20 from 9 to 11 a.m. for emergency services and walk-in notaries. We can be reached at yokosukalegalassistance@us.navy. mil, or duty phone: Local: 090-6181-4375, or from U.S.: 011-81-90-6181-4375.

## USNH YOKOSUKA PATIENT FAMILY PARTNERSHIP COUNCIL

Want to effect change and be a part of healthcare solutions that affect our Sailors and their families? Join the Patient and Family Partnership Council at USNH Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of CFAY. Join us at the upcoming meetings. July 8 from 4 to 5 p.m. at Community Resource Center AOB Auditorium. Aug. 12 from 9 to 10 a.m. at Community Resource Center Fuyu Room. • Sept. 9 from 11:45 a.m. to 12:45 p.m. at USNH Yokosuka 3rd floor Command Auditorium. To learn more, please email: dha.yokosuka. Yokosuka-NH.list.pfpc athealth.mil, visit https://yokosuka.tricare.mil/Patient-Resources/ Patient-and-Family-Partnership-Council

## DODEA STUDENT SPORTS PHYSICALS

The next round of student sports physicals will be held on Wednesday, July 23 from 12:30 to 4:30 p.m. at 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 DoDEA sponsored 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.
 These physicals are not required for CYP sports. To access the required Student Sports

Physical Forms Packet, visit: https://yokosuka. tricare.mil/Patient-Resources/Forms.

## **POST OFFICE SERVICES NOTICE**

The Yokosuka and Ikego Post Offices will be closed June 19 in observaance of Juneteenth. Yokosuka building G-59 and Ikego Parcel Mail lockers remain available 24/7. Personal mailboxes will remain accessible. All services will resume on June 20. If you have any questions, call 243-5486, or send email to yokosukamainpostoffice@us.navy.mil.

# LOOKING FOR GIRL SCOUT VOLUNTEERS

Yokosuka Girl Scouts is supported by a dedicated group of volunteers to make Girl Scout magic happen.

# Open roles include:

Committee Chair

 Registrar - to help families get connected to Girl Scouts

Cookie Manager - to manage the Girl Scout cookie fun

• Secretary - to share all of the awesome things our Girl Scouts are doing! Want to learn more and make a difference at Yokosuka? Email: <u>amiller@girlscouts.org</u>.

## **CONSTRUCTION AND CLOSURES**

Yokosuka: Vacant Lot full closure until Dec. 30. The vacant lot between the Post Office and NMCRS Thrift Shop will be used as a laydown area for contractors doing various work around base. This will not affect the parking lot at the NMCRS Thrift Shop. Carney Gate closure on June 19. Due to maintenance, all vehicular traffic will be secured from 10 a.m. to 1 p.m. • Carney Gate inbound lane closure until June 30. Night time inbound traffic closure from 8 p.m. to 4:30 a.m. Outbound traffic access, pedestrian traffic will not be affected. Gate open for all traffic from 5 a.m.

Nimitz Boulevard partial cosure until July 31.
Single lane alternating traffic. Flagmen will be posted. Will restore and release the site on daily basis by 4 p.m. for full 2-way traffic.
C Street full closure until Sept. 25. The Yokopon bus will be re-routed down Leahy street, stops will remain the same. Pedestrian routes will be open on either side of the project.

• Gridley Tunnel full road closure. Closure period: Until July 31, Aug. 1 to July 31, 2028. First closure is for temporary high voltage power bypass. Second closure is for permanent high voltage power repairs. The second closure is only for vehicular traffic. Tunnel will be open for pedestrian and bicycle traffic.

• Full road closure next to building J-10 until June 30. Sinkhole appeared in the middle of the road due to Damaged Sewer Pipe. No impact to Water Systems.

• Carney Gate water line replacement. Construction period until Nov. 26. Expect detours and periodic closures for waterline replacement construction. Two-way traffic to be maintained. Most of the work will occur overnight.

• Howard Street partial closure until Aug. 6. Five parking spots will be taken for the work. Pedestrian walkway will be set up around work area. Only one lane southbound will be affected, turning into a small merge. Exiting parking area onto Howard from Fleet Rec will not be affected.

• Nimitz Boulevard and Gridley Lane partial road closure. Closure period from Sept. 20 to Nov. 26, 8 p.m. to 5 a.m. Two-way traffic will be maintained with flagmen.

• Vandegrift Lane full road closure until October.

• The parking lot immediately in front of ATG is secured through 2027 in support of the NSST Shiphandling Trainer construction. Additionally, half of the 12-hour parking lot is also secured to support NSST construction material laydown and management. **Ikego:** Yasakayato Street will be partially closed from 8 a.m. to 6 p.m., until Dec. 25.

Installation of communication and electrical lines. Flagmen will be posted on both sides to allow two-way traffic.

• Ikego CDC parking lot partial closure until Sept. 30. 14 additional parking spots and Five parallel spots will be closed for the new CDC construction area.

• A Government of Japan Contractor will perform excavation work on Shisagi Street until Aug. 31, 2025. Working hours will be between 8 a.m. and 6 p.m., Monday through Friday. Excavation site will be controlled as one-way alternating traffic control road during the daytime work. After daily working hours, road should be re-opened.

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