



My

CFAY

Volume 8, Issue 25

Weekly

週刊

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July 3, 2025

This Week at Fleet Activities Yokosuka



Photos by Eryn Navarro and MC2 Quinton A. Lee, CFAY Public Affairs



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CFAY FFSC Hosts Cultural Exchange Chigiri-e Workshop

Story and photo by Eryn Navarro, CFAY Public Affairs

The Commander, Fleet Activities Yokosuka Fleet and Family Support Center (CFAY FFSC) hosted its monthly Cultural Exchange Workshop on June 17 at Ikego Heights Family Housing. This month's event focused on the traditional Japanese art form of torn paper, known as Chigiri-e.

22 participants attended the workshop, led by Mika Nakamura, a Family Life Education Specialist with FFSC.

Chigiri-e is a traditional Japanese art technique that involves tearing paper and pasting the torn pieces together to create an image. Tearing the paper highlights its natural texture, giving the artwork a soft and delicate touch.

This art form is also considered an excellent brain exercise. Chigiri-e requires delicate hand movements to tear and place the paper. Using fine motor skills in combination with the creative process of selecting colors, composing images, and visualizing the final artwork, stimulates multiple regions of the brain.

Participants were invited to browse through stacks of color-coordinated news clippings and origami paper. It wasn't long before the desks were covered in brightly colored paper, ripped into tiny bits and pieces. Over the next hour, participants let their artistic sides shine as they worked meticulously on their designs.

As we walked around the room, observing the artists intently focused on their work, Nakamura noted, "I enjoy teaching these classes a lot... everyone always comes in so positive... and look, they create such beautiful art!"

One of the participants, Victoria Depuydt, shared, "It was exciting to learn this new art form. I've never used scraps of paper to make art before." Victoria was joined by her daughter, Elaina Butcher, who added, "It's fun having interactive classes and making things!"

Jazmin Zeman, the event organizer and Information and Referral Specialist with CFAY FFSC, joined Mika Nakamura in

guiding participants through the activity. Zeman noted, "I think it's important to hold these events here in Ikego. For some people, this is their first time living in Japan, and it can be a bit scary... We're here to help them navigate their way through Japanese culture."

CFAY FFSC is committed to providing monthly events at Ikego Heights Family Housing. From volunteer opportunities and language classes to cultural workshops and tours, they hope these events encourage residents "to meet one another and engage with the community," Zeman said.

Be sure to sign-up for next month's cultural exchange. For more information about CFAY FFSC's workshops and events, please contact CFAY FFSC at FFSCinfo@us.navy.mil or call 046-816-3372.

For more than 75 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet's forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.



CFAY Fleet and Family Support Center held a cultural exchange workshop at Ikego Heights Family Housing Area June 17, 2025. Participants learned to make chigiri-e art; the traditional Japanese art form where images are created using torn paper. FFSC provides a wide range of programs and services to assist sailors and their families with the challenges of a military lifestyle.



TCCOR

DEFINITIONS
RESPONSES
GUIDELINES

TCCOR 4
DESTRUCTIVE WINDS
POSSIBLE WITHIN
72 hours



STOCK UP

- water
- food
- supplies

TCCOR 3
DESTRUCTIVE WINDS
POSSIBLE WITHIN
48 hours



CONDUCT
general clean up

CHECK
emergency kits
and fuel

TCCOR 2
DESTRUCTIVE WINDS
POSSIBLE WITHIN
24 hours



SECURE
outside items



TCCOR 1
DESTRUCTIVE WINDS
ANTICIPATED WITHIN
12 hours



All nonessential activities **SHOULD** be discontinued. Commanders may curtail activities. DODEA close

FINAL CHECK
food and emergency supplies

TCCOR 1
EMERGENCY

DESTRUCTIVE WINDS ARE OCCURRING



All but emergency personnel remain in quarters.

DODEA
REMAIN CLOSED

TCCOR 1
RECOVERY



Destructive winds are no longer occurring or forecasted to occur but hazards may exist from typhoon aftermath. Nonessential functions remain closed, until All Clear is established. All but emergency personnel remain in quarters.

DODEA
REMAIN CLOSED

TCCOR
STORM WATCH



High winds may include gusts exceeding 50 knots and/or sustained winds meeting TCCOR-1 C criteria. The storm is also close enough to the area that a heightened alert status is necessary in order to rapidly establish elevated TCCOR conditions. Nonessential functions remain closed, until All Clear is established. All but emergency personnel remain in quarters.

DODEA
REMAIN CLOSED

TCCOR
ALL CLEAR

THE STORM IS OVER

The storm is over and not forecasted to return and recovery efforts are complete.



RESUME
normal activities

BEGIN
general clean up

CPR Training, Basic Life Support, Baby Sitting Basics, and Mindful Movement

CPR/AED/First Aid Course

- Thursday July 10, 1 to 4 p.m.
- Thursday July 17, 1 to 4 p.m.
- Thursday July 31, 1 to 4 p.m.
- Thursday Aug. 7, 1 to 4 p.m.

Basic Life Support

- Thursday July 24, 1 to 4 p.m.
- Thursday Aug. 14, 1 to 4 p.m.

Baby Sitting Basics

- Monday July 7, 10 a.m. to 1 p.m.
- Sunday July 13, 10 a.m. to 1 p.m.
- Monday Aug. 4, 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: 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.



**American
Red Cross**



Department of Labor (DOL) Workshops

July 8

Fleet Rec. Center, 3rd Fl

LinkedIn Profiles – 9:00 a.m.

Learn how to create a LinkedIn profile that markets your professional brand, uses keywords to attract recruiters, and utilizes LinkedIn for skill endorsements and recommendations from their networks.

LinkedIn Job Search – 11:10 a.m.

Learn how to utilize LinkedIn's job search features including setting job alerts, connecting with new people, and growing your networks.

Career Credentials – 2:10 p.m.

This workshop defines career credentials and their importance. You will also learn pathways and resources for credentialing.

Register Now

☎ 243-3372 / 046-816-3372

✉ FFSCinfo@us.navy.mil



TEAMS
Transition Employment Assistance for Military Spouses



SURVIVING IN JAPAN

GROCERY SHOPPING



ORDERING



YOUR GUIDE TO SURVIVING
AND
THRIVING IN JAPAN

NAVIGATING



IKEGO
NIKKO HEIGHTS
JULY 9TH & JULY 23RD
10:00 A.M.

SIGNAGE



LANGUAGE



TO REGISTER

243-3372 / 046-816-3372 | FFSCinfo@us.navy.mil

DAISUKI JAPAN



**BY SENSEI
NOBUKO**

**GAIN A DEEPER UNDERSTANDING
OF JAPAN.**

**JULY 8TH AT 10:00 A.M.
CRC BLDG, FUYU RM. 444**

Learn Japanese, explore the art and history of origami, and master kanji with stroke order and meanings.



243-3372 / 046-816-3372 | FFSCinfo@us.navy.mil

You're Invited to
Fleet & Family Support Center's



**July 16 2 - 3 p.m.
CRC Bldg. 4th Floor**

7th Fleet Band • Cake • Resources



☎ 243-3372 / 046-816-3372

✉ FFSCinfo@us.navy.mil





WIC OVERSEAS

WOMEN, INFANTS AND CHILDREN OVERSEAS
YOKOSUKA OFFICE

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

Mt. Fuji

Online Safety Brief

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

Interested in climbing Mt. Fuji? Our Mt. Fuji online safety briefing 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 Sticks

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



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: 12, 19 & 26

August: 2, 9, 23, & 30

\$80 / person • \$60 / Blue Jacket

For more information, please call 046-816-5732.

4TH OF JULY



Celebration

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://myfir.navy.mil/yokosuka/cyp.html> or contact the Youth Sports office for more information at 241-2952 or email cfayouthsports@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.mil 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).

4TH OF JULY

Celebration

Stage Schedule

AC/DC Tribute Band	4 - 4:45 p.m.
AC/DC Tribute Band	5 - 5:30 p.m.
7th Fleet Band	6 - 6:45 p.m.
7th Fleet Band	7 - 7:25 p.m.
National Anthem (7th Fleet Band)	7:29 - 7:30 p.m.
Fireworks	7:30 p.m.



For more information, visit us on the web.



For more information, visit us on the web.



OFFICERS' CLUB



National Apple Turnover Day

July 3 • 6 a.m. - 6 p.m. • Chopsticks
Receive 10% off on Apple Turnovers all day.



National Blueberry Day

July 11 • 6 a.m. - 6 p.m. • Chopsticks
Receive 10% off on Blueberry Muffins all day.



National Hot Dog Day

July 15 • 11 a.m. - 8 p.m. • Kosano Dining Room
July 15 • 4 - 10 p.m. • Kurofune Lounge
Join us for delicious specialty Hot Dogs. \$7



National Lasagna Day

July 29 • 11 a.m. - 8 p.m. • Kosano Dining Room
Join us for National Lasagna Day and receive a free soup or salad with the purchase of our lasagna special. \$11.95



National Cheesecake Day

July 29 • 6 a.m. - 6 p.m. • Chopsticks
Receive 10% off on a slice of cheesecake all day.

OFFICERS' CLUB KOSANO DINING ROOM

Weekly Specials

July 7 - 12



Chicken Shawarma Wrap • \$9.95

July 14 - 19



Steak Frites with Parmesan Fries and Peppercorn Sauce • \$13.95

July 21 - 26



Creamy Dijon Honey Mustard Chicken • \$13.50

July 28 - August 2



Rigatoni Carbonara • \$11.95

OLD SCHOOL BINGO!

July 12, 19 & 26

Officers' Club Admiralty Room (2F)

Doors open at 4:30 p.m. • Games start at 6 p.m.

Game packages are \$30 and includes special game. Additional packages are available for purchase. Must be 18 years or older to enter. Seating is on a first come, first served basis and cannot be reserved. Food and drinks will be available for purchase.

KUROFUNE LOUNGE



Monday - Thursday • 4 - 11 p.m. | Friday & Saturday • 4 p.m. - Midnight | Sunday • 2 - 8 p.m.

Join us for free pool, a bar menu, and a variety of specialty cocktails, wines, and brews.
Now featuring Baird Beer, brewed on Izu Peninsula!

*The Department of the Navy does not endorse any company, sponsor or their products or services.
Drink responsibly. Do not Drink and Drive.

IG After Dark



FRIDAYS • 5 - 9 P.M.

Club Alliance Italian Gardens Restaurant (2F)
Enjoy dining in the dark with the ambience of live piano music in the background, and free chef's choice specialty appetizers.

DANCE NIGHTS w/ DJ & Dance Instructor

SALSA

JULY 4 & 18: Club Alliance Sharky's Road House (1F)
Doors Open • 6 p.m. Dance Lessons • 6:30 p.m.
Learn to dance the salsa and then show your new moves on the dance floor until we close. Food available to purchase.

BACHATA

JULY 17: Club Alliance Sharky's Road House (1F)
JULY 31: Club Alliance Ballroom (3F)
Bachata Basics • 6 p.m.
Bachata Pair & Improvers Lessons • 7:30 p.m.
Social Time • 8:30 - 11 p.m.
Learn to dance Bachata in 90 minutes. Beginners welcome! Food and drinks available to purchase.

JAZZ NIGHT

July 11 • 6 - 10 p.m.
Club Alliance Ballroom (3F)

Sit back and enjoy the soulful sound of a live jazz band and live piano music while you savor a delicious soul food buffet.
\$25 / person



July 25

Club Alliance Sharky's Roadhouse (1F)
Doors open @ 6 p.m.
Event starts @ 6:30 p.m.

Yoko Jam Sessions is an audience participation event where we provide the instruments, you provide the talent! Food and drinks are available to purchase. Open to all hands ages 20 and older. For details call 046-816-5951.

Green Bay Marina



JULY 12 & 26

ASA Safe Boating Course

This one day powerboat handling course will teach the skills necessary to maneuver a powerboat confidently, competently and safely in tight spaces. Successful completion of the program indicates the student has demonstrated proficiency in handling a single outboard / stern drive vessel in close quarters and in light wind and / or currents. Upon successful completion, a certification accredited by the American Sailing Association will be awarded.

Sign up at the marina.

\$300 / person (includes Powerboat Handling Book)
\$270 / person (without Powerboat Handling Book)

Boating license is required to rent Green Bay Marina boats.

For more information, please call 046-816-4155.

Hours of Operation

Thurs. - Mon. • 9 a.m. - 6 p.m.
Tues. & Wed. - Closed

Every Thursday & Sunday

Stand-Up Paddle Board & Kayak rentals
\$1 / 1hr.

BEYOND THE GATE



Shonan Hiratsuka Tanabata Festival

July 4 (Friday) - 6 (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.

Yokohama Tanabata Festival

July 5 (Saturday) - 6 (Sunday)

10 a.m. to 9 p.m. | Yamashita Park (4-minute walk from Minato-Mirai Line Motomachi-Chūkagai Station, MM-06)

The very first Yokohama Tanabata Festival promises two luminous nights packed with displays, live performances, and food stalls. A sky lantern launch where festival-goers write wishes and drawings on lanterns before releasing them into the night sky with music and a countdown. After dark, look out for a Milky Way projection mapping show, plus colorful lighting on the Marine Tower. Those who want to participate a sky lantern, check the website:

<https://yokohama-tanabata.com/#>



Oppama Festival 2025

July 13 (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 13 (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.

NEWS AND NOTICES

RLSO WESTPAC LEGAL ASSISTANCE OFFICE REDUCED SERVICES NOTICE

The Yokosuka Legal Assistance Office will have reduced hours Thursday, July 3 from 9:30 to 2 p.m. and closed from July 4 to 7 in observance of 4th of July. We will resume regular office hours on Tuesday, July 8. 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.

POST OFFICE SERVICES NOTICE

The Yokosuka and Ikego Post Offices will be closed from July 4 to 6 for Independence Day weekend. Building G-59 and Ikego smart parcel lockers remain available 24/7. Personal mail boxes will remain accessible. Services will resume on July 7. If you have any questions, call DSN 243-5486, or send email to: yokosukamainpostoffice@us.navy.mil

FAMILY MEDICINE FRONT DESK HAS MOVED TO A NEW LOCATION

USNH Yokosuka Family Medicine reception desk has moved up the hall from our previous location. We are now located next to the American Red Cross Yokosuka desk and across from the TRICARE offices. Call the Central Appointment Line: 243-5352 (Off-base: 046-816-5352). Call Family Medicine Clinic: DSN: 243-8721 (Off-base: 046-816-8721).

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@health.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>.

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: amiller@girlscouts.org.

CONSTRUCTION AND CLOSURES

Yokosuka: Howard Street and Nimitz Boulevard partial closure from July 4 to Sept. 28. Closures will only be on the weekends. Two way traffic will be maintained. Flagmen will be posted around work areas.

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.

- Nimitz Boulevard partial closure 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.

- 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 Shiphhandling 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.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 yokosukareport@gmail.com

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