

CFAY Holds 4th of July Celebration



IN THIS ISSUE:

TCCOR Definitions Responses, Guidelines

MWR Events

Beyond the Gate

CFAY Holds 4th of July Celebration





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: <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.





FIRST DUTY STATION

This class can help you make sound financial decisions at your first duty station and beyond. Whether you complete a 20-year career or separate after a few years, it is important to take advantage of the financial benefits and education offered to you as a member of the U.S. Navy.

July 16 at 1 PM Virtual



For more information or to register: call DSN: 243-3372 /046-816-3372 or e-mail: FFSCinfo@us.navy.mil Taught by an Accredited Financial Counselor Fleet & Family Support Center's

You're Invited to

July 16 2 - 3 p.m. CRC Bldg. 4th Floor 7th Fleet Band • Cake • Resources

The 243-3372 / 046-816-3372 RFSCinfo@us.navy.mil





CHILDREN'S

July: 12, 19 & 26 August: 2, 9, 23, & 30 \$80 / person • \$60 / Blue Jacket



For more information, please call 046-816-5732

🕹 CPO CLUB 🔱



Monday | T-Bone Steak

4 - 8 p.m. Premium choice T-bone steak charbroiled to your preference served with bread, choice of side and vegetables. \$45

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



Wednesday | Mongolian BBQ



4 - 8 p.m. A huge variety of meats, vegetables, sauces, soup, pancit, steamed rice and fried rice. Limited menu also available 85¢ per ounce.

Thursday | Texas Style Smoked Brisket 4-8 p.m. 4 - 5 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

4 - 8 p.m. Plump and juicy shrimp served in a delicious garlic butter sauce. This Hawaiian staple is served with coconut rice and fresh vegetables. \$8



Saturday Brunch

9 a.m. - 2 p.m. An all-you-can-eat buffet that includes a breakfast section, special carving stations and Japanese food station Reservations not required but highly recommended.

Bartending Flair Show*

Daily • 7 - 9 p.m. • CPO Club Cove Bar (Authorized patrons only) CPO bartender will be providing dynamic and exciting

Monday - Friday · 6 a.m. - 2 p.m.

experiences while making cocktails. Cruise Inn

For details call 046-816-5506. Bon Appétit!

Closed on Saturdays, Sundays & Holidays Fuel your day from our delicious breakfast menu on the go.



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 the background



Club Alliance Ballroom (3F)

Sit back and enjoy the s

DANCE NIGHT w/ DJ & Dance Instructor

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

ВАСНАТА 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.



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.

SUMMER POOL HOURS

Green Beach Pool* Now - Aug 17

Lap Swim Only Monday, Tuesday & Friday • 6 - 9:30 a.m. Wednesday & Thursday • 6 a.m. - 2 p.m.

Recreation & Lap Swim Monday, Tuesday, Friday, Saturday & Sunday 9:30 a.m. - 5:30 p.m. Wednesday & Thursday • Closed

Ikego Pool* Now - Aug 17

Recreation Swim Wednesday, Thursday, Friday, Saturday & Sunday 9:30 a.m. - 5:30 p.m. Monday & Tuesday • Closed

Purdy Pool Closed for maintenance until August 17.

*After August 17 Green Beach and Ikego Pools will be open from 9:30 a.m. to 5:30 p.m. weekends only through Labor Day.

Schedule is subject to change.

^{Green Bay} Marina

GU/

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.

JULY 12 & 26

ASA Safe Boating Course

is one day powerboat hananing com cessary to maneuver a powerboat co d safely in tight spaces. Successful co disease the student has demonstrated nd and / or currents. Upon suc credited by the American Sail

Sign up at the marina. \$300 / person (includes Powerboat Handlina 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.





Kamakura Fireworks Festival July 18 (Friday)

7:20 to 8:10 p.m. | 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.

BMX Freestyle Japan Cup July. 18 (Friday) - 21 (Monday)

9 a.m. to 6 p.m. | Umikaze Park (15-minute walk from Keikyu Kenritsu Daigaku Station, KK-60) Friday: Official practice. Saturday: Elite class qualifying. Sunday and Monday: Elite class finals. There will be Yokosuka local gourmet food botths on July 20 and 21.

Kawasaki Daishi Wind Chime Market

July 17 (Thursday) - 21 (Monday)

10 a.m. to 5 p.m./Until 7 p.m. on Sunday, July 20 | Kawasaki Daishi (8-minute walk from Keikyu Kawasakidaishi 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.



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

USNH YOKOSUKA'S BASIC BREASTFEEDING COURSE

Do you have questions about breastfeeding? USNH Yokosuka is here to help. Register for our Basic Breastfeeding Course held every 3rd Thursday of each month. This class is tailor-made for parents who want to get off to a great start with their bundle of joy. Call Pediatrics Clinic to reserve a spot at 243-5505, (046) 816-5505. Classes start July 17.

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 (Offbase: 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. • 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.

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: Howard Street and Nimitz Boulevard partial closure from until 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 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.

• 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 4:30 p.m. until Dec. 25. Installation of communication and electrical lines. Connect water main to new Child and Youth programs building. 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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