



Weekly

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Aug. 7, 2025

CFAY Security Holds Military Working Dog Training



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Back to School: Reset Your Routine

Story by CNIC FFSC and CFAY Public Affairs

Summer vacation is winding down, and for some parents, the first day of school cannot come soon enough. Whether you are sad to see summer barbecues and pool days end, or eagerly counting down to the return of school buses and a break from child care planning, the Fleet and Family Support Program is here to help you navigate the back-to-school transition.

To help your child transition back to a regular school schedule, here are some basic guidelines to follow:

- 1. Ease your family back into the school routine. As much as our teenagers prefer to be night owls up until the last day of summer vacation, sudden changes to circadian rhythms can have lasting impacts. According to the National Institutes of Health, disrupted sleepwake cycles can lead to poor coordination and difficulty focusing in the short term, and to increased risk of obesity, diabetes, mood disorders, heart and blood pressure problems and even cancer in the long term. Set your kids and yourself up for a solid start this school year with a gradual shift (one hour at a time) to their academic morning and nighttime schedules. To learn more about sleep health and to learn new techniques for improving the quality of sleep you get, consider attending one of the webinars offered through My Navy Family.
- **2. Accept the new normal.** What worked for your family during the last academic year may not work for this one. New grade levels with new teachers and new learning expectations may mean your child needs a completely new after-school routine. As much as consistency is key and we hope this year will be just like the one before it, if their extracurricular activities are cutting into study time and impacting their grades, it may be time to reevaluate.
- **3. Get organized and plan ahead.** The first morning back to school is often chaotic. No one seems to know where they put their backpack, you just discovered

your child's lunchbox has been growing a science experiment over the summer and your teenager decided that today is the day to start wearing makeup to school, as if you wouldn't notice. While much of this is unavoidable, there are steps you can take to control the chaos. Meal prepping breakfasts and lunches the day before school starts will provide your kids with easy grab-and-go options. Having a designated area near the door for school gear, like backpacks, lunchboxes, after school sports gear and more, can reduce last-minute scrambling and frantic searching. The better you plan and organize ahead of time, the easier that first morning will be.

- **4. Involve your kids.** Practice the "get ready for school" routine with younger children, including taking them to their school and letting them explore and play on the playground. This will help them understand, and even get excited for, the year to come. Ask your children if they are excited for the upcoming year and why they are or are not. Ask them what goals they have and see how you can help make those goals a reality. Teach children about personal finance and include them in back-to-school shopping. The more involved they are in this transition back to school, the more prepared they will be on the big day. Additional resources to support your family get back to school include:
- Military Child Education Coalition: Back to School
- Military One Source: <u>Ways to Support Your Children in</u> School
- Military One Source: <u>Military Family Life Counselor</u> (MFLC) Locator

Some families have established rituals that signifies the end of summer and the beginning of school. It can be a family party, a special dinner or a special outing. Anything you can do to help your child feel happy, excited and curious about school will help them begin the new school year on good footing. If you are looking for more parenting strategies for this school year, consider attending a parenting class offered by your local Fleet and Family Support Center or on My Navy Family.



DEFINITIONS RESPONSES GUIDELINES



72 hours





- water
- food
- supplies

TCCOR 3

DESTRUCTIVE WINDS POSSIBLE WITHIN

48 hours



CONDUCT general clean up

CHECK emergency kits

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



DESTRUCTIVE WINDS ARE OCCURRING



but emergency

in quarters.

DODEA
REMAIN CLOSED

TCCOR 1



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

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



RESUME normal activities

BEGIN general clean up

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

CPR/AED/First Aid Course (\$18)

- Thursday Aug. 7, 1 to 4 p.m.
- Thursday Aug. 21, 1 to 4 p.m.

Basic Life Support (\$12)

• Thursday Aug. 14, 1 to 4 p.m.

Baby Sitting Basics (\$15)

Contact us for dates

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. Enroll today!

American Red Cross

FFSC WEEKLY





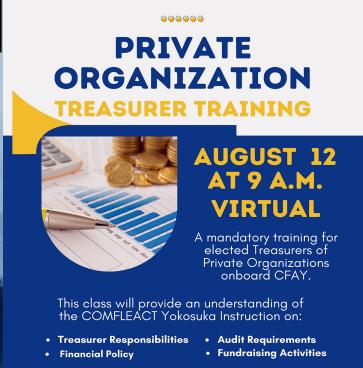
More details on CFAY FFSC YOKOSUKA FB page

TAP Core Curriculum
August 11-13 at 8:00 A.M.
Everyday Japanese
August 11 at 10:00 A.M.
Space A/EML Flights Brief
August 11 at 11:00 A.M. (Virtual)
AOB/ICR
August 12-14 at 8:00 A.M.
Private Organization
August 12 at 9:00 A.M. (Virtual)

Ikego Cultural Exchange Club August 12 at 10:00 A.M. (Ikego) Survivor Benefit Plan August 12 at 1:00 P.M. (Virtual) Surviving in Japan August 13 at 10:00 A.M. (Ikego) ESL/EFL August 13 at 1:00 P.M. (Virtual) Ombudsman Advanced Training
August 13 at 4:00 P.M.
My Education Track
August 14-15 at 8:00 A.M.
Effective Resume Writing (CIV)
August 14 at 9:00 A.M.
Sponsorship Training
August 14 at 1:00 P.M. (Virtual)
EFMP Command POC Training
August 15 at 10:00 A.M. (Virtual)

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













SURVIVOR BENEFIT PLAN



YOUR FAMILY'S FUTURE

This course provides information on the key provisions of the Survivor Benefit Plan (SBP). This information will assist service members and their spouses in making informed decisions about SBP's role in their retirement plan. This course will include:

- How the Survivor Benefit Plan works
- Costs and coverage amounts
- · Election options (who you can designate to receive the SBP benefit)
- Additional considerations to help you make this important decision

August 12th 1-3 PM **Virtual**



Registration Required FFSCinfo@us.navy.mil (DSN) 243-3372 /046-816-3372





Effective Resume Writing: Civilian



This workshop will include an overview of Resumes used for the private sector and contractor positions.

We will review various resume styles and cover how to tailor your resume when applying for jobs.



AUGUST 14



9:00 A.M.



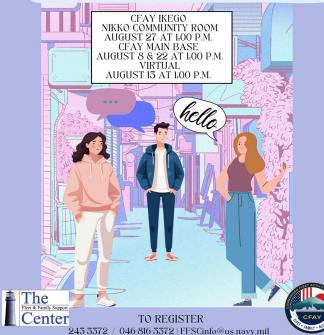
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ENGLISH AS A SECOND/FOREIGN LANGUAGE (ESL/EFL)

ALL NON-NATIVE ENGLISH SPEAKERS ARE WELCOME TO JOIN US. LEARN EASY CONVERSATIONAL ENGLISH.



BUYING



Fleet Recreation Center, 3rd FL RM 336

- Managing your Finances
- Lending Process
- Working with Lenders and
- Closing the Deal
- **Real Estate Agents**
- Protecting your Home

A home is one of the most complicated and expensive purchases you will ever make. Take the mystery out of **Home Buying!**



For more information or to register, call 243-3372 or email FFSCinfo@us.navv.mil





VIC 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



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.

🗘 CPO CLUB 🕹



Shrimp Alfredo • Mondays 4 - 8 p.m.

Shrimp Alfredo • Mondays 4 - 8 p.m.

Shrimp Alfredo ond served with a slice of



Smoked Prime Rib Night • Tuesdays • 4 - 8 p.m.

Smoked Prime Rib Night • Tuesdays • 4 - 8 p.m.

Smoked Prime Rib Seasoned to perfection, cooked to your liking and advanced dessert. \$19



Mongolian BBQ • Wednesdays • 4 – 8 p.m.
Treat yourself to a Mongolian BBO with a wide selection of meats, fresh vegetables and variety of sauces. Meal comes with soup, steamed rice, pancit, and garlic rice. 85c Jounce.



Texas Style Smoked Brisket • Thursdays • 4 - 8 p.m.

Julicy 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



Salmon Fish & Chips • Fridays • 4 - 8 p.m. of side. \$23



New York Street Chicken Over Rice • Saturdays • 4 - 8 p.m.
A quintessential staple of New York City street vendors! Well-seasoned and slightly charred chicken served on top of yellow rice with lettuce, tomato and onion, and topped with our house sauces. Regular or spicy is available. \$12



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.



Cruise Inn • Monday - Friday • 6 a.m. - 2 p.m. Saturdays, Sundays & Holidays • Closed Stop by and experience our world-famous breakfast menu, only here at Cruise Inn!



Cove Bar
The only full-service standing Chiefs' Club in the world is right here in Yokosukal Relieve some of that work stress as you socialize with friends and enjoy complimentary finger food every Friday from 5 - 7 p.m. Authorized patrons only.

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

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

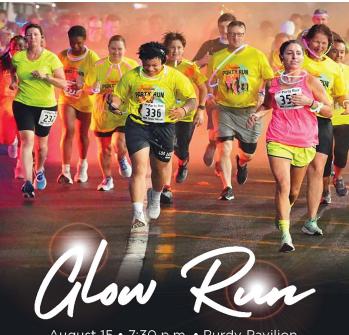




Monday - Thursday • 4 - 11 p.m. | Friday & Saturday • 4 p.m. - Midnight | Sunday • 2 - 8 p.m. Join us for free pool, a bar menu, and a variety of specialty cocktails, wines, and brews. Now featuring Coronado Beer* from the Coronado Brewing Company.

*The Department of the Navy does not endorse any company, sponsor or their products or services.

Drink responsibly. Do not Drink and Drive.



August 15 • 7:30 p.m. • Purdy Pavilion

Join us for family-friendly Glow Back to School Night Run!

Get ready to lace up and light up the night! Celebrate the end of summer and the start of a new school year with a community night run. Whether you're a student, parent, teacher, or just love a good evening jog - this one is for you. Bring your running shoes, your friends and your back-to-school spirit. Let's make it a night to remember!

Registration is required.

Please sign up at the Fitness Office on the 3rd floor of the Fleet Recreation Center or Purdy Gym.

All ages and fitness levels are welcome. Free event!





 Fashion Show Lip Sync Battle Live Music Air Toys Games Food Sales and More!

NEX Parking Lot August 15 • 3 - 7 p.m.



For more information about the fashion show or lip sync battle, please visit the Navy Exchange. For other information, please visit Yokosuka MWR website or call 046–896–5060.







Online Safety Brief

Mt. Fuji Day Hikes

August: 9, 23, & 30 \$80 / person • \$60 / 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, call 046-816-5732.

OSHIDA **FESTIVAL**

Named one of Japan's Three Most Unique Festivals, the Yoshida-no-Himatsuri has long mesmerized spectators who come from far and wide to witness the towering torches set ablaze along the main thoroughfare in the heart of the city.

It is an autumnal festival held on August 26 & 27 every year at Kitaguchi Hongu Fuji Sengen Shrine and Suwa Jinja Shrine to mark the end of Mt. Fuji climbing season.

BEYOND THE GATE



Kanda Shrine Anime Song Bon Odori

Aug. 8 (Friday)

4:30 to 8:30 p.m. | Kanda Myōjin Shrine (5-minute walk from Tokyo Metro Suehirocho Station, G-14, 10-minute walk from JR Akihabara Station, JY-03, JK-28)

The Kanda Myōjin Shrine Bon Odori combines a traditional Japanese summer festival and upbeat anime tunes for unique summer fun. Traditional Bon Odori will also be held Aug. 9 (Saturday) and 10 (Sunday) from 5:30 to 9 p.m.



Yokosuka Citizen Bon Odori Festival

Aug. 17 (Sunday)

6 to 8:30 p.m. | Yokosuka City Hall Park, in front of Yokosuka City Hall (5-minute walk from Womble Gate) The City of Yokosuka, Yokosuka Chamber of Commerce and the Yokosuka Tourism Association invite you to enjoy a traditional dance festival in Yokosuka. Dance enough and your ancestors may join you!



Miura Beach Fireworks Aug. 7 (Thursday)

7:30 to 8 p.m. | Miura Beach (5-minute walk from Keikyu Miura-kaigan Station, KK-71)

There will be 3,000 fireworks, including unique water fireworks. Because the launching point of the fireworks is in Tokyo Bay, you can sit on the sandy beach and look up at the fireworks in a relaxing and open setting and enjoy the show at great spots all over the Miura Beach area.



Meiji Jingu Gaien Fireworks Festival Aug. 16 (Saturday)

5 to 8:30 p.m. | Chichibunomiya Rugby Studium (3-minute walk from Tokyo Metro Gaienmae Station, G-03)

More than 10,000 fireworks will be hurled into the air over a paying audience within Jingu Stadium or the Chichibunomiya Rugby Stadium. Spectators can watch from the surrounding streets, but there is also the option to purchase seating for the rugby stadium, softball ground, main baseball stadium (Jingu Stadium). https://www.jinguhanabi.com/ticket.html. Attendees can enjoy performances from established or up-and-coming artists, along with the fireworks. Musical performances start at 5 p.m.

NEWS AND NOTICES

ATTENTION CUSTOMERS

The 4th and 5th floor of the Fleet Rec Center (including the locker rooms) will be closed from 7:30 a.m. to 6 p.m. on Aug. 9 for equipment installation. Basketball courts will remain open and available for use during this time.

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

ANIMAL VISITATION PROGRAM

If you hava a dog, Red Cross Yokosuka needs you! For program requirements and questions, email jacee.maldonado@ redcross.org or yokosuka@redcross.org. All participating dogs must successfully complete the AKC Canine Good Citizen Evaluation.

VOLUNTEER WITH US

Use the Yokosuka FPO zip code 96349.

- Military Treatment Facility
- Disaster Team
- Special Events
- Office Support
- Youth Preparedness
- Youth clubs

Email: yokosuka@redcross.org

RED CROSS YOUTH CLUB

join us this summer to discover more about the Red Cross mission and contribute to your community. Mondays from 10 to 11 a.m., Community Resource Center 3rf floor room 331, American Red Cross training room. Ages 13-18, no preregistration required.

LOOKING FOR GIRL SCOUT VOLUNTEERS

Make new friends, have fun, and make a difference at Yokosuka! Email: amiller@girlscouts.org.

OFF BASE TRAFFIC CONTROL

The road one street inside Route 134 arpund Miura Beach will be secured from 6:30 to 9 p.m. on Aug. 7 due to Miura Beach Fireworks Festival.

CONSTRUCTION AND CLOSURES

Yokosuka: Due to pause in construction, Carney Gate will be open for normal operations from Aug. 6 to Aug. 17.

- Decatur Avenue full road closure until Aug. 9 for SRF-JRMC Command event "Bon-Odori 2025"
- 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.
- 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 closure. First closure (until February 2026) is for temporary high voltage power bypass. Second closure

is for permanent high voltage power repairs. The second closure (from Feb.1, 2026 to July 31, 2028) 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. Twoway traffic to be maintained. Most of the work will occur overnight.
- 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.

f Commander Fleet Activities Yokosuka



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