



My

CFAY

Weekly

週刊

Volume 8, Issue 33

令和7年8月28日

Aug. 28, 2025

This Week at Fleet Activities Yokosuka



Photos by James Kimber and MC2 Quinton A. Lee, CFAY Public Affairs



**IN THIS
ISSUE:**

**An Important Message on
Window Safety and Fall
Prevention**

MWR Events

Beyond the Gate



COMMANDER, NAVY INSTALLATIONS COMMAND

An Important Message on Window Safety and Fall Prevention

Window safety is a critical concern for our families, one that can sometimes be overlooked. Every year, far too many children are injured or tragically die from preventable window falls. The numbers are staggering. On average 3,300 children are injured and eight die each year in the U.S. from window falls. Children aged five and under are most vulnerable, with falls most common during spring and summer when windows are frequently open. I'm asking for your help in addressing this issue. Our collective attention and focus are needed to prevent future tragedies.

Recently, our community has been deeply affected by several heartbreaking events: two injuries and three deaths of military children resulting from falls from second-story windows. These incidents serve as a stark reminder of the potential dangers our children face, even in familiar environments. We can take for granted the threats present in our homes, such as stairs, under-sink chemicals, bathtubs, and windows. In light of these recent events, we are initiating an intensified awareness and prevention campaign to better protect our children.

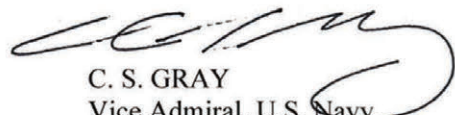
The natural curiosity of children and their eagerness to explore can sometimes place them in unexpected danger when left unattended, even briefly. It's often in unassuming ordinary moments that accidents can occur, highlighting the importance of heightened awareness and proactive safety measures.

Here are a few things to keep in mind about windows in your home:

- **Safety starts at home.** Teach children about window safety, ensure window fall prevention devices are installed correctly and always engaged, and familiarize yourself with available resources. It truly takes an all-hands effort to prevent accidents. Window safety locks are inexpensive and easy to install in your own home, are often required of landlords, and can be requested during lease negotiations.
- **Windows are not playgrounds.** Teach children that windows are not safe to play near or lean against. Explain the potential danger in a way they understand. "Windows are for looking, not touching."
- **Check twice and watch always.** Make a habit of quickly checking windows during your daily routine — when you open or close the curtains, before you turn the lights off, etc. Most importantly, keep furniture and toys away from windows, especially on upper floors, to prevent children from climbing.
- **Protect what matters.** Window safety devices only work when they're properly installed and engaged. Just as seatbelts have been shown to help save lives in car accidents, properly functioning and engaged window safety devices can also help save lives. If you find that any device is missing or broken in your military housing, contact Navy Housing immediately. It's a simple step that can prevent a tragedy. If you do not live in Navy Housing, reach out to your landlord directly or purchase and install window safety devices in your own home. It's a simple step that can prevent a tragedy.
- **Screens are for bugs.** Remember that typical window screens are designed to keep insects out, not to prevent falls. Teach children not to push on or lean against screens.
- **Designate safe play areas.** Build play areas away from windows. Never leave open windows unsupervised, especially when young children are present.

It is truly the honor of my life to be part of our Navy team and a community where Sailors help Sailors. Every child's wellbeing matters, and every step we take to protect our Navy family matters. Every one of our children is a precious gift. Let's redouble our efforts to protect them!

Thank you for all you do to keep our Navy families safe, supported, and strong.



C. S. GRAY
Vice Admiral, U.S. Navy
Commander, Navy Installations Command



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 (\$18)

- Monday Sept. 15, 9 a.m. to 12 p.m.
- Thursday Sept. 25, 1 to 4 p.m.

Basic Life Support (\$12)

- Contact us for dates

Baby Sitting Basics (\$15)

- Saturday Sept. 13, 9 a.m. to 1 p.m.
- Sunday Sept. 14, 9 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. Enroll today!



**American
Red Cross**

EMERGENCY NOTIFICATION REGISTRATION

CFAY and LOCAL city governments all provide emergency notification systems for severe weather, natural disasters. CFAY uses the AtHoc Emergency Notification System. Sponsors may register themselves and their dependents to receive emergency notifications from CFAY through email, phone calls, text messaging, or app. For more information or to register, please visit the CFAY Emergency Management Department webpage for AtHoc or the local city government most applicable to you.

COMMANDER, FLEET ACTIVITIES YOKOSUKA



<https://enr.com.au/enr/notifications/CFAY-Yokosuka/Operations-and-Management/>
Emergency-Management/AtHoc-Notification-System/

CITY OF ZUSHI



<https://www.city.zushi.kanagawa.jp/burashi/bosai/1001616/1001618.html>

TOWN OF HAYAMA



<https://www.town.hayama.lg.jp/bosai/bousaiaren/2/4/1644.html>

CITY OF MIURA



https://miura-city.sate.kaiwork.jp/?page_id=13

CITY OF YOKOSUKA



https://www.city.yokosuka.kanagawa.jp/0525/fousai/sonae/joshou/documents/fousaiyoshou_mail_english.pdf

CITY OF YOKOHAMA



<https://www.city.yokohama.lg.jp/fang/residents/en/emergencies/saigaisosensu.html>

CITY OF KAMAKURA



<https://www.city.kamakura.kanagawa.jp/hongou/bosai/haihin0001.html>

USFJ Emergency Evacuation Program (EEP)

USFJ MANDATES ALL SOFA-sponsored personnel to complete the Emergency Evacuation Program packet upon reporting to Japan and submit to their Command EEP Warden. This packet can be found on the Commander, Navy Region Japan website: <https://cnrj.cnic.navy.mil/Operations-and-Management/Emergency-Management/>. For more information, please contact your Command EEP Warden.



Yokosuka's New Online Food Ordering Program

<https://nexcomanchoreats.com>



- ❖ Pier 7 Bayside Pizza Hut @ #A920
- ❖ Main Street Food Court @ #G59

Delivery or Order Pick up \$15 Minimum Order

JOIN CUB SCOUTS & PARENT INFO NIGHT



Calling all young adventurers and their families! Ready for a journey of fun, learning, and friendship? Cub Scouts offers an exciting program for boys and girls in K-5, fostering character, citizenship, and fitness. Join us to explore Cub Scouting! Meet our Den Leaders, enjoy fun activities, and learn about the program.

Parents of current Scouts, don't miss important updates just for you!

8 SEPTEMBER @6PM
SULLIVANS 2ND FLOOR CAFETERIA



ikego Japanese Language Series

Sept 2 - Nov 18
1200-1300

Ikego-Kyoto Tower

Get to know Japan by learning how to speak, read and write in Japanese.

This is a twelve week course.

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



YOKOSUKA SPONSORSHIP ON-DEMAND

PCS-ING TO YOKOSUKA?

Ask the Experts!

CFAY representatives will be available to answer your questions!

MORE INFORMATION

- 243-3372/046-816-3372
- FFSCinfo@us.navy.mil
- facebook.com/ffscyokosukajapan

EVERY 1ST & 3RD
THURSDAY

0800-0900 JST



JOIN
HERE!

MICROSOFT TEAMS MEETING

GO TO: [HTTPS://TINYURL.COM/2297PM75](https://tinyurl.com/2297PM75)

SUICIDE PREVENTION TRAINING FOR ALL HANDS



VIRTUAL

• 10 SEP 2:30 P.M.

<https://dod.teams.microsoft.us/SuicidePreventionTraining>

Meeting ID: 993 940 033 117
Passcode: jr9fh7y5

Contact FFSCINFO@us.navy.mil or 046-816-3372 for more information.



*** IT IS THE RESPONSIBILITY OF EACH
COMMAND TO TRACK AND MAINTAIN ITS
OWN ATTENDANCE ROSTER. ***



ATTENTION CUSTOMERS

Hours of operation will be adjusted on

FRIDAY, AUGUST 29

for

Staff In-Service Day

Yokosuka | Open: 7:30 - 11 a.m.
Closed: 11 a.m. - 6 p.m.

Ikego | Open: 7:30 - 10:30 a.m.
Closed: 10:30 a.m. - 6 p.m.

We apologize for the inconvenience and
thank you for your understanding and patience.



CPO CLUB



Shrimp Alfredo • Mondays • 4 - 8 p.m.
Shrimp and pasta tossed in creamy Parmesan Alfredo and served with a slice of garlic bread. \$16



Smoked Prime Rib Night • Tuesdays • 4 - 8 p.m.
Juicy hickory smoked prime rib seasoned to perfection, cooked to your liking and served with hearty vegetables, soup, salad, baked potato and dessert. \$19



Mongolian BBQ • Wednesdays • 4 - 8 p.m.
Treat yourself to a Mongolian BBQ with a wide selection of meats, fresh vegetables and variety of sauces. Meal comes with soup, steamed rice, pancit, and garlic rice. \$8.50/ounce.



Texas Style Smoked Brisket • Thursdays • 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



Salmon Fish & Chips • Fridays • 4 - 8 p.m.
Delicious Pacific salmon breaded and fried to perfection served with your choice 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 Yokosuka! 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 services.
Drink responsibly. Do not Drink and Drive.



LABOR DAY

Bowling

August 30 – September 1 • All Day
Bowl a strike with a red head pin and win a free game coupon!



For more information visit us on the web.



Online Safety Brief

<https://www.navymwryokosuka.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.

August: 30

\$80 / person • \$60 / Blue Jacket

For more information, call 046-816-5732.

PEGASUS 154

Curry Day

AUGUST 29 • 11 A.M. – 8 P.M.
Officers' Club • CPO Club • Club Alliance* • Club Takemiya

A delicious curry collaboration between our JMSDF partners and MWR.

Available at all MWR clubs. *Not available for delivery.



\$6



T Mobile

2025

GREAT NAVY CAMPOUT

Discover Your Adventure

SEPTEMBER 13 - 14
Ikego Campgrounds

Activities 4 - 10 p.m. • Campground checkout - September 14 @ 10 a.m.

Pack your tents and bring the whole crew—Ikego Campgrounds is turning into the ultimate FREE family camping adventure! Enjoy a night under the stars with fun crafts, a blazing campfire, free food/s'mores*, and an outdoor showing of the movie *Ghostbusters!* With \$1 gear rentals*, it's the perfect way to unplug, enjoy the season, make memories, and connect with the Yokosuka and Ikego communities!
(*while supplies last)

Register at the Outdoor Rec Center August 1 - September 10.
For details call 046-816-5732.



No Navy endorsement implied.

BEYOND THE GATE



Kanazawa Fireworks Festival Aug. 30 (Saturday)

7 to 8 p.m. | Uminokoen (3-minute walk from Kanazawa Seaside Line Uminokoen Minimiguchi Station, or Uminokoen Shibaguchi Station)

This festival sees more than 3,200 fireworks launched into the skies above the only swimming beach of the city of Yokohama. Umi no Koen is a great location as there is plenty of space to settle in with a picnic and wait for the show.



Asakusa Samba Carnival Aug. 30 (Saturday)

12 to 5 p.m. | Asakusa Kaminarimon Street (Right outside of Tokyo Metro, G-19 or Toei Asakusa Station, A-18)

The Asakusa Samba Carnival kicks off at 12 p.m. down Asakusa Kaminarimon Street. There will be no floats this year or contest, so it won't last as long as other iterations. The festival sees teams competition with samba floats, drummers, and, of course, dancers with tiny costumes and enormous feathered headdresses.



International Tokyo Toy Show Aug. 29 (Friday) - 31 (Sunday)

9 a.m. to 5 p.m. (Aug. 29 and 30)/9 a.m. to 4 p.m. (Aug. 31) | Tokyo Big Sight (3-minute walk from Yurikamome Line Tokyo Big Sight Station, U-11)

This event has been going since 1962 and today sees about 200 vendors (from both within Japan and abroad) gather to showcase more than 35,000 products – from board games to electronic gadgetry. There will be a stage with entertainment for the kids including appearances from various characters. <https://www.tokyotoyshow.com/event/8682/users/login>



Tokyo Game Show 2025 Sept. 27 (Saturday) and 28 (Sunday)

9:30 a.m. to 5 p.m. (Sept. 27)/9:30 a.m. to 4:30 p.m. (Sept. 28) | Makuhari Messe (10-minute walk from JR Keiyo Line Kaihin Makuhari Station, JE-14)

More than 300 exhibitors from almost 40 countries and regions gather for this annual gaming convention. Japanese game makers make up a significant number of those present, but many other international developers also join to exhibit the latest technology in areas ranging from artificial intelligence to smartphone gaming. Free admission for elementary school students and younger. <https://tgs.cesa.or.jp/jp/ticket?public>

NEWS AND NOTICES

POST OFFICE SERVICES NOTICE

Yokosuka and Ikego Post Offices will be closed from Aug. 30 to Sept. 1 in observance of the Labor Day holiday weekend. Building G-59 and Ikego Pitney Bowes lockers remain available 24/7. All services will resume on Sept. 2. If you have any questions, call 046-816-5486 or 243-5486, or send email to: yokosukamainpostoffice@us.navy.mil.

RLSO WESTPAC LEGAL ASSISTANCE REDUCED SERVICES NOTICE

The Yokosuka Legal Assistance Office will be closed on Monday, Sept. 1 in observance of Labor Day. We will resume office hours on Tuesday, Sept. 2. 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.

- Sept. 9 from 11:45 a.m. to 12:45 p.m. at USNH Yokosuka 3rd floor Command Auditorium.
 - Oct. 7 from 4 to 5 p.m. at CRC, 4th floor, AOB Auditorium
 - Nov. 4 from 9 to 10 a.m. at CRC, 4th floor, AOB Auditorium
 - Dec. 9 from 11:45 a.m. to 12:45 p.m. at USNH Yokosuka, 3rd floor, Command Auditorium
- To learn more, email: dha.yokosuka.Yokosuka-NH.list.pfpc@thehealth.mil, visit <https://yokosuka.tricare.mil/Patient-Resources/Patient-and-Family-Partnership-Council>

WOMAN'S HEALTH DAY

The USNH Yokosuka OB/GYN Clinic is hosting a walk-in Women's Health Day Clinic on Sept. 30. No appointment needed!

Time: 8 to 11 a.m./1 to 3 p.m.

Location: USNH Yokosuka OB/GYN Clinic
We're offering:

- Full contraception services (IUD/Nexplanon placement/removal, OCPs, Depo shots)
- PAP Smears
- STI Screenings
- HPV Vaccines

- Open to all TRICARE beneficiaries and Space A personnel.

FLU SHOT SEASON IS ALMOST HERE

U.S. Naval Hospital Yokosuka is holding mass influenza vaccination events this fall. Protect yourself, your family, and your shipmates – mark your calendar now!

Ikego Housing Area

- Oct. 17, 2:15 to 6 p.m. | Ikego Elementary School
- Oct. 18, 9 a.m. to 1 p.m. | Ikego Elementary School

Main Base

- Oct. 23, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Oct. 24, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Oct. 25, 9 a.m. to 1 p.m. | Fleet Rec Gym
 - Nov. 13, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Nov. 14, 11 a.m. to 6 p.m. | Fleet Rec Gym
 - Nov. 15, 9 a.m. to 1 p.m. | Fleet Rec Gym
- Open to all TRICARE Beneficiaries and Space A personnel.

ANIMAL VISITATION PROGRAM

If you have 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

LOOKING FOR GIRL SCOUT VOLUNTEERS

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

CONSTRUCTION AND CLOSURES

Yokosuka: Nimitz Boulevard partial closure until Sept. 7. Closure will only occur from 8 a.m. to 5 p.m. on the weekends only.

- JM22 South Side partial closure from 9 a.m. to 12 p.m. on Sept. 12. Pedestrians and Vehicles to be routed around work area. Posted security personnel and safety observers.

- Howard Street and Nimitz Boulevard partial

closure 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. Two-way 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 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 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.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 yokosukareport@gmail.com

Commanding Officer: Capt. Les Sobol

Chief Staff Officer: Cmdr. Patrick T. Gutierrez

Command Master Chief: CMDCM Dennis W. Hunt

Public Affairs Officer: Justin M. Keller

Editor: Justin M. Keller

Layout: Hideo Kaihatsu

Receive My CFAY Weekly by email! Subscribe at cfay-information@us.navy.mil, subject line: Subscribe