



My

CFAY

Weekly
週刊

Volume 8, Issue 40

令和7年12月4日

Dec. 4, 2025

This Week at Fleet Activities Yokosuka



Photos by Eryn Navarro, CFAY Public Affairs

**IN THIS
ISSUE:**

**Staying Grounded
During the Holiday Rush**

MWR Events

Beyond the Gate

AROUND CFAY

Staying Grounded During the Holiday Rush



By CFAY Public Affairs and Commander Navy Installations Command Fleet and Family Support Center

For many that are forward deployed around the world at installation such as Commander, Fleet Activities Yokosuka (CFAY), the holiday season can feel complicated. While this time of year is often portrayed as magical and merry, it can also bring stress, strain and emotional exhaustion – especially when you are far from home, juggling watch bills or deployment schedules, or supporting a family overseas.

Between the pressure to appear cheerful, the financial burden of travel, gifts, food and decor, the short daylight hours and reunions with rarely seen relatives, it is understandable if your mental health feels the impact.

Whether you are counting down the days with excitement or simply trying to get through them, here are a few practical tips to help you not only survive but thrive this holiday season:

1. Stick to your routine.

As the days grow shorter and the weather becomes colder, it is easy to let routines slip. With sunsets around 4 or 5 p.m. and the seasonal urge to hibernate, even the most organized schedules can start to unravel. We are creatures of habit, and when our routines fall apart, our well-being often follows.

To the best of your ability, try to maintain your daily rhythm. Whether it is your morning walk, evening wind-down or regular mealtimes, consistency can be a powerful anchor during the holiday season. If you are struggling to stay on track, team up with an accountability buddy – someone who can help you stay motivated and grounded.

The more you stick to your routine, the more balanced and resilient you may feel. Small steps can make a big difference.

2. Celebrate, even if traditions look different.

If keeping up with what you have always done feels overwhelming this year, give yourself permission to celebrate in new ways. Gather with friends who are staying local and start new traditions together. Host a potluck, plan a movie night or simply share stories over a warm meal.

Look for local organizations offering holiday dinners for service members, veterans and their families. These events are a great way to connect and celebrate. If your loved ones are far away, join them virtually by video calling during dinner and sharing your favorite holiday dish. Here at CFAY, you can find information on holiday events and programs in the My CFAY Weekly newsletter, CFAY FFR's Ahoy magazine, and on the

official CFAY website and social media channels.

3. Give yourself permission to feel.

The holidays can stir up a wide range of emotions, including joy, nostalgia, stress, loneliness and everything in between. Whatever you are feeling this season, know that it is valid. You do not have to force cheerfulness or hide your emotions to meet anyone's expectations.

Take time to check in with yourself. Whether you are feeling overwhelmed, reflective or simply out of sync with the holiday spirit, self-care is essential. That might mean carving out quiet time, journaling, going for a walk or saying "no" to things that drain you.

And remember, you are not alone. The CFAY Fleet & Family Support Center (FFSC) provides classes, counseling, resources and referrals to help you navigate challenges during the holidays and throughout the year.

"We see a wide range of holiday-related stress – from financial worries to parenting challenges and simple homesickness," said Amy Trotto, CFAY Fleet and Family Support Center director. "Reaching out early for support, even for a single conversation or class, can make the rest of the season feel more manageable."

The CFAY Chapel of Hope also offers confidential pastoral care, worship opportunities and a welcoming community for those seeking spiritual support or simply someone to talk to.

"Whether you are celebrating, grieving or feeling somewhere in between, our doors are open," said Cmdr. Daniel Clark, CFAY Chapel of Hope chaplain. "Sometimes a listening ear and a safe space to talk can be just as important as any holiday event. You do not need to belong to a particular faith tradition to come by, sit down with a chaplain and talk about what you are carrying."

4. Stick with a realistic budget.

The holidays can be expensive, but they do not have to be. Focus on meaningful experiences over costly gifts. A heartfelt note, shared meal or cozy movie night can be just as special.

Set spending limits, prioritize your expenses and get creative with do-it-yourself gifts or decorations. Consider a game night with board or card games or plan a cookie-decorating session.

The holidays can be joyful, stressful or somewhere in between, and that is OK. Whether you are sticking to routines, starting new traditions or simply taking care of yourself, small choices can make a big impact. If you or someone you care about is struggling, reach out. You do not have to navigate this season alone. The CFAY community is here to support you.

FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



Everyday Japanese

December 8 at 10:00 A.M.

My Entrepreneurship

December 8-9 at 8:00 A.M.

SAPR VA (Initial) IVAC

December 8-12 at 7:30 A.M.

Space A/EML Flights Brief

December 8 at 11:00 A.M. (Virtual)

AOB/ICR

December 9-11 at 8:00 A.M.

CFS

December 9-11 at 8:00 A.M.

Daisuki

December 9 at 10:00 A.M.

Letters to Santa:

MWR Library Lego Mania:

December 9 at 3:00 P.M.

Youth ICR (MS/HS)

December 9 at 2:30 P.M.

Active Japanese Language

December 10 at 3:00 P.M.

English as a Second/Foreign

Language (ESL/EFL)

December 10 at 1:00 P.M. (Virtual)

Japanese Spouse Group

December 10 at 10:30 A.M. (Hybrid)

(Japanese)

My Education Track

December 10-11 at 8:00 A.M.

Ombudsman Advanced Training

December 10 at 4:00 P.M.

Resiliency Bootcamp

December 11 at 11:30 A.M.

Sponsorship Training

December 11 at 1:00 P.M. (Virtual)

English as a Second/Foreign

Language (ESL/EFL)

December 12 at 1:00 P.M.

Enjoying Japanese Food at Home

December 12 at 9:30 A.M.

Zushi-Hayama Tour

December 12 at 10:00 A.M. (Ikego)

Stress Management

December 12 at 10:00 A.M. (Japanese)

See something you like? Sign up via email: 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



Breakfast with Santa

December 6 • Club Takemiya

Dining Timeslot:

• 8 - 9 a.m. • 9:15 - 10:15 a.m. • 10:30 - 11:30 a.m.
• 11:45 a.m. - 12:45 p.m.

Take photos with Santa after enjoying our buffet.

Reservation and ticket purchase required in advance due to limited seating. Tickets available for purchase from December 1 - 5. Adults \$22 / Ages 13 - 17 \$15 / Ages 8 - 12 \$10.50 / Ages 7 & under Free

Menu:

Scrambled eggs, crispy bacon, sausage patties, baked sliced ham, chicken mac & cheese, sausage rice gratin, fresh fruit tray, French toast, pancakes, biscuits with country gravy, breakfast potato, assorted muffins, cookies, coffee, tea, juice, soda, milk and hot chocolate.

For more information or to make a reservation, please call 046-806-8077.





HOLIDAY EVENTS

Claus A Scene Best Decorated Contest

Registration: Starts November 29
Voting: December 12 - 17
Winner Announced: December 19

Bowling Pin Holiday Decorating Contest

December 1 - 14 • Bowling Center

Holiday Coloring Day

December 2 • All MWR Clubs

Holiday Trivia Contest

December 3 • Club Takemiya

Tree Lighting Ceremony

December 4 • Ikego Joint Use Field

Gingerbread Day

December 4 • All MWR Clubs

Rudolph the Red Nose Reindeer Day

December 5 • All MWR Clubs

Tree Lighting Ceremony

December 5 • Yokosuka Red Brick Area

Breakfast with Santa

December 6 • Club Takemiya

Milk & Cookies with Santa

December 6 • NEX Main Store

Elf Day

December 7 • All MWR Clubs

Brunch with Santa

December 7 • Officers' Club

Ashikaga Flower Park Winter Illumination

December 7 • Tickets & Travel Office*

Grinch Day

December 8 • All MWR Clubs

Candy Cane Day

December 9 • All MWR Clubs

Holiday Trivia Contest

December 10 • Club Alliance

Holiday Cookie Giveaway for Kids

December 11 • Club Alliance

NEX / MWR Jingle Bell 5K

December 12 • Purdy Pavilion

Santa Hat Day

December 12 • All MWR Clubs

12 Days of Christmas

December 12 - 24 • Liberty Center**

Cookies & Cocoa

December 13 • USO Center

Festival of Trees

December 13 & 14 • C2 Auditorium

Photos with Santa

December 13 • NEX Red Brick Area

Reindeer Games

December 13 • NEX Main Store

Holiday Bingo

December 13 • Officers' Club

7th Fleet Band Holiday Concert

December 14 • Fleet Theater

Katanuki Game

December 14 • All MWR Clubs

Pet Photos with Santa

December 14 • NEX Red Brick Area

Tokyo German Village Illumination & Kisarazu Outlet

December 14 • Tickets & Travel Office*

"Nightmare Before Christmas" Day

December 15 • All MWR Clubs

Mystery Chair Gift Giveaway

December 16 • All Clubs

Best Decorated Holiday Stocking

December 17 • All MWR Clubs

Holiday Trivia Contest

December 18 • Officers' Club

Junior Chef Cookie Contest

December 19 • Ikego NEX Mini Mart

Ugly Sweater Day

December 19 • All MWR Clubs

Bowling with The Grinch

December 20 • Bowling Center

Broadway Musical "Christmas Wonderland"

December 21 • Tickets & Travel*

Holiday Photo Booth Day

December 21 • All Clubs

Holiday Movie Matinee

December 22 - 24 • Benny Decker Theater

Mystery Chair Gift Giveaway

December 22 • All MWR Clubs

Meet & Greet with Santa

December 23 • Club Alliance

Christmas Eve Brunch

December 24 • CPO Club

Liberty Holiday Pizza Delivery

December 24 • Liberty Center**

Liberty Christmas Buffet

December 25 • Liberty Center**

Christmas Movie Marathon

December 25 • Benny Decker Theater • Free

New Sanno Special Christmas Brunch

December 25 • Tickets & Travel*

Christmas Brunch

December 25 • Officers' Club

Gotemba Winter Illumination

December 27 • Tickets & Travel*

Yomiuriland Jewellumination Tour

December 27 • Liberty Center**

December 28 • Tickets & Travel*

Events are subject to change



*Sign-ups for trips are available now at Tickets & Travel.

**Liberty programs and services are available to single and unaccompanied, active duty service members.

For more information on any of these events, please visit us at www.navymwryokosuka.com



BINGO

57 7 36 75 61

17 26
27 51
3 3
38
12

65 30
5 34
59
6

15 8 67 19 55

December 13 • 4:30 - 10 p.m. • Officers' Club Admiralty Room (2F)
Doors open at 4:30 p.m. • Games start at 6 p.m.

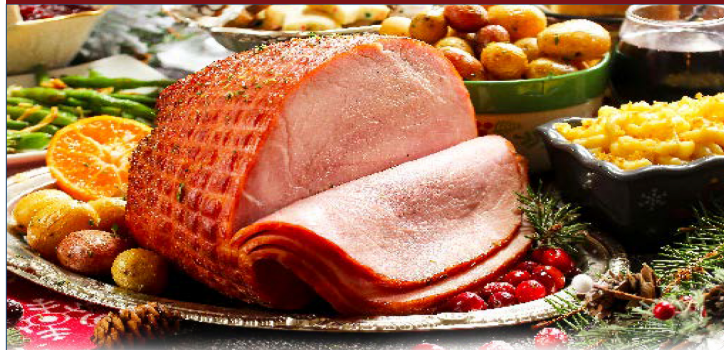
Game packages are \$30 and includes special game. Additional packages are available for purchase. Must be 18 years or older to enter. Seating is on a first come, first served basis and cannot be reserved. Food and drinks will be available for purchase.

KUROFUNA LOUNGE

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

Join us for free pool, a bar menu, and a variety of specialty cocktails, wines, and brews.
Now featuring 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.



Holiday Meals

CPO Club

Christmas Eve Brunch

December 24 • 9 a.m. - 2 p.m.

Join us for an all-you-can-eat festive feast to enjoy with family and friends before the big day!
\$22.95 / person, Ages 5 & under Free

CPO Club

New Year's Day Brunch

January 1 • 9 a.m. - 2 p.m.

This all-you-can-eat brunch includes waffle and omelet stations plus bacon, sausage and eggs made-to-order. We also have a pasta station and two carving stations.
Adults \$22.95, Ages 6 - 11 \$12, Ages 5 & under Free

Officers' Club

Christmas Brunch

December 25 • 11 a.m. - 5 p.m. • Kosano Dining Room

Join us for a Christmas Day Brunch featuring ham, turkey with all the trimmings and more! Reservations are required by December 22. Adults \$27.95, Ages 6 - 11 \$12, Ages 5 & under Free



For more information please visit us on the web.

Officers' Club
046-816-5030

CPO Club
046-816-5506

Club Takemiya
046-806-8077

Club Takemiya

Christmas Buffet

December 25 • 11 a.m. - 8 p.m.

Appetizer

Shrimp cocktail and deviled eggs

Soup

Cream of mushroom

Carving Station

Herb-crusted prime rib with demi-glace sauce

Pasta Station

Linguine, fettuccine, macaroni, Alfredo sauce, marinara sauce, meat sauce, onion, green pepper, mushroom, corn, chicken, ham and Parmesan cheese

Hot Dishes

Roast turkey with gravy and cranberry sauce, almond & sage stuffing, baked ham with honey, mustard sauce, cod with basil pesto & garlic bread crumbs, orange & rosemary roast pork, lemon herb marinated grilled chicken, mashed potatoes with brown gravy, steamed rice, Corn O'Brien, dinner rolls and candied yams with marshmallows

Salads

Winter harvest salad with assorted dressings, Christmas potato salad

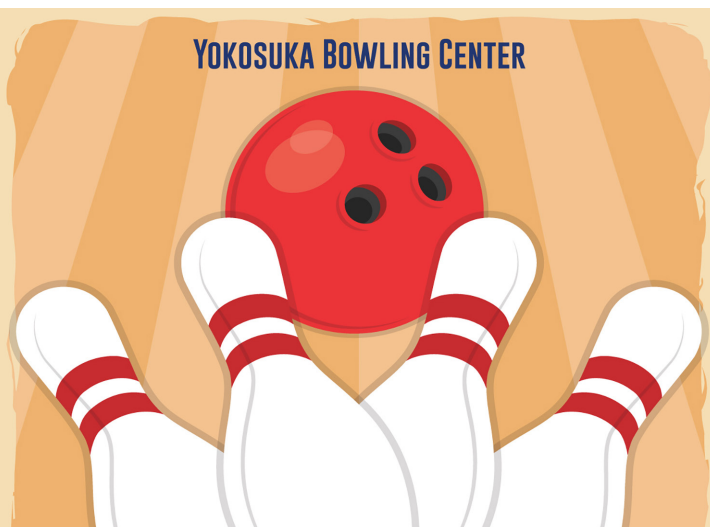
Dessert

Apple pie, pecan pie, pumpkin pie, holiday Jell-O or a fresh fruit tray

Beverages

Coffee, tea, orange juice or soda

Adults \$25, Ages 6 - 11 \$12.50, Ages 5 & under Free



DECEMBER BOWLING TOURNAMENTS

December 7 • 1 p.m.

Parent/Child No Tap Doubles Tournament

December 14 • 1 p.m.

The Mulligan

December 21 • 1 p.m.

Rudolph The Red Pin No Tap Christmas Tournament

December 28 • 1 p.m.

Yokosuka Shootout Scratch Tournament



For more information please visit us on the web.



ARMY vs NAVY

December 14 • 4:30 - 9 a.m.
Officers' Club Kurofune Lounge

Join us for our tail gate party featuring a variety of breakfast items and finger foods and hot dogs during half time. Go Navy, Beat Army!

Drink responsibly, do not drink and drive.

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

Show off your holiday spirit and join the fun!

CLAUS A SCENE

BEST DECORATED CONTEST

How to Enter:

Decorate your space for the holidays and email MWR_Yokosuka_CommunityCenter@us.navy.mil including address, command, phone number, Ikego or Yokosuka, and a photo of the decorations.

Registration Dates: Until December 11

Categories:

Best Townhouse • Best Tower Door / Balcony • Best Command

The community will vote for their favorites on the MWR Facebook Page from December 12 - 17.

Winners:

Announced December 18*

Prize Pickup: December 19

*Winners will receive an email notification.



**For more information
call 046-816-6713**

Holiday Events

Tree Lighting Ceremony

Live Entertainment • Food • Santa

Ikego - December 4 • 4 - 7 p.m.
Joint Use Field

Yokosuka - December 5 • 4 - 7 p.m.
NEX Red Brick Area

Festival of Trees

**December 13 & 14
C2 Auditorium • Noon - 5 p.m.**

Enjoy viewing Christmas Trees decorated by base commands and show your appreciation by voting for your favorite tree! Live music, refreshments and a special guest from the North Pole!

To register your command to participate in CFAY's annual tradition, please visit the MWR Tickets & Travel office between November 17 - 28. Limited spots available.



Holiday Events

Festival of Trees

Saturday, December 13

Noon - 5 p.m.
Noon - 5 p.m.
Noon - 1 p.m.
1:30 - 2 p.m.
2:30 - 5 p.m.
4:30 - 5 p.m.

Open for Viewing & Voting
Photos with Santa
Yokosuka Dance Studio
Sullivans Elementary Choir
Pianist Live Performance
Illumination Viewing

Sunday, December 14

Noon - 5 p.m.
Noon - 5 p.m.
1 - 1:40 p.m.
2 - 2:45 p.m.
3:30 p.m.
3:30 - 4:30 p.m.
4 - 4:30 p.m.
4:30 - 5 p.m.

Open for Viewing & Voting
Photos with Santa
Yokosuka Middle & Kinnick High School Choir
Pianist Live Performance
Tree Votes Counted
Pianist Live Performance
Best Tree Announced
Illumination Viewing



YOKOSUKA



BEYOND THE GATE



Tokyo Comic Convention

Dec. 5 (Friday) - 7 (Sunday)

11 to 7 p.m. (Fri), 10 a.m. to 7 p.m. (Sat), 10 a.m. to 6 p.m. (Sun) | Makuhari Messe (3-minute walk from the north exit of JR Kaihin Makuhari Station, JE-14)

Comic Con started out in 1970 in San Diego as the Golden State Comic Book Convention. Holding a sister event in the home of manga was long overdue and Tokyo Comic Con finally came in 2016 attracting about 50,000 visitors. Advance tickets not necessary but preferable. What celebrities will be there? Lea Thompson (Back to the Future), Daniel Logan (Star Wars: Attack of the Clones) and Johnny Depp! Ticket: <https://tokyocomiccon.jp/en/ticket>



Mikasa Building Garapon

Dec. 6 (Saturday) - 7 (Sunday)

11 a.m. to 4 p.m. | Mikasa Shopping Buildings on Blue Street (5-minute walk from Yokosuka Main Base)
You will have a chance to get ¥100,000 value shopping coupon! You can try a garapon (capsule toy machine) once for ¥1,000 shopping receipt of the stores on the street (Some exceptional shops).

Hasedera Fall Illuminations Until Dec. 7 (Sunday)

From sunset to 7:30 p.m. (Entry, 7 p.m.) | Hasedera (6-minute walk from Enoden Hase Station, EN-12/30-minute walk from JR Kamakura Station, JO-07)
Hasedera's lights will illuminate the canopy of fall leaves from sunset each day. Wander under the boughs, through the traditional structures, and around the ponds.



Yorunoyo 2025

Dec. 4 (Thursday) - 30 (Tuesday)

5 to 9:05 p.m. | Yokohama Oosanbashi International Passenger Terminal/Minato Mirai 21 Area (7-minute walk from Minatomirai Line Nihon Oodori station, MM-05)
Yorunoyo Illumination is a special art illumination that can be enjoyed while touring around Yokohama.



Hagoita Ichi (Market)

Dec. 17 (Wednesday) - 19 (Friday)

10 a.m. to 9 p.m. | Sensouji (6-minute walk from Toei Asakusa Station, A-18/Tokyo Metro Asakusa Station, G-19)
Sensouji and the surrounding area famous for the selling of hagoita, a rectangular board use to play "hanetsuki". Many of the hagoita for sale at the fair are elaborately decorated with famous Japanese musicians, kabuki stars, athletes of the year and celebrities, and meant to be used as ornaments.

NEWS AND NOTICES

DRIVER'S LICENSE OFFICE CLOSURE

CFAY Driver's License Office will be closed from Dec. 25 to Jan. 4 for holiday. For questions, call 243-9089/6721/5647, or email: license@us.navy.mil. Mon-Wed and Fri: 7:45 a.m. to 12 p.m./1 to 3:30 p.m. Thu: 7:45 to 10 a.m. Weekends and holidays: Closed.

WINTER-TIME WOMEN'S HEALTH DAY

Winter-time Women's Health Day is Coming! U.S. Naval Hospital Yokosuka OB/GYN Clinic invites all TRICARE beneficiaries and Space-A personnel to our Walk-In Women's Health Day Clinic on Jan. 29, from 8 to 11 a.m./1 to 3 p.m. Join us for convenient, comprehensive women's health services – no appointment needed. Services Offered:

- Full Contraception Services (IUD/ Nexplanon placement & removal, OCPs, Depo shots)
- PAP Smears
- STI Screenings
- HPV Vaccines

Please note: Walk-in contraception services will not be available on Jan. 27 as we prepare for this event. Take charge of your health this winter – your readiness matters.

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.

- 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@health.mil, visit <https://yokosuka.tricare.mil/Patient-Resources/Patient-and-Family-Partnership-Council>

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

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.

OFF BASE TRAFFIC CONTROL

Traffic restrictions will be introduced from Enoshima Intersection on National Route 134 to Seisyo Bypass Kouzu Interchange from 8 a.m. to 3:45 p.m. on Dec. 7 due to Syounan International Marathon. https://www.shonan-kokusai.jp/wp-content/themes/20th/images/traffic/shonan-traffic2025_1.pdf

CONSTRUCTION AND CLOSURES

Yokosuka: Main Gate road closure until Dec. 16. Inbound (Two right lanes), Outbound: 8 p.m. to 5 a.m. Pedestrian and bicycle traffic is unaffected.

- Vandegrift Lane full road closure until 5 p.m., Jan. 29.
- 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.

- 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.

- 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.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 cfay-information@us.navy.mil

Commanding Officer: Capt. Jonathan Hopkins
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