



My

# CFAY

Weekly

週刊

Volume 9, Issue 1

令和8年1月8日

Jan. 8, 2026

## A Happy New Year



Photos by Quinton A. Lee, CFAY Public Affairs



IN THIS  
ISSUE:

CFAY Observes Spiritual  
Readiness Month in January

MWR Events

Beyond the Gate

# AROUND CFAY

## CFAY Observes Spiritual Readiness Month in January



Story by Justin Keller, CFAY Public Affairs

**C**ommander, Fleet Activities Yokosuka (CFAY) will observe January as Spiritual Readiness Month with a monthlong lineup of programs aimed at strengthening resiliency and connectedness for Sailors and their families.

Commander, Navy Installations Command (CNIC) has designated January as Spiritual Readiness Month across its installations, using the theme "Strong Spirit, Ready Sailor" to emphasize that readiness is built from the inside out.

Capt. Jonathan A. Hopkins, commander, Fleet Activities Yokosuka signed a proclamation recognizing Spiritual Readiness Month on the installation and encouraging commands and families to take part in weekly opportunities

**SPIRITUAL READINESS MONTH - JANUARY 2026**  
**STRONG SPIRIT, READY SAILOR**  
COMMANDER, FLEET ACTIVITIES YOKOSUKA

**Week 1 - Kickoff (Jan 5-9)**

**Events:**

- Jan 8 – FFSC Resiliency Boot Camp (1130-1230)
- Jan 13 – Liberty New Year's Resolution Drawing (MWR)
- Jan 9-11 CREDO Spiritual Growth Retreat (Ashinoko)

*"Am I ready - and what keeps me anchored?"*

**Week 2 - Strengthening Sailors (Jan 12-16)**

**Events:**

- Jan 13 – USO Boom Box Bistro
- Jan 13 – USO Therapy Tails
- Jan 15 – Liberty Get Fit Day
- Jan 16 – USO/Red Cross Yoga & MWR Mission Nutrition
- Jan 16-18 – CREDO Personal Growth Retreat (Nagano)

*"Dedicate time for reflection, mentorship, and connection."*

**Week 3 - Strengthening Families (Jan 19-23)**

**Events:**

- Jan 19 – MWR Yunessan Hot Spring Tour
- Jan 20 – USO Therapy Tails
- Jan 22 – FFSC Resiliency Boot Camp
- Jan 23 – FFSC Mindfulness-Based Mind Fitness Workshop

*"Invest in home front - connect, rest, share gratitude"*

**Week 4 - Sustaining (Jan 26-30)**

**Events:**

- Jan 27 – FFSC Seven Lucky Gods Tour
- Jan 27 – USO Therapy Tails
- Jan 30 – FFSC Zushi-Hayama Tour

*"Choose one daily habit to carry into the year ahead."*

**Resource Contacts:**

Chapel: DSN 243-6773 // CREDO Japan Retreats: [credo-japan.trumba.com](http://credo-japan.trumba.com)  
FFSC: DSN 243-3372 // MWR & Liberty Programs: [myffr.navy.mwr.org](http://myffr.navy.mwr.org)  
USO Yokosuka: [uso.org/yokosuka](http://uso.org/yokosuka)

to pause, reflect and connect.

"Readiness is more than maintaining equipment, training and qualifications," Hopkins said. "A strong spirit steadies us through the long hours, tough missions and time away from home. This month is a deliberate reminder to strengthen what sustains us and to look out for the people beside us."

Spiritual readiness can look different from person to person. For some, it includes worship and faith practices. For others, it begins with reflection, mentorship, gratitude, or simply building healthy relationships and community. CFAY chaplains and religious program specialists are partnering with the Fleet and Family Support Center (FFSC), Morale, Welfare and Recreation (MWR) and community organizations to highlight resources available to every member of the installation.

"Spiritual readiness isn't about religion alone," said Cmdr. Daniel Clark, CFAY command chaplain. "It's about meaning, purpose and connection. When Sailors know their 'why,' have a sense of connection, and have tools to reset under stress, they're better prepared for whatever the mission demands."

Vice Adm. Gray, commander, Navy Installations Command, emphasized that the month is meant to connect Sailors and families with resources that strengthen resilience across the fleet. "This will be a time to focus intentionally on the quality-of-life resources available to every Sailor and family across the enterprise," Gray said.

Spiritual Readiness Month is organized around four weekly themes, each with a focus and a simple call to action.

**Week 1:** Kickoff and awareness (Jan. 5-9) introduces spiritual readiness and why it matters to Total Sailor readiness. The week's emphasis is on building awareness and starting conversations, especially at the deckplate level: Are you ready, and what helps you stay anchored when life gets loud? Events this week included USO "Therapy Tails" on Jan. 6 and an FFSC Resiliency Boot Camp on Jan. 8. MWR's Single Sailor Liberty program also began the month with a New Year's resolution drawing (Jan. 1-5), encouraging Sailors to write down a goal and take an intentional first step.

**Week 2:** Strengthening Sailors (Jan. 12-16) focuses on equipping Sailors to handle stress, adversity and uncertainty with clarity of purpose and strong connections. This week's call to action is personal and practical: dedicate time to reflection, prayer, mentoring, journaling or conversation with a trusted shipmate. USO Yokosuka will host "Boom Box Bistro"

on Jan. 13, bringing people together over a shared meal, and another USO "Therapy Tails" on Jan. 13. On Jan. 15, MWR will hold Liberty Get Fit Day, and on Jan. 16 Sailors can take part in a USO/American Red joint yoga session and a Mission Nutrition class through MWR, reinforcing habits that support whole-person readiness.

Chaplains Religious Enrichment Development Operation (CREDO) Japan retreats are also scheduled during the first half of the month, offering dedicated time and space for personal growth and renewal. A Spiritual Growth Retreat will be held at Ashinoko Camp Mura, Jan. 9-11, followed by a Personal Growth Retreat in Nagano, Jan. 16-18. The retreats are free for active-duty personnel and dependents, and do not require personal leave. Registration is available at [credo-japan.trumba.com](http://credo-japan.trumba.com).

**Week 3:** Strengthening families (Jan. 19-23) highlights the role that families, relationships and healthy routines play in mission readiness. The message is simple: strong homes help build strong Sailors, whether "home" is a family household, a shared apartment or unaccompanied housing. The call to action this week is to invest intentionally in connection, such as carving out family time, checking in with loved ones, or participating in a supportive community event. USO "Therapy Tails" returns Jan. 20, and FFSC will host another Resiliency Boot Camp on Jan. 22. On Jan. 23, FFSC will offer a Mindfulness Based Mind Fitness workshop focused on mindfulness and meditation. MWR also offers a Yunessan hot spring tour on Jan. 19, providing an option for Sailors and families to decompress and reconnect away from daily routines. Chaplains will continue family-centered engagement, including story time events in youth and community spaces, and support for

relationship skills through CREDO marriage and relationship programming.

**Week 4:** Sustaining celebration (Jan. 26-30) shifts from "monthlong focus" to "yearlong habits." The focus is sustaining spiritual readiness beyond January through small, consistent practices that build resilience over time. The call to action is to choose one habit to carry forward, whether it is regular reflection, participation in a faith community, mentorship, service, gratitude, or simply checking in on shipmates and neighbors. FFSC will offer a Seven Lucky Gods tour on Jan. 27 and a Zushi-Hayama tour on Jan. 30, providing opportunities for community connection and shared experiences. USO "Therapy Tails" is also scheduled for Jan. 27.

Sailors and families who want to participate can find event details, points of contact and registration information through their command religious program specialists, the installation chapel, FFSC, MWR and USO schedules. Leaders and chaplains encourage community members not only to attend activities in January, but to keep using these resources throughout the year, whether they are looking for connection, family support or a confidential conversation.

"Spiritual readiness is not something we check off for a month and move on," Hopkins said. "It's a daily investment in the people who make the Fleet and our installations run. CFAY is committed to creating space, time and access to resources that help Sailors and families stay grounded and ready, not just in January, but all year. Get involved, bring a shipmate, and keep building the habit. When our people are ready in every way, our mission is stronger, and we are better prepared for whatever comes next."



**Did You Know:**

Which road signs indicate a "slippery road ahead," a warning of potential slippery surfaces due to weather and terrain conditions like sand, ice, or rain?

**Traffic Safety Trivia**

**Answer found on back page**

**CFAY** Commander Fleet Activities Yokosuka Fleet Family Alliance

The graphic features a central white circle containing three yellow diamond-shaped road signs. Sign A shows a winding road with a black arrow pointing up. Sign B shows a black arrow pointing down a steep incline with the text "10 %". Sign C shows a black silhouette of a car sliding to the right. Below each sign is a letter: A, B, and C. To the left of the circle is a green circle with a white cross. To the right is a circular logo for Commander Fleet Activities Yokosuka, Fleet Family Alliance, featuring a mountain and sun icon.

## 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://cnic.navy.mil/installations/CFAY/Yokosuka/Operations-and-Management/Emergency-Management/AtHoc-Notification-System/>

CITY OF YOKOSUKA



[https://www.city.yokosuka.kanagawa.jp/0325/housai/navi/konse/jouhou/documents/housaiyoushou\\_mml\\_en.pdf](https://www.city.yokosuka.kanagawa.jp/0325/housai/navi/konse/jouhou/documents/housaiyoushou_mml_en.pdf)

CITY OF ZUSHI



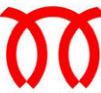
<https://www.city.zushi.kanagawa.jp/kurashi/boai/1000464/100164.html>

TOWN OF HAYAMA



<https://www.town.hayama.lg.jp/soshiki/housaiianzen/2/4/1664.html>

CITY OF MIURA



[https://miura-city.site.ktawork.jp/?page\\_id=13](https://miura-city.site.ktawork.jp/?page_id=13)

### 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://cnic.navy.mil/Operations-and-Management/Emergency-Management/>. For more information, please contact your Command Emergency Evacuation Program Warden.

YOU ARE INVITED TO THE...



## U.S. NAVY SUPPLY CORPS 231<sup>ST</sup> BIRTHDAY BALL



HOSTED BY THE NSCF JAPAN CHAPTER

DATE AND TIME:  
SATURDAY, 21 FEBRUARY 2026: 1830  
COCKTAIL HOUR: 1730

LOCATION:  
NEW SANNŌ HOTEL, TOKYO  
RESERVED ROOMS AVAILABLE  
CHILDCARE AVAILABLE

ATTIRE:  
05 & ABOVE: DINNER DRESS BLUE  
04 & ABOVE: SDB/DINNER DRESS BLUE  
CIVILIAN: FORMAL ATTIRE

SCAN TO RSVP & PURCHASE TICKETS  
BEFORE 06 FEB 2026:



SPONSORED BY:



### TICKET PRICES:

07 & above	\$135/\$21,000
05-06/GS14-15	\$125/\$19,500
03-04/GS11-13	\$110/\$17,000
E7-02/GS6-10	\$100/\$15,500
MLC, E6/GS5 & below	\$70/\$11,000

FOR MORE INFORMATION, PLEASE CONTACT:  
LT Yanique Bolton Gaston: 080-8594-0500  
Yanique.boltonaston@dia.mil



# FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page

### TAP Core Curriculum

January 12-14 at 8:00 A.M.

### Everyday Japanese

January 12 at 10:00 A.M.

### Space A/EML Flights Brief

January 12 at 11:00 A.M. (Virtual)

### AOB/ICR

January 13-15 at 8:00 A.M.

### Daisuki Japan

January 13 at 10:00 A.M.

### Ikego Japanese Language Series

January 13 at 12:00 P.M.

### Youth ICR

January 13 at 2:30 P.M. (MS/HS)

### Pre-Marriage Seminar

January 14 at 9:30 A.M. (Virtual)

### SAPR Resident Advisor

January 14 at 1:00 P.M.

### Ombudsman Advanced Training

January 14 at 4:00 P.M.

### Ombudsman Assembly

January 14 at 5:30 P.M.

### My Education Track

January 15-16 at 8:00 A.M.

### Sponsorship On-Demand

January 15 at 8:00 A.M. (Virtual)

### Sponsorship Training

January 15 at 1:00 P.M.

### EFMP Command POC Training

January 16 at 10:00 A.M. (Virtual)

See something you like? Sign up via email: [ffscinfo@us.navy.mil](mailto:ffscinfo@us.navy.mil)

 **CREDO** *Japan*  
KOREA - GUAM - SINGAPORE - DIEGO GARCIA

# NAGANO JAN 16-19

## PERSONAL GROWTH RETREAT

COME DEVELOPE PERSONAL LIFE SKILLS + SKI RESORT!

★ FREE FOR ACTIVE DUTY AND DEPENDENTS  
★ NO PERSONAL LEAVE REQUIRED

REGISTER VIA QR-CODE OR VISIT  
[HTTPS://CREDO-JAPAN.TRUMBA.COM/](https://credo-japan.trumba.com/)



DSN (315) 243 8865/8864      CRC Bldg 3365 Floor 2

# BINGO



January 17 & 31 • 4:30 - 10 p.m. • Admiralty Room (2F)  
Doors open at 4:30 p.m. • Games start at 6 p.m.

Game packages are \$30 and include a 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.  
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.

Join us for a

# Movie Night

FLEET THEATER  
BENNY DECKER THEATER

Dollar Tuesdays  
Watch blockbuster movies every Tuesday for \$1.

Sensory Friendly Films  
Join us at the Benny Decker Theater every third Saturday of the month for our Sensory Friendly Film. During the movie, we will not turn the volume up as loud or lower the lights completely, making it easier for families with small children or children with special needs to enjoy the movies.

Cinema Celebrations  
Let us help you celebrate the birthday or special event of a child, friend, or yourself! Whether you're looking to enjoy just a show or to add snacks, MWR Theaters is the destination for celebrations! For details on special party packages, contact the Theater Manager or visit the MWR website. We can't wait to host your special day!

Call 046-816-6703 for the movie schedule or visit our website at [navymwryokosuka.com](http://navymwryokosuka.com)

**1° OF SEPARATION**

**"1 Degree of Separation" is not your average mental health talk — this one comes with punchlines.**

Blending real talk with big laughs, it brings tough topics like depression, education, and suicide prevention into the spotlight. Come for the laughs, stay for the feels — it's comedy that hits... and heals.

All shows are **FREE**.



[MWR Website](#)

**Benny Decker Theater - February 25**  
10 a.m. - USS George Washington (Ships' Company Only)  
2 p.m. - Active Duty Only  
6 p.m. - All Hands (Family Friendly 12+)

## OFFICERS' CLUB

### January Events



#### College Football National Championship Game

January 20 • 6:30 a.m. - 10:30 a.m.  
Doors open at 6 a.m. • Kurofune Lounge  
Join us for our College Football National Championship tailgate party featuring a variety of breakfast items and finger foods, including hot dogs during halftime. Must be 20 years old or older. \$15 / person



#### National Pie Day

January 23 • 11 a.m. - 6 p.m. • Chopsticks  
Receive 10% off your fruit pie, all day.



#### Prime Rib Day

January 29 • 4 - 8 p.m. • Kosano Dining Room  
Join us for a tender, juicy, and delicious prime rib dinner, served with a loaded baked potato, vegetable du jour, Yorkshire pudding, soup or salad, and dessert. \$21.95



#### Mongolian BBQ

Tuesday • 5 - 8 p.m. • Kosano Dining Room  
Treat yourself to our famous Mongolian BBQ featuring a wide selection of meats, fresh vegetables and sauces. Meal served with soup, rice, noodles, beverage and ice cream. 85¢ / oz.



#### Sunday Brunch

Sundays • 9 a.m. - 2 p.m. • Kosano Dining Room  
Join us for our delicious brunch with an incredible variety of offerings, including made-to-order omelets, a crepe station, a carving station, an array of salads, entrées, desserts and much more. Adults \$21.95 / Children (ages 6 - 11) \$10.95 / Children (ages 5 and under) Free

Drink responsibly, do not drink and drive.

## CPO CLUB



#### Grilled Salmon with Honey Mustard Sauce

Fridays • 4 - 8 p.m.  
Grilled salmon topped with sweet and tangy honey mustard sauce, served with your choice of side and seasonal vegetable. \$14



#### Saturday Brunch • 9 a.m. - 2 p.m.

This all-you-can-eat buffet includes a breakfast section with waffle and omelet stations, bacon, sausage, eggs made to order, fresh baked breads, rolls and croissants. Also, everyone's favorite pasta station, two CPO special carving stations, and a Japanese food station. Reservations not required but highly recommended. Adults \$19.95 / Ages 6 - 11 \$10.95 / Ages 5 & under Free



#### Brisket Sandwich • Saturdays • 4 - 8 p.m.

Delicious brisket slow smoked to perfection, sliced thin and put on a sandwich. Served with BBQ sauce and coleslaw. \$15



#### 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 Chief's 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!

Drink responsibly, do not drink and drive.

## CPO CLUB



## CPO CLUB



#### Lunch Buffet • Monday - Friday • 11 a.m. - 2 p.m.

Daily lunch buffet includes two main entrées, soup, salad, dessert, coffee, tea or lemonade. On Thursdays, we feature everyone's favorite pasta station, two kinds of soup, salad and dessert bar. Check out our CPO Healthy à la carte menu as well. Adults \$12.95 / Children (Ages 6 - 11) \$7



#### New York Street Chicken Over Rice

Mondays • 4 - 8 p.m.

Well-seasoned and slightly charred chicken served on top of yellow rice with lettuce, tomato, and onion topped with our house sauces. This is a quintessential staple dish of New York City street vendors. Regular or spicy is available. \$12



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

Juicy hickory smoked prime rib seasoned to perfection, cooked to your liking. Served with hearty vegetables, soup, salad, baked potato and dessert. \$19



#### Mongolian BBQ • Wednesdays • 4 - 8 p.m.

Treat yourself to Mongolian BBQ with a wide selection of meats, fresh vegetables and variety of sauces. Served with soup, steamed rice, pancit and garlic rice. 85¢ / oz



#### 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

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

Drink responsibly, do not drink and drive.

## CLUB TAKEMIYA

### January Events



#### Lunch

Monday - Saturday • 11 a.m. - 1:30 p.m.

Take a break and let us do the cooking! Club Takemiya offers a full lunch menu including appetizers, salads, burgers, wraps, rice bowls, pasta, steak and more.



#### Mongolian Buffet

Tuesdays • 11 a.m. - 9 p.m.

85¢ / oz (Minimum price: Ages 12 and up - \$8 / Ages 4 - 11 - \$4)  
Guess the price to within 5¢ and the meal is free!



#### Wings Wednesday

Wednesdays • 11 a.m. - 9 p.m.

Choose your flavor, tossed or on the side. Buffalo, Mild Buffalo, Super-Hot, Club T Original, Garlic Parmesan, Tokyo Night, BBQ Sauce or Plain. Served with celery sticks, plus your choice of dipping dressing: Ranch, Blue Cheese or Honey Mustard. Choose two dressings from the selection if you order an 8-piece Wings or 10-piece Chicken Strips. Wings (4pcs) \$5 / Wings (8pcs) \$9.50 / Chicken Strips (5pcs) \$7 / Chicken Strips (10pcs) \$14



#### Thursday Lunch Special

Thursdays • 11 a.m. - 2 p.m.

Specials served with a standard beverage of your choice. Please check in every Thursday to see what is on offer. \$11



#### Rib Eye Steak Special

Thursdays • 11 a.m. - 9 p.m.

Tender and flavorful rib eye steak (10oz) served with your choice of side and vegetable of the day. \$18



#### Fab Fridays!

Fridays • 4 p.m. - Midnight

Kick-start your weekend with friends at Club T! Enjoy delicious cocktails, great music, free pool and more!

DJ twice monthly • 7 p.m. - Midnight • Social Hour • 6 - 7 p.m.



#### Sunday Brunch

Sundays • 9 a.m. - 2 p.m.

Wrap up your weekend with Club Takemiya's Sunday Brunch, featuring a delightful spread of hot entrées, made-to-order omelets, and pancakes. Take-out is not available. Adults \$12 / Children (ages 6 - 11) \$6 / Children (ages 5 and under) Free

Club Takemiya is open Monday - Sunday. For details call 046-806-8077.

Drink responsibly, do not drink and drive.

# BEYOND THE GATE



## Tokyo Auto Salon 2026 Jan. 10 (Saturday) and 11 (Sunday)

9 a.m. to 7 p.m. (Jan. 10); 9 a.m. to 6 p.m. (Jan. 11) |  
Makuhari Messe (3-minute walk from the north exit of JR  
Kaihin Makuhari Station, JE-14)

Tokyo Auto Salon, one of the biggest motor shows in the world, is coming back to Makuhari Messe and will showcase modified and tuned cars. Get advance digital tickets costing at ¥3,000. <https://www.tokyoautosalon.jp/2026/ticket-en/>



## Yokosuka Fire Engines Parade Jan. 11 (Sunday)

10:30 to 11:11 a.m. | Yokosuka Chuo Blue Street (5-minute walk from Carney Gate)

There will be emergency vehicles from Yokosuka City, and CNRJ Fire Department fire engines will join the parade. Also there will be a marching parade and laddertruck demonstration.



## Dondo-yaki/Onbe-yaki Jan. 11 (Sunday)

Nobi Beach Ship Loading Place (6:50 a.m.)/Nobi Beach down Shirahige Shrine (6:50 a.m.)/Kurihama Nagase Beach (10 a.m.)/Kurihama Beach in front of Perry Park (9:30 a.m.)

Dondo-yaki/Onbe-yaki is Japanese New Year Traditional bonfires. People observe the rituals of bidding farewell to the past year and welcoming the New Year. Dondo-yaki/Onbe-yaki is the proper way to dispose of sacred, or lucky items like daruma, amulet, or New Year decoration, and believed to purify and promote good health.



## The Jewel of Shonan Until Feb. 28 (Saturday)

Weekdays: 5 p.m. to 8 p.m.; Weekends and Holidays: 5 p.m. to 9 p.m. | Enoshima Sea Candle (25-minute walk from Enoshima Station, EN-06)

The Enoshima-Katase Coast's winter event attracts guests from all over the country and has been the scene of many holiday romantic dramas and comedies. The one-of-a-kind scenery highlights Shonan's natural beauty and is considered one of the three major illuminations in Kanto Region. For more information, please visit <https://enoshima-seacandle.com/event/shonannohoseki>.

# NEWS AND NOTICES

## SAVE THE DATE

U.S. Embassy Tokyo is coming to CFAY, Friday, Feb. 20.

### What Services:

1. Consular Reports of Birth Abroad (CRBA) Applications
2. Tourist Passport Application for: Minor passports and First Time Adults
3. I-130 Visa Petitions

**Where:** Admiralty Room, 2nd floor of Officer's Club, Commander Fleet Activities Yokosuka

**How:** By appointment after completing an application screening at RLSO WESTPAC Yokosuka Legal Assistance Office, 2nd floor of building 1555, CFAY.

Lookout for more info on checklists for each service and when screening will be available.

## 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.

- Feb. 3 (Tuesday) from 4 to 5 p.m. in the library at the Community Resource Center
- March 3 (Tuesday) from 11:45 a.m. to 12:45 p.m. in the Naval Hospital Yokosuka Command Auditorium
- April 7 (Tuesday) from 4 to 5 p.m. in the library at the Community Resource Center

If there is a specialty or any medical personnel you are hoping to meet, please let us know so we can try our best to ensure attendance. You can also send in questions beforehand to our distro email: dha.yokosuka.yokosuka-nh.list.pfpc@health.mil

## INFLUENZA VACCINATION

USNH Yokosuka's Immunization Clinic will offer flu vaccines at the hospital during regular walk-in hours.

- All Eligible Patients (including Space A) Walk-In: From 8 to 10 a.m., Monday - Friday
- Active-Duty Only Walk-In: From 1 to 3 p.m., Thursday and Friday

## VOLUNTEER WITH US

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

Email: [yokosuka@redcross.org](mailto: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](mailto:jacee.maldonado@redcross.org) or [yokosuka@redcross.org](mailto:yokosuka@redcross.org). All participating dogs must successfully complete the AKC Canine Good Citizen Evaluation.

## CONSTRUCTION AND CLOSURES

**Yokosuka:** Vandegrift Lane full road closure until 5 p.m., Jan. 29.

• 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.

• 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.

## TRAFFIC SAFETY TRIVIA

The answer is C.

 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