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My CFAY Weekly 週刊

This Week at Fleet Activities Yokosuka

Photos by Quinton A. Lee, CFAY Public Affairs

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AROUND CFAY

Navy Expands "1 Degree of Separation" Mental Health Initiative

Story by CNIC Fleet and Family Services and Justin Keller, CFAY Public Affairs

Commander, Navy Installations Command (CNIC), Navy Fleet and Family Readiness (FFR) continues its commitment to enhancing quality of life for personnel and strengthening its focus on mental health awareness as the Navy's "1 Degree of Separation" initiative enters its second phase, running from fall 2025 through 2026. A partnership between Navy Morale, Welfare and Recreation (MWR), Navy Fleet and Family Support Program (FFSP) and the international touring group "1 Degree of Separation," the initiative uses humor as a bridge to spark open conversations about depression, suicide and the shared struggles that too often remain in the shadows.

Phase 1 of the initiative reached Sailors, families and DoD civilians at 30 installations worldwide, delivering 72 events and engaging nearly 7,400 participants. Building on that foundation, Phase 2 expands the program further, with 36 installations across nine Navy regions committed to hosting shows. Seven events have already taken place, each serving as a hub for community connection, storytelling and healing.

Local to CFAY

Commander, Fleet Activities Yokosuka will host "1 Degree of Separation" at the Benny Decker Theater on Feb. 25. All shows are free. Scheduled performances include a 10 a.m. show for USS George Washington Sailors (ship's company only), a 2 p.m. show for active-duty personnel, and a 6 p.m. show open to all hands that is family-friendly for ages 12 and older. Attendees are encouraged to arrive early for seating and to connect with Fleet and Family Support resources available through CFAY MWR and FFSP.

The "1 Degree of Separation" series blends stand-up comedy with personal storytelling to create a space where difficult conversations feel approachable and deeply human. During each show, the cast blends humor with candid storytelling, bringing their signature mix of comedy and connection to audiences across the fleet before shifting into an open "Five Questions" discussion about depression, coping and community support. This segment encourages Sailors to reflect, recognize shared experiences and better understand how mental health challenges can affect themselves and those around them.

"We are all professional comics, and we use our own experiences in depression to bring up an open dialogue and show what a vulnerable conversation looks like," said Sydney Stigerts, comedian and team lead for "1 Degree of Separation." "We are trying to kill the stigma around mental illness, and I feel like for people who may be dealing with depression, it is a perfect way to feel connected."

For Aviation Electronics Technician Airman Apprentice Keyshuan Steele, the experience was both introspective and empowering.

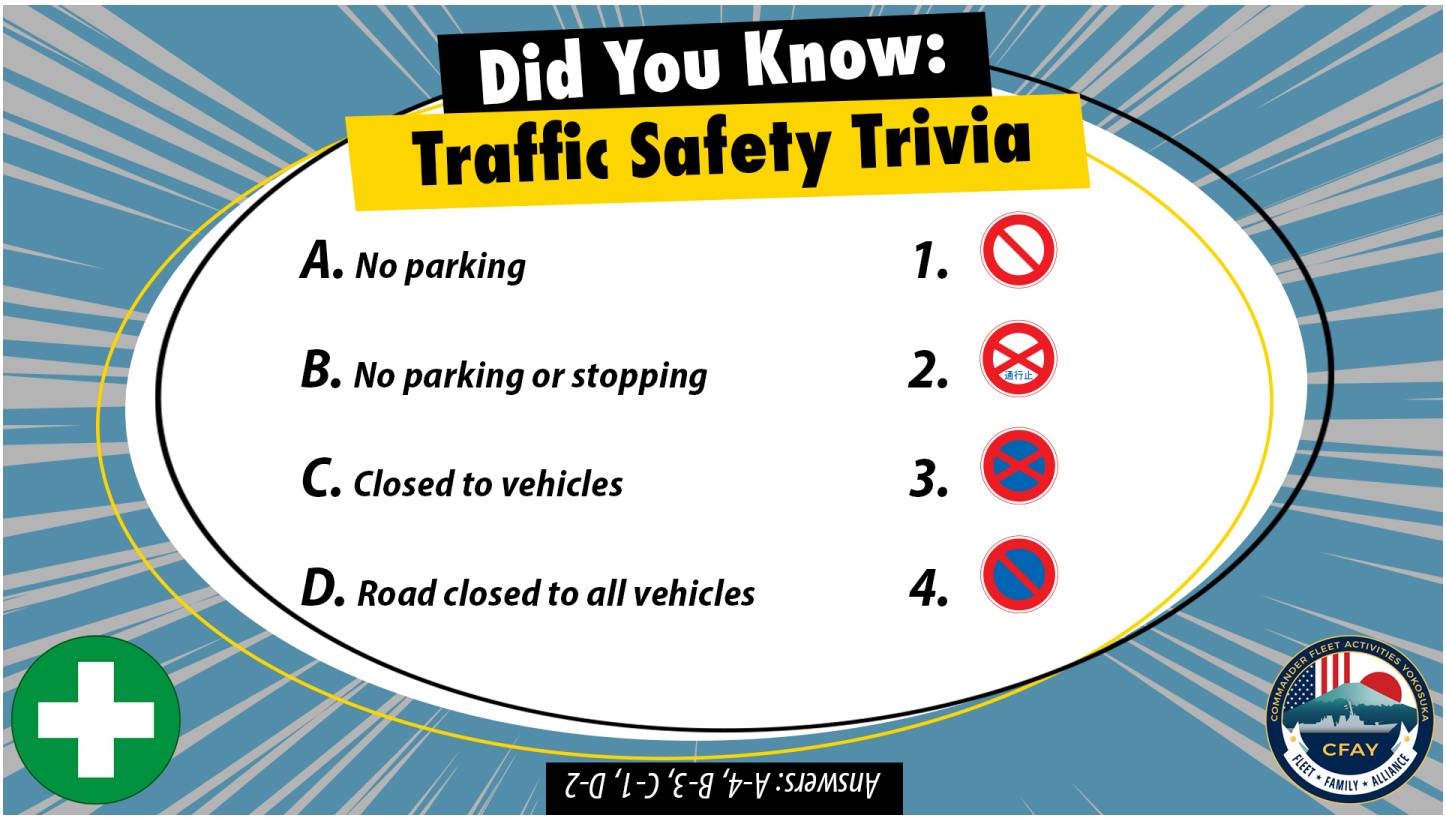
"My biggest takeaway is being able to self-reflect on what other people do to help and hinder me and what I do to help and hinder myself," he said. Steele also recommended offering similar events earlier in a Sailor's career, such as during A and C Schools.

As Phase 2 continues, installations across the fleet are welcoming the series and its unique approach to mental health outreach. Each performance reinforces a message of resilience, vulnerability and community, reminding audiences that mental health challenges are not faced alone. The events give Sailors, families and other members of the Navy FFR community meaningful opportunities to connect, reflect and better recognize signs of struggle in themselves or others.

The Navy's proactive approach to mental health includes multiple supportive programs, such as Sailor Assistance and Intercept for Life (SAIL). In fiscal year 2024, SAIL received 3,213 referrals, with a 64% acceptance rate and 1,592 Sailors successfully completing the program. These outcomes highlight the program's significant reach and impact: thousands of Sailors were connected to critical support, and more than 1,500 successfully navigated the full continuum of care.

This upward trend reflects a growing willingness among service members to seek help when needed, a positive cultural shift that aligns with the goals of "1 Degree of Separation." By encouraging early intervention and reducing stigma, the Navy continues to strengthen resilience and reinforce its commitment to the well-being of its force.

Together, these efforts demonstrate the Navy's commitment to fostering open conversations about mental health and strengthening the well-being of the fleet. By creating programs that blend authenticity, humor and support, the Navy continues to build a culture where Sailors feel connected, understood and empowered to seek help when they need it.



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://cnrj.cnic.navy.mil/Installations/CFA-Yokosuka/Operations-and-Management/Emergency-Management/AtHoc-Notification-System/

CITY OF YOKOSUKA

https://www.city.yokosuka.kanagawa.jp/0525/bousainavi/sonae/jouhou/documents/bousaijyouhou_mail_english.pdf

CITY OF ZUSHI

https://www.city.zushi.kanagawa.jp/kurashi/bosai/1001616/1001618.html

CITY OF YOKOHAMA

https://www.city.yokohama.lg.jp/lang/residents/en/emergencies/saigaihesonaeru.html

TOWN OF HAYAMA

https://www.town.hayama.lg.jp/soshiki/bousaianzen/2/4/1664.html

CITY OF KAMAKURA

https://www.city.kamakura.kanagawa.jp/sougoubousai/haishin0001.html

CITY OF MIURA

https://miura-city.site.ktaiwork.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://cnrj.cnic.navy.mil/Operations-and-Management/Emergency-Management/. For more information, please contact your Command Emergency Evacuation Program Warden.

7 Lucky Gods

Kamakura
Jan 27 at 8:45 A.M.

Meet at JR Yokosuka station

Hasedera Temple

Join us as we embrace Japan's New Year cultural tradition by embarking on the 7 Lucky Gods Tour.

Hasedera Temple
Daikokuten: Harvest and good Luck

Goryo Shrine
Fukurokuju: Prosperity of descendants, health and wealth

Jochi-ji Temple
Hoteison: Successful business

Registration Required

For more information, please call 046-816-3372 or email FFSCinfo@us.navy.mil.

FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page

AOB/ICR
January 20-22 at 8:00 A.M.
Volunteer Orientation
January 20 at 10:00 A.M.
Ikego Japanese Language Series
January 20 at 12:00 P.M.
Million Dollar Sailor
January 21-22 at 8:00 A.M.
Surviving in Japan
January 21 at 10:00 A.M. (Ikego)
Couples and Deployment
January 21 at 11:00 A.M. (Virtual)

ESL/EFL
January 21 at 1:00 P.M. (Ikego)
DOL - Federal Hiring
January 22 at 9:00 A.M.
Sponsorship Training
January 22 at 9:00 A.M. (Virtual)
Ikego Cultural Exchange Club
January 22 at 10:00 A.M.
Ombudsman Advanced Training
January 22 at 10:00 A.M.
Resiliency Bootcamp
January 22 at 11:30 A.M.

DOL - Resume Essentials
January 22 at Noon
Enjoying Japanese Food at Home
January 23 at 9:30 A.M.
Military Spouse 101
January 23 at 10:00 A.M. (Jp)(Hybrid)
ESL/EFL
January 23 at 1:00 P.M.
Mindfulness and Meditation
January 23 at 1:00 P.M.

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

(F) FAMILY
(E) EMPLOYMENT
(R) READINESS
(P) PROGRAM

NAVY SPOUSES IN TRANSITION

Join us for a transition workshop created specifically for Navy spouses.

Learn about:

- Career Transition
- Finances
- Final Move
- Benefits
- Managing Culture Shock

The class will be taught in English and Japanese.

January 27 @ 10:00 a.m.
in-person: CRC Building, 4th floor
****Option to attend virtually**

To register email ffscinfo@us.navy.mil
or call 046-816-3372

日本語 *Japanese: mika.nakamura2.ln@us.navy.mil*
or call 046-816-8512

The Fleet & Family Support Center

オンライン参加希望はご相談ください

CFAY

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

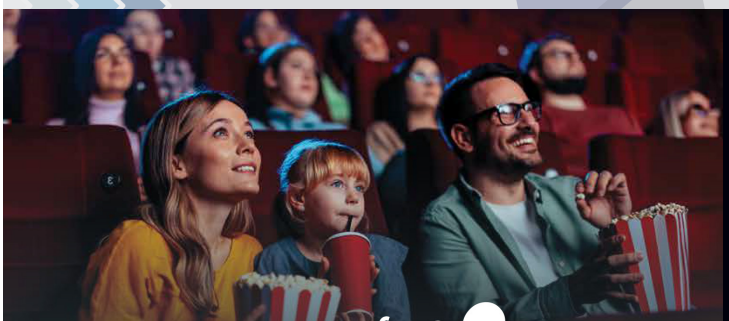
Game packages are $30 and include a special game. Additional packages are available for purchase. Must be 18 years or older to enter. Seating is on a first come, first served basis and cannot be reserved. Food and drinks will be available for purchase.

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*

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+)

MWR
The Fleet & Family Support Center
250

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
Tuesdays • 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

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 a 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.

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 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!
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 dressings: 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

Daikoku Matsuri

Jan. 16 (Friday) - 18 (Sunday)

9 a.m to 5 p.m.| Kanda Myoujin (5-minute walk from Hijiribashi Gate of JR Ochanomizu Station, JC-03/7-minute walk from Electric Town Gate of JR Akihabara Station, JY-03)

Daikoku, one of the Seven Lucky Gods of Japan, is recognized as the god of wealth and is offering up some good luck blessings to set your year off right at this traditional festival. During this festival, there's a formal prayer service where monks chant and bless participants.

40th Annivarsary Dragon Ball Genkidama Festival

Jan. 25 (Sunday)

9 a.m. to 18:30 p.m. (Last entry 5 p.m.) | Makuhari Messe (3-minute walk from the north exit of JR Kaihin Makuhari Station, JE-14)

It's been four whole decades of Dragon Ball. The Dragon Ball Genkidama Festival is taking over Makuhari Messe for one day only. This is the franchise's biggest gathering of the year. The main stage will host major first-look announcements about the future of Dragon Ball, with Masako Nozawa (the voice of Goku). Expect new project reveals and a special live performance by Hironobu Kageyama, the voice behind classic series themes.

Mt. Takeyama Hatsufudo

Jan. 28 (Wednesday)

7 a.m. to 4 p.m. | Mt. Takeyama summit (40-minute walk from Ikkizuka Bus Stop. 30-minute bus ride, bound for Nagai or Misakiguchi from Keikyu Yokosuka Chuo Station, KK-59)

Hatsufudo is a Buddhist holiday held every year on Jan. 28 and celebrates Fudo-myoou, which is dharma body incarnate. It is revered by the local fishermen and you can enjoy fugashi sweets hung from a bamboo branch, symbolizing fish and a fishing rod respectively.

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. I 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

POST OFFICE SERVICES NOTICE

The Yokosuka and Ikego post offices will be closed Monday, Jan. 19 in observance of Martin Luther King Jr. day. Building. G-59 and Ikego mail parcel lockers will remain available for pick-up. All services will resume on Jan. 20. If you have any questions, call 243-5486, or send email to: yokosukamainpostoffice@us.navy.mil.

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

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.

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.

Commander Fleet Activities Yokosuka
@CFAY_Japan
cfay-information@us.navy.mil

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Chief Staff Officer: Cmdr. Patrick T. Gutierrez
Command Master Chief: CMDCM Dennis W. Hunt
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