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Headspace App Initiative Launches at Fleet Activities Yokosuka



Photos by MC1 James R. Mitchell, CFAY Public Affairs



IN THIS ISSUE:

Headspace App Initiative Launches at Fleet Activities Yokosuka

Traffic Safety Trivia/ Beyond the Gate

AROUND CFAY



Headspace App Initiative Launches at Fleet Activities Yokosuka

Story by Erynn Navarro, CFAY Public Affairs

Commander, Fleet Activities Yokosuka (CFAY) announces rollout of the Headspace mental wellness app, now available at no cost to all CFAY active-duty Sailors. Headspace, an OPNAV-sponsored program, is a widely trusted app with more than 105 million downloads worldwide and evidence-based results supported by more than 65 peer-reviewed studies.

Last month, Commander, Navy Installations Command (CNIC) observed Spiritual Readiness Month, with a focus on how Sailors and their families can carry spiritual wellness into the new year. The Headspace initiative offers a great way for Sailors to do just that, by putting those wellness tools right into their pockets.

Headspace offers personalized support designed to fit into the demands of a busy operational lifestyle. Features include meditation, breathing exercises, workouts, mental health coaching and research-driven programs that help reduce stress, improve sleep, increase focus and support emotional regulation. The app offers something for the whole family, including mindfulness for kids.

Headspace has protocols in place to connect Sailors with on-base services at CFAY such as Fleet and Family Support, U.S. Naval Hospital (USNH) Yokosuka and the Chaplains. Through a unified platform, users can access resources such as behavioral health support, care navigation and other community services.

CFAY recognizes that mental fitness is essential to mission readiness. When Sailors strengthen their inner foundation, they are better equipped to face adversity with focus, courage and clarity.

"I am thrilled with the launch of Headspace here at Yokosuka; especially as we just closed out Spiritual Readiness Month focusing on how we can continue spiritual readiness and mental wellness throughout

the year," said Capt. Jon Hopkins, Commander, Fleet Activities Yokosuka. "While we are the first overseas base to get this app, other bases that have adopted Headspace reported drops in depression, anxiety and visits to Medical Treatment Facilities as a result."

During launch week, the Headspace team arrived in Yokosuka to deliver hands-on seminars introducing key features of the app emphasizing performance under pressure. The in-person sessions included specialized trainings for leaders and informational seminars for all hands.

Additionally, Servicemembers and their families are invited to connect with the Headspace team at 1730 on 5 February in CRC AOB Classroom for a similar training tailored towards spouses and families.

Melissa Pack, Vice President of Strategic Accounts at Headspace, leading the Headspace Champion training shared, "It's important that we meet people where they



Melissa Pack, Vice President, Headspace strategic client accounts, leads Sailors through a Headspace app training session at the Fleet Theater, Commander, Fleet Activities Yokosuka. The session included tools for sleep, stress management, focusing under pressure, and staying sharp in demanding environments, all of which helps cultivate a resilient warrior mindset. (Photo by MC1 James R. Mitchell, CFAY Public Affairs)

are. Our goal is to make mental health stigma free and accessible for all."

The launch week training events included:

Warrior Mindset Training (All Hands): Practical techniques to improve sleep, regulate stress, enhance focus and maintain mental sharpness.

Headspace Champion Training: Designed for Fleet and Family Support Center (FFSC) staff, chaplains, Code Trauma Response Team (CMRT) members, medical teams, behavioral health providers, resilience leaders and other community influencers.

Leadership Workshop: A command-level program focused on integrating mental performance strategies into training routines, mentorship and leadership development.

Notably, Dr. Jannell MacAulay, a retired military aviator and leadership consultant, served as the keynote speaker during Warrior Mindset Training. "Mindfulness gives us our edge," MacAulay shared "Mindfulness doesn't just make you feel good; it translates into tangible performance results."

As a U.S. Air Force veteran, Dr. MacAulay developed the Mental Strength Training collection for Headspace, addressing challenges servicemembers face, including

operational tempo, deployment cycles and separation from loved ones. Her contributions ensured military members and their families remained central throughout the program's development.

Headspace has also partnered with Blue Star Families, a nonprofit organization that supports military families through community connections and resources. Through this partnership, veterans and their families have used more than eight million minutes of Headspace content in a single year.

The Headspace app officially launches for all CFAY Sailors on February 5 at no cost. Sailors receive five complimentary licenses to share with loved ones. By taking these steps together, we strengthen not only our personal resilience but the readiness and unity of our entire community. Strong Spirit, Ready Sailor. To download the Headspace app and start taking advantage of these mental wellness tools, scan this QR code.



Did You Know: Traffic Safety Trivia

- A. Road closed for 4-wheeled vehicle**
- B. Road closed for motorcycle and moped**
- C. Road closed for bicycle**
- D. Road closed for motorcycle and passenger**

1. 
2. 
3. 
4. 

Answers: A-3, B-4, C-2, D-1





IKEGO CULTURAL EXCHANGE CLUB

CONNECT, LEARN, AND EXPLORE TOGETHER!

February 12
10:00 a.m.
Ikego, Nikko Tower



JAPANESE VALENTINE'S TRADITION

Join us to learn about Japanese Valentine's Day practices and the meaningful art of giving from the heart.



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



FFSC & Teen Center
Presents:

Mural Painting

Join FFSC and the Teen Center for a fun afternoon of painting, crafting, and creativity promoting Teen Dating Violence Awareness Month!

FEB 09
12-3PM

CFAY TEEN CENTER

OPEN TO TEENS
REGISTERED
WITH CYP



For more information contact:
046-816-7878 or email
FFSCinfo@us.navy.mil



FFSC WEEKLY

More details on CFAY FFSC YOKOSUKA FB page



Everyday Japanese

February 9 at 10:00 A.M.

Space A/EML Flights Brief

February 9 at 11:00 A.M. (Virtual)

Home Buying

February 9 at 1:00 P.M.

AOB/ICR

February 10-12 at 8:00 A.M.

Daisuki Japan

February 10 at 10:00 A.M.

Ikego Japanese Language Series

February 10 at Noon

Youth ICR (MS/HS)

February 10 at 2:30 P.M.

Pre-Marriage Seminar

February 11 at 9:30 A.M. (Virtual)

General Pre-Deployment Brief

February 11 at 11:00 A.M. (Virtual)

Active Parenting 0-5

February 11 at Noon

SAPR Resident Advisor

February 11 at 1:00 P.M.

Active Japanese

February 11 at 3:00 P.M.

Ombudsman Advanced Training

February 11 at 4:00 P.M.

Active Parenting 5-12

February 12 at 10:30 A.M.

Sponsorship Training

February 12 at 1:00 P.M. (Virtual)

ESL/EFL

February 13 at 1:00 P.M.

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

**CHAMPIONSHIP
GAME
DAY**

FEBRUARY 9

DOORS OPEN @ 7 A.M.
ALL LOCATIONS

Officers' Club
Kurofune Lounge*
Breakfast Buffet & Finger Foods • \$15 / person

CPO Club
Major Room & Cove Bar*
Breakfast Buffet • \$15 / person
A la carte Chicken Wings
\$6 / 6 pcs • \$11 / 12 pcs

Club Alliance
Sharky's Roadhouse
7 - 10 a.m. • Breakfast Buffet • \$15 / person
20% off from halftime until end of game
on Sharky's limited menu.

Club Takemiya
Dining Room & Lounge
Breakfast & Lunch Buffet
\$15 / adult • \$10 / child (6-11) • Free (5 & under)

Bowling Center
Big Game Bowling Pack includes all the
bowling you want throughout the duration
of the game, one large single topping pizza
per lane, and fountain drink.
\$25 / person (shoe rental included)

All clubs will have a limited menu also
available for customers.

*Patrons under 20 will not be allowed to enter the Kurofune Lounge, Cove Bar, Sharky's Roadhouse or Club T's Lounge.
*For authorized patrons only.

Enjoy watching the Big Game with CFAY-MWR!

Ikego Winterblast
February 21

1 - 4 p.m. • Ikego Campgrounds

Bundle up and join us for a family-friendly celebration as we say goodbye to winter and welcome the approach of spring! Ikego Winterblast is packed with fun for all ages – don't miss this cozy afternoon outdoors.

Crafts for kids and families • Bonfire with s'mores
Face painting • Snow play area • Food & beverages

Shuttle* runs between Club Takemiya Parking Lot & Ikego Campgrounds:

Club Takemiya departure times: 12:45 p.m.
1:15 p.m.
1:40 p.m.

Campgrounds departure times: 3 p.m.
3:30 p.m.
4 p.m.
4:30 p.m.

*The shuttle consists of two 20-seat minibuses.

Rain Date: Saturday, February 28
For more information, please call 046-896-5060 or
email mwr_yokosuka_special_events@us.navy.mil
Please bring cash for food vendors.




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**.

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 Website




MWR  

Navy Entertainment Presents:

RILEY GREEN

MARCH 9 • 6 P.M.
BENNY DECKER THEATER

FREE EVENT, FIRST COME, FIRST SERVED!
CONCESSIONS AVAILABLE FOR PURCHASE.

MWR 



Valentine's Day
Run / Walk Challenge

February 1 - 28

Using any run app, create a run route that looks like a heart, flowers, chocolate, or anything Valentine's Day related. Prizes will be awarded to participants who complete the challenge successfully.

Steps:

1. Record your activity using any run app that shows your route.
2. After you complete the activity, take a screen shot of your distance and your Valentine's Day route art.
3. Turn in your art at the Fleet Fitness office to claim your prize.

For more information, call MWR Fitness office at 046-896-4486.

NAVY OPERATIONAL FITNESS & FUELING SYSTEM
NOFFS
SANDBAG SERIES WORKOUT

February 28 • 10 a.m. • Purdy Pavilion



Register at the Fitness Office on the 3rd floor of the Fleet Recreation Center from now through February 27.
\$10 /person



VALENTINE'S DAY SPECIALS

CLUB ALLIANCE
6 Course Dinner • \$90 / couple
February 14 • 5 - 9:30 p.m.

Oyster Rockefeller (paired w/ White Wine)
French Onion Soup
Mixed Baby Greens w/ Cranberry Vinaigrette
Lobster Thermidor w/ Beurre Blanc Sauce
Over Roasted (paired w/ Moscato)
Roasted Lamb Chop & Filet Mignon Steak w/ Balsamic Reduction & Fond de Veau Sauce (paired w/ Red Wine)
Chocolate Dessert (paired w/ Champagne)

OFFICERS' CLUB
Wine & Dine • \$90 / couple
February 14 • 5 - 9 p.m.
Complimentary Rose
Smoked Salmon Terrine w/ Balsamic Eggplant & Cucumber served w/ a Brioche Roll
Roasted Sweet Potato Bisque, served w/ Sesame Crostini
Lobster Thermidor w/ Fresh Greens (paired w/ White Wine)
Beef Wellington w/ Red Wine Demi-Glace, served w/ Mashed Potatoes & Asparagus (paired w/ Red Wine)
Crème Brûlée w/ Fresh Strawberries

CPO CLUB
7 Course Dinner • \$90 / couple
February 14 • 5 - 9 p.m.
Complimentary Rose
Tomato Mousse w/ Lemon Oil Sauce
Harvest: Pumpkin Medley w/ Shrimp Mixed Vegetables served in a Roasted Pumpkin
Garden Salad Bouquet Wonton Paper Fried into a fan bouquet w/ Salad (paired w/ Champagne)
Onion Soup
Beef Filet w/ Scallop & Seasonal Vegetables (paired w/ Red Wine)
Pineapple Sherbet
Chocolate Mousse

CLUB TAKEMIYA
Special Plate • \$25 / plate
February 14 • 4 - 9 p.m.

Rib-eye Steak w/ Sautéed Onion & Mushroom Demi-Glace & Creamy Spinach Stuffed Cod Fillet, served w/ Loaded Potato & Vegetable Medley
Chocolate Strawberry Cream Cake



WALK OF FAME HALL OF FAME

February 27

11:30 a.m.
Meet and Greet at CFAY Galley

1:30 p.m.
Meet and Greet at Liberty Center

For more information
call 046-896-5060.

RANDY JOHNSON
BASEBALL HALL OF FAME
INDUCTED IN 2015

ANTHONY ROBLES
NCAA CHAMPION
inspiration behind the movie 'Unstoppable'
featuring Jennifer Lopez and Jharrel Jerome

prime COMING SOON

BEYOND THE GATE



Miura Sakura Festival Feb. 5 (Wednesday) - March 3 (Tuesday)

Along the road from Keikyu Miurakaigan Station (KK-71) to Misakiguchi Station (KK-72).

Come see the Miurakaigan's Kawazu sakura trees. Enjoy Sakura Festival food such as cherry dorayaki (pancake-like confectionery), cherry rice cookies and radish shochu. The Kawazu cherry tree in front of the Miurakaigan Station is also illuminated.



Nostalgic 2 Days Feb. 21 (Saturday) - 22 (Sunday)

10 a.m. to 5 p.m. | Pacifico Yokohama (5-minute walk from Minato Mirai Line Minato Mirai Station, MM-03)

The biggest classic car show in Japan. Various shop demo cars and 10 selected cars will run through venue. Enthusiasts who could never afford to buy a retro car of their own do not go home empty-handed. Same-day ticket: ¥4,000, advance ticket: ¥3,000 both including ¥500 cash voucher. Elementary school age and below, free admission. <https://nos2days.com/pc/ticket.html>



Taura Plum Grove Festival Feb. 7 (Saturday) - March 1 (Sunday)

Anytime | Taura Plum Grove, (25-minute walk from JR Taura Station, JO-04)

The Taura area wafts with the smell of blooming plum blossoms from mid-February to early March. Enjoy the hilltop scenery and view over Tokyo Bay. There will be various food booths on Feb. 22 from 10 a.m. to 2:30 p.m. at former Taura Elementary School (10-minute walk from JR Taura Station).

Winter Wonder Festival Feb. 8 (Sunday)

10 a.m. to 5 p.m. | Makuhari Messe Hall 1-8 (3-minute walk from the north exit of JR Kaihin Makuhari Station, JE-14) Wonder Festival is one of the world's largest festivals dedicated to figure modeling and sculpture. Since relocating its venue to Makuhari Messe in the summer of 2009, the event has grown into a major festival that welcomes approximately 2,000 exhibitors and more than 30,000 attendees each year, attracting significant interest not only from fans in Japan but also from enthusiasts around the world. Ticket: <https://l-tike.com/st1/wf-inbound/Tt/Ttg010agreement/index>

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

POST OFFICE SERVICES NOTICE

The Yokosuka and Ikego Post Offices will be operating on a modified schedule Monday, Feb. 9. Opening from 12 to 5 p.m. Building G-59 and Ikego Parcel Mail Lockers will remain available 24/7 for pick-up. If you have any questions, call (046) 816-5486 or 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.

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

ATTENTION CUSTOMERS

- The movies "Primate", "Is This Thing On?" and "Melania" will not be shown Feb. 6 - 9, at the Benny Decker and Fleet Theater due to delayed shipping. Any tickets already purchased can be refunded or used for another showing.
- Italian Gardens is closed for renovations until further notice.

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.

- March 3 (Tuesday) from 11:45 a.m. to 12:45 p.m. in the USNH 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

BLOOD DRIVE

Military Blood Drive at Yokosuka Fleet Gym from Feb. 25 to 26, 8 a.m. to 4 p.m. Each donor receives a 4-hour volunteer Letter of Appreciation and a t-shirt. Scan the QR code to sign up. Questions, call 243-8561.



USNH YOKOSUKA PATIENT FAMILY 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: Rickett Drive partial road closure to remove and install a new high voltage cable until March 31. Work will be conducted on the weekends to minimize impacts to the community.

- Radford Road partial road closure to remove and install a new high voltage cable until March 31.

• 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 is 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.

Ikego: Imattumi Road partial closure for general excavation work until Dec. 30, 2026.

 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: Jenna Cotherman

Layout: Hideo Kaihatsu