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CFAY

Weekly
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March 19, 2026

This Week at Fleet Activities Yokosuka



Photos by Sheryl Sullivan, CFAY Public Affairs



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AROUND CFAY



CFAY Recognizes Military Working Dogs on National K-9 Veterans Day

**Story and photo by Sheryl Sullivan,
CFAY Public Affairs**

Each year on March 13, National K-9 Veterans Day recognizes the service and sacrifice of military working dogs who have served alongside U.S. forces at home and abroad. At Commander, Fleet Activities Yokosuka (CFAY), the occasion is personal, as some of the most valuable members of the security team walk on four legs.

CFAY's military working dogs and their handlers serve as a frontline capability within the installation's security department, supporting missions that range from patrol operations to facility sweeps and force protection. Their presence is a daily fixture of life on base, even when most of the community never sees them work.

In December, that work was on full display when military working dog handler, Master-at-arms Second Class Rivera and his canine companion joined Naval Criminal Investigative Service (NCIS) agents and other

installation security personnel in conducting a joint inspection of a distribution facility as part of standard safety and security operations. While just one of many security operations across the installation, the effort is representative of the steady, behind-the-scenes operations that keep CFAY's population safe.

"National K-9 Veterans Day is a great opportunity to spotlight and honor the service and dedication of our K-9s," said Ltjg. Byron Hunt, assistant security officer, Commander, Fleet Activities Yokosuka. "They are more than just part of the team - they are our trusted partners who play a critical role in strengthening installation security."

That partnership is built on hundreds of hours of training and a bond between handler and dog that goes well beyond the duty day. Military working dogs are trained to detect threats that technology alone cannot, and their instincts and discipline make them force multipliers in any operational environment.

For Master-at-Arms 1st Class William Robby, the day also carries a deeper meaning.

"It's a chance to thank our four-legged partners for their loyalty, dedication, and service - while remembering those who are no longer with us," said Master-at-Arms 1st Class William Robby.

This National K-9 Veterans Day, CFAY honors every military working dog - past and present - whose service strengthens the installation and people who call it home.

For more than 80 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet's forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.



CFAY Public Works to Begin Seasonal HVAC Transition

By MC2 Quinton A. Lee, CFAY Public Affairs

On March 16, Commander, Fleet Activities Yokosuka (CFAY) Public Works Department (PWD) began a multi-week Heat, Ventilation, and Air Conditioning (HVAC) change-over plan, beginning the transition of systems from heating to cooling across the installation.

The change-over period happens twice a year onboard the installation when temperatures are mild. The change-over will start with a sequential deactivation of heating systems, followed by required inspections and preventative maintenance to ensure system reliability during the peak heat of Yokosuka's, hot, humid months.

PWD will complete the changeover with a prioritized, four-tier activation sequence to turn on air conditioning, scheduled to begin April 20. Family housing, unaccompanied housing, Department of War Education Activity, and Child and Youth Program cooling is scheduled to be turned on no later than April 30.

"The focus is always starts with our families, children,

and Sailors," said Cmdr. Andy Cotherman, CFAY Public Works Officer. "So, the schools, daycare facilities, base housing, and then of course, unaccompanied Housing, the gyms and our recreation centers where our Sailors live and relax are prioritized."

He continued saying technicians expect all facilities to have cool air running throughout their buildings by the middle of May.

Once cooling is activated, residents and employees must follow established temperature set points to comply with energy conservation mandates. Standard installation facilities are required to keep thermostats no lower than 78°F or 25.5°C.

Family and Unaccompanied Housing tenants are allowed to set the cooling to 76°F or 24.5°C. Tenants must keep windows and doors closed when using the equipment to maintain the cooling boundary.

If a facility becomes uncomfortably warm during the changeover period, PWD recommends that occupants turn thermostats to the "off" position and use passive cooling methods, such as closing blinds or operating fans.



End of Heating/Start of Cooling

- In support of preventive maintenance, CFAY maintains an HVAC changeover period between the heating and cooling seasons.
- March 17, heating started to be turned off sequentially, as required for Public Works Department to perform maintenance and convert the systems.
- Dates of specific community interest: **Unaccompanied Housing, Family Housing, DoDEA and CYP cooling turned on no later than April 30.**
- Some areas may experience minor gaps in heating and cooling due to maintenance and system changeovers
- The preventive maintenance reduces the need for repairs during the cooling season, when air conditioning is most valuable. We appreciate everyone's patience during this period.

- **During changeover, if your area is too hot before PWD has reached your facility, please turn your thermostat to "off" and open doors and windows to maximize natural ventilation.**
- **Once in use, cooling must be set no lower than 78°F/25.5°C [Housing 76°F / 24.5°C]**



Cyber Security is Everyone's Responsibility

By CFAY Public Affairs

Our online activity has real-world consequences for mission success and the safety of our forces. Malicious actors and criminals routinely exploit social media and messaging platforms to manipulate individuals and gather sensitive information.

Their goals? Access your personal details, professional affiliations, credentials, and even classified information. These actors often create fake personas, establish trust over time, launch spear-phishing or device exploitation attempts, and conduct influence and social engineering operations.

With emerging tools like artificial intelligence, malicious activity is becoming harder to spot but there are ways to protect yourself:

Assume You Are a Target: Operate under the assumption that your public-facing activity is being monitored by adversaries.

- **Limit details shared on social media:** Limit visible personal details, travel plans, and workplace information. Limit who can view your personal info on social media.
- **Beware of Phishing:** Be extra vigilant for phishing emails and messages. These may be crafted to look like official communications or news updates. Avoid moving conversations to private apps or unfamiliar platforms

Be Skeptical: Treat urgent, pressuring, or unusual messages with suspicion. Be cautious of flattery, urgency, or vague offers.

- **Avoid Suspicious Links:** Never click on unknown links or open unexpected attachments. Think Before You Click!
- **Verify Requests:** Confirm sender identity through a trusted channel before acting on requests involving credentials or sensitive information. Reverse-search images and verify new contacts before engaging. Be wary of unsolicited friend/connection requests or direct messages, as these are common tactics for intelligence gathering and spear-phishing.

Stay vigilant. Protect yourself, your network, and the

mission. Individual vigilance is a critical line of defense.

• **Practice OPSEC:** Avoid discussing sensitive topics in public spaces and never post real-time locations or routine patterns.

Secure Your Accounts

The most significant threats facing service members, their families, and civil servants are the hacking of social media accounts and phishing attempts.

Take the following proactive steps now, as directed by standing cybersecurity policy.

Action	Description	Why It Matters
Enable Multi Factor Authentication (MFA)	Activate MFA on all personal and professional accounts, including social media, email, and financial services. Use an authenticator app for greater security.	MFA provides a critical barrier against unauthorized access, even if an adversary has your password. This is a key component of good "cyber hygiene."
Strengthen Your Passwords	Change passwords on key accounts, especially social media. Use a long, complex, and unique passphrase for each service. Avoid reusing passwords.	Adversaries often use previously breached password lists to gain access. A unique, complex passphrase for each account mitigates this risk.
Review Privacy Settings	Set all personal social media accounts to the most private setting. Limit who can see your posts, friends list, and personal information like your location and employer.	This reduces your "digital signature," making it harder for adversaries to profile you, your family, or your unit for targeting and intelligence gathering.

Reporting

If you notice anything suspicious, **DO NOT RESPOND, CLICK, OR FORWARD IT.** Report it immediately by notifying Naval Criminal Investigative Services (NCIS) at FEEVR@ncis.navy.mil or follow the reporting guidance provided by your command.

Cyber and operational security is everyone's responsibility. Every one of us must reinforce our personal and professional cyber defenses to ensure the security of our information and the integrity of our mission. Your diligence is our first line of defense!

Did You Know: Traffic Safety Trivia

A. Strong side winds



B. Winding road



C. Rough road



D. Slippery



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



Household Hazardous Products Reuse Program

*Safely dispose of
household cleaners*
Reduce household costs

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CFAY Public Works Department
Environmental Office



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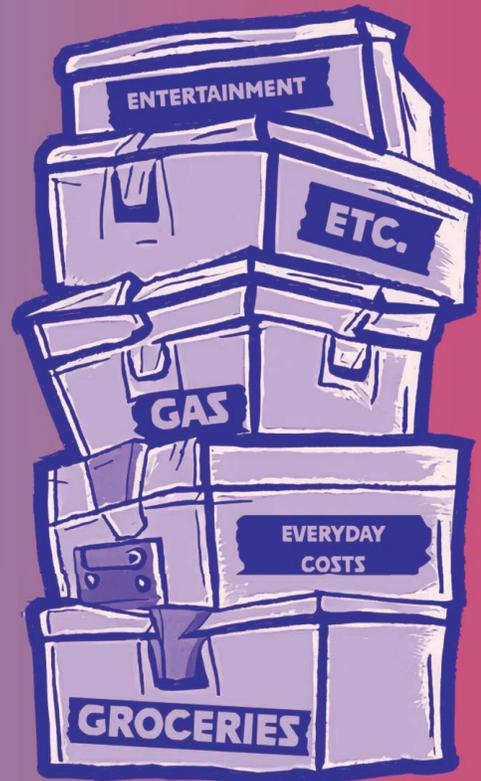
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**SURVEY CLOSES
31 MARCH 2026**



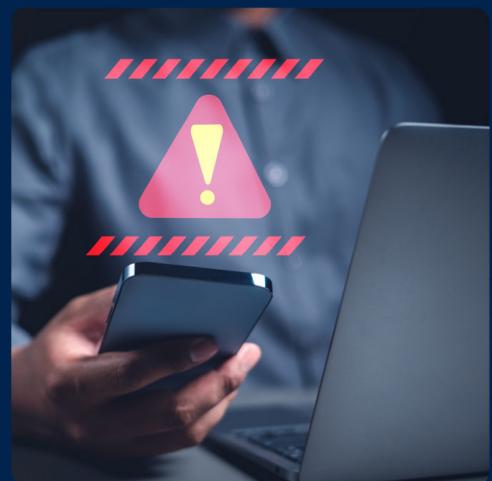
OPSEC (Operational Security)

INCIDENT REPORTING:

Timely reporting is critical to mitigating damage and tracking adversary activity.

If you notice anything suspicious, **DO NOT RESPOND, CLICK, or FORWARD IT.**

Report it to: FEEVR@ncis.navy.mil





COMMUNITY CONNECTION OFFICE HOURS

MARCH 23 - NOON-1PM
BLDG C-2

Register for **NFAAS** today.

Ensure your information is up-to-date!

Visit: NavyFamily.navy.mil

Accountability is essential to ensure the safety of our personnel and their families.



EMERGENCY AND DISASTER PREPAREDNESS

A PRACTICAL INFORMATIONAL GUIDE ON EMERGENCY PREPAREDNESS

 MARCH 23

 11:00 a.m.

 AOB AUDITORIUM
CRC BLDG. 4TH FL



Register by email to FFSCinfo@us.navy.mil or call 046-816-3372

REGISTRATION REQUIRED



TAX PREP 101

MARCH 24
9:00 a.m.
VIRTUAL

Filing taxes can be confusing – but understanding tax filing terminology makes filing easier. Learn the basics and feel confident when you self-prepare your taxes!

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



JOIN THE U.S. NAVY'S NOOM DIGITAL HEALTH PROGRAM Today and Ensure You are Fit to Fight!

NOOM | U.S. NAVY

Build a healthier you and support your personal readiness with help from Noom. Whether you are looking to manage your weight, dial in your nutrition, lower stress, or maintain a healthy lifestyle the Navy Noom program has something for you.

What is the Navy's Noom Program?

As a part of the Total Sailor Fit to Fight initiative the Navy is offering access to Noom Weight, Noom Mood, and Noom DPP at **NO COST TO YOU!** Noom is a science-backed wellness tool that provides personalized coaching and guidance along with 1,000+ fitness videos, meditations, recipes, mental wellness modules, and more.



Who is eligible for this FREE PROGRAM:

- Active and Reserve Component Sailors who:
- Did not meet the assessment criteria for the Body Composition Assessment (BCA) or Physical Readiness Test (PRT) during the CY2025 Physical Fitness Assessment, OR
 - Are in a "Pregnancy" non-participation status (e.g. pregnant or post-pregnancy/postpartum) during Cycle 1-2025.

Your Enrollment and participation is 100% voluntary. Participation does satisfy the nutritional education program requirement for the Fitness Enhancement Program.

Your personal data is kept private; Noom will not share your personally identifiable information.



How to Enroll:

- Visit the Noom Portal: go.noom.com/usnavy (all lower-case)
- Fill out the registration with your personal details including full name, date of birth and DoD ID.
- Get started! Upon registering you will be granted access to Noom's platform from **1 February 2026 to 31 January 2027.**



Email questions to: noompilot@us.navy.mil



Little Baskets, Big Joy - Fun for Every Bunny!

EGG'S TRAVAGANZA

EGG HUNTS • CRAFTS • FACE PAINTING
Food & Beverages available for purchase.

APRIL 4 • IKEGO CAMPGROUNDS
10 a.m. - 2 p.m. (Egg Hunt begins at 10:30 a.m.)

APRIL 5 • YOKOSUKA BERKEY FIELD
1 - 5 p.m. (Egg Hunt begins at 1:30 p.m.)
5:30 p.m.

Magic Show at the Benny Decker Theater



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

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

BEYOND THE GATE

Vernal Equinox Day (Japanese Holiday)

March 20 (Friday)

"Vernal Equinox Day" is on March 20 or 21. On this day, the sun is above the equator, and the length of day and night is equal. Buddhists believe that on the day of the equinox, the spirits of the dead can cross the river which divides this world and the other world. So, people visit their family graves, clean them, offer flowers, burn incense and pray for the peaceful repose of their ancestors. **Public transport will operate on a holiday schedule.**

Nango Park Sakura Festival March 21 (Saturday) - April 11 (Saturday)

Lantern light up 5 to 9 p.m. | Funakoshi Nango Park
(4-minute walk from Keikyu Taura Station, KK-55)

Nango Park, just behind Keikyu Taura Station, is usually a quiet park, but 54 cherry blossoms will bloom in the cherry blossom season and the cherry blossoms in the park will be gorgeously colored.



Kitakurihama Sakura Festival March 21 (Saturday)

10 a.m. to 4 p.m. | Negishi Traffic Park (5-minute walk from Keikyu Kitakurihama Station, KK-66)

The sakura blooms of Kitakurihama set the stage for a variety of activities like a flea market, bingo, dance, and performances.



The Chiyogasaki Gun Battery Sakura Festival

March 23 (Monday) - 29 (Sunday)

9:30 a.m. to 4:30 p.m. | Chiyogasaki Gun Battery
(15-minute walk from Keikyu Tomyoudo Bus Stop)

There will be traditional Japanese toy workshop and food trucks on March 28 and 29.



Kinugasa Sakura Festival

March 26 (Friday) - April 5 (Sunday)

25-minute walk south from JR Kinugasa Station, JO-02
Frequently labeled one of the top 100 places to view sakura, it boasts more than 2,500 blooming trees. Each night the cherry blossoms will be lit up from 6 to 8 p.m.

Tsukayama Park Sakura Festival

March 25 (Wednesday) - April 8 (Tuesday)

15-minute walk from Keikyu Anjinzuka Station, KK-56
Senbonzakura, more than 1,000 cherry trees, come into bloom in the historic park of Anjin, the blue-eyed samurai. Evening food and beverage stands on the mountain present traditional hanami fare on weekends. The cherry blossoms will be lit up from the sunset time until 9 p.m.

NEWS AND NOTICES

VIPRR SERVICES RETURNING FOR PHAS

The Defense Health Agency's (DHA) Virtual Integrated Patient Readiness and Remote Referral (VIPRR) program will be available again for a temporary 90-day period to assist Commander Fleet Activities Yokosuka (CFAY) tenant commands with Periodic Health Assessments (PHA).

Important Update for Sailors in Japan:

While the program has been approved, some CFAY tenant command UICs have not yet been loaded into the VIPRR system. VIPRR is currently updating the database and expects Japan-based UICs to begin appearing in the system starting next week. They anticipate being caught up by the end of this week (East Coast time).

How to use VIPRR for your PHA:

1. Complete the online PHA first <https://eha.health.mil/EHA/>
2. Call VIPRR to schedule your appointment, 1-844-863-3236

Hours of operation

Monday–Friday, 6 a.m. to 6 p.m. (Central Standard Time)

- If you already have a scheduled PHA appointment but need an earlier date, VIPRR may be able to assist once your UIC is available in the system. VIPRR access will be authorized for 90 days while DHA evaluates continuation of the program.

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 U.S. Naval Hospital (USNH) Yokosuka. Engage directly with hospital leadership in matters that concern the health and welfare of CFAY. Join us at the upcoming meetings.

- 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

SHIPSHAPE 2026 8-WEEK WEIGHT MANAGEMENT PROGRAM

Shipshape is a Healthy Lifestyle Change Program managed by USNH Yokosuka's Wellness Center.

Highlights:

- Bodycomposition scans
- Nutrition and fitness coaching
- Expert-led classes
- SMART goal setting
- Supportive group environment

Dates for 2026 sessions:

- April 17 - June 3
- July 8 - Aug. 26
- Sept. 16 - Nov. 4

Classes will be held Wednesday, 11 a.m. to 12 p.m. or 4:40 to 5:30 p.m. at Fleet Rec Center Room 323. Call 243-9776 or (046) 816-9776.

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: Full road closure NEX Parking Lot behind building H-20, from 7 a.m. to 5 p.m. on March 30. The NEX Parking Lot will remain open.

- Partial road closure on Howard Street March 20 - May 31. Closure will only occur on weekends.

Partial Road Closures are required for cleaning of CHT lines at various locations on base. Two-Way Traffic will be maintained through flagmen. Partial closures will occur in one area at a time.

- Lawrence Avenue and Decatur Avenue: Until May 15.
- In front of building B-48: April 10 - May 20.
- Turner Street: April 10 - May 20.
- Sampson Avenue: April 13 - May 29.
- San Diego Street: April 20 - June 19.
- Base taxi parking area near King Street: May 7 - June 1.
- Perry Avenue and Macdonough Avenue: May 7 - June 10.

- Rickert 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 (until 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

 fay-information@us.navy.mil

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