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# CFAY

Weekly

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## USS Mustin Returns to Forward-Deployed Naval Forces in Yokosuka



Photos by James Kimber and Sheryl Sullivan, CFAY Public Affairs



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# AROUND CFAY

## USS Mustin Returns to Forward-Deployed Naval Forces in Yokosuka

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**Story by MCC Taylor DiMartino,  
Commander, Destroyer Squadron 15 Public Affairs**

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**A**rleigh Burke-class guided-missile destroyer USS Mustin (DDG 89) arrived at Commander, Fleet Activities Yokosuka (CFAY) March 23, 2026, marking its return to U.S. 7th Fleet after nearly five years in San Diego. The ship was previously forward-deployed to Yokosuka from 2006 to 2021.

Mustin recently completed a major modernization period while in the U.S., enhancing its combat capabilities and ensuring it, and its crew, are ready to meet the dynamic challenges of the region.

"Mustin Nation is proud to return to Japan," said Mustin commanding officer, Cmdr. Christina Appleman. "Our arrival has a special meaning for our Sailors and their families. We are rejoining a phenomenal team here in the 7th Fleet, and are eager to work alongside our allies and partners in the region. We bring with us the spirit of our ship's motto, 'Always Be Bold,' and are ready to ensure security and stability in the Indo-Pacific."

Capt. David Huljack, commanding officer of Destroyer Squadron (DESRON) 15, welcomed Mustin's return, highlighting its importance to the squadron's mission.

"Welcoming USS Mustin back to the DESRON 15 family is a significant moment for us," said Huljack. "This ship and its crew bring a renewed strength and vital capability to our surface force. Their return to the tip of the spear is a clear demonstration of our commitment to maritime security and stability in the Indo-Pacific."

Commissioned July 26, 2003, Mustin is a multi-mission platform capable of conducting a wide range of operations, from maritime security and anti-submarine warfare to ballistic missile defense. The destroyer is named for the Mustin family, which has a long and distinguished history of service in the U.S. Navy.

The ship's return to Yokosuka is a testament to the U.S. Navy's enduring commitment to the security and stability of the Indo-Pacific region.

Commander, Fleet Activities Yokosuka provides critical support to U.S. 7th Fleet, the largest of the U.S. Navy's forward-deployed fleets. CFAY's strategic location and extensive facilities are vital for maintaining readiness and supporting maritime operations throughout the Western Pacific.

Mustin is forward-deployed and assigned to DESRON 15, the Navy's largest DESRON and the U.S. 7th Fleet's principal surface force.

U.S. 7th Fleet, the U.S. Navy's largest forward-deployed numbered fleet, routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific.



*CMDCM (SW/AW) Jorge Garcia, command master chief of the guided-missile cruiser USS Robert Smalls (CG 62), greets his son, CTM2 Cruz Garcia, assigned to the Arleigh Burke-class guided-missile destroyer USS Mustin (DDG 89), on the pier during Mustin's arrival at Commander, Fleet Activities Yokosuka, March 23, 2026. For Cruz Garcia, the ship's arrival marked a full-circle homecoming to Japan, where he once lived as a military child. Mustin arrived in Yokosuka following a homeport shift from San Diego, California, as part of the Navy's forward-deployed presence in the Indo-Pacific. (Photo by Sheryl Sullivan, CFAY Public Affairs)*

# Nutrition and Cooking Made Easy and Convenient During National Nutrition Month

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**Story by CNIC Fleet and Family Services and  
CFAY Public Affairs**

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**M**arch is National Nutrition Month and there are plenty of opportunities to make healthy eating a priority here in Japan with Fleet and Family Readiness. Finding the joy in cooking can be hard. Making meals for one can be very hard. Sneaking vegetables onto plates of picky eaters may feel like spy craft and the whole process from grocery shopping to dinner time takes hours. Then you have to wash the dishes.

It is no wonder so many people opt to dine out and order in. However, we all know that cooking is healthier, cheaper and better for us, so here are some helpful tips from the Fleet and Family Support Program to make the process a little easier.

Get inspired with recipes. You can solve two kitchen problems with this one! Save yourself from boredom by trying new dishes and save time and money at the grocery store by sticking to a list. Not sure where to begin? Start with what you know you love. Think of your favorite dish to order at a restaurant and find a recipe online. It may not taste 100% the same, but in many cases, you can find ways to make it taste even better.

Host a meal prep party. We are social creatures, and that especially applies to cooking. Why spend hours by yourself in a kitchen when you could invite a few friends over and get more meals out of it as a bonus? Knowing your kitchen's layout and limitations, preplan dishes that will not impede each other. While one friend uses the counter to chop a hearty salad, another uses the stovetop to make rice and a stir-fry, and the third uses the oven to roast chicken and root vegetables.

Is your kitchen barely big enough to fit you? No worries! Have people bring precooked dishes and enough plastic containers to divide everything and take-home servings. This way, you only have to cook one meal, but you get numerous meals in return. You could also utilize the local housing community centers to host your meal prep party.

Involve your picky eaters. Let them help with grocery shopping, selecting produce and preparing the ingredients to build interest and ownership. It is a lot harder to reject the broccoli when you picked it out at the grocery store, cut into fun shapes and helped steam. According to the Centers for Disease Control and Prevention (CDC), it can take more than 10 exposures for picky eaters to warm up to new foods. Be patient, and

pace yourselves. Introduce one new ingredient at a time, surround it with foods they already like, and incorporate the new food gradually but consistently over a few weeks. Lastly, know when to seek professional help. If your picky eater is rejecting entire food groups, losing weight or not growing, or getting highly distressed at mealtimes, it may be time to call the doctor.

Are you still feeling overwhelmed with how to cook healthy here in Japan or maybe simply looking to step up your cooking skills? Fleet and Family Readiness has several opportunities to level up your cooking skills and help you feel comfortable with cooking in Japan. The Yokosuka Community Center has a Japanese Cooking Class every Monday (10 a.m. – Noon), Wednesday (4 – 6 p.m.), and Friday (10 a.m. – Noon). Discover the flavors and techniques of authentic Japanese cuisine in our hands-on cooking class! Designed for ages 18 and older, this class introduces participants to traditional Japanese dishes, ingredients, and preparation methods. Whether you're a beginner or looking to expand your culinary skills, you'll gain confidence in the kitchen while learning how to create delicious, home-style meals.

Fleet and Family Support Center (FFSC) has an "Enjoying Japanese Food at Home" class is scheduled for March 27 at 9:30 a.m., held at the CRC bldg., 4th floor, Natsu Room. This 1-hour class will introduce you to items sold at Japanese supermarkets followed by a grocery shopping tour at COASKA Mall.

If you are a single or unaccompanied service member, be sure to check out the Liberty Center's monthly cooking classes. The next Liberty Center cooking class is DIY matcha latte on April 8 at 5 p.m. at the Liberty Center. Give your local coffee shop a run for its money and learn how to make your own matcha latte the Japanese traditional way. Register at the Liberty Center front counter.

If you are looking for a more intensive program, U.S. Naval Hospital (USNH) Yokosuka's Wellness Center offers an 8-week Ship Shape – Health Lifestyle Change Program that includes not only nutrition and fitness coaching but a body composition scan and SMART goal setting in a supportive group setting. The next session is scheduled to start on April 17, with classes occurring on Wednesdays from 11:00 a.m. to 12 noon or 4:30 p.m. to 5:30 p.m. at the Fleet Recreation Center.

Cooking may never be something you look forward to or love, however, we hope you can embrace the new opportunities that cooking here in Japan can offer.

# Did You Know: Traffic Safety Trivia

A. Off-limits area

1.



B. No stopping zone

2.



C. Crosswalk ahead

3.



D. Safety zone

4.



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



## Introduction of Blue Tickets

Effective April 1, the Government of Japan will begin enforcing a new system of traffic tickets, known as "blue tickets," issued to cyclists for violations.

### • Affected group

This applies to all bicycle riders aged 16 and older.

### • Targeted violations

The system focus on dangerous violations such as ignoring traffic lights, failing to stop at stop signs, and riding on the wrong side of the road, etc...

### • Penalties

Violators are subject to fines.

### • Objective

The primary goal is to decrease the number of bicycle-related accidents and enhance overall road safety.

### Violations subject to blue tickets

When identifying a traffic offence committed by a cyclist, police officers generally give a warning at the scene. However, if the offence is malicious and dangerous enough to pose a significant danger and nuisance to other pedestrians or vehicles and to create a risk of traffic accidents, police officers issue a blue tickets.

<b>Disobeying traffic signals</b> ¥6,000 ¥5,000 for running flashing signals	<b>Stop sign violation</b> ¥5,000	<b>Driving on the wrong side of the road</b> ¥6,000
<b>Use of mobile phone, etc. (Holding)</b> ¥12,000	<b>Trespassing at a closed level of crossing</b> ¥7,000	<b>Defective braking system</b> ¥5,000

These violations are examples.

In case of committing serious violations\*, or causing accidents, offenders are subject to criminal procedures (issuance or reed tickets)  
 \*Drink driving, driving under influence of alcohol, obstructive driving, use of mobile phones (causing a danger to traffic)

**In addition:** If a person caused a traffic accident or is caught two or more times within three years for any of the 16 types of traffic offences including running a red light, etc, the Prefectural Public Safety Commission orders the person to attend a "Lecture for Cyclists".

For more information, visit MPD website



# American Red Cross Winter Classes

## CPR Training, Basic Life Support, and Babysitting Basics



All classes are blended learning classes. Classes may be added based on community need and instructor availability. Enroll today!

### CPR/AED/First Aid Course (\$18)

- Thursday, April 2, 9 a.m.-12:30 p.m.
- Saturday, April 11, 9 a.m.-1 p.m.
- Monday, April 13, 10 a.m.-1:30 p.m.
- Tuesday, April 28, 9 a.m.-1 p.m.

### Babysitting Basics/Pediatric CPR (\$18)

- Saturday, April 4, 8 a.m. to 6 p.m. **\*Schedule through the Teen Center**

To register, email: [Yokosuka@redcross.org](mailto:Yokosuka@redcross.org) with the class and preferred date/time. You will receive a payment link and be asked to send your receipt in order to guarantee a spot in the course.

# ShipShape 2026

## 8-Week Weight Management Program

ShipShape is a **Healthy Lifestyle Change Program** managed by USNH Yokosuka's Wellness Center

### HIGHLIGHTS:

- Body composition scans
- Nutrition & fitness coaching
- Expert-led group classes
- SMART goal setting
- Supportive group environment

### DATES for 2026 SESSIONS:

- Feb 4 – Mar 25
- Apr 17 – Jun 3
- Jul 8 – Aug 26
- Sep 16 – Nov 4

Classes are held Wednesdays **1100-1200** or **1630-1730**

**Fleet Rec Center Room 323**

DSN 315-243-9776 | JP 046-816-9776



**HAVE YOU TAKEN YOUR...**

# **COLA SURVEY**

**LIVING PATTERNS IMPACT YOUR  
COST-OF-LIVING ALLOWANCE**

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**OPEN TO:  
SERVICE MEMBERS & SPOUSES**

**SURVEY CLOSES  
31 MARCH 2026**



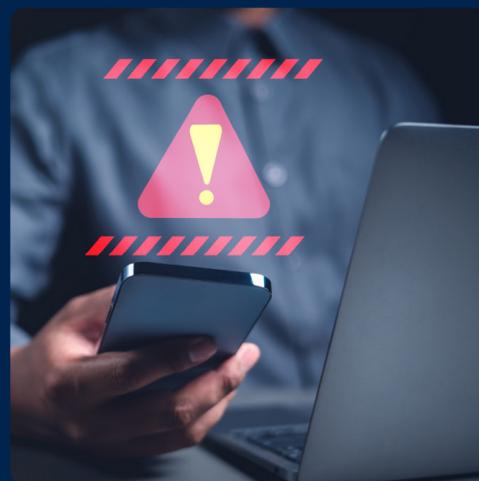
## **OPSEC (Operational Security)**

### **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](mailto:FEEVR@ncis.navy.mil)





## MILITARY CHILDCARE dot COM

For Military Families

### Quality Child Care To keep your family mission ready

MCC is where military families can find child care and fee assistance programs.

Get started at  
MilitaryChildCare.com



#### Questions? Contact Us!

855.696.2934

familysupport@militarychildcare.com

# Welcome New Families! CYP AOB CHILD CARE

Free childcare is provided by CYP at no cost from 30 minutes before classes begin to 30 minutes after classes end. Restrictions apply.



### Steps to register for AOB Child Care:

1. Contact CDC, SAC, or FCC for availability. Registration must be completed in advance.
2. To process registration for school age children, they must be enrolled in DoDEA Elementary School. SAC programs offer care before & after school during the school year.
3. SAC programs provide full day care for children during the Summer, Spring, and Winter school breaks.

If you have any questions you can reach out to CYP admin at [mwr\\_yokosuka\\_CYP\\_AOB@us.navy.mil](mailto:mwr_yokosuka_CYP_AOB@us.navy.mil) or call (DSN) 243-4079 or (Cell) 046-816-4079. Contact the FCC Director at [mwr\\_yokosuka\\_FCC@us.navy.mil](mailto:mwr_yokosuka_FCC@us.navy.mil) or call (DSN) 241-2978 (C) 046-896-2948; [Gridley CDC - \(DSN\) 243-3033](mailto:Gridley CDC - (DSN) 243-3033) (C) 046-816-3033; [Duncan CDC - \(DSN\) 243-3219](mailto:Duncan CDC - (DSN) 243-3219) (C) 046-816-3219; [Ikego CDC - \(DSN\) 246-8060](mailto:Ikego CDC - (DSN) 246-8060) (C) 046-806-8060; [Third Ave. SAC - \(DSN\) 243-3439](mailto:Third Ave. SAC - (DSN) 243-3439) (C) 046-816-3439; [Green St. SAC - \(DSN\) 241-4100](mailto:Green St. SAC - (DSN) 241-4100) (C) 046-896-4100; [Ikego SAC - \(DSN\) 246-8301](mailto:Ikego SAC - (DSN) 246-8301) (C) 046-896-8301



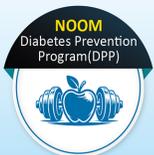
## JOIN THE U.S. NAVY'S NOOM DIGITAL HEALTH PROGRAM Today and Ensure You are Fit to Fight!

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:

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



SCAN ME!

Email questions to:  
[noomplot@us.navy.mil](mailto:noomplot@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

USAA

For more information, please email [mwr\\_yokosuka\\_special\\_events@us.navy.mil](mailto: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



## Oooka River Sakura Festival Until April 5 (Sunday)

11 a.m. to 9 p.m. (Food booths hours of operation) | Oooka River (5-minute walk from Keikyu Gumyouji Station, KK-43, or JR Sakuragicho Station, JK-11)

One great place to see cherry blossoms is along the Oookagawa river in Yokohama. This is located between Keikyu Gumyoji Station and JR Sakuragicho Station. The five kilometer walk, which follows the river all the way between two stations, makes it very easy to enjoy. The cherry blossoms will be lit up until April 5 (6 to 9 p.m.)



## Hashirimizu Fountainhead Until April 6 (Sunday)

8 a.m. to 5 p.m. | Hashirimizu Fountainhead Park (From Keikyu Maborikaigan Station, KK-63, take the bus for Kannanzaki to Isemahi, 5-minute ride, 2-minute walk from the bus stop)

There will be food trucks. Paid parking available.



## The 2<sup>nd</sup> Zushi Sakura Festival March 29 (Sunday)

10 a.m. to 4 p.m. | Ikego Number One Sports Park (10-minute walk from Keikyu Zinmuji Station, KK-52/20-minute walk from JR Zushi Station, JO-06)

There will be stage events, fresh seafood sale, festival fair and 14 food trucks and booths.



## 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 from 4 to 5 p.m. in the library at the Community Resource Center.
- May 5 from 9 to 10 a.m. in the Community Resource Center, 3rd floor, Kumon Room
- June 2 from 4 to 5 p.m. in the Community Resource Center, 1st floor, Library
- July 7 from 11:45 a.m. to 12:45 p.m. in the Naval Hospital's Command Auditorium, 3rd floor.

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](mailto:dha.yokosuka.yokosuka-nh.list.pfpc@health.mil)

## 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:** 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 until May 31 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 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.

 Commander Fleet Activities Yokosuka

 @CFAY\_Japan

 [cfay-information@us.navy.mil](mailto:cfay-information@us.navy.mil)

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