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CFAY

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This Week at Fleet Activities Yokosuka



Photos by MC2 Quinton A. Lee, CFAY Public Affairs



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Frontline Wellness: Mental Health Strategies for the Warfighter and Family

Story by CFAY Public Affairs

Military life demands resilience. Between deployments, frequent moves, and high operational tempos, service members and their families face unique, compounding pressures. However, according to Lt. Cmdr. Allison Conforte, Ph.D., taking care of your mental health is a proactive step toward maintaining overall readiness, not a sign of weakness.

Conforte, director of the Directorate for Mental Health at U.S. Navy Medicine Readiness and Training Command (NMRTC) Yokosuka, recently shared her insights on breaking down barriers, building sustainable wellness practices, and supporting the military community.

Overcoming Misconceptions and Barriers

Mental health stigma remains one of the



Lt. Cmdr. Allison Conforte, installation director for psychological health, U.S. Navy Medicine Readiness and Training Command (USNMRTC) Yokosuka, poses for a photo at Fleet Activities Yokosuka's U.S. Naval Hospital, May 13, 2023. (Photo by MC2 Quinton A. Lee, CFAY Public Affairs)

most significant hurdles preventing people from seeking care. Conforte noted that many individuals fear judgment or worry about potential career impacts, leading them to believe they must shoulder their burdens alone.

"One of the most common misconceptions I see is the belief that struggling with mental health is a sign of weakness or a lack of resilience," Conforte said. "In reality, stress reactions, anxiety, and depression are normal human responses to challenging circumstances."

Furthermore, Conforte emphasized that mental health care extends far beyond crisis intervention. Many patients seek strategies to manage daily stress, improve relationships, or navigate life transitions long before their challenges escalate into emergencies. The ultimate goal, she explained, is to normalize mental health maintenance as a standard component of military readiness.

The Foundation of Wellness: Small Steps, Big Impact

Building resilience does not require a massive lifestyle overhaul. Conforte recommended integrating small, consistent wellness practices into busy daily routines to establish a sense of stability, especially during periods of transition or deployment.

Taking a short walk, practicing a few minutes of slow breathing to reset after a stressful moment, or intentionally setting aside time to connect with family and friends can effectively regulate stress and improve focus.

These small habits work in tandem with the three foundational pillars of mental health: sleep, nutrition, and physical activity. "Sleep is critical for emotional regulation, concentration, and decision-making," Conforte said, noting that sleep deprivation severely hampers stress management. Likewise, she highlighted that balanced nutrition stabilizes energy and mood, while even moderate physical activity – such as walking or playing sports – serves as a highly reliable stress reducer.

Navigating Anxiety and the Digital Age

Modern challenges also require modern boundaries, particularly regarding social media. While digital platforms connect people, they also introduce constant comparison, cyberbullying, and unrealistic expectations.

"We're seeing increasing evidence that excessive

social media use can contribute to anxiety, depression, and lower self-esteem among adolescents," Conforte warned.

She encouraged individuals and families to implement balanced, intentional digital habits. Setting boundaries around screen time and prioritizing in-person relationships can especially protect younger populations who are still developing their sense of identity.

Strategies for Creating Healthy Media Boundaries:

- Establish tech-free zones such as bedrooms and the dinner table, and tech-free times such as one hour before bed
- Find alternative non-screen activities such as reading, sports, and hobbies
- Focus on quality over quantity (high-quality educational media)

Healthy Media Boundaries Specifically for Kids:

- Use parental controls, built-in device features, or apps to set time limits and filter content
- Use screen time as a reward rather than a default right
- Adults should model healthy screen use (putting their own phone away)

Recognizing Warning Signs and Supporting Others

Human connection serves as one of the strongest protective factors for mental well-being. Conforte urged individuals to take one simple step today to improve their mental health: connect with someone they trust.

When observing others, community members should watch for distinct warning signs that indicate a need for professional help. These include persistent sadness or irritability, noticeable changes in sleep or appetite, difficulty concentrating, withdrawal from social activities, or increased conflict. Any thoughts of self-harm require immediate intervention.

Everything your mind needs, at no cost to you

Manage stress, stay focused, and wind down with ease – all with Headspace

Build resilience and stay mission-ready. Get sleep support, mental health coaching, and more to help your mind navigate the unique challenges of Navy life. Plus, you can share Headspace with up to 5 loved ones. So you'll have support for those who matter most.

Scan the QR code now to enroll. Once enrolled, you will be prompted to download the Headspace app. Then simply login to start your Headspace journey!

headspace

"One of the most helpful things people can do is simply listen," Conforte said. "Approach the conversation with empathy, avoid judgment, and let the person know they are not alone."

Offering practical support, such as helping a colleague find local resources or accompanying them to an appointment, can significantly lower the barrier to entry for care.

Community Support and Local Resources

To further combat stigma and build community strength, participation in community-driven events foster open, constructive conversations about mental well-being, ensuring personnel know exactly where to turn when they need assistance.

Commander Fleet Activities Yokosuka (CFAY) has multiple avenues of support standing ready:

- Fleet and Family Support Center: Provides counseling services, resilience training, stress management classes, and family support programs. Contact Fleet and Family Support for more information at DSN: 315-243-3372.

- Naval Hospital Yokosuka: Delivers behavioral health services and clinical mental health care for eligible beneficiaries. Contact the hospital quarterdeck at: yokosuka.tricare.mil

- Military OneSource: Offers confidential counseling and resources available 24 hours a day at MilitaryOneSource.com

- 988 Suicide & Crisis Lifeline: Provides immediate, 24/7 support for individuals experiencing emotional distress or crisis.

- Headspace App: Effective, convenient and confidential mental health support at no cost to you right from the privacy of your smartphone. With qualified mental health coaches offering personalized care and in-app skill-building resources, your needs met where you are – no matter what you're going through. To get started, visit: work.headspace.com/usnavy/join

Service members and families can access contact information for all local mental health resources by visiting the CFAY homepage at <https://cnrj.cnic.navy.mil/Installations/CFA-Yokosuka/> and clicking the "Local Mental Health Resources" link.

**Did You Know:
Traffic Safety Trivia**

A. Primary road	1.	
B. Safety zone	2.	
C. Center line	3.	
D. Proceed to left	4.	

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

Never Walk Alone: Overcoming Loneliness Through Connection

Story by Commander Navy Installations Command Fleet and Family Support Center

Loneliness is getting more attention nationwide, and for good reasons. In recent years, it has been described as an epidemic affecting people of all ages and backgrounds. For service members and military families, however, loneliness can take on unique and often more intense forms.

Frequent moves, deployments and long periods of separation can disrupt even the strongest support systems. Each relocation may mean starting over, new schools, new jobs, new routines and new relationships. While military communities are known for resilience and camaraderie, building meaningful connections takes time, and those transition periods can feel isolating.

Being surrounded by others does not always translate to feeling understood or supported. The pressure to stay strong and mission-focused can sometimes make it harder to open up.

The effects of loneliness go beyond emotions. Research shows it can impact sleep, increase stress and even affect overall physical health. That is why recognizing and addressing loneliness is so important, not as a weakness, but as a normal human response to challenging circumstances.

The good news is that small, intentional actions can make a meaningful difference. Staying connected does not always require big gestures. Regular phone calls, text messages or video chats with loved ones can provide consistency and comfort. Getting involved in local military support groups, community events or volunteer opportunities can also help rebuild a sense of belonging.

It is equally important to check in on others. A simple “How are you really doing?” can open the door to connection. Often, just knowing someone is willing to listen can ease the weight of loneliness.

Finally, do not overlook your own needs. Taking time for self-care, whether that is a walk, a hobby or quiet time to recharge, is not selfish; it is essential. You can not pour from an empty cup.

Military life comes with unique challenges, but no one has to face these challenges alone. By recognizing loneliness, talking about it openly and supporting one another, military families can strengthen the connections that carry them through every transition.

STAYING CONNECTED

Deployments and Permanent Change of Station (PCS) transitions are an important part of military life, filled with new opportunities and experiences. However, the challenges of moving and separating from family may contribute to loneliness and social isolation. Learn what steps you can take to feel more connected.

Loneliness and social isolation may negatively impact your health, with higher risks for:

- Anxiety
- Heart Disease
- Obesity
- Depression
- Impaired Cognitive Function
- Weakened Immune System

6 Tips to Combat Loneliness



SHIFT FOCUS TO OTHERS
Find a way to serve others, which may boost your mood and provide a sense of purpose. Your installation Military and Family Support Center can help you find local volunteer opportunities on and off base.



PURSUE A HOBBY OR INTEREST
Get out of the house and get involved in a new hobby or take a class to learn a new skill. Check out your Morale, Welfare and Recreation program to find fun activities and meet new people.



BOND WITH YOUR UNIT
Work on building stronger cohesion in your unit. Start by incorporating more effective speaking and listening skills into your interactions, like asking open-ended questions and making eye contact.



NURTURE YOUR CONNECTIONS
Focus on improving and strengthening your current relationships. Stay in touch with friends and family regularly, connecting through social media, video chat or by phone.



BRANCH OUT SOCIALLY
Avoid relying on only your unit for socializing and friendships. Try building relationships with a variety of groups, including neighbors, coworkers, friends and family.



EMBRACE ALONE TIME
Spend time enjoying your own company and doing activities you love. Try out an activity that promotes self-reflection like hiking, biking, journal writing, meditation or yoga.

WANT MORE RESOURCES?

Psychological Health Resource Center
Call/Chat with a health resources consultant 24/7 for assistance accessing care at 866-966-1020 or health.mil/PHRC.

Military Crisis Line
In the U.S., call 988 then press 1 or text 838255. For OCONUS calling options and online chat accessible from anywhere in the world, visit militarycrisisline.net.

Military OneSource
Military OneSource provides 24/7 support for service members and their families. Call 800-342-9617 anytime to connect to free resources, specialty consultations or confidential non-medical counseling.

Connect with Us on Social Media
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REAL WARRIORS • REAL BATTLES
REAL STRENGTH

Visit health.mil/RealWarriors for more information.

UPDATED FEBRUARY 2024

Mental Health Awareness Month

Care for your mind, honor your mental health.

Join us for a month dedicated to being kind to your mind. This May, we invite you to prioritize your mental health with daily resources designed to cultivate tenderness with yourself and others.

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1: MIND	April 27 	April 28 	April 29 Tip: Review the calendar and circle the resources that you'd like to explore this month.	April 30 Course: Five Mindful Minutes Treat yourself with a relaxing break to settle your mind and body.	May 01 Learn: Letting Go of Stress Developing your awareness of stress and learn how to reframe negative emotions.
	May 04 Challenge Try <u>square breathing</u> to bring calm and relaxation to the body.	May 05 Move: Afternoon Reset A 20-minute guided exercise to promote movement.	May 06 Challenge Set aside five minutes to stretch and release tension from the body.	May 07 Learn: How to Reset Your Sleep Schedule Get science-backed tips for enjoying a better night's rest.	May 08 Challenge Eat a nourishing meal that supports your body.
	May 11 Learn: Realizing and Improving Your Self Worth Understand what inner-shifts you can make to boost your inner confidence.	May 12 Challenge Write a kind letter to your 'younger self.'	May 13 Meditation: Manifesting Compassion Have compassion for yourself and those around you, even on tough days.	May 14 Live Event: Navigating Burnout Workshop Prevent and overcome burnout by knowing your limits and committing to self-care. Register now to join.	May 15 Learn: Meditation for Self-Esteem Learn how to break the cycle of negative self-talk and improve your sense of self.
	May 18 Challenge Refrain from viewing work-related emails prior to your shift.	May 19 Headspace Conversations: Avoiding Work Burnout See how boundaries can enhance productivity and prioritize physical and mental health.	May 20 Bonus: Join an event for World Meditation Day. Challenge Write three things you like about yourself.	May 21 Meditation: Decompress After Work Let go of the day and drop into the present moment to relax body and mind.	May 22 Challenge Take a five minute break to go for a walk during the workday.
	May 25 Headspace Conversations: Tackling Loneliness Members talk about COVID isolation, human connection, and more.	May 26 Challenge Call a friend just to say 'hi' and reconnect.	May 27 Meditation: Connecting with Community Tap into the support and warmth of community by connecting with others.	May 28 Challenge Make plans for quality time with a friend or family member.	May 29 Ask Rosie: Improving Your Relationships Learn a simple trick to bolster relationships with loved ones and yourself.

Make time for your mind today and every day.

Headspace offers meditations, mindfulness tips, sleepcasts, focus playlists, and more.



Unlock your free Headspace membership today! Scan the QR code to enroll, then download the app, and log in to start discovering all the benefits.

Have a question? Email teamsupport@headspace.com

HEADSPACE MENTAL FITNESS CHALLENGE

YOUR INSTALLATION IS COMPETING

★ MAY 18 – JUNE 1 ★

MENTAL FITNESS STARTS WITH YOU. EVERY SESSION COUNTS.
GET STARTED IN 3 SIMPLE STEPS

1. JOIN THE CHALLENGE

Complete the sign-up form to join and be entered into the contest.



THE COMPETITION

2. GET HEADSPACE

Enroll if you're new. Download the app. Log in.



12 INSTALLATIONS ONE TOP PERFORMER

3. START A SESSION

Just a few minutes a day makes a big impact.
Use HeadSpace between May 18 - June 1 to help your installation win



★ Top installation: 3 winners
★ All others: 1 winner each

American Red Cross 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)

- Saturday, June 6, 9 a.m.-1 p.m.
- Saturday, June 27, 9 a.m.-1 p.m.

BLS: Basic Life Support (\$12)

- Monday May 18, 8:30 a.m.-12:30 p.m.
- Thursday June 4, 8:30 a.m.-12:30 p.m.

Babysitting Basics/Pediatric CPR (\$18)

To register, email: 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.



SY 26-27 RE-REGISTRATION

Re-Register online @
DoDEA Student Information System- Aspen

Required
Information:

- Updated Orders
- Updated Lease or Housing Letter
- Updated Contact Information & Emergency Contacts
- Physical & Mailing Address Required

Questions? Contact the Ikego Elementary registrar at:
Yukiko.abe@dodea.edu

**America's
Armed Forces
KIDS
COLOR
RUN**
MAY 16 • 9 A.M.
Purdy Pavilion • Free Event

Register at the Fitness office or Purdy Gym
through May 15th.

For more information, please call
046-896-4486



Ikego Elementary School
STEAM DAY
Friday, May 15, 2026



CALL FOR PRESENTERS

Dear Ikego Community,

Do you have a background or expertise in STEAM (Science, Technology, Engineering, Arts, or Mathematics)? Does your career or hobby rely on STEAM knowledge and skills? If so, we would love to invite you to participate as a presenter at **Ikego Elementary School's STEAM Day on Friday, May 15, 2026!**

We are currently seeking enthusiastic volunteers to host engaging STEAM sessions for our students in Kindergarten through 5th grade. Presenters may:

- Share information about their career and how STEAM plays a role in their work
- Lead hands-on, interactive activities
- Perform demonstrations that spark curiosity and creativity

This is a wonderful opportunity to inspire young learners, showcase your expertise, and help students see the real-world applications of STEAM.

Commanders, dependents, and host nationals are all welcome to participate. Whether you are a professional in a STEAM field or simply passionate about a STEAM-related hobby, your knowledge and experiences can make a lasting impact on our students.

If you are interested in volunteering as a presenter, please reply to Aaron.Shiver@dodea.edu with a brief description of your proposed activity or presentation.

We look forward to partnering with you to make this year's STEAM Day an exciting and memorable experience for our students!

Warm regards,

Aaron Shiver
STEAM Day Chair
Ikego Elementary School

**Youth Sports
SUMMER
CAMP**

Activity / Sport	Open Registration Sign-up Period	Session Dates	Ages	Session Times	Cost
Golf Camp (Level 1 - Beginner)	May 4 - until filled	June 15 - June 18	9 - 15	10 - 11:30 a.m.	\$20
BFA Soccer Camp (Yoko & Ikego)	May 4 - until filled	July 15 - July 19	5 - 8	9 - 11 a.m.	\$60
BFA Soccer Camp (Yoko Only)	May 4 - until filled	June 15 - June 19	9 - 15	1 - 4 p.m.	\$60
Start Smart Camp (Yoko & Ikego)	May 4 - until filled	June 15 - June 18	3 - 5	5 - 6 p.m.	\$20
Golf Camp (Level 2 - Advanced)	May 4 - until filled	June 23 - June 26	9 - 15	10 - 11:30 a.m.	\$20
Start Smart Camp (Yoko & Ikego)	May 4 - until filled	June 23 - June 26	3 - 5	4 - 5 p.m.	\$20
Snag Golf	June 1 - until filled	July 6 - July 10	5 - 8	9 - 10:30 a.m. (Yoko) / 2 - 3:30 p.m. (Ikego)	\$25
Yokosuka Outdoor Camp	June 1 - until filled	July 6 - July 10	13 - 18	9 - 11 a.m.	\$25
Ikego Outdoor Camp	June 1 - until filled	July 6 - July 10	13 - 18	1 - 3 p.m.	\$25
Fitness Camp	June 1 - until filled	July 20 - July 24	9 - 15	9 - 10:30 a.m.	\$60
Global Pipeline Basketball Camp	June 29 - until filled	July 27 - July 31	5 - 8	9 - 11 a.m. (Yoko) / 2 - 4 p.m. (Ikego)	\$20
Global Pipeline Basketball Camp	June 29 - until filled	Aug 3 - Aug 7	9 - 15	9 a.m. - 12 noon	\$60
Cherleading Camp (Yoko Only)	June 29 - until filled	Aug 3 - Aug 7	10 - 15	9 - 11 a.m.	\$25

Steps to Register for Youth Sports Activities and Programs:

- (1) Complete a Navy Child & Youth Program Registration Packet: www.navy.mil/navypubs/napr.html
- (2) Complete a PAYS orientation training - Link to PAYS training: <https://www.navy.mil/paysonline/>
- (3) Email Forms and PAYS Certification to: CFAYOUTHSPORTS@us.navy.mil

- (4) Login information to sign-up for our sports activities will be given through email once forms are reviewed and verified.
 - (5) Registration link: <https://myffr.navy.mil/navypubs/yokosukacyp.html>
- Forms can be picked up and/or dropped off at our Youth Sports Office from 10 a.m. - 5:30 p.m.
For more information call 241-2952 or 046-806-2952



BEYOND THE GATE

Yokosuka Curry Festival

May 16 (Saturday) -17 (Sunday)

10 a.m. to 4 p.m. | Verny Park (5-minute walk from Yokosuka Main Base)

Savor the spices of curries from all over the country or try local flavors of natural curry and Japan Maritime Self-Defense Force curry. A Yokosuka Curry Buffet and the Yokosuka Curry Bread Festival will also be held. There will be various outdoor stage performances. Entrance is free and food and drinks are available for purchase.

Yokosuka Morning Market

May 16 (Saturday) - 17 (Sunday)

9 a.m. to 12 p.m. | Ichigo Yokosuka Port Market (10-minute walk/3-minute drive from Yokosuka Base Womble Gate)

You can find a wide variety of local products like freshly picked vegetables, seafood, and a quality selection of meat. A free shuttle bus will operate between the Curry Festival venue and the Port Market.



Zushi Beach Fireworks

May 21 (Thursday)

7:20 to 8:15 p.m. | Zushi Beach Zushi Beach (15-minute walk from east exit of JR Zushi Statio, JO-06, or south exit of Keikyu Zushi-Hayama Station, KK-53)

This early summer fireworks festival takes place over the ocean adjacent to Zushi Beach. During the 45-minute display, 7,000 fireworks will be dispatched.



Sanja Matsuri

May 15 (Friday) - May 17 (Sunday)

May 15, 1 to 3:30 p.m./ May 16, 10 a.m. to 4 p.m./ May 17 6:30 a.m. to 8 p.m. | Around Sensouji Temple (5-minute walk from Tokyo Metro Ginza Line, G-19/Toei Asakusa Line Asakusa Station, A-18)

Held annually on the third weekend of May, Sanja Matsuri is probably Tokyo's biggest festival. It celebrates the three founders of Sensouji Temple. Parades take place in Asakusa with the shaking on the mikoshi to give power to the deities inside one of its most famous rituals. From early in the morning of May 18, the mikoshi will parade around Asakusa and the shrine, May 18 will be the most exciting day of the festival.



Poppy and Nemophila Festival

Until May 31 (Sunday)

10 a.m to 3 p.m. | Kurihama Flower Park (30-minute drive from Yokosuka main base/20-minute walk from JR Kurihama, JO-01 or Keikyu Kurihama Station, KK-67)

This luxurious park utilizes the natural terrain and features seasonal flowers throughout the year. The park also offers playgrounds for children. Poppy and Nemophila Festival is now held until May 31. Free poppy picking will be held on May 30 and 31.

NEWS AND NOTICES

CFAY PROACTIVELY MODERNIZING WATER SYSTEM

Commander Fleet Activities Yokosuka (CFAY) has issued notices regarding the ongoing modernization of the drinking water infrastructure. While the tap water on base remains safe to drink and continues to meet all U.S. Environmental Protection Agency (USEPA) standards, some older water service lines have been identified for replacement.

Two types of service lines are being addressed:

- Confirmed galvanized lines: These are made of galvanized material that may have absorbed lead over time.
- Unknown material lines: The material of these lines is unconfirmed but may potentially be lead or galvanized pipe. Notices have been sent to specific buildings where these lines are located. Although there is no evidence of lead service lines or lead levels exceeding the action level in the drinking water, these replacements are a proactive measure to ensure continued safety and compliance. For more information, including the specific list of affected buildings, please refer to the official notices at:

cnrj.cnic.navy.mil.

VRO ROAD TAX EXTENDED HOURS SUPPORT

Vehicle Registration Office (VRO) is offering extended hours on May 23 and 30 from 8 a.m. to 12 p.m. to process the remaining personnel requiring road tax decals.

- Extended hours for decal issuance only.
- If necessary, line cut off time is 11:30 a.m.
- Personnel must pay road tax at Yokosuka City Hall and bring all required documents to VRO.
- Personnel owning multiple vehicles must satisfy requirements for all

vehicles prior to receiving decals.

- Vehicle entry denials (turnarounds) will commence promptly on June 1. For more information call VRO at 243-5011/9143.

YOKOSUKA PASSPORT OFFICE CLOSURE

Due to unforeseen circumstances, Yokosuka Passport Office will be temporarily closing until further notice. New applications will not be processed; however, we will continue passport pick-up services (Monday, Wednesday, Friday, 1 to 2 p.m.) starting Monday, May 18. For urgent passport/visa applications, please contact the locations below for assistance:

- Yokota Passport Office: 315-225-9913/2386/7551/9900/8913/4501
- Camp Zama Passport Office: 315-263-5149/5736

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.

- 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

CONSTRUCTION AND CLOSURES

Yokosuka: Howard Street partial road closure from 9 a.m. to 3 p.m. for the following days. May 15, May 23 - 29 and June 5 -30.

- Clement Boulevard partial road closure from 8:30 a.m. to 3:30 p.m. on May 16.
- Clement Street partial road closure from 7 p.m. to 4 a.m., June 1 to July 3.
- Howard Street partial road closure from 9 p.m. to 5 a.m. until May 15.
- High traffic lane modification from 5 to 8:30 a.m. Outbound traffic merges into one lane in front of the CPO Club. Inbound traffic will shift to the two middle lanes creating a two lane inbound pattern in front of building 1997.
- Duncan Street partial road closure until May 29.
- 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: Until May 20.
- Turner Street: Until May 20.
- Sampson Avenue: Until May 29.
- San Diego Street: Until June 19.
- Base taxi parking area near King Street: May 7 - June 1.
- Perry Avenue and Macdonough Avenue: May 7 - June 10.
- The parking lot in front of ATG is secured through 2027 in support of the NSST Shiphandling Trainer construction.
- **Ikego:** Imattumi Road partial closure for general excavation work until Dec. 30.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 cfay-information@us.navy.mil

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