



My

CFAY

Weekly
週刊

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June 4, 2026

CFAY Sailors Prepare Sandbags and Cots in Preparation for Typhoon Jangmi



Photos by Ryo Isobe and Shryl Sullivan. CFAY Public Affairs

TCCOR

STORM WATCH

Storm close enough to require additional monitoring

FOLLOW CHAIN OF COMMAND INSTRUCTION

TCCOR 5

PREPARE

Destructive winds possible within 96 hours

REVIEW EMERGENCY PLAN & BUILD "GO BAG"

TCCOR 4

STOCK UP

Destructive winds possible within 72 hours

STOCK UP ON FOOD, WATER, & MEDICINE

TCCOR 3

CHECK

Destructive winds possible within 48 hours

FILL UP GAS. CHARGE BATTERIES. CHECK GO BAGS

TCCOR 2

SECURE

Destructive winds possible within 24 hours

SECURE OUTDOOR FURNITURE. SECURE ALL WINDOWS

TCCOR 1

FINAL CHECK

Destructive winds possible within 12 hours

GO BAGS IN REACH. PETS INSIDE & STAY INDOORS

TCCOR 1

EMERGENCY

Destructive winds are occurring. Stay indoors except for:

EMERGENCY & MISSION ESSENTIAL PERSONNEL ONLY



TCCOR

TCCOR 1

RECOVERY

No destructive winds, but hazards present. Stay indoors except for:

EMERGENCY & MISSION ESSENTIAL PERSONNEL ONLY

TCCOR

ALL CLEAR

Storm has passed. No additional hazards in the forecast

BEGIN CLEAN-UP & RESUME NORMAL ACTIVITIES

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AROUND CFAY



New Parent Support Services: A Comprehensive Guide

**Story and photos By AN Lara Llabres,
CFAY Public Affairs**

Welcoming a new child is a monumental life event. For families stationed at Fleet Activities Yokosuka, the installation offers a robust network of resources to ensure they have the support they need. From prenatal education to early childhood development, these programs help families navigate the journey of parenthood with confidence.

The cornerstone of these services is the New Parent Support Home Visitation Program (NPSHV), located in Building 3365. NPSHV is a free support service designed to meet the needs of expectant active-duty service members, their spouses, and military families with children younger than four. The program empowers families to meet the challenges of parenthood while maintaining a military lifestyle. Offering a variety of services, the NPSHV provides



A parent and child participate in a Baby Sign Language class group activity during a New Parent Support Home Visitation Program (NPSHV) class at Commander, Fleet Activities Yokosuka May 14, 2026. NPSHV provides free resources, including parenting classes and home visitation services, to empower families and help them navigate the challenges of parenthood.

prenatal and parenting skills education, early child development education, referrals, and home visitation services. These resources improve parenting skills, increase knowledge of child development, and provide a vital support system for families adapting to a new baby.

Complementing the NPSHV, the Navy-Marine Corps Relief Society (NMCRS) offers a Visiting Nurse Program, providing free in-home visits from registered nurses. These nurses deliver educational support for maternal, newborn, and pediatric care, including newborn weight checks, monitoring blood pressure, and providing information on everything from nutrition to birth control.

Lactation support is another critical resource for new mothers. The U.S. Naval Hospital Yokosuka holds a Basic Breastfeeding Class on the third Wednesday of every month, and parents can schedule consultations for any breastfeeding questions. Further support comes from local community resources like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) overseas program, which issues nutrition assistance and vouchers for pregnant women, new mothers, and young children.

To address the diverse needs of families across the installation, Commander, Fleet Activities Yokosuka (CFAY) provides a wide array of specialized programs. Parents can also attend Baby Sign Language Classes, which teach how to incorporate simple signs into daily routines to help babies communicate before they can speak.

Additionally, Military and Family Life Counselors (MFLC) offer free, confidential, nonmedical counseling addressing marriage and relationship issues, parenting challenges, stress, and anxiety. Sessions can accommodate individuals, couples, and entire families.

Additional Parenting and Safety Resources

To further support service members and their young children, the following national and military-specific resources are available 24/7:

Program Name	Primary Benefit	Best Contact Information
USNH Yokosuka Lactation Services	Professional breastfeeding classes, individual clinic consultations and a breast pump loan program	Call DSN 243-5505 (COM: 046-816-5505), or email usn.yokosuka.usnmrtc-yokosuka.mbx.customer@health.mil
WIC Overseas Yokosuka	Provides nutritional food vouchers, health screenings and targeted nutrition education	Visit the CRC 3rd Floor or call DSN 243-9426 (COM: 046-816-9426)
NMCRS Budget for Baby®	Hosts financial planning workshops and distributes a free "junior seabag" of newborn essentials	Located in Bldg. 3365, 3rd Floor. Email yokosuka@nmcrs.org or call DSN 243-7905
NMCRS Visiting Nurse Program	Delivers free in-home maternal health checks, baby weight checks and nursing education	Call DSN 243-7905, cell 703-213-7614, or email nurse Karen Saoit at karen.saoit@nmcrs.org
FFSC New Parent Support Program	Offers licensed home visits, playgroups, and evidence-based parenting workshops	Located in Bldg. 3365, 4th Floor. Call DSN 243-7878 or email ffscinfo@fe.navy.mil
TRICARE Maternity Care	Covers 100% of pregnancy medical care, newborn hospital stays, breast pumps and lactation supplies for eligible beneficiaries	Visit the TRICARE Service Center in Bldg. 1400 (USNH) or call DSN 243-9528
FFSC Active Parenting First Five Years	Managing daily parenting challenges, building strong family bonds, and fostering positive behavioral development	Call DSN: 243-7878 (COM: 046-816-7878)
USO Tot Time	Monthly program held in the Ikego community featuring hands-on crafts, story times, and social bonding activities for toddlers age 2-5 accompanied by their parents	Registration is usually required. Check the USO Tot Time Ikego Calendar
New MilParent Consultation	Connects parents to child development experts for personalized coaching via phone or video	Call toll-free 1-800-342-9647, or visit militaryonesource.mil



Karina Cohen, a Family Advocacy Program Victim Advocate and Educator for Fleet and Family Support Center, leads a Baby Sign Language class at the Fleet and Family Support Center at Commander, Fleet Activities Yokosuka May 14, 2026. The New Parent Support Home Visitation Program (NPSHV) offers a variety of workshops designed to improve parenting skills and support early childhood development for military families.

CFAY's comprehensive services underscore the community's commitment to the well-being and readiness of its service members, their families and the wider Yokosuka community. By providing accessible, expert support, the installation ensures that new parents have a strong foundation for success, both at home and in their mission.

Do not navigate the challenges of early parenthood alone. Expectant parents and families with children younger than age four are encouraged to take advantage of these free, comprehensive resources today. Enrolling in the New Parent Support Home Visitation Program is easy, and specialists are standing by to assist.

Families can connect with the Fleet and Family Support Center in person at the Yokosuka Community Center, located on Third Avenue in Building 3365. The office is open Monday through Friday from 10 a.m. to 6 p.m. and is closed on weekends and holidays. For more information or to schedule an appointment, parents can call locally at 046-896-4111 or via DSN at 315-241-4111 to start building a stronger foundation for their growing family.

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.

Did You Know: Traffic Safety Trivia

A. Strong side winds

1.



B. Winding road

2.



C. Rough road

3.



D. Slippery

4.



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



COMMANDER FLEET ACTIVITIES YOKOSUKA TOWN HALL

IKEGO

8:00 A.M. - JUNE 11

NIKKO TOWER COMMUNITY ROOM

YOKOSUKA

5:30 P.M. - JUNE 11

AOB/ICR Classroom - 4th Floor CRC

BOWLING

Red Pin Adult / Child Doubles Tournament June 6 • 1 p.m.

Stop in for a fun tournament featuring teams of two: one adult and one child (age 17 or under)! Each team member will bowl two individual games, followed by two games of Scotch Doubles, for a total of six games per team. Bowl a strike when the red pin appears and win a free game coupon!
\$30 / team

Beat the Manager June 6 • 6 p.m.

Stop by and bowl four games against the Bowling Center Manager! Win one game and receive a free game coupon, two games for two free game coupons, three games for a free hour of bowling, or win all four games to earn a Pizza Bowl Package.
\$25 / person

Red Pin No Tap Tournament June 16 • 6 p.m.

Knock down nine pins on your first ball, and it counts as a strike in this four game series. Bonus: Bowl a strike when there's a red pin and get a free game coupon!
\$25 / person

Happy Father's Day!*

Happy Father's Day to all the dads out there, thank you for all that you do! All dads bowl for 1/2 price. Anyone in the group who bowls a red pin strike will receive a 1/2 price coupon for a future Midway Grill purchase.
*Midway Grill will be closed due to water repair.

USBC Sport Condition Pattern Tournament June 27 • 6 p.m.

Come bowl a five-game scratch tournament on a tough sport league pattern!
\$40 / person

Burger of the Month



Jalapeño Cheddar

A delicious, big, juicy burger with hot jalapeño and melty cheddar cheese.
Served with fries and a drink.



SUMMER CAMP

Green St.,
Ikego &
Third Ave.
SAC

Nine weeks
of activities

June 15 - August 14
6 a.m. - 6 p.m.

MAKE
NEW
FRIENDS

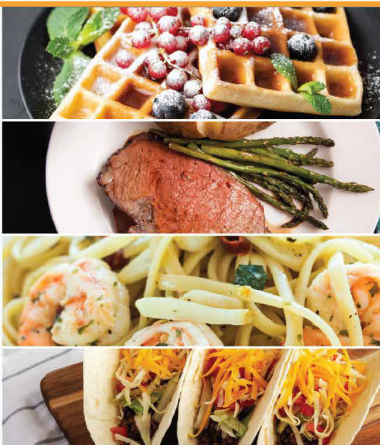


Father's Day Weekend Buffet

Club Takemiya June 20 & 21 9 a.m. - 2 p.m.

Celebrate all Dads at Club Takemiya as we host a 2-day special Father's Day buffet. We will have soup, appetizers, salads, breakfast specialties, a carving station, hot dishes, assorted desserts & beverages.

Reservations are highly recommended.
Please call 046-806-8077
\$25 / Adults
\$17.50 / Kids (13 - 17) • \$12.50 / Kids (8 - 12)
Free / Kids (7 & Under)
Open to All Hands



Thank You Dad!

FREE
EVENT

Ages 18+
SOFA members only

YOKO GAMES

July 25 • 9 a.m.
Fleet Gym Basketball Court

Individual entry only.

The Yoko Games is a high-energy functional fitness challenge designed to test endurance, strength, and mental toughness. Face the course alone, push beyond your limits, and prove you belong among the elite. No teams. No excuses. Just you vs. the mission.

Events:

500m SkiErg • 56m Sled Push • 500m Rowing
56m Farmer's Carry • 28m Sandbag Lunges • 50 Wall Balls

Registration open now through July 24 at noon.



For more information, please call
046-896-4486



BEYOND THE GATE



BMX Freestyle Japan Cup

June 4 (Thursday) - 7 (Sunday)

9 a.m. to 6 p.m. | Verny Park (2-minute walk from Coaska Gate)

The official competition for the urban sport “BMX Freestyle,” which has also gained attention as an Olympic event, will be held this year at Verny Park. Friday: Official practice. Saturday: Elite class qualifying. Sunday: Elite class finals.



Iris Festival

Until June 21 (Sunday)

9 a.m. to 7 p.m. | Yokosuka Shobuen Iris Garden (Direct bus from Keikyu Shioiri Station, KK-60, or #25 bus from JR Yokosuka station, JO-03)

Yokosuka Shobuen is one of Japan’s renowned iris gardens. It boasts 140,000 irises of 412 varieties covering approximately nine acres.

Philippine Expo 2025

June 5 (Friday) - 7 (Sunday)

10 a.m. to 8 p.m. | Ueno Park Fountain Plaza (2-minute walk from JR Ueno Station, JY-5)

The Philippine Expo celebrates the country’s independence with a three-day festival in Ueno Park. There will be food stalls, dance performances, traditional arts from Japan and the Philippines, pop, hip-hop and jazz shows, comedians, and cosplay. Completely free to enter and enjoy the festivities, however, there will be tickets sold for seats in front of the stage for special idol performances. <https://philippine-expo.org/tokyo2026/>



Odawara Castle Hydrangea and Iris Festival

Until June 14 (Sunday)

10 a.m. to 6 p.m. | Odawara Castle (8-minute walk from JR Odawara Station, JT-16)

The grounds of Odawara Castle are sprinkled with more than 10,000 irises and 2,500 hydrangeas. They contrast beautifully with the brilliant red bridge in Odawara Castle Ruins Park. The flowers will be lit from sunset (around 7 p.m.) till 8:30 p.m. On the weekend during the festival, food trucks and stalls will open in front of Hanashobu Square.

Kamakura Goshō Shrine Annual Festival

June 13 (Saturday) - 14 (Sunday)

Saturday, 6 p.m./Sunday, 10 a.m. to 5 p.m. | Kamakura Goshō Shrine/Zaimokuza Beach area (20-minute walk from JR Kamakura Station, JO-07)

The Goshō Shrine Annual Festival commemorates the guardian shrine of the Zaimokuza area in Kamakura. A small mikoshi will be paraded through the streets, followed by floats and residents, and dipped into the sea at Zaimokuza Beach.

NEWS AND NOTICES

POST OFFICE SERVICE NOTICE

The Yokosuka and Ikego Post Offices will be closed Friday, June 5 for a team building event. Building G-59 and Ikego Parcel Mail Lockers will remain available 24/7 for pickup. All services will resume on Saturday, June 6.

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.

- 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: Two partial road and one parking lot closure between Main Street Food Court and the NEX Home Gallery is scheduled Saturday, June 6 continuing through the Fall of 2026 for construction of the new bowling center and food court.

- Howard Street partial road closure from 9 a.m. to 3 p.m. for the following days. June 5 -30.
- Clement Street partial road closure from 7 p.m. to 4 a.m., until July 3.

- 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 Bldg. 1997.

- Partial Road Closures are required for cleaning of CHT lines at various locations on base. Two-Way Traffic will be maintained through flagmen.

- San Diego Street: Until June 19.
- Perry Avenue and Macdonough Avenue: Until 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.

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.
- Tuesday, June 30, 9 a.m.-1 p.m.

Babysitting Basics/Pediatric CPR (\$18)

- Tuesday July 9, 8 a.m.-6 p.m.

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.

 Commander Fleet Activities Yokosuka

 @CFAY_Japan

 cfay-information@us.navy.mil

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