



My

CFAY

Weekly

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June 25, 2026

CFAY Prepares for the 4th of July Celebration



Photos by James Kimber and MC1 Quinton A. Lee, CFAY Public Affairs

CELEBRATE AMERICA'S 250TH *Anniversary*



July 4 • Berkey Field
3 - 8 p.m.

Fireworks at 7:30 p.m.

Rain Date: Sunday, July 5
(Fireworks only at 7:30 p.m.)

Live Entertainment • Carnival Games
Nerf Battle • Family Games & Activities
Food & Beverages for Purchase



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AROUND CFAY

CFAY Encourages Off-Base Families to Register for Emergency Notification System



Story by James Kimber, CFAY Public Affairs

With the recent passage of Tropical Cyclone 06W Jangmi serving as an early reminder, Commander Fleet Activities Yokosuka (CFAY) has officially entered its annual tropical cyclone conditions of readiness (TCCOR) season. Jangmi highlights a critical piece of preparation for many military families on the Miura Peninsula: registering for off-base emergency notifications.

For personnel living outside the installation gates, registering with local Japanese municipal emergency systems is one of the most efficient ways to learn the locations of off-base emergency shelters operated by local government offices.

According to the recently released CFAY Emergency Preparedness Guide, local city governments provide emergency notification networks – often bilingual –

for severe weather conditions and natural disasters. These notifications provide life-saving, localized data directly to a user's mobile device. The guide explicitly highlights the emergency registration sites offered by local governments, including the City of Yokosuka and the City of Zushi.

CFAY Emergency Management Officer, Reggie Toledo, highly recommends that all personnel register for the CFAY AtHoc Mass Notification System, which “serves as the installation’s primary alert network. Detailed instructions and registration links for AtHoc can be found directly within the CFAY Emergency Preparedness Guide,” he said.

However, off-base tenants must understand the dual nature of emergency planning in Japan, particularly regarding household dynamics and pets. Many off-base municipal shelters may not accept pets, a restriction frequently driven by limited resources, tight space constraints, and health or allergy concerns of displaced citizens and residents.

For families facing severe weather without a local pet-friendly option, personnel living off base always retain the option to shelter on base.

“CFAY provides safe haven in the James D. Kelly Fleet Recreation Center for any person or family who doesn't feel safe in their home during an emergency,” said Momo Harris, CFAY Fleet and Family Readiness Director.

CFAY Housing Director, Esteban Abreu, added that navigating the geography of a new duty station should not stop families from identifying their



Workers assigned to Commander, Fleet Activities Yokosuka (CFAY) Public Works clear a tree brought down by the winds of typhoon, a storm with winds of more than 124 miles per hour that made landfall over . (Photo by CFAY Public Affairs)



A car's bumper is damaged by typhoon, a storm with winds of more than 124 miles per hour that made landfall over Commander, Fleet Activities Yokosuka (CFAY). (Photo by CFAY Public Affairs)

primary evacuation zones.

Local police, neighbors, and even a Sailor's rental agency can help personnel living off-base find the closest off-base shelter to their off-base home.

Personnel who remain uncertain of which municipality governs their off-base address are urged to consult the CFAY Navy Housing Office or their rental agency to ensure they register for the correct city alerts.

As the region moves deeper into typhoon season,

installation leadership stresses that emergency preparedness directly correlates with the command's defense capabilities.

"Knowing the locations of all emergency shelters on and off base is an important part in preparation," Toledo said. "Sailors can more easily maintain their operational readiness when they are confident their family has all of the information, they need to be safe."

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.

<p>TCCOR</p> <p>STORM WATCH</p> <p>Storm close enough to require additional monitoring</p> <p>FOLLOW CHAIN OF COMMAND INSTRUCTION</p>	<p>TCCOR 5</p> <p>PREPARE</p> <p>Destructive winds possible within 96 hours</p> <p>REVIEW EMERGENCY PLAN & BUILD "GO BAG"</p>	<p>TCCOR 4</p> <p>STOCK UP</p> <p>Destructive winds possible within 72 hours</p> <p>STOCK UP ON FOOD, WATER, & MEDICINE</p>	<p>TCCOR 3</p> <p>CHECK</p> <p>Destructive winds possible within 48 hours</p> <p>FILL UP GAS. CHARGE BATTERIES. CHECK GO BAGS</p>	<p>TCCOR 2</p> <p>SECURE</p> <p>Destructive winds possible within 24 hours</p> <p>SECURE OUTDOOR FURNITURE. SECURE ALL WINDOWS</p>
<p>TCCOR 1</p> <p>FINAL CHECK</p> <p>Destructive winds possible within 12 hours</p> <p>GO BAGS IN REACH. PETS INSIDE & STAY INDOORS</p>	<p>TCCOR 1</p> <p>EMERGENCY</p> <p>Destructive winds are occurring. Stay indoors except for:</p> <p>EMERGENCY & MISSION ESSENTIAL PERSONNEL ONLY</p>	<p>TCCOR 1</p> <p>RECOVERY</p> <p>No destructive winds, but hazards present. Stay indoors except for:</p> <p>EMERGENCY & MISSION ESSENTIAL PERSONNEL ONLY</p>	<p>TCCOR</p> <p>ALL CLEAR</p> <p>Storm has passed. No additional hazards in the forecast</p> <p>BEGIN CLEAN-UP & RESUME NORMAL ACTIVITIES</p>	

TCCOR

USNH Yokosuka Cancer Screening Program Recognized as Best Practice Across Pacific Rim Network

Story and photo by Daniel Taylor, USNH Yokosuka Public Affairs

U.S. Naval Hospital (USNH) Yokosuka's proactive approach to cancer screening has been recognized by Defense Health Network (DHN) Pacific Rim leadership as a best practice, highlighting how targeted outreach, expanded access to care and a patient-centered approach to preventive medicine can improve health outcomes while supporting military readiness.

Over the past year, USNH Yokosuka achieved significant improvements across multiple cancer screening measures. Breast cancer screening rates increased from 69.0% in March 2025 to 82.8% in February 2026, exceeding the Defense Health Agency (DHA) goal of 78.64%. Cervical cancer screening rates reached 83.3%, surpassing a goal of 75.21%, while colorectal cancer screening rates climbed from 59.2% to 64.5%, approaching the DHA goal of 65.91%.

DHN Pacific Rim recently highlighted the hospital's



Lt. Christian Sanchez, staff internist, department head of Internal Medicine and U.S. Naval Hospital (USNH) Yokosuka's Healthcare Effectiveness Data and Information Set (HEDIS) champion for breast, cervical and colorectal cancer measures, poses for a portrait inside the Mammography Department at USNH Yokosuka. Under Sanchez's leadership, the hospital's cancer screening program was recognized by Defense Health Network Pacific Rim as a best practice for improving patient participation in preventive screenings.

operational approach as a model for other military treatment facilities across the region, recognizing its ability to increase participation in preventive screenings through collaboration, innovation and patient-focused access initiatives.

Lt. Christian Sanchez, staff internist, department head of Internal Medicine and USNH Yokosuka's Healthcare Effectiveness Data and Information Set (HEDIS) champion for breast, cervical and colorectal cancer measures, helped spearhead the initiative by coordinating outreach efforts, preventive health campaigns and process improvements across clinical and population health teams.

"Behind every percentage point is a patient who may have an opportunity to detect cancer earlier, when treatment is often simpler and outcomes are better," Sanchez said. "The numbers matter, but what mattered most was helping patients receive cancer screening before a problem developed."

Hospital officials found that most patients were not declining screening exams but instead faced logistical challenges. Many were unaware they were overdue, struggled to schedule appointments, completed testing outside the Military Health System that was never documented, or lacked convenient access to services. To address those challenges, the hospital expanded self-referral mammography services, increased fecal immunochemical testing availability, offered walk-in preventive health events and implemented targeted outreach and reminder workflows.

"Most patients weren't intentionally avoiding screening," Sanchez said. "Many simply didn't realize they were overdue or how to access the services available to them. Once we improved awareness and made the process easier, participation increased."

While Sanchez focused on improving patient access, Cmdr. Brian Taylor, director for Health Care Business at USNH Yokosuka, said the hospital's long-term success stemmed from creating a sustainable population health strategy.

"There wasn't one thing that drove these improvements," Taylor said. "Success came from creating a system that identified overdue patients, shared responsibility across the healthcare team and made it easier for patients to get the care they needed. When health screening becomes part of routine operations, improvements become sustainable even as personnel and leadership change."

Hospital leaders say cancer screening is also an important component of military readiness.

"Cancer screening is readiness medicine," said Capt. Torrin W. Velazquez, director of U.S. Naval Hospital Yokosuka and commanding officer of U.S. Navy Medicine Readiness and Training Command Yokosuka. "Early detection creates opportunities to intervene before disease affects a service member's health, deployability or long-term quality of life. Every completed screening represents an opportunity to preserve health, maintain readiness and ensure our force remains prepared to execute the mission."

Velazquez noted that preventive care can be especially challenging to prioritize in an overseas military community where operational commitments, frequent moves and family obligations often compete for time and attention.

"Military families lead busy lives," Velazquez said. "Deployments, permanent change of station moves, work schedules and the challenges of living overseas can make preventive care easy to postpone. Our responsibility is to remove as many barriers as possible so patients can access the care they need before a medical issue becomes more serious."

Taylor said the recognition from DHN Pacific Rim reflects the strength of the hospital's population health approach and the collaboration required to sustain improvement across the organization.

"The recognition validates the work our teams have done to embed cancer screening into daily operations," Taylor said. "What makes this approach effective is that it doesn't depend on one clinic or one individual. It depends on teamwork and making care easier for patients to access."

The hospital's efforts support the DHA's priorities of delivering warfighter medical readiness, providing

exceptional patient care and building an integrated health system that emphasizes prevention and long-term health outcomes.

"We still have opportunities to reach more beneficiaries, especially those stationed farther from Yokosuka," Taylor said. "Our goal is to continue making preventive screenings easier to access regardless of where beneficiaries live or work."

Beneficiaries who are unsure whether they are due for breast, cervical or colorectal cancer screening are encouraged to speak with their primary care manager or contact the USNH Yokosuka Appointment Line at DSN 243-5352, commercial 046-816-5352 or from the United States at 011-81-46-816-5352. Patients can discuss recommended screenings during routine healthcare appointments and receive guidance on eligibility based on age, risk factors and current screening guidelines.

Eligible beneficiaries may also use USNH Yokosuka's self-referral mammography program, which allows patients to schedule screening mammograms without a provider referral. To begin the process, beneficiaries can contact the USNH Yokosuka Mammography Department at DSN 243-3964.

For beneficiaries who may be overdue for a screening exam, Sanchez offered a simple message.

"Don't wait until you have symptoms," Sanchez said. "Many cancers develop silently for years before causing noticeable problems. A mammogram, Pap test or colorectal cancer screening may take only a small amount of time today, but it could have a life-changing impact tomorrow. Think of screening as an investment in your future, your family and your health."

"When we make cancer screening more accessible, we are investing in both the health of our beneficiaries and the readiness of the force," Velazquez said. "That's a direct contribution to mission success."

As USNH Yokosuka continues refining its population health programs, leaders hope the lessons learned will help more beneficiaries access timely preventive screenings, improve long-term health outcomes and strengthen the readiness and resilience of the military community throughout the Indo-Pacific region.



DISTRACTED DRIVING AWARENESS MONTH

DRIVE NOW, PHONE LATER.



3,275 PEOPLE WERE **KILLED** AND AN ESTIMATED **324,819** PEOPLE **INJURED** IN TRAFFIC CRASHES INVOLVING DISTRACTED DRIVERS IN 2023.

(www.drivesmartva.org)

DRIVE SMART

FOR MORE INFORMATION VISIT NAVALSAFETYCOMMAND.NAVY.MIL

Did You Know: Traffic Safety Trivia

A. One-way



B. Left turn ok



C. Turn left



D. Turn left or go straight



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



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**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.

BEYOND THE GATE

Camp Zama Independence Day Celebration

June 28 (Saturday)

3 to 9 p.m. | Camp Zama (8-minute walk from Odakyu Sobudai-mae Station, OH-30)

Camp Zama will be open to the general public for its annual Independence Day Celebration. Visitors can enter Camp Zama through Gate 1, the main gate, or Gate 4, the walk-in gate. Vehicle and bicycle entrance will not be permitted.

All visitors 18 years of age or older must present one of the following forms of ID in order to access the installation for an open-post event:

- Valid driver's license • Valid passport • Government of Japan identification card • Japan Self-Defense Forces identification card • Local national student identification card (high school students only)
- Residence card (must show nationality) or a permanent address record card showing nationality along with a picture ID • National Public Service identification (Kokka Komuinsho) • My Number Card/ Juki Card (must have a current photograph, Juminhyo with Honsekichi or Koseki Tohon issued within one year) • Non-Japanese citizens must bring a passport with a valid visa or a permanent residence card (Children under the age of 18 must be accompanied by a parent or legal guardian who is in possession of one of the above valid forms of ID.)

Yokohama Tanabata Festival

July 4 (Saturday) - 5 (Sunday)

10 a.m. to 9 p.m. | Rinko Park/Exhibition Hall B, Pacifico Yokohama (7-minute walk from Minato-Mirai Line Minato-Mirai Station, MM-03)

Now in its second year, this event is one of the largest Tanabata festivals in Yokohama. Visitors can enjoy traditional Tanabata decorations and wish-making activities, as well as a food area featuring some of Yokohama's best local cuisine. The festival also offers live stage performances, hands-on workshops for children, and classic festival games, making it a fun and memorable experience for visitors of all ages.

<https://yokohama-tanabata.com/#>



Oedo Antique Market

July 28 (Sunday)

9 a.m. to 4 p.m. | Tokyo International Forum (1-minute walk from JR Yurakucho Station, JK-25, JY-30/5-minute walk from JR Tokyo Station, JT-01, JO-19)

The Oedo Antique Market is one of Japan's largest outdoor antique fairs, held on selected weekends in the plaza. Known for its stylish ambiance and international character, it attracts both local residents and visitors from around the world. It has become one of the most popular events in the Marunouchi area.



Shonan Hiratsuka Tanabata Festival

July 3 (Friday) - 5 (Sunday)

10 a.m. to 8 p.m. (Until 7 p.m. on July 7) | Around JR Hiratsuka Station (2-minute walk from JR Hiratsuka Station, JT-11)

The Shonan Hiratsuka Tanabata Festival is held for three days from Friday to Sunday in early July of every year. It is said to be one of the biggest tanabata festivals in Japan, and its big, gorgeous bamboo decorations are famous as the best in Japan. The festival is also famous for its vast amount of food stalls which allow you to enjoy a wide variety of gourmet during the celebrations.

NEWS AND NOTICES

STUDENT SPORTS PHYSICALS

DoWEA student-athletes, get ready for the upcoming sports season! U.S. Naval Hospital (USNH) Yokosuka will host a Sports Physical Day on July 22 to help students complete the physicals required for participation in DoWEA-sponsored athletics.

- July 22, from 2:30 to 4:30 p.m.

- USNH Yokosuka Pediatric Clinic

Appointments are open to TRICARE beneficiaries and Space-Available patients.

Before your appointment:

- Complete all required sports physical paperwork.

- Unaccompanied minors age 14 and older must have parental consent on file to be seen without a parent or guardian present.

To schedule an appointment, call 243-5352. Don't wait until the last minute, secure your appointment early and make sure you're ready for the first day of practice

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: 1st Avenue partial road closure from 8 a.m. to 5 p.m., July 6 - Aug. 10 for asphalt repair.

- Howard Street partial road closure required to facilitate crane work to unload materials from 9 a.m. to 3 p.m., July 6 - Sept. 30.

- 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. until June 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.

- The parking lot in front of Afloat Training Group Western Pacific is secured through 2027 in support of the Navigation, Seamanship and 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)

- Tuesday, June 30, 9 a.m.-1 p.m.
- Monday, July 7, 9:30 a.m.-1 p.m.
- Saturday, July 18, 9 a.m.-1 p.m.

Basic Life Support (\$12)

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

Babysitting Basics/Pediatric CPR (\$18)

- Thursday, 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.

Email to sign up:
Yokosuka@redcross.org

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